Strength Development

By Galen Gough
Physical Culture Lecture Bureau

During the days of Hercules, strength exhibitions were considered the most popular of sports. You would say that civilization has progressed since then, which is true. We as a society of men have learned more things from the ancient days. We have learned that exercise is important for good health, and that strength is not only useful in physical activities but also in everyday life.

Keeping fit, they did live clean, and their routine of daily work carried a suggestion of exercise. They were not afraid of the early sun or the cold of the day. Their bodies were sparsely developed, and space was a routine of their daily pleasures. They did not know anything about high pressure, but only of the golden grass. Their food was not demoralized. Their food was the first thought, sweet and palatable. Man at an average has not progressed so far as his physical welfare is concerned. However, we must admit that Bernard Macfadden, the father of physical culture, has labored to make the world realize what health means. I firmly believe that man can build up his strength to the level of Hercules. Strength enthusiasts could bring the contest of strong men right to your front. There is no more interesting spectacle than rad-blooded men bringing muscle into play under the effort of performing a real exceptional test of strength.

The cheap performance should be eliminated from the vaudeville field. The theatrical fake should not be permitted. The fact remains that just this type of strenuous men have ruined the appreciation that strength is an art in the real display of physical development. There is also a reason that has prevented the real strong man from public favor. Boosters of Vanderweeke have often claimed "the system likes to be fooled, and Barzun was right when it comes to public appreciation."

The bigger the act the more it is faked. A good performer is selected, and an act is built around him. The feats he usually performs are real sensational, and of the type that any one could perform through trite. I have been a performer for years, and I know! The public will not stand for being fooled all the time. Place the real strong man on a high standard, give him a chance to show the public his stuff, and he will come into his own.

I am very anxious to hear from all strength enthusiasts and those that don't understand the cause of health and fitness for personal comfort. Keep me in line to the Physical Culture Lecture Bureau, 122 Broadway, New York City.

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Physical Culture Director

To some sickness is merely a matter of nature and they take it as it comes. A certain sum is laid away for doctor bills and the usual medicine is kept in preparation in the chest.

The fact remains that the most unnecessary expense of the family household can be found in the purchase of medicine. Besides, most of it is patented for nearly every sickness and disease imaginable. To me there is but one sure doctor and care for any physical defect or illness through the principles of physical culture. I have found to health and happiness, and believe me, I am not going to stop telling about it.

I have not been sick a day since my wife took the same step and I have not seen a doctor or medicine since. I have not seen a doctor or medicine since. The health of the people in the world could not penetrate a healthy physique.

I have not the slightest dread of the black death because I have made my body into a self-sustaining, protecting wall impossible to disease. In the first place, disease is weakness and the terms of any disease are weak and can only abide in a weak place. Health accompanies with strength and no disease can penetrate where strength is there to ward off any foreign enemy.

Strengthening the law shall be the teeth. Pull on the towel with the strength of hands, under the head back and forth and from side to side, people this several times daily. This will strengthen the jaw, set the teeth stronger in the jaws, and toughen the gums as well. As a good test for jaw strength, wife a rope over a sail or some other object well above the head, bring on to the rope with a towel or some object set securely for the teeth hold. The jaws have amazing strength. In fact, I have permitted twenty men to bend bars of iron over my teeth. The average person can take a ¾-inch iron bar, seven feet long, and pull at least four to six men to bend it over the jaws. Take a bar, pull it, win a tooth to prevent the cramping of the teeth, and firmly set the lower jaw of the jaw around the upper part of the chin. Let the men bend the bar, and you will be surprised at what you, too, can accomplish.