

Eating for Nerve Strength

Strength

APRIL

25¢



W. N. CLEMENT

Wash Away Your Stomach Catarrh
Can You Dip with One Arm?
Strong and Shapely Legs

BAR-BELLS BUILD STRONG BODIES EVERY DAY— WHAT ABOUT YOURS?

Are you one of the many who feel that if you had the right method shown you of developing your body you would be just as good as the other fellow whose wonderful physique and abundant health you have always envied?

You do know that there was never a time in your life that you did not picture yourself as the owner of a powerful chest, broad shoulders and a strong neck. Don't you want muscular arms and legs that will make you capable of making a good showing in any kind of sport?

For the sake of argument, even if you did not desire to excel in sports, you would gladly possess those increased physical proportions for the wonderful value you would get out of them.

ARE YOU ENSLAVED BY PHYSICAL WEAKNESS?

There is absolutely no reason why you should be physically inferior to any other person. Just look at the remarkable physique of Mr. Urlacher. No one could possibly possess a more beautiful body than he. Just examine the remarkable arm and leg development and note the general balance of the whole body. Its symmetry is so perfect you would hardly believe he stripped at 185 pounds. He owes all he has gained to bar-bell instructions. Just read what he says:

"I have just completed the course that you laid out for me, and I can hardly express the great pleasure that I feel at the wonderful results I have derived.

"My stamina, and breathing capacity and physical power have so increased that I feel equal to any man in the world."

Mr. Urlacher is one of the many magnificent products that we can produce as living testimony to the value of bar-bell instructions.

If you want to gain those additional inches on your chest and limbs, and to increase your body weight, you must face the fact that this can only be done by the use of the

right methods of instruction and the proper appliance that can positively assure you of securing results. Bar-bells become your solution.

They never fail when their use is guided by experts who personally take care of your physical condition. To supply this service to our pupils, the Milo Bar-Bell Company has spared no expense, and we can safely say in Mr. Jowett we have an expert who is recognized by all as the most thorough teacher in America, and in whom our pupils can place unquestionable faith. His life record is one of continued results for all who come under his care. He is always at your service to solve your physical problems.



WHAT YOU GET WITH A BAR-BELL OUTFIT

Your outfit is one that you will be proud to own and which you can display with pride to your friends as they come around. Your set consists of a bar-bell, dumb-bell, two kettle-weights, extra collars and wrenches. The whole set is beautifully finished in black enamel with nickel-plated bars. The workmanship is perfect.

Apart from this beautiful outfit, you get three courses of instructions that are outlined for you according to your own individual physical needs.

If you find that our outfit, our system of instructions and Mr. Jowett's advice are not all we say they are, we will gladly refund your money.

A BEAUTIFULLY ILLUSTRATED FORTY-PAGE BOOKLET FREE ON REQUEST

We want you to prove the truth of our statements and send for our booklet which is crowded with pictures of our pupils and their unsolicited testimonials. It will explain to you the Double Progressive system of training, originated and taught by ourselves, which is proved by test to be the most successful method for securing results in body development.

Do not hesitate to send for one of these Big Booklets.

Write now and we will send it to you free of charge.

"Health, Strength and Development" and the pamphlets entitled "How Much Should I Measure and How Much Should I Weigh?" "How Much Can I Improve at Twenty—at Thirty—at Forty Years?"

S-4-25

The Milo Bar-Bell Co.,
Dept. 101
2739 Palethorp St., Phila.,
Pa.

THE MILO BAR-BELL CO.

DEPT. 101

2739 PALETHORP STREET
PHILADELPHIA, PA.

GENTLEMEN:
Please send me without obligation on my part your free booklet "HEALTH, STRENGTH AND DEVELOPMENT AND HOW TO OBTAIN THEM" and your pamphlet entitled, "HOW MUCH CAN I IMPROVE AT 20—AT 30—AT 40 YEARS?"

Name.....

Address.....

City.....

State.....



N. S. T. A.

"I had never earned more than \$20 a week before taking your training. Last month I made \$1,350 as a salesman. My earnings the past year have averaged around \$1,000 a month, and I believe that the coming year will see me a good way over that mark. I know I couldn't have done this without N. S. T. A. training."

A. H. WARD,
Postl's,
Chicago, Ill.



Are You Another \$10000 Man in a Small Pay Job?

Are you one of the many men who are hiding their real ability in a low-pay job? I'll show you how thousands of men in low-pay jobs found a way to earn anywhere from \$5,000 to \$10,000 a year. Read this salary-raising message and then learn how you, too, may become a big money-maker

Think of it! What would such an astonishing increase in income mean to you? And Ward had no unusual qualifications when he began this training. He had not a single advantage that you do not have. And to prove to you that other men from every walk of life have gained astonishing results from this training I want you to read and heed these records.

Geo. W. Kearns, Oklahoma City, had never earned over \$60 a month. Now he is in the big money class. H. D. Miller, Chicago, was making \$100 a month as a stenographer in July. In September, three months later, he was making \$100 a week as a salesman. J. H. Cash of Atlanta, Ga., exchanged his \$75 a month job for one which pays him \$500 a month. M. V. Stephens of Albany, Ky., was making \$25 a week. He took up this sales training and jumped to \$6,500 a year.

Make Your Dreams Come True

You would not be human if you had not often envied men who earn \$10,000 a year or more; men who associate with big business men on an equal footing, who are easily able to provide their families with the best education and social advantages; who have their own cars and homes; who are looked upon as successful, substantial men of high standing by their friends and acquaintances.

Their dreams have come true—and yours will, too, if you will heed what I tell you here. My work in life is to take the average man from a "blind-alley" job and show him how he can make enough money to satisfy any normal ambition. If you will give me a chance, I'll show you how it is done.

Proof That Salesmen Are Made— Not "Born"

Perhaps you would smile if I told you that, in a few weeks or months, you could be earning big money in the Selling Field. Thousands before you have smiled—but many of those thousands are now successful, highly paid salesmen. The men whose names appear here thought salesmen were "born" and they did not believe that they were "cut out for selling." But read their records!

Now, by an easy method, you can enter the Selling Field—a field in which the opportunities are ten to one in your favor—a field in which thousands of men who have written the National Salesmen's Training Association are making good in a big way. You know that Salesmen top the list of money-makers—that the salesman is his own boss—that his work is fascinating, interesting and highly profitable. The thing you doubt is your own ability. But you are just as intelligent as the average mail clerk, farm hand, office clerk, mechanic, or bookkeeper! Men from all walks of life have quickly forged to the front in the Selling Field—so can you!

Simple as A-B-C

Just as you learned the alphabet, so you can learn salesmanship. It is governed by rules and laws. There is a certain way of saying and doing things; certain ways of approaching a prospect to get his individual attention; certain ways to overcome objections, to batter down prejudice, overcome competition and make the prospect act. And through the NATIONAL DEMONSTRATION METHOD, an exclusive feature of the N. S. T. A. System of Salesmanship Training, you get the equivalent of actual experience while studying.

The NATIONAL DEMONSTRATION METHOD gives you the experience and knowledge which will enable you to overcome sales obstacles of every kind. It is one of the many reasons why N. S. T. A. members make good salesmen right from the start.

I want to send you a complimentary copy of a most remarkable book, "Modern Salesmanship." It shows you how you can quickly and easily become a Master Salesman, a big money-maker. It shows how the N. S. T. A. System of Salesmanship Training will give you the knowledge of years of selling experience in a few weeks or months; how our FREE employment service will help you select and secure a good selling position just as soon as you are qualified and ready. It will give you the fascinating stories of former routine workers who are now earning astonishing salaries as salesmen. Mail the coupon today—this act may prove to be the turning point of your whole life.

NATIONAL SALESMEN'S TRAINING ASSOCIATION

Dept. 21-D,
N. S. T. A. Building
Chicago, Ill.



National Salesmen's Training Association
Dept. 21-D, N. S. T. A. Building
Chicago, Illinois

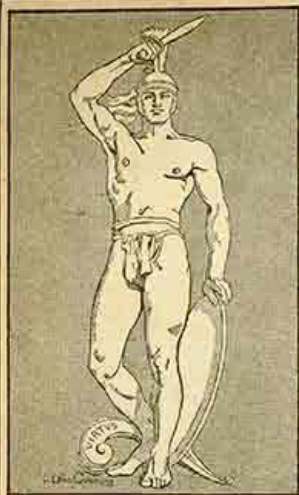
Send me your free book, "Modern Salesmanship," and proof that I can become a Master Salesman.

Name

Address

City State

Age Occupation



Strength



APRIL, 1925

Vol. X.

No. 2

CONTENTS

Cover, "The Grace of Strength" by W. N. Clement

Don't Work—Play to Keep Fit	Editorial	19
The Beauty that Lasts	Florence Whitney	20
<i>Photographs</i>		
How Can I Get More Nerve Strength from My Food?	Carl Easton Williams	24
<i>Illustrations by Lucille Patterson Marsh</i>		
Rowing—In the Early Days and Now	John T. Taylor	26
<i>Photographs</i>		
Is There Help for the Paralysis Victim?	Ira W. Drew, M.D.D.O.	30
Saxon, the Great Iron Man	George F. Jowett	32
<i>Photographs</i>		
American Continental Weight Lifters' Association Notes	John Bradford, Sec'y	37
Strong and Shapely Legs	Madeline Mulvey	38
<i>Poses by Margaret McGonigle</i>		
Washing Away Your Stomach Catarrh	Dr. Edwin F. Bowers	42
Strength Posing Competition	Contest	44
<i>Photographs</i>		
Avoid Constipation—It's Easy	Edith Evans	46
Our Girls' Circle	Marjorie Heathcote	48
<i>Photographs</i>		
What Your Children Should Eat	J. Leonard Mason	50
<i>Photographs</i>		
Tumbling and Hand Balancing—Right and Wrong Methods	Charles McMahon	52
The Dinner Table—Laxative Menus	Jane Randolph	55
Ask the Doctor—Department	H. H. Rubin, M. D.	57
The Mat—Analytical Comment on Body Building	Department	59
Can You Dip With One Arm? The High Biceps What Is Your Pet Stunt?		
How I Cheated the Undertaker	Harold Faller	61

Published Monthly by THE MILO PUBLISHING CO.
 Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.
 under the Act of March 3rd, 1879. Additional entry at New York, N. Y.
 D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
 Advertising Offices, 104 Fifth Avenue, New York City, N. Y.
 R. L. HUNTER, Advertising Manager.
 Chicago Office: 162 East Ontario Ave., J. A. HISEY, Manager.
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
 Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

RENEWALS.—When your subscription expires we will place a subscription blank in your final copy. Renewals should be sent in promptly in order to receive the next issue. Please use the subscription blank for this purpose so that we may extend your subscription in our files. Notice of change of address should be accompanied by the old address as well as the new.

Copyright, 1925, by The Milo Publishing Co.

Look Here!

BE A DRAFTING EXPERT

BIG MONEY—GREAT OPPORTUNITIES!

If you're earning a cent less than \$50 a week, clip coupon now! Send for FREE BOOK. Be a DRAFTING EXPERT. Positions everywhere. Easiest, most fascinating work in the world. Short hours! Big Pay. Unlimited Opportunities. Drafting Experts are in contact with BIG MEN—in line for promotion—BIG PAY. Amazing Careers built on Drafting. President greatest Railway System in America and President Million Dollar Corporation, started as Drafting Experts.

Great Association of Drafting Engineers Brings Famous "Job-Method" Training RIGHT TO YOUR HOME!

Get that Free Book. Find out about this Thorough, Easy, Simplified, Money-making Training. Common schooling all you need. We guarantee to train you successfully—AT HOME, with actual Drafting Jobs. Also Professional Instruments FREE! Personal and individual lifetime Consultation Service from Accredited Engineers FREE to you. Famous "Job-Method" not narrow, one-man viewpoint. FREE EMPLOYMENT SERVICE. Powerful Association backs you up. Drafting Expert's Outfit FREE. Many other big features special for limited time. ACT NOW.



Short Hours, Big Pay, Fascinating, Easy Work.



From \$120 to \$250 a month through "JOB-METHOD."
S. Novak, 977 Walnut Street, Freeland, Pa., writes as follows:
"I will write you a few lines to tell you how you have given me a trade and made a Draftsman out of a Laborer at \$4.50 for ten hours. Now it is \$20 for eight hours easy work."
"Your training has helped me 100 per cent—more pay—less hours—and easier work. If anyone can thank you more for making a Draftsman out of me, than I do, then nothing is impossible, those are my words."
S. Novak.



FREE DRAFTING EXPERT'S OUTFIT
To help you get started for Big Pay. Limited time only. Same Instruments Engineers use. Valued at \$15. Absolutely Free. Write quick. Clip Coupon Now for Special Offer and full information.

C. E. Wesch
Chief of Staff,
ASSOCIATED DRAFTING ENGINEERS, Dept. 430
1920 Sunnyside Ave., Chicago, Ill.

Gentlemen:
Without obligating me in any way, please send me your book, "Drafting, the Foundation of Industry" absolutely Free. Also complete information of your rapid homestudy Drafting course, free instruments and special offer.

Send for Big FREE Drafting Book Now!

Tear off that coupon and mail it today, I'll send you "Drafting, the Foundation of Industry," Big Book on Drafting now free. Interesting and Helpful. Prices reduced. Easy terms now. Take advantage of this opportunity. Mail the coupon at once. Learn how you too can start to make money quick like Novak and hundreds of others! Act Now.

We Have Taken Over the famous Coyne School of Drafting

C. E. Wesch
Address: Chief of Staff

ASSOCIATED DRAFTING ENGINEERS
Dept. 430 Sunnyside Ave., Chicago, Ill.

.....Name
.....Address
.....Town
.....State

MAIL COUPON TO-DAY!



Just give me 5 minutes of your time and I will prove to you that almost every man possesses the natural gift of powerful speech. A gift which brings money, advancement, popularity, and success in an amazingly short time. I will show you how to bring out this "hidden knack" and to overcome stage fright, self-consciousness, timidity, bashfulness. You can do all this quickly, easily and surely by giving me only 15 minutes a day in the privacy of your home.

AMAZING 5 MINUTE TEST PROVES 7 Men out of 9 have this "Hidden Knack"!

TESTS have shown that seven men out of every nine possess the natural gift which makes men rich. But few realize that keeping this knack hidden is the thing that holds them back when others, of lesser ability, get what they want by the sheer power of speech alone. I'll show you how to bring out this powerful "knack" and use it to quickly gain advancement in position and salary, popularity, leadership, success.

A Secret That Has Made Men Rich

Opportunity follows the man who can talk impressively and convincingly. Things invariably come his way. When there is a big, important, high-salaried position to be filled, he is the man who is asked to take it while often men of greater ability are passed by unnoticed.

In every line of business the big jobs go to the man who can dominate and control others. The man who can sway others and bend them to his will, whether it be one man or an audience of thousands, is the man who is constantly being sought for positions of power and leadership.

Now Easy for Anyone to Become a Powerful Speaker

Thousands of men have found it amazingly easy to quickly become powerful speakers.

You do not need a college education, nor previous voice training. A few surprisingly simple, easy-to-remember principles can readily be grasped in a few minutes each day. There is no mystery about becoming a powerful speaker. Anyone can do it. You have

often felt something rise up within you and demand expression. That is the "hidden knack" which, when brought out in this new and easy way, causes an unknown to jump to the head of a great business; an obscure salesman to suddenly rise to the desk of salesmanager; a bashful, timid man to become a popular after-dinner speaker and platform lecturer.

It Takes Only 15 Minutes a Day

I don't care how embarrassed you are when called upon to speak, I don't care how timid or bashful you become when in a social gathering. Give

me fifteen minutes a day for only a few weeks and I will guarantee to make you a forceful, convincing and impressive speaker—or it will not cost you a single penny. I'll show you how to make yourself the dominating figure in any gathering; how to speak with confidence and force in business conferences, at banquets, in the lodge hall, at public gatherings, on the lecture platform. I will show you how to bring out your "hidden personality" and turn it into a dominating and

commanding one through the power of speech alone.

This FREE Test Will Measure Your "Hidden Knack"

There is a simple, easy, five-minute test by which you can discover whether you possess this "hidden knack" that has made men rich. It will show you how this natural ability can be brought out by my unusual scientific training. How it can be used to quickly win you salary increases, business advancement, popularity and recognition. If you will fill in and mail the coupon below, I will send you this astonishing test FREE. Test your own ability—the results will astound you. But, send today before this offer is discontinued. It may be the biggest step toward advancement and success that you will ever make.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 1774, Chicago, Ill.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 1774
Chicago, Ill.

Please send me your FREE Test and full information about your amazing new method of learning Public Speaking. This request places me under no obligation of any kind.

Name.....

Address.....

City.....State.....

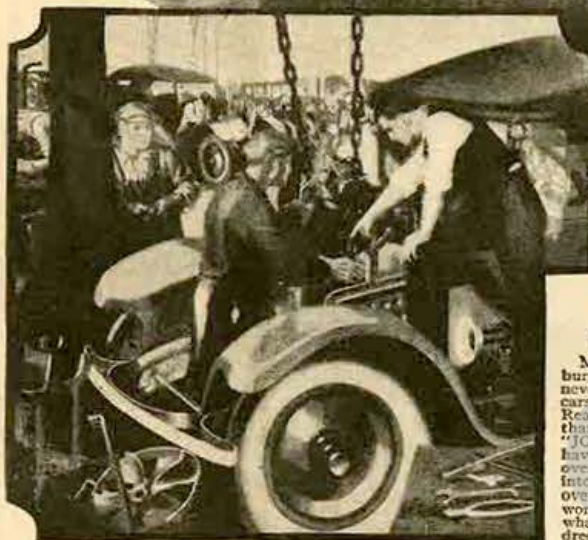
What 15 Minutes a Day Will Show You

- How to talk before your club or lodge.
- How to address board meetings.
- How to propose and respond to toasts.
- How to make a political speech.
- How to tell entertaining stories.
- How to make after-dinner speeches.
- How to converse interestingly.
- How to write letters.
- How to sell more goods.
- How to train your memory.
- How to enlarge your vocabulary.
- How to develop self-confidence.
- How to acquire a winning personality.
- How to strengthen your will power and ambition.
- How to become a clear, accurate thinker.
- How to develop your power of concentration.
- How to be the master of any situation.

Be a B.W. Cooke-Trained AUTO EXPERT

I Guarantee to
Train You
AT HOME

**EARN
\$3500 to \$10000
A YEAR**



**Start to Make
Money Quick
Like Morriston**

M. J. Morriston, Parkersburg, W. Va. (photo at right), never had a day's experience on cars before starting my training. Read what he says when less than half-way through his "JOB-WAY" course. "What I have already learned is worth over \$300 to me. I have gone into business and I'm making over \$50 a week clear, with wonderful prospects." And what Mr. Morriston and hundreds of others have done I will help you to do!



M. J. Morriston
Parkersburg, W. Va.

Clip this Coupon
Now for my Big
FREE AUTO BOOK

**The World's biggest,
most fascinating business needs you!**

You needn't slave away at small wages another minute—mail coupon and I'll tell you how I train you at home in your spare time for positions paying \$75 to \$200 a week. Unlimited opportunities waiting for Cooke-trained Auto Experts. Let me show you how my "JOB-WAY" training has prepared hundreds of men just like yourself for a quick, brilliant success in the Auto business.

Earn \$75 to \$200 a Week!

Don't sell your time for a penny less! You don't need to when you have my wonderful training. As Directing Engineer of the great Chicago Auto Shops I know what training you need to succeed, AND I GIVE YOU THAT TRAINING. Right in your own home I make you MASTER of every branch of Auto, Truck and Tractor work. I train you with JOBS—not books. I bring the original "JOB-WAY" training TO YOUR HOME!

Read My Guarantee!

Ten guarantees in my big free Auto Book. No. 1 is "I guarantee to refund every cent of your money if after receiving my training you are not absolutely satisfied." This and nine other wonderful guarantees make my "JOB-WAY" course the training for you! Be sure to get my book and read all 10 guarantees—the most amazing protection offered by any school on earth!

**Experience, Education
Not Needed!**

I don't care how little schooling you have, I will make you a successful Auto Expert or refund your money! Boys and men of all ages have become Garage owners and managers, Superintendents, Foremen, Auto Experts, BIG PAY executives, after completing Cooke "JOB-WAY" training. I prove to you under bond, that I will prepare you to take advantage of the many wonderful opportunities of the great auto business!

**Get My Big Book
Quick!**

I will send it to you without one penny of cost. Read all the facts, find out about the demand for Cooke-trained Auto Experts. Let me tell you how easily and quickly you, too, may become an Auto Expert. Special offer right now to ambitious men. Coupon brings complete information. Mail it today!

No Other Training Like Mine!

My training includes ALL Electrical work—Ignition, Starting, Lighting—ALL Mechanical end, Welding, Brazing, Vulcanizing—also Business Course, Salesmanship, Advertising, Buying, How to keep Simple Books—also Free Monthly Magazine, also 2 Free Outfits. Nowhere else I know of, can get you ALL this training.

Ten Billion dollars spent each year to repair 18 Million Autos, Trucks, Tractors—it's the world's biggest business. Amazing money opportunities everywhere for trained men. My Free Employment Service helps you to big jobs, and I help you to get into business for yourself.

**Tools and Test Bench
Equipment Free**

I supply every Cooke JOB-WAY student with 2 big, complete costly outfits absolutely free! Many students use these outfits to make money shortly after starting my training. Mail coupon for this remarkable offer!

FREE!
Big
2
Repair
Outfits

Address Me Personally **B. W. Cooke** Directing Engineer
CHICAGO AUTO SHOPS
DEPT. 456 1916 SUNNYSIDE AVENUE, CHICAGO

MAIL THIS COUPON NOW!

FREE AUTO BOOK

B. W. COOKE, Directing Engineer, Chicago Auto Shops
Dept. 456, 1916 Sunnyside Avenue, Chicago

Send me FREE your big Auto Book "The Pay-Raiser" and proof that I can become an Auto Expert at home in spare time. Also reserve 2 Free outfits without obligating me.

Name.....

Address.....

City..... State.....

"It Made
AN ALL-ROUND MAN
of me."



LOS ANGELES ATHLETIC CLUB

December 14th, 1924

Dear Mr Strongfort:

Nothing gives me greater pleasure than to recommend your system of training.

It has made an "all-round" man of me: given me a body equally developed in every part--outside and inside--enabled me to thoroughly master muscle control and put me in a position where I am fast coming to the front as one of the foremost tumblers of the country.

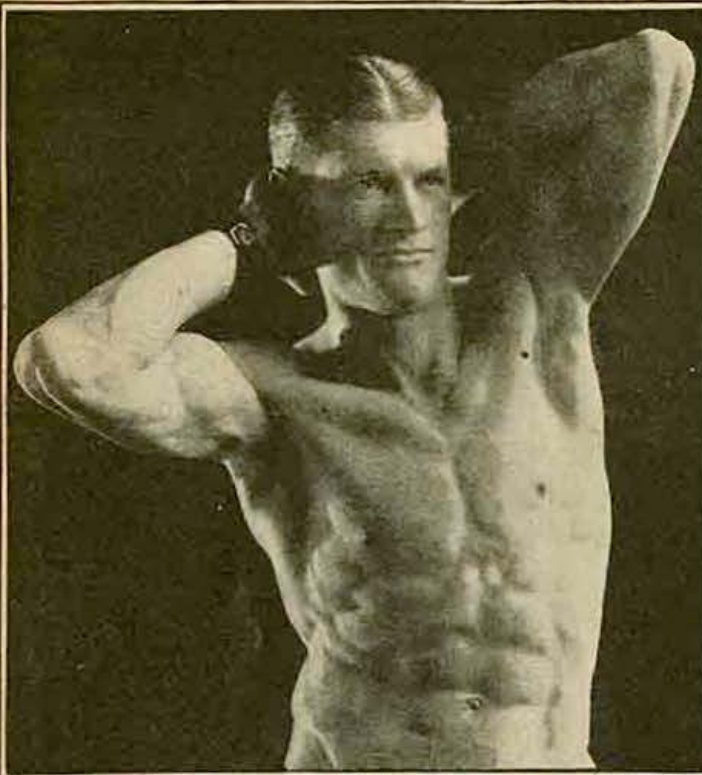
I want to thank you for what your superior course has done for me, especially after meeting several unfortunate men who have been using other methods.

Yours respectfully

(signed)

Clarence Oswald

↑
READ THIS
LETTER



CLARENCE OSWALD

whose muscular development illustrates how LIONEL STRONGFORT turns out splendid torsos like these, modeled by the Ancient Greeks and master sculptors of mediæval times.

STRONG

A Splendid Example

of the universal development attained through the faithful practice of STRONGFORTISM. There is symmetry and grace in every line of the handsome manly figure, without any of the disagreeable bulginess so common among truck drivers and longshoremen, which inevitably follows the unequal development of the different portions of the anatomy.

Mr. Oswald's clean-cut features, as shown in the close-up above, indicate his perfect health and overflowing vitality; the result of the systematic exercise (in accordance with the STRONGFORT System) of the important *internal* muscles on which the proper functioning of the vital organs depend.

We are particularly glad to print Mr. Oswald's letter and picture, as he is one of the many "coming young men" whose health, strength, vitality, perfect physical development and success in life are due to the teachings of Lionel Strongfort.

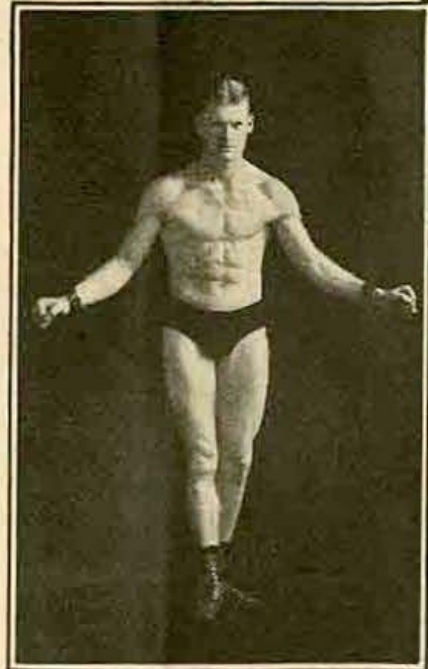
When you want Real Physical Training and Muscle, enroll with the Master Teacher

LIONEL STRONGFORT

Leading Physical and Health Expert
Over 25 Years

Dept. 1786
Newark, New Jersey, U. S. A.

Correspondence Instruction in Health
promotion and Muscle Building



The above shows how LIONEL STRONGFORT'S system develops the body uniformly throughout every portion of the figure.

Symmetrical Development

is the *Keynote* of my Course
in the new *Physical Culture* based on
the *Science*
of

FORTISM

Don't Be a
Dime Museum Freak

Bulging biceps, or any other one part of the anatomy, on an otherwise under-developed body, are *abnormal*—in a class with the three-legged man or any other museum freak; unpleasant to see, unhealthy to have. And an extraordinary *external* development, when the *internal* muscles are weak, flabby and undeveloped, means a certain early loss of vigor and vitality—often sudden death.

The cause of early deaths among athletes (and a good many other men and women) is not so much the strains to which they are subjected, as to the fact that their vital organs have not been developed (as have their external muscles) to meet and cope with those strains.

Failure Follows Unfitness

But most men do not realize that their unfitness lies in the wasting away of certain little strips of muscle hidden away in their bodies; the muscles that enable the heart and lungs and stomach and intestines to do their daily work.

If you feel UNFIT: tired in the morning, loggy during the day, unable to enjoy your evenings—if some chronic ailment is making your life a misery—*FAILING* in what you want to do and fearful that you will never be able to accomplish it,

Send for My Free Book

"Promotion and Conservation of Health, Strength and Mental Energy"

It will tell you about STRONG-FORTISM; what it has done and is doing for others—and just what it will do for YOU. It will banish your Blue Devils by showing you a safe, sure way back to health, strength and PERFECT MANHOOD. I GUARANTEE it, if you follow my directions for a few months. There's nothing complicated about them; no dope or drugs of any kind, no elaborate apparatus, no starvation dieting. Just Nature's simple, certain method of SELF REGENERATION.

Send for the book *now*—DON'T DELAY. Mark the ailment on coupon, on which you want special information, and mail to me with a 10c piece (one dime) to cover postage and packing and I'll send you a special letter with the book.

LIONEL STRONGFORT
Physical and Health Specialist for over 25 years
Dept. 1786 Newark, New Jersey, U. S. A.



LIONEL STRONGFORT
Dr. Sargent, of Harvard, declared that Strongfort is unquestionably the finest specimen of physical development ever seen.

FREE CONSULTATION COUPON

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 1786, Newark, N. J.—Send me free my private copy of "Promotion and Conservation of Health, Strength and Mental Energy," for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (X) below, without obligation.

- | | | | |
|------------|-------------------|-------------------|--------------------|
| Colds | Bad Breath | Biliousness | Skin Disorders |
| Catarrh | Bad Blood | Torpid Liver | Insomnia |
| Hay Fever | Youthful Errors | Indigestion | Falling Hair |
| Asthma | Weak Eyes | Nervousness | Stomach Disorders |
| Obesity | Anemia | Poor Memory | Round Shoulders |
| Headache | Debility | Prostate Troubles | Weak Back |
| Thinness | Fear | Rheumatism | Drug Addiction |
| Rupture | Neurasthenia | Increased Height | Weakness (specify) |
| Lumbago | Short Wind | Despondency | Muscular Develop- |
| Neuritis | Flat Feet | Poor Circulation | ment |
| Neuralgia | Constipation | Losses | Great Strength |
| Flat Chest | Vitality Restored | Weaknesses | Blood Pressure |
| | Vital Losses | Impotency | |

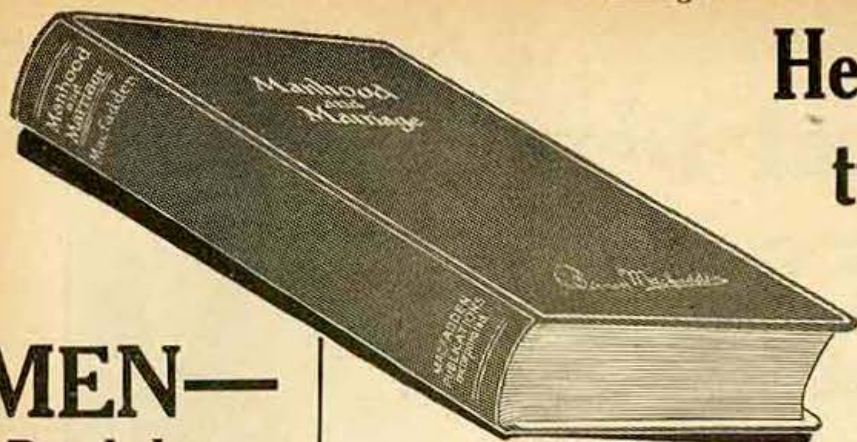
Mention Other Ailments Here.....

Name.....

Age..... Occupation.....

Street.....

City..... State.....



Here is the real truth about the sex question!

MEN—

Read these chapter headings!

- 1—The Importance of Virility
- 2—Am I a Complete Man?
- 3—Is Marriage a Necessity?
- 4—The Age to Marry
- 5—Selecting a Wife
- 6—Love Making and Its Dangers
- 7—Establishing the Intimate Relations of Marriage
- 8—Marital Mistakes and Excesses
- 9—Regulating Marital Intimacies
- 10—Should Husband and Wife Occupy Separate Beds?
- 11—Conserving Love — The Basis of Marital Happiness
- 12—Should Husbands be Present at Childbirth?
- 13—Are Children Always Desirable?
- 14—The Crime of Abortion
- 15—Divorce Physiologically Considered
- 16—Can a Wrecked Marriage Be Reclaimed?
- 17—The Erring Wife
- 18—Jealousy — the Green-Eyed Monster
- 19—Quarreling and Making Up
- 20—Sowing Wild Oats
- 21—How Virility Is Destroyed
- 22—The Truth About Masturbation
- 23—Seminal Losses
- 24—The Plain Facts About Varicocele
- 25—The Troublesome Prostate Gland
- 26—Impotence and Allied Sexual Weaknesses
- 27—Sterility
- 28—How to Build Virility
- 29—Exercises for Building Virility
- 30—Foods that Help to Build Virile Stamina
- 31—Diseases of Men—Their Home Treatment
- 32—The Prevention of Venereal Disease
- 33—Various Problems of Young Men

question be hidden away as a thing to be ashamed of. People are demanding the truth about these things.

And so Bernarr Macfadden has lifted the veil. He has told the truth about mankind's most vital problem in a frank, straight-from-the-shoulder style that will appeal to every man who reads his remarkable book.

MANHOOD and MARRIAGE

by Bernarr Macfadden

THIS book is a fearless, ringing challenge to prudery and ignorance. It contains the fruits of Bernarr Macfadden's lifelong study of one of the biggest problems confronting the young manhood of the world. In writing it he has dared condemnation to tell people what they really needed to know about themselves.

He has had to surmount extraordinary difficulties in the preparation of the book. Many of the topics discussed had never before appeared in a book intended for popular consumption.

But the truth is mighty! It can neither be ignored nor suppressed! There was an overwhelming need and demand for a fearless, plain-speaking book on sexology. The wall of ignorance that was wrecking millions of lives must be broken down!

The book was written, published and placed on sale. Today in tens of thousands of homes this great work is one of the chief factors in promoting health, strength and happiness.

The Author's Message

"Manhood of a superior degree is of truly extraordinary value. It is an asset beyond price. Thousands of young men, and those that are not young, can be wonderfully benefited by carefully following the instructions to be found in the pages of this volume. May it go out and carry its important truths to every human soul struggling for the light so sorely needed amid the pitfalls of life's pathway."

Bernarr Macfadden.

A book that solves the vital problems of men

"**M**ANHOOD AND MARRIAGE" enters the sanctuary of the most sacred phases of your inner life. It grips you with suggestions that are personal and confidential. It furnishes definite and practical information on vital subjects, pure in themselves, that are frequently surrounded with vulgar mystery.

The problems of men frequently assume tremendous importance. They often become the source of worries that ultimately assume a tragical nature. And the need for the answer to the query, "What shall I do?" often grips the victim with terrifying intensity. It is well, therefore, that conditions and problems of this sort should be clearly and emphatically presented, for the outcome may mean success or failure, health or disease, or even life or death.

This book solves practically and definitely some of the most tremendously vital problems that confront the manhood of today. It talks plainly. It conveys invaluable body-developing, mind and moral-building, life-saving truth. It will enlighten you as no other book has ever done on these important vital topics. It goes right at the "heart" of the needs of men of today. Whether married or single, you will find this book a proverbial gold mine in information that is needed every day of your life.

All the material secured by the author through more than a quarter century of careful study and experimenting is found in the pages of this new book.

Send no money—just the coupon!

THIS remarkable book, so new in scope, so fresh in viewpoint, is crammed full of information neglected by old-fashioned sex hygiene. And so convinced are we of its almost priceless value, so sincerely do we feel that it should be in the hands of every man, that we offer to send it to you on approval.

Send no money. Just fill out the coupon and mail it and the book will be shipped promptly. When it comes, deposit the price of the book, plus delivery charges, with the postman. Then take five days to examine it thoroughly. If at the end of that time you are not entirely satisfied with it in every way—if you are not ready to agree that the book is worth ten times its cost—just send it back to us and your money will be refunded immediately without question.

MACFADDEN PUBLICATIONS, INC.
Dept. S-4
Macfadden Bldg.
1926 Broadway N. Y. C.

Please send me a copy of "Manhood and Marriage" under plain cover and I will pay the postman \$3.00, plus delivery charges, upon receipt. If I do not feel that the book is worth much more than the price charged, it is understood that I may return it in perfect condition within five days after I receive it and my money will be refunded immediately and without question.
(Postage prepaid on cash orders)

Name.....
Print Name and Address

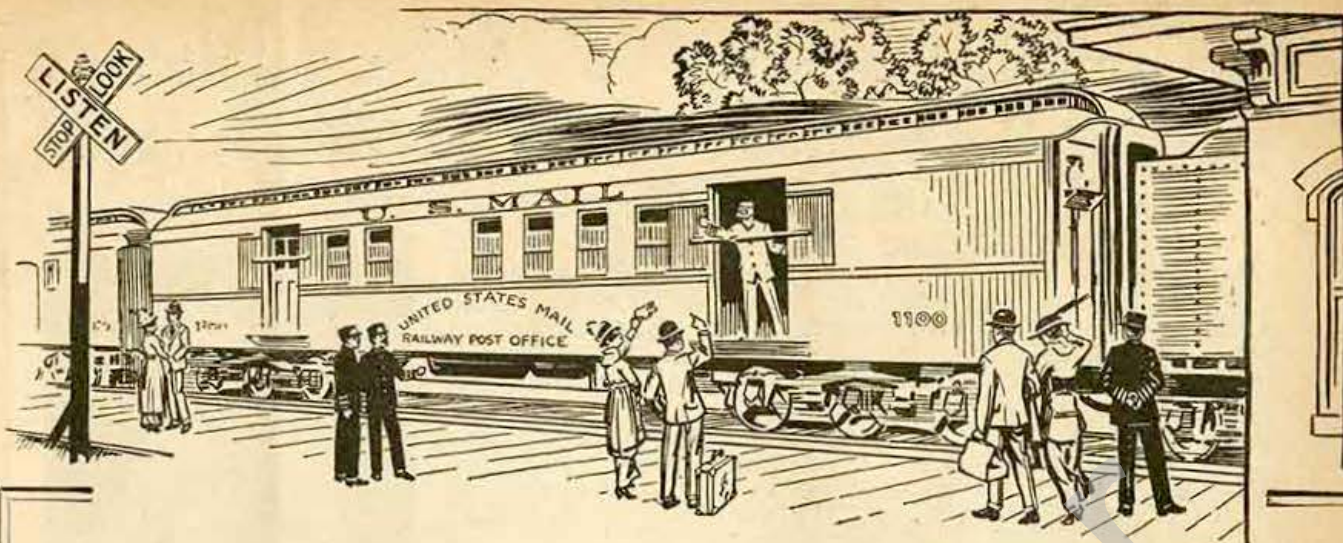
Street.....

City..... State.....

Canadian and foreign orders—cash in advance

MACFADDEN PUBLICATIONS, Inc.

Dept. S-4. Macfadden Building 1926 Broadway, New York City



TRAVEL ON GOVERNMENT PAY BECOME A RAILWAY POSTAL CLERK

Thousands of U. S. Government Jobs
Will be filled during 1925

\$1140 TO \$3000 YEAR

WANT THESE JOBS?

RAILWAY POSTAL CLERKS

CITY MAIL CARRIERS

INCOME TAX AUDITORS

CLERKS AT WASHINGTON, D. C.

STEADY POSITIONS

These are steady positions. Strikes, poor business conditions, lockouts or politics will not affect them. U. S. Government employees get their pay for full twelve months every year. There is no such thing as "HARD TIMES" in the U. S. Government Service.

RAILWAY POSTAL CLERKS

Railway Postal Clerks get \$1600 the first year, being paid on the first and fifteenth of each month. \$66.67 each pay day. Their pay is increased to a maximum of \$2300 a year. \$95.84 each pay day.

PAID VACATIONS

Railway Postal Clerks, like all Government employees, are given a yearly vacation of 15 working days (about 18 days). They usually work 3 days and have 3 days off duty or in the same proportion. During this off duty and vacation, their pay continues just as though they were working. When they grow old, they are retired with a pension. As Railway Postal Clerks are continually travelling, they have an excellent chance to see the country. They are furnished with a railroad pass.

CITY MAIL CARRIERS—POST OFFICE CLERKS

Clerks and Carriers commence at \$1400 a year and automatically increase \$100 a year to \$1800. They also have 15 days' vacation. Examinations are frequently held in the larger cities. City residence is unnecessary.

CLERKS AT WASHINGTON, D. C.

(Open to men or women 18 or over)

Salary \$1140 to \$1860 a year. Required for pleasant clerical work in the various government departments and offices at Washington, D. C.

WHAT WILL YOU EARN 5 YEARS FROM NOW?

Compare these conditions with your present or your prospective condition, perhaps changing positions frequently, kicking around from post to pillar, no chance in sight for PERMANENT employment; frequently out of a position and the year's average salary very low. DO YOU EARN \$1600 EVERY YEAR? HAVE YOU ANY ASSURANCE THAT A FEW YEARS FROM NOW YOU WILL GET \$2300 A YEAR EVERY YEAR?

GET FREE LIST OF POSITIONS

Fill out the coupon. Tear it off and mail it today—now, at once, DO IT NOW—This investment of two cents for a postage stamp may result in your getting a U. S. Government Job.

Name

Address

Use This Coupon Before You Mislay It—Write or Print Plainly

FRANKLIN
INSTITUTE
Dept. B 186
ROCHESTER, N. Y.

Kindly send me, entirely free of charge (1) A full description of the position checked below; (2) Specimen examination questions and free sample coaching lessons; (3) Free copy of illustrated book, "Government Positions and How to Get them;" (4) A list of the U. S. Government Jobs now obtainable.

Railway Postal Clerk.....	(\$1600-\$2300)
Post Office Clerk.....	(\$1400-\$1800)
City Mail Carrier.....	(\$1400-\$1800)
Rural Mail Carrier.....	(\$1800-\$2600)
Clerk at Washington, D. C.....	(\$1140-\$1860)
Income Tax Auditor.....	(\$2040-\$3000)

MAIL COUPON TODAY

This Growing Magazine You Are Reading and The Book We Know You Would Like to Read Are Both Yours At a Greatly Reduced Price

The book, "SUPER-STRENGTH," by that greatest of authorities on Strong men and how to become one, ALAN CALVERT, is just what you have been looking for. The reading of this great work will be far more than a pleasure. It will make you, too, an authority on all things pertaining to every branch of strength and muscle-building, as well as acquaint you with the World's Strongest Men and their achievements.

This Book's two hundred odd pages are law upon the subjects it gives you. After reading this book, no one can tell you black is white on the many questions that arise in discussions on physical training and feats of strength. You'll know what you are talking about.

One of the illustrations shown on this page gives you an idea of the outward appearance of this Book. It is of the popular novel

size. The other illustration gives you a glimpse of the unusual class of pictures it is full of. And here are a few titles of the twenty-five highly interesting chapters:

Harness and Platform Lifting, Professional Exhibition Work, Some Worn-out Superstitions, the Secret of the Bent Press, Statuesque Development and Many Others just as Interesting and Instructive.

Send for this he-man's book, "SUPER-STRENGTH," and the one year's subscription to "STRENGTH," NOW and in a few days you will be comfortably enjoying the pages of both. Do it now by mailing, with your \$4.50, the coupon in the lower right-hand corner of this page.

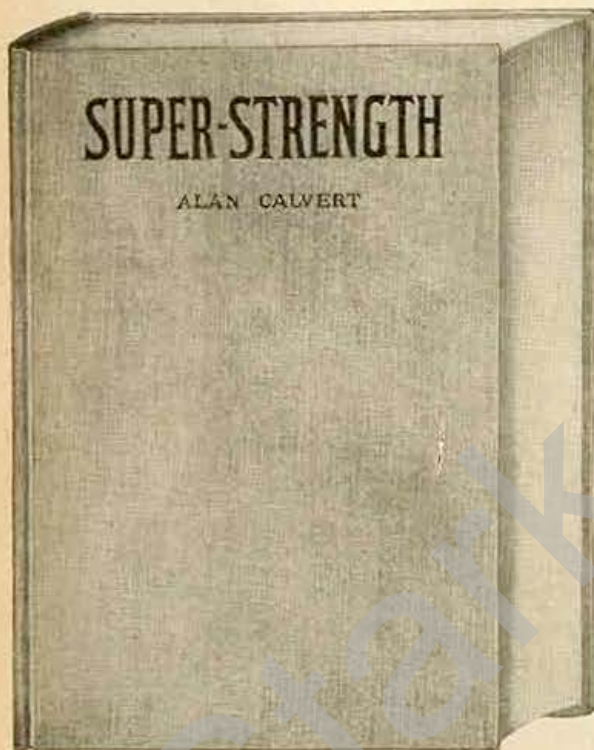
The Other Big Half of This Special Offer

is a year's subscription to "STRENGTH MAGAZINE." You know this magazine is "GOOD" and growing better each month. Its growth has been so spectacular of late that a many-page addition is almost a surety before your subscription (when you accept this offer) will expire.

Think of these twelve big editions coming to your home once a month for a year. The publisher is putting forth greater efforts than ever before in order to supply you with the most entertaining and instructive and the very



A GLIMPSE OF ITS CONTENTS



THE GREAT BOOK

best health and strength-producing articles. Every single author who writes for its pages knows his or her subject thoroughly. You can rely on what you read in "STRENGTH MAGAZINE."

"STRENGTH" IS A MAGAZINE FOR EVERY ONE

Beautiful and shapely girls, wonderfully-built men, strong men, weight lifting, field sports, acrobatic stunts, muscle-control feats, diet, disease, your glands, cures for various ailments and a host of other subjects will be found in this magazine month after month, most of which are bound to interest you deeply. The regular price of the Book is \$3.50 and the price of "STRENGTH" for one year is \$2.50.

But Why Pay \$6.00 When You Can Get Them Both For \$4.50

However, we have placed another coupon at your disposal in case you want only one of these valuable offerings. If you want only one, check it off on the left-hand coupon and send it with the price of your selection. But we would rather see you save \$1.50 by using the right-hand coupon. But RUSH one of these coupons with your remittance to us NOW.

The Milo Publishing Co.

2739 N. Palethorp St., Book Dept., Philadelphia, Pa.

S-1-25

Milo Publishing Co.
2739 N.
Palethorp St.
Philadelphia, Pa.

Gentlemen:

Enclosed { cash } for
find { check } \$4.50
{ money }
{ order }

to pay for the book, "Super-
Strength" and one year's sub-
scription to the "Strength Maga-
zine."

Send book and magazine to

Name.....

Street.....

Town..... State.....

They Never Knew What Wrecked Their Marriage in One Short Year!

Sex Dangers!

Authorities agree that the basis of practically all unhappiness among married people is sex. The wife does not understand her husband's mental and physiological sex reactions, and the husband knows practically nothing about those of his wife. As a result, each may be suffering the tortures of hell without realizing that this misunderstanding, or ignorance of sex reactions, is at the bottom of practically every harsh word, every ill thought, every bit of jealousy, every argument, every quarrel, every broken heart, every wrecked marriage. Here is explained the simple remedy for this great source of trouble among married people.

We may blink at the fact, yet it is a fact, nevertheless, that sex is the basis of all adult emotions. It can be the greatest source of love, kindness, sacrifice and devotion that can exist in a human being. It can be noble, holy, helpful—a blessing. Yet too often it is a destroyer of faith, the source of misery, the great wall that gradually separates two loving people, and grows higher each year.

Yet how many millions of people enter the bonds of matrimony with so little accurate information about its pitfalls that their marriage is foredoomed to failure. What we know about sex when we marry, and what we find out after we marry, is so little in relation to the importance of the subject, that we cannot hope to do anything but grope blindly, ever stumbling and falling, making a mess of the noblest gift God has given to the world—the gift of sex—and consequently making a mess of our lives.



Why is there so much quarreling, so much bitterness, so much misunderstanding between married people even after a single year? Read why sex is the cause and how to find the remedy.

Living in Sorrow and Bitterness

It is a crying shame that we are brought up to adolescence in complete ignorance of the tremendous changes taking place in our physical and mental structures—or worse still—with the wrong kind of information! It is a terrible thing that people marry in hope of happiness and live in sorrow and bitterness! Why? Because false modesty has kept us from the knowledge that would show us exactly what the husband has a right to expect of his wife, and what the wife has a right to expect of her husband!

In India, in Japan, and in other foreign countries the art of marriage is far better understood than here, and is practiced with infinitely greater success, because sex facts are taught openly. It is true that many "sex books" are published in the United States, but they are either written by physicians who made them too technical to be understood by the layman, or by "quacks" who have a little scientific physiological and psychological sex education themselves.

The Whole Truth Revealed

It has remained for C. W. Malchow, M. D., to write in simple, clean language, the real truth and the whole truth about the sex lives of men and women. Dr. Malchow's reputation assures the quality of his work. He was formerly Professor of Proctology and Associate in Clinical Medicine, Hamline University College of Physicians and Surgeons; President of Physicians and Surgeons Club; Member Hennepin County Medical Society, Minnesota

State Medical Society, American Medical Association, etc., etc.

In his great book, "The Sexual Life," Dr. Malchow tears aside the curtain of false modesty, and tells, in plain, untechnical language, the sex reactions of men and women to the various kinds of treatment accorded them. A glance at the chapters reveals how complete and comprehensive this work is:

- I—Sexual Sense.
- II—Sexual Passion.
- III—Female Sexual Sense.
- IV—Male Sexual Sense.
- V—Copulative Function.
- VI—Act of Copulation.
- VII—Sexual Habits in the Married.
- VIII—Hygienic Sexual Relations.
- IX—Sexual Inequality.
- X—Copulation and Propagation.

Clean and Wholesome

Clearly, this is a book which should be in the hands of those who are about to be or those who are already married, and of those who are beginning to wonder about the mysteries of sex. It is a book that tells the reader more about himself or herself than can be learned in any other way. It is plain, clear, simple, yet it is clean and wholesome, so that no one can take offense.

Sent on 10 Days' Approval

If you are at all troubled with the problem of sexual relations or reactions, or if you have a son or daughter to whom you want to impart the whole truth, cleanly and simply, send for Dr. Malchow's book, "The Sexual Life." Send no money now. When the book arrives,

deposit the price, \$3.50, plus postage, with the mail man. Then examine the volume carefully for ten days. If you are not pleased in every way, return it, and your money will be refunded at once and in full.

If you value your happiness in marriage, if you really want to have a greater, clearer, finer understanding of your wife, or husband, send for this book at once. Let it be your intimate friend and adviser. Let it sweep away the fog of misunderstanding. Let it enlighten you, comfort you, reveal to you the real secrets of happiness in married life. Mail the coupon or a letter now. The book will be sent in a plain wrapper. Address

Personality Press

Dept. S-344

2575 Broadway New York City

Personality Press,
Dept. S-344, 2575 Broadway, N. Y. C.

Please send me a copy of Dr. Malchow's book, "The Sexual Life."

() I enclose \$3.50 in full payment.

() I will pay postman \$3.50 plus postage on arrival. It is understood that I may return the book after 10 days' examination if I am dissatisfied in any way.

Name

Address

City

State

(Outside U. S. Price \$4 in advance.)

Check this square if you also wish to examine "A Plea for Monogamy," by Wilfrid Lay, an eminent psycho-analyst. It makes clear for the first time what the true "erotic" basis of marriage is. This book should be read by every married or engaged person. \$4.00 C. O. D. Same examination terms.

JOIN THE A.C.W.L.A. AND WIN A GOLD MEDAL

Medals Are Given Free to Everyone of Proven Ability at Every Body Weight

Now, there is no reason for you to be discouraged and say there is no use of plugging away at weight boxing as a sport when there is nothing to work for. The A. C. W. L. A. has banished that, by preparing a schedule of performance for every bodyweight class that makes it possible for everyone to win a medal. No matter how poor you are, the schedule is placed within your limits, and will enable you to win one of the beautiful engraved medals that you will be proud to possess.

Bar-bell lovers and body culturists have often deplored the fact that no incentive was offered to make them strive to win a trophy much as were so often offered in other branches of sport. Now we offer you something tangible that you will be proud to display to all your friends. The beauty of this schedule is that you are encouraged to keep on winning, and we will give you other medals for your other achievements. Gold, silver and bronze medals will be given.

This is open to all members old and new alike.

Apart from this prize medal schedule, we also give beautiful diplomas to all members for their proven abilities in other directions, as long as it covers some achievement in the body culture field, such as physical development, body posing, the creation of records in every class, including State Records, National, Continental and World's Records, or on any one lift at your body weight.

These diplomas are a beautiful creation and make a splendid addition to your den or club room when framed and hung on the wall, and there is nothing in the world to prevent you from winning both a medal and a diploma, along with any of the other prize awards we give you.

The value of this association is that it is always ready to place opportunity within the grasp of each member. The Association is out to give you results, and we figure that each award secured will enthrall each member so as to cause him to work to take a step higher. In this way he will win other symbols of recognition for his efforts.



The Medal You Can Win

Our Question Department Will Solve Your Problems

Have you ever realized the vast importance of this organization and what it can do for you? We bring all body culturists and bar-bell enthusiasts together in their various localities, supply you with the name and address of any strongman, or physical authority, or brother member, on request. Your membership exhibited by your lapel button or membership card will bring you friends in every city to which you may go, from coast to coast. This means a lot, when traveling away from home. Our Question Department answers all your questions on body culture and weight-lifting. If you want to know what a certain record is in any class, or you desire some information on the best literature on physical matter, and where you can obtain it, or if you want to know when you can secure reliable apparatus and athletic outfits, you simply write to the Secretary c/o the Question Department and he will gladly inform you on these and any other question you want solved. The Association is the most complete physical encyclopedia and directory possible, and is entirely at your disposal.

We Will Give You a 400-Pound Bar-Bell Outfit Free

Among the many things given, we are making a special offer to our members of bar-bell outfits, courses of instruction and books, with a special 400-pound Super-Strength bar-bell outfit for those who desire to form a club in their locality, in order to start the club out with some equipment. You will commence training right, as these outfits are made up according to official weight-lifting regulations.

We are giving away beautiful large autographed photographs of our President, Mr. Geo. Jowett, that are eight by ten inches and very suitable for framing. They are actual original photos and not prints.

All this is offered to stimulate interest in a worthy cause, and particularly in yourself, and we hope the result will be the development of a standard in the strongman's sport of America that will be equal to any other nation. Send in your enrollment and ask for particulars.

In our ranks we have all the best body culturists, body posers, record holders and champions in America, and through their help we have organized Strength Clubs in every locality where you can meet your brother members and avail yourself of the opportunity to compete in any of their open competitions. There have been several big demonstrations held this winter and every one has been tremendously successful.

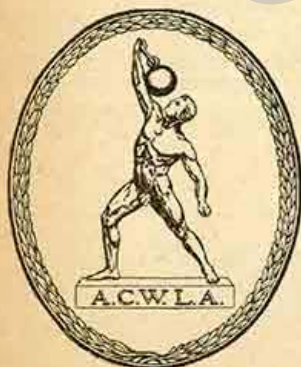
Take Advantage of This Low Offer

The regular initiation fee is \$2.50 for each new member and the usual dues are \$5.00, which is a total of \$7.50; but in order to swell our membership we have decided to make this special membership offer to you for only \$4.00. With this, you are given one year's subscription to the Strength Magazine along with your membership card, lapel button, and all the big benefits that this organization is able to give you. Take advantage of this special offer now as the opportunity awaits you, and belong to an association that gives something more tangible than just fraternal intercourse. Become the proud possessor of one of our many prizes now offered, and make yourself eligible for any of the other prize awards.

Do not put off any longer. Join to-day. Right now.



GEORGE F. JOWETT
Founder and President
of the A. C. W. L. A.



A. C. W. L. A.
Lapel Emblem

All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested are requested to get in touch with the following persons who are representatives of A. C. W. L. A.

- | | |
|---|---|
| Mr. Siegmund Klein,
Attila Health School,
3924 Broadway,
New York City, N. Y. | Mr. Loyce MacDonald,
502 Hamlet Ave.,
Hamlet, N. C. |
| Mr. A. M. Losey,
Jowett Strength Club,
161 Clinton Ave.,
Jersey City, N. J. | Mr. Peter H. Hielkema,
Grand Rapids Weight-
Lifting Club,
341 Fulton St., West,
Grand Rapids, Mich. |
| Mr. Mark Berry,
215 Clifton Ave.,
Newark, N. J. | Mr. George Murray,
722 S. MacCann St.,
Kokomo, Ind. |
| Mr. Chas. B. Swift,
c/o Central Y.,
Wood Street,
Pittsburgh, Pa. | Dr. Wm. E. Campbell,
Jr.,
610 Atlanta Nat'l Bk.
Bldg.,
Atlanta, Ga. |
| Mr. David P. Wil-
loughby,
Los Angeles Weight-
Lifting Club,
1305 West Eighth St.,
Los Angeles, Calif. | Mr. E. B. Koon,
c/o Park Pharmacy,
337 W. Fulton St.,
Grand Rapids, Mich. |
| Mr. G. A. Dembinski,
195 Orange St.,
Albany, N. Y. | Mr. Arnold A. Schie-
mann,
2208 W. Lexington St.,
Baltimore, Md. |
| Mr. H. B. Paschall,
400 Main Street,
Marion, Ohio. | Mr. A. E. Snyder,
Imperial Apts.,
1427 East Pike St.,
Seattle, Wash. |
| Mr. M. G. Omeroid,
1724 Hampton Road,
Akron, Ohio. | Mr. Robt. E. Moore,
Jr.,
904 Eastgate Ave.,
St. Louis, Mo. |
| Mr. H. E. Hall,
Conn. State Hospital,
Middletown, Conn. | Mr. Geo. W. Beemer,
Box 464,
Meeker, Colo. |
| Mr. Eugene J. Merton,
1122 Chestnut Ave. N.,
Minneapolis, Minn. | Mr. Nat Levine,
1774 Bryant Ave.,
Bronx, N. Y. C., N. Y. |
| Mr. Wm. Holt,
4½ Crown St.,
Nashua, N. H. | Mr. Ed. O. Martin,
602 Brady St.,
Attica, Ind. |
| Mr. R. F. Kelley,
233 B. St., N. E.,
Washington, D. C. | Mr. A. L. Christie,
25 Pleasant Ave.,
Portland, Maine. |

GEO. F. JOWETT, President A. C. W. L. A.
c/o STRENGTH MAGAZINE,
2739 N. Paltehorp St., Philadelphia, Pa.

Dear Mr. Jowett:

Allow me to take advantage of the Strength offer, by enclosing \$4.00, which entitles me to one year's subscription to Strength, the lapel insignia of the A. C. W. L. A. with membership card, paid up for one year, and all its benefits. Kindly forward same at once.

Name.....
Address.....
Town..... State.....

30 Days Ago They Laughed At Me

I never would have believed that anyone could become popular overnight. And yet—here's what happened.

ONE evening, about a month ago, I went to a dance. Just a jolly, informal sort of dance where everyone knew almost everyone else. I wouldn't have gone to a really big or important dance, because I—well, I wasn't sure of myself.

There was a young woman at this dance I had long wanted to meet. Someone introduced us, and before I knew it I was dancing with her. That is, I was *trying* to dance with her. She was an exquisite dancer, graceful, poised at ease. Her steps were in perfect harmony with the music.

But I, clumsy boor that I was, found myself following her instead of leading. And I couldn't follow! That was the sad part of it. I stumbled through the steps. I trod on her toes. I tried desperately to keep in time with the music. You cannot imagine how uncomfortable I was, how conspicuous I felt.

Suddenly I realized that we were practically the only couple on the floor. The boys had gathered in a little group and were laughing. I knew, in an instant, that they were laughing at me. I glanced at my partner, and saw that she, too, was smiling. She had entered into the fun. Fun! At my expense!

I felt myself blushing furiously, and I hated myself for it. Very well. Let them laugh. Someday I would show them. Someday I would laugh at them as they had laughed at me.

All the way home I told myself over and over again that I would become a perfect dancer, that I would amaze and astonish them. But how? I couldn't go to a dancing school because of the time and expense. I certainly couldn't afford a dancing instructor. What could I do?

By morning I had forgotten my anger and humiliation, and with them the desire to become a perfect dancer. But three weeks later I received another invitation. It was from Jack. He wanted me to come to a small dance at his home, a dance to which, I knew, the same people would come. I wouldn't go, of course. I wouldn't give them the chance to laugh at me again.

But that night Jack called. "Coming to the dance?" he asked. "No!" I retorted.

He grinned, and I knew why. It infuriated me. A daring plan flashed through my mind. Yes, I *would* come. I would show them this time that they couldn't laugh at me.

"I've changed my mind," I said to Jack. "I'll be there." Jack grinned again—and was gone.

Popular Overnight!

I ran upstairs and found the magazine I had been reading the night before. One clip of the shears, a few words quickly written, a trip to the corner mail-box—and the first part of my plan was carried out. I had sent for Arthur Murray's special proof course.

Somehow I didn't believe that dancing could be learned by mail. But there was nothing to risk—and think of the joy of being

able to astound them all at the dance.

The full sixteen-lesson course arrived just the night before the dance. I was amazed at the ease with which I mastered a fascinating new fox-trot step. I learned how to lead, how to have ease and confidence while dancing, how to follow if my partner leads, how to dance in harmony with the music. It was fun to follow the simple diagrams and instructions. I gained a wonderful new ease and poise, and besides there were lessons on the correct dancing position—the basic principles in waltzing—how to leave one partner to dance with another—what the advanced dancer should know—etiquette of the ball-room—the most popular tango steps, etc. I could hardly wait for Jack's dance.

The following evening I asked the best dancer in the room to dance with me. She hesitated a moment, then rose—smiling. I knew why she smiled. I knew why Jack and the other boys gathered in a little group. Good! Here was my chance.

It was a fox-trot. I led my partner gracefully around the room, interpreting the dance like a professional, keeping perfect harmony with the music. I saw that she was astonished.

I saw that we were the only couple on the floor and that everyone was watching us. I was at ease, thoroughly enjoying myself. When the music stopped there was applause!

It was a triumph. I could see how amazed everyone was. Jack and the boys actually envied me—and only 30 days ago they had laughed at me. No one will ever laugh at my dancing again. I became popular overnight!

You, too, can quickly learn dancing at home, without music and without a partner. More than 200,000 men and women have become accomplished dancers through Arthur Murray's remarkable new method.

Just fill in and mail the coupon—or a postcard or letter will do—and the special course will be very promptly sent to you. When your own postman hands the sixteen-lesson course to you, simply deposit with him only \$1.00, plus a few cents postage, in full payment. Keep the course for five full days. Practice all of the steps, learn everything these sixteen lessons teach you and prove to your full satisfaction that you have found the quickest, easiest and most delightful way to learn to dance. Then, within five days, if you desire to do so, you may return the course and your dollar will be promptly refunded. But if you decide to keep the course—as you surely will



Posed by
Edna Murphy
"Pathe Film Star"
and
Arthur Murray,
America's foremost
Dancing Authority

—it becomes your personal property without further payments of any kind. Remember, Arthur Murray guarantees your absolute satisfaction, so clip and mail this coupon NOW. Arthur Murray, Studio 454, 801 Madison Avenue New York.

Arthur Murray, Studio 454
801 Madison Avenue, New York.

To prove that I can learn to dance at home in one evening, you may send the sixteen-lesson course and when the postman hands it to me I will deposit with him \$1.00, plus a few cents postage, in full payment. If within five days I decide to do so I may return the course and you will refund my deposit. I understand that Arthur Murray personally guarantees my satisfaction.

Name.....

Address.....

City..... State.....

You Write a Personal Letter to Geo. F. Jowett



MILO EXPERT SERVICE FREE TO YOU

We know that there are many people struggling for health, strength and physical development. We know a great many of them are skeptical of obtaining results for various reasons. The most important one is they feel that they have not the opportunity to explain their case to some one they know is competent to give them the desired advice. If they do write to the desired expert, they do so with hesitation, afraid that

they will not secure a personal reply. We can dispel this belief entirely. Why? Because we have thoroughly competent instructors in health and body culture who maintain an advice department for your benefit. This enables us to place entirely at your disposal the service of our expert in charge, **Mr. Geo. F. Jowett**, who will answer all your questions, and analyze your physical condition thoroughly. He will faithfully reply with a personal letter, enclosing a diagnosis of your case, telling you just exactly how we can help you, and what improvement you can expect, according to your condition.



PROVED BEYOND DOUBT—THE BEST BY TEST

Mr. Jowett has proven himself to be extraordinarily adept in handling successfully pupils who have come to us for physical reconstruction, when all other methods failed.

His abilities are not bounded by his qualifications to teach you the quickest route to obtain great strength or increased physical proportions, for his knowledge of the human body in its entirety qualifies him to talk and teach with authority on all health subjects.

He has used the very bar-bells that have given much remarkable physical development to thousands of our pupils. **You, too, can have a 45" chest, 18" neck, 17" upper arm, as many of our pupils have, if you will put yourself under Mr. Jowett's care.**

He knows better than any other teacher what you want, as he has traveled the same road, with deep investigation, and knows what obstacles beset your path. He will enable you to overcome these same obstacles with success, which he so successfully overcame, and which brought him to the height of achievement which is recognized the world over. He is more than an expert teacher, he is a friend to his pupils, always anxious and eager to help, with unbounded enthusiasm, which makes him continually say, **"I want to show you HOW."**

Mr. Jowett is a very busy man, and we don't want anyone to write to him whose questions are so trivial that they can be answered by any of our other experts; but if you feel you want his advice, or if you are the least in doubt, or if your trouble calls for a personal confidential reply, do not hesitate to call on him. He will appreciate your confidence and the opportunity to write you.

He Will Personally Write to You

This means a great deal to you and is the greatest opportunity we can give to prove the sincerity of our services to you, and all our pupils.

Make up your mind to have your problems solved for good, right now, by tearing off the coupon at the foot of this page which must accompany your letter in order to assure you that your problems will receive the personal attention of Mr. Jowett, that will also entitle you to our free illustrated booklet, "Health, Strength and Development," and the pamphlet, "How Much Should I Measure and How Much Should I Weigh?"

A Beautifully Illustrated Forty Page Booklet FREE on Request

We want you to prove the truth of our statements and send for our booklet which is crowded with pictures of our pupils and their unsolicited testimonials. It will explain to you the Double Progressive system of training, originated and taught by ourselves, which is proved by test to be the most successful method for securing results in body development.

Do not hesitate to send for one of these Big Booklets.

Write now and we will send it to you free of charge.

"Health, Strength and Development" and the pamphlets entitled "How Much Should I Measure and How Much Should I Weigh?" "How Much Can I Improve? At Twenty—at Thirty—at Forty Years?"



A Back View of Geo. F. Jowett, Who Is Eager to Have You Write Him

The Milo Bar-Bell Co.,
Dept. 102
2739 N. Palethorp St.,
Philadelphia, Pa.

DEAR SIR:
I desire to avail for myself the personal attention of Geo. F. Jowett on the enclosed subject, with his personal reply. Also send me your free booklet and pamphlets.

Name.....

Address.....

City.....

State.....

Be sure to write the word "Personal" across the envelope.

THE MILO BAR-BELL CO.

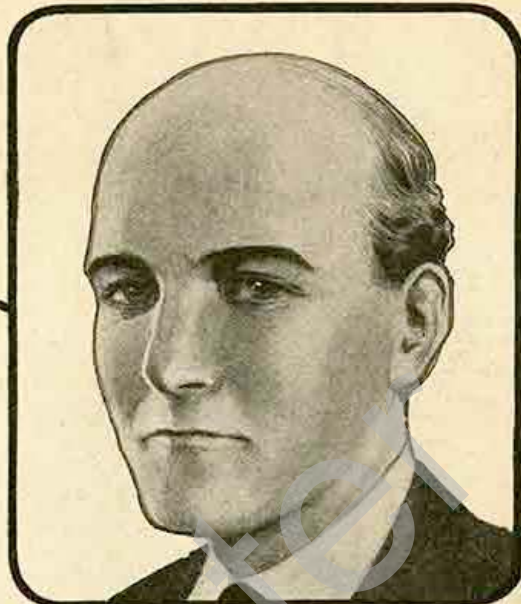
Dept. 102

2739 N. Palethorp Street

Philadelphia, Pa.

What a Difference Just a Little Hair Makes!

at
27



at
29

Young at 27-Old Looking at 29

Why let thin, scanty hair rob you of your youthful appearance? Why submit yourself to possible embarrassment because of baldness and falling hair? Why tolerate dandruff? Send for the free and complete details of an easy, pleasant, home treatment that not only stops falling hair but which also grows new hair in 30 days—or costs you nothing! Just fill in and mail the coupon at the bottom of the page.

DO your friends already call you "baldy"—do they tell others your age is 40 or 45 when it's many years younger—do the girls purposely forget to invite you to their parties and dances because they consider you a "has-been"—a back number? If so, you should be mighty interested in this announcement concerning a marvelous new treatment which is absolutely guaranteed to stop your falling hair—cover up your bald spots—improve your personal appearance in 30 days or the trial costs you nothing.

It doesn't matter a particle how many other treatments you have unsuccessfully tried—or how much hair tonic you have doused on your head without results. That doesn't prove your case hopeless. For how can such preparations ever grow new hair when they treat only the surface of the skin and don't even approach the cause of mostly all loss of hair—the *starving, dormant hair roots*? Would you think of rubbing growing fluid on a sickly plant to make it grow anew? Never. Instead you would nourish the roots. And it's exactly the same with

the hair. You must get at the roots and stimulate them.

And now at last—after long years of scientific research and from experience gained in the successful treatment of hundreds of cases of baldness, Alois Merke, founder of the famous Merke Institute, Fifth Avenue, New York, has perfected a scientific home treatment for stimulating the dormant hair roots and supplying them with nourishment to make them grow new hair.

This scientific treatment is entirely different from anything known or used before. It proves that in a big percentage of cases of loss of hair, even of years standing, the hair roots are not dead, but merely dormant or inactive. All that is needed to produce a new growth of hair is the proper stimulation and nourishment of these roots. And the Merke Treatment does just this. It goes right down to the cause of the trouble, awakens the sleeping hair roots, and gives new strength and life to the starving hair cells.

And the fine thing about the Merke Treatment is the fact that it is simple and can be used without the slightest

bother or inconvenience in any home where there is electricity.

Positive Guarantee

Of course, there are a few cases of baldness that nothing in the world can cure, usually with people who are aged. Yet so many hundreds of men and women whose hair was coming out almost by "handfuls" have seen their hair grow in again as the shrunken roots acquire new life and vitality that we are willing to let you try the Merke Treatment at our risk for 30 days. Then if you are not more than delighted with the new growth of hair produced, let us know. Tell us the Merke Treatment has not done what we said it would. And the 30-day trial won't cost you a cent.

Investigate at Once

No one wants to look old before his time. Yet age is not entirely a matter of birthdays. For once your hair starts to fall out it takes only a short time to make a dreaded change of years in your personal appearance. So if you are losing your hair—if you have a bald spot that is growing bigger and bigger, and as a result look years older than you actually are, send at once for a copy of a wonderfully interesting book, which tells all about

Merke's remarkable system for growing hair. Think of how you will look next year and the years to come if your hair keeps falling out. Fill in and mail the coupon now—and the book will be sent you without cost or obligation! Allied Merke Institute, Dept. 554, 512 Fifth Ave., N. Y. C.



READ THESE LETTERS

"I used the Cap for 30 days, when to my great surprise I could see a new coat of hair coming and now my hair is very nearly as good as it was when it first started to come out."

J. C. REGAN
176 West Street
Englewood, N. J.

"The condition of my hair was very bad. After six weeks' treatment with the Thermocap my head was covered with short hair and it was no longer dull and lifeless. I kept up the treatment and in return I have as good a head of hair as any one could wish."

CLARENCE TERPENING
158 South Cedar St.
Galesburg, Ill.

"Your Thermocap has done a wonderful thing in bringing back my hair where all other things had

failed. The top of my head is now entirely covered with hair after using the Thermocap for about two months and new hair seems to be coming in all the time."

HARRY A. BROWN
21 Hampton Place
Utica, N. Y.

"For more than fifteen years I have tried to find something that would relieve me of dandruff and also stop my hair from falling out. I spent considerable money trying what I was told to be the best remedies, but none of them gave me any permanent relief. But when I received your Thermocap Treatment I followed the directions, and after just a few treatments my dandruff was gone and in less than thirty days a new growth of hair was growing upon the 'bald spot.'"

REV. GEO. D. WITTHAUS,
Knob Noster, Mo.

ALLIED MERKE INSTITUTES, INC.
Dept. 554, 512 Fifth Avenue, New York City.

Please send me, without cost or obligation on my part, a copy of the new booklet, "The New Way To Make Hair Grow," describing in full detail the Merke Home Treatment.

Name.....
(State whether Mr., Mrs. or Miss)

Address.....

City..... State.....

HIS SHAME GONE FOREVER

That is what Mr. H. Neer has to say after a few lessons of my course. Read his letter on this page, in which I give you a few more letters from satisfied pupils. I wish I had space in which to show you the thousands of letters I have on file.

My Methods Solve His Difficulties

October 7, 1924.

Dear Sir:

I want to thank you for that last letter; it certainly has helped me a lot.

I know there was something wrong with the upper part of my shoulder, but I couldn't tell just what until your letter explained it.

Those exercises you sent are the goods. I can notice a difference in my trapezius muscles already. My arms and deltoids are coming along as well. I have been wearing size sixteen collars, but they are getting rather tight. I'm going to see if I can get some of my friends interested in your course, as you sure have got the goods.

I will be writing again in a few days.

Your pupil,
J. A. KERR

His Shame Gone Forever

Hagerstown, Md.
February 9, 1924.

Mr. MacMahon,

I received your fourth lesson and think it is just grand to work them out and get improvement so quick. I was up at the Y. M. C. A. yesterday and was punching the bag when some of my friends came in and saw me. They looked me over from head to foot and asked me what I was doing, and I told them of the MacMahon System and how quick you get improvement. A month ago I was up at the Y. and was ashamed to be seen in a gym suit, but I guarantee you I am not ashamed to be seen in one now. My chest is getting broader and I am filling out all around, and in three months' time I know I will have a perfect physique.

Cordially yours,
HAROLD NEER.

Gains 5 Lbs. With the First 2 Lessons

Norfolk, Va.,
February 25, 1924.

Mr. Charles MacMahon,
Philadelphia, Pa.

Dear Sir:

I have just finished my second lesson and I like the exercises still better. I have gained about five pounds in weight and my arm is one-half inch larger. I notice that my chest muscles are getting larger also. Your apparatus is great. I will close and do my night exercises. Your pupil,
GUY A. SINGLETON.

Surprised at Results from Short Periods

Huntsville, Ont., August 21, 1924.

Dear Sir:

Many thanks for your special instruction about chin-ning. I find that my arms are becoming stronger and larger through your methods. Although I have only been working on the course about four weeks, I feel stronger all over than I have ever felt in my life. I find it fairly easy now to do some of the exercises which were very tiring at first. In fact, I am surprised at the results which can be obtained from a comparatively small amount of time each day. I notice that I am acquiring some good, hard muscle in the waist region, where I need it most.

Many thanks for your personal interest in my progress.
Yours very truly,
EDMUND C. WALL.

Finds My Apparatus a Wonder

Richmond, Va., February 11, 1924.

Dear Mr. MacMahon:

The apparatus has arrived and so has the second lesson. I see that the apparatus is very easy to apply, and although I have only had time to try it out, I can see that it is entirely different from others. I am making good progress with the exercises. The exercises have been interesting, not like some which become monotonous as you progress. I am doing the second set and I like them very much. I enjoyed your helpful letter.

I am getting along fine on the hand-stand. Please send me some more stunts in the hand-stand line. Any stunts will do as far as that is concerned, but as my practicing place is limited, the hand-stand is about all I can do. I wish to become an all-around athlete, and I will practice hard to become one.

I thank you for your interest in me and I will do my utmost in trying to become a model of your course.

JOE D. FEDERICA.

Others Marvel at the Improvement

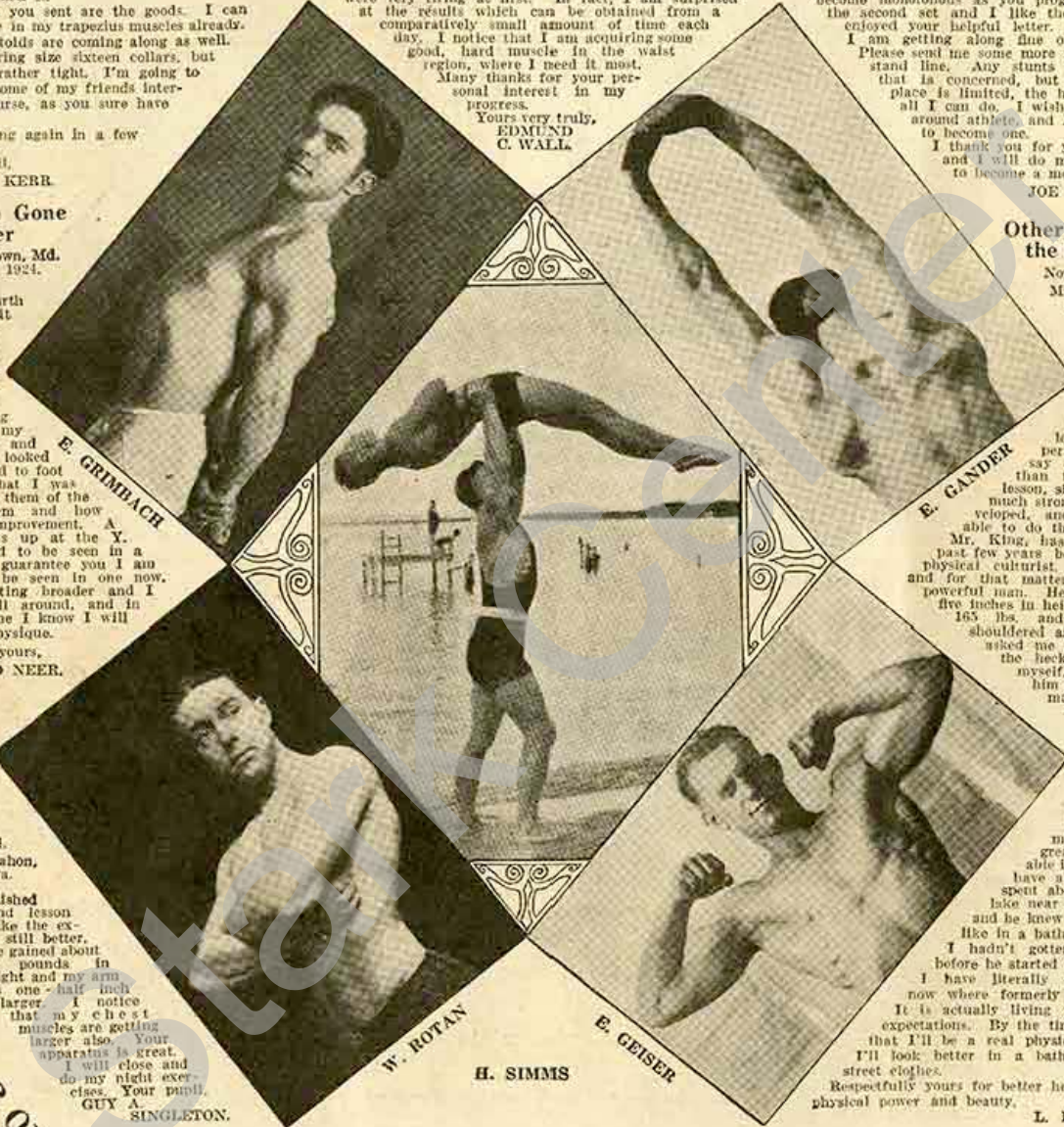
November 10, 1924.

Mr. Charles MacMahon:

Dear Sir:

I can assure you that there has been a 100 per cent improvement in all of my muscles to date. The exercises in the third lesson are as easy to perform, or I might say easier to perform, than those of the first lesson, simply because I am much stronger and better developed, and therefore better able to do them. My uncle, a Mr. King, has always until the past few years been an enthusiastic physical culturist. He used to be, and for that matter still is, a very powerful man. He is about five feet five inches in height, weighs around 165 lbs. and is very broad-shouldered and bat-backed. He asked me yesterday what in the heck I was doing to myself, that it looked to him like something had made a 100 per cent improvement in me in the past week. I told him what I had been doing and then brought him up to the house and went through all my exercises for him. He actually marveled at the great and very noticeable improvement that I have already made. We spent about ten days on a lake near here this summer and he knew what I had looked like in a bathing suit then, and I hadn't gotten fully undressed before he started congratulating me. I have literally wads of muscles now where formerly there were none. It is actually living up to my wildest expectations. By the time I finish I know that I'll be a real physical man and that I'll look better in a bathing suit than in street clothes.

Respectfully yours for better health, strength and physical power and beauty,
L. B. ROCKWELL.



ACTUAL EXERCISE, MUSCLE CONTROL, TUMBLING AND HAND BALANCING ARE GIVEN YOU IN MY FREE BOOK

The title of this ABSOLUTELY FREE BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worth-while feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of half-tone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you FREE. DON'T even send a dime for mailing charges.

YOU'LL ENJOY THIS BOOK—SO MAIL THE COUPON NOW

CHARLES MACMAHON

Studio A-3

180 W. SOMERSET ST. PHILADELPHIA, PA.

TEAR OFF—FILL IN—MAIL NOW

Name

Address

City and State

CHARLES MACMAHON
Studio A-3,
180 W. Somerset St.,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "THE ROYAL ROAD TO HEALTH AND STRENGTH," which you are to send me without charge in accordance with your special offer.

The Most Important Thing in the World

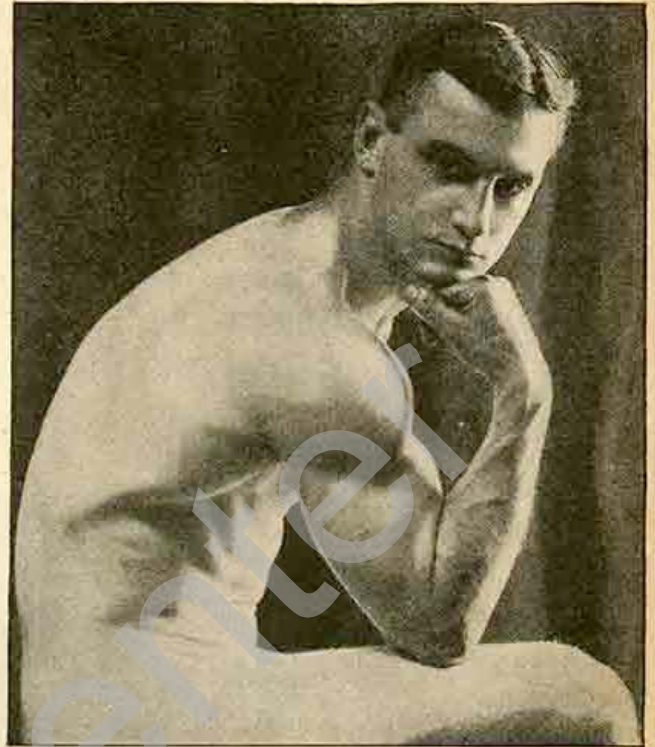
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what-a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be, **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE,** but that combination of all three which is the surest sign of real vigor.

I am looking for the man who wants to save time. The man who knows that he needs to improve his physical make-up, who has very little time to exercise, and who must have results.



CHARLES MacMAHON

I Have an Entirely New Training Method

which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

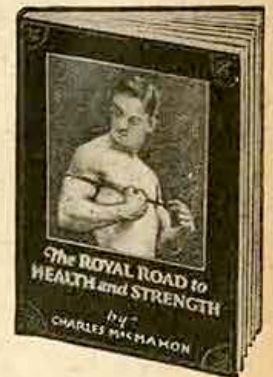
1st. Weak beginners, who can't even chin themselves with both arms, soon find that they can easily chin the bar with one arm.

2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palm of their hands on the ground, without bending their knees (and incidentally reducing their waist girth from eight to ten inches).

3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.

4th. That undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.

5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



CHARLES MacMAHON
In Muscular Pose

Actual Exercise, Muscle Control, Tumbling and Hand Balancing Are Given You in My Free Book

The title of this **ABSOLUTELY FREE BOOK** is, "The Royal Road to Health and Strength." It shows you how to actually perform more worthwhile feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of halftone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you **FREE**. **DON'T** even send a dime for mailing charges.

YOU'LL ENJOY THIS BOOK, SO MAIL THE COUPON NOW.

Charles MacMahon

Studio A-3

180 W. Somerset St., Philadelphia, Pa.

CHARLES
MacMAHON
Studio A-3
180 W.
Somerset Street,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "The Royal Road to Health and Strength," which you are to send me without charge in accordance with your special offer.

TEAR OFF-FILL IN-MAIL NOW

Name.....
Address.....
City and State.....

How would you like to triple your income?

Until within the last fifteen years, a man's age—particularly the number of years he had had his nose to the business grindstone—was an important factor in deciding his fitness for a responsible position.

But have you noticed the *new* standard of measurement that has come about thru the introduction of scientific home-study business training?

Now the deciding factor is no longer "years in business," but "specialized brains."

The average age of LaSalle members is thirty years.

They're not youngsters, by any means!

And yet—our files contain thousands of letters from LaSalle-trained men *still in their twenties* who have gone way ahead of untrained office men many years their senior.

Just to be specific, consider the record of J. L. Trudell, a Michigan man.

Promoted Over 35 Men

Mr. Trudell was doing the simplest kind of clerical work when he enrolled for LaSalle training in Higher Accountancy. He had had no previous experience in bookkeeping or accounting.

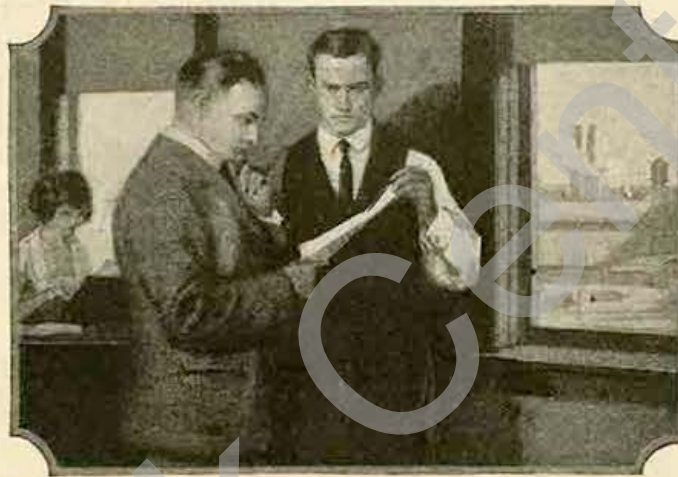
Now read what he has to report regarding his progress:

"Before completing half the course, within a period of about eight months, three promotions brought me to be Assistant to the Chief Accountant. Within another year, after practically completing the entire course, I was given entire charge of accounting, over about thirty-five assistants—so that in about one and one-half years from clerical work to head of the department, with a salary-increase close to 150 per cent, was my record. The first of this year I was promoted to be Director of Advertising, with present earnings nearly 200 per cent more than when I first enrolled.

"My debt of gratitude to LaSalle training can never be paid. Without it, I undoubtedly would be plugging along doing simple clerical work and drawing wages accordingly."

It is unnecessary to add that the record of Mr. Trudell—so far as salary-increase is concerned—has been duplicated by other LaSalle-trained men many, many times—in every important branch of business.

During only three months' time, for example, as many as 1,193 LaSalle members reported definite salary-increases, as a result of home-study training under the LaSalle Problem Method, totalling \$1,248,526. The average increase per man was 89 per cent.



What About Your Rival at the Next Desk?

Are you waiting for "years of experience" to push you ahead? If you are, watch out! For while you are off your guard, you will likely be outgeneraled by some *younger* man who has had the foresight to "get the training!"

Why not, instead, do a bit of outgeneraling yourself? It certainly *pays*—and here's exactly how you can *do* it:

Take your pen or pencil—now—and on the coupon just below this text check the definite line of advancement you are interested in. Then sign your name and address, and place the coupon in the mail. It will bring you full particulars of the training that appeals to you, together with details of LaSalle's convenient-payment plan; also your copy of "Ten Years' Promotion in One," all without obligation.

Not much to do—to sign and mail this coupon—yet you'll find it a first-rate move toward outwitting that *neighbor* of yours—at the next desk, perhaps—who is hoping and secretly planning to beat you out in that race for the bigger position.

LASALLE EXTENSION UNIVERSITY

The World's Largest Business Training Institution

—INQUIRY COUPON—

LASALLE EXTENSION UNIVERSITY

Dept. 4389-R

Chicago, Illinois

Please send me details of your salary-doubling plan, together with complete information regarding the opportunities in the business field I have checked below. Also a copy of "Ten Years' Promotion in One," all without obligation.

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Business Management: Training for Official, Managerial, Sales and Departmental Executive positions. | <input type="checkbox"/> Traffic Management—Foreign and Domestic: Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc. | <input type="checkbox"/> Industrial Management Efficiency: Training for positions in Works Management, Production Control, Industrial Engineering, etc. | <input type="checkbox"/> Business English: Training for Business Correspondents and Copy Writers. |
| <input type="checkbox"/> Modern Salesmanship: Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling. | <input type="checkbox"/> Railway Station Management: Training for position of Station Accountant, Cashier and Agent, Division Agent, etc. | <input type="checkbox"/> Personnel and Employment Management: Training in the position of Personnel Manager, Industrial Relations Manager, Employment Manager, and positions relating to Employee Service. | <input type="checkbox"/> Commercial Spanish: Training for position as Foreign Correspondent with Spanish-speaking countries. |
| <input type="checkbox"/> Higher Accountancy: Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc. | <input type="checkbox"/> Banking and Finance: Training for executive positions in Banks and Financial Institutions. | <input type="checkbox"/> Modern Business Correspondence and Practice: Training for position as Sales or Collection Correspondent, Sales Promotion Manager, Mail Sales Manager, Secretary, etc. | <input type="checkbox"/> Effective Speaking: Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc. |
| <input type="checkbox"/> Law: Training for Bar; LL. B. Degree. | <input type="checkbox"/> Modern Foremanship and Production Methods: Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc. | <input type="checkbox"/> Expert Bookkeeping: Training for position as Head Bookkeeper. | <input type="checkbox"/> C. P. A. Coaching for Advanced Accountants. |



Name..... Present Position..... Address.....

Editorial

Don't Work—*Play* to Keep Fit

WHEN a new champion in the field of sport first appears upon the scene, he is probably the greatest single influence for health building in the America of his prime.

Think of the boys who have been inspired to make themselves champions by the example of Nurmi this winter. Here is a man who has led a natural life where achievements are outstanding, and where methods are just different enough from our commonly accepted standards to revive interest in middle distance running.

Half the school boys in America will be running the mile with their eyes on the wrist watch just as much as on their opponents, this spring and it is safe to predict that there will be twice as many boys running the mile this year as there were last year. All of these will be much better off as a result of their experience, and all of them will have a good time while they are training.

The incidental exercise that these boys will get from their training, the habits which they will form to assist them in increasing their abilities—all by-products from the standpoint of sport—will be of immense value from the standpoint of building health and strength.

A solemn program of exercise will never give the results that exercise which is done for sport's sake will give. Somehow or other we are almost all contrary enough so that we would be willing to work hours every day and to cut into our fondest bad habits of diet and living, if we thought we had a chance to break one of Nurmi's records, or to trim Jack Dempsey, or to make the Yale football team or the Washington Nationals.

President Coolidge and the assorted Wall Street bankers who have been reported to be riding electrical horses and camels cannot get one-tenth the fun or the good from their exercise that our aspiring sport contestants get. Between us, we do not believe that they are nearly as faithful in this training as the papers would have us believe. How could they be?

We all do what we like to do with much better grace than we do the things that we know we ought to do. Therefore, we all should take up exercises which will be fun as well as exercise which will be beneficial because the chances of

our sticking and getting the best results are ten times as good.

Whether you play golf or lift weights, or do both, and a half dozen other sports besides, go into it for all you are worth and you will get the best out of it in return.

Why Not Go In for Sports?

Too many people think of health cranks when you mention keeping fit. Too many people think of work, not fun, when you mention exercise. Too many people throw up their hands when you mention diet.

Think of men who, every fall, go on a diet as part of a program for making a football team. Think of the way Joe Nordquest trains to break an American record. Tilden is always in training and all the champions who last, not only *have* to take the same sort of care of themselves, but *do* take it.

We do not mean to say that there are not a large number of men who exercise regularly and seriously with no other idea than maintaining their physical effectiveness; but for every such man there are ten men who will do more work because they want to be strong or fast or skillful, than because they want to be physically fit. So we advise everyone to go in for some competitive sport.

What the A. C. W. L. A. Is Doing

As this is written the second meeting of the A. C. W. L. A. in our Philadelphia building has not yet taken place, and the plans for the third meeting to be held on April 4th are not very definite. We hope to have with us at that meeting the popular Joe Nordquest, who is trying to arrange matters so that he can come. Owing to Steinborn's leaving for Europe, the match between these two will be postponed to a later date. Klein and Fournier have agreed to a contest which we hope to pull off at this date, while Mr. Jowett, who staged a comeback by making a record lift on the *one hand Military Press*, will try to establish some other new records.

The great French lifter, Ernest Cardine, has written to Mr. Jowett signifying his willingness to come to Philadelphia and lift for the A. C. W. L. A. on his return trip to Canada, where on his last visit, he surpassed all Canadian lifters and set up new records on the snatch lifts.



Here is the enduring charm that is so large a part of the "beauty that lasts." "The Mona Lisa smile," discovered upon the living face of the wife of a United States Senator by Charles Albin, the artist who achieved this marvelous photograph of Mrs. Royal S. Copeland, almost perfectly reproduces the elusive, mysterious and quaint spiritual quality of Leonardo's famous painting.

The BEAUTY That Lasts

Are You Beginning to "Fade?"—Every Woman Wants
Something Better than The Mere Bloom of Youth

By Florence Whitney

HOW long are you planning to keep your beauty? Or are you planning? Have you any program? Are you going to manage it, or let Nature take its course?

Or are you, perhaps, one of those who keep always on the mantelpiece a framed photograph of the beauty that once was yours, and which you have lost? Upon

the basis of a certain pride and glory in the fact of having once been both young and beautiful?

There comes to my mind a somewhat typical incident. Mrs. E. had upon the mantel in her living-room a rather gorgeous photograph displaying the plump cheeks, rounded throat, smooth shoulders and general sauciness of her twentieth year, though she was now about twice

that age. A visiting woman friend, noticing the photograph and detecting a likeness, exclaimed in a tone of great surprise, whether genuine or feigned:

"Oh, for Heaven's sake, E., was this ever you? I would hardly know it. What a lovely girl you were—then!"

"Oh, you cat!" E. exclaimed to herself, raging inwardly. But she did not say it out loud. What she actually did say to her friend was, "Oh, yes—that was me, uh huh. But have I really changed so much as that?"

"My dear, you look like this girl's mother."

"Why, naturally," said E.

"No, she doesn't," gallantly spoke up her husband. "E. does not look her thirty-nine years. She hasn't changed in the last ten. And she's a great improvement over that picture."

"Improvement?"

"Why, yes. In the picture she looks like a stuffed pin cushion. An innocent moon-faced beauty, it is true—"

"Nothing of the sort," said the friend.

"I was not moon-faced," said E.

"Comparatively," persisted the husband. "Whereas now she has a firmer quality of flesh, along with intelligence and character—a beauty that, to me, is much greater, and also which does not rub off. It is not the mere 'bloom of youth.'"

The bloom of youth! That, indeed, used to be the ideal of beauty, and also the common idea of beauty. It was something that one had when she was young, and presumably before

she was married. After marriage came babies and work and worries—and away went beauty. According to the old traditions, it was regarded as quite the normal thing that a woman should "fade." Why not, since beauty was only the bloom of youth? It used to be said, for instance, that there were none more lovely than Irish lassies, but that, also, there were none who faded more quickly.

But that's all out of date now. In many, many cases now you cannot tell whether a girl is twenty or twenty-seven, whether she is twenty-five or thirty-five, thirty or forty, thirty-five or forty-five. You may detect some difference in twenty years; that is, you may conclude that one of forty-five is over twenty-five, or that one of twenty-five is under forty, but often you cannot discern a difference of only ten years.

It isn't the bloom of youth any more, but the bloom of health. Or if it truly is the bloom of youth, then it means that women keep their youth. They go on look-

ing just the same year after year, defying the stranger to guess their ages. And often the greatest change, as they swing into middle age, is the acquisition of a certain dignity and maturity of mind, which, again, often enriches a woman's appearance because of her ripened personality.

I know a young woman whom until recently I had not seen for thirteen years. There was in her age the difference between twenty-three, when I had last seen her, and thirty-six, when I saw her again, married with two children in the latter instance. She seemed at first not to



Pauline Stark, in Paramount Pictures, possesses that combination of lovely bones, normal weight, good health and "beauty psychology" that rises superbly above the mere bloom of youth. You could not guess how young she is, nor will you be able to do so for many, many years.

have changed at all. But as I studied her I saw that she really had changed a little—and she looked *younger* than she had before. And I swear to it. It was because she had more strength and better health. I cannot point her out, because she is in private life. But I can point out some others who are at my mercy in this respect, just because of the fact of their being public personalities, and, therefore, more or less public property.

One might say a lot about Lillian Russell, except that she is not now among the living. However, she was beauty's queen not for one but for two generations, and was as lovely in her forties as in her twenties. She showed little change even in her fifties, except that which finally came with her failing health.

But I can point to Alice Joyce, who stands conspicuously as one of the country's most charming stars of the screen today, and who was also one of the most prominent figures in the motion picture world away back in those early days of the cinematograph when only a few first came to be known as stars. It would not be fair to Alice Joyce to mention her age, even if I felt perfectly sure of what I have been told, because youth, or at least the appearance of youth, still seems to be a fundamental asset in feminine stardom. But at least I can remind you that you remember seeing her on the silver screen back in the time of John Bunny (who died of Bright's disease before the World War started), Maurice Costello and Arthur Johnson, and that you are still seeing her on the screen—as lovely as ever, having lost nothing of her youthfulness, though perhaps having gained something in her art and in the intelligence with which she uses it. She has also, as you doubtless know, a half-grown child.

When we last saw Marguerite Clarke on the screen she was still playing high-school girl parts, and looking them every inch. I would not say and do not really know how old she was, or how young she was, but I recall having made a mental note, the last time I saw her, that it was twenty years since I had seen her out West in light opera with De Wolfe Hopper, in "Mr. Pickwick." My recollection is vivid because it was one

of the first important stage performances that I had ever seen, and she was always the same dainty little Marguerite Clarke. She impressed me as an example of unfading youth, with the bloom that does not rub off.

I do not recall just when the first big Griffith picture, "The Birth of a Nation," was made, but it is now ancient history in the film world. The leading man, the Southern colonel, Henry B. Walthall, had changed so much in a recent film appearance that I did not recognize him until I later saw the name mentioned in connection with the picture. He seemed twenty or twenty-five years older. But on the other hand, either Lillian Gish or Mae Marsh, who shared the fem-



If you recall that exquisite photo of Alice Terry, as a queenly blonde, published last month, you may be surprised to learn that she is really a natural brunette, looking very much herself in this picture, and revealing qualities referred to by the author as of the kind that do not fade.

inine honors in that great photo-drama, could, according to their last screen appearances, duplicate their work in "The Birth of a Nation," if the producer should wish to rephotograph some of the scenes, without looking a single day older. And don't forget that the motion picture camera is far more sensitive in catching the least sign of age than is the human eye, looking upon the living face. Unchanging feminine youth. And Mae Marsh is the mother of a rapidly growing little girl—a point that might have been unnecessary to mention, except that it conflicts with the old theory of years ago

that maternity meant loss of beauty. The world has changed, about that. Women now know that motherhood has no relation either to their retained girlishness on the one hand or their loss of it on the other. However, we meet this permanent beauty everywhere. Women simply do not get old. That is, a considerable number of them do not.

And why?

I think it is partly because they have a new idea of beauty; they no longer accept the tradition that they must fade. And partly because they are learning how to live. Particularly they are learning how to eat. And knowing how to eat has so very much to do with keeping bodily weight.

But right there—in your weight—you have the supreme factor in youth and beauty, at least from a physical or bodily standpoint.



Marjorie Daw has not changed a particle since she became prominent as Douglas Fairbanks' leading lady some years ago. She has the beauty that will not change, with the charm of the typical American girl, an appeal not possessed by flapper smartness.



The beauty of Lois Wilson rests very largely in her luminous, expressive eyes, which convey also, especially in action, the energy and vitality that make her what she is.

has passed beauty is no more. Coincidentally, in such cases, also, the bodily weight of youth is no more. And either one grows soft and stout and shapeless or, if not inclined to adiposity, one simply withers and dries up, losing weight and strength and suffering a poor complexion.

If you want beauty—the beauty that lasts—you must deserve it. And the one first thing that you must do is to strive to gain your correct weight, the weight of youth. If you can get that, not through the mere accident of being at the age of youthful vitality, but through knowing how to live, then you need not fear fading when you get into the thirties or into the forties, or even into the fifties. Indeed, you will never fade.

For when your hair finally turns white you will then commence to bloom with a new and serene beauty. If you establish the habit of correct weight you will then have acquired a firm, strong basis upon which to build a fine and lovely personality.

Make a fight, if necessary, for the bodily weight of your youth. Work for it. Walk for it. Swim for it. Dance for it. And most of all—(Continued on page 91)

To maintain correct weight, and that of course means the normal weight of vigorous youth, is to have health, strength, energy. Those who have built strength and endurance in a high degree always have correct weight. Some may possess it through the mere natural vitality of youth, and it is in these cases that beauty truly represents the bloom of youth, but after this flush of youth

How Can I Get More "Nerve Strength" From My Food?

ILLUSTRATIONS BY
LUCILE PATTERSON MARSH

By
Carl Easton Williams

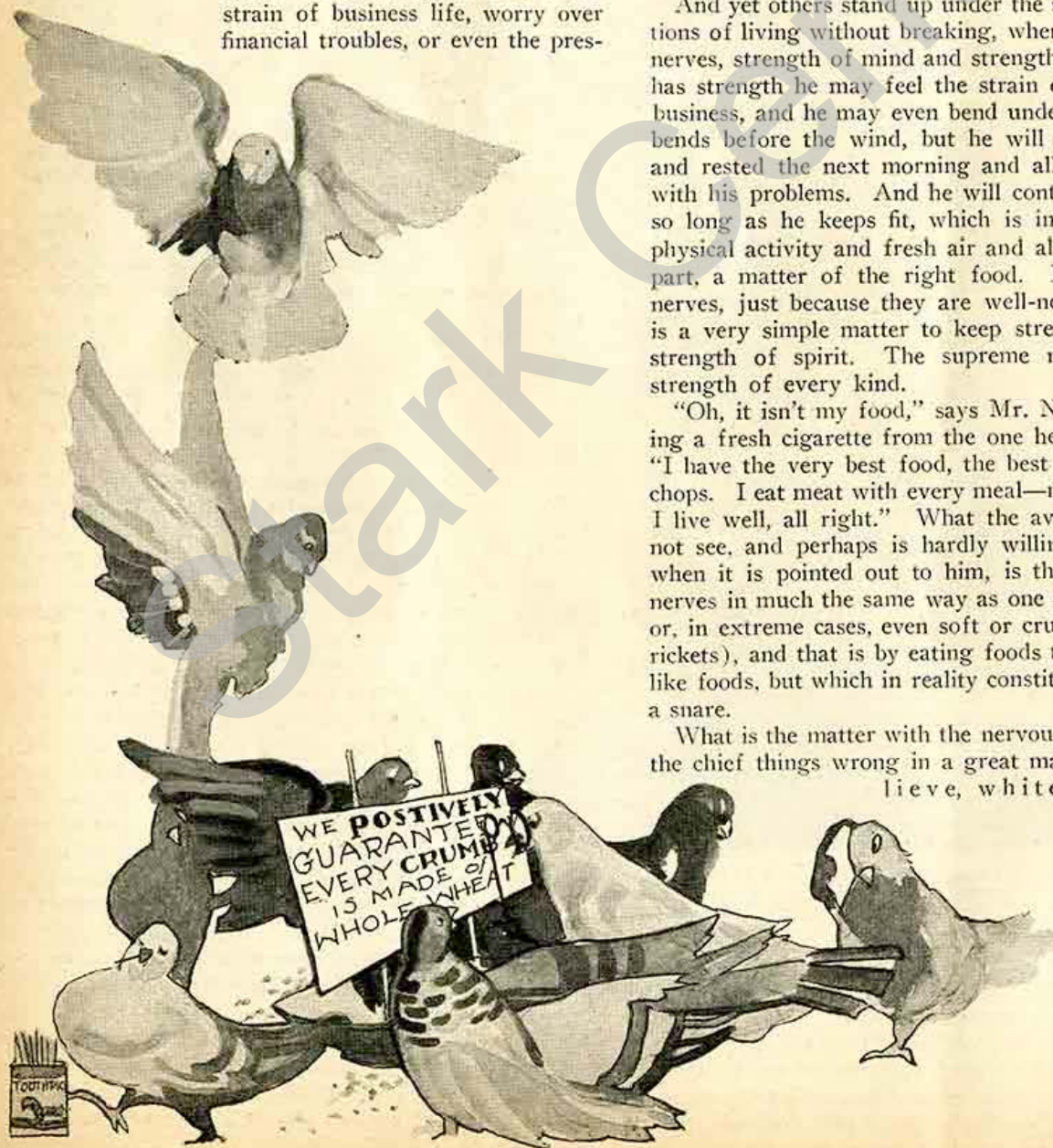
WHAT'S the matter with the nervous person? Why are "nerves"? Can we find out what is the matter? Can we correct it? Can we assume that nerve-strength is normal, just as is vigorous bodily strength? But what do nervous people *think* is the matter with them? Often they think it is the strain of business life, worry over financial troubles, or even the pres-

sure of exacting work and too much of it. And women sometimes think that they are nervous because of too much housework, the annoyances incident to caring for their children, the way Dad drops his cigar ashes on the rug in spite of everything, Johnny's trouble at school and a million other worries. Life is too hard. Life is too much. My nerves cannot stand it!

And yet others stand up under the strain of the vexations of living without breaking, when they have strong nerves, strength of mind and strength of spirit. If one has strength he may feel the strain of his work or his business, and he may even bend under it, as the willow bends before the wind, but he will come back strong and rested the next morning and all ready to grapple with his problems. And he will continue to do so just so long as he keeps fit, which is in part a matter of physical activity and fresh air and also, in considerable part, a matter of the right food. If one has strong nerves, just because they are well-nourished nerves, it is a very simple matter to keep strength of mind and strength of spirit. The supreme note is *strength*—strength of every kind.

"Oh, it isn't my food," says Mr. Neurasthenia, lighting a fresh cigarette from the one he has just finished. "I have the very best food, the best steaks, roasts and chops. I eat meat with every meal—meat or eggs. Oh, I live well, all right." What the average person does not see, and perhaps is hardly willing to believe even when it is pointed out to him, is that one gets shaky nerves in much the same way as one gets crumbly teeth or, in extreme cases, even soft or crumbly bones (as in rickets), and that is by eating foods that look and taste like foods, but which in reality constitute a delusion and a snare.

What is the matter with the nervous person? One of the chief things wrong in a great many cases is, I believe, white bread. There is evidence by which this can be fairly well proven, whether you believe in vitamins or not. One says this in very much the same way as he speaks of believing in fairies. Anyway, vitamins are

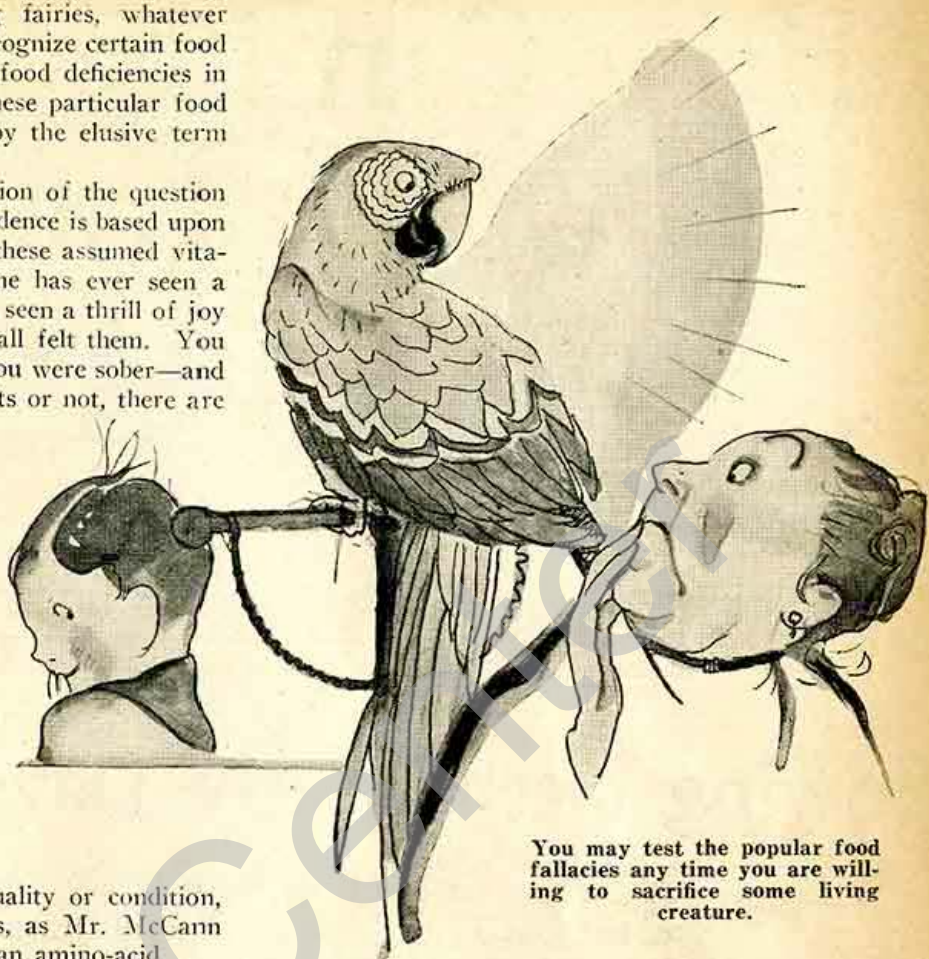


very good fairies, miracle-working fairies, whatever they are. The essential need is to recognize certain food values in certain foods, and certain food deficiencies in other foods, through their lack of these particular food values, whether we refer to them by the elusive term of vitamins or otherwise.

Vitamins enter into the consideration of the question because the subject matter of our evidence is based upon the relative presence or absence of these assumed vitamins in certain foods. Now, no one has ever seen a vitamin, but neither has anyone ever seen a thrill of joy or a pang of grief, though we have all felt them. You have never seen a spirit—not when you were sober—and yet, whether there are departed spirits or not, there are unquestionably living spirits, in living bodies. Your body would be a dead thing—and some day will be a dead thing—without this living spirit, which is you. Now perhaps a vitamin is something like a living spirit, something in the nature of that great mystery that we call life, the thing that makes food what it is, capable of yielding to the body qualities of life. Just what a vitamin is no one as yet presumes to know. Perhaps it is not a substance at all, and perhaps no one will ever find one, or "isolate" it, as the scientists say. Perhaps it is only a property or quality or condition, rather than a material. Or perhaps, as Mr. McCann has, recently suggested, a vitamin is an amino-acid.

A vitamin is something that we discover not by seeing it, but by deducing it. We infer that it is there, whatever it is, by the effect that it produces, and we know that it is not there when the particular food under consideration fails to produce that effect. We know that some foods when sound and fresh and alive have definite properties of biological or physiological value in the human system, and for want of a more scientifically exact term in our state of mystery we call them vitamins. We know that when these same foods are old and stale and dead these properties are missing. One instance of this, familiar to Arctic explorers, is found in the case of some of the inferred vitamins in fresh meat, which are apparently absent in meat that has been preserved for years. Don't forget that the trappers in the North woods who live very largely on meat, for considerable periods eat freshly killed game. We know that some of these inferred vitamins in fresh raw milk are apparently destroyed or lost through the action of heat, in pasteurizing or boiling. Which incidentally is the reason why oranges, rich in these deduced vitamins, are always recommended to supplement pasteurized milk in the feeding of the baby, while they are not necessary when the raw milk, fresh and clean, is available. But if you cooked your orange juice you would probably lose some of these properties, and the harder and longer you cooked it, the more you would destroy them. Some vitamins apparently resist cooking. Some are destroyed by baking soda and other chemicals.

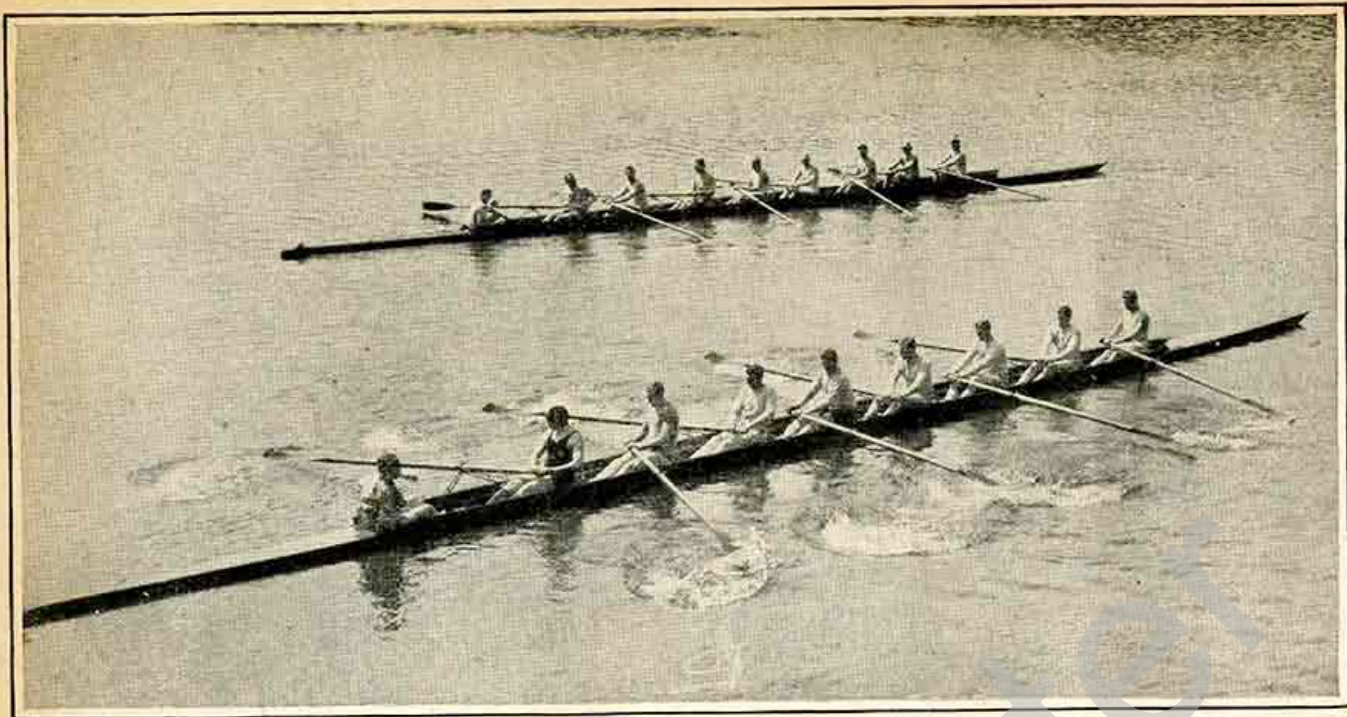
There is, however, a significant fact in the apparent association of vitamins and mineral salts. They are very closely identified with each other; extremely intimate. Wherever we find these mineral salts in their organic



You may test the popular food fallacies any time you are willing to sacrifice some living creature.

form, now universally recognized by food scientists, though not always by the public schools, as more important than calories or carbohydrates, or even abundance of proteins, there also we find these vitamins, causing us to wonder whether or not the latter may have some relation to the organic character of these mineral salts, some of which in their inorganic form are very poisonous. Vitamins, if any, and whatever they are, are as elusive as whatever it is that constitutes the quality of the fragrance of flowers, as elusive as the flavor or "bouquet" of fresh ripe fruit. However, so long as we can get practical results by using foods which we know contain both these inferred vitamins and these organic mineral salts, we can go on for the present in speaking of vitamins, just as in physics we speak of electrons. And apparently there is a vitamin, or class of vitamins, particularly concerned in the strength and stability of the nerves. Which brings us back to the failings of white bread.

In many cases of food deficiency the nerves seem to suffer first, or at least among the early manifestations. The most marked symptoms of some of the food deficiency diseases (and we hardly realize yet how many ailments are "food deficiency" diseases) are associated with degeneration of nerve-tissue, accompanied by failure of neuro-muscular coordination, mental depression and ultimately varying degrees of paralysis. Beri-beri, sometimes called "polyneuritis," was long considered a disease of the nerves, but it is really a matter of constitutional acidosis, due to an unbalanced, deficient diet. You can produce not only the nervousness or the neurasthenia of which so many Americans complain, but actually beri-beri itself in your (Continued on page 70)



P. & A. Photos

The Harvard Varsity and Second Varsity Crews on Schuylkill at Philadelphia

Rowing in the Early Days and Now

A Reminiscence of the Sport by the Son of One
of the Old Tyne Crew, the World Beaters of 1870

By John T. Taylor

PROFESSIONAL sculling, like professional running, is a dead sport, and has been for the past twenty-five years. This is due to the unfair practices of the betting men and the common gambler that followed these branches of athletics.

In the palmy days gone by sculling was the leading sport in this country and also in nearly every other part of the world where there was a body of water large enough to row on, but it has been forced off the athletic map by the gambling element, while its place has been taken by the more remunerative commercial sports. Another reason for the decline of rowing is the expense attached to the sport. Fine racing boats cost a lot of money, and thus traveling from one regatta to another with their boats was a risky and tiresome job.

The idea of this article is to show the present day followers of athletics where this sport originated, what was done by the pioneers of rowing in the early days toward its development, and how its popularity rose and fell with the changing of public opinion.

Rowing is such an ancient sport and its history is so scattered over the globe that it is no easy matter to gather it together and show the younger element what interest there was in sculling in bygone days. From as far back as the '60's, the United States, England, Canada and Australia have vied with each other for the sculling supremacy of the world, and world's titles have changed back and forth in an amazing manner.

Today, amateur rowing supremacy lies between Uncle

Sam and John Bull, while the professional rowing honors rest with the Australians. This article could be little else than a reminiscence of the sport from a point of professional rowing, because there has been little of this sport in the past twenty years, while just previous to the '70's America was teeming with professional rowers, and nearly every city in the United States had a quota of boat clubs. To be an expert sculler was one thing and to be able to build fine racing boats was another; but the pioneers of the sport were able to both build and row boats, and the creations of those days in design and model are still foremost in American and English rowing circles. Models of four-oared racing boats built as far back as 1870 are being used today by American and English builders.

We will first take up early college rowing in America and in England. In the earlier days in both countries the brightest and best known citizens—men who later became leaders in their country—held amateur rowing as their favorite sport.

Sir Aubrey Paul, photographer and sportsman, was an early winner of the most ancient boat race in Great Britain; the scullers' match for Doggett's coat and badge, rowed annually from London Bridge to Chelsea on the first of August, on the top of the flood tide, though formerly against the early ebb. The prize was given by the late Mr. Thomas Doggett, comedian of London, in commemoration of the accession of the House of Brunswick to the throne of England, and con-

sists of a red coat and silver badge, bearing the impress of the White Horse of Hanover, together with several money prizes, the product of the liberality of Sir W. Jolliffe and the Fishmongers' Company, who managed the race. It was first rowed for in 1715, but no records have been kept previous to 1791. The competitors were watermen who had not exceeded one year from the date of the conclusion of their apprenticeship, and the number of starters was limited to six, who were drawn by lot from the whole number of scullers who entered. This unsportsmanlike and preposterous arrangement continued until 1873, so that success was no proof of a winner's superiority over all the men of his year, but merely over the other five who were drawn against him. In the year last mentioned the authorities connected with the race resolved to weed out the least capable competitors from the whole entry, by letting them all row in trial heats, and by reducing the number by this means to the conventional half-dozen.

The plan is a commendable one, and winning Doggett's coat and badge is now a proof of some merit, although more than questionable tactics still prevail between the bridges, in so far as washing or impeding competitors is concerned. The trial heats are rowed between Putney and Hammersmith, and the final contest for the half-dozen prizes awarded, between London Bridge and Chelsea, are rowed in old-fashioned wager boats.

As a pastime and physical exercise, rowing came into vogue at Harvard and Yale about the same time, dating back to Yale in 1843 and to Harvard in 1844. It was not until 1852, however, that the practice was sufficiently advanced and the interest in it correspondingly developed, to excite the rivalry of the oarsmen of the two colleges and to lead to a trial of skill between them.

The first race between their representatives originated in a challenge from Yale inviting Harvard to meet at such time and place as should be mutually agreed upon, to test the superiority of the oarsmen of the two colleges. This challenge was accepted, and Centre Harbor on Lake Winnipiseogee, situated in Northern New Hampshire, was selected as the scene of the first contest, which took place on the 3rd of August, 1852. We are not to understand that the participants in this affair represented the best oarsmen of their respective colleges, selected from the whole body of undergraduates, as has been the custom of late years. This race was simply a trial of skill between certain of the class crews then in existence, but it inaugurated that series of contests which have since figured so largely in the history of

rowing in America in the early days and now.

At this meeting Harvard appeared in the persons of the Class Boat Club of 1853, rowing the eight-oared boat *Oneida*, while Yale was represented by the Shawmut Boat Club Class of 1853 with their boats, the *Halcyon*, *Undine*, and *Atalanta*, the last of which was subsequently ruled out on account of being a racing-boat hired in New York City for the occasion.

The day was fine, the atmosphere clear, the lake scarcely ruffled by a breeze. A preliminary trial or "scrub" race took place in the morning, in which the *Oneida* came in first, winning a handsome silk flag, obtained by private subscription. Then followed successively the *Halcyon*, *Undine*, and *Atalanta*. In the afternoon the decisive trial took place, in which the Harvards, in the *Oneida*, won by two lengths and received the first prize.

The crew of the Harvard eight-oared boat *Oneida* boasted some well-known Massachusetts men. Charles Miles of Roxbury, Charles F. Livermore of Cambridge, John Dwight of Springfield, Wm. H. Cunningham, Charles H. Hurd of Charlestown, Charles J. Paine, Sidney Williard, Thomas J. Curtis, and Joseph M. Brown—all of Boston—were the men who rowed for Harvard.

In June, 1855, the citizens of Springfield, being desirous of celebrating the Fourth of July with more than ordinary eclat, got up a regatta for that day, to be rowed on the Connecticut River opposite the city, to which the

boat clubs of the Yale Navy and those of Harvard College were specially invited. The Yale oarsmen accepted, and this action on their part led to the holding of the third annual regatta of the Yale Navy at this place on the Fourth of July, 1855, in which five boats were entered by the Yale men, and took the prizes provided for the occasion. No Harvard clubs or crews were present. The disappointment of Yale at not meeting Harvard led to their sending to the latter, on the same day, the challenge which resulted in the second college regatta.

This was held at Springfield, on Saturday, the 21st of July, 1855, picked crews and the best boats from the two colleges being present. Yale entered the two six-oared boats, *Nereid* and *Nautilus*, each carrying a coxswain; Harvard the *Y. Y.*, four oars, no coxswain, and the *Iris*, eight oars, with the same coxswain who steered the *Oneida* three years before. The course was one and a half miles down the stream and return. A handicap of eleven seconds per oar for the whole three miles was allowed the smaller boats. The prize to the winning crew was a handsome set of silk boat-flags, consisting of pennant, jack and ensign, offered by the citizens of



Jack Kelly, retired National and Olympic Champion.

Springfield for that purpose.

The times made, deducting the allowances, were: *Iris*, 22 minutes; *Y. Y.*, 22 minutes 27 seconds; *Nereid*, 24 minutes, and *Nautilus*, 25 minutes. In the evening of the same day three of the *Y. Y.*'s crew and three Boston oarsmen rowed over the course in the *Nereid* in 21 minutes 45 seconds, or in 15 seconds less than the winning eight-oared boat. The superiority of the Yale boat and of the Harvard oarsmen was thus still further demonstrated.

While preparing for the inter-collegiate boat race in 1853 an unfortunate accident almost put a quietus on the growth of the sport. The Yale crew of that year was taking a practice spin at Springfield, when their boat was run into by another craft, upsetting the Yale boat. At this time their stroke oarsman, George E. Dunham, of the 1850 Class, was drowned.

This melancholy accident broke up the race, and Yale and Harvard separated without making any arrangements for future contests. They got together again in 1859, and arranged to compete for the college title. From that time on regular races were held.

Among those who competed in one or the other crews of those days are some of the best known men of the nation. In the Harvard boat of 1853, Benjamin Crowninshield of Boston was a member of the crew. In the Harvard six-oared shell of 1859, at the Union College Regatta, another Crowninshield was at the oars in the person of Casper Crowninshield of Boston, rowing stroke oar.

Walter McClintock, son of a wealthy Pittsburgh man, was a member of the Yale Sophomore crew of 1860, while Arthur Sibley of Boston was a member of the Harvard six-oared boat.

In the 1864 Harvard boat was Frederick Crowninshield of Boston, while in the Yale boat was Charles Roosevelt of New York City.

In the 1866 regatta, rowing for Sheffield Scientific School was John K. Beeson, of Uniontown, Pa.

In the 1869 Harvard-Yale Freshman race, there appeared in the crew of the Harvard boat, George H. Gould of New York, Frederick W. Adee of Westchester, New York, and other notables.

In 1870, California had four boat clubs; Connecticut, three; District of Columbia, four; Florida, one; Georgia, nine; Illinois, three; Iowa, five; Indiana, two; Ohio, ten; Rhode Island, four; Vermont, one; Wisconsin, eight; Maine, six; Maryland, five; Massachusetts, twenty-five; Michigan, eight; Minnesota, two; Missouri, one; New Jersey, fifteen; New York, forty-six; Pennsylvania, forty-one; Tennessee, five; and Virginia, five.

In the Yale Varsity crew of 1870 appear the names of Wilbur Flagg of Yonkers, and Willis McCook of



Matt Taylor of Newcastle-on-Tyne, England, uncle of the author. He was Coach and Trainer of the Chester Boat Club, of the Oxford and Dublin Universities, and builder of the first round-bottom, eight-oared shell.

pounds—third; Alden P. Loring of Boston, Massachusetts, weight, 154 pounds—stroke; Arthur Burnham of Chicago, Illinois, weight, 106 pounds—coxswain.

The Oxford rowed a boat by the Salters of Oxford, and the Harvard crew, one by Elliott of Greenpoint, New York.

The referee was no other than Tom Hughes of *Tom Brocken's School Days'* fame, while the umpires for Harvard were F. S. Gulston of the London Rowing Club, and Mr. J. W. Chitty of Exeter College was umpire for Oxford. Mr. Wm. Blaakie of Boston was starter.

It was about this period when the famous American oarsman, Bob Cook of Yale, visited England in the interest of rowing matters, and it was here he got his ideas for the famous Bob Cook stroke.

After the '70s, other colleges took up the sport and they have maintained the integrity of amateur rowing ever since.

Today, it is not the professional races that occupy the public interest, but the college amateurs who have preserved the dignity of this sport.

After the formation of the National Association of Amateur Oarsmen, others than college men took up rowing, and in certain districts the sport is still popular. New York, Boston and Philadelphia are the prominent rowing centers, while there are any number of good oarsmen in and around Baltimore and Washington.

England and this country seem to divide the honors in amateur circles, and several Americans have gone to England and won the diamond sculls at the Henley Regatta. Among those who have won this honor, which is the world's amateur rowing championship, are Edward Hanlan, Ten Eyke, Lou Scholes of Toronto, Canada, and Walter Hoover of Duluth.

American amateurs at the Antwerp Olympic Games in 1920 won most of the events, Jack Kelly of Philadelphia winning the singles, and with Paul Costello, also the doubles, while at the Paris Games this year Kelly and Costello again won the double sculls, and the Yale

Pittsburgh. Harvard defeated Yale that year, winning by a foul which occurred at the stake boat.

The first international collegiate race between English and American colleges took place in England on August 27, 1869, between Oxford University and Harvard. The race was four miles and three furlongs and was won by the English crew by one and a half lengths, the winners' time being 22 minutes and 20 seconds—from Putney to Mortlake.

The Harvard crew was composed of the following oarsmen:

Joseph S. Fay of Boston, weight, 155 pounds—bow; F. O. Lyman of the Hawaiian Islands, weight, 155 pounds—second; Wm. H. Simmons of Concord, Massachusetts, weight, 170

eight won the big race of the games, though Beresford, the British sculler, won the singles by defeating Garrett Gilmore, the American champion.

Professional rowing was inaugurated in this country in 1868, when there were many races around Boston and other eastern cities. The first match race we have record of is one at Philadelphia between Walter Brown of Portland, Maine, and John Tyler, Jr., of Boston. This race was three miles with a turn, and both men rowed in paper boats, and the prize for the winner was one thousand dollars, which was won by Tyler in the fast time of 21 minutes 57 seconds, the latter winning by only two feet.

From this time on boat rowing was in its prime, and there were boat clubs in nearly every city in the United States. Pittsburgh, Boston, Philadelphia, New York and other cities were wild about the sport, and there were matches every day or two. Pittsburgh at that time could boast of over 50 boat clubs herself, while today not one remains.

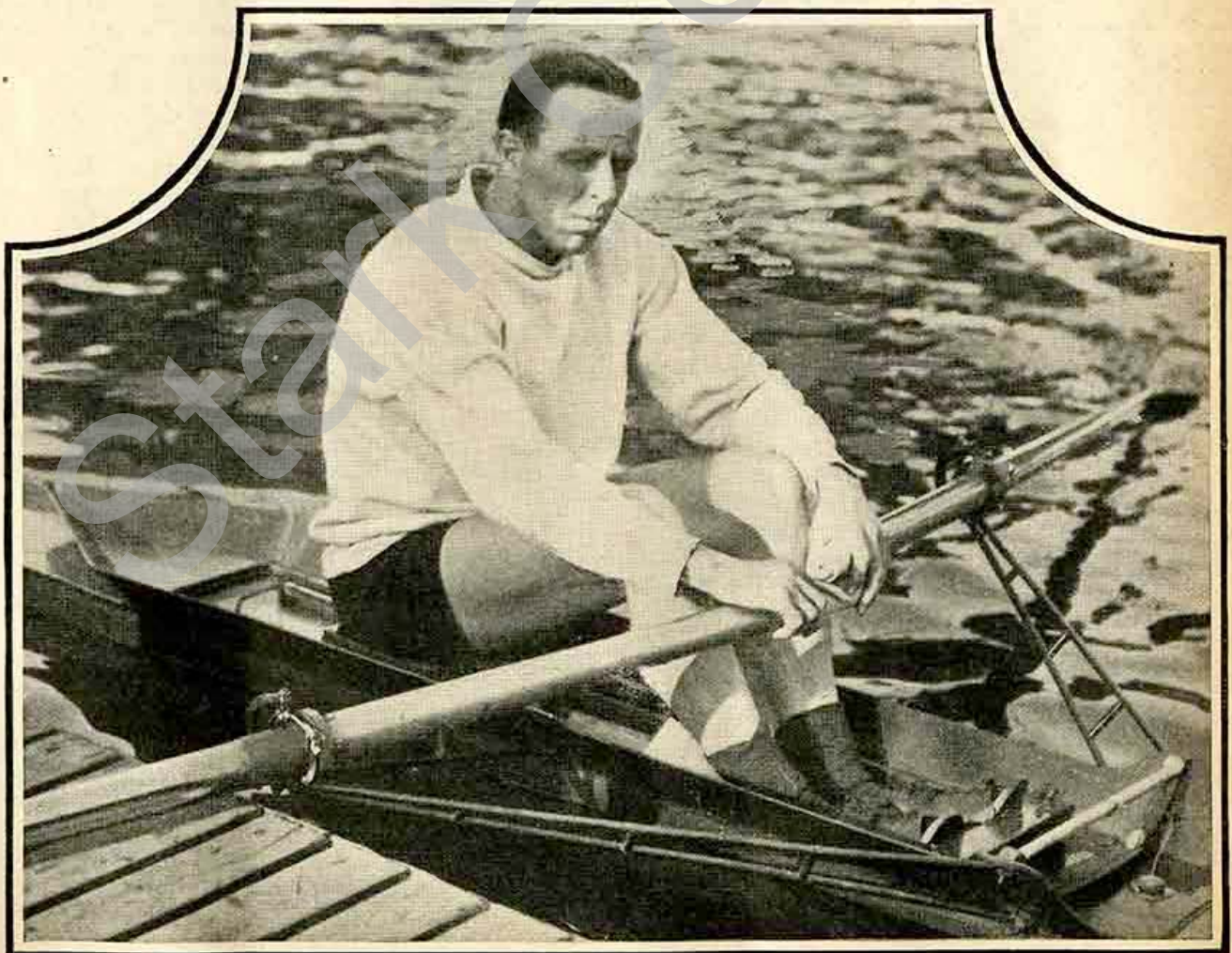
About the first international single scull racing meet of those days was held on July 4th and 5th of the year 1866 at Newcastle, England, between Jimmy Ham-mell of Pittsburgh and Harry Kelly of London, at that time champion of England. The Pittsburgh sculler was no match for the English champion, and he lost. The Pittsburgher was about the best man in America then, as he had beaten Josh Ward for the title shortly before he went to England.

Walter Brown, of Portland, Maine, another American sculler, visited England in 1869 for a match race with William Sadler of Newcastle-on-Tyne. Brown won easily, covering the distance from the Scotswood Suspension Bridge to the High Level in 21 minutes 50 seconds. The betting was two to one on Brown.

In those days professional scullers were made as much of as the boxers of today, and the papers were full of rowing news, read eagerly by the entire population.

Each city had its champions, many at that time hailing from inland towns, where the rowing facilities were not as good as in lake or seaport towns. One has only to look over the old records to see the names of those who were the people's heroes in the days that are gone. Portland, Maine, had Walter Brown. There were Jim and John Hamill of Pittsburgh, the Ward Brothers of New York, the Biglin Brothers, Joe Kaye of Pittsburgh, Henry Coulter of Allegheny, Pa., and Pat Luther of Philadelphia; Nick Denmark, Harry Moore, Conrad Meinhardt, Eph Morris, Billie Scharff and Joe Kaye were other notable oarsmen of the Pittsburgh district at that time.

After this school passed along, as far as their work with the sculls went, another and faster came along, which included the more modern type of scullers. Improvement in boat construction and rigging had done wonders for the newer school and they quickly made a name for themselves. Edward (Continued on page 78)



P. & A. Photos

Paul Costello, who, with Kelly, won the doubles in the late Olympics.

Is There Help for the Paralysis Victim?

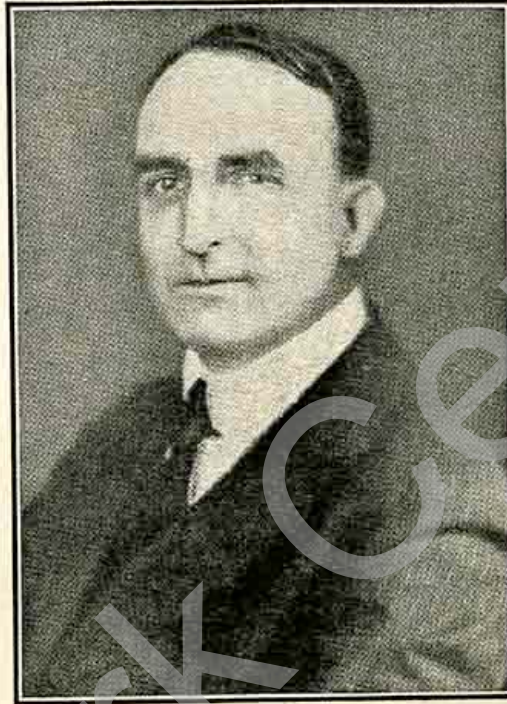
Sixty Per Cent. of Our Cripples Are Victims of Infantile Paralysis—When Does the Chronic State Set In?—How Can It Be Overcome or Avoided?

By *Ira W. Drew, M.D., D.O.*

HOW often has your attention been called to some pathetic, crippled fellow man or woman as you walked along the street? Some of them you notice, many more you pass by without a thought. Some of them are well dressed, apparently happy despite the deformity that handicaps them as they go through life. Perhaps many of those who read this article are crippled in one part of the body or another or have a crippled member of the family. Probably because of my profession and certain lines of specializing it is my lot to note many such cases that the person in other walks of life does not.

In my clinics I come in contact with many hundreds of them in the course of a year, and after years of this the conclusion is that fully sixty per cent. of crippled humanity are in that condition as a result of what we term infantile paralysis, scientifically known as "anterior poleomyelitis."

It may seem strange when the assertion is made that quite a large number never know that they have been the victims of this disease, even deny it vehemently and are sometimes inclined to scoff at the results attained by the most accurate scientific diagnosis. This article is being written a few hours after the conclusion of a clinic at which such a case came to my attention. The patient had lost the use of his right leg from the knee down to such an extent that he was using a crutch. It was the very evident result of infantile paralysis, and could be readily traced to the spot where the real injury that resulted in the paralysis had taken place—in the spinal cord. His parents denied his ever having been a victim of the disease, but questioning developed the fact that he had what is commonly called "run a temperature" not long before the paralysis started to develop. It had not lasted long enough to warrant bothering about it. Within two years or a little less we shall have that boy pretty nearly cured, perhaps not entirely normal in the usage of that leg but so nearly normal that it will be no real handicap. And it is fortunate that he is to receive treat-



Dr. Ira W. Drew

ment before the condition has been allowed to go too long, or it would be far more difficult to overcome.

So much for that. There are many like it, and though we call it infantile paralysis, this article is designed not only for parents but for other adults who may be confronted with the problem of crippled bodies themselves.

Let us see what infantile paralysis really is. In the first place, there are two stages of it, the acute stage and the chronic. In reality it is a nerve disease that is infectious. The layman does not think much about it except when he sees headlines in the papers that an epidemic of it has broken loose. However, it is with us all the time. Excepting during epidemics the death toll is not very heavy. There is an interesting reason for this. In the cases that we have here and there the germ is not nearly so

deadly as it becomes during epidemics, yet it is the same germ. These disease germs, like men, become more capable and better fitted for their jobs by doing them. The more they do a particular thing the better they can do it, and the more dangerous they become through increased efficiency. That holds true of all disease germs and explains why the death rate is so much higher in epidemics.

The acute stage of infantile paralysis is nothing for the layman to tamper with or attempt treatment of. It is then the life of the patient is in danger and also then that the spinal marrow is in the way of terrible and often irreparable damage. Science has been frantically seeking some serum to counteract the germs of this disease, but to date nothing effective has been found.

We know that in disease the body recovers because of its own inherent powers. Science can merely try to aid those powers by making conditions ideal for them to work most effectively. That is what we do in infantile paralysis. We know that it is an alien protein intoxication. Therefore we foster every bodily condition that has a tendency to combat this intoxication. In other words, the body must manufacture its own remedy for this disease of alien protein poisoning; so we try to help

it bring about the necessary condition by which it can throw off alien protein poisoning. That is not hard to understand. Now we are coming to the treatment.

When infantile paralysis sets in, it affects certain cells of the blood vessels which supply the central nervous system of the spine, and also the cells of this central nervous system. Consequently it is up to those cells to combat the disease which is preying upon them. Our job then is to take as much other work from those cells as possible, so that they can give all their effort to the fight at hand.

Briefly, the patient should be put to bed in a well-ventilated room that is as quiet as possible. The temperature of that room must not be allowed to vary, and should be kept at about 80 degrees. Changes in the temperature are shocks to the nervous system, which is fighting its hardest against the disease. It is well to wrap the legs of the patient in cotton wool and to keep him lying on his abdomen without moving him any more than is absolutely necessary. Quiet of every sort is imperative except where sponge baths with warm water are necessary on small areas at a time, to aid elimination. But we need not go deeply into methods of treatment. That is a matter for the technical man, the physician, in whose hands the acute stage should be left entirely.

However, after the acute stage is passed we come to the effects, the chronic stage with which we are chiefly concerned. Though the acute stage is over, the local nervous lesions in the spine are not healed by any means. It is then the injuries occur which result in the cripple. The patient is apparently well or recovering very rapidly. His life is in no further danger, although occasionally there may be a relapse to the acute stage. But the disease has done terrible injury which we cannot see. It has wounded the spinal cord in many places. That is one of the things infantile paralysis germs do. The spinal arteries and what are known as the anterior horn cells of the spinal cord are certain to be injured. There is no law by which you can tell where the injury has taken place, but you may be sure that it has. That part of the spinal system which supplies the muscles known as the anterior tibial group of the leg very seldom escapes. No one can tell just how badly the patient is injured by the paralysis that develops immediately after the disease is cured. Much of it may disappear in a comparatively short while, or it may grow worse. Sometimes an entire blood vessel may shrink and disappear, the nerve cells that depend on it dying as a result. Sometimes it may function only enough to maintain life in the nerves, but not to let them function properly.

Between the third and the sixth week the average case improves rapidly, and there is real danger. The patient may seem to be entirely well. He is usually paralyzed so that he cannot turn or bend the back. That is Nature at work

trying to safeguard him from permanent injury. If you could see the spinal system you would understand why. There are many wounds that must be allowed to heal without disturbance; but at times like this nurses or parents—believing the patient to be well—move him. They are apt even to get him out of bed and try to coax him into standing up or moving his arms and legs. They seem to think that it is necessary to move to prevent paralysis when exactly the opposite is true, and he should remain perfectly quiet so those wounded parts of the spine will not be permanently injured and thus produce permanent paralysis and crippled conditions. Where those wounds occur in the spine the spinal cord is swollen, inflamed and very easily torn. It is a raw, dangerous wound.

In order to avoid these spinal injuries that make for permanent cripples, the patient should be placed on his abdomen on a thick pillow. No angular movement that will permit the spine to be stretched in the slightest should be permitted under any circumstances. This also produces the quickest healing, because the blood is thus allowed to circulate best.

But all this time the physician is directing the treatment. It is only cited so that we may have a better understanding of the disease and its effects. Only too often the patient is moved unnecessarily or wrongly, or, suffering a very mild attack, does not know he has had infantile paralysis, and the damage is done. We are chiefly concerned with the patient who is up and about—cured but paralyzed in some part of the body.

This paralysis seems to be gradually getting better, but almost always it is only a partial recovery. Months may pass before it arrives at the stage where it will remain definitely through the life of the person. This is the chronic stage, where it continues unless proper treatments are given to overcome the deformities.

Treatments should not be delayed. The longer you wait to begin them, the more accentuated the deformities become. And you must remember that it is not only the actual deformity itself that must be contended with, but the effects on other parts of the body, such as the resultant dislocations of joints—in short, the throwing of the whole body out of kilter so that almost any condition may result.

The most frequent effects are in the legs. It may be that only one muscle will be affected, or entire groups. The victim cannot walk properly or the proper use of the arms may be lost.

Now we come to the real job to which this article leads. There are many cripples facing the world today and believing they are hopeless, who could be cured and could do a great part toward regaining normal use of their muscles if they only knew how.

My own son was stricken with infantile paralysis. For forty-eight hours I did not leave his bedside. In these

(Continued on page 83)

When Does the Paralysis Sufferer Become a Cripple?

IT isn't during the acute stage of the disease when no layman dare tamper with him, that the victim is in the most danger. Then science fosters every bodily condition that has a tendency to combat the disease, and the death toll is not heavy. It is after the acute stage has passed, when the chronic stage sets in, that real danger occurs.

Between the third and sixth weeks the patient is usually very much improved, but paralyzed so that he cannot bend his back. That is when Nature is at work trying to safeguard him from permanent injury. Then the nurse or parents, believing him to be well, may move him or coax him into standing up or moving his arms or legs.

In their attempt to prevent paralysis, they bring this very condition about, and the wounds in the spinal cord which should have been given a chance to heal become permanent, thus making him a cripple.—The Editor.

Arthur Saxon, the "Iron Master"

Some Interesting Glimpses Into the Life of the
World's Greatest *Strong Man*—How He Made
the Records Which Still Stand Unbroken

By George F. Jowett

A FAMOUS English contemporary once termed the great Arthur Saxon "the Iron Master"; which in the estimation of all who knew this giant of "Kraft Heil," was a most appropriate way of expressing his remarkable physical powers.

Master of the iron game he surely was,—in its every phase. His advent brought the sport of weight lifting down to a substantial reality. His astounding feats of strength were free from the mechanical and artificial aids which have characterized the feats of all other *Strong Men*, no matter how great their strength was. The romance of strength was enriched by his existence, the glamour that was created around it because of his genuine powers being more fascinating than any of the mythical stories of Hercules or Milo of old.

Cyr, Barre, Apollon, the Rasso Brothers and John Marx, were prodigies of muscular might, all of them superior to the famous Sandow; yet their mightiness paled and faded into almost insignificance when the curtain rose on Arthur Saxon. His right name was Arthur Hennig and he was born in Germany in 1878. He was the most famous member of the Leipzig Weight Lifting Club in Saxony, which was the greatest *Strong Man Club* in all Europe. To this club also belonged Osgard Hilgenfeldt, another mighty "iron man." With him and one other member Saxon cast his fortunes later on, and all together they were destined to make the history in the "iron" sport which would bring about the change in the great Arthur's name.

During the height of Sandow's popularity in England, there was another German *Strong Man* and wrestler by the name of Arno Saxon, then connected with a circus. Being possessed

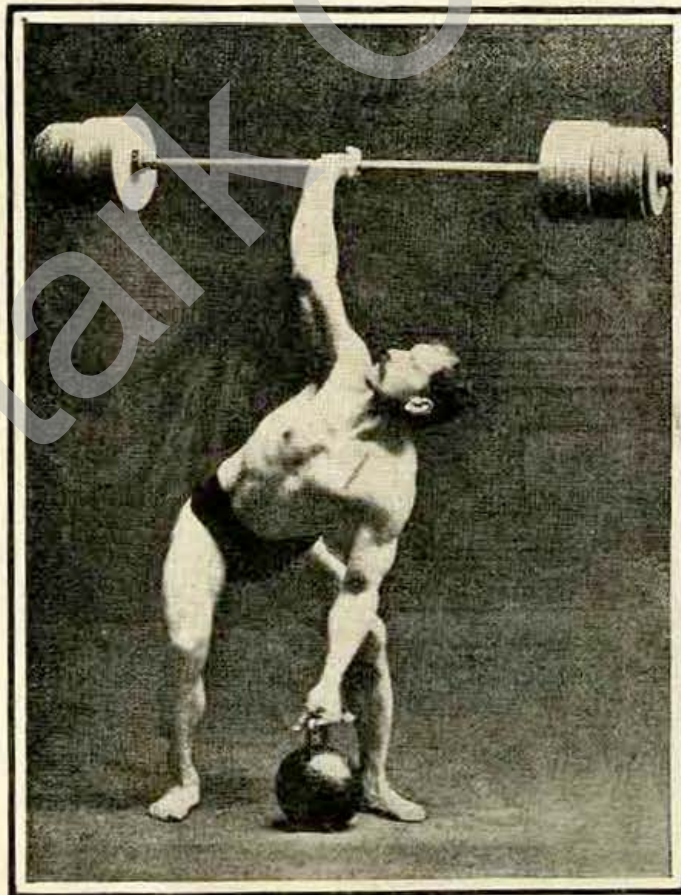
of creative genius and vision, he readily saw the opportunity that Sandow's great showmanship had opened for the *Strong Man* profession, and believed he could form a troupe with first-class ability that would enable him to challenge the supremacy of the conqueror of Cyclops and Sampson. Accordingly he set out for his native country, and in Leipzig he sought out Hilgenfeldt and Hennig to whom he outlined his scheme. He succeeded in enlisting the services of these two men, and in building up in 1897 an act that was destined to be known the world over and remembered long after its demise, as "The Saxon Trio."

Arthur at this time was only nineteen years old, but was regularly performing a *bent press* of 267 pounds, and while holding this weight aloft with the one hand, he would stoop, and pick up with the other hand, a kettle bell of 119 pounds and press it to arm's length.

That made a total in the *two hands anyhow* of 386 pounds. Incredible as this may appear, it was far below his best, as you will later read.

The act consisted of posing, team work, (which always characterized "The Saxon Trio"), and the individual pet stunt of each member. But the main stunt was Arthur Saxon's *bent press* with which it was hoped he would wrest the honors from the incomparable Sandow. The great Eugene had made this lift his pet stunt, and with it had baffled all other challengers, as very little was known of the lift at that time.

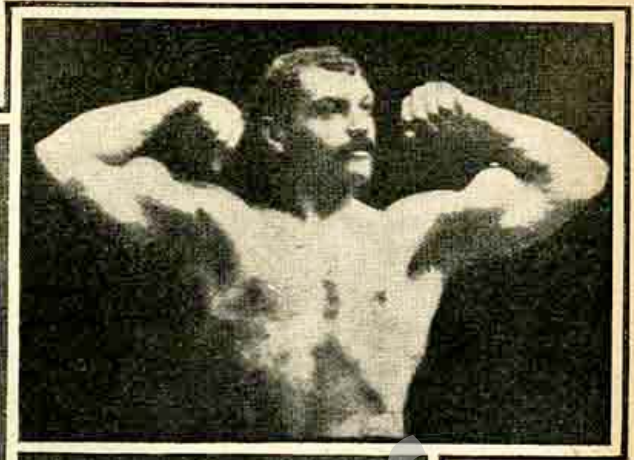
The Saxon Trio made their debut in England, at Sheffield in Yorkshire, and immediately broadcast challenges to Sandow, with the statement that in their number they had a member who could elevate a weight overhead with one hand which Sandow could not



Arthur Saxon lifting 448 pounds in the *two hands anyhow*, an unapproachable feat which he performed at the Achilles Club in Dresden, Germany.

even raise. Naturally this caused quite a sensation and every night the theatre was packed with a curious audience, eager to see the man who dared make such a stupendous claim.

At last Sandow decided to take the bull by the horns. This he did, but not in the commonplace way expected. A born showman, he knew how a spectacular appearance would affect both spectators and challenger, thrilling the audience and helping to confuse the object of his wrath. Thus he chose a time when he would be apt to catch Saxon off his guard and when he thought the bar bell would not be loaded to its maximum. Then one night without any previous warning, in the middle of the performance, Sandow dramatically leaped from



Saxon was not a big man, as big men are considered in the lifting game; but that his was a remarkable physique, is shown by these poses. Famous, as he was, for his general development, he was particularly known for his powerful arm, which measured 17½ inches.



a box onto the stage and demanded that the bar-bell be produced. The effect was instantaneous. To a man all were for Sandow; but the nonpareil Eugene found that this made no impression upon the great Saxon. In fact, Saxon smiled with delight at the fulfillment of his anticipations and eagerly rolled forward the bell which he had just pressed to arms' length in a manner that had convinced Sandow the announced poundage could not be there. He was soon to realize, however, that the poundage was all there, and something else that he had never dreamed of despite his inventive genius. Apart from the great weight of the bell he had to handle, he found something very uncanny in the way it acted. It simply refused to behave itself. When he got the bell to the shoulder he could not secure any control over the bar. It rolled and tipped like a ship in distress. There was a reason, of course, one that will only impress more fully upon the reader's mind the great ability of Arthur Saxon.

It was known that Sandow always tilted his weight when he *bent pressed*, and the Saxons had prepared the bell accordingly. Inside of the three-inch tubular bar was a quantity of quicksilver, and the moment the bar was tipped to either a "front hang" or a "back hang" the quicksilver would run from one end to another, just the same as in a spirit level. This naturally rendered the bar uncontrollable. It made no difference to Arthur because he always held the bar perfectly horizontal, and anyhow the poundage was so well within his limit, that a slight swaying one way or the other did not bother him. It did matter to Sandow, however. He failed at every attempt to get the bar overhead in the workmanlike way that Saxon had done, and finally left the stage a crest-fallen man.

A number of years later, this particular bell came into the possession of Sandow, and on examination he discovered the secret. His thoughts can well be imagined; but such is the irony of fate.

The result of this episode was the assurance of success for "The Saxon Trio" and from then on the name of Arthur Saxon was in the mouth of every Briton, and packed houses became the order of the day wherever this Trio showed.

During this period, Britain had an athlete in Donald Dinnie, whose physical prowess and athletic versatility were remarkable, so great, in fact, that today he is remembered as one of the greatest all-round athletes the world has ever produced. He was by far the best Britain had in the *bent press* and when the Saxons were appearing at Liverpool, Dinnie essayed to attempt Saxon's lift, which had been changed to the *two hands anyhow*, meaning that apart from *bent pressing* the 267 pound bell, Dinnie would have to raise overhead with the other hand a kettle weight of 119 pounds. Arno Saxon, the leader of the Trio, on ascertaining who this challenger was, substituted the 119 pound kettle weight with another of 180 pounds; which was well within Arthur's abilities, although he was yet only a boy. The kettle weight was not needed, for Dinnie could do nothing with the 267 pound bell. This did not convince Dinnie that Saxon was his superior in this style of lift. He stated that no doubt Saxon had this bar made up to suit his own peculiarities, and invited Arthur Saxon to pay him a visit and lift *his* weights; which proposition was good-naturedly accepted by Arthur.

There was a reason for Dinnie's conceit. He had a bar-bell that could hardly be equaled for awkward construction, and although Dinnie had invited every *Strong Man* who had visited England to lift this weight, all of them had failed. Dinnie later confessed that he believed Arthur would also fail. On the arrival at Dinnie's home, Arthur was almost immediately escorted to this hoodoo of Dinnie's. The bar was thick and unwieldy, and the huge iron balls on the end were badly balanced. Saxon gazed upon it as Dinnie smilingly gave the weight as 240 pounds. To the consternation of the latter, Saxon calmly picked up two small dumbbells that happened to be lying there, and tying one on each end of the bar proceeded to elevate the whole outfit to arm's length with one hand. At the completion of this lift, which apparently did not distress Saxon, Dinnie was speechless, and his admiration of the remarkable German continued all through his life. "For pure strength," he claimed, "Arthur Saxon has never been equaled by any man that the world has ever produced."

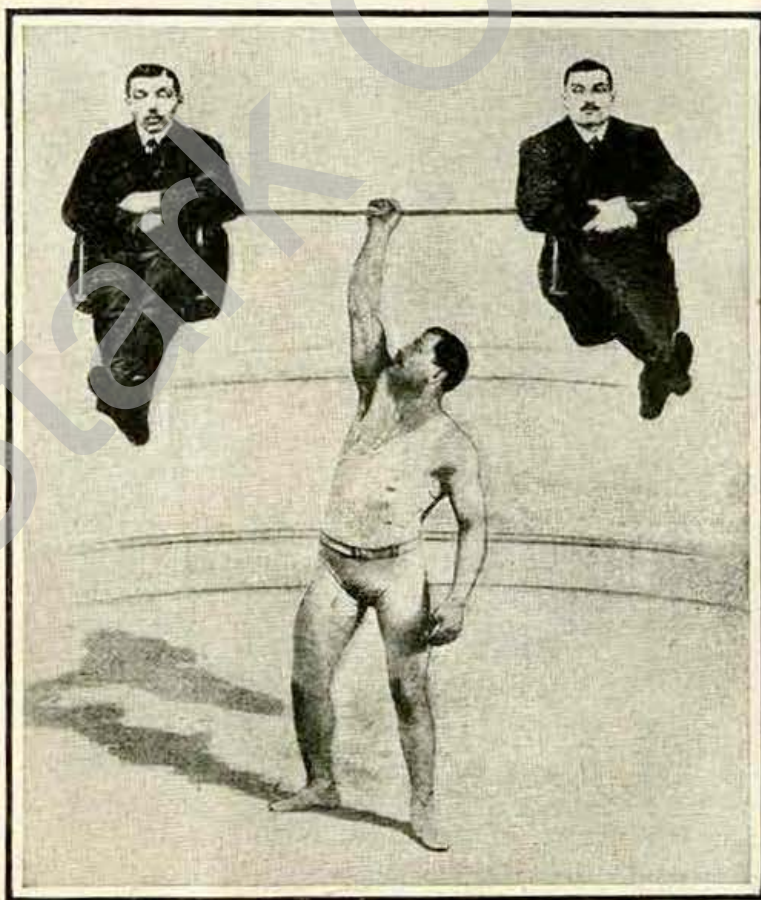
Arthur Saxon was a man admired by all for his personal character and disposition apart from his great

physical ability. He was never boastful, always friendly and was a great practical joker. There is a very amusing story told of this Trio while in London. They had been out refreshing themselves with the beer of their native Rhineland. Afterwards they hailed a cabman to take them back to the theatre. He eyed the three big men and his cab doubtfully, but the three squeezed in, with Arno, who was the biggest, sitting on the other's knees. They began to sing, and the more they sang the more enthused they became, until when they got to "Deutschland Uber Alles" they had become uproarious, and to emphasize their feelings began to stamp their feet on the floor of the cab. Under such battering the cab collapsed. The poor cabby pulled up in dismay; but the Saxons assured him all would be well, and that they could walk inside of the cab as easily as they could sit, and thus they journeyed to the theatre, still singing vociferously. On their way a huge crowd collected and followed the three into the theatre, much to the management's delight. They continued to sing until their turn was called and the manager begged of them to calm down.

The curtain rose to the strains of martial music, revealing three swaying forms in a gladiatorial pose. Arthur stood in an aggressive attitude with a 100-pound kettle bell held aloft as though he were going to strike Osgard, who lay in a reclining posture upon the floor, while Arno, in a restraining pose completed the tableau. This position was held for a few seconds; then instead of breaking the pose in the customary way, they leaped into action, Arthur banging the kettle weight to the stage with such force that he caved in the boards.

Arno opened the performance with a *teeth lift*, at which he was exceptionally good. He would pick up a man suspended on his mouthpiece or gag, and then swing around in a circle with him. On this occasion he desired to excel himself and continued to swing until he found himself becoming terribly dizzy, when he promptly let go of his teeth grip and the unfortunate occupant in the cradle went sailing over the heads of the orchestra into the audience. Arno, released from his burden, went crashing into the stage scenery. The audience became convulsed with merriment, thinking it was all part of the show. But it was only a mild sample of what was to follow.

Osgard commenced



In their act, known as "The Saxon Trio," Arthur lifted his two brothers in the fashion shown here. This was an approximate weight of 350 pounds, and the lift was performed every night.

his special stunt, which was extremely hazardous at ordinary times. He would balance a 100 pound kettle bell on the top of his head, and then stoop and pick up two other 100 pound kettle bells, one in each hand, and press them overhead. This time he did not succeed. He got the one onto his head all right; but as he stooped to pull in the other two, the kettle bell on his head rolled off and went crashing into the orchestra through the top of the piano. The orchestra waited for no more, but promptly fled from the scene. The spectators went into hysterics, while Arno was heard shouting "Where's der pand? We can't berform mit out der moosic."

Arthur lost control of his big bell, and it went crashing through the stage. The stage manager rushed on to the Saxons and implored them to leave; but they were feeling too good and proceeded with Arthur's big supporting feat, in which he supported a number of men and weights on his hands and feet. He did manage to place the 267 pound bell on his feet and hook a 100 pound kettle bell on each foot. Six men were then called for, and after a lot of persuasion, secured, and promptly slammed on the bar-bell held on Arthur's feet, by Arno and Osgard. They then sat astride another bar-bell held at arms' length by Arthur, and had just gotten comfortably seated, when an extra lurch of the big bell took place. This proved too much for Arthur, and down went weights and men all in one confused heap. Thus the curtain came down amid the most hilarious scene ever known.

It was a great advertisement for the Trio. The papers made the most of it, which publicity continued to pack the house and secured for them an extended contract.

As time passed the Saxons toured the country, smashing old records right and left and setting up new ones, that *Strong Men* of today, in an age of applied science in weight lifting, are still unable to equal.

Later on changes took place and the re-shuffling of the Saxon Trio began. Osgard retired and later Arno, both of whom were finally replaced by Arthur's brothers, Herman and Kurt. Though much smaller than Arthur (each stripping at 168 pounds with Arthur weighing 200), they were both mighty examples of physical power.

Herman and Kurt were splendid showmen and added more originality to the wonderful act.

Arthur continued to improve. It seemed as though there was no limit to his superhuman physical powers. On December 12, 1905, at Stuttgart, Germany, he officially raised in the *bent press* 370 pounds, and later at the Achilles Club in Dresden, in the *two hands anyhow*, he lifted 448 pounds, by *bent pressing* a bar-bell of 336 pounds first, and then raising a 112 pound kettle bell with the other hand overhead.

Saxon was the originator of the *two hands anyhow* as a standard lift, and was the one man who brought about the popularity of the *bent press*. Sandow always claimed to be the originator of this lift, which was formerly known as the "Screw Press," but he admits he first saw the method employed by McCann during their contest. Sandow became more proficient at this lift, and added polish to it; but we have a record of an earlier European lifter who was more probably the originator of this lift than either McCann or Sandow. It remained for Arthur Saxon, however, to step on the scene and show us the final polish and technique.

Here are photos of Saxon performing the *bent press* from different angles. I know that this is the first time

they have ever been shown, as I never before loaned them from my collection.

For years Arthur Saxon challenged the world on the following lifts: *One arm Straight Press, one arm Snatch, one arm Jerk, Push, or anyhow, Two dumb-bells Clean and Jerk, two hands Military Press* and the *two hands anyhow*. His challenge was never accepted.

Every night in his performance Arthur *bent pressed* his two brothers on a bar, a total weight of 350 pounds, and I remember on one occasion some prominent British sportsmen who doubted Arthur's ability to elevate this acclaimed poundage. They openly expressed their doubts to Saxon, who in turn asked promptly: "Have you any weights here?" Down in the basement was a collection of various size weights, and Arthur choosing the largest, tied the rest upon the bar. He removed his coat and attempted to lift. Failing, he took off more clothing and tried again. As his failures continued he was completely divested of his clothing. Finally he got the weight to arms' length, and just as he was fixing it, two small dumb-bells fell from the bar. When the bar was lowered the spectators found it to weigh 386 pounds. He had actually pressed nearly 400 pounds. This feat was performed at Apollo's School in London and among the many witnesses were W. Slade, a prominent British *Strong Man* of that time, and Mr. John Murray, Britain's foremost sporting authority.

On another occasion, he was interviewed unexpectedly by the staff writers of various publications, and was found practicing outside under a scorching sun, using the "small" weight of 314 pounds in the *bent press*. For the sports writers' benefit, he performed a correct *two hands military press* with 267 pounds, off-hand. Then and while holding the bar overhead he threw it over into one hand, and balancing it, stooped down to pull in a 119 pound kettle bell, and pressed that also aloft. In the presence of Thomas Inch, former British *Strong Man*, he performed a *one hand all the way* of 320 pounds, and he often swung a kettle bell of 180 pounds with one hand just for the fun of it. He also *erked clean* with two hands 311 pounds; which he then lowered to behind the neck and jerked to arms' length again. He could throw from one hand to the other overhead the colossal weight of 315 pounds.

In his act they used to employ the sack-of-flour trick, which was usually performed by Herman. Anyone from the audience who succeeded in placing it upon his back and walking off the stage, secured the flour as a prize. It weighed somewhere in the vicinity of 260 pounds, packed tightly in a square sack. This was an awkward weight to handle; but they kept in secret a surprise sack which was used wherever they heard of any athlete who was good in this particular feat. On such an occasion Arthur would produce this second sack and lift it. It weighed over 300 pounds, and to make matters worse, was coated on the outside thickly with French chalk, which made it as slippery as glass. But Arthur would step astride of the sack, lock his fingers underneath, and with one effort would sweep the sack to his shoulders and from there push it overhead. Needless to say, no one ever got that sack of flour.

I could write a book on the remarkable powers of this great man and cite many amusing incidents of his career and that of his brothers which have never before been written, but space forbids more here. In drawing

to a close, however, my story of the king of iron men, who is undoubtedly the greatest the world has ever known. I must say that he was never found wanting, was always ready to try his best and to prove his assertions at a moment's notice. Here was a man who never found it necessary to provide alibis, and on every occasion exceeded the poundage that people had come to witness.

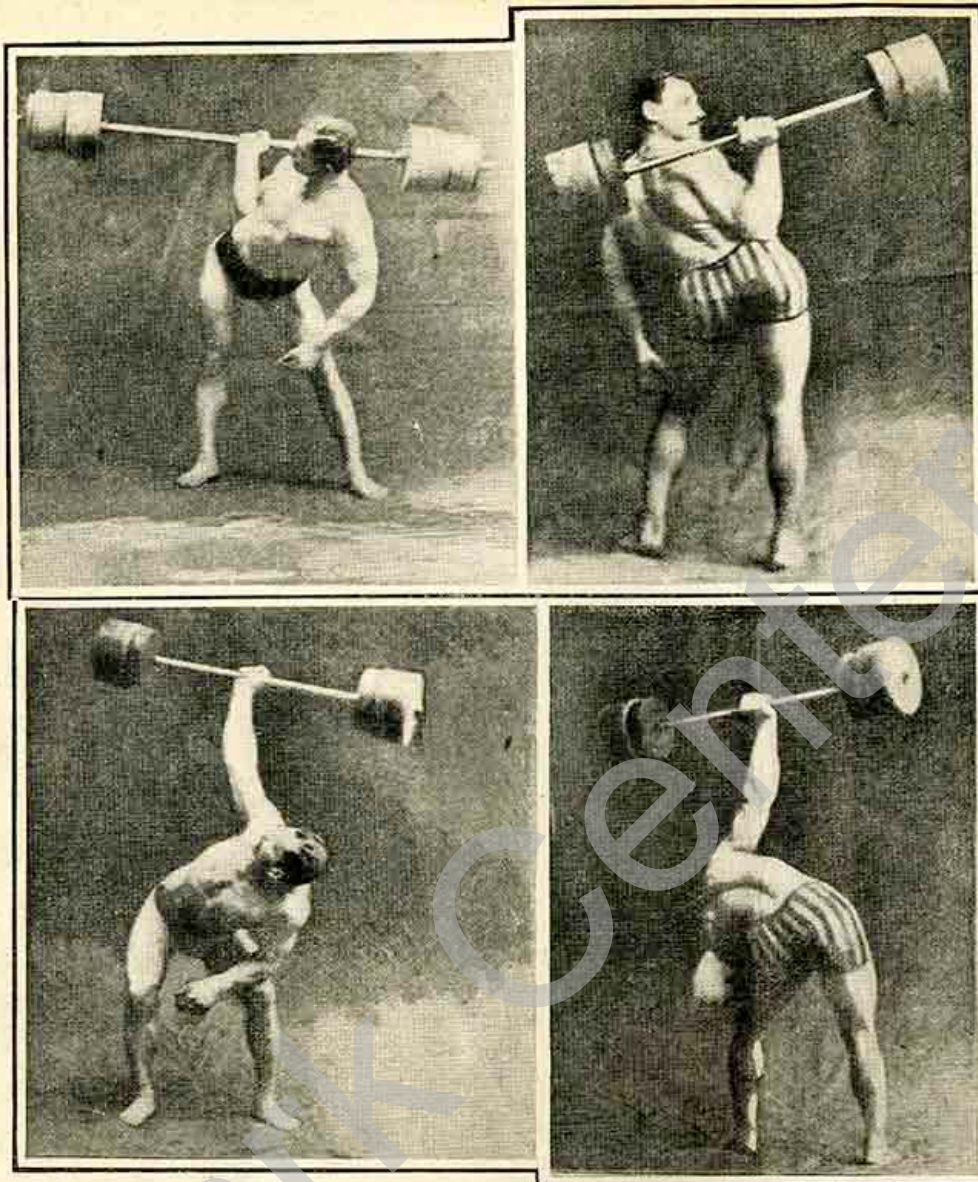
He was probably the smallest man, in body weight, among the big men in the game; but what ligaments he had! My contention has always been that great physical powers lie in the thickness and development of the ligaments, not in the size of actual muscles. Ligament development always takes care of muscular proportions and develops them accordingly.

Many people who have large measurements find that they do not mean anything when it comes to an actual test.

My contentions are all borne out by the achievements of the greatest "iron men" of all time. Cyr, Barre, Marx, Stienbach, Saxon, Steinborn, Hackenschmidt, Lurich, Cadine and Gorner, to name a few, and who wants any better proof than these living examples?

I do not care what others say; it is the conclusive proof as supplied by such men as Saxon that convinces me.

Saxon had the most profound knowledge of anatomy of any man I ever knew; his comprehension of muscular leverage was borne out by his stupendous feats and remarkable ability.



These photographs, displayed for the first time, show how the "Iron Master" performed his bent press. He made this lift famous by making an official record at Stuttgart, with 370 pounds. In the upper photos we have the back and front positions, showing the perfect centralization of the weight when held at the shoulder. The lower photos show Saxon just ready to "fix" the weight to arms' length by dipping the right knee, and thus completing the lift. Note the uniformity of balance in the various stages of the lift.

He believed that the shenkel muscle, the spinae erectae and the deltoids are the principal muscles to be considered in the weight lifter's study for cultivation.

He believed in less repetitions and fewer exercises, which exercises should be of a nature that would be so scientifically arranged and applied as to produce the maximum of results from them. In all this I know he is right and that his methods were not such as covered only his particular case. I have seen them applied successfully many times.

I worked them out in my own case, and have proven them repeatedly in coaching of many of the best strong men we have today, all of whom profited more or less by the application of these methods.

Saxon made weight lifting a substantial reality, and proved to the world that the great feats of strength popularized by the myths of old can really exist. What he said he could do, he did, making the fake accomplishments of others look small by comparison to his real attainments.

Therefore, all his ideas on the subject of weight lifting are worthy of consideration, and the athlete who cares to excel would do well not only to admire him but to imitate him as well.

In Arthur Saxon we had the embodiment of all that is possible in physical perfection and accomplishment. His name still stands unequalled, and in the world of weight lifting the "Iron Master" will remain for all time engraved in letters of gold as the monarch of the *Strong Man's* game.



American Continental Weight Lifters' Association Notes

SINCE it is our intention to continue the exhibitions and contests of the A. C. W. L. A. in Philadelphia, I think this a very opportune time to explain for the benefit of members, contestants and spectators the official conditions that govern these lifting events and just what constitutes a lift. Then the procedure will be thoroughly understood by all.

To begin with, all contestants must be weighed within the hour before the opening of the performance. In order to avoid confusion, any information desired should be obtained before the program opens.

All contestants must lift on the lifting platform, and each man must step up quickly and take his turn at the lift, and immediately retire.

Only regulation bars will be used. These will not exceed six feet in length; the inside collars must not be any closer than four feet six inches; the height of the bar must not exceed five and a half inches from the ground to the center of the bar (which means the discs must not exceed eleven inches in diameter) except in the case of the two-hands "Dead Lift," when the diameter of the largest disc is limited to fifteen inches. For this lift a cambered bar is allowed, providing all contestants are willing to use the same bar.

In all other lifts where a competition takes place, all bars must be straight, though revolving sleeves are allowed. If a contestant does not want to use the regulation bars provided, he is allowed to use his own bar, providing there is no camber and that the measurements in length over all and inside of collars do not conflict with the regulations. He must guarantee, however, to have two loaders with him who will take care of his bar in the changes for the lifts, so that the competition is not held up. If all the contestants agree on using a cambered bar for the one-hand lifts, they must signify their intention prior to the date of contest by a request accompanying the entrance blank.

It is also to be a rule with the organization that where two contestants meet in a match, they can use whatever bars they like, as also can any single lifter when attempting a record performance.

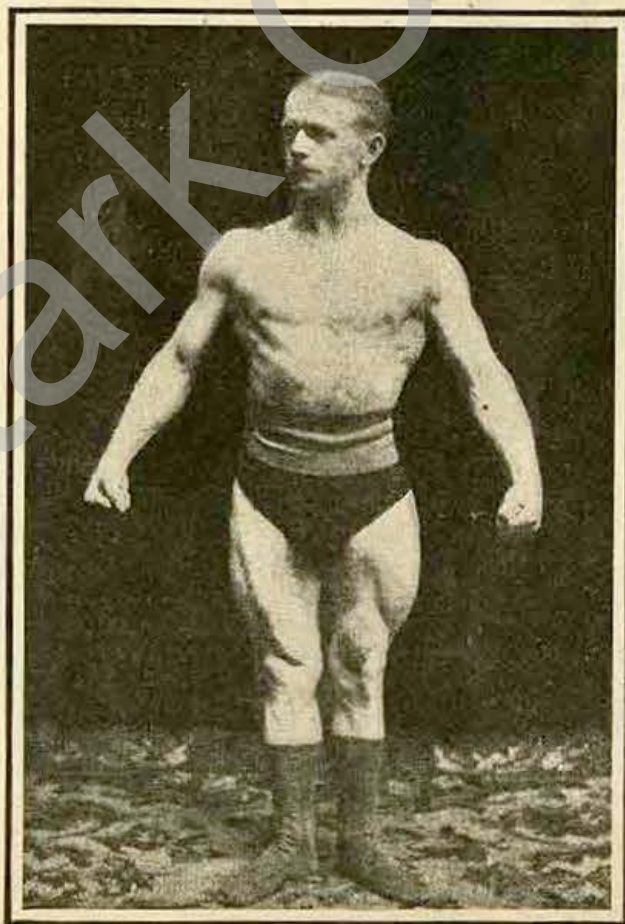
In all clean lifts the bar must not touch the body below the line of the nipples. Any lifter breaking this rule will forfeit that attempt. When the bar is pulled in to the shoulders the weight must be held there until the referee counts "One, Two," before the overhead attempt is made. No effort will be called a lift unless the weight is held overhead with elbows locked and arms straight, feet together and knees locked, with body erect. The lifter's position must satisfy the referee, who will count "One, Two," passing the lift at the conclusion of the count.

These are the rules that govern all organized amateur and professional contests wherever weight lifting is a sport. Much time and effort has been expended by the various organizers of the weight lifting bodies of each country, in order to bring about an agreement whereby no conflict will be brought about through misunderstanding when foreign lifters meet or when comparing relative records. Our President has spent an enormous amount of his time in such work for the benefit of the American lifters, and all lifters acknowledge their indebtedness to him for this.

With his help weight lifting has taken some great strides lately and will, we hope, continue to advance.

In an open competition covering the various class body weights, and in match contests between two parties where any title is involved the lifts must be the five as passed by the A. C. W. L. A. for 1925, which are, the "One-Hand Clean and Jerk," the "One-Hand Military Press," "Two-Hands Snatch," "Two-Hands Clean and Jerk," and the "Two-Hands Dead Lift." The following are the official rules that govern these five championship lifts:

(Continued on page 84)



Henri Graf, the remarkable lifter whose astounding feats won for him the world's featherweight championship at the last Olympic Games.

Strong and Shapely Legs

Can Everyone Possess Them?—Muscles Usually Overlooked in the Exercising Program—How Thick Ankles, Bulgy Knees and Other Common Defects May Be Overcome

By *Madeline Mulvey*

POSES BY MISS MARGARET MCGONIGLE

DEVELOPING good legs is a problem worth puzzling over, not only during the bathing suit season, but all the year round. They are certainly worth working for—an asset to be desired not for beauty's sake alone, but for the strength they represent. Shapely legs are sturdy ones, and the girl with sturdy legs is the one who walks well, skates well, dances well, and who can stand the long hike or the hard mountain climb without breaking under the strain. Here again strength and beauty are one. If you want to make your legs beautiful, make them strong, for if you make them strong the contours will

take care of themselves.

You may answer fretfully, "Why, I have stood on my toes twenty or thirty times in succession, but I can't seem to get any calf development!" Or it may be that your ankles are too thick or your knees bulgy.

Now, leg development is not the easiest thing in the world to obtain, and often the girl for whom it has been remarkably easy to round out her shoulders and neck, finds herself stalled when it comes to taking away that "bow-legged look."

The greatest obstacle in the way of gaining shapely legs is the lack of knowledge concerning the leg muscles. Find out first what there is to develop; and then instead of going about your exercise in a manner that makes your gains purely accidental, you will know just what muscles you are working on, and why. Before going further, let us take up some of the questions which puzzle the girl working for shapely legs.



Standing straight on the toes is good for the back of the calf; standing on the heel, for the front; but how about the sides of the leg? Stand on the inside and on the outside of the toes as often as you now stand straight on the toes, and results will come much more quickly.





All leg-raising movements are thigh exercises; but don't slight any particular phase of them. Raising the leg as high in front and as high in back as possible is splendid work for the muscles on the front and back of the thigh; raising it straight out to the side with the knee rigid and the toe pointed helps the outside of thigh muscles; while crossing the legs and then raising them works on the inside of the thigh.

The leg-crossing movement shown in the last photo is especially good for correcting a bow-legged appearance brought about by lack of development of the inside muscles of the leg.



The thick ankle presents probably the most distressing problem of all. No matter what time or thought you may spend on planning your wardrobe, you will more than likely be disappointed in your appearance if your ankles are awkward. The woman with the fine instep and slim ankle usually has about her that air of style which comes naturally and without effort, while the girl with the thick ankle struggles vainly to acquire a smart appearance. Sometimes it is not fat on the ankles so much as the lack of development of the calf muscles that accentuates the trouble. In those cases it can be quickly overcome by attaining a good development of the calf.

But when there is fat on the ankles, themselves, or for that matter, on the knees, it means that the ligaments are fatty. Here you have no great muscular formation such as there is in the calf or thigh, and therefore, the fatty substance cannot be as easily burned away. When fat exists in or near a muscle, movements of that muscle will quickly absorb it, while in the case of fatty ligaments, we must depend upon the action of the muscles nearest those ligaments to do the work. All strenuous calf exercises call into play the ligaments at the ankles while general leg exercises, particularly those for the thighs, pull upon the ligaments and correct this fatty condition at the knees.

You will understand then, how working as you must, in an indirect way, you cannot produce results in these parts as quickly as you can when working on the calf or thigh. Rope skipping is probably the best work for

fatty ligaments. Jump high on the toes, landing three or four times between each fall of the rope. Vary the work by clapping your ankles together as you come down. If your main trouble is fatty ligaments, specialize on rope skipping for a while. Then when you notice an improvement, go on a general program for the legs, for as we mentioned before, an underdeveloped condition of the calves and thighs adds to this bulky appearance.

A short while back, we mentioned "that bow-legged look" which drives so many girls to distraction during their vacation periods at the shore. It is not a bone condition—not usually—although there are such things as bow-legs caused by the bony formation. But most of these cases simply indicate lack of development on the inside of the calves. This brings us to a very important factor in leg work,—calf development.

Whatever difficulty there may be in developing the calves is caused by two reasons: one that the calf muscle is made stubborn and hard to develop by constant walking, and the other, that the average person is ignorant of how this muscle is situated.

Regarding walking, this is a constant light exercise, one that is not vigorous enough, nor progressive enough to break down and rebuild the tissue. Instead it hardens and makes of the calf a substance that is almost immune to ordinary

exercise. Yet, until this substance is broken down and new tissue rebuilt there can be no development.

Walking in itself is a splendid exercise,—real walking of the heel and toe kind, the stride that comes straight from the hip, the kind we are apt to have when swinging along a country road. That sort of walking creates development. But the kind of prancing which characterizes most girls on city streets certainly does little or nothing in the way of developing the legs.

There is a muscle which is known as the *Gastrocnemius*, which starts high on the back of the calf and splitting, comes down over each side of the leg. Work that pulls on the back of the legs alone can never thoroughly exercise this muscle. You must call into play the muscles on both sides of the calf. So if you want to stand on



For the outside of the thigh, start in this position, knees together, and resisting with the hands, force the legs outward. Reverse it for the inside of the thigh, beginning as in the second photo, knees apart and forcing them together. The flat foot variation of the squat is an exceptionally good one.



your toes twenty or thirty times, do so; but divide the work up. Stand first five or six times on the outside of your foot, then five or six times inside, and finally straight. Stand as high up on the toes as you can, and hold the position as long as you can, balancing yourself with your fingertips against the wall, if you must. Be sure, however, that the weight of your body rests on the calf muscle.

Now you have worked on the back and on the sides of the calf, but you have still neglected the front. When we speak of "all around leg development," we mean just that,—inside, outside, back and front. In these exercises you have given work to the sides and back, but in your program you have entirely omitted that muscle along the shin bone. Although the sides and back of the calf may be symmetrical, your leg will present a flat appearance when viewed from the front or taken in a front view photograph unless the shin muscle is taken care of.

To develop this, get a book or two, of whatever height you find convenient, and standing with your heels on the floor, raise your toes up on the books. You'll need no further proof of the fact that you have a muscle on the shin bone the first time you try this. You may combine it with back-of-the-leg work if you care to, by standing on your toes on the floor and then on your heels on the books. In the second part of the movement raise your toes as high as possible, mentally forcing them as close to the shin bone as you can. This presents a kind of see-saw motion,

first on the toes for the back of the calf, then on the heels for the shins.

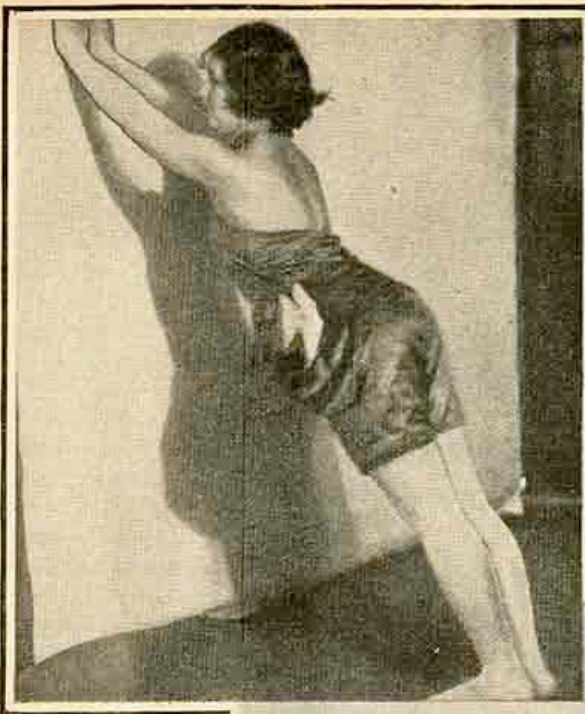
When you have done all these exercises until the calf muscles tire, massage them by kneading vigorously with the palms of the hands. Then rest. Try some exercises for other parts of the body if you care to, and if yours is a particularly stubborn case, go back later and repeat the calf work.

The same thing applies to the thighs that applies to the calves in regard to all-around development. There are muscles on the inside, outside, back and front which must be called into action if you want symmetrical development of the leg. Leg raising movements with the knee held rigid, work on the thigh muscles and there are very few programs of physical culture that do not include some of this thigh work. The usual thing is to raise the legs in front by kicking movements and in back by bending the knees a trifle if necessary. However, the outside-of-the-thigh muscles are often omitted, and in nine cases out of ten the inside of the thigh is entirely forgotten. Just



like the inside of the calf, the inside of the thigh is not called into action by the simple movements usually given in the exercising program.

In order to work this muscle by raising the leg, it is necessary to cross one leg in front of the other and lift



You will find that you tire much more easily in doing leg work than in doing movements for any other part of the body. This is because the thigh is a particularly large muscle and requires a large blood supply; thus vigorous thigh exercises call for additional heart work. For the reason that the thigh is such a large muscle, do not specialize too much upon squatting unless you are very much underdeveloped, as there might be a tendency to overdevelopment.

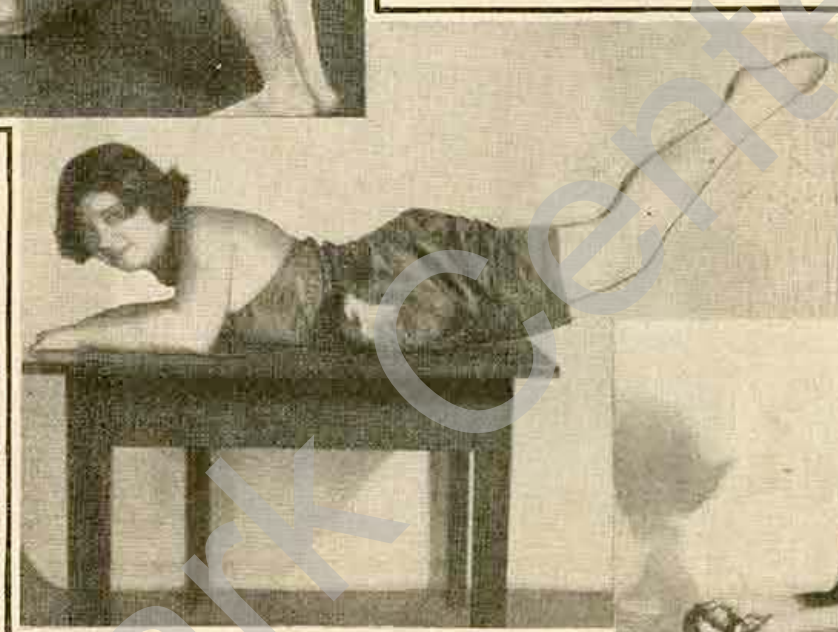
There is another stunt that will improve your legs, and is particularly good for stubborn calves. Place your palms against the wall, holding your body at an angle. Then press your body away from the wall, at the same time rising on your toes. In this way you pit the entire weight of your body against the calf muscles.

Still another general leg developer is shown here. Leaning across the table, hold your legs rigid and raise them as high as you can, finally bending them back at the knees.

This talk on leg work has been thorough and should overcome any difficulty

which the average person has, in solving the problem of unshapely legs. If you want to specialize on any particular part, you should be able to develop your programs from hints

Good stunts for stubborn calves. Push your body away from the wall, at the same time rising on your toes. Leaning across a table as shown at the right, raise your legs as high as you can with the knees rigid. Then bend them back at the knees.



it as high as possible. This is not often done, and you may very well add it to your regular program, keeping the movement up until this muscle grows tired.

A still better exercise and one which there is probably more fun in doing, is begun in the squatting position. Legs apart, with your hands on the inside of your knees, resist with your hands while you force the legs inward until the hands meet.

Reverse the movement for the outside of the thigh by placing the hands on the outside of your knees and pressing inward at the same time you bring your legs outward as far as possible. The photos will make these exercises clearer.

Straight exercise may become monotonous, and it would be a good idea to vary it with stunts that call these muscles into play. Take the flat-foot squat for instance. In order to balance when performing this, keep your arms straight out in front of you. Lean against something if you must, but squat as low as you possibly can.

If you want to combine fun with your exercises, try rope skipping. See how many times you can jump between each fall of the rope. When done high on the toes, this work will develop the calves, strengthen the ankles and knees, and add in a general way to the symmetry of your legs.



given here. The girl who has already a fair amount of leg development, gotten through dancing, hiking, or straight gymnastic work, may find it unnecessary to adopt all these exercises; but it will probably be to her advantage to rearrange her program in order to add work for the muscles which she may now be neglecting.

Washing Away Your Stomach Catarrh

There Is No Reason for Dosing Yourself with Medicine
nor Tiring Your Friends with Complaints—You May
Absolutely Banish This Most Common of all Diseases

By *Dr. Edwin F. Bowers*

GASTRIC catarrh cases rarely get well when treated by medicine. They perambulate from one doctor to another, take one treatment after another, and consume barrels of patent medicines, especially those "tonics" with a light alcohol content. They wear out their relatives and friends with their complaints. Often they disgust those with whom they are brought in contact by their obnoxious breath and offensive belching.

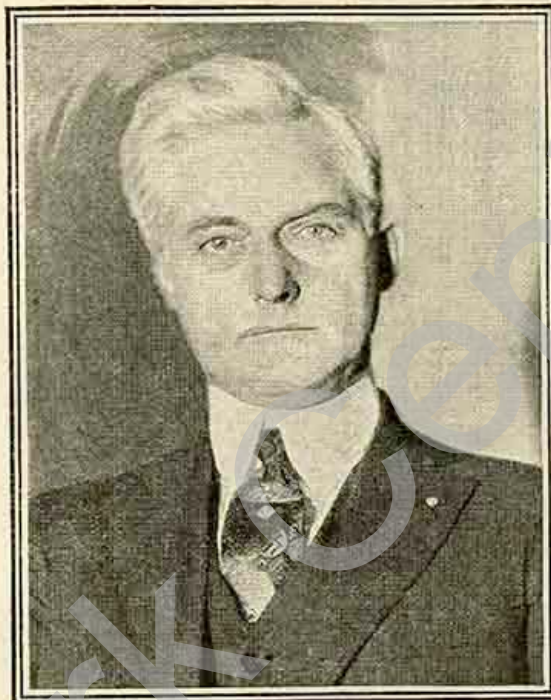
They are forced by the sternest kind of necessity to make a Mumbo Jumbo of their stomach and to propitiate it by the sacrifice of many of the things that make life really worth while to a healthy person.

Yet the cure for their trouble may lie right at hand, to be secured by the turning on of a tap. For plain water, unmedicated in any way, is one of the most potent of all remedies for the relief, not only of indigestion and of catarrh of the stomach and the intestines, but also for the correction of numerous maladies formerly treated by dozens of different kinds of drugs.

Hundreds of carloads of medicine have been manufactured for the American stomach, and upward of a quarter of a billion dollars spent every year on laxatives, digestive mixtures, tablets, and antacid remedies, most of which is wasted in efforts to obtain relief from disorders of the digestive canal.

This enormous sale of nostrums intended to correct digestive disorders only goes to prove that no great progress has been made in curing these conditions, and that these disorders are still the actual or the contributing cause of more wretchedness and misery, more domestic unhappiness, and more enthusiasm among the undertakers than any other disorders that plague humanity.

Gastric catarrh, or gastritis, is generally recognized as a typical American disorder. Yet, if you consider it from the standpoint of the anatomy and the function of the organ, stomach catarrh should be an extremely rare condition. Also it should be extremely easy to cure.



Dr. Edwin F. Bowers

The stomach differs from the heart, lungs, kidneys and other vital organs in respect to the fact that we can, by properly regulated fast, give the stomach absolute rest. This is almost always followed by an improvement in the function of the digestive organs.

Remember also that the stomach is the one vital organ that permits of direct local treatment. The colon, of course, also lends itself to direct treatment; but the colon is a receptacle for debris, not a vital organ.

Now many doctors and most people forget that the functioning of the stomach is directly under our control. They forget that we can always regulate the quantity and quality of the food this long-suffering organ may be called upon to digest. We don't have to pack the stomach so full of food that it

has to stand up on its hind legs and beg for help. It is just a form of drunkenness, food drunkenness, that makes "stuffers." Yet, if these food packers could only get back to normal and get control of their misguided appetites, they would free their abused stomachs from most inflammatory and functional disturbances and help themselves back to health in no time.

Most people know that there are different varieties of stomach trouble. These make their presence known in different ways. The most common of these troubles is where the stomach has too much or too little of its normal digestive acid, the hydrochloric acid. Doctors give this *chemical* condition a lot of attention, yet they fail to realize that too much acid or too little acid is a *result*, not a *cause* of the trouble. For this reason, their futile attempt to correct or neutralize the condition *chemically* cannot possibly have any value in eliminating the *cause* of the defect.

Hydrochloric acid, which doctors recommend in all conditions where there is a lack of secreting power in the stomach, is no better than a crutch. It gives a little temporary help when you are lame. Bicarbonate of soda and other alkaline mixtures, including myriads of alkaline "digestive tablets," the base of which is usually

rhubarb and baking soda, probably never effected an actual cure of a real acid stomach in all the period of their commercial prosperity. Yet a disturbed condition in the character of the secretions is only one of many causes of stomach disorder. For instance, one condition which is not generally recognized, except by careful diagnosticians and rarely by the patient who is continually taking stomach medicine, is dilation. This is usually accompanied by a prolapse or sinking of the stomach into the cavity of the abdomen.

In this condition it is not at all uncommon to find stomachs eight to ten inches in diameter and fifteen to eighteen inches in length capable of holding six or seven pints of fluid or semi-fluid material, instead of their normal one pint. This prolapse or ptosis of the stomach is quite frequently accompanied by a general sagging of all the abdominal viscera, a state in which all the abdominal organs drop downward for lack of proper normal muscular contraction.

This condition, called "splanchnoptosis," or "vice-roptosis" for short, is a frequent cause of headache, shortness of breath, heart palpitation and heart irregularity, frequent urination (caused by pressure on the bladder) and constipation. If you have any of these symptoms, it might not be a bad idea to find out for certain if the cause is not in dilation or prolapsus, and then cure this cause by physical treatment—the only treatment that can possibly affect the condition. For if you have relaxation of the stomach or the intestines, just bet dollars on doughnuts that you will never, in a million years, cure this with anything that comes out of a bottle or a pill box.

What is the reason for this sagging condition? There is only one logical reason for the remarkable deviation in the position of the stomach and for the sagging of the abdominal organs, a reason obvious to every man and woman familiar with the effects of exercise upon normal muscular functioning and development.

This reason is the improper functioning of the muscles of the alimentary canal. The inflammatory changes that develop in the digestive tract and that bring about chronic, gastric and intestinal catarrh are often a final result of this relaxed condition of the muscular tissue.

Almost every modern habit tends to develop catarrh of the stomach, or gastritis, especially in women. First and foremost, the unwillingness to answer Nature's calls brings about unnatural conditions in the lower part of the alimentary tract. These causes reflect effects all through the digestive tube. Women generally not only ignore Nature's warning and demands, but they will also deny themselves the natural means of exciting these demands. Check up this for yourself on the women of your acquaintance. You'll find that they very rarely drink sufficient water to wash out the stomach, flush the

bowels normally, and keep the intestinal contents in a properly moistened condition.

Therefore, the drinking of eight or ten glasses of pure water daily, or water to which fruit juices have been added, should be a health duty, performed by everybody who wants to improve his health, or to continue to enjoy the good health he may be fortunate enough to have already.

Lack of sufficient exercise of the muscles that support the abdomen also causes a relaxation and a dropping of the entire group of digestive organs into the abdominal cavity. The mechanical construction of women's clothes tends also to downward displacement of the pelvic and abdominal organs, including the stomach. The corset or girdle and the snugly-fitting skirt band act as splints in preventing proper motion in the abdominal organs.

Again, as you can see without much trouble, the erect posture in itself throws the weight of the abdominal and pelvic organs downward. This puts the burden of support upon the weak hernial muscles, and crowds the organs downward into the funnel-like pelvic canal. Those enthusiasts who advocate walking around on "all fours" for ten or fifteen minutes each day are on the right track—especially for pregnant women, fat people or folks with sagging bellies.

Then there's overeating. By overloading the stomach with an unnecessary amount and needless weight of food you distend the walls of the stomach, weaken the muscular casts of the organ, put a constant strain upon the supporting muscles, and help bring about an ultimate prolapse, not only of the stomach, but of the intestines as well.

Child-bearing and the care and carrying around of these hefty children also brings downward pressure on the muscles and organs that should have their chance for normal tension. In other words, a woman's mother-activities subject her to muscular relaxations and downward displacements that have no reason for existence in a man.

If normal muscular functioning and normal muscle tone are restored, the chief cause of abnormal digestive conditions will be almost immediately removed. Inflammatory changes, in the nature of catarrh, will be checked. Even if distinctly pathological conditions, such as ulcer or suppuration in some form have developed, they may often be healed, and the mucous surfaces once more restored to normal.

Many informed physicians claim that upwards of ninety per cent. of dyspeptics suffer from displaced stomachs and prolapsed bowels, conditions that the specialist would term "gastro" or "enteroptosis."

Yet prolapsus is one of the most simple and easily correctible of all human ailments if you undertake it diligently. For no matter how long the condition has persisted, nor
(Continued on page 89)

Do You Want a Cure or a Crutch?

OF course you will laugh at the idea of accepting a crutch in preference to a cure; but how many of you are doing just that? Let us take, for example, those who are suffering from stomach disorders.

Ninety-nine per cent. of the dyspeptics who are dosing themselves with medicine are suffering from a prolapsed condition of the stomach, which nothing but replacement can cure. The temporary relief has as much practical value as a crutch—and no more.

Muscle tone is as vital to the alimentary tract as to the biceps; and this prolapsed condition is the direct result of improper functioning of these muscles. There is a way to replace the organs and to cultivate muscle tone, and we are pleased to have this opportunity to give our readers the benefit of a well-known medical authority on this subject.—The Editor.

Strength Posing Competition

Closing Date for Voting—May 10th

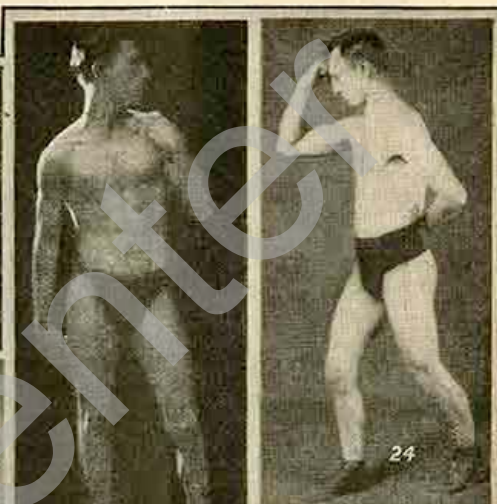
WHEN this Contest opened in the December issue, it was our intention to show the last of the poses in the April number. So many athletes have responded, however, that we have been forced to change our plans, and must add another month, publishing the final photos in May. The closing date will not be changed.

In order to vote, you must mail the coupon on the

right-hand page on or before May 10th. Votes mailed later than that date will be disqualified.

It was our idea to stimulate the interest of our readers in the good physique, and to awaken among them a keener sense of competition in the art of posing. We believe we have succeeded in doing this, as the response has been great. We ask that now you help to make our

If there be a greater asset than strength it is the beauty which accompanies it. The powerful muscle may be a source of admiration in itself, but the faultless lines and graceful carriage which distinguish the athlete are even more to be desired. The enthusiasm displayed by our readers over the Posing Competition is commendable.



Who has the best physique? All of these athletes are enthusiastic physical culturists, who have submitted their photos to be voted on by the readers of Strength. If you are an admirer of the body beautiful help us to decide the winner.



The first lot of pictures appeared in the February Magazine, and the finals will be shown in May. To vote, write your choice on the coupon below and mail it to us on or before May 10th



- 22 Nels G. Nelson, Ironwood, Mich.
- 23 Joseph Mellia, New York City.
- 24 Michael Erdman, Milwaukee, Wis.
- 25 C. A. Nelson, Cleveland, Ohio.
- 26 Walter Stratton, Leetonia, Ohio.
- 27 E. Drakeim, Battle Creek, Mich.
- 28 John McGill, Jersey City, N. J.
- 29 Andy Kandratt, Chicago, Ill.
- 30 Rudolf Liska, Willock, Pa.
- 31 Lester G. Townsend, Westford, Vt.

- 32 J. J. Wortz, Manetta, Ohio.
- 33 Bennie Nucifora, Lysander, N. Y.
- 34 Alfred D. Spoons, Hong Kong, China.
- 35 J. Altamirano, Galveston, Tex.
- 36 Hugh Ziegler, Nolts, England.
- 37 Reg. Drew, Belfast, Ireland.
- 38 Gordon R. Gayetty, Baldwinsville, N. Y.
- 39 J. A. Rovinsky, Ybor City, Fla.
- 40 John Antochas, Chicago, Ill.
- 41 Percy Hunt, Port Talbot, Wales.
- 42 Stephen K. Onofryton, Pontiac, Mich.
- 43 Sam Shapiro, Cleveland, Ohio.

contest a success by voting for the man who, in your opinion, has attained the most pleasing development.

The winner will be announced in the July issue of STRENGTH. The prize to be given is a beautiful loving cup suitably engraved, and if it should happen that two competitors receive the same number of votes, each of these will be given a prize, identical with that offered.

After the contest has closed, every entrant whose poses were published will receive one year's subscription to STRENGTH free, said subscription to start after the present one is concluded. So keep the name of the best man from each issue of the magazine, and as soon as you receive your May copy mail us your vote. Every reader is entitled to one vote, and we are depending upon everyone to be fair in his judgment.

Editor STRENGTH,
2741 North Palethorp St., Phila.

The best developed man in your contest is... *30*

..... *Rudolf Liska* and the second

best is... *41 Percy Hunt*

Name.....

Street.....

Town..... State.....

Avoid Constipation

—It's Easy

By the Same Rule That Makes Wrong
Eating Our Most Popular Error Is
This Our Most Popular Complaint

By Edith Evans

"I AM never constipated," declares the chronically "tired" person, "but I have so many headaches and I feel so generally all-round no account." And so he walks around to the drug store and buys an iron tonic and lets it go at that.

What that "tired" person doesn't know is that constipation—"intestinal stasis," as the doctors call it—is probably the cause of all his troubles. The reason for his constipation is usually two-fold; first, he eats refined, concentrated foods which leave so little unabsorbed residue that the intestinal peristalsis can't grip it hard enough to move it; second, he has contracted the "once-a-day" habit because two or three bowel actions a day are inconvenient.

Animals and primitive man have a bowel action three times a day, or as often as they eat. They do this because it is the natural thing to do. That was what Mother Nature intended when she made the digestive apparatus, and their natural foods as well as their freedom from restraints do not interfere with the processes of Nature.

But when man became civilized, he not only found it sometimes inconvenient to heed the call of Nature, he actually trained himself by constant restraint to move the bowels only once a day. And at the same time he discarded the natural food of his ancestors and began eating refined foods from which most of the laxative properties had been removed. The result is the once-a-day habit, which is neither natural nor sufficient. It is really equivalent to a condition of chronic intestinal stasis, and is responsible for most of the sickness and three-quarters of the unhappiness in the world today.

We eat three times a day. Most persons believe that any less than that would be insufficient for the maintenance of health and strength. But we are content to allow the waste of food eaten three times a day to accumulate to be removed only once a day. If it did nothing worse than accumulate, the plan might not have any worse effect than to add an unnecessary load to be carried about by an already overburdened person during the whole of a long and busy day.

But it does a great deal more than accumulate. It ferments, it putrefies, it breeds numberless harmful bacteria and becomes saturated with poisons foul and loathsome. There lies this mass of corruption day after day within the delicate and sensitive digestive system, which feeds the entire organism and distributes its products throughout the whole body; there it creates disorder and disease; and its toxins, carried here and there, impair the health of any or all of the organs of the human body. And yet this chronically "tired" person is con-

tent to let it lie from one day to the next, ignorantly believing that he is saving time and living a well-ordered and efficient life.

And while the work of destroying his health and shortening his life span goes on, he wonders why he becomes "tired" before his work is done, and why he is always catching cold, and why his joints ache in bad weather, and why he hates so to get up in the morning. He remains oblivious to the fact that rheumatism, neuritis, cancer, heart disease, liver and kidney trouble and any number of other degenerative diseases may be hovering just around the corner in wait for him. But why enumerate the ills that man is heir to? Most of us know them by name, the doctors have attended to that quite thoroughly, and many of us have more than an agreeable speaking acquaintance with them. Constipation, combined with acidosis, is usually the root cause of all these evils.

With conditions of life as they have been, it is no wonder that men and women have gone on inflicting upon themselves such a multitude of ills in the belief that they were keeping regular habits that make for health, convenience and happiness. But there is no longer any excuse for such abuse. Modern science has revealed many facts about the digestive processes that we have never known before; and I have enough faith in the good sense of mankind to believe that if we had known them sooner, we would never have built up this foolish habit of disposing of waste once a day and at the same time accumulating material for such waste three times a day. The reason we have done it is because we have not realized that such a habit is as suicidal as it is irrational and easy to avoid.

The rules for avoiding constipation are not many; but because they are not generally known they are almost universally ignored. When a meal is taken into the stomach, it stimulates peristalsis, and so starts the movement of all waste and partly digested food remaining in the intestines from previous meals. That is why the bowels are more inclined to move just after a meal rather than before or between meals. It should take an average of from four to six hours for all the nutriment that the body can absorb at the time to be extracted from the food and the residue to be discharged into the colon. The next meal taken will tend to push the waste forward in the colon, and the following meal should furnish the impetus for its final evacuation. Thus the waste that accumulates from breakfast would naturally be evacuated after the evening meal or just before retiring, from the noon meal the following morning, and from the

evening meal after breakfast or by noon on the following day. If the waste products are kept constantly on the move and disposed of in this way, they have no time to putrefy by breeding bacteria and accumulating their toxic waste products. But it is safe to say that comparatively few persons give that much attention to this most vital matter. By far the majority move their bowels only once a day. Thus it comes about that constipation is our most characteristic national disease.

Relief from this deplorable condition is not to be found in medicine. In the end purgatives will only make matters worse. They furnish temporary relief, but the reaction is as certain as it is inevitable; and the only relief is in more purgative and more purgative until the evil of the cathartic drug habit becomes equal in its toll of misery to the evil of the constipation habit.

For that is just what it is. It is a habit of eating the wrong foods and a habit of thinking wrong about how to live.

In the matter of food, civilization has led us into making vital mistakes. Our desire for the "refinements" of life led us to prefer food which had been robbed of many of its best qualities. The manufacturers discovered this weakness and began making capital of it. They educated the public through all kinds of advertising mediums. The result is the denatured, devitalized, degerminated white flour which is made into the standard loaf which purports to be bread all over this land and a flood of often worthless patented breakfast foods. In addition we have degerminated corn-meal, polished rice and other refined cereals. Most of these processed foods have lost their laxative properties and are constipating in their effect.

Coupled with this plague of refined cereals has been our excessive preference for meat. The prosperity of the American people, combined with our great production of live stock, has enabled us to indulge this preference to a far greater extent than do the people of most nations. America consumes more meat than any other nation because we have the meat and the money to buy it. By the same token we are a doubly constipated nation. The reason for meat constipation is very simple. Meat, like eggs and fish, has a very high protein content. It is highly concentrated and the bulk of its undigested residue is so small that the peristaltic action of the intestine moves it along with great difficulty. It is plain then that any excess over the requirements of the body for protein must be constipating, and that even the required amount of protein would have to be accompanied

with an abundance of bulk foods if constipation is to be avoided. In addition, too much protein, like too much carbohydrate, produces acidosis, a saturation of the tissues with acids. Acidosis is very familiar to us today. In fact, it has been stated that the largest percentage of American people are suffering from it in some form or other.

The tendency which we must first combat is the tendency toward eating too many refined foods. When we want wheat we should use the whole grain, just as Nature intended it to be eaten. That part of the wheat which has been removed in the milling process is the cellulose, one of the most essential of the body's requirements.

Cellulose as represented in fruits and fresh vegetables and whole grain foods is the bulk food which distends and stimulates the digestive tract and is not absorbed by the digestive process. The other food substances, however, which are digested or absorbed rely upon the cellulose for their value to a great extent.

We must eat proteins, carbohydrates and fats. In fact, it would not be possible to live without them; nor would it be possible to eat complete natural foods without digesting properly a sufficient amount of these substances along with the cellulose and mineral salts contained therein. The proteins, fats and carbohydrates are essential to proper nutrition, and the cellulose is essential to proper elimination and, therefore, to digestion.

That, then, is what is meant by a balanced diet—one that contains sufficient

proteins, carbohydrates and fats on the one hand and cellulose or bulk and mineral salts on the other.

So much for the relationship between the food most of us eat and the constipation and chronic weariness of flesh and spirit which most of us have in some degree.

Now a word as to "habit." It is the experience of those who eat right that habit largely takes care of itself. Eat right and the call of Nature tends to make itself felt at frequent intervals of its own accord. But this is not always true. Some people are so rooted in the once-a-day habit that they need to make a conscious effort toward frequency and regularity in order to get away from it. With a right diet this is easy. *Make the effort* three times a day whether the bowels have an inclination to act or not. Before long *if you are eating right*—they will accept the responsibility and carry it out with little or no help from you. Such a condition is capable of clearing up 90 per cent of the ills of the flesh to which 90 per cent of us are heirs.

Rules for the Correction of Constipation

1. Eat larger quantities of fruits, vegetables and whole grains, the foods which are rich in mineral salts and cellulose.

2. Eat only enough of the protein foods to maintain health. The proteins of milk and its products, together with fruit and vegetables, are better than too much meat. Use eggs in moderation.

3. Eat real whole-wheat bread and abandon white-flour products.

4. Try habitually to induce a bowel action after each meal.

5. If lubrication of the intestinal wall is needed, take from one-half to one ounce of mineral oil with each meal. It may be taken in conjunction with agar, which provides roughage.

Our Girls' Circle

Conducted by

Marjorie Heathcote

FROM month to month we will publish photographs and measurements of our woman readers sent in for our Gallery of Well Formed Women, ranging in height from 4 feet 11 inches to 5 feet 10 inches. To every girl whose photo we find good enough to publish will be given a silver pin and to the winners a gold pin appropriate to the occasion.

THE business woman may growl about her work and the factory girl about hers, but the housewife has the hardest task of all. Take me, for instance, *I'm* never done. I no sooner get one thing straightened up when another is upset, and by the time I finish I have to start all over again. Why, sometimes it gets on my nerves so that I could just fly off somewhere and let them take care of themselves."

"Probably," the listener suggested, "you are not feeling up to par."

"Well, I guess so! I wonder who would feel up to par with Johnny and Mary always finding something to scrap about, and Billy always having an earache, toothache, or something else. I can't go anywhere with an easy mind."

"That's it. You're probably not getting sufficient fresh air or exercise. Now, it would make your task much easier if you would take time for a *daily dozen* and for a brisk walk outdoors."

"Humph!" the subject was dismissed contemptuously. "Theoretically, that's all right, but practically—to use a slang expression—it's a lot of bunk!"

Then she went back to her *daily grind*.

Well, if being a martyr is a pleas-

ure to her, that's all right; but we are grateful to her for reminding us of the message we have for the more practical housewives who are reading *Our Girls' Circle*. A few months ago we told the story of Mary, a stenographer who was typical of the office workers we have known, and the number of readers who have responded, telling us how like Mary they are and how badly they need our help, has more than verified our judgment. But bad as some of these indoor workers are, we believe they are still a step or two ahead of the average housewife.

The stenographer or clerk at least has her evenings, a period during which the office or school room is forgotten and life takes on a more interesting angle. But with the mother it is different. Of course, the common drudge variety of woman is fast passing out of existence (due probably to the system by which only the fit survive), but Billy's earache and Johnny's lessons are still apt to crowd out mother's recreation hours.



Posed by Miss Marie Stone

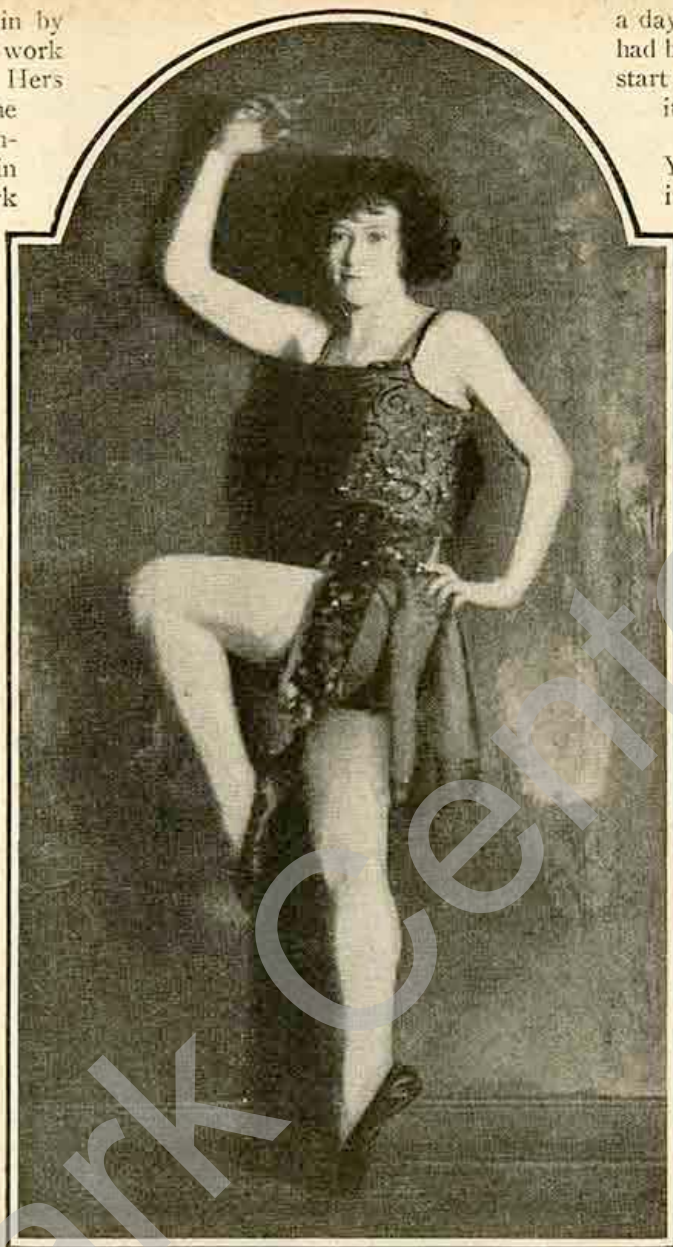
We are not going to begin by telling her that she takes her work too seriously. No indeed! Hers is the greatest task in the world. The master of industry is simply modelling in clay as compared to her work of molding human lives, and it would be a fatal mistake for her not to take her work seriously enough. On the contrary, it is because hers is such an important position that she, of all others, dare not permit herself to be physically unfit. She, of all others, must realize the importance of keeping herself up to par.

Now, keeping physically fit does not demand a great expenditure of time. Nor does learning *how* to keep fit require poring over text books or buying spectacles. It demands merely the application of common sense to your everyday life, and—here's a hint for you—it will save you the expense of doctor bills.

You must realize that in the very nature of things you deteriorate mentally and physically unless you exercise your faculties. Probably you have appreciated the mental part of it when you have tried to help some of the older kiddies with their lessons. Queer, how dull one gets when one hasn't studied for a while!

But has it ever occurred to you that you have been deteriorating physically at the same time you have been going back in your lessons? Try some of the old exercises, of which you used to do so much when you were a child or a growing girl. Jump rope, play ball, run or skip, just for an experiment. It will probably enlighten you as to the extent you have gone back physically. And you will find that you have deteriorated not alone in each particular set of muscles but also in the heart muscle. Very soon you will lose your breath and start puffing. Do you know what that means—this heart deterioration and physical deficiency? It means that you have actually been throwing away health, and with it that precious thing called life.

Isn't it worth while to spend twenty or thirty minutes



Miss Stone has submitted these poses for our gallery of well formed women. She is 5 feet 1½ inches tall, weighs 110 pounds, and her measurements are as follows: Neck 11½, upper arm 9½, forearm 8½, wrist 5¼, chest 30, bust 32½, waist 26, hips 36, thigh 19, knee 14, calf 13¼, ankle 8¼ inches.

She attributes her good health to dancing, horse back riding and golf, particularly to dancing, which has been her favorite pastime since she was ten years old. "An hour a day for exercise" has always been her motto.

a day to repair this damage? You had better think the matter over and start your daily dozen. How about it?

Here's another hint for you. You have a great responsibility in regard to the food you are serving, and the tastes you are cultivating in your children? How about the stuff you are serving on your table? Are you being careful to feed the family on the sort of foods that will keep them strong and healthy, or are you depending on the doctor's ability to make them healthy when you have failed in doing it? It would be a difficult matter for the practicing physician to make a school room of his office and tell the housewife what to serve at her table. Are you giving your children sufficient fruits and vegetables and milk, or are you laying a foundation for stomach and kidney trouble by feeding them on a heavy, unbalanced diet?

Yes, the more we think of it the more certain we become that there is no one more important than the mother and housewife, and we want to help you as much as, if not more than, anyone else. So we invite you all to come to us with your problems.

My dear Miss Heathcote:

After reading your article in the January edition of *STRENGTH*, I should like to take advantage of your kind offer. I am 5 feet, 3 inches tall. I would greatly appreciate it if you could advise me what to do to

gain weight. My ankles are also large. I should like to reduce them.

I appreciate your interest, and your advice will greatly oblige.

Orlando, Florida.

The one difficult factor in the slim person's gaining weight seems to be her desire to progress rapidly. She is apt to work too hard, and by so doing break down more muscular tissue than she gives herself time to rebuild. To begin with, rest is a most important factor. Next comes sun and fresh air. Cut out any extra activity, particularly mental activity, and relax as often as you possibly can.

(Continued on page 76)

What Your Children Should Eat

Are You Undermining Their Health with the Wrong Kind of Food?—The Delicate Child Grows Strong on a Proper Diet

By J. Leonard Mason

“**H**AVE you a little radio in your home?” “What kind of an automobile are you driving this season?” “Have you got your hair bobbed and have you seen Valient Vaselino in his latest film production, ‘Held Up at the Divorce Court?’” Let us see if we can crowd in among such topics of paramount interest a less popular, perhaps, but more important discussion with Mother and Daddy.

Bringing up children is the greatest and noblest work in the world! Too many intelligent parents are shifting their responsibility to teachers and hired help, instead of giving their children the motherly and fatherly attention they deserve. What is needed is to popularize the raising of children. All praise to the good mother who carefully watches over the welfare of her offspring! Father, don't you try to hide! It's your responsibility, too. You may be a big executive, but consider what a mother of a well-ordered household has to be. Her work includes that of teacher, nurse, dietitian, engineer of safety and sanitation, and home finances. So, father, get on the job and be a real partner to your wife, not merely the fellow who signs the checks, granting that that is important. I mean take heart-to-heart interest in the children's everyday affairs. Is Mary stoop-

ing too much? Is Freddie forming a bad habit of roller skating in the street? What happened in school to-day? What do you know about the Boy and Girl Scouts? Let's hear a little report during the evening meal about what each child has been doing during the day. Getting in touch with the cherished interests of your child will prove more interesting than studying the gears of your new auto. Do both, if you will, but see that you don't neglect the children. Guiding their little lives is a better investment than stocks and bonds. I know a man who made millions, but his one son turned out a failure. He could have saved that son, but he was too busy with other things. Make money if you will, but remember that you can not buy the equivalent of a father's and mother's loving care and sympathetic comradeship. Many parents realize this after it is too late. Roosevelt



“An apple a day” seems to be the slogan of the Mason family. At any rate here they are, all four of them, demonstrating their healthy appreciation of the fruit. And the reason for these appetites, the author states, is their love of outdoor sports. When your little girl isn't particular about eating and is languid and tired, it probably means she has been attending some neighboring party at which “very good refreshments” were served. Know where they are and make sure that they spend their time in the open playing games.

is admired as much for his qualities as a father as for gaining the Presidency.

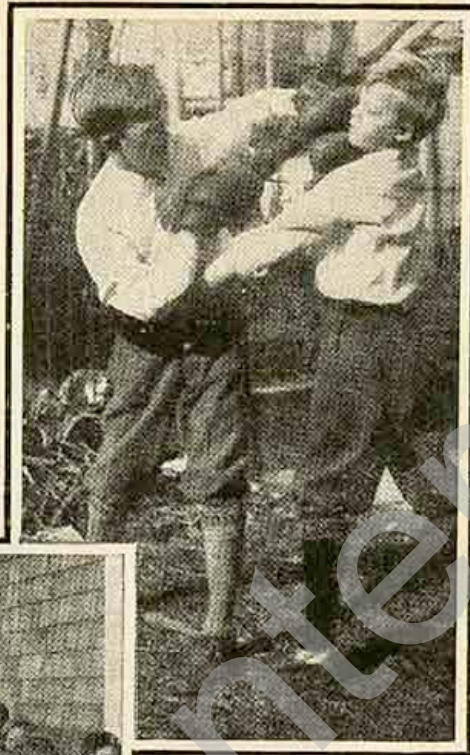
At the beginning of my talks on the health of children let us keep this thought uppermost as being fundamental. The material with which we have to work, the human body, is governed by the unalterable laws of nature which we may interpret through a knowledge of physiology. Flesh and blood, bone and sinew, are the materials this human house is made of. Teach the children to care for it so that it will be strong, clean and always in good repair. The children I have in mind are those from the age of five to fourteen years, approximately. Under that age they are infants and over it they are youths. Of course there are many changes, both physical and mental, during this period of childhood, but we will not draw any finer distinction here. Some children

grow more rapidly and mature sooner than others. Generally speaking, this is the impressionable age; the child's character is plastic and can be readily molded. "Children are children the world over," but do not expect that

all children can be trained alike; mere suggestions are enough for some, while persistent and even forcible persuasion is needed for others. Hereditary characteristics are often strongly inborn, but much can be done, both physically and mentally, to overcome faults and strengthen good points by constant training. At times it may seem a discouraging task, this correcting and teaching children, but any teacher or parent who has worked with them long enough to see them reach a creditable adult age feels well repaid for the effort expended.

Children may be blamed for indolence, nervousness, fretfulness, temper and other faults, when some physical ailment may be the cause. Diseased tonsils, adenoids, ear troubles, bad vision, constipation and numerous other ills may lie at the root of a child's seemingly bad disposition. It is always wise to employ a good family physician, preferably a child specialist. If the child is sick, that is the physician's problem. You can assist, but the doctor must take the responsibility. When the child is well the responsibility of training is up to the parent. An under-nourished child is not necessarily a sick child any more than one suffering temporarily from impure air in its bedroom. Use common sense, with some knowledge of diet and hygiene, and you may be able to remove the cause of the child's trouble.

Take the case of two growing children; one may be an unusually healthy child, the other delicate, even sickly. The child endowed with a strong constitution can seemingly thrive on anything, but careless feeding will finally undermine its health and bring on chronic ills. On the other hand, careful diet and attention to the rules of



Showing the subjects from whom the author has probably gleaned his knowledge of children. The photo at the left was taken in his summer camp where boys soon learn to eat vegetables and drink milk.

hygiene will build up the delicate child until it becomes strong and healthy.

Sickness and trouble "come out of a clear sky." You can not insure your child against these things, but you can build up his resistance so that he can successfully combat most illnesses and accidents. We do not come into this world trained and educated, a finished product. No, some one has got to patiently instruct, suggest and insist upon the correct things to be done. For-

lunate is the child who is considered worthy of constant thorough attention and is not allowed to have his own way to his own injury.

Time flies; the child becomes the youth over night! Before we realize it school days are over and life's problems are begun in earnest. The children of yesterday are the parents of to-day! Don't be too busy, mother, to train your children well! Don't be too busy, Dad, to do your full share!

What the Parent Should Keep in Mind

The main things to consider relative to the child's health are: *First*, good food,—its selection and preparation; *second*, forming habits of health,—study, sleep, bathing and clothing; *third*, exercise and play,—including practical safety instruction. In this article food will be discussed. Later the other subjects will be taken up.

We can not expect children to like everything that is put before them even though it is well chosen, nourishing and prepared in an appetizing way. Correct eating is largely a matter of training. We can learn to like the things that are good for us and the earlier in life we form habits of healthful eating, the better off we are. I can remember as a child my own mother (who, by the way, was one of those wonderful cooks), saying, "You must learn to eat what is set before you." Like most children, I wanted to make the whole meal of the one thing I liked the best. At our camp for boys we often hear a new camper remark, "I don't like vegetables, but oh boy, give me lots of dessert!" The Counsellor replies, "My boy, you must eat those nice vegetables before you can get your dessert." (Continued on page 66)

Tumbling and Hand Balancing

—Right and Wrong Methods

By Charles MacMahon

THE great interest that has been shown of late throughout the physical culture world in tumbling and hand balancing demands that I write further on such feats.

While I haven't space in one article to point out and illustrate the right and wrong ways of learning every stunt known to this game, I can give you help on quite a few of the more simple ones. I will not bore you with a lot of general talk, but will get right to the feats in question.

You will notice from Figures 1 and 2 that the best method of learning the two-handstand is against a wall. Figure 1 shows the wrong position. The hands are too close to the wall to begin with, and the back is not arched as it should be. Many beginners, when trying the handstand, do so in this manner and consequently never get far. The buttocks and back should never be allowed to come nearer the wall than the hands are. The hands should be about two feet from the wall. This distance should be varied according to the height of the performer. The taller the man, boy or woman, the further away he or she can get; but a few inches either way makes a great difference.

Figure 2 shows the correct way and the difference is easily seen. The very tips of the toes are all that should

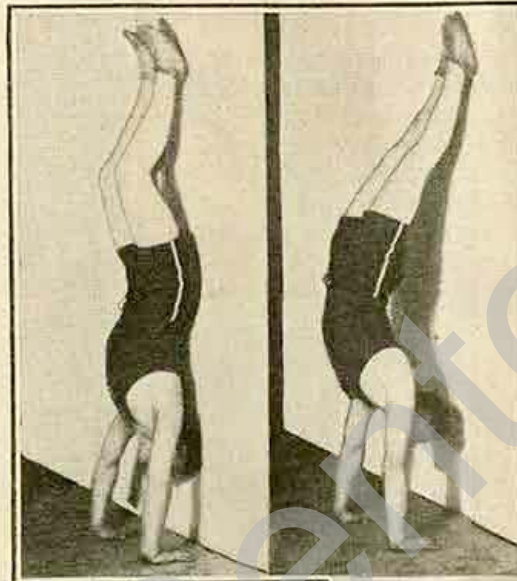


Figure 1 Figure 2



Figure 3

touch the wall. This means that your hands are placed on the floor at a distance from the wall

which, when the toes of one or two of the feet are lightly touching the wall, places you in an almost perfectly balanced position. Your toes simply steady your weight and should not support it to such a great extent as they would were you flat-footed against the wall, or in the position shown in Figure 1.

In this position, with the toes lightly touching, it takes only a very slight push away with the toes to bring you to the exact point of balance. Then try to hold it by pushing with the hands in opposition to the direction in which you feel you are falling. That is, if you start to fall backwards, press hard with the fingers. If you feel you are falling forward, then bend the arms a bit at the elbows and press hard with the heels of the hands.

The object of using the wall in learning the handstand is mainly to enable you to retain a perfect handstand position much longer than you otherwise could. This strengthens the muscles involved and accustoms them to holding the body and legs in this reversed position.



Figure 4



Figure 5

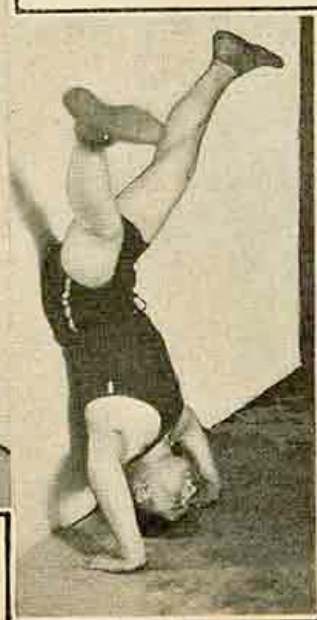


Figure 6

Right and wrong positions for the headstand. The wrong position is shown first, with the correct position in the center. The last photo illustrates the correct position for the headstand done without the aid of the hands.

Then, after you feel you are fairly good at it against a wall, you may place your hands about six inches further away than you have been, and throw up to a handstand as usual. Try, however, to gain your balance before your feet touch the wall and retain it as long as possible. If you lose your balance the wall will save you from falling.

The elbowstand is simply an adaptation of the two-handstand. Take the two-handstand position and then lower the body as slowly as you possibly can by bending the arms at the elbows. You will find that when the forearms reach the floor there is a tendency of the legs to come forward. Therefore, you should hold the legs well back in order to keep the balance.

In Figure 3 you will see the same method used

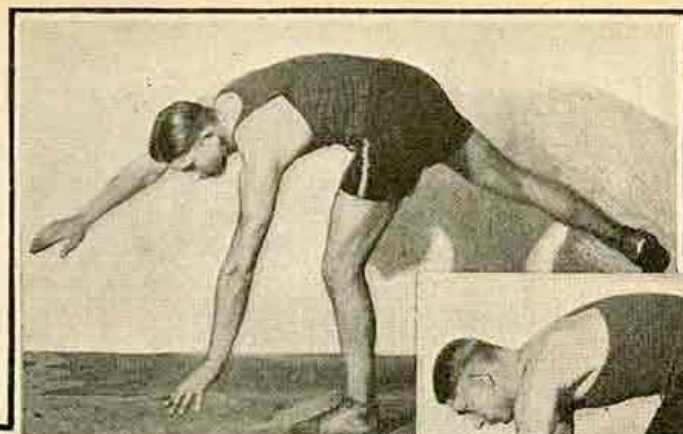


Figure 7



Figure 8



Figure 9

in learning the one-handstand. This exceptional stunt requires the aid of a wall more so than does the two-handstand. The reason is that the one-handstand demands stronger muscles and a better control over them.

By using the wall you have a method of keeping your weight on one arm and in the correct position long enough at a time to give the muscles involved a good opportunity to acquire the knack. Whereas, when practicing a one-handstand without leaning against the wall it is impossible for a beginner to hold the position. Consequently, it will take much longer to get the muscles accustomed to the work.

Now in Figures 4, 5 and 6 we have the right and



Figure 12

correct position with the lower back touching the wall. Then raise the hands off the floor entirely. If your neck is not strong enough to support your weight without the use of your hands, you may regulate the weight on your neck by letting the hands rest lightly on the floor.

In the headstand proper, as it is done by experts, the

Figure 7 (at the left), Figure 8 (below) and Figure 9 show the positions of the body when the cartwheel is done correctly.



Figure 10

The forward handspring, more difficult than the cartwheel, is illustrated by Figures 10, 11 and 12.

wrong ways of practicing the headstand against a wall.

The headstand proper is done with the feet and legs down, or at right angles with the body. Because the headstand is more difficult than the two-handstand



Figure 11

the legs in this position offer a means of balancing. You will find this a more natural position for the neck when the legs are bent than if you tried to hold it with the entire body straight up.

In practicing the headstand against a wall, or without this aid, you should use a pad for your head. A small pillow will do for this purpose. The hands may be used, as shown in the wrong position, until you get set in the

legs, neck and hands are used to maintain the balance. The neck is bent very slightly in various directions, according to the direction in which the body starts to go. The legs and arms are raised or lowered for the same purposes.

Now we will leave hand balancing and take up a few tumbling feats, the first of which is the cartwheel. In Figures 7, 8 and 9 are shown the three main positions of this easy stunt.

Figure 7 illustrates the position of the hands, body and feet in starting a cartwheel. Of course, this position is reversed for a left-handed person. The object of a cartwheel is to make it look as much like a rolling rimless wheel as possible. This is to say that the center of the body is the hub, and the arms and legs are likened to four spokes. You should, therefore, try to keep each spoke as nearly as possible an equal distance apart at all times. Besides this, the spokes, or legs and arms, should be kept as straight as you can keep them.

In the first position (Figure 7) you will see that one foot has left the floor. The weight is on the other leg

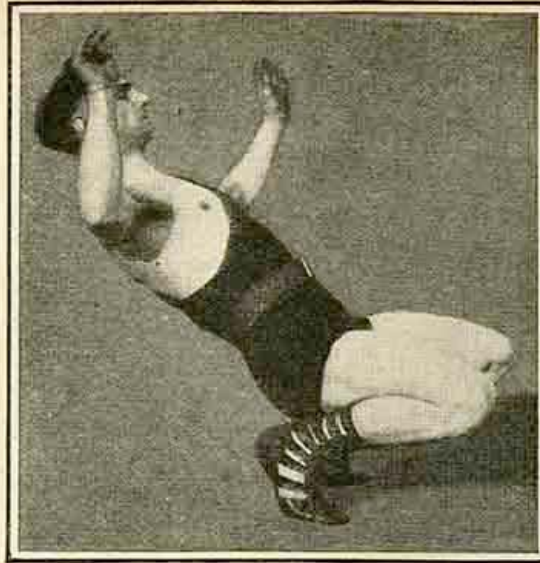


Figure 13

The wrong landing from the handspring.

also, but, as shown in Figure 12, the correct and neatest landing is performed with both feet hitting the mat at the same time. Figure 11 shows the half completed forward handspring.

Figure 13 shows a wrong landing, but one which will suffice for the beginner until he learns to get more spring and bound into the stunt. All tumblers should keep in mind that in order to perform correctly and neatly they should strive for snap and height. When a handspring or any other tumbling feat is performed low on the mat it gives little chance of coming to the landing position with the legs straight. In saying that the legs must be straight in landing I do not mean rigidly so. There must be a slight bend of the knee in order to absorb the shock of landing. This shock is diminished by landing on the ball of the foot instead of on the heels or flat-footed.

The round-off is a sort of cross between the forward handspring and the cartwheel. You (Continued on page 72)

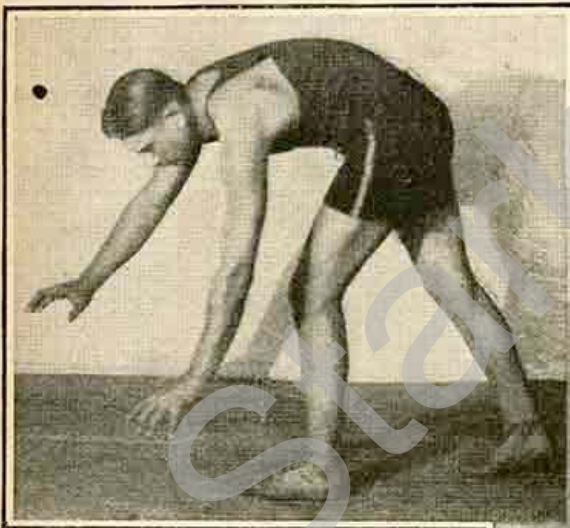


Figure 14

The three positions of the round-off.

and the left hand is about to strike the floor or mat. The right hand (or fourth spoke) will follow the left.

When both hands are on the mat, the body and legs are brought to the upright position, as shown in Figure 8. As the legs continue over to the other side the left hand leaves the floor, as did the left foot. Then the right foot comes again to the mat, and so on in a continual and even manner until several cartwheels have been performed in rotation. Figure 9 shows the finish of a cartwheel, but is taken from the reverse position.



Figure 15

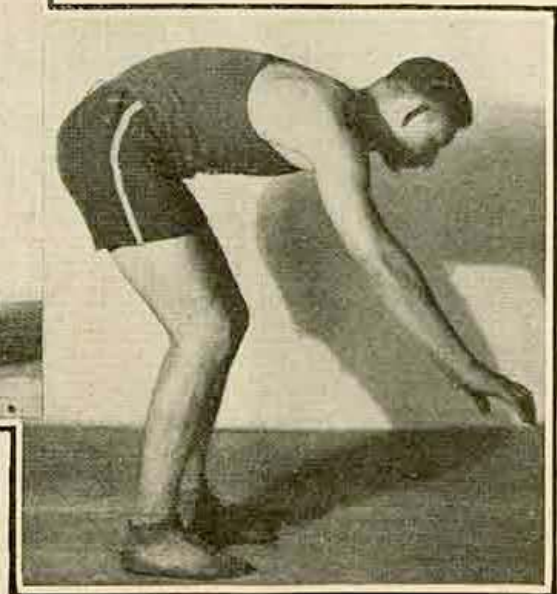


Figure 16



The DINNER TABLE

— Conducted by Jane Randolph

Spring Housecleaning with Laxative Food

I have had a great many letters since this department began from people who wanted to know what to eat to increase their strength and to stimulate them to greater activity and endurance. In almost every case I gathered from parts of the letters that the real cause of the lack of energy of which the writers all complained was constipation. Time and again a correspondent would state that he had one bowel action every day, and hence concluded that the cause of constipation couldn't possibly be constipation.

I can't help thinking of my mother when I once heard her remonstrate with the cook because she spilled drippings on the freshly scrubbed kitchen floor and then left them there. They were an eyesore to all who entered her domain, but the careless servant insisted that she had already scrubbed once that day, and that any other cleaning would have to wait until tomorrow.

"Ah," said my mother, "it is not the cleaning, but the keeping things clean, that makes a good housekeeper."

I should like to answer all these letters by reminding their writers of a fact upon which practically all health authorities agree. Anyone who has only one bowel action a day is suffering from some degree of intestinal stasis, and cannot possibly be in the best state of health and efficiency. His digestive system is just like mother's kitchen. Cleaning it once a day and letting it go at that is one thing; disposing of waste as fast as it accumulates and keeping things clean all the time is quite another thing.

Now for the practical purposes of those who are suffering from the inefficiency which invariably results from poor housekeeping,

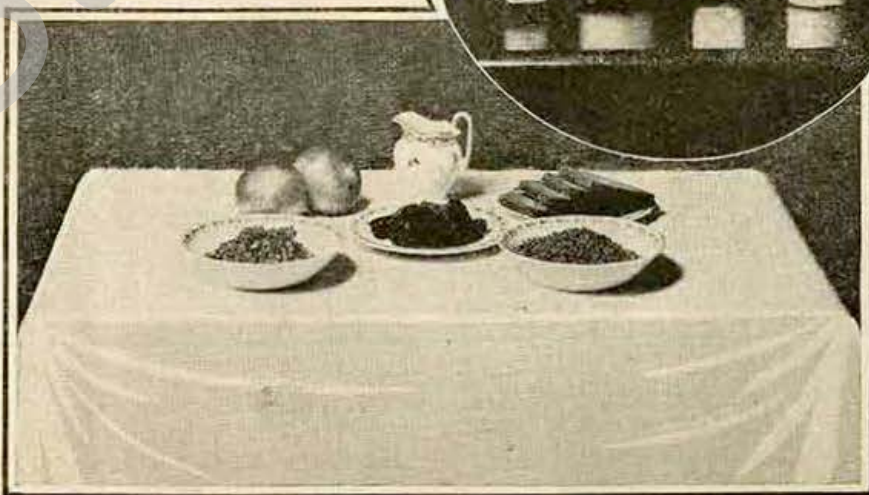
there are just two kinds of foods. Those which furnish nutriment, and those which furnish material for keeping the system in good running order—those which do the housekeeping, in other words.

The foods which furnish nutriment, build tissue, furnish energy and make for proper metabolism are the proteins, fats, carbohydrates, and mineral salts. The system couldn't get along without them, but neither could it get along with just them and nothing else. Of these the proteins and carbohydrates leave only a small undigested residue; they must be supplemented by other bulk substances for the mechanical elimination of waste products. They are in themselves constipating and should therefore be taken in quantities just sufficient for the needs of the body. Only that and no more. And

they should always be accompanied by an abundance of laxative food.

On the other hand, the food substances which do the housekeeping are mineral salts and cellulose.

Cellulose provides the bulk necessary to distend the intestine and keep the food moving along the digestive tract till evacuation takes place. It is matter that is not absorbed by the body in the digestive process, but that does not mean that it is not essential to it. It merely means that



Photos by Wm. H. Tripp.

Take your choice. Will you eat oranges, whole grain cereals and bran, or do you prefer the others—castor oil, mineral water, cascara and epsom salts?

it is used for other purposes besides nutrition. Cellulose is absolutely necessary to the proper disposal of waste as well as of food which has been taken in excess of the needs of the body.

The mineral salts aid in the elimination of waste indirectly as well as by directly stimulating the peristaltic rhythm. No,

wait a minute. Don't rush off to the drug store and buy epsom, or mineral water either for that matter. I am speaking of an entirely different product. The logical as well as the natural thing to do is to eat the foods that contain the right kind of mineral salts combined in the right way by nature herself to keep mankind in the best state of health. In company with the cellulose they appear in large quantities in all kinds of fruit and vegetables and in the outer covering of grain.

Unfortunately they have been removed from many of our present day refined foods, the most conspicuous example of which is white flour.

With the removal of the bran, almost all of the laxative properties, including the necessary bulk, have been taken from the wheat, and almost a pure carbohydrate is all that remains. Nearly all of that carbohydrate is assimilated. There is almost no residue left. Therefore white bread eaten in any great quantity tends to be con-

stipating. If I were asked what single thing a person could do to improve his elimination, I would say that the use of real whole wheat bread and the complete abandonment of all white flour products would help more than any one single change in the ordinary dietary.

An abundance of fruit and fresh vegetables, both

cooked and uncooked, with whole unrefined cereals and whole grain made into bread, combined with a comparatively low protein diet, would probably keep the processes of elimination in perfect order and the whole system at its highest point of health and efficiency. But if such a diet has not been the rule and if the habit of only one action of the bowels a day is already established, it will be necessary to supplement the normally natural diet with extra amounts of laxative food.

For special housecleaning purposes, double the fruit for breakfast. eat it in the place of richer desserts for dinner and use it for supper or luncheon besides. Replace meat and its

products with milk and vegetables whenever possible. And eat salads, salads all the time. No, not chicken salad or potato salad or any such heavy dishes, but salads of fresh green things like lettuce and raw cabbage and celery.

In addition to this all-round (Continued on page 93)

LAXATIVE MENUS

BREAKFAST

Orange juice
Stewed huckleberries
Oatmeal and bran with whole milk
Whole wheat muffins

Orange juice
Stewed apricots
Whole grain wheat
Bran
Whole milk
Whole wheat toast
Butter

Orange juice
Stewed figs
Cracked wheat
Bran
Whole milk
Whole corn bread with butter

Grape juice
Stewed prunes
Shredded wheat
Whole milk
Bran gems
Butter

Orange juice
Baked apple
Whole corn meal mush
Bran
Whole milk
Whole wheat muffins
Butter

Orange juice
Apricots and prunes
Cracked wheat
Whole milk
Bran gems
Butter

Orange juice
Stewed figs
Whole brown rice with raisins
Bran
Whole milk
Whole wheat toast
Butter

DINNER

Sunday

Creamed asparagus on toast
Baked potato
Spinach
Celery
Apple, cabbage and nut salad
Cup custard
Whole wheat bread with butter
Bran

Monday

Lima beans with toasted whole wheat biscuit and cream sauce
Buttered parsnips
Baked sweet potatoes
Lettuce and green pepper salad
Dates and fruit juice
Whole wheat bread with butter
Bran

Tuesday

Brown rice with grated cheese
String beans
Beets
Endive and celery salad
Fresh sliced fruit in cup
Whole wheat bread and butter
Honey
Bran

Wednesday

Spinach and soft poached eggs
Potato mashed and browned
Buttered carrots
Onion and cucumber salad
Figs and raisins
Bran

Thursday

Cheese souffle
Peas
Baked potatoes
Cauliflower
Tomato salad
Lemon jelly with whipped cream
Bran gems
Butter

Friday

Vegetable stew
Browned sweet potatoes
Slaw
Prune whip with lemon sauce
Whole wheat bread
Butter
Bran

Saturday

Baked beans
Brussels sprouts
Stewed onions
Spanish cabbage salad
Caramel custard
Whole wheat bread and butter

LUNCH

Salad of lettuce, carrots, onions and celery
Bunch of grapes or figs
Bran flakes
Whole milk
Whole wheat bread and butter

Beef and vegetable soup
Cabbage slaw
Cranberry sauce
Bran
Whole wheat crackers

Baked potato
Fruit and nut salad
Butter milk
Bran flakes and cream
Whole wheat bread and butter

Vegetable stew
Cottage cheese with lettuce
Bran
Whole wheat bread and butter

Vegetable salad
Whole brown rice pudding with raisins and figs
Buttermilk
Whole wheat bread and butter
Bran

Cream celery soup
Grape fruit and lettuce salad
Whole wheat bread and butter
Honey
Bran

Cream of spinach soup
Cream cheese, lettuce and green pepper salad
Cranberry sauce
Whole wheat bread and butter
Bran

NOTE: The bran can be mixed with the cereal for breakfast, with the soup or vegetables at the other meals. The salads should be served with French dressing and mineral oil can be substituted for the usual olive oil for special laxative purposes.

WHEN a man or woman is actually sick it is too late for the benefits of physical exercise. Then is the time to see a doctor. For the health seeker as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

Dear Doctor:

I am about 35 pounds overweight, weigh 195 pounds, am 5 feet 10½ inches tall, and I am sure it comes from over-eating and lack of exercise, although I have been fleshy all my life, and also have always been a large eater. Am 23 years old, I have read articles in magazines where people simply quit eating for periods of 30 and 40 days, and claim that it did not injure their health. I am planning to go on a buttermilk diet exclusively for about 30 days. Do you think that this would injure my health in any way and how much buttermilk should I drink per day when I do not eat anything else?

Petersburg, Va.

T. B. L.

I do not think that a buttermilk diet for 30 days would be likely to injure your health, as you have plenty of adipose tissue to burn up. Four quarts a day would be about right, together with the juice of three or four oranges taken during the course of the day to give you the requisite amount of vitamins to overcome the slightly constipating tendency that sometimes follows an exclusive milk diet.

Dear Doctor:

I am 37 years of age and of good physique but suffer from rapid heart action after slight exertion and indigestion. I also have difficulty in concentrating my mind. I would like your advice in regard to the gland treatment and if it would help correct the above conditions; also what form of this treatment would be best in my case.

San Francisco, Calif.

M. P. R.

Provided that you do not smoke cigarettes to excess, which may account for your rapid heart action after slight exertion, you are doubtless suffering from what is known as *asthenia* or depletion of the adrenal glands. I

believe your doctor should be able to help you very materially in this.

Dear Doctor:

I have been having stomach aches sometimes once a week, sometimes once in two weeks, for the last year. I always get the ache in the morning before or after breakfast. When my stomach ache starts, my bowels move and the ache lasts about fifteen minutes. When I was younger, I never had any stomach ache.

I have an enormous appetite, eat all bran for breakfast and always eat vegetables, fruits, and whole wheat bread. Very rarely do I eat between meals.

Bessemer, Pa.

J. M.

There are many people to whom bran is a very definite source of irritation. While this excellent food contains mineral salts vitally essential for the proper nutrition of teeth, bones, brain and nerve cells, it also contains particles of the outer envelope of the grain, almost glass-like in hardness. It is due to the irritating effects of these particles that peristaltic action is stimulated, and constipation is overcome. So, while theoretically bran is an excellent food to use in overcoming constipation, with many people, particularly those who have used it for quite a length of time, it becomes, as I have said, a very definite source of irritation.

Also, a vegetable, fruit, and whole wheat bread diet is not a balanced diet, as it is deficient in nitrogen. You need more meat, eggs, and milk.

Dear Doctor:

I have been troubled with a bad skin for over a year. I have tried washing my face with cold cream and also went to a few doctors, but had to give them up in disgust. They were just expensive, but did not help. I am eighteen years

old and in fair health. I work in the open air and exercise every day. My bowels move regularly and yet I have a scaly skin, pimples and blackheads. Also my face is always red, especially around my nose and mouth. Do you think it is because I work in the open air where there is a good bit of dust? Also do you think my ailment is due to the fact that I do not eat regularly?
Phila., Pa.

L. E. L.

Skin conditions like yours are extremely common. They are due frequently to a lack of functioning power on the part of the thyroid gland and a general state of metabolism, which means that the food you eat is not properly digested, changed into tissue and burned to produce energy, nor is the debris gotten rid of promptly.

I would suggest that you drink plenty of milk, cut down on all fried foods of every kind, except a little bacon occasionally, eat no doughnuts, griddle cakes, candy, pastry or white flour products of any kind, such as white bread, crackers, etc. Eat all the vegetables you can, particularly carrots, lettuce, spinach, cauliflower, cole slaw and string beans. Eat a couple of oranges every day or grapefruit. You might take the juice of half a lemon squeezed into a cup of cold water the first thing every morning when you get up. Eat rare roast beef or a piece of broiled steak or lamb or mutton chop or a little chicken once a day. Keep the bowels thoroughly open, so that you have at least two free daily movements. If you cannot accomplish this by diet and exercise, you might for a time take a teaspoonful of oxychrystine in a glass of cold water the first thing in the morning when you get up. If you do this, you had better omit the lemon water and take this about ten or eleven o'clock in the morning.

Also, go to some homeopathic pharmacy and get a few hundred tablet triturates of the 12th potency of sulphur. Take two of these every three hours for a few weeks. Then you might switch to the 200th potency of sulphur and continue this for several months to come, being careful of your diet, bowel elimination and proper exercise all this time.

Needless to say, you should keep the body thoroughly clean by taking a bath once a day. If there is much itching, it might be a good idea to add a lump of washing soda about as big as your fist to the water for its alkalinizing effect on the skin. Occasionally a little lysol or creoline added to the water for its antiseptic qualities is most helpful. Use your intelligence and be persistent and you will soon overcome your trouble.

Dear Doctor:

My plant doctor has told me that I have a rupture and almost discouraged me. Without my knowledge, I have been developing a rupture on the right side, and the doctor told me it is on both sides, although nothing appears on the left side. He also ordered me to wear an elastic truss, but I did not wear it for a long time because it is so unpleasant to have on. As I am very much interested in sports, which I had to cut down on account of my condition, will you please tell me what can be done? Can rupture be cured without an operation? Is there some form of exercise you could suggest to cure my rupture? Some of my trainings consist of walking on hands, chinning and boxing. I am much interested in the boxing game

and want to go in for this sport, so please advise me what to do and how I could get rid of my rupture. F. Z.
Buffalo, N. Y.

Your plant doctor is absolutely correct in telling you that you have no business to be standing on your hands on a couple of chairs in the way you are doing in the photographs you sent me, wrestle or box without running a very serious risk.

There are only two ways to treat a rupture. One is to wear a truss and give nature a chance; the other is to have an operation. If your rupture is very bad, I certainly would advise an operation.

Dear Doctor:

What can I do to kill my sweat glands, if there is such a thing? I perspire terribly in the company of other people, yet I have not felt sick for a long time. I am 24 years of age, weigh 130 pounds, am 5 feet 10 inches. I have also suffered from cold hands and feet for so long that I am quite used to it now. Poor circulation, is it not?

Berkeley, Calif.

J. H. L.

While over-active sweat glands are a very great source of annoyance and are frequently most weakening to the physical organism, yet you would not be justified in trying to "kill" them. They fulfill a very important function. In point of fact, if your sweat glands were stopped up, as for instance, by painting the body with an impervious coat of pitch or gold paint as was done on one occasion with some boys who took part in a religious ceremony in Michael Angelo's time, you would die of the poisons generated in your own body inside of thirty minutes.

However, excessive sweating can be overcome very frequently by standing in water to which a sufficient amount of vinegar has been added to make a weak acid solution, or Formaldehyde or borax might be used in the same way.

If you ever read the advertising columns in the magazines, you will know that Listerine is highly recommended in conditions characterized by excessive sweating.

However, the basis of your trouble is probably adrenal depletion or lack of functioning power on the part of the adrenal glands, as is evident from your poor circulation and chronically cold hands and feet. You should attempt to get your adrenal glands properly tuned up so

that they will throw more adrenalin into the circulation and stimulate the action of the heart and the circulatory apparatus generally. This will attack the excessive sweating symptoms at their source.

Dear Doctor:

I am a boy of 17, and am said to have a tapeworm. I eat three husky meals a day and do not seem to be full. I am always cold and very thin. Will you please advise me how I can get rid of the tapeworm?
San Francisco, Cal.

J. R.

The best and most effective treatment for tapeworm is extract

(Continued on page 92)

Your Spring Health Problem

WITH the first breath of spring comes—Is it the zest of the Great Outdoors, or, in your case, just plain spring fever?

Possibly you are considering going back to your old sulphur and molasses cure, or maybe it is some modern tonic. Why not do some spring housecleaning on your own account.

The reason for that tired feeling is probably that you have been storing up in your system a lot of poisons which must be eliminated. This you can do by going on a laxative diet. For some real practical menus see the "Dinner Table" in this issue.—The Editor.

THE MAT

Analvtical Comment on Subjects Connected with Body-building,
Muscular Development, etc.

Conducted by George F. Jowett

Can You Dip With One Arm?

SOMETIME ago a statement was made in STRENGTH to the effect that Mr. Calvert had seen only about half a dozen men who could perform the straight arm dip on the floor, correctly. This aroused the curiosity of some readers in Uniontown, Pa., and I have received a letter giving the results of the experiments carried out by these strength lovers in their friendly rivalry. Out of the bunch only one was able to perform the stunt, doing so several times in succession without allowing the body to rest on the arm. Trying the same stunt the next day, he made a perfect one-arm floor dip with a 28-pound plate laid upon his back, which is a splendid performance and worthy of such a fine athlete as Ottley R. Coulter, who happens to be the person who performed the stunt.

This little feat requires quite a lot of strength when done correctly. It should be done with the body straight throughout, and at no time can the body come in contact with the arm. This position throws all the physical effort upon the power of the one arm as it sustains the weight.

I remember, years ago, when the boys would get together, how we used to combine fun with this practice.

Upon the back of the hand as it rested on the floor we would lay a small piece of paper, then try to pick it off the hand with our mouth and press back to the straight arm. There is a lot of fun in this stunt as well as a great deal of physical benefit to be derived from it. I have seen some fellows do it with a swing of the body, quickly, a number of times; but that is not the proper way to do this feat.

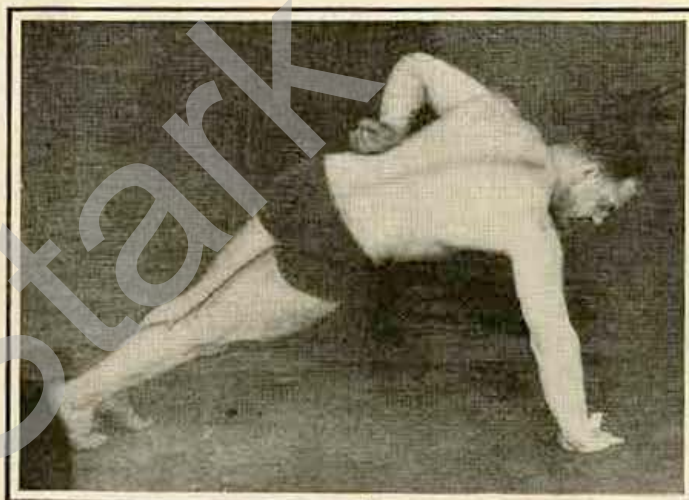
A number of years ago this practice was very popular in the North of England, where most of the best English "Strong Men" were produced at that time, particularly the bent press specialists. They practiced this feat with a variation, which was claimed by

those who excelled in the bent press, to be one of the key exercises to perfecting this particular lift.

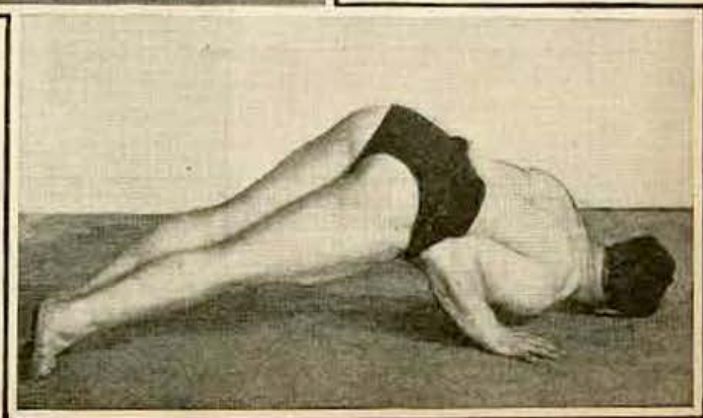
As you begin to lower the body to the floor, after taking up the position adopted in the one-arm floor dip, the upper-back part of the arm as far as the elbow must be pressed into the side. Supported by the upper arm, the body is then lowered until the face touches the floor. This extreme dip calls for a twist of the body in order to enable the face to touch the floor while the body is supported on the elbow, and this is the important part of the performance. As you raise up to straight arm you are compelled to come up in a spiral movement. Here is the explanation for the placing of the elbow and upper arm into the side. The body weight is, by this method, pressed up in just the same manner as a bar-bell is taken aloft when practicing the bent press. The difference is that the bent press is practiced upside down in this manner, so to speak, with the floor acting as the support and the body as the weight.

This is practiced a number of times, and it can be made more difficult by plates of iron being placed upon the back, the plates being graded in poundage according to the progress made.

I do not mean to say that if you can press your body weight off the floor in this manner, you should be able to *bent press* the same equivalent in a bar-bell to arm's length overhead. Not by any means. Still if you are not able to do this you are probably very poor at this lift. The great value of this exercise is that it teaches you how to get away from the weight, and is undoubtedly a splendid training practice for any one who desires to excel at the bent press.



A variation of the one-arm dip which is a favorite with most athletes who specialize on the bent press. As you begin to dip, the upper back part of the arm as far as the elbow is pressed in to the side. The body, supported by the upper arm, is thus lowered until the face touches the floor. Note the difference in this and the ordinary one-arm dip.



The High Biceps

Dear Sir:

After reading your interesting articles in the *STRENGTH* Magazine on body-building, I wish you would answer a few of my questions.

Before taking up bar-bell exercise I used springs for about a year, and as a result, I have what you would call a high biceps; that is, when flexed it is almost under the armpit. I have noticed this same condition in all spring-users. Now then, what would you recommend as the best exercise for such a case? How about chinning the bar or rope climbing? Would they have a different effect than the curl? I have used the curl for two years without any results.

Yours truly,

Peter Krawczyk.

Cleveland, Ohio.

The condition of the biceps mentioned in this letter is the direct result of inflated tissue, which is the type of development gotten by all who have secured their physical proportions in other ways than through the use of bar-bells. Every system of physical training has its characteristics recognized at a glance by the experienced teacher of body culture. Invariably he can state what method of apparatus has been used by the body culturist.

The high biceps is caused by numerous repetitions which force the blood through the muscular area under cultivation. The swelling produced by this method creates what is termed "inflated tissue," and the biceps becoming bunched up against the deltoid, takes on the high

appearance mentioned by the athlete.

It will be noticed in all such cases that the biceps covers a smaller area over the humerus bone between the elbow joint and the deltoid, and also that tissue between the elbow joint and the biceps, when contracted, has less depth than is apparent in the case of him who has relied upon bar-bells for the development of his physique.

The heavy weight manipulator has heavier muscles, which practically cover the humerus bone, and

the tissue at the lower extremity of the humerus has much greater depth. In many cases I have noticed, the depth of this tissue cor-

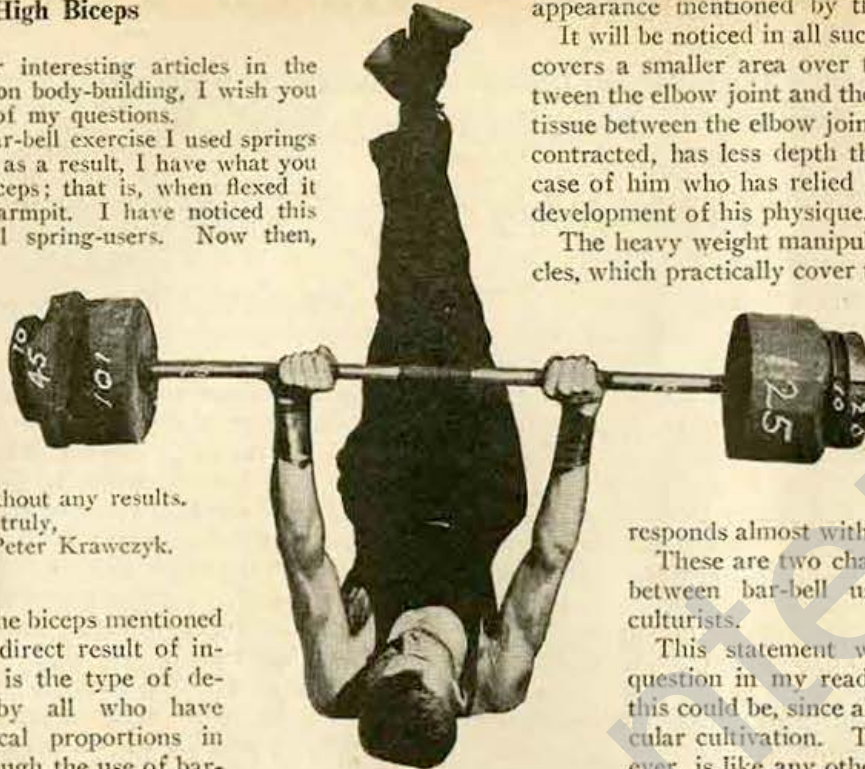
responds almost with the size of the biceps.

These are two characteristic distinctions between bar-bell users and other body culturists.

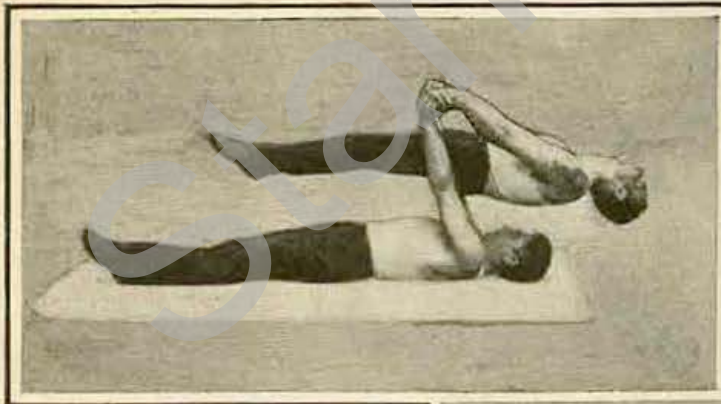
This statement will naturally raise a question in my readers' minds as to how this could be, since all are methods of muscular cultivation. The human body, however, is like any other animate thing in its response to cultivation—it will grow into maturity with the earmarks of the method used upon it.

All systems of muscle culture, excepting the use of bar-bells, absolutely fail to create ligament development, which is the reason for the lack of depth between the elbow joint and the biceps, where the ligaments of the upper arm are situated. The ligaments are always thin and stringy, and as ligaments are the fundamentals of physical strength, this is also the reason why these particular examples of physical culture are always so inferior in power to the bar-bell user.

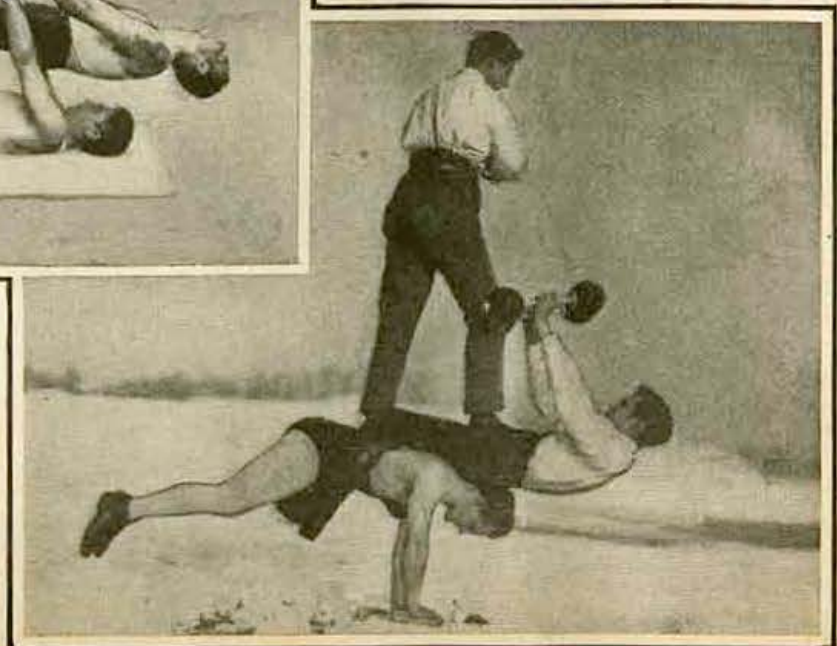
It is impossible to develop ligaments by any form of concentrated (Continued on page 87)



What is your particular stunt? Photograph it and send it to us. Here is E. C. Martin of Attica, Indiana, doing a shoulder stand with 325 pounds.



Can you beat these feats? Maybe you have a particular stunt that is even more spectacular. Send it to us. Geo. Stodler and P. Moulton of Cleveland (above), do an impressive stunt while at the right Arnold A. Schiemann supports a weight of 540 pounds in a difficult balancing feat.



How I Cheated the Undertaker

"Sunburn or the Embalmers" — That was the Ultimatum. Then I Learned How and Am Enjoying Better Health Today Than I Ever Knew Before

By Harold Faller

"**H**OW I cheated the undertaker." This is the prevailing motif of a galaxy of popular writers and artists whose biological confessions have been flooding the magazines of general circulation for several months. These intimate sketches leave the inescapable impression that the luminaries of the American literary horizon have been having a strenuous time restraining their souls from taking wing beyond the celestial horizon while their bodies reverted to the dust of which mere mortals are alleged to be made.

Three celebrities recently have confided to the public through the printed word how they out-generated and outfought hosts of tubercle bacilli that had invaded their pulmonary strongholds, threatening to drag them into untimely graves.

Harold Bell Wright writes of how he found health's golden glow in the golden west. Jimmy Swinnerton, the cartoonist, relates how he chased the rainbow of rejuvenation to its lair on the mountain-top, and, nestling down against the bulging bosom of mother earth, lost his enemy in the arid sands. Nina Wilcox Putnam gives a sketch of how she wafted her microscopic foes from a city house-top.

This pathological vogue in literature was set by Irving Cobb, who, while apparently bleeding to death slowly in a Boston hospital, attempted to score journalism's greatest "scoop" by giving the world the first "inside story" of how it feels to die. He covered the assignment like the master reporter he is up to the very portals of death. But there he was stopped. The Gates Ajar were still closed to reporters.

Cobb was followed by Montague Glass with a humorosity on how it feels to be scared to death by an operation and laugh it off. Then comes Heywood Brown with his symposium of a syncopated heart. Now I am urged to tell the world how my adventures as a helio-toper have helped me to cheat the undertaker.

Just to spare you the trouble of looking for it in the dictionary, where you wouldn't find it anyway, let me explain that a helio-toper is one that soaks up sunshine like the common beer-garden variety of toper guzzles moonshine, the principal difference being that sunshine has a tendency to pull you out of the grave while moonshine pulls the other way.

For nearly a year I have been feeding my crippled heart on sunbeams, and people express a curiosity to know how it has responded to the diet. Now I realize that my light, flaming on high, will never cause stargazers to resort to smoked glasses, and I have no hope of picking my way into the firmament on the keyboard of a typewriter; but if a punctured lung, a punk heart or an amputated appendix is the skeleton key

to the Hall of Fame, then all I have to say is: "Gangway Irv, and Jimmy, and Nina and give a hard-boiled veteran undertaker-cheater room to show his stuff!"

Eighteen months ago any enterprising undertaker could have taken me to his banker and put me up as collateral. I couldn't have bought a ten-day life insurance policy at one hundred and ten cents on the dollar. I was losing weight and strength so fast I could feel them sloughing off.

I couldn't eat. My heart felt like a sand-bag hitting heavily and lazily against my ribs. It was doing everything it shouldn't do and nothing it should do.

The cardiac nuisance flared up in the bathroom one afternoon in March, 1923. It started to sputter, spurt, buck and backfire in a most terrifying way. I staggered to my room and dropped across the bed gasping. Then the fight for life, which was to continue for many months, was on.

It seemed to me that my heart was enmeshed in a coil of rope that kept tightening about it, and strive as it would it could not shake off its strangling embrace. It seemed, too, that somebody had dropped concrete in my windpipe, shutting off my breath. What little strength I had was fast leaving me. I felt as if I were hanging over a bottomless void clutching a sagging cornice with my fingertips. For several days after that my wife nursed a lame arm, bruised by the death grip I had fastened on it while clinging to the life I felt slipping inexorably from me.

Some months later when I read of how a man describing himself as a "human fly" plunged to his death while scaling one of New York's tall buildings, I fancied that as he looked down in terror from that dizzy height feeling his grip fail, he had the same sensation I had as I struggled to maintain my hold on that imaginary ledge.

My brother, a physician, hastened to my bedside as fast as gasoline would propel him. As he stepped into the room he gave me one look and, embattled as I was, I recognized panic in that look. His fingers hastily found my pulse and he started like one who touches a hot wire. I was given a hypodermic injection and after a time became easier. But it was many months before I was able to get out of that bed.

In spite of my brother's urging I just didn't seem to be able to raise enough steam to get me out of there. At last he delivered an ultimatum: "You cannot get well in bed nor in the house. You must get out of here, and get out quickly. You'll die if you don't."

Then my brother explained how the sunlight would strengthen all my muscles, which included, of course, my heart muscles.

That settled it. I did not propose to let any brick wall stand between me and life. Like William Hohenzollern, I was ambitious for a place in the sun.

That was last November. I then weighed 115 pounds bundled in several plies of heavy winter clothing, and what little flesh remained clinging to my bones was as soft as clabber, and the color of clabber. Even my disposition had clabbered. I could not walk more than a few

steps without resting, and for that little I had to depend on a cane. Every morning my heart felt as if it needed shaking to get it started, like a run-down clock. Now, ten months later, I tip the scales at 135 dressed like a modified South Sea Islander.

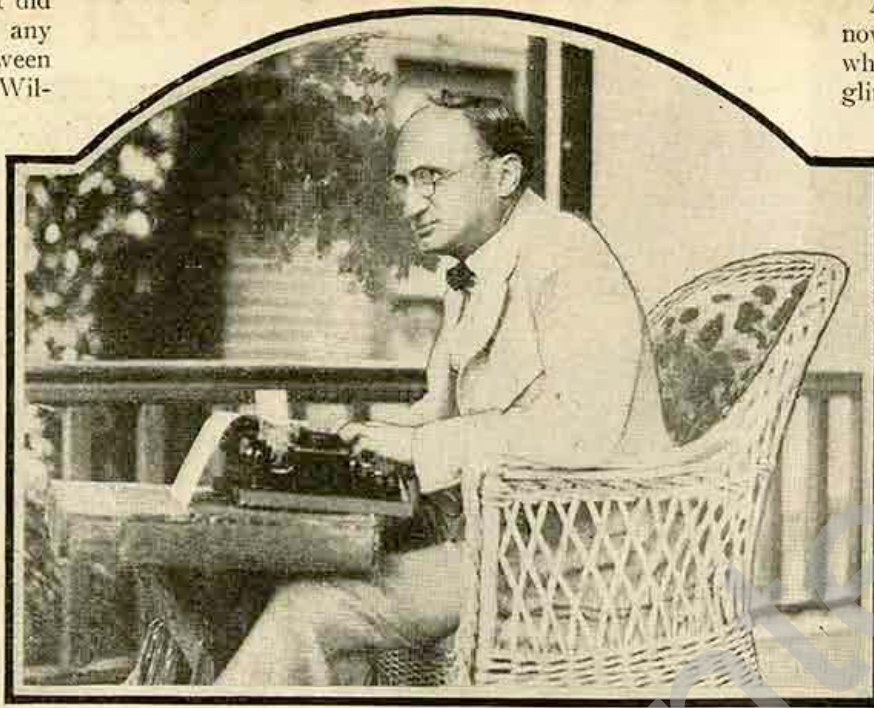
My muscles, far from being things of clabber, are hard as the heart of oak and so brown that I need never keep any flesh-tinted powder in the house as long as the cocoa can is filled. If some Negro mammy were to claim me as her own I wouldn't have the face to deny it. If I were to attempt a railroad trip south of the Mason Dixon line it is better than an even bet that I would have to ride Jim Crow. All this would be very disconcerting, but I cannot forget that it is much more sanitary to be black in the face from sun-bathing than from having some grave digger pat you in it with a spade; and a coat of tan is infinitely more satisfactory than a winding sheet. Then, too, my disposition is no longer clabbered. So much for the externals. Now for a report on the department of the interior. My heart has picked up so much and is behaving so well that I have begun to feel as if I were again really living, and what is more important, earning a living.

How did I do it?

The story is almost too simple to be interesting. I did not hurl my affliction from the house-top, for our roof, while it might have made an excellent solarium for a goat, is too steeply gabled for a human being, especially one who is none too sure-footed anyway. Going to the mountains as Wright and Swinnerton did didn't appeal to me.

"Go west" might have been good advice in Horace Greeley's day, but my counsel is, "stay home." It is easier to have health come to your door than it is to go out and find it.

Four years ago Warren G. Harding conducted a "front porch" campaign with signal success. I decided to conduct my health campaign from the back porch. It became my sanitarium.



Harold Faller, whose struggle for health included the overcoming of several formidable diseases, one of which was Tuberculosis.

As I look back on it now I am persuaded that when the neighbors first glimpsed me basking on the porch in the sun in the semi-nude they thought me a fit subject for another kind of sanitarium. But I carried on, for one who is to achieve anything worth while cannot be deterred by fear of being misunderstood, and I believed the pursuit of health to be worth while.

I have learned since that the neighbors did regard me as being half-

baked. Perhaps I was. But not now, and I have the crust to prove it. Ten months' experience with heliotherapy has convinced me that sun-power is a greater asset than water power or any other natural resource. Combined with will power it makes man power.

Only a short time ago my case was diagnosed something like this: T. B. both lungs, inflammatory rheumatism and typhoid-pneumonia. Now I am feeling one hundred per cent physically and only because I discovered the sun cure. On medicine I would long ago have cashed in my checks. I am convinced now that nothing but the program I followed would have saved my life.

The experience has softened my prejudice against the Mexican sun-worshippers. Old Sol might not be the autocrat of the universe. In its relation to the infinite it probably is less than a grain of sand to the ocean, but its power over life is manifest beyond question.

Today, in spite of the fact that I have lost my appendix, my tonsils, my teeth, one eye and most of my hair, I can proudly say that I still have the joy of living. I have traversed life's pathway into the Roaring Forties, and though the going had been a little rough it seems I have started to live all over again since I discovered the value of sunshine as a tonic, and I haven't much fear of the future now that I've learned my lesson.

If they bottled sunshine we would all be killed in the rush trying to get it, but because it is to be had free of charge, we pass it by and go into the drug store and buy a tonic. I tell you, life is one grand avenue. I shall follow it to the end, and no matter how far or near that might be I shall stay on the sunny side of the street. Let Old Man Trouble try to crowd me off if he dares!

Here is the creed I shall carry with me and here is the creed I recommend to all who want to cheat the undertaker. Let the glorious sunshine in and the glorious sunshine within will shine also. The sun that shines above will do a lot toward keeping the sun that shines within us on the job.

I am now at your personal service

Benny Leonard

UNDEFEATED LIGHTWEIGHT
CHAMPION OF THE WORLD

I HAVE retired from the ring, the undefeated light-weight champion of the world. Through clean living, clean fighting, clean training, I have won the esteem of a host of people, and, believe me, I don't purpose to lose that esteem. In fact, I am elated beyond words that I am now in a position to make a contribution for the benefit of the public—the same public which has been so good and so affectionate to me.

All through the years of my intensive preparation and training, first for winning the world's championship and then for holding it against all contenders, I employed, in addition to physical workouts, another policy which the world has never been told of. I can tell it now. It is this: I resorted to scientific study of the human anatomy through books. I don't know if ever a professional boxer did that before. The combination of all these things, the study of the body, the exceptional methods I myself discovered and perfected as a result of my own experimenting, the invaluable experience and opportunity for observation which was mine when I trained thousands upon thousands of Uncle Sam's Doughboys in the war, has enabled me to get at the bottom of this whole subject of physical fitness and culture. And I am going to pass on to the public the results of my findings in the shape of "THE BENNY LEONARD SYSTEM OF PROMOTING PHYSICAL FITNESS."

Whether you have ever taken physical culture courses, by mail or in gyms, or not, you will be interested in my new practical methods. Because my system is designed to meet the needs of each individual. I adapt it to your requirements by study of your conditions, just as I first studied my own. If, for example, you want bigger muscles, I'll give them to you. If, on the other



The BENNY LEONARD SYSTEM OF PROMOTING PHYSICAL FITNESS

hand, you are just the normal human being who has no desire for performing feats of strength or for large, weighty muscles, but who does want a tingling, healthy body, scientifically attuned—a body of all-around championship fitness—that springy step, that sparkling eye, that deep chest, glowing cheek, firm hand-clasp, that "devil-may-care" feeling of confidence and "all's well with the world" spirit that makes for success—that wins you the respect of men and the adoration of women—if you want these, then you'll find in my system a long-felt want satisfied. Every living creature, no matter what his or her work may be, owes himself or herself good health and a sound body. You can get it and keep it with my system.

Send for my free booklet—"NOW I CAN TELL YOU"—Use this



It is impossible to tell you about my methods in this space, so I have set down my thoughts in a fascinating booklet, entitled "Now I Can Tell You"—which tells you all about it. If you are already a physical culture fan you will find it entirely different than anything you've ever read on the subject. And, if you are not, you will find it loaded with human interest and many sidelights about my colorful career, which information alone will repay you the minute it will take you to write me to send you a copy. Use this blank; mail it to me today—right now—while it's on your mind.

Send this coupon at once. I will answer personally.

Benny Leonard

GPO Box 474 [Dept. 7A] New York, N. Y.

Entire Contents of this advertisement copyrighted 1925

BENNY LEONARD
GPO Box 474 [Dept. 7A] New York, N. Y.
Sounds to me that your booklet, entitled "Now I Can Tell You" must contain some mighty interesting reading matter. Will you please send me a copy? I enclose 10c [either stamps or coin] to help cover costs of getting this book out and sending it. There's no obligation.

Name _____
Street _____
City _____ State _____

SANDOW

*The Most Famous Strong Man
the World Ever Produced—
Says:—*

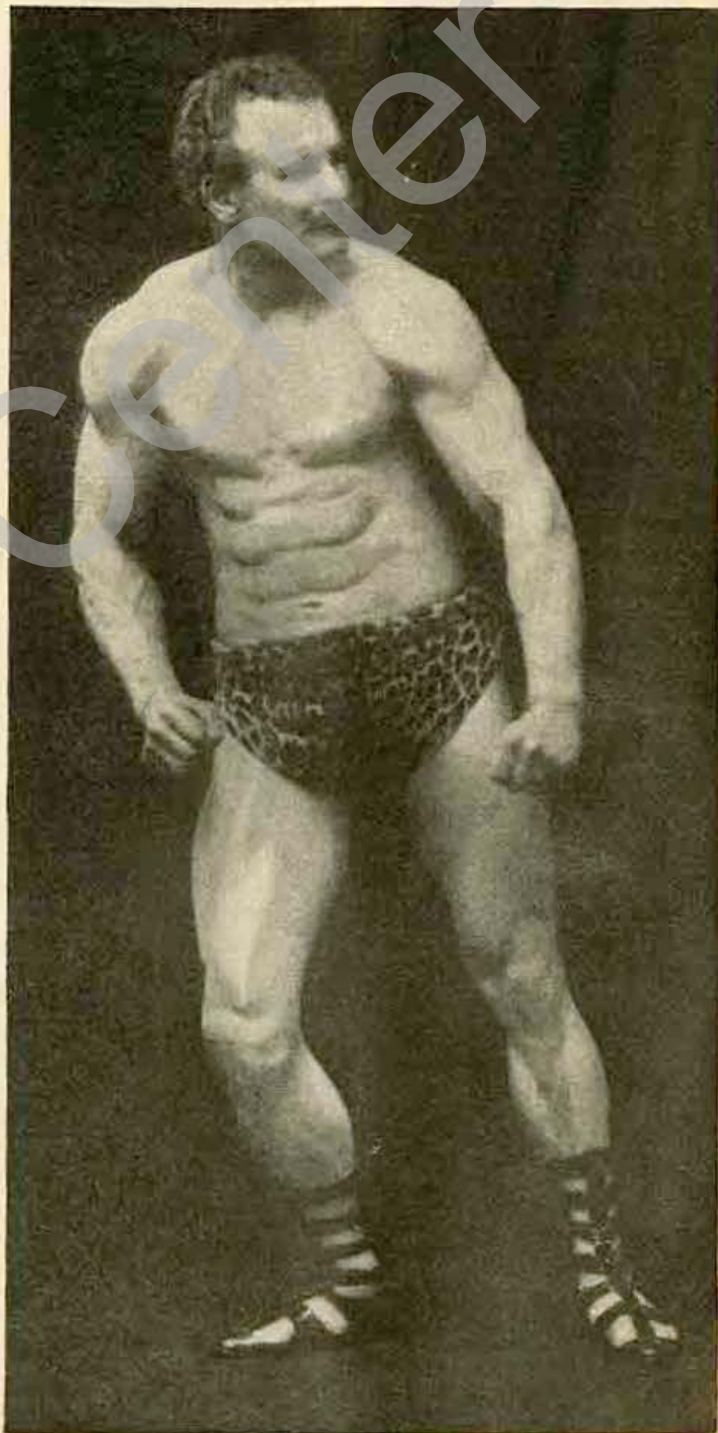
"Your (Liederman) system of Physical Culture is a perfect health and muscle building system."

ASK the average person, "Who is Eugen Sandow?" and the reply will be: "The strongest man in the world." Sandow did accomplish some most amazing feats of strength when he last toured America, but he is far more than a strong man. He is known the world over as one of the greatest instructors in Physical Education. Not only has he been recognized as an authority on this subject, but he has been officially pronounced the finest physical specimen of manhood that the world has ever known.

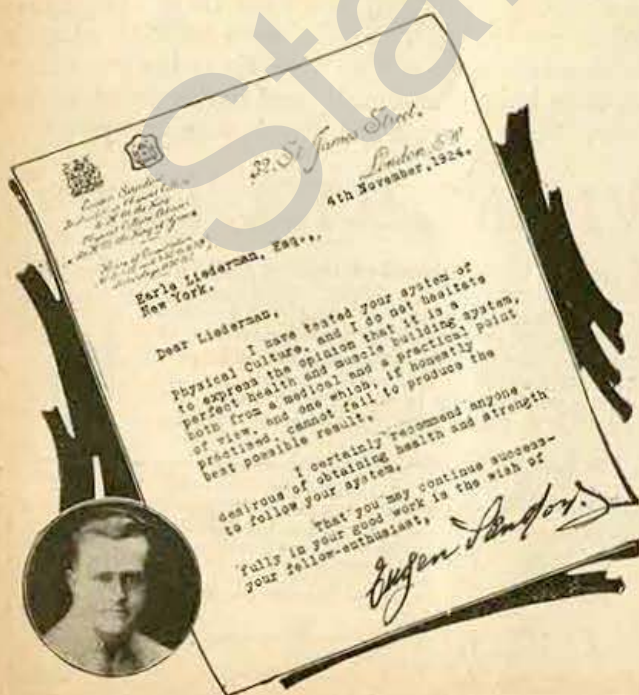
It is now 25 years since Sandow toured America, performing unbelievable feats of strength and lecturing on the development of man's physical powers. Since that time he has been personal advisor to a number of Presidents of our own country, the President of Switzerland and twelve of the crowned heads of Europe.

Mr. Liederman has always been a great admirer of Eugen Sandow and knew of the great work Sandow was doing in Europe. In the spring of 1924 Mr. Liederman and Sandow met to discuss this great subject of Physical Education. Sandow asked that he receive the Liederman course of instruction so that he might test it, as he had already done with other courses.

Read letter below and see what Sandow now says of the Liederman system. When such a man who is physical advisor to kings, will say what he does of the Liederman health and muscle building system, the final word has been spoken. Can there be any higher authority?



EUGEN SANDOW
Instructor to H. M. the King



Why Don't You Hit Your Head With a Hammer?

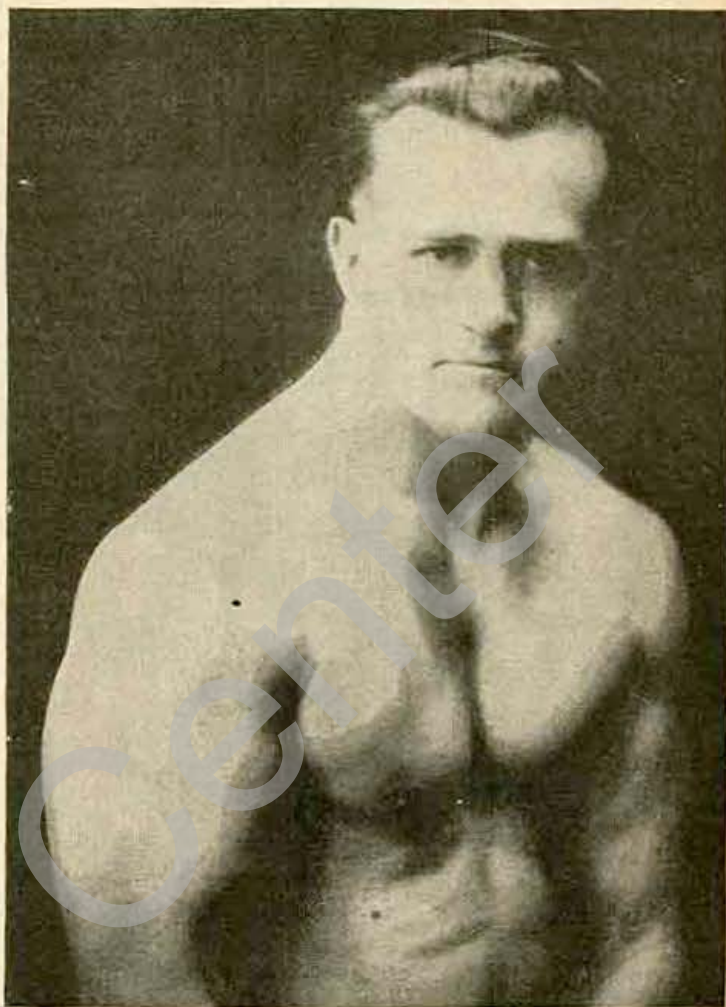
Crazy? Sure you'd be crazy? But it's just as sensible as some of the things you're doing now. You keep throwing trash into that poor stomach of yours and then wonder why this muck doesn't change into brawn and muscle. You must think your stomach is a sleight of hand artist. And what are you doing in the way of exercise? Surely you have enough sense to know that every man must take systematic exercise if he hopes to be strong and healthy. But how much exercise are you taking? I'll bet you don't do enough to keep a flea warm. Come on out of it, fellows. Get a grip on yourself. Either start right this minute to make a man out of yourself or go **hit yourself on the head with a hammer** and take yourself out of misery—for a weakling is a hindrance to himself and everyone else.

Do It Right

Now let's get down to business. Do you want to do this thing right? If you do, just say the word and I'll show you how to build some real strength and muscle onto that frame of yours and do it in the shortest and surest way possible. Did you see what Eugen Sandow wrote about my system? He said it was the best health and muscle building system in America. If the great Sandow says anything like that you can bet all you've got that it's right. For if anyone on earth today knows how to test a muscle building system it's Eugen Sandow.

What I Guarantee

Do you get that? I don't promise a thing. I guarantee it. I guarantee to put one full inch on your arm in just 30 days and two inches on your chest in the same length of time. But that's nothing. I've only started. That's just my foundation. Now comes the real works. I'm going to shoot you so full of pep you'll feel like tackling a grizzly bear. I'm going to pack muscle into every niche and crevice on your body. I'll broaden your shoulders and deepen your chest. I'll work in and around every vital organ in your system. You will stretch out your big brawny arms and tackle any job put before you. There will be no stopping you then for you'll crave exercise like a starving kid craves his food. And health—you'll be bubbling over with it. You'll have the spring to your step and the flash to your eye that radiates life wherever you go. Sounds good, doesn't it? You're darn tootin' it's good. It's wonderful. And remember I don't just promise these things. I guarantee them. Are you with me? Atta boy. Let's smash into it. I'm ready. Let's go!



EARLE E. LIEDERMAN
The Muscle Builder

Author of "Muscle Building," "Science of Wrestling," "Here's Health," etc.

Send for My New 64-Page Book "Muscular Development" IT IS FREE

It contains forty-five full page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. I want you to have this book with my compliments—ABSOLUTELY FREE. Fill out and mail the coupon or send me a postal today—before you forget it.

EARLE E. LIEDERMAN

Dept. 704 305 Broadway New York City

\$3,000.00 IN CASH PRIZES

and a

FREE TRIP TO NEW YORK

ON October first I am going to give away \$3,000.00 in cash prizes ranging from \$1,000.00 down. The man or boy who shows the greatest improvement in his physical condition between now and that date, will receive \$1,000.00 and a trip to New York for one week, with all expenses paid. The man or boy with the finest proportions will receive \$500.00 and a free trip to New York. There will also be 26 other cash prizes and 1,000 medals. Send for particulars. This won't cost you one cent and absolutely will not obligate you in any way.

It Is FREE	DONT SEND ONE PENNY — YOUR NAME AND ADDRESS ON A POSTAL WILL DO	EARLE E. LIEDERMAN Dept. 704, 305 Broadway, New York City
		Dear Sir: Please send me absolutely FREE and without any obligation on my part whatever, a copy of your latest book "Muscular Development."
		Name.....
		Street.....
		City..... State..... (Please write or print plainly)

What Your Children Should Eat

(Continued from page 51)

mail this
Coupon



SEND NO
MONEY

The Marshall Stillman
Association
Dept. 1725D, 247 Park Ave.
New York City

Send me on approval the
Marshall Stillman Course.
When I have the course in
my hands, I will deposit
\$1.67 (plus the actual
postage) with the postman
with the understanding that
if, after 10 days, I wish
to return the course I may
do so and my deposit will be
instantly refunded. If I keep
the course, there is to be
nothing further to pay.

Canadian and foreign orders must be accompanied
by cash (\$1.67 U. S. funds), subject to money back
guarantee if not entirely satisfactory.

Name.....

Address.....

and become expert at BOXING WRESTLING JIU-JITSU

If you could box like a phantom and hit like a pile-driver, how much would it be worth to you in dollars and cents?

If you could wrestle with a man twice your size and throw him every time, how much would you take for that ability?

If you knew Jiu-Jitsu and could break an assailant's arm by a simple little twist in the right place and in the right way, how many dollars would you take in place of that marvelous method of self-defense?

As a two fisted he-man, and possessing these things, I'll wager that you wouldn't take all the cash in the world for such skill!

Yet for the sum of \$1.67 the famous Marshall Stillman Course that teaches things quickly is yours. But send no money! We will mail it at once on our special, ten-day, deposit-on-delivery offer.

RESULTS GUARANTEED OR MONEY BACK

If the Marshall Stillman Course doesn't teach you boxing, wrestling, and jiu-jitsu, send the course back after ten days and your deposit will be refunded to you.

YOU ARE THE ONLY JUDGE

You are the only judge. If you are not satisfied with the things you learn—such as the Jack Dempsey Trip, the Mike Donovan Leverage Guard, the Fitzsimmons Shift, and a raft of other marvelous blows and tricks—you get your money back.

Remember, you are the judge! You can't lose. If the course doesn't teach you all you want to know, then it doesn't cost you anything!

INCLUDED WITH COURSE

A "History of Boxers," their pictures and a lot of dope about them will be sent to you with the course. This alone will give you dollars' worth of pleasure.

SIX BOOKS—HUNDREDS OF ILLUSTRATIONS

Complete Course \$
BOXING 1.67
Jiu Jitsu & Wrestling plus
\$5.00 postage

10-DAY TRIAL

The boy soon gets to like the vegetables.

Make the child's meals appetizing. No one appreciates "tasty" food better than growing boys and girls. Most children get too much sugar. A reasonable amount of sweetening is all right but heaping a lot of sugar on bread and making a meal out of it or spoiling a perfectly good appetite by eating this between meals is bad practice.

The growing child needs plenty of good plain food. He will eat, and should have, as much as the average adult. Fancy concoctions, rich and highly seasoned varieties, should be avoided. Give children lots of pure milk, well-cooked cereals, brown breads, toast and butter, eggs, roast or broiled meats in moderation, fresh and stewed fruits, plain desserts like rice and cornstarch puddings and custards.

If little Cal Coolidge wanted another piece of pie for breakfast I'll wager he got it. Oh, yes, they serve pie for breakfast in old New England; but it must have been very good pie for as far as we know he hasn't had enough indigestion to interfere with his becoming President of the United States. Yes, it must have been very wholesome pie and carefully baked. I wouldn't deny my child pie, cake or candy in moderation provided I knew the ingredients were wholesome, and it was properly prepared and eaten as a part of a well-balanced meal. The usual bake shop pastries and cheap candy should be avoided if you value your child's health. The same is true of ice cream. Too much is bad and I fear some that is sold to the public is not as pure as it should be. Either make it yourself or be sure you are getting a reliable brand. Unless made of pure healthful ingredients, desserts are only palate ticklers and contribute little to building up bone, muscle and good red blood. They destroy a normal appetite. Children can get along without sweets, but they can't get along without the substantial.

If a child is picky about eating and his appetite is gone, something is wrong. This is sometimes the case with our two small girls while a perfectly ravenous desire for food is exhibited by our two boys. We find that a little afternoon party has been going on at a girl friend's house where "nice refreshments" were served, while the boys have been having a fine game of football. The habit of eating between meals is disastrous to a good appetite while out-of-door play aids it. A glass of milk and piece of bread and butter may be given after school if the child comes home hungry, but constant nibbling between meals is a bad habit to get into.

Train your children to always wash their hands before coming to the table. Tell them how unsanitary it is to touch food after handling "everything under

the sun" without first washing their hands thoroughly.

Malnutrition is not always a matter of not getting enough of the right kind of food. Late hours, nervous exhaustion, not enough play in the open air may react badly on the digestive processes. Make your child chew his food thoroughly and not bolt it rapidly as many do. The other day I was correcting my boy for this practice. We have a cat who will swallow his food whole so I told the boy if he followed the cat's example he would grow hair and a tail like the cat. "Gee," he replied, "I'd like that. Then I could join a circus." Anyway the boy is chewing his food these days. I can't cure the cat.

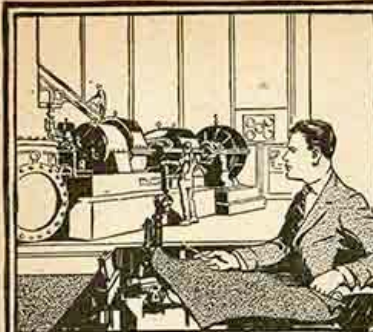
Most schools are serving nourishing lunches. Milk, vegetables, roast beef sandwiches, hot soup, and apples or oranges. During school days the arrangement of meals must be made to suit conditions. Theoretically the "heavy" meal, dinner, should come in the middle of the day. But in many homes it is not practicable to arrange this. Give a good hearty breakfast; that is, fruit, cereal, toast, eggs, bacon and warm milk. Lunch at noon and serve a satisfying dinner as near six o'clock as possible. Let the children play for a half hour after dinner, then study their next day's lessons. Have the younger children in bed at eight o'clock, the older ones between 8.30 to 8.45. All should be asleep by 9 o'clock to arise at 7 o'clock next morning. Occasionally the home study can begin earlier, giving time for story reading before retiring; but a short while for play after the meal aids digestion. Constipation is helped and often cured by the right kind of diet.

A great deal has been written about food values. The current magazines are publishing excellent articles giving instruction on the selection and preparation of food. Every well regulated home has a good cook-book or two. So there is no excuse for any one being ignorant on the subject. A little reading and study of diet will yield much information. The terms *calories*, *vitamins*, *cellulose*, and *proteins*, *carbohydrates*, *mineral salts* and *fats*, will be better understood. You will appreciate the necessity of iron and calcium in the growing system and why a well-balanced diet is necessary for health and growth. Mother should plan the children's diet so that they will get enough of these needed food elements. The preparation of meals will become more interesting as you begin to understand the science of it.

Have a system in making up your menus. Every mother should keep a note book or card file and record the various kinds of nutritious foods and the ways to make them appetizing. Instead of wondering what to serve the family next you will come to enjoy the fascinating game of making up menus. It beats cross word puzzles all to pieces!

There would not be room in this

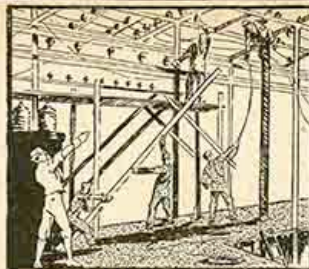
(Continued on page 68)



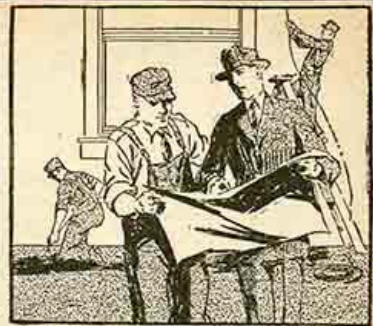
Be Superintendent of an Electrical POWER PLANT



Own Your Own Electrical REPAIR SHOP



Boss Electrical Construction Jobs



Be an Electrical CONTRACTOR



Chief Engineer DUNLAP

I Guarantee You A Job AND A 50% Raise!

Be a Dunlap trained Electrical EXPERT!

IF you are now earning less than \$40 a week, I will guarantee you an Electrical job after you finish my training—guarantee you at least 50% more pay UNDER BOND, or refund every cent you pay for this training. You can get this guarantee ONLY from AMERICAN SCHOOL, the 27 year old, million-dollar Educational Institution—because no other Electrical home-study training justifies the guarantee of a job and a 50% raise.

I send you 4 Electrical Outfits!

Dunlap JOB-METHOD training is built around four Electrical Outfits which I send you as a part of this course. You learn by doing actual Electrical jobs with this equipment. Includes house-wiring, bell-wiring, electric light, Radio and motor outfits. I guarantee to supply the most elaborate, costly and complete outfits ever given by any home-study electrical school.

Electricity pays Experts \$70 to \$200 a week

The world's greatest, fastest growing, most fascinating business needs you. New projects total a thousand million dollars. No other industry offers such a golden future to trained men, trained as I train you. Take my training AT HOME, in your spare time. Prepare to BOSS untrained electrical workers, to direct Electrical Construction, to go into business for yourself. Loan me only a part of your spare time and I'll help you climb from small pay and hard work to a salary of \$5,000 a year or more! Here is the chance you've been waiting for to get into easier work and enjoy the better things of life.

22 Great Electrical Engineers \$63 Scholarship FREE

helped me make this training the most complete and up-to-date on earth. Dunlap-training brings you instruction from a recognized authority in every branch of electricity. These men know what training you need to earn the largest salaries, and they give it to you. My training built by 22 Engineers and Executives of the following great corporations and Universities:

1. General Electric Co.
 2. Commonwealth Edison Co.
 3. Crocker-Wheeler Co.
 4. Cutler-Hammer Mfg. Co.
 5. American Telephone & Telegraph Co.
 6. Westinghouse Electric & Mfg. Co.
 7. Western Electric Co.
 8. Underwriters Laboratories, Inc.
 9. Columbia University
 10. Dartmouth College
 11. Massachusetts Institute of Technology
 12. Lehigh University
 13. University of Vermont
 14. Armour Inst. of Technology
 15. University of Kansas
- AND MANY OTHERS.

AMERICAN SCHOOL organized NOT FOR PROFIT, gives you the benefit of royalties, profits and other savings. Write me at once and save \$63 cash. Get the facts and take advantage of my GUARANTEED JOB and RAISE offer. Get the facts about YOUR chances in the Electrical business. If you're less than 40 years old, even if you have only common schooling, I guarantee your success. Get my big, free catalog—see for yourself how quickly and easily you can get ready for

Big Pay!

MAIL COUPON QUICK!

Chief Engineer Dunlap
AMERICAN SCHOOL
Electrical Division
Dept. E-4203 Drexel Ave. & 58th St.
CHICAGO, ILLINOIS

Please rush free book, guarantee of a job and 50% raise, \$63 Free Scholarship offer and complete information.

Chief Engineer Dunlap American School
Electrical Division
Drexel Ave. and 58th St.
Dept. E-4203 CHICAGO

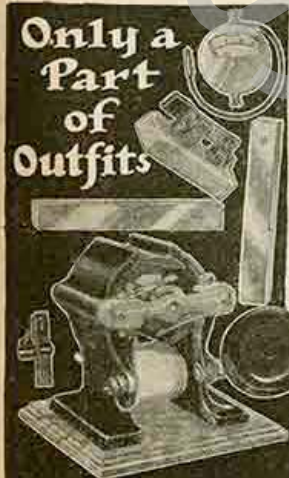
Name.....

St. No.....

City..... State.....

MAIL TO-DAY

DUNLAP GUARANTEES JOB AND RAISE



Dunlap Guarantees You a Job And a Raise!

What Your Children Should Eat

(Continued from page 66)

Why haven't
you
clipped this
coupon

INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 2384-C, Scranton, Penna.

Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject before which I have marked an X:

BUSINESS TRAINING COURSES

- | | |
|--|---|
| <input type="checkbox"/> Business Management | <input type="checkbox"/> Salesmanship |
| <input type="checkbox"/> Industrial Management | <input type="checkbox"/> Advertising |
| <input type="checkbox"/> Personnel Organization | <input type="checkbox"/> Better Letters |
| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Show Card Lettering |
| <input type="checkbox"/> Business Law | <input type="checkbox"/> Stenography and Typing |
| <input type="checkbox"/> Banking and Banking Law | <input type="checkbox"/> Business English |
| <input type="checkbox"/> Accountancy (including C.P.A.) | <input type="checkbox"/> Civil Service |
| <input type="checkbox"/> Nicholson Cost Accounting | <input type="checkbox"/> Railway Mail Clerk |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Common School Subjects |
| <input type="checkbox"/> Private Secretary | <input type="checkbox"/> High School Subjects |
| <input type="checkbox"/> Spanish <input type="checkbox"/> French | <input type="checkbox"/> Illustrating |

TECHNICAL AND INDUSTRIAL COURSES

- | | |
|---|--|
| <input type="checkbox"/> Electrical Engineering | <input type="checkbox"/> Architect |
| <input type="checkbox"/> Electric Lighting | <input type="checkbox"/> Architects' Blue Prints |
| <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Contractor and Builder |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice | <input type="checkbox"/> Concrete Builder |
| <input type="checkbox"/> Railroad Positions | <input type="checkbox"/> Structural Engineer |
| <input type="checkbox"/> Gas Engine Operating | <input type="checkbox"/> Chemistry <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Civil Engineer | <input type="checkbox"/> Automobile Work |
| <input type="checkbox"/> Surveying and Mapping | <input type="checkbox"/> Airplane Engines |
| <input type="checkbox"/> Metallurgy <input type="checkbox"/> Mining | <input type="checkbox"/> Agriculture and Poultry |
| <input type="checkbox"/> Steam Engineering <input type="checkbox"/> Radio | <input type="checkbox"/> Mathematics |

Name.....

Street.....

3-6-24

Address.....

City.....

State.....

Occupation.....

Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada



Sizes for all types of noses.

Free Demonstration if desired.

ANITA NOSE ADJUSTER

The GENUINE (Patented)

Shapes while you sleep. Rapid, painless and safe. The ANITA is a Genuine and most Comfortable Nose Supporter. Absolutely GUARANTEED. Highly recommended by Physicians.

Write for FREE booklet.

"Nature's Way To Happiness"

The ANITA Co.

Gold Medal Dent. 427 Antis Building, Newark, N. J. Winner Feb. '23 655 High St., NEWARK, N. J. BEFORE-AFTER

article to list all of the good things for children to eat and all of the things to be avoided. Most housewives have excellent recipes of their own. Here are a number of familiar things to serve which you may be sure are safe and nourishing.

Cereals: Don't spoil by using too much sugar. Better not use any, although a little may be allowed if needed to make palatable. Oatmeal, unbolted corn meal, hominy grits, and rice are more nutritious when cooked long and slowly. Bran is especially good for constipation.

Vegetables cooked and green. Vegetables contain large quantities of vitamins indispensable to health. Tomatoes protect against scurvy. Leaf plants such as spinach and lettuce are important. Eat baked potato skins; carrots, onions, beets, beans are all excellent. Try creamed celery.

Soups: Cream of potato, celery, pea, bean, tomato and a soup made up of all vegetables, are all excellent. Try these for lunches with bread and butter.

Meats: Meat should be eaten in moderation especially by children under eight years. Once a day is enough. Roast, broiled or boiled meats are preferable to fried meats. Beef, lamb and chicken are better than richer selections. Try an "Irish stew" now and then.

Eggs: Serve poached eggs on toast, soft boiled, omelettes or scrambled. These are better ways of cooking eggs than frying them for children.

Fish: Be sure you get fresh fish. It is splendid food for children especially if baked or broiled. Old fish is to be avoided even if not really bad.

Bread: What is known as the brown varieties of bread are best for growing children. These include whole wheat, graham, rye and bran breads. If white bread is used it should be yeast bread. Muffins should be made of whole ground cereals and served only once or twice a week. Eat the crusts of bread; they are good for the teeth and digestion. Toast (hard) is also excellent for the teeth. Avoid soft, fresh breads.

Desserts: Good puddings are rice, cornstarch, bread and tapioca, custards baked or boiled, junkets and fruit gelatines. Pies in moderation made of wholesome fruits or custard without too much shortening in the crusts. Pure ice cream, Jellies and jams, home made preferred. Plain boiled rice with cream is excellent.

Beverages: Milk is excellent. Serve at least twice a day. Some authorities believe cocoa is harmful. However, many of us still give it to our children in moderation with plenty of milk and believe it to be nutritious if served in this way. Tea and coffee should not be given to children at all. Cereal drinks are good. Did you ever try oatmeal water in hot weather? Soda pop and fancy drinks of this character should

be avoided, good lemonade is a far better drink. But get the water drinking habit! Drink a glass of pure water upon arising, the same amount with each meal and a glass or two between meals. Avoid ice water, drink it cool if you want to. Do not "fill up" on water when you sit down to a meal, particularly in summer when you are thirsty. Drink slowly and a little at a time when you have food to eat.

Fruits and Berries: Avoid unripe or wilted fruits. Apples, oranges, pears and bananas are excellent eaten raw. Stewed prunes and apricots, apple sauce and baked apples can be served with cream. Eat some kind of fruit every day. Stewed prunes are especially good for constipation. Fruit salads are excellent in warm weather. Learn to like dates and figs; they are better than candy for children.

Candy: Strict moderation. Only a little candy at a time, and that absolutely pure, is the best rule to apply to candy eating. Above all, avoid the cheap varieties such as all-day suckers to be had for a few pennies. Only a sucker would purchase one. Not all candy is bad. In Camp we allow a small amount of pure candy to be eaten after one of the daily meals. Milk chocolate is substituted at noon lunch, now and then, in place of a dessert.

Chewing-gum: This creates a false stimulation of the salivary glands. It is best to discourage the habit. Digestion should need no such aid and making the jaws work away from the table like a cow chewing her cud certainly "looks like the dickens."

Canned Goods: First-class brands are all right but do not get into the habit of depending entirely on them. Use fresh things when you can get them.

Seasonable Diet: Eat seasonable foods as nature intended.

Digestion: Chew food well. Don't hurry at meals; make them pleasant affairs. Find some other time for teaching manners than at the evening meal. To aid in avoiding constipation, form regular personal habits morning and night. Take nature's laxatives, plenty of pure water, orange juice, stewed prunes, bran and fresh green vegetables.

Eating between meals: A bad habit. Interferes with a normal appetite and regular habits of eating.

Cleanliness: Wash hands before meals. Tableware and cooking utensils should be kept scrupulously clean. Wash with hot water and soap and rinse before drying. Keep food in clean places. Cracked dishes collect germs. Don't use the dishcloth for wiping spots off the kitchen floor.

Make a special point of these details and you will have covered almost everything connected with the feeding of your children. Let their outdoor hours supply the appetite while you supply good, clean, nourishing food, and the most important factor in building their young bodies will be taken care of.

I'll give you the strength of a LION if you'll give me the heart of a MAN!

THERE'S one thing you need before you need Breitbart—and that's moral courage! Moral courage isn't much use without muscular development, but neither is muscular development, any good without the other. *I'm selling muscle but I'm looking for hearts!* I will show you the way, but you must furnish the will! I will give you strength of body but you must bring me strength of purpose. Because there is just one feat of strength that even Breitbart cannot do! *I can make a giant out of a weak body and a great heart, but I cannot swap punches with a man who isn't game!* Give me co-operation and I will give you power! Put yourself in my hands and I will put the world at your feet! *Trust me!* And I will give you the physical prowess that brings joy to the heart of a man and thrills a woman to ecstasy!

Get the bulge on the crowd with a bulge in the muscle!

I don't care how weak you are! Forget it! I was not always a superman myself. I too had to undergo the physical development I recommend to you. And behold what it did for me! It has given me the fabled strength of Samson and the physique of a Greek God! In less time than a blacksmith takes to fashion one horseshoe on the anvil, I bend a dozen with my naked hands! I drive heavy nails through layers of oak and sheet iron, support on my



chest a motor cycle race in an improvised steel bowl, and play with stout steel bars as a woman plays with a glove! *And what's the secret!* Whence come these volcanic vitamins of strength, flooding the system with the lava of life, and crowning man's days with dominion? *The answer is simple—it is the Breitbart System of Muscle Building, which is scientifically designed to exercise all parts of the body even in the process of developing any particular set of muscles.*

Get a copy of the book that shows how to copy Breitbart

HERE'S a book that'll make you sit up and take notice. Shows what my method of muscular development has done for me and some of my pupils. Illustrates many of those phenomenal physical feats that have literally electrified the press and the people of two continents. Contains scores of newspaper accounts of my physical prowess, and numerous enthusiastic tributes from my pupils. And gives you an interesting account of the Special Breitbart Apparatus, which, with my instruction, will do the trick! It is literally the secret of the way to power, and will put new muscles on you every minute.

MY FAMOUS MUSCLE METER ABSOLUTELY FREE

AN ingenious measuring device that tells you whether or not your muscular development is normal or subnormal. Enables you to watch the daily increase from what it is to what it ought to be! *Free with the Book. Get both, and get them now!* Waiting won't get you anything but corns! *Clip the coupon and let's get your muscles working!*

Clip Coupon and Mail **NOW**

BREITBART

1819 Broadway Gotham Bank Building New York

SIEGMUND BREITBART, Dept. A3
Gotham Bank Building
New York City

I want to become muscular and powerful by your new, better method. Send me your new 64 page book free. I enclose 10c. to help pay for distribution. This does not obligate me in any way. I also want your MUSCLE METER which is FREE

NAME _____

STREET _____

CITY _____ STATE _____

This Tenor Banjo FREE



THIS handsome, full size, professional tenor banjo is yours. We want to make one thousand new friends this month. We want to present one of these wonderful, delightful instruments as a gift to each of one thousand readers of this magazine—and here's why.

Before becoming a professor, and as a lover of music, particularly the tenor banjo, Prof. Six yearned and yearned for the possession of a genuine, professional instrument, the same kind used by the big, successful professionals of the world. Now that we have succeeded, we want to help every music-lover attain success and this gift offer is made to pave the way for you, and no previous musical knowledge is necessary. We have another surprise for you! Not only do we start you on the way to popularity, success and fame by supplying you with an instrument that you can compare to any used or displayed in your town, but under personal supervision you will be given, by mail, the benefit of Prof. Harry S. Six's twenty-two years as Director of Glee and Instrumental clubs of New York University. We don't just send you a lot of printed words and instructions and trust to luck that you will catch on. Our method is different and has proven to be the simplest devised by man—that is why we claim you'll be able to play in thirty minutes. Put us to the test.

Learn in 30 Minutes With My Picture Method

Arthur Brisbane, the highest paid journalist in the world, once said that "a single picture is worth a thousand words." He was right, for it stands to reason, when you take your instrument in hand along with the actual photographs of the professor in action as your guide, it is easy to imitate and do the right thing. But that is not all.

Phonographic Records Free We also furnish, as an additional guide, phonographic records, of our professor playing the piece you are learning, along with our thorough printed and illustrated, easy-to-read course. Doesn't that sound easy? It is easy. If you could sit in the academy and see letters and telegrams from our pupils, you would be convinced that we have perfected the simplest, yet most highly efficient course to insure your mastering the tenor banjo.

Don't Send a Single Cent

Investigate offer today. Don't put off until tomorrow, because you might forget and miss this wonderful opportunity. It might be the turning point in your career. Don't send a single cent. Just drop a line—use coupon or a postal card will do—telling you are interested in receiving full particulars about course and to reserve one regular eighteen dollar, full size professional tenor banjo for you, which we have offered as a gift. Act quickly, because there may not be enough gift banjos to go around for the million or more readers of **STRENGTH**. This does not obligate you in any way. Therefore, do not hesitate—put in your reservation now, this very minute. You will soon join our happy army of enthusiastic finished tenor banjo musicians.

EARN BIG MONEY

FREE BANJO COUPON

New York Academy of Music
Studio 484-100 Fifth Ave., New York

Please rush all information relative to your Tenor Banjo Course and reserve a gift banjo for me. This obligates me in no way whatever.

Name

Address

City

State

Get Health-Height-Youth



90% of all human ills are of spinal origin. This great University Invention, The Cropp Therapeutic Couch, Remakes and Rejuvenates the body—Stretches the Spine, Skeleton, Cartilages, Nerves, Arteries, Muscles and Ligaments. Corrects Curvatures, Deformities, removes causes of arrested growth, gives Height and a Body Beautiful. Ask for free book "The Human Body."

International Health Devices Corporation,
117 West 46th Street New York City

How Can I Get More "Nerve Strength" From My Food?

(Continued from page 25)

own person, with its paralysis of nerve functions, by living for a few weeks upon an exclusive diet of white bread or polished rice, or upon both, or upon their equivalent in other refined and demineralized foods.

Such nerve degeneration was found to be particularly in evidence, as a result of the use of refined foods, in widespread experiments which demonstrated the worthlessness of white flour and of polished rice, and the contrasting high value of wheat bran, rice bran and whole grain foods generally. And so that you need not take my word for it, I would refer you to the facts as reported by the United States Public Health Service (Reprint No. 471, from the Public Health Reports) which you can secure by writing to Washington, D. C., under the title, "The Dietary Deficiency of Cereal Foods with Reference to Their Content in 'Anti-Neuritic Vitamin'."

You will find there a description of Holst's experiments with pigeons which developed nerve degeneration and symptoms characteristic of polyneuritis with loss of weight, when fed on white bread, whereas those fed on whole grain bread showed no abnormalities during the four months of the experiment. You will find references to experiments of Simpson and Edie, whose pigeons fed on whole wheat bread continued active and well, even mating and hatching their eggs, whereas pigeons fed on white bread developed typical polyneuritis symptoms, with marked degenerative changes in their peripheral nerves, dying in twenty-nine days. You will find reference to Little's five years of experience with beri-beri epidemics in Newfoundland, developed on a diet of white bread, molasses and tea, with a little fish, whereas the mere change to whole wheat bread was followed by the disappearance of the disease. These Newfoundland experiences with beri-beri were checked up by experiments on chickens, in which those fed on white bread died within four to six weeks, following symptoms of polyneuritis and nerve degeneration revealed by histological examination, whereas the fowls fed on either the natural whole wheat or whole wheat bread lived in perfect health for seventy-five days, when the experiment was discontinued. Clearly, there is something that the nerves need in the bran of the wheat.

Now, these facts, developed years ago and representing pioneer work in establishing what we may call the new truth about food, because it is all very modern, have been checked up again and again by other investigations, experiences and experiments, and they are of such a nature that you, yourself, can check them up at any time that you wish to sacrifice pigeons, chickens, white rats, guinea pigs or other living creatures for the purpose. You can

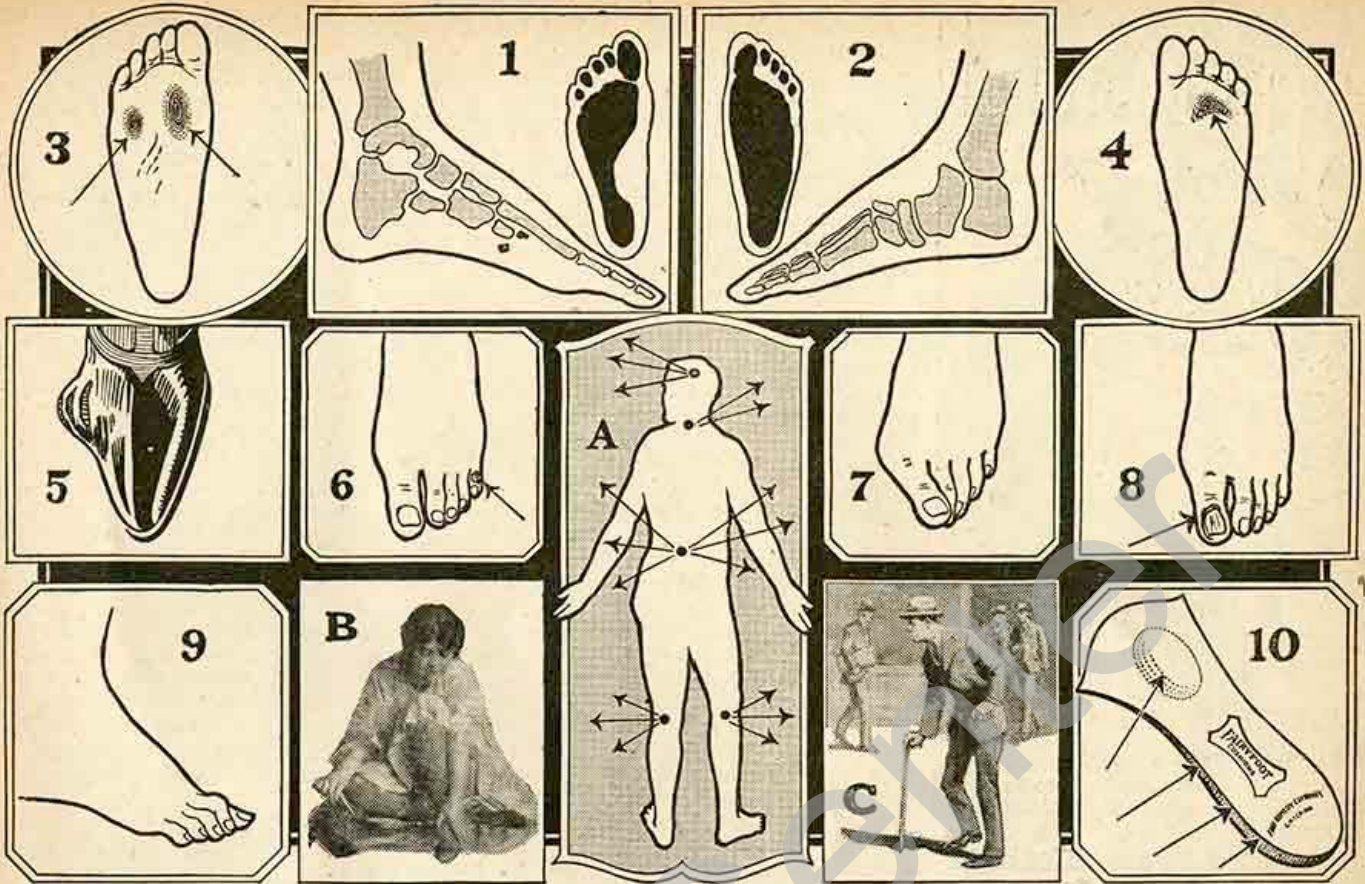
prove for yourself the presence, in the bran of wheat or of rice, of certain food factors which are essential to the integrity of the nervous system, and for the lack of which, when eliminated as in the making of white flour, the nerves are starved to just the extent that the rest of the diet fails to offer them.

The theory of those who either sell or defend refined food products is that one may eat white bread or other denatured food with safety because he will of course secure enough of these minerals and vitamins from the vegetables, fruits and milk that he presumably eats in enormous quantities—if he does! Which may be more or less true in various cases, depending upon the amount of the refined food consumed and upon the amount of the "compensating" food used. As a rule, however, the experiment is a dangerous one, because so many people eat a disproportionate amount of bread and other refined food, and the chances are all against their using enough of the compensating food quite to balance it. One may "get by" after a fashion on a diet that is partly wrong, partly right. One may approach the borderline of scurvy or of beri-beri without actually crossing it; he may find himself the victim of many colds, of weak nerves and minor ills without actually breaking down. But if one wishes to enjoy the highest degree of health and energy, with strong, steady nerves, he will not take chances by way of making himself an experimental diet squad of one, consciously or unconsciously to check up on the experiences of the white bread fed pigeons, chickens or human victims of beri-beri.

In the light of these facts, would any one suffering from weak nerves, and knowing these facts, dare to go on eating white bread, white flour biscuits, refined, demineralized and devitaminized breakfast foods, pancakes, waffles and cakes made from white flour and white sugar? Yes, there are some persons who would do just that, who, even after knowing these things, or at least after having had the opportunity of knowing them, will go on complaining about their nerves, looking for pity and sympathy because of their poor nerves, when by the exercise of a little character and common-sense they can feed those nerves and gain stability and energy.

I have said so much about bread in this connection just because it is such a big part of the diet generally, and represents the most fundamental of our needed food reforms. Particularly, the very people who complain about nerves are in the main those who are fussy about their appetites, who have pampered and spoiled their appetites, who think they don't like this and that and especially imagine that they do not like whole wheat bread, often because they

(Continued on page 72)



WHY FOOT PAINS GO IN 5 MINUTES

Five minutes is now the time limit for foot and leg pains. Reports from people who were chronic sufferers tell of practically instant relief from all sorts of foot troubles, also relief from leg and back pains and headaches, caused by feet out of order. A wonderful new, scientific invention, known as Fairyfoot Cushions, has brought astounding, sensational results. The amazing reports seem almost incredible, but a very special offer enables you to prove without a penny's risk that this great invention will do the same for you.

What Ails Your Feet

Twenty-six bones form the arch of the foot. Even one of these bones getting out of place puts abnormal pressure on the muscles and nerves—then the pains appear.

It is displacement of these bones by the weight of the body, too much standing or ill-fitting shoes that causes "flat foot." The weight of the body is thrown out of balance and the foot is often crowded down into the shoe causing bunions, corns, calluses, ingrowing toenails, hammer toe, or Morton's toe, and the shoes become misshapen and run over at the heel.

Then you have agonizing pains in the feet and often leg pains, backache, headache, "rheumatism" and nervousness. Let the arch drop ever so little and trouble starts. You can't always see that your foot is flat—it may look all right—but the merciless pains tell you that something has gone wrong.

How Fairyfoot Cushions "Position" the Feet

These wonderful Cushions, (highly recommended by orthopedists and physicians)

bring relief by "positioning" the feet. They point the toes straight ahead, causing the arches to take their natural position. They also direct the body's weight to the ball, heel and outer part of the foot, where Nature intends it to be. Every bone and muscle is put just where it belongs.

Key to Diagrams

1. Normal Position of Arch and Print of Normal Foot.
2. Fallen Arch and Print of Flat Foot.
3. Calluses.
4. Morton's Toe caused by arch breaking across fore part of foot.
5. Bunion.
6. Corns.
7. Crowded Toes.
8. Ingrowing Nail.
9. Hammer Toe caused by foot pressing forward.
10. Fairyfoot Cushion. Showing built-up layers of flexibility and device for "positioning" foot.

- A. Pains in Legs, Back, Neck and Head, originating in Feet.
 B. and C. Result of neglecting foot troubles.

Fairyfoot Cushions are very flexible, and while positioning the foot normally, gently massage and exercise the muscles which have become soft and flabby and give them strength to support the readjusted arch.

Stiff metal devices can't give this kind of pressure and strengthening exercise. They act merely as supports and actually allow the muscles to become weaker. They usually have to be fitted and adjusted by experts. They are heavy and clumsy. Pads and bandages are mere makeshifts.

You don't have to adjust Fairyfoot Cushions, and they weigh less than an ounce. Fairyfoot Cushions are made in 50 different sizes to fit the daintiest slipper or heavy shoe—no costly made-to-order appliances to pay for.

Your feet also regain their correct shape. The instep, the heel, the toes all stay in their proper positions. Your shoes keep their shape, your suffering has vanished. Results are immediate. Guaranteed in five minutes.

Heed the Danger Signals

Any pain in your feet, legs or back means most likely that something is wrong with your feet—something that needs attention right away. Don't assume that these pains will "cure themselves." Even a few slight twinges may point to a condition that will mean serious trouble later on. Fairyfoot Cushions will correct the cause of the trouble and then the pain must go.

Proved by Thousands

Letters like these, from former foot sufferers, show what Fairyfoot Cushions will do: "I had to hobble on a cane. With Fairyfoot Cushions I walk perfectly."

"Had a bad case of fallen arch. Fairyfoot Cushions have completely corrected it."

"Leg and back pains all gone now, thanks to Fairyfoot Cushions."

"Bunion and hammer toe have gone, also my pains and nervousness. Fairyfoot Cushions did it." "The first real relief I have had from foot pains in 10 years."



HOW TO ORDER

Place stocking foot lightly on piece of paper and trace outline of foot with pencil held vertically, as shown above. Send this and also write size and width of shoe in coupon.

Send No Money

So sound are the scientific principles on which Fairyfoot Cushions are made, so remarkable have been the results obtained in "hopeless" cases, that we gladly send them on free trial.

The regular price is \$3.00, but for a limited time we offer Fairyfoot Cushions for only \$2.19. Pay only when postman brings them. Or you can send money in advance if you wish. Either way. Make the 5-minute test—see how quickly the pains go. Then wear them 14 days and if not satisfied return them and we refund your money. Send coupon today.

FOOT REMEDY CO.
 22nd Street and Millard Avenue
 Dept. 5 Chicago

Enclosed is outline of my foot. Send me a pair of Fairyfoot Cushions. I will pay special price, \$2.19, on arrival, and will make the 5-minute test. Am also to have privilege of wearing them 14 days at your risk. If I am not satisfied, I will return the Cushions and you will refund my money.

Name.....
 Address.....
 Size Shoe..... Width.....
 State Man or Woman.....

21 Jewel
STUDEBAKER

Direct from the Maker



Only \$1.00 DOWN

America's greatest Watch value sent you for only \$1.00 down! The balance in easy monthly payments. The famous 21-Jewel Studebaker Watch—

Insured For a Lifetime!

You may choose from 64 new Art Beauty Cases and 8 handsome dial designs. 8 adjustments—to the second—for heat, cold, isochronism and 5 positions. Sold direct from the maker at lowest prices ever named for equal quality. Mail coupon today for Free Book and Special Offer.



Watch Chain FREE

For a limited time, we are offering a beautiful Watch Chain FREE. Write now while this offer lasts.

WRITE FOR BOOK

Mail the Coupon

Send at once and get a copy of this book—FREE! See the newest, beautiful advance styles in Studebaker Art Beauty Cases and Dials. Read how you can buy a 21-Jewel Studebaker Insured Watch direct from the maker—save big money—and pay for it in easy monthly payments. Get Free Chain offer while it lasts. Mail coupon today.

STUDEBAKER WATCH CO.
Dept. K83 South Bend, Indiana
Canadian Address: Windsor, Ont.
Ask for Ladies' Bracelet Watch Folder

STUDEBAKER WATCH CO.

Dept. K83 South Bend, Indiana

Gentlemen: Please send me your Free Book of Advance Watch Styles and particulars of your \$1.00 down offer.

If you live in Canada send your inquiry to Canadian Office, Windsor, Ontario

Name.....

Address.....

City..... State.....

Check here for Ladies' Watch Folder. Check here for Jewelry Folder.

Make \$250 an Hour Your Profit in Advance



"Stay-Press" Trouser Presser sells quick to every man—thousands in use. Men and women are cleaning up big profits with this fast seller. Sells on sight. Priced low. 40% clear profit for you. You take orders. We deliver. Your profit in advance.

Wonderful New Invention
Put a perfect crease in trousers. Takes out wrinkles and baggy knees. Easy to use—taken less than half a minute. Folds into small size. Saves clothes and tailor bills.

Make Big Profits—Others Do
Jack Ames made \$24 in four hours. Handle sold 20 the first day. Mary Roberts made \$10 in one evening. Others making big profits in spare or full time. So can you. You risk nothing. We start you.

Write quick for FREE selling outfit and full details of money-making selling plan.

THE GETGEY-JUNG CO., D-75, C-J Bldg., Cincinnati, O.

(Continued from page 70)

have never really tried it. They are the people who want white biscuits and tea, white bread toast and tea, white rolls, waffles, cakes, buns, doughnuts and similar food trash, all supplemented by plenty of white sugar and other refined sweets, and eaten with considerable meat but with a deficiency of vegetables, greens and fruits.

Another reason why I have said so much about bread is because, while milk is of the greatest importance in this connection, there are many who will say that they do not like milk or cannot tolerate it. Curiously, the very people who most need milk, these nervous folks, are the most likely to be those who don't want to use it. And so I have approached the subject from the standpoint of straightening out the diet for those with this idiosyncrasy. You can feed your nerves with a well balanced diet, even without milk. But you can get quicker improvement, if your nervous system is undermined, by using plenty of good milk, fresh, clean milk, with all the cream in it. There is no question that milk is the greatest nerve-food, just as it is in other ways the best body-building food. Your baby will double its weight on milk in four or five months, and build brain cells and nerve cells at an unparalleled rate while doing so. The reason is that milk is not a mere matter of fat and protein, of cream and cheese, but is the one food that is most richly supplied with lime and the organic mineral salts in general, plus vitamins, iron being the one thing that it is not generously supplied with. Eat dates and milk together and you'll get the iron. If the milk is pasteurized, eat plenty of fresh fruit with it. If you can use one to two quarts of milk each day, with whole wheat bread, fruit, green salads, and vegetables you will make rapid progress. But since milk is meat, in part, remember that you cannot utilize much meat when you are using much milk. The milk will take its place. The addition of meat will mean too much protein.

Sugar and candy often do their part in undermining nerves, the addiction to sweets being a sister to the white bread folly. Our sugar is refined, demineralized. However, its mischief lies not only in that fact, but in its vicious capacity to destroy the appetite for normal and healthful foods. If you want any sweetening at the table, use pure honey, a natural sweet and healthful.

By way of other confections, eat dates, figs, raisins and fruits in general, containing an abundance of vitamins and the organic salts of iron, lime, phosphorus, magnesium, potassium and the other essential minerals, found in the human body and in natural foods in relatively small quantities, by weight or bulk, but of the most tremendous significance and importance in those small quantities.

There is one other important point. Why are nervous people often so inordinately fond of tea and coffee, or of narcotics? Is it because the people who use tea, coffee and tobacco excessively through that very fact naturally and inevitably became our best neurasthenics? That, I fancy, may be putting it a little too strong. I personally do not believe that there is any dissipation in the way of using tobacco, tea, coffee or even in the mild use of alcoholics (the pre-Voistead kind, not the deadly poison-hothead of to-day) that so seriously undermines health and nervous vigor as a diet largely made up of refined foods. Nothing short of heavy drinking or drug addiction will do one quite so much harm. Many reformers who condemn wine and tobacco themselves, commit even greater hygienic sins with fork, knife and spoon three times a day. But this is not exonerating these stimulants or denying their destructive effect upon the nervous system, which is hard to measure, because some people have more "toleration" than others. Our nervous friends, especially those who cannot drink coffee at noon or evening meals without its keeping them awake all night, are just the ones who should not dare to touch it. If the tennis or sprinting champion said that smoking did not hurt him, it might mean something; but of course sprinting and tennis champions do not smoke. But when the smoker is nervous or underweight, or both, he cannot know to what extent his smoking has contributed to that condition. The truth is that no one can afford to poison his nerves in these ways, or to club them through auto-intoxication poisons.

There are still other aspects of this problem of getting more strength from one's food, particularly in relation to energy and endurance, athletic and vital, which we will take up in subsequent articles in the May and June numbers of STRENGTH.

Tumbling and Hand Balancing

(Continued from page 54)

will notice by referring to Figure 14 that the start of the round-off is made exactly like the start of the handspring. Figure 15 shows how the body is twisted or turned, while on the hands, so that you land facing the starting position.

You can perform the round-off by placing the mat in somewhat the same position as you do in starting the cartwheel. It is easier with this starting position because there is not such an abrupt twist of the body and arms necessary to bring the feet around as when

the handspring starting position is used.

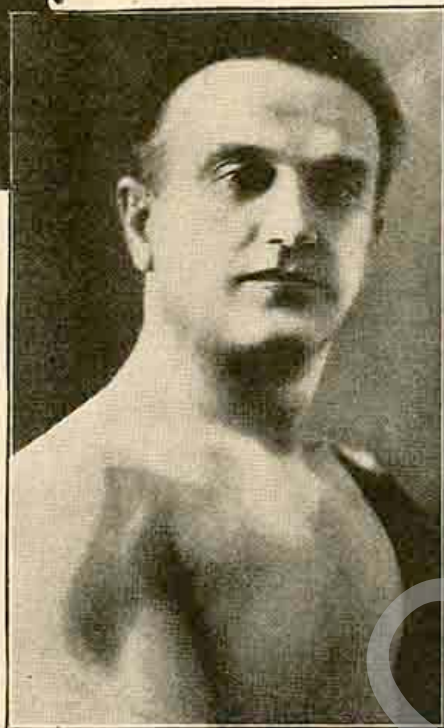
The round-off is valuable in performing a series or routine of back handsprings (flips) or back somersaults, for in starting a flip or back somersault you cannot get a short run for a start as you can in doing a forward somersault. The round-off gives you the advantage of a few steps forward start and finishes up by putting you in perfect position for the flip or back somersault. The momentum acquired helps you to perform with more speed and grace.

GALIARDO!



Galiardo before he discovered his great secret. He was weak, emaciated and, with incipient tuberculosis, was given up to die. He gained Power and Health through his marvelous system—

GALIARDO
Breathe-Rite
DY-NAM-ICS



GALIARDO
52 years young!

His amazing secrets of
Dy-nam-ic Breathing
saved his life
and gave him
MUSCULAR and VITAL POWER

THIS is the most astounding (and the simplest) system for muscular power ever discovered! The public announcements offering to reveal the secrets have brought world-wide sensational response. From India to England—from Maine to California, men and women have been deeply stirred by this assurance of a NEW life. From homes and hospitals—athletic clubs and universities, praise has come of the wonders achieved.

This is the marvelous system of Dy-nam-ic Breathing which transformed GALIARDO from an 86-pound, sickly weakling into a man of vital physical POWER!

A NEW LIFE for YOU in 15 Minutes a Day

Oceans of oxygen! All about us there is unlimited air. Yet we forget that this air contains oxygen—nature's most powerful body-building element. And nine men out of ten starve their lungs and rob their bodies of power and health, because they use only a small part of their lungs in breathing.

Listen! You can't make steam in an engine without water in the boiler. You know that. Your body, too, is an engine—and you can't make Steam in that wonderful engine of yours without air in your lungs.

"Air in my lungs? Of course I've got air in my lungs," you say. Yes, but not nearly enough air, because you have not learned how to breathe properly.

But—when you learn the simple secrets of Dy-nam-ic Breathing, you shoot strength into yourself just like charging a battery. Then without effort, day and night, your lungs will breathe diaphragmatically. The greatly increased volume of oxygen in your body does this: (1) Purifies and enriches the blood. (2) Improves circulation. (3) Tones up the whole system. (4) Builds bone, sinew and muscle.

That gives you steam—Power and Vitality. Let Galiardo show you how to become a new man with muscles bulging with force and the physical "drive" that makes you a winner.

Galiardo will rouse that undeveloped manhood within you. You'll be amazed. Send for the free book and be convinced.

HEALTH RECONSTRUCTIVE SOCIETY, INC.
Dept. G, 780 West End Ave., New York

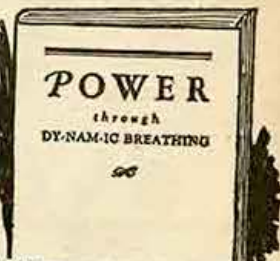
Galiardo's Distinguished Record.—You have read of Galiardo's great work in prominent newspapers and scientific journals. You have heard of the remarkable things he accomplished as National Physical Director of the American Boy Scouts, as Director of the Male Physical Culture Dept. of the New York Hospital for Deformities and Joint Diseases, as Lecturer for the New York City Board of Education, and as the pioneer in Breathing Instruction for the New York Police Department.

Free!

GALIARDO'S FAMOUS BOOK

"POWER Through Dy-nam-ic Breathing"

This announcement can't begin to tell this remarkable story. Send for Galiardo's startling book—it's Free. Then bid good-bye to weaknesses, pains and unfitnes. Greet the glorious new manhood that can soon be yours!



-and for Women...

HEALTH, POISE, GRACE, BEAUTY

A woman's birthright is that alluring beauty that comes from sparkling health. For women, Galiardo has special secrets that develop Health, Poise, Grace and Beauty. The coupon brings the FREE Book explaining all.

Send me for inspection the five Volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

Name

Occupation

Residence

Employed at

Business Address

and No Money

800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



Make \$250 an Hour Your Profit in Advance

"Stay-Press" Trouser Presser
Sells quick to every man—thousands in use. Men and women are cleaning up big profits with this fast seller. Sells on sight. Priced low. 40% clear profit for you. You take orders. We deliver. Your profit in advance.

Wonderful New Invention
Folds perfect creases in trousers. Takes out wrinkles and baggy knees. Easy to use—takes less than half a minute. Folds into small size. Saves clothes and tailor bills.

Make Big Profits—Others Do
Jack Ames made \$24 in four hours. Bandle sold 26 the first day. Mary Roberts made \$10 in one evening. Others making big profits in spare or full time. So can you. You risk nothing. We start you.

FREE Write quick for FREE selling outfit and full details of money-making selling plan.

THE GETGEY-JUNG CO., D-75, G-J Bldg., Cincinnati, O.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time or business, medicine and other expenses due to illness. Thousands of you are living half-powered lives because they are ignorant of the laws of health. Many of these people will die early grave, when they might have lived to enjoy a ripe old age.

FOUR AMAZING OFFER ON NEXT PAGE

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

Neither Dull nor Technical

Macfadden's Encyclopedia of Physical Culture is neither dull nor technical. You can easily understand every page and every word. It is comprehensive and complete in every sense. It is the crowning effort of Mr. Macfadden's lifetime of experience and its worth cannot be overestimated. You haven't any idea how valuable it can be to you or how many dollars it will help you save each year. It may even be the means of saving your life. Be sure and read the complete contents of this wonderful set of books on the following page.

An Amazing 10 Days' Free Offer!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

One man writes (name furnished upon request): "This will acknowledge receipt of the five volumes of Bernarr Macfadden's Encyclopedia of Physical Culture which I ordered from you. I cannot express the wonderful value of these great books and feel they will lead me to a successful married life; as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

Calls the Encyclopedia His Best Doctor

Thousands of letters like this literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

Send No Money—Not One Cent

You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35, for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

Free Examination of All Five Volumes

The general contents of each of the five volumes are:

Vol. I—Anatomy, physiology, diet, food preparation.

Vol. II—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.

Vol. III—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.

Vol. IV—Diagnosis and detailed treatment for individual diseases alphabetically listed.

Vol. V—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

We will send you the entire set for ten days' free examination. All you need to do is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the books to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volumes.

This offer, however, is restricted to persons residing in the United States and Canada.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

MACFADDEN PUBLICATIONS INC.

Dept. S-4
Macfadden Bldg.
1926 Broadway
New York City

London Agent:
Atlas Publishing Co.
18 Bride Lane
London, E. C.

Macfadden Publications Inc.

Dept. S-4
Macfadden Bldg.,
1926 Broadway
New York City.

Send me for inspection the five Volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

A Complete Education in PHYSICAL CULTURE

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in Its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete course in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics, giving full details and scores of pages of illustrations of physiotherapeutic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatments for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, Their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Childbirth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

5 Beautiful Volumes Bound in Art Fabricoid



Send No Money --- Just this Coupon ---

Name

Occupation

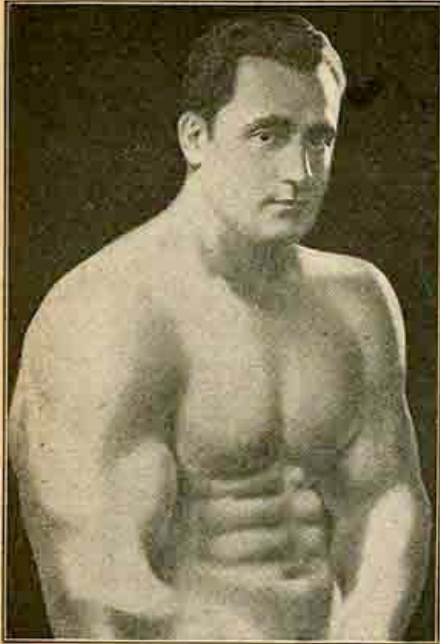
Residence

Employed at

Business Address

Our Girls' Circle

(Continued from page 49)



CHARLES ATLAS

The World's Foremost Muscular Scientist

Twice pronounced the World's MOST PERFECT MAN, winning two \$1,000.00 FIRST PRIZES and a DIPLOMA for Physical Perfection, given by Directors of Physical Culture Magazine. No other living man can claim this title.

BE A HUMAN DYNAMO!

Radiate Energy! Inspire Confidence! Attract others to you—Summer will be here almost before you know it and bathing suits will soon be in style. Your figure will be exposed to everyone. Will it repel or inspire? Start your training NOW and within a few months you'll have a marvelous development you'll be proud of, plus Sound Health, a Dominating Personality, a Splendid Physique—for then you'll command the respect of others.

BE A BATTERY OF HUMAN POWER

Maybe in the past you've searched in vain, but now RIGHT HERE is the Great Chance you seek. If you are in earnest, if you mean business, if you are really anxious to increase your MUSCULAR DEVELOPMENT, you will do as thousands of other progressive men are doing—send NOW for my new amazing 64-page book FREE which is full of extraordinary pictures of unusual interest that will thrill you and make you yearn to be the MAN you should be and CAN be. Send AT ONCE for my wonderful FREE book which fully reveals these secrets. Enclose a dime to cover postage and mailing of this book which is a work of art. Grasp THIS Opportunity of learning the rare secrets of becoming a human dynamo.

The Edition is limited—so write IMMEDIATELY—before you turn this very page.

Come on now! Give me a chance just to PROVE what I can REALLY do for YOU. I'll double and triple your strength in a few weeks. I personally GUARANTEE you Perfect Health, Renewed Nerve Force, Unlimited Vitality and a beautiful, symmetrical body by summertime.

Here is the fulfillment of your dreams and high hopes—the chance to thrill your friends and stand out from the crowd. Write at once to

Charles Atlas "World's Foremost Muscular Scientist"
226 W. 47th St., Dept. 528, New York

MAIL THIS NOW!

CHARLES ATLAS,
226 W. 47th St., Dept. 528, New York.

Dear Sir:

Please send me your wonderful big book "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose 10 cents to cover postage and mailing. This places me under no obligation.

Name.....

Address.....

City..... State.....

(Please write or print PLAINLY) Strength 4-25

The best exercises for you are those which aid digestion and assimilation. You should specialize on those exercises which stimulate the digestive organs, those which bring into play the muscles of the stomach and abdomen. Trunk bending and rotating work will be especially good. As the plain work becomes easy, try sitting on a chair or bench and lowering backward until you can touch the floor with your head and rise slowly to a sitting position. To do this, of course, your feet must be fastened to the floor. Begin it with the hands on the hips and when you have found this method easy, raise your hands above your head; but be careful not to strain. Try the windmill motion of the arms for the muscles at the sides of your waist.

Stand with your back to a mirror with a board or stick across your shoulders and arms to keep them straight and try twisting around until you face yourself in the mirror, your feet remaining in the same position all the time. Again we would warn you not to strain. As your appetite improves, eat plenty of whole grain foods, whole wheat bread, fresh vegetables, fruit and milk.

Regarding your ankles, calf exercises such as are given in *Strong and Shapely Legs*, will give you shapely ankles while developing the calves. Don't neglect massaging your ankles after the exercises.

My dear Miss Heathcote:

Can you help me out? I am 5 feet, 7 inches tall in my stocking feet. I have a well-developed neck and body, but oh! my arms and legs, especially my forearms and my legs from the knees down. I am positively ashamed of them. I also feel a great weakness in my legs. Could you suggest some exercises that would surely develop them? My calf measures but 12 inches around, and my knee 13 inches.

Los Angeles, Cal.

M. M.

First of all for your forearms, try those wringing movements which you would use if you were wringing out clothes. Takes newspaper whatever size you find convenient at first, and roll it up into the palm of one hand without any assistance from your other hand. You may also try placing the palm of the right hand over the left fist and pressing downward with the right while you press upward with the left. These exercises will quickly develop your forearm.

Now for the calf muscles. Try standing on the outside of your toes and then on the inside, as the calf muscle is divided on both sides of the legs, and just standing straight on the toes does not exercise it fully. Then try standing on the heels, also rolling your feet from one of these positions to another. The exercises given in *Strong and Shapely Legs* will surely help. Regarding your knees, would say you can probably make these more shapely while developing the calf and thigh muscles.

When these movements become easy with both feet, then try each foot separately. Persevere on the exercises and you will get results. Massaging is an important factor.

My dear Miss Heathcote:

I have never written to you before, but I am very much interested in your Girls' Circle in the *STRENGTH* Magazine.

I have just read the January issue and I find that I am very much like the Mary that you speak of. I work in a factory; so I do not have much of a chance to exercise. I, like Mary, am always so tired and the muscles in my shoulders are always sore and stiff. I am getting rather round shouldered from sitting in a stooped position to ease the ache in my shoulders. I am also troubled with constipation. Can you give me some exercises that would help relieve my tired feeling and also help my constipation trouble?

I would greatly appreciate your help.

Very truly yours,

Hannibal, Mo.

Emily.

We are glad to have this opportunity of helping you. To begin with, your constipation and that tired feeling mean but one thing—lack of exercise. Start by specializing on exercises for the stomach and abdominal muscles. The work suggested for M. C. C. would be just the thing for you. Eat plenty of vegetables, not so much meat, whole wheat bread, and some whole grain cereal. These are necessary steps in overcoming constipation. Drink plenty of water between meals and make a practice of drinking about two glasses twenty minutes before each meal. Do your best to get outdoor exercises and walk as much as you conveniently can. Later on, adopt a general exercising program for the muscles in all parts of the body, but for a while specialize on work for the abdominal muscles.

Now regarding those stiff shoulders. The condition was probably brought on by too much extension of the trapezius muscles. The following is an exercise that will counteract it: Take your position facing the wall at a distance of from 14 to 18 inches, according to your height. Now rise on your toes as high as you can and laying the palms of your hands on the wall, reach up just as far as you possibly can. Keep your body straight. Don't lie against the wall. Then tense all your muscles, legs included, and gently lower your body until the chest touches the wall. Immediately push off again. Be careful that your hips don't touch the wall at any time. If you bend your body going forwards or coming back you lose the value of the exercise.

Dear Miss Heathcote:

Can you tell me whether or not the health affects the growth of one's hair and how to take care of it? My hair seems to be thinning and I have a great deal of dandruff. I wash my hair every week but notice no improvement. Any information you can give me will certainly be appreciated.

R. S.

In a perfectly normal body there will be a good growth of hair, unless some

scalp condition is the cause of the disorder. Every follicle has one or more sebaceous, or oil glands emptying secretion near its orifice. In a healthful state of the scalp this natural supply of oil to the follicle and hair is all that is required. If, from neglect or improper care, it is allowed to dry at the outlet it forms what is known as dandruff and mingling with the excretions of the sweat-glands and the dust from the atmosphere, not only becomes unsightly but also destroys the health and growth of the hair.

Shampooing may be the very best method of cleansing the scalp; but I would advise you to cut shampoos to once or twice a month. When the hair is dry once a month seems to be sufficient for shampooing, except, of course, in very warm weather or when travelling, or for some other reason the hair has become particularly dirty. You will find massaging the hair the best way of ridding it of oiliness and dirt.

Try this shampoo: A well beaten egg, a spoonful of powdered borax, half of violet ammonia, and a few grains of the subcarbonate of potash.

Brush your hair well. (I did not say thoroughly, because that might give you the impression that you should bang away at the scalp with vigorous strokes and take all the weak hairs out on the brush.) But gentle brushing does not always affect the scalp and for that reason massaging will prove very beneficial.

The massage should take the form of a rotary motion, beginning at the front over the forehead and going back to the crown, then forward to the temples and back and forth, till the fingers of the two hands meet at the nape of the neck. The palmar surface of the fingers must press firmly but gently so that you feel the scalp move under them.

Then rinse the head well in warm water—and if you care to, cold for reaction. Dry it thoroughly and finish with a dry massage until every particle of the moisture has evaporated.

The oily or cakey condition of the scalp will probably not recur between shampoos, but you can prevent it by gently massaging the scalp before brushing it in the evening.

After the oily condition has entirely disappeared and the hair appears to be healthy, you might drop the shampoo mentioned above and begin to use an egg well beaten in an ounce of water. Remember an egg is not merely a detergent, but a tonic in its effect and strengthens the scalp. The yolk contains natural food for the hair, iron and sulphur, while the white, being a mild alkali, finds its congenial mate in the oil from the lather.

If you are interested in possessing a good figure, write us, enclosing a photo and your measurements; your query will be promptly taken care of and the best photos will be entered into our contest.

Now Free to Men Past 40!



Facts that Cost "Wm. G. _____" \$2,000 And Almost His Life—Before Learned

"After having spent \$2,000.00 trying most every form of treatment until I thought death the only relief in sight, I came across your Thermalaid. It would be impossible to intimate the suffering I endured—unable to work and my sleep continually broken by nightly risings. Now I am able to work and FEEL YOUR TREATMENT HAS SAVED MY LIFE."

Thus writes Wm. G. _____, of Platte City, Fla.—for he is one of the 20,000 fortunate men who have experienced the wonderful relief of a simple new home gland treatment.

65% Have Prostate Trouble

Men have always feared the age of 40. They have taken for granted that when this period of life was reached, they would be subject to waning health, and painful disturbances. But now science knows that these conditions are NOT necessary to every individual, as was formerly thought.

Medical authorities now agree that 65% nearly two-thirds, of all men past a certain middle age suffer with a disorder of the Prostate Gland. And this little gland is directly responsible for many of the painful disorders commonly attributed to middle age.

Old Age Signs

Sciatica, pains in back and feet, nervousness, disturbed slumber, mental and physical weakness and loss of stamina, indigestion and chronic constipation are some of the symptoms. In fact, Prostate Trouble in thousands of cases leads to the operating table if it is not checked in time. At first it may not seem of any seriousness to you. The pains may be only

slight. But do not pass it off by saying, "I am getting older, this must be expected."

Free Book—

The discoverer of this remarkable new treatment, a Member of the American Association for the Advancement of Science, has written a remarkable free book which tells of this new hygiene, a drugless, painless home treatment that adds power and energy to the whole body. Do not go on a single day with disturbing, distressing conditions of body and mind. Send at once for this Free Book. It reveals facts every man should know. And it tells you how you can use this wonderful discovery in your own home without risking a cent. No obligation. But act quick for the edition of this book is limited.

THE ELECTRO THERMAL COMPANY
6444 Main Street Steubenville, Ohio

THE ELECTRO THERMAL COMPANY
6444 Main Street, Steubenville, Ohio

Send me at once your free booklet, "Why Many Men Are Old at 40."

Name.....

Address.....

City..... State.....

Western address, The Electro Thermal Company,
Dept. 644, 711 Van Nuys Building, Los Angeles, Cal.



"Why George Admired Alice"

"YES, George, this book did it. It was sent to me free of charge and it showed me how I could easily learn to design and make original gowns at a tremendous saving.

"I enrolled for the training and the first gown I created was that blue velour that you so much admire. Grace Davis also admired it. She begged me to make one for her in brown. The work was fascinating and on it I made \$36.00 for myself."

Over 21,000 ambitious women have taken this wonderful training. Every woman and girl 15 up, should get the free book at once. Mail the coupon today sure.

----- CUT HERE----- VALUABLE -----

FRANKLIN INSTITUTE
Dept. B670, Rochester, N. Y.

Send me, free of any charge, your book and sample instructions in the subject here checked.

Gown Designing. Millinery.

Name.....

Address.....

Deformities of the Back

Thousands of Remarkable Cases

An old lady, 72 years of age, who suffered for many years and was absolutely helpless, found relief. A man who was helpless, unable to rise from his chair, was riding horseback and playing tennis within a year. A little child, paralyzed, was playing about the house after wearing a Philo Burt Appliance three weeks. We have successfully treated more than 50,000 cases in over 23 years.



30 Days' Trial Free

We will prove its value in your own case. There is no reason why you should not accept our offer. The photographs show how light, cool, elastic and easily adjusted the Philo Burt Appliance is—how different from the old torturous plaster, leather or steel jackets.

Every sufferer with a weakened or deformed spine owes it to himself to investigate thoroughly. Price within reach of all.

Send For Our Free Book. If you will describe the case it will aid us in giving you definite information at once.

PHILO BURT MFG. CO.
49-4 066 Fellows Temple
JAMESTOWN, N. Y.



Rowing in the Early Days and Now

(Continued from page 29)

Be an Electrical Expert



Earn \$3500 to \$10000 a Year

Cooke Trained Men Get the Big Jobs in ELECTRICITY

Get into Electricity. The world's fastest growing and most important industry needs you. "Cooke" Trained Electrical Experts easily earn \$70 to \$200 a week and they don't work half as hard as you do now to earn \$25 or \$30. Learn to boss the big electrical jobs—or go into business for yourself—I will show you how.

Let Me Train You At Home

I am a practical engineer and know best how you should be trained. My Course is the quickest, most simple and easiest way to success. I give you **Free Tools, Free Employment Service, Free Consulting Service** and every month give two students the money to go in business for themselves. Besides that I guarantee to give your **money back** if you are not satisfied.

Earn Extra Money At Once

My training pays for itself. Beginning with your 7th lesson, I show you how to get and how to do simple electrical jobs in your spare time. You get valuable experience and make many times the small monthly payment you send me. Lack of ready money needn't stop anyone. My Course pays its own way.

Get the Proof—Big Electrical Book FREE

My big book—The "Vital Facts" about Electricity—is FREE. Contains over 150 pictures and letters of hundreds of successful students. Every ambitious man gets a copy. Learn how other men have made a big success in Electricity. See how easy it is to learn to earn \$3,500 to \$10,000 a year. Mail the coupon for my big FREE Book—NOW.

L. L. COOKE, Chief Engineer

\$30 to \$56 a Day in Business for Himself



J. R. Morgan, 36, Prescott St., Columbus, O., formerly a \$4.50 a day mechanic, now averages \$40.00 a day doing electrical work.



Earns \$800 in 23 Days

Earl R. Montrose, Mono Lake, Calif., gets electrical contract, completes it in 23 days and collects \$800.00 profit.



Burke Makes \$750 in Spare Time

Before completing course, John J. Burke, 3332 East Baltimore St., Baltimore, Md., made \$750 doing odd electrical jobs in spare time.

Electrical Outfit FREE



This honest-to-goodness electric motor and 21 other pieces of apparatus and tools given to you FREE. Finest electrical outfit furnished by any school.

Hanlan of Toronto, Canada, is probably the best known oarsman of his time, for after winning the American championship from Eph Morris at Hulton, Pa., in 1878, he went to England and defeated all the best men in John Bull's bailiwick. Hanlan was so fast in those days that he won all his races with ease, and the English public was so amazed at his ability that they thought he had some mechanical contrivance in his boat, or that it was filled with gas.

The British thought so much of their champions, however, that Hanlan won three matches on the Tyne for the Sportsman's Challenge Cup, where he defeated Elliott, Higgins, Trickett and Laycock in succession.

Hanlan swept everything before him for years, and his complete victories in England were the downfall of rowing in that part of the world, and it was not until he went to Australia in 1884 to row Beach that he relinquished the title, which, by the way, has remained in the Antipodes ever since.

About the time Hanlan was in the midst of his prime some high class oarsmen had developed in this country. Though at that time they were not in Hanlan's class, they later managed to beat him in special races. John Teemer of Pittsburgh and Jake Gaudaur both beat Hanlan for the American title in the later days of his sculling career. Others who were prominent in those days in American sculling history were Jake Gaudaur, George Hosmer, Albert Hamm, Jim Reilly, Wallace Ross, Fred Plaisted, Charlie Courtney, Edward Hanlan and a host of second-raters.

It was just about this time that the gambling element got control of professional rowing in America, and the sport quickly died out, and though many efforts have been made to revive it, it has never recovered. An old showman, not P. T. Barnum, once said, "When you fellows can row your races under a tent where you can get some gate receipts, your game will prosper, but not until then."

Rowing in England

England is the home of rowing and of the building of racing boats. Many or most all of the inventions that helped to bring the art of sculling to perfection were of English origin. The outrigger, the round bottom shell, and other improvements in racing craft were invented in England.

The Oxford and Cambridge matches, which by the way started as far back as 1829, and the Annual Henley Regatta, has had much to do with keeping England before the public in rowing matters. Just as in this country, the highest class of England's manhood took to the sculls, for recreation and sport, and the River Thames has as much to do with the winning of England's battles as did the Football Fields of Eton or other schools.

Looking over the names of the oarsmen that manned either the Oxford or

Cambridge crews of those days, we see the names of some of England's greatest soldiers and statesmen. Between 1829 and 1871, Oxford had sixteen victories, while Cambridge had twelve to her credit. Nothing short of a war could prevent this annual classic, and public interest in the matches is just as great today as ever, showing that rowing is thought more of in England as a sport than it is here.

To create interest in rowing among the watermen of the early days on the River Thames, an annual race was inaugurated by a rowing enthusiast, named Thomas Doggett. Each year a race was held by the London watermen for the honor known as the champion waterman, which carried with it what is known as Doggett's Coat and Badge.

This race is still held each year on the Thames, and in the early days the oarsmen used their heavy boats for competition; but in later years they experimented in fine boats and now the event is of great importance and many of the winners have later turned out to be the sculling champions of England.

The pioneers of English rowing and boat building were north-of-England men. The Claspers of Newcastle-on-Tyne, and the Taylors of Gateshead did much to bring sculling to the front. Both families could muster a fully manned four-oared boat, and the very earliest days of professional rowing saw these two families competing against each other. Harry Clasper, the elder of the family, is given credit for the production of the outrigger though the sliding seat was first introduced into England by Walter Brown, the American sculler. But to Matt Taylor, of Newcastle, goes the credit of building the first "keelless" or round bottom eight-oared boat. Matt Taylor, the elder of the family, did very little rowing but he has turned out racing boats for both Oxford and Cambridge, and also Dublin University and the Chester Rowing Club of Chester, England. The London Times of April 4th, 1924, contains a report of the Oxford and Cambridge race in 1857, which was written by Canon Richard Martin, now sub dean of Exeter College, who was a member of the Oxford crew of that date. He has much to say about the training in those days and the construction of the boats, the Oxford boat being built by Matt Taylor, while the next year both Oxford and Cambridge used Taylor-made boats.

Canon Martin said of the 1857 race: "But perhaps the main difference was in our rowing itself. We were trained by Matt Taylor, of Newcastle, who also built the Oxford boat that year. Taylor's great idea of rowing was to "catch her at the beginning." The old type of Oxford rowing had been a very strong finish to the stroke, which, as he said, tended to bury the boat and so check her speed. But Matt did not care what else we did so long as we put our whole strength into the beginning of the stroke. You might screw

mail coupon now!

L. L. COOKE, Chief Engineer, Chicago Engineering Works, Dept. 1194 2150 Lawrence Ave., Chicago, Illinois

Without obligating me in any way send me your FREE Book the "Vital Facts" about Electricity and particulars of your Free Outfit Offer, Free Employment Service, Free Financing Plan and proof that you can fit me for a big-pay Electrical Job.

Name

Address

The Cooke Trained Man is the "Big Pay" Man

out of the boat or commit any other enormity, but the beginning of the stroke with him was the essential thing.

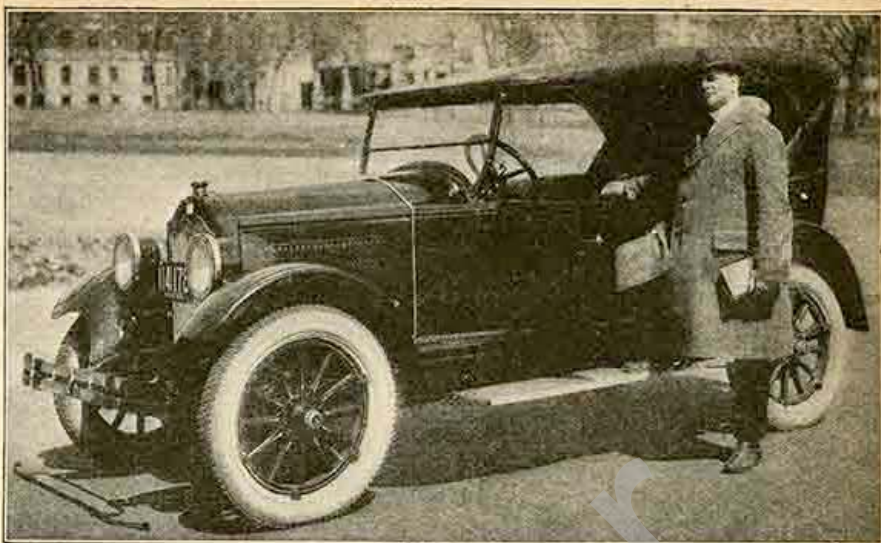
The result of the race proved that he was right. We jumped away from the Cambridge boat and were a long distance ahead the whole way, so much so that beyond Barnes Bridge, we eased all, to save running into a punt full of ladies. Indeed, we spoke kindly to them as we passed and then rowed on to win by any number of lengths—a very different race indeed from that of the year before. This was the first round bottom or keelless eight oared boat used in college races."

The Crimean War had much to do with the starting of professional rowing in England as at the various dock yards, getting England's Navy in readiness, were watermen from all parts of the island. The result was that boat crews were formed in various parts of England, who competed in races both for sport and entertainment. With the closing of the war, and return of the workmen to their homes, professional rowing took hold of the people in earnest. During the 70's and 80's, no sport in the world was looked upon with as much favor as rowing, and the Champion scullers of those days were the biggest men in England. The large stakes rowed for, attracted Scullers from Australia, America, Canada and all parts of England. Where there was an important boat race, they declared a legal holiday.

We have already mentioned the fact that the Claspers and the Taylors were the pioneers of rowing, and the following generations of those families also carried on the sport; but besides these England could boast of many more capable champions of the sculls. We might mention the names of Bob Cooper, Harry Kelly, James Renforth, Jack Bright, Lumsden, Jimmy Taylor, Winship, Martin Bagnall, Boyd and others who carried the colors of the Coaly Tyne in the 70's, while the Londoners lay claim to an equal set of champions who could hold their own with the best in the world. We have only to mention the names of Harry Kelly, many years England's champion, Joe Sadler, William Biffin, Higgins, East and a host of others long since gone.

For rivalry there was nothing to beat the north and the south of England, when the Newcastle scullers and those of London came together. Match races were held often, and the victories were very evenly divided, though the North Country Men were nearly always victorious in anything but the single sculls.

The first professional inter-national four-oared race was rowed at Lachine, Canada, on the St. Lawrence River on September 15th, 1870, between the Tyne crew of Newcastle-on-Tyne, and the Paris crew of St. Johns, N. B. The latter crew had rowed at the Paris Exposition in 1867 as amateurs with great success, and when they returned to America they defeated the Ward Brothers of Cornwall, New York, for the American title. So the Paris crew were really the American Champions.



I Made \$945 in One Month

If YOU Aren't Satisfied with Your Present Earnings
Read How R. A. Prentiss Made \$945 In One Month

"IF any one had tried to tell me a year ago that today I would be my own boss, own a flourishing business, drive my own automobile—and that I could make \$945 in a single month—I would have laughed at them. Yet all of those things have come to me in a brief span of fifteen months. And what I have done, you can duplicate.

A Wage Earner For Fifteen Years

"My name is R. A. Prentiss. I live in a small New England town where I was reared. My first job was that of a ticket taker. Next I became a conductor. Then I got a job in a retail shoe store. After several years of working for someone else I decided to work for myself and opened a small shoe store. But high rents, keen competition, heavy overhead soon ate up my meagre capital and I failed. I went back into a factory, back to long hours and a small weekly pay envelope. After fifteen years of hard work I was discouraged and without a future.

I Answered An Unusual Advertisement

"One night my uncle handed me an advertisement he had cut from a magazine. It stated that I could own a business of my own without investing a penny, be my own boss—and that, without any experience or training, I could make from \$100 to \$200 a week. It told of other men, just like me, who were making that much and more. I couldn't believe that it was possible for me to make \$100 a week, but the advertiser offered to prove his statements. I was desperate so I mailed the coupon for the facts. And that simple step changed my whole life.

Then Success— \$945 In One Month

"In a few days the information came. The proposition looked good. I decided to give it a trial in my spare time. The first month I made \$254. Another month I cleared \$262. I knew I had the proposition I had wanted all my life. I quit my job and devoted all of my time

to this work. My income grew bigger and bigger until one month I made \$945.

Easy Work—Big Profits

"I am the local representative for The Comer Manufacturing Company, one of the largest manufacturers of high-grade topcoats and raincoats in the country. The coats are wonderful values. They are made from the finest fabrics and are tailored into up-to-the-minute styles. They are cold-proof and wind-proof as well as waterproof. And because they are such big values people order them on sight. I just take orders. I don't have to collect or deliver, the company does that. I get my profits the minute I take an order. And for doing this easy, pleasant work I have made as much as \$945 in a month.

My Future Was Never So Bright

"Just recently The Comer Manufacturing Company gave me a Buick Touring Car as a bonus in addition to my large earnings. I'm my own boss now. I own my own business. I don't have to worry about money because every minute of my time puts money in my pocket. I'm fixed for life. And everything I have I owe to the time when I answered that advertisement. If I hadn't done that I would still be a dissatisfied wage earner."

You Have The Same Chance

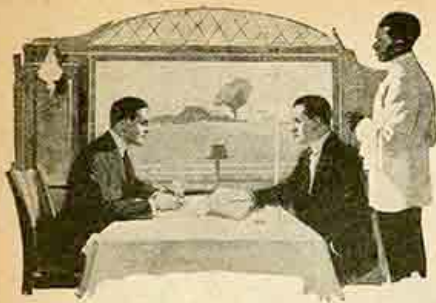
If you would like to have a business of your own, without investing a penny; if you would like to have a chance to make \$200 a week and get an automobile free just as Mr. Prentiss did—then mail the coupon. I will send you full particulars of the proposition that has enabled R. A. Prentiss to become a successful business man, with an income that makes him financially independent. Mail the coupon at once and I will send this information without cost or obligation.

C. E. COMER, THE COMER MFG. CO.
Dept. 53-P Dayton, Ohio

MAIL THIS NOW

THE COMER MFG. CO.
Dept. 53-P, Dayton, Ohio
Gentlemen: Please send me full particulars of the proposition that has enabled R. A. Prentiss to make \$945 in a single month and get a Buick Touring Car FREE. This does not obligate me in any way.

Name.....
Address.....



He Lives Better on \$1,000 a Month! —Salesmanship the Answer

"My salary as a letter carrier," writes J. J. Graney, a California man, was \$1,800 a year. This is the top in the Post Office. After finishing six assignments of the LaSalle course in Modern Salesmanship, I had the opportunity to go with a real estate company, and I have made good. I have not worked nearly as hard since I have been selling, but have increased my earning power about 400 per cent. During September I earned \$225, October \$300, November close to \$700, and I expect to make \$1,000 this month . . ."

Are you—like Graney—following a well-organized plan to double—triple—quadruple your salary? Or are you relying for advancement upon business knowledge picked up thru day-to-day experience? LaSalle has added millions and millions of dollars to the earning power of its members. If a successful career is worth 2c and two minutes of your time, check on the coupon the field of advancement that appeals to you, fill in your name and address, and place it in the mail TODAY.

LASALLE EXTENSION UNIVERSITY
The World's Largest Business Training Institution
Dept. 4369-SR Chicago, Illinois

Please tell me about your salary-doubling plan as applied to my advancement in the business field checked below. Send also copy of "Ten Years' Promotion in One," all without obligation.

- | | | |
|---|--|--|
| <input type="checkbox"/> Business Management | <input type="checkbox"/> Modern Salesmanship | <input type="checkbox"/> Modern Business Correspondence and Practice |
| <input type="checkbox"/> Higher Accountancy | <input type="checkbox"/> Modern Foremanship and Production Methods | <input type="checkbox"/> Personnel and Employment Management |
| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Expert Bookkeeping | <input type="checkbox"/> Business English |
| <input type="checkbox"/> Railway Station Management | <input type="checkbox"/> Commercial Spanish | <input type="checkbox"/> Effective Speaking |
| <input type="checkbox"/> Law—Degree of LL. B. | <input type="checkbox"/> Commercial Law | <input type="checkbox"/> C. P. A. Coaching |
| <input type="checkbox"/> Industrial Management Efficiency | <input type="checkbox"/> Banking and Finance | |

Name.....
Present Position.....
Address.....

BIRTH CONTROL

Don't marry until you have read Dr. R. E. Armitage's wonderful book on Birth Control. Tells simply and clearly all about Birth Control, Marriage, etc. Discusses the following vital subjects: "Private Advice to Women; Birth Control; Too Many Children; Determination of Sex; Race Suicide." Over 200 pages, cloth bound. Also, for a limited period only, "What Every Mother Should Know," by Margaret Sanger, great Birth Control Advocate. SEND NO MONEY. Pay postman \$2.50 and postage for the two books.

DEFIANCE PUB. CO., 110 W. 40th St., N.Y.C., Dept. 325

Stop Mouth Breathing AND SNORING!



"The Perfect Breather" a new invention which overcomes the dangerous and disagreeable habits of mouth breathing and snoring, often the causes of ear, nose,

throat, tonsil, bronchial and lung troubles. Its use assures perfect rest. The vapors from the inhaler, placed

directly under the nostrils and filled with medicated cotton, soothe and heal the inflamed tissues of nose and throat, giving instant relief. The set consists of Perfect Breather, detachable inhaler, inhaling balm and full set of instructions. Has helped thousands. Price \$2.00. Send cash or pay postman on delivery, plus few cents postage. State whether for child or adult.



Women find the Perfect Breather an aid to beauty. Its use prevents flabby facial muscles, double chin, etc.

PERFECT BREATHING CO.

2966 Edgemont Street, Dept. 5, Philadelphia, Pa.

The Anglo-American match between the Tyne crew and the Paris crew drew an immense audience. British-born sportsmen came from all over the world to witness the struggle, which was over a six mile course. The Paris crew was no match for the British who won easily, and became the World four-oared champions. The Tyne crew consisted of James Taylor of Newcastle, weight 149 pounds, bow; Thomas Winship of Newcastle, weight 153 pounds, second; John Martin of Newcastle, weight 178 pounds, third, and James Renforth of Newcastle, weight 174 pounds, stroke.

The English crew used stationary seats, but covered the six miles in 40 minutes 59 1/5 seconds.

The Paris crew, which was made up mostly of Newfoundland fishermen, was composed of George Price of Charleton, N. B., weight 154 pounds, bow; Samuel Hutton of Charleton, N. B., weight 158 pounds, second; Elijah Ross of Parrsboro, Nova Scotia, weight 158 pounds, third, and Robert Fulton of St. Johns, N. B., weight 168 pounds, stroke.

England was wild over the victory, and they won plenty of money over the result.

The Canadians were not downhearted, as in the following year another match was made between the Paris crew and another English crew, hailing from the south of England. This meet took place on August 23, 1871.

Renforth, one of the former members of the Tyne crew had become dissatisfied and formed a crew of his own to meet the Canucks, which was composed of Renforth, Kelly, Chambers and Percy, the latter being a North-of-England man. The Paris crew was intact from the previous year, none of them having left. This race was rowed on the Kennebecasis River, New Brunswick, N. F., and a most unfortunate accident happened during the race. The crews were pretty even for the first quarter mile, when the Canadians commenced to draw away. Renforth of the English crew rowed madly to hold them, and in so doing collapsed in the boat. The English crew were compelled to stop, and paddling ashore found their leader dead, having broken a blood vessel in his effort.

The English public was aghast at the news of Renforth's death, as at that time he was the single scull champion of England, and had taken the title from Kelly. His loss was a great blow to English rowing.

While the race which proved so disastrous to England was going on, six of the best four-oared crews in England and America were waiting at Halifax, Nova Scotia for the International regatta, which took place on August 31, 1871. It was won by the Tyne crew again, composed of Taylor, Sadler, Bagnall and Winship. The Shell Nova Scotia of Halifax came in second. The New York crew composed of the Biglin Brothers of New York, Coulter of Pittsburgh and Joe Kaye, also of Pittsburgh, came in third

and then the English crew with Percy rowing in Renforth's place. The Nova Scotia crews were fourth and fifth.

The two English crews next competed in another Regatta at Saratoga on the 11th of September, 1871, and though it was not a championship affair, through their victory, the Ward Brothers of America, who were the winners, claimed the world's title.

Six crews rowed in the Saratoga regatta, finishing in the following order; the Ward Brothers; the English crew composed of Kelly, Bright, Percy and Chambers; the shell America with Biglins, Coulter and Kaye; the Tyne crew who had been interfered with; another New York crew and a Pittsburgh crew.

It would not be amiss here, to give a description of the boat used by the Tyne crew in their race at Lachine in 1870, which was the first four-oared boat ever brought to this country. The boat was the Dunstan-on-Tyne, and one of the best models ever produced. In fact, today she adorns the walls of the Bachelor's Boat Club at Philadelphia, where she is looked upon as the finest model in the world. After the Lachine race the Dunstan was acquired by the Ward Brothers and they used her in their victorious race at Saratoga the next year. The Wards retained possession of the craft until the death of Ellis Ward, who gave her to the Bachelors Club. The boat was built by Robert Jewett of Dunstan-on-Tyne. She was 40 feet, 9 inches in length; had a 17 1/4 inch beam, and was 8 1/4 inches deep. The boat weighed 94 pounds; the oars 28 pounds, and she had a displacement of 776 pounds. The lines of the Dunstan were used by American builders for many years and the present owners of the boat, say she is still queen of the waters around Philadelphia.

The above events were about the last of the international crew races, but there were many single scull events between British, Australian, Canadian and American oarsmen. In fact, the success of the Australians in single scull events, made the latter country the headquarters for the sport. The decline of professional rowing started a few years after the above events.

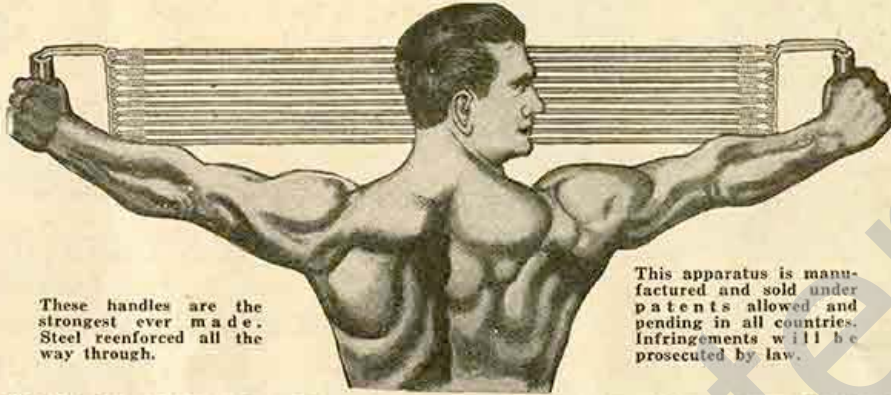
There is still plenty of competition among the amateurs throughout the world, but professionally, the sport is a lost one. Commercialization and betting killed rowing, and the same thing will happen to other sports if they are not controlled.

This article is not intended as a great history on world rowing, but it is written with the view of showing the present day sport followers what our forefathers did to introduce this wonderful accomplishment. It was handed down to the last generation, in a prosperous condition, and the honesty of the competitors was never questioned. Control of it has been lost as far as professional sculling goes and the days of those wonderful races are gone unless the old spirit, the old enthusiasm, and the old public interest can be restored.

THE SECRET OF GREAT STRENGTH REVEALED!

**You, Too, Can Have Muscles
Bulging with Power!**

Every Inch of Your Body Can Be Filled with the Enormous Power of Professional Strong Men by My Methods and the Wonderful Apparatus Shown Here—a New Invention!



These handles are the strongest ever made. Steel reinforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

THE McFADDEN PATENTED 10-CABLE PROGRESSIVE EXERCISER

Look at the wonderful athletes on this page—a few of the many thousands of pupils of the McFADDEN SYSTEM. They are among the world's greatest strong men. But don't think they were born that way. Many of them were weak and sickly when they started the McFADDEN SYSTEM. They then had no thoughts of becoming professional strong men. They only wanted to get well.

They made no mistake in adopting my system. It quickly restored them to health. In fact, it filled them with far greater health and vigor than they had ever known before. And it also added inch after inch to their muscular development—not only to their arms and legs, but to all the muscles, many of which are never developed in the case of the average man. Suddenly they found that they had five or ten times the strength of the average man. They became famous strong men overnight, smashing records right and left.

The Same Physical Perfection Awaits YOU

These marvelous men of muscle were no different from you in the beginning, and the same methods and apparatus that they used will put you right in their class. The McFADDEN 10-CABLE PROGRESSIVE EXERCISER—used as I teach you to use it—will add inch on inch to your limbs and trunk, greatly increase your heart and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5-cable Progressive Exercisers that can be instantly converted into a 10-cable Progressive Exerciser. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you wish. The progressive feature allows you to increase the resistance as your muscles become stronger.

My New Patented Stirrup Builds Legs of Steel

The ingenious new stirrup that I have added to my 10-cable Progressive Exerciser will develop your calves and thighs to marvelous proportions. It is made of one-piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser.

My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

It can also be attached to any 10-cable Progressive Exerciser, and is a patented device that can't be used by any other instructor.

It pays to have a strong, muscular neck, and the McFadden Patented Head-Gear will positively give it to you. It is simple, instantly adjustable, and fits any man or boy. Use it in connection with my Progressive Exerciser, and in a few weeks you'll be wearing a larger collar.

My Complete \$30 Outfit and 12 Weeks' Instruction Course for the INTRODUCTORY PRICE OF ONLY \$8

Here's What You Get

10-Cable Progressive Exerciser, worth.....	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth.....	2.00
Patented Progressive Stirrup, with 1,000 pounds resistance, worth.....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth.....	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
The Michael McFadden Encyclopaedia, worth.....	1.00
Any of these can be purchased separately at the price shown.	\$30.00

TOTAL WORTH, \$30.00; PRICE TO YOU ONLY \$8.00

You can pay three times as much for a progressive exerciser that is only an imitation of mine, but you cannot obtain a genuine McFADDEN PROGRESSIVE EXERCISER—except from me—at any price. When you buy from me, I protect you and you protect yourself.

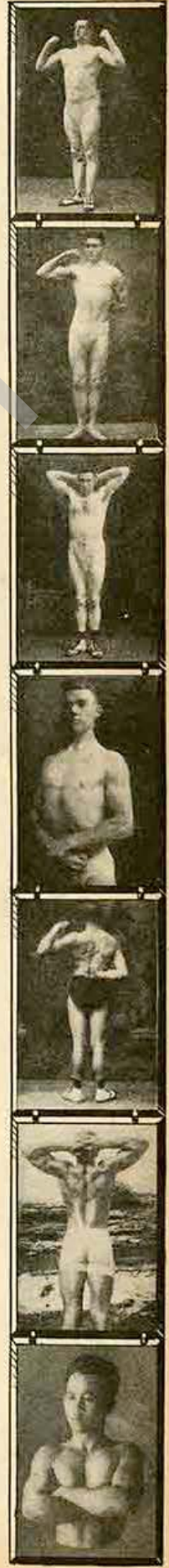
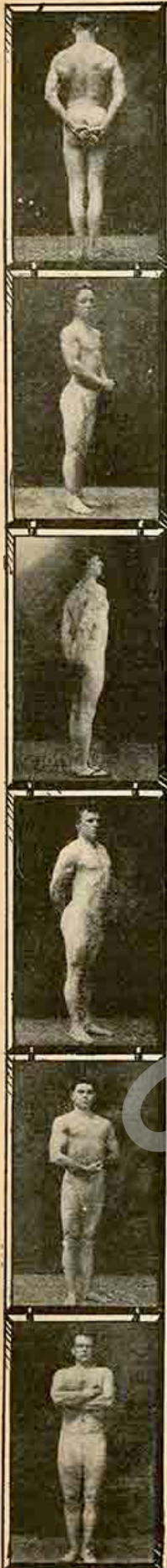
Remember, I guarantee to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. Is it any wonder that thousands of the world's greatest strong men endorse my course of instruction and the McFADDEN 10-CABLE PROGRESSIVE EXERCISER?

Remember, this is only an INTRODUCTORY OFFER—send \$8 NOW, if you want to be enrolled as a full-fledged Michael McFadden pupil at that ridiculously low price. Tomorrow may be too late.

MY GUARANTEE IS BACKED BY A \$10,000 CHALLENGE

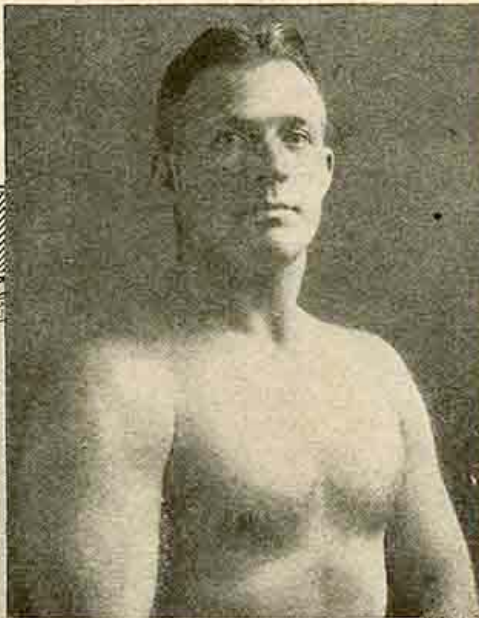
MICHAEL McFADDEN

Dept. 104, 103 E. 13th Street
NEW YORK CITY



Here Is Your Chance to Get That Muscular Development and Strength You Couldn't Afford in the Past

Don't
Let This
Wonderful
Opportunity
Slip By



This special price of \$5.00 includes a two-year subscription to this magazine, "STRENGTH," which you know, without being told, is rapidly becoming the foremost of its field.

FOR ONLY

\$5.00

GREAT STRENGTH CAN NOW BE YOURS

Without Strain Upon Your Finances

You have always wanted enormous strength and a beautiful body, but haven't you felt you could not afford one of the numerous courses that produce these results? Then here is a course that will easily produce strong muscles for you at a price you can easily afford.

This course has all the advantages that any other course of physical training has. It was laid out by an expert, Mr. J. Leonard Mason, who has been the physical instructor at the University of Pennsylvania for a number of years. There are five lessons of varied exercises. These exercises are fully illustrated. Each lesson is separately and attractively bound, as shown on this page. It is a course that will produce results, and because of this and its low price you must get it now or do yourself a great injustice.

A TWO-YEAR SUBSCRIPTION TO "STRENGTH" AND A COURSE THAT WILL MAKE A MAN OUT OF YOU— BOTH FOR ONLY \$5.00

You can't beat that no matter how hard you try. Surely perfect health and a strong, pleasing appearance, coupled with twenty-four issues of this growing magazine, "STRENGTH," are worth many times the price of this special offer. When your entire body becomes powerfully-muscled through the practise of this course, you wouldn't want to be like you are now for ten times its price.

When you clip the coupon below and mail it with your remittance, you will be making a move you'll be proud of for the rest of your life. You will be transformed in appearance simply by following Mr. Mason's up-to-the-minute methods. Mr. Mason, because of his connection with the University of Pennsylvania, is intimately familiar with what is best in the way of physical training for the greatest athletes of the day.

LET HIM INSTRUCT YOU NOW

GIVE YOUR BODY AN EARLY START

Toward
Physical
Perfection
By Mailing
This Coupon
—NOW—

S-4-25

STRENGTH MAGAZINE,
2739 N. Palethorp St., Philadelphia, Pa.

Enclosed please find \$5.00 for which send me Mr. J. Leonard Mason's five-lesson course, "Physical Strength and How To Acquire It," and enter my subscription to "Strength" Magazine for two years.

Name.....

Address.....

City..... State.....

PHYSICAL STRENGTH

AND
HOW TO ACQUIRE IT

BY
J. LEONARD MASON

LESSON V

PHYSICAL STRENGTH

AND
HOW TO ACQUIRE IT

BY
J. LEONARD MASON

LESSON IV

THE MCGRAW-HILL COMPANY
1221 A BROADWAY, N.Y.
PHONE 7181

Is There Help for the Paralysis Victim?

(Continued from page 31)

articles I have been careful to avoid personal reference wherever possible; but this whole subject is so very close that I am violating that rule. You may understand that knowing the full insidious nature of the disease I was more anxious than most fathers under the circumstances. At the time my son was recovering from the acute stage I watched most carefully for evidences of the resultant paralysis, found them and by the proper treatment and exercises for those particular groups of muscles gradually overcame the paralysis. Today my son is perfectly well with no ill effects at all.

This same proper treatment would save a great many other victims from the dreaded crippled stage. Almost invariably the reaction is the same. The patient seems to be growing well so rapidly that it is believed he is recovering entirely when the real fact is that his condition is growing worse and is desperately in need of attention.

In the free orthopedic clinics which we conduct for these cases every other Saturday in Philadelphia, some wonderful results have been obtained. Occasionally we have a case which we have to put in the hospital and use original methods on to get results, but this is very unusual. The thing that we have found through a number of years' work along this line is that with the proper braces and the correct exercises we can cure many of those who seem to be hopeless cripples, and enormously benefit the condition of others. To prevent any wrong conclusion being drawn, from this it must be stated that such cases should not trust themselves to the ordinary maker of braces. He may be extraordinarily skillful in his trade; but this demands more than that, for a brace one least bit too heavy or shaped the slightest bit wrong will do much more harm than good.

The whole secret of successful treatment can be explained. It lies in strengthening the affected parts by exercise. For instance, the nerves which supply one small set of muscles in the leg may come from a part of the spinal cord that was injured during the infantile paralysis attack. Upon recovery the affected nerves still retained a small amount of "life" but not enough to keep the muscles involved functioning normally and the blood flow in that particular region at what it should be. That, then, is the weak spot. Unless deliberate efforts are made to strengthen it gradually, without straining it, complete collapse may result in that region. Those paralyzed muscles must be strengthened, the nerves stimulated and the blood flow kept up. The groups of muscles that have not been affected should be brought into harmony so that they will really assist the weakened group.

Right there we have it all. The braces mentioned are advocated to prevent strain on the weakened part. That is why it is so necessary for them to

be prescribed by one who fully understands the needs of the case, a thing that the brace maker, expert mechanician though he may be, cannot. The exercises must be designed from a common sense standpoint considering the part of the body affected. Any exercise in moderation that will tend to utilize the affected part without straining the paralyzed muscles, cannot fail to be of benefit. But if you are carrying a heavy brace on a paralyzed leg the mere effort of lifting that brace is straining the weakened muscle. Perhaps you may not need a brace. If you do it should be made for you with full understanding of all the conditions and facts. And in the clinic I have taken braces from adults as well as children who did not need them or would be better off without any, than with the kind they were wearing which tended to make their condition worse instead of better.

In the scientific treatment of these crippled conditions osteopathic measures which direct attention to the cervical and lumbar regions of the spinal cord (the neck and lower part of the back, where the injuries are usually found), and in that way tend to reestablish circulation and nerve power, are certainly the method of treatment in which I believe and with which we have obtained results.

But the patient can do a great deal for himself. In fact, there are many of these so-called cripples today who could greatly benefit themselves, even after a long period has gone by with no effort to overcome their condition. In the first place, the exercising of the affected part is absolutely necessary. If the legs be paralyzed they should be used in some way that does not require straining.

If one leg only is paralyzed the patient should not walk more than the weak leg can comfortably stand. If an arm is paralyzed it should be made to do something, as much as possible without overworking it. In other words, manipulation, some form of gymnastics, exercise of any kind that will not overtax, is necessary. The paralyzed muscles should be stretched and massaged, not over a short period, but day after day, month in and month out. It may require a year, or even two, before results manifest themselves.

Affected joints should be put through the complete range of movement for which they were intended. Where some member is so seriously affected that the mere weight of it makes it impossible for the patient to move it he should have help from someone else. We have even found that in some cases the patient could obtain the needed exercise in a bathtub with the water helping to carry some of the load.

In one case of this kind, after eleven months of such treatment, the patient recovered sufficient power in the paralyzed muscle so that he could begin exercising without the aid of the water.

URINALYSIS

Anywhere By Mail. Send No Money.

It's tragic the way prominent men are passing out before their time. Health tests would have prolonged their lives—would have saved them to their families and friends.

PROLONG YOUR LIFE

Bright's Disease, Diabetes and other dreadful diseases get a deadly hold in your body months before you realize the serious need of a doctor's skill and care.

Every man and woman should have a scientific health test made each year. Anywhere by mail. Use liberal offer coupon below.

URINALYSIS

A Complete Chemical and Microscopical Health Test

The excretion from the kidneys is an unflinching barometer of the condition of the body.

The Robinson chemical and microscopical test is complete, covering 25 different classifications. It is the same accurate and complete test required by leading life insurance companies.

We do not prescribe medicines but recommend medical attention where test indicates it is required.

Have a health reading made at regular intervals! Prolong your life!

URINALYSIS

Used By Many Prominent People—
Everywhere By Mail

Many prominent people use our service regularly. 1500 new subscribers added. Everywhere by mail. Convenient, confidential.

PROLONG YOUR LIFE

Our Liberal Offer to You. Send no money. We will mail self-addressed and stamped container and bottle. You then return sample to us. We give a complete and understandable report of 25 determinations. If you are satisfied with the value of our service, send \$2.50; otherwise return the report. Use coupon below.

URINALYSIS

WHAT USERS SAY ABOUT IT

No. 916. Clear Lake, Wis., Oct. 16, 1924. "Have received Urinalysis and very well pleased with it."

No. 919. New Lexington, Ohio, Sept. 15, 1924. "Send container for my wife's use. I am very much pleased with your report of mine."

No. 793. West Chop, Mass., Sept. 8, 1924. "Your report was received yesterday. Please send container to my brother, same address."

No. 1001. Chicago, Ill., Oct. 13, 1924. "I am enclosing \$2.50 for another urinalysis test. I had three other tests made by other laboratories at the time I had my first urinalysis made and I found your test to be the best and fullest of the four. I hope to always be able to give you a ninety day sample as I am assured that it is a good safeguard towards good health."

LOUIS G. ROBINSON LABORATORIES

Established 1907

49 Harrison Bldg., Cincinnati, Ohio

LIBERAL OFFER COUPON

Send no money

The L. G. Robinson Laboratories,
49 Harrison Building, Cincinnati, Ohio.

Please send bottle and container for my sample. After I receive report, I shall send you \$2.50. It is understood and agreed that if I am not satisfied with your service, I have the privilege of returning report without cost or further obligation.

Name.....

Address.....

City.....State.....

YOU DIRECT FROM FOODS

After a person has cleansed his system with suitable fruits and vegetables then the foods that he eats will produce DIRECT EFFECTS, if he combines them by rule especially, just as a carpenter's tools produce direct effects on the wood according to the tool used.



Some of the DIRECT EFFECTS of ten sample groups of foods: (1) Rejuvenating, Beautifying, When Properly Combined (Fruits). (2) Destroying Beauty, Promoting Dulness, Languor, Premature Old Age and Death. (3) Psychic. (4) Strong Nerves, Moral Strength, Presence of Mind, Mental Balance, Wisdom, Foresight, Good Complexion, Strong Eyes, An Even and Sweet Temper. (5) Irritable and, if Freely Continued, Violent, Tempered and Humoral. (6) Nervous, Shy and Low Spirited. (7) Constipation. (8) Heart Complaints. (9) Liver Troubles. (10) Sex Troubles.

CATARH, SEX, SMELL, TASTE, PIMPLES. Man, age 50, wrote: "The glands dropping in my throat is greatly reduced and the mucus which used to run out of my mouth and all over face and clothes at night has almost cleared, and I am so relieved in one week."

"My nose has become clear, will have to learn to breathe through it again."

"It is quite interesting to note how one can regulate bodily functions, that I supposed were impossible. I never dreamed I could overcome my secret complaint so easily, if at all."

"Smell and taste returned. Pimples disappeared. Shape improved. Wear larger hat and vest, smaller shoes and shorter belt."

KIDNEY STONE COLIC. My urine before going to the school was two-thirds sediment. Almost the first day the sediment became reduced to about ten per cent, and showed a daily, steady decrease visible to the naked eye and became normal in color.

I suffered an attack after about five days on the Brinkler plan, but this attack lasted 12 hours instead of the customary 48 hours or more, and was so much lighter that no morphine was needed, and no blind and dizzy headaches and no long drawn out days of recovery, for I was my normal self the very next day.

My improved complexion and color, greater vivacity, evoked genuine praise from my neighbors who did not know I had altered my way of living.

As a nurse of ten years' experience I could only marvel at results. I saw a man, age 73, overcome long standing troubles, including a two-year headache and prostatic trouble, within a week, and increase in strength so that he could go with me sightseeing all day long without undue fatigue. A physician who was taking the meals for optile fits also recovered. A surgeon's wife, who was there for dissolving of tumors also informed me she was getting results which astonished her husband.

TEETH AND TONSILS SAVED—MEMORY IMPROVED. "Pyorrhea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since fixed all teeth without any extractions."

"Tonsils also saved. Sticky film and pimples disappeared. Joints reduced. Large lump on wrist there for one year disappeared in a few weeks."

"Can now memorize music, and accomplish in half an hour more than formerly in two hours." File 1885.

TUBERCULOSIS: Case 2424. X-ray showed spot on right lung. Hemorrhage. Antem trouble in winter. Cough. Bedridden.

After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucus almost gone."

Educational booklet, 10 cents. Over 6,000 pupils.

BRINKLER SCHOOL OF EATING

Dept. 20 131 West 32d Street New York



EARN \$2000 to \$5000 YEAR

Hundreds positions constantly open

Become a Traveling Salesman

Get a position that enables you to travel, to see your country, to stop at the best hotels, to meet people of prominence and that opens up an opportunity of advancement to

\$10,000 a Year and Up

Men, women, 16 up. Mail the coupon today sure

Send me—FREE—information telling how to become a TRAVELING SALESMAN, and your book "SCIENTIFIC SELLING SIMPLIFIED" containing sample lessons in salesmanship.

Name.....
Address.....

The improvement is still going forward. Whether it will ever result in complete cure I cannot say as yet, but without constant plugging he would have been a hopeless cripple. As it is he is assured of vast improvement and of ultimate comparatively free locomotion.

In closing I want to stress the fact that persons who have been crippled by this malady should not lose heart. Many of them can be entirely cured and a very great percentage can vastly improve their condition. They should go to a man who makes a special study

of infantile paralysis and then face the actual work needed in going through with the proper exercise to get results.

Perseverance is a great asset, and the patient who has been crippled for years must not expect to be cured in a few months. He must be willing to undergo a long, slow process with improvement manifesting itself gradually. He must be satisfied with small gains at first and his treatment will usually extend over a long period of time. But with such a reward as permanent cure ahead, isn't it worth it?

American Continental Weight Lifters' Association Notes

(Continued from page 37)

"ONE HAND CLEAN AND JERK"

The bar-bell shall be taken to the shoulder in one clean movement and then jerked to arm's length overhead. In the pull in to the shoulder, the trunk may be bent sideways and the elbow may rest upon the thigh prior to standing erect; but should the bar be brought into contact with the body below the line of the nipples, this shall be counted cause for disqualification. To rest the elbow on the body prior to jerking the bell overhead is also permitted. At the conclusion of the lift, the trunk shall be erect, the lifting arm and legs straight and the heels together.

"ONE HAND MILITARY PRESS"

A dumbbell shall be taken to the shoulder, and after a pause of two seconds, pressed to arm's length overhead. At the commencement of the lift, the bar shall not be held higher than the line of the chin. During the press from the shoulder, the trunk must not be inclined backwards, forwards, or sideways. The shoulders must be kept quite level; the disengaged arm held sideways and level with the shoulder, or down by the side of the body; the legs straight and the heels together, the slightest deviation from the erect position being counted cause for disqualification. After the dumbbell has been taken to the shoulder, it may be held either at right angles to or parallel with the lifter's; but in either style, the bell must be taken to the shoulder single-handed. In the performance of this lift the use of a bar-bell or kettle weight is not permitted.

"TWO HANDS SNATCH"

The bar-bell shall be taken from the ground to parallel arms' length overhead in one clean movement. In fixing the bell, the legs may be bent to any extent; but to lock the arms by pushing the bell, shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

"TWO HANDS CLEAN AND JERK"

The bar-bell shall be taken to the shoulders in one clean movement and

then jerked to arms' length overhead. In the pull in to the shoulders, it shall be counted cause for disqualification, should the bar be brought into contact with the body below the line of the nipples. To rest the elbows or the bar on the body prior to jerking the bell overhead, is permitted. At the conclusion of the lift, the trunk shall be erect, the arms and legs straight, and the heels together.

"TWO HANDS DEAD LIFT"

The bar-bell shall be lifted from the ground until the lifter stands erect. Should the bar be brought into contact with the legs during the lift, it shall not be counted cause for disqualification, providing the bar has not actually rested upon, or against, the legs as a means of temporary support. The manner in which the bar shall be grasped is a matter for the lifter's discretion. At the conclusion of the lift, the trunk must be erect with the shoulders back, the legs straight and braced at the knees. The feet may remain astride throughout.

A careful study of this subject matter will save contestants from any arguments brought about by lack of comprehension on what constitutes weight lifting performances, and adherence to these rules will supply the polish to a lifter's performance. Where there is a draw for first, second or third place, the man who has carried out his lifts in the best style will gain the judges' decision.

Of great interest to members will be the meteoric progress of that wonderful young French weight lifter, Rigoulot, who won the world's light heavy-weight championship at the last Olympic Games. Recently, at Paris, this twenty-one year old marvel surpassed Louis Vasseur's amateur record—209 pounds in the one-hand "Snatch"—by making the great weight of 212 pounds. Vasseur's record had stood for many years.

A few weeks later at the Voltaire Gymnasium, Paris, he beat the mark set up by the German, Gaessler, 332 pounds in the two hands "Clean and Jerk"—by a total of 336 pounds. He now has beaten his previous best with the wonderful lift of 342 pounds, and

at the same time set up another astonishing mark with his two hand "Snatch" of 265 pounds. This new mark beats the best official mark performed by any other lifter, even in the heavyweight class. In Germany in 1920, H. Gorner performed a two hand "Snatch" with 264½ pounds, at the time he made the two hand "Dead Lift" record that still stands, 793¾ pounds.

Josef Stienbach, the famous old Vienna star, is credited with 264¾ pounds, while H. Rondi of Germany claims 270 pounds, though much dispute remains over the lift claimed by Rondi.

Ernest Cadine the French star and former world's Olympic heavyweight champion, made a fine two hand "Snatch" of 258 pounds only last year; but it looks as though Rigoulot is going to have revenge on his former conqueror.

Louis Vasseur is given credit for 260 pounds in the two hand "Snatch," and President Jowett says that some years ago, Vasseur was supposed to have made a one-hand "Snatch" of 222 pounds. This was after he had turned professional. In fact, our President says that a prominent European "Strong Man," well known to him personally, whose word he would not doubt, told him that he had witnessed the lift by Vasseur. Then we have Steinborn's claim that he has performed 230 pounds in the one hand "Snatch" when training; but Henry has had terrible luck in public lately.

During our President's recent visit to Canada, he was asked to go to Montreal and witness the feats of a young Quebec lifter whom the French Canadians were anxious to display for his opinion.

He turned out to be a marvel and Mr. Jowett says he was amazed. This boy, at only 146 pounds, did one feat that stopped them all, including Cadine, the French marvel, and Giroux, the French Canadian heavyweight, namely making a "Clean and Jerk" of 215 pounds, while using only one finger of each hand. And at the time he was fully dressed.

In the next issue of our notes I will tell you more of the startling feats performed by this nineteen-year-old Canadian wonder.

JOHN BRADFORD,
Secy.-Treas., A. C. W. L. A.

Have You a Personal Experience Story?

The number of our readers who have written us about their experiences in a physical culture way, has led us to believe that there are thousands of similar experiences which are never told.

Because of the inestimable value which real experience stories are to our readers, and because of the new roads to health they are constantly opening, we are offering a series of prizes for the best stories submitted by our readers.

For further particulars read Prize Contest of

"Personal Experience Stories"
in May Strength



"Rejuvenation"

By WILLIAM J. FIELDING

Nationally known author of "Health and Self-Mastery" and "The Caveman Within Us". Gertrude Atherton, famous novelist and author of "Black Oxen" lists "The Caveman Within Us" as one of ten books of all time she has most enjoyed.

A Romance of Facts!

Facts gained by the author at tremendous expenditure of time—facts about this modern-day science you hear discussed everywhere. Not written in technical terms, but in plain, simple, everyday language any one can understand. The author tells you what science says today—that you are only as old as your glands.

You owe it to your health and happiness to read the frankest book of science ever written! Here is the most authoritative book written on the subject. A book that contains the information for which millions are seeking.

A few years ago this book could not have been written and distributed, or if published would have sold at a high price to specialists and physicians.

Today the World Demands the Whole Truth About Sex

Today the world demands the truth. Here is the truth by the famous author, William J. Fielding. All the facts about the miracles of science in extending the span of years; stopping old age, rolling back the years to youthful physical and mental activity. A book that describes exactly what is being done—where—how—rejuvenation is accomplished. A book to read with your wife. A book to lift the clouds of ignorance, prudery and folly. A book for the guidance of mature people—not intended for the curious minds of youth. A book straightforward as science itself. So certain are the publishers that you will appreciate this great book, that they make this offer. "Send for this book today, read it, if you don't decide to keep it send it back in five days and we will refund your money without question."

Thousands of Copies of "Rejuvenation" Sold— This is a Limited Edition

This book by William J. Fielding has sold nationally in quantities in keeping with his other advertised books. As publishers we have made this unusually low price to move immediately only a few thousand copies now on hand. When the supply is exhausted we cannot promise another edition at this attractive price of \$1.00 for a book so well printed and illustrated. It is a book you will enjoy reading; its appearance is for those who enjoy well-made books; type pages as pleasurable as the faces of old friends. So sure are we that you will like your copy it is sent subject to your unqualified approval in a five-day reading. If not entirely satisfied your money will be immediately refunded without question. Slip a dollar bill in an envelope today for copy of "Rejuvenation".

Mail Sent on 5 Days Approval

Fill in and Mail Today

THE BRINKLEY PRESS, Box 101, Milford, Kans., Geary County
You may send me at once on approval Mr. Fielding's amazing book "Rejuvenation." I enclose \$1.00 in full payment according to your special offer. It is understood that if not more than pleased I may send it back anytime within 5 days and get my money at once.

Name.....

Address.....

City.....State.....

NOTE:—The State Bank of Milford Kansas guarantees our reliability and responsibility. Just enclose dollar bill, check or money order with this coupon and get book by return mail.

A Few of the Subjects You Learn About

Should Man live to 120 years?

What is the source of all energy?

What are the Endocrine Glands?

How does the Interstitial Gland shape our personality and dominate our life?

Why did the old rouses of Paris seek Brown-Sequard?

What is Gland Transplantation?

The Modern Ponce de Leon.

How sexual powers are intensified by science.

After 60—what? Extraordinary cases.



A Beautiful Book

Bound in tall boards, embossed title, bold, open readable type on deckle stock. In two colors, beautiful initials; a book to enjoy reading, to keep in your library on this up-to-the-minute study of science, or to give a friend.

\$1.00 Post-paid.



Price
\$1.00

Postpaid

"AW, WHAT'S EATIN' YA?"

You've often heard that bit of slang. It is hard to say just what it originated from, but it is logical to assume that it is a degenerate from such phrases as "What have you been eating to make you that way?" Just as "Did you have scrapple for breakfast?" is often asked of those who are in a bad humor and feel like arguing or scrapping. Of course, such figures of speech are more or less humorous; but many a true word is spoken in a joke. And it is true that what we eat can and does effect us in more ways than one. Also that the effect is anything but humorous, as you will learn if you do not eat correctly. Do you know that

IF YOU ARE IRRITABLE, LISTLESS, TIRED OUT, NERVOUS

or have frequent colds, headaches, squamishy and dizzy spells, pains in your stomach and many other minor afflictions that ninety-nine times out of a hundred they are caused by incorrect eating? If you are troubled with any of the foregoing, you should immediately learn how to eat correctly and not wait until these minor ailments grow to be serious, like

CANCER, ULCERATED STOMACH AND INTESTINES, ASTHMA,

diabetes, acidosis, appendicitis or others, many of which mean operations. Don't wait until you are this far gone. Nip disease in the bud; save yourself hours, days and weeks of unnecessary misery by learning how, when and what to eat. You cannot help making costly mistakes in your eating if you do not have the knowledge that is contained in this Superior Course,

"EVERYDAY MISTAKES IN EATING"

This excellent five-lesson course, which will lift you from a Hell of misery to a Heaven of painless and easy digestion, is worth many times its price. Those who have already purchased this course have found it a priceless blessing which quickly frees you from the bondage of serious and minor ills. "Everyday Mistakes In Eating" was written by that authority, Carl Easton Williams, former editor of Physical Culture and Strength Magazines.

WHY PAY A DOCTOR MANY TIMES THE PRICE OF THIS COURSE?

and still never be cured? You simply cannot cure, by taking medicine, the many ailments and diseases that are caused by wrong eating. Take for granted that certain kinds of medicines will relieve you somewhat, but even then the relief is only temporary. The old trouble will still be there and a recurrence is positive. You must get at the root of your miseries or troubles, which are caused by nothing more than your everyday mistakes in eating.



The price of this Great Course is only \$2.00 postpaid, and no \$2.00 you ever invested will benefit you half as much as this course will. Fill in the coupon below and mail it with your \$2.00 NOW. NEXT WEEK MAY BE TOO LATE.

Things You Need to Know About Food

(As given in this Course)

Lesson One.—What Is a Balanced Diet?—The calorie fallacy—Food as building material—Fuel foods—Mineral foods—Vitamins.

Lesson Two.—Applying Food Science—Fool-proof classification—Natural and unnatural foods—Abuses of cooking—Correcting digestive troubles—What causes acid stomach?—Analyzing your mistakes in eating.

Lesson Three.—Curative Aspects of Diet—What it means to be run down—Scurvy, pellagra—How quickly to correct acidosis—Is fasting desirable?—Weak points of the theory—The milk diet—Anemia—Auto-intoxication—Constipation—Biliousness—Bright's Disease—Catarrh, Colds—Diabetes—Insomnia—Liver trouble—Headache—Muddyskin—Neurasthenia—Rheumatism—Teeth—Tuberculosis.

Lesson Four.—Your Correct Weight—Reducing surplus—How not to do it—Two dietetic plans, without inconvenience—Menus for reduction—How to gain weight—Exercise for gaining weight, for reducing.

Lesson Five.—Diet in Relation to Your Occupation—Diet and climate—Diet for middle age—When traveling and in hotels—Food preparation—Cooking vegetables—How to bake whole wheat bread—Candy and ice cream—Tea and Coffee sense—Food combinations—Base-forming foods—Acid-forming foods.

THE MILO PUBLISHING COMPANY
2739 N. Palethorp St., Philadelphia, Pa.

Please find enclosed \$2.00 for which please send me immediately Carl Easton Williams' complete Five-Lesson Course, "Everyday Mistakes In Eating."

Name.....

Address.....

City..... State.....

Canadian and foreign money will be accepted, but the equivalent of \$2.00 in United States funds must be remitted to take care of the rate of exchange.

The Mat

(Continued from page 60)

work where so many repetitions are used in every performance. Under such conditions very little muscular tissue is broken down, and the tissue becomes of a much coarser texture, due to the blood circulation during the exercise. This is productive of inflated tissue which never becomes stabilized.

Have you noticed when you were going to measure your biceps how you would perform a few curls and how you would use the expression that you were just "pumping" it up; simply because you knew such pumping would momentarily enlarge the muscle?

That is about as good an example of inflated tissue as you could find. When you cease to practice these movements the size of the muscles diminishes.

This is not the case with heavy exercise. The tissue is actually broken down and multiplied in substance, and in its regeneration that finer steel-like construction is brought about which is the requisite of strength. But most important of all,—a change is brought about in the ligaments. They become thicker, causing heavier joints and finally becoming the co-ordinating factor in the development of great strength.

The high biceps, and inflated muscular tissue in general, can be corrected only by the adoption of bar-bell practice. It is a waste of time to even imagine that any other form of exercise can overcome this condition. The type of apparatus and exercise involved are of the wrong nature. I do not say that other forms of exercise than bar-bells are no good, for they are; but in the acquisition of increased bodily development, in which we are most interested,—because it is the kind that is backed with genuine man-power—heavy exercise must be practiced.

There are many who imagine if they secure some plates on a bar that they can acquire the same results for themselves as can be attained through taking a course in this work, but they are entirely wrong.

The right kind of exercise is imperative, and new systems have been built up at the expense of much time and experiment by the best scholars in physical training in America. In certain particular positions lies the secret of success; but by no means are all bar-bell exercises good for developing muscle and ligaments to their utmost capacity. To this subject I have given much time and consideration, and the results are evident in the ability and appearance of all of the bar-bell enthusiasts whom I have had the pleasure of coaching.

The best kind of exercise will obtain the maximum results in developing muscle and ligaments alike, at a minimum of effort. This is best accomplished by the double progression and compound system of teaching.

I do not believe in too much curling of weights, as it has a detrimental effect. It causes a shortening of the biceps muscle. Just notice the arms of

a blacksmith, or one who does a lot of shoveling, and you will notice that the arms are constantly bent at the elbow, and the heavier the nature of the work in these two lines, the harder it will be to find a pair of straight arms. If you have worked hard for an hour or two with a heavy hammer or a shovel, you will notice a severe stiffness of the biceps muscle when straightening the arm.

To a weight lifter, this practice is fatal. He will succeed with his "Press" or "Push" lifts, but will be hindered in the "Jerk" and "Snatch" lifts.

I have seen a number of weight lifting matches lost when one contestant has succeeded in kidding his opponent into believing that he could curl more weight than himself. Some one would first suggest a curl as an impromptu feat, just beforehand, and one man would make an apparent struggle with a weight well within his limit. His opponent, realizing the value of making an impression, would often do his best, sometimes more than once. Then when the match would commence, the two hand "Snatch" would be worked in as the starting lift, and what was the result? The champion "curler" would exhaust his energy in endeavoring to fix a weight he knows is well within his capacity, only to fail, because the curling contracted the biceps so much that he was unable to straighten out his arms, and down came the weight.

There are tricks in all games but weight lifting, and that is all tricks if you know the game.

Therefore, I would advise the curling of a bar-bell only a moderate number of times, and that only as an exercise, not as a feat. If a person desires to specialize on biceps work, he should continue the practice with a pair of kettle weights or dumb-bells, being careful to observe that when the arms are lowered, they are straightened perfectly. There is no danger of shortening the biceps when full extension is brought about during exercise; but I do not advise any one to make the two-arm "Curl" his pet record lift, or to waste too much effort on curling. Better results in upper arm increase can be brought about by specialization on the triceps, which are more easily developed and are of greater value to the strength builder or weight lifter.

Of course, many strong men have fine biceps, but you will find that they also have fine triceps. Then they always have such heavy biceps ligaments that they naturally counteract the biceps muscle, and as long as the balance of the biceps and triceps exists, all is well. So do not concentrate upon the biceps alone.

Chinning the bar and rope climbing are good, and will help fill up the biceps area; yet the very fact of handling the bar-bells will always eliminate the existence of a high biceps.

Quite a number of years ago, I commenced an experiment of arm develop-



Aviation Brings Quick Success

TO young men of daring no other field of work offers such a fascination, such high pay, nor such opportunities for quick success as the field of Aviation. As yet, aviation is practically in its infancy. But now is the time to get in.

Amazing Opportunities in Airplane Industries

In the automobile industry and in the moving picture business hundreds of men got rich by getting in at the start. They made their success before others woke up. Today, these lines offer no greater opportunities than a hundred and one others. **BUT AVIATION IS NEW.** Get in while the opportunities are big. All over the country there will be a clamor for trained men. It will not be a question of pay but of getting capable men.

Become an Aviation Expert \$50 to \$100 per Week

The study of aviation is almost as fascinating as the actual work. Every lesson is full of interest. That is why it is easy to learn aviation. You do not have to make yourself study—it is like reading an interesting book that tells you things you have always wanted to know. Only one hour each evening will give you the basic training in a surprisingly short time.

One student, S. F. McNaughton, Chicago, says: "Your lessons are like a romance, and what is more, after one reading, the student gets a thorough understanding. One never tires of reading them." James Powers, Pa., another student, says, "I am indeed surprised that such a valuable course can be had from such practical men for so little cost."

Fascinating—Daring—Big Paying

Prepare Now for One of These Positions

Aeronautical Instructor \$60 to \$150 per week

Aeronautical Engineer \$100 to \$300 per week

Aeronautical Contractor Enormous profits

Aeroplane Repairman \$60 to \$75 per week

Aeroplane Mechanician \$40 to \$60 per week

Aeroplane Inspector \$50 to \$75 per week

Aeroplane Salesman \$5000 per year and up

Aeroplane Assembler \$40 to \$65 per week

Aeroplane Builder \$75 to \$200 per week

Personal Instruction

by Experienced Men
Men who have had actual experience give you personal attention. They select the lessons, lectures, blueprints and bulletins. They tell you things that are essential in everyday practice. Each lesson is easy to read and understand.

Get Big FREE Book—Now

Send coupon below for New Book, just out, "Opportunities in the Airplane Industry." It is interesting and instructive. It will show you many things you never knew before about aviation. We have but a limited supply of these books—send the coupon before they are all gone.

American School of Aviation

3601 Michigan Ave., Dept. 6774 Chicago, Ill.

American School of Aviation

3601 Michigan Ave., Dept. 6774 Chicago, Ill.

Without any obligation, send me your Free Book, "Opportunities in the Airplane Industry", also information about your course in Practical Aeronautics.

Name.....

Street.....

City..... State.....

Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

Health Resorts

America's Most Beautiful Milk Diet Sanitarium. Send for circular telling about our new location and natural health-building methods. Twenty years experience in treatment of chronic ailments. Dr. Galatian's Sanitarium, Box S, Lutherville, Md.

Schools and Colleges

CASH IN ON YOUR PHYSICAL CULTURE KNOWLEDGE—APPLY IT PRACTICALLY

Don't Enroll in Any School Until You've had our extraordinary offer. Now, you can get our special \$250 course—unobtainable anywhere else—FREE by enrolling for chiropractic course. School recognized by State Boards. Thorough but simplified instruction in diagnosis, instrument-work, electrotherapy, orificial work, iridology, hydrotherapy, etc. Don't be a one-horse power doctor. Don't wait till you're in the field to find the weakness of single-track systems. Grasp this offer before it is withdrawn. Our graduates making from \$4,000 to \$25,000 a year. Special courses for practitioners. Lind-lahr College, 519-525 South Ashland Blvd., Chicago, Illinois.

Education and Instruction

DOUBLE Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Make Your Own Adjustable Bar-bell, Kettle-bell, Dumb-bells. Materials cost \$3.00, obtainable at home. Directions, patterns, diagrams, \$2.50. Complete lessons free. Fair? L. Whitten, 101 Front St., Bath, Me.

Boxing, Wrestling, Jiu Jitsu—Complete Illustrated booklet, postpaid \$1. Free circular. Herb. Waddell, Champion Wrestler and Self-Defense Expert, 607 Gearling Ave., Pittsburgh, Pa.

Books and Periodicals

Books; Chiropractic, Osteopathic, Naturopathic, Sex, for drugless practitioners. Circulars sent. Murray Publishers, Box 508, Elgin, Illinois.

Personal

HOME TREATMENT. Dr. Crandall's book on "A Plan of Daily Living." A sanitarium treatment right at home and less than the price of a visit to the doctor's office but worth many times more. Send at once. Price \$1.00. DR. CRANDALL'S HEALTH SCHOOL, York, Pa.

Strength The Pride of Every Man. Become a live wire. Regain your vigor and power of youth and lengthen your life with my illustrated nature course treatment and instructions. Send for interesting information. Dr. James Piwonka, 5733 Broadway, Cleveland, Ohio.

How to Stay Young

tells what to eat in health—what to eat to cure almost every imaginable disease. Tells how to save 50% to 80% on food bills. Gives lists of foods that harmonize—etc., etc.—Send for descriptive circular—it's free. LIBERTY PUB. CO., Sta. D, Box 4137, Cleveland, Ohio.

Tuberculosis

Send me \$1.00 and I will explain fully how you can take the sanitarium treatment right in your own home. FRANK EHRLEY, El Paso, Texas, care of Sellers Sanitarium, 2701 Louisa St.

Pure Food Products

Eat Wheat. Vim, Vigor, Vitality, Builds Blood and Bone. Send one dollar for trial package. Prepaid East of Rocky Mountains. Natural Crushed Wheat Co., 318 Oak St., Cincinnati, Ohio.

Natural foods build and protect health. Raw food recipes attractively prepared, 50 cents. M.H. Clauneh, 848 Gough St., San Francisco.

Help Wanted—Male

\$133-\$192 Month. Traveling. Men, 18 up. Become Railway Postal Clerks. Steady. We train you. Full particulars FREE. Write immediately. Franklin Institute, Dept. B 64, Rochester, N. Y.

DETECTIVES EARN BIG MONEY. Travel. Make secret investigations. Experience unnecessary. Write. American Detective System, 1968 Broadway, N. Y.

Agents Wanted

Big money and fast sales; every owner buys gold initials for his auto. You charge \$1.50, make \$1.45 profit; 10 orders daily easy. Samples and information free. World Monogram Co., Dept. 155, Newark, N. J.

A different business, worthy, remunerative and interesting; learn privilege trading; small capital, \$100 or more may be employed. Dept. P, Paul Kaye, 149 Broadway, N. Y.

Miscellaneous

CURIOUS Books, Unique Novelties, Stunning Pictures. Samples, 10 cents. S. Lind, 214 W. 34th Street, New York.

Bulldogs, Trained Fighters Or Pups. Bulldogs, 501 Rockwood, Dallas, Texas.

Old Coins for Sale

Attention, Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengelle, Box 387, Colorado Springs, Colo.

FREE Let Us Help You QUIT TOBACCO

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed. Anti-Tobacco League, Box X, Omaha, Neb.

ment upon myself, the results of which will bear out my statements in this talk.

I always had such a large forearm that my biceps looked small in comparison. I was anxious to balance the appearance. Therefore one winter I mapped out a program discarding my weights, and commenced this specialization.

I actually increased the size of my biceps on this occasion until they measured eighteen inches. I was elated, and was determined to find out what effect this increase would have on my weight lifting abilities. What a shock I got! I could not believe it possible, but I had gone back to such an extent that I almost despaired of ever retrieving the form which was previously mine.

I actually failed to lift 190 pounds in the two-hand "Military Press," when I had on several occasions done 230 pounds, and at a less body weight.

I knew what the trouble was. I had developed nothing but inflated tissue and this had encroached upon and degenerated the original muscular substance of the upper arms.

I had gained size, but what good was it to me?

It had robbed me of my power. I simply flew back to the weights and in no time I was back as good as ever; but the size of my biceps fell to seventeen inches, which later increased to seventeen and a half under bar-bell practice, and what was the result?

Just read the following letter and see what Mr. Bean says:

"By the way, here is a little incident that occurred in my case, which I have read about several times, that occurred with several others of your pupils. I have been more or less doubtful about whether or not it was the truth but I proved the matter to my own satisfaction here lately.

"So here it is: My best records were as follows: two-arm press 192 pounds, two-arm jerk 242, lying press 242, shoulder bridge 272, one-arm bent press 177, etc.; well, when I got my weights together of course I was interested in seeing how I stood; so I started, working up to my three best records in the two-arm press, lying press and jerk. It sure was a big surprise to me, for I never saw that much weight or in fact any kind of a set of weights for three whole years."

This condition always exists where muscle is built up from strength methods; neither size nor power ever leave you.

When I was in the Army, I was forced to relinquish practice with weights; but on my discharge from the service, I found that I had not lost a particle of strength. At the first attempt, I "military pressed" my big 230 pound bar-bell, which at one time was such a familiar sight in all my performances.

The steel-like muscular structure created by bar-bell users is of a lasting quality that makes itself manifest at all times.

Send Now For—



Magazine Art and Life

Deals with Art, Nature, Physical and Mental Culture. For Artists, Students, THINKERS. Stands for THE BODY BEAUTIFUL, Mind intellectual, Soul intuitional. Prints, drawings and paintings showing Ideal Human Proportions, life photos, illustrations, designs, cartoons, comics, etc. Inspiring articles, poems, art lessons, assignments, criticisms, etc. Invaluable to all seeking POWER of Body, Mind, Soul. Nothing like it. Can't be described. Money refunded if not satisfactory. YOU WILL LOSE—unless you—

CUT THIS OUT send with \$1.00 NOW

for 5 Mo. Trial Sub. (No free samples)
ART and LIFE, Dep. 2575, Kalamazoo, Mich.

O. K. or Money Back

A Magazine of Art and Inspiration.

Washing Away Your Stomach Catarrh

(Continued from page 43)

How lacking in contracting power the muscles may seem, the longitudinal muscles of the stomach and intestines can, by proper manipulation and exercise, be made to contract to an absolutely normal degree.

To get the best results just spread a quilt or a rug upon the floor. Lie prone on this, then flex the knees so as to thoroughly relax the abdomen. Then commence at the lowest part of the abdomen; grasp as much of the tissue as you can hold firmly in your hands. Exert strong rotary pressure, rolling the tissue deeply, always forcing the abdominal organs in an upward direction. Then gradually sink your hands deeper into the structures, carrying the pressure higher and higher toward the cavity of the thorax or chest. Five minutes at a time is about all you will have strength for without unduly tiring yourself.

If you are at home, or if you are where you can do these exercises, repeat the manipulation four times every day, always with the point of view of forcing the organs to the maximum degree of height.

The best time for you to practice these exercises is on awakening in the morning, just before lunch, before dinner, and again before retiring for the night; for the stomach is most nearly empty at these times. After several minutes' manipulation, drink two glasses of cool water. Then continue the massage until the gargling sound of the water shows that the fluid has passed into the intestines.

Don't be afraid of getting the abdominal organs up too high. For Nature will automatically prevent any upward displacement. In fact, an upward displacement is an anatomical impossibility.

If you follow this treatment faithfully you will be likely to get relief almost from the very first treatment. And this relief will progress from day to day until your trouble will be absolutely overcome.

One of the first good effects you will notice will be the relief of constipation. Usually inside of two weeks the constipation will be overcome and normal daily evacuations brought about.

Many people look for relief to abdominal belts and supports. These are usually a hindrance to muscular functioning. You can easily see the reason for this. For supports and bandages only serve to increase the inactivity of the muscular coats of the stomach and intestines. They aggravate the general weakness. Perhaps you may have a temporary feeling of relief from wearing a supporting bandage or abdominal brace. But the final result will only be to make the muscles weaker and weaker by giving them nothing to do, and you will find yourself worse off after ten days or ten years than you were when you started.

Drink plenty of water, or take the juice of several oranges mixed with

REAL STRENGTH

PROF. BARKER says that all young men, 15 years of age and over, also all real he-men with red blood flowing through their veins need a system of progressive exercise with apparatus. During my 40 years of experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus. Exercise without apparatus is all right for women and children, but any man who wants broad shoulders, big chest, powerful back, strong arms, healthy stomach and shapely legs, can have them if he will exercise fifteen minutes a day with the Barker Strength Maker Bar Bell outfit. You receive a complete course showing the proper way to use long bar bells, short bar bells, ring weights and kettle bells. The Strength Maker can be changed into a long bar bell or a short bar bell, or ring weights. It weighs about 20 lbs. empty, which is just the right weight for beginners and you can increase the weight up to about 200 lbs., which will be heavy enough for the strongest man.

To advertise my health gymnasium in New York City, I am going to sell a limited number of \$35.00 bar bell outfits for \$17.00. This is a special offer for a short time only, so send in your order today—now—before you forget.

SEND IN THE COUPON TODAY

Prof. A. Barker, D. C., Studio A-12, 865 Sixth Ave., nr. 49th St., N. Y. C.
Please send me immediately your "New Strength-Maker" dumb bell outfit. I am enclosing \$17.00, in full payment in accordance with your special offer:

Name.....
Address.....
City..... State.....

"BECOME A LIGHTNING TRICK CARTOONIST"

Send \$1.00 for Beginners' Instructions with 23 Comic Trick Drawings, or write for Big Free Lists of Chalk Talk Supplies.

BALDA ART SERVICE Dept. 47, Oshkosh, Wis.

I Make Champs

I give individual coaching by mail in your favorite sport. Twenty-eight championships to my credit. Let me make you one. My system never fails.

Baseball
Tennis
Boxing
Golf

Write me what sport interests you. I will tell you how I can pep you up and turn you into a champ, as I did with Tim Jordan, Harry Babeck and many others. Write today for my book. FREE.

SEIXAS ATHLETIC SYSTEMS, Dept. 4115, 1920 B'way, N. Y.

WORK OR PLAY

is easy if you wear an S.S.S. the finest Suspensory made for comfort and economy. No irritating leg straps, no chafing bands. Easily washable; wears long; gives perfect satisfaction, because scientifically designed. Three styles at \$1, \$1.35, \$1.50; the higher prices include two separate sacks. Send stamp for booklet. Style illustrated is \$1.00

MEYERS MANFG. CO., 44 Park Place, Watertown, N. Y.

HENDRICKSON Big Muscle Builder

The HENDRICKSON is made of very heavy rubber cables, especially designed for these heavy Expanders. The Elastic Cables are detachable, having Safety Snap Hooks, allowing one or more of these heavy cables to be used. You can start with one Cable and add others as your strength increases. Our handle frames are not made of shoddy light single 5-loop frames, or double 5 loops, but have 10 continuous heavy loops.

A Genuine 10-Cable Chest Expander

\$ **5** (\$10 Value)
Only Postpaid

Powerful Muscles and a Fine Physique can be had in the shortest period of time, by using this PROGRESSIVE EXERCISER. You can increase the size of the neck, forearm and bicep one full inch in a month; and double the strength of your back and shoulders. You can be a NEW MAN in a few weeks.

The HENDRICKSON is the ONLY Chest Expander on the market having a Handle Frame of 10 Continuous loops. OUR LIBERAL OFFER: We will send you this wonderful exercising apparatus and include FREE our Illustrated Course of Physical Training, showing how to develop the entire body at the extremely low price of \$5 postpaid. If you want to be a REAL MAN—order TODAY!

OUR GUARANTEE: With this Progressive Exerciser you can do all we claim in one month: strengthen your nerves; obtain Health, Muscular Development and Manhood.

Lind-Hendrickson Co., Inc. (Originators)
U-63 Dey St., New York, N. Y.
Enclosed find \$5.00 for your 10-Cable Chest Expander, postpaid, and include Course of Physical Training FREE.

Name.....
Address.....
City..... State.....

(Please Print Plainly)

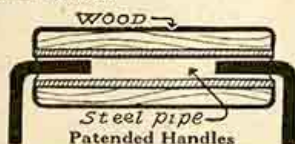
Complete Course and 3 Body-Building Outfits For Only \$8

Genuine \$35 Value at about 1/4 of Regular Price! **Champion Muscle Builder**—with Patented Handles—Improved **Master Grip**, **Victor Body Developer**, **James J. Corbett's Book on Boxing**, **Frank Gotch's Book on Wrestling**—all included at the one amazingly low price, \$8.



Champion Muscle Builder

The difference between a flat, weak chest and one tremendously deep, broad and powerful; the difference between a puny, scrawny body and muscles of steel-like toughness, suppleness and strength, is just a few weeks' regular exercise with that miracle of body developers—the **Champion Muscle Builder**. The five springs enable you to increase resistance in proportion as you increase muscle power. Also note the patented handles.



They are the strongest handles ever made. The **Henry Victor Handles** are everlastingly gripped in a steel pipe inside the wooden part of the handle, which greatly reinforces it, and makes impossible the slipping, cracking or breaking of ordinary handles, no matter what the strain. Every **Henry Victor Expander** is equipped with these patented handles, or they can be bought separately at only \$2.00 a pair.

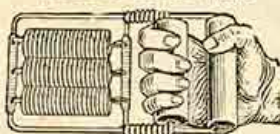


Two Great Books

"Scientific Boxing" by James J. Corbett, and "Wrestling" by Frank Gotch, two of the world's supreme masters in their respective specialties.



Victor Master Grip



Are you now conscious of weakness when you grip another man's hand? A few weeks' battling with the **Victor Master Grip** will develop real bone-crushing power in that flabby grip of yours. The **VICTOR MASTER GRIP** is so constructed that you can use it with one, two or three springs. It is also a grip tester, registering from 1 to 100 per cent. Lasts a lifetime.

Victor Body Developer

The finest all-around exerciser ever made, and develops every muscle in the body. In connection with the **Champion Muscle Builder** and **Master Grip**, it enables you to perform all exercises that you could perform in a fully equipped gymnasium. Only finest steel piano wire springs used in making these exercisers.



FREE Scientific Course of Instruction

Included with each outfit. Shows how to develop every part of the body systematically and to increase lung power and chest expansion to a remarkable degree.

Everything described here cut down to the last nickel. \$8 now gets it all! Grab this limited time offer today, SURE!

HENRY VICTOR, Dept. 31, 4th Ave. and 13th St., New York City

PILES DON'T BE CUT Until You Try This Wonderful Treatment

My internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, salves and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of **Page's Pile Tablets** and you will bless the day that you read this. Write today.

E. R. Page, 350 D, Page Bldg., Marshall, Mich.



PERSONAL Appearance

is now more than ever the keynote of success, both in social and business life. Bow-Legged and Knock-Kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lim-Strainer," Model 18, U. S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints, or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 3 years by physicians everywhere.)

Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST
1232 L. W. U. Building, Binghamton, N. Y.

TOBACCO HABIT

MAKE IT QUIT YOU

Not only is tobacco filthy and disgusting to your loved ones, but it contains a **Deadly Poison** which weakens heart, stomach, lowers vitality and invites diseases that may shorten your life. **STOP!** Regain Vigor, but don't shock your system by trying to quit unaided.

EASY TO QUIT

It makes no difference how long you have used tobacco, whether cigarettes, pipe, cigars, chewing or snuff, **Mix-O-Time** (Wonderful Sulfurium treatment in new tablet form consuming thousands of worst cases) will free you from the craving quickly and for good. No more desire for tobacco. Harmless. Guaranteed. **Sent On Trial** Postpaid. Small sum if cured. Not a cent if it fails.

Write today for full remedy on trial.
PERKINS CHEMICAL CO., 63 H-St., Hastings, Nebr.

He Said He'd Never Marry!

THEN he met this girl. She had read the secrets of "Fascinating Womanhood," a daring new book which shows how any woman can attract men by using the simple laws of man's psychology and human nature. Any other man would have been equally helpless in her hands. You, too, can have this book; you, too, can enjoy the worship and admiration of men, and be the radiant bride of the man of your choice. Just cut out this ad, write your name and address on the margin, and mail to us with 10c in stamps. The little book outlining these revelations will then be sent you, postpaid, in plain wrapper. Knowledge is power. Send your dime today.



PSYCHOLOGY PRESS, Dept. 95-Q
117 So. 14th St., St. Louis, Mo.

water. Avoid white bread and white flour products generally. Also all demineralized cereal foods, and vegetables that have had all the vital mineral salts thrown down the kitchen sink. You will also find a splendid "tonic" effect in properly prepared bran, in the cellulose of vegetables, and in fruit pulp and fruit juices. But avoid coffee and strong tea. They are nerve-wrecking and stomach-destroying.

Another thing most useful in all forms of stomach trouble and lack of muscular tone is the local cold pack, taken for its contracting effect upon the muscular tissue. Just take a napkin, saturate it thoroughly in cold water, spread it over the abdomen and cover it with a bath towel.

You will be surprised at the way this will tone up the stomach and the muscles of the stomach and the abdomen. If you go at this treatment with sufficient vigor you should secure almost certain relief in all these conditions. Experience proves that more than ninety per cent. of all cases respond. And this without the use of a single dose of medicine of any kind.

You cannot correct an anatomical defect with drugs, or overcome prolapse with a diet. But you can correct it by Nature's method, the replacement of the organs in their natural positions, and the proper exercise to keep them there aided by ample quantities of pure water, used with judgment and discretion. This is as certain as the law of gravitation itself.

Nature's method, by the way, is never any very complex affair. It is always the simple, easy way—in fact, the very ease and simplicity of it sometimes makes one incredulous.

Tell the average individual a very difficult or round-about method of curing himself and he will probably have faith in the remedy. But advise him of some simple process by which he can cure himself and he is inclined to doubt its effectiveness. That is why gastric catarrh patients are apt to doubt this method—fresh water is such a simple remedy.

But there is still another thing that often proves even more effective than fresh water. This is the use of either sea water or else water made by dissolving a little unmedicated sea salt in fresh water.

This salt water should be drunk two or three glassfuls at a time, the same as fresh water. If you live near the shore, where you can get clean sea water, uncontaminated by sewage, you are in a fortunate position. If not, a half teaspoonful of salt added to a tumbler of water offers a very fair substitute.

"Strength" Posing Competition

Which athlete possesses the best physique? We are letting our readers decide the winner, who will be announced in the **July STRENGTH**. All votes must be mailed on or before **May 10th**. See page 44.

The Beauty That Lasts

(Continued from page 23)

eat for it. That is the most important. That does not necessarily mean that you should eat *more* than you have been eating. It may mean that you should eat less. Or eat different kinds of things. One of the great discoveries that women generally have made in recent years is the fact that bodily weight can be controlled—and in large measure through what one eats. A constantly increasing number of women are learning to eat, as a regular part of the diet, green salads, fruits and vegetables in abundance. They are learning to use milk in preference to coffee and tea. They are using whole grain breakfast cereals and whole wheat bread in rapidly growing numbers. The so-called "new freedom" of women is in no other respect so pronounced as in the bodily freedom from the disabilities and weaknesses that were all but general in the preceding generation, and in considerable part because of a better diet. Meanwhile the corset has gone, apparently to stay. It is no exaggeration to say that women generally are now as healthy as men, as free from disabilities; and certainly they contrive to look more healthy, more youthful and more vital than their brothers.

Beauty is, after all, the expression of health and strength. It is the quality of charm and excellence growing out of clean blood, perfect nutrition, good organic functioning and everything that helps to make the body what it should be. Any program that will tend to build the highest quality of health and strength will therefore necessarily build beauty, and the kind of beauty that will not fade. Such a program will naturally include a balanced diet, rather than the white bread, meat and washed-out potato layout that used to be standard on the American table, and which still lingers in many homes, though fading away in the up-to-date ones.

And the program will include a certain amount of physical activity, particularly one or two hours of some constitutional exercise such as walking, dancing, skating, golfing or some other open air sport. You should definitely plan at least a few hours of outdoor life each week, for that will go far toward building the quality of health that means beauty. This does not mean that you should accumulate an excess of sunshine, or at least not so much direct exposure of the face to the sun as to produce repeated mild burns. Sunburn will not do you good any more than any other kind of burn, whether it is a slow burn or quick burn. It is the tonic influence of just enough light and of the fresh air, and not the burning quality of the sun that one should look for in the search for beauty. During the longest days of the year, from May to August inclusive, when the sun at noon is not far from directly overhead, one should take her sunshine, if she is to be directly exposed to it, before nine o'clock in the morning or after four in the afternoon, especially if blonde or fair skinned. In the fall and winter the sun is not likely to hurt you even at noon.

Swear Off Tobacco

TOBACCO



Shatters Nerves



Hurts Digestion



Stunts Growth



Robes Man of Vitality



Denies You Pleasures and Luxuries

Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—Tobacco Redeemer will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

Not a Substitute

Tobacco Redeemer is a positive, radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!



NEWELL PHARMACAL COMPANY, Dept. 974 St. Louis, Mo.

Send, without obligation to me in any way, proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.

Name.....
Street and No.....
Town..... State.....

Newell
Pharmaceutical Co.
Dept. 974
St. Louis, Mo.

I Offer You \$100 a Week



Without experience, training or capital you can establish a big business for yourself. Be your own boss, work when you please, spare time or full time, and make from \$25 to \$100 a week.

Big Business of Your Own

We want men and women to represent us. Wonderful plan. \$50 Household Necessities direct from factory to home. We provide all instructions and equipment, including auto. Write quick for offer. AMERICAN PRODUCTS CO., Dept. 1254 Cincinnati, Ohio.



You Can Have



Strong Arms

Powerful Back, Chest, Military Shoulders, Shapely Legs and a Healthy Stomach.

ALL of the above can be obtained by following the instructions in my book, Strong Arms, which contains a complete course in physical culture that will develop all parts of your body to perfect proportion. The exercises are illustrated with 20 full page half-tone cuts and require no apparatus. Send 25c in coin.

300,000 COPIES SOLD
Send your order today before you forget.
Prof. ANTHONY BARKER, D. C.
Studio 30
865 Sixth Ave. New York City

BE A RAILWAY TRAFFIC INSPECTOR

Earn Up to \$250 per Month

Prepare in 3 months' spare-time study at home for this fascinating profession. Travel; meet big railway officials. Splendid opportunities. Start at \$110 Per Month. Expenses paid. Position guaranteed upon graduation or money refunded. You can easily qualify. Send TODAY for free Booklet No. D69.

Standard Business Training Inst., Buffalo, N. Y.
Standard Business Training Inst., Buffalo, N. Y.
Send me, entirely free, Booklet No. D-69 giving full particulars about course in Railway Traffic Inspection.
Name.....
Street.....
City.....

FREE Eleven Delicious Whole Wheat Crackers

**Build Strength
Protect Health**
Good for
You
Good for the
Children



This photograph is only one-ninth the actual size of the package of Wheatworth Crackers sent you absolutely free. These crackers are endorsed and recommended for flavor and wholesomeness by Alfred W. McCann, Dr. Harvey W. Wiley, Luther Burbank, Dr. J. H. Kellogg and other leading pure food authorities.

WE want you to try Wheatworth Whole Wheat Crackers at our expense, because we want to prove to you how wonderfully delicious and nourishing they really are. **100% body and brain food** in tempting cracker form—nut-sweet, crisp and fresh. Taste them for yourself. Enjoy them with tasty fillings of butter, peanut butter, cheese, jelly or jam; break them in a bowl of milk; or eat them plain—right from the box. The children, too, will love them. **Right now**, while you think of it, mail this coupon with 4 cents in stamps to cover postage, and the special **FREE** trial package will be sent by return mail.

----- FREE SAMPLE -----

F. H. Bennett Biscuit Co.,
133 Ave. D, Dept. D, New York City.
I enclose 4 cents in stamps to pay for postage on Free Sample Package Wheatworth Whole Wheat Crackers, to be sent promptly to address here given.

Name.....
Address.....

COMPLETE HOME GYMNASIUM OUTFIT

"Hendrickson Combination" \$5
SPECIAL OFFER ONLY \$5
Best material and workmanship. (\$10 Value)
Better than ever. Perfect satisfaction guaranteed.
FREE with Every Outfit

3 DISTINCT TRAINING MACHINES **3 COURSES OF PHYSICAL EXERCISES**



Spring Exerciser | Grip Machines | Chest Expander
For general all | Produce power- | Fast developer of
around Muscle | ful arms and a | arms, shoulders,
development. | vise-like grip. | back, lungs.

Send for the 3 Outfits TO-DAY Postpaid only \$5.
Lind-Hendrickson (Makers), V-63 Dey St., New York

Tire Agents Wanted

Use and Introduce MELLINGER CORD TIRES
15,000 M. I. L. E. S.
GUARANTEED
Lowest Wholesale Prices in America. Shipped prepaid on approval. Make big money all or part time. No capital or experience. Sample sections furnished.
YOUR TIRES FREE!
Simply send name today for FREE BOOK, tells how thousands do big business. Special Agents Offer, Wholesale Prices and FREE Sample Kit.
MELLINGER TIRE & RUBBER CO.
Philadelphia, Pa. or Kansas City, Mo. Dept. 1925



You CAN Stop Smoking

YOU can quit cigarettes, cigars and pipe, forever! The "Sure-Way" Method will show you how. No drugs, no hokum, but a scientific, psychological discovery which is amazing in its results!

Send stamp today for the "Sure-Way" Method explained. It will show you how to eliminate all desire, all craving for the weed without a nerve-racking struggle.

Address: LAWRENCE W. ROGERS
606 West 116th Street, Suite 12, New York City

Then there is the need of body building exercise, development work that will give one shapeliness, strength, flexibility and grace. The means to this part of the program is always available to readers of this magazine. The requirements of abundant sleep, ample bathing, light, hygienic clothing, indoor ventilation with special attention to humidifying heated rooms, provision of comfortable light to work with and all such considerations must be kept in mind. Indeed, all of these should help to make up the very background of civilized living.

Finally, there is the matter of loveliness of mind. I have said that our women of to-day—so many of them—do not lose their beauty partly because they do not mentally accept the idea of fading. But also they are beautiful, and they keep beautiful, because they are happier. They are happier, for one thing, because they are healthier and have a freedom of dress and freedom of body that women never before have known. That fact alone would almost transform the sister half of the world. In all ways, I think, women have a better psychology. They are less spiteful; more broadminded; less jealous; more kindly; better sports than they used to be.

And that has a lot to do with personality and beauty. Take that, and the quality of spiritual youth we have mentioned, and the state of being better fed (which does not mean being quantitatively more generously fed), and the building of strength and vitality. Take all of these things together and you will see why we are arriving at a situation in which beauty is no longer an unusual thing, and why we are approaching a state of affairs in which it will be regarded as the regular, ordinary, normal manifestation of womanhood.

Ask the Doctor

(Continued from page 58)

of malefern. With this, it is usual to administer a heavy dose of epsom salt. After the bowels have been thoroughly emptied and cleansed out, the extract is given, or an oleoresin of malefern is given in doses of a half drachm to a drachm, followed in the morning by a large dose of castor oil. The movement is usually passed into a bag of water so that the worm on coming away "will be floated" into this water and the risk of breaking it off and leaving a portion in the body will not be so great.

I would advise, however, that if you take the tapeworm treatment you put yourself in the hands of a competent physician who will look after you at this time.

Dear Doctor:

Have the doctors found a way of causing growth in the human body through gland extract? If so, how long does it take to operate in the system? What would such an operation cost? If the body has stopped growth through any cause whatsoever, would gland extract be of any good?

Thomastown, Maine.

J. H. K.

In Chicago—Stop at

Hotel Flanders
Buena at
Broadway



Away From the
Noise and Congestion
of the Loop

Enjoying all the advantages of an exclusive residential location, yet convenient to transportation with easy access to the loop. The Flanders is the ideal place for you to stop when in Chicago. Luxurious furnishings, efficient, personal service. Reasonable rates—\$2.50 per day and up.

Write for Booklet

L. G. WALTON, Manager

A PERFECT LOOKING NOSE

Can Easily be Yours



Trades Model No. 25 corrects now all illshaped noses quickly, painlessly, permanently, and comfortably at home. It is the only adjustable, safe and guaranteed patent device that will actually give you a perfect looking nose. Over 87,000 satisfied users. For years recommended by physicians. 16 years of experience in manufacturing Nose Shapers is at your service.

Model 25 Jr. for Children

Write for testimonials and free booklet, which tells you how to obtain a perfect looking nose.
M. TRILETY, Specialist, Dept. 2290 Binghamton, N. Y.

PIMPLY SKIN made WELL

When a few applications of this wonder-working lotion has cleared faces of pimples, blackheads, acne eruptions on the face or body, barber's itch, eczema, enlarged pores, oily or shiny skin, you can realize why CLEAR-TONE has been tested and approved in over 100,000 Test Cases. The simplicity of the treatment, and *The Story of How I Cured Myself* are all explained in my free booklet, "A Clear-Tone Skin." Write for your copy today and learn of the results gotten by thousands of men and women.



FREE BOOK Clear-Tone

E. S. GIVENS, 206 Chemical Bldg., Kansas City, Mo

Stops ASTHMA or You Pay Nothing

Thousands of letters from former Asthma and Hay Fever sufferers testify they are entirely well after using Leaven's Prescription.

Scores of people say this is different from anything else in the world and that it almost immediately enabled them to sleep well, stopped choking, sneezing, cleared the head and lungs and gave real comfort.

Oh! what a grand feeling. No more choking, spasms, sleepless nights or painful, nerve-wrecking seizures. Over 100,000 people have found how to BANISH dreadful chronic Asthma and Hay Fever. No tablets, pills or smokes. Just a simple Home prescription written by an unknown doctor, but now blessed by thousands.

I will truly send you a big bottle of Leaven's Prescription, not one cent in advance or to pay or to owe me unless after 10 days you are delighted with results and freely want to pay small price of \$1.25. Just send your name and address for free trial.

C. LEAVENGOOD
1593 S. W. Blvd., Rosedale, Kansas

Stop Using a Truss



STUART'S PLAPAO-PADS are different from the truss, being mechanic-chemico applications made self-adhering purposely to hold the distended muscles securely in place. No straps, buckles or spring attached—cannot slip, so cannot chafe or press against the pubic bone. Thousands have successfully treated themselves at home without hindrance from work—most obstinate cases conquered. Soft as velvet—easy to apply—inexpensive. Awarded Gold Medal and Grand Prix. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending Trial of Plapao absolutely FREE.

Write name on Coupon and send TODAY.

Plapao Co., 610 Stuart Bldg., St. Louis, Mo.

Name.....

Address.....

Return mail will bring Free Trial Plapao.

EARN MONEY AT HOME

YOU can earn \$1 to \$2 an hour in your spare time writing show cards. No canvassing or soliciting. We instruct you by our new simple Directograph System, supply you with work and pay you cash each week. Write today for full particulars and free booklet.

WEST-ANGUS SHOW CARD SERVICE LIMITED
Authorized Capital \$1,250,000.00
238 Colborne Building, Toronto, Can.

After full growth has been attained, which usually develops at about 21 in women and 25 in men, any effort to increase growth in any material degree is futile.

We know that the pituitary gland controls the nutrition of the skeletal framework and that the length of the bones is the determining factor in the height and size of the individual. But if we wait until the boy or girl has become mature, there is but little chance of stimulating this influence in the pituitary gland.

In cretinism, which is a disorder due to lack of thyroid secretion in the system, which is characterized by underdevelopment, material gain can be effected by stimulating the thyroid gland by means of gamma ray radiation or else by affecting thyroid substance. But here again, if the individual is of mature age, nothing material can be hoped for. If the boy or girl has stopped growing at a period when they should still be developing, I would advise that a competent gland expert be consulted immediately, as there may be some definite gland defect which can be corrected at this time.

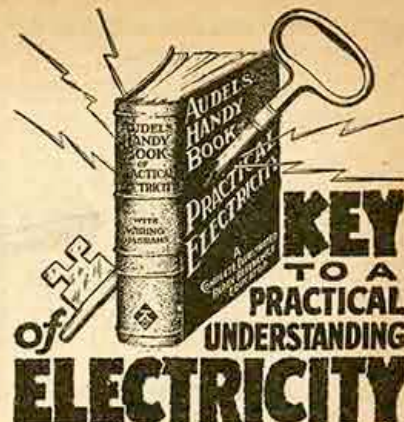
The Dinner Table

(Continued from page 56)

increase of house cleaning materials, the easiest, quickest and most effective way to increase the amount of laxative food is to take bran. Bran is a valuable addition to the diet and for special laxative purposes it works like magic. There are various ways of using it. Cooked bran can be bought in almost any grocery store, ready to eat like any breakfast cereal with cream or whole milk. Or the bran can be mixed with any whole grain cereal and will improve its taste. Uncooked bran can be made up in gems or be mixed with stewed fruit or cereal. For dinner it can be mixed in the soup, made into sauces for the vegetables, or taken with fruit.

In any case it is important to make it a distinct part of the meal by taking it along with the other food, rather than by itself either before or after the meal. The tendency of food is to pass through the digestive tract in the order in which it is eaten, and for that reason the bran ought not to be taken alone. It ought to be acted upon by the digestive process in conjunction with the other food, and not be isolated to pass through alone and too rapidly. It is most effective when mixed with other foods.

If the condition of even mild constipation becomes chronic and is of long standing, the mucous membrane becomes dry and lacking in the smoothness necessary to keep the waste moving through the intestine and out of the colon. Such a condition may make it impossible for even large quantities of laxative food to accomplish the work of correction. In such cases it is well to resort to the use of some artificial mechanical aids to elimination. Mineral or paraffin oil, not being absorbable, provides a perfectly harmless



KEY TO A PRACTICAL UNDERSTANDING OF ELECTRICITY

Audel's Handy Book of Electricity, Price \$4. A quick simplified ready reference, giving complete instruction and inside information. Handy to use. Easy to understand. For Engineers, Professional Electricians, Students and all interested in Electricity. A reliable authority and a handy helper for every electrical worker.

INFORMATION

The 1040 pages and 2600 diagrams give accurate, up-to-date and complete information on—Rules and Laws, RADIO, Storage Batteries, WIRING DIAGRAMS, Power and House Wiring, Automatic Phones, Auto Ignition, Motor Troubles, ARMATURE WINDING, Cable Splicing, Elevators and Cranes, Sign Flashers, Transformers, Practical Management, Modern Applications—READY REFERENCE on every electrical subject. Pocket Size, handsomely bound in flexible Red LEATHER. Easy Terms. Shipped for Free Examination. No obligation to buy unless satisfied.

FREE EXAMINATION COUPON The Audel Co., 65 W. 23 St, New York
Please send me Audel's Handy Book of Practical Electricity for free examination. If satisfactory, I will send you \$1 in 7 days, then \$1 monthly until \$4 is paid.

Name.....
Address.....
Occupation.....
Employed by..... 4F38



LISTEN MAN

Do You Want Muscles—Health Strength?

Do you admire Jack Dempsey's physique? Then STOP and consider—YOU have the exact number of bones and muscles in your body that he has. The difference is simply that Dempsey's are developed; YOURS are not.

GET MUSCULAR DEVELOPMENT

In the Ring, in business, in affairs of Love, LIFE is a constant physical and mental battle where the STRONGEST are victorious. Don't be a weakling—anaemic, depressed, nervous, just dragging along, your ailments and defects being visible in your face and looks. Be the MAN you've always dreamed of being, the MAN your wife or sweetheart expects you to be! Wake Up—MAN, success can be YOURS. What your Condition is now makes no difference. Whether the result of wrong living habits, youthful errors or sexual excesses—

SUPER-VITALITY will rebuild your body, will put muscles of steel on your body, put them like powerful whiplashes on your arms, shoulders, back and legs. SUPER-VITALITY will broaden your chest, "pep"imize your every nerve and organ in your body, give you tiger-like strength and Perfect Health. Super-Vitality is the one system that has never failed—CAN'T FAIL!

GET THIS HEALTH BOOK Check ailments below and mail with 10c in stamps or coin and you will receive, without obligation, our wonderful Health Book "The Secret of Super-Vitality" under plain cover. It is full of helpful suggestions and advice, instructive and easy to understand.

SUPER-VITALITY INSTITUTE
Dept. 4B, 800 Broad St., Newark, New Jersey

Super-Vitality Institute
Dept. 4B, 800 Broad St., Newark, New Jersey.

Have checked ailments. Send book "The Secret of Super-Vitality"

- .. Asthma .. Impotency .. Female Disorders
- .. Catarrh .. Nervousness .. Muscular
- .. Colds .. Rheumatism .. Development
- .. Headache .. Rupture .. Secret Habits
- .. Insomnia .. Thinness .. Stomach
- .. Obesity .. Weak Back .. Disorders
- .. Pimples .. Constipation .. Varicocele
- .. Flat Chest Youthful Errors

Name.....
Address.....
City..... State.....

PERSONAL MAGNETISM

Personal magnetism, will power, nerve force, stamina—call it what you will—is the intangible power that controls human destiny, it is the key to all business and social success. If you come in contact with people, you cannot afford to be without this knowledge. It gives you an inestimable advantage over others. By our system you can develop your Personal Magnetism at your own home. We guarantee it. Intelligent people the world over are studying this wonderful force, and those who master it achieve increased success. **FREE BOOK** tells you how you can master it at home. Do not send any money for it. The book is absolutely free and is sent to advertise our institution.

The Flint College Co., Dept. 573, Cleveland, O.

MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening in front. May be boiled to cleanse.

TWO WEEKS' TRIAL If not satisfactory return and money will be refunded. Mailed on receipt of price, \$1.00. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. J 1036 Spring Street (above Race) Philadelphia For sale also at Sporting Goods and Drug Stores

HOW I ADDED 50 POUNDS TO MY RECORD IN THE

TWO ARM PRESS

in five months, working 30 minutes a day with an apparatus anyone can set up for himself with a few dollars' worth of material. Blue Print and Detailed Instructions, \$1.00. **GOLDEN STATE SALES SERVICE, SEAL BEACH, CALIF.**

DON'T SUFFER LONGER FROM RUPTURE

The Brooks Appliance. Most wonderful discovery ever made for rupture sufferers. No obnoxious springs or pads. Automatic Air Cushions. Binds and draws the broken parts together as you would a broken limb. No valves. No plaster. No 11es. Durable. Cheap. Many imitators. None equal.



SENT ON TRIAL. CATALOGUE FREE. THE BROOKS CO., 189-A. State St., Marshall, Mich.

Joy-STOMACH for SUFFERERS

I positively guarantee Macerated Wheat to relieve the worst cases of stomach trouble and banish constipation or it costs you nothing. Soothing to a weak stomach as a poultice to inflammation. Stay down and nourishes. Testimonials without number. My reputation of 25 years backs my guarantee. Write for proof. **BYRON TYLER, 110 GIBRALTAR BLDG., KANSAS CITY, MO.**

BE A RAPID-FIRE TRICK CARTOONIST



\$1 BUY COMPLETE COURSE, including 4 Clever Cartoon Stories, "How to Give a Performance," "How to Originate Ideas," Samples 150. Modern Cartoon Service, Dept. D., 242 Eogren St., Brooklyn, N. Y.

10 DAYS' FREE TRIAL - MONEY BACK IF NOT SATISFIED

THE NEW INKOGRAPIH SELF FILLER

The Perfect Writing Instrument

Writes with ink easy as a lead pencil. Won't skip, blot, scratch, leak or soil hands. Invaluable uniform flow of ink improves handwriting.

Makes three carbon copies with original in ink. Guaranteed—Send No Money.

Pay postman \$1.50 plus postage.

INKOGRAPIH CO., Inc. 161-65 Centre St., New York City

lubricant to "oil up the works" and agar-agar, a product of Japanese seaweed, provides an extra amount of bulk to keep the waste continually on the move without overloading the organism with more food than it needs. Neither of these two products is in any sense either a drug or a food.

They are not assimilable, and they are valuable, therefore, as aids to elimination because they put the intestine in such condition that the laxative foods can do their best work. Their use could be continued indefinitely without harm, which is more than can be said of the popular drugs used for this purpose.

But like bran, they ought to be taken mixed with the meal. They can be mixed together and eaten a mouthful at a time in between mouthfuls of other food, or the mineral oil can be substituted for olive oil in the salad dressing and the agar can be taken during the course of the meal in fruit juice or soup or softened with warm water. In any case the agar should be swallowed without chewing. Either plan will prevent the disagreeable leaking that so often takes place when oil is used alone, and will allow both the oil and agar to act in conjunction with the other food, which, after all, is the object of taking it.

It doesn't seem very appetizing, I know, to take a by-product of petroleum and mess up the food with it at meal-time. But it is not the least objectionable, once you understand that it neither tastes nor smells. Its oiliness is its only distinguishable quality, and since that is just as nice and clean an oiliness as butter or olive oil, and a much nicer oiliness than lard or fat meat, you can soon bring yourself by a little reasonable thought on the matter to regard it at least as an unobjectionable adjunct to the meal; and you may even regard it as an appetizer if it is substituted for olive or vegetable oil in the dressing of a salad.

I have included neither mineral oil nor agar in the menus for a laxative diet. It may not be necessary to include them. Let us hope the right food will do the work without other aid. But if these additional "mechanical aids" are clearly necessary, don't be afraid to add them to the meals in whatever quantities needed to get results. They can't hurt you, and they may make the Spring housecleaning ever so much easier.

Start this spring different to the other spring seasons you have known. Put away the old spring tonic and for the first time in your life adopt a natural method of overcoming spring fever. It's a safe bet you'll find this a much more agreeable method than sulphur and molasses, and your common sense has probably told you before this that the body can best be kept on the job by being encouraged to do its own work. Medicines have the effect of doing its work for it and permitting it to lay down on the job. Make a study of foods, not medicines. Feed your body the right kind of fuel and let it do its own work. Take at least as much care of it as you take of your house or your car.

Wrestling Book FREE



Learn to be an expert wrestler. Know scientific wrestling, self-defense, and jiu-jitsu. Develop a splendid physique, and have perfect health. Join this popular school and learn by mail. The famous world's champions—the marvelous **Frank Gotch and Farmer Burns** offer you a wonderful opportunity. Wrestling is easily and quickly learned at home by mail. Men and boys write now for splendid free book. Learn all the science and tricks. Be able to handle big men with ease. Accept this wonderful offer NOW. Send for free book today, stating your address.

WRESTLING FOR HEALTH

Farmer Burns School of Wrestling, 3454 Range Bldg., Omaha, Neb.

TOBACCO

Habit Cured or No Pay

Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed, Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. **SUPERBA CO., L-18 BALTIMORE, MD.**

What Shall I Be?

Can You Answer This Question? Our expert vocational counselors, employing latest scientific method which eliminates all guess work, will show you what occupation you are best fitted for and guide you step by step until you succeed. Write for free information today. Vocational Research, 296 Broadway, Dept 53, New York.

PIMPLES

CAN BE CURED. If you suffer from pimples, acne, blackheads, brown spots or eruptions I want to send you my simple home treatment under plain wrapper. It gave me a soft, velvety, smooth and radiant complexion, and cured thousands of men and women, after everything else failed. Simply send name for generous 10-day free trial offer of my secret home treatment. **W. H. WARREN, 558 Gray Bldg., Kansas City, Mo.**

We Are Giving Away 100 Hundred-Lb. Plate Bells

You can become a regularly enrolled pupil of the Milo Bar Bell Co. (regular price \$15.00 f. o. b. Phila.), receive your plate bell and both courses of instructions, the course in Body Building and Muscle Developing Exercises and also the course in the Eight Standard lifts absolutely free of charge, anywhere in the United States.

To take advantage of this offer all that you will have to do is obtain for us 15 new subscribers to STRENGTH. The price of one year's subscription to STRENGTH is \$2.50.

You do not have to collect the subscription money.

You do not have to deliver the magazine.

Simply write us, using the attached coupon.

With each subscription that you sell, simply let the subscriber forward us the blank. The subscription will be placed to your credit and as soon as the fifteen have been received the bell will be shipped to you at once. All charges in the United States will be prepaid.

The regular instruction blank will be sent you and your course will be laid out carefully and thoroughly.

Each subscription can be sent in as quickly as it is obtained and absolutely no delay will be caused the new subscriber. Immediately upon deciding to subscribe he will fill in the blank and send it to us. Upon receipt we will forward him his first copy, thus acknowledging receipt of his subscription.

Fill out the coupon to-day and start to obtain your bell now.

Milo Publishing Co., 2737 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Send me the 15 subscription blanks to Strength. I want that plate bell as quickly as I can get it.

Name _____
Address _____
City _____ State _____

I HAVE JUST COMPLETED A GREAT, NEW COURSE FOR YOU

It is written personally by me on one of the most interesting and beneficial forms of body and health building that exists. This new course is one of tumbling and hand balancing.

The course is the most complete of its kind, and is really two separate and complete courses in one. The feats are classed and given according to their rank. They start with the most simple stunt, the Roll-Over, and proceed on to Gainers, Twisters and Spotters, as well as with difficult routines and exhibition work.

There are both tumbling and hand balancing feats which you can learn alone. There are tumbling and hand balancing stunts that you and your "buddy" can perform together. And further still, there are feats that you and several of your friends can easily perform with a little practise.

Imagine Yourself the "Top Mounter"

or the "understander" of a troupe of three or four members. Imagine the thrill of supporting the other two or three members of your troupe in going three or four high, each tumbler standing on the shoulders of the man or boy under him. Think of the greater thrill of being the "top mounter" in this interesting feat.

With my clear instructions, feats like these will be easy for you to learn. And there are action illustrations galore, which help you greatly in learning the most difficult feats.

I know you would like to be able.



CHARLES MacMAHON

TO SCOOT ALONG IN A SERIES OF RAPID AND GRACEFUL FLIPS

When these so called series or repetitions of single feats in rapid succession are mastered so that you do not hesitate between each individual feat, there is nothing more beautiful to look at or nothing more thrilling to perform.



Illustrations Showing the Different Stages of a Back Somersault

BESIDES THE GREAT ENJOYMENT

tumbling and hand balancing affords, there is no better form of exercise for the purpose of stimulating your internal organs and causing them to function normally. Furthermore, there are no better movements than these for increasing your pep and suppleness. Tumbling and hand balancing are like swimming—once learned never forgotten.

To Those Who Send for This Course of Mine Before October 10th

I will give the valuable privilege of corresponding with me on matters pertaining to your pursuance of tumbling and hand balancing feats. This personal help will be a great aid to you in perfecting your tumbling ability and will be included in the price of the course, which is \$3.00 post-paid.

SO GET YOUR ORDER IN EARLY BY MAILING THIS COUPON AND A MONEY ORDER FOR \$3.00 NOW

CHARLES MacMAHON

Studio A-31

180 W. Somerset St.

Philadelphia, Pa.

CHARLES
MacMAHON
180 W. Somerset
Street,
Philadelphia, Pa.
Studio A-31

Please find enclosed \$3.00 for which send me immediately your course in tumbling and hand balancing.

Name.....

Address.....

City and State.....

TEAR OFF—FILL IN—REMIT NOW

The Truth About Rejuvenation

How Health of Body and Keeness of Mind can be Preserved by Correct Functioning of Your Glands

By H. H. Rubin, M. D.

Is there a man or woman on earth who doesn't long to retain the stamina, virility and mental activity of youth? Is there anyone who sees the gray hairs creeping in, the wrinkles deepening and strength and endurance waning, who is not interested in knowing how best to retard the progress of "old age"? You, yourself, may be one of the scores of thousands who drag through life "hitting only one cylinder, always fatigued, no vitality left after the day's work."

The Secret of Rejuvenation

Did you ever stop to think that all this is largely a matter of proper gland functioning, or, possibly, the rejuvenation of ageing glands? All medical practice is an attempt to prolong life by restoring injured or worn-out parts. All treatment consists in rejuvenating some of the body functions.

Remember that each cell is a separate entity with full powers of individual life. We are what are cells are. When the cells cease to function properly the whole body ceases to function as it should and gets old. Old age is, thus, a "disease" of the cell, bringing about senile decay, loss of memory and virile power, wrinkled skin, depletion of muscle tone, and so forth.

The problem of rejuvenation is to make the cells young again, and thus make the body young once more; for with this come all the evidence and appearances of youth. This means actually arresting the progress of senility, and setting the cells back to a point where they were years before. Can this be done?

One of the greatest medical scientists of modern times says that, in a surprising number of instances, it can.

Here Is the Word of the Scientist— Here Is the "Open Door"

In his marvelously interesting book, "THE MYSTERIOUS GLANDS," Dr. H. H. Rubin, of New York City, makes this clear to you. Every page of this book is a veritable gold mine of wisdom, packed with helpfulness to you and to every member of your family. Every chapter contains suggestions that may point the way for you to arrest or retard the progress of senescence, or to change entirely your physical and mental outlook on life.

And similarly with defective glands, re-



sponsible for much physical depression. If you are afflicted with any obscure disorder that the family doctor has not been able to diagnose and correct, Dr. Rubin may tell you, in "THE MYSTERIOUS GLANDS," how to overcome it. If you suffer from headaches, rheumatism, skin disorders, digestive disturbances, sluggish elimination, functional troubles, torpor of the blood-making organs, or any form of nervous trouble, you may find the explanation and the possible correction for the condition in this wonderful book.

What Is That Question You Wanted to Ask Dr. Rubin?

Thousands of you who have been reading Dr. Rubin's valuable and interesting Department in STRENGTH Magazine, have wanted to ask Dr. Rubin some question about yourself or some member of your family. In "THE MYSTERIOUS GLANDS," Dr. Rubin answers these and hundreds of other questions. With the authority of a man who has studied and specialized for years in the treatment of disorders of the ductless glands, Dr. Rubin puts his finger on the weak link in your endocrine chain and points out the remedy for some condition that has baffled your advisers for many weary years.

In "THE MYSTERIOUS GLANDS," Dr. Rubin tells how modern science is actually prolonging human life and efficiency and blazing new trails over which ageing men and women are brought back to the flower and bloom of vigorous youth.

If you lack health and vigor, and if you want supreme life and buoyant vitality—regardless of your age—with all its physical power and mental alertness, you should inform yourself of the great discoveries set forth in this remarkable book.

Concrete Proofs of the Value of Gland Stimulation

To enable you to visualize the possible transcendent value of this book to you, or to someone dear to you, read the following two letters, selected at random from among

hundreds received by Dr. Rubin from grateful patients.

3026 Bainbridge Avenue,
New York, N. Y.

Two results of endocrine treatment overshadowed everything else to my mind, viz.—

1st—The chronic bronchial condition has been entirely cleared up.

2d—Mentally and spiritually, I am like another person. A depression and continual apprehension which had hung over me for months is gone and I see things normally once more.

Besides these two things there are, of course, many, many changes, both little and big, which have taken place in my physical condition and appearance.

Wrinkles are slowly disappearing and my face is beginning to fill out. Cheeks are flushed most of the time.

Eyes are clearer and brighter and whole facial expression better.

Hair a shade darker and much glossier and better in appearance.

Faulty posture less evident. Whole framework "stays put" better and I believe my stomach is holding up in place better than it was.

Lips much better color than for years.

The whole change seems to be so subtle and gradual that improvement seems almost indefinable.

My appetite is much better and I take care of my food better. My sleep is much sounder and for longer intervals. My enjoyment of both work and play is keener.

In fact, the whole world looks different to me, and just living is a new pleasure.

Yours most sincerely,
Mrs. A. D. McKERCHAR.

HUNTINGTON, L. I.

After coming back from four years' service in this last year, where I was gassed, I could not get my old pep back and in addition last fall commenced to be troubled with a headache that got steadily worse until by March it was keeping me awake at nights. The various doctors on the Army board where I was examined said that they could find nothing wrong with me, and that I would simply have to bear this terrible series of fatigue fits that were with me constantly. I could hardly walk, and could get but little sleep with the pain in my back.

Having been a walking bluff and a wreck of a man who had so far given up hope, I was actually contemplating suicide, when I happened to see Dr. Rubin's book. This book pointed out to me a path to complete recovery.

I am now fit as a fiddle, can get out and play five hard sets of tennis without any fatigue except the normal tiredness. The pain in my back has all gone; I sleep like a top. My wife asked me if I was using any hair dye, as a white lock in my hair has turned brown again. I am forty-nine years of age and feel twenty-nine.

Truly Yours,

CAPTAIN NORMAN B. WILKES.

Can you not see why this wonderful book may hold for you the secret of renewed youth? Can you not understand why a careful reading of its pages may not prove of inestimable help to you in a physical and mental way? Even if you personally may not need its help at the present time, is there not some member of your family concerning whose health you should like to ask Dr. Rubin?

If there is sit down now and fill out this coupon, and this most valuable book will be forwarded to you the moment it comes from the press.

Some of the Subjects Dealt With In Dr. Rubin's Book

To get some little idea of the tremendous interest of this vital book, just visualize for yourself how Dr. Rubin would treat these subjects:

Rejuvenation.

The Dictators of Our Destiny.

How the Endocrine Glands Control Chemical Processes.

How the Glands Influence Functioning Activity.

The Glands That Develop Personality.

The Glands That Influence Beauty.

Can Science Overcome the Effects of Age?

The Most Common Ailment in the World.

The Problem of the Undeveloped Girl.

How Science Helps Singers.

Disorders Removed by Gland Stimulation.

MILO PUBLISHING COMPANY

Dept. S. M., 2739 N. Palethorp Street, Philadelphia, Pa.

Milo Publishing Company,
Dept. S. M., 2739 N. Palethorp Street,
Philadelphia, Pa.

Gentlemen: Please send me prepaid "THE MYSTERIOUS GLANDS," by Herman H. Rubin, M. D. I enclose Two Dollars for this.

NAME.....

ADDRESS.....

CITY..... STATE.....

STILL GAINING!



Before taking Titus Course. Decidedly below par in weight and strength.

This 17-year-old high school boy is but one of many thousands of men and youths of all ages and in all walks of life, who, by means of the Titus System, are now wrapping their entire bodies in a thick, solid coat of muscular armor. Each additional day on my course finds them just that much better prepared to hold up their end in the keen strife and competition of life.

The Prof. Titus System of Physical Training is complete in itself, practical, scientific, prompt and sure in results, and honest. Right in your own home, you get the full benefits of a complete gymnasium at low cost—and all you need is a few minutes a day to obtain amazing benefits in health and strength.

I Offer Real Apparatus with My Course, and Show It to You in Advance

That is why I emphasize that the Titus System is an honest one. My whole course is based on my long-tested and sound theory of progressive exercise that keeps a step ahead of your every gain in strength and muscular development, and therefore keeps on systematically developing your capacity for greater and greater feats of strength until finally the stunts of the professional strong man become everyday matters to you.

I believe that apparatus is necessary to the development of real strong man's strength. But by apparatus I do not mean dumb-bells,



His progress since close of contest even more remarkable. Study pictures, and see the difference yourself.

wall weights or expensive bar-bells. I mean the wholly unique system of apparatus devised and patented by me—and sold only by me to my pupils.

Professor Titus' Progressive and Automatic Exerciser

That is the remarkable apparatus that goes with my course, and it takes the place of a complete gymnasium. It rapidly and systematically develops every muscle in your body. You note marked improvement in a few days; while in 90 days or less, every muscle in your body is an inch or two larger and infinitely stronger and tougher. You also register big, pleasing gains in digestion, blood circulation, chest expansion and lung power, vigor, vitality and endurance.

Prof. Titus' methods are used and endorsed by such record holders as the great Barnes, Rolandow, Arthur Saxon and brothers, William D. Waring, August W. Johnson, and many of the other world's famous strong men. You get the complete apparatus, together with my full 21 weeks' physical training course, all for the price you would have to pay for courses which include no apparatus whatever. And remember that the exerciser becomes your property—it's yours to keep once you have paid for my course! It's all described in my fine, big new, FREE 64-page book, "Building Better Bodies." Send for it.

NOTICE: The Titus System is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.



90 days after starting my course, showing a wonderful gain in all-round body development that clearly entitled him to first prize.

Send for My New, Revised 64-Page Book, NOW FREE!

Never before has such a book been offered absolutely FREE by anyone; you don't even have to pay the postage! It has a wonderfully inspiring message for you. It tells you how to obtain a strong, muscular, vigorous, robust body and perfect health. Get it, read it, and learn how to live years longer than an untrained man can hope to live, and to get the most out of every hour of your life. Look over the many photographs of professional strong men—many of them among the world's very greatest—and read what they say about the TITUS SYSTEM. Send in coupon TODAY, or a postcard will do. Delays get you nowhere; ACT NOW!



PROF. H. W. TITUS as he is today.

ROLANDOW STILL WAITING!

In August, 1924, G. W. Rolandow, the strongest man ever produced in America, issued a public challenge to the world. He said he was then ready to meet Sandow, or any other strong man in any feat of strength.

Nobody has as yet accepted that challenge!

Prof. Henry W. Titus

Dept. 235

105 East 13th Street
New York City



Clip and Mail for FREE Book TODAY

PROFESSOR HENRY W. TITUS,
Dept. 235, 105 East 13th Street, New York City.

Dear Sir:—Please send me at once, without cost, your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name.....

Street No.....

City..... State.....

Play Tenor Banjo Like a Professional

Learn at Home - In Your Spare Time

FREE Your Way to Success and Popularity



Play tenor banjo like a professional. Our method of teaching you to read notes is as easy as A, B, C's. Quickly win your way to success and popularity, using tenor banjo as your stepping stone. When you stop to think that such artists as Paul Whiteman, Vincent Lopez, and an endless chain of others have become independently wealthy through music, doesn't it make you stop and think—doesn't it make you wish that you, too, could be the recipient of all the pleasures that go with success?

Prof. Six, 22 yrs. head of Glee and Instrumental Club of N.Y. University.

You can enjoy the same success and popularity in your own home town because tenor banjos are in demand, both as professional and for home entertainment. Write at once and secure a genuine, full tone, professional size tenor banjo free when you enroll as a student in our academy. Our method of home instruction is so easy you play real music first day.

LEARN QUICKLY WITH OUR NEW PICTURE METHOD

Arthur Brisbane, highest paid journalist in the world, said, "a single picture is worth a thousand words." When you take your instrument in hand along with the actual photographs of our professors in action as your guide, it is easy to imitate and do the right thing. Put the pictures before you and copy them—just the same as you would if you were sitting in our studio and getting personal instructions. Doesn't that sound easy? It is easy.

Our Professors Phonograph Records FREE

We also furnish, as an additional guide, phonograph records of our professors playing the pieces you are learning along with our thorough, printed and illustrated, easy-to-read course. This plan in reality and almost in actuality brings our professors to you in your own home. You have the opportunity to hear them play the piece you are learning, and you can accompany them with the aid of your own phonograph.

We Furnish Everything Including Tenor Banjo

Enroll for our tenor banjo course and we will start you off by presenting you with an \$18.00 full professional size tenor banjo. We furnish every bit of equipment, including a picture of the fingerboard with all the notes placed in their proper position. There are no extra charges of any kind. You get six months' free service and consultation after you graduate.

Learn To Play for a Few Cents a Day

Regardless of the size of your purse, you cannot afford to miss this opportunity. There is no reason why you need hesitate to send for particulars and enroll for our course, because the payments are so small that they really amount to a few cents per day. Every student who enrolls at once will also secure a handsome, full tone professional size tenor banjo free with the course when they enroll. You will be surprised how much we give you for a very little money.

No Forming Class To Wait For

You can enroll as a student immediately and get full benefit of the complete New York Academy of Music course without waiting for a forming class. There are no delays whatsoever. You start your lessons at once. Our own exclusive invention, the Gain-Time Chart, enables you to play quickly.

First Lesson FREE

Rush Coupon for FREE Book in Colors How To Play TENOR BANJO

So positive are we that you will become one of our students and a booster for our course that we will send you absolutely free our first lesson. Get our big book which gives full particulars about our course. Write today. Be one of the lucky ones to have a free tenor banjo reserved for you. Write at once.

NEW YORK ACADEMY OF MUSIC STUDIO 484A, 100 FIFTH AVE., NEW YORK, N.Y.



RUSH COUPON for Free Book in Colors

What Students Write Us

What 14-Year Boy Says
Dear Sir:-I like your course very much. It helped me play successfully. I hope every boy will have the chance to play tenor banjo. See along nicely. H. MILLER, Washington, D. C.

Plays Everything
Dear Sir:-I sorely enjoy my tenor banjo tenor and can play almost anything now. I certainly am pleased and have told all my friends about my course and they think it is wonderful. Miss ELLEN ERICSON, Butte, Mont.

Method Astounding
Dear Sir:-I am well pleased with instrument, which is built for business. The tone in comparison with a \$30 tenor banjo out-ranks mine. Your method is simply astounding. Your way of showing notation of chords with diagrams understood in all a teacher or pupil can desire. A. H. ASHALD, Hayward, Calif.



Tear Off and Mail

New York Academy of Music, Studio 484A, 100 Fifth Avenue, New York, N. Y.

Please rush your book in colors, "How to Learn to Play the Tenor Banjo," my First Free Lesson, and reserve a gift \$18.00 full-tone, professional size tenor banjo for me. This obligates me in no way whatever.

Name _____
Address _____
City _____ State _____

Gain-Time Chart Quickly teaches you How to Play



WHEN LIGHTS ARE LOW

No matter whether the occasion demands a soothing melody of love, or exciting, entrancing, magnetic jazzy hit, you will always be prepared as a good tenor banjoist. When the time, place and mood suggest music, you will most enjoy the fascination of your tenor banjo.