

# STRENGTH

MARCH 1921

Jess the Jester

How Jess Willard Lost the Championship

(An inside story)



Does the Business Man  
Need Strength?



Your Weaker Side



Wrestling



The Body Beautiful—  
and How to Obtain It

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Vol. V

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No. 9



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# The Strength of a Strong Man

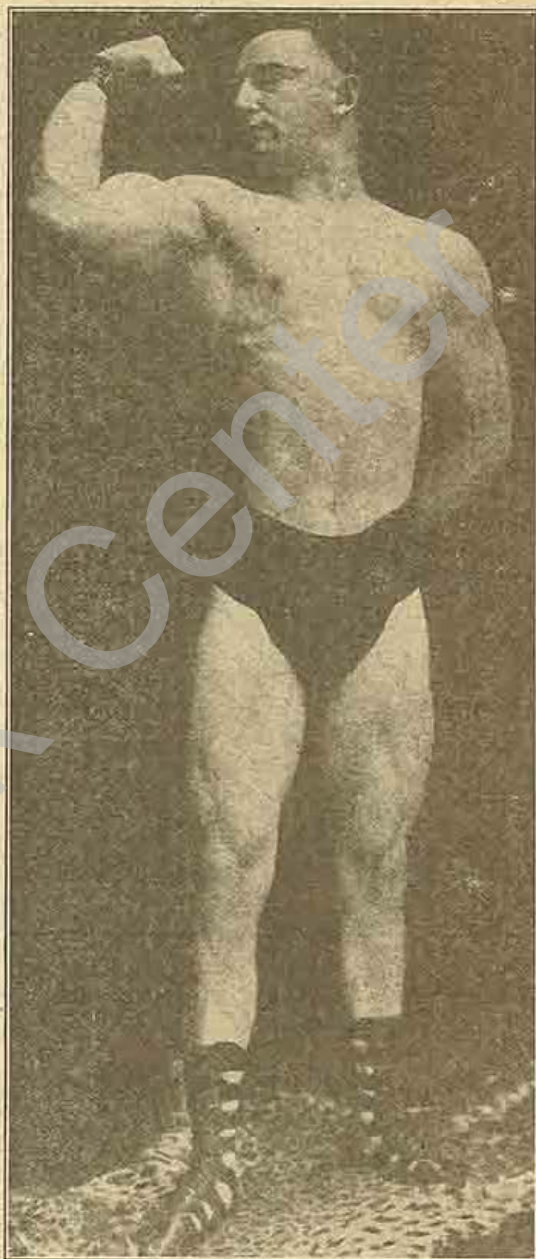
**Y**OU don't want it, of course—wouldn't have it for a gift. But you do want the bounding energy and vitality—the limitless endurance and vigor that only the strong man enjoys. Just the brute strength alone may not be of much value to you, but the confidence in your own ability that comes from the assurance that your well-trained body is capable of meeting all emergencies—what is that worth to you?

The strength of a strong man—not just a strong arm, or a strong back—but to be really strong in all parts of the body, sound organically and active physically and mentally—this is going to be worth real money to you in everyday life. You may be a brain worker, and may figure that you have no need of brawn, but of what value are your brains when the doctor shakes his head and counts you out? Your poor, weak, undeveloped body will be an actual handicap then, a happy hunting ground for germs of all descriptions.

The strength of a strong man—to be able to meet your fellow men on the ground of physical equality. To have sufficient faith in your own ability and enough pep and vigor to back that self-reliance to your own personal advantage. Strength is a breeder of confidence. You must have both to succeed.

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# STRENGTH

Vol. 5

MARCH 1921

No. 9

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## Weight Lifting and Record Department

**T**HE only thing that will justify the existence of the Weight Lifting Association will be the benefits that the amateur—the man who is interested in exercise for better health only—will receive. The Weight Lifting Association is coming along slowly but surely, but it will take quite a little time to get it firmly established and on its feet. However, we do not have to wait that long to obtain some of these benefits for the lovers of the sport. We can begin to collect right now.

One of the things that all barbell enthusiasts are interested in is the matter of records. Most of our top-notch lifters know just what the records are in each lift, and know just how much they will have to add to their own lifts to beat the records. But what we really need just at the present time is some basis of comparison for the ordinary chap who has not so much time to devote to the sport, in order that he may know what ordinary weight lifters of his own body weight are doing in the standard lifts, and how his own lifts compare with theirs. In this manner he will be able to check up on his progress. For instance, if he knows that some of his lifts compare favorably with those of another lifter of the same weight and that others do not, he will know that he is neglecting the development of some part of his body, and may immediately set about correcting this discrepancy. The value of this is obvious as we all know that the man whose body is well developed in all parts is healthier than the man who has a lop-sided development.

It is, of course, unfair to compare the lifts of a 200-lb. man with those of a 125-lb. man. After carefully checking over body weights, we find that for this purpose weight lifters can best be divided into classes as follows:

1. Over 200 lbs.
2. Over 175 to 200.
3. Over 160 to 175.
4. Over 145 to 160.
5. Over 130 to 145.
6. Over 115 to 130.

And to meet this very necessary requirement we are beginning a Weight Lifting and Record Department in the next issue of "Strength." In this department will be published letters from



the readers of "Strength," giving their body weight, age measurements, age, training program, etc., and the weights used in the following lifts:

**Two-Arm Press:** Barbell to be lifted from the floor to chest in one clean movement, and pressed to arm's length over head without bending the knees.

**Two-Arm Jerk:** Barbell lifted from the floor to shoulders any way, and jerked to arm's length overhead with two arms.

**One-Arm Snatch:** Barbell lifted from floor to arm's length over head in one continuous movement.

**One-Arm Jerk:** Barbell lifted from the floor to the shoulder with two hands, and jerked to arm's length over head with one arm.

**One-Arm Swing:** Dumbbell swung from the ground to arm's length over head in a quarter circle and in one continuous movement, and with lifting arm perfectly straight.

**One-Arm Military Press:** Dumbbell to be pressed from the shoulder to arm's length over head with one hand. Heels to be kept close together, and body not to be bent at the waist, arm not being used for lifting to be kept close to the side.

**One-Arm Bent Press:** Barbell to be lifted any way to the shoulder and to be raised to arm's length over head with one hand.

It is desirable that photographs accompany the letters, but not absolutely necessary that they should.

Only the standard lifts have been selected, as these lifts call for strength and development in all parts of the body. It might also be said that this is true of dead weight and harness lifting, but these really have no place in the amateur's program. The amateur has no such apparatus, has no place to use it, and he can get just as strong and as healthy as it is necessary for him to be by practicing the standard lifts, provided, of course, that he has put the right amount of work in on the body-building exercises.

There are some of our readers who are not in need of this information and advice and assistance. But lots of them are, so don't be afraid of helping the other fellow out. In recognition, the writers of the letters published will each be awarded one year's subscription to "Strength."

## The Question Box

The articles that appear in "Strength" do not dwell so much on the importance of health as on the means of obtaining it. We try to cover the field pretty thoroughly, but it is only natural that we should miss something once in a while. To remedy this, we are beginning a Question Box in the next issue of "Strength." If you have some particular problem in development that is bothering you, and which you have not seen covered in the articles in "Strength," your questions will be answered in this column. All such letters should be addressed to the Editor, and in order to be given immediate attention, should reach him on or before the fifth day of the month preceding the date of publication.





Putting on "muscle" at the pulley weights



One of the "Heavies" almost chins himself!



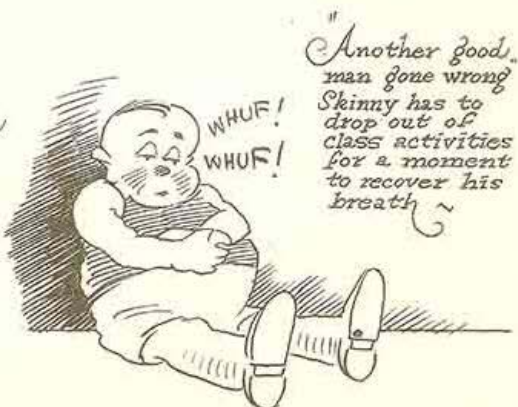
In the Tumbling Class ~ demonstrating a new and unique variation of the "flip" ~



Showing how easy it is - if you know how



And it started as a "friendly" bout! Ever get into one?



"Another good man gone wrong" Skinny has to drop out of class activities for a moment to recover his breath ~

© HARRY B. PASHALL

# The Development of the Hips and Thighs

By O. R. COULTER

(Continued from last month)

**L**AST month I explained the futility of the accepted methods of light exercise and endurance forms of track and field work as the means of attaining any noteworthy development of the thighs and hips. This month I will show the more favorable results obtained by those competitive track and field sports that require more powerful muscular contractions and give a general analysis of other forms of exercise involving progressive leg work and show the results that are derived from their practice.

Many occupations necessitate very vigorous work on the part of the thighs and buttocks. Laborers in their daily work often have to lift or carry heavy boxes or other weighty objects. True, much of this kind of work that was formerly accomplished by hand is now performed by machinery, and where men formerly carried bags and boxes, they now move them by mechanical power or wheel them on hand trucks or wheelbarrows. But pushing heavily loaded wheelbarrows is a thigh exercise of considerable value. In fact, it was considered such a good test of all around bodily strength that it was made a competitive feat in Paris, and no man developed by light exercise could possibly have made a creditable showing in this wheelbarrow test. In fact, the porters and stevedores always had "things their own way" in this event, except on a few occasions, when trained weight lifters entered the competition.

I remember watching the loading of a ship at Savannah, Ga., a few years ago. The ship arrived late at this port and an especial effort was made to load the hull in record time. I watched with interest the way one man after another would rush over the gangway with his heavy load of lumber and return a few moments later with his empty truck for another load. I noticed at the time the vigorous general development of these men, who for the most part, knew little or nothing about physical training or hygienic modes of living; yet picture, if you can, an equal number of calisthenic athletes who could possibly have performed this work, although athletes of this class are often very close followers of the ideas pertaining to sleep, diet, sanitation, etc., commonly accepted as the most conducive to-

wards attaining health, strength and endurance.

Nearly all of us have seen hod carriers climbing stairs or a ladder with their loads of brick or mortar and have read of the similar work performed in China and Japan when coaling the ships. Perhaps some of us have read of the almost incredible work performed by Chinese coolies. It is claimed that they will walk mountain passes for hours at a time with loads of tea and other merchandise strapped to their backs and shoulders. The weight is said to be at times as much as four hundred pounds. I have never visited China and know only what is reported in regards to this marvelous capacity for work possessed by these coolies. I have been told that although their legs are well developed, that they do not possess the extreme development that one might think would be the inevitable result of their work. The reason for this is that any effort that can be continued for hours at a stretch must be as much a matter of endurance as strength and too much endurance work hardens the muscles instead of increasing their size. It is my opinion that carrying heavier loads for shorter distances would have given these coolies a larger thigh development and I feel absolutely certain that the addition of some complete movement, such as the deep knee bend, with proper weight, would have been better for the developing of their thighs.

Mountain climbing is very vigorous exercise, for all the muscles of progression, and it is quite well known that the Scotch Highlanders and the Swiss mountaineers have, as a class, larger thighs, calves and chests than those of their fellow-countrymen, who live in the lowlands. It is not quite so well known that those men who work as guides and perform the more arduous task of climbing notably steep peaks have relatively better thighs than those of men who merely live on the mountain sides and travel only where the effort is not so intense. In fact, these Alpine guides attain better results in thigh development than do the Chinese coolies who carry heavy burdens over the mountain roads. The reason for this is that the extremely steep surfaces climbed by the guides partly compensate for the extra weight carried by the coolies over the more readily traveled mountain paths, and the con-



stant reaching by the mountain climber from one side to the other to attain the necessary foothold, offers a variety of movement that more than makes up for the development that the coolie attains from his additional burden. Mountain climbing is unquestionably a first-class thigh developer. Prof. MacLarren, a noted physical trainer, of bygone days, increased his thigh two inches, calf over one inch and chest three inches by one season's climbing in the Alps, and this, after several years of ordinary gymnasium work.

But, no doubt, the reader will ask, what use are these methods to me? One would not care to become a hod carrier merely to develop the thighs, and notwithstanding the merits of pushing a loaded wheelbarrow uphill, it certainly is not the most congenial occupation to the average man interested in physical development. The most of us are unable to go to the Alps and many of us cannot spare the time necessary to climb mountains in our vicinity, so we must find something more applicable for developing the thighs.

Among the exercises of value for thigh development and readily accessible to nearly every one is walking, when performed in the proper manner. Some may have thought from what I wrote in last month's issue regards walking that I was very much opposed to its practice as a means to thigh development. I consider long-continued, endurance walking as conducive to slender legs and walking as usually seen with faulty carriage and improper leg movement is almost a negligible quality, so far as thigh development is concerned. But walking, properly performed, is altogether a different thing, in fact, it is something rarely seen. Even soldiers do not have what I consider proper movement and positions in walking. True, the carriage is erect, but the leg action is faulty, so far as attaining the best possible results is concerned. It is not within the scope of this article to accurately describe what I consider the proper method of walking. To clearly explain it would require photographs or accurate diagrams. I would call this proper method "heel and toe walking." The heel of the foot should touch the ground first and as you bring your weight forward onto the advanced foot, you should shift the weight to the ball of this foot. As you finish the stride the rear leg should be straight and you should feel the muscles at the back of the lower leg, thigh and buttocks tighten. As you raise the rear foot from the ground,

push hard with the toes, push backwards rather than directly downwards. This may seem rather an exaggerated style of locomotion, but it is the proper way to attain real results from walking. This method will tend to bring your head erect, shoulders back and chest out without especial attention to these parts. Personally, I believe that every one in training should include two or three miles of correct walking daily. It has been said that "anything worth doing is worth doing well." This applies to walking, as the importance of correct walking, as compared with haphazard strolling, cannot be unduly emphasized. Walking when properly performed is good thigh exercise, but cannot compare for attaining strength or development to more vigorous work applied to the parts in question.

Football, shot-putting, sprinting, short distance bicycle riding, skating, rowing and jumping all involve vigorous action of the thighs and buttocks. Football includes not only sprinting, but also requires considerable "line bucking," which is very strenuous work for the muscles of progression, and kicking a football gives a further variation of leg action obtainable from the practice of this sport. Shot-putting is a sport which requires strong thighs and buttocks. To put the 16-pound shot any appreciable distance requires very strong and speedy contractions, not only of the thrusting muscles of the arm, but of the muscles of the buttocks and thighs. In fact, the bulk of the effort must come from the bodily action rather than the extension power of the arm alone, and the bodily action is of course controlled by the muscles of progression and no man can excel at this sport until he develops strength in these parts. This sport develops the strength necessary for its proper accomplishment, but it is not every one who has the inclination or the place for practice.

Sprinting, short distance bicycle riding and speed and fancy ice skating give somewhat similar results. Sprinters as a class possess well developed thighs and bicycle riders who specialize on the short distance speed events often have a notable development of the quadriceps extensor muscles of the thigh, but they are not so likely to have as good all around thigh development as the sprinters. Professional and high class amateur ice skaters almost invariably possess magnificent thigh development. Skating provides very vigorous exercise for the muscles on the inside of the

(Continued on page 44)



# Does the Business Man Need Strength?

By NORMAN EVAN PRICE

Illustrated By HARRY BARTON PASCHALL

**W**HAT'S the use of being strong, anyway?

Of course the appearance of strength is a fine thing to look at, one may say to himself, and it may be a pleasant sensation to feel strong, but of what use is it?

Is strength something for the athlete? Or for the piano mover, or blacksmith or lumber jack? Or is it something for every man, the business man for instance? Something for lawyer, doctor, merchant, chief?

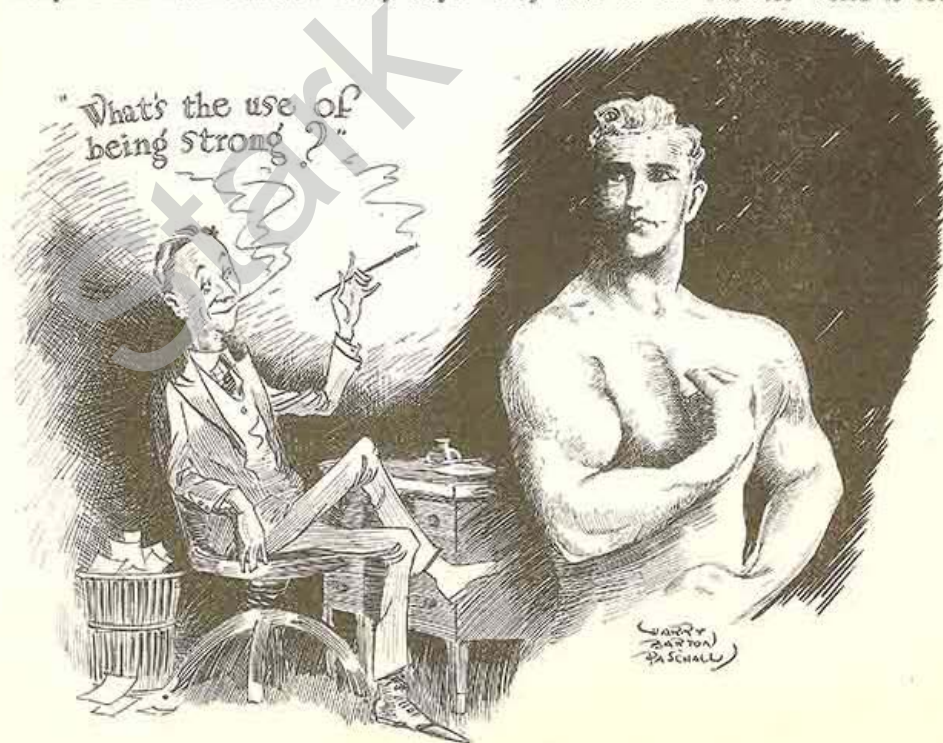
Of course the average man does not ask himself this question, for very likely he does not even think of the matter at all. But if it does occur to him, as it may possibly when he sees a prize fight or an acrobatic act in vaudeville, he may entertain the notion that he does not need strength. All that he wants is health and fitness—just as if he could have that without a fair measure of strength.

Many do not realize in how many ways

the possession of strength affects our daily lives, that is, in matters apart from the actual employment of it.

For instance, there is the relationship of strength and personality. Perhaps, Mr. Business Man, you have never thought of that. Often a man is able to do business very largely on the strength of his personality and appearance. Personality is to a great extent a matter of appearance, which, in turn, is very much a matter of strength and good bearing.

A man should be strong because he does not really look like a man unless he is. We have associated manhood with strength and courage for so long that our notions on the subject are instinctive. No matter whether we want to think so or not our instincts approve of strength in men. We cannot think of virility or power or vigorous masculine personality without strength. Certainly one of the greatest handicaps one may have in the business world is found





in the fact that he looks like a weakling. Other men have no confidence in him because he does not look strong and dependable. Even a small boy admires strength—no one more than he. It is a natural, instinctive liking on his part. He takes pride in being stronger than the other boys in his neighborhood, or else he admires the boy who is.



Which is the most impressive?

One cannot imitate strength. There is a certain magnetism, a degree of poise and quality of assurance that goes with strength that cannot be put on by a man who looks like a dried herring. There is only one way in which a man can look the part that he ought to look if he is to stand well among other men, and that is by making himself a vigorous representative of the human race.

A man needs strength for the same reason and in the same way that he needs good clothes. A man who is shabbily dressed and goes around looking like the last rose of summer makes a very poor impression upon others, even if he is a genius. Probably that's been the chief fault with

many people of genius who have turned out to be failures. On the other hand the man who "looks like a million" because he is dressed right will be taken seriously. But of course even good clothes cannot make a man impressive if he looks like a weak sister. If he is loosely hung together and apparently ready to break in two if he does not sit down carefully then no amount of good dressing can give him the character of a real man. But when a man has strength, with the poise and splendid bearing that go with it, then good clothes will give him rare distinction. No business man, no lawyer, no one whose affairs bring him into contact with other men, upon whom he must make a favorable impression, can afford to ignore the necessity for bodily strength and development in the shaping of his personality.

Consider the appearance of two opposing lawyers in a court room. One looks physically capable of eating the other up, the other capable only of being eaten. Suppose that in mental ability the two are on a level, while the case in hand looks like a "fifty-fifty" problem for the jury? Then which of these two lawyers will most successfully tangle up the witnesses, and which will make the more striking impression upon the gentlemen of the jury? Of course a brainy man of frail physique may outshine a stupid man who is strong. But more often he does not get credit for his brains because he "doesn't look it." And whatever may be an individual's inherited make-up, the quality of magnetism that goes with strength will give him infinitely more personality than he would have without it.

However, the big reason why the business man needs strength is because it gives him stamina and working fitness and because the older he grows and the bigger his business grows the more he needs strength, steady nerves and a clear head. Very likely he starts out as a young man with the natural vitality of youth. Perhaps he feels that he has plenty of strength. But unless he looks after himself he will find that while he may not reach his apex, mentally speaking, until he is fifty, yet he has reached and passed his physical apex in his twenties. After one has reached the top the only direction he can move is downward. After passing the point farthest north one can only



go south. And so with the man who depends upon the natural constitutional vigor of youth, for after thirty the farther he goes the more he loses in vitality and energy. That is, unless he has learned to build strength and to retain his state of youth.

At forty the average man has far less stamina than at twenty-five. He can no longer stand the gaff as he did. He cannot do the things that once he could "get away with." At forty one finds that he cannot stay up all night without feeling it. And as the years go on he begins to find out that, although he may "feel all right," the same as he always did, yet when he is put to a test and attempts to do anything exacting he is not there. He is getting wheezy, his blood pressure is abnormally high, his arteries, like his entire body, have lost their elasticity, his heart shows a tendency to balk, his kidneys are beginning to fall down on the job and whether he knows it or not he is headed for a wreck. Figures show that twice as many men crack at middle age now as was the case thirty or forty years ago. At sixty, if he is still alive, he is an old man. And that is just the time when any man of brains ought to be at his strongest and best. Look up the ages of all the presidents of the United States—average just over sixty. And then look up the ages of the great military leaders in the great war. Do you think, Mr. Business Man, that you will need strength and condition at that age?

It is not merely in his early youth, when a man is trying to work his way up, that a man needs stamina, but later, when his enterprises have taken on larger proportions, when he has the battle of life half fought, half won and he needs the fighting strength to carry his campaign through a crisis to a successful conclusion. He has spent his life so far building up his business and he has a family of children to educate and provide for, and so now, at fifty-two, we will say, when he can least afford to cave in, he wakes up some day to the truth that he is going to pieces. It is a fine sensation!

But of course he doesn't need to go to pieces. And he can keep up his strength.

But at just about this point in the discussion we fancy we hear a shriveled-up, anemic-looking character rise to remark

that big muscles do not count for much any more, this being an age of brain—not brawn. What we want, says the professor, is not muscles, but nerve strength and functional strength. All right, where are you going to get it? Buy it in a bottle? Lots of folks have thought that, with tragic disappointment to follow. How are you going to get that nerve strength and functional strength into your system? By letting your body run down? By the wasting away of the structures of the body and suffering the poorer quality of blood that must follow such functional derangement?

Now, what one should understand in this connection is that health goes with strength. In reference to functional vigor, one should know that it is impossible to exercise the muscles without exercising the organs at the same time, not merely the heart and lungs, but the kidneys, liver, the digestive organs and all the glands and structures that have anything whatever to do with the state of the blood, making it what it is or purifying it. That ought to be clear to any school boy who has read the most elementary physiology.

Even the possession of a normal muscular make-up, let alone its use, is important because the muscles have so much to do with circulation and warmth. So much of the blood is "used" in the muscles. So much of the bodily heat is produced in the muscular system, and so much of our food is consumed there. When a man is deficient in muscular tissue, all of the functions related to assimilation, circulation and the chemistry of the blood are more or less unbalanced. Indeed, one cannot expect to feel just right unless he is well set up muscularly. The nearer he approaches the physical standard of a healthy animal the better a man he is in every way. And an athlete in good training is a perfect animal. His eye is clear, his head is clear, he thinks quickly and he feels great. Any man in this condition would be better fitted for business or professional work.

Suppose we consider the case of a man of middle age who is not just about ready to crack, but on the contrary is still able to do physically the things he did in his twenties. In England there are many men who enter the same cross-country races with their own sons, or play the same football



games with them. Or take Fred Anderson, still capable of playing championship tennis at forty-seven, or any of the other tennis cracks past forty. What's the truth about such a man? The truth is that as compared with other men of his age he is actually a younger man. He has the heart and lungs of a younger man. He has the elastic arteries of a younger man. He has the liver and the kidneys and the digestive system of a young man. And you cannot get away from it. Also he has the flexible, elastic spine of a young man. And because of all these things he has the quality of blood of a young man—*young blood*. He is actually in the possession of youth and you cannot get away from it.

If a chain has any weak link it is not strong. And so you, Mr. Business Man, may ask yourself if you have any weak links. Just as I ask myself. Well, how can you know. If the chain is a thousand-pound chain, that is, one intended to hold against that much stress, you can try it out by lifting a thousand pounds with it. If one link is weak it will break. You can similarly test yourself, or I can test myself, not by trying to lift a thousand pounds, but by doing something that calls for an average standard of health and energy. Of course it may be wise for me to have a thorough medical examination by the Life Extension Institute or by any competent physician. I would not belittle that procedure, but on the contrary would advise it. Such examinations have saved many lives by showing a man who did not know it that he had a weak link, or perhaps several of them, so that he could do something about it. However, I can supplement this by a sort of test of my own fitness in respect to the things that I can do physically. If I can still jump a fence about as well as I could twenty years ago or more, and if I can go out on the road and run one mile, or even two or three miles, without distress or inconvenience then I know that I am there. For I could not do it with any weak links. If my liver was not in working condition I could not run a mile. Nor could I if my kidneys were overworked and weakened through the job of merely keeping me alive. When I can do real young man's athletic work I know that my blood is right and my organs are sound.

Again, I take my two fists and beat a fairly vigorous percussion upon my body, over the abdomen, up the sides, across the stomach and around the chest. And all over my body not a soft spot, not a sore spot do I find. All those glands and organs in there are sound and healthy and so the mild punching does not hurt them. But if I ran across a tender spot, a certain place where pressure or thump causes pain, I would immediately suspect that something



A man is as old as he feels!

was wrong. I would say to myself, as did Hamlet, that there is something rotten in Denmark. But since I have no tender spots which come into evidence when placed under this crude test, and since I can still do the things I could do when young, along with men of half my age, I know that I am sound. I am younger than other men of my age who cannot do them. And I am therefore better fitted for any strain in business or professional life. And that's something for every business man to think about. Keeping fit, keeping strong, is the first duty of every man, if only for the sake of efficiency in business, for otherwise he may

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## Your Weaker Side

By L. E. EUBANKS

**I**N the normal body there is no structural difference between the right and left sides. Why then, if the right side is not essentially better, should something like 90 per cent of the people of this country be right-handed—that is, use the right hand by preference and have more strength and control in it than in the left? Dr. Franz Schwerz states that out of about 1100 German school children he found only 7.9 per cent left-handed. Stier gives even a lower percentage, and another prominent investigator puts right-handedness at 98 per cent.

Several authorities have sought to show that the percentage of right-handedness is greater in boys than in girls. I have not found it so. It is true that boys generally, on account of an earlier start at work with heavy or dangerous tools, are earlier called upon to choose between their hands; but to offset this there is the feminine pride that abhors being "peculiar." Any anatomical irregularity "gets a girl's goat" in a hurry. I knew a little girl who cried many times because other children at school derided her for writing with her left hand. Girls' arms are usually more nearly equal in size than those of their brothers, but it is not so much because of harmonious development as from lack of any considerable development in either arm. Hastings found that children at sixteen years of age showed a strength of 33.31 kilos in the right forearm as compared to 29.64 in the left. His examination covered over 5,000 children, but he tabulated no sex differences. In older persons, say from twenty to fifty, the difference is greater—unless the individual guards against one-sidedness.

Some writers tell us that our savage ancestors in their sanguinary battles with each other and with the beasts of the forest used the left hand to protect the heart, the body's most vulnerable part. Holding a shield over the left side of the body with the left hand very naturally left the active work of wielding one's weapon to the right hand. From this it would be only a step to the practice of holding objects or material with the left hand for treatment by a tool held in the right. The aborigine who had held his shield in his left hand would be sure to hold a stick similarly

while he hacked it with his axe or hunting-knife.

Scientists say that right-handedness simply means left-brainedness, that the left hemisphere of the brain, in such cases, is better developed. The motor nerves cross each other as they descend from the brain to the spinal column, and, of course, this gives each half of the brain control over the opposite side of the body. A further elaboration of this theory is credited to Sir Daniel Wilson. The center of speech is in the left hemisphere of the brain, and Dr. Wilson believes that the movements controlling the right arm, the nerve ganglia for which are situated near the centers of speech, have developed and matured along the same lines and at the same rate of progress as language. According to Wilson, it can be historically shown that right-handedness began and proceeded collaterally with the effort at coherent speech. He refers to the parchments and primitive figures of the ancient Chaldeans and Egyptians, in which a preference for the dexter member may be easily seen.

There are many explanations of the tendency to favor one or the other of our hands, some of them plausible, some absurd. Whatever the cause, it is easy to understand that the trait would, as generations pass, grow more and more hereditary. As a matter of fact, right-handedness is constantly on the increase; only the effect of athletic training and the advice of educators here and there have kept it from becoming practically universal.

I do not believe that the preference for either hand is very pronounced in babyhood. I believe that the average child, taken early, can be made right or left-handed by training. If so, it follows that he could be made ambidextrous, and this should be the aim. I think the greatest reason for nine persons out of ten being right-handed is that parents teach the infant from the first to use his right hand. Somehow, a great many people attach some strange inferiority to left-handedness, thinking it indicative of abnormality. Ordinarily, tools and other things intended for single hand use are made for the right hand, everyone seems to assume that a fellow is right-handed: so once started in that way, it is very natural to continue.



One of the big reasons for right-handedness is the prevalent belief that the left side is physiologically weaker because "the heart is on that side," less susceptible of development, etc. One swimmer, in his book on how to learn to swim, cautions against swimming on the left side, and urges all beginners to "start right," on the right side. I am rated a fair water-dog, and my favorite position is the left side. I have never felt any injurious effects, and I am sure many champions and near-champions can say the same. As for potentiality of development, it is nonsensical to say that the left side, being nourished by the same organism and in exactly the same way as the right, should have to stop at a lower plane of girth, strength and accuracy than is accessible to the right. I have been in the physical culture business for twenty-odd years and have known all kinds of athletes intimately; and I can tell you there is nothing in this theory. Anyway, as a matter of fact, there is as much heart on the right side as on the left; it protrudes a little further at one point on the left, but as an organ, it is virtually in the middle.

It is primarily a matter of practice—which ever way you get started. I can take a child whose people have been right-handed for generations and easily make him left-handed, if he begins early and does his part. Animals when let alone use one "hand" as well as the other. I am aware that trainers tell of the left-handed elephant, parrot, etc. But watch the man when he hands the parrot an object; nearly always he extends it with his right hand, and it is quite natural for the bird to accept with its left foot. The only way an animal becomes partial to one side is through man's coaching, or because of temporary or permanent injury to a limb.

In my own physical training I have always been particularly appreciative of the south wing; probably because my first efforts were at boxing, a sport that pre-eminently demands two skilful hands. I was right-handed, but from the very first tried to possess two rights. I remember that when as a high-school student I was forced, along with the others, to submit to vaccination I offered my right arm. "Left-handed?" the doctor asked. "No," I responded. "Then you better keep your right in condition," he advised. But I explained that since one arm had to be incapacitated I would give the weaker one a chance to make some gains on the other. The physician was not much sur-

prised for everyone in town knew that I was an "exercise crank."

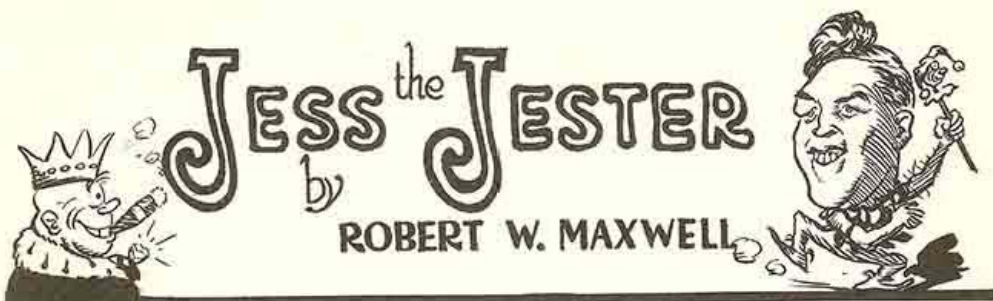
Left-handed persons nearly always have more efficient right hands than right-handed persons have left hands. Some people have reasoned that this proves the right hand nature's favorite; but the real explanation is that custom, and the construction of many things used in daily life, compel a certain amount of right hand exercise. My mother is left-handed, and she can write as well with one hand as the other—she used her left hand by preference and her right by her parents' compulsion.

The practicability of ambidexterity, "two right hands," is conclusively proved by numerous examples. Jugglers and other such performers have to be nearly as clever with one hand as the other. Professor Hermann could not succeed with one deft hand. Many famous surgeons owe their success to ambidexterity. Musicians and typists develop the finger dexterity of both hands. The same is true of telegraphers, though I knew an operator who lost a position because of a clumsy left hand. Hermann would seem to have two brains as well as two master hands, when he writes a friendship letter with one hand and a business letter with the other at the same time. Similar tricks are done by some pianists on their key-boards.

And this brings up the question as to the value of ambidexterity. Is it worth cultivation? It certainly was worth something to the telegrapher I referred to; he found that he could not hold a job till he brought up the efficiency of that south paw. Not all classes of work make such imperative demand for two good hands, but it must be obvious that any work requiring both arms will be better performed if both members are capable. It is undeniable that ambidexterity is a point of efficiency in any manual worker. But laying aside the consideration of two good hands, suppose an accident reduced a fellow to one! No one can see into the future, and suppose you should lose your good right arm! In such case it would be of inestimable value to possess a trained left hand. In fact, any person must be a more perfect machine for having two good hands instead of one good and one poor one; must be a better rounded individual for utilizing all his resources. And this mentally as well as physically, since, as we have seen,

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**J**ESS WILLARD plans to stage a "comeback" and regain the heavy-weight championship of the world. He is very positive about this and believes he will get back his lost laurels and earning capacity before next year's crop of snow is spread over the landscape—if there is a crop next year. The big boy has but one thing to do in order to accomplish this. He must dispose of one Jack Dempsey—that is, he must wallop Jack on the whiskers and put him to sleep for ten seconds or more. He tried it once and it worked with reverse English. It was he who took the high dive out in Toledo. Jess says it's Dempsey's turn next.

No one who witnessed the championship fight on July 4, 1919, can ever forget the big, battered hulk of a man who sat in his chair surrounded by his seconds and when the bell clanged for the start of the fourth round, when he grabbed a dirty towel and tossed it into the center of the ring. With that towel went the heavyweight championship of the world.

Willard's face was battered beyond recognition. His right jaw was swollen and his eye closed. Afterward it was claimed that the cheek bone was broken, but this never has been proved. He wore a silly, stupid grin like a big boy who has been whipped by a smaller boy and tried not to show it. He left the ring as quickly as possible, went into hiding for a day and then left for his farm in Kansas. He declared emphatically that he was through with boxing for all time and nobody doubted his word. He had taken enough punishment to kill an ordinary man, went through the first three rounds like a hero and when the real test came in the fourth, when Dempsey was as tired as he, the champion deliberately quit. The public was glad to hear he had given up the boxing game.

And now he is ready to "come back." He says he wants no money but just the satisfaction of proving to the world that he is better than he showed at Toledo and can defeat Dempsey if he is in the proper condition. He says he has been training for a year and is in good physical shape. He has been in New York and would have boxed on March 17 if the price of admission had not been lowered. He doesn't want money—of course not. All he wants is all he can get. He was satisfied to postpone the affair until next Labor Day so it can be held in the open air and in a large arena. That means a bigger gate and a larger purse. But Jess wants no money. All he wants is a chance to meet his conqueror again. Funny game, this boxing.

The other day I met a boxing fan in New





York. He has seen all of the big bouts in the last twenty years and knows the game from all angles. He is a great critic and I was very much surprised when he said:

"Dempsey never will box Georges Carpentier. Not that he is afraid or the authorities will not allow it, but he never will get the chance. Willard will beat him sure and I am betting on it."

Willard still has a lot of admirers and they believe he is a better man than Dempsey. They say that Jess was not knocked out, was taken by surprise and didn't know what he was doing when he tossed the towel into the ring. They, too, are anxious to see the men meet again and are confident the decision will be reversed.

There is an inside story connected with the Toledo affair and it never has been told. It sounds very much like fiction, but it was told to me by a man who was on the inside and knows what he is talking about. He says that Willard was kidded to death and he was such a willing victim that he fell—hook, line and sinker. But I will start at the beginning.

When Willard arrived in Toledo he was the champion pugilist of the world. He had wrested the title from Jack Johnson in the twenty-sixth round of a battle which was fought under a hot, Cuban sun, restored the supremacy of the white race and was hailed as a hero every place he went. He was regarded as a superman because of his tremendous physique. Six feet seven inches tall and weighing 265 pounds, he was a giant and the sports world was sure that no living man could stand against him.

He joined a circus and traveled all over the country. The audiences were impressed. Thousands waited for him after the show was over, just to have a look at him at close range. He was told time and again that he was the greatest fighter in history. He heard it so often that he began to believe it himself.

In 1916 a new heavyweight star appeared. Frank Moran had gained fame and fortune by knocking out Jim Coffey twice and was regarded as one of the greatest punchers the game ever had seen. There was talk of a match with Willard and after months of dickering Tex Rickard stepped in and staged the bout.

Willard toyed with Moran for ten rounds.

He never extended himself and presented such a defense that the public was sure that no man could hit him. Jess's stock soared above par after that battle and he again took to the road with his circus, a greater drawing card than ever before. He made Moran look like a novice.

Then came Dempsey. To Willard he was just another Moran and he decided to tame this upstart, make him be good for all time—and collect \$100,000 for doing it. Therefore he gave Dempsey a chance and the bout was held in Toledo.

When Jess arrived for preliminary training he was much pleased with himself. He was absolutely certain that no man could stand before him for a half dozen rounds and Dempsey would be easy. His confidence in himself could not be shaken. He did not take his training seriously and every day was content with a short workout in his camp in the Casino, where the populace could view the proceedings and fifty cents per view.

Jack Kearns, the perfumed manager of Dempsey, is a mighty shrewd person. He knew that Willard was dangerous unless some of the confidence was taken out of him. He must be annoyed, caused to worry about the approaching match and one morning, while sprinkling the violet sachet powder on his old clothes, Kearns thought of a scheme. It was the same as poking a stick through the bars at a hungry and ferocious lion, but it proved to be a good one and, to my mind, paved the way for Dempsey's victory.

Willard had taken a house in the residential section of Toledo where he lived quietly with his staff of trainers and servants. He did not mingle with the citizens of the place and never was seen except at his training quarters. He had a telephone, but the number was not in the book. It was unlisted and this phone started Jess on the down grade.

Kearns learned the number and started to work. Knowing that Willard was sensitive about his age he had several of his friends call him up.

Therefore, after dinner, when Willard was taking things easy in the big chair on the porch at peace with himself and the world, he would be disturbed by the ringing of the telephone bell. Jess answered all calls be-



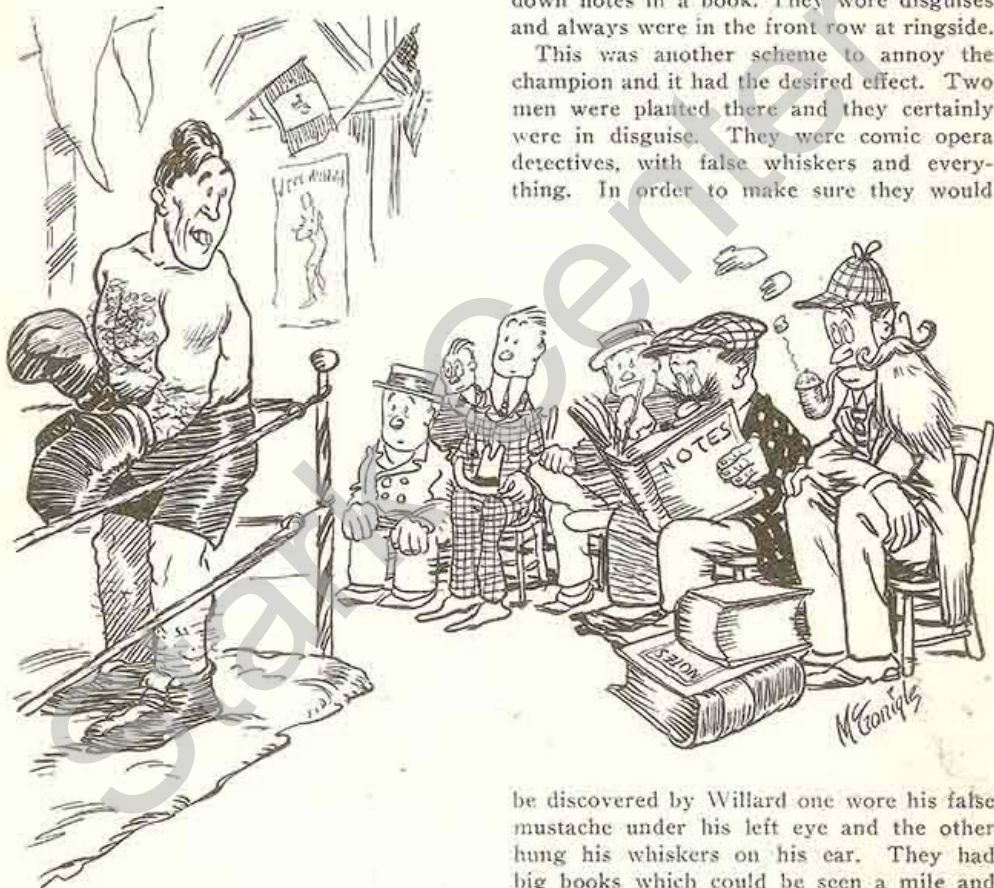
cause he wanted to do his own business and did not have much confidence in his servants.

The first night the bell rang and a strange voice said:

"Hello, is this the Old Men's Home?"

"No," replied Willard. "This is Jess Willard's residence."

"Well, this is the place I want," was the answer. "You are old enough to be classed with the has beens, you big bum."



This happened at all hours of the night. Willard was told by hundreds that he was too old to fight and should be on the shelf with the other has beens.

He grew morose and irritable and his disposition did not grow any sweeter when he was told it was a put up job on the part of Kearns. He vowed he would get even and at the end did not answer any telephone calls. That was the first victory for the Dempsey side.

Then came the second part of the scheme. Spectators would taunt the big fellow while he was training by saying that either of Dempsey's sparring partners—meaning Bill Tate and the Jamaica Kid—could knock him out in a few rounds. Willard heard all of it because it was intended that he should hear.

One day Willard was told that Dempsey had spies in his camp. They watched his every move, the informer stated, and jotted down notes in a book. They wore disguises and always were in the front row at ringside.

This was another scheme to annoy the champion and it had the desired effect. Two men were planted there and they certainly were in disguise. They were comic opera detectives, with false whiskers and everything. In order to make sure they would

be discovered by Willard one wore his false mustache under his left eye and the other hung his whiskers on his ear. They had big books which could be seen a mile and made no effort to hide them.

They would solemnly confer during the workout, point at Willard and then write something in the books.

Willard was wild. He saw every move they made and forgot all about his training. He just went through the motions and after it was all over he left word to keep those fellows out of the grounds.

Thus the scheme began to work better

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# The Body Beautiful

## AND HOW TO OBTAIN IT

By NICHOLAS CAMPION

**H**AVING been a physical culturist all my life, I find that there are two questions that invariably arise in the minds of the uninitiated when they gaze upon a strong and well developed body: "How does he get that way?" and "What's he gonna do with it now that he has it?" I have always been interested in the first question, because whenever I have seen a man who was stronger than his fellows, I have always tried to find out how he got that way—his views on diet, training, etc. That there was anything in the second question never occurred to me until of recent years, when my active training days were over. And then I found that there really was something in the second question—something that the added zest and joy of living that good health always brings to its possessors.

About eleven years ago I was a professional athlete, and traveled all over the country giving exhibitions of hand balancing and gymnastics. This part of my life does not enter into the story at all, except for the experience I acquired in training methods from association with strong men. About six years ago I decided to settle down and retire from the stage. It being no longer necessary for me to keep in top-notch physical

condition, I stopped exercising entirely. But one day, after about two years lay off from training, it occurred to me to see how strong I really was, and how much strength I still retained from my years of previous training. I hunted up my dumb bells just to see how much I could lift, and surprised myself by pressing close to 200 lbs. overhead with two hands with ease. And it must be remembered that I never did go in for real lifting—my professional work did not call for it. Since then I have exercised regularly, for about ten minutes once or twice a week. Some people may not call that regularly, but it is sufficient to keep me in good physical condition. And I have found that the strength that I built in my younger days is of real use to me now when I do not have so much time to exercise as I did then. I have lots of ambition, power and pep that I know would be lacking were it not for the strong and well developed body that I have for the foundation of my strength. What I now have in endurance and vitality is well worth the time I spent in exercising. Occasionally, of course, I feel tired and lack energy and ambition. When this happens, I always beat it straight to my dumb bells and put in about ten or fifteen minutes' vigorous work with a 100 lb. bell. And when I have finished I feel my strength flowing back like a mighty river, and I always say, "Gee, I hope I don't meet any one I don't like today—it would be a case for the coroner!"

I can hear lots of you saying, "That may be all right for the man who has had the advantages of professional training, but where does the ordinary man come in on that stuff?" or "That's all right if you start young, but what chance has the man who is over thirty for bettering his physical condition?" It is quite true that the man who is over thirty will not be able



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to accomplish as good results from his exercising as a younger man, but if he is sound organically, he will certainly be able to develop health and strength sufficient for his needs, by using proper methods.

All of which leads us back to the first question—"How do they get that way?" It is quite natural for any one to want to know how a strong, well developed man or woman gets that way. If some multi-millionaire were to tell you how many millions he had, you would not be very much interested, but if he were to tell you *how* he made his millions, and how *you* could do the same, you would be very much interested. And so it is with strength. The public is more interested in knowing how a man obtains his strength than in knowing his exact degree of strength in pounds or inches.

The science of physical culture is rapidly coming to the fore. People are being educated up to their physical requirements and possibilities, although when the public is shown a strong man or a well developed woman nowadays, it is still likely to say that he or she was born that way, and that such strength and development is possible only to the person who is born strong. There is such a thing as inheriting a strong physique, but in nine cases out of ten, yes, and in ninety-nine cases out of a hundred, you will find that the person who has attained any considerable degree of strength has done so with lots of hard training. And the strange part of it all is that most of this misinformation is due to the strong men themselves.

Several years ago, in Washington, I was attracted by a large crowd, and having lots of time, I investigated, and found the center of attraction to be a strong man. He had a magnificent physique, so the people took it for granted that he knew what he was talking about. But instead of selling them something that would be of real value as an exercising apparatus, he sold them a worthless piece of junk that wouldn't make any one strong. I am willing to bet that anyone who bought one of these machines and tried it was convinced that this chap was born strong. It was quite certain that he did not develop his strength by the use of the machine he sold, and it is instances such as this one that give people the impression that if a man is born a weakling, he is condemned to remain one all his life. I met this same man several years later in

another part of the country, selling an entirely different apparatus, but one that was equally worthless. These kind of people seem to be convinced that the public likes to be bunked. It is quite likely that they have been bunked so often with this sort of thing that they do not expect anything else. A man of this kind invariably tells the people that he became strong using his apparatus—he has to tell them that in order to sell it! But it is a very strange thing that such a man always lifts dumb bells to show just how strong he really is. And he plays on his knowledge of human nature. Everybody wants something for nothing. Everyone wants to be strong, but not everybody is willing to work to get the strength and development that they crave. So when some plausible gentleman comes along and tells them that they can become strong just by gazing at his marvelous apparatus they fall for it, and fall for it hard. There is no such thing as something for nothing in this world. Everything that is really worth while has to be acquired by effort. This is true of strength just the same as everything else. A man will fall for one of these fakes, will chase the phantom for a while, and when he fails quits and is convinced that in order to be strong and healthy you must be born that way.

We do not have to investigate very far to find that there is no truth in this being born strong stuff. Theodore Roosevelt, a fine example of an athlete and a citizen, began life that way, and so did many others of the country's great men. Any person who is determined to do so can develop health and strength sufficient for his or her needs by use of the proper methods. It's all a question of using your head—not literally, of course.

Back in the days of the cave man it was not necessary for any one to exercise. The muscles of the cave man got all the work they required driving off the raids of hostile tribes and beasts, and in providing sustenance for himself and his dependents. It was a man-sized job, and it made real men. But in the march of civilization man was forced to become more of a specialist. He learned to do one thing and to do that well. His muscular system and his internal system too, did not perform enough work, and as a result lost their efficiency. I might venture to say that 80 per cent of all the sickness in the world is caused by a lack of hard work or

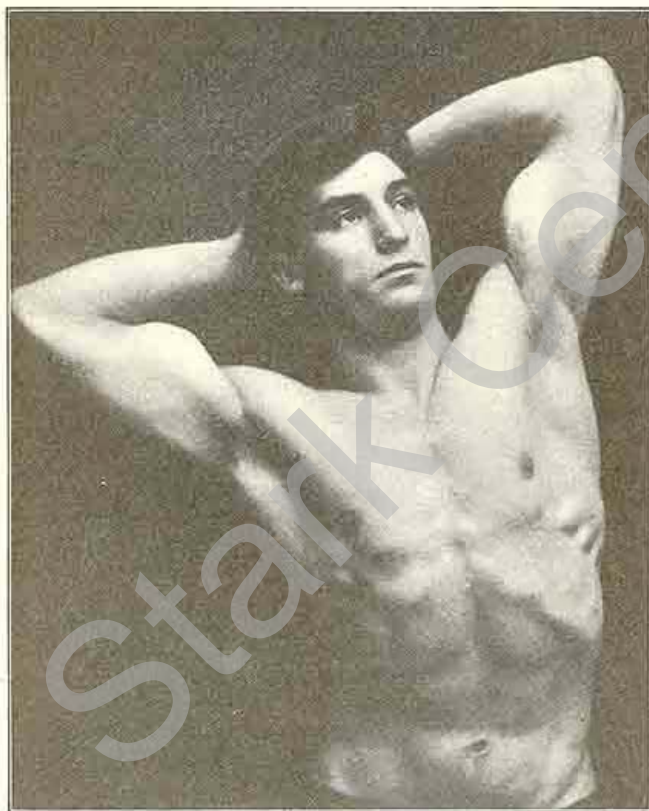


exercise to take its place. That does not necessarily mean that those who work the hardest are the healthiest. Take the men who work with a pick and shovel for instance. These men get lots of hard work, and it is work that brings into play all the muscles of the body. Yet most of these men are not noted for their physical development, and this is due to the fact that their brains do not work with their bodies. It is the attitude that they take toward the work that is the cause of this. Most of them, as they work,

you might just as well be doing mental gymnastics for all the results you will obtain.

The first thing to be considered in exercising is resistance. There must be sufficient resistance to give the muscles and organs of the body sufficient work to keep them from stagnating, and in order that they may obtain their full and natural growth. This must be determined from the nature and condition of the person exercising, as too much resistance will work more harm than good, and too little resistance will accomplish no results whatever except a waste of very valuable energy.

For the man who realizes the necessity of keeping in good physical condition and who has not much time to devote to exercise, graded weight exercises are the one best bet. You can begin with a moderate weight that you can easily handle. Don't be content to center all of your attention on developing only one part of the body. Exercise all parts of the body regularly. Remember that the parts of the body that are being exercised draw the greatest supply of blood from the heart. And this is the most important factor in exercise—the circulation of the blood. To be of any value, an exercise must be of a moderately vigorous nature, in order to send the good red blood coursing through your veins. The function of the blood takes place in the capillaries—little hair-like blood vessels that connect the

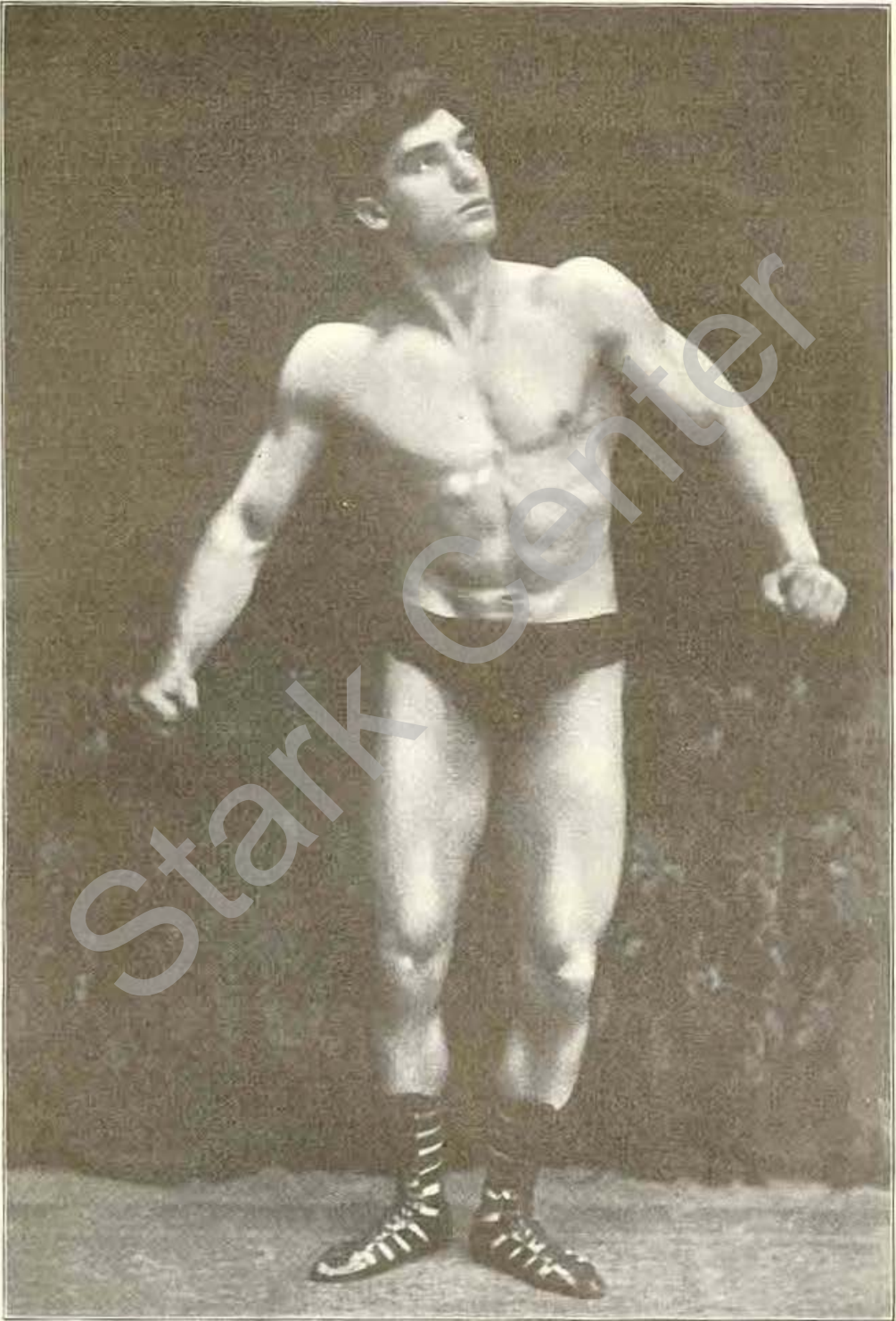


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are thinking "My but this is hard work. I think it is killing me. I know that it is killing me." And it does. But what a difference there would be if they would think "This might be hard work, but it's great stuff. It's going to make me strong." It is absolutely necessary in exercising to look on it in this manner. To begin, you must have some faith that the exercises are going to do you some good. It helps you to put some pep and vigor in them. If they are performed lifelessly,

arteries and veins. Here the blood delivers the nourishment that the muscles and tissues of the body need to exist, and carries off the waste tissues. While you are exercising, there are certain old tissues of the body being destroyed. For this reason, the best results are obtained by exercising every other day, rather than every day, as the period of rest in between the exercising periods gives the torn down tissues a chance to rebuild and recuperate.





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After you have been exercising for a short time with a moderate weight, you will find that your strength is rapidly increasing, and in order to continue to obtain results, you will either have to increase the number of repetitions or to increase the amount of weight you are using. The repetitions should be increased to a certain extent, but in most exercises not more than fifteen times. In most cases, the best results are obtained by using a moderately heavy weight for a few repetitions rather than using a light weight for a great number of repetitions. This can be readily understood. You must give your muscles a certain amount of work to keep them healthy, and this must be done with as little expenditure of energy as possible. A moderately heavy weight lifted a few times will accomplish this, but a very light weight moved a great number of times will result in only a useless expenditure of very valuable energy. Light exercise is valuable for stimulating the circulation to a certain extent, but for building real and lasting strength—strength that will be worth something to you in the years to come as a reservoir of energy and vitality—it is absolutely worthless. For remember it is not only a question of how to obtain strength, but also what are you going to do with it after you get it. And if you are going to work for strength and development, you want it not only for today or tomorrow, but for the years to come, when perhaps you may not have as much time to exercise as you now have. And I repeat that the only way to obtain such strength and development is with graduated weight exercises.

A half-hour every other day for three or four months is sufficient to put almost any one in first class physical condition. And after that, you will need only about half that time to keep that way.

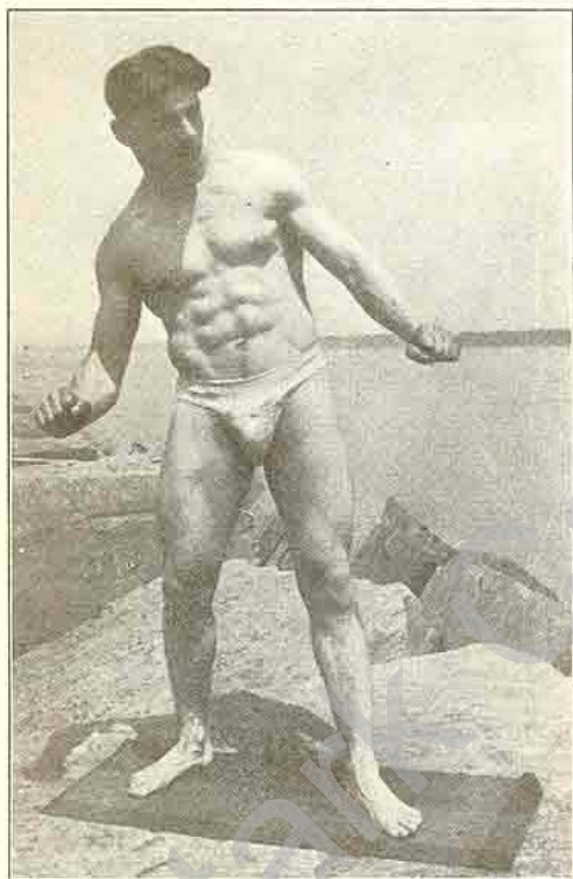
Exercise enough so that you will feel tired, but never to the state of exhaustion. The best time for exercising is in the afternoon or evening, far enough removed from meal time so as not to interfere with the digestive processes. Just before going to bed is as good a time as any. You have to get undressed anyhow to go to bed, and by removing your

clothes for exercising you will have more freedom of movement. If you feel that you must exercise in the morning to "snap you out of it" all right, but be satisfied with a few stretching movements or setting up exercises. Drink lots of water, and eat plenty of good wholesome food—but not too much of it. Diet is something that must be determined by the individual. I would hesitate to give any set diet that would be suited to everybody. What is one man's meat is another man's poison. If by the time a man has reached the age where he finds it necessary to exercise, and he has not determined the foods that agree with him and those that do not, it is my opinion that he never will learn.

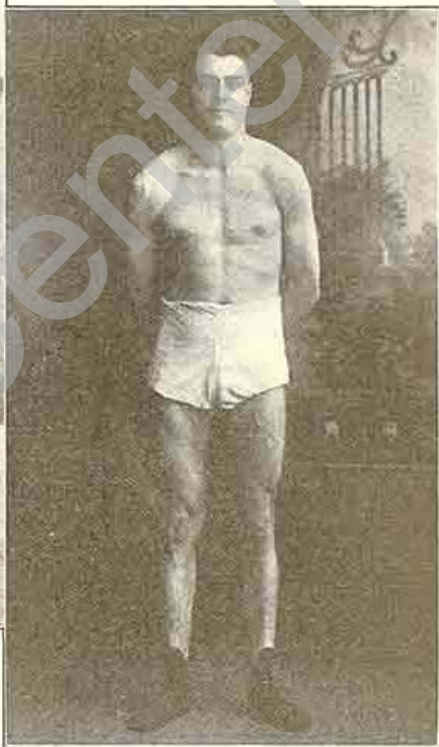
Do not try to rush the thing too much at the beginning. Be content to develop your strength slowly but surely. Never attempt a weight that you can not handle with ease. If you use too heavy a weight, you will not be able to perform the exercises properly, and for that reason will not get the benefit from them that you should. Build the foundation of your strength slowly but surely. Do not attempt to do any real weight lifting with heavy weights until you have thoroughly mastered the developing exercises. When you have built a strong robust body you will not have much trouble keeping it—a few minutes a week will suffice. A good, adjustable bar bell will help you to obtain a strong robust body in the shortest possible time, and after you have obtained it, it will be yours for keeps with a surprising small expenditure of time and energy. That is how I built my strength and how I keep it. From my association with strong men, I know that they have all used the same methods. And I know hundreds of men and women who have built strong and robust bodies in their younger days and who are now reaping the benefits of it. Whether you want to exercise to develop great strength and physical perfection, or merely for better health with its many advantages, these methods will accomplish the same for you. Don't worry about what you are going to do with it after you get it—you'll be surprised.



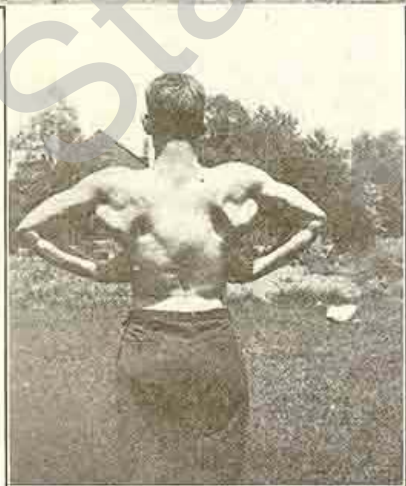
# PICTORIAL SECTION



SIGMUND KLEIN,  
of Cleveland, Ohio, in a pleasing muscular pose.

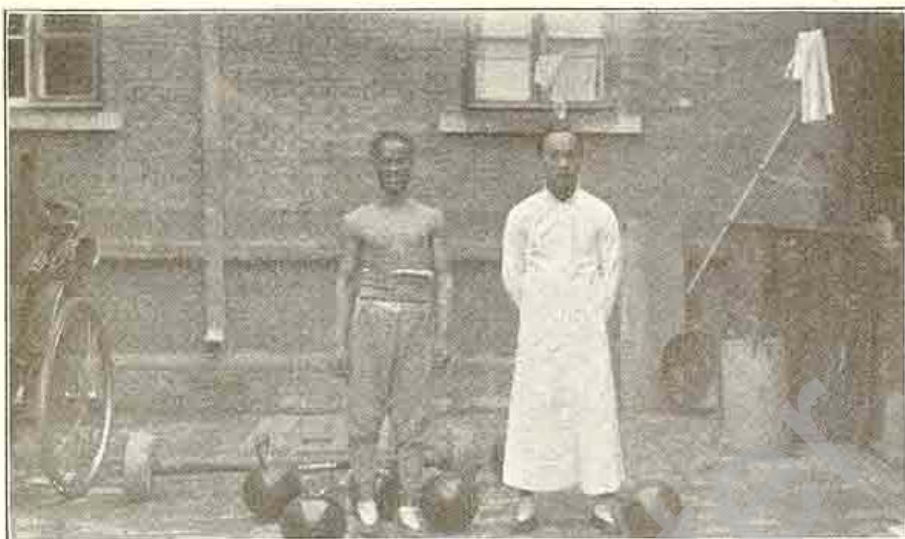


R. J. HEINTZMAN,  
of Waterloo, Ontario, Canada.



Excuse his back—it's GORDON M. STRAIN,  
of Sedalia, Mo.



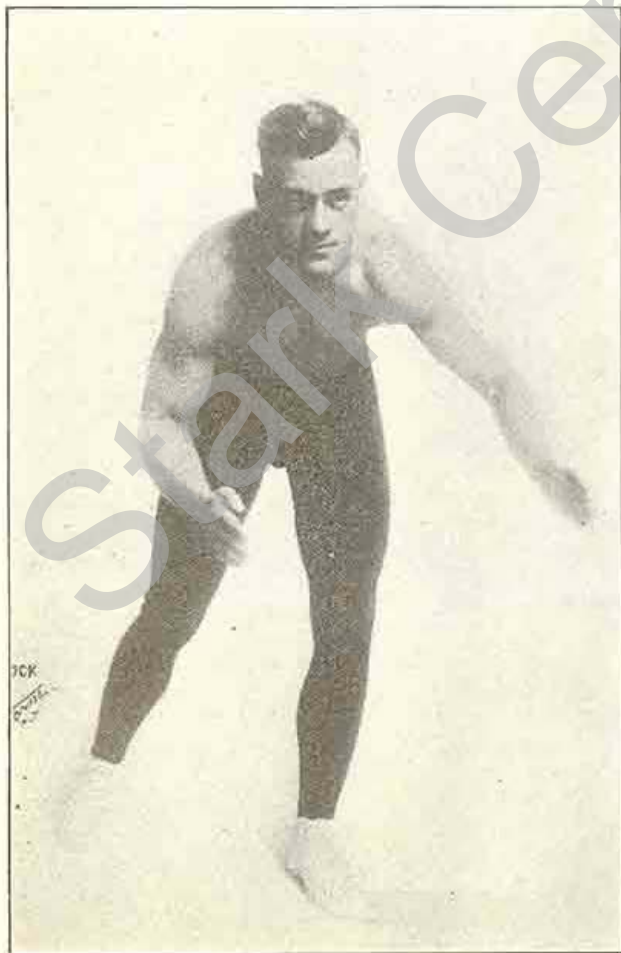


Physical Culture in the Orient? Yes, indeed. Here are two earnest believers in it.

OVER  
Whoever  
for Old Uni  
you jump ou  
lungs out, w  
lightweight  
when you st  
Of cours  
as our own  
limelight!  
And toda  
Nations spo

PAT McDONN

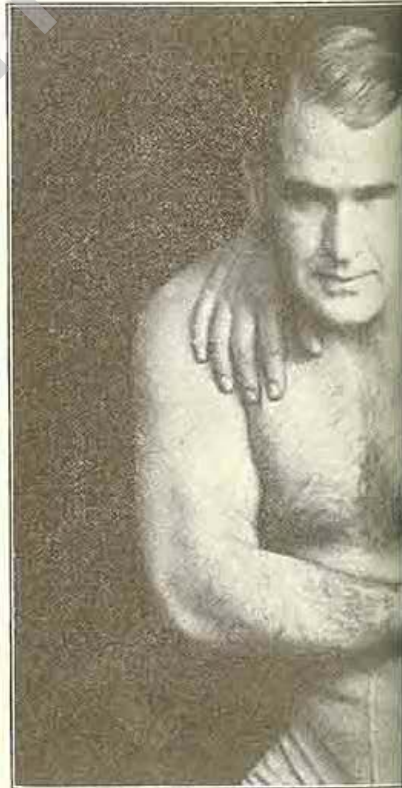
Pat is ov  
Olympic Gam  
many more th  
PAT RYAN



EARL CADDOCK,

Who succumbed to Lewis' deadly headlock.

Copyright by Underwood and Underwood.



STRANGLER

The storm of protest against this hold after he defeated Caddock in the 71st Round, the headlock being barred from wrestling.

Disapproval of the hold came about because of the head-lock, winning the championship from the effects of the hold. Lewis' headlock. There are other holds just as dangerous as the after effects.



40 AND STILL TOPNOTCHERS IN SPORT WORLD.

As there is no time for play in the U. S. is all wrong, Sam still has around him those sport figures that made the grand stand "bleachers" at a ball game, or yell your watching a tennis match, or howling while watching a skater, or eagerly seeing a "champ" skater "fly" over the ice; and away from class in High School in your teens.

There are others in this class, in countries abroad, as well as "young boys" who are over 40 and who are still in sports

these same defiant figures still continue to thrill us in a No, they don't show any signs of quitting just yet!

=====  
Above

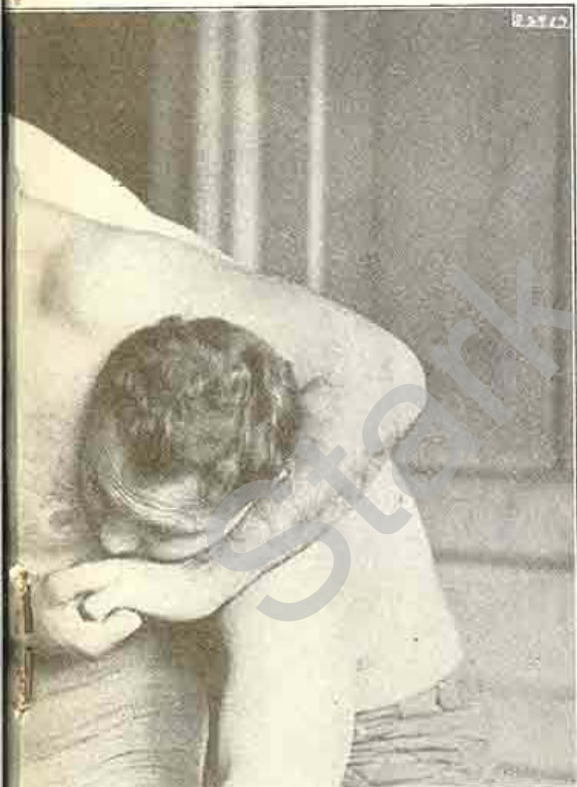
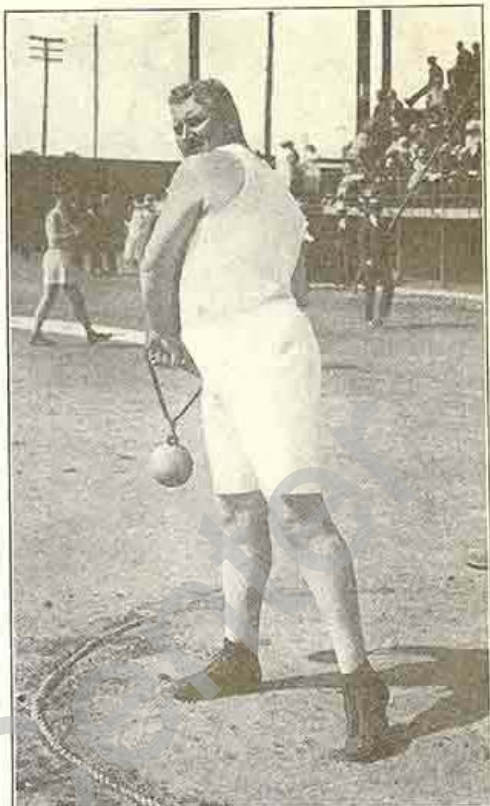
Olympic game "champ" athlete, beyond 50 and still going.

Below

City and has recently won again throwing the hammer at the his big white-haired, good-natured, athlete "champ" has still in store.

throwing the weight in the Olympic Games at Antwerp.

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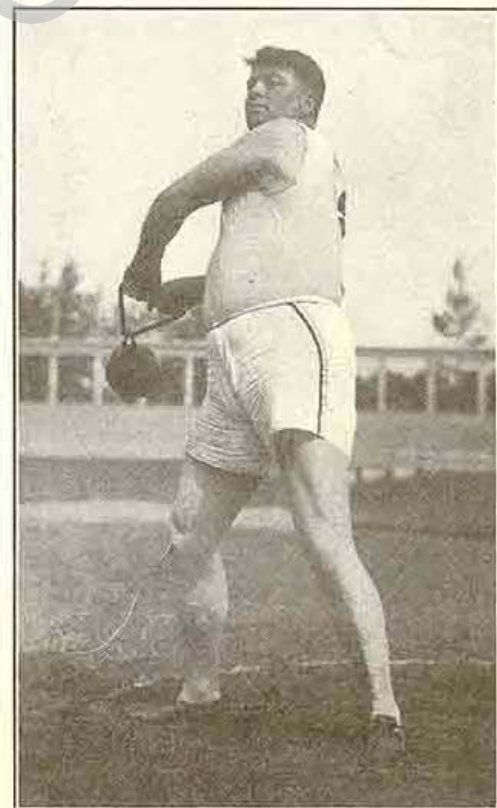


LEWIS AND HIS HEADLOCK.

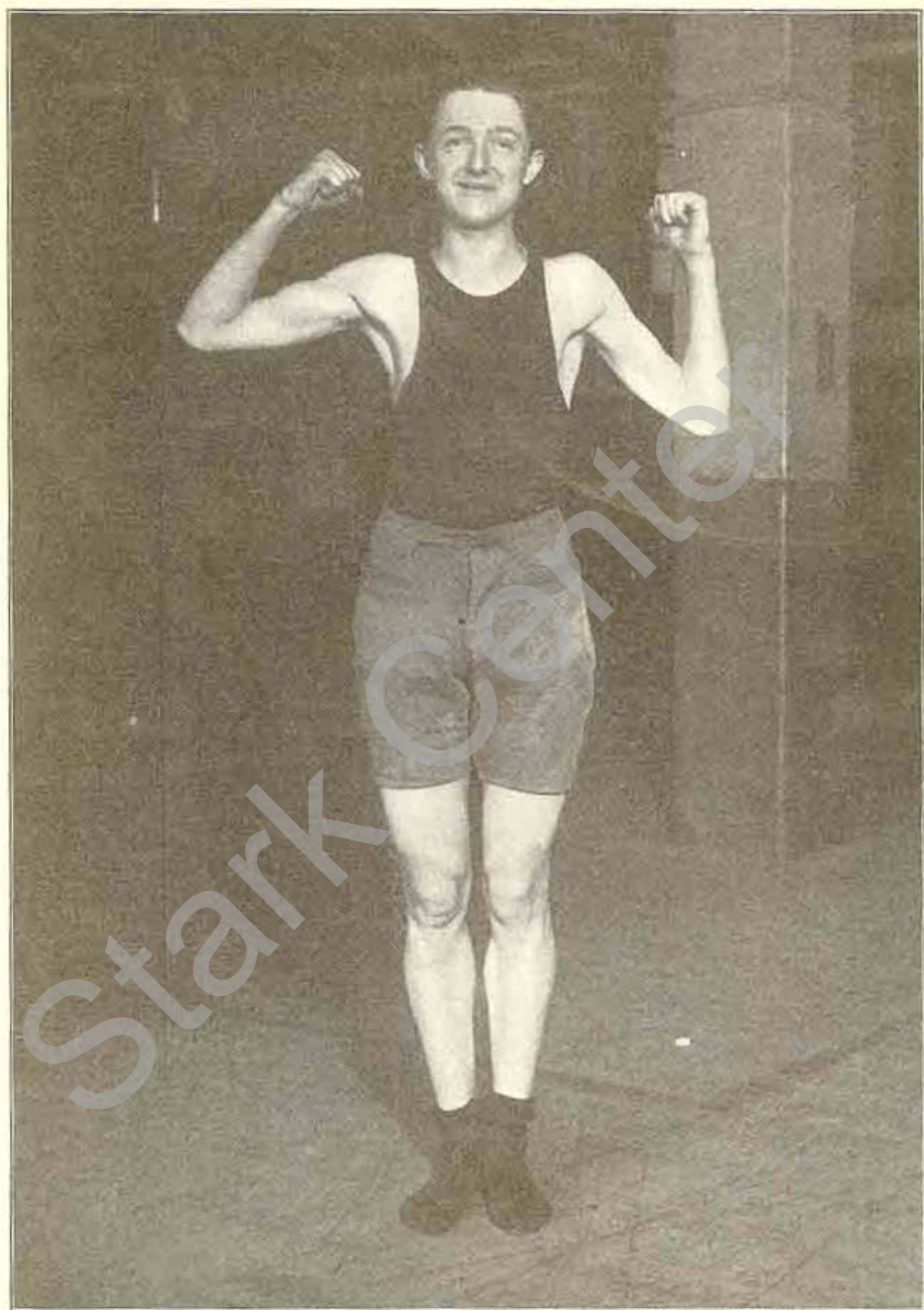
old climaxed at a demonstration against Lewis when ment Armory, New York, and may result in the head

Lewis had defeated Zbysko and Stecher by the use ship from Stecher. Both of these men are still suffer- manager is fighting the agitation against the head- mishing as the head-lock, but not with such serious

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NEW YORK LAD LISTED IN CLASS "A"—WHICH MEANS PHYSICAL PERFECTION.

A rating of "A," which is exceptionally high, was given Thomas Diviney, seventeen, of 391 Eleventh Avenue, Long Island City, in the examination for the diploma of The Life Extension Institute, conferred on the members, male and female, of the graduating class of The Bryant High School, who most nearly approach the ideal of physical perfection for their ages. "Three good meals a day, plenty of work and plenty of play," were the factors which contribute to Young Diviney's development. He is active in school life, being a member of the track team and of several clubs. His ambition is to become an architect.

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## What's The Best System?

By WALTER MANN

**S**OME wise person has said that when you see a bunch of men talking together they are either discussing women or athletics.

Our bunch at the club was discussing athletics, particularly with reference to physical development and how best this might be obtained with the least effort. In the crowd were exponents and upholders of almost every imaginable system that has been placed before the public, and there was also one man who summed up his physical exertions by remarking "If you want to see some real classy work you should watch me exercising at meal time."

The argument became quite heated as each one told of the great benefit derived from some special system, and it was finally decided to call on O'Donoghue, the club's physical instructor, to judge whose physique stood up best. Twelve men trooped into the gymnasium and after stripping were gone over by our friend, the instructor, and as he afterwards remarked to me, "While they were all a fine bunch of young fellows, five of them stood head and shoulders above the rest for symmetrical development." Four of these were weight lifting exercise men and the fifth was one of the few mortals in this world who does not have to work for a living and who spends most of his time driving a large car, playing golf, boxing, wrestling, swimming and practicing hammer throwing. Of course the instructor was far too diplomatic to say that one man was better developed than another, but got round it this way: Mr. A. has the correct build for a short distance runner, and he went ahead and gave us a lecture upon the thin man being speedy though not built for endurance. He knew only too well all the time he was simply "kidding" us, because our best sprinters have been particularly well-developed men. Then he'd pick out another of the fellows and remark that "with those legs you'd make a great jumper" and follow up with a discourse upon how unnecessary it was to be symmetrically developed to be a jumper as long as the legs were O. K. And so he jollied the men until he came to the

five who really were symmetrically developed and to these he said: "You gentlemen would be good at almost any sport."

This was particularly gratifying to me because of the fact that four of these five young men were those who had been under my wing following graduated weight lifting exercises. Apart from the fact that they were the best developed men of the twelve in this case it was even more pleasing to me to remember that they were anything but shapely when they first came under my care.

Some of my readers may recollect that in the January issue of "STRENGTH" some figures were given about what was accomplished by a campaign that was started, and these four were the ones referred to as having manifested their interest in a guaranteed course of physical instruction. Further on in this article I shall give some comparative figures.

However, after the "professor" was through with us the discussion was naturally continued, each still maintaining that the course he followed was the best. One of the men, turning to me, said, "It's all right for you fellows to talk about weight lifting exercises, when you are at home all the time, but such a system would be useless in my case because I am away from home for four or five or more days each month, calling on the large cities and also on the small towns. I'll admit I might hunt up weight lifting apparatus in the cities, but some of the towns I call on have not even an excuse for a gymnasium and if they did have one I doubt very much if they'd know what to do with it. Now the tensing exercises I follow require no apparatus and it does not matter where I go. I guess that will change your mind about weight lifting when the man isn't fortunate enough to be home all the time." To which I replied, "First of all, it isn't necessary to exercise every night and when I am away from home, which occurs quite frequently, I carry my apparatus with me." When I said this three of the fellows joined in chorus, saying, "Now we don't believe anything. How can you carry enough weights to give



your muscles the graduated weight increase you so strongly urge is necessary for the best results?" "Tis a very simple matter," I assured them. "When I found the graduated weights were what I needed I purchased an extra inexpensive outfit, which allowed a range of weights of from 5 pounds to 110 pounds, this included kettle bells, dumb bell and bar bell. On receipt of the outfit in question I took it down to a harness maker, first having had the bar of the bar bell cut in two pieces with a collar to fit over the center, which reduced the length of the longest piece to twenty-four inches. The harness man made for me from a design I submitted, a carrying case of canvas which held the two pieces of the bar bell handle, the dumb bell handle, the kettle bell handles and the ten assorted weights. The whole thing fitted into a compact case measuring twenty-six inches long by twelve inches wide and of a proportionate thickness. Similar to a rifle carrying case, this bar bell carrier was equipped with a leather sling to go over the shoulder and at a point one inch above where the hand, when closed, would reach was a leather handle. In this way the 110 pounds was evenly distributed and after you got the knack of carrying it it was as easy, or easier, to handle than a well-filled suit case. It took up very little room, was easy to pack and unpack and was never in the way. You will all admit 100 pounds isn't much of a lift, so I think the lack of facilities when away from home is no drawback to weight lifting exercises." "But," argued another of the men, "even though you will not admit that weight lifting exercises are hard on the system, you at least will admit that the tensing, ordinary gymnasium and light dumb bell exercises are easier on the heart, lungs and other organs?" "I'm sorry to say I cannot even go that far," I responded, "because it has been my experience that you'll find more muscle-bound men and more men with some organic defect amongst the ones who follow tensing and other supposedly light exercises than are to be found among the weight lifters. Bear in mind that when I speak of weight lifting exercises I insist upon proper supervision, because tugging and straining at immense weights is NOT graduated weight lifting. The trouble with most of you fellows is that while you object to weight lifting you are following ex-

ercises which are harder on the whole system than the exercises I recommend. You set one muscle against another and the pressure utilized far exceeds the strain that a graduated bar bell calls for. You chin yourself in the gymnasium as many times as you can and you're lifting a greater weight right at the start than you would reach in a good system of weight lifting in four months. It's the same with almost any system you may mention. The actual weights may be less than we use in weight lifting, but if you tested the heart and lungs after exercising with the system you advocate and after the system I advocate, I am sure you would find less fatigue present after the latter than after the former."

As a result of all this discussion, one of the fellows who had been very bitter towards weight lifting, volunteered to give it a trial if I'd take him in hand. This, of course, I was only too pleased to do, and from present indications I'm convinced that before many months he'll be such a splendid example of what proper systematic exercise will do that he won't have to do much talking to convince the worst critic that he, at least, followed the right course. I asked this young man what he now thought about graduated weight lifting and he replied, "Thirty minutes every other day with the bar bells keeps me fit. I've certainly no kick to make about your efforts."

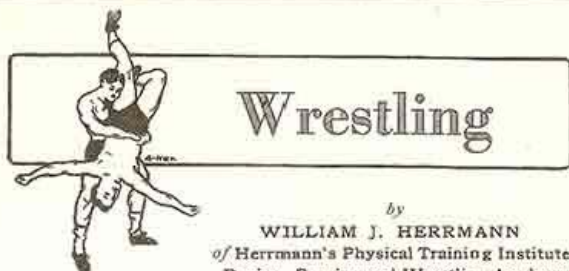
The cases of the four young men in question are particularly interesting because they show the results of graduated weight lifting exercises in the following four classes:

1. A young man who had never systematically exercised before.
2. A young man who had been exercising right along.
3. A young man who had been absolutely physically unfit.
4. A man well over the age when improvement is expected.

In the first case Mr. A. (as we will call him), had lived what is usually known as a butterfly life. He danced, played cards, attended the races and while he suffered from the usual minor ailments he still considered himself quite fit. His main measurements, when he took up graduated weight lifting were: Neck, 14 inches; chest, 36 inches; width across shoulders at back, 19 inches. After three and one-half months with

(Continued on page 38)





by  
**WILLIAM J. HERRMANN**  
 of Herrmann's Physical Training Institute  
 Boxing, Fencing and Wrestling Academy  
 Philadelphia, Pa.

**Editor's Note.**—The line cuts illustrating these wrestling lessons were made from drawings sketched from life by *Strength's* artist. Einer Johanson, of Norway, the light heavy-weight wrestling champion of America; Charles Olson, of Sweden, the well known professional heavy-weight wrestler; Cyclone Green, of Philadelphia, champion light-weight, and William J. Herrmann (himself) have posed for the drawings which illustrate this course. They also will collaborate with William J. Herrmann in presenting these lessons.

#### To Block a Quarter Nelson.

**A**S SOON as you surmise your opponent's intentions and before his quarter nelson is firmly held, suddenly turn your head well back and outward to your right. Press down with your left elbow and shoulder while clinching his right arm tight to your side. These moves will weaken and loosen his hold. At the same time place your left hand on your opponent's left knee. Keep your



Breaking a Quarter Nelson

left arm straightened. This will help keep your opponent at a distance and prevent him from strengthening his position and tightening his hold. Besides, it impairs the assistance his right hand lends his left. The combination of these defensive moves will weaken the potency of his quarter nelson and render his hold ineffective.

#### To Break a Quarter Nelson.

Opponent has secured a quarter nelson on you while on your left side. As soon as you feel opponent's hold press downward with your left elbow and left shoulder while pressing your head well up and to your right side in order to lengthen the distance of



Break against a Quarter Nelson

your head from his right hand. Grasp his right arm at elbow. Hold your left elbow and shoulder down and in to check him from further developing his hold. At the same time bring your right foot and right leg forward to serve as a brace to help break his hold. If these defensive measures are properly timed and co-ordinated they will result in weakening and eventually breaking your opponent's quarter nelson.

#### Head Brace Against a Quarter Nelson.

Another break in case your opponent holds a quarter nelson on you while on your left side. If his hold is firmly secured you can



Head Brace Resisting Quarter Nelson

resist it by bracing your head against the mat and keeping your left elbow and left shoulder well down to check him from turning you with his hold. At the same



time brace yourself firmly against opponent's hold by placing your right arm and right leg at right angles to your body. Keep your body as much as possible at right an-



Beginning of Escape from Quarter Nelson

gles to your opponent. Lay heavily on his hold which will help force him to release it. Combination of the above defensive measures will weaken the potency of his quarter nelson and eventually force opponent to relinquish his hold in order to try for some other more effectual hold.

#### Escape From a Quarter Nelson.

Against opponent's quarter nelson on your left side bring up your right knee while bracing yourself on your right forearm in order to enable you to better resist against his hold.

Bring your head and shoulders forward and under his chest as you turn outward to your left. Keep turning until you reach and pass a sort of setting position. Still keep moving and continuing the turn of your body until you again regain your former position on your knees. This move



Fall Imminent from a Far Arm and Bar Hold Following Escape from a Quarter Nelson

will bring you head to head towards your adversary from which position you can readily secure a combination far arm and bar hold that will pave the way for you to gain a fall.

#### Bridging a Quarter Nelson.

Opponent holds a quarter nelson on you from your left side. Even if firmly caught in his hold you nevertheless can still save your shoulders from touching the mat by a well-timed and strongly held bridge. Bridge

by turning your body, throwing your left shoulder back and arching your back to support your body weight entirely upon your head and feet. This move will tend to practically loosen your opponent's hold.

When bridging a quarter nelson you can also make the movement continuous so as to turn from the bridge toward your adversary. By this move you can safely escape even if used as a last resort against this hold. This escape will bring you substan-



Far Arm and Bar Lock Following Escape from Quarter Nelson

tially in the same position as when you first started to go into the bridge, but now entirely free of your opponent's quarter nelson.

#### Block Against a Far Side Nelson.

Clinching your opponent's right arm tight to your side and pressing your head well up and back while strengthening your position against his hold will block your opponent's initial efforts towards securing and developing a far side nelson hold.

#### Break Against a Far Side Nelson.

Your opponent holds a far side nelson on you while he is on your left side. You can break his half nelson by reaching with your right hand grasping the inside of your right thigh near knee. By keeping your hold on



Continuation of Escape from Quarter Nelson

thigh near knee and pressing up strong with your head and right shoulder while strengthening your right arm you will force your opponent to relinquish his hold due to the effectiveness of your break.

### Escape Against a Far Side Nelson.

Your opponent has applied a far side nelson while he is on your left side. Clinch his right nelson arm tight to your right side. Place your left hand on his left hip. Push against his hip with your left hand to pave



Further Continuation of Escape from Quarter Nelson

a way for you to duck in and under his chest and out and up on the right side of his body. Bring your right foot and right leg forward to the right side to act as a brace against your opponent as you use this turn. You can follow up this escape by keeping his right arm trapped and following up your advantage by developing a bar hammer lock as combat conditions may warrant.

### Counter Against a Far Side Nelson.

Your opponent has applied a far side nelson from your left side. Counter by clinching his nelson arm tight to your own right side with your right arm. Watch your chance and suddenly side roll him to your right to a fall.



Bridging a Quarter Nelson

The weakness of a far side nelson is its susceptibility to a side roll counter. In consequence a side roll is more or less the deadly enemy of a far side nelson. A defensive-offensive chip in which the under man has the advantage. Study this counter and practice it in all its variations.

### Side Roll and Leg Grapevine.

#### A Counter Against a Far Side Nelson.

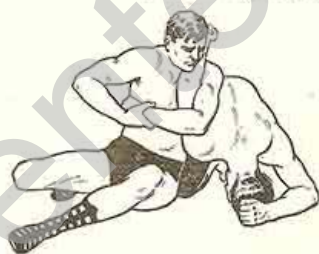
In case your opponent is using a far side nelson on you while he is on your left side with your opponent's right leg between your

legs and your bodies more or less extended and parallel to each other, you can effectively counter with a combination side roll and leg grapevine which will enhance your chances of scoring a fall.

### Side Roll and Leg Hold.

#### Counter Against a Far Side Nelson.

Opponent while on your left side takes a far side nelson on you with his right arm. This counter combines a side roll to the right with a leg hold on your opponent's left leg with your left arm. As you side roll your man double up his knee to his nelson elbow. Grasp your right wrist with



Opponent's Nelson Arm Trapped Following Turn under and out against a Far Side Nelson

your left to better enable you to double up your man and hold him together while you pin his shoulders to the mat for a fall.

### Spin Over Back.

#### An Escape From a Far Side Nelson.

Your opponent holds a far side nelson with his right arm. As your opponent attempts to force your head to the mat watch your chance to suddenly toss both feet straight up in the air somewhat like a head stand. Spin quickly in such a manner as to throw your own body over and across



Side Roll Counter against a Far Side Nelson

your opponent's back. This escape will give you the superior top position. Be sure you finish in a good position and on guard against any counter move by your opponent who now is in the under position.



**Spin Out.****An Escape Against a Far Side Nelson.**

A continuation of the spin while in a more or less of a head stand position to a full and complete head spin will finish you, landing face downward on all fours, side by



Side Roll and Leg Hold  
Counter against a Far Side Nelson

side and head to head with your opponent but free of opponent's far side nelson and ready to assume the offensive. A spectacular escape for exhibition wrestling.

**Bridging a Far Nelson.**

Opponent has secured strong and firmly held far side nelson with his right arm. As your opponent presses your head to the mat watch your chance and allow your head to touch the mat. Lead him to believe you are strenuously resisting his efforts to force your arm over your head. Time it carefully and suddenly cease resisting. Allow your arm to be forced over your head just as you bridge towards your man.

By this means you fool your opponent and facilitate your bridging. Keep moving around by pushing away off your oppon-



Breaking a Three Quarter Nelson

ent's right upper arm and bridge out quickly and make a safe get away, or you can escape by coming out from under and finish as in the illustration.

**Breaking a Three-Quarter Nelson.**

Your opponent has secured a three-quarter nelson on your left side. Break his hold by clinching his left arm tight to your left side. Grasp your left wrist with your right hand. Press your head up, back and to the right as much as you can to lengthen the distance of your head from his nelson hands. At the same time swing your right leg and foot forward to serve as a brace to push your body against opponent to put him out of position. A combination of the above defensive measures, properly timed and held, will effectually force your opponent to release his hold.

**Chancery and Crotch Hold.****Counter Against a Three-Quarter Nelson.**

Opponent holds a three-quarter nelson on your left side. This effective counter against a three-quarter nelson is secured by swinging your right foot and leg around forward to act as a brace that will enable



Chancery and Crotch  
Counter against a Three Quarter Nelson

you to turn and push against your opponent to put him out of position. At the same time swing your left arm up and backward around his neck to hold his head in chancery, while taking an inside crotch hold with your right hand. This combination of counter moves gives you a left chancery and inside crotch hold. A powerful combination from which you should readily score a fall in case your opponent continues to hold his three-quarter nelson as you turned towards him to counter.

**Chancery and Bar Lock.****Counter Against a Three-Quarter Nelson.**

Opponent holds a three-quarter nelson on your left side. This effective counter is secured by swinging your right leg and foot forward to act as a strong brace to

push against your opponent to put him out of position while you slip your left arm around his neck to take a left chancery hold on his head. As his left arm is free, due to releasing his three-quarter nelson as you turned towards him, follow up your advantage by pushing his left arm aside and instantly taking a bar lock with your right arm. The combination of these counter moves will give you a chancery and bar lock. A combination hold with which you should turn and pin your opponent's shoulders to the mat for a fall. A good counter to use if your opponent released his three-quarter nelson hold as you turned towards him to counter.

#### Bridging a Three-Quarter Nelson.

If a fall from a three-quarter nelson seems imminent you nevertheless still have a fair chance to save your shoulders from touching the mat by the aid of a strong and well-timed bridge. Keep your back well arched



Fail Imminent from Counter against Three Quarter Nelson

while supporting your body weight entirely on your head and feet. This will give you a strong position in which to resist his hold. When bridging use your right forearm to push opponent's knee back and away to prevent him from further tightening up his hold.

Unless you use your bridge in order to counter from it don't depend on your bridge except as a last resort. A bridge may temporarily save you. However, the proper application of a well-timed three-quarter nelson will probably force you to the mat. Besides, your bridge can be broken if opponent swings his feet around and straight out in line with his head, providing he retains his hold, keeps up the pressure and continues pressing his weight down hard and strong on your chest. The chances are that continued pressure, strain and punishment will

eventually force your bridge and lessen the daylight between your shoulders and the mat unless you are able to turn out of your bridge or use a counter from it.

#### Block Against a Double Nelson.

If your opponent attempts to secure a double nelson on you keep your head well



Bridging a Three Quarter Nelson

up and back with your neck muscles strong and active while your arms and elbows are pressed close to your sides. Strengthen the position of your body to better enable you to resist his hold. This will block opponent's efforts to secure an effective double nelson on you.

#### Break Against a Double Nelson.

This hold can easily be broken providing the break be used before the double nelson is fully held and secured. Come up strong and press back hard with your head as you clinch his nelson arms tight to your sides. Press down with your elbows and shoulders while pushing back firmly with your head in order to lengthen the distance of your head from his nelson hands. This will lessen the potency of his nelson.



Half Nelson and Half Body Hold Counter against a Three Quarter Nelson Following Turn Out

This will usually break opponent's double nelson if used before the hold is firmly secured and providing the defender's neck muscles are in good condition and their possessor has a fair knowledge of how to resist the leverage of such a powerful punishing hold.



In breaking a double nelson and other powerful, dangerous and punishing holds your best plan is to be at all times on guard against them. Keep in good position and endeavor to surmise your opponent's intentions in order to block any further efforts on his part just as soon as you feel his hold, if possible, while his hold is only partially applied. Protect yourself as much as you can against these holds and prevent their



Side Roll Counter against Double Nelson

further development from the very beginning. Don't wait until opponent's hold is fully secured and firmly held or the chances will obviously be against you.

A wrestler holding a firm, tight punishing double nelson has a decided advantage. He is in a position to apply almost double the power of a single nelson. Consequently your chances of escape are correspondingly diminished. Nevertheless with judicious practice and systematic persistent training your neck muscles can be strengthened and your position so much improved that if combined with a fair knowledge of the fine points of a full nelson and the defense against it well in hand you are practically safe against most any double nelson. None but a professional wrestler's application of a double nelson need cause you any anxiety as to the certainty of your ability to successfully escape from or counter this hold.

#### Counter Against a Double Nelson.

Opponent holds a double nelson on you while on your left side. Counter his hold with a double elbow side roll. Clinch his nelson arms tight to your sides while pushing up and back with your head while pressing your shoulders and elbows well down. Keep in a good mat position. Watch your chance and suddenly side roll him with a double elbow side roll. Side roll him under to the right side. Your opponent, unless he doubled your counter or escaped by

bridging, will be flat on his back with your back on his chest. Keep your feet apart, one on each side of his body. Keep legs well braced to prevent him from doubling your counter by continuing your roll. Besides this will better enable you to hold him in the under position in your efforts to break his bridge should he have bridged your hold to save himself.

Should he bridge your counter grapevine his right leg with your right leg and his left leg with your left leg. The use of the leg grapevine will enable you to lift his feet from off the mat, removing the support of his bridge.

#### A Block Against a Front Nelson.

Opponent attempts a front nelson on you while he is on your left side. Keep your head well up and your shoulder and elbow on the nelson side well down and close to your left side with your body well braced in a good resisting position, will block your opponent's efforts to fully secure a well-held front nelson.

#### An Escape From a Front Nelson.

Opponent holds a front nelson on your left side. Escape by ducking out from under by moving your head and shoulders under his chest and out to the side towards your left. By clinching his nelson arm down and in tight to your left side while continuing the turn of your body to and past a sort of half setting position you can complete your turn and safely escape from his hold.

You can also complete your turn by keeping his right nelson arm locked with your



Fall from a Side Roll Counter against a Double Nelson

left arm and finish in the superior top position with your opponent's nelson arm trapped and across his back. This gives you an opportunity to apply a bar hammer lock or to follow up your advantage as combat conditions may warrant.

(Continued on page 46)



# How I Improved My Memory In One Evening

## The Amazing Experience of Victor Jones

"Of course I place you! Mr. Addison Sims, of Seattle.

"If I remember correctly—and I do remember correctly—Mr. Burroughs, the lumberman, introduced me to you at the luncheon of the Seattle Rotary Club three years ago in May. This is a pleasure indeed! I haven't laid eyes on you since that day. How is the grain business? And how did that amalgamation work out?"

The assurance of the speaker—in the crowded corridor of the Hotel McAlpin—compelled me to turn and look at him, though I must say it is not my usual habit to "listen in" even in a hotel lobby.

"He is David M. Roth, the most famous memory expert in the United States," said my friend Kennedy, answering my question before I could get it out. "He will show you a lot more wonderful things than that," before the evening is over."

And he did.

As we went into the banquet room the toastmaster was introducing a long line of guests to Mr. Roth. I got in line and when it came my turn, Mr. Roth asked, "What are your initials, Mr. Jones, and your business connection and telephone number?" Why he asked this I learned later, when he picked out from the crowd of 60 men he had met two hours before and called each by name without a mistake. What is more, he named each man's business and telephone number, for good measure.

I won't tell you all the other amazing things this man did except to tell how he called back, without a minute's hesitation, long lists of numbers, bank clearings, prices, lot numbers, parcel post rates and anything else the guests had given him in rapid order.

When I met Mr. Roth again—which you may be sure I did the first chance I got—he rather bowled me over by saying, in his quiet modest way:

"There is nothing miraculous about my remembering anything I want to remember, whether it be names, faces, figures, facts or something I have read in a magazine.

"You can do this just as easily as I do. Anyone with an average mind can learn quickly to do exactly the same things which seem so miraculous when I do them.

"My own memory," continued Mr. Roth, "was originally very faulty. Yes it was—a really poor memory. On meeting a man I would lose his name in thirty seconds, while now there are probably 10,000 men and women in the United States, many of whom I have met but once, whose names I can tell instantly on meeting them."

"That is all right for you, Mr. Roth," I interrupted. "You have given years to it. But how about me?"

"Mr. Jones," he replied, "I can teach you the secret of a good memory in one evening. This is not a guess, because I have done it with thousands of pupils. In the first seven simple lessons which I

have prepared for home study, I show you the basic principle of my whole system and you will find it—not hard work as you might fear—but just like playing a fascinating game. I will prove it to you."

He didn't have to prove it. His Course did; I got it the very next day from his publishers, the Independent Corporation.

When I tackled the first lesson, I suppose I was the most surprised man in forty-eight states to find that I had learned—in about one hour—how to remember a list of one hundred words so that I could call them off forward and back without a single mistake.

That first lesson stuck. And so did the other six.

Read this letter from Terence J. McManus, of the firm of Olcott, Bonnyne, McManus & Ernst, Attorneys and Counselors at Law, 170 Broadway, and one of the most famous trial lawyers in New York:

"May I take occasion to state that I regard your service in giving this system to the world as a public benefaction. The wonderful simplicity of the method, and the ease with which its principles may be acquired, especially appeal to me. I may add that I already had occasion to test the effectiveness of the first two lessons in the preparation for trial of an important action in which I am about to engage."

Mr. McManus didn't put it a bit too strong. The Roth Course is priceless! I can absolutely count on my memory now. I can tell the name of most any man I have met before—and I am getting better all the time. I can remember any figure I wish to remember. Telephone numbers come to mind instantly, once I have filed them by Mr. Roth's easy method. Street addresses are just as easy.

The old fear of forgetting (you know what that is) has vanished. I used to be "scaared stiff" on my feet—because I wasn't sure. I couldn't remember what I wanted to say.

Now I am sure of myself, and confident and "easy as an old shoe" when I get on my feet at the club, or at a banquet, or in a business meeting, or in any social gathering.

Perhaps the most enjoyable part of it all is that I have become a good conversationalist—and I used to be as silent as a sphinx when I got into a crowd of people who knew things.

Now I can call up like a flash of lightning most any fact I want right at the instant I need it most. I used to think a "hair trigger" memory belonged only to the prodigy and genius. Now I see that every man of us has that kind of a memory if he only knows how to make it work right.

I tell you it is a wonderful thing, after groping around in the dark for so many years to be able to switch the big search-light on your mind and see instantly everything you want to remember.

This Roth Course will do wonders in your office.

Since we look it up you never hear anyone in our office say "I guess" or "I think it was about so much" or "I forget that right now" or "I can't remember" or "I must look up his name." Now they are right there with the answer—like a shot.

Have you ever heard of "Multigraph" Smith? Real name H. Q. Smith, of John E. Price & Co., Seattle, Wash. Here is just a bit from a letter of his that I saw last week.

"Here is the whole thing in a nutshell: Mr. Roth has a most remarkable Memory Course. It is simple and easy as falling off a log. Yet with one hour a day of practice anyone—I don't care who he is—can improve his Memory 100% in a week and 1,000% in six months."

My advice to you is don't wait another minute. Send to Independent Corporation for Mr. Roth's amazing course and see what a wonderful memory you have got. Your dividends in increased earning power will be enormous.

VICTOR JONES.

### Send No Money

So confident is the Independent Corporation, the publishers of the Roth Memory Course, that once you have an opportunity to see in your own home how easy it is to double, yes, triple your memory power in a few short hours, that they are willing to send the course on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once. If you are not entirely satisfied send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course, send only \$5 in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. Independent Corporation, Dept. R-1733, 319 Sixth Ave., New York.

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#### Independent Corporation

Dept. R-1733, 319 Sixth Ave., New York

You may send me the Course or Courses checked below. Within five days after receipt I will either refund them or send you \$5 for each in full payment, except as noted.

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- [Mastery of Speech (\$5)]
- [By David M. Roth]
- [By Frederick Houk Law
- [Drawing, Art, Cartooning Course (\$5)]
- [Super-Stairmanship (\$5)]
- [By Charles Lederer]
- [By Arthur Newcomb
- [How to Read Character at Sight (\$5)]
- [Money-Making Account System (\$8.50)]
- [By Dr. K. M. H. Blackford]
- [By Wesley W. Ferrin

Name .....

Address .....



## YOUR WEAKER SIDE

(Continued from page 14)

the hands are governed by the separate halves of the brain. It is a physiological law that function makes structure, so training the left hand may be developmental to the right side of the brain. Many scientists besides Wilson, above referred to, say so.

Surprising as it may seem, some athletes and physical culturists deliberately decline to cultivate strength and dexterity in both arms. Some tennis players and fencers say they have no time for left hand practice, that such is entirely useless, a waste of energy. Then there is the absurd theory of some physical culturists that developmental energy of the body and brain is so narrowly and definitely limited that they cannot have two *fully* developed arms—that, for instance, if they acquire a right biceps measurement of 16 inches and that represents their perfection, the left arm could not be more than 15 or 15½. They think they would have to compromise with 15¾, approximately, if they had the limbs exactly equal. Further, some of the "measurement fiends," knowing that as a rule only the larger limb is measured, do all their training with an aim at a "magazine physique." To see a picture of his best "one arm pose," with a list of his measurements, in a periodical is the life's ambition with some exercise enthusiasts.

An additional argument for ambidexterity is that a one-sided development of the arms means the same condition as regards the body muscles. Ordinarily, all the muscles down to the hip are more fully developed on the side of the preferred arm, and sometimes this is very noticeable. I have seen the shoulder on the weaker side surprisingly capable in sustaining burdens, and this mystifies some persons who know that the arm and side-muscles are weaker on that side. Generally this result comes from a great deal of carrying on the shoulder; it comes handier in lifting a thing principally with the right hand to place it across the left shoulder. You will find that at least 80 per cent of right-handed people carry on the left shoulder. Then why are not the left side-muscles the stronger? Because those of the right side work as hard or harder, to maintain the body's equilibrium.

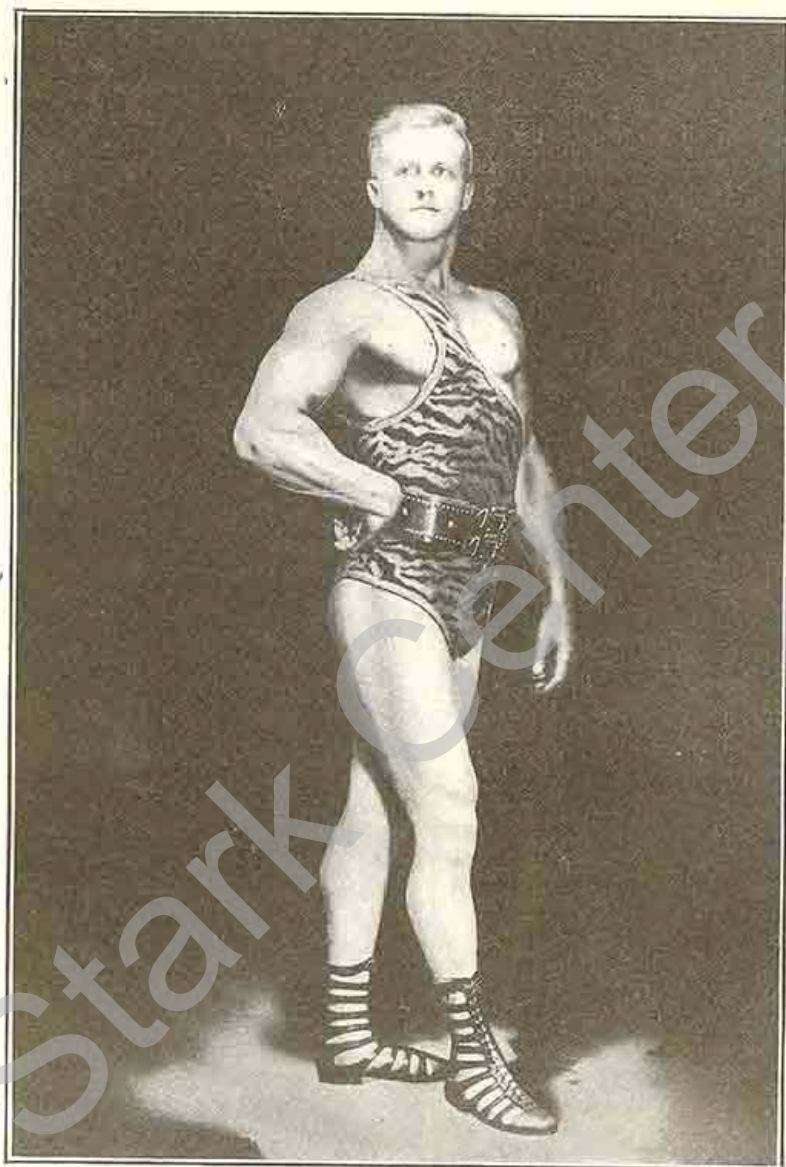
But right-handed people are not always right-legged. A football player who did all his kicking with his right foot found on a test that his left leg was the stronger. It did

as severe work in sustaining the body's weight and balance as the other did in kicking. Weight-lifters who have for years specialized on the bent-press with their stronger arm are apt to find the leg on the opposite side a trifle the larger. This was true of Sandow; even in the "ordinary-press" (between the bent-press and the military-press) he threw his weight over onto the left leg more than is usual; and that leg was the larger, at least in the calf, though his right upper-arm was close to an inch bigger than the left.

In bringing up the inferior hand, whichever it happens to be, I think it best to pay special attention at first to the smaller muscles. Control and accuracy depend primarily upon them. Let your left hand boss things for a while; giving it the little things at first, wind your watch with it, sharpen pencils, etc. Practice at driving nails with a hammer is fine. Reverse the usual position of your hands on such tools as a broom, shovel and axe. Turn your parasol or walking-stick over to the left hand, and by all means do a little writing with it at every opportunity. In carrying things like a suitcase or bucket of water give your left hand a little more than half the work.

Practice throwing a ball or stones with your inferior arm. Also, have two balls thrown to you simultaneously and try to catch one in each hand. Make it a rule to try to do with one hand whatever you can do with the other. Of course some games are fine for strengthening your weaker side—boxing, wrestling and rowing will give you "two hands." Such one-hand games as tennis and fencing can be made just as helpful to one hand as the other. And you will lose nothing by the plan of exercising the left hand; when your right takes back the racket or foil, after an hour's left hand work, it will possess added cleverness; because to use the left hand even fairly well you have had to give the form particular attention. There is a bit of psychology involved here, but without going into details, I can assure you that it will work every time, in any one-hand sport or art.

Judgment, accurate measurement of effort, is an important quality of muscle. By a test most persons find a difference between their hands in this respect. In swinging a door shut, for instance, your right hand probably will do just what your brain commands when you desire the door to latch with the least possible noise and no wasted effort. But in trying it



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with your secondary hand you will discover that you cannot measure muscular expenditure so accurately.

Make the exercise gradually heavier—always remembering that control, judgment, responsiveness, etc., are worth more than mere beef. Over-haste in pushing the big muscles along will surely embarrass the small ones. As a rule, if you are right-handed, the biceps of your left arm will be better developed than its triceps. To remedy this, lie facing the floor and press the body up to straight-arm position (dipping). From day to day throw more weight on the left arm, until you can do the stunt with it alone—or, in the case of some of you strong fellows, as often as you can with the right. Users of bar-bells can get the same results, and carry the plan farther, by pressing the weight aloft with the weaker hand nearer the center of the bar. Of course, simply giving the left arm extra work at pressing will do the trick. And the bent-press will develop fine general control of the arm while it is bringing out its strength; too many lifters confine their practice of this lift to the master arm.

When we get onto a new lift or devise some novel strength stunt, let us delegate the weaker hand to its mastery, if it is single hand work. I know, the temptation is to use the more capable member, in order more quickly to learn and to make a better showing, but if we always do so the difference in our arms is bound to increase. I once induced a lad to learn the one-hand pull-up with his left hand, directing him not to use the right hand at all for that particular practice. By the time he succeeded his left arm, formerly the weaker, was much the stronger of the two. Then I let him learn with the right hand—which he did very easily. If he had begun with his right the chances are he never would have taken the time and trouble to teach the left. Physical culturists, particularly weight-lifters, know that the truest tests of strength involve the use of both hands. The "one wing" athlete may shine at his specialty; but the really strong fellow invariably has strength on both sides.

#### What's The Best System?

(Continued from page 22)

graduated weights his measurements were altered to, neck 15¼ inches; chest, 39 inches; width across shoulders at back 20½ inches.

His general health was wonderfully benefited; he no longer suffered from headaches, indigestion or fits of the "blues."

The second case, which we will designate as Mr. B., was one of those young men who follow the lines of least resistance, and he had invested his good money in several courses (which a great many of us have done also), his main idea being to secure the maximum physical development with the least expenditure of time and effort. He had been exercising more or less regularly for five years and to show how much his measurements had been benefited by these efforts a glance at the following figures will show. Before taking up graduated exercises, about twelve weeks previously, he measured: Neck, 13½ inches; chest, 34½ inches; width across shoulders at back, 18 inches. After approximately twelve weeks with weight lifting he showed: Neck, 14¾ inches; chest, 37 inches; width across shoulders at back, 19 inches. This was the hardest case of all because when no noticeable improvement in measurements (which were taken every night) was seen at once. He wanted to throw the job up and try another course that would not require any work and he would mention some new fad he had just heard or read about. Ask him today what he thinks about graduated weight lifting exercises and he'll convince any one open to reason that this is the one and only system to follow.

The third and fourth cases, which we may call Mr. C. and Mr. D., were practically similar cases, inasmuch as both required very careful handling so as not to over-exert them. The main trouble in both cases was LACK OF EXERCISE. They were eating like a pair of shantymen, but were not taking enough exercise to digest a meal fit for a hospital case. One was thirty-five pounds under weight, the other was almost forty pounds overweight. Fourteen weeks changed these two from semi-invalids to men of at least the average build and strength. They enjoy exercising and even though they still have large appetites they DIGEST THEIR FOOD.

In view of all this, therefore, before joining the "We don't believe anything" club, at least give graduated weight lifting exercises a chance



## See Yourself As Others See You

by using a *BEAUTIFOLD* mirror; a combination of two small mirrors, one flat and one curved, or reducing glass. Folds into small space, or opens up and sets itself *AUTOMATICALLY* to the correct reflecting angle to give you a miniature view of your complete profile—top of head—back of neck, or any view of head or hat desired. Note *COMPLETE* profile view in mirror shown above. Helps you in the selection of hats, and in deciding on the most becoming coiffure.

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## JESS THE JESTER

(Continued from page 17)

than any even dreamed of. The phony detectives, who didn't know the difference between a left hook and a ring post, acted their parts so well that they were refused admittance. Then came others wearing white whiskers, brown and all other colors except green. They would be donned after the men entered the grounds and at the end of a week Willard didn't know where he was at.

In the meantime, Jess was hearing of the wonderful sparring partners in the Dempsey camp and how any one of them could win the championship if he had a chance. Finally, one day, Willard said:

"I don't want to hear any more of that stuff. If those guys are so good why don't they come here some afternoon? I'll knock their blocks off. I'll knock them out of the ring. Just bring them around—that's all I ask."

A local reporter heard it and published it in the paper. Nothing came of it then but a few days later there was much excitement.

The Jamaica Kid received a copy and after reading the story slowly and spelling out the words, the true meaning dawned upon him. His pride was hurt and he felt that his ability as a pugilist had been questioned. Nobody, not even Jess Willard himself, could make a crack like that and get away with it. He wouldn't stand for it, he wouldn't. He would go right out there and punch the big stiff in the nose, he would.

Others in the camp began to prod him unmercifully and soon the simple fellow was frantic. He wanted to see Willard then and there, but was advised to wait. The time was not yet ripe.

On Saturday afternoon when Jess was doing his training skit before a packed house the Jamaica Kid decided to go forth and conquer the champion. The camps were about one-half mile apart and the Kid started to walk.

He was hatless and coatless. His ebony skin glistened under a hot sun and the muscles of his huge arms could be seen bulging through a sleeveless shirt. A dozen persons were with him when the march started.

Word was sent to the Willard camp that there was trouble brewing. Jess was told of the Jamaica Kid and his threat to do him

bodily harm. The champion was so worked up that he stopped boxing and waited in the ring for the semi-gambian to appear.

Sheridan's ride or the original stunt put on by Paul Revere had nothing on the march of the Jamaica Kid. Soon the crowd swelled into hundreds and they trudged the dusty road with the scowling darky at the head.

Willard knew of every move. Couriers were dashing up with fresh information. When a quarter of a mile away Jess got nervous. He walked around the ring, loosened the muscles of his arms and made ready to receive this audacious and unwelcome visitor.

The crowd also was shaking with excitement. It was thrilled at the thought of seeing a real grudge fight and impatiently awaited the arrival of the gladiator. This did not quiet the nerves of Willard. He remained in the ring, waiting and hoping that he could get just one punch at the intruder.

Came a shout from the crowd.

"Jamaica Kid is entering the park," was the cry. "He will be here in another minute."

Willard was ready. He gave instructions to his trainers and just waited.

But the Jamaica Kid was not to appear that day or any other day. Just as he was entering the park Jack Kearns dashed up in his automobile.

"You can't go in there," he said loudly. "You can't spoil this championship bout by licking Willard now. This is Jack Dempsey's fight and he will punish him enough on July 4. Go back to our training quarters and don't ever do this again. If I hadn't arrived in time you would have gone in there, knocked Willard cold and there wouldn't have been any glory left for Dempsey."

"We know you can lick him and we know he can't fight. He knows it, too, but let him alone. He will get his in a few days."

Willard was told of this and was shaking with rage when he went to his dressing room. He never stopped to think that it was a put-up job, but figured that Kearns was getting pretty confident about Dempsey's chances. Then he started to think about his own affairs and when a boxer starts to think everything is off.

But he was annoyed for the last two



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It is a scientific system of control of all the physical functions. You can cure yourself of any functional disorder. It makes for independence of medicines or drugs, which you know cannot bring health and are always debilitating. Doctors suggest my exercises when they know they are the only real cure.

## Matysek's Muscle Control Course Consists of

Two handsomely finished charts containing twenty-one beautifully produced pictures of myself, all several times larger than the above specimen, showing every detail as to how to perform the movements with absolute correctness. The instructions are in book form and "straight from the shoulder," such as only an expert who went through the mill himself could ever possibly produce. Some subjects of the course are:

How to quickly make respond the inactive bowels; easily correct the rounded shoulders; in no time expel the bothering gas out of the stomach; promptly chase away the staleness of the body; strengthen the nerves and internal organs; control every muscle of your body—make them roll like the waves; store up energy for feats of strength.

Also complete relaxation and contraction—Effective breathing—The best way to arouse your inactive nerves—Creation of better blood circulation—Easiest way to increase your chest circumference—The famous shoulder blade control—How to thicken the shoulders—How to learn the art of making your shoulders supple from only three days' practice—Development and control of the neck muscles—Spreading of the back—Depression of the abdominal muscles and wall—Control of the Pectoralis (chest muscles) the biceps, triceps, thighs, calf and all other muscles—How to train the abdominal regions to be immune from rupture—How to master correct posture—Simple yet positive cure for insomnia—How to pose for good pictures—Advantages of perfect co-ordination of muscles and mind thru concentration which brings success and all the good things that go with it, and many other vital pointers you need every day too numerous to mention.

**Let My Muscle Control Exercises Mold Muscle on You Quickly and Solidly!**

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience, as well as the very large number of pupils that I have successfully aided, I know that in less than five days your muscles must respond, and bulge out to a most surprising extent. If you are already training on some good "system" these muscle control exercises will force your progress to be 100% faster! If, however, you do not exercise, then for your own sake and happiness, start building yourself up into a real man. Do not merely drag on—make your life worth living.

**It is My Sincere Wish to Assist Every Reader of "Strength" to Get Really Strong**

For this reason, this Muscle Control Course is being offered you now at such a trifling price that YOU CAN WELL AFFORD IT. Costs but \$2.00. I GUARANTEE QUICK RESULTS AND ABSOLUTE SATISFACTION OR MONEY BACK. MY HONEST REPUTATION PROVES THAT I AM NO QUACK. COME THEN, MY FRIEND, WHEN I AM REACHING OUT TO HELP YOU! I will place you on the real road; I will show you the main secret that helped me to get what I longed for, and now certainly possess. In addition to this Muscle Control Course, you have the privilege to ask any questions pertaining to your physical training; to these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Matysek's Muscle Control will do wonders for you. You will be the envy of your friends. Learn how to get the most out of yourself. It is easy. GET STARTED RIGHT NOW! Simply tear off the coupon below, mail with but \$2.00 (Canadian and foreign orders, \$2.20), and leave the rest to me.

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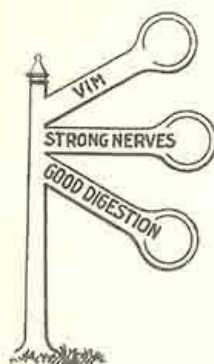
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Your body is a chemical composition of 14 elements (iron, calcium, phosphorus, chloride, sulphur, potassium, etc.), and if one of these important elements is lacking or not present in sufficient quantities, disease sets in.

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For example, Your kidneys are composed of millions of single cells. When these

are worn out, they break down and must be replaced. Now if you have not sufficient building material in your system, the new cells will be poor in quality. Many poor cells make a poor kidney. Result—faulty elimination and Auto-Intoxication. Slow suicide begins.

Your heart is nothing but a muscle made up of millions of single cells. A weak heart composed of weak cells is a constant danger to life. The same takes place in your lungs, liver, and every other organ. YOU WILL SEE NOW THE IMPORTANT PART MINERAL OR CELL SALTS PLAY IN YOUR LIFE.

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weeks and it is reported that he had his trunks packed and was ready to leave town three days before the fight. Perhaps he began to lose confidence in himself or he wanted to go home and call everything off. Anyway, it took all of the tact, diplomacy and persuasive powers of Tex Rickard to keep him in Toledo.

Still, Willard was confident when he stepped into the ring to meet Dempsey. He didn't seem to have a care in the world when he waved to the crowd and smiled kindly at the nervous Dempsey. He had every appearance of a movie hero about to step in and win a battle with a single punch.

Five minutes later he was rolling around the ring, his blood-bespattered face swollen beyond recognition and listening to the count of an excited referee. He was knocked down seven times and the last time he virtually was out. However, the bell saved him.

He took a terrible beating and now wants to "come back." He wants no money—of course NOT. Only a liberal percentage of the gate receipts. They never come back for glory. It's the bundle of kale.

Jess certainly is a merry jester.

### RAPS "ATHLETIC HUNCH"

"Debutante Slouch" Also Is Deplored by Physical Culturist.

Boston, Feb. 15.—The "athletic hunch" and the "debutante slouch" were deplored by Dr. Dudley A. Sargent, president of Sargent School for Physical Culture, in an address at the Boston University School of Medicine, tonight.

"When I first became interested in the subject, heavy lifting was much in vogue," said Dr. Sargent. "Then followed a reversion against all heavy work and presently Swedish gymnastics came in. They made our youth stiff and angular. Even slumber drills were indulged in. Thus in 50 years we have passed from the heaviest to the most effeminate exercises.

"Then, as if to mock all our pretenses to physical culture, fashion decrees that the 'athletic hunch' and the 'debutante slouch' are quite the thing."



(Continued from page 12)

not even be here to conduct his business on his fifty-fifth birthday.

Perhaps that's saying enough on the subject of functional strength—in its relation to muscular condition and activity. We were also speaking of nerve strength. How does that come in? Well, that's easy. In the first place steady, strong nerves depend upon the nutrition supplied them by the blood. So you can take it that nerves fed by "young" blood will be young nerves. That's all there is to that.

And in the second place there is the mechanical factor of the straightness and elasticity of the spine. There is no such thing as young nerves with a crooked, hardened spine. The man who stagnates develops not only hardened arteries but a hardened spine and then—Heaven help him—he will not only lose in nerve force, but he will find himself more and more shy of that functional strength that we were speaking of. However, the beauty of muscular activity is that it not only builds muscle tone and functional vigor, but, and some think this most important of all, it keeps the spine from getting "set." Bodily action keeps the spine in action, since it is our central and fundamental structure, and the man of middle age who keeps up his physical training or athletic activities thereby also keeps his spine flexible and young.

So now just think it all over, Mr. Business Man.

Hard work, intelligently directed, is what builds a man up, and it does not matter so very much whether the work is done indoors or outdoors. When we consider the thousands upon thousands of men who have tried to build themselves up by light exercise and have failed, we can understand the current belief that improvement is impossible after a man is 25 or 30 years old. A man would have to do an immense quantity of light work to make any appreciable change in his physique after the age of 25. Graded heavy work, however, is a different matter. If you do heavy work regularly you will soon show Nature that there is a demand for the muscle that can stand heavy work, and Nature will respond by furnishing such muscle.



## Who wants these Books?

Here's a set of books that teach boxing in an entirely new way—the Marshall Stillman "Shortcut" System. All the blows and guards used by the top-notchers—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift—are easily mastered.

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We will send you the entire course on free approval. You can keep the books 10 days, and then return them. If you keep them, you have until the 15th of the next month to pay—price \$5. (Canada \$6, other countries \$7.) Mail the coupon NOW to Marshall Stillman Association, Suite J-203, 461 Fourth Avenue, New York.

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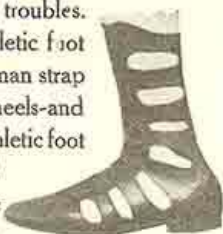
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(Continued from page 8)

thigh and develops the upper leg more than any other open air sport, with the possible exception of jumping. It affords much more variety of movement than does running or bicycle riding and therefore gives better all around development of the thigh and buttocks. Unfortunately ice skating is only practical during the winter season and many city dwellers are unable to practice sprinting or bicycle riding systematically and regular practice is necessary to attain real noteworthy results from any sport or form of exercise.

Rowing on a sliding seat is very good thigh exercise and rowers as a class are good at lifting weights from the ground and similar work requiring strong thighs, but, of course, they cannot equal, at this kind of work, men who train systematically at lifting. Rowing, if performed on a stationary seat, loses much of its value to the thighs, as the fixed position minimizes the thigh movement and throws relatively more of the strain on the small of the back. Rowing is a fine sport, but the most of us lack the necessary time and facilities for practicing it regularly.

Jumping is, with the possible exception of ice skating, the best of all open-air sports as a developer of the lower limbs. The leg muscles need considerable resistance and the violent contractions of the legs, lower back, and buttocks involved in the act of jumping, if practiced diligently, almost invariably develop the muscles of these parts to magnificent proportions. While jumping does not give as much work to the muscles on the inside of the thigh as does ice skating, yet it affords far greater resistance to the muscles of progression used in propelling the body forward, and jumpers as a class possess magnificent development in the thighs and buttocks. Perhaps some of the readers may have seen Gerner, Higgins or some of the other famous professional jumpers. Higgins possessed a 22½-inch thigh, although he was only 5 feet 3¼ inches in height. Just compare his thigh measurement with that of any bona fide calisthenic athlete of anywhere near as short a stature, and remember that his thighs are not a bit more noteworthy than those of some others who excel at the same kind of work. Jumping is used by some weight lifters as a variation to their work with the weights. Inch, Aston, Lurich, Clarence Weber, Hackenschmidt, Rolandow, Emilie Deriaz and some others practiced some jumping, in addition to their other



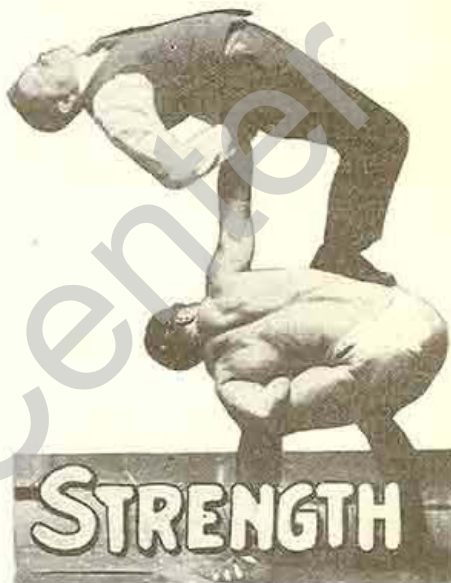
training. Jumping cannot equal weight lifting for developing leg strength, but if combined with weight lifting will develop a combination of strength and agility that cannot be attained through weight lifting alone.

Tumbling is a magnificent exercise for the thighs and hips, as well as a fine all around developer. Professional tumblers as a class are noted for their fine general development and their thighs and buttocks are quite in keeping with the other parts of their anatomy. Much of the work in tumbling involves similar on the thigh and buttocks, as does jumping. Elevation is one of the big essentials to the culmination of a successful somersault and it is attained by the vigorous contraction of the muscles of the thighs and hips. The understander in a tumbling act often performs very heavy thigh work. Arat tumbling acts especially are famed for their pyramid work and this involves more thigh strength on the part of the understander than some writers have implied. It is true that the weight is supported by the legs while in a straightened position, but often the pyramid is built up three high and the understander's thigh and lower back muscles are taxed considerably in keeping his human column properly balanced. Perhaps some of the readers may have seen the "Original Herbert Bros." They are famed among circus performers for their extraordinary thigh and calf development. They accomplished considerable all around tumbling and one of their special feats involved very strenuous efforts on the part of the thighs and buttocks. The understander assumed a position on his hands and knees, the middle man adopted a similar position and the topmounter took a like position on the middle man. The understander shifted to his hands and feet and from that position to an erect posture. The middle and top man assumed an upright position simultaneously with the understander and the result of their efforts was a standing three high human column. Imagine if you can much more difficult work for the muscles of the thighs and those that bring the body erect than this exhibition feat of "The Herberts." Is it any wonder that by performing such work twice daily that they attained such exceptional thigh development?

*(To be continued next month with further progressive methods, readily applicable for the thigh and hip development, and show what the author considers the most practical method for the purpose.)*

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## Three Reasons Why You Will Enjoy the April Issue of Strength

**THE DEVELOPMENT OF THE HIPS AND THIGHS:** Another interesting article on body development by O. R. Coulter.

**HAND BALANCING:** By P. H. Miconi. This is the second of a series of hand-balancing articles. Through circumstances beyond our control we were obliged to omit this from the March issue.

**WRESTLING:** By Wm. J. Herrmann himself. These articles are the very best that have ever been published on wrestling. Clear and simple enough to give the veriest novice a complete understanding of this healthful and exhilarating sport, and thorough enough to make even the cleverest professional wrestler sit up and take notice. Well worth your while.

Those are just three of the reasons why you are going to enjoy the April issue. A few of the others are Hiking for Health, by L. E. Eubanks; Is Your Stomach As Big As Your Chest? by Walter Mann; Strength's superb pictorial sections and other interesting features too numerous to mention.

If your newsdealer is sold out you can get Strength regularly each month by sending your subscription direct to us.

### THE MILO BAR BELL COMPANY

Subscription Dept.

301 Diamond St., Philadelphia, Pa.

## WRESTLING

(Continued from page 34)

### Escape Against a Front Nelson.

Opponent holds a front nelson on your left side. You can escape this hold in practically the same manner as described in "escaping a quarter nelson."

### Counter Against a Front Nelson.

Opponent holds a front nelson on your left side. You can counter this hold in practically the same manner as described in "countering a quarter nelson."

### A Block Against a Front Double Nelson.

Come up strong with your head as you press down hard with your arms and shoulders to block opponent's attempt to secure a front double nelson. Keep your arms clinched tight to your sides.

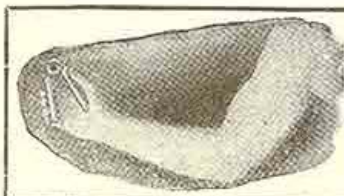
### Escape Against a Front Double Nelson.

Opponent has secured a front double nelson. Escape by grasping your right wrist and your left hand. Extend your arms forward, under towards and against his body. Press hard against his body and draw your body and head away backwards which will free you of his hold and insure a safe get away.

### Counter Against a Front Double Nelson.

Opponent has secured a front double nelson on you. Come up strong with your head, clinch both his arms tight to your sides. Suddenly side roll your opponent back and to your side to a fall.

**For Sale:**—Exhibition bell with 14" hollow sphere and hollow handle bar 1 3/4" in diameter. Weight of bell about 176 lbs. Collars and bar nickleplated, and spheres japanned. Price, \$45.00 f. o. b., Phila. Milo Bar Bell Co., 301 Diamond Street, Philadelphia, Pa.

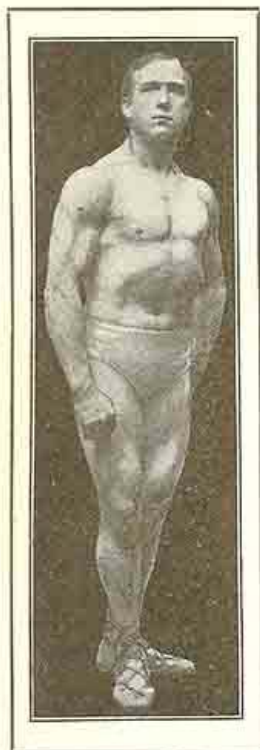


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## LIONEL STRONGFORT

Physical and Health Instructor

Department 262

Newark, New Jersey

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