

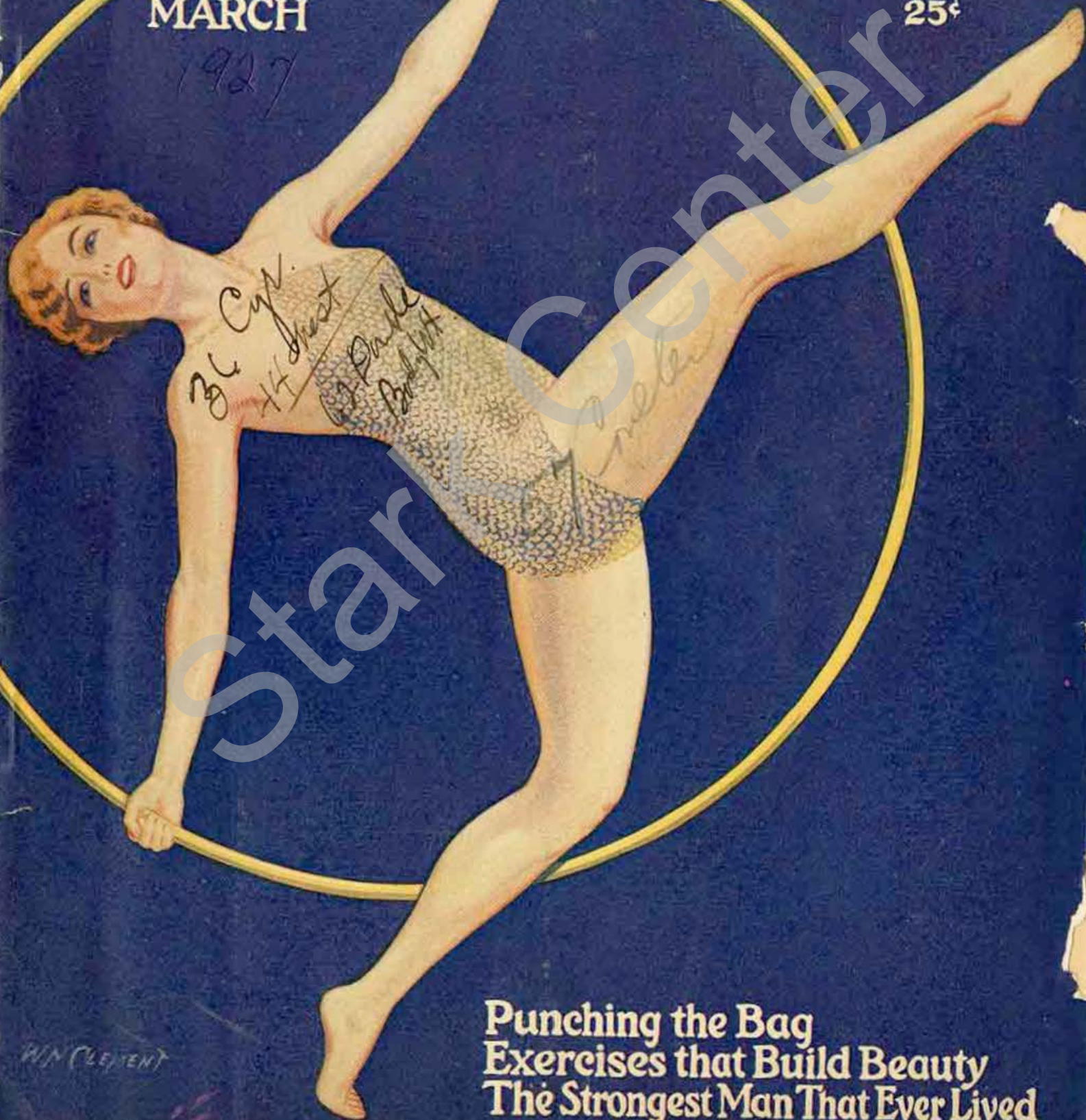
Strength

Heart Afflictions

MARCH

25¢

1927



WIN (LE) ENT

**Punching the Bag
Exercises that Build Beauty
The Strongest Man That Ever Lived**

Our 200-Pound Bar Bell Complete

\$24⁰⁰

The Milo 200-Pound Outfits Include Everything a Bar Bell Set Should Include

Namely: 185 pounds of assorted plates; 1 15-pound bar bell bar; 1 dumb-bell bar; 2 kettle bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar bells for exercise and weight lifting ability. You see, we do not sell you half a bar bell set.

COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	\$60.00
400-lb. Plate Loading Bell.....	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
260-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

3 complete, illustrated courses are given with every one of the above bells except the 100-lb. Bell, with which 2 courses are given.

ORDER BLANK

Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 159,
Philadelphia, Pa.

Gentlemen:

Enclosed find \$..... in payment for Bar Bell set checked above. Please ship by

{ Express } to
{ Freight } County
State

My mail address:

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

MEASUREMENTS

Neck Weight

Normal Chest Age

Expanded Chest Occupation

Upper Arm How Many Times Can You Chin the Bar?.....

Forearm How Many Times Can You Dip on Parallel Bar?.....

Waist Check off your aims below:

Hips Improved Health—

Thigh Great Strength—

Calf Perfect Physique—

Wrist To Reduce Weight—

Ankle To Increase Weight—

Height

WE DO NOT PREPAY SHIPPING CHARGES.

See Our Entire List of Styles



Besides this 200-lb. Plate Bell, we manufacture 6 other distinct types of bells. These Bells vary in weight as well as in price and design. Nothing else in our service to you varies, however, for no matter what bell you purchase, you get the same personal attention and the same perfect workmanship.

For both lifting and exercise with a Bar Bell, you need and must have a complete set. There are a great many exercises and recognized lifts that cannot be performed without a dumb-bell handle or without 1 or 2 kettle-bell handles. Why pay the same price for half a Bar Bell set and miss these valuable exercises and lifts? GET A MILO!

We Have Built Countless Hercules and Are Building Others Daily

You become one of them just as soon as you get your bar bell set. Milo Bar Bells produce the maximum results in the minimum amount of time. Ask any one who has used one. Practically all strong men use, or have used them. What better proof of their worth as muscle, strength and health producers could be given?

Milo Bells are not made for the strong man or boy exclusively. They are designed and made for every male person between 16 and 60 years of age. They are used with great effectiveness by the extremely weak, the under-developed, the ailing, the peplus, the unhealthy, etc. And one of the many beauties of a Milo Bar Bell is that you use them **only every other day** and get the best improvements. Think of the time this saves you. In other words, Milo Bar Bells build you in half the time and make a better job of it.

STRENGTH SHOW

Weight Lifting Contests, Tumbling, Hand Balancing, Acrobatics and Posing.

All A. C. W. L. A. members admitted free on showing their membership card. Non-members will be charged a subscription fee of \$.50

Saturday, March 5, 1927.

PHILADELPHIA ACADEMY OF PHYSICAL TRAINING
S. W. Cor. 15th and Race Sts., Philadelphia, Pa.

Fill in Your Measurements and Mail With Remittance

The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 159 Philadelphia, Pa.

A New Natural Gland Stimulation —for Millions of Men Past 40...



Prostate Trouble

I received the most gratifying results. I consider your treatment a God-send to me. I used to get up three and four times a night and besides I would get pains like needle pricks in my groin. Since using the treatment this has all left me.

Emery G. Scheller
Paxton, Mont.



Bladder Weakness

At the time I was a nervous wreck. I had enlarged prostate gland and had to be up ten to fifteen times at night. I spent hundreds of dollars trying to get relief. On receiving your treatment I began using it and have used it at intervals since, until I feel that the trouble is entirely cured.

Dr. F. J. McMichael
Union City, Tenn.



Half Living

I had prostate trouble five years that I know of, and how many years previous to that, I couldn't say. It does not seem possible that those awful dragging pains throughout the whole pelvic region have been eliminated in the short space of seven weeks, also the pains in my back, hips and legs. Truly it is little short of a miracle.

Frank L. Parker
West Medford, Mass.



Chronic Constipation

It has wonderfully relieved my prostate decline and bladder weakness, and simply routed constipation and piles. It also imparts an exhilaration and buoyancy that is indeed very gratifying. Life has taken on a brighter glow, and I am experiencing more vigor and vitality.

Martin H. Miller
Reedley, Cal.



Foot and Leg Pains

... In this short time it has accomplished wonders in my case. My bladder and prostatic troubles are much improved. Pains have left my lower limb, and walk is about normal. I truly thank Providence for ever inclining me to your wonderful treatment."

DeForest Anderson
Peoria, Ill.

An Entirely New and Amazing Treatment

AFTER a certain middle age, men commonly show typical signs of debility and breakdown. In millions of men these signs mean gland failure. Some medical authorities say, and in fact they generally agree, that as high as 65% of all men past middle age have prostate gland trouble. One of its commonest and most distressing effects—frequently mistaken for kidney trouble—is that it makes men get up 3 to 12 times at night. With loss of mental and physical vigor, it often brings on chronic constipation, pains in the back, legs and feet, depression of spirit and even dependency.

Heed This Warning

Probably millions of men past forty mistake these symptoms for natural old-age. No graver mistake could be made. These things mark the most critical time of a man's life! If these prostate troubles run on, unchecked, growing steadily worse, it means either miserable old-age or gland surgery!

That is why this new drugless way to

stimulate the prostate gland and often restore it to normal size and functioning has been heralded as a discovery of the greatest magnitude.

Safe, Natural Method

No drugs, no medicine, no massage, no diets, no violet rays. You can administer this non-medical hygiene yourself in the privacy of your own home. It is absolutely safe—as harmless as washing your hands. It has no counterpart—cannot be compared with anything else. It only assists nature but it does it in an entirely new way.

A Triumph In Quick Results

The amazing thing about this therapy is that it often clears up the distressing symptoms and restores normal activity in six days! It often brings unmistakable improvement almost overnight.

So direct, so positive is this new gland treatment, that it is offered only under a guarantee that unless you feel ten years younger in six days you pay nothing! It should be added parenthetically, that this treatment simply routs constipation and piles, and is so guaranteed.

Tested for Permanent Benefit

More than 25,000 men have already used this hygiene. Tests have proved its permanency beyond all question. All over the world men write paens of praise. Already physicians, in every part of the country are using and recommending this revolutionary method. It is the discovery of an eminent American scientist, member of four prominent scientific societies, who perfected it only after seven years of research.

Scientist's Book Sent Free

This Scientist describes the methods in a new, illustrated, and intensely interesting booklet, "Why Many Men Are Old at 40." If you have any of the common symptoms mentioned, send for this frankly written book, today. Learn these amazing new facts about old age. See if they apply to you. See why this new treatment often quickly restores men to buoyant health and vitality. For a free copy, without obligation, simply mail the blank below to

THE ELECTRO THERMAL CO.

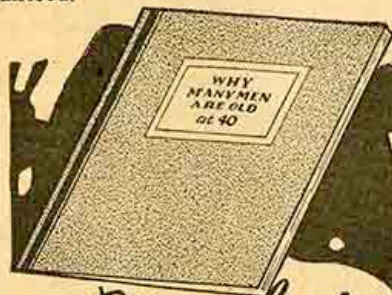
6467 Main St., Steubenville, Ohio

George Starr White, M.D.

George Starr White, M.D., nationally known medical man and eminent author, has written time and again about this new gland treatment always in the spirit of enthusiasm and high commendation.

A New York Physician Writes

"Your prostate treatment is a hundred years ahead of modern medicine—a thousand years ahead of the surgeon's knife."



Mailed
FREE

W. J. Kirk, President,
6467 Main St., Steubenville, Ohio.
Please mail at once a FREE copy of the
booklet, "Why Many Men Are Old at Forty,"
and all details about the new hygiene. I am
not obligated in any way.

Name
Address
City State
Western office, Suite 64-K, 303 Van Nuys Bldg.
Los Angeles California



Strength



MARCH, 1927

Vol. XII

No. 1

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Discovered!

The Secret of Caruso's Amazing Vocal Power



"The Songbird of the ages," Enrico Caruso. The richness, the fullness, the beauty and the astounding power of his voice was due to the exceptional development of his Hyo-Glossus muscle.



Eugene Feuchtinger, musician-scientist, who discovered the function of Hyo-Glossus in voice production, and whose famous "Perfect Voice" system has developed thousands of voices.

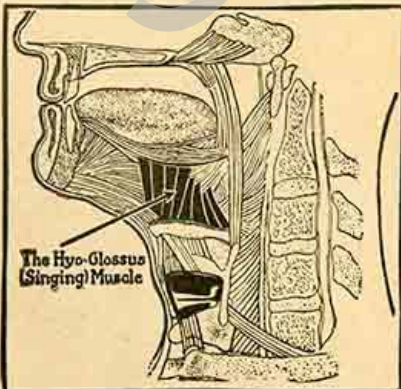


Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

THIS IS AN AGE OF MARVELS. Wonderful scientific discoveries have changed our mode of living and our mode of thinking.

One discovery of tremendous benefit to all humanity is the discovery of the principle of voice control by Eugene Feuchtinger, A. M.

His resulting system of voice development revolutionized old methods, and changes voice development from a little understood art to an exact science.

More than that, it brings a Perfect Voice within the reach of every man and every woman who desires a stronger, richer voice for either singing or speaking.

Prof. Feuchtinger's method is founded on the discovery that the Hyo-Glossus muscle controls the voice; that a strong, beautiful voice, with great range, is due to a well developed Hyo-Glossus—while a weak or a rasping voice is due to underdevelopment of this vital vocal muscle. A post-mortem examination of Caruso's throat showed a superb development of his Hyo-Glossus muscles. But it required years of training under the old method to produce this development.

You can develop your Hyo-Glossus in a much shorter time by Prof. Feuchtinger's wonderful scientific method. You can take this training under the direction of the Professor himself, wherever you may live. And the cost is so low that it is within the reach of every ambitious man or woman.

100% Improvement in Your Voice—Guaranteed

Professor Feuchtinger's method is far simpler, far more rapid, far more certain in results than the tedious, hap hazard methods of ordinary vocal instructors. His unqualified success with thousands of pupils proves the infallibility of his method.

Under his direction, your voice will be made rich, full and vibrant. Its overtones will be greatly multiplied. You will add many notes to its range and have them clear, limpid and alluring. You will have a voice that is rolling and compelling and so strong and magnetic that it will be the marvel of your associates.

Professor Feuchtinger **ABSOLUTELY GUARANTEES** an improvement of 100 per cent—a **REDOUBLEMENT** of your voice! If you are not absolutely satisfied that your voice is doubled in volume and quality, your money will be refunded. You are the only judge.

You Do Not Know Your Real Voice

Until you have tried the Feuchtinger system, you cannot know the possibilities of your vocal gifts. Mr. Feuchtinger's method **PRODUCES** as well as **DEVELOPS** the true voice. It corrects all strain and falsetto and makes clear the wonderful fact that any normal person can develop a fine voice if correctly trained. Thousands of delighted graduates

testify to this—many of them great vocal successes who, before coming to Professor Feuchtinger, sang very poorly or not at all. Among Professor Feuchtinger's pupils are grand opera stars, concert singers, speakers, preachers, actors and educators.

FREE!

Professor Feuchtinger's Book
"Enter Your World"

Send the coupon below and we will send you **FREE** this valuable work on voice culture. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book, and you assume no obligation whatever by sending for it. You will do yourself a great and lasting good by studying this book. It may be the first step in your career. Do not delay. Send the coupon **TODAY!**

Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-73, Chicago

Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-73 Chicago, Ill.

Dear Prof. Feuchtinger: Will you please send me copy of your new free book "Enter Your World"? I understand that this is free and there is no obligation on my part. I am interested in

Singing Speaking Stammering Weak Voice

Name.....

Address.....

To Men Getting Bald I Say!

No matter how fast your hair is falling out—no matter how much of it is already gone—I make this amazing guarantee! I'll end dandruff—stop falling hair—grow new hair in 30 days—or you don't pay me a cent! No strings attached! No "Ifs," "Ands" or "Maybes"! New hair or no pay! And you are the sole judge!



By ALOIS MERKE

Founder of the Merke Institute, 5th Avenue, New York.

SAVE yourself from baldness! Stop falling hair! Grasp this "no risk" offer to grow new healthy hair in 30 days!

Here's My Contract

If your hair is rapidly falling out—if your appearance is spoiled by approaching baldness—if you have tried countless expensive hair treatments unsuccessfully—it makes no difference. My contract stands! I'll grow new hair in thirty days—or the trial costs you NOTHING.

Here's My Secret

Years of training and research and day after day experience in treating thousands of cases of loss of hair at the famous Merke Institute, Fifth Avenue, N. Y., have taught me many valuable facts about the hair—and this, the most amazing of all—that in most cases of baldness the hair roots are not dead, but merely dormant—asleep!

You're wasting your time—you're throwing away money—when you try to reach these dormant roots with ordinary hair tonics, oils, massages and salves. For such meas-

ures treat only the surface skin and never even get to the roots, the real source of trouble. How could they ever possibly grow new hair?

My Method Reaches the Roots

It's no use trying to make a tree grow by rubbing "growing fluid" on the bark. You must get to the roots!

And that's just why my scientific treatment is so tremendously beneficial! It penetrates below the surface of the scalp. It quickly reaches the cause of the trouble—the dormant, starving hair roots. It awakens them. Hair begins to sprout again. It takes on new life and color. It becomes stronger and thicker. And in a surprisingly short time—sooner than you ever imagined possible—you have a new healthy growth of hair—OR I

PAY ALL THE COSTS OF THE TREATMENT MYSELF.

And best of all, my system is so simple that it can be used in any home where there is electricity without the slightest discomfort—and for just a few cents a day!

New Hair or No Cost

Thousands claim seeming miracles for my treatment. I don't. I admit some cases of loss of hair are hopeless. Only remember this—these cases are so very rare and so many hundreds of others

EVIDENCE!

Hair Coming Back

"Having used your Thermocap Treatment for 30 days, I find a new growth of hair coming back on bald spot. It is growing in very fine. The Thermocap is a treatment that every one who is losing his hair should buy."
G. H. P., Portland, Me.

Dandruff Leaves Entirely

"I want to tell you how wonderful your treatment is. The first week my dandruff left entirely, and by the third week a new growth of hair could be seen all over my head."
Mrs. H. S., Port Angeles, Wash.

Partly Bald for 10 Years

"I have been partly bald for the last 10 years and have used your treatment only four weeks to date, but I can already see a new crop of hair coming in."
J. A. K., Anderson, Ind.

have regained luxuriant hair through my method, that I am willing to let you try it for 30 days—AT MY RISK!

Then if you are not absolutely delighted—say so. And I'll mail you a check immediately—refunding every cent of your money—and the treatment will have cost you NOTHING!

Free Booklet Tells All

The very fact that you have read this announcement shows that you are anxious about the condition of your hair. So why not investigate? Find out for yourself. If you will merely fill in and mail the coupon I will gladly send you without cost or obligation a wonderfully interesting booklet, which describes in detail my successful system, which is growing new hair for thousands all over the country. In addition it tells all about my iron-clad guarantee which enables you to take my treatment without a penny's risk. Clip and mail the coupon today. *Allied Merke Institutes, Inc., Dept. 553, 512 Fifth Ave., New York.*



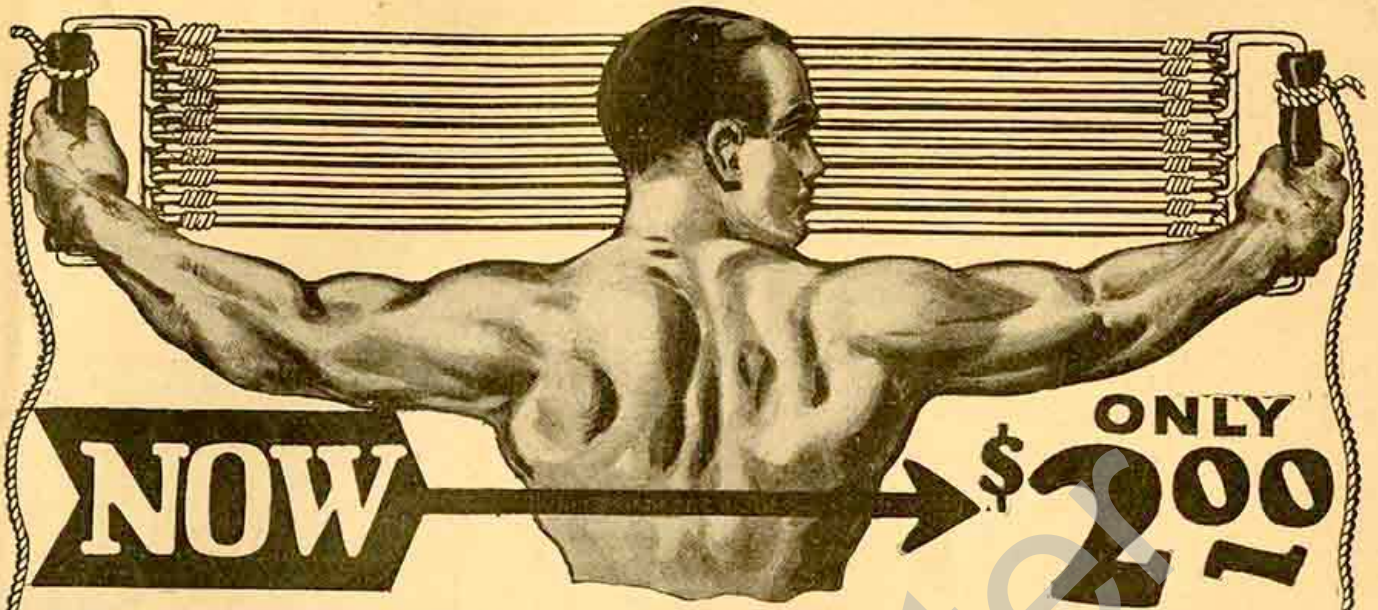
Allied Merke Institutes, Inc., Dept. 553, 512 Fifth Avenue, New York City.

Please send me without cost or obligation a copy of your book, "The New Way to Grow Hair," describing the Merke System.

Name

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City State



NOW → **ONLY \$2.00**

Giant Chest Expander and Progressive Exerciser

50 NEW LIVE RUBBER STRANDS GUARANTEED TO EACH CABLE

Be a muscular marvel. Have the muscles of a superman. Become strong for your health's sake or to astound your friends with extraordinary feats which only men of giant strength can do. In a matter of a few short weeks you will easily be able to do stunts which now seem difficult—then real muscles and strength will be yours—and will be yours to keep. If you only want exercise to just keep in good shape you can reduce the strength of the Progressive Exerciser by eliminating as many cables as you wish. If you want great resistance so as to build big solid muscles then use the full strength.

READ THIS GUARANTEE
Not only do we guarantee that each and every cable is made of 50 new live rubber strands, but we also guarantee that the Giant Chest Expander is the finest you ever saw or we will refund your money if you are not entirely satisfied.

How the Giant Chest Expander and Progressive Exerciser is Made
The Giant Chest Expander and Progressive Exerciser is made with new live springy rubber so as to give it long wear

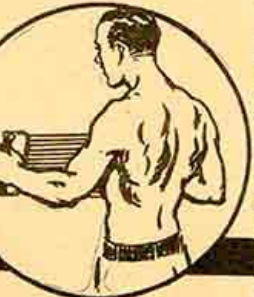
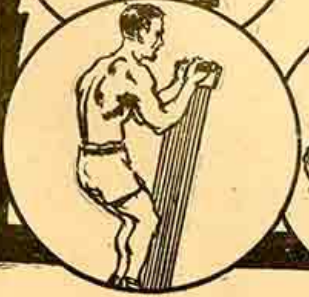
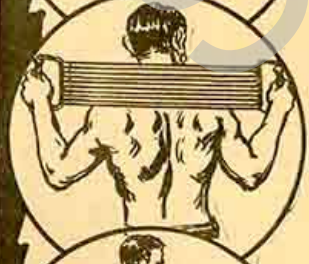
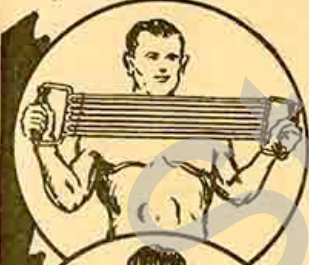
and great resisting qualities. The double strength exerciser has resistance of over 200 pounds. Don't pay more for exercisers that have only 40 or less rubber strands to each cable. Get the best and most durable. The Giant Progressive Exerciser has 50 strands of the finest rubber procurable to each and every cable. You will marvel at how much you get for very little money. Order today, because our money back guarantee absolutely protects you.

SEND NO MONEY
Send at once and get your Giant Exerciser at the present low introductory price. This price is made so low because we want everyone to enjoy muscles and strength at the lowest possible cost. Don't pay more—order from us—get the most for your money. Use coupon now. Don't send a cent now! Pay postman on delivery.

Free Instructions
We do not think it is enough to send you an exerciser which is worth double what we ask, but for a limited time, we will include instructions absolutely free. These instructions tell you the proper way to use the Giant Chest Expander and Progressive Exerciser. You will find these instructions interesting and simple to follow. By following these instructions, you will be following a short cut to health and strength. Order today before this wonderful offer is withdrawn.

Use This Money Saving Coupon

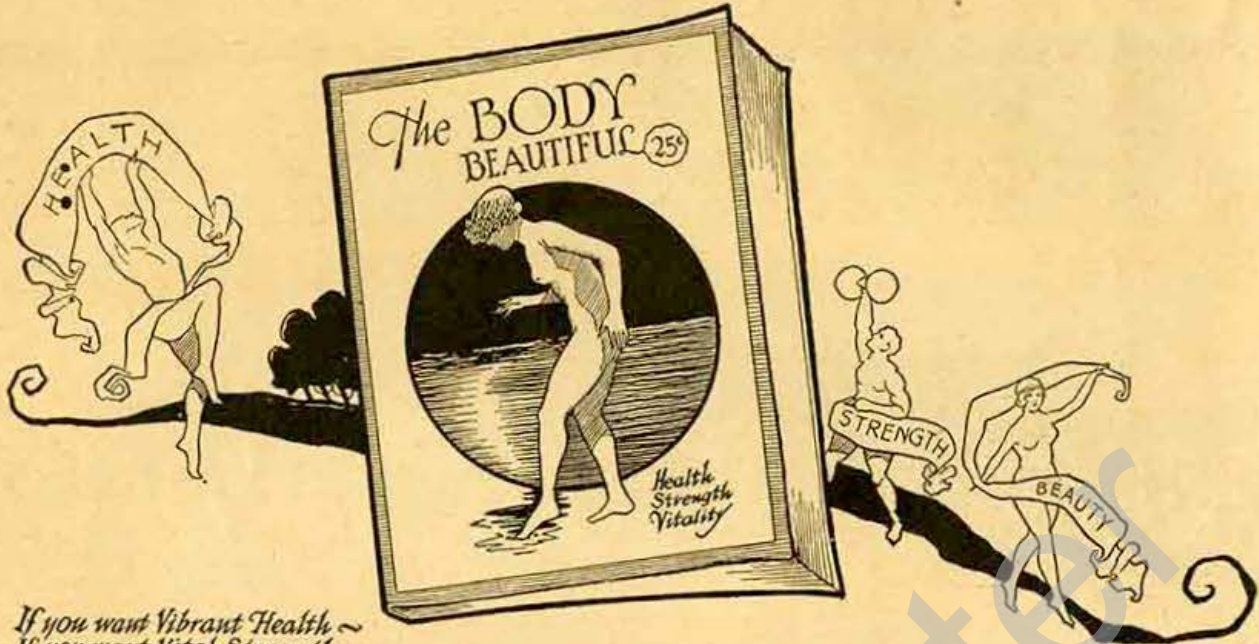
5 Cables or double strength 10 Cables
for \$2 The double strength exerciser has resistance of over 200 lbs. **for \$4**



PROGRESSIVE EXERCISER CO.
1003 Langdon Bldg.,
Broadway and Duane Street, New York.

Please [] your 10 cable Progressive at \$4.00,
send [] your 5 cable Exerciser at \$2.00.
(Check the Exerciser you want). **Send No Money.** Pay postman price plus postage on arrival. It is understood that if I am not satisfied with this Exerciser, I will return it within 5 days and get my money back.

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Street.....
City..... State.....



If you want Vibrant Health ~
 If you want Vital Strength ~
 If you long for a Beautiful Body ~

Read this New Magazine

Famous Physical Culture Authorities Contribute to The Body Beautiful

George F. Jowett, famous Weight Lifting Authority, contributes a monthly article on Strong Men and the Iron Game.

Earle E. Liederman, known the world over as a maker of men, "the Muscle Builder," writes monthly articles on body culture and muscle building.

Miss Alaska (Mrs. Earle E. Liederman) tells women and girls how to create and maintain a perfect figure.

Harry B. Paschall, artist, author and athlete, amateur weight lifting champion, writes on speed, strength and energy.

Every issue contains articles by the best physical culture writers in America, and photographs of the best built men and women in the world. One issue alone is worth more than the cost of a year's subscription.

HERE, at last, is the very magazine you have been hoping for. A standard size monthly publication, beautifully illustrated, that points the way to vigorous strength and perennial youth.

Here is a physical culture magazine edited without "hokum," that tells you how other men and women have climbed the heights from weakness to strength—tells you simply and entertainingly—so clearly that you can do likewise.

A magazine illustrated and written by practical people, who have been "through the mill" themselves; and whose combined knowledge of the short-cuts to health, strength and vitality is passed on for your benefit.

A brand new type of body building magazine for strength seekers filled to the brim each month with invaluable information, the news and lore of strong men everywhere—and illustrated with score of photographs of perfect men and women.

You need this magazine—you'll get a thrill when you turn its pages—and you will not want to miss a single issue. So take your pen right now—fill in the coupon below and mail it at once. The first issue is ready; you can't afford to miss it. Get yours!

Clip and Mail Today

Special Low Rate Introductory Offer

HARRY B. PASCHALL, Publisher, The Body Beautiful,
 36 West Gay Street, Columbus, Ohio.

I enclose two dollars (currency, check or money order) for one year's subscription to THE BODY BEAUTIFUL. Send the current issue to me at address below.

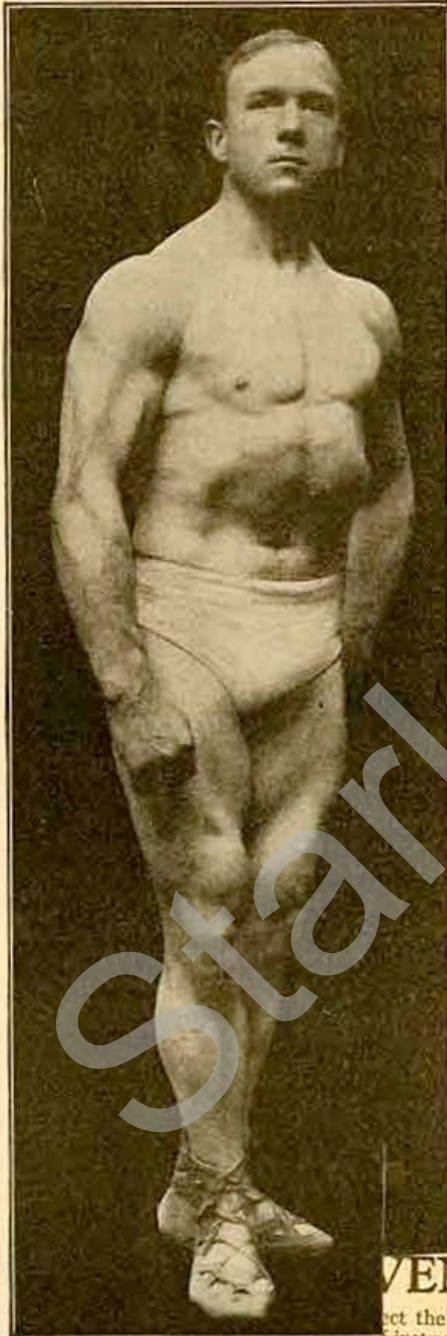
Name

Street

City and State

The **BODY BEAUTIFUL**
A Magazine of Inspiration

Weak Men are Vitalized WHEN STRONGFORT TAKES HOLD



A MAN doesn't know what it is to live until he is strong and vigorous. To be admired and respected he must be physically fit—100% man. To win your way in the world you must have abundant energy, pep, staying powers and personality. You won't get far without these qualifications—the good things of life are not for weaklings.

You have no apology for being a weakling—a make-believe man—one who is laughed at, gossiped about, despised. You are to be pitied if you are discouraged and despondent and down with the blues, but who wants to be pitied? You want to be a manly man—a strong, healthy chap it is a pleasure to meet and associate with—a fellow that men like to call by his first name—one whose company is craved—a regular fellow. And you can be just such a man no matter how far down the ladder you've slipped, no matter how you've neglected yourself, no matter what your excesses or your dissipations. You can be revitalized, regenerated, restored to the full flower of manhood—this I can promise you.

STRONGFORTISM

—Will Do Wonders For You!

Throughout the years of my personal contact with thousands of men, so many of whom have been my pupils, I have been gathering facts about the human body and studying the relation of the muscular system to the health of the body. My experience has proved positively that I can overcome the physical ailments, disorders and weaknesses so common to humanity and restore strength, vital energy and health by natural methods, working through both the internal and external muscular system. I use no drugs, no apparatus, no fakery—I help you to help yourself in the privacy of your own home.

I Have Made Powerful Men Out of Mere Weaklings

You can have good health and manly strength. You can have energy and vitality. You can have a clear, unflinching eye and a steady nerve. You can have courage, "sand" and pep. All these will be your precious possessions by following in the paths in which I have directed thousands.

You can be a real man. Above all, you can rid yourself of disheartening weaknesses and blighting ailments such as Constipation, Indigestion, Rheumatism, High Blood Pressure, Nervousness, Lassitude, Insomnia, Catarrh, Chronic Colds, etc.

But remember this—Mere development of external muscles on arms, legs and body does not bring health and permanent strength. Your INTERNAL muscles must have first consideration, for these muscles must be made the foundation of all health and strength—and here is where my course—STRONGFORTISM—differs from all others you ever heard of. I develop the INTERNAL muscles and start your strength AT THE SOURCE. Through these muscles I eradicate disease and RESTORE POWERS that have been weakened by neglect or excesses.

Send For MY FREE BOOK

—"PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." No money would pay for this book. It is priceless. In it are the results of my 25 years of experience in the upbuilding and strengthening of men. In it are startling facts about the human body—secrets of nature that I have discovered through developing myself into the world's finest physical specimen and in the development of thousands of others. This book reveals how Strongfortism—

FREE CONSULTATION COUPON

Absolutely Confidential
Strongfort, Strongfort Institute, Dept. 316, Newark, N. J.
I have marked (x) before the subjects in which I

- | | |
|---|---|
| <input type="checkbox"/> Weak Back | <input type="checkbox"/> Short Breath |
| <input type="checkbox"/> Increased Height | <input type="checkbox"/> Weak Heart |
| <input type="checkbox"/> Weak Eyes | <input type="checkbox"/> Great Strength |
| <input type="checkbox"/> Flat Chest | <input type="checkbox"/> Lung Troubles |
| <input type="checkbox"/> Despondency | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> Emaciation | <input type="checkbox"/> Round Shoulders |
| <input type="checkbox"/> Rheumatism | <input type="checkbox"/> Skin Troubles |
| <input type="checkbox"/> Nervousness | <input type="checkbox"/> Stomach Disorders |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Muscular Development |

WOMEN!

Get the American School of Instruments and tools with this outfit is good enough for you finish your training.

duties—fit for home life, for society, for fascinating personality to all. Wonderful prove it all. Get it. Read it. Profit! Fill out the coupon today, send for it!

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LIONEL STRONGFORT
PHYSICAL AND HEALTH
DEPT. 316 NEWARK

18th Street, Chicago

Your offer to send me instruments in Drafting; It is understood I am request.

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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., March 20th for the May issue. Address all orders or inquiries to Classified Advertising Manager, *STRENGTH MAGAZINE*, 104 5th Avenue, New York, N. Y.

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Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

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STRETCHING is nature's way of keeping spine NORMAL. The ONE thing most essential to HEALTH is, to keep the cartilage between each vertebrae normal in thickness and perfect shape—for when this is SO, none of the nerves that branch out from the Spinal Column can be pinched or impinged and plenty of nerve force to every part of the body is certain—THIS MEANS HEALTH—the NACU BODY STRETCH AND EXERCISER does this work perfectly—costs only \$15.00 Postpaid—SEND NO MONEY—ORDER C. O. D. and pay the Postman when delivers it. NACU CO., P. O. Box 58, Berkeley, California.

Agents Wanted

Salesmen Wanted. Nationally advertised, universally needed product. Sells to Stores, Garages, Factories, Schools, Homes, Farmers, Auto Owners. Used by everybody. Big demand, ready sale. Big commissions. Complete sales training given. Credit extended to customers. Sample can easily be carried. Concern rated very high—established many years. Opportunities for lifetime jobs at big pay. Address Territory Manager, Dept. 54, Post Office Box 985, Dayton, Ohio.

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Be a Detective. Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective, 2190 Broadway, N. Y.

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FOR SALE—Pat. No. 1,610,324; Exercising Device. "Strong Man" with original correspondence course can make a fortune with this device. Write Inventor, W. J. Roche, Cochran, Pa.

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NEW DEVICE...for weak men. Particulars free.

I enclose two dollars (currency, check or subscription to THE BODY BEAUTIFUL at address below.

Name

Street

City and State.....

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Beautiful registered bull pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

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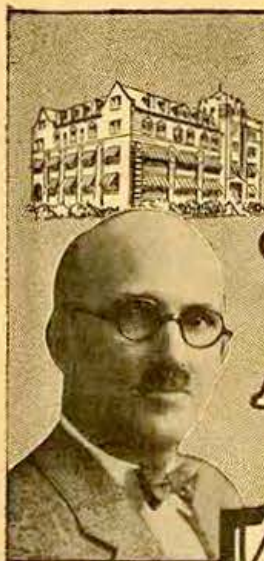
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ST-STU-T-T-TERING And Stammering Cured at Home. Instructive booklet free. Walker McDonnell, 169 Arcade, 1126 Granville Ave., Chicago, Ill.

BODY BEAU
Magazine of Inspiration



O. C. MILLER
Director Extension Work

A Million Dollar Institution Back of This GUARANTEE

Get this straight—the American School was chartered in 1897 as an educational institution, *not for profit*. So you will find the same standards of service here as in the best residential schools and colleges. Over 200 of the leading Engineers, Executives and Educators of the U. S. prepared the instruction we offer. Their standing vouches for its quality. This is available to you on terms of only a few dollars a month. Write for our souvenir book, "White Magic," given FREE in celebration of our 30th Anniversary.

Free Job Service

The American School is the first in the home-study field to recognize the need of guaranteeing its courses with a money-back contract. If the training fails to accomplish the benefits you expect. Thus all risk and doubt are eliminated—either the training will help you to a better job and a raise in pay or it will cost you nothing. To better carry out this important service, we maintain a National employment department which keeps in touch with the employers of Draftsmen all over the U. S. All this without extra charge to our students and graduates.

A Twin Service for Ambitious Men

Training
Preparation for a better Job and a Raise in pay

Employment
—then helping you **Get it!**

If You Are Now Earning \$40 a Week or Less —

I guarantee to prepare you for a fine Drafting position, right in your home, in your spare time; then I guarantee to help you find such a position paying at least 50% more than you earn today, within 60 days after you complete this training, or I will refund the small amount you pay for tuition. We make this agreement to prove this instruction will make you a real Draftsman. Back of this guarantee are the entire resources and reputation of this million dollar institution.

Go into Drafting!

Learn Drafting—how to make and read plans, and the doors of opportunity in all mechanical, building, and engineering lines swing open for you! There are more well-paid Drafting jobs open today than in any other one profession or trade. There's a variety, a fascination to Drafting that will grip you. No other work is so interesting, so well paid—no other field offers equal opportunities for quick promotion.

The Draftsman is the Boss of the Works!

Destroy blue-prints and plans, and the wheels of all Industry will stop until new ones can be made. Every move of every workman on the job is controlled by the Draftsman through his plans. Railroads, public works, buildings of a hundred sorts, machinery, electricity, automobiles—all manufacturing and construction start on the Drafting table! That's the kind of work to get into, friend. Where you have the same chance as anybody else to make a quick success!

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—to prove you can learn at home in spare time!

You'll be surprised how quickly you can learn Drafting by our new one-step-at-a-time method. We start you off doing actual Drafting room jobs from the very beginning. Before you know it, you are battling out professional plans like a veteran. Get the first three lessons—the coupon brings them. Do them. Test your ability to master Drafting at home. Without cost or obligation.



Professional Outfit GIVEN!

You will naturally expect the American School to give you the best kind of instruments and tools with the best kind of training. This outfit is good enough to use professionally after you finish your training. Mail coupon for description.

O. C. Miller, Director Extension Work

O. C. Miller, Director Extension Work
American School, Dep. D-3203
Drexel Ave. and 58th St., Chicago

Your offer to send me 3 lessons free and facts about the opportunities in Drafting and about your course, looks good to me. It is understood I am not obligated in any way in making this request.

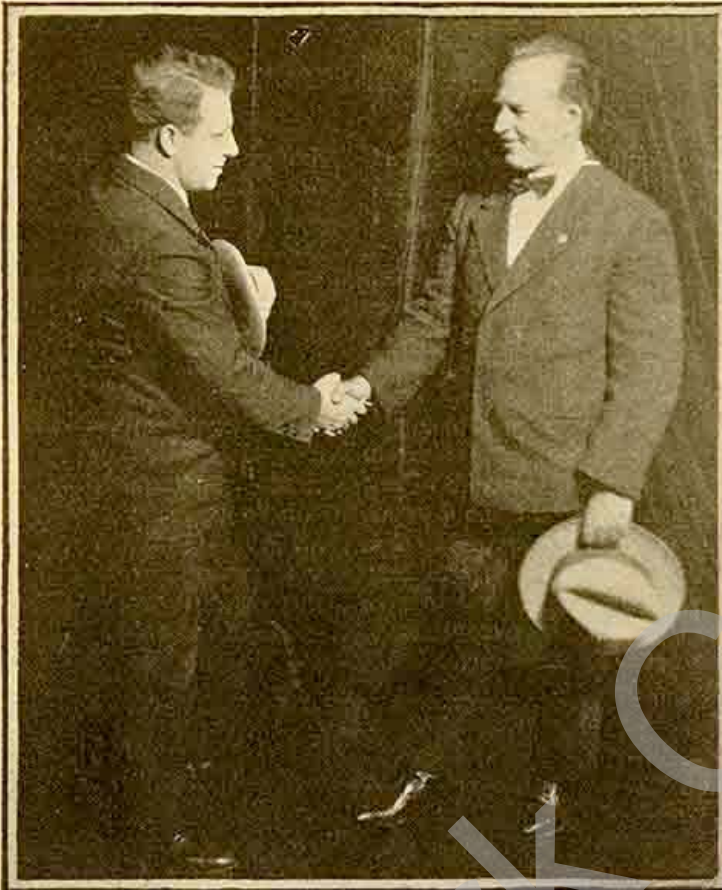
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The American School

Dept. D-3203, Drexel Avenue and 58th Street, Chicago

Men of Iron Get Together

Help Us Put the American Boy On Top of the Weight Lifting World



Geo. F. Jowett—HANDS ACROSS THE SEA—Tromp VanDiggelen

PHYSICAL CULTURISTS ATHLETES—GYMNASTS BOXERS—WRESTLERS

All enthusiasts who believe in the idea of clean living and keeping physically active, should band together in the greatest physical culture fellowship the world has ever known.

You don't have to be an athlete or strong man to belong to this organization of he-men. We want all who endorse physical fitness to line up with us. The strength of numbers will make it possible to build the strongest union of physical fitness on earth. By joining with us, you not only help others but you receive innumerable benefits of great value to yourself. We are out to let the world know we are united to do something.

Look at This Picture

It shows George F. Jowett greeting Mr. Tromp Van Diggelen, a physical culture authority from South Africa. HE IS PROUD TO DISPLAY HIS BUTTON SHOWING HE IS A MEMBER OF THE A. C. W. L. A., AND ALWAYS WEARS IT AT HOME IN SOUTH AFRICA.

YOU SHOULD ALSO BELONG TO THIS ORGANIZATION OF REAL RED-BLOODED HE-MEN. THE FINEST BUNCH OF MEN ON EARTH.

At the last annual convention we decided to reduce the membership fee to the low sum of

\$2.00 a Year

which includes all old benefits as well as several new benefits. You may win medals, diplomas, belts for making certain lifts, or for physical improvement either in the way of greater development or for certain gains in your own lifts, however poor they may be.

You also receive free the book "The World's Weight Lifting Rules and Records" as well as the association lapel button and membership card. By way of encouragement to build up your body, we have many things to offer. We give a beautiful gold seal diploma to all members making a gain of 15% over their original measurements, or strength ability within 60 days. Any member can win something, no matter how weak or undeveloped he is to start with. We will assist you in building a club in your locality. If you are a stranger in a town we will put you in touch with members.

Our original annual fee was \$7.50. Then, as we got on our feet a little more, we brought it down to \$4.00. NOW look where it is—\$2.00. Credit should be given to the boys who started with us and were willing to pay the higher fees in order to get the thing going. How about you? If all those other fellows saw value in paying more, why can't you see value at \$2.00? If you can't, then it's a pretty sure thing that you don't belong with us. Come on, fellows, join up and become a brother member with all the best athletes in the world. If you are in earnest about physical training, you will send in your \$2.00 immediately.

STRENGTH AND PHYSIQUE SHOW, THE FIRST SATURDAY IN EVERY MONTH, AT THE PHILADELPHIA ACADEMY OF PHYSICAL TRAINING, 15th AND RACE STS., PHILADELPHIA, PA.

George F. Jowett, President A. C. W. L. A., S-3-27
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir:

Enclosed find \$2.00 for my membership into the A. C. W. L. A., which entitles me to all the benefits named on this page as a bona fide member of the A. C. W. L. A. Kindly send my Card, Lapel Button and "World's Weight Lifting Rules and Records" immediately.

Name

Address

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

Put Your Name Down

With These Notable
A. C. W. L. A. Members and
Directors

Jim Londos	K. Moerke
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John Y. Smith	A. Dandurand
Warren Travis	Prof. Desbonnet
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This new low price does not include a subscription to Strength Magazine

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GEORGE F. JOWETT

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2739 N. Palethorp Street S-3-27 Philadelphia, Pa.



DR. BERNARD BERNARD
D. Sc. (Phys.), M. S. P., M. P. C.
Chief, Physical Culture Consultants.

While There Is Life There Is Hope

There is no evading the results of wrong-doing—whether through viciousness or ignorance. Regrets, remorse, depression and worry only make matters worse.

But Nature is extremely kind, and ready to restore the joy of living to those who make amends, and are willing to undergo a scientific course of Physical and Physiological upbuilding.

By stopping the drain of vital energy, and by directing such energy and the improved blood circulation to required channels, we restore Health, Strength, Vigor, Mental Clarity, Ambition, Ability, and that joy of living that makes the world appear as it really is—a place of happiness, sunshine, and accomplishment.

These are the lines along which we work. We have no drugs, herbs, patent foods, or other remedies to sell. We are Physical Culture Consultants, who will build up your physiological condition so that drains on your vital and nervous energy cannot take place. Then we build up a nervous and vital reserve, which makes results permanent.

That is why we are always so successful, and can produce from month to month the reports of delighted and grateful pupils. Here is another man who has been rescued from the abyss, and now realizes the true joy of living.

FIRST REPORT. Gentlemen: Trouble started by . . . in early boyhood. Although habit mastered several years ago, drain continued, occurring as often as twice per week, skipping perhaps two or three weeks, then occurring often for a week or two. Vitality reached a very low state accompanied by a long series of boils and pimples about the face. Losses would occur in the daytime during periods of great stress, such as examinations.

It was a few months later when I attempted a course in muscular development that a weakness in the right shoulder, right side of the neck, and right side of the face appeared. It must be either a joint trouble or else arise from weakened nerves in this portion of the body. The shoulder and spine have been X-rayed by several doctors, who could not find anything wrong with the mechanical action of the joint. Also developed drawing of the nerves in the left foot.

It seems that my joints and bones must have been weakened, for they are easily broken and injured. Have been underweight, and unable to build up a reserve supply of energy. For several days I may have extra energy and strength, but always drop back for a period of listlessness, accompanied by slight pressure in the head, with confusion and inability to think clearly, or to concentrate for any length of time. Sexual thoughts always coming into mind, causing inability to hold mind on other subjects which require deep thought. I am sure that there must be an irritated condition of the prostate gland. The last losses made me feel as though the glands were about exhausted.

I am now doing work which requires a reasonable amount of lifting, and my general health is better when I take plenty of exercise, but it seems as though the spine did not receive proper lubrication. The small of the back seems to grow a little stiff after cooling off following exercise or work. Sleep is not as restful as it should be. I do not have any more pep upon arising than I do later in the day. I seem to have reached a state where I grow no better or worse, but I firmly believe that if the trouble could be stopped and nerve force conserved that my body would yet develop and increase in weight.

SECOND REPORT. Gentlemen: Tomorrow completes my first two weeks' training, and I have received great benefit from it. I had one loss ten days ago. My nerves have calmed, so that I have not lost control at all since. My bowels are fairly active, but I do not believe that the stomach is quite clean, for a foam or sputum still arises in the morning. My head is much clearer.

I believe that building up the spine relieved the tensed condition in my right arm, noticed when trying to write or to work overhead. I am ready to continue the building-up process, and await your further instructions.

Yours truly,

THIRD REPORT. Dear Instructors: I am very well pleased with my condition, for I have had no losses at all, and find my nerves calmed and under good control.

My weight is now 118 lbs. I have one natural bowel action in the mornings. I await your further instructions.

FOURTH REPORT. Dear Instructors: The diet has been effective in starting to build me up. The actions of the bowels are gradually growing normal. I get two actions daily.

My weight is now 125 lbs., and general conditions are fairly good, I think, but I realize that I still have a fight to make. I will follow the training as closely as possible.

FIFTH REPORT. Dear Instructors: My general condition continues reasonably good. Bowels are active.

My weight is now 132 lbs., and the muscles of the entire body show some development.

I am trying to keep my general trend of thought away from sex, and to forget it absolutely. However, sexual thoughts will return. When they do, I have little trouble in banishing them.

I have long believed in the high ideals of physical culture, but my trouble was always causing an inner turmoil—a struggle for supremacy.

I await your further instructions, and am enjoying my training.

SIXTH REPORT. Dear Friends and Instructors: The benefits of the course have been too numerous for me to mention all of them. The general tone of the boys is very pleasing, enabling me to avoid colds and other minor troubles.

It is reassuring to know that I can control the body to any degree of health by exercising a little will-power. What I consider the greatest single benefit is the ability to concentrate on tedious work without feeling as if the nerves were exhausted.

SEVENTH REPORT. Dear Instructors: Before I give my last report let me thank you a thousand times for the earnest care and thought you have given me throughout the course. It seems almost like a great hand had reached down and lifted me to freedom.

I have reached a weight of 138 lbs. Bowels continue active enough. I shall be able to keep my nerves under good control, for my body is very sensitive, and responds readily to care and good treatment.

Let me thank you again for your personal help, and wish you the greatest success in your noble work.

Yours sincerely,

What We Have Done For Others We Can Do For You

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

"Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

CONTENTS

INTRODUCTION.

Sex Problems.

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Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.

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CHAPTER VIII.

A Word of Sympathy. Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.

CHAPTER IX.

Sex Weaknesses and Their Cure. Solitary Vice.—Involuntary Losses.—Promiscuity.—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.

Physical Culture Consultants,
Consultation Dept.,
Room 292, 70 Bulkley Ave.,
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Please send me "SEX WEAKNESSES, THEIR CAUSE AND REMEDY." I enclose \$1.50.

Name

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PRICE \$1.50 POSTPAID

Beautifully Bound in Cloth, Gold Embossed

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P e p
from
Every
Stunt



Charles MacMahon Performing a Somersault With Two 30-Pound Dumb-Bells

Thrills
from
Every
Flip

This great sport of tumbling and hand balancing is rapidly becoming a favorite. And with one of my Safety Tumbling Belts and my thorough course, there is no excuse for any one failing to become a good tumbler or hand balancer in a comparatively short time.

The course covers the subjects of tumbling and hand balancing from the very easy stunts to the most difficult feats. The Safety Belt makes it possible for you to try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of one of these belts.

Those who are not timid about feats of this kind, will probably need only the course; but "Safety First" is the best Policy.

ACROBATIC DANCERS

Those of you, boys and girls, young men and women, who are interested in acrobatic dancing will also find my course and belts a great aid in perfecting the tumbling feats which enter into good acrobatic dancing.

THE MOST FASCINATING SPORTS

Tumbling and hand balancing are very fascinating sports. There are thrills galore in handsprings, flips, somersaults, dives, round-offs, hand-stands, etc. There is always a more difficult and more thrilling stunt waiting ahead to be mastered. You will soon perfect these feats by the help of my tumbling and hand balancing course, and no matter how timid you may be the tumbling belts will further aid you to become proficient at these sports.

Tumbling is great as an internal organ stimulator. Feats of this kind shake up the liver and kidneys and keep them in perfect working order. Your spine is stretched and limbered by tumbling stunts and, consequently, your nervous system is kept in fine condition.

The Beauty of Tumbling Is That You Can Practice Alone

You don't need a partner in order to learn hand balancing and tumbling, nor do you require a partner to use one of my Safety Belts. You don't need access to a gym either. You can practice tumbling almost anywhere.

I will be awaiting your order, and promise you prompt attention.

Get Into This Sport NOW!

Charles MacMahon

180 W. Somerset St., Studio A-54, Philadelphia, Pa.

CHARLES MacMAHON, Studio A-54

180 West Somerset Street, Philadelphia, Pa.

Dear Sir:

Please find enclosed { \$7.00 for Belt and Tumbling Book,
 { \$5.00 for Belt Only,
 { \$3.00 for Book Only.

Name

Address

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

Waist measurement.....

**You Need a "Safety Tumbling Belt" If
 You Want to Learn the Flips and
 Somersaults Quickly and Safely**



The Safety Tumbling Belt

These belts are made of stout leather, 2 1/4 inches wide. They are thickly padded inside, making it easy on your waist and stomach. You can adjust them to fit a six inch range of waist sizes.

Those who are small or large-waisted will receive a belt that will fit them.

Ropes attached to the sides give the means of support. A description of how to use the MacMahon Tumbling Belt is given you free.

These Belts enable you to try the more difficult stunts without danger of a fall and, consequently, make your headway more rapid. With one of these belts, you soon get the knack of a flip, hand spring, somersault, and other difficult feats.

**Use THIS Coupon
 For Tumbling Course
 and Belt**

**Can Be Used By a Team of
 Tumblers**

Furthermore, the belts can be used by a team of tumblers for the purpose of holding the top man in place in hand-to-hand balances, somersaults from a partner's hands, shoulders or other parts of his body.

You will find a wide range of uses for one of my belts, and if you like tumbling and hand balancing get one with my course and save long hours of practice.

Let Me Convince You of the Worth of This Course and After You Have Practiced It You Will Thank Me For Urging You to Get It

When you can astonish your friends by performing a row of flips, ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet, and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.

It is not my sole desire to simply sell you this course. What I actually want to do is to make a proficient tumbler and hand balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.



Illustration of Various Stages of a Somersault

USE COUPON ON OPPOSITE PAGE

Charles MacMahon

180 W. Somerset Street

Studio A-54

Philadelphia, Pa.

For **MATS** For The Gymnasium The Home

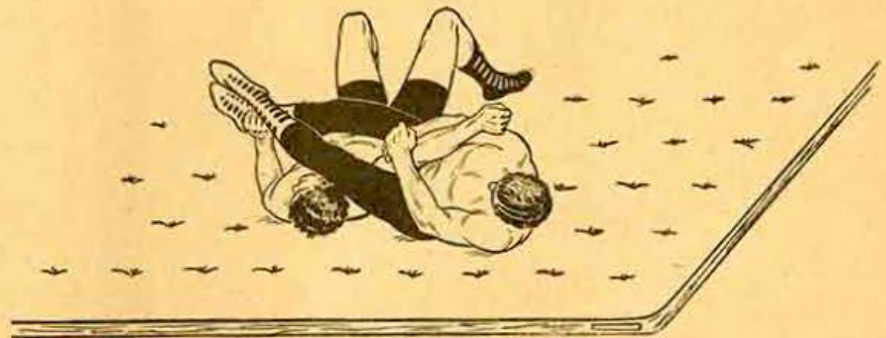
The Price of Gymnasium Mats Ranges From Ninety Cents to a Dollar a Square Foot

FIGURE YOUR SAVING AT MY PRICES

My \$9.00 mat would cost you \$18.00 or thereabouts. The larger the mat, the greater the saving. The MacMahon mats are durable, well padded and cheaper. The prices are so low in comparison that the individual can easily afford one.

Tumbling, Hand Balancing, Wrestling and Exercise Mats

The tumbler and hand balancer, as well as the wrestler and those who exercise, will find my mats just the thing. The bar bell users will also have use for one of them when performing the wrestler's bridge or any lying-down exercises or lifts.



You Can Now Have a Real Gym of Your Own

Use **THIS Coupon** When Ordering a Mat →

Charles MacMahon

180 West Somerset St. Studio A-54-M Philadelphia, Pa.

CHARLES MacMAHON, Studio A-54-M, 180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please find enclosed \$..... in payment for the size mat I have checked off below.

- | | |
|---|---|
| <input type="checkbox"/> 3x 6 ft. \$ 9.00 | <input type="checkbox"/> 6x 6 ft. \$20.00 |
| <input type="checkbox"/> 3x 9 ft. 14.00 | <input type="checkbox"/> 6x 9 ft. 30.00 |
| <input type="checkbox"/> 3x12 ft. 20.00 | <input type="checkbox"/> 6x12 ft. 35.00 |
| <input type="checkbox"/> 3x15 ft. 25.00 | <input type="checkbox"/> 6x15 ft. 40.00 |
- AND ANY OTHER SIZE DESIRED

Name

Address

City..... State.....
(Foreign orders \$1.00 extra.)

3 Great Muscle and Strength Books

In Money-Saving Combination Offers

(See Coupon Below)

"The Key to Might and Muscle"

115,000 Words—Nearly 300 Pages—New Pictures

This book is more than a book; it is a complete course on power and muscle building; an entire weight-lifting program; and memoirs of strong men, past and present.

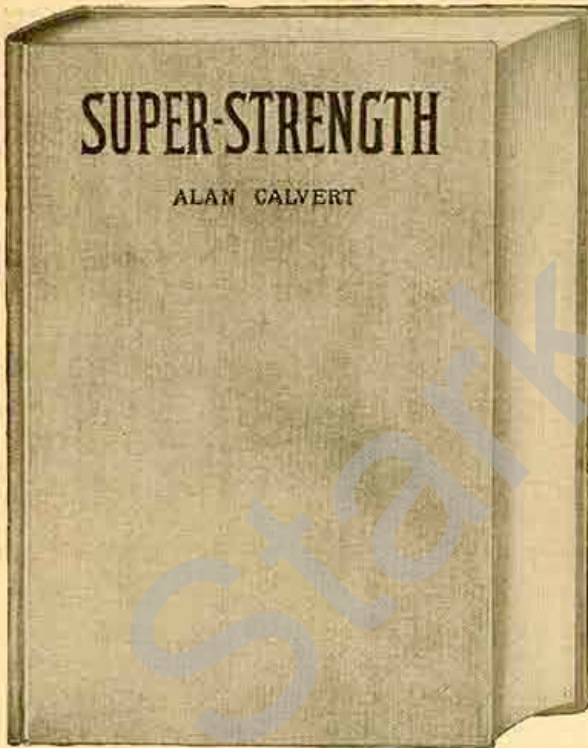
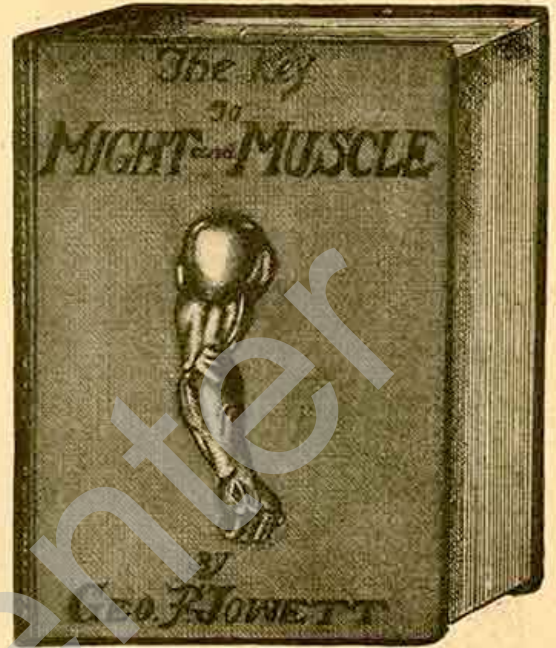
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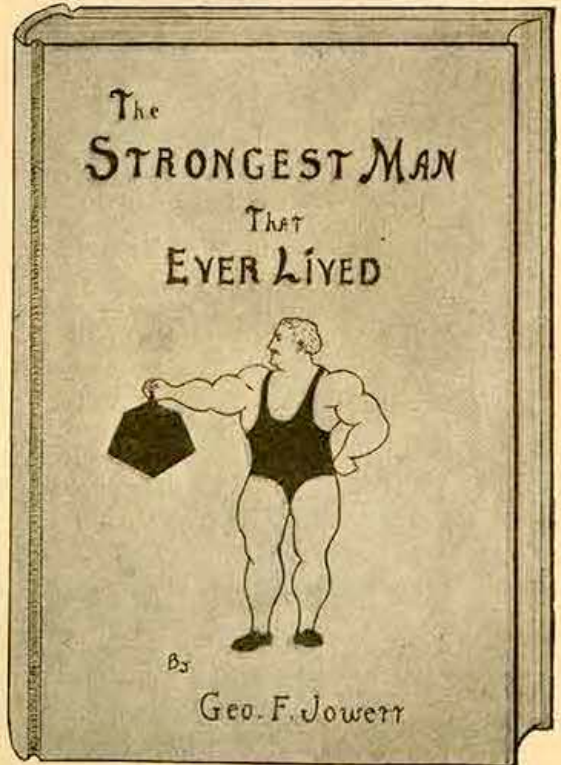
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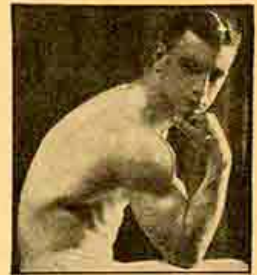
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IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are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



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- 2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).
- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.
- 4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
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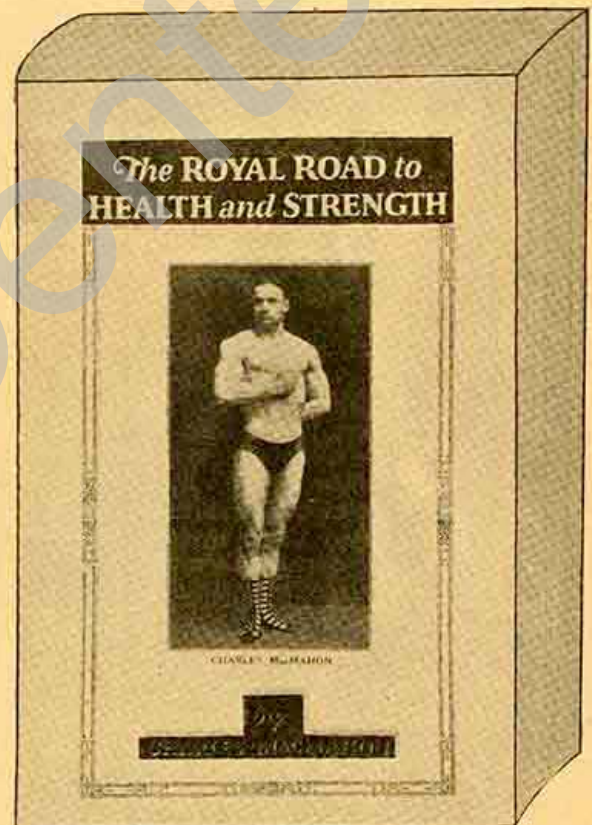
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How 63,400 People Found The Real Road to Health Happiness and Success!

*An Amazing Story That Reveals to You
the Secret of Long Life, Vigor and Abounding Vitality*

WHAT was the matter with George Buttner of Bayonne, N. J.? Why was Edward Johnson of Fort Worth compelled to quit his job? Why was Mrs. Donald Long of Joplin, Mo., blue and despondent? What did Harold Packard of Lincoln, Neb., do when he lacked what he wished most in life? When Mrs. C. T. Bundy of Alberta, Canada, was told she would be an invalid for the rest of her life, did she submit? When Mrs. Violet Kennedy of New York was at her wits' end to know what to do for her kiddies and herself, how did she solve her perplexing problem?

Mr. Buttner was underweight—had no endurance—could not sleep—was constipated. That was twelve years ago. Since then he has been a marvelous athlete—champion cross-country runner of New Jersey—also record holder at one mile. From the time he got his set of the Encyclopedia of Physical Culture he says "I began to live as a human being should live."

Mr. Johnson, ten years ago, was discouraged when he had to quit work because of ill health—a friend told him about the Encyclopedia. "In 30 days I was back on the job—a new man, indeed. I am today a better man at 53 than I was at 25."

Mrs. Long. "My nerves which were worn to a thread have improved—I am full of ambition. The miracle has been wrought in me by the Encyclopedia."

Mr. Packard. "I bought the Encyclopedia some eight years ago—its pages have added years of enthusiasm, pep, vitality and happiness to my life."

You can rule your health just as surely as you can rule your actions. If you are not enjoying perfect health today it is because you haven't employed the method provided by Nature to keep you well. If you don't know what her requirements are, you are sure to blunder into some kind of sickness—perhaps fatal disease.

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 hydropathy (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 form of disease
understand the process of reproduction
benefit by 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

Mrs. Bundy. "Two severe sicknesses were pronounced chronic and no remedy offered. The Encyclopedia was sent for and the thought of being an invalid is now a joke. Was it worth while sending for these books? With all my heart, YES."

Mrs. Kennedy. "I can truthfully say I have never enjoyed the good health that I do now. My one regret is that I did not know of the Encyclopedia years ago."

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.

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. Why is it that as long as they are not flat on their backs, they will fool themselves into believing that they are all right?

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. Nature knows no excuse—she accepts no apologies.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Those who do not know Nature's methods of preventing and curing sickness are ill 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 from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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The Encyclopedia of Physical Culture

This marvelous work gives invaluable information on fasting, diet, exercise, and hydropathy for both health and beauty building. It gives thorough and extensive treatment of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars 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's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

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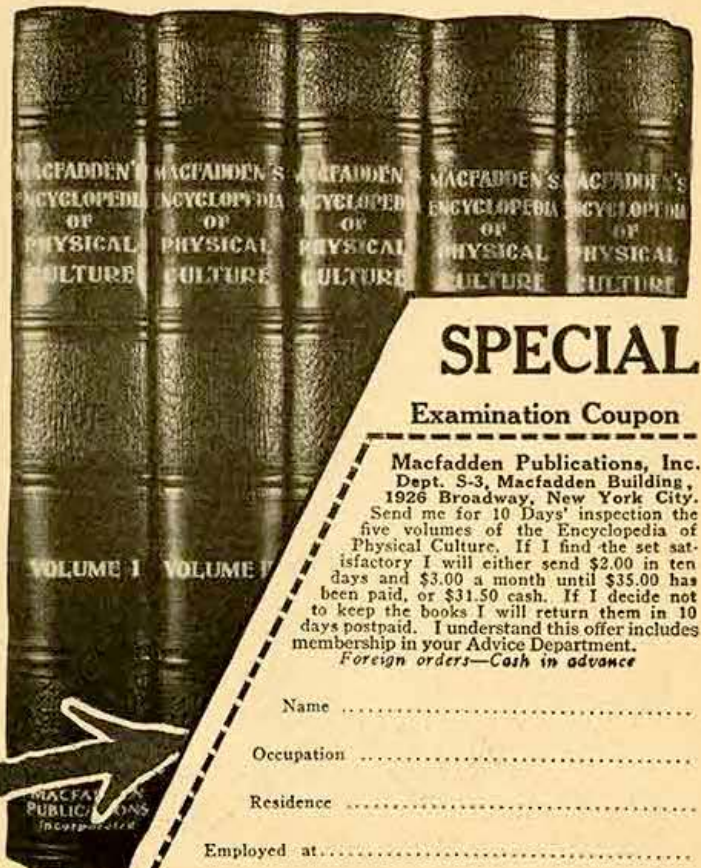
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What I have Learned about Women's TROUBLES

By Annette Kellermann



IN my travels all over the world, during the past fifteen years, I have talked to tens of thousands of women—unquestionably more women than anyone else has talked to about the subject of health.

And the one thing that has impressed me more than all else, is the fact that women get sick because they sacrifice themselves. Some sacrifice themselves to their husbands, some to their children, some to their homes, some to all three. Still others give themselves up entirely to the business world. And the inevitable result is that they neglect themselves.

Women have said to me, "I believe what you say, but I never have time to devote to myself." I understand what they mean. But somehow they always have time to go to a hospital or a sanitarium! The point I always make is this. Isn't it better to spend ten minutes every day on yourself than to spend years in misery? Isn't it better to preserve your health by spending ten minutes a day than to spend years in trying to recover it?

I have met women in the bloom of perfect health who were positively sliding into illness because they were sacrificing themselves! How I pitied them!

I myself know what it means to be weak and ailing. Many people will be surprised to hear that as a child I was so deformed as to be practically a cripple. The world knows me today as "the most perfectly formed woman," and it is natural to assume that I have always been fortunate enough to possess a symmetrical body.

Quite the opposite is true, however. I was formerly so weak, so puny as to be an invalid. I was bow-legged to an

extreme degree; I could neither stand nor walk without iron braces which I wore constantly. For nearly two years I had to fight against consumption. No one ever dreamed that I would some day become famous for the perfect proportions of my figure. No one ever thought I would become the champion woman swimmer of the world. No one ever dared to guess that I would be some day starred in great feature films, such as "A Daughter of the Gods," "Neptune's Daughter," etc. Yet this is exactly what has happened.

I relate these incidents of my early life and my present success simply to show that no woman need be discouraged with her figure, her health, or her complexion. The truth is, tens of thousands of tired, sickly, overweight or underweight women have already proved that a perfect figure and radiant health can be acquired in only fifteen minutes a day, through the same methods that I myself used.

In fact, so remarkable are the results that I have brought to other women that I find far greater gratification in helping others than in all the praise and acclamation I myself have received. It became my ambition to extend my service to womankind, and as a result I have developed a method by which I could make my help available to any woman, anywhere, right in her own home.

Let me give you new strength if you are weak—strength to withstand all the rigors of your daily life. Let me give you a better figure—a figure built for your height. Let me give you a complexion made rosy from the inside instead of from out of a box. I have done these things for 31,000 other

women. Give me 10 days to prove I can help you.

Of course it is easy to scoff and doubt. I know that there are all kinds of health fads not worth a penny. But I use no medicines or apparatus. I use nothing but Nature's own remedies. I have used them on myself for years. My record is an open book. Surely there must be something in my lessons if they have accomplished such remarkable results.

Just mail me the coupon below or write a letter and I will send you at once and without charge my interesting, illustrated new book "The Body Beautiful". I will also explain about my special Demonstration Offer. All this costs you nothing and may show you the way to become a stronger and more beautiful woman, as it has already done for so many others. Just tear off the coupon below, and mail it before my present supply of free books is exhausted. Address, Annette Kellermann, Inc., Suite 443, 225 West 39th Street, New York City.

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Dear Miss Kellermann: Please send me, entirely free of cost, your new book, "The Body Beautiful." I am particularly interested in

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Editorial

Life Extension

WHEN we stop to consider how many people are interested in prolonging human life, and when we realize how much progress has been made in that direction in the past twenty years, we have to realize how big a thing the work done by the medical profession in this field really is.

Walter Reed did not succeed in discovering that yellow fever was preventable until after 1900, and today yellow-jack is practically an unknown disease. Most of the progress in prolonging human life has revolved around some such story as that of this American army officer and his assistants who, at the risk of their own lives, established first the cause and the cure for this plague.

However, the average man seems to be rather uninterested in anything that he can do individually to take care of himself. If some great scientific discovery eventually eliminates cancer, and almost undoubtedly some day the cause and, therefore, the cure for this disease will be known, we will all profit by the general knowledge of the world.

But today many things are known about health preservation, which we all ignore. We are not interested enough in the little things that we can do from day to day to improve our own condition. If some one will eliminate the possibility of our ever succumbing to yellow fever we profit by their knowledge, but how many of us profit by the knowledge that the human body is a machine which requires ordinary care to assure us of obtaining the best results.

Diet—Exercise—Hygiene

We all know that diet and exercise and general hygiene are of vast importance to us, and we all know that there are practically no immediate penalties connected with ignoring any one or all three of these health building factors and so we ignore them.

It is the job of STRENGTH to keep before our readers' eyes the necessity for right living and also to show in specific cases how the health of individuals can be improved. Every one of our

readers should read STRENGTH with the idea that in each issue they will be able to find information of value to them.

Any one interested in either book or magazine publishing is continually surprised by the likes and dislikes of the public. Very few publishers figure that their job is purely one of aiding their readers to spend an idle hour, and yet even this is far from an easy thing to do.

Every one knows the history of "Abie's Irish Rose," the show reputed to have been rejected by most of the important producers, only to become, when put on by its author, the hit of the theatre, from a box office standpoint.

Many producers are not interested primarily in the box office and are not interested at all in the particular type of play that Miss Nichols had to offer, and so their rejection should now cause no regrets on their part; but many others cannot claim as much for themselves, and their men have to admit that they were sadly lacking in ability to judge the viewpoint of the public.

Every issue of every magazine is in something of the same position as a new play. It has a possible audience, large or small, and the test of the editor's ability revolves around whether or not his audience enjoys and profits by his product.

How Many Readers Should Strength Have?

STRENGTH, for instance, is a magazine with, in our eyes, rather limited possibilities as to circulation, in comparison with the magazine of the fiction field. We believe that we are each month producing a magazine for readers who are interested in bettering their physical condition. How many people confess in a listless manner to being interested in either health or strength building or in both, but apparently their interest is not as great as is their interest in reading enjoyable fiction.

We know that STRENGTH has a large body of readers who look forward to its coming every month, and we know that there is an even larger body of possible readers who we have not as yet reached. Our job (*Continued on Page 75*)

What Is Beauty?

The Possibility of Beauty for All Women

By *Margaret Sargent*

BEAUTY, beauty, beauty! The foremost thought in every woman's mind today is *beauty*; but, alas, she does not strive to attain it through means which only can create beauty; she tries to imitate it artificially.

And what is this thing they call beauty? Do women in their race to imitate beauty stop for a moment and consider just what they are racing for? Hardly, for nine times out of ten this thing called beauty is not quite clear in their own minds.

Beauty is health! It is that radiant health that makes the eye sparkle and the cheeks glow, that molds every part of the body into beautiful curves and proportions. Beauty is entirely dependent on health and reaches its perfection in the human form. Take heed of this, my dear readers, let not your imagination lead you to think that beauty is nothing more than a pretty face well touched up with cosmetics or remodeled by a plastic artist or

a pretty dress that covers a multitude of body defects.

If we stop to consider the present day type of beauty we find that in this twentieth century there has occurred a great and wonderful change. Never before has woman had such a wide field in which to develop her physical charms. We cannot help but look back to the times of

our grandmothers, and worse yet, our great grandmothers, when the order of the day was a slyph-like fragility, when women thought that because they were women they should be weak and fragile. We fortunate moderns find it hard to believe that in those days the ill-cut dresses and tight corsets and paper-soled shoes forbade outdoor activity or indoor exercise, and that a milk-like pallor and proneness to faint on every occasion were distinguished marks of delicacy which were then as coveted as an athletic title is today.

Women today must face the fact that if they are weak, they are so because it never entered their minds that they



Hope Hampton is one of our most beautiful models of physical beauty known the world over.

might be strong. Yet with all the advantages and inducements which the modern girl or woman has that her poor grandmother did not have, she lets them all slip past her unnoticed, while she, poor thing, is chasing a bubble, that will inevitably break and disillusion her.

A story comes to my mind of the plight of a very unfortunate woman that I know. This story, however, is more for those readers who have passed the thirty mark, than for the younger ones, but let it be a lesson to all.

It happened that the lady in question overheard her husband speaking of some women he had seen, some place or another, and whom he described as "some beauties, and they looked sweet sixteen, too."

Now this lady, who was very fond of sweets and of lolling around inactive all day long, noticed that her husband's ardor was cooling and the conversation she had overheard began to worry her a little. "I wonder," she thought, "if it is because I am losing my good looks." So she looked at her face carefully in the mirror and took note of the sagging flesh and wrinkles, and there and then resolved to win back her husband's love by going to a plastic surgeon and have her face "lifted" (which is being done quite a lot nowadays). Now note, ladies, she looked no further than her face, entirely disregarding the great rolls of fat which were accumulating here and there over her once youthful form. She took no notice of the fact that her step was getting heavy, that her actions were ungraceful.

So one day when the husband came home he found his wife all cuddled up in a big arm chair with a book in her hand and a box of candy within her reach. "Why, my dear, what is the matter!" he said. "What are you crying about?" "I'm not crying, John, I'm smiling." "Smiling," he shouted, "why go look at your face." She did, and, lo and behold, when she tried to smile her face screwed up as though she were in agony of grief. Seeing this she really did try to cry and gracious, her face wrinkled up into the silliest grin.

Then the husband found out what she had done. Suffice to say that in six months he secured a divorce, and today he is married to a woman slightly older than his wife, but who is "a beauty and looks like sweet sixteen," because she has learned that beauty is health, that it is born of health through exercise and consists of a well-

Claire Windsor is as beautiful as she is capable. No doubt, she has learned the "secret" of beauty.



formed body, gracefulness and a pleasing personality.

Women must learn first that the corner-stone of beauty is health—that the battle is half won when they have learned their weakest points, when they have looked themselves squarely in the face and admitted to themselves that what they need is not cosmetics and beauty specialists but active exercise, such as will provide them with bodily vigor and a shapely body, for it only needs the knowledge and will to overcome these weak points.

Among the many screen and stage stars never will you find one that has reached the pinnacle of success, who is not a perfect model of beauty born of health. They have realized that their success is dependent upon their health, that without health they would not have beauty, and without activity they would not have health. It is not an uncommon sight to see them performing setting up exercises early in the morning or to see them per-

Alice Terry's tall, graceful beauty has been an ideal to many young girls.



must endure. The thin and fat women can only realize their hopes of acquiring beauty by getting down to honest-to-goodness work. They must exercise, exercise, exercise, whether it be indoor or outdoor. They must throw away their artificial beauty restorers and reducers and apply natural methods. And what wonderful opportunities they have open to them!

Now what about the woman who has both health and a shapely body, but destroys them both by incorrect habits, such as over or under eating (which reminds me that in our dear grandmother's time it was considered decidedly vulgar to possess a healthy appetite) neglect of exercise, both indoor and outdoor, lack of rest and over fatigue and last but not least improper posture.

Improper posture is a menace to woman. It is a cause of nervous disorders, impaired health, obesity and a whole lot of other things. So many women, yes, too many young girls, habitually droop their shoulders and throw out the hips and abdomen. This sagging of the body by bending at the waist depresses all the vital organs, distending and relaxing the abdominal organs. An enlarged, protruding abdomen, which is so disastrous to beauty, torpid bowels, a weak heart and a dyspeptic stomach, half developed lungs susceptible to every weather change, these are the natural results of incorrect posture.

Such postures as we constantly see our women assume, ruin all the beautiful natural curves of the body

and leave in their place sagging muscles and rolls of fatty tissue, or flat chests and round backs.

Now to correct this faulty habit I will give you an exercise which you must practice at least three times a day, morning, noon and night. Stand against a door in such a pose that the back of your head, shoulders, elbows, buttocks, palms and heels will press against it. At first you will find it difficult to maintain this position, but as soon as it can be it should be held for several minutes.

I will also give you an exercise for maintaining poise and improving carriage. Stand erect on tiptoes with the arms and hands extended at the sides and above the head, then walk in that same position with the hands carried up perpendicularly at the sides of the head.

Further benefits in the carriage of the body may be obtained by carrying light weights upon the head while performing this exercise, such as a light book.

There are some women who are naturally graceful and well poised, but their more unfortunate sisters should not lose heart for grace can be acquired and physical poise can be cultivated. The above exercises

forming in a gym, indulging in fencing, basketball, bowling and numerous other indoor sports. They all indulge in tennis, golf, horseback riding and swimming. Every star is an athlete.

That motion picture actresses are made because they possess pretty faces is a fallacy. They must have beautiful forms as well. Many of our greatest stars have risen from the ranks of Mack Sennett's Bathing Beauties, who, we all know, must be well formed. These girls work, work and work to retain their health and beauty. They cannot neglect their bodies or they will not win success.

If you are fat you cannot be healthy—if you are too thin you cannot be healthy. The thin girl is constantly doing herself an injustice, for she cannot enjoy the pleasures of life like her healthy sister. And the fat woman! Too much cannot be said about the fat woman. She is not only doing herself an injustice but others also. A fat woman is an intruder at all times. Whenever she gets in a crowd she occupies twice the space she is entitled to and she inflicts upon her companions just as much additional fatigue and discomfort as she herself

and any form of dancing will be greatly advantageous to the woman who wishes to acquire grace and poise. They are essentials to beauty, in fact, they are beauty themselves inasmuch as they define beauty of movement.

Do not let yourself grow old. Remember that you are as young as you feel or look. To stay young and be beautiful follow these rules:

- Keep busy at useful work.
- Eat lightly and choose your food wisely.
- Live simply and cleanly.
- Get your proper sleep.
- Exercise regularly.
- Bathe regularly.
- Be kind and gentle at all times.

Such celebrities as Lillian Russell, Sarah Bernhardt, Fannie Ward and others, knew the importance of the above rules and consequently gained great fame and instead of growing old they grew young. Every time you look yourself over and find that your youth or your beauty is fading, do not blame any one but yourself, because such conditions come from neglect and carelessness.

"What is the secret of beauty?" This seems to be a favorite topic of beauty writers. The secret of beauty is simple. Take to heart the above rules and practice them and you will have learned the secret of beauty. The "Secret" lies within yourself, no one else can enlighten you.

Do not go chasing bubbles like the lady who lost her husband, for you too may come to a disastrous end. There is no disappointment as great as the disappointment which comes with something for which you are so vainly striving for, but do not grasp because your lack of knowledge misled you to the wrong path. And greater is your disappointment when you realize that because of your own folly and failure to use your own common sense you have failed in your undertaking.

Summed down, beauty is, after all, the expression of health and strength. It is the quality of charm and excellence growing out of clean living, perfect nutrition, good organic functioning and the proper kind of exercise regime, one that helps to make the body what it should be.

Any program that will tend to build the highest quality of health and bodily strength will, therefore, build beauty—the kind of beauty that will not fade. Such a program should, naturally, include a balanced diet, a good deal of physical activity, and best of all one or two hours of some constitutional exercise such as walking, dancing, skating, swimming, tennis, golf or some other outdoor sport, where you will get plenty of fresh air and sunshine.

Outdoor exercises must be regarded as one of the essentials to good health, and, therefore, beauty.

In addition to the beneficial effects of exercise on the muscles, circulation and health, there are the soothing effects of outdoor life on the nervous system.

It is only out of doors, in the country, on the golf course or tennis courts or in the swimming pool that one is soothed into entire oblivion and forgetfulness of the cares of life.

Then there is the need of body building exercise which I have mentioned before, the kind of exercise that will give you shapeliness, strength, flexibility and grace. Every reader of *Strength* will find it a very easy task to select a routine of exercises, to fit her particular case, in its pages.

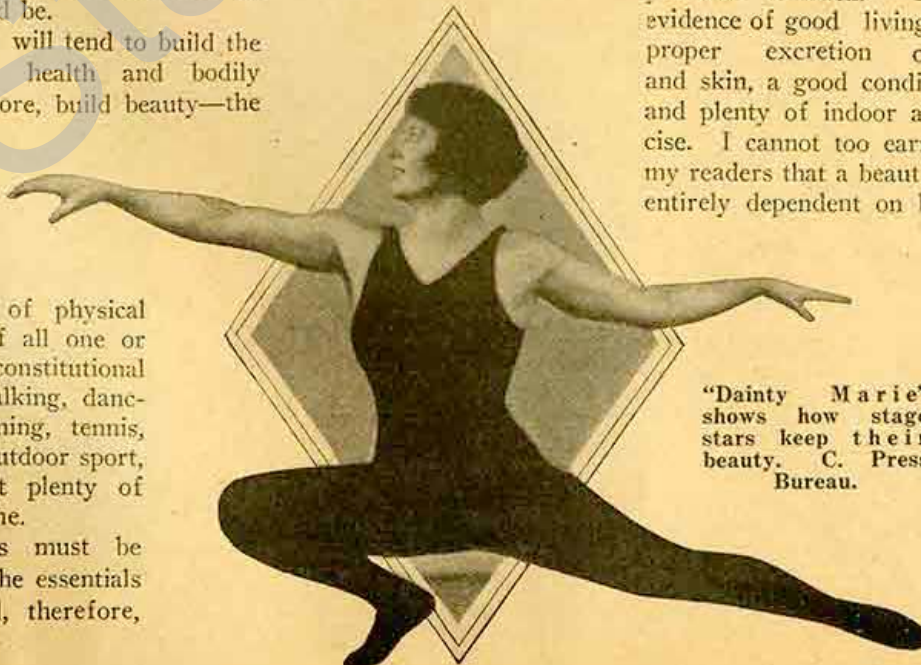
Finally there is the matter of the complexion. Simple and regular care should be taken of the skin and this, in conjunction with your other activities, will give you a "skin you love to touch." A beautiful skin is evidence of good living, good digestion, proper excretion of the bowels and skin, a good condition of the blood and plenty of indoor and outdoor exercise. I cannot too earnestly impress on my readers that a beautiful complexion is entirely dependent on her health, for it

can be seen that no external application can produce clearness, translucency and delicate coloring.

All the above must be kept in mind, as it is, indeed, the very background of beauty,



O'Diva, whose beautiful form is due to her active life. C. Press Bureau.



"Dainty Marie" shows how stage stars keep their beauty. C. Press Bureau.

Bag Punching for Exercise and Skill

A Beautiful Exercise Can Also Be a Delightful Pastime

By Charles MacMahon

THERE are two methods of bag punching and each of the two methods embodies a well-defined and separate purpose.

First, there is a method of punching a bag that is a great aid to boxers. This method is a part of their training routine and is for the purpose of quickening the eyes and hands. It also improves their gauge of distance, which, you know, is a very important factor in boxing.



Fig. 3

The other method of bag punching is for the express purpose of becoming an expert or fancy bag puncher. This type of punching does not aid the boxer to any noticeable degree.

So when you begin, be sure to have one or the other purpose clearly in mind.

Now suppose you are mainly interested in becoming a boxer. In this case, you will punch the bag for the purpose of aiding yourself in perfecting such boxing blows as hooks, swings, jabs, uppercuts, etc. So, generally speaking, the boxer strikes the bag with more force than a fancy bag puncher does.

The boxer hits harder and allows the bag to rock back and forth more, before striking it again, than the fancy bag puncher who goes in for light, lightning-like tattoos does. Of course, there are many fighters who are clever

bag punchers also, but, as I said before, the light, intricate blows do not actually help them to become better fighters.

A fighting bag puncher puts more of the weight of his shoulders into his blows, while the fancy bag puncher strikes with his arm-strength alone, and he does not use all of that.

Now let us suppose you desire to become a clever or fancy bag puncher. In the first place, fancy bag punching is usually applied to exhibition work with two or more bags. I am using the term "fancy" to show you the difference between the fighter or hard-hitting method and intricate blows or light tattoos, as the rapid and rhythmic tapping is sometimes called. So when I use "fancy" or "clever," I mean the act of punching a bag for the purpose of accomplishing difficult and complicated blows.

To begin with, you can easily set up a boxing platform either indoors or out-of-doors. A platform can be bought very cheaply or can be easily made. The main points to bear in mind are that the platform should be solid and that the under surface should be fairly smooth. You can make a platform more solid after it is up in place by placing some weight upon the top of it. Sand bags are fine for this purpose.

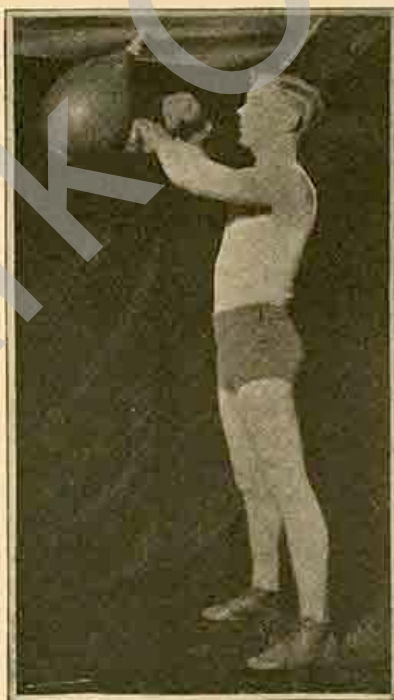


Fig. 2

Next, you must have a good bag if you want to get the quickest results. A bag that is not true will rebound badly, making it difficult to keep going. A



Fig. 1

swivel is not absolutely necessary, but, like a true bag, you must have one for the best results.

Gloves are an advantage also, for they help you strike the bag more squarely, preventing, to a certain degree, the bag from going out of its true route. Then, too, gloves preserve the knuckles.

The height of the bag from the floor should be governed, of course, by the puncher's height. Roughly speaking, the bottom edge of the bag should be on a level with the top of the shoulders. The distance the bag should be from the platform is a matter of taste. Two or three inches of rope between the bag and swivel is plenty, for if the bag hangs too low, it will buckle instead of swinging rigidly back and forth.

Keep the eyes on the bag at all times while learning. Later on, it may be possible for you to execute a few intricate blows blindfolded.

Timing and the proper power behind the blows are two essentials of bag punching. If you strike the bag while it is too close to the platform, it will, in most cases, rebound and strike your hand again before you can get your hand out of the way. This will kill the movement of the bag and will cause you to start again. The proper time for the blow is just before the bag gets to its central or vertical position.

It is best to begin with two or three of the simplest blows and practice those. Of course, you must continue with the first three to some extent so as to become more proficient at them. Later on, as you progress, the simple blows will be easy for you at any time without practice.

Do not tire your arms out by continual practice on one blow or series of blows only. Switch over to another for awhile, and then to the third. If you are so inclined, you can then go back to the first or second taps (or blows) and practice one or the

other words, seem to lose your cleverness. When you feel that way, it is time to stop for a day or two. Then, when you go back to it, you will notice a return of your cleverness or even additional skillfulness.

Fig. 1 shows one of the simplest feats of bag punching. In this blow only one fist is used. The illustration shows the very start of this blow, which you will see is much like a jab.

From the position shown, the bag travels away from the fist and up to the platform, rebounds, and is allowed to travel to the platform on the opposite side of the swivel (where the bag is attached), rebounds again to the other side and rebounds once more to the fist, where it is given another sharp blow.

Of course, the bag travels this route faster than the time it takes to describe it. Consequently, you should keep up a steady jabbing motion. If your timing, the power of your blow, and the spot punched on the bag are all correct, the bag will fit back and forth, giving out taps in even time.

Do not forget that all single-hand blows must be practiced with both hands. If



Fig. 4

you are naturally right-handed, you will find that that hand is more apt in perfecting blows or taps. This means that you must give the left hand more practice so you will be able to use it as cleverly as the right.

If you do not do this, you will find, when you combine both hands, that the left will not be able to keep pace in accuracy and speed with the right hand.

Fig. 2 illustrates one of the easiest blows performed with both fists. As you will see, the bag travels rapidly back and forth between the platform and first one fist and then the other. Keep the fists rotating around each other as your thumbs do when you twirl them.

It takes some practice, of course, to get this one down



Fig. 5

other again for awhile.

You can punch the bag so consistently that you will go stale, or, in



Fig. 6

pat, but practice will do it.

This two-hand feat with the bag clearly illustrates fancy bag punching, although it is one of the simplest.

Fig. 1 illustrates just as clearly the fighter's type of bag punching. In this one you will find that you can strike the bag exceedingly hard and still keep up the uninterrupted motion, while in fig. 2 striking the bag hard would spoil the continuous taps. In fact, it is impossible to strike the bag very hard when using the hands as in fig. 2.

Fig. 3 shows the bag kept in motion by alternating right and left hooks. In this case the bag is kept going from side to side instead of in front of and away from the puncher.

Leaving the fist from the position shown, the bag goes to the platform, rebounds to the other side, rebounds, and is struck by the fist of the other hand, which sends it over the same route.

The speed of the bag in all blows, fancy or common, naturally depends on the skill and speed of the puncher.

This one is also a fighter's blow, for here again great force can be put behind it.

Even though you may want to become a fancy bag puncher, there is no reason why you should not learn the fighter's type of blows also.

In fig. 4 we have a double exposure, showing the bag kept in motion by using the elbow and fist of one arm only.

When practicing this one, start off with a blow from the fist, and when the bag rebounds from the opposite side of the platform drive it back to the same side with a blow from the elbow. Keep the bag going in this manner by alternating with fist and elbow.

The n practice with the other elbow and fist. As a preliminary



Fig. 8

ary to this feat with the bag, you should practice punching it with one elbow only. You will be surprised how accurately and quickly you can keep it going with one elbow after a little practice.

When you have the above down pat, combine them into one by using both elbows and both fists. Start off with a fist blow and allow the bag to swing completely back to the other side. As it rebounds, strike it with the elbow of the same arm. This sends the bag back again, and as it rebounds allow it to

swing completely across again, and as it rebounds from this side hit it with the opposite elbow. Again allow it to cross, and as it rebounds hit it with the fourth and last point of contact, the second fist. From then on it is merely a repetition of the above. All these complicated blows are not really so complicated in practice as they are in the description.

Figs. 5 and 6 show two positions of blows in which the puncher employs the elbow of one arm and the fist of the other. By alternately striking with elbow and fist, the bag is kept going rapidly. Note how close the forearms are kept together so that each blow will strike near the centre of the bag.

Change to the other fist and elbow also before quitting the practice of this one; then combine the two by allowing the bag to travel from one side to the other after several rapid tattoos on each side.

Fig. 7 illustrates combination fist and forehead blows. You should alternate with fist and forehead, keeping the fist close to the face so as to be ready for the fist blow.

You can practice this one with the head alone. The bag is never allowed to go to the other side of the platform in this feat, but, of course, you can punch a bag by alternating with the front and back of the head. In this one you must be quick to get the head below the bag as it swings to the other side and quick to get it up again for the next tap.

There are countless other tattoos that are very interesting, and which you will enjoy mastering.

In fig. 8 we have a different type of bag punching. That is, the position is different and because the puncher must lean over in order to punch the bag in this position, it makes very good back and waist exercises.

The puncher is performing, in this case, a double elbow and fist movement. The blows are struck the same as when executed in a standing position. The positions of the bag and puncher are the only difference.

There are not so many tattoos that can be executed on the floor bag as on the platform bag, however, but it is wonderful exercise.

The small of the back, the side muscles, the abdominal muscles, the deltoids on the shoulders, the arm muscles, and even the leg muscles, are thoroughly exercised by floor bag punching.

While this type of bag punching more thoroughly exercises the entire body, it does not offer such opportunities for fancy tattoos or blows as the other, more common, method of bag punching does. Consequently, the use of the floor bag is more of an exercise proposition, while the platform bag is better from a scientific bag-punching standpoint.

The real beauty of bag punching, as an exercise, pastime, or profession, is that you need no outside help from any one when practicing. You are not compelled to depend on any one but yourself, which usually makes perfection easier to obtain.

(Continued on page 77)



Fig. 7



"Such popularity must be deserved." This photo of a tournament in progress, gives evidence of the widespread interest in bowling. Various cities have bowling drives such as these, where thousands of men and women recreate.

Hitting the Head Pin

The Sports Observer Notes a Growing Interest Among Women as Well as Men in This Appealing Pastime, by Which Thousands Regularly Keep Fit

By Mark Berry

SET 'em up on the other alley," is a familiar phrase, which brings to your mind the thought of making a "strike" in bowling; the ideal of the bowler is to make an endless string of them without interruption. Perfection, to the bowling specialist, means the rolling of a perfect game—knocking them all down twelve times in succession.

A few years ago it was a comparatively rare thing to see any one score 300 in bowling, but of late years the feat is becoming more common and the honor roll of every bowling academy, of any size, boasts quite a few names. One man is credited with a dozen perfect scores, which, indeed, is some feat, as any fellow who has rolled at all consistently will testify. The increasing number of perfect scores, no doubt, is due to improvement in the alleys and general equipment, rather than to increased skill among bowlers; though the steadily increasing number of enthusiasts must have a lot to do with it.

The fascination connected with spilling the old hickory pins with a composition ball nightly, lures thousands of enthusiasts, a large percentage of whom are feminine,

into the bowling clubs to try their skill at collecting "spares" and "splits." The majority of these followers of the grown-up ten pin game are athletically inclined lovers of active amusement, who choose this sport as the most rational outlet for pent-up energies, and weary from the cares of earning a living, they are attracted, as by a magnet, to the modern recreation establishment wherein awaits relaxation.

In the old days, some years ago, bowling was not a very high caste sport among athletes, as the alleys were usually housed in dusty, smoky, dark, and ill-kept buildings, that held very little attraction for one who believed in hygienic surroundings for his sports.

The men behind the scenes, however, began to realize the necessity of making the game more attractive and today there is no group of sporting or amusement places better managed or kept than these establishments, nor is any sport conducted in cleaner surroundings, than is bowling.

During the winter months there are a great many who would like to take part in outdoor sports and pastimes,



An example of a small city "Y" outfit. Here the members are given ample opportunity for clean sport at low cost. Why watch others engage in sport when you can play yourself, on alleys like those of the Coatesville, Pa., Y. M. C. A., shown above?

but like most of us, they find it necessary to follow some occupation during the daytime as a means of earning a livelihood. Regardless of weather conditions, you may participate in the game of bowling, and where oftentimes, you would like to spend the evening out of doors, your friends are not so inclined, and you are more or less out of luck for open air sport, at least so far as that particular evening is concerned. If you visit the bowling alley, your friends won't have the excuse of unsuitable weather.

This game has certainly grown to immense proportions in America of late years, and first class amusement centers, incorporating both bowling and billiards, are being built one after the other, in the better class communities everywhere. After visiting some of the modern clubs you will readily realize the progress bowling is making, and women everywhere are becoming the regular opponents of their fathers, brothers, husbands, sons and friends, and show the same enthusiasm, formerly monopolized by the men folks, in this delightful indoor recreation.

A certain bowling club in Wilmington, Delaware, last year reserved three afternoons a week throughout the winter months to the entertainment of lady bowlers, averaging around fifty-six women on each of these days, when the three big powder concerns, Atlas, Hercules, and DuPont, would alternate a day a week for their feminine bowling contestants, rolling inter-departmental matches. This winter the proprietor of the above mentioned recreation club has reserved five afternoons for

the fair ones, who have begun to see in this pastime a means of retaining a slim girlish figure and the perfect health that is the possession of the woman who follows some active exercise.

The bowling academy manager, with an eye for increased business and high class patronage, provides every comfort for both men and women, especially for the latter, in the form of rest and lounge rooms, reading rooms, barber shops and restaurants, that meet the most exacting tastes of those demanding superior accommodations.

At the Arcade Center, in Milwaukee, something like 650 teams bowl each week, which means 3,500 people take advantage of the opportunity to exercise, thirty percent of whom are women, and the number is constantly growing.

One establishment in Detroit, devoted to bowling and billiards, boasts of entertaining a hundred thousand people a week, ten thousand of these being women. Here they are able to entertain a thousand persons simultaneously, and on frequent busy days they issue waiting checks to as many as three thousand persons.

Instances like these can be given in each of our big cities, and in some of the larger cities, several such examples of the popularity of the game can be found.

"Such popularity must be deserved" is a slogan of a leading billboard advertiser, and might just as well be applied to the sport of bowling. In our mind there seems to be too much of an attitude of disapproval among physical culture advo- (Continued on Page 67)

Heart Afflictions

Why are diseases of the heart increasing? Herein we discuss several probable causes, along with a description of each form of this ailment, and necessary precautions to be taken.

By Dr. B. M. Middleman

OF significance to both the layman and physician, is the apparently alarming increase in afflictions of the heart, accompanied by a rather high rate of mortality. Usually all disorders connected with the heart are referred to in a general manner as "heart disease," "bad heart" and "heart trouble," and it is the common lay opinion that any one so afflicted is doomed and in danger of keeling over at any moment. As to what extent these things are true, we shall here endeavor to determine by means of a somewhat limited discussion of some sound facts as we find them. Herewith, it shall be our point to define in an understandable manner, the various symptoms and conditions associated with disorders of the heart, and differentiate to some extent between them.

The healing fraternity, both medical and non-medical, has a continual battle with disease and death resulting therefrom, and it is a curious fact worthy of note that, although deaths from contagion and infection have been reduced, apparently, to a minimum, the deaths from certain degenerative diseases have increased despite the learning and skill of physicians, and better hygienic standards and greater knowledge of self-preservation among the laity. This has been widely discussed during recent years, the general conclusion being that man is living in an age of too great an extent of unnatural existence, when he must speed up too much, having, as he does nowadays, to keep keyed-up to a high pitch everlastingly. How much this is true, we will leave for discussion further on in this treatise. At any rate, one death out of every six or seven is due to diseases of the heart. There being something over 150,000 deaths yearly in the United States from such cause, nine-tenths of this mortality being among those over forty years of age, the average death rate being 56.

At this point we might note a few simple facts and figures concerning the heart, as this may help you to understand better the subject we are discussing. From a mechanical standpoint, the heart has a tremendous amount of work to perform, and after even the slightest consideration, it should seem necessary to take extra means to relieve its burden as much as one possibly can. Some one has calculated that the human heart beats something like fifty million times in the course of a single year; brought down to terms of one day, this would mean well over one-hundred-thousand times daily. Dependable tests have established the blood volume of man as being on the average 4.9% or approximately one-twentieth of his bodyweight, with variations in individuals. A man weighing 154 pounds has something less

than four quarts of blood. The entire volume of blood passes through the heart about once in every half minute, and as the heart is about the size of your clenched fist, you have a fair idea of the work it is continually carrying on, pumping your life fluid through the arteries and veins of your circulatory system.

The heart is divided into four sections, the two upper ones being known as auricles, right and left; the lower ones as ventricles, right and left. It is generally supposed that the heart works continuously without interruption, but although it is true that the heart muscles receive no considerable rest, still the heart cycle works in such a way that the various muscles involved, each, in turn, pause for a short time. First, both auricles contract, then both ventricles contract, and following this there is a pause; then the same order takes place again. This complete cycle is known as a cardiac cycle or heart beat. The average normal complete heart beat lasts eight-tenths of a second and is divided in this manner; the contraction of the auricle lasts one-tenth of a second, the contraction of the ventricle lasts three-tenths of a second, the remaining four-tenths of a second being taken up by the pause or rest. Each heart muscle contraction, both auricular and ventricular, is known as the systole, while the period when the auricle or ventricle is relaxing and dilating is known as the diastole.

The heart beat frequency varies due to certain conditions: age, sex, posture, exertion, health condition, etc. The heart beat is more rapid in females than males; the average normal male has a normal heart beat of 72, while in females this varies 8 to 10 beats more; infants have a heart beat of well over 100. The heart beat will be materially increased by exercise and digestion and a fall in blood pressure; while a rise in blood pressure will cause the beat to diminish.

For your information we might say that the irregularities of the heart are classed as seven, known as arrhythmias, and may be enumerated and described as follows:

Sinus Arrhythmia—In which there is no disease at the heart, but in reality a disturbance of the nerves.

Paroxysmal Tachycardia—A functional disturbance of the Vagus nerve, or its relationship to the symptom complex. In this irregularity of the heart, the pulse is rapid and frequently as high as 200, resuming normal in from one and a half hours to something over a day. The more serious phases being, after various forms of treatment, too frequent and prolonged resumption of attacks with a peculiar flop.

Heart Block—In which the auricle beats twice or more

to the ventricles once, and called accordingly, one, two or three heart block. It is a disorder of the heart muscle and vessels, and is of serious import, accompanied by rise of blood pressure to 200 or more, with enlargement of the heart, and is most often found in males, and usually among those in middle age or over.

Premature Contraction—As opposed to the foregoing form of irregularity, in this arrhythmia there will be an excess ventricle beat. This is generally relieved, curiously enough, by exercise, as frequently cases examined have a recurrence of this irregularity after rest or lying in a recumbent position. This, in itself, is not deemed of serious import, and has something to do with the nervous arrangement of the heart. This irregularity, of course, may be associated with degenerative heart disease.

Auricular Fibrillation—In this arrhythmia, there is likely to be a pulse beat of 120 or more, and there is no pretense at rhythm whatsoever, on the part of the heart; this condition is certainly made worse by any sort of strenuous exercise, contrary to the premature contraction described in the previous paragraph. Auricular fibrillation is always of bad omen, as it shows a weakening heart muscle and generally follows such a condition.

Auricular Flutter—In this case, according to electrocardiogram, the auricle beats four times or more as much as the ventricle. The pulse is sometimes 200 or more, from a systolic reading, and this irregularity is accompanied by a disturbance in the mechanism of the nervous arrangement of the heart. This is considered of more serious import than the usual arrhythmia.

Pulses Alternans—In which every other beat is weak or faint, very widely brought out by blood pressure apparatus, and is generally seen when the heart is failing and the patient is about to die.

Valvular defects of the heart may be outlined as follows—There may be a condition known as stenosis, in which the valves become too contracted. For instance, in Aortic Stenosis there would be a narrowing or constriction of the aortic orifice at the base of the heart, or a narrowing of the aorta itself. Mitral Stenosis would be a similar condition of the mitral valve, or left auriculoventricular valve of the heart.

The exact opposite condition of the heart valves would be when the blood regurgitates or flows backward with each opening and closing of the valves; aortic regurgitation would imply such a condition at the aortic orifice, while mitral regurgitation would be a flowing backward of the blood at the mitral valve.

Aneurism of the large vessels of the heart is always of bad omen, and indicates a weakening of the tissues and consequent dilatation.

Heart murmurs—These may be either systolic or diastolic. Systolic murmur may be either functional or organic in nature, but diastolic murmur is always of an organic nature.

Once the heart valves are diseased, there is no rectifying this condition, but that need not cause undue alarm, as there are many people who live thirty years or more with aortic or mitral disease. The main thought of physicians or heart specialists is whether the heart is able to take care of the extra burden caused by the defective valves. In other words, whether or not there is compensation. Use ordinary care, such as hygiene, sufficient rest and avoiding severe strains, in running, stair climb-

ing, or other strenuous exertion, and regular visits to a physician, say at least two or three times a year. This does not mean that you cannot exercise at all.

Some of the larger life insurance companies have become somewhat lenient in regards to refusing policies to applicants who are found to have a slight irregularity of the heart. It had been pretty much the custom of examining physicians, employed by these companies, to turn down those who showed any heart murmur, whether systolic or diastolic. However, investigations and careful study of the history of such cases, have shown that a person is not necessarily a "goner" because of a murmur. Therefore, up-to-date life insurance examiners are refraining from embarrassing the insurance companies, so that if the murmur is systolic and all other conditions of the health are fairly normal they no longer reject such applicants.

Diseases of the heart are always caused by some other condition or disease; the most probable causes being an attack of such sicknesses as diphtheria, chorea, repeated attacks of tonsillitis, rheumatic fever, scarlet fever, or syphilis, and may also be brought about by abscessed teeth. These diseases are the ones most accepted by heart specialists as in all likelihood causing heart disease. Pneumonia and some other illnesses are not deemed responsible as formerly noted.

If you are in doubt as to whether you have any heart disease, and have ruled out all the above-enumerated conditions, and your heart measurements are found to be normal, that is, fourteen centimeters or less (5½ inches) at apex right or left, and your blood pressure is found to be normal, and you react normally to exercise or strenuous effort, then heart disease is very improbable.

Palpitation of the heart, accompanied by dizziness and shortness of breath following slight exertion, may be due to a nervous disorder known as "neuro-circulatory-asthenia" (or effort syndrome) a new fangled ailment, also known as "soldier's heart," owing to so many World War Veterans suffering with this ailment. Rest evidently does not prove of much avail, so the best method of treatment is to gradually accustom oneself to a greater amount of exercise so long as extra strenuous work is not undertaken. The practice of swimming in shallow water, or near help, in case of exhaustion, has proven of decided benefit in numerous cases. Water has a most soothing effect on the patient, if not too cold. Calisthenics are a great help, and it is best to take most exercises in a recumbent position.

Many individuals believe themselves to be suffering from some form of heart affliction, when, in fact, what they have is a disturbance of a gastric nature, in which there is pain around the region of the heart and stomach, known as "heart-burn," caused by the forming of gases in the stomach and consequent distention.

The opinion has been pretty generally brought forward that the increasing number of heart victims is, to a great extent, due to the twentieth century pace, which most of we modern mortals must follow. Such contention can hardly be proven, as the busiest men and women do not necessarily die youngest, nor are they stricken any more than those who are not so busy. As previously inferred, heart disease is the result of some other condition or disease, the heart becoming infected, and, no doubt, due to its having no considerable time for recuperation, the infection (Continued on Page 72)

A Natural Method of Developing Beauty

Real Beauty Is More Than Skin Deep

By Elizabeth Hollister



LADY PAGET, of London, recently suggested that homeliness in the human race could be completely disposed of by the use of what she calls sculptural nurses.

The duty of these nurses would be to shape the heads, faces and limbs of babies before the bones and features became fixed. This, she says, would make every one beautiful. Such an innovation, doubtless, would work wonders in the transformation of human facial characteristics. We all know that in the early stages the head of a baby is very easily influenced by any pressure from without. Perhaps many of us know of some of

the results that have been accomplished in this very same way.

Possibly Lady Paget means shapely rather than beautiful, although beautiful is what she states. Beauty is far more than mere shape of

listless. Health and intelligence makes eyes beautiful, and vitality makes a torso beautiful. Personality is what makes the entire face and figure beautiful, and personality is beyond the possibilities of plastic surgery. Personality is both mental and physical and is closely related to bodily health and, consequently, is readily influenced by the care and training of the body.

Plastic surgery is all right in its place. It has accomplished much in the past and will do more in the future; but what it can accomplish in the matter of developing a real dynamic personality is very little in comparison with the results that have been attained by physical training.

Many feminine readers know, from actual experience, what a help proper exercise has been in improving their appearance, not to say anything about the improved health and personal satisfaction that they have obtained. This magazine has shown many pictures of beautiful women. Their beauty is as much a matter of abounding vitality as anything else, and most of these women owe their beauty to proper care of the body.

What reader has not admired the pictures of Annette Kellermann, Helmar Liederman or Dorothy Knapp? Once to see is always to admire. These women are all believers in proper care of the body and devotees of all round exercise. Annette Kellermann is as noted for her ability as a swimmer as she is for her personal beauty. She was the first of the world renowned female swimmers. Dorothy Knapp is essentially an outdoor girl and has made a profession of beauty. Helmar Liederman, or Miss

Alaska as she is better known, is a swimmer, dancer and ardent follower of physical exercise. She is a living example of that adage, "Life is movement."



Fig. 1



Fig. 2

head or face. There are many shapely eyes that are dull and

Further proof of the value of exercise in the cultivation of beauty is on every hand. Who has not noted the woman who spends the day reading beneath the shade of a parasol and compared her with her sister who uses much of her time swimming in the surf or gamboling on the beach? Surely this is abundant proof that bodily activity is a prime factor in the attainment of beauty.

The only further proof that could be required would be the test on oneself. It is not possible that any thorough student of physical training or regular reader of *STRENGTH* doubts the possibilities of bodily exercise in the attaining of real beauty, but many neglect putting their beliefs into actual practice. If you, dear reader, are like the woman reading under the parasol, and desire to become like the sister, let no more time pass but start doing some regular exercise right now.

Try the exercises as given here. They are tried and proven. The effort that they involve is not too much for one not used to exercise, and a daily practice of them will give you results as good or better than you always believed you could obtain, but somehow or other never tried your best to get.

For the first exercise, stand erect with the feet wide apart and the hands by the sides. Reach down with the left hand to the left ankle, bending the right knee but keeping the left leg absolutely straight, at the same time drawing the right hand up under the armpit. The face should follow the movement of the left hand. Then reverse the movement to the other side.

Assume the position of the right toe pointing to the right and the left foot to the front. Flex the right arm until the forearm is horizontal and elbows close to the sides and eyes facing directly to the front. Now lunge about three feet to the front with the left foot, left knee bent and right leg straight, and at the same time strike vigorously forward with the

right hand. Keep the heels on the floor at the beginning and finish of the movement, and make the movement as complete as possible, even stretching the shoulders forward. Quickly return to the starting position, bringing the left knee close to the right. The arm should be straightened just before the forward foot touches the floor. Then reverse and place the right foot and left hand forward.

Now stand erect with the arms stretched to the utmost above the head, Fig. 1. Bend forward from the hips, using the hip joint as a hinge and keeping the legs straight. Try to reach the floor as far as possible in front of the feet, Fig. 2. Press the hips to the rear so that the entire weight of the body rests on the heels.

Take an erect position with the feet about twenty inches apart and the arms stretched out horizontally to the sides. Bring the left arm forward and the right behind. Bend energetically downwards until the left hand touches the floor in a line with the heels, Fig. 6.



Fig. 3



Fig. 4



Fig. 5

Bending the left knee while keeping the right knee straight. Return to the erect position and reverse the position of the arms and legs.

Stand with the arms extended directly in front of the body. Bring the arms downward and backwards as far as possible. Press the hands well back; at the same time rise on the toes and arch the chest forwards and inhale to the limit. Return to the starting position, completely emptying the lungs.

Stand erect with the arms at the sides. Lunge forward with an oblique movement to the right for a distance of about twenty inches, flexing the right knee and



Fig. 6

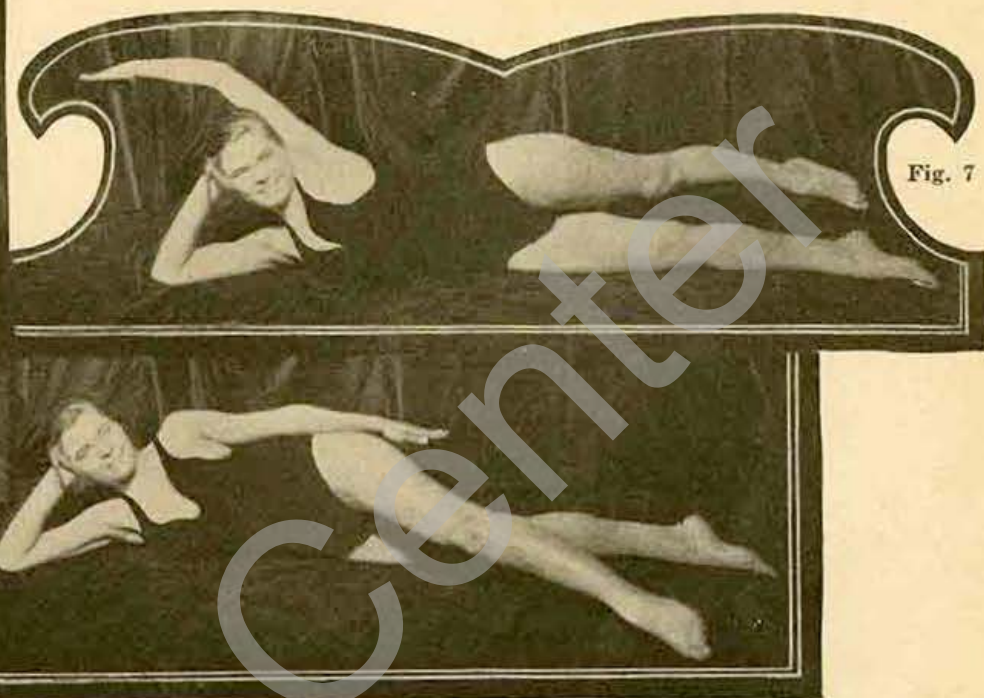


Fig. 7

Fig. 8

keeping the left leg straight; at the same time raise the arms forward and then to the rear in a circular motion, until they are in

with the toe pointed and the left arm is stretched horizontally above the head and the hand is clenched. Bring the left foot as far to the front as possible horizontally, and at the same time carry the left arm forwards and downwards to the rear, Fig. 7 and Fig. 8. Then perform this same movement in the reverse position while reclining on the left side.

Stand with the arms bent and elbows slightly in front

a line with the shoulders, Fig. 5. The palms of the hands should be turned upwards, back hollowed, head back and chest thrust forward in the finish of this movement. Return quickly to the starting position. This exercise is more effective if the hands are kept closed throughout the movement. Reverse the movement so as to give the other side the same results.

Take an erect position with the feet about twelve inches apart and the arms stretched out to the sides. Now draw the left arm to the rear and the other forward, by turning the body at the waist. Then return to the starting position. There should be no movement below the waist and all turning should be in the waist region, Fig. 3. Do not stop at the starting position on the return in this exercise, but turn to the right as far as possible so as to give both sides of the waist an equal amount of exercise.

Hold the body erect, in either a seated or standing position. Thrust the chin forward and slowly and vigorously turn the head from side to side in a circular manner. Then bend the head straight towards the right shoulder, then back towards the left shoulder and also from front to back as far as possible.

Follow the foregoing neck exercises by shrugging the shoulders as high as possible. The head turning and shoulder shrugging movements exercise all the muscles of the neck region and play an important part in developing general bodily vigor which is essential to real feminine beauty.

Assume a reclining position on the right side, the head supported by the right hand. The left leg is well back,

and pressed close to the body. Forearms should be perpendicular and hands level with the shoulders. Press both hands upward as far as possible without any bending of the body. Now draw the hands quickly down to the starting position. The face should follow the movement of the hands.

The next exercise is very similar to the preceding one, but one arm is raised as the other is lowered with alternate instead of simultaneous action. Like the foregoing exercise, the upward reach of the hand should be as far as possible.

Stand erect with the hands clenched and thumbs touching the shoulders. Extend the arms in a straight line with the shoulders, opening the hands and extending the fingers to the utmost. This exercise, to be effective, should be performed in a quick, energetic movement.

Take position as in preceding exercise except the hands by the sides. Raise the arms upwards and outwards to the shoulder level, at the same time rising on the toes. Lower again on to the heels and raise the toes as far as possible from the ground, and bring the arms down and press them against the sides. Bend the head forward as the heels are lowered, and bend it backwards when they are raised. The movement is a rocking one from the heels to toes and will work wonders in improving the condition of the arch of the foot.

Stand on the toes with the hands clasped behind the head, elbows held back, chest thrust forward, head erect. Now march briskly forward on the toes, keeping the knees straight. Walk briskly about fifty paces to start, and gradually increase from (Continued on Page 73)

The Strongest Man That Ever Lived

We are publishing the third chapter of Mr. Jowett's latest book which we believe is the most interesting story written immortalizing the strong man. Reading like fiction, it is different from "The Key to Might and Muscle," but like that volume it is in a class by itself and for inspirational reading should be one of the great treasures of the body culturist.

EDITOR'S NOTE.

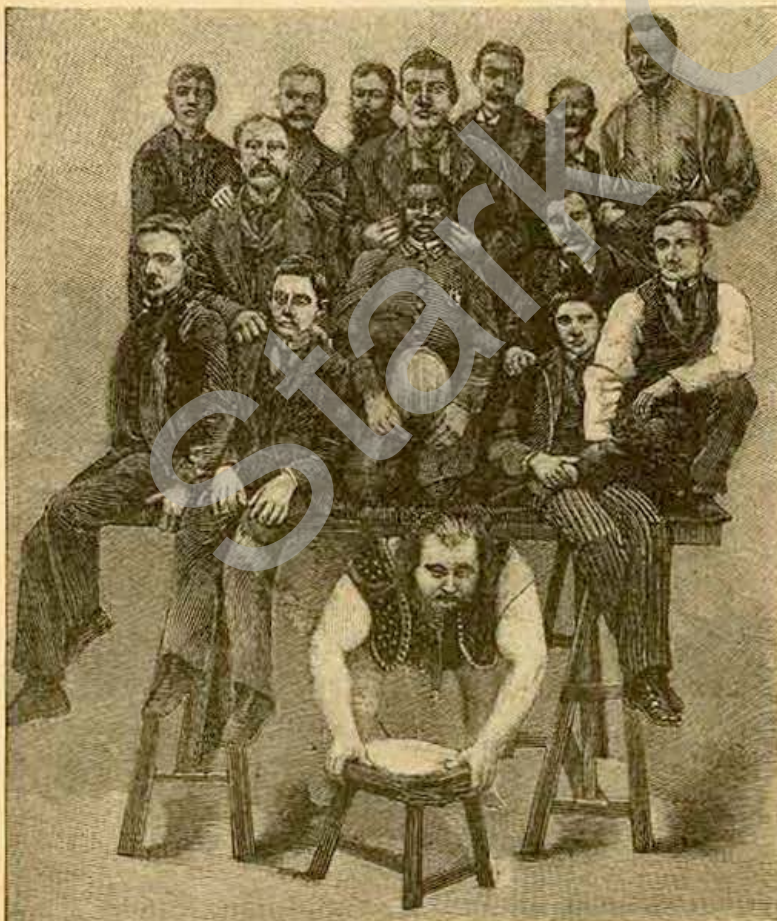
By George F. Jowett

LOUIS CYR was elated over his new victory, while the newspapers ran huge front-page headlines and columns of write-ups on the popular idol. Feeling that his title was really established, Cyr availed himself of his increased popularity and set out again for the New England States with his show. He was not to remain long, for, un-

known to him, some of the chief figures in the British invasion from Europe were transferring their scene of activity to the American side of the Atlantic Ocean.

Cyclops, to whom I made a passing reference as being one of the main actors in the activities in England with Sampson, had split with his partner. In fact, they had not gotten along so well since the night that Eugene Sandow, with his friend and advisor, Louis Attila, had invaded the platform when the Cyclops-Sampson act came on, and wrecked the show. This was in 1889. To add more coals to the fire, the popularity afforded Sandow had caused their sun to diminish. Then it was that the pupil of Sampson broke away and came in contact with Montgomery Irving, an Englishman, who had a fine physique, not unlike that of Sandow and was moreover very good looking. Between them they conspired, and Cyclops hit the bright idea of getting even with Sandow, the man who had caused all his trouble, by setting out for America in company with Irving under the heading of "Cyclops and Sandow, The World's Strongest Men." You will notice that the name "Sandow" was spelled with an "e" on the end. Masquerading as the real Sandow and relying upon being accepted as such, the two men arrived in New York with their act in 1891, a few days after the Miller-Cyr contest.

Hearing that Cyr had left Montreal on tour, they decided to locate there and take the opportunity provided by his absence, and clean up. At the very beginning, their ill-founded plans were to react upon them and tumble around their ears in disaster in a sensational manner. It is regretted, as they were both very capable men. Cyclops was extremely strong and was reputed to have the strongest hands of any man in the world. His right name was Franz Bienkowski, the son of a Dantzic blacksmith, who built up his reputation on his remarkable ability to break coins with his fingers. Many people do not believe that this is possible, and



The great Louis Cyr performing his back feat which he regularly performed daily with 14 to 18 people on the platform. His greatest back lift was 4300 lbs. lifted in Boston. The greatest weight ever officially lifted on the back.

many students of strength disbelieve that any human being can thus break a coin into halves; I suppose because men whom they have known to be accredited with such finger strength were not able to do the feat when put to the test. Yet there have been such men capable of taking a coin between the fingers and breaking it through the center. I have witnessed the feat twice during my lifetime, and I can quite understand the reason for disbelief, as men of that calibre are rare. Bienkowski, or Cyclops I should better call him, was one of them.

On one occasion when he was appearing at Lille, in France, he was challenged by one of the audience to break his coin, which Cyclops did. The story of this came to the ears of an athlete named Noel, who was an instructor in a gymnasium, at Boulets, where Cyclops was booked to appear. As soon as he arrived, Noel, with many other French strong men went to him and to his face accused him of being a faker. Noel worked himself up into a rage, finally challenging, "Here is a coin you will not break so easily as the one you broke up North. Let us see if you can, and 100 francs if you do it." Cyclops, with a grin, took the franc, which is about the size of a quarter, and with no great effort broke it before their eyes. "Give me another," Cyclops said, and with a few twists broke it. "And another, and another," he cried, and so took them from the hands of Noel and his friends until he had broken a dozen. "Now give me the 100 francs," he said.

Cyclops performed this feat before Professors Bonnes and Desbonnet, of France, and alongside of the coins broken by Vanstittart and Marx, in the French strong-man museum, lays a coin broken by Cyclops. Despite his great finger strength, Desbonnet did not have a high regard for the lifting records of Cyclops. When Professor Desbonnet recited the broken-coin feat in "La Culture Physique," the professor said,

"Cyclops claims to have military pressed a two-hundred-pound bar bell seven times in succession." To this he injected the little phrase of sarcasm, "Incorrectly, of course." A Frenchman has no regard for a German. Somehow, I always get a great kick out of a Frenchman's version of a German athlete, and vice versa. I have a mean weakness to draw comment from one about the other whenever I have the pleasure of meeting a good French or German strong man.

Only one man was ever proven the master of Cyclops in breaking coins, and that was the big, happy-souled John (Gruhn) Marx. Cyclops could neither bend the same sized horseshoe nor break the same coins that Marx could. Professor Paulinetti had a dime that John broke for him, which is the smallest sized coin I ever heard of being broken. The fact that it is so small makes the feat more difficult. But an American quarter, Bah! He would hold it in front of your face and count "one,



The finger strength of "Our Louis" was terrific. In Chicago he considerably outlifted the weight that this picture indicates.

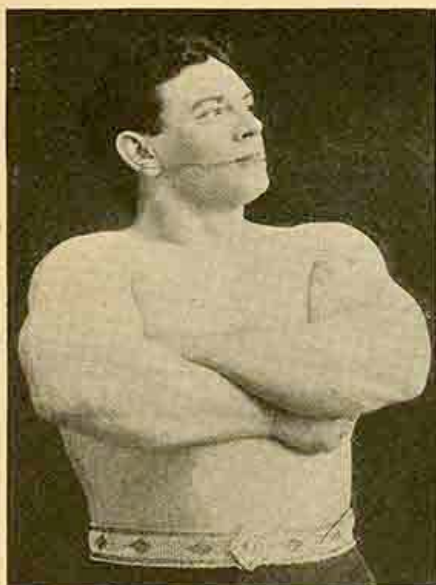


Cyclops, the Dantzig blacksmith. His strength was terrific, but the duel of strength in Montreal between Cyr and he produced a dramatic climax to his career, which is described here with tremendous interest.

two, three, four," and the thing was broken.

There I go again. Whenever I get telling of strong-man feats, my mind becomes filled with comparisons. Just as my soul becomes saturated with the whole subject, then I am apt to wander. So I will get back to our gigantic friend by saying such was the man who arrived in Montreal, the summer of 'ninety-one, with Montgomery Irving, whose name has gone down in strong-man annals as "The false Sandow."

Cyr was in Worcester, Massachusetts, when he received a wire announcing the presence of these two men in Montreal. Friends of Louis were angered at the broad, sweeping challenges the invaders were hurling in every direction. "Where is this man Cyr?" they cried. "If he is so good, why does he run away when he knows we are here? Bring him forth, and Cyclops, the conqueror of the world, will break him as easily as he breaks this coin." Their ravings and wild statements drew immense crowds, and the people on every hand called out for Cyr. The telegram urged Louis to return immediately, and without a moment's loss of time. The idol of America broke up his show and took the first train bound for Montreal. A great crowd of friends were on hand to welcome him as the train drew into Bonaventure Station. Into his ears they poured the



Hector DeCarrie the last of the great Canadian Iron Men of the old regime. The match twixt he and Cyr was fraught with the intrepidity and courtesy that was always Louis.

sweep him off his pedestal as the sea carries a rock away from a sandy base. Radio could not have broadcast Louis' homecoming more rapidly. The city just seethed with excitement, and, strange as it may seem, the bombastic two did not know of Cyr's arrival until he filled the aisle with his huge bulk, a threatening Nemesis.

As the time neared for the theatre doors to open, a mob of excited, milling humanity besieged the box office. An orderly line-up was out of question, as the police were powerless to control the disorderly mob. The showmen and their manager reckoned the crowd in a different light. To them it was the result of their ability and showmanship. They speculated on the golden harvest that was before them, which made them heady; so they opened the show that night more brazenly than ever. Every seat was taken and the aisles were crowded, while the balcony creaked under the load that it held. Every act was panned, as yells, shrieks and cat calls in French and English tore the air with ear-splitting static for the men of brawn. Finally, the curtain rang up on the strong-man show to reveal a display of weights of monstrous proportions, besides other apparatus used for various stunts. As the false Sandowe and the huge Cyclops took up their positions on either side of the stage amid its herculean scenery, Mr. King, their manager, advanced to the footlights holding high his hands besieging silence from a multitude of people who apparently had lost all control of their vocal chords. All that was heard were shouts of "Cyclops," "Cyr," which rose and fell in waves as the crowd felt the exertion of their continued shouting, or

facts, their fancies and impressions of the two imposters until Louis was filled with an honest, just rage. Cyclops might be strong — the coin-breaking stuff had created a great impression over every one — but he, Louis Cyr, would

broke in as they regained their wind. At last they began to realize that all the noise was getting them nothing and gradually subsided into silence. King began to talk. He spoke of the great success of Sandowe in England — stealing the real Sandow honors and giving the crowd the idea that the Sandow who stormed England was the same man who stood before them. He extolled the physical beauty of Irving, which was to a certain extent justified, and might have brought Irving great success if he had been genuine with himself. Then King turned to describe the further wonders of Cyclops; he — well, what is the use of boring you with the mass of lies that King fabricated. That man could lie faster than a dog could trot, but the moment he began to decry Cyr a threatening murmur arose from the crowd. Their vindication of a great man was not necessary, for, as the words of denunciation hung upon the lips of the crowd a ponderous figure cast its shadow down the aisle. As



Horace Barre, the marvellous protege of the great master who met the false Sandowe on the historic night when Cyr uncloaked the great impostor.

the form advanced people craned their necks, and the syllable, "Cyr," was framed in every mouth, to be hurled from wall to wall in a deafening bombardment. Men left their seats and women forgot their deportment as they stood upon the chairs to catch a glimpse of the man who was sternly marching down the aisle toward the stage to defend his name and honor. The almost maniacal roar of the multitude which now issued struck the imposters with deadening force, from which they recoiled as the deafening word of "Cyr, Cyr," throbbed into their brain with the sickening thud of a doom bell.

Cyr heard nothing, saw nobody from the moment he flung open the door, but the three forms that stood upon the stage, the men who had flaunted his name with their cowardly recriminations. His eyes focused upon the face of Cyclops, he marched down between the cheering people, closely followed by his manager, Mr. Labadie, and another; Louis clambered on the stage, completely ignoring the Teutons' manager as he strode up to the big German, whose form seemed to shrink as the shadow of the avenger loomed upon him. Only the hulk of Cyr's body, which completely obliterated the other from view, prevented the clamoring audience from realizing the startled effect produced upon Cyclops. He was frozen in amazement by the gigantic form of the man before him, and his tongue seemed to cleave to the roof of his mouth, refusing to respond to the few remaining sparks of intelligence that struggled through his paralyzed brain.

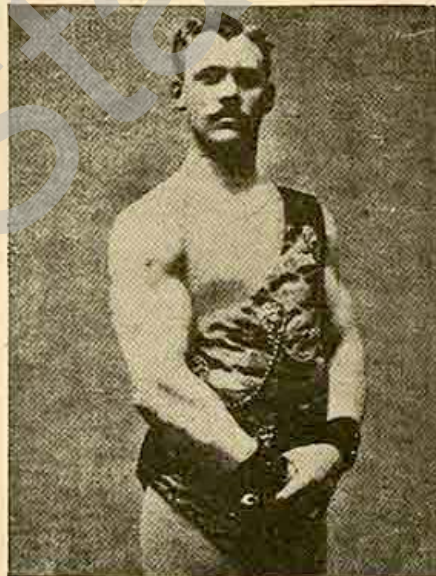
Deep, burning anger smouldered in the big, honest eyes of Louis, as he demanded of Cyclops, "You say that I run away from you—that I will not pit my strength against your strength, because I am afraid. Produce your feats and I will beat them. Do not think, M'sier, because you break a few coins between your fingers that you can make us believe you are the strongest man in the world. You must beat me first." With these words tumbling from his lips, Louis pitched his coat, collar and vest into the stage wings, sufficiently attired and ready

to meet the boaster on his own ground.

Things were progressing differently between the respective managers; each was voluble, but Mr. King was getting the worst of it. In the delirium of words that surged around him, he felt like a cockleshell buffeted from wave to wave in a mid-Atlantic storm. Helplessly he turned to his partners, but they were just as much at sea. Labadie was demanding immediate action. "We are here to accept your double challenge in which you offer \$500.00 to the man who defeats Sandowe, and \$1000.00 to the man who can duplicate all of Cyclops' feats. "I have the men here," he cried, waving his hand in the direction of his two companions. King tried to spar for time. This was too sudden. He begged for another night, but Labadie was obdurate. "You throw your mud and think you will get away with it, but you won't," he stormed. "None of you will leave this theatre tonight without proving your men can beat mine, or my men can beat yours."

Seeing there was no other way out, and fearing lest they become the victims of the maddened crowd, he advised Cyclops and Irving to do what they could. Thus the dual match commenced.

Louis followed Cyclops on feat after feat, which all were of a minor order according to the strength of the Montrealer. All the time the spectators kept up a storm of raillery mixed with cheers and banter; and throughout it all, shouts called continually for "the big bell," "the big bell," alluding to an enormous-sized dumb bell which Cyclops lifted nightly, with claims that no man in the world but himself could raise it from the shoulder to arms' length. His story was that he had traveled the world and every man who tried to lift it had failed. There is no disputing the fact that this lift was good. The bell weighed two hundred and fifty pounds and had a very awkward handle. I was told on several occasions that many athletes of genuine good standing could not get it even to the shoulder. Therefore, I can readily believe that Cyclops had greater confidence in himself on this feat for the final coup and hoped to show Cyr up accordingly. In response to the demands of the people, he ordered the big bell rolled forward. With a dramatic gesture he grasped the dumb-bell by the handle, and with a heave supplied with both hands he got it to the shoulder. Pressing and bending over sideways to an acute angle, he raised the weight to arms'

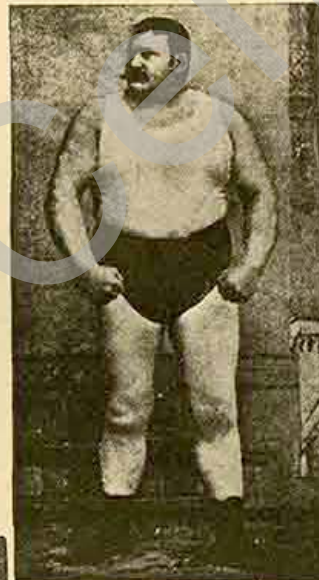


August Johnson, "The Great Swede." One of the finest and greatest strength athletes the world ever knew. His famous match with Cyr is one of the great epics in the iron man's history.

length. The audience applauded, for they recognized a hefty lift, and they were eager to see how Louis would make out, as every one there had not seen him perform his previous record. Louis was out for blood this night, if ever he was, and was as willing as the crowd was eager for him to come to grips with the mass of iron. To the shoulder it came, and with hardly any perceptible bend he thrust the weight upward



Noel, a famed old French strongman who got the surprise of his life when he met Cyclops.



Sebastian Miller, the ponderous German who lost all conceit in himself after the handling he got from Louis.

on its arm-length journey. Every one did three things at once — they stamped, clapped and whooped in a crescendo of noise enough to waken the dead. Cyclops was amazed, as most people are at seeing their stuff duplicated; but he and his manager rushed forward into an argument, accusing Louis of not performing the lift correctly. Labadie nearly developed an apoplectic fit, while the favorite spread his arms wide in indignation as his brows raised with surprise. Meanwhile, the crowd added their stanza of disgust,

emphasized by groans and cat calls. "What," Louis exploded, "I did not lift the dumb-bell right! Why I lifted it easier than he does," he added with an accusing finger. "To prove it I will do it again," and to the surprise of every one, including Cyclops, Louis grabbed the weight a second time, and in his rage he pulled the weight to the shoulder in a single movement; and with eyes staring upon his accuser he pressed the weight aloft, as he roared, "Does that satisfy you," pointing with the other hand to the ascending weight. Aloft he held it, as he stood with feet wide apart, legs rigid as steel pillars, until Cyclops nodded his head in satisfaction, signifying the lift was a better one than his own. A pandemonium of glee followed, which lasted into the early hours of the morning, as the idol worshippers drank themselves recklessly drunk, toasting their hero.

Montgomery Irving was also easily defeated by the youthful pupil of Louis Cyr, (Continued on Page 69)

Finding Time For Exercise

Mostly a Matter of Daily Efficiency in Doing Your Tasks

By Mike Drummond

"I SHOULD keep in condition by doing exercises, but you know, it's the hardest thing for me to find time," is indeed a most common statement, and aptly reflects the attitude of a large percentage of the populace towards the question of exercise. Talk to almost any well-informed person on the street and you will find they realize the value and need of taking regular physical exercise and know that their own life is far too inactive; but after conceding these

points to you, in the next breath they inform you that the big trouble with them is that of being too busy. The matter of being too busy is sometimes a matter of being inefficient, of wasting time carrying out

much better and consequently have time for exercise and possibly a few more items that might be put to profitable use. Rather, at first, the procedure should be reversed; the exercises should be crammed into the busy day, and after the effect has shown on the general health and well being, a clearer thinking brain and steadier hand and eye will enable one to tear through the daily tasks with a vim and vigor that turns what was formerly a grind into a whirlwind of pleasurable work.

Then, again, it is possible to do a few simple but effective exercises during the day, while engaged in the pursuit of a living. For instance, while forced to stand for long periods at a bench, lathe or high desk or counter, one can very easily practice rising on the toes, turning them at different angles, and in this way procure beneficial exercise for the calf muscles and the ankle and instep.

Then, again, one may practice gripping with the hands, and twisting the clenched fist into all sorts of movements, thus giving the forearm muscles plenty of valuable exercise.

Another way of getting the required amount of activity is by putting more



A capital exercise resisting the neck muscles with the hands.

Correct Standing Position.

the daily tasks allotted to us. How many persons figure the time lost in doing things incorrectly, and in doing the wrong things.

Those with poor health, who suffer from headaches, mental sluggishness, and the "all-in" feeling, would save a lot of time every day, by getting in better physical condition, and then they would find things going so much better and easier that they would have time for a lot of other things besides the regular daily routine or grind. By becoming more efficient, they would do their work so



Covering the ground in a real manner.

effort into some of your necessary daily chores, as, for instance, many persons are forced to use an elevator during the day at more or less frequent intervals. Now instead of riding why not give the legs and back a treat by running up the stairs, preferably two steps at a time, swinging the arms as much as you can while doing so, and you get a capital all-round exercise that can't be beat.

Of late years we are getting to be lazy in regards to walking. When we have only a few blocks or squares to go, we hop on a street car, or in a cab, instead of taking it on the hoof, and cleansing our lungs with some good fresh oxygen soaked air. Why not walk to and from work if you live no farther than a mile or two, instead of packing like sardines into the overloaded trolleys? The traction companies are getting wealthy enough without putting up with a lot of pushing and shoving to add to the stockholders' wealth.

When walking do so as though you meant it, and cover the ground like a real red-blooded specimen,

appearance of the physical well-being, it is a good practice to always stand straight and not slouch or droop the body. Stand with shoulders carried easily backwards, chest arched, knees locked and weight supported on both feet equally. The secret of keeping erect is to keep the chin in, but by this we don't mean to turn the face downward, simply keep the chin pulled back so the upper spine is straight. When sitting make a practice of always sitting upright, feet planted on the floor, chest out, back flat and shoulders back; this position may be assumed at all times, when reading, writing, or at ease; if you find it necessary to lean forward, do so by bending from the hips, but don't bend the spine.

Now for a few top-notch freehand exercises than which you can find none better suited to the purpose of preserving the general elasticity and suppleness of body and limb. First, we might mention our old friend, the deep knee bend, best performed by starting with the heels together, toes out, hands on hips, body and head erect; squat by raising heels and by bending knees; repeat several times, breathing deeply the while. Perform this movement in two ways, real slow and quite fast.

Next, stand erect, heels together, arms out to sides, parallel with shoulders, keeping elbows stiff and without



The deep knee bend is still one of our best friends.

For the shoulders—describe circles with the arms, rotating them from the shoulders.

swaying body or rotating shoulders, describe circles with the hands, first in one direction and then in the other; the elbows must be kept straight and the arms are revolved from the shoulder socket.

Presuming that you desire the appearance of possessing (Continued on Page 76)

Running up stairs provides an all-round means of exercise.

instead of dragging along like an animated scare-crow on its last legs. Step out with a vigorous free swinging stride, with eyes on the level ahead and not constantly on the ground, as if you were looking for a hole to crawl into. To get over the ground in the easiest manner you should walk a modified heel and toe action, but don't get it into your head that you are on a race track and go tearing along flailing your arms and wiggling your hips like some phoney dancer. Swing the legs from the hips and as you push off with the toe of one foot the heel of the other should touch the ground in front, then the weight of the body should be rolled from heel to ball of foot, to toe, etc. Swing the arms enough to keep the body properly balanced but don't exaggerate it, and carry the head up with chin in, back flat and chest out; don't walk stiffly, but always go about with an erect carriage.

To improve the posture of the body and general

The Mat

Analytical Comment on Subjects Connected with Body-Building,
Muscular Development, etc.

Conducted by George F. Jowett

Chest Size and Power

IT seems to me quite a long time since we had a talk on the chest, and I believe that we are about due for another discussion on chest building. It is always an interesting subject and one that must deeply concern every body builder. Incidentally, my correspondents have been very insistent for this talk of late.

Nearly everybody I hear from, or speak to, recognizes the vital importance of a chest with reasonable proportions. It is indeed your treasure chest, and while I do not want to see any of you become obsessed with abnormal chest aspirations, I do want you to consider the subject seriously, and I want you to settle the question free of any illogical notions. By this I mean, get the thing down right. Even this may sound rather vague and not quite convey all I mean, but here is a sample of what I call illogical notions. One fellow wrote to me stating that he was terribly skeptical about increasing the size of his chest. His chest measured 43 inches normal, and he weighed one hundred and sixty pounds and stood five feet six inches tall. Another was equally as skeptical, but he was just the opposite. He stood five feet eleven inches and weighed one hundred and thirty pounds and only had a thirty-four inch normal chest. Can you imagine such lack of discrimination? The fellow in the first case was positively a big chest bug, and already he had a chest size two inches too large for his height and bodyweight. This is not all. He apparently was all chest as the rest of his measurements testified. This young man wanted a forty-eight inch

chest, and quoted myself as his standard of ambition. What he had overlooked was that I weighed two hundred pounds, and had other measurements in proportion. The second party surely had a chest measurement far too small, but look at his bodyweight. The fact that he only weighed one hundred and thirty pounds is sufficient indication that the rest of his body was in as poor shape as his thirty-four inch chest. As much as this fellow needed a bigger chest, he needed other things just as badly and could hope for nothing but a regular all round routine training for some time, in order to pull up his bodyweight, before he could begin specialized training.

Both of these conditions are wrong. Although this does not mean that a person should not put a little extra effort behind his chest training providing he feels that he needs it. That is always all right. It is the extreme that is wrong, or the failure to balance facts.

Really, there is a great deal too much misunderstanding on chest improvement, and I find that in order to put you on the right path, I am obliged to combat some old beliefs which are wrong. I believe you all have sufficient faith in me not to think that I am leading you on blindly. I would not do that. If I cannot lay positive facts before you on a practical basis, I would not waste my time writing them out. In other words, I have to be satisfied that I am right before I will advise you, therefore, I will continue to follow my usual policy of explaining the material construction and physical operation of the chest, before I give you the set

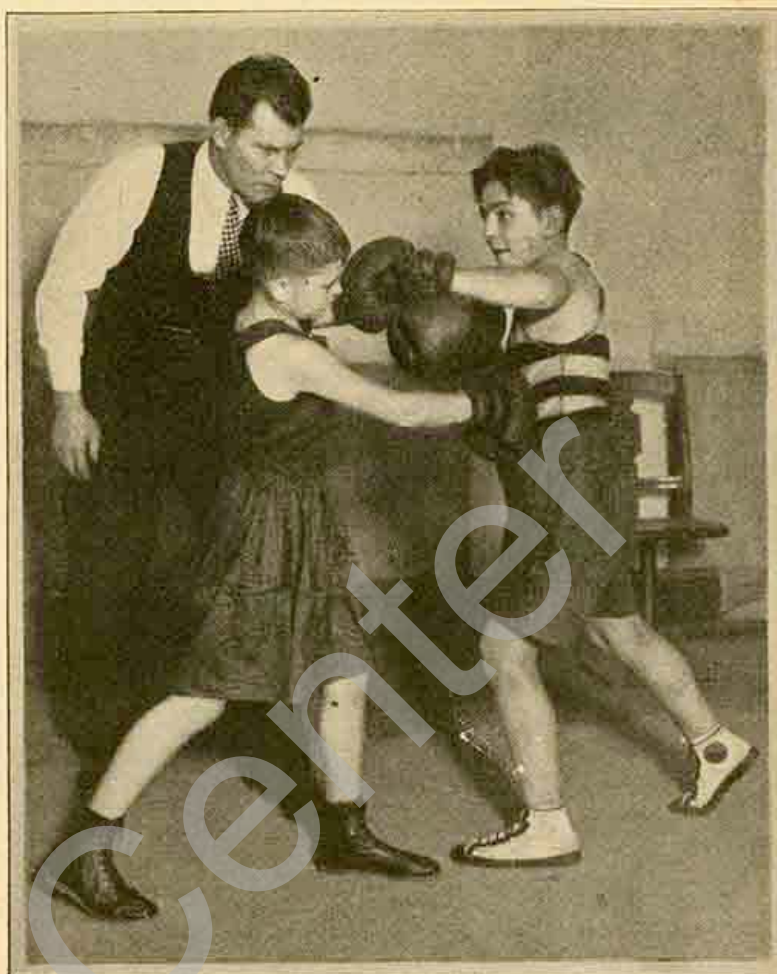


It is reported that Maurice De Saxe, the hero of Fontenoy, could carry an ordinary sized man sitting or standing on the palm of his hand quite easily. We once published a picture of Gorner doing a similar feat with a 100 lb. boy. Many wonderful feats are told of the strength of Maurice De Saxe, who was at the height of his fame about 1690. This feat is one of many remarkable performances claimed for him.

of exercises that I know will produce some substantial improvement. When I have finished I feel sure all will be satisfied that deep breathing, calisthenics and some other popular chest exercises, are not sufficient to give you a permanent chest increase of any appreciable size.

In last month's *Mat* talk I explained how the chest was a seat for the shoulder girdle, and that no one could hope to secure the best results in back broadening without showing some consideration for the chest. I also explained how the chest was divided into three areas, which in itself proves that no one exercise will do all for the chest. Each exercise must be carefully considered and selected for use upon one of the three chest areas into which the province of the exercise falls. Above all things, we must operate in the same channels that nature devised as the most plastic for chest cultivation. So bearing these simple, but important, facts in mind, we will go a little deeper into our discussion of the cage-like structure of the thorax. It consists of twelve pairs of ribs which are bound to the spine at the back, and the breast bone in front, with a gristly piece called costal cartilage. These ribs are divided into three groups and according to their division they are named. All of them are not directly connected with the breast bone, or sternum, while they are with the spine. The first seven pair are directly bound to the sternum, and for this reason are termed the true ribs. The eighth, ninth and tenth, are only indirectly united with the sternum by pieces of cartilage, which are blended together and fuse onto the breast bone with the cartilage of the seventh rib. Because of this condition they are known as the false ribs. The remaining two are short and lie in the flank of the body, and are termed floating ribs. To make this more compact in your mind for what I shall say directly, the ribs are divided into three areas known as the true ribs, the false ribs and the floating ribs; but these three divisions are not the three that are classified for definition by us for chest cultivation. So do not get mixed up. We must be actuated by the structure of the sternum bone, therefore, we must define differently, though you have to be familiar with the three conditions just explained as a help towards understanding.

The sternum bone is in three parts, the first connection being where the second rib connects, and is influenced in all inspirational movements of uplift. The second part, which is sword-like in appearance, differs in length and breadth on individuals, and is the seat of fusion of all the other ribs, excepting the floating ribs. The third section is only small, and offers no insertion, being turned slightly inwards and situated at the point we call the pit of the stomach. This is also the line of the thoracic arch, which we term in body building as the diaphragm. This latter section of the ribs is influenced differently by exercise, made possible by reason of the false ribs. The first section is named the clavicle area, because it is best controlled by the shoulder action of the arms. This part will give the height and roll to the



Two budding boxers who love everything connected with sports or body building, taking a work out under the serious eye of Otto Hughes, former Marine Middleweight Champion mitt slinger.

upper chest, therefore, all exercises tending to cultivate a well lifted chest must not be of the expansion effect, but of inspirational up-lifting. The exercise I gave you in last month's issue, of pressing a pair of kettle bells or dumb-bells aloft separately, with the shoulders and head well thrown back, and the arm reaching as high overhead as possible with each thrust, is as good as any for developing this section. Separate dumb-bell lifting overhead is great, no matter whether you push them overhead separately or together, as long as you keep the back straight. The second rib area is purely one of expansion, and for it you must use exercises of that order. The best exercise I have found for this is the lying down crucifix. You take a low stool of about a foot high and place the broad of the back upon the seat. Have the stool placed high up between the shoulders almost at the base of the neck. If you get it down too low all benefit will be lost. Keep the legs and the body perfectly stiff, and allow the head to hang back. In the hands you need a pair of dumb-bells, about ten or fifteen pounds each, and these you hold at arms' length over the face. In this position you are ready to commence. Breathe in gently—not forcibly—and lower the arms down sideways in a line level with the shoulders until the dumb-bells touch the floor. Always keep the arms straight, and keep them under absolute control. Do not let them flop down and swing up. Make a physical

effort out of it. Breathe out as you raise the arms back to the original position. About six repetitions will be enough to start on, and increase your movements just as you feel able, but do not get too ambitious about weight for fifteen pounds is sufficient for any one. You have to realize that the weight, being handled at arms' length, gives a leverage which at certain points of the exercise makes the muscles of the chest and deltoid work. Another fine variation of this exercise is to allow the arms to cross from the start, just as you see in figure two. By this method you also build up the pectoral muscles of the chest; but, here as in the other exercise, you must not allow the arms to bend.

So far you have three exercises to work upon, and next I will give you two more for the third chest area which we remember as the diaphragm. Due to the fact that the diaphragm is encased by the false ribs, this part of the thorax is very easily influenced, and because it is more flexible than the other two areas, it is also dangerous. As this part of the chest expands an isolation, or deep hollowing out, takes place in the thoracic arch, or the diaphragm, which is apt to cause too much compression in the upper chest area. This is usually the result of trying to handle too much weight, so in order to avoid any such thing happening, I would advise you to adhere steadfastly to the poundages I give. This part of the chest combines to a certain extent the func-

tionary of both the other chest areas; that is, it expands and lifts up at the same time. By developing this part of the rib box, greater width is given to the stomach, and, of course, it squares up the box to balance with the rest. The two arm pull over is advocated as a good exercise, and it is providing you do not use too much weight. Twenty-five pounds is quite sufficient to start with and no man should go over fifty pounds, no matter how heavy he is. A man below one hundred and forty pounds should be satisfied with about twenty-five or thirty pounds all of the time. This exercise is performed while lying prone upon the floor. During the process of the exercise the small of the back should be kept as near flat upon the ground as possible.

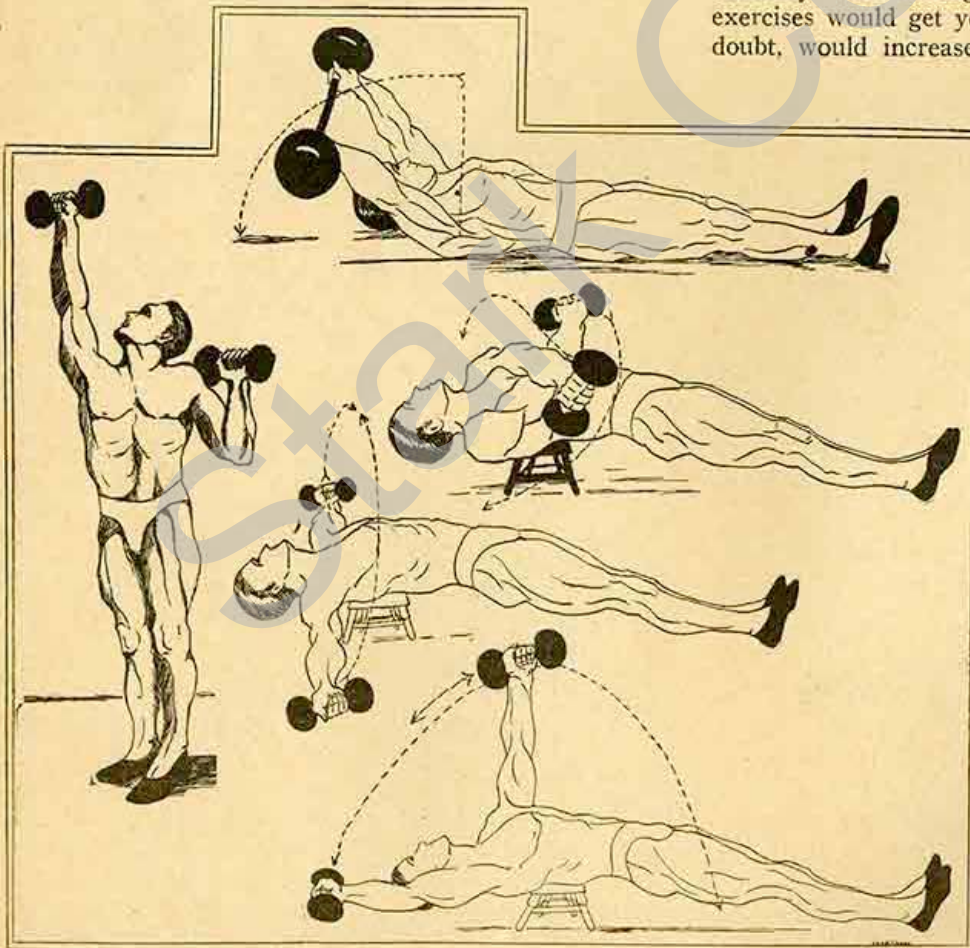
Another good exercise for this part of the chest is practiced by employing a stool, as in the lying down crucifix. This time you allow the dumb-bells to be grasped one in each hand, one hand resting upon the floor at arms' length by the side and the other at arms' length behind the head as illustrated. Keep the arms and body rigid, and begin the exercise by reversing the position of the arms, moving them in a circular fashion. Allow the head to hang back somewhat, not too far, and keep the body lifted well up. Allow the ends of the dumb-bells to touch the floor and breathe naturally.

These five exercises are given with an eye to build up the muscle which surrounds the chest as well as to enlarge the rib box. The chest combines two qualities—elasticity with strength. Just to practice breathing exercises would get your chest size nowhere. You, no doubt, would increase your chest expansion; but that

does not count. It is the condition of your chest in the normal state that needs the most consideration, and in order to hold chest size you must build up the muscles that encase the costal area. Thirty minutes specialization on this set of exercises daily will greatly improve the size of your thorax.

Many ask me which I consider as the very best exercises for the chest. Personally I do not deem it a wise thing to commit myself to any one thing, when I know a collection of a few are better, but of them all I would prefer the lying down crucifix, simply because when practiced alone in preference to any other exercises, it has proved itself the best builder and is positively safe.

The length of the sternum bone is about the length of your hand, or collar bone. In women it is shorter, the whole chest being slighter and more rounder than of a (Continued on Page 62)



Here are the five real chest building exercises. The erect figure is the exercise for chest up lifting. The top prone pose is the two arm pull over for the lower rib box. The second is a variation of the third, which is the lying down crucifix. The arms are crossed first and last. In the last prone figure the arrows indicate the arm movements to their positions.

The Evils of Constipation

Constipation Brought About by Lack of Exercise
and Not Eating the Proper Foods

By Hamilton Dana

CONSTIPATION is, beyond a doubt, one of the greatest evils that ensnares the human race, being equally as deadly as some of the other malignant forms of disease. The only difference between the curse of constipation and that of any other bodily ailment is that it has a more subtle method of destroying the internal organism of the body. This evil is a Borgia in its poisoning process of the blood stream, loading the tissues, muscular and organic, with destroying germs. In this sense, we are our own destroyers. By completely neglecting to stimulate the muscular body with a little invigorating exercise, and our utter indifference to the necessary essentials of eating, we actually commit suicide.

Unfortunately, druggists and physicians, recognizing the habitual weakness of the average individual to indolence, have flooded the market with cathartics that, in time, become as great a menace as the malady. For a time, they help, but soon the system becomes accustomed to the drug, and from then on it becomes just another poison to help in the destruction of the body. As the body becomes saturated with these combined evils, chronic constipation becomes evident. Before this state is actually reached, the body with signs of approaching distress throws out danger signals in varied forms. The most common are headaches, coated tongue, foul breath, pimples, and gas on the stomach and in the intestinal tracts; each one a warning of what is taking place within the bowels of the body.

It has been said that the mouth is the receiving station, the stomach is the kitchen, the small intestine the dining room, and the colon the *garbage sewer*. While this is positively true of the mouth, stomach, and the small intestine, *it is not the natural truth of the colon*. The evils of constipation make it that, when, on the other hand, it should be a healthful tract of evacuation. The colon in that state is the result of any one of the links in the digestive chain becoming contaminated. We all know that if the correct foods were used for mastication at the receiving stations, there would be no constipation or digestive troubles; but, since the appetite of the individual enslaves, we are obliged to recognize the danger and offer the best natural solution to the case that we know of.

Perhaps it would be best to give you a little working knowledge of the mechanism of the machine that goes wrong from lack of exercise and the eating of high protein foods, before I go on further with the subject.

The stomach does not altogether digest and absorb the food that it receives; it really prepares the food for digestion by pouring upon it the gastric juices. Quite often, the food contains too much acid, which has a

damaging effect upon the pylorus, causing it to contract and hold foods in the stomach which should positively not remain. As the acidity increases, the muscles of the stomach contract, causing cramps and belching. The effect upon the muscles is brought about by the nerves in that region that must suffer, often drawing the body into a doubled-up position. Consequently, injury to the pylorus from the retained acidity in the stomach affects the nervous system, which finally impairs the muscular structure for no other reason than that the muscles are deprived of their proper stimulation by the nerves.

The pylorus was known of in ancient times, as evidenced by the Greek name it bears, which, translated into English, means gate-keeper, but the ileocecal sphincter was not discovered until 1539. It is a ring-like muscle, much after the fashion of the pylorus, that surrounds the lower end of the small intestine, which passes the undigested food into the colon, although it is more of a check valve than a regular gateway. It is composed of two membranous lips that project into the colon, demonstrating their efficiency as a check valve by closing together when any upward pressure is brought about, and thus forming an impassable barrier. This upward pressure is pretty constant when the colon is not acting right, and contributes to the danger of any fecal matter being forced back into the small intestine. It is only natural to assume that, in time, from continual pressure, this gate will become impaired and lose the ability to close.

If the sphincter was not there, the liquid foodstuff would pass rapidly through the food tube and become discharged before any absorption took place.

It is an interesting fact to note that all vertebrate animals possess this valve, and whenever they become constipated, as is often the case of the house-broke dog or cat, they suffer the same conditions as the human being. This valve acts mechanically in the vertebral animals, as in us, having a wonderful faculty of regulation when unimpaired.

Perhaps the most wonderful mechanism of the evacuation tract lies in the transverse colon. About the center of this is located the structure which originates rhythmical movements, like waves. The remarkable feature of these movements is that part of them beat in a series of contraction waves that are ever moving forward the matter the colon contains to the exit, while the other part draws matter towards it in the opposite direction, gathering, as it were, the fecal matter to pass on to the waves of exit. Thus, evacuation becomes the cause of two forces acting upon the bowel contents. All the way down, the rest of the colon is controlled by muscle waves of evacuation. The rest of the tract is surrounded by

rings of muscles that contract and relax as the contents are forced along. When the colon becomes filled with too much fecal matter, the walls of these tubular tracts become distended, and the muscles weakened. To such an extent does this happen that, on many occasions, the muscular system of the colon becomes useless, then constipation becomes a chronic state and manifests itself in the inability of the person to stool any more, at the most, than once a day.

Cathartics help to dissolve the hardened fecal matter for a while, but they never rebuild the crippled muscular organism. Ordinarily, the length of time employed for complete digestion to dismissal through the lower bowel, in the average healthy person, is from twelve to fourteen hours. Eight hours of this time is devoted to digestion, and the balance to passing through the colon and ready for dismissal. The person who is subject to chronic constipation, and evacuates only once a day as against three times of the healthy person, retains the fecal matter for an average length of time covering forty hours. The most of this time is required for the fecal matter to pass through the last two feet of the bowel, which is twenty times longer than is estimated it should be. From this, then, it can readily be seen how auto-intoxication takes place. Auto-intoxication is principally the reabsorption into the blood stream of fecal poisons that are allowed to lie in the tracts by sluggish bowels.

People who are equipped with a narrow diaphragm are generally prone to constipation, which, in their case, often brings about prolapsus of the abdomen. Lacking the width, they lack the ability to hold as much bulky food in the stomach as the more fortunate person who has a wider diaphragm. Neither are they aided as much in muscular volition, or breathing, both of which play a great factor in the cure and prevention of constipation. The wider the abdomen is, the greater swing there is to the diaphragm, and that creates a natural bearing-down tendency. The person with the narrow abdomen lacks this muscular structure and is deprived of the massaging effect borne upon the intestinal order that helps to keep the fecas soft and moving.

Originally, we are creatures of the wild, and our organs were primarily intended for the natural conditions that govern the life of the wild. However, we have only too many instances at hand to remind us how civilization destroys, and we have to thank the civilized desire for concentrated foods for bringing upon us the curse of constipation. Such foods do not provide us with enough bulk, and pack the residue so firmly together that it binds to the intestine walls and gets caught in the folds, besides being devoid of lubricants. By this retention it becomes highly putrescent and contaminates the whole system.

A normal diet should consist of a balanced order of carbohydrates, proteins, and fats, with sufficient roughage to make bulk. Those who have become gripped within the throes of chronic constipation will be obliged to subject themselves, for a while, to live upon foods that have greater bulk, with some consideration to oils in order to keep the food soft. The oils will also help to lubricate the walls of the channels which have become irritated and clogged with destroying bacilli. I would recommend that constipative patients use liberally those convenient forms of cellulose, like bran and agar-agar or Japanese isinglass, a form of cellulose obtained from

a seaweed that grows along the Japanese coast. Also include fruits, nuts and vegetables in your diet. Twice a day, Mineral Oil or Nujol should be taken. All high protein foods, which contain an excess of nitrogenous elements, should be left alone, and as another aid to eliminate or offset the constipation scourge, proper exercise ought to be indulged in. There are numerous exercises very helpful, among them the movements of raising the legs while lying prone upon the floor, drawing the knees quickly up to the chest and then lunging out with the feet; in fact, any movement that will employ the muscles of the sides or abdomen, and bring a kneading, massaging effect upon the bowels, such as bending forward from the waist from the upright position with the hands clasped upon the head.

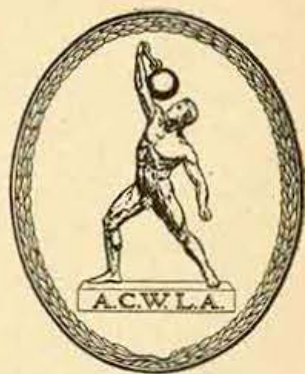
One of our greatest troubles is that we do not get enough exercise. If we did, we would find that our stomach would digest almost anything that we ate, providing we ate in reason. Man may not have been intended for flesh eating (which would place him in the short intestine class, an order which he is not of), but civilization has changed him, and while I believe less flesh eating and more fruits and vegetables are best for him, I think this state should be approached gradually and in reason. When that state is fully acquired, man will then become free of constipation. Until then, it is wise to include the foods I have mentioned, and devote a few minutes of each day to exercise.

Unfortunately most people fail to recognize the symptoms of constipation in its primary stages. Not until auto-intoxication has set in do they realize that something is wrong, and instead of applying the correct remedy, pills and other cathartics are used. Even at this stage very dilatory consideration is given. I have heard many people say that they are healthy and well even though they only visit the stool once every other day. They cannot understand the subtle forces that are at work within them. The intestinal order is not like the heart or lungs, that throw out little painful warnings at the slightest imposition upon them, which are immediately recognized and provided for. Auto-intoxication does not arrive until the damage is done. It is a sign that the bowel mechanism is crippled, and chronic constipation has arrived, and the entire body is in a state of slow, deadly poisoning.

Nobody needs to be very well-informed on disease to know what must happen to the heart, the lungs and the skin, as poison from the putrefying fecas is absorbed into their tissues. It is terrible to think of, but that is what happens which causes sallow skin, skin eruptions, foul breath, high blood pressure and many other disorders. Diet and exercise is your only salvation. The change of diet is not exactly sought as a change of food. The big issue of correct diet is the fermentative change that it will produce in the intestines. Actually, the intestines are alive with millions of germs, but not of the right order, mostly putrefactive germs. They are in preponderance during the auto-intoxication state. The natural germs of the intestines are sadly lacking. These are termed fermentation germs, or acid formers. When a child is born the bowels are free of bacilli, but within a few hours, the fermentation germs come into existence by millions. They are considered the protective germs of the bowels, that act in a similar capacity as the white corpuscles of the blood. Their (Continued on Page 77)

American Continental Weight Lifters' Association Notes

By John Bradford



THE new year heralded our first Philadelphia show for 1927 at our new headquarters, the gymnasium of the Philadelphia Academy of Physical Training, which is under the management of our brother member, Mr. Ormin Linn, a former West Point graduate and amateur wrestling champion. The new place is splendidly located on the southwest corner of Fifteenth and Race Streets, which is only about five minutes' walk from the central city Pennsylvania Railroad Station. All being well we expect to make this the Philadelphia home of the A. C. W. L. A. for 1927, where the shows will be held the first Saturday in every month, commencing at 8 P. M.

We had a fine turn out, and a mighty fine show, even though our intended star performers were not able to attend. Albert Manger was down with a cold, and Archie Elair, who was supposed to meet John Gauss on the five lifts for 1927, had sustained an injury to his foot which put him out of the running.

The show was opened by Mark Berry, former featherweight lifting champion, aided by E. Allen and Dr. R. L. Raftery. C. Collier took charge of the loading and weighing.

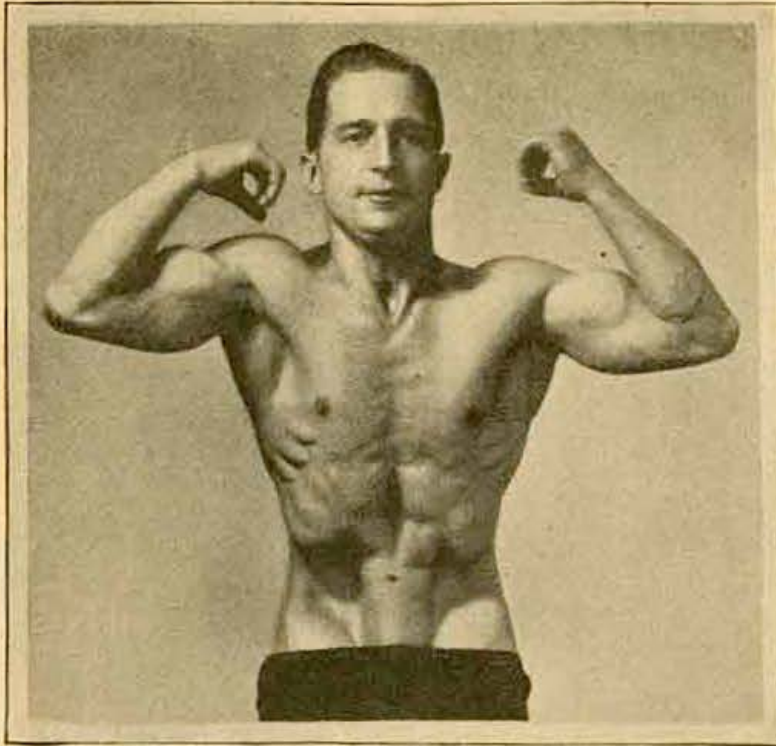
The opening feature was a muscle posing display by Andy Comarty, of Trenton, N. J. He is a powerfully constructed athlete, and has splendid control over his muscles. His appearance evoked considerable admiration along with the selection of his poses. The Ambrose

Brothers, of Philadelphia, followed with an impressive turn of herculean hand balancing. Both these boys are pupils of Professor Paulinetti, and are worthy pupils of a great master. Every movement was perfect, and they held their balances motionless. The interesting part of their act was the many novel stunts which they introduced. A novel bag punching act was next introduced by Charles Stuebgen, of Pittsburgh, Pa., who played a merry tune upon it. After he had slammed the bag around to his heart's content overhead, he attached it to the floor, and there punched it, finishing up with an imitation of a kettle drum tattoo. On the heels of this act burst our old favorites, the Trenton Troupe. It is a long

time since they performed for us, and as much as we missed them, we enjoyed their return tremendously. They bounced all over the mat like four rubber balls, and treated us to a variety of tumbling and acrobatic tricks that gladdened the eye and tickled the heart. The fifth call brought out Charles Lucas, of Norristown, Pa., who gave an exhibition turn on the Two Hands Slow Curl, and the Right, and Left Hand Slow Curl, doing 110 lbs. on the first lift, and 57 lbs. and 52 lbs. respectively, on the other two. His bodyweight was 136 lbs. Then came Steve Hart, of Jersey City, N. J., who took a fling at the five A. C. W. L. A. lifts for 1927. He was not so fortunate, having had luck on the Two Hands Snatch and the Two Hands Clean and Jerk, failing completely to secure a



Tom Tyler, our popular national heavyweight lifting champion, who is also a rising movie star featured in "The Cowboy Cop." Tom is an all around athlete possessed with plenty of vigor as the pose displays.



Our old favorite, Charles Shaffer, demonstrating the central isolation as only he can do it.

poundage on the Two Hands Snatch. Steve weighs 182 lbs. and is determined to do a lot better at the next show.

Next came our old favorite, Professor P. H. Paulinetti, who entertained us with an instructive talk on the science of balancing and posture, which he followed with a practical demonstration of many difficult feats, performed mostly on his head and hands. Everybody appreciates the professor, and it was nothing wonderful to see him get the big hand he did. It was to be expected.

The Gauss twins came next with a clever demonstration of weight lifting. The next time they lift we will have to insist each wear a different colored sweater so we will know the one from the other. Arthur is due for a clash with E. Bachtell, of Hagerstown, Md., the lifter who gave him a draw for first place in the Sesqui-Centennial battle. The decision was won on points given for better form. They have decided, once and for all, that one has to lift more than the other, so we are bringing them together at an early date.

This lifting was followed by William Lilly, in his regular display of muscle control. Lilly has something new to show us every time. He always keeps himself in perfect condition, and, naturally, shows up his muscles to a wonderful advantage when performing his controls. Apart from this, he is very limber, and can dust the floor with his elbows from a stiff legged position, and do splits perfectly. Rather unusual for a person with his make up, he is very strong, and can make them all step in his body weight class.

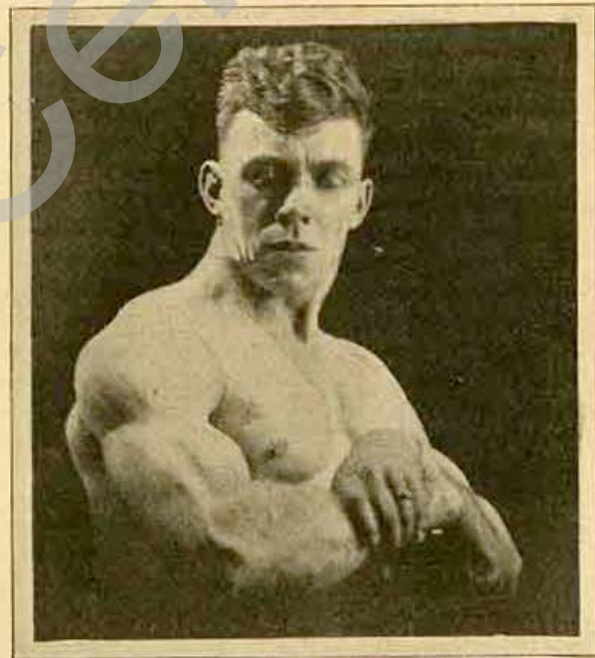
Our next feature produced Otto Hughes, former Marine Middleweight boxing champion, in a lesson on the noble art, describing all the various blows and counters. This was followed by a lifting contest between Philip Piantone, of Norristown, Pa., national bantamweight champion, against Arthur Levan, of Reading, Pa., runner up in the national featherweight championship. Piantone scaled in the heaviest, just making the featherweight limit of 126 pounds. Levan weighed 122 pounds. The contest covered the five 1927 lifts, and was won by

Levan with a total score of 710 pounds, as against Piantone's 630 pounds. Both boys are pretty lifters, and it was great to see each one glide under the bell as he made his dips.

A demonstration of self-defense, using wrestling methods, by Kulsik and O'Malley, was cleverly carried out, and provided plenty of fun for the onlookers as O'Malley was twisted into positions that afforded him no possible chance for resistance. Kulsik showed us how to disarm a thug of a revolver, knife or blackjack, and how to beat the strangler. He positively swears that his methods are superior to jiu jitsu. Anyway they looked all right.

The next on the bill was the wind up, originally intended to have been the match between Gauss and Elair. As conditions turned out it resolved itself into a lone exhibition on three lifts by the Philadelphia boy. He did not try to extend himself, but just warmed up with 140 lbs. on the Right Hand Snatch, 160 lbs. on the Right Hand Clean and Jerk, and 180 lbs. on the Two Hands Snatch, poundages which you will recognize are way below his best.

At the present time our president is plugging away trying to make some interesting matches.



C. G. Mills, a powerful member of the Association who finds a two hand dead lift of 500 lbs. just a daily routine.

It is a real man's job, for no sooner are things fixed up than other things intervene. We are glad to say that the French Canadian Associations are taking an interest in our boys, and Mr. David Dupre, of the "Le Moliere" Club, Montreal, is making overtures to Mr. Jowett for a match between Gratton and Mitchell or Gauss. Gratton was formerly scouted as a light heavyweight, but they guarantee to have him weigh in at 168 pounds. Now Mr. Dupre is getting behind his men, things ought to go faster.

Through no fault of either Marineau or Klein, we have not been able to pull off that contest. The honest truth is that an event like that in New York costs real money, and our shows in New York were more or less financially disastrous, throwing too much of a financial

burden on to the Association. Somehow New Yorkers on the whole lack the interest shown in other centers. Not long ago we proposed a Perfect Man Show for the big city, providing New Yorkers showed interest enough to have it put on. We only received one letter of approval. It is a shame. We certainly would like to start them going again if New Yorkers would only get together. It is up to them. When they can show that they are ready, we are willing to start the ball going once more. What I would suggest, is that they form a board of directors for such purposes. Towards this end we are going to get in touch with Mr. Roy L. Smith, who is on the board of Association Directors, and endorse him with full power to do all he can towards feeling out the situation.

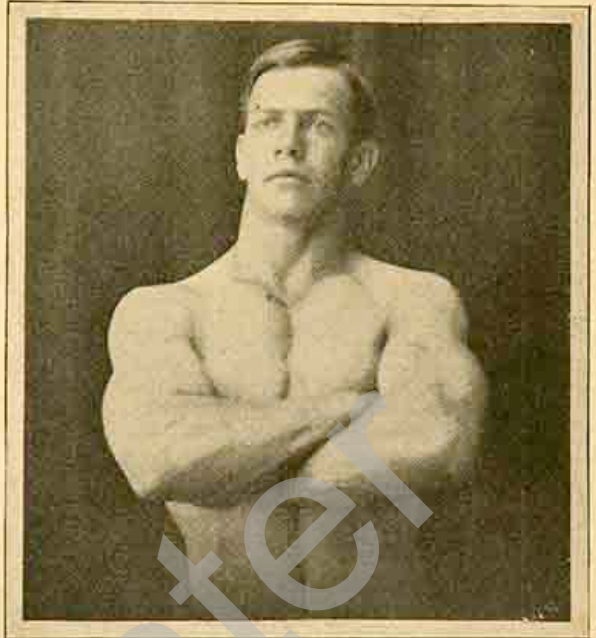
Members of the Association will be glad to know that President Hulbert, of the A. A. U. accepted the proposal by President Jowett, who acted as Chairman of the A. A. U. Weight Lifting Committee at the Baltimore Convention, to reconstruct the A. A. U. Weight Lifting Committee with men who are interested in the game, and who understand it. The men proposed, and accepted are: Roy L. Smith, New York City; Donald Mitchell, Easthampton, Mass.; Albert Manger, Baltimore, Md.; Marion Betty, Los Angeles, Cal. They will co-operate with President Geo. F. Jowett, and Col. Dieges, in forwarding the movement in the A. A. U.

Los Angeles, in particular, and California in general, is due for a revival in weight lifting. Marion Betty is doing more since he took over the official position, than his predecessors. The steps he has taken are what we would like to see other State Representatives take. He is forming a board of directors to control and promote matches and competitions throughout the state. Whatever he and his board sanctions and promotes for the benefit of the sport, the national board will stand behind. We will refuse to recognize or sanction anything done outside of this fold, as not being in compliance with A. C. W. L. A. and A. A. U. Rulings.

Another change has been made for Baltimore, Md. Albert Manger has been appointed State Representative for the aristocrat state, replacing former Representative A. Schiemann. Mr. Manger and Mr. Thierauf have organized the "Saxon Weight Lifting Club of Baltimore," located at the Germania Turn Verein. At the same time I wish to say that the Jowett Weight Lifting Club of New Orleans, La., under the supervision of State Rep-



Harry Hall, back on the job once more tossing around the iron, looking as fit as a fiddle.



A new pose of the national lightweight champion, A. Sundberg, that gives a fine display to his sturdy physique.

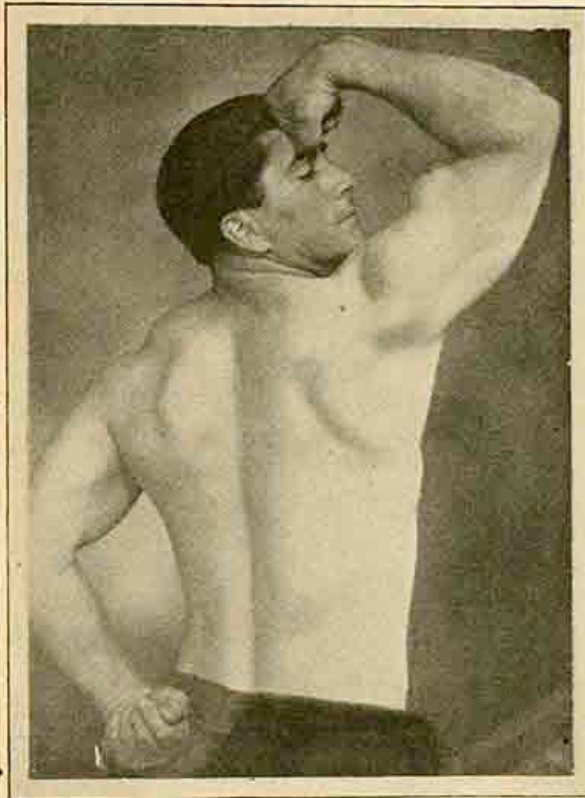
representative M. N. Campbell, has moved to 520 St. Peters Street, in the Pontalba Building.

Kansas City has been doing things under Victor Frank who is determined to make Kansas City a live wire center. Working with him is Owen Thomas and Lewis Criley, who, like Frank, are lifters as well as workers. Easthampton, Mass., is going big with Don. Mitchell behind it and Emil Pearson is pushing things from another section of the State of Massachusetts, to which he has just removed, namely, Cambridge. Things are moving along merrily in these quarters and we hope all who are interested in the sport will get together.

No doubt you all are interested in the movements of Herman Gorner, and his proposed world tour, which will bring him to America. He has already left South Africa and is now in England, where he will tour. Strength lovers in the tight little Isle are agitating for a match between Zass, the iron binder, and Herman Gorner. Zass had formerly made the statement that weight was no evidence of greater strength. In many cases it is true, where one man is good and the other poor, but where both men are good, the heavyweight is bound to beat the lighter man. Viewed thus, I fail to see where Zass will do anything that Gorner cannot. In this country we have four men who are willing to meet our big South African member. Three of them, like Herman, are members, namely: W. L. Travis, Carl Moerke, and Henry Stein-

born. Cauette, of Canada, is the fourth person. We know Gorner will gladly welcome the contest as a means to determine who is the world's strongest man. We wish Gorner the best of luck in England, and hope his appearance will set the pot boiling among the British iron men, and seethe with public interest.

In our ranks we have a young prodigy who hopes to become another Gorner. He is the youngest active weight lifter in the association, and is creating consider-



Archie Alair showing off his splendid arm. He recently performed a one arm military of 110 lbs.; 210 lbs. with two hands and 475 lbs. in the two hands dead lift.

able attention in Newark, N. J. His name is Ben Freifeld and his age is 17 years. Already he has met and defeated several youths older and heavier than he, and he is anxious to clinch a match with Harry Luft, who claims to be New York's strongest boy. Ben is a husky lad, stripping at 140 lbs., with a $39\frac{3}{4}$ inch normal chest, $14\frac{1}{4}$ inch biceps, $12\frac{1}{4}$ inch forearm, $22\frac{1}{2}$ inch thigh, with $15\frac{3}{4}$ inch calf. Recently he defeated John Marnell, the Westinghouse champion, at Gus Troxler's gym over a series of feats. A few of his stunts are: a One Hand Clean and Jerk of 130 lbs., six times in succession; a Deep Knee Bend of 300 lbs.; and he can chin himself with a fifty pound weight tied to his feet. Ben is open to meet any boy in America. At last you young prodigies have a chance for competition.

I thought I would have some foreign reports of unusual interest by now, but up to this time they have not come to hand. I am referring to the match between the two Swiss Champions, Reinmann and Aeschmann, against Gabetti and Galimberti, of Italy, which was to have been contested on December the 18th at Genes. This double match should be full of interest, and the Swiss cracks will have some tough going to win. I hope to have the news for you in the next issue. The

match between Haas, of Austria, and Helbig, of Germany, at Planen, Germany, was full of great thrills. Haas was an easy winner but he showed some remarkable lifting for a lightweight. The feats and poundages were as follows: Left Hand Snatch—Haas, $159\frac{1}{2}$ lbs.; Helbig, $148\frac{1}{2}$ lbs.; Right Hand Clean and Jerk—Haas, 220 lbs.; Helbig, 176 lbs.; Two Hands Snatch—Haas, $214\frac{1}{2}$ lbs.; Helbig, $192\frac{1}{2}$ lbs.; Two Hands Military Press—Haas, 176 lbs.; Helbig, 187 lbs.; Two Hands Clean and Jerk—Haas, 286 lbs.; Helbig, 253 lbs.; total for Haas—1056 lbs.; Helbig—957 lbs. The Right Hand Clean, and Two Hands Snatch and the Two Hands Clean by Haas, is nothing short of wonderful. Haas looks like a miniature Rigoulet when it comes to the fast stuff.

Speaking of foreign athletes reminds me that Mr. Jowett gave me the Olympic rulings and bodyweights to pass on to you, so you will have a better idea of what the body weight and rules are. This will allow you to draw a better comparison between American and foreign lifters.

The rules on the three Olympic lifts are the same as those governing the A. C. W. L. A. with the exception that it is not necessary to bring the feet together. As long as the arms and legs are straight and the feet in line, it is permissible for them to be about a foot apart. There are five bodyweight classes, as follows: (no bantamweight class being recognized)—Featherweight, under 60 Kg. ($132\frac{1}{4}$ lbs.); lightweight, under $67\frac{1}{2}$ Kg. ($148\frac{3}{4}$ lbs.); middleweight, under 75 Kg. (165.3 lbs.); light heavyweight, under $82\frac{1}{2}$ Kg. (181.8 lbs.); heavyweight over. Three attempts are allowed on each lift, not on each weight tried. Weight increases are at the rate of 5 Kg. (11 lbs.) or more, except on the last trial for each lift, when an increase of $2\frac{1}{2}$ Kg. ($5\frac{1}{2}$ lbs.) is allowed. In the case of ties, an extra attempt is made on the Two Hands Clean and Jerk, but if this fails to break the tie, the winner is judged by points or his superior style of lifting.

All those who intend to compete in any of the A. A. U. weight lifting events should obtain their registration card from that body. It is necessary for each lifter to have this for A. A. U. competition, the same as it is to have the A. C. W. L. A. membership card. Any person, who is a member of the A. C. W.

L. A., can procure his amateur registration card for twenty-five cents by writing to the secretary of the A. A. U., Mr. Rubein, 306 Broadway, New York City. Simply write in and ask for an application blank, then fill it in and return to him.

Just as I was going to close my report a letter from our British representative, H. Broom, appeared in the mail, containing some interesting data on what our friends across the big pond are doing. They have just completed their Amateur Championship Tournament which they ran off at different intervals, competing on the following five lifts. The (Continued on Page 67)



A fine pose of our president, Geo. F. Jowett, taken when he made his world's record swing. The curve in the back shows the great depth of his lumbar muscles, and his 17 inch calves are also well displayed in this vigorous pose.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:
I am greatly interested in your Circle. Will you please advise me on gaining weight, and also what is the best time for me to exercise? I am five feet tall, twenty-four years old, and weigh ninety-eight pounds.

I work in a laundry eight hours a day and am too tired at night for my exercises. Should I do them anyway? I am run down and have had rheumatism. Before I had to work I exercised faithfully for three months, but did not gain any weight, although I felt much better.

I am anxious to build up and would appreciate any advice you care to give me.

H. B., Oakland.

Your proper weight should be around 115 pounds. In my opinion, no matter how strenuous your daily work is, you should do moderate systematic exercises, combined with deep breathing, from ten to fifteen minutes, morning and night.

I note that you say you have had rheumatism, and as you are underweight you might be suffering from poison in your system resulting from a torpid liver or from

constipation. Many girls suffering as you are find that this is the case.

Keep the bowels open and the blood circulating at all times. This can be accomplished by exercise and proper food. Partake of an abundance of green vegetables, fruit and milk. These contain a vitamin which will supply you with much needed minerals and will also stimulate your appetite.

Exercises which require body bending and twisting are especially helpful in stimulating blood circulation.

Here are a few exercises which will aid your condition:

Stand erect with feet together, hands resting on hips. Rise upon the toes and then sink the body to the floor, bending the knees sharply until the thighs and legs are doubled upon each other, and the weight of the body supported on the toes. Repeat this ten times and be sure to keep the trunk erect throughout the exercise.

Stand erect with the heels together and hands on hips. Straighten the right arm and extend it perpendicularly



A group that should be inspiring to every reader

find it hard to take more of either. Is this sufficient, and will milk take the place of water?

A. A. R., Henrietta, Texas.

ANSWER: In Winter or Summer, one should drink a liberal quantity of water, unless suffering from some disease such as dropsy, excess blood pressure, or failing heart. In other words, the normal individual should drink enough fluid to help carry off the waste products of the digestion and bodily activity. A minimum of two quarts of either milk or water would suffice.

Water is particularly indicated in the winter time, as well as in the Summer, especially if persons are suffering from constipation, to make the mass more easily passed. Drinking water before breakfast is very good.

Sauer kraut is good merely for its bulk, which helps in constipation, and for its probable mineral vitamin content. Unless suffering from such diseases as ulcer or actual inflammation of the stomach, it could be taken with benefit.

QUESTION: Would like very much to have your advice in regards to my health. I am an ardent reader of *Strength Magazine*. I have dark rings under my eyes. I live very quietly and never dissipate in any way. Please tell me what is the cause of this and what to do. Also, I have pimples on my back. They are red and when I break one the blood that comes from them is black and sticky and foul looking. Please tell me what to do in your next issue of *Strength*.

Anxious.

ANSWER: The dark circles under your eyes are probably an indication of lack of rest, whether due to insomnia, worry, or other fatigue causes. I would advise you to have your blood examined for anæmia.

As regards your general condition and acne eruptions on back, try the following:

Ferrous Sulphate	2 Drams
Acid Sulphuric Dilute	6 Drams
Magnesium Sulphate	6 Drams
Syrup of Ginger	4 Drams
Water	9 Drams

A teaspoonful in half glass of water at meals, taken through a straw or glass tube. This is very bitter, so be careful not to get it on the teeth. If bowels move too freely, cut down or omit for a while.

Locally, after opening pustules with a sterile needle and expressing the contents, touch up with 2% mercuriochrome or tincture of iodine. Apply the following ointment:

Betanaphthel	Grs. 40
Sulphur Sublimate	Grs. 200
Petrolatum	Grs. 100
Saponis Viridis	Grs. 100

Apply externally each night.

QUESTION: Following, you will find a history of my case, which I am presenting as a reader of *Strength*, with the hope that you may be able to offer me some help.

My trouble is of about eleven years' standing, having had its inception while I was attending high school, at the age of about fourteen years. I am now twenty-five years of age, five feet ten inches in height, and weigh, at present, about 145 pounds. My occupation is selling.

Starting about eleven years ago, I began to suffer from indigestion as a result of faulty eating. Constipation naturally followed in a severe form, with resultant coated tongue and foul breath. I consulted several physicians without obtaining results.

This condition, gradually getting more severe, continued until about the middle of the year 1924, when I began to

notice occasional drops of blood following bowel passages. Again I resorted to physicians and their drugs, and obtained the same results as before—none.

By May, 1925, my energy had become so depleted that I was forced to stop work. A month later, I developed a fever, accompanied by an amazing number of boil-like eruptions upon my back, hips, and thighs. These eruptions discharged large amounts of pus for several days and then healed gradually. The fever was so serious that I barely survived, and I was confined to bed for almost five weeks. My doctor first called it typhoid, but as a blood test showed no germs, he later said it was colitis. When the fever began to develop, the bowels changed from a constipated condition to one of looseness. The movements were of a slimy nature, with large amounts of bloody mucus or free blood. After four weeks the bleeding subsided, the tongue cleared, and the breath became sweet. I was put on a more substantial diet (during the illness I had only orange juice, broth, and buttermilk), and I gained rapidly and attained a maximum weight of about 160 pounds.

Soon the tongue began to coat again and the constipation returned, and in December, 1925, I had a repetition of the same illness, though the fever was very light, the boils less in number, and the bleeding was less severe. The same physician put me on the same regimen, and I responded as before, except that the tongue did not quite clear up.

In February, 1926, the old symptoms quickly returned, and I went to a small nature-cure sanatorium for treatment. After fifteen days of fasting and a week of diluted orange juice, my tongue again cleared, but, meanwhile, the bowels had started to bleed again. The milk diet only aggravated this condition, so I changed to a fruit and vegetable diet and the intestines healed. However, at the same time a slight coating formed on the tongue again. The coating on my tongue has increased and I have a very foul breath. I have never suffered any pain except a dull pain at times in the lower left abdominal region over the descending colon, and have a slight soreness in this region occasionally. Have considerable intestinal gas most of the time.

I know I can remove the toxins from the body by orange juice diet and enemas in about three or four weeks, but how can I prevent the discharge of blood which will accompany such a procedure, and by what means can I completely heal up the intestinal tract and return it to normal condition? In your opinion, is this a case of colitis? What is your opinion of cultures of *Bacillus Acidophilus* for intestinal infections, and do you think this remedy would benefit me?

Any suggestions you can make will be greatly appreciated and thoroughly put to the test.

R. D. R.

ANSWER: You are probably suffering from Entero-Colitis, as you have intimated hemorrhage from the bowels. If bright red, it may be due to local rectal inflammation or hemorrhoids, and in that case I would advise you to undergo an examination by a Proctologist.

The only radical procedure, especially in your case, is local intervention of operation or some specialized treatment.

Hemorrhoids have been known to cause spasms of the colon. If, on the other hand, the blood is dark brown or black in color, the source of the hemorrhage may be higher up, such as ulcer of the intestines, which will require special treatment by a Gastro-Intero-logist.

The following is the usual bland diet recommended for inflammation of intestinal tract:

Breakfast

Eggs, poached or boiled.
Cereal.
Milk.
Bread or toast and butter.
Coffee (if allowed).

(Continued on Page 65)

up at the side of the head and at the same time carry the left leg outward and upward as far as possible. Then lower the leg and arm. Inhale forcibly as you raise the arm and leg and exhale as you lower them. Then reverse the movement.

These exercises will benefit the body in general. If there is any particular part you wish to develop, write me and I will be glad to give you special exercises. Do not neglect breathing exercises whenever you can practice them and try to get as much fresh air as you possibly can.

Dear Miss Heathcote:

Will you kindly tell me what exercises will develop the calves of my legs, also my arms. I am five feet, one-quarter inch tall and I only weigh 86 pounds. My neck is very thin. Please tell me how I can get stouter.

Mrs. F. H., Toronto.

Try dipping for your arms. Starting first at the bed post or some such high place, and holding your body rigid, bend your arms until your chest touches the bed post and rise to your former position. Repeat the movement. When you can do it ten or fifteen times easily, start on the side of the bed or a chair and finally on the floor. This is known as the floor dip and is excellent for the arms and shoulders.

Try lying flat on the back on the floor and raising your legs as high as you can, until you can raise them up and touch the floor with the tips of your toes above your head. Then try leg raising and kicking work; also leg crossing work for your legs. Do each movement until you feel the pull on the muscles and progress gradually.

For your neck practice head twisting exercises; that is, rotating and bending your head from side to side, and from back to front. Deep-breathing exercises will also fill out the hollows around the neck.

Read the above instructions to H. B., Oakland and practice the exercises given therein.

Dear Miss Heathcote:

What are the correct measurements for my height, five feet four inches? I am twenty-nine years old. What should I weigh? I would like to reduce my abdomen and enlarge my calves.

Yes, this is Miss Marie Willard Mock, whom we all remember. Miss Mock, premiere danseuse, has a form which any girl can afford to envy.



Please give me exercises to overcome these defects.

Mrs. R. A. G., Cuyahoga Falls.

Your measurements should be something like the following: Neck 12½ in., chest 29½ in., bust 33½ in., waist 25¼ in., biceps 10¾ in., forearms 8¾ in., wrist 6 in., hips 36 in., thighs 22¼ in., calf 13¾ in.; weight 129 pounds.

An exercise to reduce your calves is this: Stand erect, with the hands resting on the hips and the legs crossed at the knees, with the right foot in front of the left. Swing the right leg outward and around, about eighteen inches in back of the left foot. Then swing the right leg inward and around back to the first position. Reverse the position of your feet and perform the same movements with the left leg. The weight of the body must always be thrown on the advanced leg, and resistance supplied to the moving leg.

For reducing your abdomen try the following exercise, together with all other waist-bending movements.

Lie flat on the back on floor, with the feet firmly fixed under a cross bar or piece of furniture, arms at sides. Slowly raise the body as near upright as you can, at the same time raising the arms straight out in front of you; maintain that position for a moment, then lower the body again. As soon as you can bring the body to an upright position without much difficulty, place the hands behind the head and raise the body up and bend forward as far as you possibly can, endeavoring to touch the knees with the head. This is an excellent exercise.

Dear Miss Heathcote:

I would like to know if you would give me exercises and a diet for reducing. I am five feet four inches tall and weigh 135 pounds. I would like to reduce, especially in the stomach, thighs and calf. I have been doing some exercises for a few weeks, but do not see very much improvement. I would like to reduce very fast because I am very self-conscious of my condition.

E. K., Toronto.

You are not so much overweight as you think you are. However, you should endeavor to bring your weight down to normal, around 125 pounds. You cannot expect to reduce overnight. Anything that is well done and worth while takes a little time. I would, therefore, ask you to have a little patience and perseverance.

Eat lightly (Continued on page 77)

Sawdust and Resin

Does the Same Spirit Now Exist in the
Boxing Ring as of Old?

By William Boone

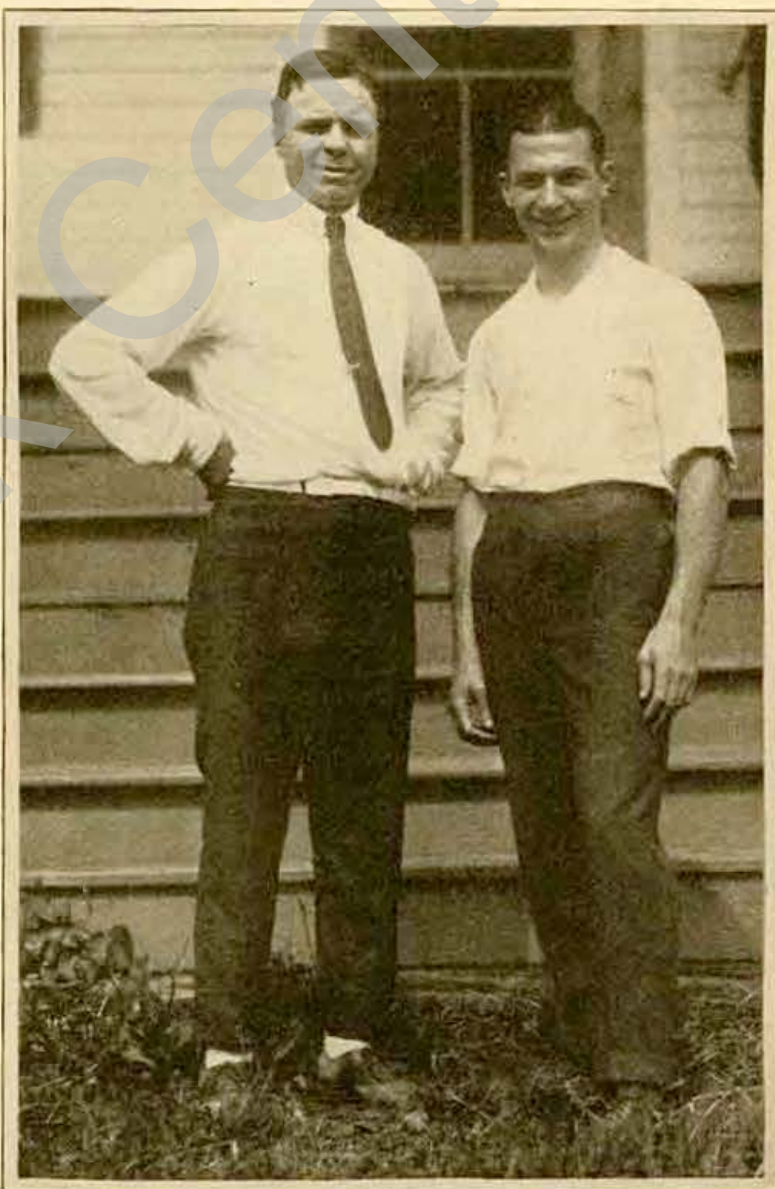
AFTER that came the canvas floor and plush ropes. What next?

Fist fighting is one fine puzzle when you compare it with any other sport. Within a very few years it has emerged from being considered a debasing spectacle to a state of refinement that borders on the pink tea program. There are, no doubt, many of us who can remember the day when news of a proposed fight was passed around with whispered word and furtive look, and in order to see the scrap you had to sojourn to a secluded spot or empty barn. In those surroundings, with a constant fear of police intrusion, the principals would wallop the daylight out of each other. That was not so long ago.

I remember being in on one of these affairs. It was a real grudge fight between two of the best featherweights of that time. They had about as much love for each other as a hobo has for water. The nearest the law allowed them to get together was a mile post apart, but this time the law was beaten. Anyhow it had to happen. It was getting so that there was not enough room on this little old hemisphere for those two conflicting atoms. To mention the other's name in the presence of the opposition was to raise a storm of invectives that was blood curdling. All the wrath of Thor and Mars, and any other blood thirsty satellite that there may happen to be, descended upon you, leaving you breathless and covered with goose flesh. The day came when big money was put up on side wagers and arrangements made to thrash the situation out once and for all. The first news of this came to me as I was hurrying home for lunch, and a husky low browed scowling guy lurched past me, and in a stage growl, with his mouth twisted on one side almost into his ear nearest to me, he advised me to be at a certain old horse barn at ten o'clock that night. He continued on his way with that combative side lurch of his big shoulders which obliged you to walk on the other side of the road to avoid collision, or get knocked off. Such was the demeanor of the old-time hanger-on who peddled the news.

That night I appeared before the door of the old barn and whispered the magic word through the keyhole that was to let me in. When I squeezed through the width of the door allotted to me, I was confronted by two husky bums who each grabbed me by the coat lapel and carefully scrutinized me. Each man

represented his respective side and were familiar with the friends of their principal. Neither one trusted the other, they were always in fear of one or the other letting in the cops with an understanding to make an arrest if the crucial moment arrived for their man. So were bets often times protected. Anyhow there was no haggling over my presence as I was well known to both sides, and I was directed to "follow my nose until I came



Benny Leonard looks small alongside the former lightweight king, Battling Nelson. Two types of pugilist. A look at each face will tell you their type.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I would appreciate any information you could give me to benefit my illness. A year and a half ago I was stricken with a paralytic stroke which affected my entire right side. I have recovered considerably since, but do not seem to regain my former strength. My nerves are unstrung, and I cannot walk right. No one can touch my back. I am under a doctor's care and take injections with needles once a week. I had an X-ray taken of my heart, lungs, and ribs, which prove to be normal, but there is a continuous pain beneath the heart that leaves only when I lie down. I would like to know if these injections will do me any good in time, as I do not seem to be making any progress. I am a man thirty-five years of age. Any advice given would be greatly appreciated.

M. S., Hoboken, N. J.

ANSWER: A stroke, as you know, is caused by hemorrhage in the motor centers of the brain and a pressure or lack of blood supply in that area. In your case, the left side of the brain is affected, causing the right side paralysis. Highly specialized tissue, such as the center nervous system, can not be hurried as to results of cure. The only advice the physician can give when an individual is suffering from such a condition is to take care of the general health as much as possible. Have all foci of infection removed, such as bad teeth, tonsils, etc. A diet largely composed of vegetables and less animal matter would be very good for you to assume.

I presume you are getting electric and massage treatments for the lack of power on the right side, which are a good thing. Another factor is to be sure that you are not constipated and so cause rise of blood pressure and self-poisoning. If you are constipated, take Oxy-crystine, a tablespoonful before breakfast. Drink plenty of water to keep the oxide salt in solution. This is reputed to be especially beneficial in high blood pressure.

Such mild remedies as Mineral Oil or Petrolagar, in one to three tablespoon doses, might be beneficial, and are harmless. Avoid any undue excitement, mental or physical.

Your case should be watched by the family physician or a nerve specialist. Blood pressure readings should be taken at fairly frequent intervals, say about once every three months or more often.

I have no idea what the injections with needles are for, or whether you have injections in the spinal canal or in the vein under the skin. Probably your doctor knows best. It may be that, due to some circulating poison in the blood, found on examination, and which possibly has caused your stroke, that you require this specific treatment.

QUESTION: Will you kindly tell me whether there is any cure for bunions except surgery?

Apparently, I acquired these enlargements two years ago, while driving several days in a very hot country, when the heat of the engine, and particularly of the accelerator, made my feet burn and then swell, and for a time they were painful. There is no pain now, but I cannot wear my normal-size shoes without discomfort.

I have not worn tight shoes. I bathe frequently. I have no corns. I take occasional short fasts, am careful about diet, especially about combinations, eat rather lightly, and am in good health. I shall be grateful for your advice.

G. L., Berkeley, California.

ANSWER: Painful enlargements of the toe joints are sometimes relieved by applying Static Sparks or Galvanic Sparks of Electricity. If simply painful, fine Static Sparks drawn through the shoe will suffice.

I would advise you to consult your local Physiotherapist or Masseur concerning this method of treatment.

For relief of pain, you might try the following solution:

Liquor Plumbi
Sub-Acetatis
Tint. Opii

Take 1½ ounces of each of these and add distilled water, quantity sufficient to make 8 ounces. Apply freely on soft cloths.

In spite of this, radical operation is sometimes necessary, if no relief is obtained from the above.

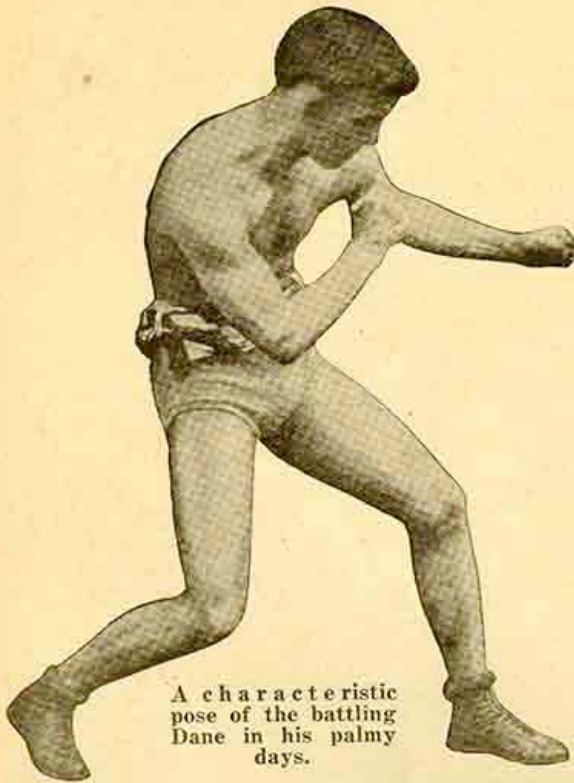
QUESTION: How much water should a person drink daily to keep fit? Is it necessary or better to drink milk, and how much? Is sauer kraut, raw or cooked, a healthy food? I drink one or two cups of hot water before breakfast and two glasses of milk during the day, and, except in Summer,

WHEN a man or woman is actually sick it is too late for them to seek 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 health problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Middleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Middleman the "Strength" readers have successfully obtained better health and strength. Dr. Middleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.



A characteristic pose of the battling Dane in his palmy days.

to a ladder spiked to the wall up which I had to climb." The way was pitch dark. Finally I emerged into a musty loft that smelled badly of old hay and straw, after climbing the creaky ladder.

Almost in the center of the place, I discerned a crowd of people talking in subdued voices, and they were an odd looking lot in the dim light that was cast by a few oil lanterns slung from the roof. Some men were busy putting up the ring, and such arguments you never heard. The ring was purposely made very small, for they all agreed that this was no race course. When the principals arrived they were followed by a motley bunch of seconds and advisors. In those days it seemed to be the hall mark of pugilism to wear a vivid striped pull over sweater and a cap with the tip pulled low over the forehead to identify you, if you were not otherwise adorned with a broken nose or a pair of cauliflower ears.

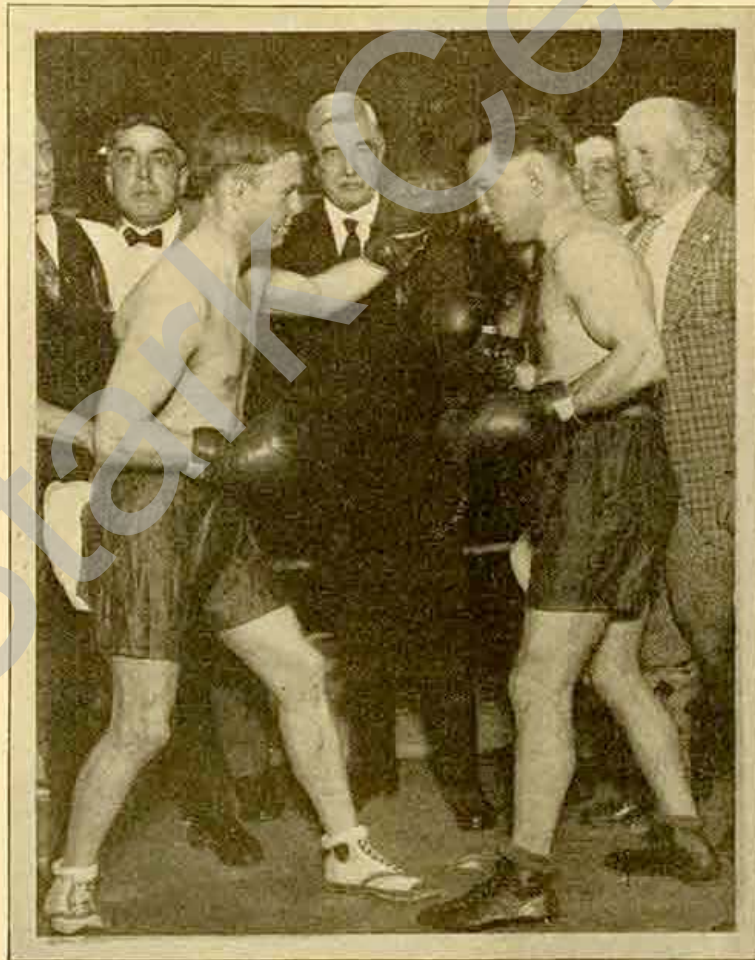
When everything was ready more lights were lit and

the fighters donned a pair of four ounce gloves. Man; how they fought, like two savages. There was no referee, which was a blessing for some one, and if there was a timekeeper, he beat it, or forgot to look at the time in his excitement. All I saw was a ding dong battle until one man went down. There were a few more discrepancies than usual in this fight, such as a missing referee and the neglect to keep time. This was the result of the personal bitterness that existed between them and the desire to fight things out their own way. Anyhow that was my first impression of what was then considered an illegal fight.

Later, I attended many fights when the sport was more in order, but then it was crude compared with what we see now. Many of the fights were under canvas, with the posts of the ring driven into the ground, and sawdust scattered on the earthen floor, with the knee of a second acting as a rest during the time period. The indoor bouts were arranged better but they did not have canvas on the floor. Instead there was resin to prevent the feet from slipping. When a fighter had contact with the floor, often times the resin got onto the gloves and this would help inflict a nasty blow. Now everything is up to date for the fighter. A great lighting system, an elevated ring with a padded canvas and plush ropes through upholstered posts. Doctors are in attendance

to examine a pugilist before he goes into the ring, and take care of him afterwards if he needs it. A fighter steps into the ring all dolled up like a Roumanian holiday — silk trimmings and hair slicked back. But, for all this state of refinement, the same spirit that people tramped secretly to secluded places to see years ago, is sought now by the ringside fans in evening dress or otherwise.

The sport is served up better, but the incentive that takes us there and makes men fight, is no different.



When this picture was taken, 13 years had rolled away in the memories of old timers, when Bat and Ad Wulgast met and shook hands. The time before was when Ad took Bat's crown at Point Richmond, California, in 1910, in a terrific fight.

The qualifications of a fighter have not altered. The knowledge of the sport has broadened, no doubt about that, but that does not mean to say that the fans prefer a menu of boxing, to a dish of real honest to John L. fighting. The killer type is always the most popular and always will be. I do not believe (Continued on Page 64)

It's a Rough Old Sport

Boxing or Wrestling?

By Otley R. Coulter

AT a well known club a small group of men had been discussing the oncoming Dempsey vs. Tunney fight. The conversation drifted from one sport to another. One old gentleman, who had entertained very definite opinions regarding the Dempsey-Tunney fray, added in a very self-satisfactory manner, "Yes siree, gentlemen, Tunney hasn't got a chance except for the loser's end. I wish I was young again so I could take a shot at that. I was pretty handy with the gloves in my early days. There is nothing like boxing to build up your muscles and make a man of you."

"How about wrestling?" piped another member of the little group, who dearly loved to start an argument.

"Oh, wrestling will develop muscles, but boxing is the game to develop grit and courage," was the rejoinder of the self-satisfied advocate of boxing.

This last statement brought another member of the gathering into the discussion. He had been but a listener previous to this. He was an elderly man and had seen varied experiences in all parts of this little old world. He spent most of his time in travel, was the owner of a large newspaper and had been in the newspaper game since newspapers were newspapers. He started as a helper on a printing press, later became a sporting editor, then managing editor and later owner of a big paper. He was a self-made man; one of those who did a good job in the making. Anything he said carried weight with it. He was not much of a talker, never made a state-

ment that wasn't so and when he did say anything, meant it and could prove it.

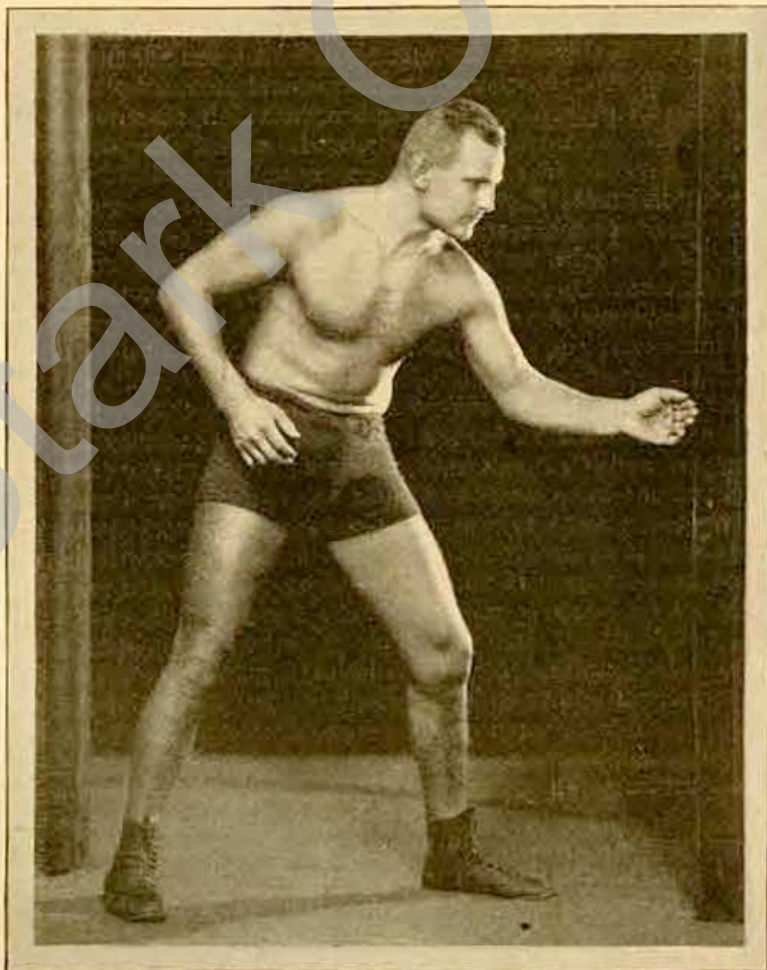
"I cannot, entirely, agree with your opinions concerning boxing and wrestling. Surely boxing is an admirable sport and is great for developing, co-ordination, self-reliance and all that, but for developing downright courage and grit, I cannot see where it is any better than wrestling. I do not think there is anything in boxing that requires more grit than some of the wrestlers have shown in some of the contests that I have witnessed.

"Did you ever see any of the bouts between the native wrestlers of the Punjab in India, or a wrestling match in Turkey?"

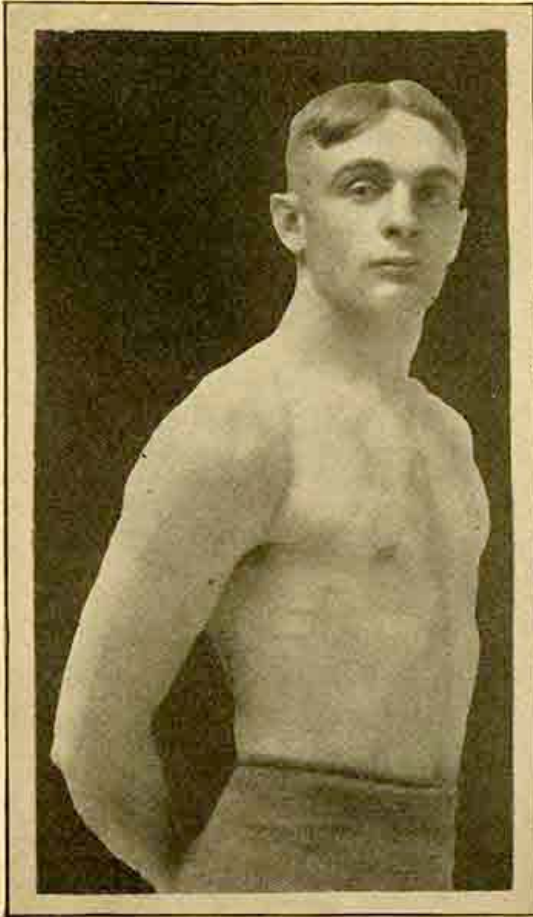
"In India, there are native wrestlers in the service of some of the rajahs who have ability seldom equaled. They come from wrestling families. Some of them

have been wrestling for several generations. They know the game and take defeat as a personal dishonor. They wrestle with a win or die spirit and the grit necessary to undergo those contests is almost beyond my comprehension. When men like that get together, something is bound to happen.

"When men wrestle in Turkey, women weep. The average boxing bout is a very tame affair compared with what takes place when a couple of the Sultan's favorites mingle in close embrace in a wrestling contest. Well, I remember the bout between Youssouf and Ibrahim Mammouth. I cannot imagine any more grit possible than either of these men displayed in continuing the contest as they did,



Lepannen, a Finnish grappler who has displayed some fine ability against some of the best men on the mat in his recent bouts.



Johnny Reynolds, the ace among the world's lightweight mat men. He is both clever and speedy, and a pupil of Farmer Burns.

"I guess you have heard of Youssouf? He was the pachyderm that swept all opposition before him and who was drowned along with his belt of gold, on his attempted return to his native domain. Mammouth was another rough young man, even more ferocious, if possible, than he looked.

"I saw the contest between Mammouth and Youssouf at the Cirque d'Hiver in Paris. Youssouf was the heavier and more massive in build. He was the incarnation of irresistible strength and had unlimited confidence. His harsh face with its look of awful cruelty would have unnerved most men, but Mammouth stood boldly up to him. He was as tall as Youssouf but not as heavy. His broad shoulders, finely developed body and undaunted look of ferocity gave him the appearance of a tiger about to spring.

"As soon as the signal was given, they attacked each other with indescribable ferocity. With deep knowledge of painful holds, they began to torture each other mutually without a groan. Their panting bodies were streaked by the terrific strokes. Youssouf's surprise at the unexpected resistance enraged him. No man before had ever been able to withstand him more than five minutes, yet his most pain-giving holds seemed to have no effect on Mammouth except to increase his sweating. Mammouth was resisting with untiring energy. Youssouf was so enraged that he tore his opponents nostrils, broke his ribs and twisted his arms. Mammouth was covered with blood, had undergone treatment that would

have disabled an elephant, yet he fought gamely on. Finally, the judge and spectators could endure the sight no longer. Tom Cannon, the referee, a noted wrestler of his day and a very strong man, attempted to separate the two Turks, but found it useless. Cannon then began to beat Youssouf with a stick but still he held on, although he gave such a look in that direction that Cannon drew back. Some spectators and a police inspector with six men had to take a hand before Youssouf could be pulled away from Mammouth. Three police held Youssouf on each side and when he turned in his frenzied anger, he swung the six policemen around like the spokes of a capstan. They were both taken to the station and an interpreter asked Mammouth if he was not going to lodge a complaint against Youssouf. He answered with great dignity; 'I? Certainly not. We were only wrestling.'

"The Mammouth-Youssouf affair was only one of the affairs in which the inherent possibilities of wrestling for downright grit was shown. Evan Lewis, a number of years back, wrestled many bouts that were striking examples of anything but love affairs. Lewis was called 'Strangler' because of his constant habit of endeavoring to choke his opponents into helplessness. The after effects were a liability assumed entirely by the other wrestlers who had the courage to oppose him.

Lewis had one very strenuous meeting with a smaller, but immensely clever, Jap named Matsada, who came over for the very good Yankee coin. His meeting with Lewis was one of the inevitable things necessary in his quest for the elusive dollars. Well, when they met the Jap was clever and worked around Lewis much like a cooper works around a barrel. Evan was built on heavy lines, much like Bull Durham, and was not a kind man when his laurels were at stake. The crowd was with the Jap, regardless of nationality. This displeased Lewis considerably, even more than that the Jap was giving him a run for his money. Finally Lewis managed to get a toe-hold and hammer-lock on the Jap. Both of these holds, when applied with full force, savor of the Spanish inquisition. Lewis applied the pressure until the Jap's thigh bone snapped.

"That Lewis was not the only example of the inherent roughness of the mat sport is attested by other competitors of his time. Lewis himself had bouts with men who were also aware of the possibilities of the game. He had a go with Joe Acton who previously decided not to let Lewis get away with anything and lived up to expectations.

"The strangle hold is taken around the neck and one arm assists the other. If a wrestler chokes daylight out of another with a single arm, that is not a strangle from a technical standpoint. When the strangle is thrown on correctly, it is a matter of shutting off the air supply and waiting for the end. Acton figured out a way to break Lewis' strangle hold and did break it and also, incidentally, several of Lewis' fingers.

"Another time, while Lewis was still at his best and considered invincible, he met the big Turk Youssouf in Chicago. Lewis soon found out that he was up against something rougher than he had ever met before. It was a further proof that there is practically no limit to the wrestling game so far as roughness is concerned. Lewis tried to hold onto the ropes but the big six-meal-a-day man, from the land of Sultan, looked for a good spot, picked Lewis up, nearly tearing down the arena in getting him away, and slammed him down like a pile driver.

"Those were rough old days, so rough, in fact, that wrestling had to be modified somewhat for the game to live. How the wrestlers survived treatment that the public could scarcely bear to see, (Continued on Page 74)

Fast Life Wrecks the Nerves

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

WE are living in the age of SPEED, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

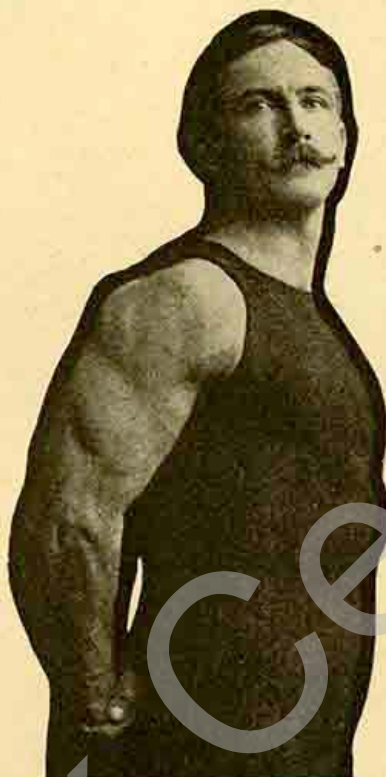
There are countless "near-neurasthenics" about us everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First Stage: lack of energy and endurance; that "tired feeling." Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains. Third Stage: Serious mental disturbances; fear, undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.



PAUL von BOECKMANN

Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscles but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental

and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of every-day life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have for more than twenty-five years given courses of instruction in Nerve Culture by mail. Over 100,000 people have learned through me how to care for their nerves and how to free themselves of the organic and mental disturbances that originate in nerve abuse.

Over a million copies of my book "Nerve Force" have been read by people with high strung nerves who have learned through my advice how to avoid nerve strain and how to care for their nerves. The cost of the book is only 25 cents (coin or stamps).

Address Paul von Boeckmann, Studio 462, 110 West 40th Street, New York City.

Order Nerve Force today. It is not a pamphlet advertising my course, but a real book, 64 pages, illustrated. The latest edition of Nerve Force contains important information heretofore imparted to private pupils only. Nerve Force is on file in many public libraries, and at the Medical National Library at Washington. Thousands owe their recovery from nerve exhaustion to reading this book. Your money refunded if the book is not all you expect.

What Readers of "Nerve Force" Say

A physician writes as follows: "I am writing you as a Graduate M.D. to say that I have carefully read your excellent book on 'Nerves.' It has done me more good already than anything I have seen or tried and I think it easily worth a hundred times what I paid for it. It is impossible to read it without feeling the wonderful truths it reveals."

A school teacher writes: "I had the opportunity of reading Paul von Boeckmann's 64-page book, 'Nerve Force.' I completed it in one reading. One feels at home and understands unfeigned ideas concerning nerves, mind, and body. As I was reading, a stranger approached and remarked, 'That book cured me from what doctors called heart trouble, then stomach trouble, etc. I had nothing of the kind. I am now a well man.'"

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

A physician says: "Your book is the most sensible and valuable book I have ever read on the prevention of neurasthenia. I am recommending your books to my patients."

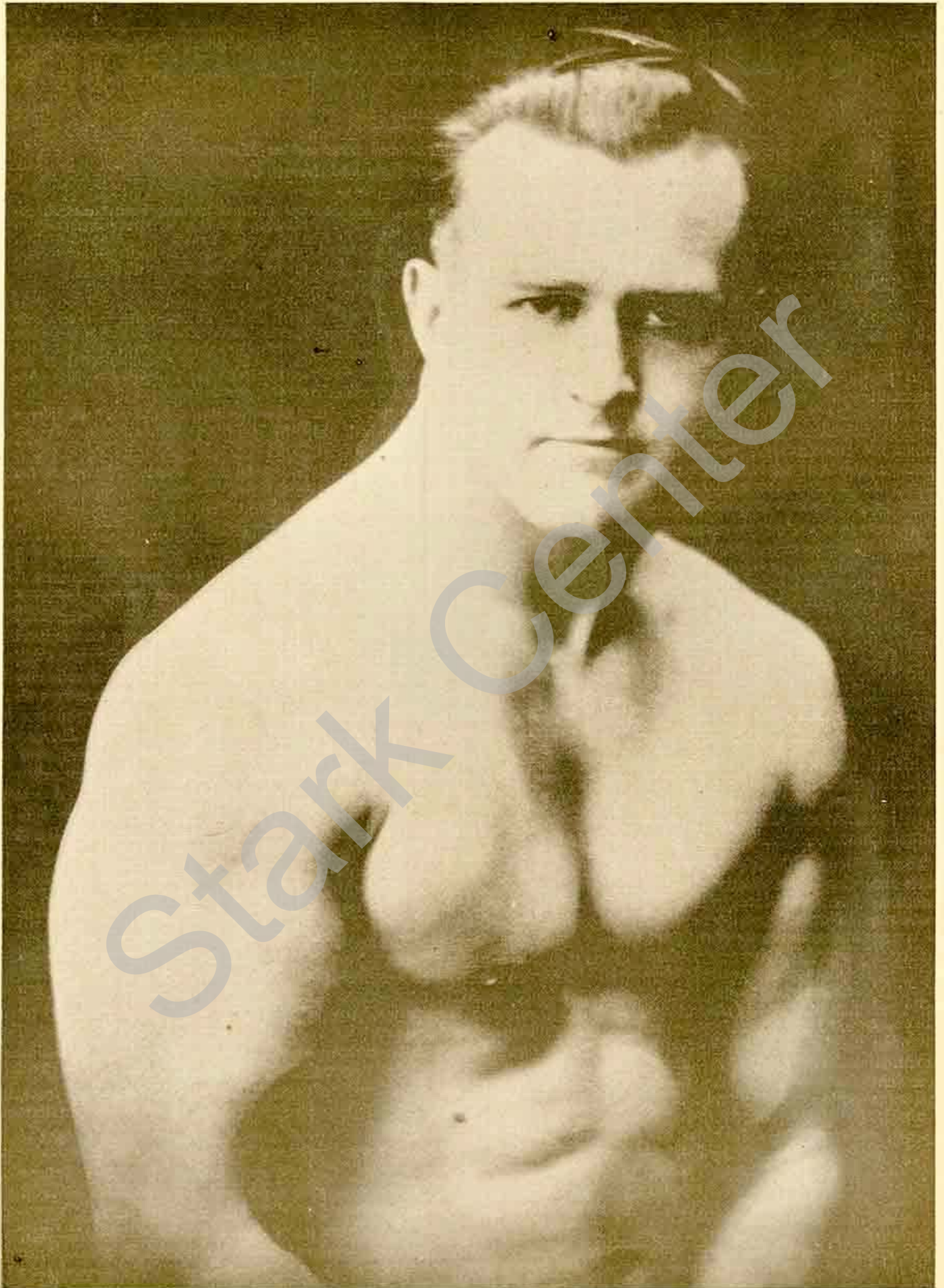
"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have re-read your book at least ten times."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time!"

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."



EARLE E. LIEDERMAN
"The Muscle Builder"

Author of "Science of Wrestling and Jiu Jitsu", "Muscle Building", "Secrets of Strength", "Here's Health", "Endurance", etc.

FOUND IN EARLE LIEDERMAN'S MAIL BOX

An Abundance of Praise Tells Why They Call Him the Muscle Builder

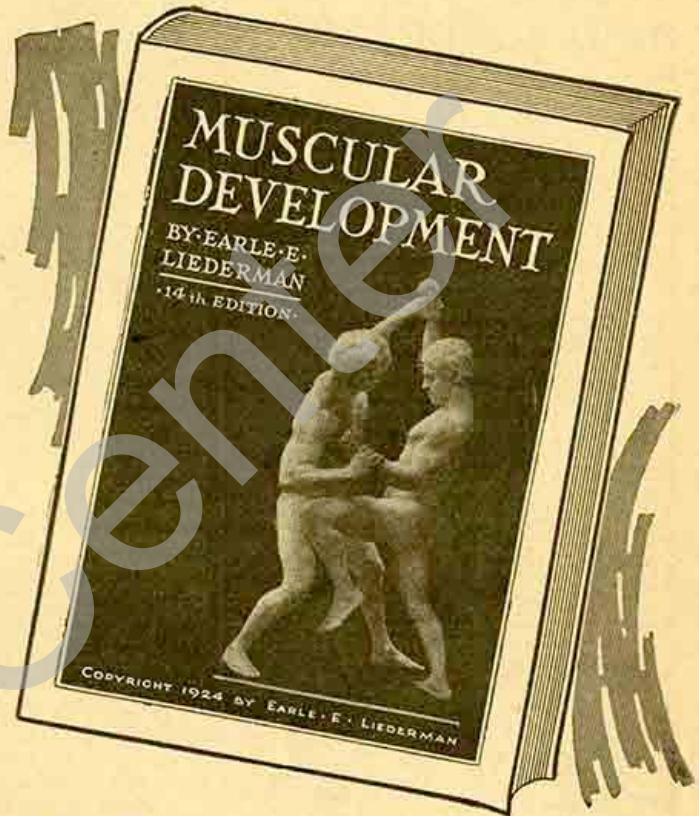
Earle Liederman's mail box proves why they call him the Muscle Builder—that's the real proof—that's the unchallenged showdown. When a student writes that Liederman does more than he promises, that he only promised one inch of solid muscle on his arm in 30 days and produced one and a half inches, that's what anyone would call making good. This is only part of one of the stories found in the mail box.

Another student writes to Liederman, saying that he is ashamed of himself that he ever even doubted for a second that the statements made by the world's famous muscle builder would even be half true—he writes further that he was forced to take a chance because he needed health and strength—because he didn't want to die, and that in the 90 days' time Liederman showed him the know-how of health and strength and he was made over again. He says that Liederman did not only put one inch on his arm in 30 days and two inches on his chest in the same period of time, but he now has a physique to be proud of, and instead of being protected by his gang he is now its leader and the popular idol of all who know him. He thanks Liederman for adding many healthy years to his life.

Still another letter out of the many thousands found in Liederman's mail box reads: "My dreams have come true. I am now strong and healthy. I always envied the fellows who had an excellent physique, and now, thanks to Liederman, my dreams have come true. For the first time almost in the 23 years of my life can I say that I fearlessly face the world. I now have courage to do anything; to tackle any task, because my strength not only gives me the physical power, but it has given me a new assurance that I can't fail. I awaken in the morning, knowing that I slept and enjoyed the right kind of rest that nature meant for me to have. I literally march around as if I owned the world, because I am bubbling over with health, pep and joy."

He Can't Fail—You Can't Lose

Liederman guarantees to put one inch on your arm in 30 days, and two inches on your chest during the same period of time. He guarantees to give you a physique to be proud of and to add many healthy years to your life. He gives you that springy step the rubber heel advertisements talk about. He'll put color in your cheeks and your arms will fill your coat sleeves. Those legs of yours will hold you up like they never did before—you will be real muscle all over. Liederman knows he can do it, that's why he makes this guarantee. Doing it for you will be only doing again what he has done for over 100,000 others. Make him prove his statements. That's what he likes. You can't lose, because he does not promise, he guarantees to do it, and in less than 90 days' time.



Take This Tip

Make up your mind that you are going to be strong, that you are going to be full of pep and that you will live the full number of years nature meant you to enjoy. You can do it if you will only quit doubting and let Liederman work on you for only 30 days. This will be long enough to prove that he never fails. The beauty of it all is that it does not cost you a single cent to find out. All you have to do is send for Liederman's free 64-page book, "Muscular Development," and see the photographs of all the prize-winning students he has turned out and read their stories. Then and only then can you realize why they call him the Muscle Builder, for you, too, will know that he is the man who can build real muscles, health and strength for you. Remember, it does not cost you a single cent to find out, so get busy—take this tip and rush the coupon for this big illustrated book.

Send For His New 64 Page Book
"Muscular Development"
IT IS FREE

It contains forty-eight full page photographs of himself and some of the many prize-winning pupils he has trained. Many of these are leaders in their business professions today. He has not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of them came to him as pitiful weaklings, imploring him to help them. Look them over now and you will marvel at their physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. The book is yours. He wants you to have it with his compliments. Keep it. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

EARLE E. LIEDERMAN

Dept. 703, 305 Broadway, New York City

It Is FREE	DON'T SEND ONE PENNY	EARLE E. LIEDERMAN, Dept. 703, 305 Broadway, New York City.
	YOUR NAME AND ADDRESS ON A POSTAL WILL DO	Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."
		Name
		Street
		City..... State.....
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The Mat

(Continued from page 44)

man. It is also more movable as in cases of violent inspirational emotion which women have a greater tendency towards than men. The least thing that excites them causes a greater rise and fall of the upper chest as you perhaps have noticed. One reason for this may be a more pronounced flexibility of the clavicle section of the sternum, but I think it is because women lack the muscular equipment that man has which makes the female chest more elastic from less strength.

In all of these exercises you should breathe naturally. Breathe in through the nose and out through the mouth as long as you can, without any fixed effort. When the effort for deeper breathing becomes necessary from the increased physical exertion, do not be afraid to open your mouth and breathe orally, instead of nasally. It is a perfect natural method, and is the marking place from regular nasal breathing to vigorous oral breathing. You do yourself no good by forcing yourself to breathe deep nasally. It is not natural. The hardest thing it seems for us all to do is to act natural in a fixed conscious movement. But the closer you study the natural movements of the chest, as of the whole body, the more advanced will be your progress. Now do not ask me how many repetitions you must make before you begin to breathe orally. It is not necessary. Breathe regularly but deeply throughout, and when the time calls for the change you will know of it. This may sound like strange advice, and away from the standard advice given by the majority of breathing experts, but I am telling you that those who advise you differently are wrong. You never saw a runner breathe through his nose during a race, or a horse or a dog. Neither do you naturally breathe through the nose when excited, or in a movement of physical effort. The reason why you don't is for the same reason why you do not yawn through your nose.

Deep nasal breathing is good and necessary, but what I want to impress upon you is that there is a dividing line, when nasal breathing changes to oral breathing. When this line is encountered do not fight against it but do as nature, the greatest physical instructor in the world, advises you to do—open your mouth.

DEAR MAT EDITOR:

I am very interested in anything about strength, and would like to know how many men in the world ever lifted double their own bodyweight. So far I can only find half a dozen who have done it, Saxon, Saldo, Maxick, Kotier, Pullum and Arco, along with yourself. I think it would be an interesting topic, for most of us are not familiar with the circumstances that govern the lift.

M. WILSON, Binghamton, N. Y.

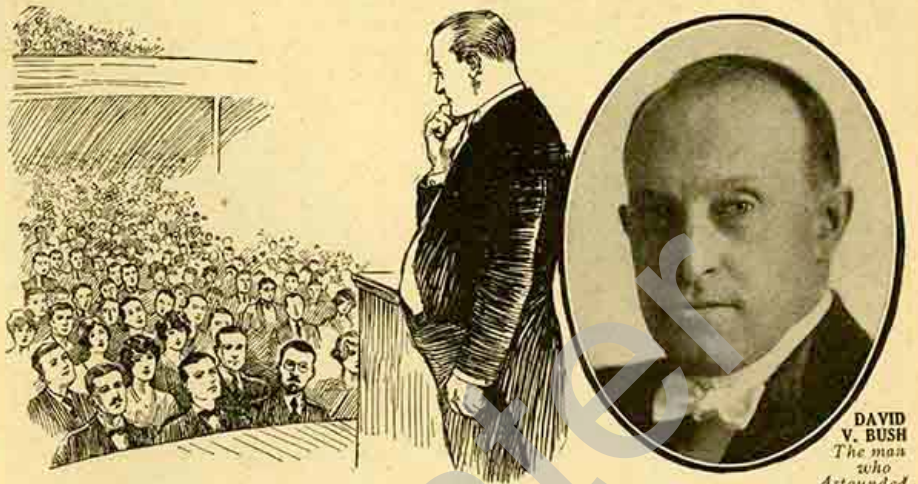
To followers of the sport of weight lifting, the double bodyweight achievement has a great fascination. It is a feat which all lifters dream about and strive to equal, being, beyond a doubt, the accepted pinnacle of the iron man's accomplishment. Few have acquired the honor, and few have come near to reaching success. Of course you should always remember when considering this feat, that it is considered beyond the expectation of a heavyweight. This is not because the latter does not always have the strength in proportion to his body weight, so much as the lighter man has more nerve force in comparison, and being of a less bodyweight, he has less weight to handle which naturally meets with less resistance from gravitation. On the face of this you would imagine the lighter the man the greater are his chances on this feat. Strange as it is the fact has never proved itself. Of the few men who have succeeded, the middleweights claim most honor.

Our Mat friend offers six names besides my own as successful candidates for the distinction, but the list is not correct. As he says, there is only a vague understanding on the subject, which is the reason why the list is confused. You see, the proper understanding on the double bodyweight lift is that the weight must be taken to the shoulders and raised overhead in a Two Hands Jerk, not a Two Hands Anyhow, which allows the lifter to handle two separate weights. Although it is an unwritten law among strong men, we have never accepted any other two handed lift on an equal footing with the Two Hands Continental Jerk. This lift allows the athlete to get the weight to the shoulders in two or more movements, and then jerk overhead. In both stages, taking the weight to the shoulders and then overhead, he must not be assisted. So far the men who have been successful are Maxick, of Germany, who weighed between one hundred and forty-seven, and one hundred and fifty pounds. He raised three hundred twenty-two and half pounds. Whur, of Germany, at one hundred and thirty-eight pounds, raised two hundred and eighty pounds. Kosakewitz, of Russia, did three hundred and eight pounds at one hundred and forty-five pounds, and Berkulo, of Holland, succeeded with three hundred and nine pounds at one hundred and forty-nine pounds. The lightest man to do it was Kliment, of Austria, at the featherweight limit of one hundred and twenty-six pounds. He lifted two hundred and seventy-one and a half pounds. At one hundred and fifty-four pounds I succeeded with three hundred and ten pounds, and Arco, at about one hundred and twenty pounds did two hundred and fifty pounds. Saldo never, to my knowledge, succeeded, although he was a great lifter, and owes his greatest distinction to being the first man to swing

more than his body weight with one hand. The brilliant English feather-weight, Pullum, just failed at double his bodyweight. He jerked two hundred and forty-two pounds, but failed to control the weight at arms' length. It was tough luck for him for he has done two hundred and thirty-eight pounds at a bodyweight of one hundred and twenty-one pounds. Of Kotier, I cannot say much. It is claimed that at one hundred and forty-five pounds he doubled his bodyweight. Saxon and Pullum doubled their bodyweight in the Two Hands Anyhow, employing two weights. This allows them to bent press one weight, and reach down and pick up a kettlebell with the other hand, after the big weight has been pressed overhead. If we were to consider this lift on an equal footing with the two hands continental jerk, then I could name a great many who have succeeded.

Well, Matmen, before I close I am going to ask you what physical problem is the most frequent in your mind. No matter how difficult it may appear to answer, or how out of the ordinary it may be, let me hear about it. Perhaps you have a friend who has some trouble in getting results? If I find I cannot handle your query soon enough for you in our Mat columns, I will write to you. Anyhow let us get closer together, and bring all your friends in. Tell me of your experiences and send in your photos. If you have a particular pose that is somewhat original, that is the one I prefer, or of stunts of yourself, or of others. Maybe you have seen a paper clipping that conveyed something new or strange to you, and you felt puzzled about the answer. If it will help you out, send it to me. We cannot learn too much on this subject of health, strength and body culture. We are always learning. I have some subjects which I will offer to you in the near future, full of new interest. The fact is I have made some discoveries that lead us a little more deeply, but with a clearer vision, into the paths of body culture. Then let us keep closer together so nothing will be missed, and in order to make things more interesting get your family, your friends and acquaintances interested with you in reading these columns, for the more we have in our midst, more topics are going to be broached and our knowledge broadened. Send me in a list of what you are interested in the most, then I will be in a better position to plan ahead for your benefit. This can always be better done among a larger following. My desire is that you do not remain just a passive reader for your own benefit, but recognize the fact that physical training is the greatest thing in the world and share the knowledge with others by bringing them into the monthly fold of the Mat.

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But It Ended My Stoutness

My first and only attack of stage fright showed me the way to banish excess fat—forever!

MY heart beat fast! In 15 minutes I was going to face a vast audience! In 15 minutes I was going to speak in Carnegie Hall, New York—the most famous lecture platform in America! One of the largest crowds that had ever assembled in that great hall was waiting for me.

Why did my heart beat fast? Why did I hesitate to face my vast audience? I was a seasoned speaker. I had lectured for years. I had spoken before thousands of people in the greatest auditoriums in the United States. Why should I feel afraid?

The answer was simple. That very afternoon I had received a critical letter from one of my followers. Here's what the letter said:

"Why is it you are so fat?" my critic wrote. "You—David V. Bush—America's greatest authority on right living. You tell others how to live—what to eat—how to care for themselves mentally and physically. And yet you do nothing about your own stoutness."

This letter stung me like a lash! My methods of right living had proved wonderfully beneficial to thousands of men and women. They had proved beneficial in my own case. Yet there was one thing I had been unable to conquer—my stoutness.

Vain Efforts to Reduce

For years I had tried to reduce. I had tried fasting, dieting, exercises, and mechanical appliances—everything I could think of. Nothing seemed to help. I remained as stout as ever.

I couldn't figure out the cause of my stoutness. I am not a heavy eater, but to look at my rotund figure, anyone would think I ate too much. Such was not the case. I ate moderately—lived temperately and took a normal amount of exercise.

A Startling Discovery

That night after the lecture a comforting thought came to me. It was this: All the reducing methods which I had tried were other people's inventions. I had never tackled the problem myself. I had never tried to invent a reducing method of my own.

For weeks I studied. For weeks I tried to find the secret. Finally I came to the conclusion that there was only one logical way to get rid of fat. Then I began to experiment on myself.

Imagine my astonishment! Imagine my delight! In 24 hours I lost 2 pounds! During the next 24 hours I lost 3 pounds more! Day after day I continued my new method of reducing. Day after day I continued to watch my weight. And day after day I continued to lose excess pounds.

I felt better than I had felt in years. I felt vigorous—vital—overflowing with energy. I slept soundly. My appetite increased. I lost that sluggish feeling that fat brings. My mind grew crystal clear. I was able to go through a long, hard day without the slightest fatigue! Needless to say, I continued my amazing reducing treatment. In three weeks I was back to normal weight! To say that I was pleased would be putting it mildly. I was overjoyed!

Nature's Method of Reducing. It Works or It Costs Nothing!

I want to tell you all about this amazing method of reducing which I have discovered. It is simply wonderful. I am delighted with it. My friends are delighted with it. Everyone who hears about it becomes enthusiastic!

I don't care how stout you are. I don't care how many times you have tried to reduce and failed. My amazing new method will make your excess fat melt away like magic—give you a normal, youthful figure—made you slim, buoyant, energetic, as Nature intended you to be, or the treatment won't cost you a single penny!

No starving—no exercising, no drugs—no external agencies—no mechanical appliances. You simply follow my instructions for a few days until your excess pounds disappear—until the scales tell you that you weigh exactly what you should.

This method is so simple that anyone, even a child, can understand how it works and why it works. It is so logical, so reasonable, so sensible that the moment you hear about it you will know instantly that it works.

Send No Money

Merely send me your name and address. When the postman brings you my complete instructions, "How to Reduce," simply pay him the special, low price of only \$2.98 plus a few cents postage. If at the end of two weeks you are not completely satisfied—if you do not lose weight rapidly and easily—then simply tell me so and your money will be instantly refunded. You risk nothing. WRITE TODAY. DAVID V. BUSH, Dept. H-693, 225 N. Michigan Blvd., Chicago, Ill.

David V. Bush,
Dept. H-693, 225 N. Michigan Blvd.,
Chicago, Ill.

Please send me your complete method, "How to Reduce." I will pay the postman \$2.98 plus a few cents postage. I understand that if I am not completely satisfied at the end of two weeks, I may return treatment and you will refund my money at once.

Name

Address

City State

I'll teach you in 24 hours

Music from a SAW!



JEROME LAMA read my ad only a year ago. Today he is a Star of NINE big radio stations. Photo taken in W.R.N.Y. Radio News Studio, N. Y.

Once a Machinist— Now a Stage Star!

A YEAR ago Jerome Lama was a machinist in New York. Tonight, in full dress suit, he will entertain thousands, to thunderous applause. Labor has changed to pleasure. Pleasure brings fame and fortune. Over Radio Stations WJZ, W O R, WNYC, WHN, WRNY, WOKO, WMCA, WE A M and WEBJ, millions have heard Mr. Lama. Mysterious music is his secret. You could believe it is a violin, but it is a MUSICAL SAW. Anyone can do it. In 24 hours, you can play with unbelievable sweetness. Then quickly learn the latest jazz and song hits, operatic and classical music. Folks crowd around, curious and wondering, for it is a musical miracle.

5 DAYS' FREE TRIAL

To prove how quickly you can learn, I will send you for 5 days' trial, an exact duplicate of my Musical Saw, special tempered, that I made for Mr. Lama. No notes to read, no dreary practice, no musical knowledge needed. Just three short simple lessons reveal every secret of success.

Startling Popularity—Big Money
Thousands have already learned—mystifying and fascinating their friends, invited everywhere, achieving startling popularity, opening the way to professional success. Let me tell you about these delighted, money-making, Saw Musicians whose music rivals the violin. Let me prove that you, too, can quickly play like a professional. Write me today. Play at the next party!

MUSSEHL & WESTPHAL

600 West Water Street, Fort Atkinson, Wis.

This Record FREE!

Double-time demonstration also shows strength, speed of the beautiful saw when used for cutting and for the various Or if you wish to cut your own record, the Saw will do it and you will have a record which all your friends will start to dance. No danger! Read instructions!

Send me the following in the enclosed envelope, and I will send you the Musical Saw, a record, and a book of instructions. No obligation to me, and no postpaid.

[] Free Trial Offer.
[] Phonograph Record (Send 10c to cover handling and postage if you want record.)

Write your name and address here:

C. J. Mussehl, Pres.
Mussehl & Westphal
600 W. Water Street
Fort Atkinson, Wis.

The Musical Saw

Sawdust and Resin

(Continued from page 56)

the day will ever come when people will be so filled with science that they will prefer the piano duster. Boxing bouts are safety valves that let out the killer spirit in us all. We feel better for it, and at the same time we know that whatever our actions are at such a time, they are not considered a breach of etiquette.

The fighting heart is what will always stand out in the knuckle dusting game, no matter what changes are made. You got a fine proof of this in the fight between Tunney and Carpentier. The Frenchman was always a dandy for appearance, a regular lady killer. Many had the idea that the Frenchman would never take a beating because of his pride in his looks, but to me he always appeared game, even if he did bring the motion picture appearance into the ring. None who ever saw that fight will forget that tenth round.

Carpentier was bleeding terribly, his face cut to ribbons. He was everything but out. His manager and seconds begged to be allowed to throw in the towel to save him, but he fiercely rebuked them and tore into his opponent with a fury born to stave off defeat. The crowd was mesmerized. Here was a man who had been knocked down, cut and slashed for rounds until he was hardly recognizable, now he was coming back like a house on fire. Instead of blowing up, he clinched and shook his head to clear it, from then on he completely outfought and outboxed the Marine in what was a stupendous exhibition of heart. As the fourteenth round drew to a close, George leaped forward as Gene drove for the stomach. The Frenchman received the blow right in the groin and went down in great pain as the bell rang. Carpentier claimed a foul, but as he did not come out at the sound of the bell the referee ruled a technical knockout, although the course of events had bewildered the referee so that he did not know just what to do. Nevertheless, it was one of the greatest fights ever seen, and from a sheik at that.

Not every man that pulls on a glove has a fighting heart. No siree, very few. Tom Sayers had it. He was all heart. Never scaling more than 152 pounds, he took on all and sundry. The bigger they were the harder they fell according to him. Perhaps his fight with John Heenan was the greatest

evidence of his pluck. It is a fight that stands out in pugilism as one of the greatest ever. They fought forty-two rounds over a period of time covering two hours and twenty minutes. The fight got so hot that a general wrangle prevailed, which stopped the fight and it later decided a draw. Here you have the same spirit, in two cases. One back in the sawdust ring era, and the other in the plush covered age of today.

They help to bear out my statement that no degree of refinement can change the fighting spirit of the men that the ring was originally intended for. These are not the only two instances by any means, there have been thousands, and there will be many more. Do you remember the Terrible Terry? That Irish lad could mix it and he loved to. His fight with Oscar Gardner was a thriller. Gardner tore into the Pennsylvania Irish battler like a streak from the very first, and knocked him around badly. So near out was Terry that he did not remember that he climbed up Gardner's legs in order to fight, which he did with a vengeance, knocking Oscar cold in the third round.

Kid Lavigne was another glutton. He soaked up punishment like a sponge. The only time you could rely on him being out was when the ambulance carried him out. The time he fought the black wonder Walcott, at Maspeth, Long Island, he treated the fans to a feast. For ten rounds he took one of the worst lacings ever handed out, but not once did he back up a single step. Everything that was sent over he caught. This kind of disconcerted the black, and from the tenth round to the end Lavigne was chasing Walcott all around the ring and this won him a draw.

The Jimmy Britt, and Packy McFarland scrap, Bat Nelson and Ad Wolgast, Ketchel and Papke, Frankie Erne and Joe Gans, Britt and Young Corbett and the one between Nelson and Eddie Hanlon were all resplendent of fighting fierceness. In the last clash, Bat was so badly licked that the police threatened to stop the bout, but the Dane came back and knocked out Hanlon. Bearing these fights in mind we need not worry what high state of polish the game is due for in the future, for as long as there are men to don a glove there will be plenty who will carry on the same desperate battles in the spirit of the old sawdust ring.

Ask the Doctor

(Continued from Page 54)

Lunch and Dinner

Meat—Broiled steak, roast beef, lamb, mutton or chicken (broiled, boiled, or roasted).

Fish—Baked, broiled, or boiled.

Vegetables—Potatoes, peas, squash, cauliflower, asparagus tips (well cooked or mashed). Later carrots, beets, beans, spinach, macaroni.

Bread or toast and butter.

Desserts—Gelatin, jelly (Jello), tapioca, rice, stale bread or cornstarch pudding, custard, ice cream, stewed prunes, canned peaches, pears, plums, baked apple, apple sauce, sponge cake.

Drinks—Milk, buttermilk, cocoa, water, tea (if allowed).

Avoid—Anything fried or fat. Everything highly spiced or seasoned, all mustard, vinegar, ketchup, horse radish, relishes, sauces and gravies. All tinned, smoked and preserved meat and fish. All pork, veal, and game. All raw fruits. All stimulants, tea (unless allowed), coffee (unless allowed), and carbonated waters. All pastries, preserves, and candies.

I would also advise you to avoid coarse foods, such as cabbage, corn, or anything that has a lot of cellulose.

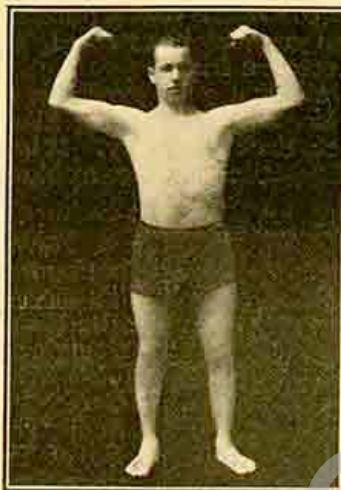
For the constipation, I would try bland harmless oils, such as Mineral Oil or Petrologar. I think that Bacillus Acidophilus in tablespoonful doses, after meals, would be ideal in your case.

QUESTION: Kindly give full directions for inhalations of hot steam for cold and catarrh.

C. J. C., Mobile, Ala.

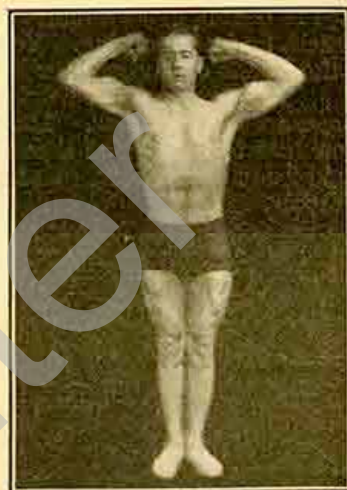
ANSWER: The usual method of ventilation for colds in the head and catarrh is to first have the windows and doors closed in the room to be used to prevent too free dissipation of medicated vapor. Take a croup kettle containing a quart of boiling water, to which has been added two teaspoonfuls of Compound Tincture of Benzoin (the compound should be added after the water is boiled) and place face, nose or mouth close to the vessel or kettle and inhale the vapor. A large towel covering the head and vessel would aid in confining the medicated vapor. Do this for ten to twenty minutes at a time and do not go out in the cold air immediately afterwards.

From Weakling to PANTHER-MAN



BEFORE

This fellow didn't have a single healthy, tough, fighting fiber in his body when he came to me. He was soft, flabby, an utter weakling.



AFTER

AFTER 30 days: Take a squint at the lad now! I tightened and toughened every muscle, I oiled his joints and gave him pep. Look at his body, send for my free book, and get a body like that for yourself.

Look at these two pictures! LOOK at them!! Then go peek into your mirror and see which one of them is more like you. Never mind blushing! Don't waste time being ashamed! There's no need of staying that way.

The chap in the picture got next to himself. They said he was a weakling—once. But the man who calls him that now will

have a battle on his hands. And the best part of it is that not only his appearance, but his whole LIFE has been changed! Instead of waking up in the morning with burning eyes and a heavy head, instead of ducking all sports that require strength, he eats 'em up! He's full of pep, stamina, strength and vitality. He never knows when to quit—and it doesn't matter. His body can stand the gaff, whatever it is. DO YOU want a body like that?

Panther Muscles or CLUMSY BEEF?

Which do You want? Do you want the long, rippling muscles of a panther—terrific in power, swift and sure in action? Those are the muscles that make CHAMPIONS—mus-

cles that THINK! Muscles under perfect control. Not Beef. Not fat. Not clumsy POUNDS.

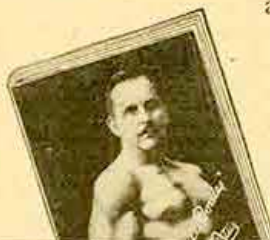
The TITUS System, the system that has trained thousands of the world's strongest men, the system that covers bodies with panther muscles will make a new man of YOU!

Better Built Bodies
MY NEW BIG BOOK IS A KNOCKOUT
AND IT'S YOURS FREE!

also full particulars of my
\$2,000.00 Prize Contest
for 1927

It contains true stories—stories of miracles worked in muscles. It's chock-full of actual photographs of myself and bodies I have rebuilt all over the world. Learn how Physical Culture Authorities keep in the "Pink" of condition. Read for yourself the story of Mr. R. L. Gaynor, a former invalid, who couldn't stand on his feet. See what a Physical Marvel and Athlete I made of him in 30 days. My record in muscle building will open your eyes. Fellow, if that body of yours is worth 2c—invest it in a stamp and shoot the coupon along NOW for your copy of this wonderful book. Make this day the turning point in your Life. Do it NOW! No strings, no obligations—“Better Built Bodies” is yours FREE!

The One and Only **TITUS** 105 E. 13th St. New York City



A Post Card is good too!

Don't
send
one
cent
—it's
FREE

TITUS, Dept. X-112
105 E. 13th St., New York, N. Y.

Sure I want the book. Send me "Better Built Bodies", packed with muscle-building facts, health hints and photographs of famous strong men you have trained. I don't send a penny—I don't obligate myself to anything.

Name

Address

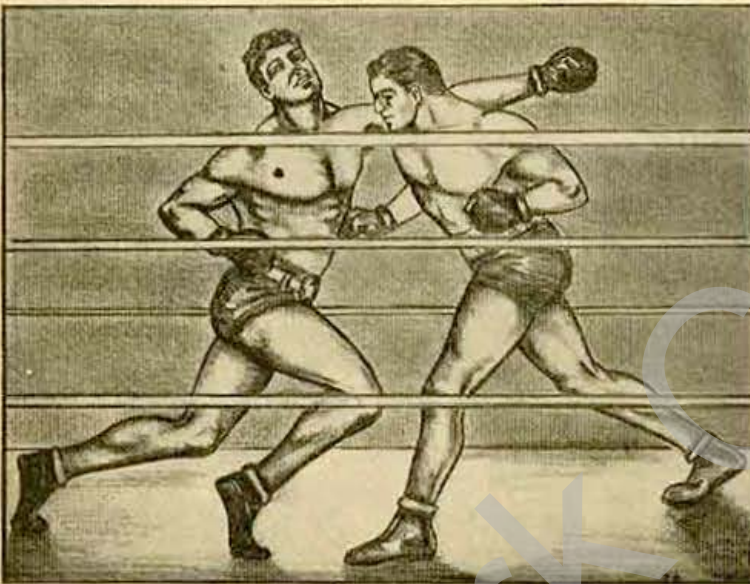
Town..... State.....

THERE MUST BE THERE IS A REASON

**Why Is It, That Some Guys Don't Have To Fight?
Why Is It, That the Bullies, Toughs and Hard Guys Keep
Away From Some Fellows?**

The fellow who knows how to protect himself can go anywhere without fear of molestation. The knowledge of boxing gives a man or boy an amount of confidence that is priceless. Knowing he is able to take care of himself, he fears nothing. You never know when you may be attacked, and the use of a few boxing tricks may be the means of saving your life, if not only to protect a friend.

The street-corner hard guy really isn't so tough; a good punch on the nose would soon tame him. Good boxers are never bullies. The gangster can be reformed by teaching him boxing. Every man and boy should know how to box. You should learn to jab, block, duck and parry. It is easy to learn the fundamentals of boxing in front of a mirror. Get a set of gloves and practice the different blows and counters with your pal, brother or father.



**Weight Lifters,
Athletes and
Strong Men**

SHOULD KNOW SOMETHING ABOUT BOXING. BECAUSE YOU ARE STRONG DOESN'T MEAN YOU CAN DELIVER A BLOW. MAYBE YOU THINK YOU CAN HIT HARD. BUT WHAT GOOD WILL THAT DO YOU IF YOU CAN'T HIT A MAN? YOU HAVE TO BE ABLE TO HIT A MAN TO KNOCK HIM OUT. BUY A SET OF GLOVES AND LEARN THE MANLY ART OF SELF-DEFENSE.

Charles
MacMahon,
Studio A-54
180 W. Somerset St.,
Philadelphia, Pa.

Dear Sir: Please send me the proposition I am checking off below. I am enclosing a remittance to cover cost of same.

- A set (4) of boxing gloves and the MacMahon Boxing Course, price \$7.00.
 A set (4) of boxing gloves only, price \$5.00.
 A Boxing Course only, price \$3.00.

Name

Address

City

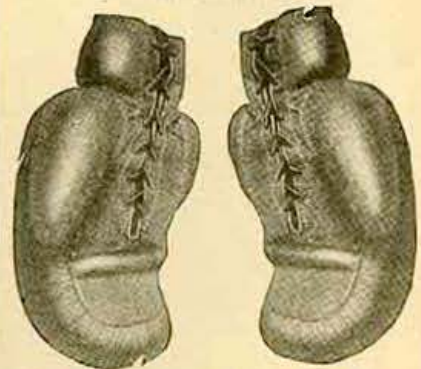
State

Pick a scrap with some guys and you will get licked. My pupils are able to take care of themselves. ARE YOU?

I give the biggest boxing glove value on the market. The materials in my gloves ordinarily go into the highest priced gloves. I want to gain your confidence. Give me an order and prove **NOW** it to yourself

Never was there a more thorough course on boxing written. In order to give you an idea of it's thoroughness, here are a few of its chapters: The Training Routine; Proper Diet for Fighters; Studying Your Opponent; How to Clench the Fist; What are Fouls?; Rules of the Fighting Game; Position; The Legs; The Hands; The Body; The Eyes; How to Practice; The Proper Use of These Parts of the Body; Clever Footwork; How to Advance; How to Retreat; Circling Your Man; Preliminary Sparring Motions; Back Stepping, Snapping Away; Taking Ground to Right and Left; Side Stepping; Dodging or Head Slipping; How to Dodge Right-Hand Leads; Ducking Left-Arm Swings; Follow-Up Work; Feinting and Drawing; Feinting and Dodging; Defense; Guarding and Blocking; Cross Guards; Opposite Parries and Limitless Blows, Blocks, Counters, Etc.

**A Set (4) of These
Gloves**



\$7.00

**WITH MY
BOXING COURSE**

SEE COUPON

CHARLES MacMAHON

Studio A-54

180 W. Somerset St.

Philadelphia, Pa.

American Continental Weight Lifters' Association Notes

(Continued from page 50)

One Hand Swing, One Hand Clean and Bent Press, Two Dumb-bells Anyhow, Two Hands Snatch, and the Two Hands Clean and Jerk. Commencing with the lightweight class I will give the poundages and totals of the winners in the classes at hand in the order of lifts as just named: Lightweight—A. Baxter, 126¼ lbs., 172½ lbs., 196¾ lbs., 161¾ lbs., 225¾ lbs., total, 883 lbs. Middleweight—A. M. Hopkins, 123½ lbs., 151¾ lbs., 175¼ lbs., 162¾ lbs., 217 lbs., total, 830¼ lbs. Light heavyweight—C. F. Attenborough, 169¾ lbs., 182 lbs., 199½ lbs., 184 lbs., 241 lbs., total, 976¼ lbs. Heavyweight—H. Wood, 162½ lbs., 192¾ lbs., 250½ lbs., 212 lbs., 273 lbs., total,

1,090¾ lbs. Apparently Baxter did not do so well as formerly. For a while his Two Hands Clean and Jerk records were approaching the sensational. The swing by Attenborough is fine, and the Two Dumb-bell lift by Wood is very creditable.

At the close of 1926 the English sent over a fencing team which created much interest owing to the international competition. It helped to bring that sport back to public attention. Those international affairs always arouse great interest as judged by tennis, golf, swimming, track and boxing. It helps to make us restless, and we look forward to the day when this will happen for those who follow the sport of weight lifting, when we will have direct competition with our British friends.

Hitting the Head Pin

(Continued from page 30)

cates toward this fine game. True, the game may not be ideal from the standpoint of muscular development, or superb physical conditioning, but nevertheless it continues to be one of our leading forms of amusement for athletically inclined manhood, and each year gains in popularity, winning additional converts to the idea of recreation in the form of some active pastime, as opposed to purely inactive forms of amusement. When hundreds of men in each community flock nightly to these centers of amusement, making a country-wide total of countless thousands, and secretly convince themselves that they are athletes in every sense of the word; then surely there is some lure about this pastime of bowling especially appealing to the manhood of our nation. Usually, if an athlete or gymnast is taking a workout which causes him to perspire quite freely, he looks upon his exertions more in the line of work than of recreation or play; or in other words, his avocation lacks sufficient appeal to his interest to make him believe exertion is play, without which interest no sport or pastime can claim and hold any widespread degree of popularity. This can hardly be said of bowling, for no matter how profusely a bowler sweats or how much exertion is attached to the sport, he looks upon it all as fun, even after a hard day at the factory or office. This may be seen, to cite an extreme example, in endurance bowling tournaments, where the contestants roll for hours.

After all, the life of any game, recreation, or form of athletic endeavor is determined by how much it can take the participant's mind away from the idea of work, and make him play hard and like it.

As mentioned previously, during the entire history of the game one man is credited with having rolled twelve perfect scores, which means that on a dozen

different occasions he was able to go through a game and knock down every pin every chance he got. This more or less lucky individual is John Koster, of New York City. Two bowlers have come very near rolling three perfect games in a row: Roy Flagg, of Aberdeen, South Dakota, made 270, 300, 300, the highest ever rolled in three games; while Wm. Roach, of Wilmington, Del., rang up a score of one less when he made 300, 300, 269. The game average in the former was 290, the latter 289¾. The highest average for a string of six games is 271½, made by Lee Johns at Newark, N. J., in 1909; his highest score was 279, which he made twice.

An annual event, of importance to bowlers, is the American Bowling Congress, when the National Championships are decided; this is held each year in a different city and lasts about one month. Thousands of skillful bowling specialists gather there from all parts of the country and compete for the handsome cash prizes that are offered. Only on one occasion was a perfect score made, when in 1913, W. J. Knox, at Philadelphia, rolled a 300, and incidentally made the highest total score for all A. B. C. tournaments, with a grand all-event total of 2,019.

Last year's A. B. C. brought out the following champions: Individuals, Votel, of Braddock, Pa., who accounted for 731 pins in three games; Two man team, Aston and Young, of Akron, Ohio, with a total of 1,355 for three games; Five man teams, Castany Cigars, of Chicago, with a high total of 3,063; the man hanging up the highest total for all events was Gertoski, of Detroit, with 1,981 pins in nine games.

The best score ever made by a woman was rolled away back in 1909, at New York City, by Mrs. Nellie Lester, who hung up a record of 277. You may select any large industrial plant or commercial institution that you wish in these

Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



The Result of Neglect
Hair—and eventual baldness.

NATURE HAS WAYS of warning us when certain parts of our body are sick or under-nourished. In the case of our hair the danger signals are itching scalp—dandruff—and falling hair. If neglected, these conditions will result in thin, lifeless

Curable through HOME TREATMENT

PROFESSOR MAURICE SCHOLDER, the internationally renowned specialist on ailments of hair and scalp, who has heretofore treated patients only at his Clinic, now offers a course of Home Treatment to any sufferer who is unable to come to his Clinic. Professor Scholder's Home Treatment

System is based on the principle of individual analysis, diagnosis and prescription. In other words, he analyzes and treats each case as an individual ailment. This diagnosis and prescription, together with his secret formulas and individual treatment, account for his uniform success in stopping loss of hair, and actually growing strong, new hair, in cases where less gifted and less experienced practitioners have failed completely.



Professor
Maurice Scholder

The newspapers in this country and abroad have proclaimed Professor Scholder as the marvel of his profession. Now, in his advancing years, Professor Scholder is not content to call a halt to the accomplishments of a long and honorable career. He is retiring gradually from treating patients at his Clinic and is devoting three days a week to treating patients by his Home Treatment System. His successful cures are numbered in the thousands and among his grateful patients are men and women of highest prominence.

Send a Sample of Your Hair for Analysis FREE



Pres. Roosevelt
One of Prof.
Scholder's many
famous patients

Professor Scholder will accept no case that is incurable. To enable him to determine the condition of your hair, send a few of your hairs (ordinary combings will do) in an envelope with this coupon. Professor Scholder will subject them to his laboratory tests and send you a report as soon as the analysis is completed. There is no charge made for this analysis and report.

Free Analysis Coupon

PROFESSOR SCHOLDER INSTITUTE		S-3
101 W. 42nd St., New York		
Professor Scholder:		
I am enclosing a few specimens of my hair for your analysis with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation whatever.		
Name	
Address	
City	State



Your Art Ability ANALYZED FREE

Here is your opportunity to find out how much talent you have. This simple, scientific test shows your natural sense of design, proportion, color, perspective, etc. It may show you the way to a big future—a real career.

Federal Students are Successful

Many Federal School students are making \$3,500, \$4,000, \$5,000 and \$6,000 yearly. The Federal Schools is recognized everywhere by employers of artists and by buyers of art work. Big prices are paid for drawings.

Learn Commercial Art at Home

If you like to draw, an almost sure indication of talent, the Federal Course will quickly develop your ability to earn money. Some students earn more than the cost of the course while studying. Many nationally known artists have contributed exclusive, illustrated lessons to the Federal Course. No previous training is needed. You will receive personal, individual criticism on your work.

Send TODAY for Questionnaire!

Just fill out and mail the coupon. There is no cost or obligation to you.

Federal School
of Commercial Designing

Room 16, Federal School Bldg.,
Minneapolis, Minn.

Send me your analysis questionnaire without cost or obligation.

Name

Present

Age Occupation

Write your address plainly in margin.

Learn How to BOX

JIMMY D. FOREST BOXING COURSE
HAS DEVELOPED
CHAMPIONS BY MAIL

In 20 weeks, under the System of Jimmy D. Forest, World's Greatest Trainer and Maker of Champions, you will master the priceless knowledge that has made champions and started hundreds of boys on the road to Fame and Fortune. Every six months thirty are selected from all classes and recommended to leading promoters for boxing engagements. That's how pupils are brought to the front at once. Boys who were once rank amateurs are today earning big money. The D. Forest Course is also the greatest Physical Training System in the World. It has made weaklings strong, rebuilt men who were physically run down, develops energy, self-confidence and courage. Send today for the new famous book, "The Golden Age of Boxing," greatest book of its kind ever written! Full of valuable information, photos of great boxers and pupils who become successes over night. Enclose 10c to cover cost of mailing, etc. Write now.



JIMMY D. FOREST BOXING COURSE
847 Madison Ave. Box 218 New York City

United States (there will be a few exceptions, of course, but here we are speaking of the majority of representative American establishments), and you will find the influence most conducive to the spirit of good fellowship between employees and executives to be the game of bowling. And indeed there can hardly be said to be a game in which the democratic feeling is so pronounced among department heads and those who must follow their dictates throughout the day. It is one sport where men meet on a common level and thoroughly enjoy the spirit of playful competition. The various departments of such concerns have contests regularly during the winter months, in which the bookkeepers meet the drill-press men, the plumbers meet the accountants, the foremen compete with the truckmen, etc. Besides these interdepartmental games, the different shops form leagues and vie with each other for premier honors in their particular city or county.

The man looking for a pleasant evening with the boys, can in some communities, find places where there is a desire to cater to groups of friends. We knew of one place where ten fellows could go for an evening of enjoyment and get a good feed spread out for them after a couple hours' bowling for only a dollar a head.

Those physical culturists, who preach the gospel of engaging in some activity, instead of watching others train, or play, would do well to make a few observations concerning this game. Of late years considerable effort has been made by physical educators to encourage mass participation in athletics in our colleges, and to discourage intercollegiate contests in favor of inter-class competition. The mission of the physical director in education is to bring the message of regular exercise to the greatest number possible, and induce them to keep fit through activity. The greatest obstacle he has to overcome is that of finding an interesting means of exercise. The spirit of play is the most practical way of getting numbers of people to exercise, and, in a general sense, it is the most effective. As advocates of this doctrine, we need go no further than bowling for a solution of our problems. In substantiation note this fact; the man who is tired after his daily tasks at work, is willing to spend a few hours at the bowling alley, without any persuasion or propaganda urging him to do so for the sake of his health or the betterment of his physical condition. No widespread

effort seems to be made to bring the man to the bowling alleys. Though these up-to-date recreation establishments do advertise to quite an extent in magazines more or less devoted to the sport, there is not, in our estimation, a very widespread amount of outside advertising to draw the attendance of non-specialists. It can hardly be said that direct advertising is responsible for attracting the majority of patrons; the modern recreation club exists, evidently, because of the demand for such a place where the actively inclined citizen may spend his spare hours in interesting amusement. A number of friends get together to have a good time and knowing where there is a modern club, they go. Indirectly, of course, bowling alleys are certainly well advertised; through the publishing of scores in the daily papers, and by means of large electric and display signs, and largely by conversation or personal recommendation.

A few years ago, the claim was made that bowlers never got appendicitis, and were singularly free of constipation, due to the constant abdominal contractions when sending the ball down the alley. We do not know how true this claim may be, still there can be no doubt of some basis of truth in such a contention, providing a really active follower of the game was referred to, and not a casual and indifferent participant. Inasmuch as the abdominal muscles are called upon to contract fairly vigorously at regular intervals during the course of an hour or more each evening, it seems logical that this form of exercise should have some corrective tendencies, so far as internal sluggishness is concerned.

Recognizing, as we do, the value of bowling as a means of recreation and active fun, let us here emphasize the fact that we do not look upon it as a physical training system, nor do we claim that any one might keep in first class condition by this means alone. Nor can it be advocated as a means of greatly improving one's physique, though there is no reason why you can not improve your mental and physical well-being by regularly taking part in this admirable sport. Mentally—relaxation from business cares; physically—general activity without extreme exertion.

We simply wish to urge a more broad minded attitude towards all wholesome games of active recreation, particularly as an adjunct to your weekly routine of keeping fit.

The Strongest Man That Ever Lived

(Continued from Page 39)

who was none other than Horace Barre. Louis discovered this young giant in his native province when Barre was only a boy. He later referred to him as "the boy still in his teens" whom he was taking to London to beat the real Sandow, where he would show the inhabitants of the tight little isle what real strength was. The arrival of Cyclops and Sandowe provided the chance for Louis to test his protege, but Irving's best lifts were not enough to make Horace feel warm. Naturally, they were a much-elated pair that night on their success in calling the boasters' bluff, but even at that Louis was not satisfied. Deep down in his heart was a thirst to teach the wilful braggarts a lesson. Why should men like them be allowed to besmirch the names and abilities of men who were good and loved the profession and followed it honorably. Louis realized that all he had done was to show to the public that the weights of Cyclops could be lifted, but Cyclops had not proven that he could do any one stunt that he, Louis Cyr, could do. Consequently, he reasoned how was the public to know he was a much better man than Cyclops. Thoughts began to become realities as the three got their heads together and decided to invade the "Cyclops-Sandowe" show the next night. Wednesday night arrived and the theatre doors opened, admitting three men among the regular audience who took their seats in the first row to impatiently await the feature act of the night. As the curtain rose announcing the strong-man turn, Mr. Labadie leaped upon the stage before Mr. King could say a word. He held up his hand and began to address the audience. "Ladies and gentlemen, last evening you will readily recall how our great citizen, Louis Cyr, the only man in the world entitled to call himself the world's strongest man, met Cyclops on Mr. King's terms and successfully demonstrated his ability to do everything that Cyclops did. The manner in which Louis Cyr did those lifts proved that he is a much stronger man than Cyclops, and we are here tonight to prove to you beyond a shadow of doubt that our citizen is the strongest man in the world. Last night Cyr lifted every weight Cyclops did, and now in all fairness we ask Cyclops to lift the weights that Cyr will lift. We have brought our weights with us and a wager of

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There are perhaps a dozen men in this country who have studied this business of body building. One of these men is Mr. J. Leonard Mason, Instructor of Physical Education at the University of Pennsylvania. Results count, and Mr. Mason's record covering the past fifteen years proves him to be one of the greatest physical directors in the country.

So we put this proposition up to him. We said, "We want you to write a course in Physical Development that we can offer to readers of STRENGTH Magazine. We want that course to contain all you know about training, body building and the development of great muscular strength. It must be clearly written, with exact directions, so that every man can carry out your instructions in his own home with certain results."

That course is now ready and, man, it is a wonderful course. It's got everything in it that a man wants to know. It takes you step by step, without strain, without excessive effort, toward that goal of perfect development. The directions are so exact, you can't make a mistake. Best of all, it costs so little that you do not have to give the cost a thought.

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\$1000.00 that Cyclops cannot follow Cyr half-way through his set of lifts. I might further say that the money offered by Cyclops and Sandowe to any one who successfully beat them according to their terms has not been paid over to Messrs. Cyr and Barre. We play fair, and do as we say," continued Labadie, "and here is the money to cover our statement." Suiting the word to the deed, he slammed a roll of bills on the stage floor.

Attendants began to carry in the weights belonging to Cyr, which had remained parked in a wagon around the corner of the theatre. Mr. King looked questioningly at Cyclops and began to confer with him, but it was plain to see that the German was not going to have anything to do with Cyr or his weights. With emphatic headshaking and pounding of one fist into the palm of the other hand, he laid down the law to his manager and the theatrical manager and insisted that Cyr had no right upon the platform. The whole bunch argued and counter-argued, but nothing in the whole world could induce Cyclops to attempt a single lift with Cyr. Many a man with less self-control than Louis would have struck the German for the many scandalous things he had said about him, but Louis was ever a gentleman; nevertheless, the look of scorn that settled upon his face penetrated the case-hardened hide of Cyclops and seared his soul with shame. So tumultuous and threatening did the assemblage become towards the foreigners, that the theatrical management feared for the safety of the building as well as the person of the performers. Cyclops was obdurate; he would not lift, and as the fact was recognized, missiles began to float through the air and the curtain came down, leaving Louis the undisputed victor of the field.

It was an ignominious finish to the boastings of the trio who had acted without the least particle of sportsmanship. Knowing that Louis was absent, they deliberately took the unfair advantage possible, hoping by such means to clean up and get away with the harvest of ill-gotten gains before Louis could return. But they played with a boomerang which came back at them and stripped them of any hope of popularity or success in America. They lived to regret their act, and although the two men, Cyclops and Sandowe, teamed together two or three years on the American stage, they were not successful. Cyclops returned to Europe little better off than when he came over. James Montgomery Irving settled down

in New York where he ran a gymnasium for many years.

A year or two later, after the Montreal episode, Irving and Cyclops met Sebastian Miller and Otto Schmidt, winning a contest on their own tests, which consisted of lifts and tests of chain and stone-breaking. The victory is not one at which to marvel. If a man cannot beat his opponent on his own stuff, he cannot win on anything. Nothing could induce the pair to meet Miller and Schmidt on their set of tests. No, sir, they took no chances, although it is interesting to note that no one apart from Cyr lifted Cyclops' bell in America. Cyclops claimed that he lifted two hundred and eighty-six pounds two nights before this contest. Personally, I do not believe it, for the simple reason that Cyr said he later lifted the bell in private, when Cyclops was nightly claiming two hundred and eighty-six pounds for the lift and doubted if it weighed over two hundred and forty-five pounds. He ought to know; nevertheless, it was a lift that impressed the public and was the undoing of many a man who could trim Cyclops soundly on a general set of lifts. After the contest with Miller and Schmidt, nothing more was heard of them.

The sensational manner in which the big Montrealer unmasked the two rang around the world, and the Europeans and British began to marvel as to what kind of man Cyr was. Cyclops on his return to France told Professor Desbonnet that he never saw such a big man in all his life. He said that when Cyr confronted him on the night of October 28, 1891, the size of his arms and chest stupefied him. He further admitted that by the manner in which Cyr tossed around his weights he knew that Cyr had twice his strength, and he would only have made a bigger fool of himself than what he already had, if he had lifted against Cyr on the following night in Montreal, when Louis had all his weights carried on the stage. Desbonnet did not feel inclined to believe all that Cyclops told him of the St. Cyprien giant, for at that time Old France had a marvel of her own, a man of extraordinary proportions and over the average height—Apollon, the French giant. The Parisian professor was a little bit inclined to believe that Cyclops was offering an excuse for his defeat: but the splendid professor was to bow before the ponderous Louis in submission and recognition of a super force. Out of it all the mountain of strength received many pressing offers to perform in England.

Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hpd to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told the secret.

And here is the secret: *he keeps his spine in trim.*

Any man or woman who thinks spine motion doesn't make a difference should try it! It is easy enough. First, though, you may be curious to learn why a healthy spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation," or cartilage, wears down and flattens out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know

how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I believe nothing in the whole realm of medicine or specialism can quicker remake, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours' sleep. It shows what a sound nerve-mechanism



HOBART BRADSTREET, THE MAN WHO DEFIES OLD AGE

will do. He says a man's power can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week, you should have new health, new appetite, new desire, and new capacities; you'll feel years lifted off your mind and body. This man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all, the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any payment or deposit on delivery. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

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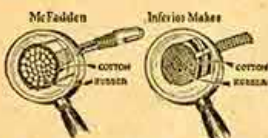


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Heart Afflictions

(Continued from page 32)

secures a firm hold. One conclusion that may be sound is that whereas in years gone by certain diseases had a higher mortality than in recent years, even though the patient lives after such attacks, he may have acquired a weakened or diseased heart, which will show to worse advantage further along in his life. Medical skill has advanced to such an extent that it may overcome attacks of epidemic and other diseases, but still may not eradicate the effects of the attack on the vital organs.

Today it is becoming generally known that a certain belief, formerly held by the general populace, was the most pernicious sort of belief imaginable. This was the idea of parents that their offspring must have certain "children's diseases." Now we find that many of these "harmless" illnesses leave weaknesses of the heart that in later life bring on heart disease.

Certain drugs, nostrums and "dopes" used nowadays for other purposes have a deleterious effect on the heart; this might include all manner of headache remedies containing bromides, acetanilid, antipyrin, acetphenetidin, caffeine and other harmful drugs. Aspirin is also a very dangerous thing to take on account of its effect on the heart. It has been said, that one day is taken from your life for every dose of aspirin that is taken. Many investigators who have studied such things propound the advice that the increased use of such drugs and potions as referred to above, is the real reason for the increase in heart afflictions. During recent years the use of these remedies, and preparations containing them, by the people at large, without the supervision of the physician, has increased rapidly, and thorough study and investigation has shown that there has been a marked increase in the number of cases of poisoning reported, in the number of fatalities and the number of instances of habitual use of these drugs. Such preparations should only be taken at the instance of a reputable physician.

Undoubtedly, having noted the outline of heart disorders and probable causes, the reader will be interested in the necessary care, possible treatments and ways of avoiding attacks.

It is unwise for the sufferer from any sort of heart affliction to use either tobacco or spiritous liquors, and it would be best for them to refrain from drinking either coffee or tea. In most cases of heart irregularities and de-

fects, either rest or taking life easy is imperative. The safe degree of exertion would depend on the nature of the disorder and its severity, and if it is established that there is any definite affliction, one should have the advice of a competent physician before following any undue form of exertion. There are some forms of heart trouble in which properly prescribed exercise will be of decided benefit.

Cases have been reported where persons suffering heart disorders have eradicated them by climbing stairs as a systematic daily exercise. Likewise, certain forms of physical training have been advanced as being capable of bringing about a cure, but the truth of such statements lies in the nature, degree and extent of the disorder. As previously noted, in going over the various irregularities peculiar to the heart, certain conditions are amenable to properly supervised physical culture treatments, whereas in other conditions, it would be almost suicide to follow such a course. Those with established heart disorders will do well to avoid hurry, worry, over-exertion, over-eating and drinking, and very bad, cold or stormy weather, as well as anything that may bring about undue excitement.

Many persons succumb while attending public games and exhibitions such as ball games or prize-fights, where they become unduly excited and shout. During sudden, heavy snow storms, many succumb from the over-exertion of ploughing through deep snow on the way to work or church, when they might just as well stay indoors for one day or so. Statistics show that deaths from this cause are highest during cold weather, so it would do well to take it easy during the winter.

It is not always very wise to inform an individual of the fact that they suffer from heart disease of some form. In many cases, persons, thus informed, worry and pay altogether too much attention to themselves and their condition. Where an extreme amount of care is necessary, then they must be informed. Of course, such things depend on the physician in charge.

Have all sources of infection, such as bad teeth, diseased tonsils and sinus troubles removed or corrected; be certain to get plenty of rest and sleep; so far as exertion is concerned, keep well within your limit and avoid excess excitement and hurry, late hours and overeating. Aside from taking proper care of oneself in a hygienic way and by regulation of diet and daily habits, the only thing you can do is observe the general rules and precautions above-outlined and put yourself in the hands of a competent physician for treatment and observation.

A Natural Method of Developing Beauty

(Continued from Page 35)

about one hundred to one hundred and fifty, Fig. 4.

Stand erect with the heels flat on the floor and the arms straight, keeping them about six inches from the sides. Bend the knees slowly, keeping the heels flat on the floor, and raise the arms to a line with the shoulders. Inhale deeply while going down and while the arms are being raised; exhale as the body rises and the arms are returned to the sides. Be sure to keep heels on the ground throughout the movement.

Lie on the back with the hands clasped behind the head. Point the left toe and rotate the left leg in a circular movement, keeping the leg straight, and not allowing the heel to touch the ground. Then alternate and use the other leg.

Use the same position for this exercise as the preceding one. Raise the right knee, simultaneously bending the knee and pointing the toe; extend again, but do not allow the foot to touch the floor. Alternate with the other leg.

Sit with the body erect and hands in front of the shoulders. Bend slowly forward and extend the arms forward towards the feet. Extend the arms forward towards the feet and extend the hands until they reach as far towards or past the toes as possible. Reverse the movement and continue until the body is reclining on the floor and the arms are outstretched above the head.

Lie flat on the back on the floor with hands stretched behind the head. Raise both legs simultaneously, bending the knees and pointing the toes. Extend the legs again and point the heels. Do not allow the heels to touch the floor.

It is advisable to always finish your exercising period with the last four exercises. Be sure to conclude your exercising period with one of the foregoing abdominal exercises, so that the blood will be returned to the stomach region where it is most needed.

No doubt, you thoroughly realize that reading, in itself, matters little, but what one thinks or does as a result of that reading is of real importance. A regular use of the exercises given here will accomplish much in the matter of beauty attainment. The daily use of these exercises will go a long way toward making you the example of vigorous health and beauty that you always desired to be. You will be a living proof that real beauty is more than skin deep.

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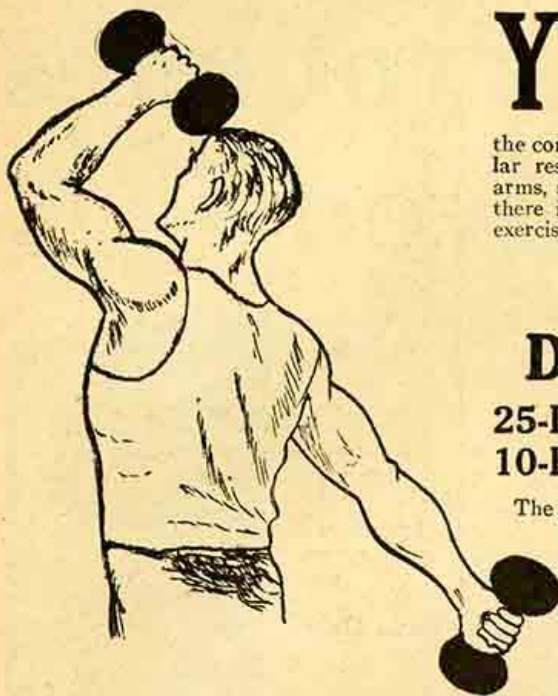
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It's A Rough Old Sport

(Continued on Page 58)

is because wrestling develops a constitution that can stand most anything.

"The game is modified somewhat since the days of the original Lewis, but it is still no pink tea affair for the wrestlers. Perhaps some of you remember the bout between Hackenschmidt and Gotch. This was an example of what naturally takes place in wrestling when one man is too good to be defeated by normal easy-going methods. Hackenschmidt was one of the strongest men in the world; was the recognized champion of Europe, as agile as a cat and could handle the average man like a man handles a child. Gotch knew he was up against something beyond any of his past experiences. He realized he was meeting a man stronger, probably as fast and equally as experienced. Gotch figured his only chance was to give 'Hack' more than he could assimilate, and during the bout Gotch put this idea into practice with a vengeance. When a man like Hackenschmidt can be treated so roughly as to protest, it shows that the sport is rough enough to ruin an ordinary glove artist.

"Well, I remember the time that Fred Beel, the 'Wisconsin Whirlwind,' met Americus (Gus Schoenlein) and put the Baltimore boy on soft food and in such a condition that he was unable to walk.

"At another time, Joe 'Yankee' Rogers was selected to put Beel out of the running. Rogers used Beel very roughly about the face and eyes, certainly not a nice thing to do, and Beel grabbed Rogers' arm, jerked it out of joint and made a hospital job of 'Yankee.' All of this, let us grant, was rough work.

"Dan McLeod was another aggressive wrestler who afforded further proof of the gruelling that seems to be a necessary part of the wrestling sport. He often prowled around as a 'ringer,' sometimes showing up at county fairs. One day Dan heard of a young farmer up in Iowa who had made a bit of reputation and thought he could wrestle, so Dan journeyed hence and made an agreement to meet the farmer. They struggled for a couple of hours, but Dan's wind could not keep up with his ambition and the other boy got away with Dan and both were skinned, lamed and bleeding. The other fellow was Frank Gotch, which shows that a wrestler never knows what he is up against.

"Then there was Paul Bowser, who has retired from active wrestling and joined the ranks of the promoters. Paul wrestled for years and often traveled with carnivals, meeting all comers. Paul was lighter than most of the heavyweights that he met and often went against some tough young men. Sometimes ordinary methods would not produce a fall, and, when necessary, Paul would pick his opponent up in a crotch hold, lift him high and slam him to the mat and throw his own weight onto him. No boxing champion could

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undergo this procedure without admitting that wrestling is rough. There are wrestlers strong enough to lift any boxer in this manner and many of them do it in wrestling contests when circumstances justify it and it is all in accordance with the regular rules.

"This seemingly necessary roughness is not confined to any one set of men. It is not limited to any one country. America has not been the scene of the only rough bouts. Some were in France, others in England and some have been across the border in Canada.

"There is no sport in which the virus can get into action to a greater nicety than in the mat game. Take the fight game and a few good punches may send the weaker brother down and out. but in wrestling they can hold on, twist and torture, and still the contest goes on.

"Wrestling is one sport in which absolutely every muscle comes into action. It does not call for special development of any one set of muscles but needs an even development of them all. Sometimes a bone will break or a tendon will tear and it is curtains for the unlucky man.

"Still, with its inherent roughness, it is the game of the hardest manhood. It develops all the endurance, grit, toughness and strength necessary to withstand its inherent roughness, otherwise, wrestlers could not continue to wrestle for years. It is rough, hard work, always requiring plenty of grit and courage. It has no equal for developing general all around strength agility, toughness, endurance and grit, but it is unquestionably one of the very roughest sports in existence."

Life Extension

(Continued from page 21)

is, therefore, two-fold, in the first place, to hold, and, if possible, increase the affection for STRENGTH which its present readers have and increase the size of the circle of its friends.

STRENGTH has grown in both circulation and influence from the pamphlet issued six times a year to its present size and has, we think, become materially more interesting to its readers, as well as interesting to a larger circle of readers, and we hope that its growth from both points will continue.

We have always wanted our readers to feel that STRENGTH was their magazine and that we wanted to hear from them when STRENGTH either pleased or displeased them. After all, the issues that we consider particularly good may not seem to be unusual to our readers, and this at least we would like to know. Of course, improving the magazine is our job, and we should put in our time at it and not ask you for yours; but we do know that many of you have and many more of you will write in to help us in making the magazine more interesting to you by telling us what you want.

Besides that, we want you to realize how pleased we are to receive letters which have to do with the contents of the magazine.

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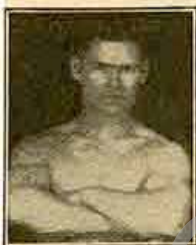
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Finding Time for Exercise

(Continued from Page 41)

plenty of vitality, you want to be able to show a good stout neck to the world, so here are a couple of unbeatable stunts for achieving the object for which you are aiming. Holding the head on each side, push the head to one side and then to the other, while you push with one hand resist with the opposite hand.

Another equally effective neck movement is to place the hand under the jaw and push the head back, meanwhile resisting stubbornly; then force the head forward against the resistance of the hands. Also practice twisting and turning the head in all sorts of directions.

Now to wind up the allotted few moments you are able to spare for this most necessary reason; it is always best to conclude any set of exercises with abdominal work, so as to bring the blood to the internal organs to aid in the business of digesting and distributing the food fuel.

Lie on the floor and hook the feet under some stable object, as the foot of your bed or under the bureau, and then clasping the hands behind the head, raise to a sitting posture and lower back to the reclining position. Repeat a few times, working rather slowly. Then, for the sake of variation, remove the feet from under the support, and practice raising the legs in the air while the back remains flat on the floor; in this movement the hands may either be clasped behind the head or stretched out on the floor. By combining these two abdominal exercises you get just about all the muscles on the front of the torso below the chest.

The few effective exercises just enumerated can all be done in a few moments' time, and if persisted in for a few months will repay you several times in dividends of health and a general feeling of vim and vigor. Indeed, the consistent application of these movements for a few weeks will be certain to show some results in the form of added energy for the day's business of making a living.

So far, we have said nothing about muscular development, outside of some references to the neck. That's where we wanted to surprise you, to get you to put in a little regular time and you would soon be the proud possessor of a he-man's physique, providing you followed our instructions as to walking, running up stairs, and the exercise text as well.

If you are overweight the excess girth will soon melt away, and if underweight, the tissues will soon be in a position to assimilate added nourishment and make you a real voracious eater and give you the required body-weight.

Having become more efficient through physical culture, after thoroughly trying out these few movements, you will want to add to them. Then I should advise you to peruse other articles in this and other copies of **STRENGTH**, and by the use of a little common sense, you will become a physically fit specimen of humanity.

It is well to choose your exercises with regards to the sort of work you do all day long. If you use the legs mostly, then you need arm and shoulder exercises; if you stand still and use the arms, then you need lower limb activity, whereas if you sit all day and exert no part of the body, you need all kinds of exercise.

Regarding diet, it is well to eliminate undigestible items, and to eat heartily of all wholesome foods, drink plenty of water, and follow each exercise period, if possible, with a warm shower (not hot); if the latter plan inconveniences you, bathe whenever you can, but you should try to bathe at least twice weekly.

Live under some such regime as herein outlined and in short order you will have so much pep you will have plenty of time for exercise and lots to spare, besides.

Constipation

(Continued from Page 46)

special work is to form acid in the bowels, and as long as this is done, all will be well, but in the state of chronic constipation, they are depleted, which proves to you that corrective diet is the only remedy that can reinforce the stock of acid formers with more of these protective agencies. In this big work, diet is the greatest factor to deliver the body from the germs of putrefaction.

You must get rid of the digestive fecas. Keep it moving out of the system. Do not be misled with the idea that frequent stools are harmful, as long as they are healthy all is well.

Bag Punching for Exercise

(Continued from Page 28)

Bag punching can be practiced indoors, outdoors, or in any place that is eight or ten feet square and has a ceiling high enough to allow a backboard or platform to clear the top of your head by two, three, or four inches. You must have good light, of course, for very bad light is hard on the eyes when it comes to watching a lightning-fast bag swing back and forth.

Health, Strength and Beauty

(Continued from page 52)

of foods containing sugars, fats and starches. Eat freely of fruits and vegetables, especially cabbage, lettuce, celery, spinach, string beans, cucumbers, carrots, tomatoes and turnips.

Here is a menu which you might try. I am sure you will find it very satisfactory.

BREAKFAST

Choice of orange, apple, half grapefruit, berries or stewed fruit (no sugar or cream).

Choice 1 egg (not fried) or lean bacon.

Choice small dish oatmeal, shredded wheat or puffed rice. Use thin milk but no cream or sugar.

Choice 1 bran biscuit or wheat roll or 1 slice whole wheat bread.

Coffee or cereal coffee (no sugar or cream).

LUNCHEON

Vegetable soup or consommé.

Choice of lettuce and tomato salad, fruit salad, or a small portion of chicken salad.

Choice of 1 bran muffin or 1 slice whole wheat bread.

Buttermilk or weak tea.

DINNER

Choice of oyster stew, chicken or beef bouillon, vegetable soup (not creamed).

Choice of moderate helping of lamb roast, beefsteak, bluchfish, halibut (broiled), macaroni and cheese (very little) or a one-egg omelette.

One potato, baked or boiled in jacket.

Choice of brussels sprouts, cabbage, squash, spinach, beets, carrots, string beans, tomatoes, lettuce or tomato and lettuce salad.

A few saltines or one slice whole wheat bread.

Stewed fruit.

Walking is a very good reducing exercise, as is also rope skipping. To reduce the stomach, practice the exercises given R. A. G., above. To reduce the calves and thighs, practice the one-leg squat; that is, holding one leg straight out in front of you, squat down by bending sharply at the knee of the other leg (flat foot) and resting the weight of your body on that leg. At first you will have to place your hand lightly on the seat of a chair for support. Repeat the exercise many times.

At Fifty, If You Make It

Albert McConagley

He was so engrossed in the letter that he was reading that I stood in his office for some time unnoticed. I had gotten by his secretary through a subterfuge. Presently he felt my presence and looked up. "Pardon this intrusion and permit me to introduce myself," I said. "Mack is my name, by training a physician, by choice a conditioner."

"Pray! What is a conditioner?" he asked. "A conditioner," I replied, "is one who does for a rundown individual what a mechanic does to a rundown automobile."

"In other words, you are a trainer."

"No! not exactly. A trainer fits men for competitive athletics, a conditioner builds up men for the efficient life." By this time I could see that I had aroused his interest and that we were going to begin on a friendly basis.

"Here is something that might interest you," I continued, placing on his desk before him a clipping from a local paper containing the photograph and details of the death of a prominent oil man who had just passed away in his forty-seventh year from apoplexy. He glanced at the clipping and said: "This is a coincidence; he was one of my best friends and when I was Governor of the state, one of my official family. I have just returned from his funeral and have been inexpressibly grieved ever since his untimely passing. He was just in the prime of life, had amassed a fortune, and was just entering his halcyon years. It is one of the greatest tragedies that I have ever known."

"To pass on at forty-seven, Governor, and especially when one has so much for which to live is, indeed, a tragedy," I replied. "But these tragedies are occurring every hour in the day. Men who, in the pursuit of the dollar and fame, disregard or break nature's laws."

Accepting the proffered cigar, and his invitation to draw up a chair and be seated, I experienced great satisfaction when I heard him tell his secretary to see to it that he was not disturbed for thirty minutes. That would be time enough.

He was forty-eight years of age. He had been Governor of the State for four years, and at the present time was the active head of a large insurance company. I had struck him at the psychological moment. The lesson of

his friend's death had sunk deep. He resembled him in physical characteristics and habits. By a process of self-analysis he knew that he was slipping, that he was not as good a man as he used to be. He said that he had not abused himself much, but he had neglected himself terribly. He knew that more invalidism came through disuse than through abuse. He was a swivel chair man and to this and his automobile he attributed most of his physical deterioration. He had been, for some time, a subscriber to a Urine Analysis Bureau and the last few reports that he had received from them were not very reassuring. He was eager to talk and confide in me.

"However, I do not believe that I am very much over weight," he finished.

"There is no arbitrary standard of weight," I replied. Weight is relative. It is true that the Insurance Companies have such standards, but they are fallacious. These standards have been worked out by actuaries and are determined by the law of averages. They serve their purpose. It isn't so much the weight as it is the character of the weight that counts. There are two men of my acquaintance, each five feet eight inches tall. One weighs one hundred and forty-five pounds, the other one hundred and seventy pounds. The former is built along the lines of a race horse, long, thin arms and legs and a slender torso. The latter is his antithesis. He has short, thick arms and legs, and a heavy torso. Both are normal. Many heavyweights, both men and women, have been ruined by trying to adjust themselves to these arbitrary standards of weights and measures.

"I realize that I am soft and flabby. That's bad; it's always a precursor to organic disease. All of the postural defects like flat chest, sagging belly, round shoulders, spinal curvature and fallen arches arise from a lack of tone in the skeletal muscles. But do not forget that the heart, blood vessels, kidneys, liver and intestines are also muscles, involuntary muscles, it is true, but none the less muscles, and it is the deterioration of these organic muscles that has so much significance. Why is it, Governor, that so many middle aged men who develop pneumonia die? They are always the soft, flabby, overweight type. They really do not die from the pneumonia, the

heart gives out. This is what happens in pneumonia. The lungs get consolidated with blood and this lays an additional burden on the heart and the heart being flabby is not able to handle this additional load and it stops beating. So that the flabby man who develops pneumonia, typhoid fever or who finds it necessary to go under the knife, is at a tremendous disadvantage because his margin of reserve is nil."

At this juncture he arose to stretch himself and I had an opportunity to study him from another angle. I observed that his feet were bad and that his waist line was way out of proportion. To my question, "How about your feet?" he replied, "They do not behave at all. They are either tired or they hurt me."

"Of course they do! Your arches are beginning to go. Weak muscles again."

He said, "I have been told that it was due to the fact that I was taking on weight."

"Nonsense! Good arches will carry a ton. The trouble is, that the ligamentous bands that go to support the arch have gotten into a condition of atony and you have aggravated the trouble by wearing arch-supporters. You have taken the work off the natural supports."

"Can you build up weak arches by exercise?" he asked.

"Absolutely."

Placing his hands on his rather expansive abdomen he said: "It seems to me that I ought to be able to remove, by exercise, at least twenty pounds of fat from here."

My reply surprised him. "No!" I said, "I do not believe that you have any excess of fat on the abdominal walls. It is sag. The abdominal muscles which nature intended should support the intestines, have reneged. That's all." This was not quite clear to him and he was not convinced that his girth was due to anything else but an accumulation of fat.

"Now I will show you a little test that will be both surprising and convincing." So suiting the action to the words, I produced a tape and telling him to relax completely, I slipped it over his waist line and it showed 48 inches. "Now," I said, "Draw in your abdomen as far as you can." This measurement was 39 inches. That was convincing enough. Nine inches sag. The experiment further showed that there was still some tonicity in the abdominal muscles and that the prognosis

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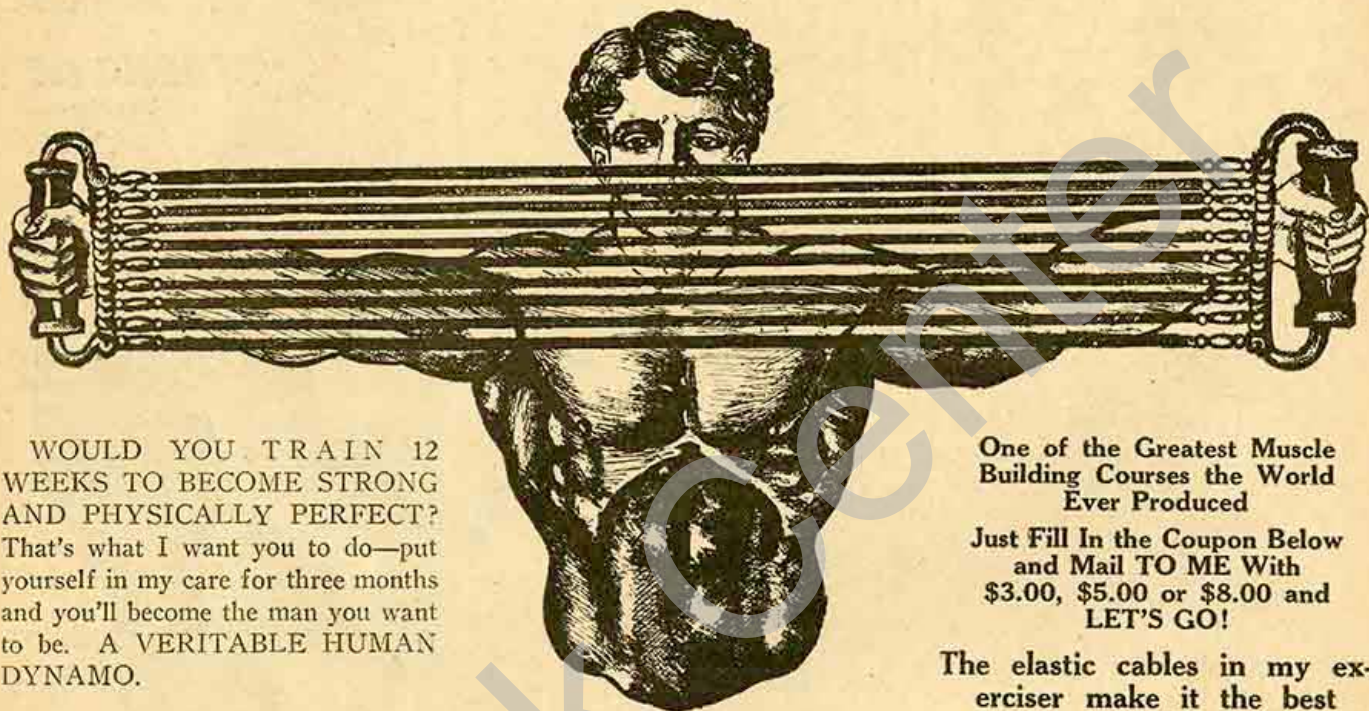
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"What is your attitude toward smoking? I notice that you smoke and it strikes me as being an inconsistency. I came through the railway freight yards this morning and I noticed a box car on a siding on which was the following inscription: capacity 100,000 pounds, load limit 120,000 pounds. That car had a safety factor of 20,000 pounds. Every steel girder, footings in a building, and automobile engine has a safety factor, and the human machine is no exception. This safety factor is one of the greatest things that we have in the schemes of self-preservation. It allows for a certain amount of abuse and neglect. In poor health it is negligible. In my opinion, smoking in moderation never hurt any one; of course there are individual exceptions to this, and the man who is in normal physical condition usually has normal appetites. Even if he should smoke immoderately he has a better chance of getting away with it. You do not have 'to take the veil' to be healthy."

"Are you a vegetarian?" he asked.

"No! I am a firm believer in a well balanced ration. Also I believe that our instincts are the best guides as to what to eat. Except in cases of invalidism dietaries are pernicious. I have had a wide experience with a certain class of individuals who figure out each meal in calories, who eat four cakes of yeast daily for the vitamine contents, who drink orange juice in lieu of coffee, who will make a meal of cream cheese, corn starch pudding and shredded wheat. They are always below par and anaemic, and I have known of several cases of pernicious anaemia that came from this very cause. Eat the foods that you enjoy but exercise enough to properly assimilate them. Any man who fools with his diet is flirting with trouble."

"It must take a lot of thought and study to keep in good physical condition," he said.

"You're wrong! Health is subconscious. A healthy man avoids introspection. After you have an intelligent concept for the rules of personal hygiene, you forget them. Health, you know, is a 'sound mind in a sound body.'"

The thirty minutes had expired and the interview was at an end. Then, there ensued an association covering a period of several weeks that to me was a delightful experience and to the Governor a profitable one. He underwent a metamorphosis that was truly

remarkable. Twelve pounds of superfluous tissue disappeared as if by magic. Eight inches of sag were taken up in the waist line. He developed a tonicity and elasticity of his muscular system and a feeling of buoyancy that he had never experienced before. His co-ordination improved. Toxins that had lain dormant in the organs and in the interstices of the tissues for years were eliminated. His efficiency was enhanced one hundred percent, and his life expectancy was increased many years. In addition he acquired an intelligent concept of the human machine and how to keep it fit, and with this, came a resolve to never again allow himself to slip back. As he stood, any insurance company in the world would have accepted him as a first class risk.

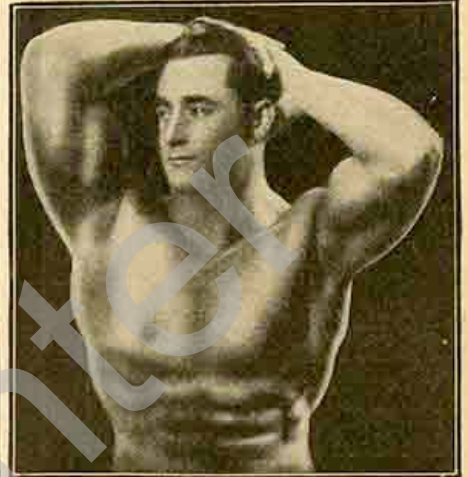
This is not a hypothetical case. These are facts, and the writer could multiply it many hundred times. The decade between 40-50 is known as the "dangerous age." It is during this period that mental and physical decay begins. We are face to face with the fact that diseases of the heart, blood vessels and kidneys are on the increase, and they now head the list in the cause of death in this country. Many causes are assigned to this: The complexities of modern civilization, high tension, worry and anxiety incident to the transaction of modern business, keeping up with the Joneses', etc; but the most prolific cause has been overlooked, namely, the tendency to sedentary habits. An experience extending over a period of many years and involving the handling of hundreds of men in middle life, who are in the stage of physical impairment preceding organic disease and premature break down, has convinced the writer that organic disease can be traced largely to the lack of exercise.

Artisans, mechanics and laborers who earn their bread by the "sweat of the brow" are not so prone to organic disease; conversely, brain workers and the professional class are predisposed to this condition. Statistics will bear me out in this.

You have entered this important decade in your life or you may have passed on to the succeeding one. It makes no difference. You must have been impressed by the logical conclusions in the foregoing article and like the Governor you are anxious to improve your physical condition. You do not have to do foolish things to be fit. There is nothing complicated or mysterious in the scheme of health. It is as simple as ABC. There are just three types of individuals who should

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not exercise. And they should not, because they cannot. The man who is bed-ridden, the man who is old and senile, and the paralytic. For all others, it is the greatest panacea in the world. The average man who is organically sound can safely work out his own salvation. The man who is organically diseased should exercise under careful and, if possible, medical supervision. I am going to make a bold statement and I do not fear contradiction, and that is this, that cases of leaky heart, aneurism

and high blood pressure are all benefited by exercise. But the exercise must be done judiciously, bearing in mind at all times the avoidance of fatigue.

Organic disease is preventable and arises more often from disuse than abuse. It is an insidious thing. It does not come with the beating of drums nor the blare of trumpets. It pussyfoots. It is waiting just around the corner for the man who persists in going along the lines of least resistance.

Health Digest

The Brain in Left-Handed Persons

Addressing the Aertzlicher Verein of Frankfort-on-the-Main, recently, Riese, assistant at the Neurologic Institute of that city, delivered an address on the brain in left-handed persons. Right-handedness is commonly regarded as a manifestation of domination of the left cerebral hemisphere, with which is associated the importance of the left hemisphere for linguistic performance and purposeful conduct. By this domination of one cerebral hemisphere over the other, man is differentiated from animals. Heretofore, however, it has been difficult to discover on the surface of the brain any definite morphologic evidence for the domination of the left hemisphere. But in the brains of eminent men a differentiation is possible. In several instances, asymmetry of brain performance has corresponded with asymmetry of brain surface. Investigations on the brain surface of left-handed persons of average endowment, Riese stated, have not as yet been published. On the brain of the painter Adolf Menzel, Hansemann discovered similar asymmetry in the configuration of the two cerebral hemispheres to that previously noted in the brains of other eminent men. However, the asymmetry in Menzel's brain was in favor of the right hemisphere. This observation, made many years ago on the brain of a left-handed person, has been substantiated on the brain of a gifted left-handed subject, which was examined in the Frankfort Neurologic Institute. In this brain, too, there was marked asymmetry between the right and the left hemispheres, and, as in Menzel's brain, in favor of the right hemisphere. The fissures and surface markings of the left hemisphere were, for the most part, simpler and more easily followed. The

convolutions of the right hemisphere were greater in number, and, owing to increased surface growth, were more folded and more tortuous. In the right hemisphere there were, in places, surface formations that were entirely absent in the left hemisphere, which indicates an increase in the tissue substance of the central nervous system. In the forebrain, the right side of the lower third of the anterior central gyrus is broader and more tortuous. It is probable that here lies the anatomic basis for left-handedness. In the region of the middle frontal gyrus there are, in the right hemisphere, moderate surface formations which are lacking in the left hemisphere. These manifestations in the fore-brain may be regarded as an anatomic expression corresponding to the creative genius of the owner of the brain examined. The right hemisphere of the midbrain also is considerably larger and has more convolutions than the left, especially in regions the integrity of which is indispensable for the higher association and utilization of the sense spheres localized in the vicinity of the midbrain. A considerable surface enlargement is observable also in the region of the right hindbrain, which may be regarded as the anatomic expression corresponding to the drawing (optic) talent of this brain carrier. The asymmetry is least noticeable in the temporal gyri, which is in keeping with the only moderate musical (acoustic) talent of the subject. The observations thus made on the brains of eminent men are an anatomic refutation of the conception that left-handedness is a mark of mental inferiority. Furthermore, left-handedness and the corresponding domination of the right cerebral hemisphere are based on a definite anatomic organization of the brain.



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Influences Affecting the Shape of the Skull

Among primitive peoples, the shape of the skull of infants was often influenced by artificial means, and often the heads were made to take on most remarkable shapes. It is also possible to bring about appreciable changes in the shape of the skull by very slight, usually unnoticed, influences. This has been proved by experiments carried out by Dr. Walcher, gynecologist, of Wurzburg. More than twenty years ago, he began treating in a peculiar manner all the children that were born in the midwife training school of which he was the director. Half of the children were by him destined at birth to be long-headed, and half to be short-headed. To the children who were to be long-headed he gave hard pillows, on which an infant's head falls to one side, as an egg that one tries to stand on the little end. When infants a few months old want to see something, they often bring the head into a position half way between the side position and the dorsal position, and that would make the head crooked. Therefore, the beds of the older infants were placed on a commode so that the children could see best from the side position what was going on in

the room, and the playthings were hung up at the same height as the head. On the other hand, the infants who were destined by the experimenter to become short-headed were laid on soft pillows, in which their heads were almost buried. These children were given low bedsteads with sides that they could not see through, and their playthings were hung in front of their noses, in order to keep them in the dorsal position. Of the children that were raised in the dorsal position, 84.4 per cent developed a higher cephalic index (that is, became more short-headed) than they had presented in early infancy, while 62.7 per cent of the children kept in the side position showed a lower cephalic index, indicative of development in the direction of long-headedness.

A total of 555 children were treated in the manner described. In order to ascertain to what extent the cranial shape thus forced on the children in their infancy was retained in later years, Professor Basler re-examined recently a number of the persons thus treated and in an article in the *Deutsche medizinische Wochenschrift* he discusses the results of his observations. He found that the artificially produced cranial shape had persisted beyond the

period of growth. Basler thinks, however, that the evidence is not sufficient to warrant the rejection in anthropologic researches of the deductions based on the relative short-headedness or long-headedness of races investigated. "We must consider," says Basler, "that only 84.4 per cent and 62.7 per cent, respectively, of the two groups of children experimented with gave a positive result, and that that was during the first twelve days after birth; that is, at a time when the shape of the infant cranium is most easily influenced. From the very fact that the percentages of positive results fell so far short of 100, it will be seen that the hereditary disposition is a factor that must not be underestimated in the determination of the definitive shape of the cranium."

The Number of Children in Berlin Among the Laboring Class and the Middle Class

On the basis of his investigations made in a number of schools in Berlin, Dr. Benjamin, a municipal school physician of that city, has reached the following conclusions, as set forth in an article in the *Zeitschrift für Schulgesundheitspflege*:

1. The tendency to limit the number of children in the family to one and two

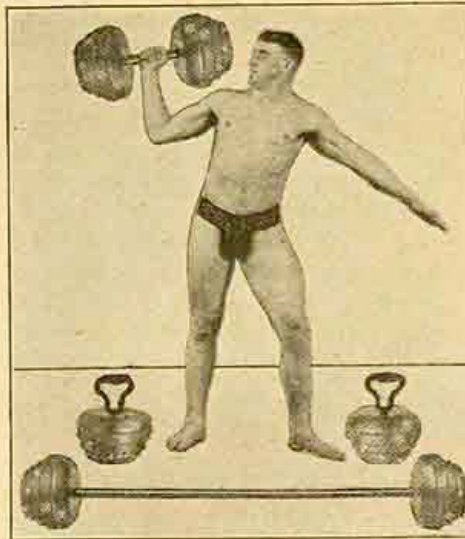
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is marked in large cities among the proletariat and the lower middle class. In 75 per cent of more than 1,500 families investigated, in which, on an average, more than six years had elapsed since marriage, there were only one or two children.

2. The greater average number of children in families whose children attend the Catholic or the common schools is due to the fact that their pupils are drawn to a great extent from the lower social levels, although among the Catholics the influence of the church may play a part. The practice of birth control passes from the well-to-do classes to the middle class and thence to the proletariat. The lower strata of the population are the only ones that have escaped thus far.

3. Owing to the fact that the number of children in a family is influenced by the economic and social status, a change for the better is hardly to be expected until there is an improvement in the economic conditions. In fact, it is more likely that the one and two children type of family will come to include strata of the population of large cities as have not as yet practiced birth control to any great extent.

Increase of Insanity

The number of subjects being cared for in the Prussian institutions for mental, epileptic and neurotic patients has been increasing of late years. The high mark of the prewar period has, however, not been reached. In 1924, the total number of mental and nervous patients admitted to institutions was 125,664, as compared with 118,508 in 1922 and 114,966 in 1923. In 1913, however, the total number was 152,315. Per 10,000 of population, there were, in 1913, thirty-seven mental and nervous patients; in 1922, thirty-one; in 1923, thirty, and in 1924 thirty-three. The decrease in the number of inmates of such institutions in the worst year of inflation, 1923, is probably to be explained by the fact that the families of patients could not pay the cost of care. The number of mental patients alone (excluding nervous patients but including alcohol addicts) was, in 1924, 106,919, as against 99,447 in 1923, 101,186 in 1922, and 137,978 in 1913. In recent years, the increase of alcoholism is particularly noticeable, whereas in the inflation year 1923 there was a marked decrease in the number of alcoholic patients admitted to institutions. In 1922, 3,679 alcoholic persons were admitted to institutions for mental patients. In 1923, the number was re-

duced to 2,509, but in 1924 the total rose again to 3,836. The decrease in the number of alcohol addicts in 1923 was, without doubt, due to the fact that habitual drinkers, by reason of the inflated currency, were unable to procure their usual quantum of alcoholic beverages. In contradistinction to the increase, in 1924, in the number of admissions to institutions for mental and nervous patients, the number of deaths in such institutions shows a marked decrease: 7,298, as compared with 8,439 in 1923.—Reprint from the *Journal of the American Medical Association*.

Are We Degenerating?

The Royal College of Physicians adopted the unusual course of appointing a clergyman to deliver the Lloyd Roberts lecture. The lecturer was Dean Inge, of St. Paul's Cathedral. The dean is distinguished as the most outspoken and scientific critic of our social life. He has completely mastered the latest biologic teaching, which he applies with relentless logic to social problems, painting pictures so black that he has earned the epithet of "the gloomy dean." This lecture is described in the press as his gloomiest address for years. His subject was Racial Degeneration. He selected the negative rather than the positive side of eugenics, not because he had a natural tendency to dwell on the dark side of the changes which were always going on in the human race, but because at present the negative side was more important than the positive side. Points made by him were as follows: Natural selection has almost ceased to operate in highly civilized states. If we do not provide some rational substitute for it, Nature will punish us for interfering with her methods of social hygiene without providing anything to take their place. Perhaps Nature has expended nearly all her ingenuity. There have not been new classes since mammals and birds appeared. Even social evolution comes to an end. State socialism cannot go farther than in the suffragette type of government in the beehive, a government run by maiden aunts. There has been a gradual lowering of the perfection of our sense organs. Our teeth have decreased in size and strength. Our jaws are becoming too small for our teeth, our eyesight has deteriorated. Any physical changes, other than degenerate, are inhibited by the use of tools. Having clothing and weapons, we do not need fur or claw. The day may come when we shall not be able to

walk or to write. We shall use the motor car for the first and the typewriter for the second. "You press the button, we do the rest." Nature may say, "Very well, I will leave you just enough intelligence to press the button." Former civilizations disappeared because the barbarians broke through the fence. It is unlikely, but not impossible, that such a disaster may again occur. The Russian nation has been almost completely decapitated. A similar world-wide revolution, such as might follow another great war, would end our civilization and plunge the world into another dark age which might last for centuries. It might then be found that the present population was less inventive and lower in intelligence than the Europeans of the Renaissance. Industrial civilization skims off the cream in each generation and then throws much of it away. Unlimited competition exhausts the vitality, physical and mental. In all the higher human activities, competition is not the chief motive force, and in a nation organized solely for big business, the higher activities languish. A millionaire is not the supreme product of human progress. There is a danger that human beings may become parasitic on the machine they have made for their use. Machines have ousted workers from natural human occupation. Apart from the machine they would be helpless even in the presence of abundant material, and would either perish or exist miserably as savages. Nations do not grow old like individuals, but they do die of disease when the burden of civilization becomes too heavy for the shoulders that have to bear it. That is why the present situation is so serious. The entries in "Who's Who" show that the children average only two in each entry. That means the families of these moderately successful men are not keeping up their numbers. The classes which are best equipped intellectually and physically are passing into relative and even absolute decline. One might imagine in reading sometimes about the Pilgrim Fathers that the *Mayflower* was the size of the *Olympic*. Really it was a very small vessel, and the mortality among those who sailed in it was so great that only thirty-three of them founded families. Nearly half the distinguished men of America were descended from that thirty-three. We must hope that somehow social anti-toxins will be developed. We are not yet a degenerate people. We are a race to which any man might be proud to belong. But our society is not at pres-

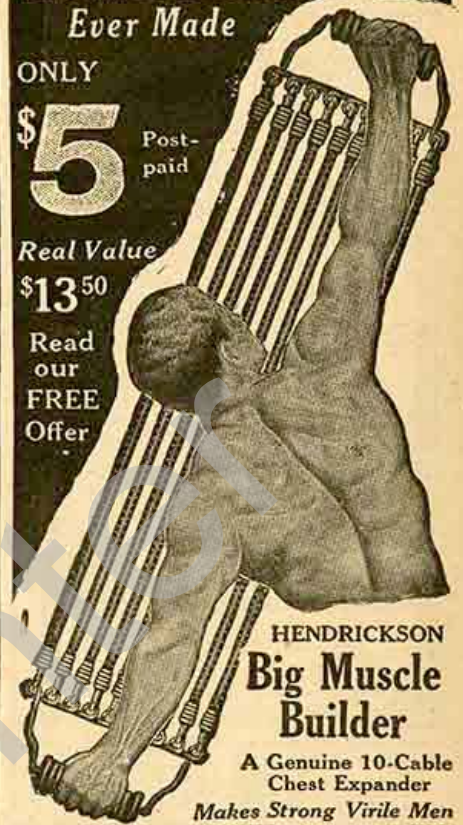
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ent in a healthy condition, and unless we take the problem of racial decay in hand probably it may be too late. The really pressing problems are very different from those in which our politicians interest themselves. The dean thought that this is a subject on which physicians should speak out. "Modern man may deny that he has a soul, but he is acutely conscious that he has a body, and therefore he has a great respect for physicians."—*Reprint from the Journal of the American Medical Association.*

CATARRH OF NOSE AND THROAT

MORRIS M. BRILL, D.O.

"The term catarrh is broadly used to define a lesion affecting the mucous membrane." *Gould Medical Dictionary.*

Green and Martin in *Diseases of the Mucous Membrane*, divide inflammation of the mucous membrane into two classes: Catarrhal and fibrinous. The latter is an active, not a chronic stage.

(1) Catarrhal: Serous—or acute; mucous; purulent. These, too, are more or less active.

Another classification of catarrh: (1) Acute, including catarrhal; mucous; purulent; fibrinous; hemorrhagic; gangrenous; (2) Chronic hypertrophic; atrophic.

I prefer to divide catarrh into the following three stages: (1) The active—The mucous membrane swollen by the engorged capillaries; there may or may not be a discharge. There appear to be no degenerative changes, if lesion be corrected readily.

(2) A hypertrophy or hypertrophic catarrh—The mucous membrane is turgid, thickened and sometimes firmly large; there is usually a thick or viscid discharge. The capillaries are compressed; tissue changes take place and the fascia is impaired.

(3) The atrophic—The mucous membrane appears starved—nutrition is shut off. The surface is dry. It is apparent that the capillaries are almost totally destroyed at the site of the catarrh. I say at the site of the lesion, for you will note it is only a part of the whole mucous membrane.

"Just imagine you have a large object, a corner of which is damaged. You can cut off the damaged portion to preserve the rest. As osteopaths we are better fitted. . . . We may be able to restore the damaged sections as well as the rest. . . . The atrophic state, the last and worst stage, I liken

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to the collapsed sides of a balloon. As the air is sent in the sides separate. So it is with the atrophic mucosa; send blood into this segment and life will respond—even to the restoration of function. The only part of the mucous membrane that I have noted to fail to respond is such as is covered or connected by a scar tissue. There is no mucous membrane over the scar tissue."

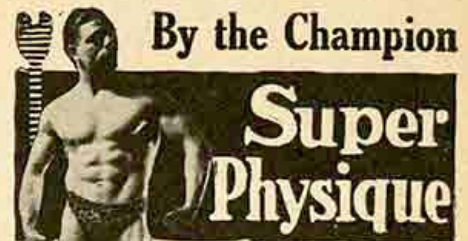
Free your mind of any ambiguity and visualize mucous membrane. Think of it as a living, almost pulsating vigorous tissue. It is almost the most important tissue of the body for in it are the three of the five organs of sensation. At different places its surfaces are widely diversified as to function and just beneath its surface live the great carriers of products, the fascia and the lymph.

* Thus I cannot too markedly emphasize the need of trying to cure and preserve the mucous membrane. An inflammation of the mucous membrane of the nose and throat, although at the entrance to the digestive segment of the mucous membrane, may be confined to that area and not spread elsewhere within the body. The same as a spinal lesion is only a part of the cord so also a spinal lesion may affect only a segment of the mucous membrane and the rest be unimpaired. This is noticed in ulcers of the mouth, stomach and intestines. An irritation may be localized.

I am particularizing mucous membrane because of its great importance, and because it is so often generalized. In my estimation, this is the most important mal condition. I can almost state that a healthy mucous membrane is the only index of good health.

It is generally accepted that the state of mucous membrane in the anterior and posterior nares is responsible for hay-fever. Running eyes and nose with itching and sneezing surely indicates a zone of congestion. The hay-fever season brings to a climax what I deem an exacerbation of a chronically involved mucous membrane; for mucosa of middle and inferior turbinates and part of the septum contains the so-called "swell" bodies—a mucosa containing a large venous plexus and a large amount of lymphatics.

If you think of mucous membrane in the three stages I have enumerated, they represent the stages of most diseases—acute, hyperplastic and anemic; but don't take the mouth or nose entirely as the only index for general disturbance as you might be in error. No segment of the spinal cord repre-



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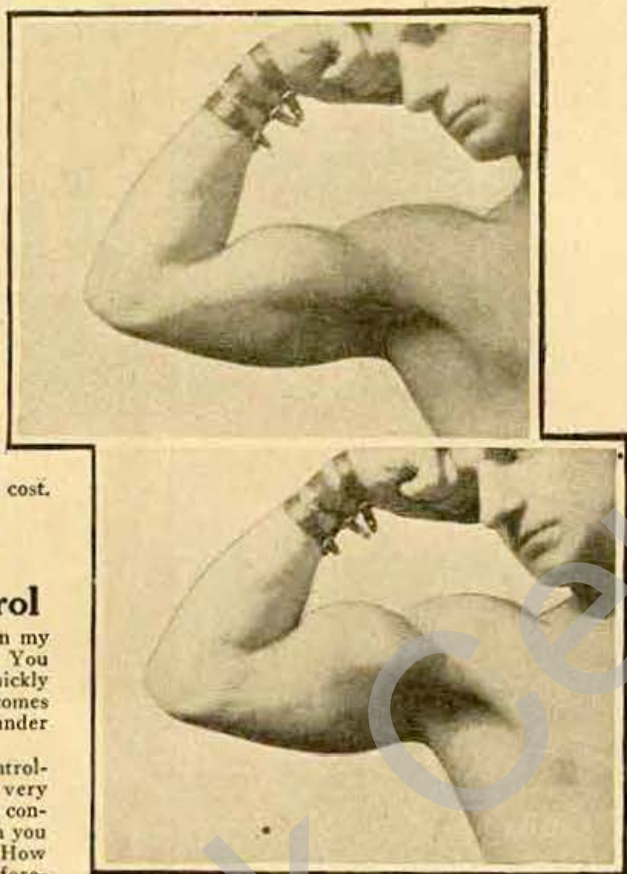
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sents all the conditions there, so no segment of the mucous membrane represents all its phases.

However, the nose and mouth and throat give the greatest exposed mucous membrane surface and a knowledge of healthy membrane fits you to understand any adverse condition.

The signs

On opening the lips note the gums; next the tongue, the soft palate and lateral walls, including tonsils. Examine the nose. Explore the post nares with index finger. Evidence of disturbance of mucous membrane can readily be noted. Examine the spine—cervical and upper dorsal—for vertebrae approximation and tense muscles.

Causes of Disturbance of Mucous Membrane

(1) Atmospheric changes. (2) Irritants: tobacco, alcohol, condiments, heat and cold. (3) Body conditions; bad teeth, constipation, reaction, reflexes.

Deer hide in wet and foggy weather, for dampness causes their mucosa to swell, impairing their sense of smell.

Treatment

Dental attention to teeth and gums. Osteopathy will do the rest of the work.

Considering the buccal cavity as your field of operation the tonsils are the only site of probable pus besides abscessed teeth. They should be aspirated and hidden pockets explored.

The enlarged tongue is due to engorgement of the lingual lymphatics. With your index finger compress the posterior of the tongues, relax the lateral pillars, and treat the muscles and tissues beneath the tongue with the index finger. Stretch the soft palate and remove the excess of adenoids and free the post nares. Introduce the little finger into the anterior nares to treat there also. Use cotton-wound applicators properly lubricated to produce pressure in nose. Irrigate the nose and mouth freely. You will be gratified with the change that takes place in the mucous membrane.

This treatment should be repeated at least twice weekly until the thickened tongue becomes slender and tissue pink, and the palate and pillars likewise.—*Reprint from Journal of the American Osteopathic Association.*

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effectively with local color whenever the occasion will permit. Psychologists tell us over ninety per cent of an audience will respond instantly to humor and that it will gain attention quicker than anything else. But it must be suitable to the subject or the discussion.

State your subject distinctly and earnestly, as if you were proud of it. Frequently speakers fail to state the subject and the audience gropes half way through the talk before they grasp what he is driving at—sometimes they never find out.

I once heard a distinguished lecturer say, "Ladies and gentlemen, my subject is child conservation." As his big, melodious voice rang out we not only knew what his subject was, but we knew it was important.

The body should contain the subject matter. It is the logical place to develop the theme, support the proposition you make and prove the points. One at a time, take each point, saying all you intend to about it before leaving it. Do not mix or jump from one to the other and back again. Arrange your ideas in logical order, one thought correlated with another and fitted into its proper place. Keep your ideas clear and concise. A speech without the proper relation one part to another will have neither unity, power nor harmony.

A speech should measure up to the standard set by Plato: "Every speech ought to be put together like a living creature, with a body of its own, lacking neither head nor foot, but having a middle and extremities, in perfect keeping with one another and with the whole."

The conclusion is considered the most important part for with it you make your final impression. It is what you leave with them. You may sum up briefly the points you have made, reserving the best for the last. An apt quotation or a bit of verse often makes an impressive close.

One of the best talks I have heard recently was by a busy business man. His subject was "The City Beautiful." His talk was practical and full of entertainment, closing with a word picture of how the city would appear if certain unsightly conditions were removed, followed by the poem, "There's a city that's built four square."

Give careful attention to rounding out your talk and do not allow yourself to commit the unpardonable fault of talking longer than the time allotted to you. Read your speech aloud, and if it takes five or ten minutes longer than the

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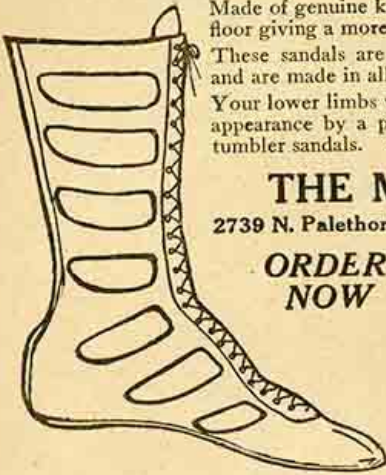
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specified time, cut and rearrange it until it can be given in the allotted time.

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The above outline is a practical foundation upon which to build a speech. Try it out on such a subject as "Health—How to Get It"—or any other subject of human interest. Let us know if this outline proves helpful. Be assured that no one can succeed on the platform without careful preparation. Without it all is a haphazard, rambling mass. The speaker will wander in circles and never get anywhere. The great classic lectures during the last century were the result of years of preparation. Lincoln once said, "I will prepare myself and my time will come."—Reprint from Journal of the American Osteopathic Association.

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necessitate its frequent revision. The wag who defined perfect health as "the one thing in the world that ain't" probably came as near to a satisfactory definition of that desirable but illusive state of being as that supplied by lexicographers. Theoretically, perfect health would imply perfect construction and perfectly co-ordinated functioning of body, mind and soul. Disease would, of course, be any departure from these normal states.

There probably never will be a human being in perfect health at birth or even at conception; certainly not at any later period of life. A generation ago there were persons, particularly children, who had no discoverable departures from health when measured by the tests then available. Now, so improved are the means of determination and the skill of the diagnosticians, that it is exceedingly doubtful if any child would register 100 per cent in a thorough physical and mental examination; certainly no adult would do so. No adult and only a few children could be rated perfect, on thorough scrutiny, in physical health alone.

A healthy person, then, for practical purposes, is one who feels himself healthy and in whom no disabling features are found by such examination as is available. The degree of health, therefore, depends to a large extent on the knowledge, thoroughness and integrity of the examiner, which vary greatly between doctors and which are constantly changing with the introduction of new and proved facts; and on the constantly changing efficiency of our human machinery as influenced by heredity, the wear and tear of life, and which, in turn, is constantly changing in hazards, opportunities and up-keep requirements.

Just How Healthy Are You?

Whatever your state of health, it is rated as less now than a duplicate of you would have been rated a few years ago. There are two groups of reasons for this: your examiners are now more proficient and therefore discover things that their predecessors knew not of. Then, too, you have changed. Your base line, as it were, is different because heredity never produces a model; it either improves or otherwise modifies. We hope its tendencies are upward. Environment also has changed, is constantly changing, and it is a great determining factor in the complete you—you physically, mentally, morally and spiritually. A safe and useful assay (diagnosis) of your state of health constitutes the most difficult phase of the practice of medicine and requires the great-

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Don't let timidity and self-consciousness hold you back! Don't let others take the lead because you lack confidence to assert yourself, to stand up and TALK. Don't plod along in a low-pay job because you are afraid to change. Conquer the negative forces of your personality. Release the mighty floodgates of power that will make you a dominant, lion-hearted LEADER. Learn the secret of personal attraction that will draw others irresistibly to you, that will win you friends and popularity. Here is proof that you can have the priceless gift of PERSONALITY.

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David V. Bush, the world's most famous authority on practical psychology, has written an astounding book that tells how anyone can develop a dominating, winning personality. He explains the scientific laws of mind by which you can make of yourself and your life what you will—how you can increase your earning power—how you can make people like you—how you can become a convincing talker. Thousands of men and women are filled with gratitude to David V. Bush for what he has done for them. Prove to yourself that he can transform YOU into the happy, successful man or woman of your dreams. For a limited time only his amazing book, "How to Develop Your Personality," is offered for only 50c! And your money back if you do not consider it worth a thousand times this small sum. Send name, address and 50 cents NOW.

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est skill of an adequately educated, honest physician. Such determinations require intensive personal study. They cannot be made by mail, laboratories, corporations or non-medically educated examiners.

Inspection, preclinical diagnoses, and other similar terms are in their essence only attempts to get around the law so that illegal medicine may be practiced legally by incompetent persons. Laws in all states included diagnosis—which is to medicine and health what a judge's decision is in law—as the practice of medicine and provide punishments for law violators; hence the numerous terms and methods employed by incompetents practicing medicine through legal evasions, of course inadequately, if not dangerously, particularly among children.

The vast majority of people belong in near healthy classes, of precisely as many varieties as there are people. Thus again the reason for personal health service. Laws of averages have certain uses, but they cannot be relied on to find or correct the infirmities of an automobile, much less of the complicated human machine.

To Which Group Do You Belong?

Physicians have for generations divided people into groups for convenience of study. These classifications have been varied, and they will continue to vary from time to time as medical knowledge increases. A simple grouping to conform to knowledge and current conditions is revealing and suggestive.

1. *Healthy persons.* These are persons who have no discoverable defects and they constitute the smallest of all groups. Many of these persons pass examinations flawlessly at one time, but show defects the next, a month or a year later. Some of them may be pronounced healthy by one doctor, when one more skilled or thorough may find the sprouting seeds of serious trouble.

2. *Persons who think themselves healthy, but, nevertheless, have significant impairments.* This large group includes those most in need of thorough, intelligent examination, study and treatment, who may expect the most in result of competent health service.

3. *Well and near-well persons who believe themselves more or less ill.* This group contains the neurasthenics, hypochondriacs, faddists, sexy and finicky people with fear and other complexes. They are generally in the vanguard of emotional health innovations of all kinds, are prominent supporters of

fakers and often are equipped with amazing mixtures of medical information and particularly misinformation.

4. *Ill persons who refuse to acknowledge the fact.* This large group supplies many health tragedies, tragedies comparable in many respects with those of the dark ages. Among them often exist uncontrollable harborers of infections, which gain strength until they break out in epidemics. Some of these people are more dangerous to society than a cook with leprosy.

5. *Well and near-well persons who pay attention to their health only when overtaken by manifestations they cannot ignore.* Formerly these constituted the largest group, but it is decreasing directly as the general level of health intelligence rises.

6. *Persons with obstinate or chronic complaints who are inexperienced, careless, easily discouraged or unfortunate in not having fallen into the right hands.* They try any available means to check up their physicians and lose the great advantages of early treatment by wasting time on nostrums.

7. *The sick.* These persons are sick and realize it from their symptoms.

The recently popular but now disappearing fad of "positive health" looks anemic when held up alongside this health classification of humanity. The rapidly accumulating statistics from thousands of carefully performed health examinations show that there are exceedingly few, if any, adults in perfect health and that the number of children in this class is growing smaller as thorough, skilful examinations increase. We appear to be quite definitely on the road to the introduction of a policy by which every person will have a health dossier, or brief, commenced early in life by competent examiners and kept up to date by periodic examinations and notations of services rendered.

Physicians quite generally agree that such a dossier is of little value unless followed up intelligently by the removal or amelioration of defects. It may even prove harmful to certain types of people in arousing a health consciousness that may prove a heavy handicap to comfort and happiness.

For those who make a business of keeping their health dossiers up to date and who work hand in hand with an intelligent physician to improve their condition, periodic health examinations constitute by far the most promising of movements yet promulgated for the benefit of the health of mankind.—*Reprint from Hygeia, February, 1927.*



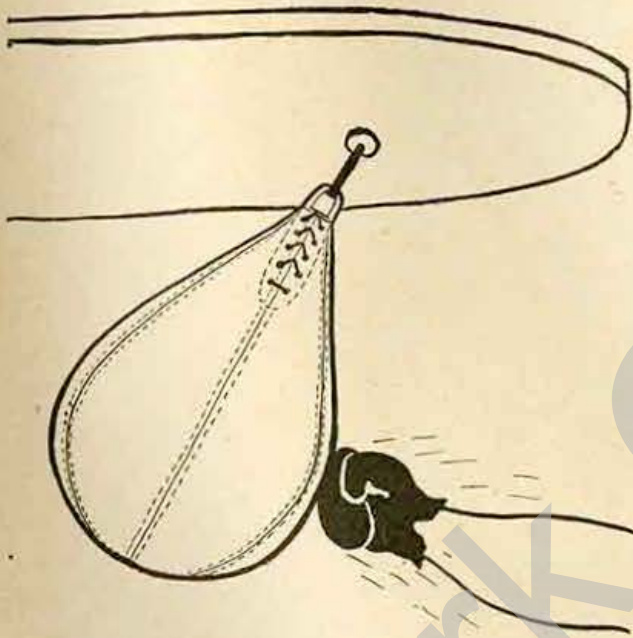
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**Helps You To Become a Faster
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THE BAGS

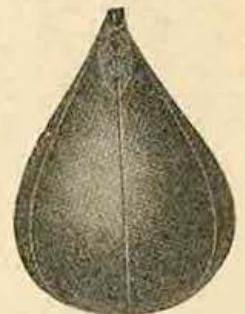
are priced at \$5.00, \$6.50 and \$8.00. The best materials are used in all three. The differences are in the appearances. For instance, the \$8.00 bag is flashier looking than the \$5.00 bag. But to all intents and purposes, the \$5.00 bag is a fine one.

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These bag gloves protect the knuckles from being skinned by the seams of the bag, and they also give you a squarer hitting surface across the knuckles.

Like the bags, they are made of very good grade leather, are lightly padded with thin felt, and have self-adjusting wrist bands.

Bag punching quickens the eyes and hands. It teaches you to gauge distance accurately and helps you in many other ways to be a better boxer. It gives you marvelous endurance and helps to prevent you from quickly becoming arm-weary.



Save Yourself Money By Getting This Bag Punching Outfit

Below you will see how you can save money by getting two or three parts of this outfit including the book.

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 A \$5.00 Bag and a pair of Gloves 6.75
 A pair of Punching Bag Gloves only 2.00
 A Book on Bag Punching 2.00
 A Punching Bag \$5.00, \$6.50, \$8.00
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What These Fellows Are Doing with BAR BELLS

READ BELOW OF THEIR ACHIEVEMENTS UNDER MILO GUIDANCE

These fellows are three of the stars of the most recent generation of bar bell users. What they have accomplished with Milo Bells and Milo Instructions, is told you in the following paragraphs. Bear in mind, it is the methods employed that give results; and the Milo Methods are not respecters of persons. What these fellows and the hundreds of other beginners on the Milo System can do, you can do also. All you need is the Milo Methods and the desire to become a far better man physically. And you cannot become a better man physically without becoming a better man mentally and morally.

Arthur Levan One of the Best Lifters in the Country

Mr. Levan weighs only 130 pounds, but is one of the strongest men at his weight in the country. His two hands Military Press of 170 pounds and his two hands clean and jerk overhead of 225 pounds will certainly prove his great strength, if you bear in mind his very light body weight.

M. Molloy

Mr. Molloy is strong also, but chiefly renowned for his beautifully shaped muscles and proportions. He is still in the formative stage and will further develop.

Wouldn't you like your body to be as well formed as his? You certainly would, or there is something wrong with you. Milo Bar Bells did this for Mr. Molloy, and they will do it for you.

G. Murray

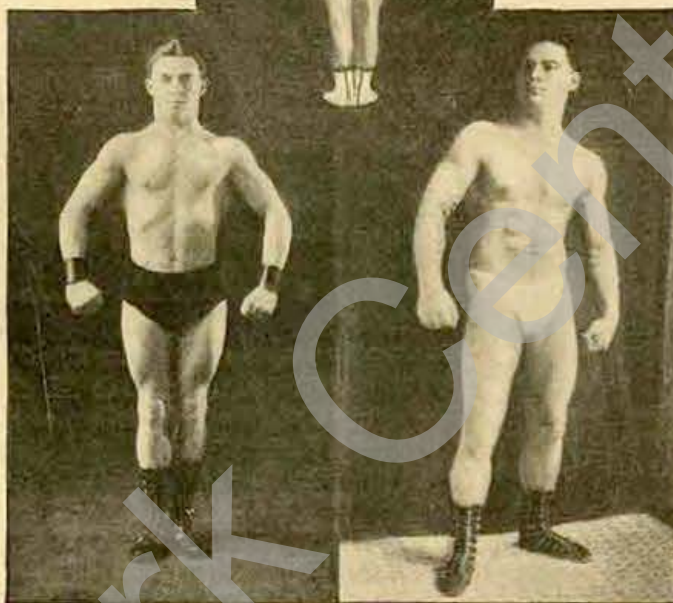
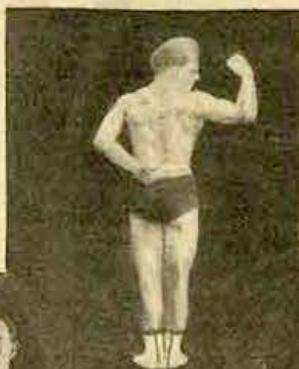
Mr. Murray is noted for his strength and form also, but his pictures do not do the size of his muscles justice. You will realize his size better when we tell you his neck measures 16½ inches, biceps 16 inches, calves 16 inches,

chest 43 inches, thigh 23½ inches, and other measurements in proportion. And he, like the other two, is hardly more than a beginner. What will his size be later on?

chest 43 inches, thigh 23½ inches, and other measurements in proportion. And he, like the other two, is hardly more than a beginner. What will his size be later on?

We can show you hundreds of men like these that we have developed in several months. We can show you additional thousands we have developed in recent years. There will be hundreds developed in the next few months. Will you be one of them? Why not? When you get a bar bell you get the system that is used and endorsed by all strong men the world over. You can't go wrong with a Milo.

A. LEVAN



M. MOLLOY

G. MURRAY

You Can't Fail with a Milo Bar Bell

Thousands daily are being rapidly developed by using Milo Bar Bells. Thousands of young men and boys are being transformed in the nick of time from chronic weaklings to fellows like the three young men shown on this page. Middle aged men are being brought back to youth as far as strength, physique and feeling fit is concerned. Older men are being brought back to middle-age, and some claim they feel like youths again after a few months on our system.

You Are Only As Old As You Feel

Get back the spirit, the energy, the strength and health of a healthy youth. You can accomplish it with our help. You young men, who feel all right no doubt, but who lack the strength and physique men should have, get a Milo Bar Bell NOW! Don't let it go until you decline into complete physical debility.

Our Guarantee Is As Good As Gold But we are not so proud of this reputation as we are of the fact that less than 1 person out of 300 is not thoroughly satisfied. So will you obtain satisfactory benefits, or you get your money back! Could anything be fairer?

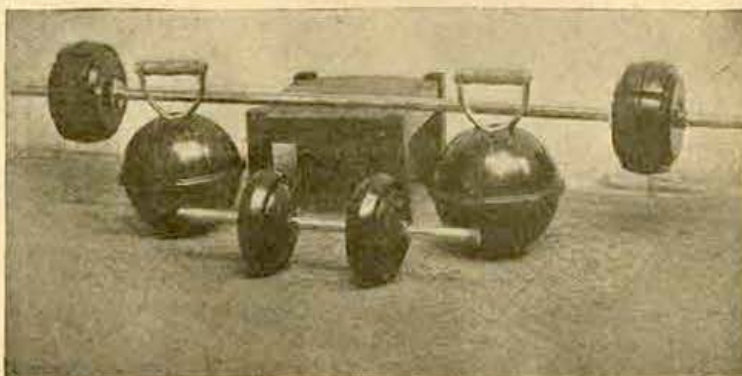
The real beauty of the Milo Methods is that you will be pleased from the moment you get your bar bell set on through the rest of your life

Our Large Booklet Tells You More About Our Pupils and Gives You the Prices and Styles of Our Bells

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They Gave Me the Ha-Ha! When I Asked for a Dance

*—but When I Stepped
on the Dance Floor—*

By Fred Kennedy

HOW the boys laughed! Ha! ha! ha! They had just seen me ask Mabel for a dance. They stared—amazed at what they considered “my nerve.”

“Why, Fred can’t dance, can he?” I heard one of them whisper excitedly.

“No; he never danced a step in his life!” came the reply.

Even Mabel, the girl I had asked to dance, looked at me rather questioningly. “You really know how to dance, don’t you?” she asked.

Just then the music started. For answer I tightened my arm around her and swept her out on the dance floor in a graceful waltz.

An instant change came over my friends’ faces. I heard gasps of astonishment. “Look at Fred dance!” “Where did he learn?”

I kept on dancing—did all the latest steps—glided through all the newest figures. The music—the soft lights—my lovely partner—all seemed to intoxicate me, seemed to thrill me. I danced as I had never danced before!

A Complete Triumph

When the music stopped, my friends all congratulated me. “Fred, you’re a wonder,” they declared. “Where did you learn to dance like that?” “You dance like a professional!”

I told them—told them about Arthur Murray, America’s foremost dancing instructor—told how I had taken his famous course in dancing.

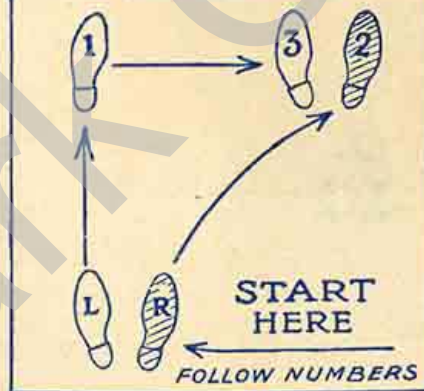
“But isn’t that course terribly expensive, Fred?” some one questioned. “Arthur Murray teaches so many of those high society people.”

“Not expensive at all,” I replied. “I didn’t take personal lessons. That isn’t necessary. I took his new Home Study course, which costs only a few cents a day!”



IF YOU CAN DO THIS STEP

Arthur Murray will make you a
finished dancer in 10 days



Learn to Dance at Home

This story is typical and it shows you just the chance you’ve been looking for—a chance to become an accomplished dancer right in your own home at a small cost.

No matter how poorly you dance now—no matter if you’ve never been on a dance floor in your life—Arthur Murray’s new method makes you a finished dancer in ten days or you don’t have to pay a penny for the lessons.

Just think! In ten days’ time you’ll be able to do the Charleston, the Valencia, the French Tango, the Ritz Fox Trot, the Debutante Waltz and all the other smart new steps.

This method of learning dancing is so simple and easy to understand that you can do any of the latest steps in one evening, right in your own room, without music or partner. And in ten days’ time you will be ready to take your place as the best dancer in your set!

Five Lessons FREE

To prove that Arthur Murray can make you a finished dancer in ten days’ time, he is willing to send you five lessons from his remarkable course *absolutely free!* Just send the coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, “The Short Cut to Popularity.”

Don’t wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 708, 7 E. 43rd Street, New York City.

ARTHUR MURRAY, Studio 708,
7 East 43rd Street, New York City.

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free “The Short Cut to Popularity.”

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

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IMPROVED

INKOGRAPH

\$1.50

The Perfect Writing Instrument

GREATEST VALUE EVER OFFERED

\$1000 REWARD
to anybody who can prove that these testimonials were solicited by us.

Inkograph has proven so satisfactory and has elicited considerable favorable comment among money owners, please send me three more. **J. J. Trow, Traveling Claim Agent, Joplin, Mo.**

The Inkograph fully justifies all claims you make. I own a Waterman but Inkograph is far preferable. **Frank H. Sarcoff, Oakland, Calif.**

You have one of the best writing instruments I ever used regardless of price. I use the lowest grade stationery and there is never a blot or scratch because of its round smooth point. It is a wonderful invention. **L. H. Orley, Albano, Va.**

Oh boy, I am tickled skinny to have the Inkograph. It's a darling. I can now make carbon copies in taking orders and send original in ink to factory instead of a penciled sheet. It surely flows over the paper as if it was grease instead of ink. No trouble at all and a thing I could not do before to trace straight lines very fine and clean. No smear, no muss of any kind. It's just great. **E. A. Simms, Jersey City, N. J.**

My Inkograph is the smoothest writing instrument with which I have ever written. That is saying a lot. I am a teacher by profession. I have a \$7.00 pen and another that cost more than the Inkograph, but Inkograph is better than either. It is the greatest improvement in writing instruments since the Babylonians recorded their thoughts on clay tablets with a triangular pointed reed. **John R. Atwell, Chadwick, N. C.**

My Inkograph is the first and only writing utensil I ever owned that I can use with pleasure. To be without it for any time would upset my business day. It has always worked perfectly. I have never had any difficulty with it. **Arthur L. Fox, Centerville, Mich.**

I am a bank teller, have used all kinds of fountain pens but can honestly say for my work I never found a pen so easy and tireless to write. You can pick it up any time in any position and write immediately and all numbers and words will be the same. Try and do it with any other pen. My buddies all agree that it is best for our work. **O. B. Morley, Allentown, Pa.**

Delighted: It writes bully—you have invented a pen that is perfection. It is so much more rapid than my \$9.00 fountain pen. I wish you abundant success. **S. L. Carlton, Aurora, Ill.**

I am very well pleased with my Inkograph. It is just what I have been looking for. I have had several ink pencils but nothing like the Inkograph. It writes like the point was greased and it makes no difference what kind of paper, it is fine for shipping tags. **S. T. Jarrett, Harrisville, W. Va.**

The Inkograph is all that you claim it to be. Enclosed find order for two. **Robert Heller, Craigsville, Pa.**

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You who already possess a standard fountain pen will find the Inkograph a most valuable addition to your writing equipment, for it will do everything any fountain pen can do and many very important things which it is impossible to accomplish with any fountain pen at any price.

Combines the Best Features

of both pen and pencil, minus the weak points of both, plus improvements not found in either. The lead pencil smudges, the point breaks and its writing soon is obliterated. Most fountain pens skip, scratch, flood, clog, leak, blot, soil hands and clothing. The old stylographic ink pencil dries up, balks, blots, writes heavy, flows unevenly and is never reliable. The Inkograph feeds as fast and uniform on the 20th page as it did on the first.

Cannot Leak

Not the tiniest drop of ink will spill, although one filling is sufficient to write thousands of words. Will write on any quality of paper.

Makes 3 to 4 Carbon Copies

at one time with original in ink. Bear down as hard as you like without fear of bending, spreading, injuring or distorting its 14 Kt. solid gold point. Are you a salesman?—use an Inkograph, make out your orders in ink and retain a duplicate for your records. Do you wish to keep a copy of your private correspondence?—use an Inkograph. Do you do office work which requires clear carbon copies?—use an Inkograph. Do you make out bills or sales orders?—use an Inkograph and make a permanent original in ink with carbon copies. You can permit any one to write with your Inkograph, for no style of writing can affect the Inkograph point as it will a fountain pen.

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Without smearing, smudging or blurring the paper. Writes with any color of ink.

Requires No Blotter

The ink dries as fast as you write, because the flow is fine, even and uniform.

Patent Automatic Feed

Prevents clogging. No complicated mechanism to clean or get out of order. A year's guarantee certificate with full directions accompanies each Inkograph and is your absolute protection.

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In appearance it is the equal of writing instruments which sell for a great deal more. Its beautifully highly polished finest quality of hard rubber, its 14 Kt. solid gold point and feed, safety screw cap, nickel self-filling lever and clip make it an instrument of distinctive elegance and refinement. Made of black Hard Rubber—each Inkograph is designed and finished to please the eye and fit the hand of all.

You Who Are Dissatisfied With Your Fountain Pen

Try the Inkograph—remember, all we ask you to do is try it, for if it does not prove thoroughly satisfactory and if it is not handier and does not write smoother and is not far superior to any fountain pen you ever owned, whether it cost \$5, \$6, \$7 or \$8, return the Inkograph to us and we'll refund your money—no questions asked.

Inkograph Co., Inc.

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(Tear Here)

SEND NO MONEY

Your name and address are sufficient. Pay postman \$1.50, plus postage on delivery. When cash accompanies order, Inkograph will be sent postage prepaid. If within ten days the Inkograph does not prove satisfactory return it and we'll refund your money without further correspondence. It is because we are sure the Inkograph will meet your requirements to perfection that makes it possible for us to make you so attractive an offer.

Received my Inkograph. Am surprised to know how well I can write with it. The Inkograph is a wonderful little writer, it's my friend now for good penmanship. I am writing this letter with it can you tell the difference between Inkograph and pen letters? I can, is my answer.
C. B. Fuller, Patterson, Mo.

I received my Inkograph with which I am writing this letter. I have purchased at least one dozen ink pencils. Yours seems to be the only one that gives perfect satisfaction. I believe you have solved the problem of the perfect writing instrument.
Dr. Richard T. McLaury, Dunkirk, Ind.

The Inkograph is truly the best pen I ever had the pleasure to use barring no price or make of pen, after I take into consideration the high price I usually paid for a Parker, or a Waterman pen. I cannot see how such a low priced pen as the Inkograph can be put on the market and give such unusual service. **Harvey L. Winston, Brentwood, Calif.**

In making out local requisitions, it is necessary to make an original and two carbon copies on very heavy paper, and the Inkograph does this twice as well as the hardest indelible pencil, and is much neater and the original is much more legible.
Wm. L. Portney, Placerville, Ia.

Your Inkograph is everything you state. It is just wonderful. So send me two more.
Arthur Olcott, Tucker, La.

Gave pen through tryout. Enclosed find sample of work I have performed. Have been using pencil. Never got entire satisfaction. Hard pencil makes original too pale and soft pencil makes poor copy. I am highly pleased. **S. M. Cooper, Inquiry Division, P. O., South Bend, Ind.**

I found the Inkograph all you represent it to be and I was very well satisfied with it. I made a great mistake when I bought the Inkograph, as I did not take out the Loss or Theft Insurance on the pen, for the pen is gone. I am writing this to ask that you send me another Inkograph by return mail, charges C.O.D. I can recommend the Inkograph very highly to anyone who needs a pen which will stand up under very hard usage. **George B. Moore, Columbia, Va.**

It sure has improved my hand writing—I never took home any medals for penmanship but I can almost read my own writing since I got this pen. **M. F. Johnson, Medina, Wis.**

I want to thank you for the return of my Inkograph pen, which you repaired for me. I feel rather lost without this pen in my pocket. I prefer to use any pen I ever carried principally because of the ease with which one can write with it, not having to be careful whether you slide the pen to the North, East, South or West, it flows freely in all directions. **Wm. B. Brosn, New York, N. Y.**

Received my Inkograph and same is filling a long-felt want. Kindly send two more of the same style by parcel post collect as soon as possible.
Theodore Priestley, Akron, Ohio.

I bought one of your pens a year ago. You sure build the best pen on the market to my notion. **Frank R. Ellsworth, Fargo, N. D.**

I wouldn't take \$5.00 for the pen I am writing this letter with. I have a good fountain pen but don't write any more with it. I am proud of the Inkograph and that I can say this to you and mean every word of it.
H. H. Wilson, Beckley, W. Va.

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