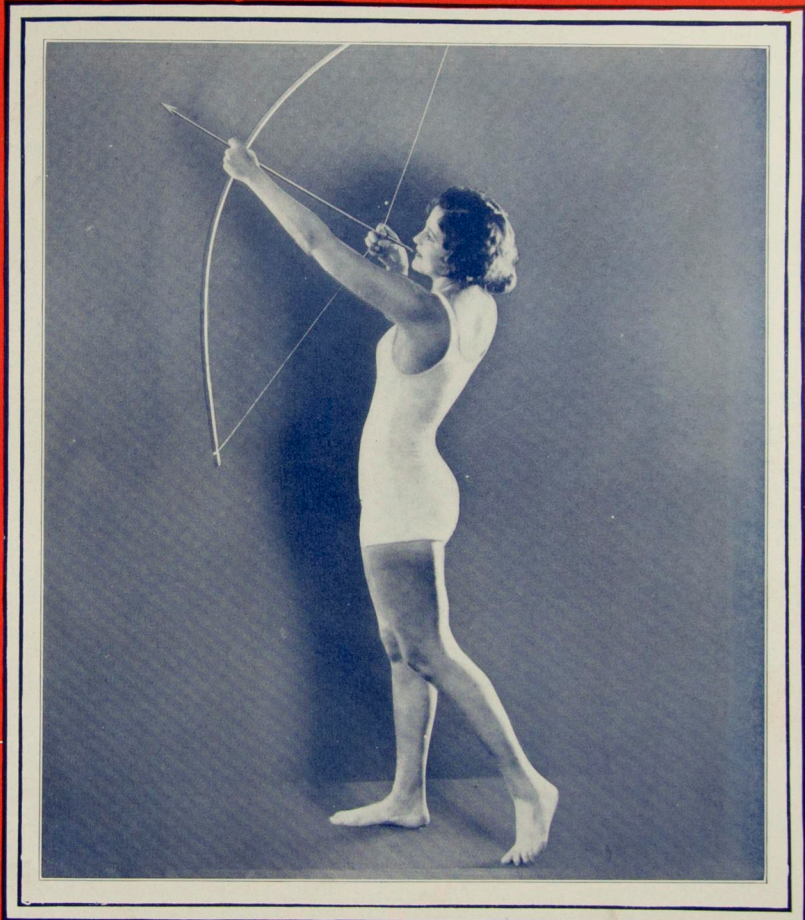


MARRIED PEOPLE WHO DARE NOT LOVE

Health and Life

MARCH, 1924

20 Cents



LOOK OUT FOR CUPID'S ARROW THIS SPRING

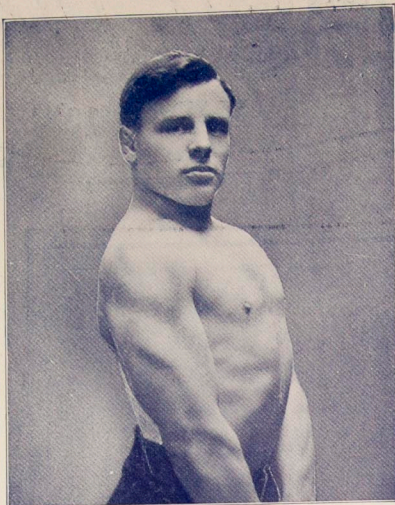
An appropriate pose for the leap year's Spring by the beautiful Mrs. Earle Liederman (Miss Alaska).

ROOSEVELT'S DISCOVERY—By VANCE THOMPSON

Reginald Denny's Life and Training

Muscularity Supreme

Do You Enjoy Life to the Fullest Extent?



BERNARD BERNARD

His splendid health and superb physique he owes to the Physical Culture Course he has given to the world in "Health and Fitness"

The following is a synopsis of the priceless information contained in this course and which can be yours for the noteworthy price of \$1.25.

How the Body is Nourished.
The Importance of the Body Muscles.
Baldness.
Deep Breathing Exercises.
How Women Can Cure Anemia.
Correct Mastication.
Indigestion.
Blackheads.
Clothing.

Night Wear.
Developing Great Strength.
The Teeth.
A Remedy for Toothache.
How to Preserve the Teeth.
Internal Cleansing.
The Hair.
Correcting Internal Troubles
Scurf and Dandruff.
The Relief of Constipation.
A Diet Scheme, With Sample Menus.

Headaches.
Skin Ailments.
Acne.
Perspiring Feet.
Liver and Kidney Troubles.
Rheumatic Troubles.
Asthma.
Obesity.
Colds.
Deformities.
Catarrh.

Besides the above you receive the complete system of special exercises.

DR. KATZOFF, M. D., Ph. D., eminent physician of Bridgeport, Conn., says of "Health and Fitness":

"Health and Fitness" is practical, timely and most interesting. It teaches prevention of illness by following Nature's laws. I wish for it a million circulations. Simon Louis Katoff, M. D., Ph. D.

Samuel Ehrenberg writes: "I received 'Health and Fitness' and can't thank you enough."

MAIL THIS COUPON TODAY

HEALTH & LIFE PUBLICATIONS
333 S. Dearborn Street,
Chicago, Illinois.
Gentlemen,

I enclose M. O. check for \$1.25 for which you are to send me "HEALTH AND FITNESS" together with your complete system of special exercises. It is also understood that I have the privilege of personal advice from Bernard Bernard, the author, on any matter not dealt with in the course.

Name
Street
City State

As the edition is limited, we urge you to send your order without delay. Remember that health is wealth. And our iron-clad money-back guarantee protects you in every way.

Send check, stamps or money order **AT ONCE** for only \$1.25 to

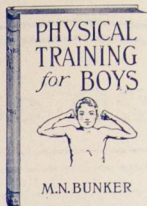
OUR GUARANTEE

If this course of "HEALTH AND FITNESS" is not all that is claimed for it, and you are not entirely satisfied send it back and your money will be cheerfully refunded. Could any offer be more fair?

HEALTH & LIFE PUBLICATIONS

333 S. Dearborn St., Chicago, Ill.

Are You Growing Into Healthy, Strong and Athletic Manhood?



Are you developing those muscles of yours, so that one day you will be healthy fit, and athletic. free from ill health, ready to take your place in a world

of struggle? If you are not, you are handicapping yourself in a great race, the race of life.

It is while you are young that you have your best opportunity to train your body. Most of the great Athletes you see, yes, and most of the great men in other spheres of life started when they were boys to train their bodies.

You have the chance to train your body the right way, for, in a special book known as

Physical Training for Boys

By Dr. M. N. Bunker

is compiled a special course of exercises and physical training instructions that will help you to develop muscles of steel, and to develop and make your body lithe and athletic, and, what is more important, absolutely healthy.

Dr. Bunker has written this book very carefully, and you will find it a special message to you. You will enjoy reading it, every word of it.

There are ever so many illustrations, both of athletic boys, and also of the exercises that will surely make you strong and fit.

The price of the book is absurdly low. It has good cloth binding, and contains 170 pages of vitally interesting reading matter. You will be exceedingly pleased with it.

Send in your dollar now, while you feel like it, and get a copy of Dr. Bunker's great book, PHYSICAL TRAINING FOR BOYS. It will make a real red blooded, muscular man of you. Send now only a \$1.00 bill, or money order to

Health and Life Publications

333 S. Dearborn St., Chicago, Ill.

Health and Life

The National Monthly Magazine for Health, Physical Education and Right Living

MARCH, 1924

Vol. III. Number 3

CONTENTS

Roosevelt's Discovery.
By Vance Thompson..... 87

On Old Age.
By Simon Louis Katzoff, M. D. 88

Married People Who Dare Not Love.
By Bernard Bernard..... 89

Acrobatics for Health and Development.
By Harry M. Hill..... 90

How to Be Fit at 101.
By Thomas J. Allen, M. D. 91

Heads Uncovered for Wilson..... 91

Strong Men of the Movies..... 92

Muscularity Supreme.
By Nobel Symkin..... 93

Exercise Is My Recreation.
Reginal Denny.
By Eunice Marshall..... 94

From Death's Door to Superabundant Health.
By John Bastow..... 96

With the Men of Iron..... 97

HEALTH and LIFE Enthusiasts..... 98

Among the Grapplers..... 99

The Athlete Detective.
By Richard Bonner..... 100

Pictorial..... 101

Editorial..... 102

On Human Ice Picks.
By Warrington Dawson..... 103

Pacific Coast Championship Weight Lifting.
By David P. Willoughby.
Cal. Rep. A. C. W. L. A..... 104

HEALTH and LIFE Congress 104

A Monumental Diet Treatise... 104

Let Books Help You to Health.
By James A. Tobey, M. S..... 105

HEALTH and LIFE Fellowship..... 105

Advice Department..... 110

HEALTH AND LIFE MAGAZINE

333 S. Dearborn St., Chicago, Ill.

20c a copy \$2.00 a year

In England 9d a copy, 7-6 a year

Entered as second class matter August 28, 1922, at the Post Office at Chicago, Illinois, under the Act of March 3, 1879.

Copyright by Bernard Bernard

English Agent: A. Dunaway, 32 Norfolk Road, Brighton, Sussex.



Lindlahr Nature Cure Institutes

Only organization maintaining both city and country sanitariums
LINDLAHR SANIATARIUM LINDLAHR HEALTH RESORT
Dept. X, 509-529 So. Ashland Blvd. Elmhurst, Illinois.
Chicago, Ill.

Health Restored — Strength Regained

at the Lindlahr Nature Cure institutes, Where Nature Does the Work Assisted by Rational Cooperation on the part of the Patient and Doctor

Twenty years record for splendid results in the treatment of chronic diseases.

Every disease known to man is curable by the proper combination of natural methods of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment and that the destruction of vital parts and organs has not advanced too far.

In our methods of examination as well as in treatment, we combine all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular" provided it conforms to the fundamental laws of cure. No drugs, no surgical operations.

Some of Our Healing Factors

All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are:

Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleases the palate, eases the digestion, unexcelled anywhere.

Milk Diet and Fasting Cures.

Hydrotherapy, Father Kneipp and other systems, Sun and Air Baths, Osteopathy, Chiropractic, Naprapathy, Spondylotherapy, and other manipulative methods, Massage, Swedish Movements, Magnetic Treatments, Corrective Gymnastics and Breathing, Exercises by competent instructors, Chromotherapy, Homeopathic, and Non-poisonous Herb Remedies, Mental Therapeutics, Applied Psychology, Suggestive treatment on a common-sense scientific basis.

Frequent lectures by Dr. H. Lindlahr and his able assistants teach you how to become your own doctor and the family physician for the future.

Electric and Electronic Methods of Diagnosis and Treatment

Radiant Light and Actinic Ray: These are more powerful in their effects than direct sunlight and are used for general tonic treatment and for local applications.

Morse Wave: The latest improvement on sinusoidal electrical treatment for weak, atonic and protracted conditions of the digestive organs.

High-frequency Electricity: For the oxidation of disease matter as well as for general tonic and local curative effects.

Chrome-Therapy: One of the latest and most efficient methods of natural treatment.

Orificial Treatment: By bloodless manipulative methods.

Send Coupon for Catalog

Rates reasonable and consistent with benefits received. Write today for free catalog describing each Institute in full and showing pictures of the various departments of each. Courteous attention given to all correspondence.

Lindlahr Nature Cure Institutes, Inc.

Dept. X, 509-529 So. Ashland Blvd., Chicago, Ill.

Please send me free and postpaid, your catalog of the Lindlahr Sanitarium (Chicago) and the Lindlahr Health Resort (Elmhurst, Ill.), also literature describing natural healing methods.

Name _____
Street and No. _____
City and State _____

ORDER "HEALTH AND LIFE" IN ADVANCE

By ordering HEALTH AND LIFE in advance you will be quite sure of obtaining it; otherwise you may have some difficulty. Tell your newsdealer that you want it regularly. Or, better still, fill in the form below and send \$2.00 to our publisher, and you will have it delivered into your hands each month for a whole year. A dollar bill will bring you the magazine for six months, post free.

Fill up this form:

TO HEALTH AND LIFE Publications, 333 S. Dearborn Street, Chicago;
Gentlemen—I am enclosing herewith \$2.00, for which please send me HEALTH AND LIFE Monthly for one year. (Cross out items not wanted.)

_____ six months.

Name _____
Address _____

STRONGFORTISM'S SUPREME CONTRIBUTION



A QUARTER-CENTURY of STRONGFORTISM now draws to its close. Twenty-five years ago this month I gave to the world my complete and perfected system of Health, Strength and Virility with Scientific Muscularity. Since March, 1898, the weaklings, sicklings and failures of the earth have knocked upon my door and the healthening, strengthening, energizing secrets of Nature have been opened up to them. STRONGFORTISM—sown in knowledge and rooted in true Science and reverence for Nature—marches on to new achievements and fresh triumphs in the Physical Salvation of the Race.



ARE YOU A FIGUREHEAD—lacking the full courage, powers and rewards of Manhood? Do you crawl where others stride? Do you doubt where others do? Do you obey where others dominate and rule? Are you a **DEMI-MAN** leading a **SEMI-LIFE** or are you a whole and wholesome **SON OF MOTHER NATURE**?

IS YOUR BODY CLOGGED AND POISONED? Have you stood idly by—mildly wondering, morbidly dreading while the arch-assassin **CONSTIPATION** mauls your vital organs, muddies your blood and muddles your mentality?

ARE YOUR MUSCLES MAN-MUSCLES or weak and flabby remnants of your masculinity? Are you awkward and ill-balanced, an object of indifference, pity, contempt—or is your physique poised, powerful and perfect in the eyes of those whose love or admiration means the whole world to you?

The Miracle of Latent Power in Your Body

No poet, scientist or doctor ever lived who could put into words the miracle of Nature as She works in the reconstruction of Health, Beauty and Happiness for intelligent humanity. Weak as you are—sickly as you are—doomed to swift destruction as you may think you are—there are still within you vital, dormant powers that you **CAN** use to re-build and **RE-CREATE** yourself into a man again!

What **STRONGFORTISM** has done for me is known to all the world. Great universities have received me as their guest, to study the products of my teachings in my own peerless body and to make use of my methods in their own curriculums. Vast theatre audiences have acclaimed my classic poses and eminent sculptors have hewn my figure in marble and cast it in bronze for perpetual exhibition in the leading museums of the world. In public feats of strength and dexterity I have established records never duplicated by any other living man. That is what **STRONGFORTISM**

has done for ME. What it can do for YOU depends upon YOUR desire to be strong, YOUR will to be well, YOUR determination to desert the ranks of **NO-BODIES** and assert the indomitable nobility of manhood in your own precious being.

Now You Can Make Strongfortism Yours

For many years I have bent every effort to bring **STRONGFORTISM** within the financial reach of everybody — those who are deficient and want to be normal and those who appear normal but want to be perfect in every muscle, every organ, every drop of blood. Now — on **STRONGFORTISM'S 25th Anniversary**—my aim at last is reached. At enormous personal sacrifice and by curtailing every single item of unnecessary expense in the conduct of my business, I have been able to **CUT MY FEE IN HALF** — **MAKING STRONGFORTISM AVAILABLE TO EVERY MAN AND WOMAN IN THE WORLD WHO IS NOT TOO POOR IN SPIRIT TO REALIZE THE VITAL IMPORT OF THIS ANNIVERSARY MESSAGE.**

Complete

\$15

Course

Health - Strength - Virility

STRONGFORTISM

with Scientific Muscularity

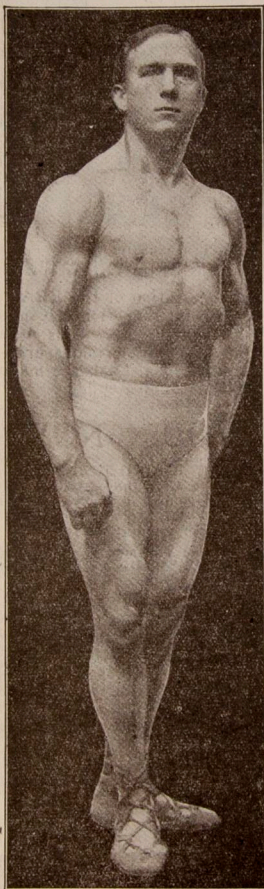
Complete

\$15

Course

25th ANNIVERSARY OF SERVICE TO MANKIND

GET the full significance of this astounding offer firmly fixed in your mind. What I am offering you at such an astonishingly small price is not a clipped, curtailed or cut-and-dried and generalized skeleton of a course. It is my full and unabridged course as adapted to the personal requirements of every pupil. It includes every one of the famous STRONGFORT fundamentals, including step by step development of each muscular structure, complete dietary counsel and the world-famous basic STRONGFORT method of internal organic muscular rehabilitation.



STRONGFORT'S \$5 RESISTANCE-INCREASING DUMB-BELLS FREE

To every pupil who enrolls during the period of this offer will be given without extra charge the famous Strongfort Resistance-Increasing Dumb-Bells which are required to get full and complete results from STRONGFORTISM.

FIRST ENROLLED—FIRST SERVED

Because of the extraordinary character of this offer, and by its effect upon my prospective pupils in every corner of the world, it is certain that I am facing the busiest period of my life because I give to each pupil my personal attention and a personal STRONGFORTISTIC course exactly suited to his individual requirements.

Since I must handle all these calls upon me personally it is only fair to formulate all lessons in the order in which enrollments are received. So you will understand the importance of sending in your enrollment among the early ones, thus assuring the quickest possible attention I can give you in launching you upon the Highway to Health, Vigor and the Supreme Contentment of Physical Perfection.

THE TURNING POINT OF YOUR CAREER

READER—I am doing everything within my power to bring the life-giving science of STRONGFORTISM into your life—to make your life a work of art and a joy to yourself, your dear ones and the unborn who are to carry the torch of physical beauty on through the future. It is for you to decide your own fate from this point on. Your destiny is yours to carve.

FILL IN COUPON—I'LL FULFILL MY GUARANTEE

In using the coupon below you may feel perfectly secure in my GUARANTEE, fortified by a quarter century of upright dealing and by my financial responsibility as attested by the National City Bank, New York; Lloyd's Bank, Ltd., London; Banco Alerman Trans Atlantico, Buenos Aires; and National Newark & Essex Banking Co., Newark, N. J.

MY GUARANTEE

After faithfully following the individual Course in STRONGFORTISM, as planned for you under my personal supervision, if you have not received real benefits in Health, Strength and Physical Development at the completion of the Course, I positively GUARANTEE to refund all money you have paid me. (Signed) LIONEL STRONGFORT

THIS FREE BOOK IS YOURS

Fill in and mail the coupon and receive your copy of my famous, fascinating, beautifully illustrated Book, "Promotion and Conservation of Health, Strength and Mental Energy." It is a carefully detailed account of the easiest, simplest and surest way of gaining Physical Perfection with all the rewards of Social and Business Success. It explains the vital truths of STRONGFORTISM in relation to the life ambitions and happiness of the reader. Sending for this book obligates you in no way beyond the 10c to cover mailing costs.

FREE CONSULTATION COUPON Absolutely Confidential

Mr. Lionel Strongfort, Dept. 1384, Newark, N. J.—Please send me your book, "Promotion and Conservation of Health, Strength and Mental Energy" for postage on which I enclose a 10c. piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line, without obligation.

- | | | |
|------------|--------------|----------------------|
| Colds | Weak Eyes | Heart Weakness |
| Catarth | Anemia | Poor Circulation |
| Hay Fever | Debility | Increased Height |
| Asthma | Fear | Dependancy |
| Obesity | Neurasthenia | Skin Disorders |
| Headache | Short Wind | Vitality Restored |
| Thinness | Flat Feet | Falling Hair |
| Rupture | Constipation | Stomach Disorders |
| Lumbago | Biliousness | Round Shoulders |
| Neuritis | Torpid Liver | Long Troubles |
| Neuralgia | Indigestion | Weak Back |
| Flat Chest | Nervousness | Drug Addiction |
| Insomnia | Poor Memory | Weaknesses (Specify) |
| Bad Breath | Rheumatism | Muscular Development |
| Bad Blood | Gastritis | Great Strength |

(For Immediate Enrollment Check Below)

ENROLLMENT FORM

I hereby enroll for a Complete Personal Course in STRONGFORTISM, for which I enclose:

- \$15 Payment in Full for Complete Course, Including Resistance-Increasing Dumb-Bells.
- \$5 Partial Payment, Agreeing to Pay Balance in Two Monthly Payments of \$5 each, plus \$3.75 extra for Dumb-Bells.

Name
 Age Occupation
 Street
 City State

LIONEL STRONGFORT

Physical and Health Specialist

Department 1384

NEWARK, N. J.

I Took Away My Wrinkles and I Will Tell You How

By a Famous Beauty and Artists' Model

I AM an artists' model by profession. The need of maintaining my youth and beauty, and especially my smoothness of skin and absence of wrinkles is far greater than that of the average person.

You can imagine what I felt like some time ago when I began to see those signs which every woman dreads. At the corner of my eyes were those tell tale crows' feet beginning to develop, across my forehead wrinkles were beginning to make their appearance. A flabby heaviness set into the condition of the flesh of my face, and instead of the smooth, firm, but soft skin, I found developing that haggard appearance characteristic of approaching age.

Each day I looked in my mirrors, and the tale became sadder. The wrinkles became deeper, the crows' feet became more apparent, and the flabby flesh of my face began to hang in parts.

No woman takes the loss of her beauty easily. To me, it meant more than the loss of beauty. It meant the loss of a lucrative profession, and friends and admirers who meant much to me.

I did my best with powders and makeup, but that was poor camouflage, and I began to see that there was only one way to restore my former youth and beauty, and that was to get my wrinkles taken away, and have the soft firm, smooth complexion it was my right as a woman to have.

I tried many things, but without success. Then I discovered a secret. I found a method of drawing out the wrinkles by means of the RICHMOND ERADICATOR.

Imagine my surprise, and my relief, when I found, after quite a short time, that my wrinkles were disappearing. Just picture my joy when I found the crows' feet under my eyes giving place to a firm healthy condition once more! My joy was unbounded. In a few weeks my wrinkles had entirely disappeared, and I once again enjoyed my girlhood complexion, and all the beauty I thought I had forever lost.

I have now no more wrinkles, no more crows' feet; no loose, hanging flesh on my face. I sit for famous sculptors and artists, both for the creation of faces and bodies. No longer am I afraid of losing my profession, for I am sought by many of the most renowned artists to sit for them.

But there is a real joy and pleasure in being free from those tell tale stories of approaching age. I feel younger, and it is such a relief to know that I can keep away those wrinkles as long as I live, and after all, we are only just as old as we feel we are. If we look into our mirrors, and see wrinkles, we begin to feel old. If we see the smoothness and firmness of youth, we feel young. I am positively going to refuse to get old.

I am perfectly sure that you can do as I did if you use the same method. It is not a long and irksome process by any means. Results are noticed



CONSTANCE McDERMOTT.
A famous beauty and artist's model who tells the unique story of how she recovered her beauty and took away her wrinkles.

ever so quickly, and the application of the ERADICATOR is just a very pleasant sensation. It acts in a drawing out of the wrinkles by means of a vacuum, so that not only are the wrinkles eradicated, but the skin and superficial flesh are made firm and smooth, just like those of a child.

SEND FOR YOURS NOW

You are invited to try the RICHMOND ERADICATOR, and we are sure that you will be more than satisfied with results. In fact, if you are disappointed in any way, if you will return the ERADICATOR within five days you will be handed your money back. No offer could be better.

You are not required to send any money. Just send along an order for the RICHMOND ERADICATOR, and pay the postman \$1.85, no more, when you receive it.

Youth and beauty are woman's most priceless possessions. Don't hesitate. It is much better to catch those wrinkles early than to wait until they have become part of you. The ERADICATOR will take away wrinkles in an advanced stage, but it is in their early stages that they are taken away most quickly, and kept away. Don't let your wrinkles, or crows' feet, or loose flesh develop. Get rid of them now that you have the opportunity.

You are strongly advised to clip this ad, because we are not sure if the announcement will be made again.

Please use this form.

TO J. RICHMOND,
Room 422, 333 S. Dearborn Street,
Chicago, Ill.

Please send me your ERADICATOR. I will pay the postman \$1.85 when he delivers it to me. It is understood that I return it within 5 days if I am not satisfied.

Name

Street Address

City

State

(Please Print Plainly.)

Roosevelt's Discovery

By Vance Thompson

[Some people give the late Theodore Roosevelt credit for the discovery of Warrington Dawson's literary talent. This is probably because Roosevelt became so devoted to, and friendly with, Dawson; but all those who really discovered Dawson for themselves as Roosevelt did, and are capable of understanding, appreciate him, and learn to become devoted to him. Warrington Dawson has written many articles for HEALTH and LIFE, and his "Latitudes" are enjoyed by us all every month. His recent book, "Opportunity and Theodore Roosevelt," is a masterpiece of fine literature, and what is more, a powerful analysis of the qualities which made Roosevelt great, giving an inspiration and uplift to the reader interested in this wonderful man.—Editor.]

WHEN you think of the first quarter of our century—there is still an odd year coming—one thinks of queer things. It has not been quite like any other quarter of a century.

In literature what hits the thoughtful person in the eye is the barrenness, pomposity, and futility of it all.

One reads the books that other people write and that one writes oneself; and in sheer amazement one asks: Why?

And there is no answer.

But no quarter of a century is barren of great literature; only it creeps along in the dark, in a lawless, victorian way of its own, calmly waiting for the next generation to toss its hat up and shout: "There's a man!" It is one of the quaint habitudes of the public mind. Public thinking—thinking in common—is always like that. It can't think save in terms of the common denominator, which is for all tame-minded people the three-cent newspaper. So the big things of literature lie safe and warm and wait their appointed hour, while the open streets are filled with busy, delighted little dogs running about on their mysterious business, barking and snapping and lifting their legs and, incidentally, amusing the populace.

This thought, you may say, is of no great importance. I don't know. It came to me this afternoon in an old room in the old town of Versailles, as I handled lovingly twelve, or fifteen or eighteen books I have loved in the years.

Warrington Dawson wrote them. How long was it "The Scar" came out in virgin covers? And "The Scourge?" And that stately procession of great books that have come through the years of this new-ish century—"The True Dimension" and "The Gift of Paul Clermont" and—but this is not a catalogue of my intellectual pleasures.

The big factor in American literature of the last twenty years or so, is Warrington Dawson. A fact? It is none the less a fact because Roosevelt said it first. I do not like to agree with Roose-

velt's literary judgments—that way disaster lies. But one can't help giving him the credit (though he shared it with me and other better judges of letters) of discovering Warrington Dawson's greatness even in his earliest fiction.



Warrington Dawson with the late Theodore Roosevelt on Lake Naivasha. The Ex-President, who is recognized as having been one of the greatest Americans who ever lived, and certainly was a real great man, in the true sense, was a great lover of Warrington Dawson's writings. They became friends under unique circumstances, and became devotedly attached to each other. The tie was undoubtedly their appreciation of real manliness, and a common desire to contribute their best to humanity.

That was going a bit, for a man whose mind was not on literature; and I fancy it will find a place in the final estimate of Theodore Roosevelt.

Handling lovingly these books written by Warrington Dawson I sat in an old room in Versailles today and asked myself:

"Why isn't everyone reading these books? Why isn't everyone turning the

pages as I do now, loving the familiar phrases that leap out and cry aloud like old friends? Why is it that Warrington Dawson is riding to his lawless victory, darkly, and not in the public street of popular acclaim? Why does Conrad

love one of his books? And Kipling love another? Why do I—to raise the tone a trifle—love "The True Dimension" more than "Paul Clermont?"

Abruptly these rather rhetorical questions stopped running through my mind. And I asked myself: "Do I love 'The True Dimension' more than 'The Gift of Paul Clermont?'"

No; I have been deceiving myself—as Conrad deceived himself; and Kipling.

What we really love — we strange, queer folk who know what great literature really is—what we really love is Warrington Dawsonism expressed in terms of fiction. We like it any way we get it. We like "The Sin"—because it is a queer flashing side of the Warrington Dawson mind. We laugh and weep with "Buz and Fury" because that, too, is a deep-struggling part of his genius. (Just a boy and a dog—but then the boy was a Warrington Dawson boy and the dog was his dog.)

As this truth came home to me—in the old room in Versailles—there dawned upon me an explanation of the thing that has baffled me:—why Warrington Dawson's books haven't knocked public opinion in this first quarter of the century galley-west; and why his fame creeps obscurely into the libraries of those of us who know and has not gone shouting down Main Street. Why?

In the old room in Versailles I found the answer:

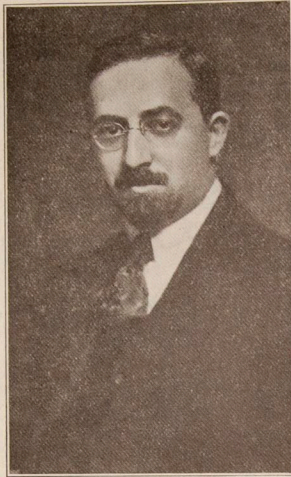
He is not a one-book man.

Take anyone of them: Jack London went on being an adventurous boy all his life, writing the same story over and over again because he only knew one story—and it was, for an adventurous boy, a good story. Even so mighty a giant of letters as Conrad, knew one

(Continued on Page 116)

On Old Age

By Simon Louis Katzoff, M. D.



SIMON LOUIS KATZOFF, M. D.

Methuselah, of biblical fame, lived to be nine hundred years of age. When one takes into consideration the natural mode of living at that time, the healthy parentage and ideal environment, one begins actually to believe it. Picture a period of human history where no one had to worry about losing his job, or finding one; when adulterated food, poor combinations of food, gluttony and hasty eating in order to be "on time" did not exist; where conventional lies and hypocrisy did not prevail; when cheating and exploitation were not popular; when mere possession of wealth did not give one prestige, presidency in a lodge or a political office; when no one laughed at you if your nails were not manicured, if your hair was parted in the middle and if you did not enjoy arch-breaking high heels, tight corsets, stiff collars, belts and clothes worshipping generally. Picture that society where fresh air was uncontaminated by the factory smoke, where one was surrounded by golden sunshine instead of our present brick tenement which is air-tight and productive of tuberculosis; a society where constipation did not exist; society where abusive habits such as smoking or chewing skunk weed, booze guzzling, animal-flesh eating, sexual debauchery, palate tickling with artificial

sweets and stimulants did not exist; a society in which it was not even stylish to sever relationship with your appendix; in other words, a society where one was oneself instead of the next fellow; where the incentive to false modesty, whining, pleading, begging, stealing, abusing, maligning, and the trinity of profit, interest and rent, have not yet made their debut, where one went to sleep with a clear conscience and a clean body when the sun went down and waked in the morning with the break of day, when the sunlight beckoned beyond the horizon; when a days work well done had earned a night's repose.

In such an age it was possible for men and women—and they were men and women in the real sense of the term—to prolong youth with all its natural joy and blessing and defer old age indefinitely. But today, in our boasted civilization, where nobody is sure of his tomorrow; where the landlord, butcher, "boss," iceman, milkman, next-door neighbor, friend, competitor, doctor, lawyer and minister must all be accounted to and reckoned with; where after a hard day's toil one is too exhausted to "dabble" in real art, music, literature, history, philosophy or cultural interests of life; where the "movies" become the poor man's opera; where woman is not only a slave to fashion and society, but the slave of a slave; where men exterminate themselves and each other by means of war, hatred, debt, patent medicines, vaccines, haste and the eternal mad rush for mere existence—in our busy era it is hardly possible to maintain any degree of health or prolong youth to maturity, much less attain a ripe old age. Men and women today become old, anatomically speaking, while they are still young.

Married People Who Dare Not Love

By Bernard Bernard

SURROUNDING the most important problems of life is a most profound darkness. Somehow, human beings have become determined to keep themselves surrounded by this darkness, for most attempts made to bring a little light upon these problems bring down persecution and misunderstanding.

It is therefore no wonder that concerning the most sacred of human ties there is so much ignorance. It is no wonder that, entering upon the holy condition of matrimony, this ignorance results in a fear of love.

Is that not terrible? Love is the greatest force in the world. Without it the world would perish. It is the driving power which makes the world go round. When it is associated with marriage, it is the link which unites the human family, the unit of society, dissolving all the barriers between the man and the woman who have sworn to cherish each other.

Marriage Made or Marred in Youth

Unhappy marriages are not begun on the wedding day. The foundations of the unhappiness are laid long before this. They are laid in the education during early manhood and womanhood. Very, very few young people gain a sound scientific education in sex matters. These things are mentioned only with hushed voices, and if not this, then they are the subject of lewd and spicy conversation.

What a terrible tragedy that this should be—that the most beautiful story

in the world, should be a matter for suppression. Yet that is the case.

I warn you, parents, tell your children the things they ought to know. They are going to find out anyway, and, unless you tell them, they are going to find out from the filthy jest, from the lurid story, and from suggestive remarks they will hear in the course of their lives. Be first, and let them know the facts. Tell them the story as it should be told. Acquaint them, of course, with the dangers and the pitfalls that will beset their way, but let them know the facts of their development.

Sex Education Should Be Scientific

Personally, I have found that the story of actual development is the most efficient in the giving of sex education. That is why I wrote my book, "Sex Development." I believe that if all children could read that book, and become familiar with the facts of the development of their own bodies, they would have a basis of knowledge that would guide them through their future years with success and happiness. They would not have any taste for, or any leaning towards, suggestive or indecent things, but through knowing better, through knowing the facts of their scientific development, they would be immune from wrong suggestion.

Then, when they grow up to adulthood, and take on their marriage responsibilities, and accept the privileges, they will know what to expect. They will be prepared for an expression of themselves in a way that will enable, in a way that will make the human family as a unit an absolute one.

The story of development is a beautiful one, if told truly. Is it not a grand thought that makes us know that the whole of life is one, that the whole of the world of living organisms is immortal, through the process of reproduction? Every organism in the world, whether plant or animal, starts life as a simple cell. The lowest organism to be found in the world is a simple cell of protoplasm. It reproduces by simple cleavage, that is, it divides from one cell into two cells, each cell becoming a separate organism, but in this, the two daughter cells are really the same parent cell, except that the two have come from the one.

The Development of Life

In the higher organisms the process is almost the same. Take *Volvox Globator*, an illus-



A MESSAGE OF LOVE

This work in sculpture, by Alphonse Emmanuel Moncel, was exhibited in the Palais des Beaux Arts, Paris, France.

tration of which is given on this page. This is a simple cluster of organisms, each unicellular. It is formed by simple cell division. First of all there is the one single cell; this divides into two, the two divide into four, the four into eight, and so on, until the cluster or cell colony is formed.

Volvox belongs to the group that is lowest in the scale of multicellular organisms, that is, organisms composed of many cells. It has co-operation between its cells. Instead of existing as a group of separate individuals, it gathers together into the colony, and each cell works for the common good.

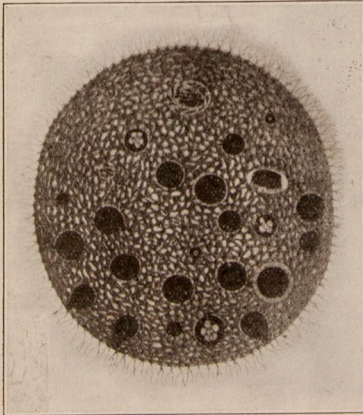
What is more interesting is that every organism higher in the scale of life than this *Volvox*, goes through a similar stage of embryological development. There is a stage in the embryological development of the human being when it is a simple cluster of cells very similar to the *Volvox*, and it is the continuance of the process of cell division which takes it through the other varying stages of this development until it finally reaches the human stage.

Reproduction Is an Expression of Immortality

It is extremely fascinating to compare organisms with each other and it is even more fascinating to bear in mind the development of human beings when making comparative studies, because the human being reproduces in exactly the same way as do the other organisms. The human germ plasma results from a division of the cells; it is an actual part of the human being. In reproduction one of these cells is given off, and starts the new human being.

What does this prove? It proves that the offspring is an actual part of the parent, that it carries on the same life as

(Continued on Page 119)



AN ORGANISM WHICH IS A COLONY OF SEPARATE SIMPLE CELLS

This is *VOLVOX GLOBATOR*. It belongs to the lowest group of organisms composed of more than one cell. It belongs to a group which represents a stage passed through in the embryological development of every organism above its own stage, including man.



By United

THE WAY TO GAIN A SHAPELY BODY
Hand balancing and acrobatics are also valuable forms of exercise for women. Miss Roberta C. Ranch is considered perfectly developed, and she has gained her shapely body by hand balancing and gymnastics. So to your practice, oh ladies!

THE acquirement of strength, agility, grace and poise has been sought for by all red blooded men at some period or other since time immemorial. From our first physical exercise, learning to walk when a baby, we are shown that these manly qualities are only acquired through steady practice and persistent trying.

A careful study of different methods of physical education will disclose a number of facts regarding an ideal system of exercising, of which the following are most important or prominent. First, the exercises should be accompanied with a minimum of danger; second, they must establish a sound, symmetrical development; third, they should furnish a never ending source of interest and recreation; fourth, they must not harm the health of the internal organs; and lastly they should establish permanent results—the quicker the better to suit the average person.

The Weights for Great Strength

I think that there is no one who will deny that weights will establish a marked physical development with accompanying great strength within a comparatively short time. But, unless this exercising is done under careful instructions, the beginner sometimes does more harm than good by attempting his capacity too soon or too often, or else by lifting in an awkward or straining position.

Athletics for Recreation

Athletics, I mean by this the track

Acrobatics for Health and Development

By Harry M. Hill

[In this article Mr. Harry Hill maintains that acrobatics is the ideal exercise for producing both health and development. There is not the slightest doubt about it, if you do not include acrobatics in your training you are missing not only a great exercise, but a good deal of fun and amusement.—Editor.]

and field form of athletics furnish recreation when there is competition. But, athletics demand an ability that is not easily acquired before the athlete can enter any competition of consequence. Athletics cannot be practiced regularly; they require either a running track or, if the field events are indulged in, rather expensive paraphernalia. The performer cannot do the best for his figure as it is very exhausting; and training for a meet once a year doesn't yield results.

Boxing and Wrestling for Speed and Quick Thinking

Boxing and wrestling are very popular; they have been from the time of the ancients up to the present day. Now these sports have got to largely be a matter of business; and the number



By United

SHE IS ALL AROUND ATHLETIC GIRL, CHAMPION
This is Miss Roberta C. Ranch, of Philadelphia, Pa., champion all-around girl athlete of the U. S. Not a day goes by but she trains just as hard as if she were entered in a match. And when the matches do come around Roberta is there—running, high jump, hurdles, broad jump, weight throwing—all of them.



ALL ABOARD THE TRIPLE DECKER
Maurice M. Hamil, Al Fischer, and Harold Kuhn are three enthusiastic acrobats. They practice in Nature's Gymnasium, on her fresh green mat. Notice their splendidly proportioned bodies. They seem to bear out Harry Hill's contention that acrobatics is the ideal exercise for health and development.

of professionals indulging in them is very large. By looking at these professionals we can see the types of physiques these sports provide, as they do far more boxing or wrestling, and the accompanying sports and exercises that training requires, than the amateur does. Both develop speed and quick thinking, and they certainly are first class for instilling courage and self confidence in the backward. If the emergency ever calls for it the athlete always possesses a formidable means of self defense, especially if he is a master of either sport.

Boxing and wrestling should be and usually are a recreation except in case of the professional with whom it is a matter of business.

Wrestling will give a man a hardy and vigorous development if indulged in frequently enough. This sport is very strenuous and before attempting wrestling in earnest the student should possess a physique above the ordinary, besides being well grounded in the fundamentals. The practical way to learn wrestling is to take instructions from a competent instructor in a place suited to the purpose. If taken up at home it is necessary to have a mat or suit-

(Continued on Page 107)

How to Be Fit At 101

Gland Transplantations and the Internal Secretions

By Thomas J. Allen, M. D.

(Dr. T. J. Allen will contribute a series of articles on "How To Be Fit at 101," and I know you will be interested in them. Dr. Allen rightly maintains that it is not only living to a good old age that matters, but that you want to be fit and enjoy it all the time. Dr. Allen has given many years of study specializing in the subject of longevity, so his articles bear the stamp of authority.—Editor)

THE scheme for prolonging life that is receiving most attention at the present moment is gland transplantation. Some European and American surgeons who are doing this work claim wonderful results in the renewal of youth, even to the restoring of the original color of the hair. Others, who claim to have properly investigated gland transplantation say that it has little value, that it is absolutely useless.

The truth seems to lie between these extremes. I have interviewed several men who have had goat glands transplanted and all of them say that they have derived benefit, chiefly in increased energy and better memory. For about four years I have followed the work of a practitioner of goat gland transplantation and I must admit that gratifying results have appeared in many cases.

It has been demonstrated beyond question that extracts of the internal secretions of lower animals can be used to supply deficiencies in the corresponding human secretions and cases occur in which I do not hesitate to advise the procedure, but, it is not to be seriously considered as a regular procedure for the average individual.

We know that life unfolds from the seed. We have learned that vigor and efficiency are largely dependent upon the vigor of the interstitial glands which, it is reasonable to suppose, have some influence upon the other glands, influencing all the secretions. Study of a large number of cases of extreme longevity shows that the reproductive function continues active to an advanced age in those who have the qualities favorable to longevity. The question, then, naturally arises. Can this be substituted by gland transplantation? Possibly, to a degree, in many cases. But, it is far more important to discover by what natural means the vital power may be improved or conserved.

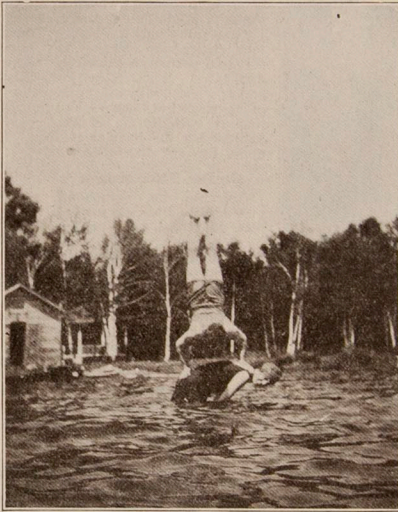
In the most extensive investigation of the causes of our premature senility and increasing cancer that has been made, that by Metchnikoff, it was learned that in every case of extreme longevity the diet had been much more uniform than that of the average person. Such information is difficult to obtain, but, in the English classic case, that of "Old Parr," who died at 152, as a result of feasting at the court of Charles II, for his amusement, Dr. Harvey and two biographers confirm the report of relatives, that his diet was "coarse bread, small beer, whey and cheese," practically bread and milk, which Metchnikoff says was the diet of most of the cases investigated by him. Now comes the report from Washington

that experiments conducted by army officers have shown that the life and efficiency of horses and mules can be increased 25 per cent chiefly by uniformity in diet. Considering that the feeding of the horse is extremely uniform compared with that

secretions. In the higher forms of life, and, particularly in the human, the most complex, the seed is a replica, a memory of all the functions as well as of the organic structure.

Still, while the organism and the function of the entire machine develop from the germ, yet before the germ represented this complex organism and function, it was developed from the primary function, elementary digestion. The character of life, in all its ramifications must be dependent upon this elemental function, and, a simple, uniform diet must tend to preserve the harmony of the secretions upon which life is dependent.

At the 1923 meeting of the American Association for the Advancement of Science the question of gland transplantation was discussed and the conclusion seemed to be that there is a great future for the system. No doubt it will become established as a useful procedure in certain cases, but it must be clear to any one who understands the fundamental principles concerned, that the rational, practicable and successful means of promoting longevity and fitness must be in living in harmony with the laws of our being, not in any artificial process or scheme. In a succeeding article the vital importance of proper diet, from which civilization has carried us a long way off, as a means of promoting health, fitness and longevity will be considered, and practical suggestions given.



ACROBATICS IN THE WATER

This is a photograph of your Editor doing a little hand balancing for acrobatic practice while on a vacation up in Wisconsin. You bet your life it's good exercise, and fun too.

of man, it is reasonable to conclude that human longevity and efficiency could be increased at least a hundred per cent by a complete, balanced, uniform diet.

This I have already demonstrated, and an article will be devoted to this phase of our subject. Here, the question arises, Is there any relation between the integrity of the glands, and, particularly of the ductless glands, and uniformity in ration? I am satisfied that there is.

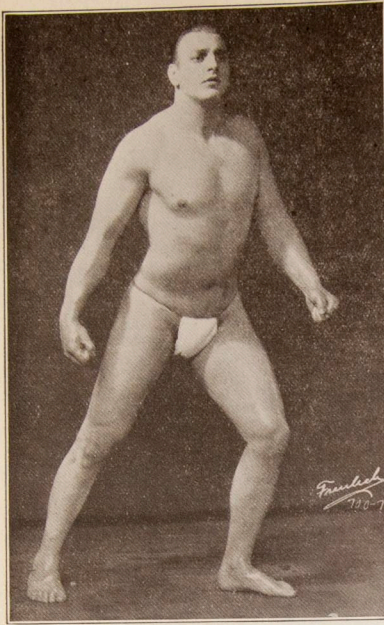
The primary quality of function of the cell, of the unicellular organism, that is, nutrition. As the multicellular organism develops, organ and function becoming more and more complex, the primary function becomes more complex, but nutrition, metabolism, remains the fundamental function, of which the various secretions, including the internal secretions, are but adjuncts, as the distinguished naturalist, Cope, has said—"An animal is a stomach with various other organs attached." The primary digestive secretions must actuate the other

Heads Uncovered for Wilson

We cannot let this issue of HEALTH and LIFE pass without baring our heads in reverence to the late Woodrow Wilson, Ex-President of the United States. Mr. Wilson, in his younger days, was a first class athlete and a great football coach. He believed in the principles we expound in HEALTH and LIFE, and as far as his busy life allowed him, he kept up both his interest and practice in exercise.

Those of us who were out on the fields of Flanders were more interested in Wilson than in any other man. His work of splitting Central European Powers brought about the termination of hostilities and the long yearned for Armistice. No one man or group of men won the war, but the outstanding genius that actually concluded it, as History will prove, was Wilson.—B. B.

Strong Men of the Movies



JOE BONOMO, A REAL MOVIE IRON MAN

He can tie a knot in an inch bar of iron, break iron chains by his own chest expansion, and snap nails with his bare fingers.

LUCIANO ALBERTINI, Europe's "wonder man" and greatest picture importation from across the Atlantic, is to pit his strength against America's strong man in his first American picture, being made at Universal City. Playing with him is Joe Bonomo, New York's physical marvel.

Bonomo, the born in New York, is of Italian descent, while Albertini, born in Italy, is now American by adoption, as he has taken out his first citizenship papers.

Both Are Physical Marvels

Albertini, who first became famous in Italy as a strong man and athlete, and who for years was in charge of all physical culture work in the Italian navy, in which he ranked as a lieutenant, entered pictures in Italy as a "stunt man," and his daring leaps and astounding feats of strength soon won him the title of "The Wonder Man."

Bonomo first achieved fame when Benarr MacFadden, nationally known physical culture authority, proclaimed him America's most perfect specimen of all-round strong man. Bonomo lectured throughout the country on training, demonstrating his lectures with his remarkable feats of strength. He can tie a knot in an inch bar of iron, snap nails with his bare fingers, and break an iron chain by his own chest expansion.

Jumping from a Four Story Building

Albertini, in Italy, did many of these tricks for the films. But his greatest

[The Universal Films are going to give us a real treat. Luciano Albertini and Joe Bonomo, both marvelous men of iron, are going to be featured in the movies. There will certainly be a rush of HEALTH and LIFE Enthusiasts to see them. This article will give you an idea of what to expect. They are both sure'y wonderful and mighty men. —Editor.]

popularity arose thru his sensational leaps. The Italian Hercules can jump from a four story building, with nothing save a little straw to break his fall, so lithe and powerful is his perfectly developed body.

He has more speed and agility than Bonomo, altho in a weight lifting contest Bonomo would outpoint him. He can jump backward over four chairs, for instance, a feat that perhaps no one can duplicate. This trick involves great bodily strength, of course, but more than that it calls for a catlike agility that the heavier Bonomo has not developed.

Greater Than Maciste

Albertini, in "Sampson," produced in Italy, performed feats that Maciste, the giant in "Cabiria," would never have thought of. Maciste, Albertini avers, can far outpoint him in actual strength, but, as is the case with most strong men, is muscle bound. This is the evil that Albertini, by scientific training, has avoided.

Despite his enormous strength, the Italian star is lithe as a panther and every muscle in his body is always usable. The ability to relax, he says, is responsible for this. "A cat never gets muscle bound," he explains. "Because a cat knows how to relax. To develop great hard knots of muscle that cannot be used is not scientific, nor is it healthy. But to develop those muscles into usable servants is the secret of proper training.

This is the lesson he taught the Italian navy; for their exercises include "relaxing exercises" as well as setting up drills and other muscle developers.

Albertini is primarily a student and a scientist; he has developed his body according to his studies of the human system. He approaches his plays the same way, for he is a talented actor as

well as a veritable Hercules. In his work in the Italian navy he laid much stress on the men developing their minds with their body, and put in several American methods of shipboard schooling to supply this need.

* * *

Here Are Some of Albertini's Feats.

How many men can jump backward over four chairs? Perhaps not one; no professional acrobat in America has ever essayed it. Luciano Albertini, the Italian wonderman, now making his first American picture at Universal City, does this astonishing feat of agility.

* * *

Hanging by his knees from a chain attached to a truck, and hauling another by a strap held in his teeth is one of the astounding feats of Luciano Albertini, the Italian Hercules now making his first American picture, "The Cinema Queen," at Universal City. Albertini becomes a veritable human coupler between the motors in this astonishing feat of strength.

* * *

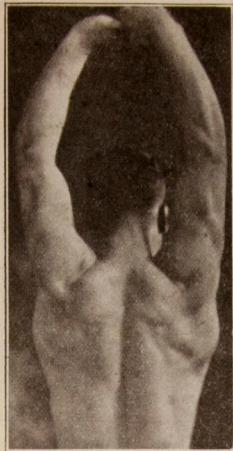
Dentists would despair at Luciano Albertini, the Italian Hercules, start of "Sampson" and other European spectacles, and now making his first American picture, "The Cinema Queen" at Universal City. Albertini can support half a ton from a strap held in his teeth. He can lift a horse on a platform by a strap looped around his neck, his gigantic back-muscles doing the work.

(Continued on Page 115)



ALBERTINI, "THE WONDER MAN"

Lithe as a panther, and as agile as a cat, he has performed feats, it is said, "that Maciste, the giant in 'Cabiria,' would never have thought of."



A VITOLAXED BACK
This superb back development is characteristic of Vitolaxing.

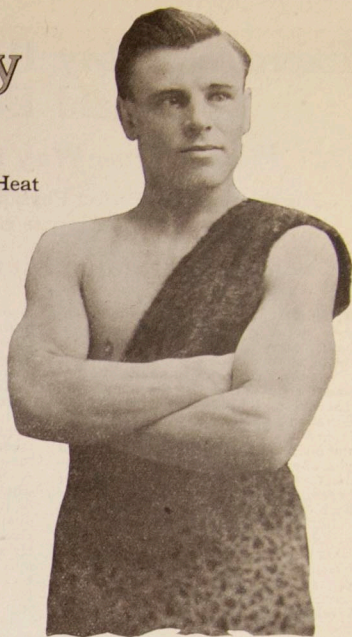
Muscularity Supreme

New System Which Conserves Heat and Energy in the Muscle Tissue Itself
By Nobel Symkin

That certainly is a great discovery, and one that will be welcomed by all lovers of strength and muscle.

Undoubtedly you have seen photographs of huge muscular fellows, and wondered how it was they could develop these quickly. Well, in many instances they, without knowing it, used the secrets of Vitolaxing.

Those familiar with the facts of physiology will appreciate the law which has been used in Vitolaxing. If you lift a weight or stretch a strand, or pull yourself up and down on an apparatus, you are expending energy on those instruments. Well, now, if you can get the same heat and energy preserved in the muscle alone, without expenditure in the movement of an obstacle, you can readily see what a remarkable effect that is going to have on the muscle, because all the heat and energy



BERNARD BERNARD, Editor of HEALTH and LIFE.

Note the intense energy and vitality boxed up in those muscles of his. Note his ready and alert expression, denoting a mind thoroughly co-ordinated with a wonderful body. No wonder he is able to put out the enormous amount of work thrust upon him. Vitolaxing is as much mental as physical.

will be conserved and go towards building up the muscle. In this way, extraordinary results are obtained.

As a therapeutic method of exercise, it is also of undoubted value, because exercises may be done even in bed. Suppose you are suffering from a weak stomach and are confined to bed, there are exercises which may be performed which exercise the stomach and trunk muscles, and develop them without any strain whatsoever. The blood circulation may be brought to any part of the body desired, giving it vital energy, and yet assisted by an extraordinary relaxation.

Of course, there is not the slightest doubt that those who wish to acquire a big muscular development rapidly will think most of the course of Vitolaxing, because of the development that is obtained in a remarkably short space of time. In a month it is possible to put an inch on the chest, and from a half inch to an inch on the arm.

Haven't you admired those fellows who can put their hands above their heads and protrude wonderful Latissimus Dorsi? It is claimed for Vi-

(Continued on Page 115)

IT IS a glorious thing to possess a really muscular body. A fellow who hasn't muscles isn't a man; he is a throw out, and he is not wanted anywhere. On the other hand, the fellow who has well defined and powerful muscles, is the man with personality that counts.

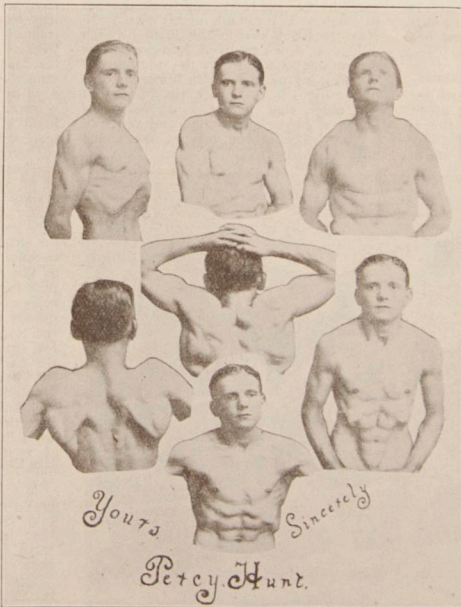
However, it is not just sheer muscle that counts; it is the quality of that muscle. This quality is plainly to be seen by those who understand muscular make-up.

One of the reasons the doctors were opposed to big muscles was that these muscles were usually of a nature to suggest tough fibre instead of a conservation of strength and energy.

I recently had to interview Bernard Bernard with regard to what has been called "Vitolaxing," and I gleaned the above few points after he had explained to me in scientific language the conservation of energy in muscular development.

"Vitolaxing" is going to prove a great boon to Physical Culturists. It is not going to displace weight lifting or ordinary exercise, as far as I can see, but there is not the slightest doubt that users of the methods of Vitolaxing are going to increase their strength and energy enormously, so that, if they are weight lifters, they will be able to increase their lifts, if they are wrestlers they will be able to wrestle continuously without being fatigued.

The secret of Vitolaxing lies in the fact that the muscles are exercised and developed without strain. The muscles simply contract and relax according to definite rules, so that the entire energy and heat are maintained in the muscle itself.



Yours Sincerely
Percy Hunt.

THE TYPE OF BODY GIVEN BY VITOLAXING

These pictures of Percy Hunt, the renowned all round Champion Athlete give an extraordinarily good idea of the effect of Vitolaxing on the human body. Muscles become readily defined, and controlled at will. Vitolaxing does not claim to supplant other forms of exercise, but it claims to increase strength and development to a remarkable degree.

Exercise Is My Recreation---

Reginald Denny

Play Is True Way to Health

Possessor of Most Perfect Physique on Screen, Says
Enjoyment of Exercise is Essential.

By Eunice Marshall

ENJOY your exercise! The benefit you derive from your daily health-building exercises is in direct ratio to the pleasure you take in performing them.

Swedish setting-up exercises, for instance, are admirable—if you enjoy them. They keep the muscles supple and the digestion in good order. But if you lie in bed in the morning dreading them, and finally go through them only because you know the wife will rag you if you don't, you get only about half the proper benefit from your exertions. And that isn't exercise, anyway, it's martyrdom!

But if you like to play tennis, and leap nimbly out of bed when your partner whistles softly beneath your window at 5 o'clock of a sunny morning, forget the distasteful setting-up exercises, and play tennis! A couple of fast sets before breakfast will bring you to the breakfast table with a farmer's appetite and a well-tuned up breakfast.

Why?

Because you enjoyed it. The exercise wasn't work, done from a sense of duty. It was play. And play is the best possible form of exercise!

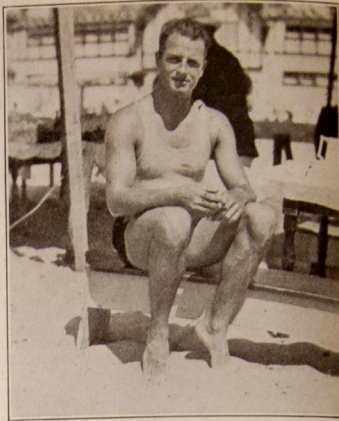
Built His Strength from Weakness

That's Reginald Denny's strength formula, the formula that has built up his present beautiful physique from the almost frail slenderness that was his boyhood inheritance. The success of his

theory is evidenced by his appearance in the leading role of those strenuous fight pictures. **The Leather Pushers**, and by his later picture, the screen version of Jack London's **The Abysmal Brute**.

In every installment of these pictures, a regular ring battle takes place. It's a real scrap, too. No punches are "pulled." A tango artist or cake eater would have a very unhappy time of it in the hero's role. In addition to noting with approval Denny's handiness with his fists and his savage in-fighting, you probably admired the beautiful symmetry of his figure. His muscles flow smoothly under his skin, rippling like the muscles of that most graceful of beasts, the tiger.

The value and desirability of good health was impressed upon Denny when he was a tiny chap of about five years, while he was yet too young to be allowed to roam at will outside of his own yard. Next to his house in the little English village in which he lived, however, there was an open space where the youth of the village congregated. With his inquisitive little nose stuck through the pickets of the fence that barred him from this haven of boys, he watched and acquired a knowledge of the way of the world with weaklings.



For strengthening the back muscles, Denny finds swimming invaluable, and almost every summer day finds him at the beach.

"There was one boy—he must have been only about eleven, but he looked quite aged to the eyes of a five-year-old—who led a very unhappy life. He was thin and stooped and wore glasses. The boys called him "Granny," and how they did rag him! He was the butt of all their jokes. I remember he used to stand and look on, half fearfully and half enviously, as the rest of the kids played leap-frog and "footer." In direct contrast to him was the leader of the clan, "Toffee" somebody, I can't remember his last name. I know he was nicknamed "Toffee" because he was violently fond of the stuff and used to have quantities of the sticky confection visibly on hand at all times. He was about thirteen, well set up, a husky lad and a terror with his fists when he wanted to be. He bossed that gang with the autocracy of an Irishman in charge of a gang of Italian street-laborers. He didn't actually fight often; he didn't need to. His gang knew his strength. In fact, he often stood up for "Granny," not because he didn't despise him as much as the rest did, but because he wouldn't pick on so insignificant an opponent. I remember well watching the daily drama go on, and noticing the difference in the treatment of those two boys—"Toffee," cock of the walk, and "Granny," the runt of the village.

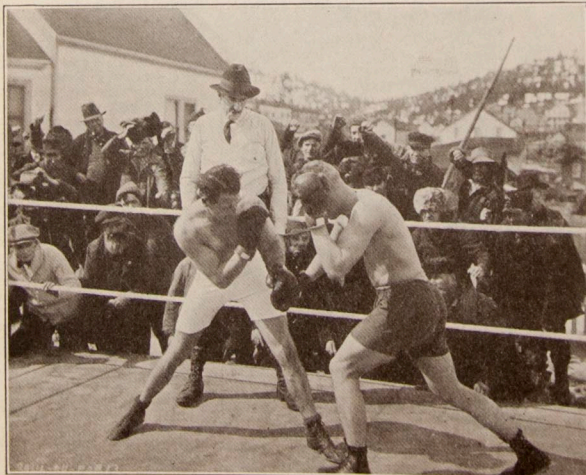
"Then and there I resolved that when I was big I would not be like "Granny" and have to wear glasses. Somehow I felt that the glasses made "Granny" what he was."

His Father Told Him How to Get Strong

His father told him gravely that the best way to grow big and strong was to play out of doors a great deal. Since that day, Denny has had more faith in fresh air in large and frequent doses than in doctors' prescriptions.

"Going to a doctor to be patched up is proof that you have fallen down on the job of keeping your body fit. Sickness is the punishment, Nature imposes for our neglect. If you obey her rules, you won't need medicine."

Rational exercise is the remedy for most human ills, Reginald Denny feels.



A tango artist wouldn't last very long in the fast fights that form the big punch of each of the "Leather Pusher" pictures. No punches are "pulled."

He takes for his own guide the Greek motto, "Nothing to excess."

"Too much exercise is as bad as none at all. Many young fellows of high school and college age go in for athletics too hard. They collect a lot of football, track and baseball letters—and maybe a strained heart—and when they are graduated, they go into business, tie themselves down to a desk and drop their athletics altogether. About the most strenuous exercise they take is with a rubber stamp. That's when they collect the excess weight around their equators. They get fat and lethargic and begin to have trouble with their liver.

Exercise Is My Recreation

"My own exercise is my recreation. A few deep breathing exercises in the morning and some bag punching compose my formal exercises. Whenever I get a chance, I go swimming. The best exercise in the world, swimming. Fine for the back and leg muscles, and the best fat reducer I know about. And a funny thing, it builds you up where needed, as well as it reduces. But just before a match (and I have to train for a screen battle as conscientiously as I would for a regular fight) I stay away from the water. For swimming slows you up, temporarily. You know how sleepy and listless you are after a swim. That slowness isn't desirable in the ring, you know.

"Rowing is wonderful exercise. I do a lot of it, and when you combine it with duck hunting, for instance, it's the best sport in the world. The back and arm muscles respond to this exercise in short order. If you can't get to the water, try a rowing machine in the gymnasium.

"Tennis and golf are fine, too. But don't go in for them as a duty, remember. Do it because it's sport, and the results will be surprising.

"Anything that keeps you out in the fresh air is good exercise. You can't get too much good air in your lungs, remember."

Gymnasium work finds only a grudging favor in Denny's eyes.

"The only time I recommend gymnasium work is when a person can't get any other form of exercise. A busy man or woman who has a desk job in a big city, with no opportunity to get out in the fresh country air, ought to take gym work, by all means. An hour after work with the Indian clubs or medicine ball is a whole lot better than nothing. But whenever you can, get out of doors.

No Better Exercise Than Walking

"I know of no better exercise for anybody than walking to work. It's simple, inexpensive and effective. You'll get big dividends out of this investment in health."

To prove that he practices what he preaches, Denny does a lot of road work when he is in training. In a pair of trunks and a big sweater, you can meet him loping up Cahuenga Pass. Cahuenga Pass, by the way, is a steep grade just outside of Hollywood, with many twists and turns. An excellent place to drop any excess ounces of flesh. He trots a couple of miles, sprints a quarter of a mile, dog trots another two miles and winds up with another short sprint.

Denny not only practices the fresh-air-and-exercise prescription for himself, but he prescribes it for his only child. His seven-year-old daughter,

Barbara, is a living proof of the excellence of her father's doctrines.

Barbara is a "water baby." She swims, dives and turns back-flops in the surf like a little fish. And her little body is beautifully rounded, with high chest and sturdy limbs.

Almost every day in summer, Barbara and her father drive down to the beach at Santa Monica or Venice. On her father's broad back, little Barbara rides far out beyond the breakers, and there fearlessly disports herself like a frolicsome porpoise.

Her swimming career began when she was four years old. At first she showed a little fear of the water. So her father placed her on a raft, anchored safely in a quiet cove, so that her little feet could just paddle in the water that rippled around the raft. "Just paddle your toes in the water," said her father, wise in child psychology, "but don't get off the raft."

The baby paddled, gingerly at first and then more boldly. Then, noticing the fun her parents were having, she asked if she might get in a little deeper.

"No, no," her father said, "stay right where you are."

This proceeding was repeated for three days, until the child had quite lost her fear of the waves and was indeed crying to get into the water. So Denny put the child into the safe embrace of an inflated inner tube, and in this improvised life buoy he dragged her about in the water.

"She was a bit frightened when she struck the water,"

Denny said, "but she was afraid that if she cried she would have to get back on the raft. So she swallowed her fears like a little Spartan, and very soon she began to enjoy it. Now you can't keep her out of the water."

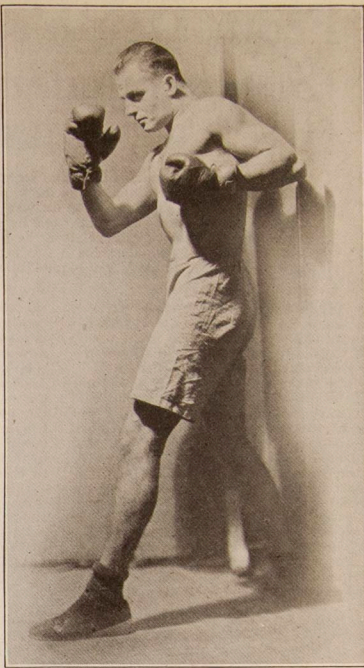
Denny takes his daughter up on both hands, stiffened out straight, and tosses her headfirst into a breaker. Barbara goes through the breaker and comes up smiling ten yards beyond. Then, "Do it again, daddy," she begs.

Wanted to Be Prizefighter

When Denny was about seventeen he acquired the idea that he was cut out for the prize ring. So he tried it out, for two years. He won some battles and lost some, but he soon discovered that his instincts were not those of a prizefighter.

"The exercise and training were good for me. I learned poise and self-control. I learned how to take a licking as well as to give one. My body filled out and my muscles hardened. I am glad I had the experience, but unless you are a champion, the prize-fighter's life is an unenviable one. So I left the ring and went on the stage."

He came to America when he was about twenty-one, but the war broke out and he went back. He enlisted in the Royal Flying Corps and saw active service for four years. After the war he came again to America and won favor in the dramatic world in New York. He played leads on Broadway for two years and then, like so many other dramatic



Reginald Denny, the athletic hero of the "Leather Pusher" series. His muscles ripple smoothly under his skin, like a tiger's.

stars, left the legitimate for pictures. And in Hollywood he found what the New York legitimate star cannot have: real home life, natural working hours and sunshine and out of door exercise the whole year round.

What Play Did for Reginald Denny

His measurements:

Height -----	6 feet
Weight -----	178 pounds
Chest (normal)-----	39 inches
Chest (expanded)-----	42½ inches
Waist -----	30 inches
Hips -----	39½ inches
Neck -----	16 inches
Biceps -----	14 inches
Forearm -----	12½ inches
Thigh -----	22 inches
Calf -----	14 inches
Reach -----	73½ inches

From Death's Door to Superabundant Health

By John Bastow

(If you are weak and ailing, and right down and out, this article ought to inspire you. It is the glorious story of John Bastow, written by himself, on how he was near death's door with appendicitis and stomach trouble, and by following the principles expounded in HEALTH and LIFE, he built himself up a superabundance of health and strength. It is the most wonderful tribute to our cause I have yet read.—Editor.)

IF the telling of my life story will only get some other readers of HEALTH and LIFE to take up the great hobby of physical development, I shall feel amply rewarded for having written it.

Up to the age of seventeen I was one of the sickliest, puniest fellows you would care to meet. At that time I stood five feet, nine inches in height and weighed ninety-five pounds. I remember that when I joined the local Y. M. C. A. gymnasium I had a twenty-six inch normal chest and eight inch flexed biceps, and I could see an amused smile flit over the face of the physical director as he surveyed what must have looked like a hopeless case. He gave me some light exercises which made a slight improvement in my health but added nothing to my appearance.

In Danger of Death

Three months after joining I was seized with an acute attack of appendicitis and told by the doctor not to go to the gymnasium any more as I was too weak for any exercise. I had been troubled with pains in the right side a long time and every so often I would be laid up with ice bags and hot packs and other applications on my right side till finally the doctor came one day and said, "if you are not operated on within a week I think you will be dead. Your appendix is double size and may have an abscess on it."

Another doctor told me the same and I became pretty desperate as I have always greatly feared the knife and I told the doctor I'd rather die than be operated on. A Christian Science friend of mine induced me to try it as a cure. For a time it seemed to work but again I was floored with a violent attack and was ready to give in to an operation, when I received a letter from my uncle who is a firm believer in the principles taught in HEALTH and LIFE.

What I Was Told to Do

He told me to eat whole wheat bread instead of white bread, honey in place of sugar and in short to avoid every refined food and to do some

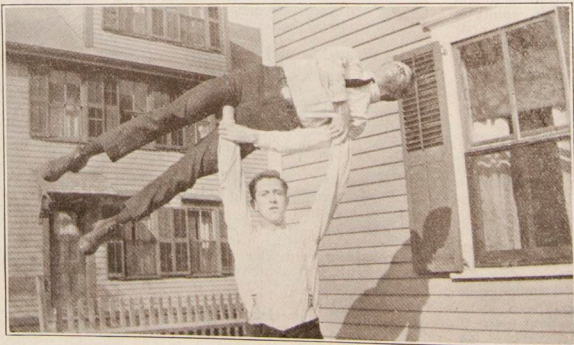
exercise the principal one being the "sit-up" or abdominal raise. For immediate relief from pain to drink nothing but hot water and rub my side up and then across and down on left side following the line of the colon. Also to eat nothing till the pain stopped. I followed these simple directions and soon recovered never to be troubled as I have stuck to these health building ideas and added to them.

I followed light exercise for two or three years with two pound dumb-bells and a spring chest expander and gained good health but still added nothing to my appearance.

After a lot of argument with two colored fellows who were barbell enthusiasts in which I brought up the "muscle bound" and "hardened artery" theories I was induced to try the weights, and if ever a fellow was weak I was; for bear in mind that I had a good many physical ailments, and for twelve years I had been up nights without number with stomach trouble and almost everything but constipation, and that is something I never had, so appendicitis does not always come from this ailment. My trouble has been laxness of the bowels.

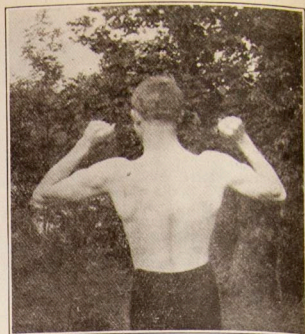
Cured and Then Some

To get back to my subject the barbells cured everything and then some. I gained weight and soon became the strong man of the shop where I work. Consider the following facts well.



JOHN BASTOW LIFTING HIS BLIND BROTHER WILLIAM

Here is John Bastow, the author of this article. This is proof positive of the health and strength he has developed by adherence to the principles of HEALTH and LIFE. It seems impossible to believe that he was once at death's door with appendicitis and stomach trouble. It just shows what can be done by those who have the faith and the will and character to work for good health.



WILLIAM BASTOW, BLIND HEALTH AND LIFE ENTHUSIAST

He is a brother of John Bastow, and by adherence to the cause of physical fitness, as expounded in HEALTH and LIFE, he too, has been able to build up a healthy and strong body, and, what is more, overcome his affliction of blindness.

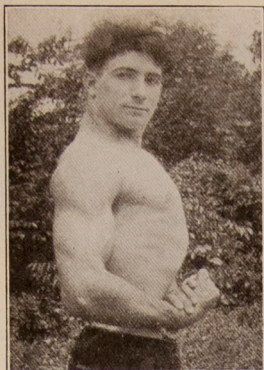
When I started weight lifting I could do two arm jerk but ninety pounds and one arm jerk but sixty-five. Now I do two hundred, two hands jerk and one hundred and fifty pounds one hand jerk. All my other lifts compare favorably with the above. My weight has gone from one hundred and thirty to one hundred and ninety with two years at weights.

My height is six feet, four inches in bare feet and I am long limbed and have a comparatively short body which, as you physiologists know, is considered poor material to improve. Yet with all the odds against me I am getting there and you can if you have the will to stick to hard exercise.

I could tell you of a fellow who cured heart trouble with the weights, and lifts 240 pounds, now in the two arm jerk. Another of my friends cured rheumatism with lifting and diet, and another cured his appendicitis the same as I did mine, and yet constipation was the cause in his case.

My Blind Brother

Now I'd like to say a word about my blind brother. He was never weak and sickly like me, but he had such a small neck my aunt insisted he had some trouble like water on the brain. As a result of persistent exercise with dumb-bells he now wears a seventeen collar. He is six feet tall and weighs 175 pounds. He has very strong legs and easily does a deep knee bend with 225 pounds. This I believe is the cause of his wrestling success. He has never been defeated at wrestling and once he defeated a fellow who won a match against the New England lightweight champion. He is not in the game but just wrestles for the fun there is in it among friends. (Cont'd on Page 115)



FRANK DENNIS, OF BIRDSBORO
Ten months ago, he was in a dying condition. He lost thirty pounds in four days through bleeding from the lungs. Scientific weightlifting not only eradicated his disease, but made him a record breaker in the 154 lbs. class, although his weight is only 147 lbs. If that can do that for him, what can it do for you?

THERE are still a number of people who are old fashioned enough to believe that any weightlifting is injurious. This month's **HEALTH and LIFE** will assure them that not only is weightlifting, scientifically practised, not injurious, but that it is a means by which those who are weak and ailing can develop health and strength far above the ordinary. Above here is a picture of Frank Dennis, who broke American records in the 154 lbs. class while weighing only 147 lbs. himself. I am informed that ten months ago he was in a dying condition. He lost thirty pounds in four days from bleeding from the lungs, and was entirely given up. Under the direction of George F. Jowett, the great weightlifter and trainer, he has not only thrown off the disease but has become a Champion Strong Man in the first class.

There has been more activity at Pittsburgh. At the Apollo Rooms some exhibitions were given by Frank Dennis, of Birdsboro, and Charles Schaffer, the Pocket Hercules, who created a new record in the 112 lbs. class, by lifting 75 lbs. in the one hand military press. He did this record with ease, so there is not the slightest doubt that he is going to break it again before long. William De Pew is a mighty and ponderous man. He performed a

With the Men of Iron

Saved from Death by Lifting.—Coulter and Jowett Break Records. Olympic Games Tryouts in Los Angeles.—The Man to Meet Matysek.

dead lift of 140 lbs. Perhaps that isn't much to shout about, but it is an indication that more is going to be heard of him very shortly. He is enormously built. He has an eighteen inch biceps, and is eighteen inches round the calf. He has also a 46 inch chest. The following will give you an idea of the natural strength of De Pew:—Ottley R. Coulter has a trick dumb-bell that weighs 84 lbs. Nobody but he himself has ever lifted it in clean. The reason is that it has a very big handle of brass. This makes it slippery, and nobody can hold it, but De Pew pulled it in clean, and pushed it to arms length above his head.

* * *

At the same show Ottley R. Coulter also broke the record for the rectangular fix which was held by W. A. Pullum,

of England. Coulter did 109 lbs., establishing a new world record up to the middleweight class. The heavyweight record is held by the English lifter, Rees, with a lift of 118 lbs. The lift was received with great applause, and it was well worthy of it. Coulter now announces that he will train to break the Britisher's heavyweight record, so that he may hold the world's record in all classes. Here's wishing him good luck!

* * *

Owing to his bad shoulder, George F. Jowett does not lift very frequently, but the atmosphere of the show was so permeated with good fellowship that he was just compelled to join in the spirit of the thing. So he made an attempt at the World's Wrestlers' Bridge Lift record. He commenced with 214 lbs., pulling it over with ease, and pressing it six times.

He immediately rose to his feet, and made a two hands military press, with the same bell, pressing it twice in succession. This is a world's record under the new ruling. Jowett has done 230 lbs. before the A. C. W. L. A., and under the Canadian Weightlifters' Association, his body weight being 154 lbs. That still remains a world's record but of course the A. C. W. L. A. rules now count regarding this lift.

* * *

Jowett then loaded up the bar to 224 lbs., and pulled it over in the Wrestlers' Bridge, and pressed it fairly easily. He really surprised himself, and has determined to train to break George Hackenschmidt's record of 260 lbs. That will certainly be a great lift. Jowett also made a two arms slow curl of 150 lbs., doing the lift no less than six times in succession.

* * *

In addition to the above lifts, Ottley R. Coulter did a rectangular lift of 160 lbs.

There was some great lifting at that show, and it must have been a real treat to be present.

* * *

The news that will interest most of you this month is that the American Continental Weightlifters' Association has a new Secretary, Ottley R. Coulter has done yeoman's service, but his heavy work in connection with the Apollo System of Physical Culture has demanded more and more

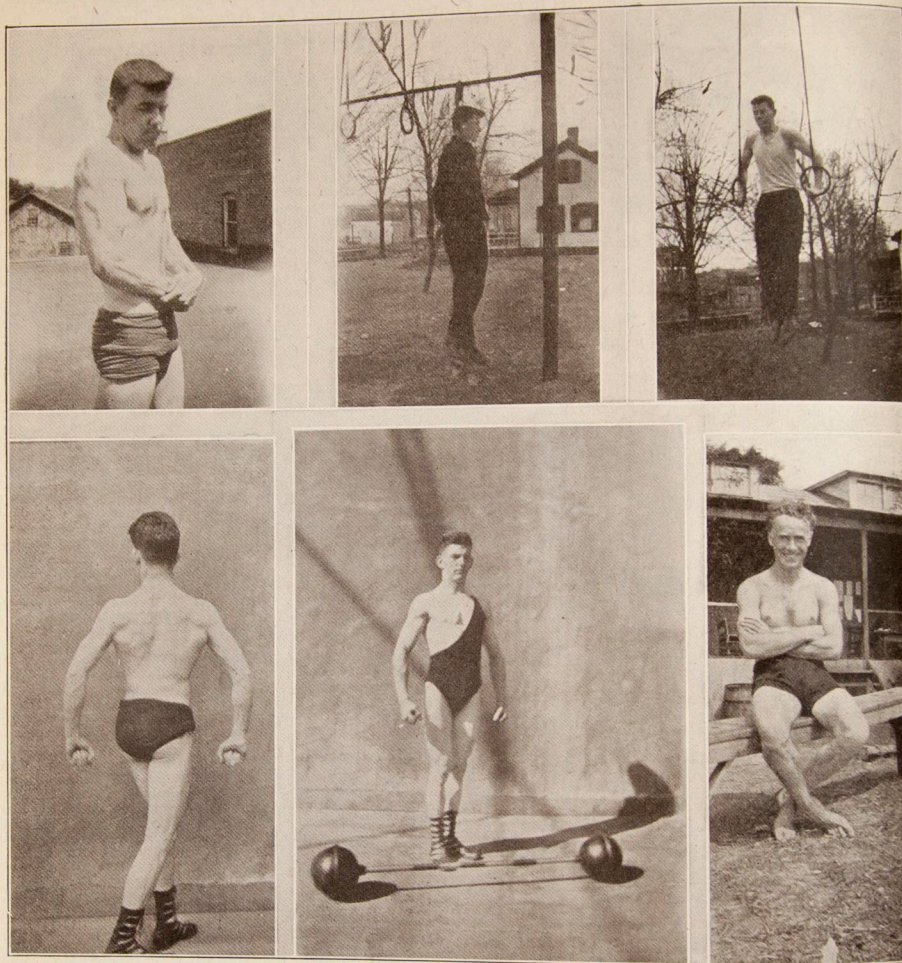
(Continued on Page 106)



STRENGTH AND BEAUTY

George F. Jowett, Champion Wrist Turner of the World, in a unique pose, with Miss Mildred Walker and Miss Bertha Watyek. These ladies are both pupils of one of Pittsburgh's best dancing schools, conducted by Madame Mammie Barth.

Health and Life Enthusiasts



The top three photographs are of Gordon R. Gayetty. He is an enthusiastic exponent of the Iron Game, as well as a wrestler, gymnast, and all round athlete. He has a good physique too. His measurements are:—Upper arm, 14 ins.; Chest, normal, 40 ins.; Forearm, 12 ins.; Neck, 16 ins.; Waist, 31 ins. He is a great believer in the Roman Rings and thinks they should be included in the training of every strength athlete. He says no one can claim to be a finished hand-balancer unless he has mastered the hand-balance on the rings. He is right, too. The Roman Rings develop strength remarkably quickly and if you haven't any strength, you'll soon find it out as you begin to practice on the rings.

The left picture at the top gives an idea of Gordon Gayetty's physique. The center picture shows him hanging by his head and supporting a 27-lb. Bell. In the top right hand picture, he has pulled himself from the hang position up to the front rest shown in the picture with 30 lbs. tied to his feet. That trick requires strength. You try it and see.

The bottom picture on the left shows the back development of Raymond Connolly, a booster for HEALTH AND LIFE. He is a Los Angeles member of the A. C. W. L. A., and is improving in lifting all the time. In the center picture at the bottom you see him about to practice his beloved weight lifting.

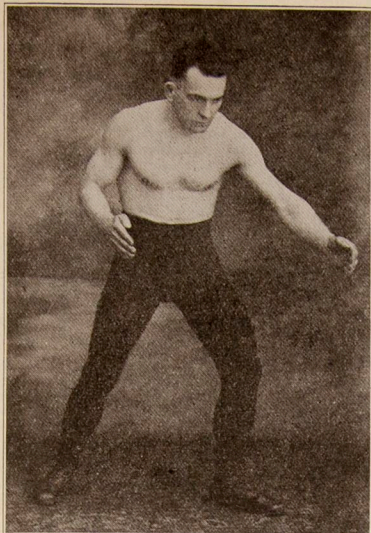
His weight is 132 lbs., and his lifts are: One arm snatch, 97½ lbs.; one arm clean and jerk, 120 lbs.; two arms clean and jerk, 115 lbs.; one arm press, 90 lbs.; Wrestler's bridge, 145 lbs.; Shoulder bridge, 170 lbs.

At bottom, on the right is David B. Morrison, a HEALTH AND LIFE enthusiast, of White Plains, N. Y. He is Camp Director of a boys' camp, and has been for the past three years, so he takes a special interest in outdoor life, as you see.

He says that he is "a HEALTH AND LIFE Enthusiast, who has found HEALTH AND LIFE a very great help in my desire to gain a true knowledge of the functions of the body."

Among the Grapplers

Giant Steinke the Latest Sensation.—The Quarter Nelson.
Stefanski Challenges the World.—Greco-Roman
Wrestling Not So Good.—With the Amateurs.



HE CHALLENGES ALL MIDDLEWEIGHTS
Ben Stefanski, of Detroit. He challenges any middleweight in the world, including Johnny Meyers. He has wrists of steel, and extraordinary forearm development, which he has gained by lifting weights in his work at the Ford plant.

THE latest sensation is Hans Steinke, a giant German Grappler, who has recently invaded this country. Steinke is indeed a giant, but whether he knows the finer points of the game has yet to be determined. The men he has been pitted against up to now have not made a very great show against him, and his win over Zbyszko shows that he is going to number with those of the first class.

But, my, he is a size! He is 6 ft. 6 ins. in height, and weighs 270 lbs. He has a chest measurement of 56 ins.; his biceps are 18½ ins., waist 36 ins., thigh 25 ins., and calf 20 ins. He is, in fact, the largest wrestler who has been seen on the mat for a long time. He has a reach of 85 ins. In this he is longer than Jess Willard or Firpo.

Size, of course, does not always count. In fact, in no other game than wrestling is a man so much at the mercy of science. You can be as big and as strong as you like, but unless you know the science of wrestling you cannot hope to be any good at it. A lightweight could throw you about at will. And the study of the game takes time. It means hard practice, learning holds, learning how to break them, learning counter moves to holds. But patience is always rewarded, and once you master the tricks, you can feel yourself quite prepared for any attack. That is one of the most valuable things about wrestling. In a rough and tumble fight, you can simply pick up your antagonist, and dump him.

At the bottom of this page is illustrated the Quarter Nelson. This is the right way to do it, utilizing the leverage of the arm as shown. In order to obtain the Quarter Nelson, you put one hand on

your opponent's neck, then place your other hand underneath his arm, and connect it with the wrist of the arm which is on his neck. Then press his head down, and using his arm as a lever, turn him over on to his shoulders. Note the pressure is applied as low down the arm as possible. In the illustration it is right at the elbow.

Many wrestlers make the mistake of keeping close to the body of their opponents when trying the Quarter Nelson. This is a mistake. You should move round to the front; from the position illustrated you move to the left continuously, forcing the arm over and pressing his head inwards until his shoulders rest on the mat.

At the top of this page is a picture of Ben Stefanski, a crack middleweight wrestler of Detroit. Ben has victories to his credit over many of the best men of the country, and has even won matches among the heavyweights. He is especially noted for his tremendous wrist and forearm strength. He is working at Ford's factory at Detroit, and he gets his training lifting heavy pieces of metal eight hours a day. This has given him wrists of steel. He does not of course entirely depend upon his strength. He keeps himself in splendid condition by living the physical culture life, and studies the finer points of the mat game. What is more, he is in the grappling game because he loves it.

Clifford Thorne, who sends in this photograph, and a write up of Stefanski, says the high license tax is killing the game in the State of Michigan, but some day they hope to bring it back. It used to be well patronized there. Stefanski issues a challenge to any middleweight

wrestler in the world, and will at any time go out of his class.

By the way, Clifford Thorne is not now, and has not been for some time, Wrestling Coach to the University of Michigan. He is now Athletic Coach to the Detroit Board of Health.

The Greco-Roman style of wrestling has been given a tryout in Chicago, and the public seemed to like it fairly well. This is due to the efforts of Charlie Cutler, who has begun to stage bouts at the First Regiment Armory. Be it known that HEALTH and LIFE was the first to start wrestling bouts at this particular venue.

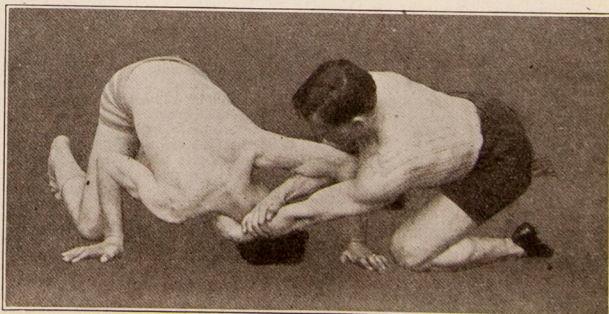
In my estimation, it is a pity to try and popularize the Greco-Roman style. It is not so interesting as the Catch-as-Catch-Can, nor do I believe will the public like it as much. It is not so quick, and it limits one too much. As a matter of fact, the Greco-Roman style was invented only fairly recently in the history of wrestling, because of a lot of heavy, fat fellows who toured as wrestlers, and could not manage to master the Catch-as-Catch-Can style. They were so heavy on their legs that they were compelled to invent the Greco-Roman style so as to put up any sort of a show. So it is to be hoped that the Greco-Roman style will go to the land of forgotten dreams.

Sam Clapham, the British lion, is having a successful Western trip. He recently met, and defeated, Julius Reif at Horsington, Kansas. Reif holds the championship of Kansas, and Clapham won in two straight falls, after a strenuous and energetic evening.

With the Amateurs

All the Amateur Grapplers are busily settling among themselves who will be worthy to represent their country at the Olympic Games this year in Paris.

(Continued on Page 106)



THE RIGHT WAY TO DO THE QUARTER NELSON

In doing the Quarter Nelson, the leverage is obtained by getting pressure from as low down the arm as possible. Notice that in this picture the leverage is obtained from the elbow. When once in the above position, nothing can stop the effect of the Quarter Nelson

The Athlete Detective

By Richard Bonner

[This thrilling serial story introduced Errol Fieldlow, inventor of an anti-gravity substance; James J. Fennol, wealthy patron of Fieldlow; Jessie Fennol, Fennol's daughter; and John Blount, athlete detective. Fieldlow's only mathematical formula has been stolen, together with numerous plans for the salvage and ownership of many treasure ship wrecks. The case is known as the Acme case, and Blount, who has been threatened with death if he takes up the case, knows that Fried Gilping, one of the world's cleverest crooks, has something to do with it. Blount was interviewing Mr. Fennol and his daughter, when the floor of the room in which they were standing, lowered them into darkness, and they knew not what. They finally escaped, Blount freeing himself and arranging with Roy Jackson, Sports Promoter of the International Auditorium, to await their coming in his auto. When Blount arrived with Mr. and Miss Fennol, Jackson was gone.—Editor.]

"COME on," said Blount, and he led them back to the International Auditorium.

When he arrived, however, Jackson was not there, so he chartered a taxi and escorted Mr. Fennol and his daughter to their suburban home, some ten miles out of the city.

CHAPTER II

The Great Wrestling Match

Friday, the thirteenth, had arrived. The newspapers were full of the coming match between John Blount and the Unknown. Many speculations were put forward as to who the Unknown could be, and, as Roy Jackson had predicted, it certainly was a good publicity stunt. Two hours before the time scheduled for the match the International Auditorium was crowded to its utmost capacity, and crowds were beginning to gather at the doors to listen to the description of the match which was being broadcasted by loud speakers and radio equipment.

Ten minutes before the time for starting the match, the huge figure of the Unknown entered the arena. He wore a tight-fitting skull cap which covered half his face, while pieces of black tape were stretched across other parts of the face, making it utterly impossible for anybody to recognize him.

There was a momentous silence. Many were the guesses that were made as to who he could be. He sat down in his corner, and was attended by three seconds, who proceeded to massage his legs and arms.

The time now drew near for the beginning of the match, and the crowd began to demand the presence of John Blount. At that moment Roy Jackson appeared in the ring and engaged in excited conversation with other officials. The crowd was clamorous, but Jackson was even more anxious for the presence of Blount, for the latter had not yet put in an appearance.

The crowd became restless, so the announcer went to the middle of the ring, and began to open the evening.

"Ladies and gentlemen," he began, "the feature match of this evening is one between John Blount, the famous world champion all-round athlete * * * There were tumultuous cheers. When these subsided, he went on, "and an Unknown." An intense silence followed.

The announcer continued: "Not only am I not allowed to tell you the name of this Unknown, but the management itself is not acquainted with his iden-

tity. You are assured, however, that you are seeing a real world beater, a tiger of the European mat, who has downed every grappler who has been pitted against him. Ladies and gentlemen, I want to introduce to you—the Unknown."

The Unknown walked to the center of the stage and took off his dressing gown. There he stood, certainly a wonderful figure of muscular manhood. His muscles fairly rippled beneath his skin, and bulged with their threatening strength. Then he went to his corner, and was attended by his seconds.

The crowd again became restless, and demanded John Blount. Where was he? They had come to see the wrestling match, and they were determined to see it. For five minutes there was no response to their demand. Only the Unknown was present in his corner, together with his clique of helpers. Then happened the most dramatic moment in all wrestling history. Just as the crowd was beginning to stampe, and those in the gallery seats were beginning to rush forward to the arena, there seemed to drop out from the lights above the arena a figure in a dressing gown. It dropped to the mat with a heavy thud, and remained there for a moment.

Again there was an intense silence. The announcer jumped into the ring, and just as he was about to touch the mat that had seemingly dropped from heaven, it began to move. It stood up erect, then slipped off the dressing gown, and there stood John Blount.

The most concerned in the whole Auditorium were the Unknown and his assistants. They stood open mouthed and open eyed, speechless.

The announcer led John Blount to his corner, and the two seconds arranged to attend him immediately began massaging him. His eyes were dizzy and he almost reeled as he was led to his corner. While he was sitting there he looked across the ring and saw the Unknown.

Immediately his eyes shone like balls of fire. He stood erect, and pushing past his seconds, walked over to the corner of the Unknown.

"You've got me where you wanted me," he exclaimed, "but you've not got me HOW you wanted me."

They almost cringed beneath his terrible searching glance; but the short, wiry second, no other than the one Blount had met earlier on, whispered with a snarl, "Blount, this is the last match you'll ever wrestle." Blount turned immediately. "This is the last wrestling match you guys will attend

in the next ten years. Let me tell you that," and he made his way back to his own corner.

The announcer commanded attention once more. "Ladies and gentlemen," he began, "I want to introduce to you the famous world champion all-round athlete, who will meet the Unknown in a wrestling match to a finish; no holds barred. World champion, John Blount."

The applause was deafening, and it was very certain that Blount had the good wishes of the crowd with him.

The bell changed, and the two grapplers were off.

With a bound, the Unknown pounced on Blount, and to the surprise of the multitude, Blount collapsed like a pack of cards, and fell clean through the ropes out of the arena.

Whatever could be the matter? There was a murmur of uneasiness among the crowd. Something must have happened to Blount. The extraordinary way in which he entered the arena, his lateness, the way he reeled before the match began—something seemed wrong.

Yes, there had been something wrong, and the Unknown and his associates well knew what it was. They were the last people in that Auditorium to expect John Blount to appear, at least the way he did appear. They had intended that he should be half chloroformed, so as to permit the Unknown to put him out of action, and, of course, out of the Acme case. But reckoning with John Blount was not child's play. Blount had escaped in a way that will be learned later. Suffice it for the moment to say that he had remained a whole day and a night, bound, gagged, and exposed, without having had a bite to eat.

The Unknown had really made a mistake. He thought that Blount was in a fresher condition than he actually was. As a matter of fact, Blount was in an extraordinarily weak condition, but somehow, the fall from the ring had shaken him up, and recovered him in a quite unusual way. He clambered back to the ring, and looked more like a tiger than a man. With a fierce rush at his opponent, he picked him clean from the mat and hurled him through the air, falling on him with a thud that could be heard throughout the building. But the Unknown was game; he struggled up to his knees.

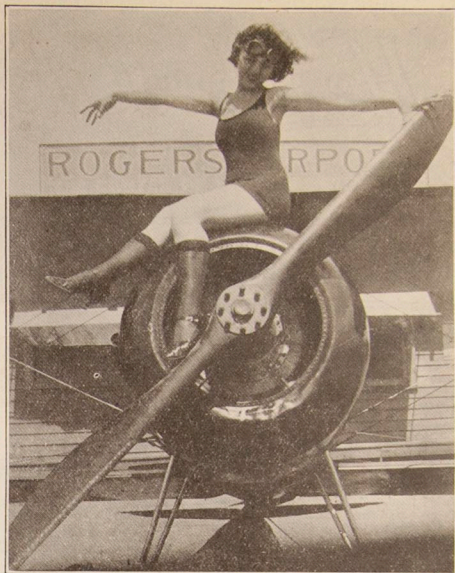
The audience was now aware that it was to receive all the thrills promised by the publicity stunt, although they

(Continued on Page 115)



Keystone

ELIZABETH BECKER ABOUT TO PERFORM A BACK SOMERSAULT
This photograph shows Elizabeth Becker, the well known aquatic star, who has won honors in various meets. She keeps herself fit and well, not only by swimming, but by doing all sorts of acrobatics and gymnastic feats from the diving board



Keystone

ENTER, THE AIRPLANE BATHING GIRL

We don't get nearly as interested in bathing girls in July as we do in March probably for the reason that we can go to the beach or pool in July and see any number of them. In March, however, bathing girls are scarce—except in California and Florida, and so while we wrap ourselves with blankets and cuddle up to the frigid radiator we like to open our morning—or evening paper—and gaze on such a treat as we offer here. The lady is Fay Parrish of Los Angeles, Calif., and according to our information she rides each day to the beach in the airplane on which she is enthroned. We don't vouch for the airplane story but we'll agree that Fay makes rather a neat bathing girl and as it is March we simply couldn't resist the impulse to use her picture.

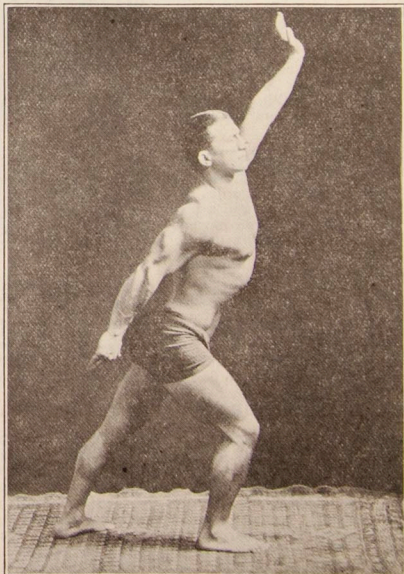


Keystone

WHAT ARE A COUPLE OF FORDS TO ANGELO!

Angelo Taramaschi, the Italian wrestler, who demonstrated before thousands in Boston, Mass., what a "bigga fella" he is. With a couple of Fords as opponents, he showed that he need only clinch his fingers to hold the cars pulling in opposite directions no matter how much juice is jammed on. Many were afraid that there would be two Angelos where only one bloomed before, but he showed up the Lizzies at the demonstration.

Photo showing Angelo doing his stuff before an astonished audience.



THOSE WONDERFUL MUSCLES

A photograph of Andrew Passanant, the winner of Earle Liederman's \$1,000 prize, in a unique pose, showing his extraordinary development. Just look at that arm! Is it not massive? Yes, and it is just as powerful as it looks.

Health and Life

The National Monthly Magazine for Health,
Physical Education and Right Living

EDITORIAL

(Written by the Editor)

A BIGGER "HEALTH AND LIFE" FOR YOU

This month HEALTH AND LIFE has again increased the number of its pages. This is thanks to you, my friends; thanks to your loyal support. If you continue this loyalty, you shall have more pages still, more good features, more expressions of the greatness of the cause we all love.

STORIES WHICH ARE A TRIBUTE TO OUR CAUSE

This month's issue of HEALTH AND LIFE represents a splendid tribute to the cause, for in its pages you will find stories that are more inspiring, I believe, than any we have ever yet published. The stories of John and William Bastow, for instance, the one of Frank Dennis, the fellow who was snatched from death, and built up into strong, healthy manhood by following the principles we expound from month to month. No, my friends, there is not any doubt about our cause. If you will exercise properly, get fresh air, live according to the dictates of Nature, your health and strength are positively assured. And what a glorious thing it is to be in possession of a body that is fit; aye, and beautiful too, because the human body, when it is healthy and well, is, as I have often remarked, the most beautiful and artistic thing in the world. What a joy to feel the pulse of health bounding through your veins, and to know and feel the joy of life.

CHAMPION JOWETT PRAISES THE ART ALBUM

Talking of the body beautiful reminds me that there are still a few Art Albums left, so if you haven't got yours yet, you ought not to delay. This Art Album, as you know, has been splendidly received, and many are the congratulations that have come in concerning it. The latest is from George F. Jowett, the Champion Wrist Turner of the World, and one of the greatest Physical Culturists, and certainly one of the finest sportsmen of this country.

THE REMEDY FOR UNHAPPY MARRIAGES

According to a recent report, Illinois leads the country in happy marriages. It would be a splendid thing if there could be competitions between the various States to win the honor of being the State in which there are least marriage failures. It would mean rapid improvement of the race, because if marriages are unhappy, it means that the children are handicapped, that they do not get the parental love necessary to successful upbringing. If really such a competition were organized, it would stimulate the giving of sex knowledge, because when those interested looked into the matter, they would find that most of the marital barques are wrecked because of ignorance

in essential matters. The remedy for unhappy marriages is not in easy divorce, but in knowledge which gives the power to love freely, naturally, and beautifully, without any doubts or misgivings. Never mind. Bravo, Illinois!

ROOSEVELT WOULD HAVE BEEN A "HEALTH AND LIFE" ENTHUSIAST

During February and March a big push is being made to get people to read good books. All the world's knowledge is contained in books. The person who doesn't read never gets anywhere. Books not only give information, they cause one to think; at least that is the right way to read books. If a book doesn't make you think, then it loses its best object. Not only should a book make you think, it should inspire you to action, and with ambition to do something really worth while in the world. A book that qualifies in these points is the recently published one by our friend Warrington Dawson on "Opportunity and Theodore Roosevelt." If you want to read what sort of man Roosevelt really was, the qualities that made him a really great man, if you want to be inspired to make him a really the best of your latent qualities, read this bring out of yourself the most interesting, the most inspiring, and most book. It is the most interesting, the most inspiring, and most truly valuable book I have read for many years. Roosevelt was a real red-blooded man, and if he had been alive today, there isn't the slightest doubt that he would have been a red hot HEALTH AND LIFE Enthusiast. Warrington Dawson, who, under adventurous circumstances, was his devoted friend, at any rate is a HEALTH AND LIFE Enthusiast, so there isn't much doubt that Roosevelt also would have been.

DO YOU USE YOUR MIND—AND SOUL?

Next month Warrington Dawson begins a fascinating series of articles on Psychology. You will find those articles particularly interesting, because he will not use the technical terms generally used by psychologists, and by those who think they know a lot about psychology, but will just talk in plain, simple terms, so that he will make his meaning absolutely clear, whether you have ever studied psychology or not. He will deal with the use of the mind and the soul; certainly the most important parts of the human makeup, yet how few ever use them. Warrington Dawson will show how they can be used, simply and to the best advantage. Our mottoes are, as you know—"A Sound Mind in a Sound Body," and "Sacrificed Is Thy Body Even As Thy Soul."

YOU ABSOLUTELY MUST SEE ACHILLES

The other night I went to the State and Lake Theater, Chicago, especially to see Achilles. Achilles is a pupil of the famous Lionel Strongfort, and is touring as a Strong Man in vaudeville. His show was great. You absolutely must see it. He juggled with big cannon balls and enormous shells. He did some tricks that I have never seen performed since the days of Paul Cinquevalli. When he died, it was said in his obituary that no other man had ever performed his feats, nor ever would. Achilles is doing them. He balances the enormous pole away, and allows the shell to drop on to the back of his neck. Contracting his marvellous muscles, he catches it without any injury, and then throws it on the stage. It certainly is a great and wonderful feat. In addition to this he juggles cannon balls, allows them to drop on the back of his neck, and walks up a ladder over a high trapeze, balancing an enormous weight, made up of cannon balls balanced on a long pole.

ACHILLES' COMEDIAN IS GREAT

Lionel Strongfort, who has directed Achilles' shows, has incorporated a brilliant idea. He has given Achilles a comedian



Underwood.
NOT JUST "A BATHING BEAUTY" BUT A SWIMMING CHAMPION FROM SWEDEN
This charming young bobbed-haired mermaid is Fru Gull Everland, famous Swedish swimmer who has just added to her laurels by winning the 100 meter event, against the best of Europe's girl swimmers at the Tercentennial Jubilee at Gothenburg.

Pacific Coast Championship Weight-Lifting!

By DAVID P. WILLOUGHBY
Cal. Rep. A. C. W. L. A.

THE weight-lifting championship of the Pacific Coast was determined on January 23 at the Los Angeles Athletic Club, the contestants being Albert Bevan (who recently defeated Alfred Martin) and the writer. Strict A. C. W. L. A. ruling prevailed throughout the contest, which was thoroughly appreciated by the large audience present.

The lifts used were (1st) "one-hand swing," (2nd) "two-hand snatch," and (3rd) "two-hand continental jerk, with Barbell." It will be remembered that in the competition between Bevan and Martin, the "two-hand dead lift" was also used; but, on this last occasion, Bevan protested against the use of this lift, so by mutual agreement it was withdrawn, and the championship determined on the above three lifts only. As usual, five attempts were allowed on each of these lifts, the weight being increased in jumps of 5 pounds on the swing, and 10 pounds on the two-hand "snatch" and "jerk." A scale was used which was in full view of the audience. Both of us lifted in the heavy-weight class, Bevan weighing 172 pounds and the writer 180 pounds. Jere Kingsbury acted as official referee, the judges being Noah Young (former National A. A. U. champion), Bernard Price (gym instructor of the club), Henry Hanson and Marion Betty, both experienced lifters. Announcing was done by E. W. Goodman, the famous lifter and authority on the Pacific Coast. The "score" was kept on a large blackboard, so that the spectators would know just how the contest was progressing. In due justice to both Bevan and myself, it should be explained that the lifting was performed on a very thick mat which was totally unfamiliar to both of us, and absolutely unfit to lift on, as it would "give" to such an extent that balance and speed were almost impossible to obtain. The first lift, "the one-hand swing," saw Bevan lead off with 125 pounds. I started at 130½ pounds on this lift, and did 151½ pounds on my fourth attempt. Bevan also tried 151½ pounds on his final attempt, but "missed"—his best successful lift being 141½ pounds. On my last trial I attempted 156½ pounds and got the weight to arms' length, but was disqualified by reason of a slight "push" taking place. Consequently, the end of this lift saw me 10 pounds in the lead. The second lift, the "two-hand snatch," now took place, and the writer commenced by "snatching" 158 pounds. In the last test Bevan was given credit for 191 pounds on this lift, and it should be stated that in judging Bevan's lift, the referee stood to one SIDE of him; from this point of view no "pushing" of the arms could be detected; it has since been found out, however, that in judging this lift the referee should be stationed directly BEHIND the lifter, as from this position the slightest "pushing" movement of the arms can be seen. I am explaining this so that readers can account for the discrepancy between Bevan's lifts in the two contests. He

has a fault of "pushing" the weight slightly at the end of the lift, and will this error in lifting is overcome, he will undoubtedly register a much higher poundage on this lift. Anyway, the conclusion of the "snatch" saw Bevan credited with 158 pounds and myself with 179½ pounds. The "two-hand continental jerk" gave Bevan a chance to cut down my lead a few pounds, and he came out at the end of this lift with a credit for 251 pounds. I might mention that he made a gallant attempt to raise 271 pounds in an effort to redeem his previous failures, but failed to jerk this weight after he had taken it to the shoulders. Two hundred forty-one and a half pounds represented my best poundage on this lift, so it will be seen that after the three lifts were totalled up, I was still 22 pounds ahead. Below is a tabulated list of the results.

	Albert Bevan	Dave Willoughby
1-hand Swing	141½ lbs.	151½ lbs.
2-hand Snatch	158	179½
2-hand Cont. Jerk	251	241½
Totals	550½ lbs.	572½ lbs.

Health and Life Congress

(Readers' views and comments are invited but the editor does not hold himself responsible for opinions expressed here.)

DON'T RUSH INTO WEDLOCK

The prevalence of divorces and nuptial unhappiness is due chiefly to the deplorable fact that too many unthinking couples enter recklessly into the marriage pact. They are too rarely sufficiently concerned about each other's physical, mental and moral fitness for such a sacred union.

If those contemplating matrimony fully realized the dangers of thoughtless and hasty wedlock, and freely and candidly discussed this tremendously important problem, marital tragedies would be virtually unheard of.

Sometimes certain irresponsibles, in a reckless mood, get married "on a dare" or to spite some lover whom they owe a grievance. Others, weak and submissive and too easily influenced, permit themselves to be forced or inveigled to wed someone they do not care for. And we occasionally hear of a newly-wedded twain who are comparative strangers to each other. After they become better acquainted they discover that they are unsuited to live together in such close, life-long intimacy. They seem unable to conceive that a pre-marriage acquaintanceship considerably lessens the danger of promiscuous mismatching.

According to Scripture, marriages are made in Heaven. But that applies only to marriages based on love, eugenics, mutual unity and other supremely indispensable requisites for the making of marital bliss. A divine union is possible only when husband and wife are both sound and vigorous. Children to them will be an infinite joy and pride, for they will inherit their soundness of body and mind. Such a union can be likened to the poetic harmony that is the theme of a one popular song, "The Wedding of the Sunshine and the Rose."

EDWIN J. KRANING,

PURE AND TRUE

Mr. Bernard Bernard.

Dear Sir:—I have been a constant reader of HEALTH and LIFE for the past year and a half. Thru its teachings and editorials I have reached a point where I look to it for everything that is pure and true. Yours truly, C. H. F., Chicago, Ill.

LOOKING AT LIFE THE RIGHT WAY

"Your book has been a great help to me. It has changed my way of thinking considerably, and I am thankful for it. I learned about life at school, and in a way that we should not. I had gotten away from that a whole lot, but I believe your book has gotten me clean through with that way of thinking. I am very thankful to look at life in the right way." Sincerely, L. J. B., McAllen, Texas.

A Monumental Diet Treatise

Rational Diet, By Otto Carque, 540 pp. Octavo, Cloth bound, Gold embossed, \$5.00 net.

"Rational Diet" is a work that should be in every physician's and health lovers' library. It is the most complete treatise and work of reference on the food question that the writer has yet seen. There is only one flaw that she can detect. This would have been remedied if Otto Carque had postponed this compilation until after reading Bernard Bernard's "Correct and Corrective Eating," so as to have incorporated his scientific principles of food combination. Unfortunately, the chemistry of food and digestion is a feature to which the author does not give sufficient dealing, but undoubtedly this will be remedied in the next edition. In the present one, the menus, which are excellent in their way, are not ideal, because they mix up all sorts of foods, without reference to their effect on each other, or to the different enzymes necessary to digest them. The author is more particular about endeavoring to get the right proportions of each food demanded by the body.

But apart from this, there is not a single aspect of the food question on which it is not possible to find the most elaborate and authoritative information. The author has studied practically every authority on his subject, incorporating the common sense and the results of the scientific research of each.

But what will make "Rational Diet" the most valuable encyclopaedia of diet information is the extensive proofs given of the danger of devitalized and degenerated foods, and the importance of maintaining the full nutrition in manufactured foods.

If you want to find out the composition of any kind of food, you can find it in "Rational Diet." If you want to find the minutest detail, and have a work of reference on which you can rely absolutely, you should have a copy of "Rational Diet" always with you on your desk.

If "Rational Diet" had included Bernard Bernard's scientific food combinations it would have been a complete and perfect elaboration of "Correct and Corrective Eating," but readers of Mr. Bernard's book can even now find in it all the particulars which constitute the scientific basis of his general outline in "Correct and Corrective Eating."

C. L. GLOVER, L. L. A., A. C. P.

as partner, who just keeps you roaring with laughter from beginning to end. On the whole, Achilles' show was one of the most enjoyable Strong Man shows I have ever seen, and I am sure the audience thought the same. To prove it, after his show was over, and the curtain was rung down, they clapped and clapped, and, although preparations were already made for the next show, they recalled him again and again.

KEEP YOUR FEET WARM

During this cold and wet weather, it is a good plan to keep your feet warm. Good, thick waterproof shoes are essential. Do you know, there is more body heat lost through the feet than through the whole of the other parts of the body. If you lower the body heat you lower your vitality, so keep your feet warm. If you have to stand in cold places, wear an extra pair of thick socks. It's worth it.

TRUST IN GOOD FOOTWEAR

That reminds me, Dean Stanley didn't take the above precaution, one day, and going through the rain to preach at Westminster Abbey, he found himself with wet feet. Sitting up in the pulpit, sheltered by the surplice, he took off his shoes so as to allow his socks and shoes to dry. When the service was finished, during the closing benediction, he endeavored to get his shoes on again, but found to his surprise, that in drying they had shrunk. With great difficulty, he managed to get one half on, but was so long at it, that the congregation began to wonder when he would finish his benediction. Finally he was compelled to get up, and hobble through the aisle of the Abbey with only one shoe half on, and the other off. So learn the lesson; trust in good footwear, and keep your feet dry.

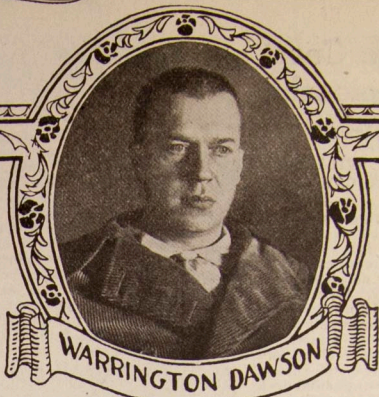
LIVE TO 100, AND BE FIT ALL THE TIME

Doctor George L. Meylan, the head of the Columbia University Physical Education Department, is advocating golf as an aid to longevity. He has given publicity to this statement because so many doctors have been scaring men away from golf, telling them that it sends many a man after fifty to his grave. According to Dr. T. J. Allan, who is contributing a series of articles to HEALTH AND LIFE on "How to be Fit at 101," you should not only be prepared to play golf, but you have a right to other forms of physical recreation, and be in a fit physical condition all the time, no matter how long you live. There is wisdom in that. If men go to their graves as a result of golf, it is because they do not keep themselves physically fit by regular scientific exercise, correct eating, and right living generally. After all, what's the good of living to an old age, if you're going to be an invalid, crippled mentally and physically? It isn't so much the quantity as the quality of life that matters, but there's no reason why you should not have both quantity and quality, is there?

HEAVY EATING BAD FOR THE INTELLECT

It is a good thing that physicians and people generally are beginning to realize the importance of correct eating. It is going to mean a great deal for the national health. In the past, people have been concerned only with heavy

(Continued on Page 120)



Latitudes

By Warrington Dawson

Author of

"Opportunity and Theodore Roosevelt"

XXI.—ON HUMAN ICE PICKS.

We all know the model of small ice-pick having a shiny nickeled head and a hard steel needle at the end. It replaced the clumsy iron model of the old days, and it's about 300 per cent more effective. You hold it lightly and peck away at a big block of ice while thinking of something else or of nothing at all. And first thing you know the block of ice is shivered into slivers.

The human ice-pick is very similar, and modern notions have given it an effectiveness quite out of proportion to its size. I say "it" because it has both sexes and very little character. It is generally young and superficially pretty, smoothfaced and probably curly-haired.

It goes for an intelligent conversation, or for a concentrated effort at work, as the ice-pick goes for the block of ice. And under its pecking, ideas are shattered up into bits like ice, and melt away and are gone.

Then the human ice-pick yawns and says, "What'll we do next?"

There are people whose entire life and work are defeated daily by one human ice-pick in the family.

Yet there are useful possibilities in those ice-picks— if trained to do their proper work. And even if they are too stubborn to allow of training—(under-brained people are naturally stubborn)—they are made of good material though in a wrong shape, and they sometimes get melted up and come out so as to be of some good in the world.

But I have then noticed that they have no patience at all with any stray human ice-pick who tries to start shivering them.

Let Books Help You to Health

By James A. Tobey, M. S.
(National Health Council, New York)

THE most dangerous months of the year are February and March. More deaths occur at this time than any other and there is a greater prevalence of disease. According to the figures compiled by the United States Bureau of the Census for 1920, the latest year for which data is available, nearly 15 per cent of all deaths for that year occurred in February, about twice as many as for any other month except March, when about 10 per cent of the total deaths took place. These figures fluctuate somewhat from year to year and occasionally March has a higher rate than February, but between them these two months usually account for about one quarter of the mortality in this country. There is also more sickness at this time, for various reasons, so that it behooves everyone to be especially watchful of his or her health in these danger months.

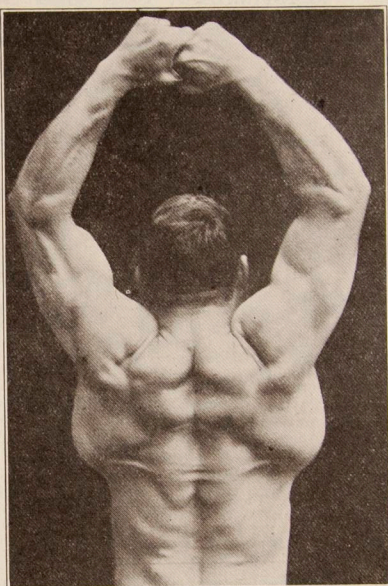
February was designated as a Health Book Month by the National Association of Book Publishers and because of the hazards to health which this time of year holds forth this is a most appropriate period for such a campaign. The association is asking the fifty publishing firms which make up its membership, as well as book sellers in general and public libraries, to feature health books during this month. At the request of the association, the National Health Council has prepared a list of thirty-five authoritative health books for popular reading and also a longer bibliography of about two hundred of the best books on health subjects. Either of these lists may be obtained from the National Health Council, 370 Seventh Avenue, New York City.

This Is the Unhealthy Part of the Year

The number of deaths in February and March is greater than need be and the amount of disease is excessive. In other words, a large proportion of this winter sickness could be prevented and many of the deaths could be postponed. Obviously, it is better for all concerned to prevent disease before it starts, rather than be forced to undergo long and expensive treatment for sickness after it has gained headway. The fourteen national health organizations which comprise the National Health Council, for instance, are interested primarily in preventing disease, both the communicable and organic types. They are, strictly speaking, lay organizations, that is, much of their membership is made up of lay people who are interested in the social, economic, and scientific problems which make for better health. The leaders of these associations are, of course, professional sanitarians, who have had wide experience

in dealing with the promotion of good health.

If all people knew the rules for right living which compose the science of personal hygiene, and if they would apply that knowledge, there would be a great



THE FAMOUS MAXICK

This is a photograph of the remarkable back development of the famous Maxick, who astounded Europe some years ago, both for his development and his lifting powers. Although only a light weight, he held many heavy weight records and won many open heavy weight competitions. Notice the tone and quality of those muscles, and you will see the reason why.

diminution in the amount of disease. There is nothing mystical about personal hygiene, for it is based on common sense. It is also inexpensive and easy to follow. Fresh air and sunlight, for instance, are the best medicines any one could take and they are both as free as is the ability to breathe. Exercise can be indulged in by anyone who is not a hopeless cripple and rest and recreation are within the reach of all. All persons can learn how to eat for proper nourishment, and can also avoid constipation by simple hygienic rules. Bathing and the care of special organs, such as the eyes, teeth, feet, etc., are not in the least difficult.

One of the best ways in which individuals can get the right kind of information on these matters is from authorita-

tive books. Because the National Health Council realizes the value of such educational efforts for all the people, it has arranged with one of the leading publishing firms to issue for it thirty books on all phases of human health. These books, bound in flexible fabricoid, sell at the moderate price of thirty cents in order that they may be within the reach of all. Naturally, they have been written by the leading sanitarians of the country. The first five have been published in February and the others are to come out in sets of five at intervals on one month, forming what is called "The National Health Series."

The Leading Causes of Death

If we look at the leading causes of death in this country as revealed by the government figures for the registration area for 1920, we find heart disease led all the rest, with influenza and pneumonia together a close second. Then came tuberculosis, with cancer fourth, and kidney troubles fifth. Health workers have accomplished remarkable results in curbing many of the contagious and infectious diseases, but not so much progress has been made in quelling the degenerative diseases of adult life such as cancer, apoplexy, Bright's Disease, and heart troubles. The sanitary engineer has put typhoid fever out of business and has reduced malaria, hookworm and other maladies, Diphtheria, smallpox, and other communicable diseases can be eradicated by known and well tested and proven scientific methods. Tuberculosis death rates have already been cut in half since 1900. The control of the organic diseases depends to a large degree on personal hygiene. Early diagnosis and adequate treatment are, of course, important if preventive methods have not produced results, as sometimes occurs due to the lack of attention to personal hygiene.

Books on health are valuable aids in the unceasing battle against disease. If good books can help us increase the enjoyment of living and prolong and enhance our lives, more power to them.

Health and Life Fellowship Notes

By the Secretary

NEW members continue to roll in, but we want more. I am seeing our President, the Editor of HEALTH and LIFE, and I am going to try and arrange for a badge to be given each membership of the Fellowship, so that when we meet each other in the street, we recognize each other and can exchange conversation. What do you think of this idea?

* * *

As you know, up to the present there are many advantages in joining the Fellowship. Besides knitting us all together into a bunch of lovers of health and strength, there are points concerned with membership that help each one of us. In the first place, we all swear to keep our own bodies healthy, strong and beautiful. There isn't any greater pledge than that, is there? Then each member gets a certificate, signed by our President. He gets 10 per cent off any books he purchases, and advice for nothing. So when we get the badge,

we ought to become a real big body of enthusiasts.

However, it is not only the wearing of a badge or material advantages which count. It is the fact that we each pledge ourselves to live according to right principles; it is that we each have the cause of physical fitness at heart, and that we pledge ourselves also to help our fellows, in order that they may know the advantages of possessing a body that is healthy, strong and beautiful.

Then again, we pledge ourselves to cleanliness of life; we pledge ourselves not to contaminate ourselves with any wrong or unclean thought, word, or deed. That, probably, is the most valuable pledge of all, and certainly the most important one. It is the one that is going to stamp out unhappiness in our own lives, and lead us to understand what true happiness is, because we are saturated with the joy of life.

Yours for the healthy, the strong, and the beautiful,

SECRETARY.

Among the Grapplers

(Continued from Page 99)

France. The tryouts will be held at the following clubs:—Greek Olympic A. C., Chicago; Buffalo A. C., Buffalo; Cambridge Y. M. C. A., Cambridge; Deseret Gymnasium, Salt Lake City; Spokane A. C., Spokane; Gary Y. M. C. A., Gary, Ind.; Kansas City A. C., Kansas City; Lehigh University, Bethlehem, Va.; University of Iowa, Iowa City, Iowa; and Birmingham A. C., Birmingham. The winners of the sectional tryouts will take part in the finals, which will be held in New York early in June.

Indiana Grapplers recently beat the Maroons in a dual meet by 16 to 7. The bouts terminated as follows:

117 Pound Class—Mount, Indiana, defeated Takaki, Chicago, decision. Time—0:12.

127 Pound Class—Ball (C.) defeated Held, decision. Time—0:12.

137 Pound Class—Hoffman (I.) defeated Graham, decision. Time—0:18. (Six minutes' overtime.)

147 Pound Class—Reed (I.) defeated Shimberg, decision. Time—0:12.

157 Pound Class—Swain (I.) threw Key. Time—4:55.

177 Pound Class—Sarpalius (C) threw Wilson. Time—8:55.

Heavyweight Class — Mounby (I.) threw Koinuveni. Time—5:32.

The grappling game is being encouraged amongst boys. In Chicago, Louis Newman is arranging matches, and from the recent grappling events, the American Boys' Commonwealth is winner of the Junior Team Wrestling Championship of Chicago.

Some good sport was recently seen at the Swedish American A. A. at Chicago, at an amateur wrestling tournament. The results were as follows:—

Table of Points.

Swedish-American A. A.	24
Jewish P Institute	15
Hawthorne Club	13
Greek Olympic A. C.	10

Illinois A. C.	5
Steel Works' club, Joliet	4
Stanton Park	1

112 POUND CLASS.

SEMI-FINALS—J. Krivikas (Western Electric) threw J. Fernango (Joliet). Time, 2:00. J. Mastrangelo (Western Electric) threw F. Rizzio (Stanton park). Time, 4:16.

FINALS—J. Krivikas got decision over J. Mastrangelo. F. Rizzio won from J. Fernango by default.

118 POUND CLASS.

SEMI-FINALS—G. Boquist (Swedish-American) decision over B. Frach (J. P. I.) S. Strachei (J. P. I.) decision over H. Gobel (unattached).

FINALS—S. Strachei defeated G. Boquist. B. Frach defeated H. Gobel.

126 POUND CLASS.

SEMI-FINALS—P. Vorres (Greek Olympic) threw O. Pose (Swedish-American). Time, 2:00. F. Harrison (Joliet) threw J. Walima (Swedish-American). Time, 6:06.

FINALS—P. Vorres threw F. Harrison. Time 11:05. J. Walima threw O. Pose. Time 2:14.

135 POUND CLASS.

SEMI-FINALS—P. Greenberg (J. P. I.) defeated C. Johnson (Swedish-American). J. Vorres (Greek Olympic) threw T. Ulman (Swedish-American). Time, 3:50.

FINALS—J. Vorres threw P. Greenberg. Time, 1:30. T. Ulman won from C. Johnson by default.

147 POUND CLASS.

SEMI-FINALS—A. Sanchi (Western Electric) defeated J. Stejskal (Greek Olympic). G. Coleman (I. A. C.) defeated S. Mishkin (J. P. I.)

FINALS—G. Coleman defeated A. Sanchi. S. Mishkin won from J. Stejskal by default.

160 POUND CLASS.

SEMI-FINALS—W. Jensen (Swedish-American) defeated S. Madsen (Danish-American). C. Fischer (Swedish-American) threw E. Furness (Western Electric). Time, 5:57.

FINALS—C. Fischer defeated W. Jensen, E. Furness won from S. Madsen by default.

175 POUND CLASS.

SEMI-FINALS—F. Smith (Swedish-American) defeated G. Meyer (I. A. C.). W. Maurer (J. P. I.) defeated P. Kokut (Western Electric).

FINALS—W. Maurer defeated F. Smith. P. Kogut defeated G. Meyer by default.

HEAVYWEIGHT CLASS.

SEMI-FINALS—J. Smith (Swedish-American) threw S. Dombrowski (Joliet).

With the Men of Iron

(Continued from Page 97)

of his time, so that he has handed over the keys of office to Charles B. Swift. I'm sure that every member of the A. C. W. L. A. is heartily grateful to Otley R. Coulter for the great work he has put in for the grand old game of weightlifting, and for the A. C. W. L. A. in particular. He will still of course, be a great figure in the movement.

Here's good wishes to Charles B. Swift, the new Secretary. He is an enthusiast to the limit and with his assistance the A. C. W. L. A. is going to make great headway.

He has, in fact, determined to devote

two days per week wholly to the interests of the A. C. W. L. A. Isn't that great? He is prepared to answer all questions regarding the Association and lifting, so if you have anything that is worrying you, just send it along to him, and he will write personally concerning any point on which you are hazy. Of course the courtesy of a stamped addressed envelope is expected. His address is Charles B. Swift, Secretary, A. C. W. L. A., Island Ave., at Boquet Street, McKees Rocks, Pa. He signs himself in a letter to me, he is, "Yours to command."

Mention was omitted last month that George Dembinski, who recently broke records in the 126 lbs. class, and whose wonderful photograph appeared in the last issue of HEALTH and LIFE, was trained by George F. Jowett. However, this fact was mentioned in the previous issue, when the details of the record breaking were given.

Inspired by the success of recent weightlifting contests, the Strong Men of the Far West are organizing further displays. The following announcement has just come in:—

National Weight Lifting Contests to be Held in Los Angeles

THE National Weight-Lifting Competition will be held in the Los Angeles Athletic Club on April 9th, 1924. This contest will also be recognized as the Official Western Olympic try-out. It will be under A. A. U. sanction, and strict Olympic ruling will be used. All body-weight classes will be represented, the winners of first, second, third and fourth places, in each class will likely be made members of the American Olympic team, who will represent the United States in Weight-Lifting at the Olympic Games to be held in Paris next July. Lifters will be divided into five classes, as follows: Featherweight, 132 lbs. and under; Lightweight, over 132 to 148½ lbs; Middleweight, over 148½ to 165 lbs.; Light-Heavyweight, over 165 lbs to 181½ lbs. Heavyweight over 181½ lbs. The lifts used will be 1st, One Hand Snatch, 2nd One Hand Clean and Jerk (this lift to be performed with opposite hand) 3rd, Two Hand Snatch, 4th, Two Hand Military press; and 5th, Two Hands clean and Jerk with barbell. Any registered A. A. U. athlete, capable of equalling the following minimum poundages (in the various classes) is eligible to enter the contest.

LIFT:	Bodyweight Classes.					Hes- vies
	132	148½	165	181½	220	
One Hgnd Snatch	88	99	110	121	132	
One Hand Clean and Jerk	99	110	121	132	143	
Two Hand Snatch	110	121	132	143	154	
Two Hand Military Press	110	121	132	143	154	
Two Hands Clean and Jerk	176	187	198	209	220	

For the benefit of Eastern Weight-Lifters, who are unable to make the trip to Los Angeles—it is probable that elimination contests will also be held in New York City. Inquiries should be addressed to the Chairman of the Olympic Weight-Lifting Committee at 305 Broadway, N. Y. C.

Arthur F. Gay, the strongest man in the army and navy during the war, writes to say that he is preparing an article to express the feelings of the weightlifters of this country for British Strong Men:—"Alan Calvert, in a recent article, did not express the general opinion of American Lifters in the article, and I would like to let the British Athletes know how we feel towards them, and that we do not favor the big beefy type of lifter." He says that he is also going to send some photographs of Champion Lifters; so this article will be well worth reading, and will appear in an early issue of HEALTH and LIFE. He also promises some articles on new ideas in body building exercises, so you see, we have some real treats to come.

A beautiful medal has been presented by the A. C. W. L. to George F. Jowett, in commemoration of his winning the World Championship in Wrist Turning. A photograph of this, and also a unique photograph of Jowett himself, will appear in the next issue of HEALTH and LIFE.

This photograph will be especially interesting because it is in the famous Samson pose, which necessitates extraordinary breadth of chest, otherwise, the poser appears quite thin and scraggy. Nordquest is the only man previously who has been able to use the pose with real success. The point is interesting because Charles B. Swift has written in to say that he has just measured Jowett's shoulder width, and finds it to be 26 ins. Charles Atlas, reckoned to have one of the most artistically developed bodies in the world, claims 23½ ins. as his shoulder width. By the way, I am promised some more interesting matter on the life of Charles Atlas. That will be of great interest to all of you.

Jos. M. Johnson, who is claiming the Championship of Michigan, writes to say that he has found a fellow to meet Matsuk. He encloses some cuttings from "The Muskegon Chronicle," with some drawings by Gene Ahern. They are certainly a good boost for the Strong Man Game, and I'm sure you'd like to see the originals. The issues were around Wednesday, Jan. 23. Possibly, if you wrote to "The Muskegon Chronicle," Muskegon, Mich., you could get the issue. The following, however, is the chatter:—

(The Start of a Debate on Strength, Between the Major and Warner.)

The Major:—"By Jove, Warner--- Speaking of Feats of Strength--- Haw--- Why, in my youth I was referred to as Hercules! You may believe this or not--- But, one time, in an Exhibition of Brawn, with my bare hands, mind you, I pulled up a section of railroad track, ties and all, out of a rock ballast road bed! Fancy that!"

Warner:—"Har--- 'Har--- They used to call me Samson! One time, when coal was short, I pushed a steam roller for a day, up an' down a new street!"

Eavesdropper (to fellow eavesdropper):—"Listen to those two whistles. Why, my uncle lifted a mortgage off of a five story building!"

"Ha--- Ha--- An' there's a guy down town who can move fifty autos with his left hand! Yeh. He's a traffic cop."

(Round 2. Warner Wins By a Shade.)

Warner:—"Say, Hoople--- That one you told yesterday about being strong was pretty wild! Har--- Har--- But here's one I got proof for. When I was working in a lumber camp, six men and myself went out to bring in a log. Well, sir, I threw one end of th' log up on my shoulder, an' th' six fellas took th' other end. To show you how heavy it was, when we got it in, th' six men were bowlegged!"

The Major:—"Bah! Stuff and nonsense! Surely, Warner, you jest. I trust you do not regard that as a feat of strength."

First Voice:—"Talk about being strong! Why, I saw a Guy hold up a street car full of people for ten minutes. His flivv was stalled on th' tracks."

Second Voice:—"Hal Ha! An' I know a guy who handles thousands of pounds a day as if it were nothing. He's a carpenter, an' does it with a hammer!"

Round 3. The Major Rallies, And Breaks Even With Warner.

The Major:—"HMF--- By Jove, Warner, I do not hesitate to say that you are merely boasting, Haw--- Let me see if you can dare duplicate this feat of strength. One time in a warehouse, the electric power went out of service for the day--- and, mind you, with Herculean tenacity, I kept the freight elevator working by pulling it up, and lowering it, through my own muscular effort!"

Warner:—"Har! Har! Say, Hoople. I've heard of hydraulic an' steam elevators, but that's the first hot air elevator I ever heard of!"

First Voice:—"Th' Major holds the world's record for chinning himself. What gets me is--- he's so lazy he sits down to wind his watch."

Second Voice:—"Ha--- Ha--- I'm waiting for the Major to tell Warner that he's the guy who leaned against th' Tower of Pisa!"

Round 4. Warner Has the Major Hanging on the Ropes.

Warner:—"Say, Hoople, I haven't got over laughing at that one you told yesterday. Har--- Har--- But gettin' back to talkin' sense--- I remember one time when a wheel broke on a loaded moving van, an' I took th' axle in my bare hands, an' held th' wagon up while they drove it to a house nine miles on th' other side of Town."

The Major:—"HMF Hmf! If I do say it myself, I have stayed within the bounds of reason; but the plausibility of your statements is simply,--- Ah, Ah--- F--- Bah!"

(Continued on Page 122)

Acrobatics

(Continued from Page 90)

able place—bruises and mat burns are common. And partners to practice and wrestle with are sometimes scarce, and this scarcity of partners sometimes causes a practice period to be passed up occasionally.

The recreation and interest derived from wrestling is obvious, but it is sometimes very amusing. When the amateur wrestler throws an opponent his enthusiasm is unbounded. But in some cases

—not so few as might be supposed—the moment he receives a drubbing at the hands of a stronger or more experienced opponent, his enthusiasm dulls and his interest then suffers. This should not be the case, but it often is, and the wrestling novice sometimes receives much punishment.

Boxing Not a Developer

Boxing alone is not a developer, the boxer usually possesses a slim build of the wiry muscle type, an ideal build for endurance which in most boxers is developed to a marked degree. There are large, powerfully muscled boxers who are frequently pointed out as examples of the muscle building properties of boxing. But, in nine cases out of ten, examination will disclose the facts that these boxers who possess such a marked musculature pursued a heavy occupation before taking up the game or else practiced a great bit of heavy exercise while training.

But if the student has the time, a proper costume to wear, takes up the sport systematically, starting with the fundamentals and working up, holds his temper when being treated rough, and makes recreation instead of work out of it, both boxing and wrestling are first class exercises, developing valuable qualities of courage, self-reliance, and manly bearing, besides being an invaluable means of self defense.

Acrobatics the Ideal Exercise

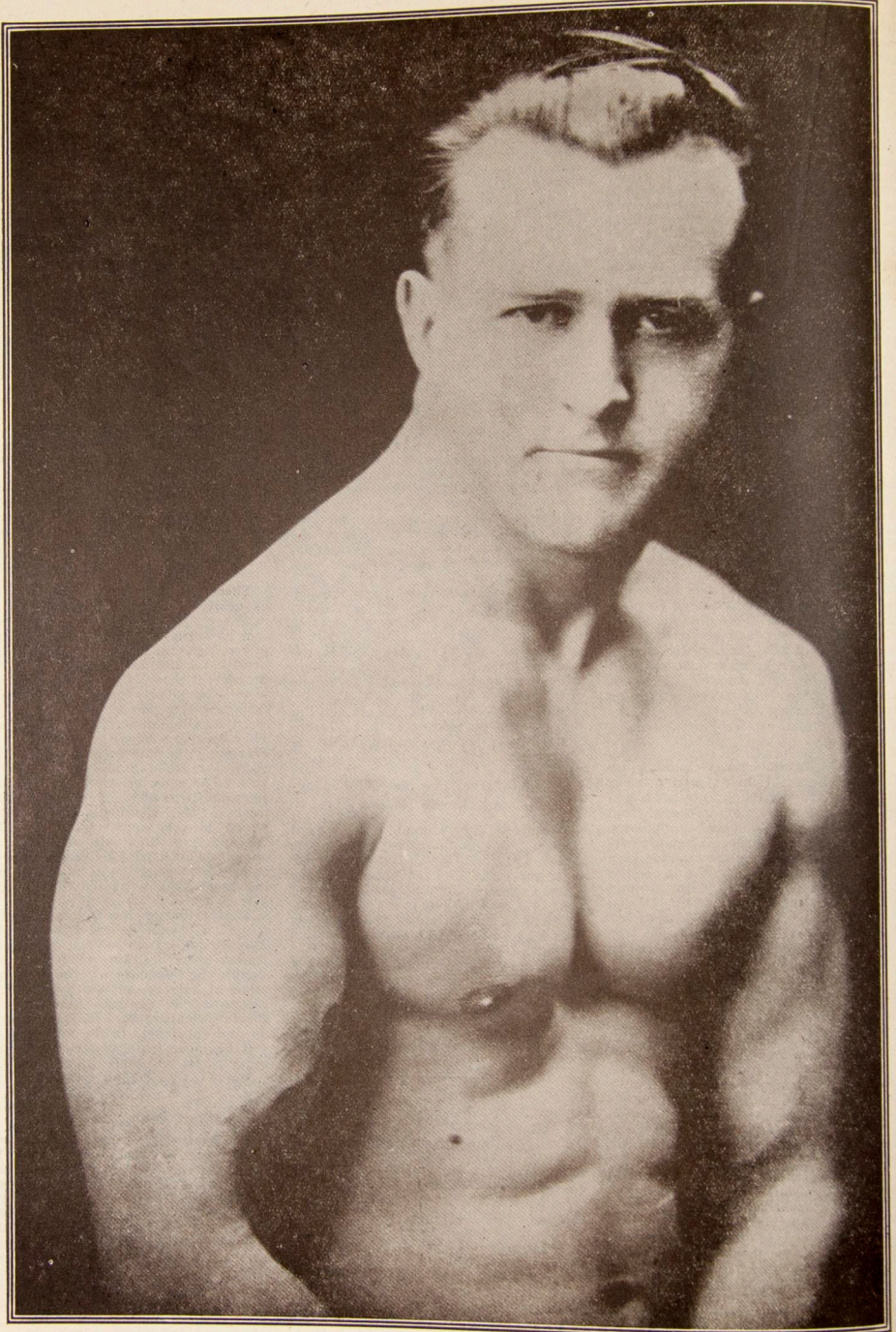
There still remains a method which as nearly as possible conforms to the necessary qualifications of an ideal system of exercising. This is the practice of acrobatics, namely tumbling, head and hand balancing, and when possible the practice of pyramids. We have only to visit a circus or a first class vaudeville theatre to see what sort of physiques the steady practice of acrobatics will supply. They develop a strong symmetrical body, exercising the important trunk muscles even more than those of the arms or legs. The muscles of the lower back, sides and front of waist are very actively used in this method, and, as this region is very important, being flexible and very vulnerable, not having the bony protection afforded the organ above and below, we see the necessity for having more than a passive development here.

The performer also becomes used to a sudden change or reduction of base, a quick utilization of various muscle tracts under certain sudden circumstances, he possesses a strong educated sense of balance—in two words, he develops—bodily control. Acrobatics are absolutely unparalleled for instilling agility and suppleness in the awkward and stiff beginner; naturally, clear thinking, gracefulness and poise, all of which are essential to a forceful personality, follow.

Start With Easy Stunts

The health seeker may begin at very easy stunts, gradually progressing forward, the mastery of one stunt helping him with the next, thus furnishing a never ending source of interest, from the easy to hard, and from the hard to harder system of progression, ensuring that. Acrobatics may be practiced almost anywhere; they are not confined to a gymnasium or similar places, but may be performed over a smooth lawn, a pile

(Continued on Page 112)



EARLE E. LIEDERMAN
America's Leading Director of Physical Education

DO YOU NEED A BUST IN THE NOSE

before you start to fight? Do you need this kind of treatment to bring you to your senses? If you are that kind of a fellow, the chances are strong that you are going to get it.

Be Ready

I don't recommend that you be a rowdy who goes around looking for a fight. But I do believe you should be alert and, when the time comes, be prepared to beat the other fellow to the punch.

The Wise Man

Some men never pay any attention to the condition of their house till it begins to fall on their head. Others watch for the first sign of a crack and immediately have it put in condition. How about the house you live in—your body? Are you going to let it clog up and waste away until you suddenly realize you have tuberculosis or some other dreadful, incurable disease? Get wise! Check up on yourself! Put your body in shape and keep it so.

The More You Use 'Em The Bigger They Get

An apple is no good unless you eat it. Let it lie, and it will rot away. Let your muscles lie idle and they will waste away, but use your muscles and you have more muscle to use.

"The Muscle Builder"

That's what they call me. I don't claim to cure disease. But I do absolutely guarantee to make a strong, husky man out of anyone who will give me a chance. If you wait until some disease gets you, the doctor is the only one who can save you—but come to me now and the doctor will starve to death waiting for you to take sick. I'll put one inch of solid muscle on your arm in just 30 days and two inches on your chest in the same length of time. I'll put an armor plate of muscle over your entire body and build up the walls in and around every vital organ. I'll shoot a quiver up your spine that will make you glow all over. You will have a spring to your step and a flash to your eye that will radiate life and vitality wherever you go. And what I say doesn't just mean maybe. I absolutely guarantee these things. Do you doubt me? Then make me prove it. That's what I like. Are you with me? Come on then. Let's go.



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

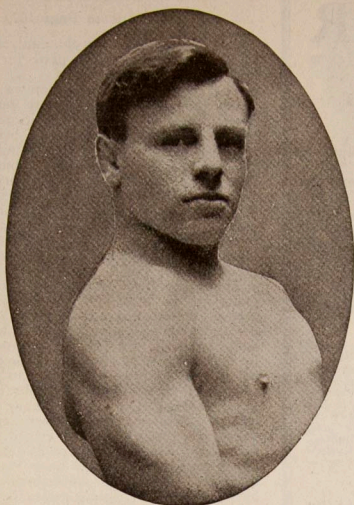
It contains forty-three full page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. All I ask is 10 cents to cover cost of wrapping and mailing. For the sake of your future happiness, send for your copy today—right now—before you forget it!

EARLE E. LIEDERMAN
Dept. 903, 305 Broadway NEW YORK CITY

EARLE E. LIEDERMAN,
Dept. 903, 305 Broadway, New York City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name _____
Street _____
City _____ State _____
(Please write or print plainly)



BERNARD BERNARD
(Editor of "Health and Life")

Correct and Corrective Eating

By Bernard Bernard

Cloth bound and gold embossed.
A beautiful and valuable addition to any library

112 pages of the most valuable information on CORRECT and CORRECTIVE EATING is yours for only \$1.25

THE EDITION IS LIMITED
Send your order without delay

Special Note—This is the last time this edition will be advertised. The next will be raised in price.

You absolutely must have a copy of this great book if you wish to know the right way to eat for health, strength and fitness.

Read This Table of Contents

CONTENTS

CHAPTER I.
INTRODUCTION
General Principles of Food Combination—A Day's Ideal Menu.—How Diseases Are Caused by Bad Food Combination.

CHAPTER II.
VITAMINS
What Are Vitamins?—How to Secure Vitamins.

CHAPTER III.
HOW MUCH SHOULD WE EAT
The Science of Nutrition—The Calory Theory Criticized.—How to Ensure the Right Quantity of Food Without Over or Under Eating.

CHAPTER IV.
FOOD CLASSIFICATION
A New and Scientific Method of Classification.—The Foods and Their Classifications.—Food Tables.—Table of Food Values.

CHAPTER V.
SCIENTIFIC FOOD COMBINATION
How to Combine Foods—Some Scientific Menus.

CHAPTER VI.
INFANT FEEDING
How Babies Are Killed.—The Right Way to Feed Baby.—Foods at Varying Ages.—How to Keep Baby in Good Health.

CHAPTER VII.
HOW TO SECURE THE MAXIMUM NOURISHMENT FROM FOOD
How Food is Ordinarily Wasted.—Scientific Food Preparation.—Food Combination to Secure Maximum Nourishment.—The Importance of Vegetable Salts.—How to Increase Weight.—How to Reduce.

CHAPTER VIII.
THE ART OF FULL MASTICATION
How to Chew Properly.—How to Take Cheese and Milk with Fullest Benefit.

CHAPTER IX.
CURING VARIOUS AILMENTS BY SCIENTIFIC DIETING
The Fasting Cure.—How to Take the Fast.—How to Take the Fruit Diet Following a Fast.—How to Take the Milk Diet Following a Fast.—The Pure Fruit and Vegetable Curative Dieting.—Case of Tuberculosis.—Case of Asthma.—Case of Rheumatism.—Case of Gallstones.—Case of Diabetes.—Case of Eczema.—Case of Adenoids.

THE book we have waited for so long is here. At last copies have come from the press and they are ready for you. It is the greatest diet book that has ever been written. For the first time the scientific principles of eating are expounded in a clear and easily understood manner.

If you are ill and want to eat right to get well, you need this book.

If you have some chronic disease that has hitherto baffled your efforts to rid yourself of it, this book will tell you how it can be done.

If you are well and want to get stronger and fitter, this book will tell you how to eat so as to get the maximum of nourishment from your food.

If you are just a little below par in regard to your health, this book will show you why it is, and how and where you are eating wrongly, and how to eat rightly.

If you are not feeling absolutely well depend on it something is wrong with your diet. This book will tell you what, and how to remedy it.

Do you know that Asthma, Tuberculosis, Diabetes and many other chronic diseases are caused by wrong eating? This book shows how, and also how cases may be cured by reforming the diet.

If you are fat you can eat as much as you like and yet reduce—if you eat as this book tells you to eat. If you are thin you can even eat less than now, and put on the flesh you want—provided you combine your foods the right way and eat the right foods. This book tells you all about this, and how to do it.

For the first time the scientific principles of food combination are given to the world—and they are really scientific, founded on the chemistry of food and digestion.

The book is clearly written. The diet principles are very simply explained. There are no huge and difficult tables to wade through. It is a book that you can read and enjoy, while gathering the latest and best information on diet obtainable.

Louis Zuckerman writes: "I am more pleased with the book 'Correct and Corrective Eating' than with any other purchase I ever made."

Mail Your Order Today
Health and Life Publications, 333 S. Dearborn St., Chicago, Ill.
Enclosed for \$1.25, which is payment for a copy of "Correct and Corrective Eating." Please send us this book.
Name _____
Address _____
City _____
State _____

MENTAL POWER

THE FIRST OF A SERIES OF BOOKS ON MENTAL POWER IS NOW READY. IT IS CALLED

The True Art and Practice of Auto-suggestion

By BERNARD BERNARD

The Pathway to Success in every sphere of life lies through Mental Power. A well trained brain, real knowledge, and skill in the art and practice of Auto-Suggestion with all that this entails means ability to control oneself, and, as a consequence, to control others. This is the greatest and richest country in the World. You can be enjoying its wonders and wealth if you only learn the secret of attaining that Mental Power that knows no defeat or master.

This wonderful book, "The True Art and Practice of Auto-Suggestion," by Bernard Bernard, Editor in Chief of HEALTH AND LIFE, will point the way towards the achievement of this remarkable Mental Power. It will tell you the innermost secrets of the mind, and reveal to you the laws which govern powerful thinking.

"I like your booklet on 'The True Art and Practice of Auto-Suggestion'. Let me know when you get out the other series."—A. A. Miller, Atlanta, Ga.
What is most valuable in this book is that it is written clearly. There is no mysticism, and there are no meaningless phrases. Every word is pungent with rich thought, explanatory of some great law, which it is necessary to know in order to achieve success and mental perfection.

READ THE CONTENTS

How to Govern Auto-Suggestion.—Training Auto-Suggestion for Accomplishment.—Solving Business and Professional Problems.—Outline of Mental Nervous Physiology.—The Mechanism of Intellect.—Developing a Highly Trained Brain.—The Art of Mental Planning.—The Law of Mental Development.—Science vs. Superstition.—How Fortunes Have Been Made.—Counteracting Useless and Harmful Suggestions.—How to Acquire Inspiration.—How to Defeat Inspiration.—How to Plan Advertisements.—Systematizing Thought Force.—How to Achieve Success.—Verbal Suggestions.—Auto-Suggestions for Developing Health and Strength.—Auto-Suggestions for Early Rising.—Auto-Suggestions for Constipation.—Counteracting Bad Suggestions.—How to Take Opportunities.—Expanding the Personality.—Developing a Good Memory.—Getting the Real Value out of Auto-Suggestion.—How to be Happy.—Earnestness and Ambition.—A Whole World to Win.

FOR 50c ONLY

SEND NOW FOR YOUR COPY OF THIS MOST USEFUL BOOK. ENCLOSE ONLY 50c AND IT WILL BE SENT TO YOU BY RETURN MAIL. SEND TO

Health & Life Publications

333 South Dearborn Street

CHICAGO, ILL.

Acrobatics

(Continued from Page 107)

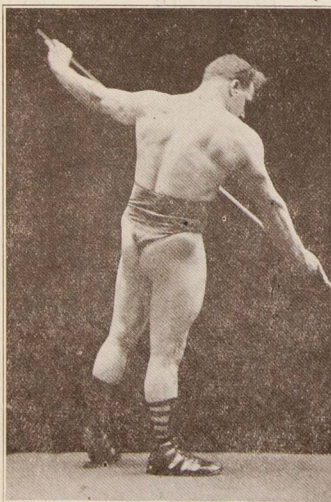
of saw dust or hay, an old mattress, or, if the capableness of the performer permits it, in the parlor.

There is always recreation in acrobatics; the sense of complete mastery over himself in difficult positions and under various circumstances being a pleasure known only to the initiated. Besides, a person with an acrobatically acquired physique possesses a pep and versatility other methods of exercise don't furnish. Acrobatics can be indulged in at the convenience of himself, no partners being necessary unless practicing combination work or pyramid building.

There are however chances of accidents in this branch of gymnastics, but this is reduced to a minimum by the method of progression, by using a little common sense in attempting stunts, and by first attempting them over something soft. The lunger (or safety strap) is also much more useful in this branch as a safety appliance than in heavy apparatus. While I have never seen or heard of a serious accident attending acrobatics under ordinary conditions, serious accident and death have attended attempts by various professional acrobats to double or triple somersault.

Results Are Quick

Results are very quickly noted from this manner of developing, and the performer can measure his increases by the evolutions he can perform (as a re-



GEORGE F. JOWETT

FREE FROM COMMERCIALISM OR FAVORITISM

Four times decorated in America and Europe as the most perfectly developed man. Universally accepted as the world's Strongest Athlete

We Challenge Comparison

No other teacher of Physical Culture by mail has ever proved that their pupils had championship calibre, by testing their claims before official bodies or that they were acknowledged champions trained solely by them.

The Apollo System has

pupils who are men of tested and proven ability that backs our claims. The Apollo System has actually created more men of recognized champion calibre than all others put together.

Look them over. We trained these men from weaklings to perfect specimens of bodily power and beauty.

Chas. Shaffer, Geo. L. Fielding, H. MacKrell, "The Rival Pocket Hercules," D. Willoughby, American Lifting Champion; J. Johnson, Lifting Champion of the Middle West. O. Marineau, Feather and Light Weight Lifting Champion of the World. G. Dembinski, American Featherweight Champion and Record Holder. F. Dennis, J. Emmel, C. Swift, D. Depeu, Wadell Bros., all Record Holders. C. Van Warden, J. Urlacher, W. Cuppy, H. Passone, wrestlers of championship form A. Latcham, National Field Champion.

Where is your name? Let us add it to the list and create bodily vigor and muscular power as taught by the two men, GEO. F. JOWETT and O. R. COULTER, who are the only instructors to hold world records that proves their ability by creating new official worlds records Jan. 4, 1924.

LET THEM TRAIN YOU

The Apollo System of Physical Culture
Apollo Bldg., 236-242 Fourth Ave.,
Pittsburgh, Pa.

Dear Sirs.—Please find enclosed ten cents (10c) for which send without any obligation to me, your new illustrated book, "The Development of Muscular Power and Beauty."

Name

Address

sult of his steadily increasing physical efficiency), and not by taking his girths and breadths daily, which are often very discouraging in results. Some of the most common complaints made against the practice of acrobatics by a health seeker is that he is too old to begin, or too tall, or fat, or sometimes he says he didn't inherit the ability.

Maybe a man of fifty couldn't learn to throw a succession of front somersaults, and then again maybe he could; but the main point is that an average person can take up the judicious practice of acrobatics at any age under sixty, and can not only increase his physical powers and health but gain a surprising amount of proficiency in executing various maneuvers.

The idea of being too tall or too fat is getting obsolete. There formerly prevailed a general idea that a man to be an acrobat had to be short; no one knew why, but that was the presumption. There are, however, a great many skilful acrobats, both amateur and professional, who are above the average in height.

Don't Make Excuses

If a person is fat that is all the more reason why he should take up tumbling. As a reducing medium ground tumbling is A. No. 1, especially on account of the vigorous work on the abdominal muscles. Tumbling works up a perspiration quickly. That talk of inheriting the ability is all nonsense. There are numerous performers who came from families which were professional for generations, but there is an equally large class, especially amateurs, who took up the steady and conscientious practice of acrobatics being rewarded with all the admirable physical qualities that legend and sculpture assigned to the ancient Greek, in some cases having formerly been a weakling.

So we see that for developing all desirable physical qualities quickly, efficiently and permanently, acrobatics are second to none. If you are a physical weakling, tall and thin, short and fat, awkward and stiff, or merely an average built normal man with a normal man's yearning, looking for means of recreation, keeping fit or physical rejuvenation, just give this method a try, starting with the simplest trick and working up, being careful not to overdo a good thing, and you will be surprised.

Books for Your Library

- Mental and Physical Ease and Supremacy. By C. Franklin Leavitt, M. D. \$2.00
- Are You Young? By C. Franklin Leavitt, M. D. 1.00
- The No-Breakfast Plan and Fasting Cure. By Edward Hooper Dewey, M. D. 2.00
- The Enlightened Life. By W. R. C. Latson, M. D. 2.00
- Health in the Home. By E. Marguerite Lindley 2.00
- Beauty of the Highest Type. By Caroline Williams LeFavre 1.00
- Cooking for Health. By Rachel Swain, M. D. 2.00
- Health and Fitness. By Bernard Bernard, Phys. B., M.P.C. (Lond.) 1.25
- Mental Efficiency—How to Attain It. By W. R. C. Latson, M. D. 1.25
- Widow Wrecked and Rescued. By Dr. W. J. Hunter 2.00
- Common Disorders. By W. R. C. Latson, M. D. 1.50
- No Animal Food, 100 Strictly Vegetarian Receipts. By R. H. Weldon 1.25
- Marriage and Its Violations. By John Ellis, M. D. 1.50
- Courtship Under Contract—A Tale of Woman's Emancipation. By J. H. L. Essger 1.00
- Sex Development. By Bernard Bernard, Phys. B., M.P.C. (Lond.) 1.25



Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fail me. Through the husbanding of vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the diseased conditions, a healing crisis was brought about, and the disease, which was banished as completely as if it had never existed. Today I am hale and hearty, vigorous, full of life and vitality, and an active life. My knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me.

I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of this healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purge, is stronger and more vigorous than before the disease attacked. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

NATURE CURE AN EXACT SCIENCE

Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvelous in its simplicity, so easy it is to grasp and put into practice. Quite recently he has put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you to

Treat Yourself at Home Without Drugs

This \$2.40 Book Sent Free

There is nothing that is vague or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of cults and isms which have so long bewildered the people who are earnestly seeking healing. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you why, and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic diseases, the healing crisis which leads to recovery.

You will find this book a revelation in the art of right living—a never-fading and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days which will give you ample time to read it carefully. If you are then convinced that the truth it reveals, the information it gives on how to treat yourself when sick, how to lead in robust vigorous life—health—if you consider all this well worth ten times the small cost of the book, send us the price—\$2.40—and keep it. Otherwise tell us in 5 days that you do not want it, and we will tell you where to send it. No obligation on your part whatsoever.

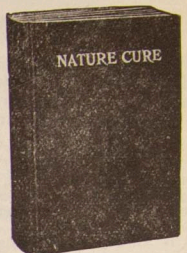
Lindlahr Publishing Co.

523 So. Ashland Blvd., Chicago, Ill.

- Human Nature Explained. By Prof. N. N. Riddell. 2.00
- What Shall We Eat? By Prof. Alfred Andrews 1.00
- An Art Album of Perfect Men and Women. Physical Cultivists 2.75
- Buz and Fury—A Dog Story for Boys. By Warrington Dawson 1.75
- The Sign of an Allegory of Truth. By Warrington Dawson 1.25
- Opportunity and Theodore Roosevelt. By Warrington Dawson 1.95
- Health for Women. By George H. Taylor, M. D. 1.25
- How to Live Long. By Louis Cornaro 1.25
- Tricks of Self Defense. 95
- Boxing. By Georges Carpentier 1.95
- Correct and Corrective Eating. By Bernard Bernard, Phys. B., M.P.C. (Lond.) 1.25
- The True Art and Practice of Auto-Suggestion. By Bernard Bernard, Phys. B., M.P.C. (Lond.) .50
- Massage. By George H. Taylor, M. D. 1.50
- Eating to Correct Ill Health. By Bernard Bernard, Phys. B., M.P.C. (Lond.) 1.75

Pull Your Disease Out by the Roots-

Some twenty years ago I first learned from my own experience that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.



Nature Cure Cloth Bound—438 Pages SENT FREE

From the forty chapters which comprise the contents, the few following chapter headings will serve as an indication of the scope and extent of scientific research set forth in this remarkable book:

- What is Nature Cure? What is Life? The Three Primary Causes of Disease—The Laws of Cure—Suppression—Versus Elimination—Suppression—The Cause of Chronic Disease—Inflammation—Effects of Suppression on Venereal Diseases; Deconstructive—after effects of Mercury—"Suppressive" Surgical Treatment of Tonsillitis and Enlarged Adenoids—Cancer—Woman's Suffering—Treatment of Acute Disease by Natural Methods—Dr. Osler on "Medicine"—The Diphtheria Antitoxin—Vaccination—Surgery—Destruction of "Cure"—Chronic Crisis Disease Crisis; Healing Crisis—Diagnosis from the Eye; The Story of a Great Discovery—Natural Dietetics, Mixing Fruits and Vegetables; Mixing Starches and Acid Fruits—Fasting—Hydrotherapy—Air and Light Baths—Correct Breathing—Exercise, Massage, Osteopathy, Chiropractic—Legitimate Scope of Mental and Metaphysical Healing—Mental Therapeutics—Strengthening of Will Power and Self-Control.

MAIL THIS COUPON

Lindlahr Publishing Co., 523 S. Ashland Blvd., Chicago

Gentlemen—With no obligation on my part to keep it, send me a copy of your 438 Page Book—Nature Cure. If at the end of five days I decide to keep it, I will send you \$2.40; otherwise I will ask you to tell me where to send it. Y. L.

Name _____ Address _____

From HEALTH AND LIFE PUBLICATIONS, 333 S. Dearborn Street, Chicago, Ill.

Muscles Like This In a Month

Guaranteed and money back if you are not satisfied. Never was there a fairer or greater offer made.

VITOLAXING

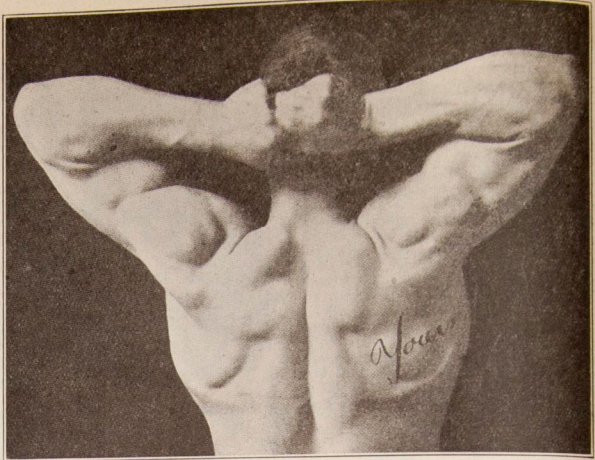
The greatest discovery of modern times. Health and strength are obtained in an incredibly short time by this astounding new system.

A Wonderful Discovery

Indigestion, Constipation, Nervous Debility, Sleeplessness, Rheumatism, Obesity, Sciatica, Dizziness, Headache, etc., etc., disappear like magic. It is Nature's own method of developing the body and any organs in particular, and

RESULTS ARE GUARANTEED.

VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful development that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the systems of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the methods, not always made public, used by most of the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel 'down and out.' However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arms bending and stretching you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the upbuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body may be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set into order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instruction. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical-condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, the power of mind is developed to a this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore, only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact, originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$3.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know too that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER AND BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, 327-335 So. Dearborn St., Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME _____

CITY _____

STATE _____

(Please Print Plainly)

From Death's Door

(Continued from Page 96)

He goes canoeing, bicycling, and swimming, also skating with me, and can hold his own with anyone in these sports. I have a hard time to equal him. He rides his own bicycle along side of me through city traffic, and I just talk to him so he can keep the right direction. He teaches piano and singing and is decidedly successful at it. I maintain that his great health and strength due to right living have made all this possible. He sings in five languages, and frequently composes piano solos, preaches at churches and writes poetry. (One of his poems appeared in "HEALTH and LIFE" last month, you will remember).

I hope this brief description does not seem boastful, as I just wished to give you an idea of the possibilities of a blind HEALTH and LIFE enthusiast. We both exercise regularly at weight lifting and eat good food, and as a result we have the kind of health that is built upon a solid foundation and never skips a day.

Still Working My Way to Perfection

I have not yet reached my goal as I should weigh 220 pounds for my height of six feet, four inches, but I feel sure that I am on the right road, thanks to men like Bernard Bernard to whom I am sincerely grateful for his inspiring articles in this magazine.

I might add that my normal chest measurement is close to 42 inches at present, which isn't so bad, compared to 26 inches, as it was when I first started exercise.

My teeth, which used to be soft and chalky, are now hard as flint. With them I have lifted 225 pounds and pulled automobiles. This I believe is due to my diet. So I say why be discouraged? Those who have the greatest handicaps are usually the ones to aspire to the heights and reach them.

If I could overcome weakness and sickness, and my brother could so far overcome his terrible handicap of total blindness and make himself what he is there is hope for anybody!

JOHN H. BASTOW.

Muscularity Supreme

(Continued from Page 93)

tolaxing that it will take a smooth, undeveloped youth, and give him a development such as that illustrated on page 93 within a month. That sounds big, but it's true.

The photograph on page 93 of Percy Hunt, the famous all round athlete, shows the type of muscular development that can be obtained by Vitolaxing. Notice how defined each muscle is, and yet how full of energy and strength.

There is of course no limit to the progress that can be made in the art of developing the human body. Vitolaxing is a most valuable contribution, because it is going to show fellows lacking in physical development that muscles can be put on quickly, and so develop that interest in the human body which is so essential if a fellow is to keep up his enthusiasm in the great cause of physical upliftment.

Strong Men of the Movies

(Continued from Page 92)

Luciano Albertini, the Italian wonderman, is a one-horse power personage. At least this is the estimate of Arthur E. Shadur, chief Engineer at Universal City, where Albertini is making his first American picture. Shadur tested the strength of the modern Hercules with standard testing machines in the Universal City laboratory, just as he would test a motor. He says that Albertini, using his legs and back muscles, can exert a one horsepower pull against a standard torsion indicator.

The Athlete Detective

(Continued from Page 100)

did not know the details that made the match so exciting. All they wanted to see was good wrestling, a tussle between two giants of strength, muscle and brain.

Hold after hold was applied, first one obtaining an advantage, and then the other. For a whole hour this kind of thing went on. Never were such vicious moves and throws seen in any wrestling match. Both men seemed super-human, and the reason was that each was wrestling, not merely for the match, but for life or death. Blount knew that if he lost there was no knowing how the Unknown was going to finish the match. The Unknown knew that if he lost, Blount would be a free man; that is, free to put the Unknown and his confederates away for ten years.

There was one thing, however, which John Blount did not know, and that was that a mean trick was to be played by the Unknown's seconds; at least he did not know at this moment.

It was when the Unknown had forced Blount into a terrible toe hold in the Unknown's corner, and when Blount was countering it with a wrist lock that he saw a distinct flash come out from the corner right before his eyes.

What could it be? There was something wrong. He must make away from this corner for all he was worth.

He abandoned the wrist lock, and with a terrific effort dragged himself and the Unknown towards his own corner, and in doing so wrenched himself free.

Around and around they chased each other, fencing for holds, and butting like bulls in ferocious madness. But Blount was not mad; his brain was working more quickly than even those tough, well-trained muscles of his. Securing a front head lock, he began to drag his unknown opponent around the ring, to the wild cheering of the crowd. They wanted to see him now finish off the Unknown, but Blount was not that way. In fact, he was not thinking of putting the man down; he was determined to give him a taste of the tragic medicine intended for himself. He was studying the Unknown's corner thoroughly, and noting where the flash appeared. Then he decided to play a dangerous game.

He dragged the Unknown into the Unknown's corner, for he was determined to see that flash again. He had

(Continued on Page 116)



FEED YOUR SYSTEM DON'T DRUG IT!

and you Are Surely on the Way to Perfect Health

Diabetes, Kidney Troubles, Rheumatism Liver Disease, Neuritis, Ulcer, High Blood Pressure, and other disorders are usually only secondary affections.

The cause of these diseased conditions is in your diet. Your foods lack vitamins; the necessary mineral elements are destroyed. Don't drug your body. Feed it. Mineral Salts and Vitamines don't come from medicines. They come only from foods.

We have cured thousands of cases of intestinal auto-intoxication. Almost any ordinary case of ailment or disease can be permanently relieved and satisfactorily cured by the

Mineral Salt Treatment \$15.00

Lasting about two months, is recommended in all common cases. It consists of products which contain the valuable PHOSPHATES, SULPHATES, CHLORIDES, CALCIUM, SODIUM, etc. in concentrated forms. It is a PERFECT BLOOD and NERVE FOOD, a VITALIZING STIMULANT without alcohol, a NERVE SEDATIVE without narcotics, a LIVER INVIGORATOR and BLOOD PURIFIER, a REVITALIZER and REGENERATOR of the entire system.

Phenolix Cure \$36.00

Lasting about 3 months

is advised in all inveterate cases. It consists of practically all the food you will need for three months, except a small quantity of fruits and vegetables. This cure WILL REMOVE THE WASTE PRODUCTS and TOXIC MATTER from your system. It will SUPPLY THE ELEMENTS of which cells or tissues, bones and nerves are composed. IT WILL BUILD UP THE SYSTEM IN THE SHORTEST TIME POSSIBLE, for the WEAKEST STOMACH CAN ASSIMILATE THIS FOOD—it contains only the ESSENTIAL ELEMENTS. It will make a new person of you.

Trial Treatment—\$1.87

If you do not wish to try out our preparations before ordering a complete treatment, fill out the following coupon, remit \$1.87 and mail TODAY. Prove to your own satisfaction that your health can be materially improved; that you can become well and remain well. Thousands have been marvelously benefited by this single treatment. Further treatment depends upon your condition. SEND TODAY. Immediate shipment.

Yoghurt Sanitarium, Dept. 11, So. Bellingham, Wash.

I have enclosed \$1.87. Please send me TRIAL YOGHURT TREATMENT at once.

Mail me without obligation. FREE complete information about Yoghurt Temple of Health, and FREE TREATISE ON DISEASE as checked below.

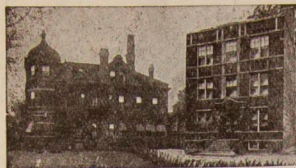
- | | | |
|------------------|----------------|---------------------|
| Anaemia | Diabetes | Paralysis |
| Arteriosclerosis | Emaciation | Piles |
| Astima | Epilepsy | Rectal Disease |
| Bladder Disease | Gout | Rheumatism |
| Bronchitis | Heart Disease | Skin Disease |
| Catarrrh | Insomnia | Stomach Disease |
| Constipation | Kidney Disease | Tumors |
| Consumption | Liver Disease | High Blood Pressure |
| | Neurasthenia | Neuritis |

Name
Address
Town State.....

Yoghurst Sanitarium

12th & Harris Dept. 11 359 W. Broadway, So. Bellingham, Wash. New York City, N.Y.

Learn Chiropractic



The Progressive College equips you for straight Chiropractic with a knowledge of drugless healing in its broadest sense.

HOSPITALS—LABORATORIES—CLINICS

In connection with the college afford the student experience not obtainable in any other drugless school today.

DAY AND EVENING CLASSES

are arranged to enable the ambitious student to devote part time to earning a livelihood. College buildings and equipment always open to visitors. Enroll now. Send for new catalog.

PROGRESSIVE COLLEGE OF CHIROPRACTIC

Dept. X, 517 So. Ashland Blvd. Chicago, Ill.
Chartered under the State Laws of Illinois.

CATARRH



TREATED FREE 10 DAYS to prove quick relief. Dr. Coffee had catarrh, deafness, head noises. He found a treatment that gave complete relief. Thousands used it successfully. Want you to try it free? Write **Dr. W. O. COFFEE** Dept. 200 Davenport, Iowa.

GET FAT

Are you thin and emaciated?

Would you like to become normal in weight and strength and add 10, 20, 30, pounds or more of healthy flesh. Get my method.

DR. L. HOLT

620 S. Grand Av., Los Angeles, Cal.

CONSTIPATION IS HUMANITY'S WORST enemy. You need not suffer from it. The H. L. Enema will cause a flushing of the bowels any time you wish. Recommended by the Editor of HEALTH AND LIFE. Price \$1.75. H. L. HEALTH AND LIFE, 333 S. Dearborn St., Chicago, Ill.

STRENGTH, THE PRIDE OF EVERY MAN. Keep up the vigor of youth with my illustrated nature course treatment and instructions. Reduced to \$2.00. Dr. James Pivonka, 5733 Broadway, Cleveland, Ohio.

EXPECTANT AND NURSING MOTHERS should know about Tyler's Macerated Wheat (see page 71) which maintains strength, prevents tooth decay and quickly corrects constipation. Byron Tyler, Kansas City, Mo.

EARN BIG MONEY, SPARE TIME, AT HOME. vicinity. Addressing, mailing, music, circulares. Send 10c for music, information. American Music Co., 1658 Broadway, Dept. G-11, N. Y.

Employ Natures Way

Keep the bowels open and the system in a state of health—use a pure and perfect food laxative, rather than resort to means that may prove dangerous. Certain foods are constipating; while others are laxative. Certain fruits, scientifically blended, form a laxative that works in natural form upon the system. They produce no bad after effects, no harmful habit forming results, which sometimes develop serious intestinal troubles. Use a laxative that contains

NO HARMFUL DRUGS

one that can be taken with absolute safety by anyone. Use Allen's Fruit Laxative. It is a safe, simple, sensible and natural food laxative, unailing in its results. Nothing but a nourishing blend of dates, figs, raisins, prunes, a few simple herbs and brands. Delightfully palatable, absolutely harmless. Very pleasing to take—children love it. Nothing better can be found than this pure and wholesome food—it constitutes a natural food laxative.

ALLEN'S

FRUIT LAXATIVE

taken as directed, you should never be troubled with a clogged system and its long train of ills. It is unailing in its results in keeping the bowels open and the system in a state of health. If you are in any way troubled with constipation then send \$1.00 for two eight-ounce size packages. Sufficient for the entire family over a long period. It will give you perfect results, otherwise your money refunded.

J. E. TUBBS

BOX G

CRANFORD, N. J.



Roosevelt's Discovery

(Continued from Page 87)

story—and told it again and again in glorious lighted prose. And Kipling has been always Kipling (which, by the way, is a wonderful thing to be—as the Thirtieth Century will state doggedly.)

But Warrington Dawson tells a score of stories. In each one he reveals a new facet of his soul—a new triangulation of his strange genius. You think you have got him in "The Scar." He turns on his heel and gives you "The Scourge." When you come to "The True Dimension" you say: "Now I've got him—that's Warrington Dawson."

And the next year he will give you "Paul Clermont."

What are you going to do with a man like that?

I know; I found the answer as I pondered the matter in an old room in Versailles; the world will only get Warrington Dawson when it gets him in a complete edition—twenty-two volumes long; for in each of his books he shows merely a facet of his amazing sympathy with life—his curiously subtle understanding of it—and to become a real Warrington Dawsonian the world must do, as I have, take all his books as one complete whole, for each book is merely one part of his vision and one part of his message.

That, at all events, is the way I see it—here as I sit in an old room in Versailles, turning the pages of books I love.

VANCE THOMPSON

The Athlete Detective

(Continued from Page 115)

not been there for more than a minute when he perceived it once more.

"That's good enough," he thought to himself, and he proceeded to wrestle on.

At that moment the Unknown made a super-human effort, and simply stood up with his opponent and proceeded to sweep him through the air; but, quick as a flash, as Blount was being hurled to the mat, he fixed a flying scissor on the Unknown's leg, which sent him spinning away and served to break Blount's fall.

Again they mauled each other, and then Blount deliberately put himself underneath. The Unknown fell on him and sought to apply a body hold and turn him over.

Then it was that Blount took his chance. With one arm he gripped the leg of his opponent, and with the other gripped his arm, but made sure to have his head gripped tightly near his own, so that he had almost free control of him. Then he worked his way toward the Unknown's corner.

Blount had noticed something that the Unknown's confederates had not bargained for. Just prior to the flash, a fraction of a second, maybe, there was a slight click. He had noticed this carefully. He was now waiting for the click.

It came, and with a super-human lightning effort, he placed the Unknown's head in the position in which he had formerly held his own head.

Immediately the Unknown was as limp as a rag. Blount did not trouble to put him onto his shoulders, or to obtain the referee's decision. He just lifted him up and placed him in his corner. Then he remarked to the Unknown's confederates, "That is your handiwork. Take him."

(To Be Continued Next Month.)

OPPORTUNITY and THEODORE ROOSEVELT

By Warrington Dawson

The book deals in particular with Mr. Roosevelt's African Expedition.

This book concerning the man who has been called "The greatest American" is by another American who saw him facing new problems and strange conditions in far lands. And invariably Theodore Roosevelt remained true to himself — and a great American.

It was by accident that Warrington Dawson, from having been a traveling companion in a press capacity, became his close friend and acted informally as his private secretary.

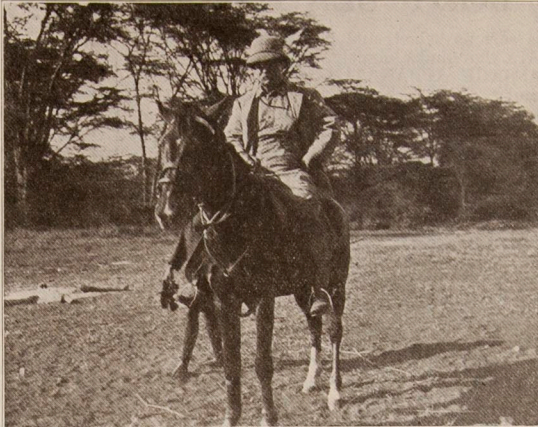
Facts in connection with the famous African expedition which puzzled the American public are here ex-

plained for the first time. The extracts from Mr. Dawson's diary furthermore supply first-hand evidence on many interesting points.

In addition, the personality of Mr. Roosevelt stands out, with all the book woven about him, as strongly visualized as a character in fiction.

The book is illustrated with photographs taken in Africa by the author, and facsimile reproductions of hitherto unpublished letters, partial text of a speech corrected in Mr. Roosevelt's hand, etc.

The whole well bound, gold lettering on cover.



With Roosevelt in Africa

Price, \$1.95, post paid

THE SIN

(An Allegory of Truth)

By Warrington Dawson

"This morning I finished reading Ibsen's "Emperor and Galilean" and "The Emperor Julian." In putting down the books I said that if Ibsen had written only these two plays, he would still have the right to be named among the greatest dramatists. In reading through "THE SIN," I could not help remarking that if Warrington Dawson had written only this work, he would still be numbered among the greatest living literary artists."—Bernard Bernard.

This is the greatest work ever written by Warrington Dawson. In it he will live forever.

Well bound, gold lettering.

Price \$1.25, post paid

BUZ AND FURY

By Warrington Dawson

(For Young People)

"I am His Highness's dog at Kew.
Pray, Sir, whose little dog are you?"

A delightful Dog Story, especially written for two boy friends of the Author. Beautifully bound; gold lettering.

Price \$1.75, post paid

The Honest Truth Publishing Co., Inc.

333 South Dearborn Street

Chicago, Illinois

THE DEMAND FOR DRUGLESS PHYSICIANS

greatly exceeds the supply. Our school offers Post-Graduate courses in all branches of Natural Healing, such as: Natural Dietsies, Iridiagnosis, Philosophy and Practice of Natural Therapeutics, Hydrotherapy, Applied Psychology, Laboratory Diagnosis and Official Therapy. Send for illustrated prospectus and terms.

LINDLAHR COLLEGE OF NATURAL THERAPEUTICS
Dept. X, 519 South Ashland Boulevard :: :: Chicago, Illinois

IS YOUR BODY BEAUTIFUL?

Is your skin as soft as velvet, and beautiful and wholesome to look at Are your limbs shapely, and free from fat? My **VACUUM MASSAGE APPARATUS** will give you this shapeliness and beauty.

It is being used by many artists' models to keep their figures in the tip top beautiful condition so absolutely indispensable to them in their profession. No artists' model could get a job if he or she had rolls of fat, or the superficial fat bulgings so frequently seen on those who do not take the necessary care in keeping the body as it should be.



Miss Irene Browne, the beautiful artists' model of Chicago, uses the Vacuum Massage Apparatus regularly, and attributes much of her grace and beauty to it.

VACUUM MASSAGE APPARATUS. I use it, and so do many other athletes and physical culturists.

The cost is only \$1.50. Complete instructions are sent together with the apparatus, and if you are not perfectly satisfied, you are quite welcome to return it, and your money will be refunded.

Send your order, together with remittance for only \$1.50, to Jos. Richmond, care of

Health & Life Publications

333 South Dearborn Street

Chicago, Ill.

SICK? TIRED? WORN-OUT?



Throw Away Your Medicines!

Don't continue undermining and weakening your system with harmful, poisonous drugs. Let nature cure you of your ills.

The New Blood Washing Method

Nature's own system—removes cause of disease—health and robust vigor restored. Chronic ailments washed away as if by magic. System freed of all congestion, accumulation of dead matter, etc. Brings back strength and vital power.

After considerable experimenting I have perfected a Bio Water Treatment Apparatus that can be quickly attached to any bath. You can now take the Blood Washing Treatments yourself in the privacy of your own bath.

This complete outfit together with the full course of instructions completely illustrated sent complete for \$26.50 post paid. This is the famous blood washing method written about in recent issues of *Physiocal Culture Magazine*. The blood washing treatment is not a new fangled idea or cure-all—it has the highest endorsement of the drugless profession. I personally as a physician have had the most astonishing results on a great many of my patients. It is only for that reason I have decided to present this form of treatment to the American Public.

Write me to-day. Let me send you full description literature, learn all about this new form of **EXTERNAL NATURAL** method of relieving aches, pains and diseases.

DRUGLESS DOCTORS, INSTITUTIONS, TURKISH BATHS.

This new blood washing method offers you an opportunity to participate in a new lucrative and successful practice. Write me to-day for full particulars about this treatment and outfit.

DR. BENEDICT LUST
110 East 41st St., New York

The Bio Blood Washing Treatment is administered at
Dr. B. Lust's Nature Cure Resorts:
"Youngborn", Butler, New Jersey;
Tangerine, Florida; Bio Institute,
7 W. 76th St., New York City.

Married People Who Dare Not Love

Continued from Page 89)

the parent, that there is no break in life, that we, as we exist today, are the possessors of the same flesh and blood, the same life and soul, that were in existence thousands, nay, millions and trillions of years ago. It is all a very, very, fascinating story if you dive into it, and I assure you that it is very well worth diving into.

You can go back further still, and find that we human beings are immortal in the true and scientific sense of the word, that the energy and life we possess were in the solar system even before this world of ours was formed. And so, we are part, not only of the human race, but of the whole world; more than that, part of the whole Universe, the life and energy of which cannot be extinguished.

It is a great and beautiful thought for a philosopher, and there is no reason why every child and every adult cannot be a philosopher. Philosophy of this nature brings beauty and understanding; it is founded on fact, on something real and tangible.

Counteracting Harmful Temptations

Its value used as a method of sex education is in the fact that it does not rest upon mere moral suasion without any basis. It informs in a definite way that any interference in a wrong and unnatural way with the sex functions disturbs the life of the human race in general. If the sex functions are tampered with before adulthood in an unnatural way, then it is possible to see biologically and physiologically the harm that must result.

But, what is more, it will show couples about to marry how sacred is the function that knits them into a unity. Instead of being afraid of love, of daring to express the most beautiful and most sacred emotion of which they will ever be possessed, they will be able to feel that they can come to each other, and express freely a great and enduring love.

Instead of having a teaching which maintains that the sex function is inevitably connected with sin, there will be a desire to allow the sex function to take its rightful place because its abuse is a thing of the past.

Although the most beautiful and the most sacred thing in the world when it takes its rightful place, sex can be the greatest curse when abused. We all know this, but it is the inspiring of its correct use and its rightful place that will end its abuses, and only education—scientific education—can do it. Ignorance and darkness always make for disease and misery. Education and light make for purity and happiness.

A Correction

In the report of the Weightlifting Contest which we gave in our January issue, between Al Bevan and Alfred Martin, of the Los Angeles Athletic Club, Martin's name was put over Bevan's lifts, and vice versa. This was a typographical error, and we apologize.

MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which very few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated if it does not come from wholesome sources.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development."

It is a very human document, being, as the author himself says, the knowledge which carried him through successfully to clean manhood.

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

WOMANHOOD

Every woman ought to know the facts of life; if she does not, she is in grave danger.

It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life.

In "Sex Development" Bernard Bernard has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life.

There is not a

passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

Read This

Dear Editor, Dec. 14, 1923.

Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me, and I to him.

I am enclosing a check for further books. Your wonderfully sweet and pure idealism as expressed in your magazine and books has made life all over for me. And I know the new life will be beautiful and happy.

Do hurry these books to me.
Sincerely yours, D. M.,
Ithaca, N. Y.

Sex Development

(Love, Birth and Development)

By BERNARD BERNARD,

Phys. B., M. S. P., M. P. C., London

THE BOOK THAT REALLY TELLS MEN AND WOMEN THE THINGS THEY OUGHT TO KNOW

Listed by the National Educational Association

Written in popular language, it can be read and enjoyed by young or old.

It fills the long-felt want of a truly reliable and scientific yet popular work of sex education.

The book is fully illustrated with diagrams. Only \$1.25 Postpaid

Send check or money order for \$1.25 for your copy now to make sure of one.

SPECIAL HEALTH AND LIFE COUPON

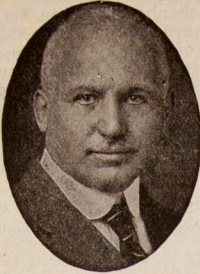
To the Publisher, Health and Life Publications,
333 S. Dearborn St., Chicago.

Please send me a copy of "Sex Development." I enclose \$1.25.

Name

Address

A Dignified Profession Doctor of Naturopathy



DR. BENEDICT LUST

IF you are ambitious, if you are intelligent, do not allow the lack of an extensive and long college education stand in your way of entering a wonderful, handsome paying profession. Study the science of Naturopathy at our School of Biological Healing.

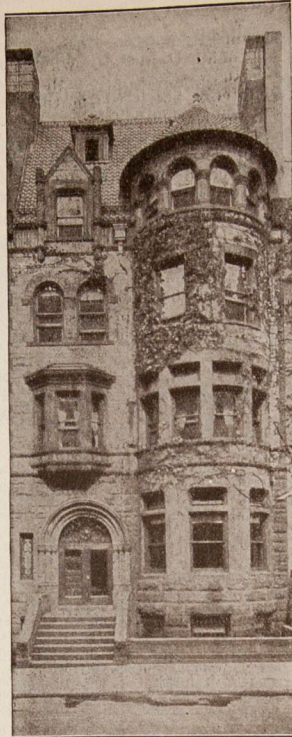
This course covers every Natural Method as Diet, Chiropractic, Osteopathy, Hydrotherapy, Massage and Physical Culture. Study under enthusiastic, earnest professors with the best modern equipment. Day and Evening classes. Busy, practical clinics. Students can pursue studies without interfering with their present employment.

Our graduates are recognized by all Naturopathic State Boards of America, Canada, and foreign countries.

Start to-day on a helpful and paying career. Send us 25c for full educational literature.

AMERICAN SCHOOL OF NATUROPATHY
AMERICAN SCHOOL OF CHIROPRACTIC

Dr. Benedict Lust, President and Dean
7 West 76th St., New York City



Founded 1896 by Dr. Benedict Lust. Incorporated 1905 under the Laws of the State of New York

The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, paper, etc.

Name _____
 Address _____
 Married or Single _____
 Age _____
 Height _____ Weight _____
 Complaint _____
 Duration of Complaint _____
 What exercise do you do? _____
 What do you eat for Breakfast? _____

 Lunch? _____

 Dinner? _____

(Please print plainly.)
 On another piece of paper state tersely, but in detail, the peculiarities of your case.
 To the Editor "HEALTH AND LIFE"
 333 S. Dearborn Street, Chicago

Editorial

(Continued from Page 103)

eating as an aid to health, strength, and efficiency. I read in the paper this week of pupils who were graded into classes according to the nourishment taken, and their results on their class work. It was found that those who had eaten most heavily were the worst students, those who had eaten most lightly were the best students. Noticing the averages, this was found to be uniform. The man who made the report commented that therefore eating had nothing to do with being, and that a well fed nation would not be an intellectual nation.

GOOD EATING WILL BUILD UP BRAIN AND BRAWN

He is wrong. Those children were not well fed. They were badly fed. They were fed starches and proteins all mixed up together; with acid fruits and starches mixed too; with acid fruits, white flour, and other demineralized and degenerated foods. The report only proves that what is commonly thought to be good feeding is bad feeding, and that children fed less can get more real nourishment out of their food than children over fed on foods badly combined, and on commercialized foods which have been robbed of their most important vital elements. You can get more muscle, real healthy tissue, I mean, and a clearer blood stream to feed an active brain from simple plain food, scientifically combined, and containing the whole of its nourishment, and not robbed by any processes of manufacture, than you can from what the average person looks upon as a big nourishing meal. I have tried it, so I know.

DIETING TO KEEP CONSUMPTION

Unfortunately, the regular doctors who contribute articles to the newspapers to tell people how to eat, are extraordinarily ignorant, or if not ignorant, something else. A famous doctor recommends the following diet for consumptive:—

BREAKFAST

- Orange juice.
- Cereal cooked with milk and served with cream.
- Overbroiled bacon.
- Crisp buttered toast.
- Coffee and hot milk, served with cream and sugar.

DINNER

- Inside cut of roast beef.
- Baked potatoes.
- Buttered peas.
- Lettuce hearts with cream dressing.
- Bread and butter.
- Junket.
- A glass of milk, enriched by the addition of cream.

SUPPER

- Escalloped potatoes.
- Omelet.
- Crisp roll and butter.
- Baked apple.
- Cocoa, made with milk.
- He heads his article, "Diet for Consumptive." If he means a diet that will produce consumption, there is certainly

(Continued on Page 122)

A Beautiful Art Album of PERFECT MEN and WOMEN

for

Lovers of the Body Beautiful

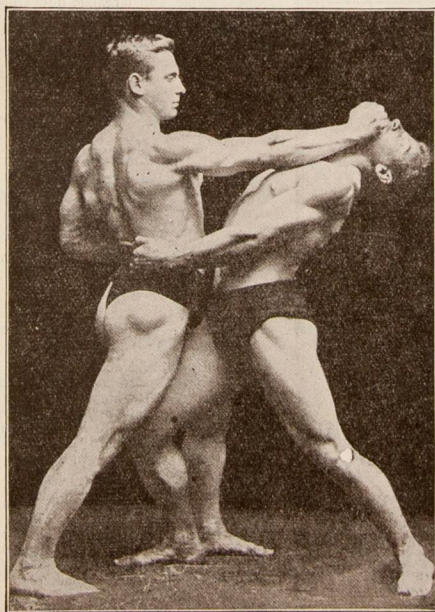
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

This beautiful ART ALBUM is one you will never tire of looking through again and again. Each picture is an inspiration and a joy to behold.

If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$2.75.

The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

Ethelda Bleibtrey (several poses).
Charlotte Boyle.
Ida Schnall (several poses).
George F. Jowett.
Bernard Bernard (several poses).
Charlie Postl.
Ray Johnson.
Marie Curtis.
Edward Aston.
George Dimbinaki.
Laura Bennett.
Mary Jane Lowe.
Carrie Keeley.
Marion Fletcher.
Nursie King.
John G. Paine.
Charles Shaffer.
Al. Telour.
Maurices Derias.
Hilda Curtis.
Strangler Lewis.
David Willoughby.
Al. Bevan.
Sam Clapham.
Maxick.
Walter Klee.
Stanislaus Zbyszko.
Captain Johns (several poses).
Otley R. Coulter.

Antone Matysek.
Sybil Bauer.
Joie Ray.
George Calza (several poses).
Arthur Saxon.
S. V. Bacon.
E. H. Bacon.
Sergeant Swimmer.
Joe Stecher.
Jack Dempsey.
Mark Jones.
Arthur F. Gay.
Marin Plestina.

PHYSICAL CULTURISTS

Mrs. Earle Liederman
—(Miss Alaska) (several poses).
J. Richmond (several poses).
Earle Liederman.
Charles Atlas (several poses).
Dorothy Knapp (several poses).
Kathleen O'Connor.
Olive Ann Aleorn.
Lionel Strongfort.
Jovita Dardon.
Helene Chadwick.
Joe Bonomo.
Madge Merritt.
Marjorie Barker.
Rev. B. E. Brown.
Glady's Walton.
Priscilla Dean.

Dr. C. B. Severn.
John M. Herrie.
A. P. Hedlund.
Mrs. Hedlund (several poses).
Rose Kinder.
Polly Walker.
Doris Wilson.
The Vanities.
Ann. Hyatt.

ARTISTIC

Strength and Beauty
Les Syrenes.
Salambo and Mattho
A Study of the Nude
The Slaves.
The Vine.
The Sundial.
Ecstasy.
Consolation.
Le Baiser.
The Tempest.
Rising Woman.
Braccio Nuovo.
L'Aurore et Cephalé.
Apollo.
Energy in Repose.
Psyche Receives the
First Kiss of Love
The March of Love.
Beauty and Development
Climbing up the Cliff.
Hail to Life.
Bacchante.
Pygmalion and Galanthe.
Devant La Mer.

Send now for this Art Masterpiece. It will be your most treasured possession.

Make sure of getting one of the few copies in existence by sending your check or money order, or currency for only \$2.75, and this beautiful album will be sent to you postpaid immediately. Send to

Health & Life Publications
333 So. Dearborn St. Chicago, Ill.
(If desired no money need be sent. A postal card giving your order will bring the beautiful album to you and then you pay the postman for it.)

Eat Your Way to HEALTH

Don't be hungry. Hunger never produced health. It's all a matter of Correct Diet absolutely certain when you

Eat Tyler's Macerated WHEAT

Nature's Health Food Eat as Much as You want

A delicious, nourishing Health Food, Prepared ready to eat. Nuts, Cracked Wheat, Raisins, etc. Its Bran content regulates digestion, stimulates bowels and Absolutely Cures Constipation or money refunded. Testimonials without number.

NOT A MEDICINE, BUT A FOOD that keeps you healthy and builds your home and body. Enjoyed as a regular diet by young and old. Contains 16 mineral elements and 3 Vitamins, absolutely necessary for perfect health and not found in ordinary foods. Write today for convincing proof or better still send \$1 for week's supply, sent postpaid.

BYRON TYLER (Est. 1899)
111 Gibraltar Bldg., Kansas City, Mo., U. S. A.

Health and Life Fellowship

A Band of Men and Women United in Their Love of the Healthy, the Strong and the Beautiful.

President, The Editor of HEALTH AND LIFE.

We want all those who believe in the work which HEALTH AND LIFE is doing to inspire a love for the healthy, the strong and the beautiful, to join the HEALTH AND LIFE Fellowship.

Thousands of men and women now in the slough of despond need our help to show them the way to health and happiness, and by joining hands we shall become a great force for our cause.

Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

By becoming a member you make a pledge to keep your body healthy, strong and beautiful. This in itself is a great help to you personally to follow out the rules which mean everything in life to you.

Members of the Fellowship are entitled to the following benefits:

Free advice from the Editor of HEALTH AND LIFE. No need to pay the usual 25c for postage, etc.

Ten per cent off books published by the HEALTH AND LIFE publications. Subscription to HEALTH AND LIFE, \$1.50 per year instead of the usual \$2.00.

A handsome illuminated certificate, signed by the Editor of HEALTH AND LIFE, is presented free to each member on joining the Fellowship.

Fill in your coupon now and send it in.

HEALTH AND LIFE FELLOWSHIP

To the Secretary:

I wish to join the Health and Life Fellowship. I promise to do my best to keep my body healthy, strong and beautiful. Enclosed is my fee of \$1.00.

Name

Address



Tobacco Habit BANISHED

Let Us Help You

No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvelously quick; thoroughly reliable.

Not a Substitute

Tobacco Redeemer contains no habit-forming drugs of any kind. It is in no sense a substitute for tobacco. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It makes not a particle of difference how long you have been using tobacco, how much you use or in what form you use it—whether you smoke cigars, cigarettes, pipes, chew plug or fine cut or use snuff, Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This we absolutely guarantee in every case or money refunded.

Write today for our free booklet showing the steady effect of tobacco upon the human system and positive proof that Tobacco Redeemer will quickly free you of the habit.
Newell Pharmaceutical Company,
Dept. 951 St. Louis, Mo.

Editorial

(Continued from Page 120)

a lot to be said for this diet. There isn't the slightest doubt that it will surely feed the consumption, and make it worse. I have seen consumption cured by scientific eating, but on a very different diet from the above. The diet that will cure consumption, and nearly every other eruptive disease, is one which, while the disease lasts, is free from heavy starches and proteins, but plentiful in pure fresh vegetables; this of course included with radical elimination. Disease is caused by a putrid blood stream. The diet recommended by the famous doctor would only serve to put the blood stream in a yet more putrid condition. Overbroiled bacon with orange juice and cereals at the same meal; with toast and coffee. Hasn't the doctor ever heard of fermentation? Why, that breakfast would render even a healthy blood stream acid and toxic, and make for ill health. As Doctor P. L. Clark said in a recent article in HEALTH AND LIFE, it isn't so much what you eat as what you don't eat that will rid the body of disease.

What Champion Jowett Says of The Art Album.

"I feel that I should say a word about the Art Album. It is a fine piece of work, a departure from the old standard, and a creation that all lovers of art and the body beautiful should have in their collection. You have done the cause a favor by its inception.

"I enjoyed your article on 'The Glory That Was Greece'. It has a powerful appeal to me, and I realize how true and significant your words are.

"Such material is of essential value from all points of view."

Your sincere friend,
GEORGE F. JOWETT.

With the Men of Iron

(Continued from Page 107)

First Voice:—"Ha... Ha... If those two sky rockets don't quit talking so strong, they'll be getting muscle bound in th' tongue."

Second Voice:—"Th' two of 'em are what you call 'soap-box' Samsons... Th' only thing they can lift is their voice."

Round 5. It Appears The Major Acknowledges Defeat.

Warner:—"Hold on, Hoople. Y' ain't goin' out on me, are you? Har... Har... I knew I'd make you run up th' white flag in them Strong Man yards. If you'll wait a minute I'll tell you one more about th' time I carried a safe under my arm as if it was a lunch box! Har... Har..."

The Major:—"Hmf... Indeed, my friend, you are laboring under an illusion if you think I am giving ground to your silly assertions... Haw... Haw. Were it not that I am calling on S. Barker Van Tenyck this evening to determine the authenticity of some Rembrandt canvases he contemplates purchasing, why, I'd relate to you some of my muscular achievements I vouch would put your idle prattle to scorn! However, I bid you 'Good evening.' Hmf..."

Do you know that JENNER'S SON DIED OF TUBERCULOSIS?

Read

"VACCINATION CAUSES TUBERCULOSIS"

16 pages 10c postpaid

Do you know that

Serums turn one disease into another?

Germs are scavengers in the body as in the soil and do not cause disease, but only give disease its "characteristics." Serums modify these characteristics.

Read

"Germ Mutation"

24 pages 10c postpaid

If you are ill read

"Fasting and Man's Correct Diet"

How Greatly to Prolong Life

The writer believes that IMMUNITY FROM ALL CONTAGIOUS DISEASES can be attained through such control of the diet as to maintain "DORLESS EXCRETA, at all times, as described by HORACE FLETCHER.

This book gives the detailed treatment the author took to restore himself from a chronic catarrh case to robust health and strength. "Some of the most interesting data yet compiled."—Health and Life.

153 pages cloth \$1.75 postpaid

WRITE FOR CIRCULAR

All for sale by the author

R. B. PEARSON

6619 N. Ashland Ave., Chicago, Ill.

Eating to Correct Ill-Health

By Bernard Bernard
Phys. B., M.P.C. (London)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes of foods, and by going without the necessary ones. They get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indis-



A HOSPITAL WHERE EATING IS THE CHIEF TREATMENT IN THE CORRECTING OF ILL HEALTH.

This is a scene at Saint Margaret's Hospital, Bromley, Kent, England, where the importance of correct eating has been established in the correction of ill health. Seated to the left of the picture is Bernard Bernard, author of "Eating to Correct Ill-Health." On the right (with cup and saucer in hand), is Doctor Charles Fox, F. R. C. S., L. R. C. P., the distinguished English physician, who has charge of the Hospital.

List of CONTENTS

- The Cause of All Disease.
- Eating to Eliminate.
- Eating to Combat Consumption.
- Tuberculosis In Other Organs
- Goitre.
- Catarrh and Asthma.
- Rheumatism.
- Indigestion.
- Constipation.
- Fatness and How to Reduce It
- Thinness—And How to Put On Flesh.
- Eczema.
- Piles.
- High Temperature.
- Cancer.
- Diabetes.
- Anaemia.
- Acidity.
- Sex Weaknesses.
- Bad Breath.
- Headache.
- Kidney and Bladder Trouble.
- High Blood Pressure.

position, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

We are absolutely positive that you will be perfectly satisfied, and if you are not, we are quite prepared to give you back your money in full. No offer could be fairer than this.

It is your right to be healthy, fit, and strong, able to enjoy life, and able to enjoy good meals.

Don't delay. Send for your copy of this great new book.

Don't miss this opportunity of getting the book, but send right away. Send your check, money order, or currency for only \$1.75, no more and this valuable book will be sent to you immediately.

HEALTH and LIFE PUBLICATIONS

333 South Dearborn Street

CHICAGO, ILLINOIS

Keep Your Spine and Muscles Fit



J. Richmond using his SPINAL EXERCISER

ly low. It is only \$4.50 and this includes a special chart of exercises.

It is used by doctors and physical training instructors. It is used by champion athletes in their training.

Don't exercise aimlessly without any apparatus. You can get ten times the result by using the SPINAL EXERCISER than you can if you just wave your arms or body about without any assistance. I owe my development, on which I have been complimented by the highest authorities, including the Editor of HEALTH AND LIFE, absolutely to the use of the SPINAL EXERCISER. You can have health, strength and development; you can feel the glow of health and fitness if you use the same apparatus as I do.

The apparatus has been highly complimented by Charlie Cutler, late American Wrestling Champion, Johnny Meyers, Middleweight Wrestling Champion of the World, the Kimrock Athletic Club, and many Physicians of note.

The apparatus is very easily adjusted. All you have to do is to lock the special attachment to the ceiling, or to a beam, or even to the doorway, and all is fixed. Then simply slip the head rest over your head, and you can start your exercises. Do a few movements on it in the morning, and you will be fit for anything that comes along during the day. "The glory of a young man is his strength." There is no glory in mankind without health. You are assured of positive abounding health and strength if you use the SPINAL EXERCISER.

Send now, without delay, check, bills, or money order for \$4.50, and you will receive this wonderful apparatus and system of exercises by return mail

JOSEPH RICHMOND

Care
of

Health & Life Publications

333 South Dearborn Street

Chicago, Illinois

The SPINAL EXERCISER will be sent C. O. D. if requested. Send no money, simply send your order on a postal card.

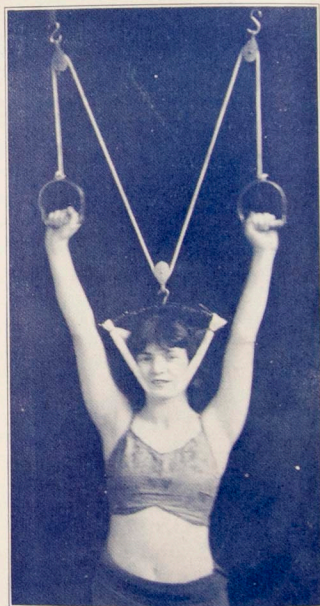
Do you know that most ailments originate in the spine? If you are suffering from any form of spinal trouble it can be relieved. You can wholly overcome your affliction right in your own home without pain or discomfort. The SPINAL EXERCISER will strengthen your spine. It can overcome weakness and organic ailments of men and women, develop erect graceful figures, replace misplaced internal organs, reduce enlarged abdomen, strengthen and straighten the back, correct stooping shoulders, develop the lungs, chest and bust, relieve backache, curvatures, nervousness, constipation, bring restful relief, comfort and ability to do things that you are ambitious to do if you only had good health. It is nature's own method and can be used by anyone. Give it a trial.

The SPINAL EXERCISER has proved itself the most remarkable apparatus in the physical culture world.

To keep your spine in condition is to keep fit. Every disease is associated with malformation of the spinal column. Your spinal column must keep in order if you use the

SPINAL EXERCISER

Do yourself a good turn right now by presenting yourself with a SPINAL EXERCISER. The price of it is absurd-



Dorothy Merriman, an artists' model, using Joseph Richmond's spinal exerciser. She attributes her beautiful figure, which has served as a model for some great works of sculpture, to regular exercising on the spinal exerciser.