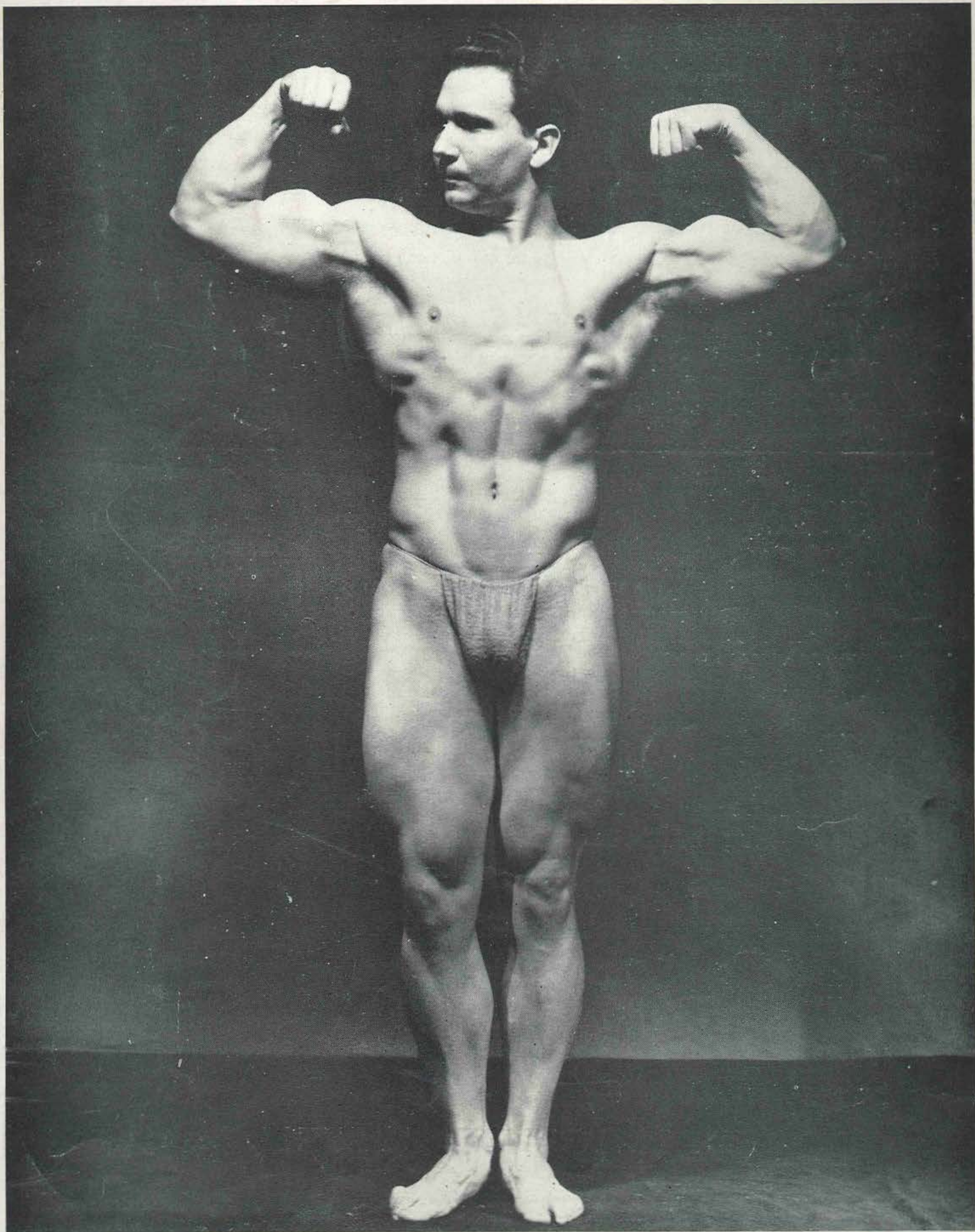


YOUR

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PHYSIQUE

NATIONAL HEALTH AND PHYSICAL CULTURE MAGAZINE



Barton Horvath, N.Y. City. Weight lifter and one of the best built men in the world.

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# YOUR PHYSIQUE

VOLUME I NO. I

AUGUST, 1940



DEDICATED TO:-----  
 THE WEIGHTLIFTER,  
 THE BODY-BUILDER,  
 AND HEALTH CULT-  
 -----URIST.

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.....On the Cover..... Barton Horvath.

As a weightlifter, he performed the following lifts which are his best up to date:

Press 230 lbs.  
 Snatch 235 lbs.  
 Clean & Jerk 300 lbs.  
 as a light Heavy-weight.....

...oOo...

## NEXT ISSUE

Arthur Dandurand starts his series on body-building by telling you how to get manly, forearms with weights, exercises, and stunts.

There will be an article for weightlifters written by Harvey Hill telling how the three Olympic lifts should be performed, and which no competing lifter could afford to miss.

Then there will be an article by the Editor on the value of exercise.

Phillipe Fournier, the one-time Middleweight Champion of Canada and of the United States, one of the best in the world 15 years ago, begins his series of articles of strong men he has known. Starting with the life of Horace Barre.

Articles by William Oliphant Jim Bell, Paul Von Boeckmann, and many other prominent writers which no Physical Culturist could afford to miss!

Al Urban Jr. has supplied us with photographs of the best-built men for the next issue. We will also have photographs of Canadian Weightlifting Champions.

Publisher and Editor-----Joe Weider

Associate Editor-----Harvey Hill

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# EDITORIAL

After hearing and reading about how the weightlifters of many countries have improved to championship calibre, such as, the Egyptians Americans, Russians etc., my thoughts always travel back to the Canadian lifters, our own men.

Although our lifters have improved greatly in recent years, they have not as yet reached the top, as the others have done. The Canadians once had the strongest men in the world, and were far superior to our American fellow strong-men and lifters, and also those of other countries.

Why are we now so far behind many other countries? What has caused this downfall; you may want to know. This question is partly answered in the articles of this issue, which you should very carefully read over. In future issues we will go into the very important question very thoroughly both to analyze, and to find the proper solution. We have and always had the material. The goal to achieve is the building of a championship team, which will be able to win and hold the title of "Champion Weight-Lifting Team of the World".

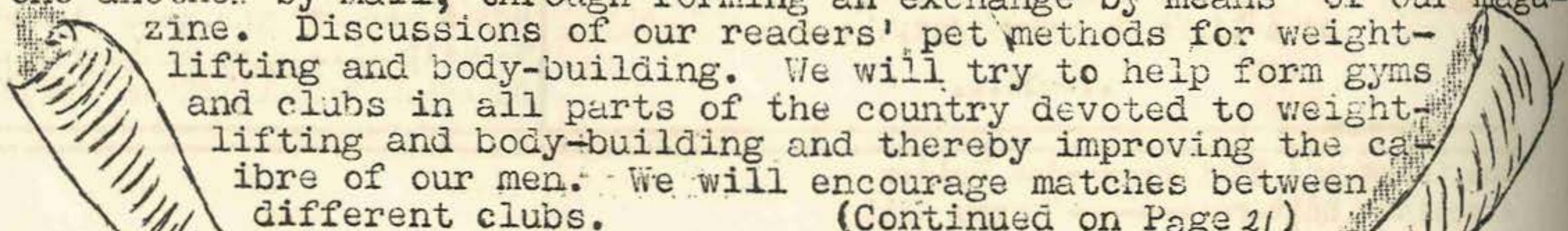
Now, in order to achieve some worth while results we must have a real Canadian Magazine to bind us together, to encourage and unify us. We must preach body-building, so as to get our apathetic youth to build up their bodies, and who knows, produce championship material, of which we can never have too much.


At last we have this magazine for which we have been waiting so long!

I will now try and give a summary of what we have in store for our readers. First of all we shall endeavour to bring you records so as to keep our readers up to date on what is happening in weight-lifting. We will also give rules etc., of performing lifts properly, which are very important to lifters who desire to enter into competition. Ways and means for improving one's lifts. Methods of training etc. For our body-builders we have articles by that great French Canadian authority Arthur Dandurand, on developing each part of the body (neck, chest, biceps, triceps, back and legs).

Articles by that well-known trainer William Oliphant on weight-lifting and body-building. Each article will be illustrated by drawings and photos to make it as plain and as simple as possible. Articles describing the functioning of the body. The proper way to eat for health and strenght. Answers to questions pertaining to weight-lifting and body-building. We will also try to get our reader in touch with one another by mail, through forming an exchange by means of our magazine. Discussions of our readers' pet methods for weight-lifting and body-building. We will try to help form gyms and clubs in all parts of the country devoted to weight-lifting and body-building and thereby improving the calibre of our men. We will encourage matches between different clubs.

(Continued on Page 21)





I AM AT YOUNG  
SIXTY TWO

I believe that the above title will surprise many people, especially my old friends who many years ago predicted, at the time I first took up exercising, that I would get muscle-bound, a weak heart, high blood-pressure, rupture and so on. An, goodness knows how many other bogies if I continued with it.

I was almost led to believe that the dumbbell and barbell were instruments of the devil. But being of a curious nature I decided to try my hand on them, and find out for myself whether my friends were right or wrong.

How well I remember those early days, when I would train with a 10-pound dumb-bell, so as not to hurt myself. Pound by pound, I increased the weight of the dumb-bell which I lifted and, much to my surprise, I was soon lifting a 100-lb. dumb-bell overhead with a single hand. And throughout all this time I never strained nor hurt myself. In fact, I felt twice as strong and healthy as when I first began.

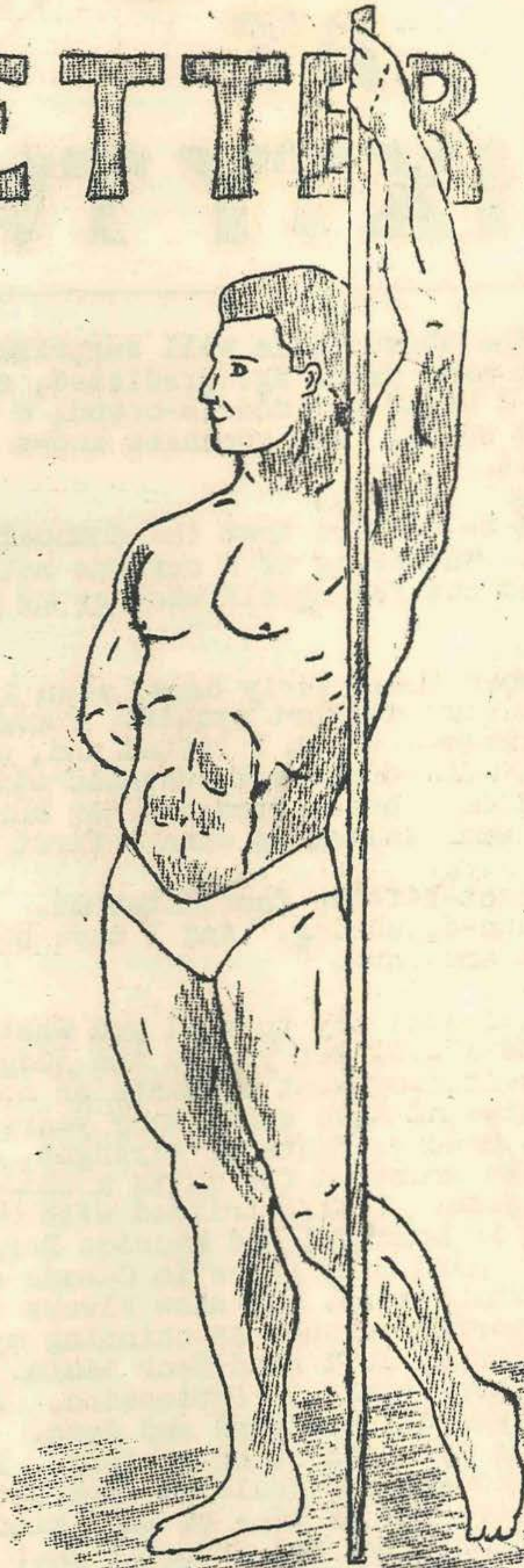
This game of weight-lifting fascinated me. I mixed it with a little gymnastics and hand-balancing. And I have been following these sports for thirty years and more.

Now, my friends, I will try to tell you what I have been through up to the present, and I will let you be the judge, as to whether my thirty odd years of exercising went to waste or not. To begin with, I am an all-round athlete. I have spent many years on gymnastics, hand-balancing, wrestling, boxing, feats of strenght, Jui-Jitsu not forgetting weight-lifting. I have wrestled for quite a while, and met others, many top-notchers with success. I also trained with George Hackenschmidt, when he was wrestling in Montreal and Maurice Deriaz, that great Frenchman. I wrestled for a good many years in Canada and in the United States giving all sorts of exhibitions. My show always included some stunts on roman rings, which I performed such as chinning myself with my right hand six times, and with my left hand four times. I would perform the crucifixion on the rings three times in succession. I could walk on my hands forwards and backwards, upstairs and down. I was *Arthur* just as much at home on my hands as on my feet. I mastered the one-hand stand which I could do with either of *Dandurand* my hands. This will give you an idea of what kind of a gymnast I was and how much time and effort I must have put in to master  
(Continued on Page 18)

# HOW TO BUILD A BETTER BODY

To those who wish to develop a more pleasing appearance in their physical make up, by gaining weight, or the reduction of weight, there is no other method more satisfactory than weight training for this purpose. As the modern adjustment barbell or dumb-bell can be adjusted to the weight desired by the exerciser that will enable him to accomplish the movement he will make and with the right resistance needed to give him the results he is after, especially, if he wants to gain weight and a more pleasing muscular appearance.

Our natural movements in our life's work and our other activities develop our muscles to a certain degree. To further develop them we must add resistance to any movement we make. As numerous movements do not develop a muscle. Only by making the movement more



strenuous and by continuing to add to the strenuousness of the movement, may we develop our muscles to their full extent. If we take the curling exercise, for the biceps, as an example and use say ten pounds to exercise with, and instead of adding to the weight, we add to the number of movements or to the repeating of the movements, our muscles will get smaller instead of larger. Long distance runners, or walkers and 12-hour-a-day hard manual workers are an example. But if we continue to add to the weight we use and do the exercise right we will gradually increase the size of our biceps. Only, of course, to their natural extent or limit. These are numerous exercise fans who concentrate on one exercise for one part of the body, and if there were no limit to the size of, let us say, the biceps muscles, we would see some mighty - twenty inch or more biceps muscles.

And the writer has never seen a muscular twenty-inch biceps. And doubts very much that there are any such biceps. Since there are some would-be weight trainers who fear that they might get over-developed, they can rest assured that a muscle can only be developed to a certain limit. And why shouldn't we try and reach that limit? We have the muscles, they can be developed to a certain degree. Why be afraid of developing them to their full extent?

To develop an all-round muscular body you will need to practice at least ten different exercises. The exercise that will enable you to use the most weight in the movement are the best for gaining the bulk you must aim for. Use as much weight as possible for the exercise as long as you are still able to do the movement right. Five to ten repetitions are plenty. Do not count the repetitions but continue to do the exercise into between five and ten repetitions. When the weight gets light enough add on from five or more pounds so that you will be giving the muscle plenty of heavy work, as long as you are still able to do the exercise right. After about three months to a year, as your case may be, of this weight training, you will have gained quite a lot in both muscle and experience. And if underweight at the beginning of you training, you will have gained weight. Now is the time, if you wish to continue developing your body to muscular perfection, for you to take stock and study the results gained. Possibly you will find that you have just gained in size and weight, but have not attained the distinctive muscular appearance desired by you. This is all to the good as you have now something to work on, and will begin to specialize on the parts where the muscles do not show to your satisfaction. Using a little lighter weight, although adding more weight as required, you will now concentrate on the muscles of which - you are desiring to improve the appearance. Increasing the repetitions from five to ten with heavier weights will give bulk, whereas the repetitions with less weight will give you the separations as to the muscles. Of course, you will exercise three days a week at your convenience. As habit helps a lot in making things easier to do, it is best to exercise at the same time every other day on the days that you choose as your training days. But, if you cannot exercise at the same time, each training day, or regular, then exercise at the time most suitable to you. As you are, when you take up training, trying to gain something that you want, you must remember that you cannot build and destroy too. You will naturally live your ordinary life and earn your bread by the sweat of your brow, but you must get regular sleep, - and eat good nourishing food. Some will naturally develop easier than others, but all will develop surely, if they will only give the time necessary and train in a regular and intelligent manner. It is better for the prospective exerciser to join a club or group with the same ambitions and interests as himself. Although, of course, this is not imperative. Each one can help the other by correcting mistakes in the exercise movements and by giving encouragement.

The above is, of course, for those wishing to gain in muscle and in weight. For those who wish to reduce and develop a muscular appearance, the lighter weight from fifteen to twenty repetitions, is what they require to put their bulk in muscle. This will, at the same time, reduce their weight by taking off surplus fat not required. For those who have not the time to do much, but wish to keep in trim and good health, neck spinal and waist exercises will do this, as these parts of the body need exercise to keep us

BY  
JIM  
BELL

(Continued on Page 18)

What value is food to the body-builder and weight-lifter is a question which is often asked. Many will say that it has no use at all as long as they exercise, and some will go further to say that it plays a small part.

Some skinny people will say "Oh sure I eat plenty of everything Fish, vegetables, meat, soup, cream etc., which are supposed to be helpful to build the body, but I never gained an ounce in weight or strength. I guess it wasn't intended for me to be big", and so forth. But the truth is that food alone will not give you a well-developed body or help you gain solid weight, nor will exercise. It just simply has to be combined with plenty of rest. Why is it so important? To answer this question thoroughly will need the space of a magazine many times the size of this one. But I will try to answer this question as best I can in this space allotted to me.

Exercise creates a demand for fuel. This fuel means food, which, in turn, is broken up by the organs and muscles to create the energy that we need when we exercise.

In the same way tissue is broken down when we exercise, and we must replace this tissue and more by means of new tissue which again means food. In other words, food creates energy and not only replace them, but, builds up more and so ones muscles grow.

When one eats food and does not create a demand for it, as many do because it's meal-time, this food enters the body and whatever is necessary to keep the body living is taken from it which is little in most cases; and the balance turn into fat and creates a toxic condition of the blood which, in time, will result in many diseases. Thus it is seen that food exercise and rest is necessary to be combined to mould a perfect and healthy body. And this done while one rests or sleeps.

To elaborate further, I will, in this issue, give the importance of vitamins and food to body-building.

The living body is composed of innumerable cells, each a little chemical factory, carrying out its allotted task, and making its own contribution to the substance and function of its body as a whole.

To each cell the arterial blood brings water, salts, foodstuffs, and oxygen, and from it the venous blood collects (waste products) of the cells activities together with waste products. In all but the simplest forms of life there is a division of labour and each cell contributes that special activity, which is essential to the association of chemical processes, that constitutes the living individual.

The energy of the body in its various forms is all derived from the chemical energy of the food. This transformation is brought about by the harmonious and interdependent activity of all the cells of the body. The sum total of all these chemical changes is known as metabolism. Slight variations result in illness and marked variations result in death. Hence, it is easily seen that diet has an immediate relationship to good health, and some authorities go as far as to say that "we are what we eat".

With the brief introduction let us now plunge into the devices --



With the brief introduction let us now plunge into the devious ways in which the vitamins affect our health. The word "vitamins" means foods which are indispensable to the human organism and which the body does not manufacture, and hence, must be supplied by digestion, either in the way of food or medication.

Now, which one of us would not rather like the proper food and observe the proper health regulations and requirements, than take medicine?

The following is a simple chart of the various vitamins and the diseases which follow when one's diet is deficient in any particular vitamin. (This chart will be found at the end of this article)

All vitamin deficiency diseases can be avoided by eating daily a diet which contains meat, butter, eggs, milk, orange juice, fruits and vegetables. Balance your diet. It would be better still if you were to vary it to include all the important and essential vitamins.

It is a common sight to see adolescents subsist on candy, coffee doughnuts and the like. They are scrawny specimens with pimply faces and pallor. When you analyze their conditions in the final analysis, you find that the vitamin content of their diet is entirely lacking in vitamins. Thus making them prone to pimples, colds, infections, anemic and even to Tuberculosis. The vitamins build up our resistance to infection and in the adolescent stage frequent infection may lower the resistance as much as to allow the Tubercle Bacillus to gain the upper hand and the victim may succumb to Tuberculosis.

MMS  
OR

**DIETARY BUILDER** Now that we know how to build up our resistance to the lurking illnesses that are waiting for us behind corners, so to speak, by using the vitamins, we must now investigate how the body can best assimilate and metabolise these foods. The best means at our disposal is exercise. Exercise is like oil to a machine--it lubricates, and thereby speeds up the mechanism. One can liken the body to a furnace. The body is a furnace, we feed it with fuel, (food), we speed up the flame by opening the damper (exercise), and we subdue the flame by closing the damper (rest). Hence, it is easily seen that once food is ingested, the best means to burn it properly and thus distribute the products of combustion to the parts that need them is exercise.

Weight-lifting is an ideal form of exercise. It develops the muscles to their full form and beauty, it increases chest expansion, and thereby the lung capacity; it aids to strengthen the abdominal wall which protects our vital internal organs; it gives us a sense of superiority over our fellow man by building strength and beauty. But most of all, it is a form of exercise which stimulates the body's metabolism to increased strength and resistance against illnesses of all kinds.

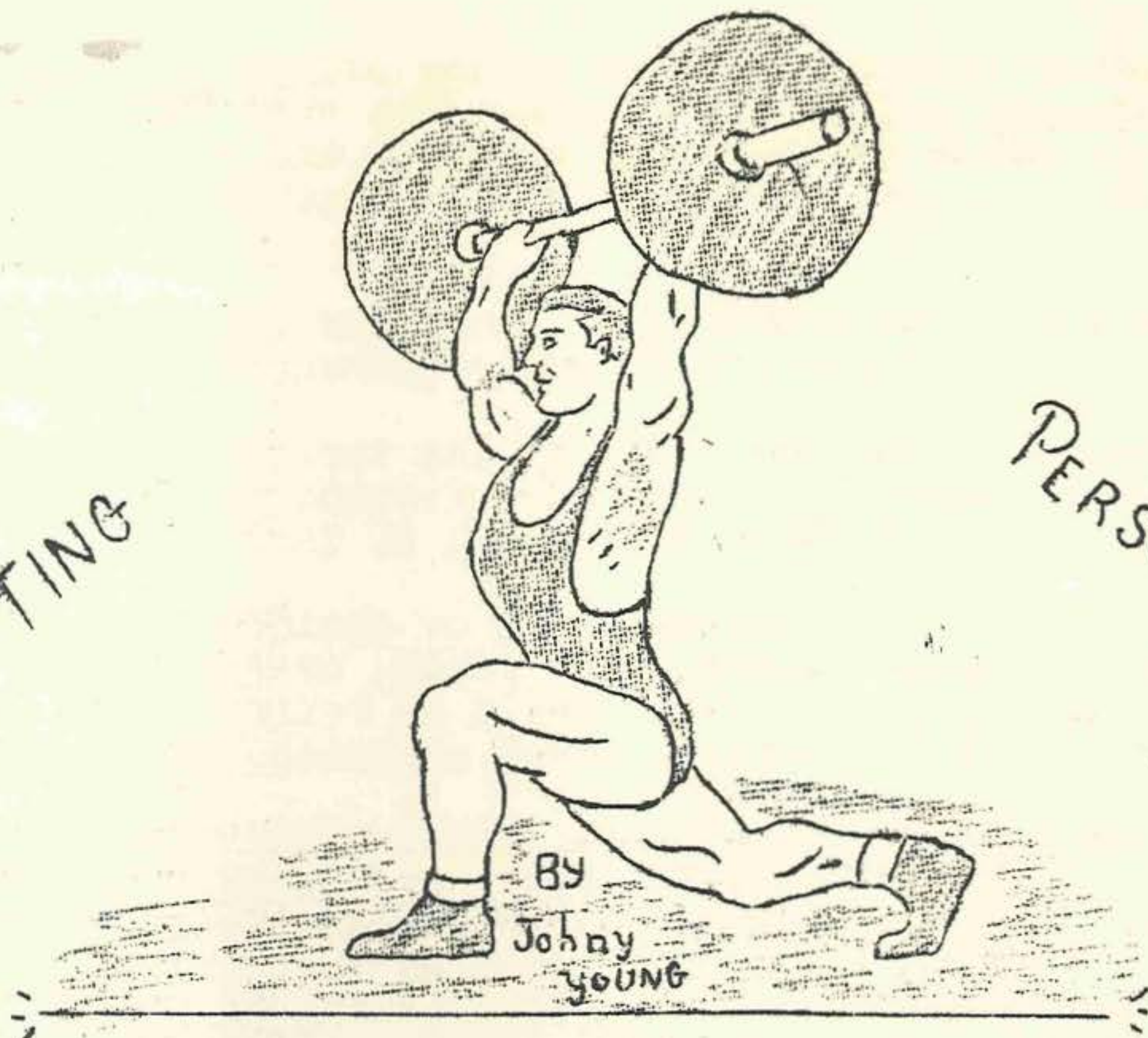
I would also like to stress before closing a few more points. Also not to be overlooked is proper mastication or chewing of food. It is a well-known fact that well-chewed food is half digested. Over-resisting is also a bad habit which should not be overlooked by the careful body-builder. One should exercise until at least one hour before or after a meal. Drink plenty of water.

THE EDITOR

In the future, I will discuss the digestion of food, eating for strength and other allied subjects.

WEIGHT LIFTING

PERSONALITIES



It was on a Tuesday afternoon, your editor and I were discussing our Canadian weight-lifters, when gradually the topic of our conversation turned to unknown strong men and weight-lifters. Were there any men men capable of smashing our present records of whom we have never heard? Such as those who have no club in that part of the country where they lived, or could not afford a trip to the nearest weight-lifting centre.

Suddenly out of a clear sky came a knock on the door of my gym. Upon answering the door, I saw before me two husky young fellows. They introduced themselves as Gaston Chevrier and Wibrod Progeon both from Three Rivers, and happening to be in Montreal decided to drop in to see us.

Our talk naturally turned to weight-lifting, and we asked our two visitors to strip and try to hoist some weights, as I wanted to see them in action. I was amazed, as when they stripped, they looked like two young Hercules. I knew then, that I wasn't looking on two ordinary weight-lifters. Boy! Was I impatient to see them lift.

The editor and I loaded up an exercise bar-bell as our own revolving lifting set was not in the Gym at the time. Gaston Chevrier weighed in at 148 lbs. and Wibrod Progeon at 167 lbs.

Gaston starts off by calling for 150 lbs. for the press, and gradually works up to 195 with Wibrod. Then they call for 160 to start off on the snatch. Gaston worked up to 200 lbs. Wibrod 210 lbs. They both lifted in very crude style, hauling up the weight by sheer strength. With better style they should have reached much higher poundage.

After having a little chat on different methods of lifting weights Gaston decided to try a few clean and jerks. Little did I know what I was to see, because in this lift they really amazed me.

Gaston warms up with 220 lbs. Wibrod with 230 lbs. Gaston takes 230 on his next attempt, and makes it with ridiculous ease. Wibrod takes 250 lbs. and up it goes like a feather.

SENIOR NATIONALS HELD AT MADISON SQUARE GARDEN N.Y.C. MAY 25, 1940

2 H.M.P. - 2 H.S. - 2HC&J. Total

Wt.	Name	Club							
			123 lb. Class						
122	J. Fiorito	New York B.B.C.	160	-	170	-	220	-	550
121 $\frac{1}{2}$	J. Krill	Mich. Alkali	145	-	175	-	225	-	545
117 $\frac{1}{2}$	J. De Pietro	Bates B. B. C. N. J.	175	-	160	-	205	-	540
122 $\frac{1}{2}$	S. Poliuto	Unatt Mich.	170	-	160	-	210	-	540
123	R. Kempa	Millwaukee Y.M.C.A.	160	-	150	-	210	-	520
123	J. Guccione	Ger. American N. Y. C.	175	-	145	-	190	-	520
123	J. Harvis	W.U.R.A. N. Y. C.	155	-	155	-	200	-	510
119	D. Rothman	Ger. Amer. N. Y. C.	140	-	125	-	175	-	440
123	H. Mabee	Fry Inst. Tenn.	140	-	-	-	150	-	290
			132 lb. Class						
132 $\frac{1}{4}$	J. Terry	York B. B. C.	185	-	210	-	270	-	665
130 $\frac{3}{4}$	R. Scull	St. Hedwigs N. J.	180	-	205	-	265	-	650
132 $\frac{1}{4}$	M. Mungioli	Maspeth W.L.C.N.Y.	190	-	205	-	250	-	645
131	D. Glantz	Pirates A.C. M.D.	175	-	200	-	250	-	625
132	D. Batchell	York B.B.C.	175	-	185	-	250	-	610
131 $\frac{1}{2}$	J. Raymond	S. Phila. W.L.C.	160	-	175	-	245	-	580
126	W. Fee	Titan W.L.C. Mass.	160	-	175	-	235	-	570
132 $\frac{1}{2}$	J. Mills	Notre Dame A.C. R. I.	180	-	185	-	-	-	365
			148 lb. Class						
148 $\frac{1}{2}$	T. Terlazzo	York B.B.C.	240	-	230	-	300	-	770
146 $\frac{1}{2}$	C. Klosiewitz	Unatt. Will. Del.	205	-	220	-	290	-	715
147	E. Harrison	York B.B.C.	200	-	220	-	290	-	710
144	D. Caggiano	W.U.R.A. N.Y.C.	220	-	200	-	265	-	685
145	E. Bouyer	Bristol B.C. Conn.	195	-	215	-	275	-	685
141 $\frac{1}{2}$	F. Arbona	Ger. Amer. N.Y.C.	195	-	210	-	275	-	680
			165 lb. Class						
156	J. Terpak	York B.B.C.	240	-	235	-	325	-	800
163 $\frac{1}{2}$	J. Sklar	Oliphant A.C. Toronto	220	-	235	-	300	-	755
163 $\frac{1}{2}$	J. Terlazzo	Ger. Amer. N. Y. C.	220	-	240	-	295	-	755
164	M. Cubitoso	Bates B.B.C. N. J.	230	-	230	-	285	-	745
163	R. Sablo	Titan W.L.C. N.Y.C.	210	-	230	-	290	-	730
160 $\frac{1}{2}$	F. Toscani	Phila. Y.M.C.A.	205	-	225	-	285	-	715
163 $\frac{1}{2}$	F. Dorio	Petridis N.J.	230	-	230	-	-	-	460
165	B. Baron	St. Hedwigs N.J.	215	-	-	-	-	-	215
162	J. Kurpiel	Albany Y.M.C.A.	200	-	-	-	-	-	200
			181 lb. Class						
180	J. Davis	York B.B.C.	250	-	275	-	330	-	855
179 $\frac{1}{2}$	S. Gob	Petridis A. C. N. J.	270	-	245	-	320	-	835
180	F. Kay	Chicago	250	-	255	-	310	-	815
180 $\frac{1}{2}$	W. Curry	Athens Y.M.C.A. Ga.	220	-	235	-	315	-	770
177 $\frac{1}{2}$	T. Cosenza	Ger. Amer. N.Y.C.	215	-	215	-	290	-	720
179 $\frac{1}{2}$	R. Brinker	Twin City Eastern Pa.	-	-	240	-	315	-	555
179	H. Werner	Maspeth W.L.C. N.Y.	205	-	225	-	-	-	430
			Heavy Weight Class						
221 $\frac{1}{2}$	S. Stanko	York B.B.C.	290	-	300 $\frac{1}{2}$	-	360	-	950
217	L. Abele	Light H.D.C. Phila.	285	-	280	-	345	-	910
190	J. Grimek	York B.B.C.	285	-	250	-	325	-	855
197	J. Cooper	York B.B.C.	220	-	240	-	310	-	770
231	F. Lisarelli	Maspeth W.L.C. N.Y.	230	-	225	-	300	-	755
255	G. George	Unatt. St. Louis Mo.	270	-	255	-	-	-	525
248	W. Nollenberger	L.H.B.C. Phila.	245	-	235	-	-	-	480
209	R. Schmidt	Unatt. N.Y.C.	235	-	205	-	-	-	440
198	S. Scutti	Shore A.C. N.J.	220	-	-	-	-	-	220

\*New National Record

Reported by: Sam Finkelstein  
and Henry J. Connolly

Up to now, Canadian weight-lifters have played a secondary or a minor role in American lifting. Many enthusiasts are rightfully asking the question, "Why is our lifting so far behind that of the United States' lifters?" Is there a nigger in the wood-pile? Is there something we don't know about methods of training? Where are we lacking and is it possible to ever catch up?

Well, let us see what is wrong. Canada is sparsely populated compared to the United States, but excuses are not going to help. If we go back to the sport of a few years ago and review American lifting, we find a great difference from the performance of today. For instance, on November 9, 1935 Anthony Terlazza made the

following lifts at a body-

weight of 140 pounds; 220-220-270 for a total of 710 pounds. Johnny Terpak, at the same meet, as a middleweight made 210-220-290 totalling 720 pounds. Also Stan Kratkowski of Detroit, no doubt the best and most polished middleweight in the States at the time was making a total of about 720 pounds. These totals were considered as outstanding. The World's Records in the Light and Middle-weight classes were 227-232½-311½ and 241-252-322½ pounds respectively. While Ismayr's winning total in the European Championships, as a Middleweight in the same year 1935, was 231½-242½-319½ pounds totalling 793½ totalling 793½ pounds.

The United States' lifters had not yet reached the heights. What am I getting at? Just this. For several years now, we have been witnessing a great upheaval in American Weight-lifting and naturally we had to compare our own mediocre lifting with that across the border. But, why did American lifting take on a new lease of life about this time? Those who followed the weight-lifting events in the States will remember that this change took place or started to take place when a certain club was created in Pennsylvania U. S. A. This club, from the start, was composed of the best and most experienced lifters in the United States. Lifters who were offered satisfactory inducements to go, but who, in the first place were not trained there. The fact, that all the best lifters could train together greatly helped to improve the ability, one of the main reasons being the competition which could and did take place in their won club. See the similarity of Terlazzo's and terpak's totals: also that of Kratkowski's from Detroit. This closeness, this refusal to let the other fellow get ahead has kept the totals steadily rising. Others, who later trained with these lifters benefited accordingly so that we see many others making similar gains. -- The same thing applies to Stanko and Abele, one is constantly pushing the other to great heights.

Getting back to Canadian lifting what do we find? Well, we know that fifteen years ago, it seemed a hard struggle to get capable of making a decent total on the three olympic lifts, but not so to-day. With better lifters in the game (oh yes, we have made headway) the beginners think in higher poundages and certainly reaches that same total much quicker than used to be the case. So we see, mentality also plays a part in our success as weight-lifters. Were our best Canadian lifters to form one club and train together what would happen? Why, the same beneficial results that took place in the United States would be manifest in Canada and, providing enough interest was created constantly throughout the country by our weight-lifting leaders. Canadian lifting would, in a few years, equal and perhaps surpass that of our American friends.

All right, what now? Do we sit back and wait for some good Samaritan to come along and offer us good jobs as inducements to be a

WE CAN IMPROVE  
Harvey

sport. No, we don't have to. and he's not coming anyway. In every Canadian city where weight-lifting is practised there are a number of fair lifters. Let these men train together, find a way somehow and forget these petty squables. Within a short space of time there will be formed in Montreal a 600-pound class. Oh yes, we've heard of these things before but this will be slightly different. All lifters capable of making a total of more than that amount will be invited to join and these men will actually train together. None of them will compete as members of the 600-club but will lift for and still belong to their original club. The sole reason for these better class of lifters training together is only for the purpose of furthering the interest of weight-lifting and, of course, their own ability.

VE OUR LIFTING  
Hill.

Neither will this idea be the means of breaking up any club as there are many lifters capable of making close to 600 but unable to reach, as yet, that mark. This will undoubtedly raise the standard of the Montreal lifting and may also be tried in other localities. I would also like to suggest that wherever possible weight-lifting leagues should be formed throughout the winter. This idea of stimulating competition will, you will find, be the means of increases in the totals of most of our lifters and should be given a trial. More than that, it will help greatly to popularize the sport throughout the country if enough effort is put forth.

A. A. U. Committees should see to it, that our lifters get all the outside competition they require and take greater interest in Local, Provincial, National, and other meets. Here, I must say, that more effort can and must be expended by our Canadian weight-lifting Committees and this will certainly be necessary if we are to erase the spectacle of witnessing lifters from the United States walk off with all the titles. So, Canadian bar-bell men and lifters, what do you say? Greater efforts to be fully represented at the National Championships and far greater efforts to recapture the Canadian W. L. honours. We shall, I promise, from time to time do all in our power to further the interests of lifters in our country, therefore, all I ask is for more co-operation, co-operation to help yourselves, so that this inferior aspect of our shall be overcome, once and for all.

## - ANNOUNCEMENT -

We will appreciate receiving photographs from readers which are submitted for publication. (Single, group, or action pictures.)

If you have a success story to tell of how you built up your physique; or if you can write on subjects relating to exercises and weight-lifting, your submitted manuscripts will be given careful consideration.

Enclose a stamped, self-addressed envelope, if you want your photos and manuscripts returned.

1. This issue is merely introductory. Following issues will be of an improved nature.

2. We are laying plans to print this magazine on the finest paper. We also intend to have the best articles and photos possible featured in it.

Send us your subscription immediately so as to save us the extra expense of printing excess copies. This magazine will appear bi-monthly for the first few issues; monthly thereafter.

# CANADIAN WEIGH

JOE SKLAR TAKES MIDDLE-WEIGHT TITLE AT JUNIOR AND AM-  
PAUL PLOURDE---JOHN STUART---RUSS

## B. C. WEIGHTLIFTING CHAMPIONSHIPS

held at and under the auspices of  
INTERNATIONAL SPORTS CLUB

Orange Hall

TUESDAY, APRIL 2ND, 1940

		RESULTS					
NAME	CLUB	BWT	123 $\frac{3}{4}$ lb. Class	2HMP	2HS	2HC&J	TOTAL
Lucien Roy	I. S. C.	119 $\frac{1}{2}$		180 (CR)	155	185	520
Jimmy Lowe	Pro-Rec A. C.	122 $\frac{1}{2}$		150	150	200 $\frac{1}{2}$ (PR)	500 $\frac{1}{2}$
			132 $\frac{3}{4}$ lb. Class				
Bill Partridge	Normal P. R.	130		140	150	200	490
			148 $\frac{3}{4}$ lb. Class				
Lloyd Matheson	Spartons	147 $\frac{1}{4}$		140	135	-	275
Doug. Bell	I. S. C.	145 $\frac{1}{2}$		170	180 (PR)	220	570
Bill Doherty	Pro-Rec A.C.	144 $\frac{1}{2}$		170	170	205	545
			165 $\frac{1}{4}$ lb. Class				
John Bensch	I. S. C.	163 $\frac{3}{4}$		180	200 (#PR)	240 ("PR)	620
Keith Campbell	North V.P.R.	158		165	165	225	555
			181 $\frac{3}{4}$ lb. Class				
Harry Hickman	I. S. C.	173 $\frac{1}{4}$		195 (=PR)	200 (-PR)	250	645
Stan McKinnon	I. S. C.	175 $\frac{1}{2}$		175	185	240	600
John Court	I. S. C.	172 $\frac{1}{2}$		170	170	220	560
Dick Adams	Templeton P.R.	180 $\frac{1}{2}$		150	175	230	555
			HEAVYWEIGHT				
Russ Lewendon	I. S. C.	186 $\frac{1}{4}$		205	215 (/PR)	275	695
Art Allard	Jubilee P.R.	184 $\frac{1}{4}$		190	185	225	600
Maurice Batkin	Pro-Rec A. C.	191 $\frac{3}{4}$		165	160	210	535

CR	-	New Canadian Record by Lucien Roy - 180 lbs.
PR	-	New Provincial Record by Jimmy Lowe - 200 $\frac{1}{2}$ lbs.
PR	-	" " " by Doug. Bell - 180 lbs.
#PR	- 4th attempt	" " " by John Bensch - 205 $\frac{1}{2}$ lbs.
"PR	- 4th attempt	" " " by John Bensch - 250 lbs.
=PR	- 4th attempt	" " " by H. Hickman - 200 lbs.
-PR	- 4th attempt	" " " by H. Hickman - 210 lbs.
/Pr	- 4th attempt	" " " by Russ Lewendon - 215 lbs.

1.....

For a small town, St. John's, Quebec is certainly doing its share to boost the Iron Game. Two years ago the sport was hardly known in that district, but now there are several clubs in operation. Perhaps their totals are not very impressive at present but keep your eyes on St. John's, Quebec. This was their first City Championships and they certainly had a fair number of entries. G. Langlois, and G. Charbonneau are quite fortunate in having such a group of young enthusiasts and we are assured that in the near future much more will be heard of them.

ST. JOHN'S QUEBEC CITY CHAMPIONSHIP  
at La Salle des Elks May 9, 1940

# LIFTING NEWS

BY HARVEY HILL

ERIAN SENIOR NATIONALS WITH A TOTAL OF 755  
LEWENDON BREAK CANADIAN RECORDS

Classe	BWT.	2HMP.	2HS	2HC&J	TOTAL
Classe 123 $\frac{1}{2}$					
L. Lebeau	123 $\frac{1}{2}$	140	125	180	445
S. Bessette	118 $\frac{1}{2}$	130	125	170	425
J. Fournier	116	120	140	155	415
L. Page	108 $\frac{1}{2}$	100	120	160	380
Classe 132 $\frac{1}{4}$					
R. Roy	132 $\frac{1}{4}$	145	140	180	465
M. Zarbino	128 $\frac{1}{2}$	135	135	190	460
E. Page	131 $\frac{1}{2}$	125	150	185	460
A. Lebeau	129 $\frac{1}{2}$	120	135	175	430
Classe 148 $\frac{3}{4}$					
E. Fournier	148 $\frac{1}{2}$	145	170	210	525
R. Lemieux	138	130	145	195	470
G. Houle	145 $\frac{1}{2}$	145	135	190	470
A. Vivier	146 $\frac{1}{2}$	150	-	-	150
Classe 165 $\frac{1}{4}$					
G. Langlois	149 $\frac{1}{2}$	170	170	210	550
J. St. Laurent	163	150	160	215	525
A. Harbec	158	145	150	200	495
Classe 181 $\frac{3}{4}$					
G. Charbonneau	179	170	180	240	590
HEAVYWEIGHT					
R. Langlois	210	145	160	205	510
J. Dumas	205	135	160	210	505

Judges: Paul Pepin, P. H. Demers, R. Langlois

## MONTREAL & DISTRICT SENIOR MEET

Held at the Central Y. M. C. A. Montreal on May 25th 1940 under the auspices of the Province of Quebec Weight-Lifting Association and sanctioned by the A. A. U. of Canada.

NAME	CLUB	BWT.	PRESS	SNATCH	C&JERK	TOTAL
Leonard Lebeau	St. John's	222 $\frac{3}{4}$	145	125	175	445
Paul Plourde	Young's Studio	127	170	150	215	535
John Stuart	Verdun W.L.C.	147 $\frac{3}{4}$	#202 $\frac{1}{4}$	185	235	622 $\frac{1}{4}$
Clarence Hay	" W.L.C.	147 $\frac{1}{2}$	155	185	235	575
Jack Ainsworth	" W.L.C.	146 $\frac{3}{4}$	145	145	190	480
Joe Weider	Young's Studio	165	190	200	270	660
Jean Tremblay	Verdun W.L.C.	154 $\frac{3}{4}$	160	185	235	580
Peter Hussue	Young's Studio	161	170	160	220	550
John Hussue	" "	149 $\frac{3}{4}$	165	180	-	345
Sid Carruthers	Verdun W.L.C.	166	160	190	240	590

Montreal & District Senior Meet Cont'd.

NAME	CLUB	BWT.	PRESS	SNATCH	C&JERK	TOTAL
Alf. Brown	Verdun W.L.C.	172 $\frac{1}{2}$	160	185	230	575
A.S. MacNais	Sunlife Club	212	165	195	245	605
G. Charbonneau	St. Johns	183 $\frac{1}{2}$	165	190	245	600

M. C. - W. Kennedy  
 Referee- L. Marsden  
 Judges - J. B. Bell & H. Hill  
 Loaders- M. Howarth & K. Campbell  
 Scorers- R. Wiseman & C. E. Walker  
 Clerk of Scales - H. Hill

# Signifies new Canadian Record in Lightweight Class.

The above contest should have proved to be a real interesting affair but with many of our star lifters not competing much of the interest appeared to be lacking. Why St. Mars, Langlois, Clipston and Spearman did not compete, is hard to decide at the moment, for here we have some of Quebec's best lifters in the light-heavy and heavyweight classes. However, Joe Weider and John Stuart made a very fair showing, the latter creating a new Canadian Record for the Press in the lightweight class. Paul Plourde's 535 lb. total was very good at a body weight of 127 lbs.

WESTERN CANADIAN WEIGHTLIFTING CHAMPIONSHIPS

Open and Native held at the Pro-Rec Athletic Club, Vancouver, B. C.

Saturday, May 11th, 1940

NAME	CLUB	BWT.	THMP	THS	THC&J	TOTAL
			123 $\frac{3}{4}$ lb. Class			
Lucien Roy	I. S. C.	121 $\frac{1}{2}$	175	145	--	320
			132 $\frac{1}{4}$ lb. Class			
Jimmy Lowe	Pro-Rec A. C.	129	160 (PR)	155	215	530
Bill Yueng	Western S. C.	132	135	175 (CR)	220	530
Bill Partridge	Pro-Rec A. C.	131 $\frac{1}{4}$	155	155	215	525
			148 $\frac{3}{4}$ lb. Class			
Doug. Bell	I. S. C.	144	175 (#PR)	130 ("PR)	220	575
Bill Doherty	Pro-Rec A. C.	142 $\frac{1}{2}$	160	165	225	550
			165 $\frac{1}{4}$ lb. Class			
Bob Schmid	Seattle, Wash.	164	195	200	275	670
John Bensch	I. S. C.	163 $\frac{3}{4}$	170	195	240	605
Leif Skogan	Everett, Wash.	165	180	165	245	590
			181 $\frac{3}{4}$ lb. Class			
Russ Lewendon	Pro-Rec A. C.	180	205 (PR)	224 (PR)	298 (PR)	727
Stan Morely	Pro-Rec A. C.	181 $\frac{1}{2}$	190	220	275	685
Lester Frolick	Everett Wash.	171	195	190	245	630
Roy Madison	Seattle, Wash.	180 $\frac{1}{2}$	180	175	240	595
Stan McKimmon	I. S. C.	170 $\frac{3}{4}$	170	185	230	585
			HEAVYWEIGHT			
Everett Hurd	Everett, Wash.	199 $\frac{1}{2}$	200	205	260	665
Paul Utley	Seattle Wash.	186	190	180	240	610
Harold Morrison	" "	190 $\frac{1}{2}$	170	185	250	605

PR - Provincial Record by Jimmy Lowe - 160 lbs. Press  
 CR - Canadian Record by Bill Yueng - 174 $\frac{1}{2}$  lbs. Snatch  
 #PR - Provincial Record by Doug. Bell - 175 $\frac{3}{4}$  lbs. Press  
 "PR - " " by Doug. Bell - 185 lbs. 4th attempt  
 PR - " " by Russ Lewendon - 205 lbs. Press  
 PR - " " by Russ Lewendon - 224 lbs. Snatch  
 PR - " " by Russ Lewendon - 298 lbs. Jerk



MONTREAL & DISTRICT NOVICE CHAMPIONSHIPS  
held at Young's Physical Culture Studio  
1110 Clarke St., Montreal  
April 25th, 1940

Sanctioned by the A. A. U. of Canada.

		Class - 123 $\frac{3}{4}$			
		PRESS	SNATCH	CLEAN & JERK	TOTAL
L. Lebeau	St. Jean, Que.	130	115	180	425
St. Laurent G.	Hull, Que.	120	120	165	405
H. Hussel	Montreal Que.	100	120	150	370
A. Potvin	Hull, Que.	---	100	125	225
		Class 148 $\frac{3}{4}$ lbs.			
G. Langlois	St. Jean Que.	160	160	190	510
R. Lemieux	St. Jean Que.	135	150	200	485
J. Ainsworth	Verdun	145	140	190	475
M. Doucet	Montreal, Que.	115	115	145	375
J. Legris	Montreal, Que.	110	115	145	370
R. Raymond	Verdun	145	---	---	145
		Class 165 $\frac{1}{4}$ lbs.			
M. Fieldhouse	Carleton Race	150	155	205	510
J. Primack	Montreal Que.	170	145	195	510
M. Haslam	Montreal, Que.	120	135	180	435
		Class 181 $\frac{3}{4}$ lbs.			
J. Varalo	Hull, Que.	185	185	240	610
		CLASS HEAVYWEIGHT			
P. Grignon	Montreal, Que.	145	140	205	490
C. Hurd	Montreal, Que.	150	145	190	485
J. Taillefer	Montreal, Que.	---	135	---	135

At the above Meet, Paul Plourde bodyweight 126 lbs. pressed 172 lbs. for a new Canadian Featherweight record. While in New York last summer, Paul Plourde visited Siegmund Klein and was successful in bent pressing the Rolandow bell, being the smallest man to accomplish the feat so far.

The Montreal Novice Meet on this occasion was open to lifters that had never previously lifted in a Championship Meet, hence the totals.

Referees:- H. Hill & A. S. MacNais

Judges:- S. Marsden & J. B. Bell

JUNIOR NATIONALS U. S. A.

Bantans

R. Kempa	520	Milwaukee, Wis.
J. Harvis	505	New York City
G. Fergusson	505	Scranton, Penn.

Featherweight

R. Scull	645	Elizabeth, N. J.
L. Stine	605	York Penn.
A. Vega	570	Chicago

Middleweight

J. Sklar	755	Toronto
B. Baron	750	Elizabeth N. J.
F. Dorio	750	Bayonne N. J.

Light-Heavies

S. Gob	820	Bayonne N. J.
D. Brinkes	785	Easton Penn.
F. Kay	785	Chicago

Heavyweight

D. Schemanski	840	Winner	Detroit, Mich.
G. George	840	2nd.	St. Louis Mo.
J. Cooper	795	3rd.	York, Penn.

# I am young at Sixty Two. - (Continued from Page 5)

those stunts. Mind you, this article is not intended to boost me; all I want to show is that a lifetime spent in strenuous sports did not have ill effects on me.

Now, I will give you a very brief account of what I have done in the strong-man and weight-lifting line. I wheel-barrowed a weight of 4300 lbs. (pig lead) and pushed it a distance of 23 feet, in a contest at St. Hyacinth and at Sohmer Park. Then, at the age of 52 years, when I was supposed to be "played out", I met Albert Manger, champion weight-lifter of the United States, in a contest of feats of strength and weight-lifting. I gave away many pounds in body-weight, and in years, he was then in his prime, a rising star. He was truly a powerful man! It was by lifting a Ford engine, if my recollection is good, weighing 386 lbs. that beat him. Later I lifted a Ford engine of 406 lbs. from the floor to my shoulder unassisted, and walked a distance of 28 yards. Not bad for a muscle-bound man, who was supposed to get rupture and all the rest of it.

To prove that I was well developed and carried around enough muscle on me; I was paid \$100.00 just to give a single performance of muscle control, which lasted for only 10 minutes, in Quebec City where I was on vacation.

It was a few months ago, that one of my old friends, which I mentioned earlier in this article, paid me a visit. He was surprised at my muscular development, but he insisted that living such a strenuous life, as he called it, must have left some effect, inside of me, not visible to the human eye. Consequently we decided that I visit a physician and get a thorough physical examination.

When I stripped for the examination, the doctor was amazed at my physical development. He said, "You have one of the finest physiques and it has been my privilege to examine". Then he asked, "How old are you?" You should have seen the look of surprise on his face when I told him. I guess he didn't believe me. He then gave me the examination, and this is his report:-

Head-Good supply of healthy hair.

Eyes-Perfect eyesight; does not wear glasses.

Ears-Perfect. Not cauliflowered.

Mouth-Perfect set of teeth; not a single false tooth.

Chest-Good expansion. Lungs perfect.

Heart-Regular beat; no murmurs.

Pulse-Good volume and regular.

Abdomen-No fat; no enlargement of liver and spleen. No hernia.

Muscular System-Well-developed.

### NOT MUSCLE-BOUND!

Nervous System-all reflexes equal and active; no pathalogical reflexes.

Glandular System-no enlargement of thyroid or lymph nodes.

Blood Pressure-normal.

My friend was more than surprised. It was he who was muscle-bound, and out of condition. It took quite a time to prove it to him.

As to my latter years of physical training, well, I retired eight years ago. And to prove that once one has gained strength he would always have it I could find no better test than this. After four years of retirement, at the age of 58 years, when I was giving a show at St. Hyacinthe park to bring back old memories. The manager of Man Mountain Dean asked me to come over and put on an exhibition by meeting his man. I wrestled a half hour with Man Mountain Dean to a draw. He weighed in at 325 lbs. compared to my 200 lbs. I didn't train either for the match or the show. A few weeks ago when the "Angel" was in Montreal I sent him a challenge through all the newspapers. "If I wasn't scared of the devil all my life, why should

(Continued on Page 22)

(Continued from Page 7)

healthy. Since our vital organs are controlled through the neck and spinal column, and are inside the waist area, they are affected beneficially by all neck, spinal and waist movements. Always in every exercise movement, extend the muscles being exercised from their full extent and to their full contraction. The best ten exercises to build bulk, in other words, to increase our weight so that we will have something to develop into muscle are:- the Curl, Shrug, Rowing exercise, Straight-legged dead lift (to hang), Alternate Dumb Bell press, Squat, Pull over and press on back, Neck exercises, Jefferson lift and the calf exercise. These will be described later. There are plenty of other exercises that can be used later as the exerciser gains in experience. But these exercises will develop bulk if heavy weights are used, as explained above. If trying to reduce, add some waist exercises, such as, the sit-up, leg raise, and so forth; also when working for the separation of the muscles. But leave these exercises out if you are trying to gain weight. Some training days if you are feeling like it, some of these exercises can be practiced twice. Do not rush your exercise period, and do not sit down until finished and cooled off. Believe it or not, you must sweat before you can gain weight, and this is what makes three periods a week enough to train, as you will do your gaining between the periods of training. You must have a good strenuous workout three times a week and the rest between to gain in the weight you require, before you can develop the muscular proportions you desire. The best way to do the exercises suggested will be described as follows:- The Curl. The exerciser will stand perfectly straight and with arms extended down to the side, knuckles to the rear, and palms of the hands to the front, closed around the bar. You will now bend the arms at the elbow and with the biceps bring the bar up to the shoulders. Always make the movement as full as possible. That is, close the arms tight to the shoulders and when letting the bar down to straighten arms again, do so to their full extent. You will lose any benefit the exercise will have if you use the body in any way to help to do the movements. The Shrug. Standing straight with the arms down beside the body holding the weight, shrug the shoulders up and down. The up and down movements are enough. The Rowing Exercise. You will stand with legs straight and body bent forward, right angle of the body, the weight extended at arms length. You will bring the weight up to between the top of the chest and the chin. Straight-legged dead lift. To pick the weight up bend the knees, and then, keeping the knees straight, bend down and come erect without touching the weight on the floor. The movement to be controlled by the muscles on the back of the thigh. Alternate Dumb Bell Press. Take a dumb bell in each hand at the shoulders in press position. Press one up and when you let it down again you will press the other up. Squat. Have somebody place the weight on your shoulders. Rear. And squat down, flat-footed, and then come erect. Do not come up forward but come up straight. Pull over and press on back. Lay on floor, with weight on floor behind head, pull weight over face. Up, of course. Neck Exercises. Take a small weight and attach a towel to it, get down on all fours, place sideways and with a circling of the head, or use your hands for resistance. Jefferson Lift. Straddle the weight. Sit down toward it. Take grip, one hand in front of yourself, and one hand in rear and stand erect. Now dip the legs about six inches. Continue, to dip as many repetitions as desired. The Calf Exercise. Sit on a bench or chair, place a cushion on your knees and have somebody place the barbell across your knees, now raise your heels off the floor as high as you can, of course hold onto the bar and keep your toes on the floor. The weight in the exercise can be over three hundred pounds. In describing these exercises I have explained the movement. You will, naturally, repeat the movement until you have done the number of repetitions you intend doing.

(Weightlifting Personalities Continued from Page 20)

who will see them lift in the championships will also admire them for their strength and personality. Until then, Gaston and Wibrod, good luck and more power to you both!

Gaston on his final attempt took 250 lbs. and smashed it overhead. Wibrod took 280 and made it with ridiculous ease, but just failed to lock his elbows in the jerk. Gaston totalled 645 lbs. without failing on a single attempt. One must not forget that this total won for Wes Hurst of Toronto the Lightweight Championship title of Canada last year at the Canadian Senior Nationals. It must also not be forgotten that Gaston performed his lifts on an exercise bar and not on a revolving set; - also to be taken into consideration is the fact that in Gaston's class there was no competition to be offered and therefore force him to lift heavier weights. Although Wes Hurst has improved since his last record, he will still be given tough competition at the Canadian Weightlifting Championships this year to keep his title.

Wibrod made 665. But this did not satisfy them. They asked for one more attempt on the jerk. Now, the surprise came. The massive Gaston asked for 260 for the jerk. With a slight step forward, he made it. Then he proceeded to 270, which he rammmed overhead. He asked for still another 10 lbs. on the jerk, making it 280 and rammmed it overhead so easily and quietly, you could have heard a pin drop. He asked again for 10 lbs. and again made it with ease. You can well imagine my surprise when he called for 300 lbs. more than double his body-weight! He again lifted it overhead, only to slip when he came up with the weight, as he had only his street shoes on. He again tried 300 lbs. and made it, thereby succeeding in lifting double his body-weight overhead. This inspired his pal Wibrod. He took the 300 lbs., cleaned it, but failed to jerk it. One cleaned 300 lbs., and the other jerked it! With proper style these weights should have proved to be well within their limits. We passed on to them a few pointers as to improving their style, which I hope will enable them to do the lift. One must not forget that these lifts were performed more or less under a handicap, that of using an exercising bar-bell and not a revolving set. Well, I guess you may want to know how they train and what they eat that gave them such good lifting power.

As to their training secrets, well, every lifter knows what they are. It is just plenty of hard training and perseverance. They lift four times a week, each trying to outlift the other. At times when they were out of work, they would train every day. They would start with the press, go on to the snatch and finish with the clean and jerk. They begin at about half their limit and work up to it in 10lb. jumps. They eat plenty of wholesome food--vegetables, fruit, lean meats, cream, cheese, etc.

Their one-hand lifts are as follows:-

	Gaston	Wibrod
One-hand snatch	140	155
One-hand clean and jerk	186	190

Their measurements are as follows:-

	Gaston	Wibrod
Age	21 yrs.	21 yrs.
Height	5' 3"	5' 8"
Neck	14 $\frac{3}{4}$	15 $\frac{1}{2}$
Biceps	14 $\frac{1}{2}$	15
Forearm	12 $\frac{3}{8}$	12 $\frac{3}{4}$
Wrist	7 $\frac{1}{4}$	7 $\frac{1}{4}$
Chest (normal)	41	43
Chest (expand)	43	46
Waist	29 $\frac{3}{4}$	30 $\frac{1}{4}$
Calf	14 $\frac{1}{2}$	15 $\frac{1}{2}$
Ankle	9 $\frac{1}{4}$	9 $\frac{1}{4}$
Thigh	22	23
Weight	148 lbs.	167 lbs.

These measurements can't give you any real idea of the physique and power, which is theirs. Two great fellows, with great personalities! We were real sorry to see them go. But they promised, if time permitted, they would lift in the Provincial Championships, and try to break some records. They also promised to train hard. Those

(Continued on Page 19)

CHART OF VITAMINS FOR THE BODYBUILDER

<u>VITAMIN</u>	<u>DISEASE CAUSED BY DEFICIENCY</u>	<u>FOODS TO PREVENT AND CURE</u>
Vitamin "A"	Infection, colds, coughs, loss of weight, retarded growth, - night blindness, kidney stones, Xerophthalmia (thickened comes of the eye.)	Green asparagus, green beans, raw cabbage, carrots, cheese, tomatoes, lettuce, beef, butter, cream, milk, spinach, watercross, cod-liver oil, sweet potatoes, apricots, liver.
Vitamin B1	Neuritis, loss of weight, constipation, loss of appetite, faulty carbohydrate metabolism (atrophy of testes)	Tomatoes, spinach, raw cabbage, egg yolk, liver kidney, brain, nuts, yeast, fruits.
Vitamin B2 (often called Vitamin "G")	Anemia, Cataract, skin diseases nerve degeneration.	Yeast, green vegetables, meat, milk, eggs.
P. P. Factor	Pellogra, Inflammation of tongue, Skin diseases, nervous breakdown which often leads to insanity.	Yeast, fresh lean beef, liver, salmon, egg yolk, wheat germ.
Vitamin "C"	Scurvy, (bleeding from gums) gum infection, swelling of joints, unaccountable fever, cataract.	oranges, lemons, tomatoes, grapefruit, potatoes, fruits and vegetables, fresh strawberries.
Vitamin "D"	Rickets, decayed teeth, softening of bones with deformities & short stature.	Cod liver oil, halibut liver, salmon body oil, tuna, fish oil, herring egg yolk, irradiated milk, cereals, bread & vegetables.
Vitamin "E"	Undescended testicles, sterility	Whole grain cereals, lettuce, spinach, watercross, alfalfa, wheat germ oils, most vegetable oils.
Vitamin "K"	Homorrhage	Green leaves, pig liver fat, egg yolk, soy bean oil.

EDITORIAL (Continued From Page 4)

After reading what has just been written, you will, no doubt, think us ambitious. Well, so we are! We think that nothing is too good for our weight-lifters, and body-builders. We do not shrink from our end of the job. All we expect from our readers is co-operation and loyalty. The way to show it in a practical way is simply to send your subscriptions to this magazine as soon as possible and to show and tell all your friends about it, so that they will also have a chance to subscribe to it.

The first few issues will be printed every two months, as we have no desire to  
(Continued on Page 32)

# BARTON HORVATH

Barton R. Horvath wishes to announce that copies of this month's cover pose can be obtained for 75¢ each in the 8x10 size. Barton has also for sale photographs of the best-developed men in the world. For further details write to:-

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Photographs of Arthur Dandurand can be obtained for 25¢ each in the post-card size as published in this magazine. You are assured of the finest quality. You cannot afford to miss this offer. Write immediately to:-

Arthur Dandurand,  
524 Plessis,  
Montreal, P. Q.  
Canada.

## EDITORIAL:-

rush things to start with. Later on we shall grow bigger and we will print each month. We are sure you will heartily back this 100% Canadian Magazine for, and in the interest of us all!

(I Am Young at Sixty-Two-Continued from Page 18)

I be scared of a mere "Angel". I also put on a show last year at the Provincial Championships at Montreal. I broke thick leather straps around my chest; I would put a leather strap around my chest with another man facing me. Then as the man would slip out from under the strap I would fill up the space by expanding my chest. I also performed many other feats at the exhibition.

Today at 62 years, I feel as I did when I was a young man. Here are my latest measurements:- Height 5ft. 8in. Weight 212 lbs. Neck 20½ins. Chest normal 49ins. Expanded 52ins. - Waist 40½ins. Biceps 16½ins. Forearm 14ins. Wrist 71/8ins. Thigh 24½ Calf 16½.

I am not an exception as some skinny people may say, as an excuse for their laziness. I can name hundreds of men who lived a life such as mine and today they are as healthy as I. To name a few; they are Otto Arco, Oscar Mathews, John Y. Smith, Proff. Paulinotte, Oscar Martineau, Joe Lambert, W.H. Mering. All of these gentlemen are over the age of 50 and some as young as 70.

I am not encouraging my readers to lead a life such as mine. All I am trying to say is that, by training with barbells and dumbbells and leading a clean life, you too may enjoy it as many athletes and I do. For this was truly my "Fountain of Youth". In following issues I will explain how exercise etc. help to preserve youth.

EDITOR'S NOTE:- The titles of "The Canadian Sandow" and the "Canadian Champion Strong-Man" was bestowed upon him by athletic bodies, because of his marvellous bodily and muscular development and terrific strength.

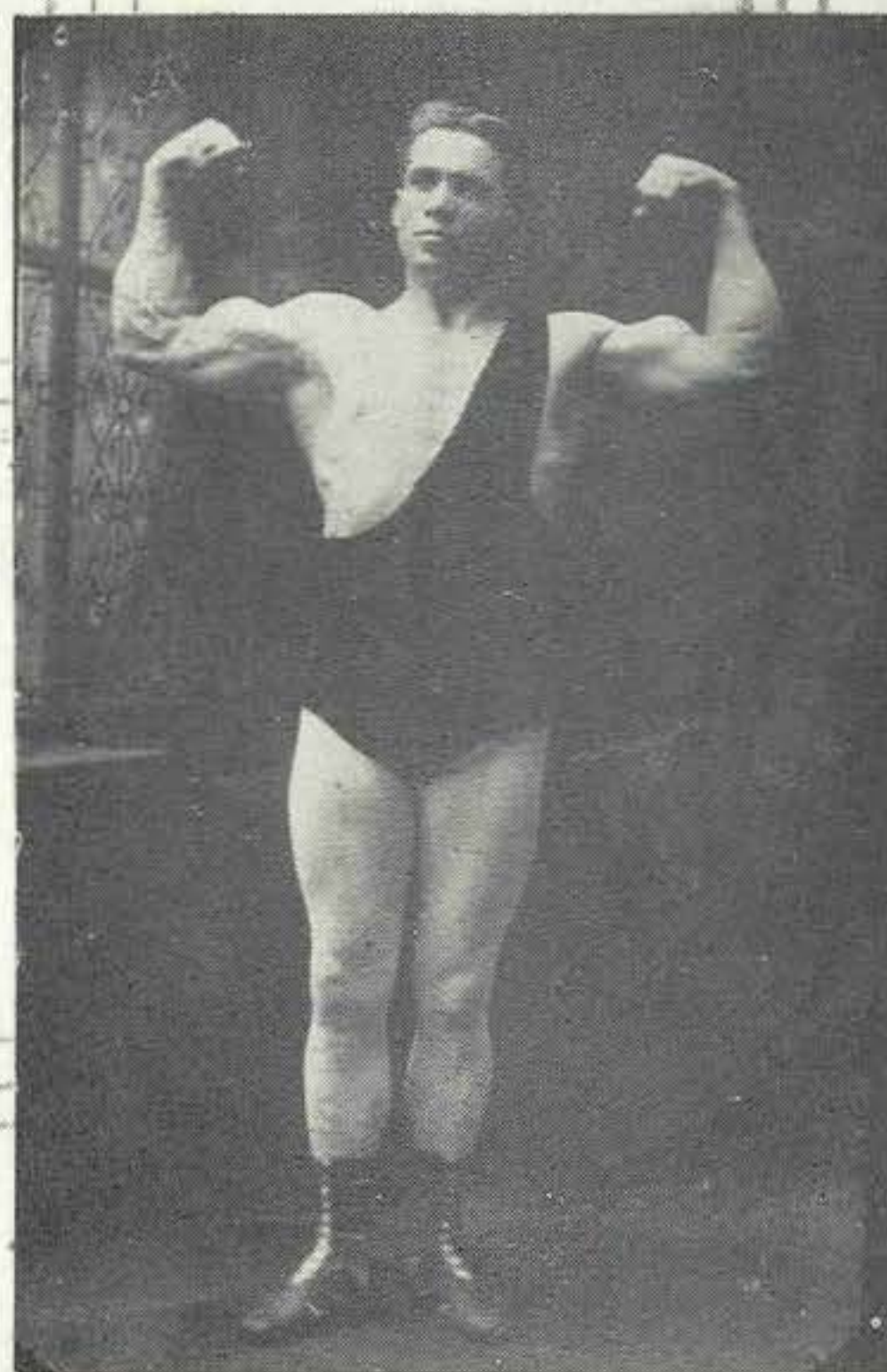
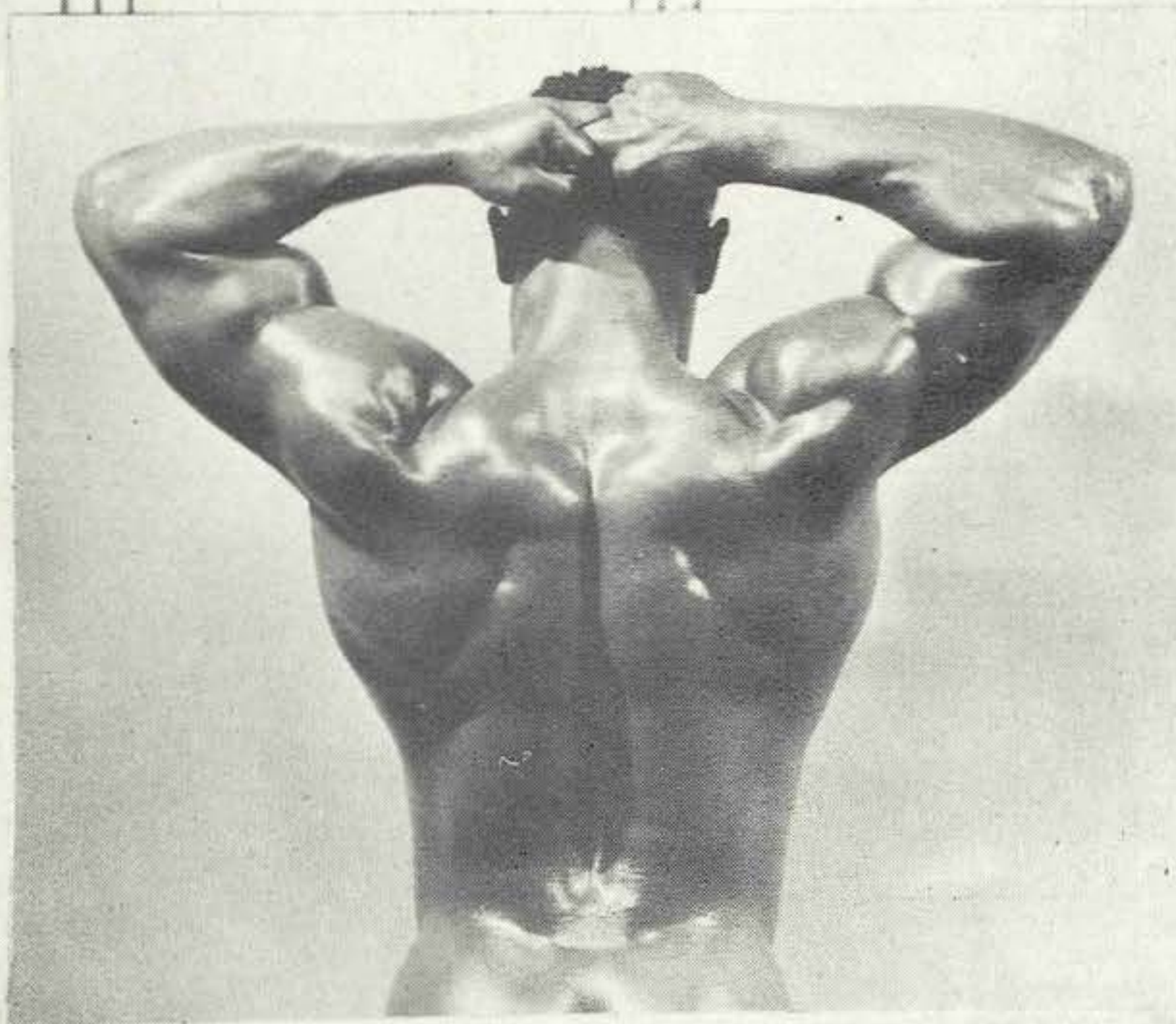
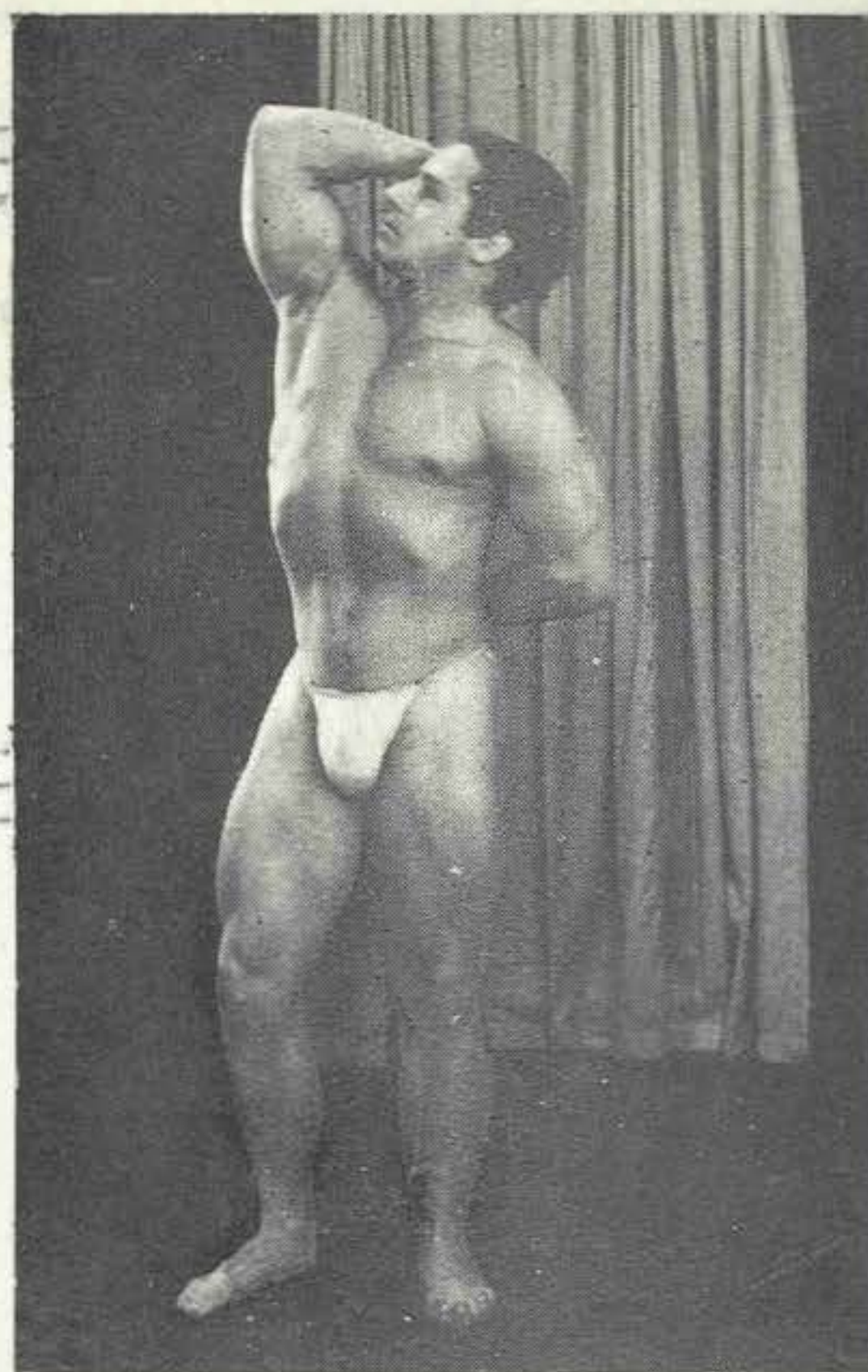
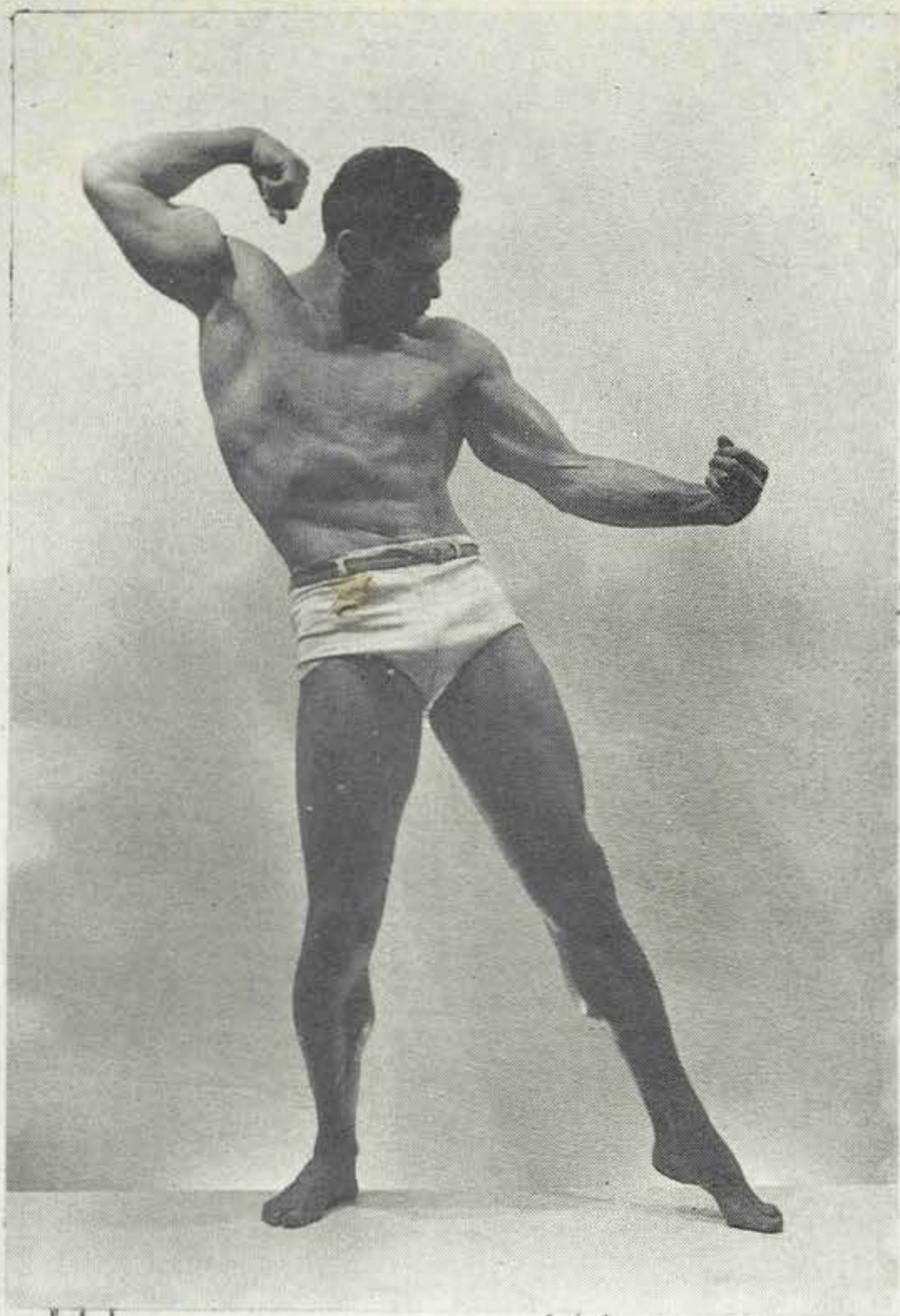
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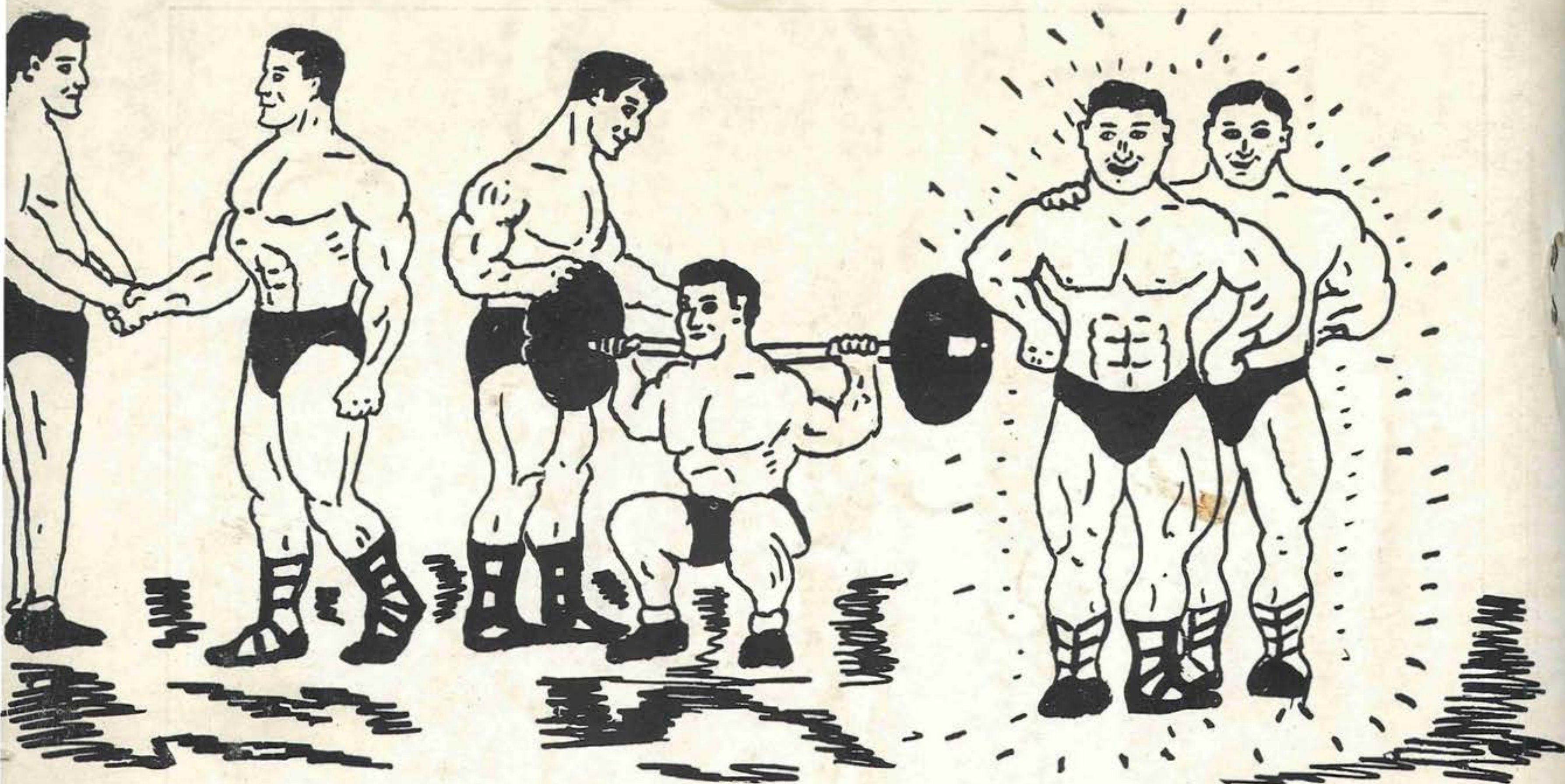


*Upper Left.* Bert Goodrich. "Mr. America of 1939".

*Lower Left* Johnnie Davis, World's Light-heavy Weight lifting Champion and one of the best built men in the world. (Both photos by Al Urban, World-Famous physique Photographer.)

*Upper Right.* Ed Theriault, West Bathurst, N. B., Canada.

*Lower Right* Arthur Dandurand at the age of



I take you in hand.

I train you personally.

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**Why should you take my course of Physical Culture ?**

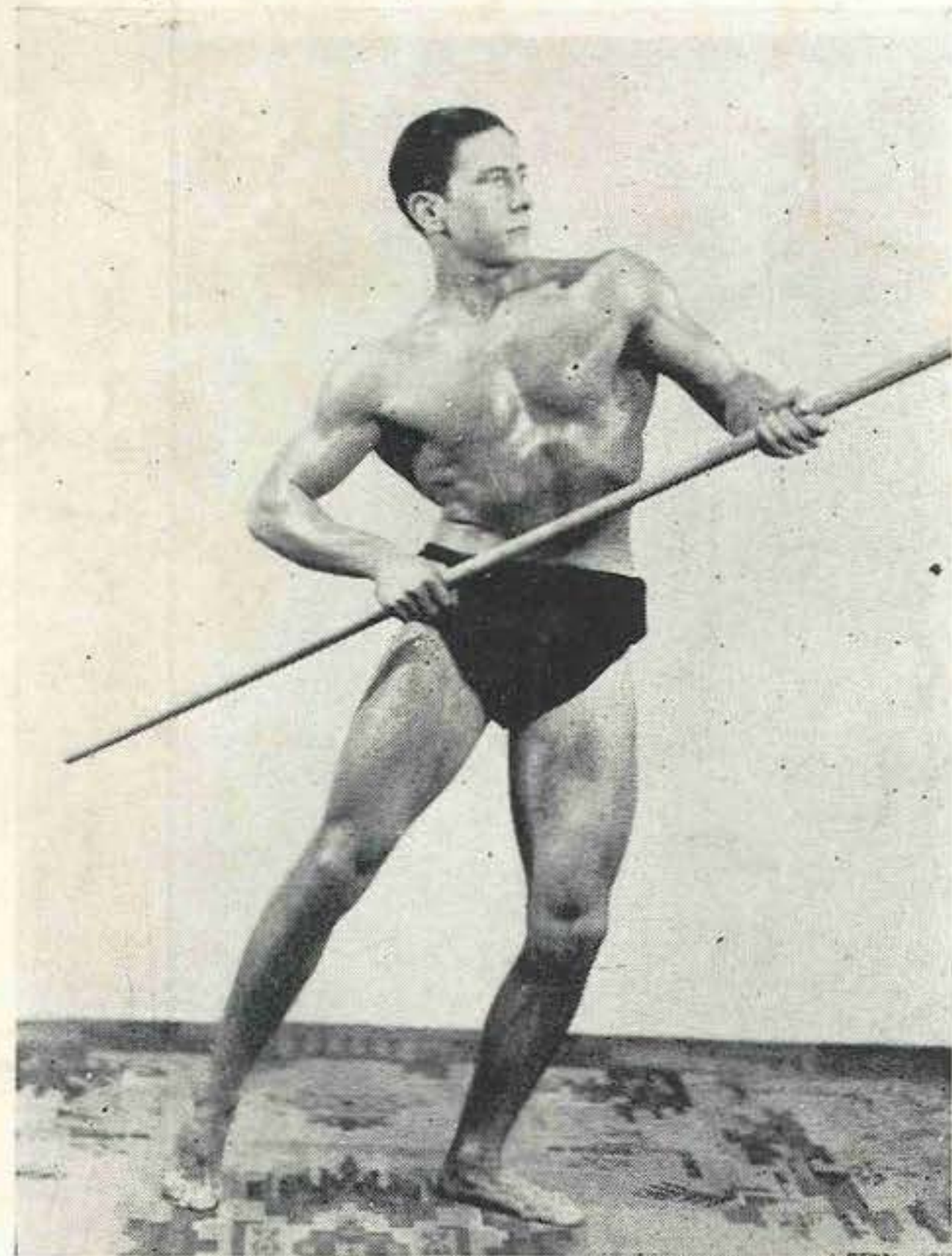
**BECAUSE—**

- 1) I will start by personally taking you in hand and train you from the very beginning.
- 2) I will show you how to fully build up your Physique.
- 3) I will put inches of solid muscle on your chest, arms, legs, etc.
- 4) If you are fat or thin I will help you to become Normal.
- 5) I will show you how to eradicate constipation once and for all. Heal your rupture, strengthen your heart and lungs, etc.
- 6) Finally I will show you how to live right, eat right, and regain your physical vigour !

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- 1) I have the most up to-date gym in Canada.
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- 3) I have all the necessary equipment to accomplish results.
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