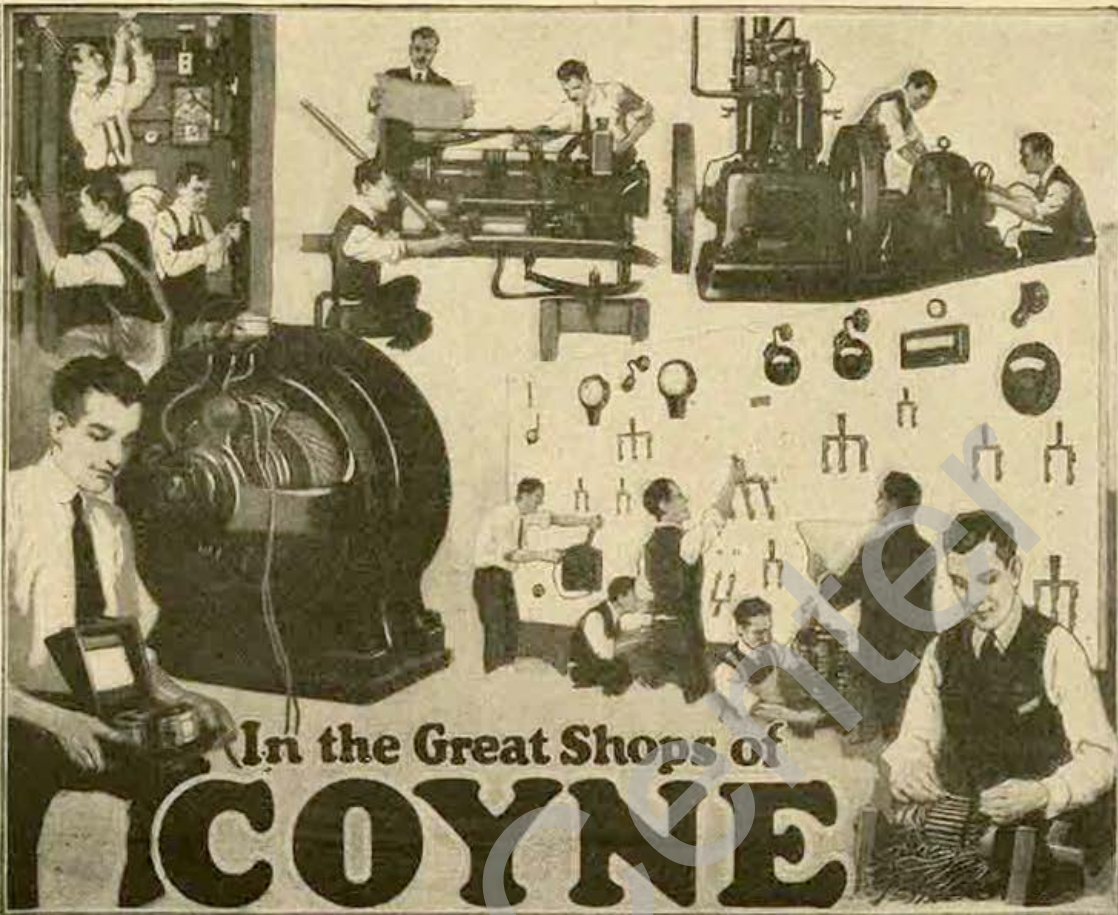


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# Strength



DECEMBER, 1926

Vol. XI

No. 10

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# Discovered!

## The Secret of Caruso's Amazing Vocal Power



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



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

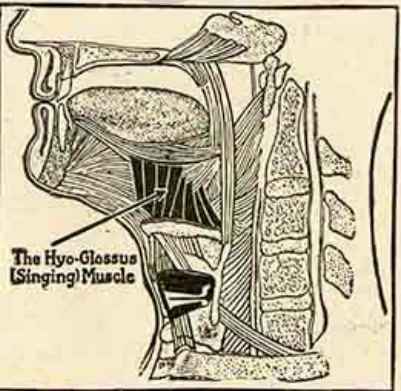


Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

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

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

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

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

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

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

## 100% Improvement in Your Voice—Guaranteed

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

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

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

### You Do Not Know Your Real Voice

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

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

## FREE!

Professor Feuchtinger's Book  
"Enter Your World"

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

**Perfect Voice Institute**

1922 Sunnyside Ave., Studio 57-79, Chicago

**Perfect Voice Institute**

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

Singing  Speaking  Stammering  Weak Voice

Name.....

Address.....





## "Six Months Ago All I Got Was Sympathy"

The personal story of a woman who was never really sick, yet always ailing, always too tired to enjoy life and how she made herself into a virile, vital being of super-health and strength.

**W**HY Ruth, what in the world has happened to you?" I knew what Frances Knight meant. She hadn't seen me for over a year. We were chums until she married and moved away. The last time she saw me I was on the verge of a breakdown. Now she found me the picture of health.

A year ago, yes, even six months ago, I was an object of pity. All my friends felt sorry for me. I was always tired, always weary, always despondent. My nerves were worn to a ragged edge. My head ached, my back ached, every bone in my body seemed to ache. All I got was sympathy—and advice.

Naturally I tried everything that sounded reasonable. I took tonics, pills and powders until I was a walking drug store. Still I had every ache and pain one could suffer with. I kept on growing weaker. I had no energy to dance, or join in the sports of my friends. My entire physical condition became that of an aging woman. Though I was seldom really sick enough to call a physician, yet I was always so tired, so worn out. I had to give up nearly all my social activities, because I was too weary to exert myself.

My poor physical condition was reflected in my appearance. My face was drawn and naggard. My eyes became dull and sickly-looking. My complexion was "pasty" and colorless.

Then one day I heard someone refer to me as having "one foot in the grave!" What a shock it was to hear that! How

angry I felt! But my anger soon gave place to a feeling of shame that I should become an object of pity.

I decided then and there to find "the way out." How well I did can be seen by just looking at me.

My secret is simply that of Annette Kellermann's methods! I read, in a magazine, of Annette Kellermann's life—how she, who is called the world's most perfectly formed woman, was once practically a cripple; puny, ailing, always sickly.

The story of how she dragged herself out of misery and actually made of herself the lovely, healthy, beautiful woman she is, gave me new hope and new faith. I wrote to her for her book, "The Body Beautiful" which describes her methods.

To that little book, I can truthfully say, I owe the wonderful health and exuberance of spirit that is mine today. It opened my eyes to the fact that it is totally unnecessary for women to suffer as they do. I learned that every woman—unless she has a serious organic derangement—can live a life as vigorous and strong and free from pain as a man's.

Today I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. My step is springy, my eyes are bright, my skin is firm and clear, my body is slender and graceful. I dance again as I used to. I play tennis again as I used to. I am gloriously happy as I used to be.

And because I know that there are

thousands of women who are now living as I did, because I know every one of them can actually be a *new* woman, with health and beauty such as they never knew existed, I am glad to tell them about this simple way out of their troubles.

Miss Kellermann is now anxious to give every woman the benefit of her simple, 15-minute-a-day system and invites you to write a letter or mail the coupon below for her new book, "The Body Beautiful." There is no charge or obligation. No salesman will bother you. The book will be sent free, if you will only write for it. And you can judge at your leisure whether or not you can afford to miss this opportunity to make a "new woman" of yourself, as over thirty thousand women have done.

Send for Miss Kellermann's book at once—now, while your determination to do something about yourself is strong. Just address Annette Kellermann, Inc., Dept. 4412, 225 West 39th Street, New York City.

ANNETTE KELLERMANN, Inc., Dept. 4412  
225 West 39th St., New York City

Dear Miss Kellermann:

Kindly send me, entirely without cost, your new book, "The Body Beautiful." I am particularly interested in

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**I'LL PROVE**  
That I Can Put YOU in Line for the **BIG PAY JOBS—QUICK!**

Clip coupon now! I'll send you absolutely **FREE OF CHARGE**—with positively no obligation on your part—3 "JOB-WAY" Auto Lessons and Jobs and my big, new Auto Book also! I want you to *see for yourself*—just why B. W. Cooke "JOB-WAY" Training is bringing so many men **BIG Money** in such remarkably quick time. I want you to see what it can do for you!

**Send Coupon at ONCE!**

Learn how men without a day's previous auto experience, and only common schooling become Garage Owners, Superintendents, Managers and can earn up to **\$150 a Week** and more! See why hundreds of men have found "JOB-WAY" to be such interesting, practical Training!

I stand ready to give you absolute proof. Clip **COUPON NOW** and I'll rush your Lessons to you *Absolutely Free!*

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If you're earning a cent less than \$60 a week, *clip coupon now!* Get the proof. *See for yourself* how easily you can master Auto work right in your own home—and how quickly you can get in line for the big Auto Jobs that pay up to \$10,000 a year and more—or in a Money-Making Auto

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**CHICAGO MOTOR TRAINING CORPORATION,**  
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1916 Sunnyside Ave. Dept. 956 Chicago



Ouch!  
say, Jim, who said  
you could dance?



# Thirty Days Ago I Couldn't Dance a Step — yet almost overnight I became a good dancer

By JAMES BLACKFORD

"OH, how I wish I knew how to dance!" That's what I kept saying to myself the night of the Country Club party. All my friends were there—dancing. I watched them. What fun they were having!

Dozens of smartly clad couples—whirling and gliding over a dance floor smooth as glass. Soft lights—gay laughter—flashing smiles! And what music! It was alive with that thrilling, seductive rhythm that makes you just yearn to dance.

I stood on the sidelines trying to look happy—trying to smile back at my friends. But it was no use. I was too miserable.

## I Make a Blunder

Just then Ruth, a girl friend of mine, came up to me.

"Why, Jim, why aren't you dancing?" she exclaimed.

I started to explain that I couldn't dance, but suddenly I changed my mind. "I was waiting to dance with you, Ruth," I said cheerfully, not realizing the blunder I was making.

What a nightmare that dance was! I thought I could make a bluff at dancing—thought I could imitate the movements of the other dancers. It was impossible. Half a dozen times I stumbled. Half a dozen times I stepped on Ruth's feet. Finally

she lost patience with me. I apologized, and we sat out the rest of that dance in silence.

The very next day I resolved to learn to dance. I had heard of Arthur Murray, the famous dancing instructor, and what wonders his learn-at-home method had done for others, and so I decided to send for his course.

The course worked marvels for me. In a few short evenings I had learned the simple steps, and within thirty days every one admitted that I was a finished dancer. I am certainly obliged to Arthur Murray and his wonderful, simplified method of learning to dance in your own home.

This story is typical, and it shows you just the chance you've been looking for—a chance to become an accomplished dancer right in your own home at a small cost.

## Learn to Dance at Home

No matter how poorly you dance now—no matter if you've never been on a dance

floor in your life—Arthur Murray's new method makes you a finished dancer in ten days or you don't have to pay a penny for the lessons.

Just think! In ten days' time you'll be able to do the Charleston the French Tango, the Ritz Fox Trot, the Debutante

Waltz, and all the other smart new steps.

This method of learning dancing is so simple and easy to understand that you can do any of the latest steps in one evening, right in your own room, without music or partner. And in ten days' time you will be ready to take your place as the best dancer in your set!

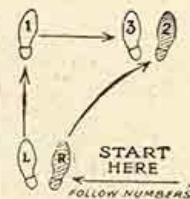
## Five Lessons FREE

To prove that Arthur Murray can make you a finished dancer in ten days' time, he is willing to send you five lessons from his remarkable course—*absolutely free!* Just send the coupon (with 10c to cover the cost of printing and mailing), and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity."

Don't wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 686, 7 East 43rd Street, New York City.

## IF YOU CAN DO THIS STEP

Arthur Murray will make you a finished dancer in 10 days.



ARTHUR MURRAY, Studio 686,  
7 East 43rd Street, New York City.

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

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See how easy it is to learn the Arthur Murray way!



# To Men Getting Bald I Say!

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



By ALOIS MERKE

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

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

### Here's My Contract

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

### Here's My Secret

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

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

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

### My Method Reaches the Roots

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

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

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

### New Hair or No Cost

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

### EVIDENCE!

#### Hair Coming Back

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

#### Dandruff Leaves Entirely

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

#### Partly Bald for 10 Years

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

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

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

### Free Booklet Tells All

The very fact that you have read this announcement shows that you are anxious about the condition of your hair. So why not investigate? Find out for yourself. If you will merely fill in and mail the coupon I will gladly send you without cost or obligation a wonderfully interesting booklet, which describes in detail my successful system, which is growing new hair for thousands all over the country. In addition it tells all about my iron-clad guarantee which enables you to take my treatment without a penny's risk. Clip and mail the coupon today. Allied Merke Institutes, Inc., Dept. 5512, 512 Fifth Ave., New York.



Allied Merke Institutes, Inc.,  
Dept. 5512, 512 Fifth Avenue,  
New York City.

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

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# The JACK SANDOW PROGRESSIVE EXERCISERS

*FIVE, TEN and FIFTEEN-CABLES*

**\$3.00, \$5.00 and \$8.00**

THE resistance of each of my rubber cable exercisers is 100 lbs. for the 5-cable exerciser, 200 lbs. for the 10-cable exerciser and 300 lbs. for the 15-cable exerciser.

There you are. An apparatus that will produce a resistance of 300 lbs. for \$8.00. Furthermore, my entire course on exercise with cables goes with this apparatus free of charge. This holds good with the 5 and 10-cable exercisers also.

**You Can Commence With One or Two Cables**

few dollars. You can see for yourself that 5 cables will not be enough for you after a week or two of following the Sandow course.

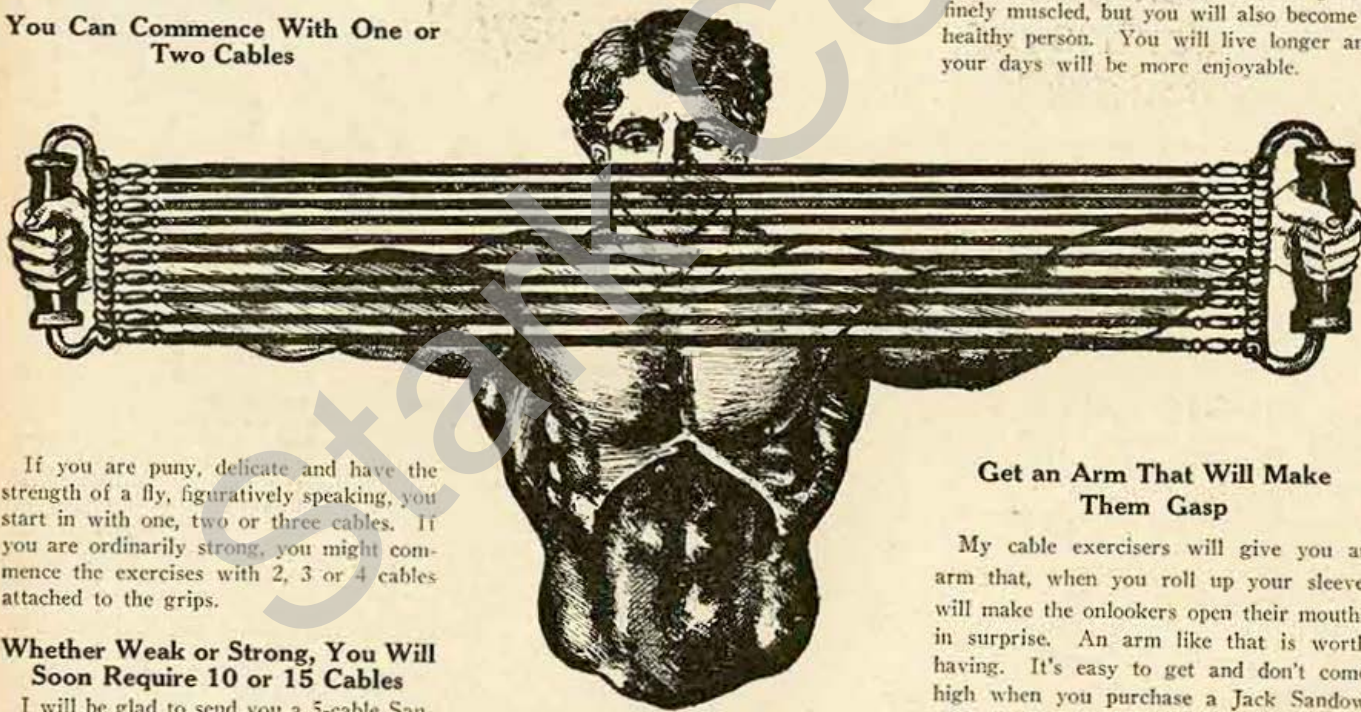
### The Sandow Exercisers Will Put Muscles on You from Head to Foot

You will fairly see your muscles grow when you use a Sandow exerciser. The Sandow course, which is a 12 weeks'

### Your Strength Will Double—Yes, Triple

in a few months with the Jack Sandow course and exerciser. Your arms, shoulders, back, abdomen, and the rest of your body will become thickly muscled. These muscles will carry power with them. You will look like a strong man and you will be a strong man.

Not only will you become strong and finely muscled, but you will also become a healthy person. You will live longer and your days will be more enjoyable.



If you are puny, delicate and have the strength of a fly, figuratively speaking, you start in with one, two or three cables. If you are ordinarily strong, you might commence the exercises with 2, 3 or 4 cables attached to the grips.

### Whether Weak or Strong, You Will Soon Require 10 or 15 Cables

I will be glad to send you a 5-cable Sandow exerciser, but as you will very shortly outgrow it my advice is to get a 10 or 15-cable exerciser at once and thereby save a

course, instructs you in the correct way of getting the best benefits from my cable exercisers.

### Get an Arm That Will Make Them Gasp

My cable exercisers will give you an arm that, when you roll up your sleeve, will make the onlookers open their mouths in surprise. An arm like that is worth having. It's easy to get and don't come high when you purchase a Jack Sandow outfit.

Let me send you my system and exerciser today.

JACK SANDOW,  
Room S-12, Federal Life Building,  
Michigan Ave. and Randolph St., Chicago, Ill.

Dear Sir: Please find enclosed

- \$3.00 for a 5-Cable Exerciser and 12 Weeks' Course.  
 \$5.00 for a 10-Cable Exerciser and 12 Weeks' Course.  
 \$8.00 for a 15-Cable Exerciser and 12 Weeks' Course.

Name .....

Address .....

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

## JACK SANDOW

Room S-12

Federal Life Building

Michigan Ave and Randolph St.

Chicago, Ill.





# See How Easy it is to Quickly Become a Powerful Speaker

Powerful Speech has shown thousands an amazingly easy way to win advancement in salary and position, a remarkably quick way to gain popularity, standing and success. You, too, can quickly conquer stage fright, self-consciousness, timidity and bashfulness, and become a powerful and convincing speaker who can bend others to your will and dominate one man or an audience of thousands.

**T**HERE is no magic, no trick, no mystery about becoming a powerful and convincing public speaker. Those who believe that the ability to speak forcefully belongs only to a few lecturers are making a serious mistake. I will prove that you, too, can quickly become a powerful speaker and can use that gift to win promotion, salary increases, popularity, power. By an amazing five minute test I will show you how to discover whether you are one of the 7 men out of every 9 who have this "hidden knack" and do not know it. Men in almost every profession and line of business have made this test and then taken their first step toward success in a large way.

### Why Powerful Speakers Are Always Leaders

It is the man who can put his ideas into convincing speech—the man who can sway others at his will and dominate one man or a thousand—who is sought out and asked to fill big, important, high-salaried positions. He is a leader; he stands head and shoulders above the mass. I am going to prove that you can be such a man by simply bringing out your "hidden personality" which is fighting for recognition, but which you keep hemmed in by self-consciousness, lack of confidence in yourself, timidity and bashfulness.

### It Is Amazingly Easy to Quickly Become a Powerful Speaker

You do not need a college education nor any

previous voice training to become a powerful speaker. I will show you the secret that causes one man to rise from an obscure position to the head of a great corporation; another from the rank and file of political workers to national prominence; an ordinary trades union member to the national leadership of great labor unions; a timid and retiring man to change suddenly into a popular and much-applauded after-dinner and banquet speaker.

### You Become a Good Speaker—Or I Don't Want a Penny

I do not care what line of business you are in; how bashful, timid and self-conscious you now are, I will guarantee to make you a powerful, convincing and easy speaker within a few weeks if you will give me 15 minutes a day in the privacy of your own home. I know what I have done for thousands of others and what remarkable results have been secured often in a month's time. Therefore, if I cannot make you a powerful speaker I guarantee to return every penny you have paid me and you owe nothing.

### Amazing Book Free—Mail Coupon

If you will fill in and mail the coupon at once, you will receive a remarkable new book

called "How to Work Wonders with Words." This book gives you an amazing test by which you can determine for yourself in five minutes whether you are one of the seven men out of every nine who possess the "hidden knack" of powerful speech, but do not know it. Decide for yourself if you are going to allow 15 minutes a day to stand between you and success. Thousands have found this to be the biggest step forward in their lives. If it has played such an important part in the lives of many

**NOW SENT FREE** big men, may it not be yours?



Then Mail the Coupon at once

**NORTH AMERICAN INSTITUTE**

3601 Michigan Ave. Dept. 2069 Chicago, Ill.

North American Institute, Dept. 2069 3601 Michigan Ave., Chicago, Illinois.

Please send me FREE and without obligation my copy of your famous book, *How To Work Wonders With Words*.

Name .....

Address .....

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

- WHAT 15 MINUTES A DAY WILL SHOW YOU**
- How to talk before your club or lodge.
  - How to address Board Meetings.
  - How to propose and respond to toasts.
  - How to make a political speech.
  - How to tell entertaining stories.
  - How to make after-dinner speeches.
  - How to converse interestingly.
  - How to write letters.
  - How to sell more goods.
  - How to train your memory.
  - How to enlarge your vocabulary.
  - How to develop self-confidence.
  - How to acquire a winning personality.
  - How to strengthen your will-power and ambition.
  - How to become a clear, accurate thinker.
  - How to develop your power of concentration.
  - How to be the master of any situation.



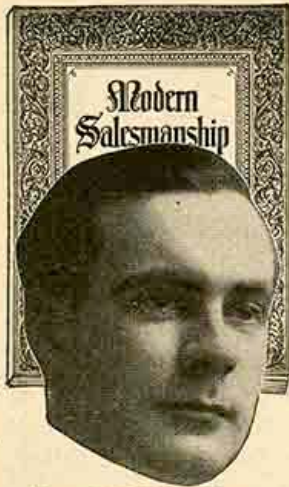
# Your health is your greatest asset



## BUY CHRISTMAS SEALS and help us to keep you healthy

THE NATIONAL, STATE AND LOCAL TUBERCULOSIS ASSOCIATIONS OF THE UNITED STATES





Modern Salesmanship

**Over \$10,000 a Year**

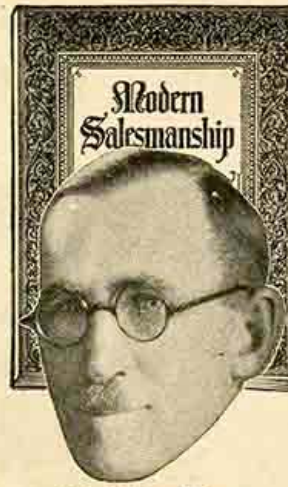
C. V. Champion of Illinois counts it a "red letter day" when he first read this remarkable book—"Modern Salesmanship." He says, "It enabled me to learn more, earn more, and BE MORE!" To-day he is president of his company and his earnings exceed \$10,000 a year!



Modern Salesmanship

**\$1,000 in 30 Days**

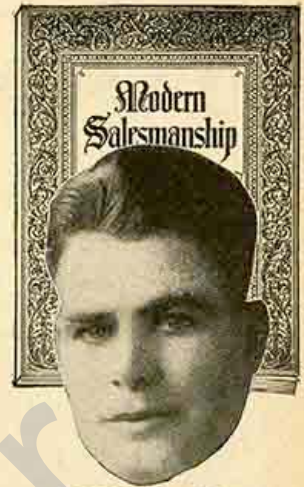
W. Hartle spent ten lean years in the railway mail service before "Modern Salesmanship" put him on the road to big pay. He has earned more in a week than he formerly earned in a month—averaged over \$1,000 for thirty days!



Modern Salesmanship

**\$7,286 Last Year**

F. G. Walsh was a clerk earning \$1,000 a year, and trying to support a wife and three children. He had to do something. N. S. T. A. training built up his income last year to \$7,286—an increase of over 700 percent.



Modern Salesmanship

**\$13,500 First Year**

A. H. Ward was formerly a Chicago clerk, earning \$25 a week. Within one year he increased his earnings over \$1,000 a month—or to \$13,500 a year! The book—"Modern Salesmanship"—proved the first rung in his ladder to Success!

# -and They Started By Reading This Amazing Book!

Now—For a Limited Time Only This Remarkable Man-Building, Salary-Raising Volume is Offered FREE to Every Ambitious Man! If You Ever Aspire to Earn \$10,000 a Year or More, Read It Without Fail.

## Where Shall We Send Your Copy FREE?

A BOOK! Just seven ounces of paper and printer's ink—but it contains the most vivid and inspiring message any ambitious man can ever read! It reveals the facts and secrets that have led hundreds of ambitious men to the success beyond their fondest expectations! So powerful and far reaching has been the influence of this little volume, that it is no wonder a famous business genius has called it "The Most Amazing Book Ever Printed."

This vital book—"Modern Salesmanship" contains hundreds of surprising and little-known facts about the highest paid profession in the world. It reveals the real truth about the art of selling. It blasts dozens of old theories, explains the science of selling in simple terms, and tells exactly how the great sales records of nationally-known star salesmen are achieved. And not only that—it outlines a simple plan that will enable almost any man to master scientific salesmanship without

spending years on the road—without losing a day or dollar from his present position.

### What This Astonishing Book Has Done

The achievements of this remarkable book have already won world-wide recognition. The men who have increased their earning capacities as a direct result of reading "Modern Salesmanship" are numbered in the thousands. For example, there is E. B. Williams of California who was struggling along in a minor position at a small salary. "Modern Salesmanship" opened his eyes to things he had never dreamed of—and he cast his lot with the National Salesmen's Training Association. Within a few short months of simple preparation, he was earning \$10,000 a year! Today he receives as much in 30 days as he used to receive in 365! And then there's J. H. Cash of Atlanta. He, too, read "Modern Salesmanship" and found the answer within its pages. He quickly raised his salary from \$75 to \$500 a month and has every reason to hope for an even more brilliant future. And still they come! W. D. Clenny of Kansas City commenced making as high as \$850 a month. F. M. Harris, a former telegrapher, became sales manager at \$8,000 a year. O. H. Malfront of Massachusetts became sales manager of his firm at a yearly income of over \$10,000 a year!

### A Few Weeks—Then Bigger Pay

There was nothing "different" about these men, when they started. Any man of average intelligence can duplicate the success they have achieved—for their experience proves that salesmen are made—not born, as some people have foolishly believed.

Salesmanship is just like any other profession. It has certain fundamental rules and laws—laws that you can master as easily as you learned the alphabet. And through the National Demonstration Method—an exclusive feature of the N. S. T. A. system of SALESMANSHIP training—you can acquire the equivalent of actual experience while studying. Hundreds of men who never sold goods in their lives credit a large portion of their success to this remarkable training.



**NOW FREE**

### Free to Every Man

If I were asking two or three dollars a copy for "Modern Salesmanship" you might hesitate. But it is now FREE. I cannot urge you too strongly to take advantage of this opportunity to see for yourself what salesmanship has done for others—and what the National Salesmen's Training Association stands ready and willing to do for you. Find out exactly what the underlying principles of salesmanship are—and how you can put them to work for you. No matter what your opinion is now, "Modern Salesmanship" will give you a new insight into this fascinating and highly-paid profession.



Dept. W-21, N.S.T.A. Bldg., Chicago, Ill.

National Salesmen's Training Assn.,  
Dept. W-21,  
N.S.T.A. Building, Chicago, Ill.  
Without cost or obligation you may send me your free book, "Modern Salesmanship."  
Name .....  
Address .....  
City ..... State .....  
Age ..... Occupation .....

### FROM \$15 A WEEK TO \$7,500 A YEAR!

"A few years ago I was working in a shop for \$15 a week. When my factory friends heard of my intention to become a salesman they laughed at me. Today these fellows are still working in a shop and I am making \$7,500 per year. I can only speak words of praise for N. S. T. A. for it offered me a position which I took and raised me from a \$15 a week job in the shop to \$7,500 a year as a salesman."  
C. W., Birmingham, Ohio

### \$100 A WEEK INCREASE

"When I took up the National Salesmen's Training Association course I was selling shoes at \$35 a week. Now I am earning an average of \$125 a week. I attribute this remarkable progress to N. S. T. A. Training."  
James Jacobson



# Go Over the Top With Us, Boys

Here is the amazing opportunity that **\$2.00** will give you with the membership into the American Continental Weight Lifters' Association.

There is not a red-blooded he-man living who does not feel that he ought to belong to a red-blooded he-man organization. It is



GEO. F. JOWETT

the outlet for his ambitions and the fulfillment of his dreams. Still, there are times when he feels that no matter how great the urge is, certain obligations restrict his finances, which prevents him from belonging. When an opportunity does come, he snaps it up like a flash. Now the question in my mind is if you are a real physical culturist, irrespective of your athletic ability, how quickly will you snap this offer up?

## At the Last Convention of the American Continental Weight Lifters' Association We Decided to Drop Our Membership Fee Down to \$2.00

With this drop we agreed that there would not be any restrictions in the many association benefits and privileges that we always have had for our members. As a matter of fact, we have expanded them. For instance, a beautiful gold seal diploma is given to all members for a very slight gain in development over their original measurements, or increase in strength. No matter how weak you are, if you become an A. C. W. L. A. member, we have made it possible for you to win a diploma or a gold medal. With this \$2.00 membership we give you a full year's membership card, a beautiful lapel button with the insignia of our order artistically engraved upon it, and a free copy of, "The World's Weight Lifting Rules and Records," which ordinarily sells for \$1.50. You cannot afford to stay outside of the association if you believe in the teachings of a healthy body. No man has a true principle unless he backs it up. He never thinks of how much he is going to get for his money before he enrolls, as much as he honestly asks himself how much good can he do the organization. We know every one who enrolls can do the association good, and we aim to reciprocate. The American Continental Weight Lifters' Association can do you more good than you can hope to do by yourself. We have hundreds of methods which hold us happily together in one big brotherhood, and we want you to be one of us.

## Our Ambition Is to Lead the World In Physical Fitness

Are you going to help us do it? Americans have the reputation of being the most patriotic nation in the world. We always want to be first. This being a truism, help us to get together and show the world that American manhood is the finest manhood in the world's history. In our ranks we number the world's most perfect specimens, and the world's strongest men; but we want to show the world that every man in the association is a perfect specimen. There is no reason for you to stand back. You cannot say "No" at \$2.00. It is the best chance you ever had or will have. So make up your resolution to grab this opportunity by the forelock. Fill in the coupon and mail it immediately. Do not stop to consider.

### NOTICE

Another strength and physique show will be held in Philadelphia at the Milo Building, 2745 N. Palethorp Street, on December 4.

John Gauss, of Philadelphia, winner of the Sesqui-Centennial championship, and Don Mitchell, of Easthampton, Mass., winner of the national championship, will contest in Philadelphia at the December show. There will also be a great specialty act of lifting weights on the slack wire.

This new low price does not include a subscription to **Strength Magazine** or free admission to the **Strength Shows**.

## Put Your Name Down With These Notable A. C. W. L. A. Members and Directors

Jim Londos	K. Moerke
Henry Steinborn	H. Gorner
O. Arco	A. Giroux
A. Nordquest	O. Marineau
J. Nordquest	P. Fournier
John Y. Smith	A. Dandurand
Warren Travis	Prof. Desbonnet
Staff Sgt. Moss	A. Manger
A. Massimo	H. Saxon
Colonel Dieges	

George F. Jowett, President A. C. W. L. A., S-12-26  
2739 N. Palethorp St., Philadelphia, Pa.

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

Name .....

Address .....

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

## MAIL NOW TO GEORGE F. JOWETT

President A. C. W. L. A.

2739 N. Palethorp Street S-12-26 Philadelphia, Pa.



# "NOT FOR \$1,000

would I have missed the splendid physical improvements derived from your course." So writes Mr. Alan Weber. He was a weakling in strength and much underweight when he enrolled for my course. Now he wouldn't take \$1000 to go back to his old form of health, physical proportions and power. Why? Simply because (as his letter goes on to state) he is several times stronger, feels like living, and because the dilapidated body he existed inside of has been remodeled throughout.

## Breaking their Own Records

That's what the MacMahon pupils are doing. You acquire strength, health, endurance, speed, mental and physical co-ordination, and a well-muscled body when you follow my methods. These valuable physical assets are more than worth while in other ways besides mere possession.

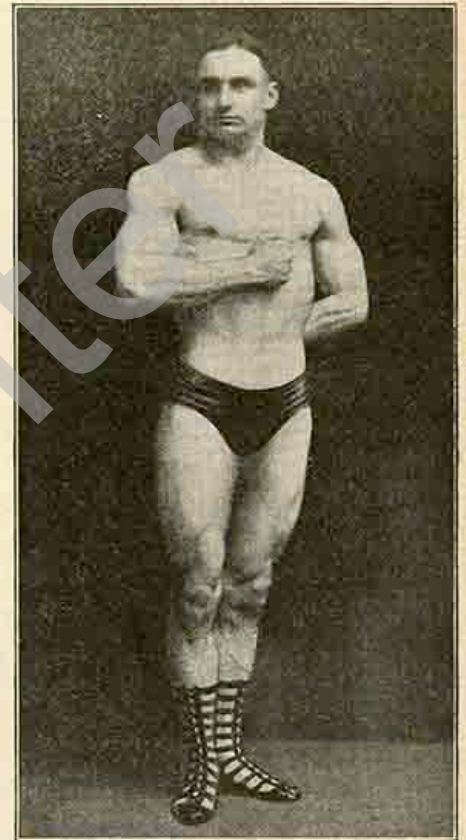
Many pupils of mine are clipping seconds from their running records. Others are jumping higher or broader. Still others are playing their favorite games, such as baseball, football, tennis, etc., more efficiently than before. They are faster on their feet. They can set a faster pace than those who have not had the same training. Their muscular and mental co-ordination is perfect. This accounts for accuracy and the ability to do the right thing at the right time.

## What Do You Want?

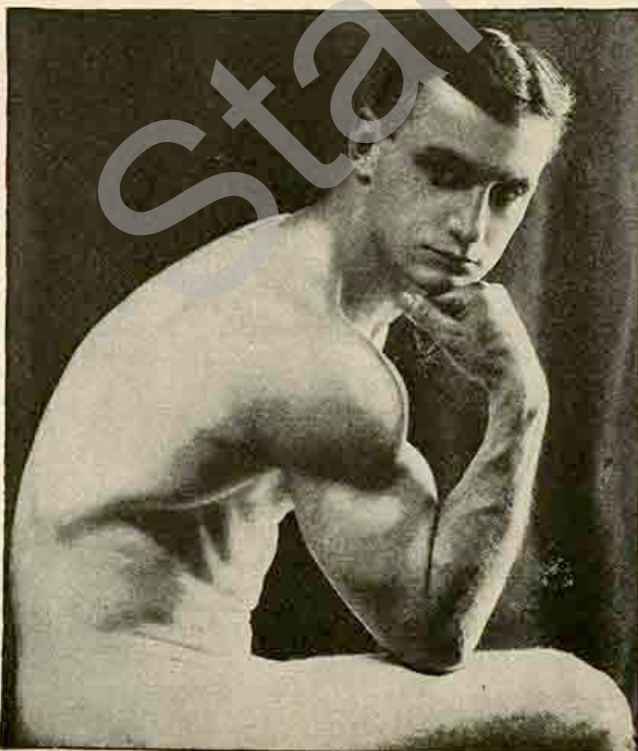
If it's big muscles, great strength and fine bodily proportions, you get them quickly by following my instructions.

If you want good health only, you are not required to become a strong man in order to get it. Improving your health and making you feel like a new man, is the easiest thing I do. My pupils report a marvelous change in the way they feel after only a few weeks on my course. A fine development and great strength follow on the heels of improved health when I am your instructor.

**You Are Not Too Weak, Too Thin or Stout, Nor Too Unhealthy to Be Benefited By My Methods**



CHARLES MacMAHON  
from "The Key to Might and Muscle"



CHARLES MacMAHON

I don't want you weak fellows to think you must be stronger than you are before you can begin following my instructions. At the same time, you strong fellows will find that my methods are not too simple and easy for you. The weak, normal and strong will find my course suited to your needs and ability. I personally see to it that you are getting the precise form of exercise your case requires.

**Send For My Big, FREE Booklet**

**Charles MacMahon**

Studio A-3  
180 W. Somerset St.  
PHILADELPHIA,  
PA.

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

**TEAR OFF—FILL IN—MAIL NOW**

Dear Sir:  
Please mail me a copy of your valuable book which you are to send to me without charge or obligation in accordance with your special offer.

Name .....

Address .....

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



# A Bar Bell— A Dumb-Bell— 2 Kettle-Bells

These Are What Make a Complete Bar Bell Set

### COMPLETE PRICE LIST OF MILO BELLS

Super-Strength Plate Loading Bell, with special grip bars	\$65.00
500-lb. Plate Loading Bell, plain bars	60.00
400-lb. Plate Loading Bell	48.00
Large Size Duplex, with Plates and Spheres	40.00
300-lb. Plate Bell	36.00
Standard Size Milo Duplex, with Plates and Spheres	32.00
Monarch Special Plate Bell	26.00
200-lb. Plate Bell	24.00
100-lb. Plate Bell	15.00

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

#### ORDER BLANK

Date .....

The Milo Bar Bell Co.,  
2739 N. Palethorp St., Dept. 151,  
Philadelphia, Pa.

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

{ Express } to .....  
{ Freight } County .....  
State .....

My mail address:  
Name .....  
Address .....  
City ..... State .....

#### MEASUREMENTS

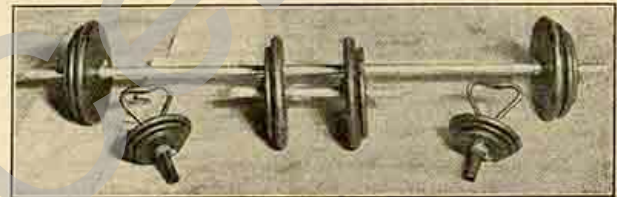
Neck .....	Weight .....
Normal Chest .....	Age .....
Expanded Chest .....	Occupation .....
Upper Arm .....	How Many Times Can You Chin the Bar?.....
Forearm .....	How Many Times Can You Dip on Parallel Bar?.....
Waist .....	Check off your aims below:
Hips .....	Improved Health—
Thigh .....	Great Strength—
Calf .....	Perfect Physique—
Wrist .....	To Reduce Weight—
Ankle .....	To Increase Weight—
Height .....	

WE DO NOT PREPAY SHIPPING CHARGES

### Milo Sets are All Complete

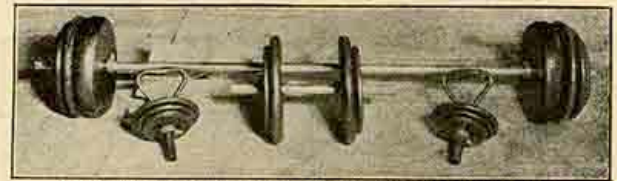
Don't buy an incomplete Bar Bell, for it will handicap you in the matter of obtaining satisfactory results. Milo Bells are noted the world over for their adaptability to every type of man's physical requirements and desires.

To have the privilege of GEO. F. JOWETT'S personal instructions is indeed a privilege. You get this attention when you become a Milo pupil.



THE MILO COMPLETE 200 POUND BAR BELL SET

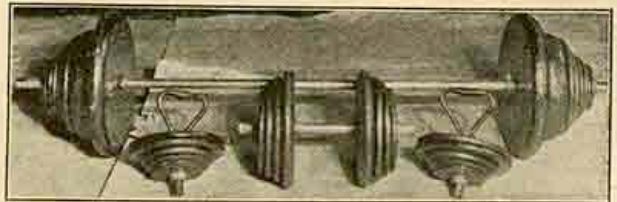
Every Milo Bell Over 100 Pounds Entitles the Owner to 3 Expertly Laid Out Courses



THE MILO COMPLETE 300 POUND BAR BELL SET

There Is Nothing Lacking In the Milo Sets

All Parts Are of the Best Material and Workmanship



THE MILO COMPLETE LARGE SIZE DUPLEX

Is the Best Too Good For You?  
Certainly Not!

Fill in Your Measurements and Mail With Remittance

**The Milo Bar Bell Co.**

2739 N. Palethorp St. Dept. 151 Philadelphia, Pa.



# STRONGMEN of the WORLD ARE AGREED

That "The Key to Might and Muscle" Is a Better Book

Col. Charles Dieges is only one of the many men throughout the world who recommend "The Key to Might and Muscle." But he is one of the most distinguished. Col. Dieges is chairman of the A. A. U. Weight Lifting and Tug-of-War Committee, President of the Military Athletic League, and America's foremost Timer of athletic events.

He is one of the oldest athletes in America and is still a powerful man, as his photo will bear out. He is a friend of Mr. Fred Winters, America's first weight lifting champion.

Col. DIEGES says:

**"This Book Is the Greatest of Its Kind."**

When a man of his experience and position makes a statement like that about a book, or anything else, it means something.

Take Col. Dieges' word for it and get your copy on this new offer.

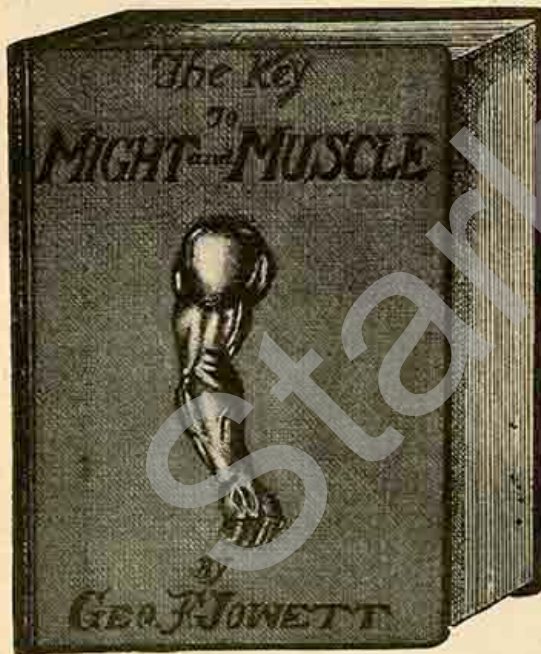


Col. C. DIEGES

## This Book and Strength Magazine for a Whole Year at a Reduced Price

This is the first time "The Key to Might and Muscle" has been offered in combination with another periodical. A year's subscription to this magazine, STRENGTH, and a copy of this great book can now be obtained for \$5.00.

This is not a reduction in the price of the book, but an opportunity for you to get STRENGTH for a year at the low price of \$1.50, instead of the regular price of \$2.50. You cannot get STRENGTH for a year on this offer for \$1.50 without "The Key to Might and Muscle." But you can (as the coupon shows) get the book without STRENGTH at the regular prices of \$3.50 and \$5.00.



NEARLY 300 PAGES

## Words of Commendation are Pouring In. We Print a Few of Them Below

Mr. Geo. F. Jowett,  
Philadelphia, Pa.

Dear Sir:

I received your book, "The Key to Might and Muscle," and think it is the most wonderful book I have ever read for a book of its kind.

It contains precious information for any one seeking health and strength, and I can highly recommend it to any one who wishes to improve his physique and general health.

Yours sincerely,  
John Y. Smith.

Mr. George F. Jowett,  
2739 N. Palethorp St.,  
Philadelphia, Pa.

Dear Sir and Brother Athlete:

Your wonder book arrived and I have read it through several times. I can truthfully say it is the greatest book I have had the pleasure of reading in all of my thirty-five years' experience in the strong man game.

This book of yours is worth \$25.00 of any one's money. Many of my friends have bought this book and they feel they were lucky to get it at \$5.00 each with your autograph.

With high regards, I remain:

Yours respectfully,  
Warren Lincoln Travis.

This book contains 115,000 words. Think that over. And every word is interesting reading. Mr. Jowett's narrative style of writing is always easy reading.

The illustrations are made from never-before-published photos, and, believe us, they are great. Each copy is handsomely bound.

### The Limp Leather Bound Cop-

ies With Geo. F. Jowett's Personal Autograph Are Well Worth the Price of \$5.00. This Book, With Strength For a Year, Can Be Purchased For \$6.50.

Our records show that a large percentage of readers prefer the autographed copies, and there's a reason. It is a fine book. Besides, when we say that Mr. Geo. F. Jowett, the author, will personally autograph your copy, we don't mean with a stamp or that it was autographed in the printing—we mean with a pen and ink.

### HERE'S THE COUPON

## The Milo Publishing Company

2739 N. Palethorp St., Book Dept. S-12-26 Philadelphia, Pa.

### WE ADMIT AN ERROR

In a recent advertisement on "The Key to Might and Muscle" we published two pictures of Geo. F. Jowett lifting an anvil. We stated that the weight of this anvil was 75 lbs. This was an error, as that particular anvil weighs 168 lbs.

The Milo Publishing Co.,  
Book Dept. S-12-26,  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Please send me the proposition checked off below. Enclosed you will find a remittance to cover cost of same.

- Special Autographed Copy with Strength \$6.50.  
 Special Autographed Copy only \$5.00.  
 Regular Copy with Strength \$5.00.  
 Regular Copy only \$3.50.

Name .....

Address .....

City and State .....



# Will You Be One of the 800,000 Who Die?

**O**F the hundreds of thousands who die from respiratory diseases, bronchitis, pneumonia, kidney diseases, tuberculosis, influenza, and intestinal disorders, a large proportion would not have died if they had been able to recognize early symptoms and had known how to treat themselves.

Nature always warns of impending sickness. The occasional headache, that tired, exhausted feeling, loss of appetite, a casual cold and other slight disarrangements are Nature's warnings to you that your body isn't functioning properly or that you are not living and eating correctly.

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

**E**VERY year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuber-

culosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

Barring accidents and suicides, only a small percentage of these thousands should die.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now, will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

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

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

## Why Pay Thousands of Dollars in Doctors' Bills

Those who do not know Nature's methods of preventing and curing sickness are ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the Laws

of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

What would it be worth to you to be able to instantly identify in its earliest stages any sickness or disease that might overtake you or any member of your family? To enjoy perfect health, almost complete freedom from sickness, doctor and hospital bills and no days of suffering and worry, or salary lost through sickness?

## The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

This marvelous 5-volume work gives you the information you need to build up rugged strength, health and vitality. It is for every member of the family—it covers every phase of strength and body building for adults, children and babies. It gives invaluable information on fasting, dieting and exercise. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

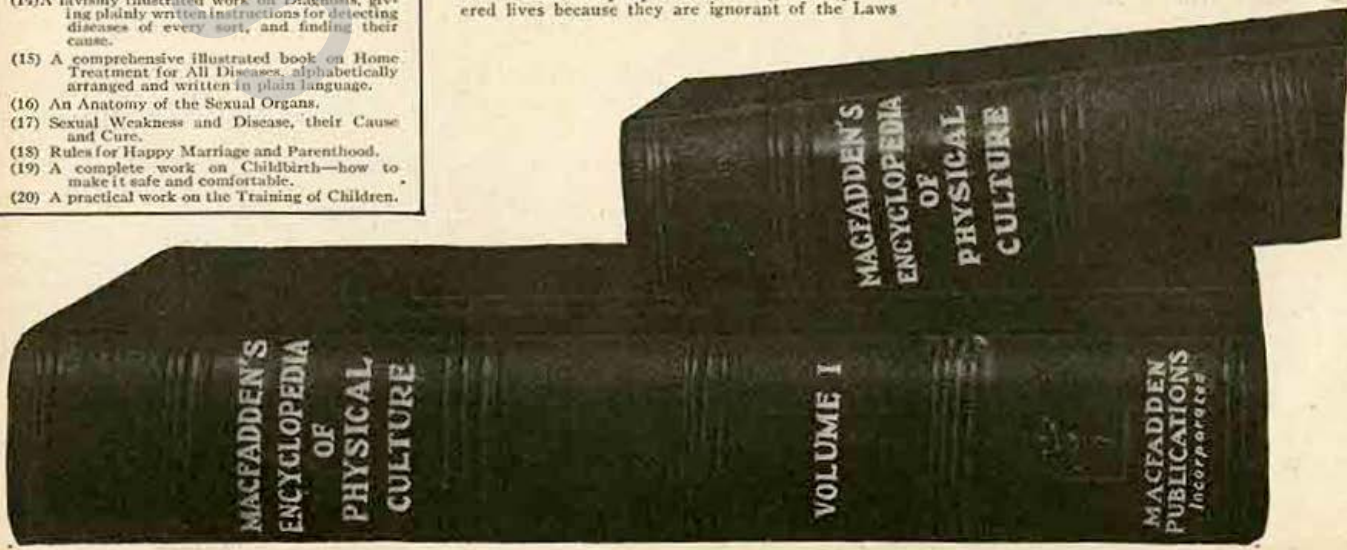
It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

Six big editions of this popular work have been exhausted. And now the seventh edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all-Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

## A Complete Education in Physical Culture

**T**HIS set of five volumes contains a complete education on Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building:

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
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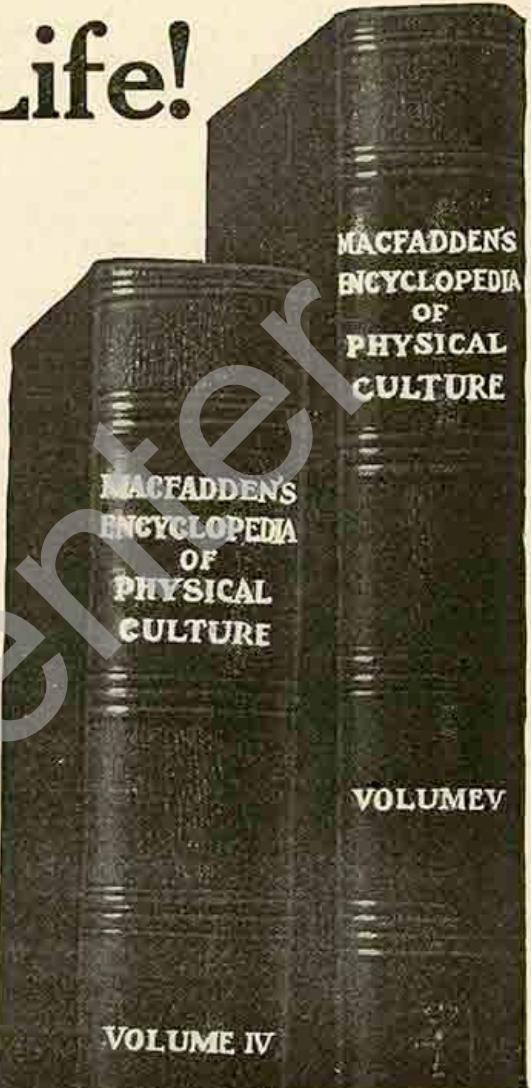
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# I Guarantee To End Your Stomach Trouble

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**Gas, Fermentation, Acidity, Constipation—the Cause of Practically All Stomach and Intestinal Disorders Can Be Removed in 8 Weeks, Without Drugs. I have done it for 100,000 others. I guarantee to do it for you, or you pay me nothing.**

**I BELIEVE** I can end your stomach trouble in 8 weeks. I believe it so sincerely that I agree not to charge you a penny if I don't succeed. All the talk in the world could not say any more than I have said in the two sentences above.

There are a number of reasons why I believe I can end your stomach trouble. Before you let me try I want you to know what these reasons are. The first reason is that I was a sufferer from stomach and intestinal trouble for ten years, and cured myself after having consulted the most prominent (and most expensive) specialists in the country who strongly hinted that my trouble was incurable.

The second reason is that during the past twenty years I have ended the stomach trouble of over 100,000 other people.

The third reason is that my method is the simplest, the most natural in the world, based on the law that if wrong eating causes stomach trouble, right eating will end stomach trouble. (Right eating means the right combinations of food at meals.)

Every intelligent man or woman, medical or otherwise, agrees now that wrong eating is the sole cause of stomach disorders.

I began the study of food chemistry and the chemistry of the body twenty years ago, to save my own life. For ten years I had been living on the rich, refined foods served in hotels and restaurants on the road. Gas, fermentation, acidity, sour stomach, indigestion and constipation were the result. After consulting and trying the best doctors in the country, I went back to my mother's farm in Tennessee to die.

One day I was sitting on top of a ten-rail fence looking out over a field of clover. I saw horses, cows and pigs, all sleek, healthy and happy. The thought occurred to me—these animals are eating according to Nature's laws.

I will never forget the scene and the feeling that came over me. It was an inspiration that saved my life, and changed my career.

At the end of six months, the date set for me to die, I had gained 33 pounds and had got back all of my farmer-boy pep. Gas, fermentation, acidity, nervousness and melancholia were all gone. A gloomy, help-

less world had suddenly become a beautiful and delightful place in which to live.

I soon discovered two fundamental laws; first, *selecting* food, and second: *combining* it at meals. I discovered that certain foods, delicious and nourishing by themselves were harmful when combined with certain other foods.

I discovered that all stomach, intestinal and digestive trouble was caused by *wrong combinations* of food, and that the right combinations would remove the causes, and that Nature would do the curing. *These are laws*, as infallible as the laws of gravitation.

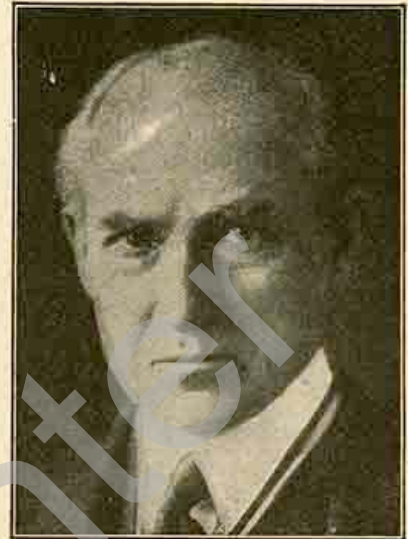
I began to advise people how to eat just for the love of it, because it had saved me and, therefore, it was more a *religion than a business*. There were no failures, every case was benefitted, most of them completely cured.

I moved to New York and opened a small office down on lower Fifth Avenue. You can imagine the kind of patients that first came to me, the hopeless, the "incurables," the left-overs; but even these began to improve and have hope, so my practice increased and it was not long before some of the most prominent people in New York were coming to me to learn how to *select and combine* their food.

My work spread to the country. Out-of-town people began to write me describing their symptoms and asking for help. These cases were successful beyond my expectations. *This gave me an idea*. I believed that I could reach and help millions of people with a book, so I wrote a set of "Little Lessons"—on *selecting and combining* food. These lessons have been sold in 54 foreign countries and have reached many millions of sufferers.

Out of this vast experience, however, I have learned that to get the best and quickest results the diet must be laid out according to each person's individual symptoms. I have worked out a new, inexpensive plan by which thousands of sufferers can now profit by my experience.

My plan is this: I will send you eight balanced menus or lessons, one each week for eight weeks. Send only *one dollar* with the coupon below for the first lesson. If you are not thoroughly satisfied with the



results your money will be refunded. If you are thoroughly satisfied with this *trial* you can take the remaining seven lessons and send me \$2.00 for each. Isn't this a fair offer?

Each week's instructions are composed of Nature's best every-day foods and plenty of them, combined into delicious appetizing meals especially suited to your case.

Now please do not misunderstand me. I am not a miracle worker. If you are beyond help or have no faith in food and Nature I do not want you to enroll for this course, but if you are suffering from any stomach, intestinal or digestive trouble I believe I can help you. All I ask is that you try my first week's diet and then decide whether or not you wish to continue.

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<input type="checkbox"/> Gas	<input type="checkbox"/> Coated tongue	<input type="checkbox"/> Overweight
<input type="checkbox"/> Acidity	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Underweight
<input type="checkbox"/> Constipation	<input type="checkbox"/> Sour stomach	<input type="checkbox"/> Ulcer (fear)
<input type="checkbox"/> Fermentation	<input type="checkbox"/> Poor digestion	<input type="checkbox"/> Cancer

Other symptoms are.....

My age is.....My height is.....

My weight is.....

It is agreed that if I am not satisfied with results after one week, I will notify you and you are to return my money. Otherwise I will send you \$2.00 each week for 7 weeks, and you are to continue sending me your diet lessons for 7 weeks.

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## Editorial

## Health

**T**HE fall seems to be the favorite time to begin thinking and talking about health, and by the time the first of December comes around much of the early enthusiasm for exercise has worn off.

No one can make a good resolution in September, begin to act on it in October, find that something else interferes in November, and quit in December and expect to reap any great amount of benefit from either the good resolution or the work put in.

Every one has seen accounts by champions, similar to the story of his life which Tunney has been running in the newspapers, in which the champion shows that there came a time when he had to grit his teeth and keep on going. He knows where he wants to get and he realizes that although early progress is often slow, once things begin to turn in his favor, they turn with a rush.

Nothing is truer than the old saw that "anything worth having is worth working for," unless it is the fact that we never get anything anyway unless we work for it. In no field is this truer than in the field of health, strength and development.

*Strength's Job*

Perhaps the function of this magazine is threefold; first to interest its readers in exercise and general hygienic living as a really constructive way of building not only health, but also really superb bodies, secondly to show its readers once they have become convinced of the truth and the practicability of building both health and strength, how they can go about doing that very thing, and thirdly encouraging them to keep going when they get to the hard and discouraging parts of the job.

Somehow or other the fall seems to be the easiest time to get men started. If you started exercise in the fall keep it up. If you didn't there is no time to begin like the present.

If you did start and if you are going strong keep it up. If you have begun to slacken, now is the time to keep going till you get your second wind and your highest possible returns.

We want to help any of our readers who are having trouble with getting results. All the departments of this magazine and all the members of our staff are primarily interested in results for you, and you can feel free to write any of us in reference to your health and strength problems.

Of course, in the final analysis your ultimate success depends on you, as you have to apply the information which you obtain to yourself, and above everything you have to act to get results in the field of exercise. No matter what you buy, apparatus, books, courses, magazines, there is no short, sweet, and painless road to building a perfect physique and perfect health.

Along the road to either or both goals, a good part of the distance you will have to push yourself by the sweat of your brow, and by the sweat of your brow in a very literal sense indeed.

The one thing we all know is that the goal is well worth the work of attaining it. Another thing we all know is that sometimes the goal seems to be an interminable distance away.

When it seems far, if you slip for awhile, do not allow yourself to quit altogether. We do not lose our gains as readily as we make them in an exercising way, but they can be lost. No one wants you to devote your whole life to health building. Health and life itself are for use and if sometimes some use seems to conflict with your temporary program you have to decide which is more important for the time being. But do not use any such philosophy as a means of permanently checking the work and the thought necessary for gaining health and strength.

*A Useful Theory*

We have all read the story of the octogenarian who attributed his old age to the fact that he was sickly as a child and had to take care of his health. There is something in that story, too.

Samuel Gompers, first president of the American Federation of Labor, came of a long-lived stock and was a (Continued on Page 81)



# The Criterion of Beauty

The Beauty Thoroughbred is Judged on Merits of Charming Personality, Pulchritude and Bearing.

By Ralph Hale

visible signs of the invisible spirit are the eyes that are steady and shoulders that are straight. No burden except the weight of many years bends his shoulders, and his eyes meet yours in honest fashion, because he neither fears, nor has been shamed at the bar of his own soul.

Take the case of the poor little flappers, with their little shoulder blades hunched around a small flat chest — their sallow complexion, their two by four waists. Call them thoroughbreds? Not for the world. All of these almost universal defects—and that is exactly what they are, although they are quite often courted—demand and get artificial offsets in facial make-up and dress.

Style not only of dress, but of figure, this is what is achieved.

These girls eat about enough to keep a bird alive, and most of the time what they eat is anything but wholesome. Sodas, candies, sandwiches the thickness of two sheets of paper and little or no exercise. If they were certain of anything which would help them to reduce, I'm sure they would try it. To be thin, *thin*, that is their cry.

Torturing and denying oneself never did or never will aid you to attain the criterion of beauty. A girl or woman must employ her time rightly if she hopes to succeed. The thoroughbred first ascertains what to do, and then sets out with a vim to do it.

What a woman does in her odd moments is not only

Anna Rizzo, a real thoroughbred. She scintillates in the "Artists and Models" show.

When we say a man or a woman we know is a thoroughbred, we pay to him or her the greatest compliment of which we are capable. There is not in the vocabulary of pleasant terms a stronger word.

Visit a stock-farm, the home of high grade horses or cattle, and you will see that the physical signs of the thoroughbred are fine eyes and an erect bearing. The keeper of the stock-farm will tell you that a thoroughbred never whines. This was illustrated to me by swinging a dog around by the tail. The creature was in pain but no sound escaped him.

This is quite true of the human thoroughbred. The



apt to bring her profit; it is apt also to increase her mental activity and promote her physical well-fare. The mind craves a change and it often does well the unusual thing, out of the routine.

"Letting well enough alone" is a foolish motto in the life of a thoroughbred who wants to get ahead. If you merit the distinction of a thoroughbred and wish to set a criterion of beauty, you must scramble in and bend your energies to that effect. But, you must be discreet and bend your energies in the right direction. Not shamefully as a good many of the flappers do. Everything is "well enough" to the flapper, but to the thoroughbred nothing is "well enough," if she can do better. No matter how well they do, the thoroughbred does better. That's their spirit.

There's an old Spanish proverb which says, "Enjoy the little beauty you have while the fool is hunting for more." The energetic, thoroughbred woman turns this proverb upside down and makes it read like this: "While the fool enjoys the little beauty they have, I will set a criterion and hunt for more." That is a thoroughbred through and through. You must utilize your precious moments if you want to be a thoroughbred. Every minute that you save by making it useful, more profitable, is so much added to your life and its possibilities. Every minute lost is a neglected by-product once gone you will never get back. Many thoroughbred women who set a criterion of beauty do so largely because they persevered and made good use of their time.

Norma Schearer is a thoroughbred through and through. She is so captivating that she cannot seem quite real. Her beauty and popularity grow greater with each new production. Following her successful interpretation of the role of Consuelo, with the great Lon Chaney, in "He Who Gets Slapped," for Metro-Goldwyn-Mayer, she played the leading feminine role in "Excuse Me," a Rupert Hughes production of his own story and "His Secre-

tary," with Lew Cody and Willard Louis, as the co-stars.

I think Norma Schearer fulfills, better than any other girl on the screen, the criterion of beauty of American womanhood. Her beauty is indeed ideal; culture, sympathy, understanding and charm are stamped on her features. Youth is the synonym for beauty. Norma Schearer is youth personified. Youth and its component, health, are the great vitalizing factors of feminine appeal. Norma—to use the vernacular—is all pep; effervescent, lithe—she seems to belong to the out-doors. That merry twinkle in her eyes, her slender figure—they bespeak a challenge to a race over the hills, a game or some stunts in the gymnasium. Miss Schearer is quite an athlete. She won her spurs in "He Who Gets Slapped" and "The Devil's Circus," two performances that left their impression on my mind. Not only does

her beauty, her acting and athletic feats warm me to her, it is that something else besides, so difficult to define, which I admire so greatly in her.



La Petite Margeurite, the incomparable ballet danseuse, has struck a responsive chord in the hearts of countless theatre-goers.



Beauty is abundant these days. One cannot walk a few feet without passing a beautiful girl. But the real thoroughbreds are scarce. I have seen girls with faultless features, perfect proportion and coloring, and yet lacking in the compelling power that we couple with the beauty of the thoroughbred. There is the cold statuesque type whose beauty is her coldness; the ingenue, whose chief attraction is her youth and sparkle. There is the beauty of color contrasting the hair and eyes.

All these types have their appeal, but once in a while a girl comes along who has them all and something else besides. It is just this "something else besides" that appeals to the public. It is hard to define, but the nearest I can come to it, is the thoroughbred. The beauty, intelligence, personality, grace and poise, that are so characteristic of a thoroughbred, touch a responsive chord in

the hearts of theatre-goers. There can be no greater force in the world than beauty.

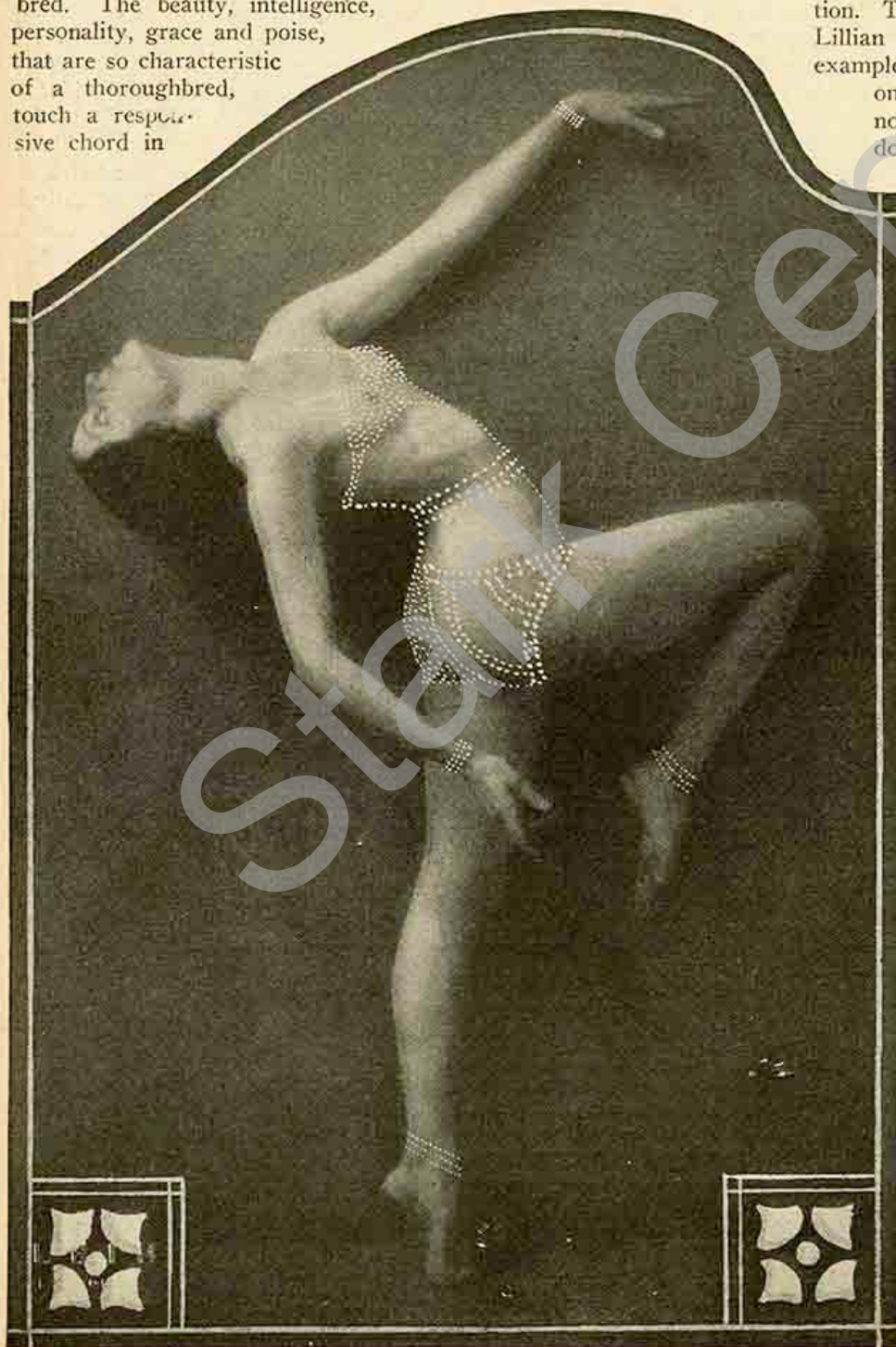
It is an interesting fact that when a girl is unaffected, has good health and intelligence, nine times out of ten she is beautiful. It doesn't *seem* to be a hard combination to find, but it really is. Out of hundreds of girls who apply to the studios for work in the movies there may be only one who can qualify. And you can bet your boots she's a thoroughbred. After all is said and done, that rare quality we search for in girls and possessed exclusively by the thoroughbred is that elusive quality called charm. And it is this quality I find so abundantly in Norma Schearer.

Laura La Plante, Vilma Banky, Norma and Constance Talmadge! All pulse-quickeners. Thoroughbreds. Their rare beauty beggars description. There are Gloria Swanson, the great Lillian Russell and Fannie Ward, other examples of the thoroughbred. I could go on and on, but time and space does not permit. The barrier has been let down, the race is on, there are two thoroughbreds out in front, they run a beautiful race, the pace is great, the competition close, let's see now!

When a little Quaker maid went on the vaudeville stage, not so very long ago, that sophisticated profession got a new slant on feminine loveliness that made them all sit up and take notice. Not right away, for pretty Esther Kait brought no fire-works or fads or any advance exploitation of her beauty—nothing but her five feet of youthful daintiness, a soft little dimple in the chin, brown eyes always just about to smile and dark hair rippling like waves on her intelligent head.

She aspires to win fame as a dancer on the stage, but it is interesting to note her talent in this direction is not responsible for her present success on the stage. Instead she sings and plays the piano and poses as a model in the sensational vehicle "Fashion Hints," now touring vaudeville under the direction of the ingenious Lucille.

I'd like to write that Esther Kait simply walked into the



You love a thoroughbred not for her realities as for her high ideals. The thoroughbred in this picture refused to be satisfied—she worked till she possessed the body she now has.



booking office, knocked the whole staff of agents and producers for a row of typewriters, was invited to meet the corps of theatre magnates and had to cast magic over them to keep them from rowing over her. But Esther killed my story with the sweet request, "I'd rather you wouldn't say that about me, please, because it just isn't so and I'd rather be what I am." Thus, I'll have to save that yarn for somebody else and tell you truthfully how Esther made the grade.

The great Lucille needed a talented girl for his show. She must be adept, intelligent and beautiful. Reflecting over memory's screen, Lucille chose Esther Kait over dozens of girls, because she answered the requirements. To Lucille she was a revelation. She quickly grasped the theme and performed as if she had been doing so for years.

She worked tirelessly and with her whole soul's fire. Long after she was dismissed for



Norma Schearer is so captivating that she cannot seem quite real. Her beauty and popularity grow greater with each new production.



Esther G. Kait, now in the sensational vehicle, "Fashion Hints," has set a criterion of beauty.

the day, she would go over every detail, get pointers from those who had experience enough to know, in order that she might perfect herself and give the very best in her. Esther Kait's philosophy of success was formed early in her career. It was, "Work until you can't work any harder, then work some more." Another rule she strictly adheres to is to sleep at least eight hours every day, get plenty of sunshine and exercise in the fresh air.

Another thoroughbred who has set a criterion for girls is Anna Rizzo, of the Gertrude Hoffman troupe now appearing in "Artists and Models." She went on the stage at a very tender age. Today she is performing solo dances having just passed her seventeenth birthday. Her work merits praise. She is a diligent, enthusiastic and courageous girl. Besides her strenuous work in the show, she practices every morning to perfect her dancing. She is fond of horseback riding and is proficient in swimming. Miss Rizzo, when asked how she keeps fit, smiled coyly and said: "Keeping fit is but a matter of temperament. If you want to be fit and experience all the joys of good health, then you must be prepared to choose your food with precision and more important even than this is to get sufficient exercise of the right kind.

"More and more young women are realizing the importance of keeping themselves in good physical condition—if for no other reason than that they must be healthy and radiant if they are to compete with their sisters either in business or domestic life. Staying up until all hours of the night and then remaining in bed until almost noon never brought any girl health or happiness. Dancing is good exercise, but the trouble with it is that it usually requires late hours. Two nights a week or more with midnight or later as the retiring time will not brighten the eyes or keep the lines out of the face—even though one is blessed with youth and health. Deep breathing out of a window in the morning is within reach of all of us—and this is very important (Continued on Page 66)



# The Practical Strength Seeker

Put Your Knowledge to Practical Use—Don't  
Cultivate the "Reading" Chair Habit

By Charles MacMahon

**T**HIS is really a comparison between the practical health and strength seeker and the purely mental or theoretical health seeker.

Every one has an idea what is meant by the "practical" strength desirer. On the other hand, what I have in mind may not be so clear regarding the "theoretical" strength hunter. Therefore, I probably will do well to clarify the point in your mind before going deeper. Then, let's forget the practical health seeker for awhile and concentrate on the other type.

There are countless men (young and old, and women,

too, for that matter) who are as familiar with all the rules, principles and theories concerning how to get or keep perfect health, strength or development, as they are with their A, B, C's. And yet they get nowhere themselves toward these priceless treasures.

These men or women are continually devouring page after page written by every authority on the subject. Now, there is not a thing wrong with that practice. The trouble lies in the fact that that is all they ever do.

I must contradict myself by saying that after all there is a danger in consuming too many varied ideas on how to get health, strength and development. One must, and should, know what he is doing when he contemplates rejuvenating his body. But, too many rules and theories are likely to confuse him or her. Even that danger is not so bad as continued reading and learning *without action*.

You may know every muscle, bone and organ of your body by its full name. You may also know all about dietetics; the causes and preventions of disease. You may know all about exercise, and yet what good can be derived from this great knowledge unless you apply it?

Those who have far less knowledge, but apply what they have to practical use, are the ones who prosper, physically speaking.

The person whose mind is full of physical training is usually the person who wastes time with habitual discussions of the endless theories. Many of these theories are excellent, some mediocre, and some are worthless.

This is by no means a reflection on one or a group of authorities. Any authority is liable to get hold of a poor theory once in awhile. Some of them will sometimes admit they are wrong and others never will.

It is up to you, Mr. Beginner, to become a practical health and strengthseeker just as soon as you have the knowledge to begin properly. Absorb new ideas all you can from those who have been through the mill before you, but don't let yourself develop into the easy-chair, reading-lamp types who seem to be afraid to move lest they strain their hearts.

All you need to know in order to begin an active health, strength and development campaign is: first, start out with easy exercises. The strenuousness of these first movements must be governed by

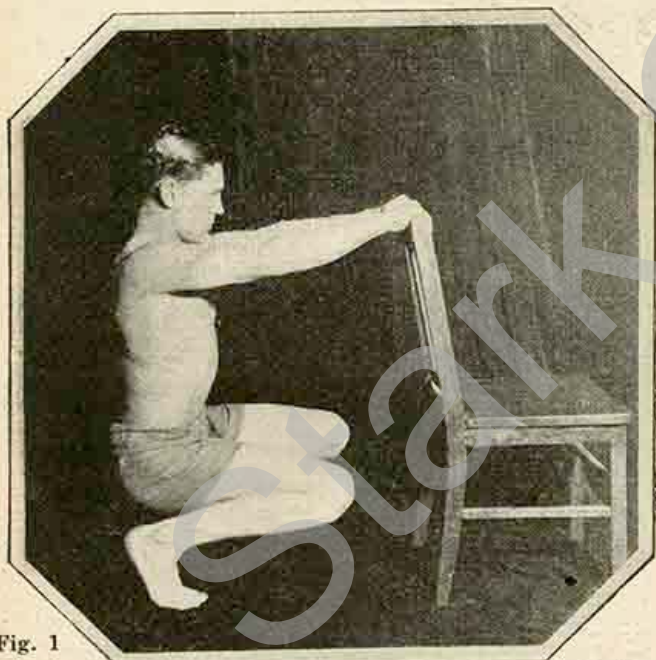


Fig. 1

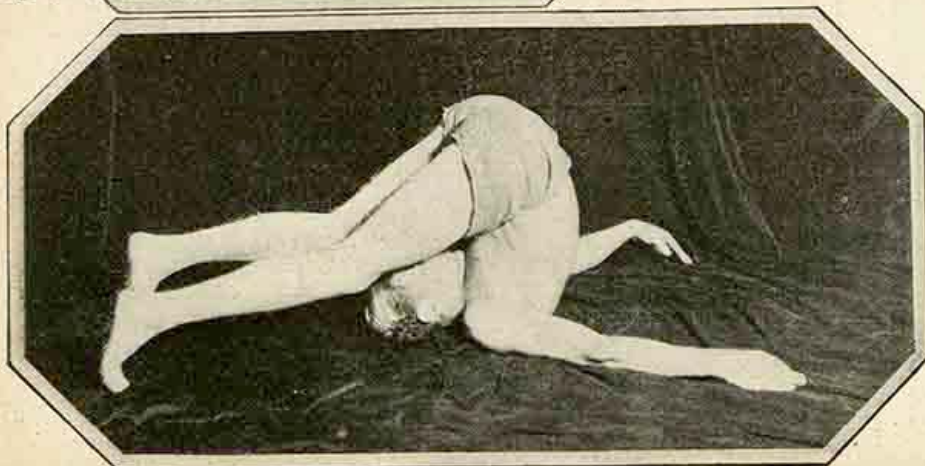


Fig. 2



the amount of strength you begin with. Breathe regularly and fully, but not too forcefully. Every so often increase the strenuousness of your exercises slightly. You must select a good system if you want good results, but that selection is entirely up to your own judgment. Learn what you need in the way of diet. If all foods agree with you, eat some of all foods (not at one meal, of course) in moderation. Don't exercise just before a meal or immediately afterwards. Don't exercise until you are nearly exhausted. Before retiring is a good time for exercising if it doesn't cause you to stay awake.

There are many more dos and don'ts, but these are enough for the start. The other details you will learn as you go on. I do not say "Do not learn them," but I do say "Do not let them hinder your exercising periods." For, after all, they are what give you a strong and well-proportioned body and good health.

I am going to practice what I am preaching by getting into the action of this article right now. If you have nothing more important to do (and what could be more important than a start on improving your body and health?) go to your room. If you are already in your room, get to your feet and throw off most of your clothing. Then see that the windows are up far enough to give you plenty of fresh air. If it is very cold outdoors, be reasonable. Fresh air is not necessarily the kind that makes you shiver and blue.

There is nothing exceptionally startling about the exercises I am about to give you. The improvements you will feel and see in a short time are what will startle you. Many a skeptical person (I receive letters to this effect almost daily) has been greatly surprised by what a few simple exercises, persistently followed, can do.

Now to get down to it. The first movement will be a general limbering-up movement. In fact, limbering of the entire body is the main purpose of most of the following exercises.

Stand erect, facing the foot of your bed or the back of a chair, and place your hands on the foot of your bed or the back of the chair, as shown in fig. 1. Now lower the body to a squatting position again, as in fig. 1,



Fig. 3



Fig. 4

and then arise until you are in the erect position again. Repeat this as rapidly as convenient. You will find that you can repeat this squatting exercise much faster with the hands supporting you than you can in the regular squat

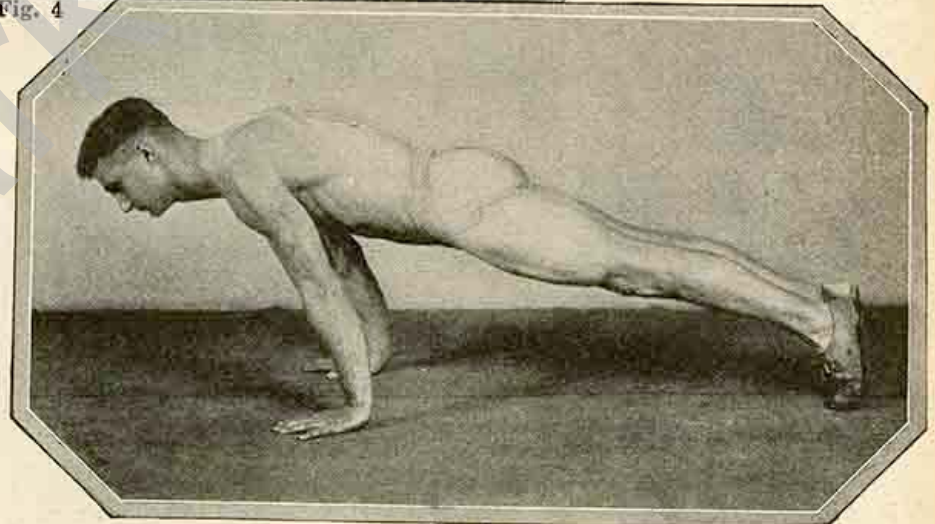


Fig. 5

without support. Keep the body perpendicular to the floor.

This preliminary exercise will limber your legs and hips and increase your lung power.

Fig. 2 is not a new one, but still it is one of the best trunk limberers and spine stretchers you can find.

Lie on the floor and bring the legs up over the head until the toes touch the floor, as in fig. 2. Some of you whose backs are stiff will not be able to touch the floor with your toes on the first attempt. In this case do the



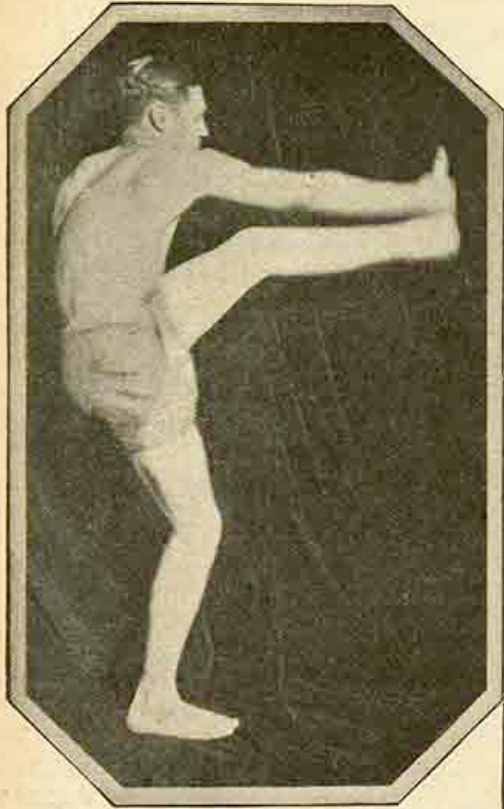


Fig. 6

best you can, trying to force the toes closer to the floor upon each repetition.

This exercise, besides being a spine stretcher, is a great massager and stimulator of the kidneys and liver, and the other organs of the body.

After you can touch the floor easily in this manner, try to accomplish the position shown in fig. 3. This is simply a more advanced form of fig. 2. As you now can touch the floor easily with the toes, you try to go further by letting the legs bend and the knees drop toward the floor. Soon you will be able to touch the kneecaps on the floor as easily as you could the toes.

Both the accomplishments of first touching the toes and then the knees gives you something to strive for. This element in all exercise is a great incentive, and has much to do with your success in building health, strength and a fine physique.

Figs. 4 and 5 illustrate a very fine entire-body developer, which is also great as a muscle stretcher. Take the position shown in fig. 4, being sure to maintain

rigid legs and arms throughout the exercise. Now, from number 4 position lower the hips and bring the head, shoulders and the rest of the body forward as far as you possibly can without changing the position of the hands on the floor.

In taking the position in fig. 4, be careful not to place the hands and feet too far apart from each other. If you do place them too far apart, you will find that you cannot force the head and body forward as in fig. 5.

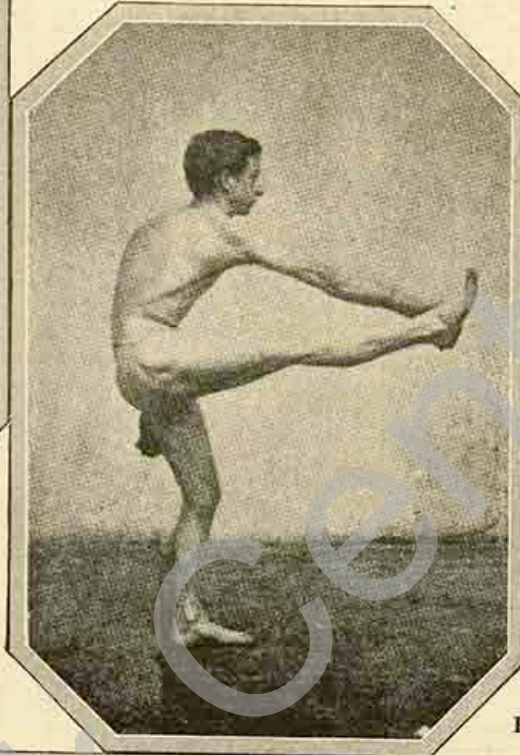


Fig. 7

This stretching exercise should be repeated until you are fairly tired.

Another very beneficial limbering exercise is shown in fig. 6. You will find it difficult at first to execute this one on one leg without steadying support. Therefore, you are allowed to grasp a chair-back for support.

You will notice that in illustration 6 the right hand is used on the left leg. Subsequently, when the left hand is used the right leg accompanies it.

Now, you first grasp the sole of the foot while the leg is bent considerably at the knee. In this first position keep the body upright as well as you can. Then, as you

straighten the leg out in front of you, make it pull the arm and body with it. At first you may not be able to straighten the leg entirely, but as you practice and the cords on the under side of your leg as well as your back muscles become also

stretched and limbered, you will be able to straighten either leg without pain or effort.

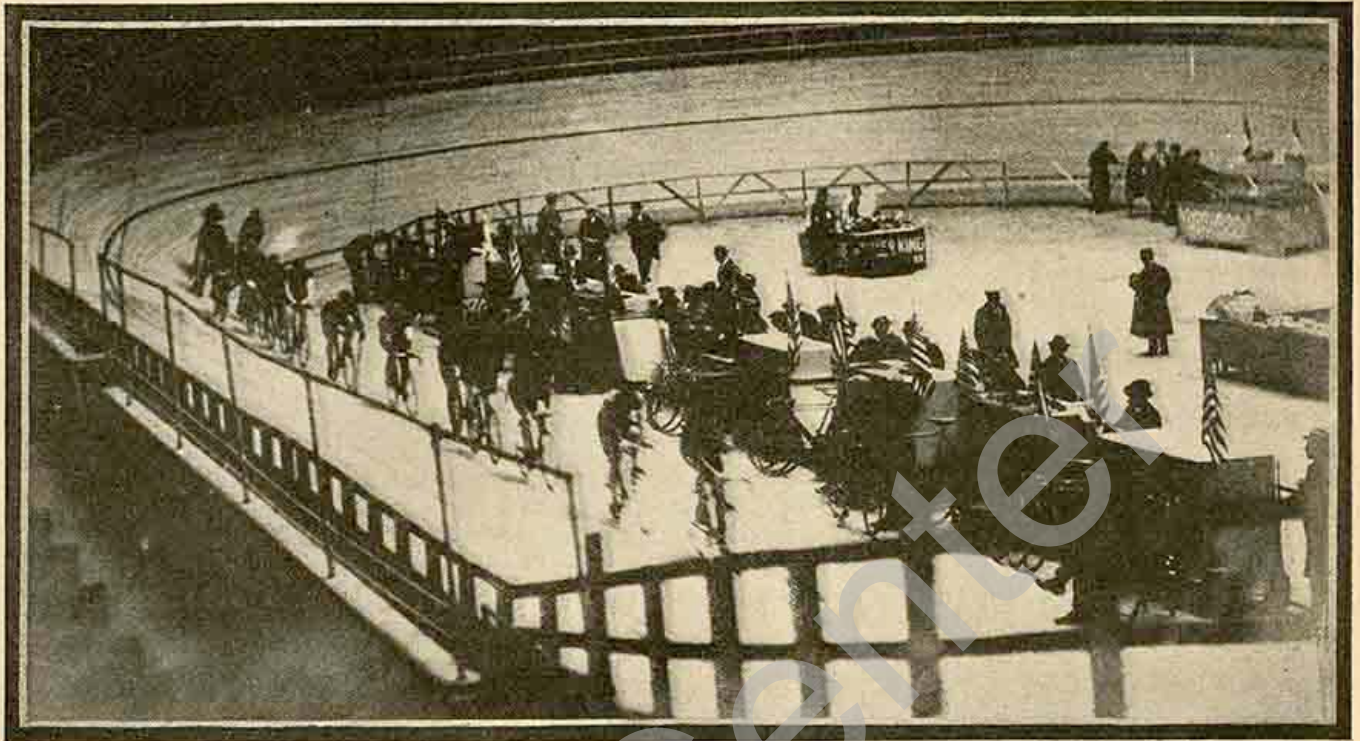
After a few repetitions with the right leg, change over to the left leg. There is also another variation of this exercise in which you use the right hand to grasp the right leg. In this case the hand grips the sole of the foot on the inside. This is accomplished by a half twist of the arm. Otherwise, this variation is the same as explained above. This is shown in fig. 7.

In fig. 7 we have a hip, thigh (Continued on Page 77)



Fig. 8





The boys taking it easy during the morning hours. The trackside camps may be seen with the flags of the nations represented. This photo shows one end and side of the regulation 6-day track.

# The Palace of Aches and Pains

A Tale of the Six Day Bike Race and the Men who  
Follow the Sport of Spills and Splinters

*By Mark Berry*

“**T**HE Palace of Aches and Pains!” Generally a name given to Madison Square Garden about the first week in December and about the same time in March, though it can also apply to a certain large building in Chicago, or to some such buildings in the principal cities of France, Germany and Belgium. The reason whyfore being, that thirty or forty young men, in the prime of life, are willing to enter that building with no intention of leaving for a week, and during that week to see if they can get along without sleep and to spend their time chasing each other around a circular track—while thousands of supposedly sane men and women crowd their way into the aforesaid Palace and shout and yell for all they are worth, trying to stir the bike-riders into increased action—and the chances are the fans will forget all about bed and continue all night to make themselves hoarse, leave in the morning only because they have a position or job to hold down, and then at the end of their day’s work come back and repeat the attack of insomnia, and temporary symptoms of insanity,

Why should these thousands of citizens pack into the immense Garden to watch these young men riding bicycles around a large wooden saucer? What can be the attraction in watching someone ride a bicycle? Well, if you have never seen a six-day bike race, you won’t have the slightest idea. No doubt, all of you have read in the papers news items of six-day races, but if you are not a fan it probably means so much foolishness to you. Believing that you are missing something really good, I want to stimulate your interest in this excellent sport, so if you will kindly follow here goes:

The track is the shape of an elongated “O” and banked pretty high at each end to keep the riders from flying off as they take the turns on high; is built of planks and measures either  $\frac{1}{9}$  or  $\frac{1}{10}$  of a mile around, and would then be called a 9 lap or a 10 lap track, meaning that many laps to a mile. At the trackside, on the inside of the track, may be seen bunks, these being the camps of the various teams, and around these camps will be found all sorts of paraphernalia. A team is composed of two riders, who take turns relieving one



another, every little while, sometimes every couple of minutes.

Downstairs may be found a dining room, kitchen, cooks, etc., where the riders make quite frequent visits to fill up, besides eating a good bit of the time at the trackside when not on their wheels, though there is nothing to keep them from eating while riding. Besides the kitchen outfit each camp has its trainers and "rubbers" besides a corps of handy men, officials, doctors, etc. There are other busy things to a six-day race besides riding, and during the week the building is a riot of duties to be attended to.

Speaking of iron men, the boys who make their living in the game of spills and splinters are surely that. A six-day race means 142 hours of continuous riding for each team of two men, which means that each member of a team averages 71 hours of pedaling a bike in the week, with almost no sleep, as there is incessant "jamming" and the riders must be ready at all times to relieve each other.

Since six-day grinds were inaugurated, at the close of the last century, there have been at least a hundred held in different parts of the world, and the popularity of such events has so increased, that where one race a year in New York was plenty, now they have two each winter in New York, two in Chicago, and Belgium, France, Germany and Holland have them in their leading cities.

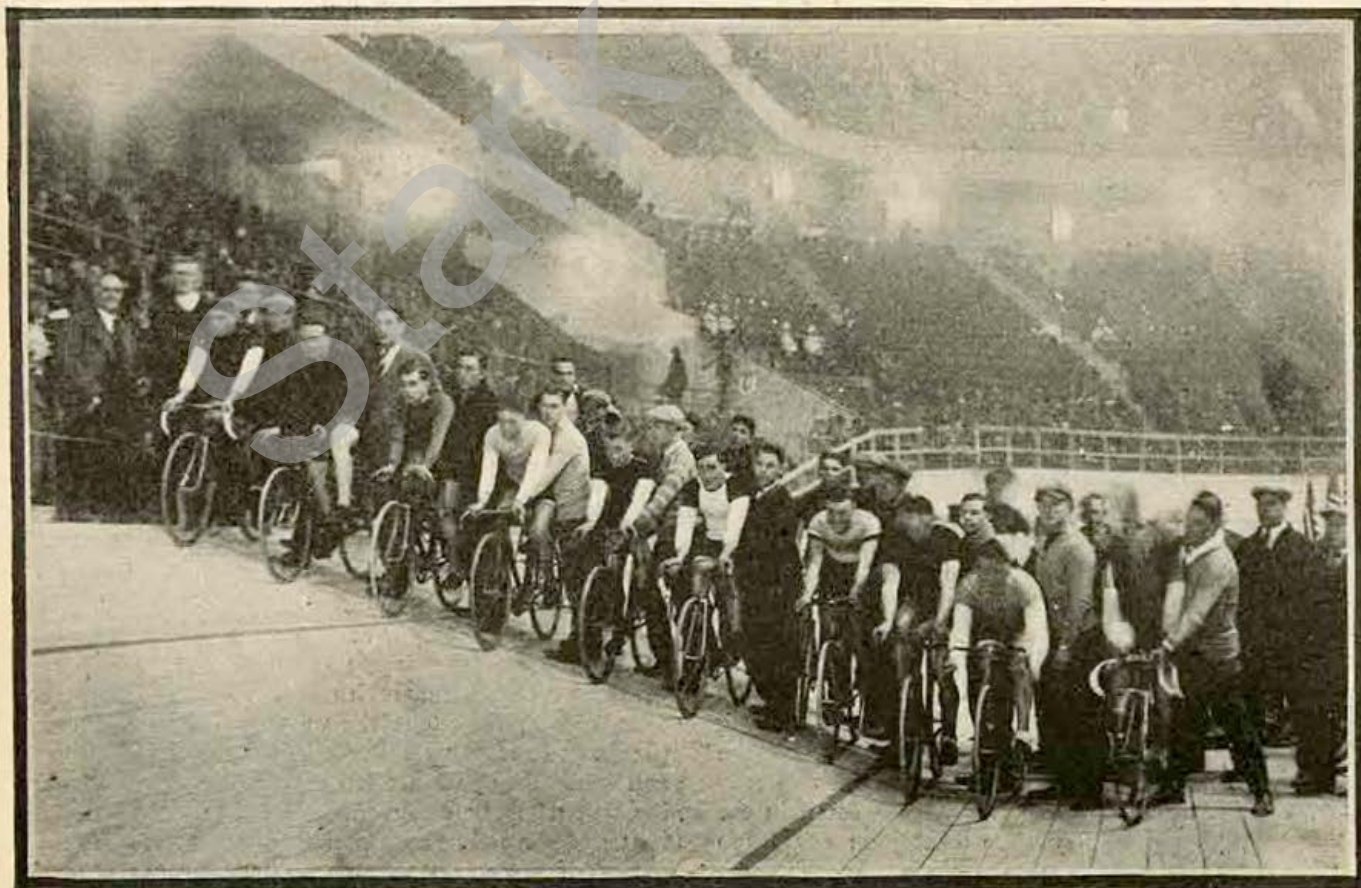
New York City has had thirty-five of the affairs—one in an armory, thirty-two in the old Madison Square Garden and two in the New Garden, while Chicago has seen fifteen of these merry-go-rounds of jams and wireless pick-ups.

In the old days in New York, you could pay one admission and sleep in your clothes all week—but you ran the chance of some one relieving you of your overcoat, watch and what other things of value you brought in with you. Things have changed some since those days; now they chase everybody out, twice every day, and pack them in again at high prices. On Saturday night for the final sprints, they double the price of tickets and still have to turn thousands away.

In order to stimulate interest and pack the house, the management imports a dozen or more foreign stars for each race. Belgians and Italians prove the most popular for these events, though they also make a practice of bringing over the best from other European countries.

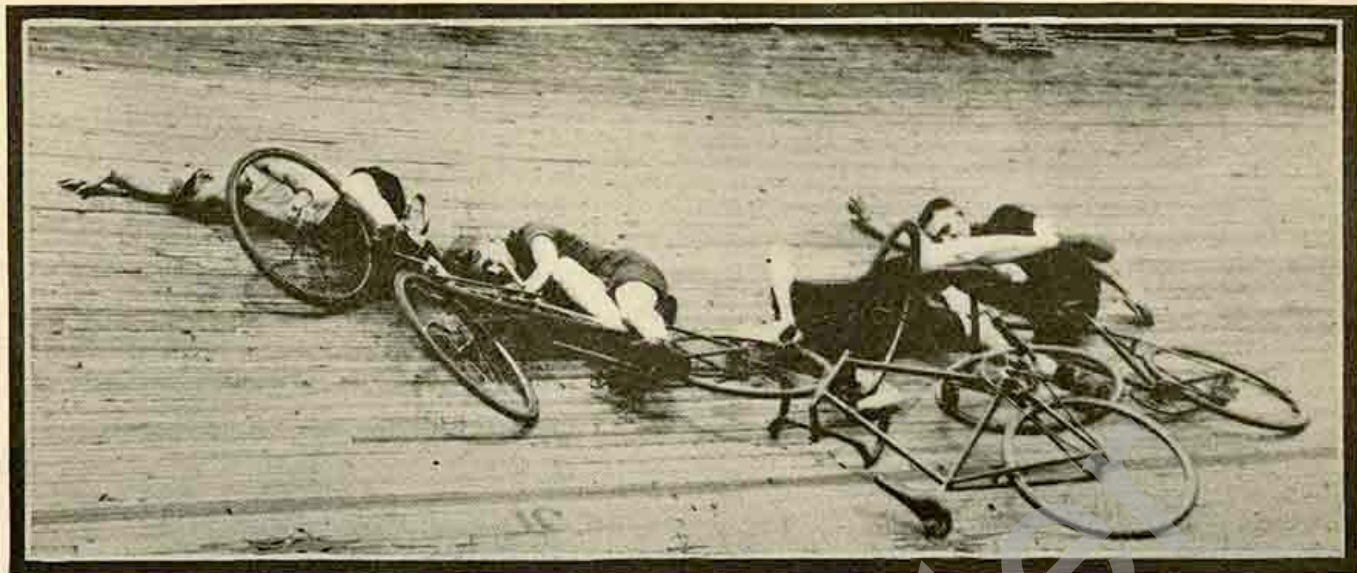
Oscar Egg, the Swiss, was one of the very greatest at this game, but he has suffered "form" reversal and decided to quit the game. Walter Rutt, of Germany, was one of the best a few years back; and Pete Van Kempen, of Holland, the all-round champion of Europe, is another wonder. Among the Italians, Maurice Brocco has probably been the most popular of late years; with Franco Giorgetti and Girardengo following in his tracks. Of the Belgians a few seasons ago, the hard riding team of Spiessens and Buysse, known as the "raw meat eaters" were a very popular pair; Girard DeBaets and Goosens have followed them; while De Wolfe and Stokelynych have made a name for themselves in recent grinds.

The Belgian teams are regularly successful at winning grinds over here, due to their hard riding and by con-



The anklers lined up at the start of a six-day race in Madison Square Garden. The three great Australians are at the bottom of the line-up. Commencing on your right, Goulet, McNamara and Grenda. Fourth from the left in the light-colored jersey is Freddie Spencer.





A "spill" on the board saucer. The riders have their feet strapped to the pedals, consequently when they fall, many splinters and bruises are accumulated from sliding over the track.

tinually tearing out in front for a lap. Every race includes two or more Italian stars who use the same tactics, and as it very often happens that one of these fellows is teamed with one of the great stars of some other nation, they are certain of getting in on the prize money.

The two greatest stars of the game came from Australia, and first rode six-day races in this country about fourteen years ago, after gaining reputations at home. Since then, they have become famous for their grit and recuperative powers, like so many others who were born and trained in Kangaroo Land, the birthplace of the gamest men who have ever pushed a bike.

Alfred Goulet has won 12 grinds, and Reginald McNamara has won 10, but figured from the standpoint of placing most times from first to fourth places, "Mac" shades "Goullie." The following shows their comparative records for placing:

Reggie McNamara, 1st, 10 times; 2nd, 7 times; 3rd, 8 times; 4th, 3 times; placing in 28 races.

Alfred Goulet, 1st, 12 times; 2nd, 3 times; 3rd, 0 times; 4th, 1 time; placing in 16 races.

Both men are in their middle thirties and while Goulet seems to have lost some of his "pep" McNamara seems to improve as he passes the accepted athletic prime of life. I believe Goulet has now decided to retire. Goulet always rode in most impressive manner, usually with a comparatively weak partner to assist him, and would rely on his ability to pile up points in the sprints to carry him through.

McNamara, "The Iron Man" as he is known, has had a career of hard riding and misfortune, being injured very seriously repeatedly, but regardless of how badly he was broken up, he always came back. A few years ago, while riding in Australia, where he had gone for a visit, he was stricken with appendicitis and after the operation they gave him up as a would-be dead man; not long afterwards he was back here, riding better than ever.

This past winter, "Mac" has plugged through 7 six-day whirls, winning three in a row, in Berlin, Chicago and New York, placing 2nd, 3rd, 5th and 7th in the other four. In two or these, injuries to his partners caused him to fare as badly as he did. (Continued on Page 60)



As the pedal pushers look from the track side when "jamming" at a curve. This presents a good view of the riding position when hitting it on high.



# Human Pyramid Building

A Sport that Cultivates Daring,  
Balance And Strength.

*By Russell Viohl*

**L**IFE is a road we must all travel, though many make the journey without aim or purpose. We come into it crying and helpless and leave it groaning and lamenting our lost opportunities.

To the average man it seems a long journey, but to the man with a purpose it flies by altogether too quickly. Next month the road to a new opportunity will open for you—a road lined with monthly milestones, each one marked opportunity. Men with a purpose are going to clench their teeth, tighten their belts, throw back their shoulders and face this future with determination as their guide; forgetting past follies and mistakes and crossing off the useless efforts of this year.

A wise old sage once said, "No one can give you that which you yourself will not make an effort to receive." There is a wealth of philosophy in this saying. Only through exercise can you ever hope to acquire health and strength, wishing for it and reading about it won't help. The power to gain the things you want most in life must come from within. That small wee voice of "The Will" must urge you on every waking hour. You must have contempt for your weakness—you must

take failure by the horns and lick it—or it will get you. Fortune has no favorites—it will not give you one whit more than what you strive for. Unless you are willing to exert effort, anything and everything is possible.

It is time now for self-examination—sit down, take stock of yourself quietly and go over your physical makeup. Has your health been what it should—are you efficient or do you "mope" around like lost sheep—do you ever sigh and wish you were strong and could win the admiration of your fellow men? If you've never asked yourself this pertinent question, it's high time you get down to brass tacks and do so. Then the next thing is to find a way to remedy your present physical condition.

It was during the Civil War—one of the big husky soldier lads became sick; so sick that he lay around the tent complaining and suffering, until some of his comrades tired of his belly-aching.

The corporal, although he had no authority to do so, spoke to a couple of his comrades: "I believe we can end this sickness; if not, we'll at least make a desperate attempt." So the three comrades went to the tent of the

sick man and told him that if he was going to be sick, they would have to take him to the hospital. Instantly he protested, but the boys insisted that he was so sick he could no longer remain there, and they came with a stretcher. Their plan was to put him on a stretcher, carry him a block or two and dump him into a puddle of water, and see what the effect this would have on his complaining.

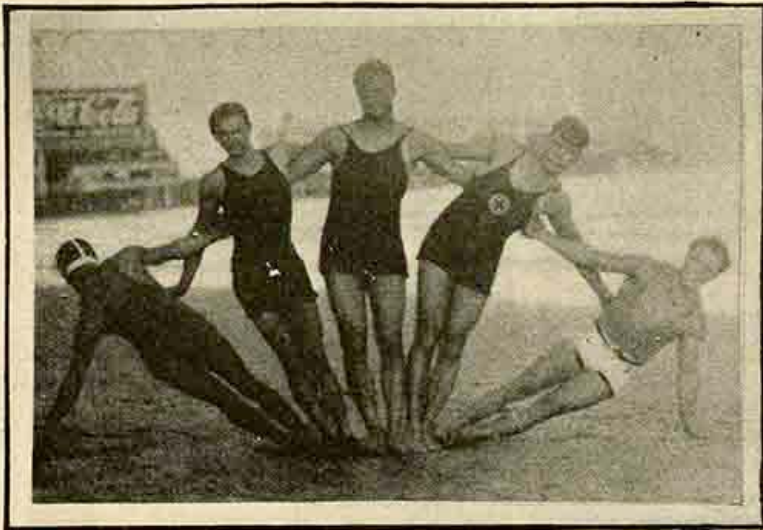
He refused to go, whereupon the boys laid hands upon him to take him by force. He fought them so strenuously that the three of them could not hold him. Seeing their plight, they



Boys find pyramid building a source of fun as well as exercise.



acquiesced and said: "Well we believe that a fellow who all the other exercises in the gymnasium, the tedious training and preparation diminishes the number of those who attain any great perfection. The building of pyramids, however, is within the reach of almost any average boy and man, and the variety is dependent only upon the skill of the members of the team.



The Human Fan.

is as strong as you are doesn't have to go to a hospital, anyhow." The soldier never was sick again. The next morning he was up; answered to roll call, went about the daily duties of a soldier as normal as though he had never had a siege of "sickness." The stretcher and the mud puddle changed the current of his thinking and he was well!

If you are one of those who ail and complain get up on your feet and at least try to do something towards looking alive. Don't lay down and wait for some one to dump you into a mud puddle before you're aroused. I've really got something that will knock all your ailments for a row of typewriters, if you have the guts to tackle it. So, what do you say? Are you on? All right. Doubtlessly, you have several buddies with whom you pal around. Well! my plan is this: Why don't you, the next time you get together for an outing, try pyramid building. It's the greatest exercise for banishing your ailments that I know. And what is more, it is fun and will take your mind away from the things that harrass and worry you.

The building of human pyramids has its origin among the peoples of Asia and the Levant. Many differences have been settled by the rival factions in Venice, the Castellans and Nicolites, by these team contests of strength and skill. These "Laborers of Hercules," as they were called, were sometimes composed of thirty men, built up in diminishing tiers. In these pyramids they formed wide-spreading arches, colonnades, and, in fact, all the wonders of architecture, with their own bodies.

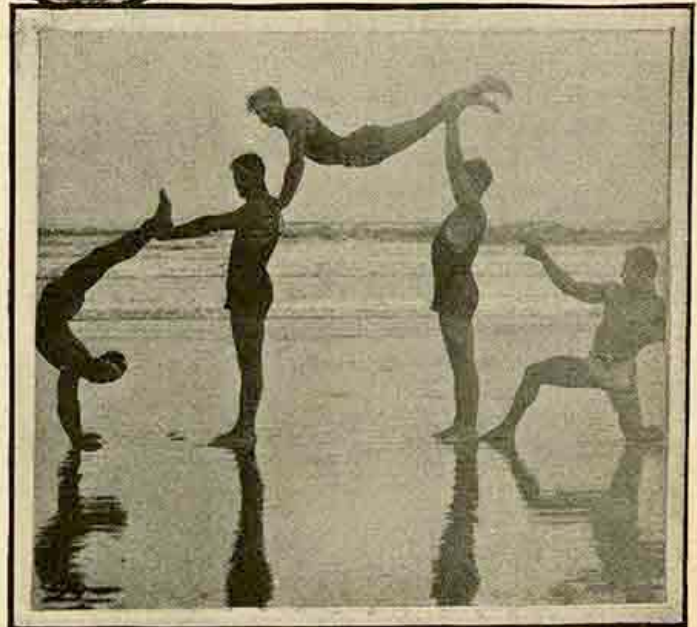
Tumbling is doubtlessly one of the most popular exercises in the gymnasium, but the learning of a progressive series of tumbling movements takes much training and more practice. The same with



The Kneeling Pyramid.

Human pyramid building cultivates fearlessness, daring and balance in the top men who have to climb, dismount and maintain their unstable footing, and it develops great strength and muscular control in the supporting men, giving them that muscular sense by which a man learns to judge weight and the direction of forces. Nothing can exceed these essentials for the promotion of unselfish team work.

Conforming to architectural qualities should be the aim of all pyramid builders, a succession of arches, horizontal, vertical or oblique lines, giving it unity of composition and solidity of construction. Much can be added in their effectiveness and pleasing harmony by the way the mounts and dismounts are executed and the posture of the team when at rest as well as in action. The builders should take their turn in mounting with a snap so the whole effect will be finished in its production. A team should be chosen with an eye to balance, and the matching of figure to figure, and the more graceful candidate should have the preference over the awkward. Every conceivable apparatus may be used for combinations, such as chairs, tables, lad-



The Human Span.





The Walking Pyramid.

most beautiful specialty of gymnastics.

The description of the pyramids illustrated in this article are the typical ones used in the big team contests. The ability to build simple ones is the fundamental principle in building the more complicated designs exhibited in contests. Few people engage in this sport nowadays. And if you develop a team among your friends, and give exhibitions, you will be providing a rare entertainment that will create great interest. Sport of this kind, aside from its entertaining qualities, takes one into the out-doors: The exercise insures deep breathing and if a certain amount of perspiration is induced it will be advantageous. Build the pyramids in the open-air as much as you can, this takes you away from the home or the stuffy gymnasium. Many people think they are too busy for this. They make the plea of lack of time, but when illness appears they have plenty of time to stay in bed.

The "Human Fan" portrayed in illustration number one, is easy to make. It is used considerably for the end of many pyramids. Take a high center piece with lesser pyramids on either side, the fan makes a pretty finish to the whole ensemble. It is easy to hold, in fact, all can "drop" into this position at the signal, if the centre man has a wooden ring in each hand for one and five to hold to.

In the illustration, Nos. two, three and four are bent sideways. This is caused by the heavy weight of four and five and is an incorrect position. The correct position is with the body held straight, chest out, head and feet in line and the back arched. A small pyramid such as this looks very well if the performers are dressed as statues, posed on a revolving table with calcium light effects.

The "kneeling pyramid" in illustration number two is easily built and makes an effective appearance for an

ders, parallel bars and many other apparatuses. Pyramid building, aside from developing hidden powers in men and cultivating speed, strength, balance and co-ordination, is one of the most fascinating and

exhibition. It can be built two, three, four, five, or even six high, although five is about the best height, as the backs of the fifth tier are too slanting. This pyramid is the favorite of the people when on an outing. Lots of fun can be furnished by collapsing the moment the pyramid is built. Generally the builders give a college yell and when the last call is shouted, all the men in the group extend their arms and legs together and "sprawl" on top of each other without getting hurt. I have seen various funny novelties of this pyramid.

One night at a mammoth gymnastic exhibition I saw one hundred and twenty-one men build this pyramid. The centre piece was six high, two five high at each side of the centre, four high at each of the five's, then three high, two high and finally one at each end. It was the greatest pyramid I ever saw. Everything was beautifully timed. A clapping of hands was the signal. Each signal signified a new tier was ready to build. The men ran out with a "snap" and lost no time in mounting in place.

It was performed so perfectly in unison that to the observer the pyramid seemed to rise up from the ground, in diminishing tiers as if pulled by strings. When the very last tier was built, the whole construction commenced to sway, and, with a blood curdling yell, squashed down into a jumbled mass of sprawling bodies. The audience howled with mirth-laughter at this sight and laughed even more loudly, when they beheld the top center man "swimming" in the air. The strap of a suspended lunger had been buckled around his body and when the pyramid crumbled he was left in mid-air.

The "Human Span" in illustration number three can be made with any number of artistic designs. It always looks graceful when the backs are well arched, and, when used as a side piece to flank the center, it presents an interesting study. The illustration shows a simple combination which needs no description, but on the other hand its artistic qualities merit praise. The bodies of the performers silhouetted against the background of the sea afford a pleasing effect, obtained by utilizing the poses, with a very fast exposure made by the dying rays of a setting sun. Note the reflection of the performers clearly defined in the ripples of water flooding the beach. It is an inspiring sight when one sees an artistically designed pyramid silhouetted against the sea and pyramids of this sort are always enthusiastically received by an appreciative audience.

In illustration number four, the "Walking Pyramid" is used to fill vacant centre pieces in team contests. In mass pyramid building, where fifty to a hundred men are employed, the "walking pyramid" walks into place when the stationary spans, arches and centre pieces are constructed. To build this pyramid the front men lock arms, the rear men place hand on the shoulders of men in front. The rear and front bottom men should be strong, as they have to bear the "brunt" of the weight. The first tier men sit on the (Continued on Page 68)



The Centerpiece.



# Nose and Throat Afflictions

The Barometer of Your Health is the Condition  
of Your Upper Respiratory Passages.

*By Dr. B. M. Middleman*

**A**FFLICTIONS of the nose and throat are most common among inhabitants of the temperate zones, living as they do under conditions of changing climate and weather and continually varying humidity, and dwelling in artificially heated buildings wherein the moisture content of the air is reduced away below any normal outside condition. Particularly are Americans troubled by the numerous "catarrhs," inflammations and irritations associated under the heading of "nose and throat" disorders, while inhabitants of countries in tropical and semi-tropical climes are seldom annoyed by such disturbances. Likewise those who dwell in extreme cold sections of the earth, where the temperature is even the year round, are free from this class of illness.

While generally referred to as conditions of the nose and throat, it would be more proper to speak of them as diseases or afflictions of the "upper respiratory tract." By the term "respiratory tract" is meant that combination and continuation of passages by which the air in normal breathing passes to and from the lungs. It may be divided roughly into three portions: an upper portion, extending from the nostrils to the upper boundary of the oropharynx; a middle portion, comprising the oropharynx and laryngopharynx, or inner cavities of the nose and throat, which it shares in common with the alimentary tract, and a lower portion, extending from the glottis to the ultimate air cells of the lungs, and comprising the larynx, trachea and bronchial tubes, with their successive subdivisions and terminal expansion. At present we are more concerned with the upper and middle portions of the respiratory tract.

The entire respiratory tract is lined by a moist tissue, a membrane, lying in layers, known as mucous membrane. The function of the mucous membrane is to secrete mucus, to offer an absorbent surface, and to afford a smooth, moist, pliable and protective lining to the open cavities; that is, those communicating with the exterior of the body.

Every mucous membrane surface is, then, as it were, a laboratory by which is elaborated material, of which the most constant is mucus. When altered by disease its physiological product is changed and does not serve its proper function, or it prevents the excretion of an agent for which the organism has no further use. As a lining membrane of open cavities, it is essential that it should be soft, moist and pliable. This is especially true of the nasal cavities, whose surface is exposed to the drying action of the air. The anatomical arrangement and physiological function of the mucous membrane fortunately counteract this tendency.

To correctly understand how easily complications may arise from continually neglected minor disturbances of this area, you should have some knowledge of the bony construction of that part of the head through which the air passes on its way to and from the lungs. Instead of being just solid bone underneath the mucous membrane, the bones are porous-like, and besides being very labyrinthine in construction, have open spaces within known as sinuses. These sinuses involve a considerable space in the front and inner sections of the head, the layer of bone in most places being very thin, and due to the peculiarity of construction of the bony framework and veins, arteries and other connecting passageways, running in and out among the bones of the nasal cavities, an inflammation of the outer tissues can very easily spread to the sinuses, and once infected may involve the entire system of the individual, making necessary the waging of a constant, vigorous battle to eliminate from the system an ever threatening health destroyer.

The function of the nasal cavities is regarded by most physiologists as essentially threefold, and is usually considered in relation to respiration, olfaction and phonation. In addition, these cavities perform a very important secondary part in the modification of certain functions of more or less intimately related organs. In considering the respiratory function, it will be found that the external air, rarely fitted for entrance into the delicate structures of the lower part of the respiratory tract, is modified by the upper passages in three important particulars: temperature, moisture and purification from suspended foreign matter. Whether the temperature externally be above or below that of the body, after having passed through the nasal cavities, the inspired air will be at almost blood heat on reaching the larynx. This alteration is brought about not only by the temperature of the area traversed, but also by the moist vapor exhaled by the lungs, deposited upon the mucous membrane and kept at body heat by the underlying vascular supply. The air moreover is, in inspiration, to a greater or less extent filtered. This is brought about in two ways: the larger particles are arrested by the short, moderately stiff hairs which project from the anterior portion of the cavity, "sieving" the air. The smaller particles brought in contact by the air current, or precipitated by the moisture and lodging on the membrane, become entangled in the tenacious mucus, and with it are gradually propelled toward the nostrils by the constant vibrations of the nasal muscles. The air thus tempered, moistened and freed largely from mechanical irritation, is prepared to pass over the delicate bronchial surfaces without injury to them.



The olfactory function is brought about by minute particles emanating from the odoriferous substance to be drawn in during inspiration, lodging on the mucous membrane, there to be dissolved in the secretion and coming in direct contact with the nerves that give us a sense of smell.

Upon vocalization the nasal cavities exert a marked influence. The sound vibrations, arising in the larynx, pass up the pharynx and find in the nasal space the resonating chamber necessary for the full, clear, sonorous tone of the normal voice. Closure of the cavities, either intentionally or by abnormal processes, produces marked alteration in certain of the fundamental sounds. For instance, when you have a severe cold with stoppage of the nostrils, the spoken "n" will always sound like "ed"; this can be demonstrated by holding the nose between the thumb and first finger. This is because the "n" is what is termed a nasal sound, while if you were to speak "e" there would be no change in sound.

In the first case resonance was required for both pronunciation and quality; in the second only the latter and in its production the soft palate approached the pharyngeal wall, thus partially shutting off the upper chamber. It becomes evident, therefore, that pure resonant quality of voice and proper enunciation are possible only when the nasal cavities are in a healthy condition, free from obstruction, and the movements of the soft palate unimpeded.

The nose has, moreover, a protective function, calling attention to the presence of poisonous or irritant vapors, and some authorities would claim a still further extension of this feature, asserting that the secretion upon the surface of the membrane has, in common with the secretion from the tonsils, a bactericidal influence. Others claim that the secretion is of prime importance in serving to liquify the food, while yet others advance the theory that the mucous membrane has a function in the exchange of gases, throwing off carbon dioxide and taking up oxygen. Then, of great import, in the list of nasal properties, there may be mentioned an element more properly belonging to psychology—namely, the relation of an odor perception to the memory, a familiar odor often bringing to mind scenes and circumstances long unthought of.

In many constitutional diseases there is an increase of exudate from the mucous membrane. This is brought about by interference with the circulation, by vaso-motor phenomena and by alteration in the blood. It is also due to changes in the internal organs whereby elimination is interfered with, as for example in diseases of the kidneys, when the skin and mucous membrane are called on to perform the work of eliminating poisons from the system that normally would pass through the kidneys or other internal organs.

Congestion of internal viscera causes marked alteration in the mucous membrane of the throat as well as of the nostrils and inner nasal passages. Diseases of the mucous membrane are nearly all inflammatory. The term "catarrh" as generally used implies much, literally it means to "flow downward." It is popularly used in designating all varieties of mucous membrane inflammation of the nasal passages, whether acute or chronic, hypertrophic or atrophic. Applied to all these conditions, the term is a misnomer, as the catarrh is merely a

symptom. It is proper, however, to speak of a catarrhal inflammation, meaning that special condition in which secretion and elaboration of mucus are increased.

The shape of the bony framework of the nose will determine largely the drainage of the normal secretion, whether it will go forward or backward, and will also determine the liability to accumulation of dust. This may explain in many cases the catarrhal tendencies seen in some people, who imagine they inherit catarrh, but in fact really inherit a peculiar formation of the nose and inner cavities, causing secretions and dust to easily become lodged in pockets.

Intestinal irritation and chronic constipation may cause the nose and throat mucous membranes to become thickened and congested and even the veins to present a varicose condition. Diseases of the liver, kidneys, intestines, lungs, pleurae, heart, in fact, almost any serious inflammatory lesion, will be manifested in the mucous membrane of the upper air passages by some alteration in its function due to circulatory changes, which, if continued, may produce structural alterations.

In fact, any condition of the health where the vital powers are impaired or weakened and the resistance lowered by disease of the physical mechanism, will be prone to cause an inflammation of the mucous membrane of the upper respiratory passages, to be aggravated by ever-changing weather conditions, and exposure to cold, raw atmosphere after remaining for a great length of time in the overheated dry air of our modern buildings.

The diseases and afflictions to which the nasal cavities are subject are so numerous as to make it impossible to treat of each one separate, so we will only presume to attempt at classifying them and consider possible means of overcoming the tendency and alleviating the attendant discomfort.

Any profuse discharge from the nose or nasal cavities is known as rhinitis, which may be either acute or chronic in nature; synonymous with this term is coryza, "catarrh" and "cold." Predisposing causes are: lowered bodily resistance to the exciting causes such as more or less extended confinement in unevenly or overheated rooms, lowered nervous tone, the so-called nervous temperament, prolonged mental strain, an enfeebled circulation, exposure when insufficiently dressed and extreme physical fatigue. Inhalation of dust, gases and fumes also has a tendency to bring on attacks, as has also sexual excesses. Then the attack may be the early symptoms of a more serious ailment.

Simple acute rhinitis also occurs with varying symptomatic importance in several of the severer diseases, such as measles, whooping cough, scarlet fever, smallpox, typhoid fever, rheumatism, diabetes, influenza or la grippe, diphtheria, hay fever, asthma, tuberculosis or venereal disease.

An attack of acute rhinitis, in itself, is not dangerous, but care must be taken that the trouble does not become chronic through repeated attacks, or that other sections do not become infected.

In the early stages of the attack, treatment would depend on its severity, but unfortunately very few persons make any attempt to overcome the attack until it has progressed to a more profuse state of discharge and inflammation.

The application of towels (*Continued on Page 70*)



# Exercise—Beauty's Solution

These Exercises Will Add to Your Beauty and Give You a Beautiful Form

By Margaret A. Sargent

**G**IRLS! Do you want to save on cosmetics? Do you desire beautiful legs, slender ankles, graceful hips and perfect body? Yes? Then take up exercise!

A certain young lady I know suffered from many ills. Her complexion was sallow and covered with blemishes—her body was emaciated—she had trouble with her heart, stomach, and what not. Every week she would try a different doctor or face specialist. She did not give any a fair chance, even if they could have helped her. Finally she was recommended to another doctor who happened to be a firm believer in physical culture methods. He related his conversation with her to me:

"Have you ever done any physical exercise?"

"No."

"Do you swim, go to gym or do any outdoor exercise?"

"No."

"Do you walk much?"

"About a quarter of a mile a day."

"Do you spend much time in the open air?"

"No, I do not get a chance. We live in the city."

"Well, do you dance?"

"No, I do not like dancing."

"Well, what do you do from the time you come home from your place of employment to the time you go to bed?"

"Why I—I—don't know. Read, sew, visit, go to the theatre or to a party."

"Now, let me see," said the doctor, "do you eat much candy, ice cream, rich pastries?"

"Yes, I am very fond of them."

"You probably take an ice cream sundae or soda and French pastry for lunch, fill up on candy all day and

when you come home to supper you have no appetite and only pick out the things to eat that you really should not have.

"You get no physical exercise at all. You probably sleep to the last minute in the morning, have only enough time to snatch a cup of coffee and off you go. Your body is practically dead. Your internal organs do not get enough exercise and they have become poisoned. Your body is starving for the want of activity. Your case is beyond me. Only you can save yourself.

"Make up your mind now that you have to take up some sort of exercise, and change your diet. It is easy—does not cost you any money and in time you will learn to enjoy every exercise period. Get out of doors more. Because you do not live in the wide open spaces is no



Fig. 1

Fig. 2

Fig. 3

reason why you cannot live more outdoors. Walking, hiking, ice skating, all are within your reach. Neither I nor any one else can do anything for you."



She went home, thought it over and decided it was worth trying. Today she has beauty, she has health and she has happiness, all due to that wise doctor's prescription.

So, girls, if you long for everlasting health, a well rounded body, and beautifully proportioned arms and legs, and earnestly desire to attain a figure that will cause you to be acclaimed a Venus, it will only be necessary for you to spend a few minutes daily practicing a few simple movements such as I have outlined for you here, and a sylph like figure will be yours, making you the envy of all other girls of your acquaintance and sought after by the worth while red-blooded young men in your social circle. Knowing that most of us girls easily grow tired of doing the same old routine of dreary exercises day in and day out, I have tried to give you a few novel movements this month that should stimulate your interest in physical improvement and make the attainment of your ambitions seem more realistic. Or, perhaps, you are following some system of which

hanging at sides; swing left leg backwards keeping knees straight and at the same time swing right arm upwards to the side and to arms' length overhead, as in Fig. No. 1.

This entire movement should be simultaneously executed, leg and arm swinging together. Now swing leg forward as far as you can, keeping knee straight and bring the right arm down till the hand touches right foot, as in illustration No. 2. Repeat this movement several times and reverse position, executing the exercise with the opposite arm and leg. This exercise will prove beneficial to the hips, abdomen, arms, shoulders and chest.

Next, assume a position with feet several inches apart, hands on hips. Raise heels off the floor, then pivot the body on the toes, first to the right, then to the left, keeping on the toes all the while, as in Fig. No. 3. Repeat the pivoting movement about twenty times to each side. This is particularly good for improving the contour of the calf of the leg, bringing the lower limbs to the desired roundness, whether they may need developing or reducing. Also this exercise will make the ankles trim.

For the next exercise stand with the hands on hips and heels together, then squat as shown in Fig. No. 4, keeping the heels off floor. This is a high kicking movement, the object being to raise on the toes of one foot and as you bring the body erect kick as high as you can with the other leg, keeping the knee straight, as shown in Fig. No. 5. Put as much life as you can in each kick, and be sure to raise up on the toes as high as you can.



Fig. 4

you are fond and feel perfectly satisfied with the rate of your improvement, then possibly you may wish to add these few effective movements to your daily dozen or half dozen, whichever it may be that you prefer to warm up with each morning on arising.

One must simply make up their mind to be perfectly regular and systematic in the pursuit of physical improvement and the desired results are certain to be achieved. Girls, it is not necessary to starve to reduce, or to work at strenuous mannish work in order to realize your dreams. Simply live a regular, sensible life, get sufficient rest and plenty of sleep and with the daily use of your muscular organism you will be the proud possessor of that for which you yearn, abundant health and a beautiful figure.

I will now describe the exercises in the most concise manner possible, and urge you to memorize the explanations and start today to attain that for which you dream—a bathing beauty figure.

First assume an erect position with heels together, arms



Fig. 5

Fig. 8



Repeat several times with each leg. This movement is of particular benefit to the calf, thigh, hips, waist, back and abdomen.

Now procure a piece of rope and assuming an erect position grasp the rope at a little over shoulder width apart, with arms hanging in front of body, keeping a steady tension on the rope so it will remain taut. Keeping the arms straight, raise them overhead and back over the shoulders till you can move them no further. Fig. No. 6 shows the arms overhead; Fig. No. 7 shows the arms behind the body. Throughout the movement remember to keep the rope taut, and the arms must not be allowed to bend at the elbows. Should the elbows not be kept straight, you lose the value of the movement as an exercise, which is tip-top for beautifying the arms, shoulders and chest, as well as for making the shoulder joints supple.

The last exercise is performed by placing the left foot in the looped end of the rope, holding the other end in the left hand at arms' length to the side, as shown in Fig. No. 8, the right hand on the hip. Now lean well to the right side, balancing the weight of the body on the right foot and raising the left arm and leg to position shown in Fig. No. 9. It is important to keep the arm and leg straight while doing this exercise. Reverse position and perform while standing on the left foot, raising the right arm



Fig. 6

a round and beautiful appearance, and the chest and shoulders desirable proportions.

The same is also true of the elbows. There is a large muscle on the back of the upper arm which when developed

Fig. 7

will change an unsightly elbow to a smooth or even dimpled contour.

Many women, who complain of a flabby bust, have found that club swinging makes the bust firm. Besides the benefits derived, Indian club practice affords a great deal of pleasant entertainment both for yourself and those watching you.

The figure of any woman can be improved by all round muscular exercise, such as swimming, rowing, horseback riding, ice skating, hockey, and numerous other outdoor activities. The winter season is no excuse for staying indoors. Dress warmly, but refrain from bundling yourself up too much, and go out, even if it is only for a brisk mile walk. The fresh air will be of great benefit to you.

There is, unfortunately, no over-night method of acquiring beauty. The road to beauty is longer than that, but if you take it and keep to it you are at least sure to get there. With correct and simple living and a few minutes spent daily, say fifteen or twenty, on some beneficial exercises, health and beauty and a perfect form can be yours.



Fig. 9

and leg. This is a splendid exercise for the sides, hips and waist region, as well as for the arms and shoulders, and in fact the whole body.

Indian clubs are the best exercise a woman, who is dissatisfied with her neck, shoulders and arms, can take. The change, after a few months' practice, is almost marvelous. Certain muscles of the neck and shoulders and chest are brought into use by club swinging that enlarge and fill up the hollow places and give the neck



# Why Have Skinny

If You Have Suffered With Broken  
Mind to Suffer no Longer—Exer-  
and Cure You of Your

By George

study before the statue of the flying Athenian, and wondered if others who have gazed upon it have seen all that I have. I am afraid that nearly all view it in the classic light of history rather than give one moment of thought to the remarkable physical construction of the beautiful body, particularly the legs. The sculptor and a few others like myself are probably the only persons who have paid momentous attention

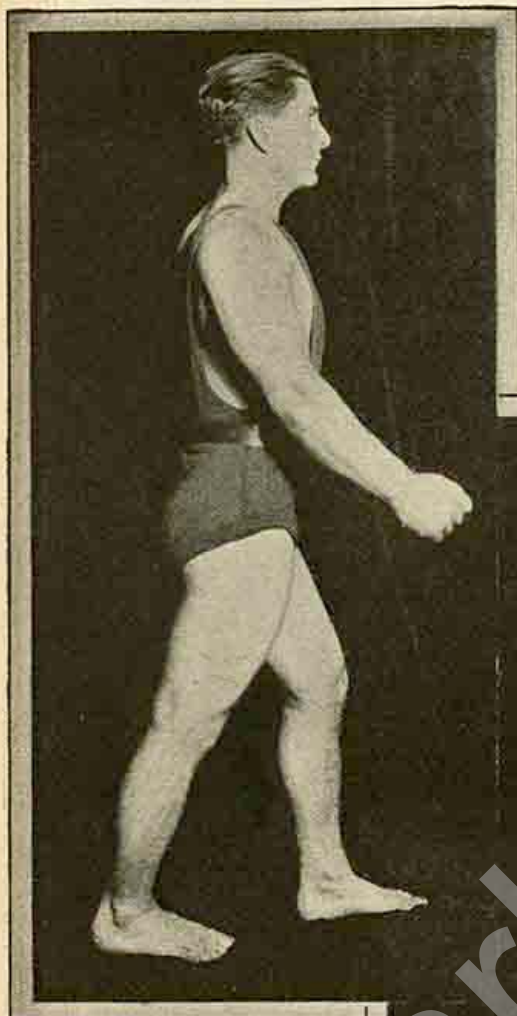


Fig. 1. — The incorrect manner of walking—flat foot.

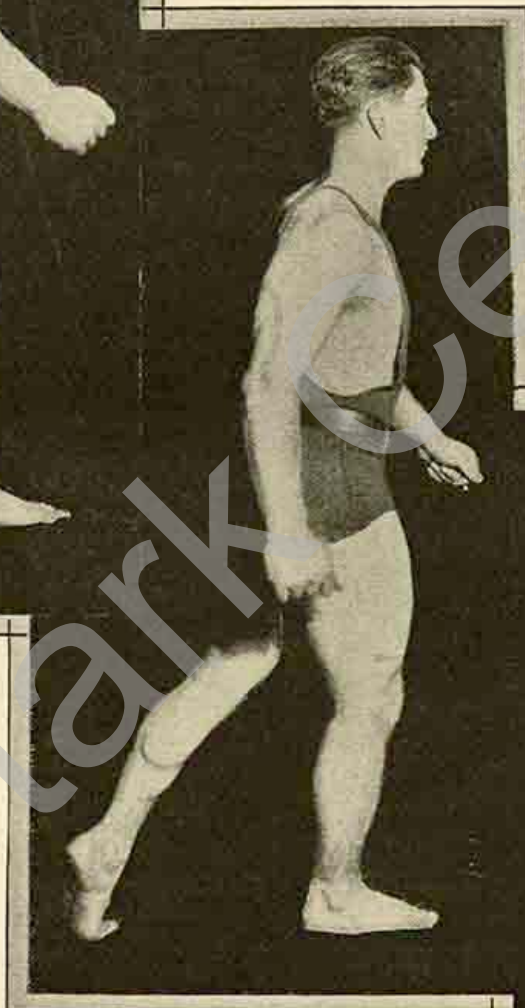


Fig. 2.—Note the difference of the calf muscles and the arch of the foot when the foot acts as a lever to thrust the body along.

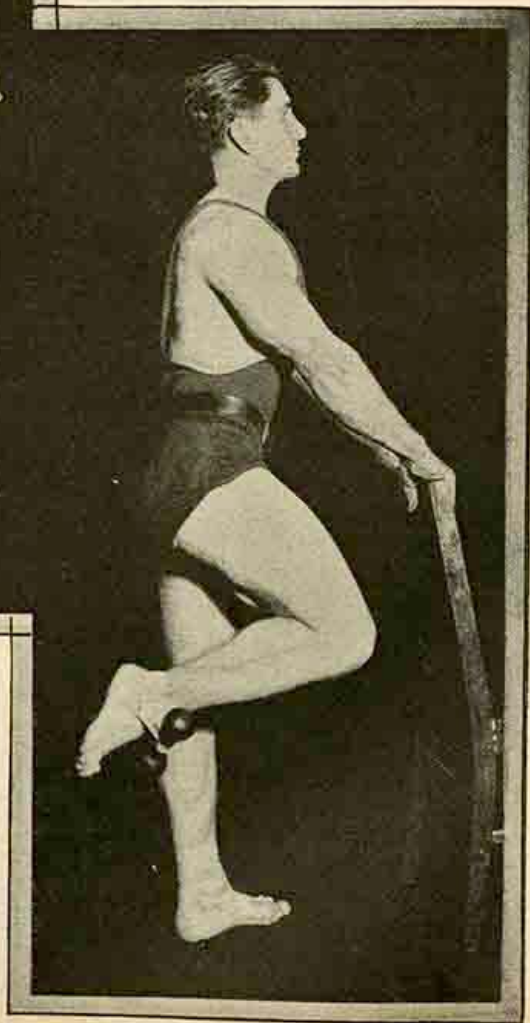


Fig. 3.—A back curl with the knee raised forward in the flexor movement of the calf muscles.

**P**HIEDEPPEDES, the plains of Marathon—just another of the few great stories that has lived through 2000 years by reason of the heroism of the great runner who raced over mountain and rocky plain to carry the news of the Athenian victory over the hordes of Darius; the story of the great athlete who extended himself beyond all others in the exultation of victory.

I have seen many interpretations on canvas of this heroic feat and collectively spent hours in



# Calves and Flat Feet?

Arches and Flat Feet Make Up Your  
cise Will Develop Your Calves  
Flat Foot Condition.

*F. Jowett*

to those fleeting limbs of propulsion, and appreciated the shapely balanced muscular formation of the calf muscles. Truly, the sculptor used his imagination, but he knew better than the man on the street the quality of muscle that was necessary for such a feat. He understands that with quality comes development, separation, and contour. The next time you are where this



Fig. 6.—A stiff-legged march, raised high on the ball of the foot, catches more or less all the muscles of the lower leg.



Fig. 5.—A natural movement that shows the gastrocnemius muscle flexing the knee and helping the soleus to extend the ankle.



Fig. 4.—This pose gives one a better idea of how the lower leg muscles work when forcibly thrusting.

statue is to be seen, study the remarkable grace of the whole figure as it is poised upon the ball of one foot; absorb the exquisite development of the calf muscles, the flat cordy ankle, and the compact foot which looks small in comparison and a little wide across the ball of the foot. In all, it is the ideal form of the perfect leg, not necessarily of the runner, for many runners do not have finely shaped legs. The object of artists and sculptors is to strive to emulate idealism—the perfection of what should be. That is why we find this monument of the Athenian



athlete such a perfect interpretation of leg construction.

Roll up your pants leg and see how *your* calf compares with it. Probably plenty will immediately say they do not have to do that, knowing too well the deficiency of both size and quality in their lower limbs. Others

develop is not the same thing that causes the obstinacy of the forearms. It is entirely different, but I am not going into that here; it is the lower part of "shanks pony" that is my object of discussion just now.

We find the muscles of the calf are in three groups: the posterior, anterior, and medial, which in plain English means the muscles that form the back of the calf, those on the front and side. The bulk of the side muscles is on the outside, few being on the inside. Any formation on the inside of the calf viewed from the front is derived from the inner head of the gastrocnemius muscle. That long name translated means "the calf of the leg." It forms the bulk of tissue that lies on the back of the calf and is divided into two sections of an inner and outer head. The inner head is naturally larger than its mate, and descends lower down the calf to insertion. The entire muscle originates from a double source on the lower end of the thigh bone at the knee; if anything, it is inclined to be a little above—a point which I want you to remember, because the manner in which it arises is what causes the muscle to be a powerful flexor of the knee and enables us to build up exercises that are different from the general calf exercises. The insertion of this twin muscle is into the achilles tendon, a broad heavy flat piece of membranous tissue that narrows down as it reaches its seat of attachment on the heel bone. Another muscle

which is also attached to the achilles tendon is the soleus. This muscle together with the gastrocnemius are the two most important to study as far as calf development is concerned.

The soleus lies under the double calf muscle, and is only visible a little below the gastrocnemius where it joins the

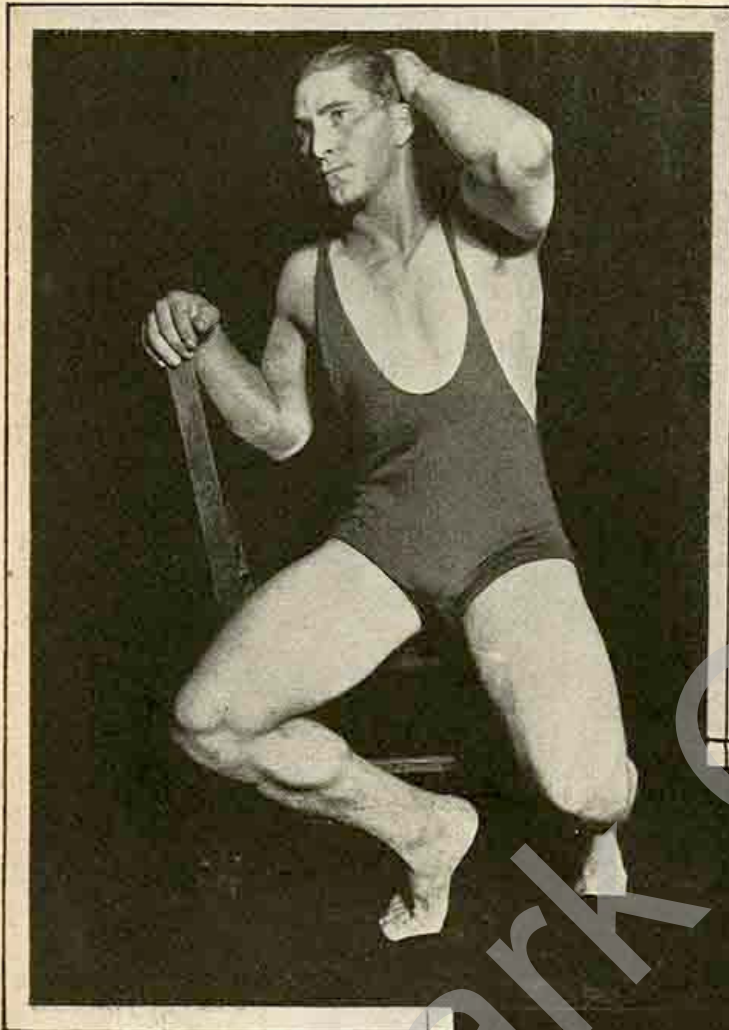


Fig. 7.—A fine pose for our subject. Here we have the model relaxed, that tells the story of the influence of proper exercise on the calf and the arch of the foot.

feel that they have done everything in the world to increase their calf girth and have given up the ghost through repeated failure. I can quite understand the general disappointment in such quarters, and I hope that the advice in this article is going to help. I know that it will, for when all is said and done, cultivation of muscles, like that of plants, requires only understanding. At the same time I admit that these muscles, like those of the forearm, are regular hoodoos to master; but the one thing that makes the calves difficult to

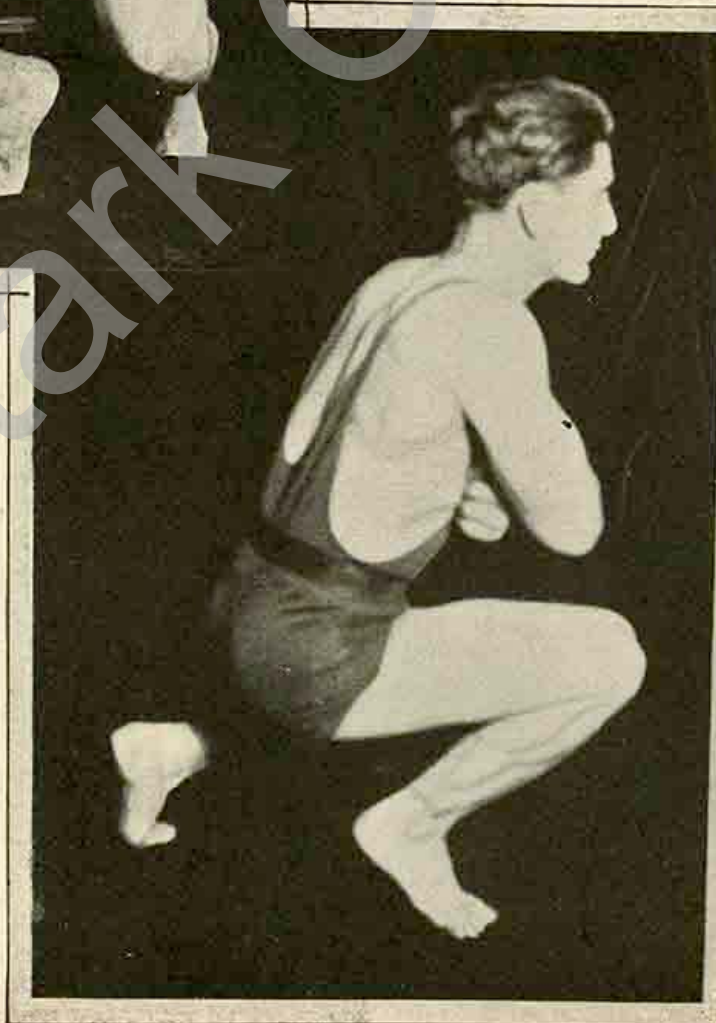


Fig. 8. — Squat on the heels and walk heel and toe around the room. Raise high on the toes every time and let the body be as dead weight.



achilles tendon. It is rather a hard muscle to distinguish, but it is the one that forms the tapering width of the calf down to the ankle. Many have the idea that

of muscle that covers it.

There are many more muscles in the calf, but as we are primarily interested in shape by growth we do not need to know them, especially since the two mentioned muscles govern the rest, more or less. There is just one more muscle that I will talk about in this article, but not until I get to the discussion of the foot.

Personally I am not very fond of using the odd un-English names that with which physiology has cursed us. It may sound as though a man knows a lot to read the way he makes use of all the technical names, but in most cases I have found that it is proof of how little they do know. When they are nailed down for a common explanation of the meaning and uses of those names, they are lost. It is easy to copy out of a physiological book and an easy way out for some writers. I want to know what it is all about so I can better tell you, which is the main reason why I analyze the muscles the way I do and explain them in common understandable language. It may take me a little longer to do so, but I think we are better off for it; if not, do not hesitate to tell me.

Well, back again to brass tacks. How many people have ever realized that the major part of their calf size is governed by the length of the (Continued on Page 82)



Fig. 9.—The wrong way to do a toe raise —toes turned out and the body forward.

the soleus is the muscle that has something to do with the sole of the foot, and in fact if you look up the meaning of the name in the dictionary you will find soleus translated as meaning "the sole of the foot." That is one time Webster was wrong, for the soleus does not have anything to do with the sole of the foot. The name was given to mean "solitary" or "to act alone," and strange as it seems, this muscle does act entirely alone. It is the extensor muscle of the ankle. As far as that goes, while the gastrocnemius muscle is more of a flexor of the knee, it is also an extensor of the ankle; but the soleus does not look for aid from the larger mass

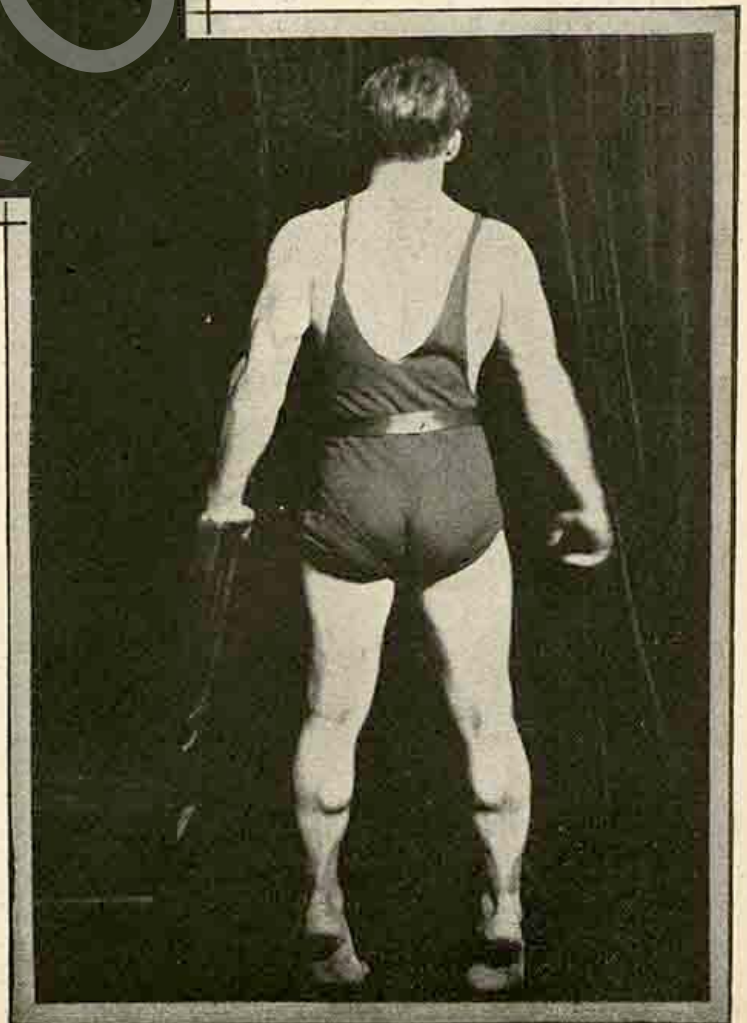


Fig. 10.—The correct way. The weight is carried more on the big toe, the body is straight and weight is actually lifted. You see how the gastrocnemius and the soleus separate and insert into the Achilles tendon.



# Courage and Fortitude—the Exponents of Exercise

How Strong Nerves and Strong Legs Averted Death

By Jack Russell

ONE of the greatest exhibitions of courage I ever saw was demonstrated by my buddy one day. It happened on one of the most crowded and busiest thoroughfares in the world.

We walked hurriedly through the City Hall courtyard in Philadelphia in order to be on time for the opening number of a musical comedy show. Coming out of the Arcade leading to the street, I perceived that traffic was halted to allow the people to stream across Market street.

I bolted suddenly and dashed madly as the shrill police whistles and traffic signals set the dense mass of vehicles into motion. My companion hesitated momentarily and then elected to follow suit. Automobiles of every description leaped forward swiftly and I had to speed across the intervening distance to safety.

Lo and behold! as I looked around for my pal, I espied him bewilderingly standing in the path of the oncoming machines. There seemed no avenue of escape. He became hemmed in on every side. Terror seized me. I tried to shout to him but could not, my voice choked.

A machine hurled itself at him. Screams ensued from the crowd gathered at the curb. He darted nimbly, avoiding a crash, like the football player avoiding a tackle. To my surprise no trace of fear showed on his placid countenance. Though his maneuvers were clever and skillful, he could not avoid a big limousine bearing down on him, it was sure death. Yet in the face of this grim, foreboding monster, he grinned and bravely flaunted a challenge. Only Providence could save him.

He was no madman, but the best bundle of nerves I ever saw, cut, bruised and battered and chained besides, he showed himself to be a man of courage and fortitude. In the days when he had been a platoon commander he had done many dangerous things. The ordinary joys of the infantry subaltern's life—such as going over the top, and carrying out raids—had not proved sufficient for his appetite. He had specialized in peculiar stunts of his own, stunts over which he was singularly reticent, stunts over which his men formed their conclusions, and worshipped him accordingly.

But my friend was no fool and he realized the vital importance of fitting himself for these stunts to the best of his ability. Enormous physical strength is a great asset, but it carries with it certain natural disadvantages, according to some people. In the first place, they hold

that its possessor is frequently clumsy. My friend had practiced in France till he could move over the ground without a single blade of grass rustling. An Indian had first shown him this trick, by which a man goes forward on his elbows like a snake and is here one moment and gone the next, with no one the wiser.

Again its possessor is frequently slow, my pal had practiced in France till he could kill a man with his bare hands in almost a second. A Japanese taught him two or three secrets of his trade, and in the interval of resting behind the lines my friend perfected them until it was even money whether the Jap or he would win in a practice bout.

And there were nights in No Man's Land when his men would hear strange sounds and knowing that my buddy was abroad on his wanderings, would peer eagerly over the parapet into the desolate torn-up waste in front. But they never saw anything, even when the green ghostly flares went hissing up into the darkness and the shadows danced fantastically. All was silent and still; the sudden shrill whimper was not repeated.

Perchance a patrol coming back would report a German, lying huddled in a shell hole, with no trace of a wound, but a broken neck and perchance they found nothing, but, whatever the report, my pal only grinned and looked after his men.

The result on my buddy was not surprising; as nearly as a man may be he was without fear, and when an idea came to him as the big limousine bore down upon him, no question of the possible risk entered his mind. To leap straight at it seemed the most natural thing in the world and with characteristic brevity he summed up the situation as it struck him.

"I'll probably get smacked down anyhow, so I'll take the one chance in a thousand. I'll be worse off than I am now. It's a thousand to one that it might be done. Therefore, carry on."

The matter was settled, the complete bench of bishops headed by their attendant satellites would not have stopped him, nor the fact that the German front line trench was a far safer place for a stranger than his present position. But he didn't know that fact nor did he bother his head about it. I guess it would have cut no more ice than the episcopal dignitaries, even if he had.

He gave a mighty leap, I'll swear he sailed about eight feet in the air, spread wide his legs and came down with a crash on the hood of the oncoming limousine. There



he stuck as if he was a cowpuncher riding a bucking broncho. The crowd gave a mighty roar. The incongruous spectacle seemed to hit their imagination and their sudden bellow of mirth-laughter rolled out to my buddy, who, straddling the hood of the limousine, frantically shifted to keep the seat of his pants from being scorched by the hot engine. Bedlam then broke loose. The limousine came to a standstill and the crowd swarmed around him showering congratulations on him for the plucky feat.

Imagine their surprise when they learned that my friend was a star athlete and the stunt that saved his life was just "an ordinary gym feat" to him. You could have bought them all for five cents. A fellow cheating death the way he did and claiming it was nothing at all. Got their "goat" as it were. Maybe they didn't blink their eyes in wonder and astonishment.

We never know when a crisis will arise. It is for us to prepare for the

scar. The drunken Rip Van Winkle, in Jefferson's play, excuses himself for every fresh dereliction by saying, "I won't count this time." Well, he may not count it, and a kind heaven may not count it; but it is being counted none the less. Down among his nerve-cells and fibres the molecules are counting it, registering and storing it up to be used against him when the next temptation comes. Nothing we ever do is, in strict scientific literalness, wiped out. Of course this has its good side as well as its bad side. But I won't try to argue that, as I'm very anxious to tell you how my buddy exercised and actually straightened his bow-legs. The enormous

strength fostered by the exercises enables him to leap with surprising agility and they are directly responsible for saving his life. You will



Fig. 4

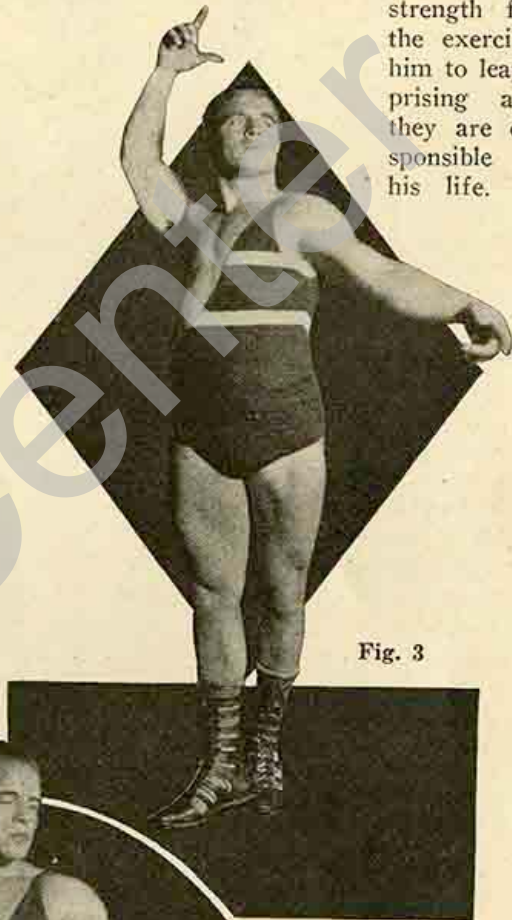


Fig. 3

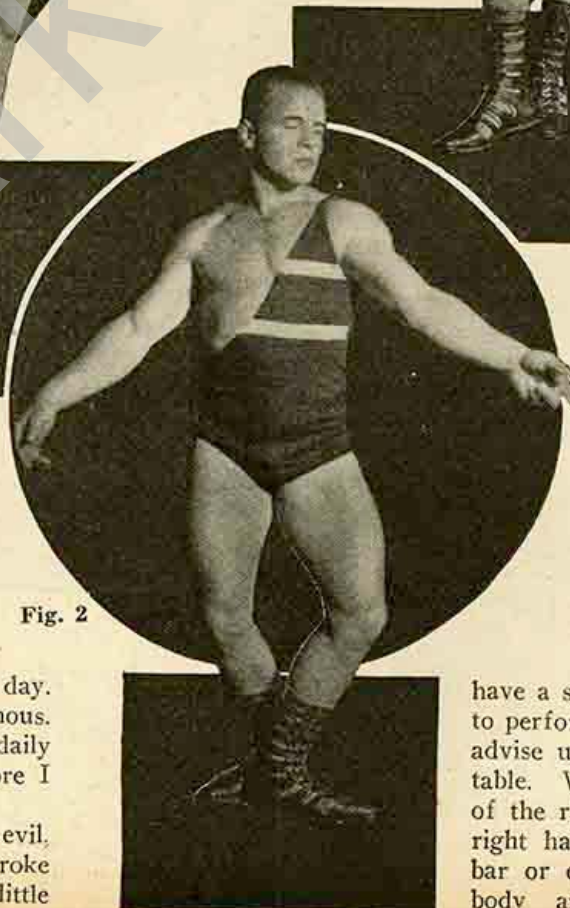


Fig. 2

inevitable. Sitting around and doing nothing won't help us. My buddy unconsciously prepared to meet fate. Instead of staying up late at night he went to bed early and got plenty of rest. Consequently his nerves were not jagged and all his mental senses were alert. He exercised religiously every day. As a result his strength became enormous. Some of the exercises he practiced daily I am going to explain here but before I commence I want to say this.

We are spinning our fates, good or evil, never to be undone. Every smallest stroke of virtue or vice leaves its ever-so-little

find them worth your while to practice and I'll wager if you practice them right you will, in two weeks, notice surprising gains in the size of the leg muscles.

In the first exercise, stand erect with the toes pointed as far to the sides as possible. The heel of the left foot is pressed against the heel of the right. The hands generally

have a specified position and in order to perform the exercise right I would advise using a bar or the edge of a table. When the left leg is in front of the right, notice figure No. 1, the right hand should be placed on the bar or edge of table to support the body and insure perfect balance



throughout the whole of the exercise. Now sink down as far as possible, keeping the heels flat on the floor and spreading the knees wide. Figure No. 2 gives a fair idea of the movement. The athlete is in a partial squat.

Return to the original position and be absolutely sure that you lock the knees when you straighten up as this has a very good effect on the entire upper leg. You should repeat this movement until the muscles become comfortably tired, then shift around by placing the left hand on the bar and the right foot in front and against the left leg with the toes of each foot pointed directly to the sides. It is very effective also to change the position of the feet and kick the leg to the side when straightening up from the squat. When the right hand grasps the bar have the right foot in advance of the left instead of the position explained before. Then squat down and when rais-

ing the body kick the left leg—which is the leg in arrears of the right—directly out to the left side and raise it about as high as you possibly can. When you perform this exercise a number of times and find that the muscles feel comfortably tired, change around and kick the right leg out to the side grasping some support with the left hand.

In the illustrations No. 3 and No. 4 you have a variation of this same exercise. Hold the arms as pictured, raise up on the toes and as you squat down shift the position of the arms to the position illustrated in No. 4. The essential part of this exercise is that you keep the heels off the floor during the entire performance, but in so doing, be sure that the toes are pointed well in the

direction of the sides; that is, the right foot will point to the right side and the left to left side, and etc. This is an important exercise from the standpoint of creating poise and balance, two necessary factors in eccentric dancing.

These exercises are taken from one of the oldest systems of exercise taught in Europe many years ago. My buddy calls them the

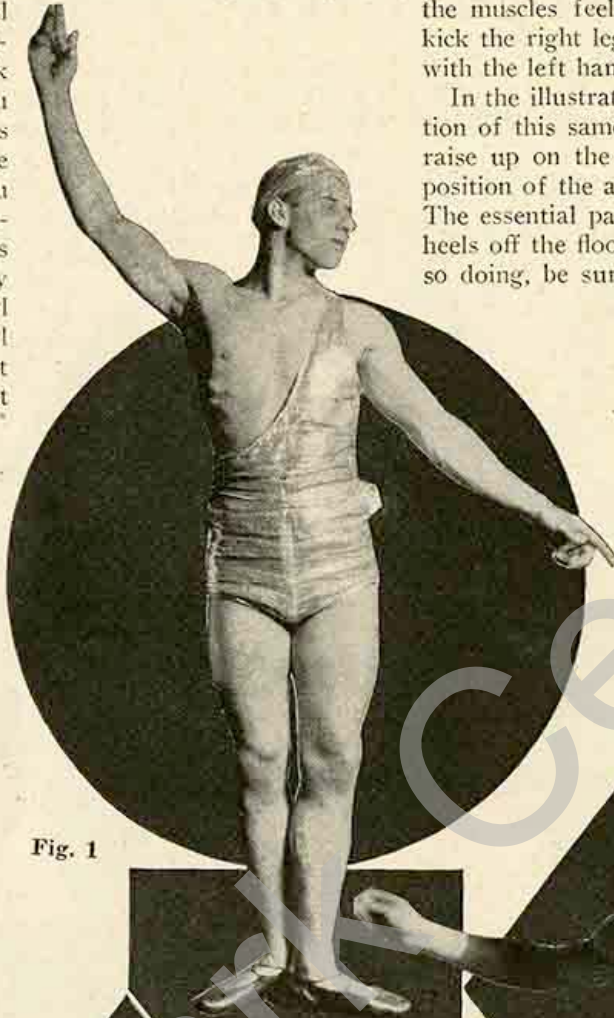


Fig. 1

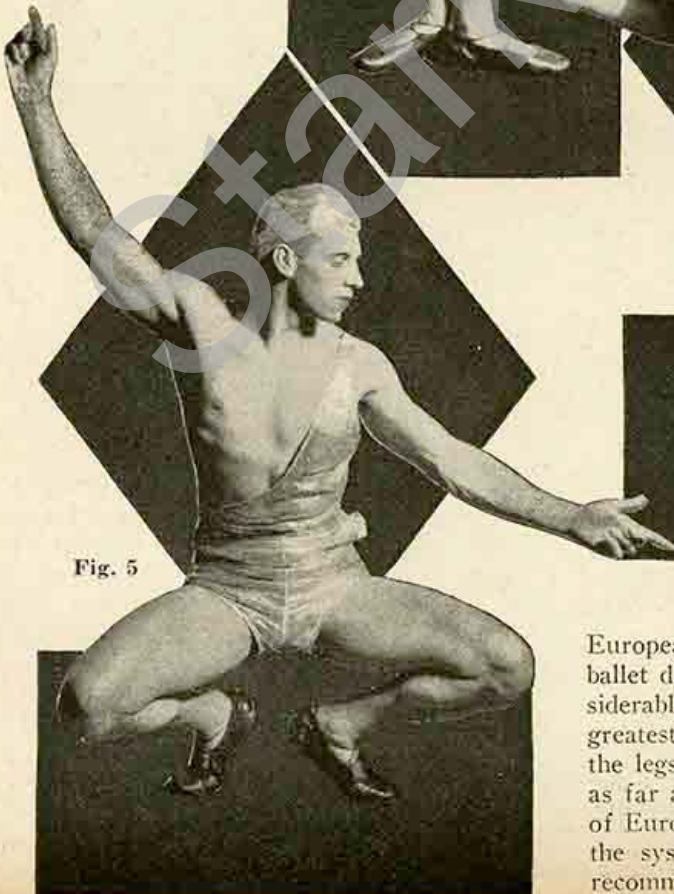


Fig. 5



Fig. 6

European technique system of exercise advocated by ballet dancers the world over. I have tried them considerably myself and have found them to be one of the greatest for building up the entire body and especially the legs. Though I aver that bar bells cannot be beat, as far as developing the body is concerned, this system of European technique, however, runs a close second to the system of training with bar bells, and I heartily recommend these exercises (Continued on Page 70)



# The Mat

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

Conducted by *George F. Jowett*

## STRONG NECK—STRONG NERVES

**S**OME time ago I was listening to a very well known athlete telling a group of young men of an incident that happened in his youth, whereby his great neck strength saved him from a horrible death. As a boy he worked in a mill around the machinery, from which there was not the protection afforded employees that there is today. On the day this incident happened it was particularly cold, and to provide himself with a little extra warmth he had tied a scarf around his neck. Unfortunately the suction of air, caused by a big fly wheel, caught the ends of the scarf, which became entwined within the spokes of the wheel. Immediately he realized his peril, and to save himself he grabbed hold of the length of the scarf not already ensnared and began to resist the deadly pull of the machinery with every sinew in his body. Owing to the strangling process he was undergoing, it was impossible for him to call for help, while every turn of the big wheel increased the tendency to draw him forward. Naturally the greatest strain was upon his neck, with which he resisted until the muscles bulged over the folds of the neck scarf. Finally the scarf parted under the double strain, and he staggered away choking for air. It was several weeks before he got over the effects and was able to resume work.

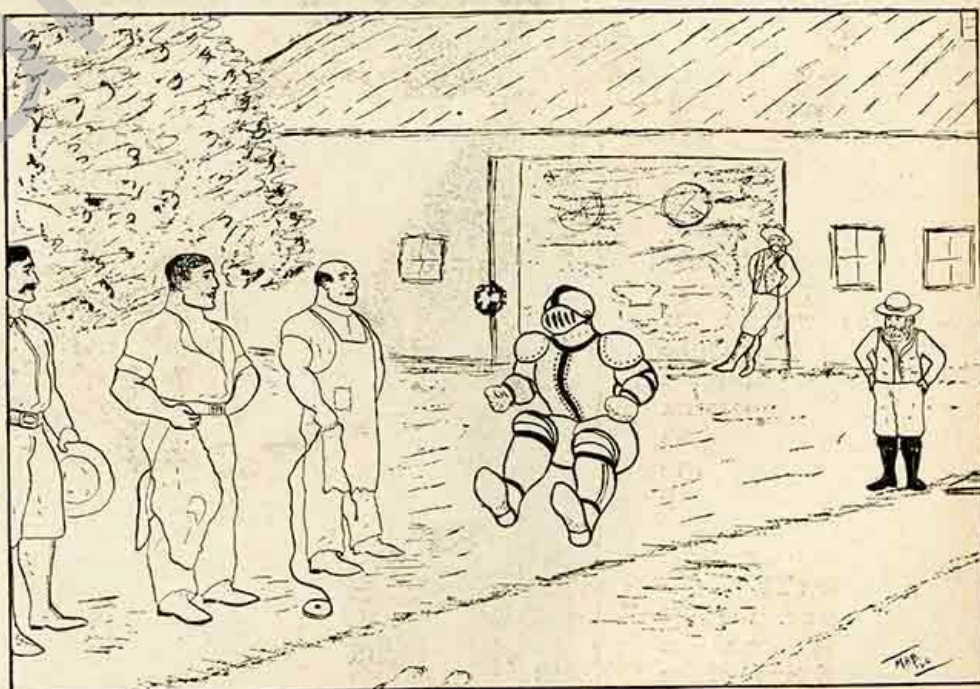
During the days of his recuperation the uppermost thought in his mind was the great sense of appreciation he felt for the many hours he had spent upon the development of his body. In those periods he had favored all exercises and stunts which would increase his neck size and strength. It seemed to him as though it had been kind providence directing him with subtle guidance to prepare him for that ordeal. It is only natural that he should think so, for every living person is to some extent a superstitious being, no matter how they deny it—although, ordinarily, we would say that we did not believe it. We would be more inclined to

say that he had been decidedly fortunate in practicing such exercises.

However, the lessons that this story affords are condensed into the fact that by keeping physically fit you do stand a much better chance in any kind of an emergency than the average person who neglects exercise. I know the comeback the other guy has, claiming that he will never be up against such a proposition, and so forth. It is possible that a man can be so fortunate, but do not forget that any accident can be repeated. This is being proven every day to some one, and it is quite possible that you may be the next. This being true, I expect all of you to realize, without my saying so, that we are all much better fitted for our daily life by exercise. However, the story that I have unfolded before you has another significant meaning which I intend to use as an illustration to cover the subject for this month.

At first sight it may seem strange to you why I would want to say that if any other part of the body had been involved in this battle for life, it is doubtful if the principal in the story would have been as successful. It was not any natural leverage that the neck has over the rest of the body that saved him,

'ZAT SO?



The artist got a little too much arms on the man, but it is reputed that Ned Kelly, the famous Australian bush ranger, outjumped the village wheelwright, clearing over 22 feet. At the same time he carried the weight of a steel body guard and helmet which he never went without as a bullet protection. Kelly was a big man and terrifically strong as this incident proves.



nor was it because the neck, being shorter, has more muscular power in proportion, for it is a well established fact that the head can be bent on the neck more readily than a stiff leg can be moved off the floor, or the palm of the hand moved from off the top of the head. The upper arm of the average man is smaller than his neck measurement, but his arm is apt to be the stronger of the two.

This is not the case with the finished body builder. His neck is apt to be the strongest, but not because of any specialized work that he has done. It will be the strongest anyway, because the remarkable nerve force concealed within the neck responds very rapidly to the stimulus of exercise. This being the case, the neck muscles receive terrific concentrated vibration of continued duration in a greater proportion than other muscles. For instance, take a battery and you will find that the power of the spark is greater at the base than when transmitted to the end of a long wire. Just for your own satisfaction try a little experiment on yourself. See how quickly you can tense your neck muscles, and then try tensing your calf muscles. You will readily find that the neck muscles respond the quickest. It is the same with movement as with tension. If you are nervously sensitive you will be able to check up the different responses evidenced in other muscles.

I would like you to refer back a little to where I offered the comparison between the neck and the upper arm. I used the term of *muscular power*. By that I mean the arm is stronger in comparison to size in muscular power in the ordinary sense, but the reason why this does not work out the same with an athlete is because he has greater nerve vibration, even though he may only have the same collar size as the ordinary man. When nerve and muscle take the issue, the co-ordination is bound to make the resistance of the neck more powerful.

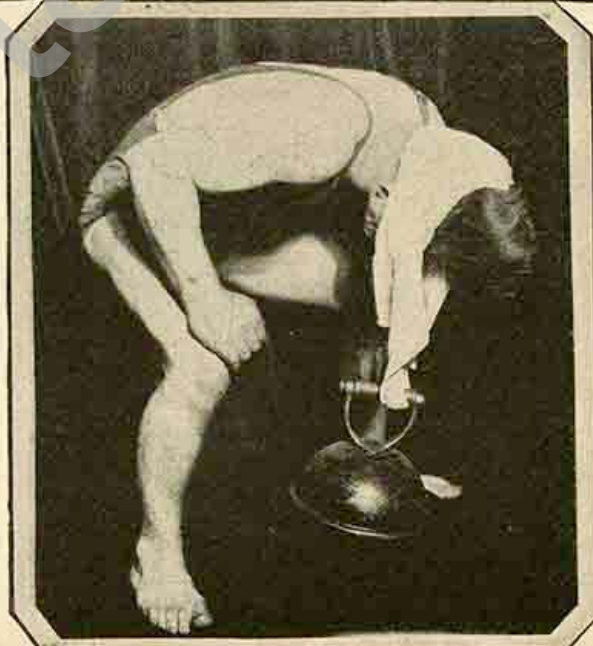
Now I am not going to enumerate upon the value of neck exercises. You

are supposed to know that. I will better utilize that space by showing you how to build up the neck, and explaining a few of the benefits you are bound to derive from exercise.

Deduction and experience have long since proven to me that organic weakness is the cause of three bodily deficiencies: the neck, chest, and back. If the nervous vitality of a person is at fault I get after the neck and spine. Lung and heart troubles draw my observations to chest building. If it is low vitality, then the lower back becomes my study. It is for these reasons that I have said there are three vital spots in your physical armor, three points of concentration to be mostly considered in growing youth, men in middle life, and those who are organically weak. These parts of the body should be their specialties, and also for the person who seeks to keep fit with no desire to grow large muscles or become exceptionally strong. Unfortunately most people do not know how to go about it, but in my course of Mat talks I cover the subjects. In last month's issue I showed you the value of the sacrospinalis muscles with illustrations, along with explanations of their formation.

You may remember how these muscles continued all the way up the

Here you see the model half way through the neck exercise. He is using his neck as a lever to raise and lower.



Raising the head back as far into the shoulders as possible is great. Then turn the head from side to side for a change.

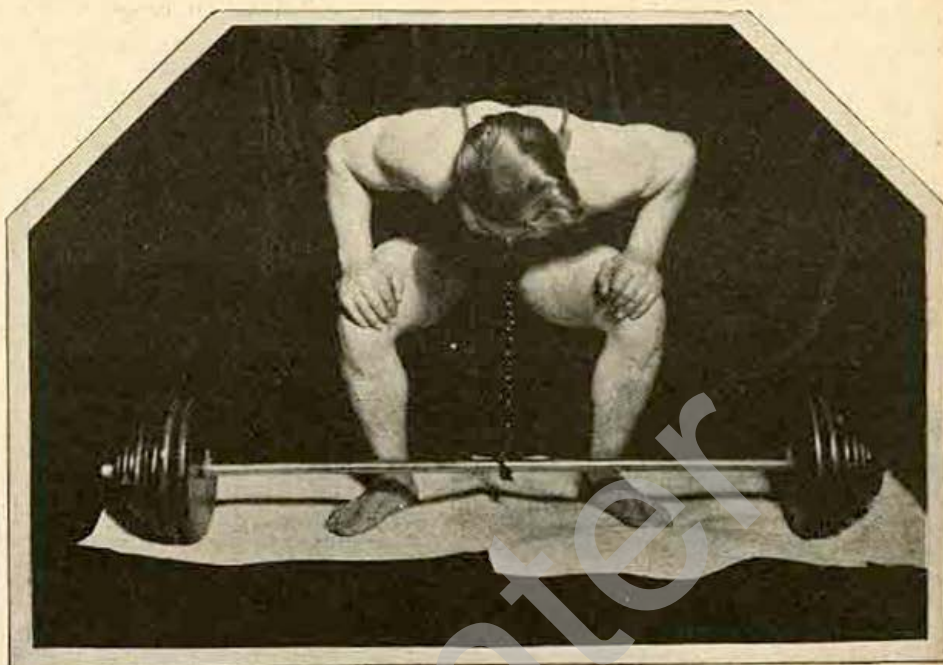
spine to the back of the head; but at the neck they become deep seated and are covered entirely by the trapezius muscles. The trapezius display their bulk more forcibly at the base of the neck when the shoulders are shrugged. Along with the latissimus dorsi muscles they form the major portion of the back space and the entire spread of the back of the neck. The interesting feature about the trapezius is the varied movement of which it is capable, caused by the peculiarity of its fibrous construction. This makes it possible for the muscle builder to concen-



trate upon his neck development in a manner that does not require the actual co-operation of the entire muscle.

Now the second group of neck muscles in which we are interested has a very long name — the sternocleidomastoid. We generally speak of it as the sternomastoid—to save breath—the former name however is correct, sterno meaning connection with the breast bone—the sternum; cleido is the Greek supplement for the Latin clavicle — collar bone, and mastoid explains the insertion to the bone behind the ear—the mastoid bone. These muscles are oblique, originating from the breast bone to their insertion behind the ear. This enables the muscle to turn the head away from the side of the particular muscle in action. That is, the right sternomastoid turns the head to the left side, and it also inclines the head. Ordinarily speaking they are antagonistic muscles; only when the head is depressed do they act together. These four are the principal neck muscles for you to remember, and you will always find that the exercise which improves these muscles will also take care of the other lesser muscles that help to carry and move the head. They are all built around the cervical section of the spine, the vertebrae of which are more movable than the rest, due to their shortness. This sector is also the base of the nerve system by reason of the close proximity of the brain and the heart, each of which require more nerve supply than any other part of the body. Consequently the degree of quality and quantity of nerve reserve will always be decided by the condition of your neck muscles, not altogether by their size. Some ardent exercisers labor under the impression that the larger a muscle is, the better. Remember what I have always told you—size alone counts for nothing; it is the balance of quantity with quality.

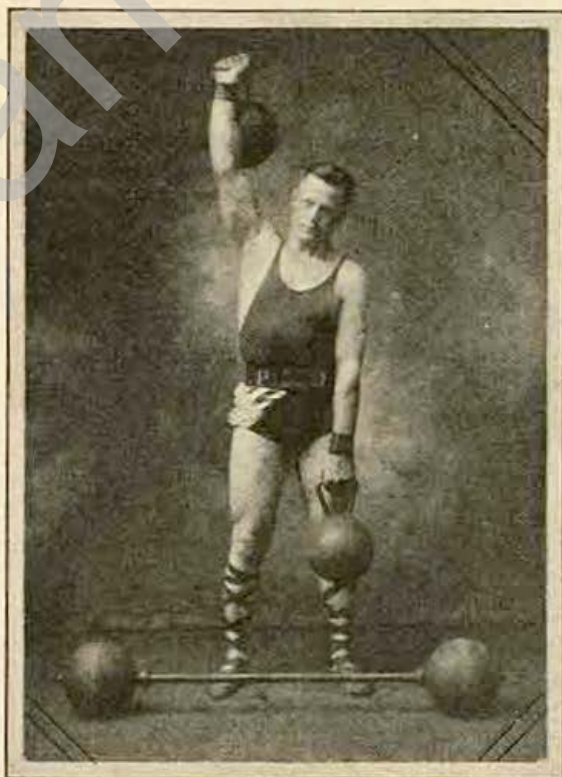
Although I do not want you to have the idea that a 145 pound man with a 13 inch neck can have it, I do want to impress upon you the fact that a 17 inch neck on a 145 pound man is not apt to be as vitalic as one that measures 15½ or



The model practicing a teeth lift, a form of exercise which many prefer for neck development.

16 inches. The wrestler is excluded from this debate, as also is the man who is naturally fitted out with an unusually large sized neck. Please always remember that when we discuss exercise and individuals, we are considering the average non-trained person as against the measurements we consider the average well built body culturist has. In the latter case he should have a 15½ or 16 inch neck if his body weight is 145 pounds.

Apart from all the other things I have said about the neck muscles, they are also muscles of posture. Some people walk as though their head is too heavy for their neck, causing them to walk with the head drooped forward at a pitiful angle. Others carry the head hunched back on the shoulders with the throat thrust forward. When they take their coat and collar off, you get the impression that the trapezius muscles have been scooped out. As you develop your neck, the pockets and hollows will become filled out, and the fat double decked chin will be trimmed off. You will walk better, feel more pep, think clearer, and act faster and more often. The pleasing part of it is that the neck muscles are less stubborn than most muscles and are found to respond very readily to exercise in the majority of cases. However, do not get stuck upon the wrestler's bridge as a neck developer. The (Continued on Page 77)



Peter Deksmas is very strong. Here you see him ready to sling the weights.



# Health—Strength—Beauty

(Our Girls' Circle)

Conducted by *Marjorie Heathcote*

**D**EAR MISS HEATHCOTE: Do you know of any set of exercises that will correct knock-knees? I have a daughter who is very well formed otherwise, but her knees knock together in a most unsightly manner; so much that she does not like to go swimming with the other girls. Also what will reduce the calves? If you can give me any information I will be very much obliged to you.

Mrs. E. J., China.

I am happy to be able to help one of my readers who lives so far away. Knock-knees are not so easily cured, but they can be, with patience and perseverance on the part of the owner. The following are a few exercises which will positively correct this condition, if they are practiced regularly:

Spread legs apart, turn toes in, now try to squat keeping the heels on floor. Each time you repeat the movement strive to sink lower on your heels. Now try the same movement turning the toes out and keeping the heels as far forward as possible.

Stand with knees stiff, feet well apart. Rest lightly on top of chair or table and keep body upright. Now try to draw your feet together without bending the knees or raising feet off the ground.

Rope skipping on toes, first turning toes in, then out, and hopping about on the toes will reduce large calves.

You must get your daughter to realize that she cannot get results over night. She will have to work very hard to acquire shapely legs, as they are very stubborn muscles to develop, but she will not regret her efforts in the end.

DEAR MISS HEATHCOTE:

Beginning at the front of my hip bone and extending towards

my back is a roll of fat, about the width and length of a hand spread out. I have tried all the different exercises I know of and it does not seem to reduce any. Can you give me an exercise to correct this?

What should my weight and measurement be; I am 5 feet 1 inch tall.

I am very much interested in becoming a teacher of Physical Culture and would like to know if you teach this? If you do not, can you send me the names and addresses of people or schools who do?

M. H., Zanesville.

Here are three very good exercises that should melt away that roll of fat.

Feet together, hands on hips, bend backward from the waist as far as you can without losing your balance. Now come up to the straight position again, then bend sideward and then again from position bend forward. Keep the knees stiff and bend as far as you can. You will feel a pull on the muscles surrounding the hips. These three exercises have proved to be of great value in reducing one around the waist, hips and buttocks.

Your weight and measurements should be: weight 106 pounds, neck  $11\frac{3}{4}$  inches, chest  $27\frac{1}{2}$  inches, waist 23 inches, biceps  $9\frac{3}{4}$  inches, forearm 8 inches, wrist  $5\frac{1}{2}$  inches, hips 33 inches, thigh 20 inches, calf  $12\frac{1}{2}$  inches.

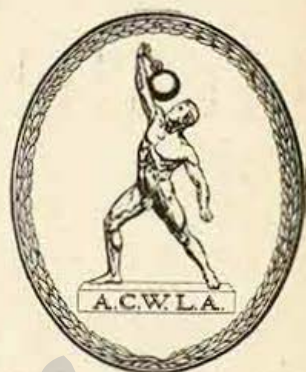
I do not teach girls how to become physical directors. This must be taken up at a local school or college. The Chicago School of Physical Training has a physical director course. You might write to them, or as I said before, inquire at a local school or college.



A Fitting  
Example of  
Health  
Strength and  
Beauty.



# American Continental Weight Lifters' Association Notes



*By John Bradford*

**H**ERMAN Gorner, Tromp Van Diggelen, Herman Saxon! What names these are with which to conjure. In the realm of weights each name carries a world of sentiment. During the last few days the great South African strong man has been a topic of deep concern with us, caused by the visit to America of that splendid teacher and producer of strong men, Tromp Van Diggelen. Our friend Tromp informs us that Gorner is leaving Africa for Europe, and he has not decided whether he will come over to America or not. If he does come, the A. C. W. L. A. has promised to do everything possible to make his tour a success. Gorner would like to come, and we certainly would like to have him here. The possibility of the coming of our African brother member is really the whole reason for Tromp coming to America. If he could only be given the same opportunity that was given to Brietbart a few years ago, we are sure that he would sweep the country before him.

Gorner has a magnificent physique and loves to train with his weights. He has strength beyond measure and a splendid personality to boot. Charming and friendly to every one, he is free of any almighty opinion of himself, which has in the past ruined many fine athletes and made them hard to like. With such a fine mental and physical make-up, brother Herman Gorner would be a knock-out in our country. We have to thank Tromp Van Diggelen for Gorner, for he has done everything in his power to make his powerful friend and product known to us.

Tromp has been a great enthusiast and still is, and has done considerable in his lifetime to boost the sport. He was the means of starting the strong man revival in England eighteen years ago, when he introduced the prodigy, Max Sick, to the world. Apart from his deep interest in strong men he is a great teacher, being scholarly and energetic. He is to South Africa what Desbonnet and Siebert are to France and Germany, and what our president is to us. The manner in which he has spread the teachings of physical fitness throughout the land 'neath the Southern Cross is a splendid tribute to himself and South Africa. The old proverb says, "By your deeds are you known," and the doings of Tromp Van Diggelen have marked him as the most brilliant teacher in South Africa, head and shoulders over any other African teacher. We have all enjoyed his acquaintance and trust he has a safe journey home. We hope that we will all

meet again, but next time with Gorner.

The next great notable to call on our president was Herman Saxon, the brother of the great iron master, Arthur Saxon. What memories to us iron men does such a character bring. We see again the powerful form of Arthur and live again among his deeds. Herman still possesses the beautiful form that colored the wonderful act of the Saxon Trio for so many years, and many of our readers will be able to see Herman, as he is touring the country on the Orpheum circuit. Don't forget to give him the glad hand as the curtain both raises and drops. Never forget, boys, that it is the applause of the audience that is the meat and drink of the vaudeville performers and their only encouragement. Both Maxsimack and Moerki are busy in the show world, and are always pleased to meet members of the



South Africa and America meet. George F. Jowett greeting Tromp Van Diggelen on his arrival in America—the man who produced Gorner and Maxick, and a crony of the old days.

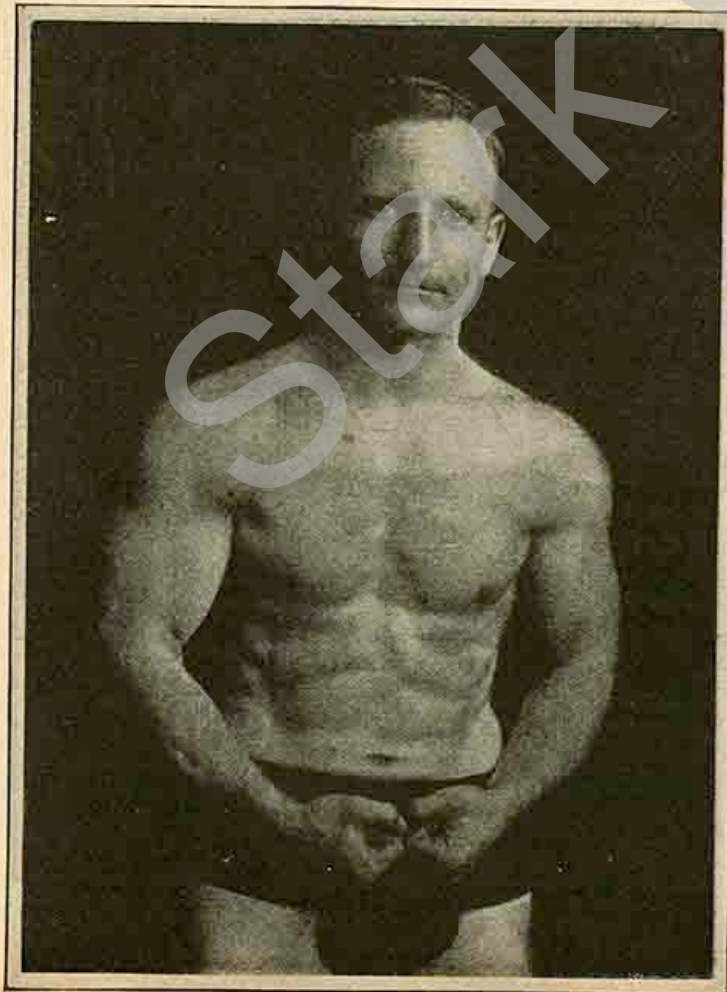


association. All the men I have mentioned so far are energetic, active members of the A. C. W. L. A. and never miss a chance to boost the association and the good it means to the sport and country.

The last show in Philadelphia of October 2, was attended by a small but very appreciative bunch of spectators. For some reason the men who were to be the main features did not appear, and as they have not given any explanation, we are unable to say why they were absent. We are sure that it was due to circumstances they could not avoid. However, we had a lively three-cornered contest at catch weights between W. De Caro, P. Piantone and J. Messer, on five lifts. The selection was the One Hand Military Press, Two Hand Slow Press, Two



Col. Dieges, Chairman of the A. A. U. Weight Lifting and Tug of War Committee, a great booster of our leader. One of America's greatest sportsmen and an iron man at that.



The first picture of Harry Freeman, the remarkable featherweight, who won the national title in his bodyweight class.

Hands Continental Jerk, One Hand Continental Jerk and the Two Hands Slow Curl. W. De Caro won quite comfortably from his two opponents.

Harry Hall next entertained the gathering with a fine display of muscle control, while young Piantone gave a pleasing turn on classical posing. Harry Ingram, in the middleweight class, successfully tried for his bronze medal, and Harry Hall gave an interesting demonstration in two dumb-bell lifting.

Professor Paulinetti happened to be present and gave an interesting talk on famous strong men he has known, such as Cyclops, Sandow, Cyr and many others. Everybody greatly enjoyed the talk given by this fine old athlete.

Our president then reviewed the whole weight lifting situation for the current year, explaining the progress we have made, besides giving some side lights on what the future holds for us as an organization. The names of the National Championship winners were read off, there being no change from the names given in last month's issue. For further verification I will again name the first place winners. Heavyweight, T. Tyler, Los Angeles, California. Light heavyweight, A. Manger, Baltimore, Maryland. Heavy middleweight, D. Mitchell, Easthampton, Massachusetts. Middleweight, R. Straight, Los Angeles, California. Lightweight, A. Sundberg, Magyar, Oregon. Featherweight, H. Freeman, Baltimore, Maryland. Bantamweight, P. Piantone, Norristown, Pennsylvania.

On the 14th, 15th and 16th of November, the annual A. A. U. convention will meet in Baltimore, Maryland, to discuss affairs for the coming year.

In the beginning of October President George F. Jowett met Col. Charles Deiges, the Chairman of the A. A. U. Board of Weight Lifting and Tug of War, in New York, where they talked over what was best to do to shove the game with the A. A. U. Many fine ideas were decided upon, and both these great sport lovers will be at the convention with bells on, all ready to push things with all their great energy. Col. Deiges is a splendid type of American manhood, whose personal

activities date back over 40 years. He was a personal friend of Fred Winters, the first American amateur weight

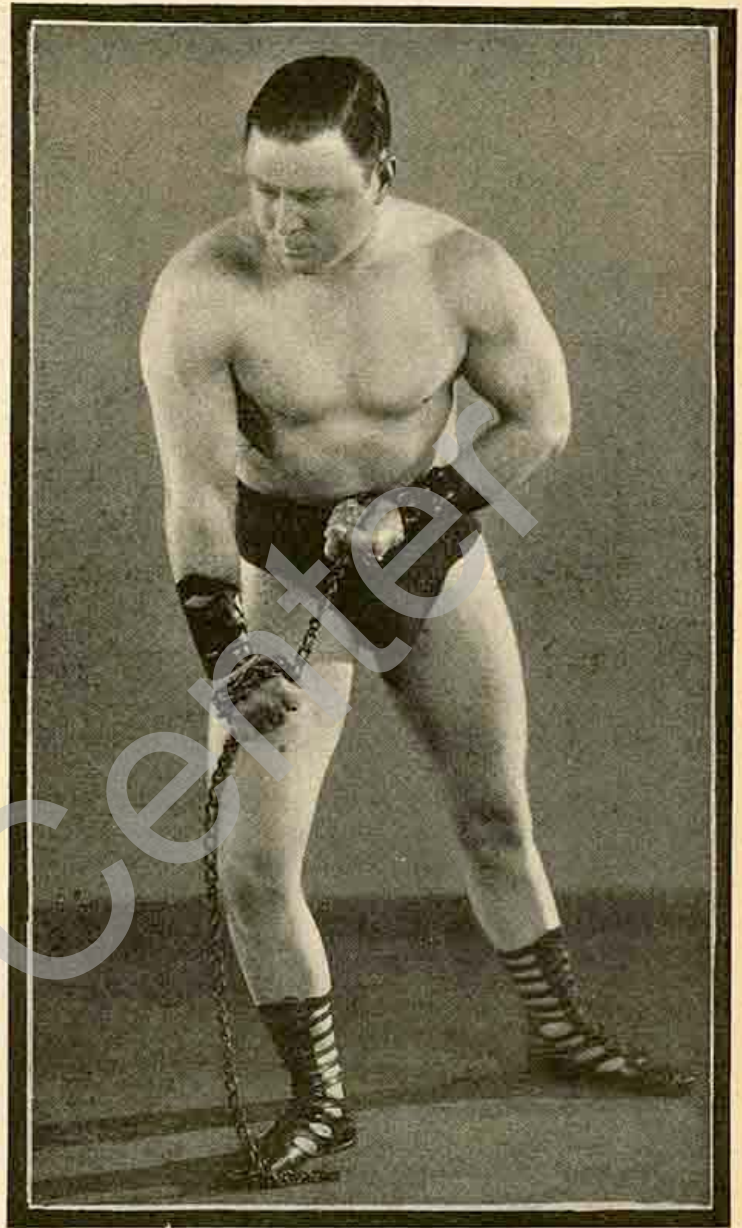


lifting champion, and was the means of bringing out Rolandow as a star. The colonel is a big, powerful, lovable souled man, who has a great athletic record behind him, besides a distinguished war career. He served in the last war with one of the famous New York outfits. As president of the Army League, he is doing a great deal to push heavy athletics in the military service. The sixty summers he has seen sit well upon his immense shoulders, while he still retains a tremendous amount of his youthful strength and energy which he never ceases to pour into the sport for heavy athletics. Furthermore, he is considered the foremost of stop watch clockers in America. Our president says the colonel has a more powerful grip than Zottman. Mr. Jowett ought to know, for he has a terrific grip. Colonel Deiges is a successful business man, being the first named partner in Deiges and Clust, New York City manufacturers and importers of medals, trophies and novelties. Deiges and Jowett make the most powerful combination for strength sport in America. Both men have great faith in each other, and if anything can be done with the A. A. U., they are the men who will do it.

Recently Siegmund Klein made a hero of himself by climbing up into a third-floor burning building to rescue a woman from death. There is an interesting sequel to this incident. On one of the lower floors of this building is a "speak easy," run by a bunch of pugilists. When the fire broke out, the husband of Madame Burke rushed out distraught with fear and appealed for some one among them to save his wife, but none of the pugs were willing. On the second floor was Klein, asleep. The man rushed up, and the moment he made the appeal, Klein went into action. Now if you have read Mr. Jowett's book, "The Key to Might and Muscle," you will see what he says about the effect of right training on mind, nerve and muscle, and how it helped him through many hazardous experiences. He says that fear is the cause of an under-developed sense and can be overcome as successfully as can muscular weakness. He tells us that progressive lifting tones this sense better than any other form of exercise. During the war it was stated that boxers made the poorest soldiers from among all athletes. How true this is I cannot say, but this fire incident seems to prove that boxers lack something that bar bell men get.

For instance, Tromp Van Diggelen strangled a huge mastiff to death that had flown at his throat in Capetown. Gorner once wrestled in his act with a half mad young elephant that had been injured in a battle with another elephant just before the act; but Gorner went on just the same, fully aware of the facts. President Jowett has faced death many ways during his adventurous career, and there are many other incidents which seem to indicate that confidence in oneself is developed to a higher degree in strong men than in other athletes.

Slowly, yet surely, the threads of future contests are being pulled together. Owing to an injury that Klein received on his leg in the rescue, we are obliged to postpone the date indefinitely for the Marineau-Klein contest for the world's welter weight championship. We are



**Ernest E. Coffin, our newly appointed representative for California. A worthy fellow, full of pep, who loves the game for its own sake.**

very anxious to see the international contest between the French-Canadian champion, Gratton, and the American representative, Manger. At the present time we are trying to bring Freeman, of Baltimore, and Angers, of Montreal, together in another international conflict, and we also hope to bring Mitchell and Gauss together. This last match is one that we feel should be contested in order to stimulate interest in the game. Although the total made by Mitchell is much higher than what Gauss has ever done, the Philadelphia lifter feels that he is entitled to a match and is game to give the Easthampton man a run for his victory. Gauss sure has the courage and sportsmanship to do his best in what looks like a losing battle. Gauss says he is going to meet Mitchell if he has to walk to Massachusetts to lift. However, all these matches will be pulled off in Philadelphia at one time or another.

The open championship which was scheduled for November 7th will not be contested for lack of entries. There must be at least six good men enter before that



belt can be contested. Wake up, you fellows! Wake up! We want you all in on this, and the same for the posing contest to be held in New York to decide who is the most beautiful formed man in America. Send your names in at once. The Perfect Man Contest will take place at Bryant Hall, Times Square, New York. The date will be announced later on which this contest will be held, and also for the open championships as well as the proposed contests. Boys, get together and boost. If you want to make these events a success you simply have to put your shoulder to the wheel and push. Our president cannot do it all. He starts the machine but it is up to you to keep it going. Get out and dig up all men you know who are interested in the body beautiful and strength feats. Fan their interest and bring them to applaud if they are unable to take an active interest. Better still, get them to join the association. Remember the fee is reduced to \$2.00 now, which still entitles the members to all of the association benefits the same as before.

Members and intending members around Chicago should get in touch with John Sloan. Our representative for the windy city uncovered some husky material at their last show. In the lightweight division, M. Pirofola, of Chicago, took third place in the national championship. There are two other boys who show some extraordinary ability; so with a little encouragement great things can be done in Chicago. It is interesting to note that not one of the lightweight champions of former years with any of the runners-up took a place in this year's title tilt.

Please do not forget that the five lifts for 1927 are: the Two Hands Clean and Jerk, the Two Hands



Oscar Marineau, the great Canadian welterweight, who, with S. Klein, is due to contest for the world's welterweight title shortly.

Snatch, Two Hands Military Press, One Hand Clean and Jerk and the One Hand snatch. The Two Hands Military Press has been substituted for the Two Hands Slow Press; so we hope now that this ugly lift has been banned the boys will feel better. Mr. Jowett warned us of the difficulties we would face in this lift at our 1925 convention. We might better have taken our president's advice rather than prefer to get used to the lift, as we said at that time. He told us then if a man can do a good military press he can do a better slow press *if he has to do the slow press at the Olympics*; but a man who does the slow press will not be as good on the military press. This has been satisfactorily proven to us, and I feel sure from now on that better results will be gotten all around.

Saturday, October 9, Rigoulot was to make an attempt to break three records. He had set himself an extraordinary task and has seriously trained himself to perform a Two Hands Clean and Jerk of 400 pounds, a Left Hand Snatch of 222 pounds, and a Right Hand Snatch of 231 pounds. How far he will succeed is indeed a question. Mr. Jowett says that of the three lifts the one he is most likely to succeed with is the Right Hand Snatch. October 17th, at Marseilles, is supposed to be the date for the Alzin-Rigoulot match, and naturally we are interested to know what the results will be. The lifts controlling the match will be a set chosen by each man and both men will have to cover the total lifts. Rigoulot's choice is: the Right and Left Hand Snatch, Two Hands Snatch and the Two Hands Clean and Jerk. Alzin's choice is: the Right Hand Military Press, Two Dumb-bells Clean and Military Press, and also with a bar bell, and the Two Hands Dead Lift, French classic style with knuckles to the front and the weight lifted free of the thigh. We are deeply interested to hear that the man who proposed to meet the winner is another great lifter who hails from the land of Louis Cyr, Cauette, from Montreal. He is a newcomer but enormously strong. On a test attempt over the ten lifts covered by Cadine and Rigoulot, Cauette lifted a total of 2637½ pounds as against 2450 pounds lifted by Rigoulot. We are promised a visit from this new member of the iron brigade, who weighs only 340 pounds.

It might interest you to know that this big man is quite young and has no desire to turn and become a professional. This fact will make the weight lifting bodies and strength enthusiasts watch the amateur ranks with greater interest. In the past the trouble has been that as soon as an amateur showed any unusual ability, promoters and friends urged that the athlete turn professional. Particularly has this been so among strong men, therefore, we find a cause for delight in Cauette's decision to remain an amateur. This will be the first time for many years that a potential heavyweight for amateur honors has developed on this side of the Atlantic.

Canada has another great middleweight by the name of Barbeau, who is anxious to test out some of our prize middleweights. He and his friend, D. Plourde, expect to attend some of our shows this winter. Everything points to a busy time with a lot of new timber to test, but boys it is all up to you to keep things going. We simply have to do better than what we have been doing. If every member would pledge himself to bring in a new member at \$2.00, then we would be getting somewhere.

Now, boys, help start the new year with a big drive, and let us put things across bigger and better in 1927 than what we ever did before.



# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

**QUESTION:** About six months ago, I suffered for a considerable time with an attack of diarrhea, for which a physician put me on a diet. This helped me along for a time, but the diarrhea finally came back with mucus coming from the bowels; also suffered with cramps after each meal. I then decided X-rays would be best, so had a number of X-rays taken of stomach, lungs and heart. When the X-rays were developed, lungs and heart were found to be perfect, but the X-ray of stomach showed that I had a "fallen stomach." The physician put me on a diet of potatoes and certain meats, omitting all vegetables. Now what I would like to know is could you please give me the proper diet for this condition? Every now and then I am subject to violent cramps, followed by diarrhea and mucus.

I am tall and thin and much under-weight, my weight being only 103 pounds. Am also troubled with specks before my eyes, at times like ocean waves. Have coated tongue at all times. Urine analysis showed a trace of albumen, otherwise it was alright. Could you please tell me what to do?

Mrs. M., N. Y.

**ANSWER:** Most tall, thin, underweight people are afflicted with fallen stomach and intestines, and due to congestion, a condition called mucus colitis with diarrhea, though in some cases there is a reverse condition, constipation.

It would be best for you to take a rest in bed of from two weeks to a month, meanwhile eating plenty of easily digested foods; well cooked cereals like cream of wheat, corn starch, mashed potatoes, toasted white bread, buttermilk and junket; eliminate coarse foods and things containing skins and seeds. Eat plenty of fruits, but be sure they are stewed or strained and free of seeds and skins. Also mash all vegetables you eat, and eliminate meat, fish, eggs and cheese, substituting buttermilk and scalded milk, about two quarts daily. Drink copiously of water, but have it warm or hot, as hot drinks tend to relieve diarrhea, while cold water is good for constipation. Get a proper

fitting abdominal belt to hold up your sagging organs, or have a physician tape the abdomen, so organs will be held in proper place.

If in need of something to move the bowels at any time take mineral oil or milk of magnesia. Specks before the eyes are common in cases of run-down condition, and among those suffering from auto-intoxication.

**QUESTION:** I have had epilepsy for several years and have spent some time in a private hospital where they specialize on this affliction, but though it seemed to do me a slight amount of good nothing seems to really help me. Probably the bromide they gave me (thirty-five special) twice a day helped a little, but I am now back home trying to see what I can possibly do. Am thinking of trying some herbs that are claimed to be good and some other medicines that have been recommended. What do you think of such preparations?

I am six feet tall and weigh only 134 pounds and my face was always very thin and pale. Would light progressive bar bell exercise be alright for me? Some time ago I procured a course from a certain doctor who advised drinking Horlick's Malted Milk, three teaspoonsful in a glass of water, 14 to 16 times a day; he claimed this will work where every thing else fails, for putting on weight. What diet should I follow for anemic condition and epilepsy? I have a very light case of epilepsy and seldom have spells and then only while in bed. I suffer from eye-strain; could this have any bearing on my condition?

B. W., Ohio.

**ANSWER:** So far scientists have been unable to trace the exact cause of so-called idiopathic epilepsy. Modern methods try to find out if there is any irritation to the central nervous system, the cause of which may be blood disease, pressure on the brain, tumor, etc., or any means of infection, such as bad teeth, diseased tonsils, sinuses, genito-urinary, or gastro-intestinal origin. By all means have your eyes properly refracted because some specialists infer that eye-strain is very prone to produce epileptic seizures. Do not tamper with so-called eye exercises, have glasses fitted.

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

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

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

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



Experience teaches that keeping the intestinal tract in a normal healthy condition will help increase the interval between spells. So be sure to correct any constipated condition with mild laxatives like mineral oil, petrol-agar, agar-agar, or milk of magnesia, finding your own dose is most desirable; and eliminate animal foods from your diet such as meat, eggs, cheese and fish, substituting milk and buttermilk. Eat plenty of fresh and stewed fruits, vegetables, coarse cereals, bran, oatmeal, whole wheat bread and mashed potatoes, and drink copiously of water, preferably cold, at least three quarts between meals and some with meals. We have no faith in proprietary medicines for epilepsy. Where the spells are frequent, triple bromides may be used for a time with effect. To build up your health take Blaud's Pills, to aid digestion and increase weight take Pancreatin-compound tablets, made by Park-Davis Co., one or two after every meal, three times a day. The drinking of Malted Milk should prove beneficial to you. The following medicine might be of advantage:

Sodium Bromide .....	3	grains
Magnesium Sulphate .....	10	grains
Peppermint Water—q. s.....	½	ounce

This quantity should be taken at one dose. Have pharmacist make up a large bottle with this size dose in mind. To be taken twice daily between meals. If spells are merely nocturnal, great benefit may be had from bar bell work, as this entails much less expenditure of energy than various games, like tennis, or baseball and long walks. Do not try any strenuous lifting, but merely follow exercises.

**QUESTION:** For the past three years I have been bothered with white blotches of various sizes that look like insect bites. They appear on my face, neck and arms, and especially my hands. Appearing always when it is cold, windy or damp and most often in the mornings. My hands often times swell to a very large size, itching all the while. After the itching ceases there is a slight pain in the swollen parts, lasting several hours, then all the infection vanishes, but more quickly when in a warm atmosphere.

Different foods do not seem to affect the condition and have used different blood medicines with no result. Otherwise am in good health. Any advice would be greatly appreciated.

S. L., Colorado.

**ANSWER:** You are probably suffering from a chronic form of urticaria; an aggravated form of this disease is known as angio-neurotic-edema. It has been recognized that this disease is mostly gastro-intestinal in a nervous individual.

Locally, try on the various parts the following:

5% solution Aluminum Acetate.... 6 ounces

Apply on the surface.

To clean out the system, take the following:

Magma Magnesia .....
 3 | ounces |

Misturoe et soda .....
 1 | ounce |

Teaspoonful three times daily; if bowels become too active stop till normal.

Eliminate meat, cheese, eggs and fish from your diet, as well as highly seasoned foods, and eat plenty of well cooked vegetables and cereals and fruits, both raw and stewed. Drink about two quarts of milk or buttermilk daily; and at least three quarts of water during the day between meals. Take warm bath with soap twice a week and cold sponge baths on all other days.

**QUESTION:** I have been a reader of STRENGTH for a long time and would not be without it. Am writing you in regard to a trouble I have had for a long time and hope you might

prescribe something that will help me. Have been suffering for a long time with the facial nerve or nerves on the right side of my face high up under my cheek bone. My local doctor calls it nerve inflammation, neuritis, or nerve pressure and I have taken all kinds of nerve medicine, chiropractic and osteopathic treatments, but nothing does me any good. There is a bad feeling or pressure in my face all the time, it seems to change positions, lets up, then takes hold again. I am a telegraph operator and have had to take bromide most of the time to keep me steady on the wire. Have catarrh quite bad on that side but don't think the trouble comes from that. Have used all kinds of spray medicine, but everything I have used makes it feel worse. Had X-ray pictures taken of my face five years ago, but nothing showed in the sinuses. I take part in all sorts of out door exercises, autoing and hunting, use no tobacco but simply cannot get over this trouble.

C. C., Maine.

**ANSWER:** You have mentioned X-ray of all sinuses, but did not state whether teeth were X-rayed or tonsils were diseased. Nowadays the best neurologists try to find, if possible, all foci of infection, which may cause tri-facial neuralgia, from which you are evidently suffering. If no signs of infection are found have an expert neuro-surgeon try alcoholic injection of the nerve. This, as a rule, is efficacious for from six months to a year, and is of great relief to tri-facial or neuritis patients who at times are driven frantic by the pain.

**QUESTION:** Please give me any information you can concerning a cure for bed wetting, for my thirteen year old son. Have tried all kinds of medicines recommended to me by doctors but not one has been of any benefit. Is this a habit or a sickness?

I. Z., N. Y. C.

**ANSWER:** Possibly what we are about to tell you has been told you by your physician. Some regard this as a neurosis or nervous condition, others as an organic condition of the bladder or urinary muscles. Various things have been recommended, such as: drinking water during day, but not after evening meal; be sure to have bladder empty before going to bed. Live mostly on vegetable diet, and eliminate tea, coffee and condiments. Keep skin active by hot baths with soap, twice weekly, and cold baths every morning, without soap to tone up the skin. As to recommendation of medication, it has been found that fluid extract of Rhus aromatica, starting with a half teaspoonful three times daily, is very good for correcting this condition. Be sure bowels are kept open with either of the following, mineral oil or milk of magnesia, combined with correct diet, especially fruits, cereals, whole wheat bread and coarse vegetables.

It might be well to have a urinal at the bedside if your son is too indolent to arise. Local examination by a genito-urinary specialist might be of advantage.

**QUESTION:** Have been troubled about three years with falling hair and find I have a very hard case of tough dandruff, the kind that sticks right to the scalp, not the flaky kind that falls on the coat lapel. Seemingly the scalp does not get the proper amount of circulation. What are the Salvarsan treatments and would you advise them?

B. B., Colo.

**ANSWER:** You are probably suffering from a form of dandruff called "Seborrhea Sicca" in which there is a deficiency of oil in the scalp. Try rubbing a teaspoonful of castor oil in the hair, which acts as a stimulant and emollient. If this gets too sticky and greasy, wash off with soft soap. Alcoholic and spiritous evaporating remedies generally make the (Continued on Page 66)





# Follow this Man!

*Secret Service Operator 38 Is on the Job*

Follow him through all the excitement of his chase of the counterfeit gang. See how a crafty operator works. Telltale finger prints on the lamp stand in the murdered girl's room! The detective's cigarette case is handled by the unsuspecting gangster, and a great mystery is solved. Better than fiction. It's true, every word of it. No obligation. Just send the coupon.

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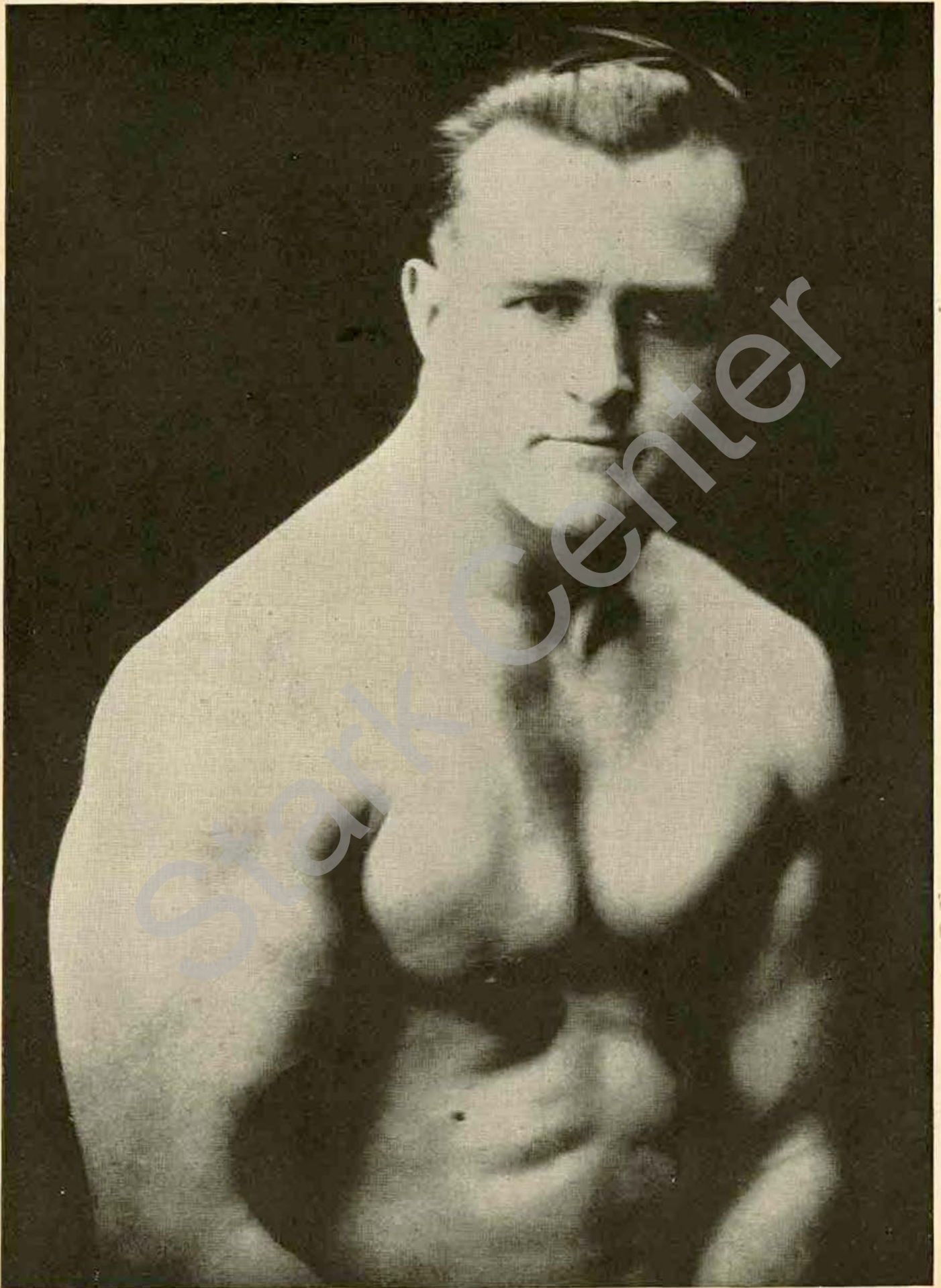
Gentlemen:— Without any obligation whatever, send me the Reports of Operator No. 38, also your illustrated Free Book on Finger Prints and your offer of a FREE course in Secret Service Intelligence and the Free Professional Finger Print Outfit.

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EARLE E. LIEDERMAN  
"The Muscle Builder"



# Over 100,000 Have It— Did You Get It?

My men have it—every single fellow who has placed himself under my wing now has muscles, strength and health. I did this big everlasting job for over 100,000 men all over the world. Yes, I have taken fellows in every walk of life and developed them from weaklings into muscular marvels. The vast number of prize winners whom I have developed alone stands out and speaks for my record. It takes more than a strong man to tell men how to develop muscles—it takes a man who has made a life study of muscle building—he is the only man who absolutely takes the guess and risk out of getting strong and gives you the real no-how. Your body is your prize possession—nothing is too good for it. Fortify that body of yours with strong sinewy muscles like the old village blacksmith had. Make up your mind to be strong! I will show you how to be strong so that you can add many years to your life. Don't take chances by dissipating or by neglecting your health.

I claim that strong men are made and not born—that's why they call me The Muscle Builder. I will make you strong if you will only make up your mind that I can do it. I have taken physical wrecks and in less than ninety days' time developed them into muscular marvels—yes, a number of them won prizes as being perfect specimens of manhood.

## I WORK FAST

Right off the bat I take that old bony body of yours and begin rebuilding it. The first thirty days I put one solid inch of muscle on your arm and two inches on your chest during the same period of time. I work with you ninety days in all, and before I am through with you, you'll be the picture of health. I don't care what you look like now. I know that after I give you my stuff you'll be muscles from head to foot—you won't only be strong outside, but you will be strong inside. I make you over again so that you will just tingle with life: You will be able to tackle any of life's problems. You will without fear be able to enjoy any pleasures. You will be able to mix with men without fear of being called a sissy or being kidded about being a weakling. You will be there in every sense of the word and you will stay there. After you learn the secret of having muscles and health you will never again in your life worry about cashing in before your designated time.

## I LIKE NERVOUS WRECKS

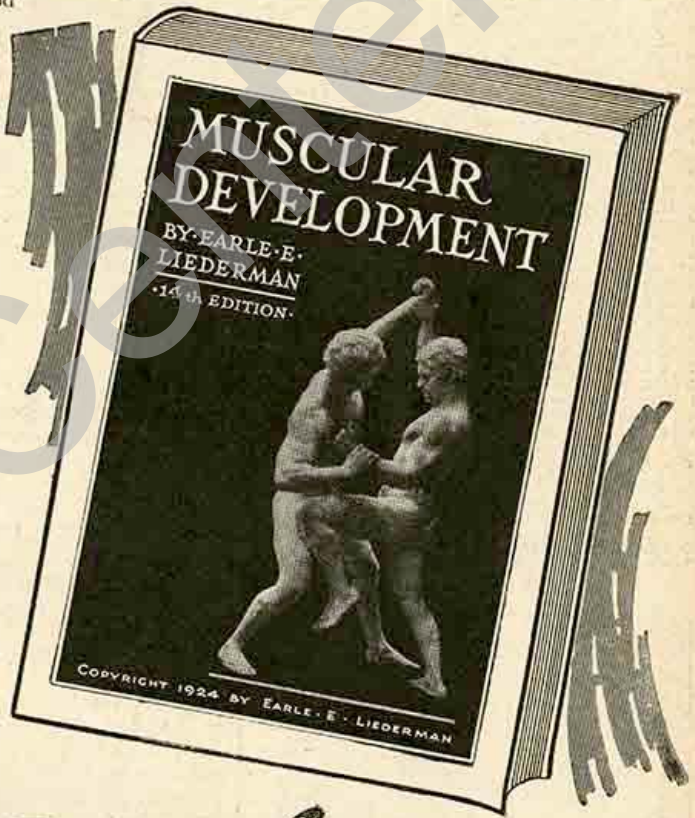
If you are the kind of a chap who is a nervous wreck and afraid of his own shadow, you are the kind of a fellow that I like to get—you're the kind of a fellow that I like to show my stuff to. My pupils have no fears. My men are internationally known as real he-men, and you, too, can be one of them.

## HERE'S THE BIG MOMENT

The big moment of your life is before you now. You must decide whether you are going to go floundering around in life and take a chance that Father Time will get you any day. Don't pass up the opportunity that is before you, but get in touch with me and make me prove that I can make a muscular marvel out of you. I don't promise to do it, I guarantee it. I will give you the know how of muscle and health getting, and give you all of my personal secrets, so that your future life will always be a strong, healthy and happy one.

## TIME WAITS FOR NO MAN

Don't put off till tomorrow what you can do today. Delay is the most dangerous habit of man. Make up your mind this very minute that you are going to be healthy, that you are going to have a world of strength. It doesn't cost you a single cent to find out how I work and to see what I have done for others. I want you to make me prove that I am the Muscle Builder, and that I can build muscles, strength, vitality and robust health for you.



**PRIZE WINNERS**  
In Earle Liederman's 1924 International Contests

**Improvement Contest**  
FIRST PRIZE—\$1,000.00 cash, gold medal, diploma and trip to New York. Awarded to **FRYCE EYENOLLEY**, care of M. C. A. Fargo, N. D.  
SECOND PRIZE—\$500.00 cash, gold medal and diploma. Awarded to **JAMES I. IVERSON** Carlow, 309 W. 148th St., New York City.  
THIRD PRIZE—\$100.00 cash, gold medal and diploma. Awarded to **A. COLEMAN**, care of Lefkowitz, 115 Hopkins St., Brooklyn, N. Y.  
FOURTH PRIZE—\$50.00 cash, gold medal and diploma. Awarded to **T. J. CALLOWAY**, 608 Charlotte St., Norfolk, Va.

**Best Proportioned Physique Contest**  
FIRST PRIZE—\$500.00 and gold medal and trip to New York. Awarded to **KENNETH TERRELL**, care of Mrs. Jones, 231 E. Church St., Jacksonville, Fla.  
SECOND PRIZE—\$200.00 and gold medal. Awarded to **RALPH G. BURNES**, care of Waters, 141 W. 75th St., N. Y. City.  
THIRD PRIZE—\$100.00 and gold medal. Awarded to **JOHN BAST**, 30 Sumner St., St. John's, N. E., Canada.

The names and addresses of the fifty-five other cash and medal awards will be sent to anyone requesting same, as space prevents publishing them on this page.

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

It's a wow—I want you to have it with my compliments. No obligations. Just read it. It will inspire you. It will thrill you. It's the best half-hour's reading you ever had. Contains forty-eight full-page photographs of myself and some of my prize-winning pupils I have trained. See what I've done for every kind of a man you can think of. Doctors, lawyers, merchants, mechanics, etc. Read how I make weak men strong, strong men stronger. Look over the art gallery. You'll never give it away. I swear you won't. No strings attached to it. Here's your chance for a free ride. Don't hesitate. Do it now before you forget. Take out your pen or pencil—fill in your name and address and shoot it to the mail box.

**EARLE E. LIEDERMAN**  
Dept. 712, 305 Broadway, New York City

**It Is FREE**

**DON'T SEND ONE PENNY**

**YOUR NAME AND ADDRESS ON A POSTAL WILL DO**

**EARLE E. LIEDERMAN,**  
Dept. 712, 305 Broadway,  
New York City.

Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."

Name .....

Address .....

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

(Please write or print plainly.)





## SHOW CARD LETTERING Learn at Home

HERE is the very course you need if you want to get a good paying position as a Show Card Letterer or Sign Letterer, or have a business of your own. This course is complete and practical and especially arranged to meet the needs of the student who studies at home. It was written by E. L. Koller, Principal of the School of Art of the International Correspondence Schools, member of the American Federation of Arts, and The National Society of Craftsmen.

Mr. Koller has had twenty years' teaching experience, and his success in helping other men and women is an indication of what he can do for you.

H. L. Wood, a clerk, made more than \$700 "on the side" before he had completed his course and also won \$125 in prizes. Harry William Lord writes that he has more than doubled his salary as a result of studying this I. C. S. course in spare time. William Whitman, a former wagon builder, now has a sign painting business of his own and is earning nearly three times as much as he did before enrolling with the International Correspondence Schools.

There is no doubt that Show Card Lettering and Sign Lettering offer a real opportunity to ambitious men and women. Just mark and mail the coupon and we'll gladly send you a booklet telling all about the I. C. S. course in Show Card Lettering, or any other subject in which you are interested.

### INTERNATIONAL CORRESPONDENCE SCHOOLS Box 2381-D, Scranton, Penna.

The oldest and largest correspondence schools in the world. Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject before which I have marked an X:

#### SHOW CARD LETTERING

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| <input type="checkbox"/> Nicholson Cost Accounting                        | <input type="checkbox"/> Civil Service                               |
| <input type="checkbox"/> Bookkeeping                                      | <input type="checkbox"/> Railway Mail Clerk                          |
| <input type="checkbox"/> Private Secretary                                | <input type="checkbox"/> Common School Subjects                      |
| <input type="checkbox"/> Salesmanship                                     | <input type="checkbox"/> High School Subjects                        |
| <b>TECHNICAL AND INDUSTRIAL COURSES</b>                                   |  |
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| <input type="checkbox"/> Electric Lighting                                | <input type="checkbox"/> Architect                                   |
| <input type="checkbox"/> Mechanical Engineer                              | <input type="checkbox"/> Architect's Blueprints                      |
| <input type="checkbox"/> Mechanical Draftsman                             | <input type="checkbox"/> Contractor and Builder                      |
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| <input type="checkbox"/> Railroad Positions                               | <input type="checkbox"/> Structural Engineer                         |
| <input type="checkbox"/> Gas Engine Operating                             | <input type="checkbox"/> Chemistry <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Civil Engineer                                   | <input type="checkbox"/> Automobiles                                 |
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Name.....

Street Address.....

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



## Deafness

Perfect hearing is now being restored in all cases of deafness caused by Catarrhal troubles, Relaxed or Sunken Drums, Thickened Drums, Roaring or Hissing Sounds, Perforated, Wholly or Partially Destroyed Drums, Discharge from the Ears, etc.

**Wilson Common-Sense Ear Drums** require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable.

### Free Book on Deafness

Write today for 168 page book on deafness giving full particulars and many testimonials. The hearing of thousands of grateful users has been restored by these "little wireless phones for the ears."

WILSON EAR DRUM CO., Incorporated  
200 Todd Building LOUISVILLE, KY.

## The Palace of Aches and Pains

(Continued from Page 31)

Although his point standing does not compare with some of the others, in the matter of winning, Alfred Grenda, also of Australia, is one of the World's foremost riders, where a combination of grit, endurance and speed is required. Grenda is always to be reckoned with when entered in a race, whether it be six-day or a mile sprint. Like his compatriots from the Antipodes, Goulet and McNamara, he is nearing forty, and came over here around the same time as they.

Cecil Walker, American all-round champion, and Alex McBeath, are two young Australians who have made a big name for themselves; while Jackie Clarke and Frank Corry are stars of another day, who came from the "land down under." Several others have also done well.

Of the Americans, Freddie Spencer, the present sprint champion and Bobbie Walthour, Jr., are two youngsters who should be counted among the best in the game. There are quite a few American boys who make the going hard and fast in the races, and without them the races would not be worth much. They must rest content to be outshone by the Australian marvels, who are really citizens of this grand country, by adoption.

The greatest mileage for 142 hours was made in 1914, at Madison Square Garden, the race being won by Goulet and Grenda with 2,758 miles and 5 laps or at an average of about 19½ miles per hour for the week. In recent six-day races they don't make anything near that, but average approximately 15 miles per hour, and cover somewhere in the neighborhood of 2200 miles. Of course, some of the time they are hitting it better than 30, while at others they slow down considerably.

It works out something like this—The boys used to keep hammering away to see how many miles they could cover in a week, and the entire outfit would ride hard, averaging 18 to 19 miles an hour for the week. Now they have a series of sprints, three or four times a day, when the riders do some hustling, and between sprints, whenever they can, they slow down some, bringing the average down around 15 miles per hour.

When you are riding about 3 miles less per hour on the average to a day, or a total of around 75 miles less in the day, you have more stuff left in you to speed on, when occasion demands.

Years ago they rode hard to keep up with the field, now they sprint for points three or four times a day, and slow down for a rest when the crowds are not so numerous and enthusiastic.

One of the chief causes of excitement and biggest house packers is the gaining of laps, or circling the track ahead of the field, so as to be counted one lap ahead of the rest. The excitement and confusion attending it is known as a "jam" or, in fact, anytime the boys are tearing around at high speed is known

(Continued on page 62)

## Old at 23

OLD AGE depends on OSSIFICATION or hardening of the arteries. An excess of starchy foods such as oats, wheat, rice, potatoes, etc. is one cause of the encrusting of the inner walls of blood vessels, producing malnutrition, HIGH BLOOD PRESSURE, homeliness, OLD AGE and DEATH.



DOMESTIC animals, horses, cattle, sheep, etc., eating grains (herbivora) are SHORT lived. WILD animals, eating mostly animal food (carnivora) are frequently LONG lived. (100 years).

Observe the deposits inside old water pipes and starchy foods with earthy matter from water, clog the arteries.

Watch the people who consume large quantities of starchy foods, bread and water! They look HOME-LY and prematurely old, are STIFF and AWKWARD in their movements, and their skins are often rough and scurfy. Suitable animal food, fruit and vegetables produce an appearance of youthfulness, grace, and refinement in coarse-looking starch-eaters. For quick proof try only aged persons, who have exhausted their reserve power. Send for statements of ELDERLY people who have experienced a wonderful change to youthful activity after only 10 days' trial of the new system of UN-DILUTED water-free nutrition.

The injurious effects of water, table salt, cereals, fat, butter, sugar, etc., are explained in our booklet; also the one common underlying cause of all disease.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected e. g., paralysis, blindness in hens, rats, etc.; beri-beri, skin affections, etc., in men.

From sworn statements:—PARALYSIS, Age 61. Right hand and leg helpless three years, restored in three weeks. ARTHRITIS. All joints swollen from lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, do home work. CATARRH, hay fever, and asthma, improved from the first meal. GALSTONES, Age 50. Cholic every week for years, but now one attack since instruction over four years ago. TUMORS, Age 40. Dissolved within a year. GOTIRE. Collar reduced 17 to 15 inches normal size, UTERINE HEMORRHAGE, Age 50. Bedridden three years. Now does housework. ECZEMA, Age 69. Skin cracked, scaling, normal in three months. FYORRHEA. See Reprint from "Dental Digest." PREGNANCY, Age 39. No nausea, no swollen feet nor constipation, delivery painless. Waterfree Meals. Educational Booklet 10c. BRINKLER SCHOOL OF EATING, Dept 20M, 136 West 72nd St., New York.

(See Eat For Occupation, p. 00, Catarrh p. 00.)

## LIQUOR OR DRUG HABIT

CURED FOREVER OR NO PAY. Full treatment sent on trial. Can be given secretly at home. Guaranteed to free you forever from desire for whiskey, gin, wine, beer, opium, morphine and heroin. Costs \$2.00 if cured, nothing if it fails. It is a preventive for Poison liquor, carry it with you. Standard Laboratories B-32 28 29 Guilford Ave., BALTIMORE, MD.

### A "PINNING HOLD"

You have your opponent's right arm barred with your left hand and his left arm barred with a leg scissor hold. He is helpless. It is a good hold for self-defense, or to hold your man under control for some time.



## Wrestling Secrets

Revealed by Champions

### Frank Gotch and Farmer Burns

Now you can learn wrestling from two champions. The regular holds and breaks—many secret tricks, never revealed before—all these you may master absolutely. Become an expert wrestler and handle bigger men with ease. Farmer Burns "father of scientific wrestling," trainer of champions—among them the great world's champion, Frank Gotch, will train you speedily to become a great athlete, a wrestler, and A MAN!

### Vigor! Endurance! Bravery!

Wrestling is a wonderful sport, a wonderful means of self-defense and more. It is the greatest mind and body builder in the world. It breeds quickness, vigor, endurance, bravery, all the many qualities that men defer to and women admire. It develops every muscle in your body. It gives you poise. You can lay the foundation for a vigorous, successful self-reliant manhood, if you start now to learn to wrestle. Do not put off. Begin today.

### Write for Big Book!

The first step is to send for Farmer Burns' big wrestling book. Shows how easy you can learn Scientific Wrestling, Physical Culture, Jiu Jitsu and Self-Defense. It is packed full of information about wrestling and wrestling. Valuable tricks are revealed. A book that every boy should have. No obligation. Just enclose 10c to help cover cost of wrapping and postage. Send now. Be sure to give age. Farmer Burns School 3459R Shaw Exchange Bldg. OMAHA, NEB.



# LIFE IS NOT WORTH LIVING---

## Without Sound Nerves

**Y**OUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions?—No! You merely exist—you are not getting out of life *everything* that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two, or even five years of life into a single year! We hurry, we worry, and, often, we dissipate our vital forces through ignorance. We commit these sins because we are living in an age of acute competition, tremendously high cost of living, reckless pleasures—conditions that *compel us to strain our nerves to the utmost.*

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion when he is stricken with this terrible malady firmly believes that he has been stricken *suddenly*. This is *not* true. The fact is, that it has been years developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention; he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and, often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a little—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going *while the going is still good*. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only **HALF ALIVE!**

The country is teeming with cases that fit this story like a glove, for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins. They may be called "near-neurasthenics." A near-neurasthenic is but a next-door neighbor to full-fledged neurasthenic, in the grip of *actual, terrible and complete* Nerve Exhaustion—Nerve Bankruptcy!



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

There is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

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

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

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you, that every organ is perfect. But you *know* there is something the matter. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exer-

cise can restore the nerves. It may develop your muscle but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 100,000 cases).

The result of my vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 469, 110 West 40th St., New York City.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought, and are buying, this book from me by the hundreds and thousands, for circulation among their employees; physicians recommend the book to their patients; ministers recommend it from the pulpit. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years. The following are extracts from letters of people who have read this book and were greatly benefited by its teachings:

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

A mother writes: "I always had that 'dragged out' feeling. I could not take any interest in my children's activities; they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely, and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically, but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

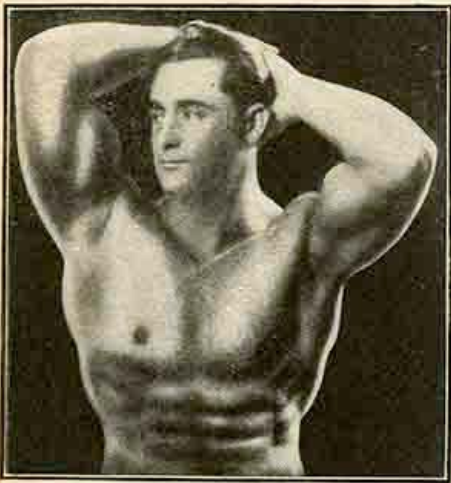
A business man writes: "Your book did more for me for indigestion than two courses in dieting."

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

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



## Do-You Want a 48 Inch Chest? Well, You Can Have It!



### CHARLES ATLAS

Twice selected as the World's Most Perfect Man. Winning two \$1,000 FIRST PRIZES in National Contests conducted by Bernarr Macfadden. No other man can claim this title.

Does your chest measure 8" to 10" MORE than your abdomen? If should! Measure it and see. If it isn't you are neither in proportion nor healthy. A big, splendid chest indicates Vitalic Power. It suggests Rugged, Robust Health; Powerful Organically sound Lungs; Great Internal Energy; Courage—Confidence—and these are the Big Fundamentals for a Glowing Success in Life.

Study this inspiring photograph of the largest Chest in all the World. TONIGHT, look in the mirror and see your own chest. Observe whether it caves in while your bread-basket juts out! If so, it's serious. Take IMMEDIATE steps to remedy the condition. Thin, puny, sunken, flat, hollow chests are signs of weakness, chest and lung trouble, lack of organic power, suggesting failure in the Battle of Life, lack of self-confidence.

Why drag thru life for others to immediately stamp you a FAILURE? Increase your Lung Capacity and get more Life-Giving Oxygen pumping rich red blood into your body! Get the FEELING of ALIVE-NESS and ALERTNESS by having a Big Inspiring Chest. With such a Splendid Chest invariably goes a Broad, Powerful Pair of Shoulders, a Lion's Massive Neck—while the bulge of fat on your abdomen is converted to hard muscular rocks! You already know WHY you need such a healthy body. You KNOW your Future Success and Happiness depends upon your Strength and Health. You also KNOW THE VALUE of these things as MONEY-MAKING ASSETS. What concerns you now is WHERE and HOW SOON can you get a fine responsive human machine and how you can quickly overcome your physical handicaps. I've written a most amazing book I want to send you ABSOLUTELY FREE which tells you exactly HOW you can get a Gigantic Chest, a Husky Neck, a Muscular-Plated Stomach, Big Strapping Shoulders, a Broad Massive Back, perfectly developed Calves and Thighs. Every page sparkles with intense interest and throughout the book I've crowded scores of the most thrilling pictures of the FINEST DEVELOPED MEN IN ALL CREATION!

#### FREE! "Secrets of Muscular Power and Beauty"

is the name of this BIG FREE BOOK. Today, no one wants mere brute force, but we all crave a perfectly proportioned body with great muscular power. The book tells you how to get both. It tells how to get a 48 inch chest MORE QUICKLY and NATURALLY than ANY OTHER KNOWN METHOD—and all WITHOUT dangerous, cumbersome, expensive, needless apparatus or other useless methods. Simple secrets you can apply in the privacy of your own room for a few brief weeks and then a Glorious Full High Chest and a Fine, Firm muscular Physique! I'm making a Sensational SURPRISE OFFER during 1926 to my pupils who make the greatest gains in chest development. Write AT ONCE for the big FREE Book and get the facts about this New Amazing, All-Summer Reward. QUICK ACTION IS NECESSARY. Put the coupon in the mails RIGHT THIS MINUTE and get a Life-Time Thrill. DO IT NOW!

### CHARLES ATLAS

"World's Foremost Muscular Scientist"

1755 Broadway, Dept. 654, New York City

NOTE: Come and see me at my new Gymnasium. You're always welcome.

—MAIL THIS NOW!—

CHARLES ATLAS,  
1755 Broadway, Dept. 654, New York.

Dear Sir:  
Please send me your wonderful big book, "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose a dime to help cover wrapping and mailing charges. This places me under no obligation.

Name .....

Address .....

City .....

State .....

Please write or print plainly Strength 12-29

(Continued from page 60)

as a "jam." During such time, some of the riders are liable to fall, which is known as a "spill." As the riders mostly have their feet strapped to the pedals, a "spill" is not as funny to them as it seems to the spectator, and the boys pick up plenty of splinters and collect all manner of bruises and track burns. Often they must ride by the hour with bandages all over them, and it is common for a rider to have his face bandaged up with only peep holes for his eyes. The riders are frequently knocked out in "spills," but soon recover and go back in the race. About the most serious accident that befalls these athletes is a broken collar-bone, but they are back on their wheels in a few weeks, pedaling as good as ever.

Nevertheless, disregarding injuries and discomfitures, the fans immensely enjoy seeing spills where several pile on each other, amid a tangled mass of broken wheels and frames. Usually, the bikes get wrecked in any spill, and the pistol-like report of a tire blow-out is music in the ears of the fans, who generally expect a spill following a blow-out.

The race proper starts around midnight Sunday and winds up the following Saturday night. As a preliminary to the race, and to stir up the interest of the fans, while they are in an expectant mood, a show is staged the Saturday night before the main event. Here you see the same sort of card as they run at the out-door meets during the summer. The champion sprinters meet in mile match races—the amateurs have some events and the "pros" engage in a variety of races ending with a five mile. Then the boys rest up till Sunday night, when the real fun starts.

A member of each team lines up at the mark—the pistol is fired and the chase is on—the riders relieving each other at such intervals as they choose: during "jams" they may have to keep the relief work up every mile or so.

At the appointed time for sprints, the announcement is made that a series of ten sprints will be held, the gun is fired as the boys come around to the mark, and at every mile they race to see who gets over the line first. Let us say it is a ten lap track; well on the ninth lap the bell starts ringing and the boys tear for all they are worth to the end of that mile, the same thing being repeated for each of the ten miles. The winner of each sprint is credited with 5 points, second 3, third 2, fourth 1. During the last hour on Saturday night, they sprint at every mile, with the points for first place raised to 72, the other three positions remaining the same: 3, 2 and 1.

During that last hour, you see some real riding, the "jam" being continuous for the hour, while they sprint for the big points at each of the 25, or so, miles they cover. All the riders are on the track, alternating in the sprints. Goulet used to win about half of the final hour sprints himself, when at his best; his recuperative powers being so remarkable that he could keep coming right back.

Some of the teams make wild at-

tempts to steal a lap during the last hour which would give them the race regardless of what their point standing might be. In the final summary, the team standing best as to distance wins; although during the week, in all sprints, the points go to the team passing the line first, no matter what their standing as to distance or laps. For instance, one team could be one lap in the lead all week and to save their energy so they could protect the lap lead, they could choose to just sit-in for each sprint, letting others grab the points. If they kept that lead all week and did not have a single point they would win the race. On the other hand we will say one team is a lap behind the leaders, but they are speedy and keep winning sprints, thereby piling up points; if they don't make up the lost distance at the finish, they lose the race.

Coming back to the subject of "stolen laps"—Each year sees records set up in the number of laps stolen, and with each race these keep mounting higher. In the old days, it was pretty hard to get credit for a lap even when you did steal it; and fans would go all week to see a team sneak off and by the hardest kind of grinding win the right to be credited one circuit ahead of the field. The team doing so might ride several minutes and then be lucky if they got credit for gaining a lap.

But nowadays the fans expect to see several taken within a few hours. A few years ago a lap ahead was considered something, now they grab them and lose them like nothing.

In the last Chicago race a total of 241 laps were gained during the week; and at the recent New York grind over 200 were credited to the various teams. It is only in the last few years that this wholesale lap-theft business has been going on—and the old-timers think there is something wrong with the modern system, and criticise the riders for the low mileage they travel in the week.

Don't get me wrong—this is not the fault of the riders; Mr. Public demands it, or at least proves such to be his want, when he breaks all attendance records at highest prices. When the fans crowd in by thousands at fat prices, they want to see some real action and excitement; what do they care about the total mileage for the week; they want to see the riders jamming like mad after points and "premes." Furthermore, each individual fan wants to tell those who did not witness it, how wild every one was when the teams were making "wireless pick-ups" in an effort to purloin laps. They want to see spills, when the riders add to their collection of splinters and bandages.

The more laps stolen and the more frequent the jams; the larger the crowds, the fatter the prizes and the more generous and frequent the "premes" to stir up the monkeys. By way of explanation a "preme" is a cash prize given by some big hearted spectator to the winner of a certain designated sprint. Generally, a preme is of \$100.00 and some spectators offer from two to five in a row. Theatrical people, pugil-

(Continued on page 64)



# Constipation is a Crime

You are committing a crime against yourself when you unnecessarily permit your body to harbor foul, stinking, putrefying substances

**C**ONSTIPATION is the cause of many physical ills. Faulty elimination clogs the excretory system harbors putrefying food, and forces a flood of disease-producing germs into the tissues.

If you wish to maintain your health and efficiency, if you wish to really enjoy living—you owe it to yourself to prevent your intestines from getting into this condition by regular elimination.

## Insure Regular Elimination By a Dish a Day of CALIFORNIA FIG-NUTS AGAR

### PROOF POSITIVE

A few of the thousands of satisfied users of California FIG-NUTS AGAR. Names and addresses sent on request.

### INCREASES WEIGHT FROM 98 TO 135 POUNDS

"FIG-NUTS AGAR has been a perfect God-send to me, having suffered from constipation from childhood. Before starting it I weighed 95 lbs., now I weigh 128 lbs." Miss E. N., New York City.

### ONCE FORCED TO USE PURGATIVES DAILY

"I have been forced to resort to medicines every day and my physicians told me I would always have to use pills. I am now absolutely regular in my habits and in much better health. I like it as a cereal very much, sometimes I use four tablespoons alone and sometimes I sprinkle two or three spoonfuls on another cereal." Mrs. W. E. S., Cleveland, Ohio.

### A PHYSICIAN WRITES

"I am using your product with remarkable results in many gastro-intestinal disorders—particularly in cases of chronic constipation.

"Its freedom from medicinal preparations appeals to me and to practically all of the patients to whom I recommend its use, as most of them have learned that drugs, while affording them relief from chronic constipation, do not effect a cure, and FIG-NUTS AGAR has accomplished for many what diet, exercise and medication have failed to do."

FIG-NUTS AGAR is a delicious, nutritious food. It is a scientifically-proportioned, ready-to-serve food. Composed of figs, nuts, bran, whole wheat and Agar-Agar. So easily digested and assimilated that children, invalids, convalescents, and dyspeptics benefit by its regular uses.

Its deliciously tempting brown granules have a most distinctive flavor. Crisp

and wholesome—ready to serve out of the package.

In addition to being a perfect food it corrects the habit of constipation of however long standing, and protects you against the many ills arising from constipation. It will keep your system clean and sweet. It will sponge out all the poisons—aid digestion—bring health to your body.

### THROW AWAY YOUR PHYSICS!

Dump all those compounds, cathartics, oils, mineral waters, etc., into the ash can. They do more harm than good. They are violent and harmful, giving only temporary relief.

Correct your constipation by eating the right food—not by drugs. You can—easily—by a dish a day of California FIG-NUTS AGAR.

### WHAT IS AGAR-AGAR?

FIG-NUTS AGAR contains Agar-Agar, a marine alga. It is a tasteless vegetable gelatin, colorless, non-irritating and non-habit forming.

Agar-Agar absorbs 20 times its weight and 5 times its bulk from the water in the body, while passing through the stomach and bowels. When in the body it takes the form of semi-solid gelatinous granules. These granules stimulate the sluggish muscles, increase the peristaltic action, and carry moisture to the lower bowel.

This softens the stool and cleanses the walls of the intestines and bowels, carrying all the waste into the colon for elimination.

Unlike purgatives, cathartics or other artificial means, FIG NUTS AGAR has no tendency to weaken or irritate. The results are soothing and permanent.

### CONTRAST THE OLD AND NEW ELIMINATION METHODS

**By the old method** you take drugs. The more you use, the more you need. The oftener you use them, the oftener you have to use them. Sooner or later they form a habit.

**By the new method** you simply eat a dish a day of delicious FIG-NUTS AGAR. That's all. It's just part of your meal. It keeps you regular in a natural, normal, healthy way.



## 15 DAY FREE TRIAL

*Send No Money*

If you are a sufferer from CONSTIPATION here is a sure and positive corrective. Use California FIG-NUTS AGAR at our risk! Send no money—just the coupon. We'll send you four large cans. Use FIG-NUTS AGAR for 15 days. That is a sufficient time for you to realize decided improvement. Therefore we say—if not more than pleased with FIG-NUTS AGAR simply return the full cans and your \$3 will be refunded. Conquer your constipation this easy, pleasant, sure way. Don't endure another day of unnecessary ill health—send for FIG-NUTS AGAR now. Mail coupon without delay.

**CALIFORNIA FIG-NUTS COMPANY, INC.**

Dept. 112

Orange, California.

Used and Recommended by Leading Physicians and Dietitians

California Fig-Nut Company, Inc.  
Dept. 112,  
Orange, California

Send me four cans of California Fig-Nuts Agar postage prepaid, for which I will pay the postman \$3. It is understood that if I am dissatisfied at the end of 15 days I may return the unused FIG-NUT AGAR and you will refund my money.

Name .....

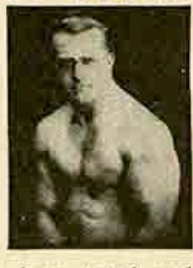
Address .....

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



## I Want A Wife

She must be earnest and sincere and willing, to strongly desire a good complexion, perfect health and superb form. She wants to appear and feel many years younger than she really is.



I want this girl or wife to simply follow a pleasant, easy systematic course of exercises that have been tested and proven to work wonders among women. Thousands upon thousands have tried it and they shout praises for its merits. No dieting, no hard work, no pills, nothing to study—just play for about five minutes every morning or evening.

No one need know you are doing it, but you cannot keep your people from wondering what makes you look younger and younger each day and why your complexion again looks as it did when you were a girl. People will wonder what has come over you—you will act so lively and so youthful—your daily tasks will become easy. Your housework will become play. There will be no more pains in the back. You will stop using powder or rouge. You won't need them after following this easy pleasant home course for a few weeks. Think what money you will save in cosmetics alone. For a veneer or artificial appearance you pay a big price. You can now have permanent beauty for the price of a single jar of beauty cream.

This course is personally outlined by Earle E. Liederman, the world's famous physical culturist and body builder and is complete in every way. You are given ten whole weeks of instructions by mail, so that you can be benefited in the privacy of your own home and in your spare time. You also have the privilege to write for free special information. All personal questions pertaining to women may be addressed and will be answered by Mrs. Earle E. Liederman (Miss Alaska) prize winner of numerous beauty contests throughout Europe and America.

### FREE For a Short Time Only

With the above 10 weeks' course of instruction you will receive for a limited time, if you act promptly, an interesting 200 page book written by Earle E. Liederman on health, hygiene and diet. This book alone is worth more than the price of the course. Get one free by taking advantage of this offer immediately. Do it now by signing this coupon before this introductory offer is withdrawn.

### Send No Money

This wonderful and recognized method of gaining health and a perfect form will be delivered right to your door by your own postman. Just sign your name and address to the coupon below and mail it, and it will be sent to you in a plain wrapper by return mail. Pay postman only \$2.98 plus a few cents postage on arrival. You will agree that this is the greatest offer for women ever made—if you don't after five days' trial return the course and get your money back.

EARLE E. LIEDERMAN  
Suite 312, 305 Broadway, New York

Please send me in plain wrapper your 10 weeks' systematic course of exercises by return mail. Also include your free 200 page book on health, hygiene and diet. I will pay the postman \$2.98 plus postage on arrival. It is understood if I am not fully satisfied after five days' examination I will return everything and you will refund my money.

Name.....  
Street.....  
City..... State.....  
If you live outside the United States send cash with order.

## How Stomach and Intestinal Disorders are Treated at Battle Creek

Eight out of every ten adults suffer needlessly from constipation, headache, insomnia, "biliousness" and the numerous other disorders that arise from "slow" colons. In "COLON HYGIENE", Dr. John Harvey Kellogg gives simple, thoroughly practical methods for relieving constipation and its attendant ills—methods that have been tested and proved in the treatment of thousands of cases at the famous Battle Creek health center.

"COLON HYGIENE" will prove invaluable in correcting present ills and preventing future ones. Send for your copy of this non-technical, interesting health book TODAY!

12mo. Cloth. 417 pages, fully illustrated, \$2.55 postpaid.

Modern Medicine Publishing Co.

Health Equipment Bldg.,  
Battle Creek, Mich.

(Continued from page 62)

ists and politicians, besides other people in the limelight, are the usual donating ones.

These premes are more likely to be offered in the time from early evening to three or four in the morning, to keep the boys on the jump in between sprints for points. The top-notchers are quite willing, as a rule to let the other boys grab the premes, and it proves a valuable source of income to some of the second string riders who do not share in the prize money at the end of the week.

I read somewhere a news item concerning the last Berlin six-day race, where the riders won "premes" consisting of food, clothing and household utensils of all descriptions.

To divert again: mention is made of "wireless pick ups," a "pick-up" is when one rider relieves another, which he designates by a touch. When they "pick-up" without the formality of touching, but start to ride before the partner comes up to them, that is a "wireless." The judges and referees have to keep a sharp eye for this violation. Frank L. Kramer, "the old master" of sprint fame, now retired, acts in the capacity of referee; alternating with Joe Fogler, the six-day champion of fifteen years ago.

Of course, the boys can't keep up that kind of riding all day throughout the week, so when the crowds are thinner and sleepier, the boys take it easy, and the mileage for the week suffers. The success of any game depends on the appeal it has to the public—and as the promoters have found what the fans want, every one concerned is more than satisfied.

Stealing a lap has attending drawbacks—one of which is the mental hazard—once a team has gained credit for being one circuit ahead of the field and is sitting on top, they lose all chance of sleeping and have to continue sitting on top of their mounts. All the other teams and combinations of teams keep hammering away to bring the leaders back to the common level.

When Goulet was in his hey day, it was a pretty general opinion among wise fans that "Goullie" could go out and grab a lap any time he chose to do so; but he always seemed adverse to being made the target of the entire field, and would prefer to keep on level terms as far as distance was concerned. "Goullie" was usually the most consistent winner of sprints during the week, and as the points won on sprints counted towards winning, all he had to do was see that other teams did not get a lap on him. Whenever others would start out for a lap, Goullie and his partner were sure to try their darndest to catch them, either pulling the field up on even terms, or getting away with the ambitious ones and grabbing a lap with them.

There were times when some team made a successful getaway and held it, as one man can't be expected to beat off the combined efforts of the whole field in every race—so once in a while "Goullie" did not win.

## Money-Making Tools

See Free Offer!



### I need YOU with 100 firms BEGGING ME to send them more DRAFTSMEN.

Many offer to take BEGINNERS, at \$50 a WEEK. Graduates can start at \$90 and \$100! GET BUSY!

Drafting is the BIG field, men. Every industry you can name BEGINS with the draftsman. Without mechanical drawings—by the thousands—every shop in the land would be STOPPED.

In fact, it is the SERIOUS SHORTAGE of draftsmen that brings this offer: I will furnish all instruments, supplies, even to the table, to those who start now!

**PAY AS YOU GO** Don't give me the excuse that you have no ready money for this golden opportunity. I am not so interested in cash; I want your application. I want at least 200 men to start right now. I want them ready to recommend by Spring! We will get a flood of letters saying "send us draftsmen," from every sort of industrial and engineering concern, and we must make good.

The first week's pay envelope of many a Dobe-trained draftsman has held enough to cover the entire cost of the course! Most students learn evenings, keeping on with their old work until ready to step into somebody's drafting room. The first month equips you to take on simple drafting jobs on the side. It helps you learn; I gladly permit this.

### Well-Paid Positions Every Way You Turn

A draftsman soon forgets the days when he used to wonder where to get a job. Instead, he asks "What line of work interests me most?" And "What part of the country suits me best?" Twenty of my graduates went to Florida this year; three are in Japan; last month one wrote me from Ceylon. And I wish we had the count of how many Dobe draftsman have become chiefs!

Positions loom up almost as soon as you are enrolled in a Dobe class! We receive requests daily for junior men—for men only partly through our course. "We'll take a beginner," some concerns write us, "so long as he is a Dobe-trained man and has begun right!"

**IT'S EASY** and interesting to learn drafting. For drafting isn't "drawing!" You don't need any "talent." A draftsman uses tools for every line and every curve. You couldn't make them crooked if you tried! That's why drafting is so easily learned—and so interesting. For you do everything by rule. So, I guarantee to make anyone a finished draftsman; if you can read and write, you can learn this line. One of my students is 51 years old; another is just seventeen. But they'll all be making a grown-up salary by Spring!

**WARNING!** The special offer of tools is for immediate action. Don't expect me to hold it open indefinitely. Clip the coupon now for free book:

CHIEF DRAFTSMAN DOBE, Div., 16-49  
1951 Lawrence Avenue  
Chicago

### Special Tool Offer

Send me FREE and POSTPAID Successful Draftsmanship Book and material telling all about your home course, terms, etc.

Name..... Age.....  
Address.....  
P.O..... State.....





McNamara, Grenda and Egg were Gouillet's most consistent challengers for first place, and now that Gouillet and Egg don't shine so well in the game of late "Mac" has held his form and is growing more famous by repeatedly coming out on top. Still "Mac" gets plenty of opposition from riders like Van Kempen, Spencer, Walthour and the Belgians and Italians.

It's a merry whirl, riding all week and getting nowhere, tearing around amid all manner of confusion with hardly more than the music of a very fine band to relieve the monotony. Riding when sore all over from repeated falls, possibly cut and bandaged in several places, chafed from sitting on a saddle all week, with your arms numb from holding the handle-bars, the smoke from the fans cigars and cigarettes burning your eyes that threaten to close from sleepiness at any moment. Often a rider must be lifted on and off his wheel, each time he goes on the track, but still they whirl around.

There is compensation in all things, and the six-day anklers are well compensated, the earnings of the good ones going into four figures for the week. Some of the stars receive a small fortune just for signing up to ride in the race. A first class bike rider can make a good fortune in a few years, by taking care of both himself and his money.

Apparently the athletes suffer no ill effects from going through these torturous grinds. An odd thing is that the majority of the men actually gain weight during the week and come out a little heavier than when they went in. This can be partly accounted for by reason of their being trained down pretty fine from outdoor road work before the race, while during the race they eat continually and in very generous proportions. The hard work and heavy eats combining to accumulate added weight.

Considering the miles the foremost riders have traveled a wheel both in winter and summer, and the fact that they hold their form for years, one can hardly say that a strenuous life is detrimental to ones physical well being.

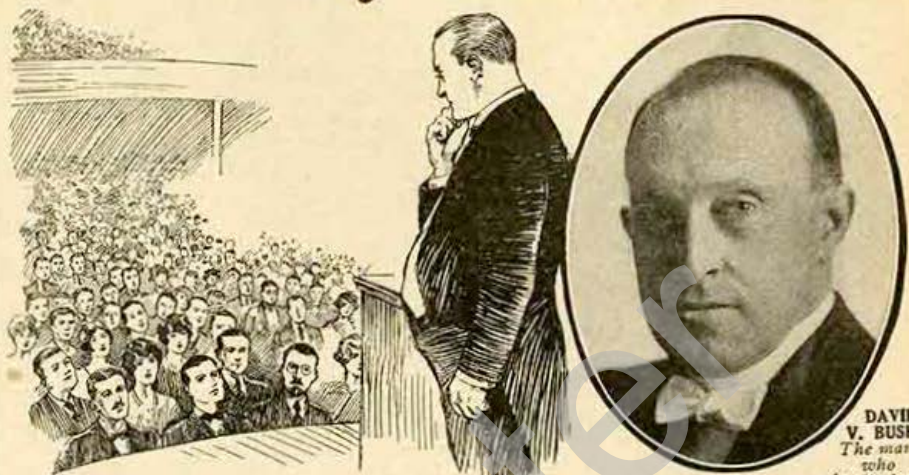
The bike riders are a group of finely built athletes, their legs and torsos would do credit to weight lifters. The shape of their thighs and the roundness of their calves are positively first class with a characteristically full, deep chest.

The largest of the top-notchers is Alfred Grenda, a tall 200 pounder; McNamara weighs around 175 of very sturdy physique, while the majority are more like Gouillet, of a light-middle-weight build; though a few very good boys are small. The giants, as a rule, don't make out so well in the six-day game—however well they may shine at sprinting on the outdoor tracks.

As added entertainment, a first class band plays selections throughout the week; and at times some of the show people get up and sing a little song. Duets, trios and quartets harmonize at odd hours, but regardless of how good they may be no one seems to appreciate them.

No matter how popular a piece may

# Was Ashamed Before My Vast Audience



DAVID  
V. BUSH  
The man  
who  
Astounded  
America

## But It Ended My Stoutness

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

**M**Y heart beat fast! In 15 minutes I was going to face a vast audience!

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

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

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

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

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

### Vain Efforts to Reduce

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

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

### A Startling Discovery

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

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

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

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

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

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

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

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

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

### Send No Money

Merely send me your name and address. When the postman brings you my complete instructions, "How to Reduce," simply pay him the special, low price of only \$2.98 plus a few cents postage. If at the end of two weeks you are not completely satisfied—if you do not lose weight rapidly and easily—then simply tell me so and your money will be instantly refunded. You risk nothing. WRITE TODAY. DAVID V. BUSH, Dept. H-6912, 225 N. Michigan Blvd., Chicago, Ill.

David V. Bush,  
Dept. H-6912, 225 N. Michigan Blvd.,  
Chicago, Ill.

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

Name .....

Address .....

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





## New Safe Way to Reduce

Now offered you FREE

WOMEN have found a new way to reduce. An entirely different way that is safe and pleasant, yet surprisingly simple. It is the only way approved by the medical profession. You do not starve, nor take dangerous medicine, nor exhaust yourself by exercise. This new way is purely natural and it gives the firm, supple body envied and admired by everyone.

It is fully explained in a marvelous system of weight control prepared by well-known physicians. These authorities recommend a new



kind of scale—the Health-O-Meter Automatic Scale. You weigh on it every day—at the same time—without clothes. Public scales are useless. It offers you the one means of scientific weight control—gain or reduce. Now the manufacturers of the Health-O-Meter offer you the famous weight control system free.

THE CONTINENTAL SCALE WORKS  
Dept. M-54 5701 So. Claremont Ave., Chicago, Ill.  
Tell me about your free test in reducing.

Name.....

Address.....

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

Please print name plainly.

## EAT FOR OCCUPATION

You would not feed any automobile with milk instead of gasoline, nevertheless you are most likely eating muscle meals to prepare yourself for brain work, etc. Then why wonder when unsuccessful and ailing?

Chemical analysis is not sufficient guide to human diet. Write us for particulars of Government Bulletin describing biological experiments on convicts, hens, cows, etc. Deficient feeding produced discase, whereas full nutrition corrected e. g. paralysis, blindness in hens, rats, etc.; beriberi, skin affections, etc., in men.

Biologic tests made only in the last few years disclose that three quarters of the food eaten, although good, is inappropriate, producing WASTE products in blood and tissues, three quarters starvation, lower efficiency, minor ailments, and finally disease, the lowest depth of inefficiency. FULL NUTRITION is needed.

Delicious Brainy meals make brain work easy. Muscle meals, to a brain worker, are mostly injurious WASTE.

To speakers, singers, mucus-making foods are injurious WASTE. Removal of WASTE needs solvent and laxative meals. Waterfree meals can multiply effects.

Our chart and key enable you to separate and trace for yourself the DIRECT EFFECTS of each food, to remove waste products, inefficiency, disease. Educational Booklet 10c. BRINKLER SCHOOL OF EATING, Dept. 20M, 138 W. 72nd St., New York.

(See Old at 23, p. 60. Catarrh, p. 83)

be, if the band gets hold of it and plays it hundreds of times for a week, it ceases to be popular any more—it is killed in the "Palace of Aches and Pains," it gets played to death.

As to the six-day band—there is none better—the same band plays at all American six-day races, and at all outdoor bicycle events in New York and Newark. Joe Basile and his band, of Newark, is a musical outfit that has proven very popular at sporting events; besides playing at bicycle events they play at the big fights in the Metropolitan

arena, and have engagements every night in the year at dances and public affairs.

Scores of theatrical people, spend their nights at the Garden for the entire week; and James Barton, of vaudeville fame, has for several years made a practice of spending his vacation at one or more of the grinds.

You, who have never witnessed these affairs, can hardly imagine how popular and interesting it is to lose sleep for a few nights in order to watch the boys who ride all week and go nowhere.

## Ask the Doctor

(Continued from page 56)

condition worse. If troubled further consult a skin specialist as to Salvarsan treatments, in case falling hair is due to blood infection; otherwise do not take this treatment. Follow advice of skin specialist if your scalp condition does not soon improve.

QUESTION: After reading an article on "Jaundice" I am convinced my husband suffers from such a condition, as the description of symptoms accords with his case. The climax came about six months ago, he received no relief whatever from medical treatment; a surgeon stated the duct joining the liver did not work properly or was blocked, and an operation might be necessary. Under advice my husband went to a "sulphur spring" and in ten days felt practically well again. At present many symptoms are present such as itching, more or less of a yellow tint in his complexion and frequent irritation while urinating. His eyes are not very clear and he feels nauseated, is easily dejected and inclined to be melancholy. Please advise how to eradicate this from his system.

Mrs. J., Arizona.

ANSWER: Your husband is apparently suffering from a chronic inflammatory condition of the gall bladder or connecting ducts. This condition should not be tampered with, and whereas physical culture methods are ideal in most cases of run down condition, I cannot recommend such methods if there is a stone or active pus condition in the gall bladder or ducts. No form of medicine offers a way of eradicating a stone. If operation is not desired, your only salvation is in duodenal drainage and a dieting regime.

An old time remedy which at times seemed to do well by relaxing the gall bladder and ducts, was the taking of phosphate of soda, from a teaspoonful to a tablespoonful every morning, and then drinking a small quantity of olive oil. This will relieve the symptoms but will not dissolve a stone, as they thought years ago. Many patent medicines offered for relief of stones are composed of this simple combination.

Diet should consist of easily digested foods, such as well cooked cereals and vegetables and fruits, both raw and stewed, avoiding all larded, fried, smoked and spiced foods. We cannot advise exercise until the jaundice has disappeared, after which some exercises might given to stimulate and keep active the bile, thereby preventing stagnation.

QUESTION: Have been troubled for the past six weeks with acute articular rheumatism or rheumatic fever. This condition started with an inflamed knee, later affecting every joint, including the finger joints, with severe aching and pains at the least movement or pressure. I have been in a hospital a week; while at home my own doctor attends to me prescribing only pills, salves and medicine, which seem to do no good. Some days I feel a little better, get out of bed and try walking, and then find myself laid up for another three days, the pain returns and I am unable to move my joints. In fact, I change every day like the weather, one day the wrist is affected, another day the shoulders, etc. Hot water bags help me but the kind of weather we have here it seems I will never get well.

The heaviest thing I am able to lift is a glass of milk, while previously I was very strong.

J. C., Ohio.

ANSWER: It is generally recognized nowadays that most cases of rheumatism, especially articular, can be traced to some foci of infection, such as abscessed teeth, diseased tonsils, sinuses of the head and nose, prostate gland, appendix, gall bladder, kidneys or the result of venereal disease. You should have a thorough examination by a competent physician to determine the seat of your trouble, after which steps may be taken to eliminate the poison from your system. Early correction of this condition may prevent the great bugaboo of rheumatic fever, namely heart disease.

It is hardly likely that climate could have anything to do with your ailment. Eliminate meat, fish, cheese and eggs from your diet, drink copiously of water and keep the bowels and kidneys open.

## The Criterion of Beauty

(Continued from page 25)

if one is to have good circulation and strong lungs. Swimming, which is my chief diversion, is another exercise that develops the muscles well and puts on or takes off pounds at one's will. Swimming instructors declare if one is too

stout, it is possible to lose the overweight by swimming and if one is too thin, the same form of exercise will increase the weight.

"There must be truth in this statement

(Continued on page 68)



# NOW! Fords Run on 8¢ gas -



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PAY TO THE ORDER OF Ray T. Davis \$20.00  
WEEKS SUPER CARBURETOR CO.

TO SECURITY BANK OF MILWAUKEE, WIS.

**Earn \$20.00 Daily Easy**

## READ THIS PROOF

In our office files we have thousands of letters received unsolicited from our agents reporting sales results that to those unacquainted with the possibilities of the Super may seem almost unbelievable. Below are reproduced a few of the many letters to give you an idea of what others are doing as Super agents.

### \$74.00 Earned in One Day

"I like to sell 'SUPERS' because they are something that every Ford owner needs and will buy. My best day's work was on a Saturday not long ago, when there was a good crowd in town and I put on a demonstration. In about one hour's time I had sold 12 'SUPERS' and sold 37 in all that day." Salesman Seward.

### \$218.00 Profit in Two Days

"I sold and banked \$104 today, and on another day I sold and banked \$114." A. W. Leonard.

### Makes Nearly \$200.00 in a Week

"Rush my order first express. My 100 order last week almost gone." J. A. Perdue.

### Sold Six in Two Hours

"I sold six 'SUPERS' in less than two hours tonight. I think it's a pretty good start—for it's the first thing I ever sold." E. Mangold.

## \$1,000,000 Divided Among Our Men

Think of it! A million dollars has actually been made by our agents. Millions more yet to be made. Are you going to get your share? You owe it to yourself to obtain full particulars of our proposition when you can do so without any obligation, by simply sending in the coupon—TODAY.

**WEEKS SUPER CARBURETOR CO.**  
426-1657 ELEVENTH STREET MILWAUKEE, WIS.

Cash in on the high cost of gas. Establish yourself in a permanent business with a field that increases as fast as Henry Ford can produce his cars.

You don't have to be a master salesman to sell a device that eliminates two-thirds gas consumption, thus making a Ford actually run on 8¢ gas. Every Ford owner an instant buyer the minute the unique features of the new improved Weeks' Super Carburetor are explained.

## SELL EVERY FORD OWNER

The gas saving feature of the Improved Super in itself is sufficient to make it an absolute necessity, but gas saving is only one of the many things it does. Think of the demand for this marvelous device that eliminates carbon, creates amazing power making it possible for Fords to climb steep hills in high, gives amazing pick-up, instant starting, quiets Ford motor, stops oil pumping and increases life of your car considerably.

## \$5,000 to \$10,000 YEARLY EASY

Weeks' salesmen everywhere are making big money. Our selling plan provides tremendous profit and backed by our national advertising the way is paved for quick easy sales. Get out of the rut. Don't be satisfied with a small income. Put yourself in the big money class as a Weeks' salesman.

## GET YOUR TERRITORY NOW

Real money-making propositions do not remain open long. Unless you act quickly someone may get in ahead of you. Our territory plan gives you a large field to work. Therefore, your earning capacity is practically unlimited.

## FREE SAMPLE OFFER

We provide our workers with a FREE SAMPLE so that they can first convince themselves of the sterling features of the Weeks' Improved Super Carburetor. Get this FREE SAMPLE offer and big money-making proposition at once.

*Act Now!*

WEEKS' SUPER CARBURETOR CO.  
426-1657 Eleventh St., Milwaukee, Wis.

Gentlemen: I am interested in establishing myself in a business that will make me independent and want you to send me without obligation complete particulars of your territory plan and FREE SAMPLE offer.

Name \_\_\_\_\_  
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Country \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_

*Mail This Coupon*



# Want To Learn This Feat

## and Many Others

# Just As Unusual?

There is the Thigh Muscles Control feat; Forearm Control; Calf Muscles Control; Arm and Leg Biceps Control; Arm Triceps Control; Abdominal Control and Isolation; Pectoral Muscles Control; Control of All Back Muscles; Control of Deltoids (Shoulder Muscles); Latissimus Muscles; Back Spread; One Side Abdominal Isolation; Trapezius Raise; and other preliminary controls. All are plainly explained and illustrated.

**In Addition to the Complete Muscle Control Course There is a Section Given to the Subject "How to Pose"**

This posing section will help you greatly in the art of posing for real good pictures. This section is also illustrated with correct and incorrect poses which make the art of posing properly very easily learned.

**ONLY**  
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for this Double Course on  
**Muscle Control**  
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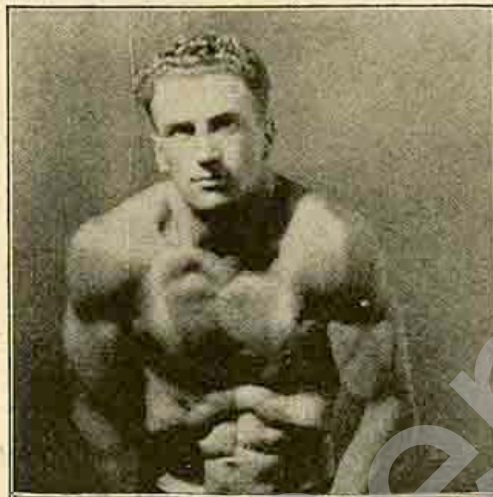
CLIP THE COUPON NOW

**Charles MacMahon**

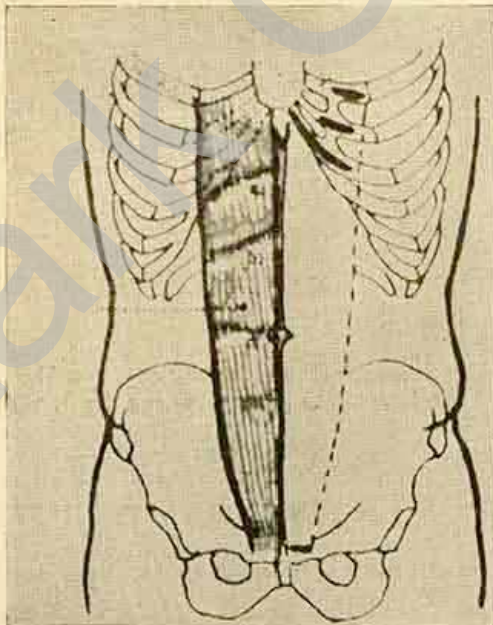
**Studio A-51-X**

**180 W. Somerset Street**

**Philadelphia, Pa.**



THE ISOLATION—The Rectus Muscle contracted, the vacuum pulling the side walls in.



The Rectus Abdominus Muscles which are responsible for the Abdominal Isolation.

CHARLES MacMAHON,  
Studio A-51-X,  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

Please find enclosed \$1.00, for which send me immediately your new course, "Muscle Control and How to Become a Professional Artist's Model."

Name.....

Street.....

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

(Continued from Page 66)

as I have put on needed weight by the simple expedient of learning the crawl stroke."

Boiled down, the whole thing comes to this: You can't keep fat and fit. Either you or the fat must go. Take your choice, you plump girls who hanker after a stage career. The criterion of beauty decrees that the body be free from incumbencies. Fat is not necessary or healthy, therefore it is an encumbrance. The proper time to fight it is when you are in normal health, when exercise will keep the body firm. It is much easier to retain your figure than to regain it after you have lost it.

Thoroughbreds do not stand still, they keep moving. It is when they stop that fat and other incumbencies gnaw their beauty. Action is their motto. Watch a thoroughbred horse at the barrier and you see a frenzied, high strung animal virtually dying a thousand deaths awaiting the barrier to let down for the start of the race.

Thoroughbreds are never satisfied. Their desires are too great to permit such a condition. You love a thoroughbred not so much for their realities as for their ideals. That is why Norma Scheerer, May MacAvoy, Gloria Swanson and a host of other thoroughbreds won success. It was their high ideals. Anna Rizzo and Esther Kait are young thoroughbreds. They are running the race. Success will come to them, because they refuse to be satisfied with what they have. They are moving forward. Forward to something great and they will conquer simply because the pangs and ecstasies of desire are working for a larger and finer growth.

It isn't so much the gain of fortune as it is the work to attain it which is characteristic of the thoroughbred. To gain the criterion of beauty you must emulate the thoroughbred who is never satisfied. Exercise is the sure fire antidote for fat or any other incumbencies of your physical charm. By diligent exercise you can set the criterion of beauty. Plato once said: "The finest and best victory is to conquer self, to be conquered by self, of all things the most shameful and vile."

My advice to all beauty aspirants, and those who wish to keep fit is to go out and walk—over hill and dale—and get their glad tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.

## Human Pyramid Building

(Continued from page 34)

shoulders of the front men, or foundation men, as they are called. The third tier stand on the shoulders of the rear men and lean over and place their hands on the shoulders of the second tier. The top man mounts to a kneeling position on the backs of the last named tier and thereby finishes the building of the pyramid. When dismounting, the top man drops off first. Then the highest



tier and so on till the foundation men are left standing without their burden. Any number of men can build this pyramid, but the more men employed, the more difficult it will be to walk.

Myriads of combinations can be made for the center pieces. In illustration number five, we have a simple center piece, which the most timid can build. The bottom men must be strong and capable of bearing the weight put upon them. The two center men build the foundation of the center piece by locking their arms together and standing upright in a position facing each other. The next step is placing the middle tier. Two men climb to a sitting position on the shoulders of the understanders and lock their arms in the same manner executed by the bottom men. Next, a pair of men mounted on the shoulders of two under men flank the sides and bend towards the center placing their hands on the shoulders of the men seated on top of the center "upright" stander. The top man climbs to a standing position on the arms of the seated center men and supports himself by holding onto the men standing upon the shoulders of the understanders flanking the center foundation. This sounds complicated, but a look at the illustration will help you to see more clearly what I'm describing.

I have told you about the pyramids in the illustrations. I could go on and describe more, but this will not help you one whit as you need illustrations to guide you. The ones I have given you are simple and you can improve them with your own ideas. There is no end to the possibility of pyramid building and it beggars description when a correctly built pyramid is congruent in the relation of its figures. You can with very little practice think up any number of combinations, but those I have described will suffice. The rest will come with the experience and the ability to mount and dismount properly. When you can neatly perform the typical pyramids outlined with your fellow builders, it is high time to substitute apparatus of some sort, such as wands, chairs, parallel bars or ladders.

Pyramid building as an entertainment is always enthusiastically received. You will do more towards popularizing and advertising your club than anything I know, if you build pyramids when down on the beach or on an outing or even in a gymnasium. Aside from the fun you get, you will train the body and build strength where you are delinquent. I urge you to take up this wonderful sport, it will increase your efficiency so that you will do better work in less time.

Be sure to get your January copy of **STRENGTH** early next month. Among the many interesting articles will be one on Soccer. Jim Barrett writes for us again. "The Booting Game."



Dr. J. R. BRINKLEY, A. B., M. D., LL. D.

Famous Gland Surgeon, whose success is universally known and recognized. He is chief surgeon of the Kansas General Research Hospital.

interpreted, simply means that the human glandular system often needs rejuvenating and that the successful transplantation of glands offers a definite chance of effecting this revitalization. Since making this startling remark in a lecture on the subject of glands, Dr. Brinkley has successfully performed over four thousand gland transplantations on those who needed "re-charging". He is now Chief Surgeon of the Kansas General Research Hospital, licensed by the State and operated at Milford, Kansas.



KANSAS GENERAL RESEARCH HOSPITAL, at MILFORD, KANSAS

This Hospital, located in a small town out in Kansas, is the world-famous headquarters for successful gland transplantation. Since its organization, nine years ago, more than four thousand men have undergone the transplantation operation, coming from all parts of America as well as Europe and Asia. Licensed by the State and operated by experienced physicians and surgeons, it is veritably a Mecca for run-down men, suffering from High Blood Pressure, loss of vitality, prostate and glandular troubles, impotency, and such other debilitating diseases that respond to glandular revitalization through transplantation of glands. Technic of operation as practiced here is now the accepted standard. Almost painless, without any harmful effects, the famous "Compound Operation" as performed here is the latest discovery of Science and offers results where medicinal and mechanical treatments have utterly failed. The building shown here has 40 rooms, and is modernly equipped with every adjunct to a high-class Hospital. Its chief appeal to those desiring treatment is its location, which means rest, recreation and the utmost secrecy. Such would not be possible in a large city.

KANSAS GENERAL RESEARCH HOSPITAL, Dept. 100  
MILFORD, Geary County, KANSAS.

Gentlemen—I enclose 25c., for which please send me a 25c. copy of the big, illustrated magazine for Men known as REAL COURAGE, and also your illustrated booklet of views of your Hospital for Men, and also a copy of your booklet, "The Compound Operation, or Modern Passport to Successful Rejuvenation" which will give me facts of interest on the subject of scientific gland transplantation.

# "Re-CHARGE Your Batteries!"

IS ADVICE OF AMERICA'S MOST EMINENT GLAND SURGEON. AND OVER 4,000 MEN HAVE TAKEN THAT ADVICE WITH GREATEST SUCCESS AND SATISFACTION. AMONG THEM ARE PROMINENT LAWYERS, PROFESSORS, BUSINESS AND PROFESSIONAL MEN GENERALLY.

THE publicity that the national press gave a few years ago to a striking aphorism "Re-charge Your Batteries" served to bring to general recognition the eminent physician and surgeon, Dr. John R. Brinkley, whose years of pioneering in scientific experiment and research in gland transplantation had placed him in the same class with European scientists whose technic of gland surgery had become the accepted standard. Dr. Brinkley's terse advice, when

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Is Your  
**GREATEST  
Health Builder**  
It Insures Your  
**HEALTH**  
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**Disease Breeding  
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to which your body  
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**WEAKNESS**  
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For the  
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**Twenty  
Years**

ADRIAN P. SCHMIDT

By My Method and

### Automatic Exerciser

Weak, Run Down, Nervous Men, handicapped by an abused or neglected body, battling with functional weakness, have quickly built themselves into

**Robust Health and  
the Pride of Strength**

You can work up rapidly from **easy small beginnings** and develop and strengthen every inch of your body, according to your desire

IF YOU WANT

## Great Strength

I GUARANTEE THAT YOU CAN

## DOUBLE YOUR STRENGTH

in from 30 to 60 days.

I have many pupils who have developed the strength of their hands, shoulders and backs to lift 5 times the weight of their body, and with the hips and legs lift 10 to 15 times their body-weight.



Weight and leverage resistance is gradually increased by automatic mechanism giving the right weight for every part of the body—small weights for small muscles and bigger weights for the larger ones—See sketches—capacity from 20 pounds to 750 pounds—or more if desired.

Send for **FREE LITERATURE** and my Famous little book,

## "Life's Backbone"

If you want to **conquer functional weakness** in any form—**increase your resisting power** against fatigue and sickness—**build up and strengthen every part of your body** without strenuous training "Life's Backbone" tells you how my method with this wonder machine does it and how it works. Just say: "Send me Life's Backbone" and enclose the customary dime or stamps. **WRITE TODAY** to

**Adrian P. Schmidt, Inc.**

Suite 234-D

1947 Broadway (Near 66th St. Subway)

New York

## Courage and Fortitude—The Exponents of Exercise

(Continued from page 46)

to you. I cannot give you all the exercises as there are too many, but the main ones will develop you beyond your wildest imagination if you practice them faithfully every day.

You may have seen the famous Russian Cossack dancing step, where the dancer, with arms folded across the chest sinks down on the right heel with the left leg extended frontwards (heel touching) and then like a flash, changes to a squat on the left leg with the right extended, and thus advances across the stage, without once raising the body perceptibly. That requires real thigh strength and you can master it if you take the time to practice it faithfully and conscientiously. It is a very exhilarating exercise. My buddy practiced this incessantly and it was no wonder he could leap an unbelievable height. Figures No. 5 and No. 6 give you a fair idea how this exercise should be performed, though Fig. No. 5 shows a variation by spreading the knees wide each time instead of squatting with the knees straight.

Leaping into the air is a humdinger of an exercise if you can touch the toes of the feet while in mid-air. Take a short run, jump off both feet and spring high up, by swinging the arms up vigorously from the sides and kicking the legs up as high as possible. When you come to the zenith of the leap, bend forward slightly, extend the arms and touch the toes. A rapid succession of this leap will soon have you puffing for breath—but it certainly is a corking good exercise. And by constant practice it is not long before you can leap with surprising agility.

The last exercise might be hard for you to perform, but if you follow directions correctly and practice it faithfully I don't see why you can't do it. It is called the split and the best way to perform it is to spread the legs wide and try to sink down. At first you will be

unable to go down very far, but bear pressure on the limbs and they will soon respond to the unusual position. A good way to get the legs to respond to this exercise is squat down on the haunches and then push the knees as far out as possible. Spreading the knees to their fullest distance apart will eventually limber the stiff ligaments and loosen the muscles so that the feat may be performed at will.

Men die sometimes, but it is because they quit at six P. M. and do not go home till 2 A. M. It's the intervals that kill, my friend. The work gives you appetite for your meals, it lends solidity to your slumber, it gives you a perfect appreciation of a holiday. If my buddy stayed out to all hours of the night and did not practice faithfully his exercises, he'd be in his grave today. Keeping himself in good health has been the most important thing in his life. If his nerves were jangled on the memorable day when he barely escaped the jaws of death, he would not have had the courage to make the leap that saved his life. When a man has good health, nine times out of ten his nerves are in splendid working condition.

Samuel Johnson once said: "Health is, indeed, so necessary to all the duties as well as pleasures of life, that the crime of squandering it is equal to the folly; and he that for a short gratification brings weakness and disease upon himself, and for the pleasure of a few years passed in the tumults of diversion and clamors of merriment, condemns the maturer and more experienced part of his life to the chamber and couch, may be justly reproached, not only as a spendthrift of his happiness, but as a robber of the public; as a wretch that has voluntarily disqualified himself for the business of his station and refused the part which Providence assigned him in the genial task of human nature."

## Nose and Throat Afflictions

(Continued from Page 36)

or cloths wrung in hot water to the nose and face will help relieve congestion, as will the dashing of hot water over the nose and face while holding the face over a basin or wash bowl. Hot baths and hot drinks before going to bed at night, with plenty of covering to prevent chilling will do much to aid in ridding the system of poisons. Primarily treatment should begin with the taking of castor oil, or if better results are desired: calomel,  $\frac{1}{10}$  to  $\frac{1}{8}$  of a grain, every 15 minutes, till a whole grain has been taken, followed in from 4 to 6 hours with a dose of rochelle salts or epsom salts to rid the system of calomel. To cleanse the nasal passages, snuff up the nostrils by means of a glass nasal douche, warm salt water, teaspoonful to a pint of water. Or you

may procure Dobell's Solution at any druggist. After cleansing the nasal cavities in this manner, to soothe the mucous membrane, apply from two to five drops of the following in each nostril:

Camphor .....	1 grain
Menthol .....	3 grains
Carbolic acid .....	2 drops
Albocin .....	1 ounce

Have your druggist make up capsules of:

Sodium Salicylate .....	30 grains
Fluid Ex. Belladonna .....	1½ minims
Camphor .....	1½ grains
Quinine Sulphate .....	1½ grains

Mix and make number ten capsules. Take one every one or two hours, watching for excess dryness of skin and mucous membrane.

(Continued on Page 72)



# Here is the real truth about the sex question!

## MEN—

Read these  
chapter  
headings!

- 1—The Importance of Virility
- 2—Am I a complete Man?
- 3—Is Marriage a Necessity?
- 4—The Age to Marry
- 5—Selecting a Wife
- 6—Love Making and Its Dangers
- 7—Establishing the Intimate Relations of Marriage
- 8—Marital Mistakes and Excesses
- 9—Regulating Marital Intimacies
- 10—Should Husband and Wife Occupy Separate Beds?
- 11—Conserving Love—The Basis of Marital Happiness
- 12—Should Husbands be Present at Childbirth?
- 13—Are Children Always Desirable?
- 14—The Crime of Abortion
- 15—Divorce Physiologically Considered
- 16—Can a Wrecked Marriage Be Reclaimed?
- 17—The Erring Wife
- 18—Jealousy—the Green-Eyed Monster
- 19—Quarreling and Making Up
- 20—Sowing Wild Oats
- 21—How Virility Is Destroyed
- 22—The Truth About Masturbation
- 23—Seminal Losses
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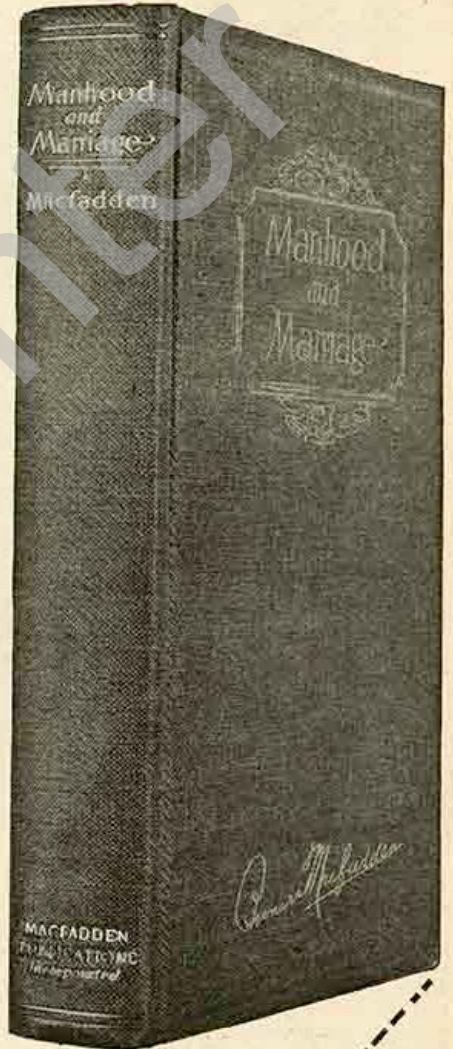
This book solves practically and definitely some of the most tremendously vital problems that confront the manhood of today. It talks plainly. It conveys invaluable body-developing, mind and moral-building, life-saving truth. It will enlighten you as no other book has ever done on these important vital topics. It goes right at the "heart" of the needs of men of today. Whether married or single, you will find this book a proverbial gold mine in information that is needed every day of your life.

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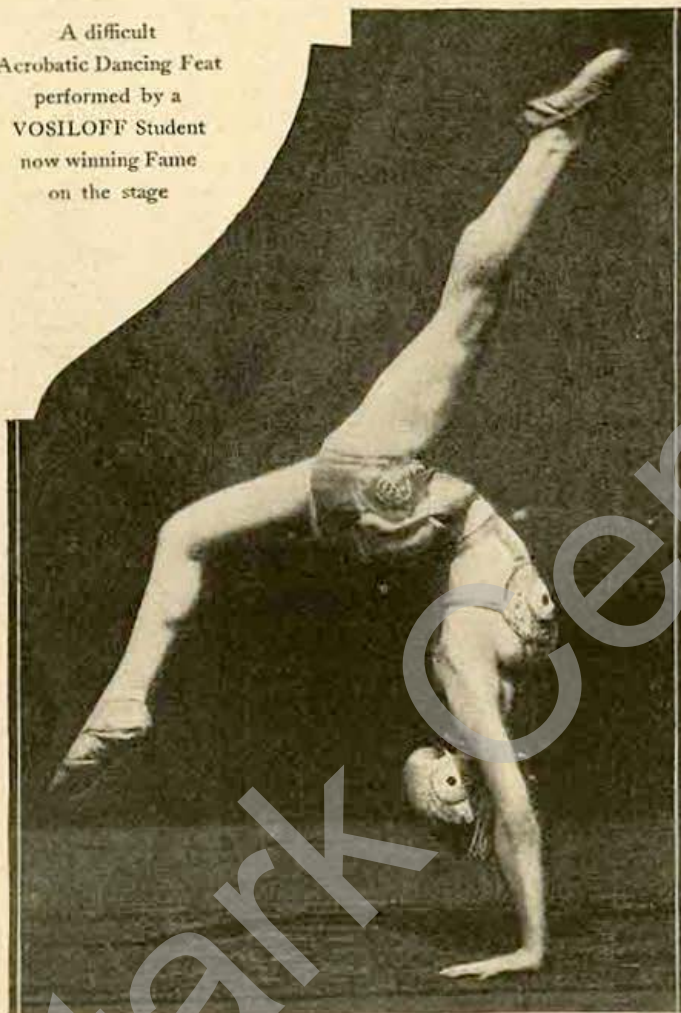
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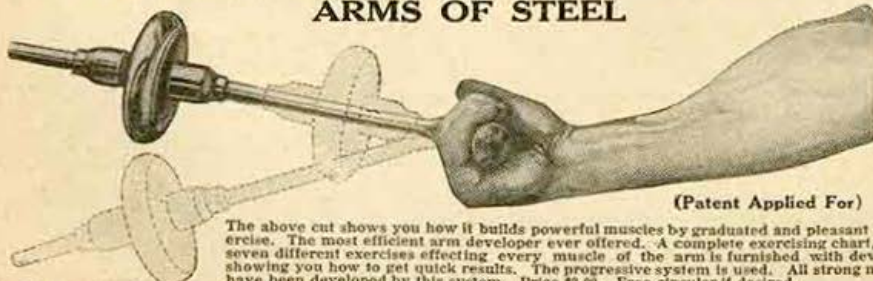
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(Continued from page 70)

Among the more serious nasal affections may be enumerated: tumors and other growths in the passages; obstructions due to malformations, deformities, deviations and deflections of the nasal bones and cartilage, which may be caused either through injury or peculiarity of growth; and the more aggravated forms of inflammatory diseases resulting from repeated or long standing attacks of the more simple forms of rhinitis or catarrh; all of which require the attention of skillful surgery or other highly specific measures.

Nose-bleed, known as epistaxis, has been said to take place as a symptom, as a disease, and as a physiological process. In general it occurs more frequently in males, owing probably to their more exposed life, than in females. No age can be said to be exempt from its occurrence. By classifying the conditions in which it is present, into four divisions, we may simplify the matter as these are many and widely varied. So we will consider nose-bleed as caused by direct injury, local nasal lesions, constitutional conditions, and following the suspension of bleeding elsewhere. Direct injury may be caused by a blow, collision, fall, puncture from some foreign object entering the nose or by inhalation of strong fumes. Local lesions may be brought about by over-exertion, over-excitement, physiological processes attendant with puberty and also due to growths and other irritants. Among the class of constitutional conditions may be named; nose-bleed may be present during illness from typhoid fever, pneumonia, diphtheria, gout, influenza, bronchitis, tuberculosis, heart trouble, Bright's Disease, rapid ascent to higher altitudes and lessened atmospheric pressures, due to mountain climbing, balloon or aeroplane ascents, entering deep mines. In the last class, vicarious, the sudden cessation of a hemorrhage elsewhere in the body may bring on nose-bleed or the bleeding may occur at the same time with a hemorrhage elsewhere.

Simple nose-bleed may subside spontaneously or can be ended by application of ice or cold objects to the nape of the neck, or the nose or forehead; by insufflation or hot or cold water, insufflation of finely powdered alum, but in some cases it may be necessary to insert plugs of cotton or other material in the nose, saturated with styptics in order to stop the flow of blood.

Where it is due to a constitutional condition, the cause of course must be dealt with.

The afflictions of that part of the respiratory tract known generally as the throat are about as varied as afflictions of the nasal passages. They may assume the form of a catarrhal discharge, either acute or chronic, indistinguishable to such condition in the passages directly above and in many cases the area of inflammation covers the entire upper and middle respiratory tracts. Or it may assume the form of local stiffness, hoarseness, irritation productive of slight coughing, varying in de-



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gree to complete loss of voice and intense discomfort when swallowing. In more severe cases, ulcers and virulent pus may be present, usually as a symptom of some constitutional or chronic disease elsewhere in the body.

Catarrhal conditions of the throat are brought on in the same manner as such inflammations in the nasal passages and practically the same methods are used to correct the condition. The throat consists of muscular lined walls, and when afflicted by "cold" and inflammation, the muscles surrounding the throat become stiff, therefore, do not work so freely, resulting in impairment of the voice and difficulty in breathing. Other ailments of the throat locality, varying in degrees of severity, are inflamed tonsils, adenoids, lodgement of foreign objects and abscesses.

Sore throat may be brought on by infection from other parts, exposure, bad hygienic conditions, improper ventilation, insufficient clothing, intemperance in the use of alcoholic and over use of tobacco, straining of the voice from singing or public speaking, shouting, inhalation of irritating fumes, dust and vapors.

Usually the throat will be dry at first, then watery discharges will occur followed by discharge of more purulent matter. The voice will be hoarse and sometimes speech difficult, possibly attended by constant tickling and a slight cough.

In the early stage, cold packs should be applied to the throat and a gargle or spray used to clear the throat. Any of the more serious throat inflammations require the attention of a physician in order to check the possibility of complications.

Inflamed condition of the throat, or sore throat, may be an early symptom of more serious disorders, this symptom attending attacks of diphtheria, scarlet fever, smallpox, chickenpox, erysipelas, typhoid fever, influenza and more serious diseases such as tuberculosis and syphilis.

Start treatment with taking of calomel as directed earlier in this article. If disorder is in back of throat; that is, a form of pharyngitis gargle with the following:

Hydrogen Peroxide .....	2 ounces
Saturated solution of Potassium Chloride .....	2 ounces
Listerine .....	2 ounces
Water .....	2 ounces

Use full strength or dilute half, depending on condition of throat; gargle every couple of hours. This has been found to be advantageous in sore throat conditions. After gargle, mop in throat by means of cotton swab:

Oil of Pine Sylvestus.....	5 drops
Oil of Eucalyptus.....	5 drops
Menthol .....	4 grains
Tincture Benzoin .....	1 ounce

When affliction is in the region of larynx, that is, in the lower part of throat, it will be helpful to inhale the vapor of the following; compound tincture of benzoin, one or two teaspoonsful to a quart of boiling water, place towel over head and receptacle to withhold impregnated steam and breathe deeply.

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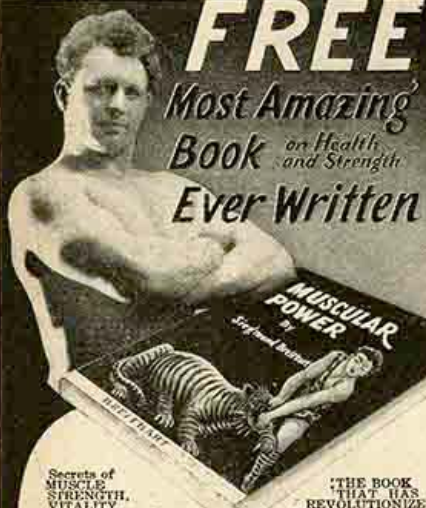
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Syrup Wild Cherry, q. s.....	8 ounces

Tablespoonful every two hours. This is good in bronchitis, which is usually associated. If laryngitis is of over six weeks duration, it is wise to have examination for possible tuberculosis. Acute inflammation involving the mucous membrane lining of the tonsils is most common in children and young adults. This may be explained by the fact that the lymphoid structure is at its full development at this stage, and with increased years undergoes atrophy, with a lessened likelihood to inflammation. Many cases are due to exposure to cold or sudden thermic changes and may also be brought about by injury to the tonsil or adjacent structure and by inhalation of steam or fumes. Gastro-intestinal and other systemic involvement may pre-dispose. The simple variety may lead to a more serious affection, as the secretion and inflammatory exudate which collects will form good grounds for further infection.

The general systemic condition of the individual, with lessened physiological resistance is also a predisposing cause. Exposure to cold or to climatic and thermic changes is a predisposing factor. As the diseased process begins within the tonsillar crypts, it chiefly attacks persons from 10 to 30 years of age.

Slight attacks of tonsillar trouble may be relieved by application of cold water externally on the throat, and by means of towels or cloths wrung in cold water; the gargling of ice water and hydrogen-peroxide will also be beneficial. The more severe attacks of inflamed tonsils and adenoid vegetations should be treated by a competent physician, and if extreme it may be necessary to remove the diseased parts to prevent the seeping of infection into other parts of the system, many serious ailments having been traced to such infection.

A cough, spasmodic and croupy, occurring in persons of a neurotic type, for which no other cause can be assigned, is to be considered of nervous origin, continuing through the day either spasmodic or continuous, but may let up during sleep, to return on awakening. It is usually seen in hysterical females and neurotic males. In search of possible causes the chest, nose and tonsils should be carefully examined. Also a foreign body, or trouble in the ears might reflexly produce the cough. Failing by these means to detect the origin of symptoms, attention should be given the digestive and generative tracts, which if unavailing must be treated as purely nervous.

To sum up, it is found that the nose and throat, or rather upper and middle respiratory tracts can be considered more or less as barometers of the general health of an individual; when the resistance is low due to disease or debility in other sections of the body, the

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nose and throat membranes are quite apt to be affected, and when the general health is poor the individual finds it difficult to prevent attacks of "colds," "catarrh," sore throat, hoarseness, continual blowing of the nose, and hawking and spitting; aggravated by peculiar conditions of weather, climate and occupation. So it would seem, the proper course to pursue in order to alleviate possibilities of such inflammations would be correction or removal of any foci of infection that may be present in the body; a general up-building of the health; regulation of the daily habits into a recognized hygienic method of living; with sufficient rest, proper diet and exercise; and frequent baths; and elimination of any tendency to the constant recurrence of an inflamed condition in the mucous membrane. Of course, it should be understood, in the more serious afflictions and ailments, personal attention by a specialist or surgeon is necessary if the patient is to enjoy freedom from suffering and continued illness.

There is ever-present the danger of slight inflammations becoming chronic, and extending to the ears, eustachian tubes, bronchial tubes and lungs, and by the constant dropping of infected mucus into the stomach, inflammation of the membranous lining of the stomach.

When afflicted with any of the above conditions, the taking of the following will have a supportive and constitutional improving effect.

Phosphorous ..... 1/100 grain  
 Iodine ..... 1/8 grain  
 Bromine ..... 1/8 grain  
 Sherry Wine ..... 1 ounce

To be taken at one dose, as a tonic, three times daily, so have druggist make up a sufficient quantity.

We might recommend the avoidance of the following in your diet, if inclined to the above ailments: fried foods and fats, pork, veal, game, cheese and eggs, everything spiced or highly seasoned, mustard, vinegar, ketchup, horse-radish, relishes, sauces and gravies; tinned, smoked and preserved meats, pastries, preserves and candies.

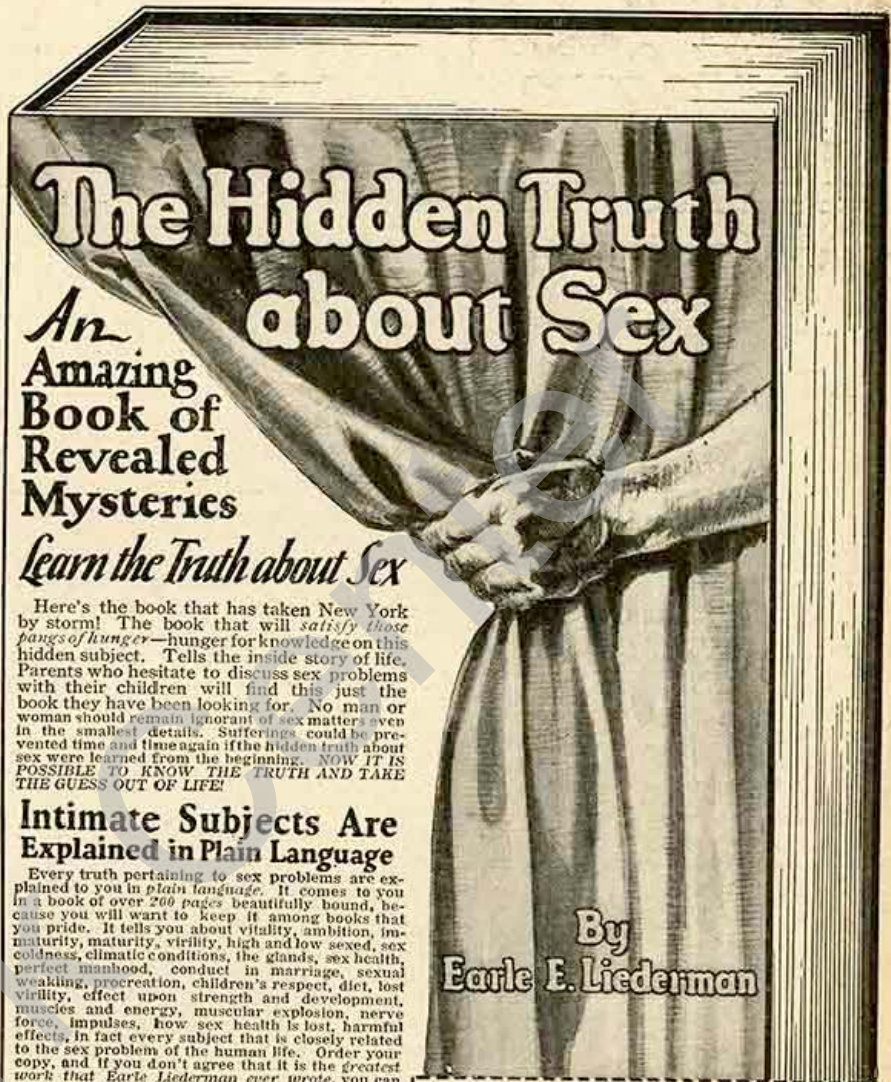
You may include in your diet the following: beef, lamb, mutton, chicken, fish; vegetables and greens of all kinds, bread or toast and butter; fruits of all kinds, fresh and cooked. Milk, buttermilk, cocoa for drinks. Coffee and tea would best be eliminated unless habit is strong.

Get plenty of fresh air and sunshine. For the simple forms of nose and throat afflictions, we trust our advice will prove beneficial, but, as before stated, the more serious chronic and complicated diseases require personal supervision and attention.

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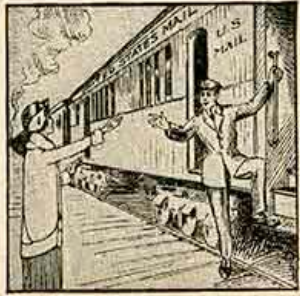
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 Many U. S. Govt. Jobs open to women

**FRANKLIN INSTITUTE,**  
 Dept. D-185, Rochester, N. Y.

Sirs: Rush to me without charge: (1) Sample Railway Postal Clerk coaching lessons; (2) List of U. S. Government jobs now open to men and women 18 up; (3) send 22-page book, "Government Jobs."

COUPON  
 Name.....  
 Address.....

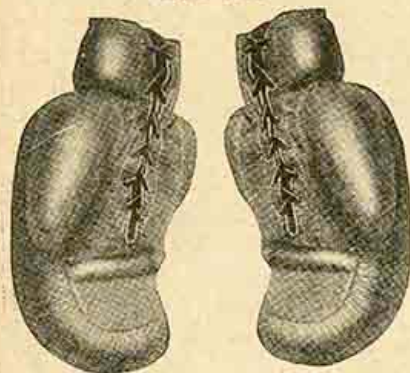
MAIL COUPON IMMEDIATELY



# A Knockout Punch

## Learn How To Deliver It

### A Set (4) of These Gloves



**\$7.00**

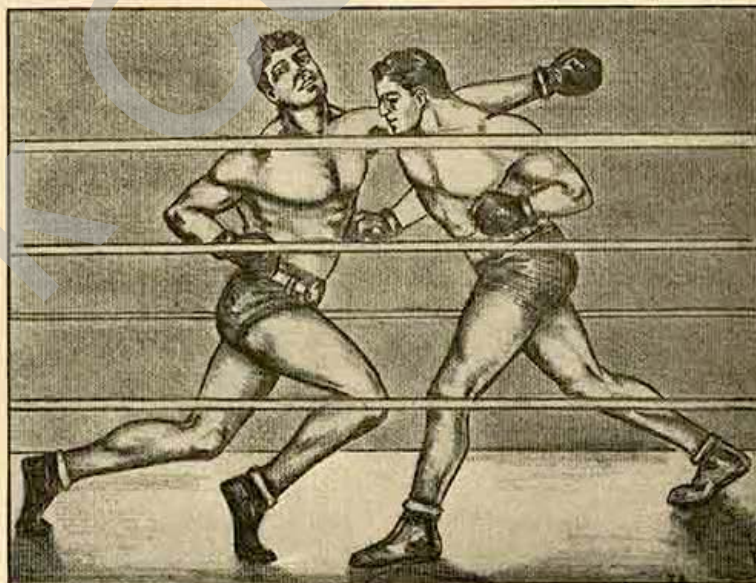
WITH MY  
BOXING COURSE

SEE COUPON

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

### NOTICE

I can supply you with all boxing paraphernalia. This includes face and head protectors, teeth protectors, fighting bags, striking bags and all other boxing accessories. Send for my free boxing catalogue.



### Get My Course and Gloves—They Are the Greatest Value

My gloves are made of materials that ordinarily go into gloves that bring a much higher price. By purchasing a set of my gloves along with my course, you save \$1.00 over the individual prices of these articles, not to mention the dollars you save over other makes.

**Send For Your Gloves and Course NOW!**

**CHARLES MacMAHON**

180 W. Somerset St.

Studio A-51

Philadelphia, Pa.

Charles  
MacMahon,  
Studio A-51  
180 W. Somerset St.,  
Philadelphia, Pa.

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

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

Name .....

Address .....

City .....

State .....



# Children are Expensive But Ailing, Unhealthy Children are Doubly Expensive

Add your mental anxiety and care to the financial expense of children in poor health, and isn't it well worth having a children's course in your possession which will put your ailing little ones on the way to better health or help the healthy ones to retain their priceless gift?

This children's course I am offering you is written by an authority on child health. He is the father of two boys and two girls, and they are living proofs of the merit and practicability of his teachings.

A dollar spent in this way means probably hundreds saved in the child period of life. It means more than mere money, for it gives your children the healthy and happy life that should be theirs. Furthermore, it makes life and the raising of children happier and easier for you mothers and fathers.

Now don't let the price of this course stand in the way of your children's future. Get it and save them from drugs by improving their health in the natural way.

What bigger, nobler thing could you do for your little ones than to show them the right way to live and how to keep perfect health? A knowledge which will be of use to them for the rest of their years. It will acquaint them with the true laws of nature and show them that breaking these laws usually means hours of miserable health!

Send in the Coupon For Their Sake.

Jack Sandow,  
Room S, Dept. S-12-26,  
Michigan Avenue and Randolph Street,  
Chicago, Illinois.

Gentlemen: I am enclosing \$1.00, for which please send me immediately one of the Children's Courses.

Name .....

Address .....

City and State .....

## The Practical Strength Seeker

(Continued from Page 28)

and abdominal exercise. The movement is simply a rapid raising and lowering of each leg separately and alternately. As each leg comes down it should be stopped just before the knee reaches the floor. The legs should be stopped about the height shown in Fig. 8. This up-and-down motion of the legs should be rapid, as I said before. Besides being an exercise for the thigh and hip muscles, you will find the abdominal muscles affected because these muscles must hold both legs off the floor, while the thigh muscles hold only the leg they are part of.

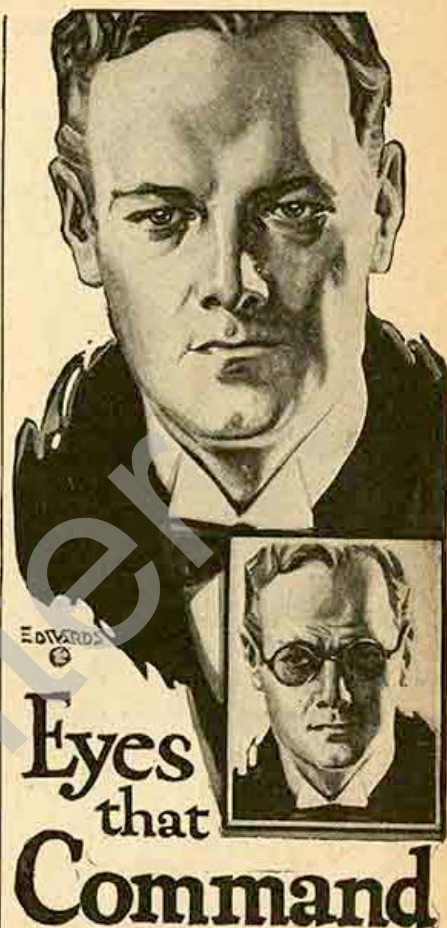
## The Mat

(Continued from Page 49)

neck acts only as a support here as it becomes forced between the shoulders. Instead, fold your arms across the chest, and by bending the neck only, raise and lower yourself so that you are continually touching the floor with your shoulders. When you begin to bridge, make the distance between the crown of the head and the heels as close as possible; then you will get more neck movement from all the muscles.

Another mistake many make when bridging is that they rock themselves up from the shoulders on the head, which cuts down the muscular movement 50%. When you can do the movement correctly about 18 times, begin to use a light weight. Hold the weight at arms' length and keep it there until you are through. To raise and lower the bell does not mean a thing to your neck muscles, so don't do it. At first the exercise will be uncomfortable on the head, so you had better place a cushion on the floor on which to rest your head.

Another good exercise is to take a towel and tie a weight into it. Then place your head within the sling—spread the fold of the towel all over your head to insure against it slipping off—stand with the feet a comfortable distance apart and place a hand on either knee. You understand that the knees must be bent. Keep the arms rigid and do not swing the body or dip the legs to do the exercise, use your neck. Lower and raise the head and roll it from side to side; then rotate it in a complete circle. As you get stronger add more weight. I find some like this exercise better than the bridge exercise, being more comfortable for the head. Learn to stand on the head, and when you secure a proficient balance, move your hands to different angles, so the exercise will be made more difficult. Practice trying to stand on your head without the help of your hands. Perhaps you will never succeed, but you will get plenty of neck exercise in trying. If you have a friend interested in the same thing, have him press down upon your head, while you resist the pressure from a position on the hands and knees. Stand erect and



EDWARDS

# Eyes that Command

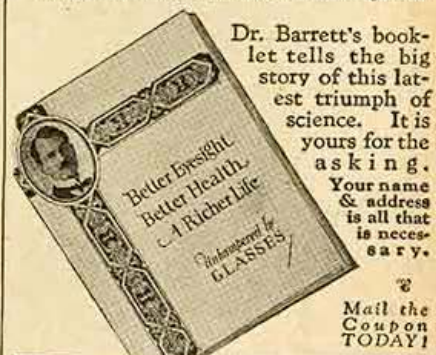
—that radiate power—decision—are not the eyes that feebly peer through a pair of glasses.

Eyes that command, must not only see, but must also be seen—must be strong, free and unfettered—must radiate personality as the sun radiates light.

Science has at last learned the secret of Natural vision. This new knowledge of the Eye marks the dawn of the New Age of Vision, an age in which all men may hope to see with their own eyes as Nature intended.

Thousands have learned that it is no longer necessary to resort to artificial aids to see successfully—that what nature has conceived, they can conserve.

Eyes that function as Nature intended are the very keynote of a masterful personality. They speak with an eloquence unknown to words when not imprisoned behind glasses.



Dr. Barrett's booklet tells the big story of this latest triumph of science. It is yours for the asking. Your name & address is all that is necessary.

Mail the Coupon TODAY!

The Barrett Institute,  
1395 Pershing Square Bldg.  
Los Angeles, Calif.

Please send me, without cost or obligation, Dr. Barrett's booklet on Better Eyesight.

Name .....

Address .....

City .....

State .....



# \$100 a week is waiting for YOU

If you want \$100 a week clear profit, if you want \$5000 a year without working as hard or as long as you do now, I'll show you how to get it. I'll prove to you that \$10 a day is easy, that \$15, \$20, or even \$25 a day is possible.

I will give you the same offer I made to Christopher Vaughn, whose earnings have reached \$125 in a week. You can do like John Scotti, who started without experience and made \$97 his second week. Or Mrs. K. R. Roof, who has two children and does her own housework, yet in her spare time has made \$50 in a week and \$15 in a single afternoon. Yes, profits like these can be yours. Do you want them?



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All you need to do is to accept my offer to handle our dealings with our customers in your community. We have customers in a million homes throughout America—hundreds of them right around you. These customers of yours know and like and use "Zanol" Products—delicious foods, delightful toilet preparations, perfumes, soaps and household necessities—more than 350 different products in all.

But "Zanol" Products are never sold in stores. They are sold only through our own representatives. You can be one of them. Our representatives will make two million dollars as their profits this year, and you can have your share. You will be amazed at how easy it is, and how quickly the money rolls in. You will realize that \$100 a week is not hard if you are in the right line.

## I Furnish Everything

If you want your share of these big profits, all you need to do is to write. We furnish all of our people with complete equipment free for doing business. We tell you in detail exactly what to do. We make it easy for you. You will be given the same proposition that enabled G. C. Henry to make four times as much money as he ever did on a farm, and that made it possible for G. A. Becker, of Iowa, to earn more than he did in 22 years in the grocery business.



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Just send me your name and I will tell you how to start. I will show you how to make \$100 a week, or \$8 to \$10 a day in spare time. It is the one opportunity you have been waiting for. It is your chance to get ahead. You are not risking a penny. You don't agree to pay anything or do anything. Don't wait until someone else gets ahead of you. Don't delay until it is too late. Mail the coupon now!

## Mail This NOW

Albert Mills, Pres., American Products Co., Dept. 5697 Cincinnati, Ohio.

I want to make \$100 a week. Send me full details of your proposition at once. This does not obligate me.

Name .....

Address .....

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let him enfold your head in his arms. Do not try to snap away, but instead pull, tug, haul, and shove him all around the room. Swing him off his feet and force him to his knees, and I bet that you will feel a great difference in your neck. You will feel the blood tingle as it surges through the muscles that will swell and grow from the effort.

Here are a couple of other exercises you can do, which are a little harder than the rest, being of a more advanced type. Lie flat on your back and grasp some solid object at the back of the head with your hands, preferably a bar bell. Quickly pull your knees towards your head, and then shoot the legs upwards. Help yourself by pressing as hard as possible with the neck and head on the floor, until finally you are standing upon the head. Then by bending the neck at the shoulders and pulling against the bar, gradually lower your body weight on your back, and from there to the full length position on the floor. You will have to pull hard on the bar as you both kick up and lower, and the unsteady action of the body in finding your balance while upside down will make your neck play that much harder.

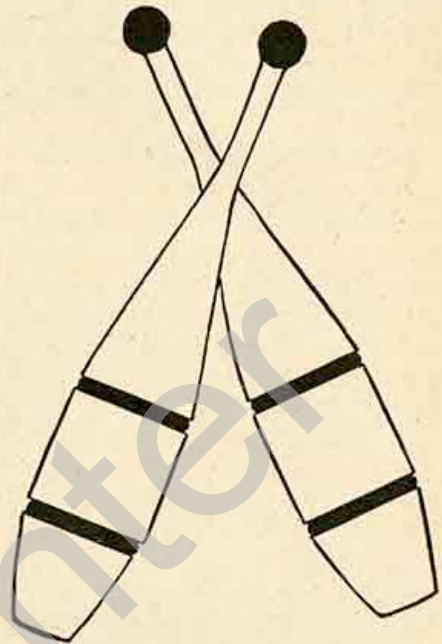
As a second exercise of progression, pull against the bar, and by neck strength lower your body weight on to the shoulders; then without kicking up, press yourself back up to the crown of the head a few times. The heavier you are, the harder this will be, but no matter how light you are, six times is enough.

To those who have an exceptionally weak neck, or who do not care for exercises of a strenuous nature, the use of the hands against the head will be found good. The main object is to resist all the neck movements with the force of the hands. This is a type of neck exercise well suited for women and children and men in the latter stage of life. For the young man and the man on the bright side of middle age, the more strenuous exercises should be preferred, as they greatly stimulate the neck forces, building up stronger tissue and greater nerve force, accumulating a reserve energy that will greatly lengthen the life of your physical, nervous, and mental powers.

There is a little circumstance connected with neck exercise that I desire to advise you on before closing the neck talk. Often after a good work-out, and particularly during the first few days of neck exercise, an unsteadiness of the head is noticed. It will feel as though it wants to wobble. Now do not get alarmed, for it is only the nerve reaction that has been brought into play in the effort to stimulate some of the idle neck muscles into action. Even the larger neck muscles are seldom fully used, and as this is their first chance to get into action, they naturally feel the effects of their restimulation and it will do you good.

Before going ahead with my answer to the second letter, I want to draw your attention to a new subject that I am commencing in this issue, "The Zat So"

## Swing Indian Clubs For Amusement and Exercise



These Clubs are Made of Hard Maple Have Black Knobs and Black Beaded Rings.

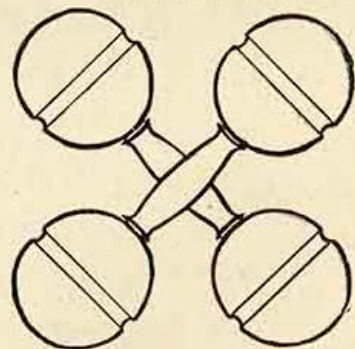
They are Far Superior in Shape, Balance and Finish than the Cheaper Grade Clubs

Weights 1-2-3 Pounds

MAIL US THE COUPON BELOW

## Wooden Dumb-Bells

Keep the Entire Family in Good Health



Made of the Same Material and Design as the Indian Clubs

Weights 1-2-3 Pounds

Get Both Sets and Have a Gym of Your Own.

The Milo Publishing Co.  
Sporting Goods Dept. S-12-26  
2739 N. Palethorp St., Philadelphia, Pa.

Gentleman: Please find enclosed my remittance to cover cost of the proposition I am checking off below.

- 1 lb. Indian Clubs (sets of 2) \$1.15  
 1 lb. Dumb-Bells (sets of 2) 1.15  
 2 lb. Indian Clubs (sets of 2) 1.45  
 2 lb. Dumb-Bells (sets of 2) 1.45  
 3 lb. Indian Clubs (sets of 2) 2.00  
 3 lb. Dumb-Bells (sets of 2) 2.00

Name.....

Address .....

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



series. I know that everybody is interested in the extraordinary, so in what I think a very interesting manner I am presenting a series of remarkable feats. I do not say they are genuine, but I simply say "Zat So?" I leave the rest to your imagination or deduction. Anyhow in picture form you have the story of the great happenings in the lives of the men who have in the past been considered very strong. Since the chronicles of the times were impressed sufficiently to perpetuate the reputed feats with their pen, we can safely believe that these men were more than ordinarily strong. I do not have the space to write about them every month, so rather than deprive you of these interesting occurrences I take this method to feed your interest. They will prepare you for the time when I will write all about them in magazine or book form. However, I believe they will add color and interest to an already interesting department. Anyway, drop me a line after you have seen a few of the series and tell me how you like them.

Editor of the Mat:

The Mat talks are great. My pals and I are greatly interested in how to bend spikes as are many other Mat men, no doubt. Will you please tell us the best

John Cartney.

Pittsburgh, Pa.

way to bend them?

From the Pittsburgh letter I can see where the hardware merchant is going to do some additional business. I do not suppose they will object to it, but I daresay they will never realize the use to which the spikes will be put. Spike bending was always an interesting test of hand strength, and while you are enjoying yourself displaying your strength, the muscles of the arms are getting a fine work-out. You might say that it is another form of exercise, but it is only the sport gotten out of it that makes it appear different. When I was a boy I used to bend spikes galore. My Dad was a builder, and he used to tell me that all I came around the place for was to see how many spikes I could ruin for him. Just the same Dad got a kick out of it, especially if he had a man on the job who thought he was good. He would kid the ears off them about "his boy," and finally haul me up to do my stuff.

There are several ways of bending spikes, not all of them are bent with the hands alone. Sometimes the knees are used for a vice, and most of the time the thigh is used as a base. Take an ordinary 60 penny spike, and wrap each end within the folds of your handkerchief so that the ends will not dig into the palms of the hands when pressure is applied. The best way to start is with the right leg advanced a little and the knee set well forward and rest the center of the spike on the bone of the thigh just a little above the knee. This gives you a narrower space on which to bend than the thick of the thigh. Then you have more space in either hand for bending. Do not make the mistake of having the arms bent at the elbow. Keep them rigid so the shoulders can come into play, and then

(Continued on page 81)

# Keep Fit!

## THIS ENJOYABLE NEW WAY

Keep physically fit—radiantly healthy! You can now exercise and massage your whole body in this surprisingly simple new way right in your own home—without any effort. Thousands are doing it.

### Oscillate Your Way to Health

The rapidly oscillating girdles of the Health Builder give a combined massage-vibratory treatment better than a skilled masseur. No electric current touches you. The Health Builder vigorously massages the heaviest muscles, peeps up sluggish circulation, aids digestion and elimination, strengthens muscle "tone" and improves the functions of the internal organs.

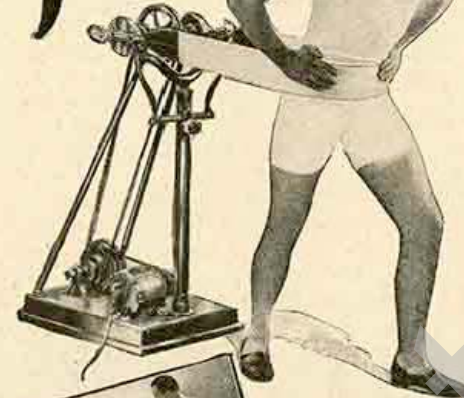
Over 50,000 men and women of all ages have used the "Health Builder" for health improvement upon the recommendation of their physicians! Used daily in countless private homes, large medical institutions, athletic clubs, gymnasiums, ocean liners and by numerous physicians in their practice.

Send for "Keeping Fit In Fifteen Minutes a Day"—a valuable Free Book showing the "Battle Creek Health Builder" in operation — with complete series of home exercises.

Sanitarium Equipment Co.

Room D-611

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Posed By MISS DOROTHY KNAPP acclaimed the world's most beautiful woman—who uses the "Health Builder" daily, in her home.

## DON'T LET ANYBODY BULLY YOU

Learn Scientific Tricks of Physical Mastery

By a few simple tricks you can have any assailant at your mercy quick as a flash. The astounding secrets of self-defense, used by the New York Police, are revealed in the marvelous, officially recognized system—

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**PHYSICAL TRAINING MANUAL**

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A complete course in physical culture. Scores of gripping action photos showing just how to throw a bigger man and overpower him—disarm a hold-up thug—build up muscle—keep in fighting trim. Hundreds of health hints, too; care of the feet, prevention of colds, correct posture, walk without fatigue. This is the genuine book used by the New York Police, now available TO YOU.

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In Physical Culture and Police circles this volume is world-famous. Send immediately for your copy. **DON'T SEND MONEY NOW. Send coupon today. When volume arrives, pay the postman \$1.97, plus few cents postage.** If you are not satisfied return volume and get money back.

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Send me Capt. Wallander's Physical Mastery Course as contained in the "Physical Training Manual."

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(9.25 U. S. Cash with order outside the U. S. A.)

**SEND NO MONEY**  
ONE FULL YEAR TO PAY

**\$49.50**  
**\$1 Weekly**

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**We Deliver and Trust You**

Again country's foremost diamond merchants lead in startling offers. Look over these bargains, at almost unbelievable low prices. Read descriptions. Your opportunity to secure the gem you longed for. **Easy terms—lower than cash prices.**

**Your Guarantee**  
We have faithfully served the public for nearly 100 years. Make your selections. Our money back guaranteed fully protects you. Order from this ad. on 10 days' free trial.

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Keep your money in your pocket. Select the gem you want and wear it for 10 days. No. 1—Ladies' 18 kt. white gold ring, genuine blue white diamonds, \$49.50—\$1 weekly. No. 2—Ladies' 18 kt. white gold ring, blue white diamonds, \$69.50—\$1 weekly. No. 3—Ladies' Friendship ring, 13 kt. solid white gold, 3 snappy, genuine blue white diamonds 4 blue sapphires, \$55.50—\$3.50 monthly. No. 4—Gent's 18kt. solid white gold, genuine blue white diamonds, \$69.75—\$4.65 monthly. No. 5—Ladies' 14kt. solid white gold watch, 15 jewels, genuine diamonds, 4 blue sapphires, \$38.25—\$2.50 monthly.

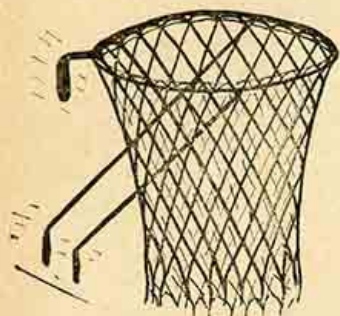
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# Basket-Ball



## Become a Star At This Popular Game

Like any other game that is both amateur and professional, there is always a demand for fast and heady players.

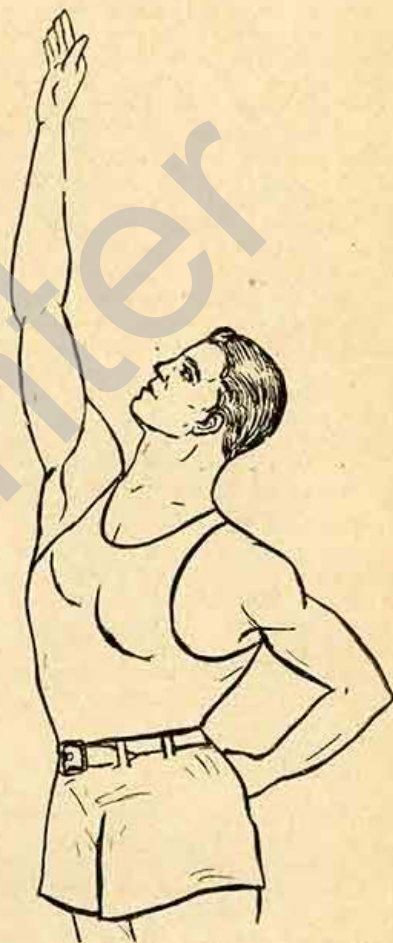
If you become a star forward, center or guard, your services will always be in demand, which means money to you.

If you play the game or wish to start playing it,

**Let Me Send You An Official Basket-Ball  
and My Book**

***“How to Play the Game”***

**Then You Can Practice Alone or With Your Friends.**



The ball I will send you will be one of the best, and will be official in every respect. The book, “How to Play the Game,” gives you a large assortment of clever plays, rules, signals, etc.

**The ball costs you \$5.50 without the course. Official balls sell for \$8.00 and \$9.00. Note the saving.**

**The book, “How to Play the Game,” can be obtained for \$3.00.**

**But combined you save \$1.00. In other words, the official ball and the book are yours for \$7.50.**

***Don't Waste Time Trying to Beat this Offer***

Charles MacMahon, Studio A-51  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am checking off below the proposition I wish to take advantage of. Please find enclosed my remittance to cover cost of same.

- Basket-Ball and Book, “How to Play the Game,” price \$7.50.  
 Basket-Ball only, price \$5.50.  
 The Book, “How to Play the Game,” only, price \$3.00.

Name .....

Address .....

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

for you cannot do it. The quality of all my athletic goods is high and the prices are by far the best you can get. Of course, you can buy cheaper basket-balls, but they are unofficial, boy's size and cheaper quality. Get the better kind when it costs you so little compared with other makes.

***I Give You Satisfaction, Quality, Low Price and Service***

**CHARLES MacMAHON**

180 W. Somerset St.

Studio A-51

Philadelphia, Pa.



(Continued from Page 79)

quickly thrust down and you will put a kink into the spike. This done, place the spike and hands close to the chest and have the elbows pointing in a straight line with each other. Now begin to apply your arm strength to crush the ends of the spike together. You will find that as the ends of the spike come closer together, the hands will be in the way. Release your grip and interlace the fingers so that each end of the spike is resting on the inside of the ham of the thumb. You will be enabled to exert a stronger pressure to finish bending the spike. This is the regular way to bend spikes. Some seek aid from their legs, as I have inferred. The way they do it is to bend the spike over the knee first, then place the hands holding the spike between the inside of the thighs. Squeezing with the thighs so that the knees come closer together, they help the hands to close the spike. The closer up in the crotch the hands are held, the more power is gotten, and a very heavy spike can be bent this way. It is well to know this, for spike bending has its surprises like other things. Some spikes are softer than others, but not so many are apt to be softer as the amount that are apt to be harder. You will find that out when you begin to crush the ends together on the chest. If it is too hard, place your hands between the thighs, as I have explained, or else lay the back of the left hand on the inside of the left thigh, using the leg as a base; then throw your bodily weight along with the power of the right arm and shoulder, to bear down upon the spike and it will close.

Here is a little point of interest that you may not realize. After the spike is bent to a certain angle, it is just as easy to finish the bend with one hand as two. It not only looks better but gives

the fingers of the hand a greater chance for development.

Bend the spike over the knee, and force it together with both hands close enough so that you can span the prongs with one hand. Step forward with the right leg, if it is the right hand employed, and thrust the fist into the hollow between the hip and the thigh—towards the outside of the thigh in the groin. See that the one end of the spike is bearing down directly on the thigh, so by squeezing down bodily, using the thigh as a base, the ends will come together.

Some can bend spikes without the use of the knee or legs, employing only the hands, but not so large a spike can be bent as when the start is gotten over the knee.

Progression in spike bending is on the same order as progression on any other form of exercise. Start in with a light spike and work up to heavier spikes with your increased strength. The longer a spike is the easier it is to bend; so remember that while you are practicing.

You may be interested to know that spikes can also be broken with the hands. Naturally this is more difficult, but by bending backwards and forwards it can be done. The only thing to watch is not to bend the spike too far, as it will be found more difficult to bend back. I have broken very heavy spikes in that manner, and have also bent three spikes of heavy size at the same time with my hands alone—the result of years of hard training and clean living.

Well, that is all for this month, boys. I'll be with you in the New Year's issue. In the meantime I hope you all will have a jolly good Xmas filled with kind thoughts and kind deeds for everybody.

## Health

(Continued from page 21)

man of immense physical vigor and energy. He boasted of how little care he took of himself, of how often he missed meals, worked all night, lived under outlandish conditions, and of how little it hurt him.

Maybe if we could have as full a life as Gompers and as successful a one, we could not ask for any more of it than he had.

However, the believers in heredity declare that living to a ripe old age is one of the things which really runs in families, and there can be no doubt that Gompers' death was at a much earlier age than his heredity indicated it would be.

We believe that many more men have decided that, with such a marvelous physique as they owned, they did not have to take care of themselves and suffered by it, than have actually lived to a ripe old age because they were weakly when young and so have taken

care of themselves.

In either case the lesson is plain. Health, like anything, requires that we pay some attention to securing it. Some of us find that more attention is necessary in our case than in the case of others, but we must all do some thinking about our physical condition if we expect to make the most of our possibilities.

### Dembinski

This month we are adding to our staff another able young athlete, George A. Dembinski. He is familiar to the regular readers of *STRENGTH* as a very able lifter. He comes to us from Mt. Angel College, of St. Benedict, Oregon, where he was an instructor in the physical education department. His duties involved largely body-building work and with us his work will, of course, be along the same lines.

# You'll Call Me a Liar!

**U**N**TIL** you actually see what I have done for men all over the world; until you try out the system that gave me the name of "the Panther-builder", until you TRY TO DUPLICATE MY PATENTED PROGRESSIVE AND AUTOMATIC EXERCISER AT ANY PRICE! You'll call me a Liar!

I don't blame you. My record in Body-building IS almost too good to be true! And the most amazing part of it is that it IS true!

I could give you a few rubber bands for your money—as others do. I could make five times as much money in this business if I wanted to. I know how. But I won't do it!!!

I want to make MEN, not money. And I want those men to be my friends.

Here is one man I built and I am proud of his friendship as well as his magnificent body.



HAROLD W. LOYD

"Be a regular guy," you said to me when I started. "Don't let them call you spider any more!" And, man alive, you got under my skin. Two weeks of your instruction—with your apparatus—made me over from my feet up! I'm a man now, and the credit goes to you!

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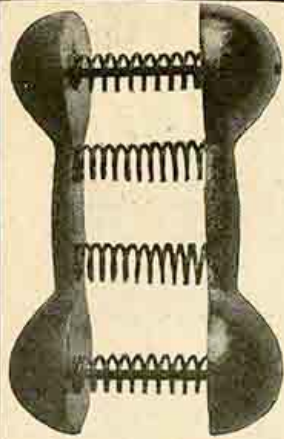
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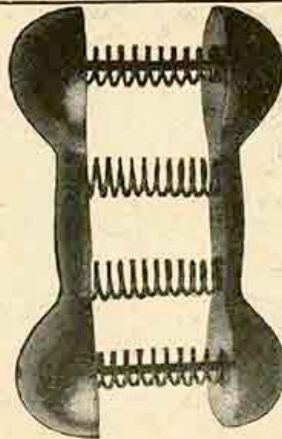
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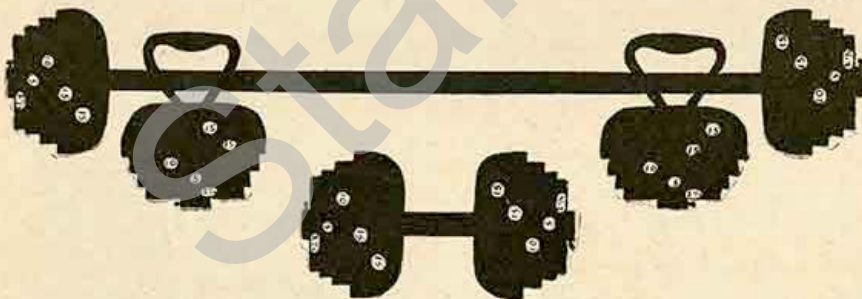
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## Why Have Skinny Calves and Flat Feet?

(Continued from page 43)

foot. Not many, I warrant, but it is so. The foot is a lever and the ankle is a hinge on which it works. The length of the foot decides the actual amount of force required to propel the body along in all movements of conveyance. It is a well established fact that the man with the short foot and heel is apt to have a better developed calf than a man with a long foot. The reason for this is because greater power is demanded from a short lever than from a long one. Therefore, a man who has a short foot and seeks better lower leg proportions is apt to get it faster than the man with the long foot. Incidentally it is the long footed man who seems to have the most foot ailments. Among them is a larger percentage of flat feet, and broken arches are more prevalent. You can understand this fully when you stop to consider that the bones of the foot spread themselves out like a tripod, and where there is a longer distance from the ankle to the line of the toes, a greater pressure must be borne over the instep. It is right there where most of the leverage is absorbed in a long foot, while a short foot with a short heel gets more support from the ankle. If you will closely observe the difference between a man with a short foot, and one who has a long flat foot while walking, you will find the short foot carries the body-weight more upon the toes, so to speak, or I might better say more balanced upon the ball of the foot. The heel will raise higher off the floor and the carriage is apt to be more erect and the knee straightened with every step. The other chap in walking is more inclined forward with a loose knee.

At one time or another, I have mentioned the strange fact that the American Indian invariably has very ordinary calves for the amount of use they make of their legs. It was explained to me by a well known walking coach that in their case it was because the achilles tendon absorbed most of the lower limb movement. Further investigation on my part proved that the coach was right, for several reasons. First of all the Indian travels with a slack knee and does not raise the knee high; then again, he shuffles along under the tump line with the pack on his back in such a manner that it does not allow the heel to raise much off the ground. In this case it is the soleus muscle that is developed the most. This being so you can always expect to see the leg have a straighter appearance when viewed from either the front or the back. The gastrocnemius muscle does not come into action to any appreciable extent until you are raised upon the ball of the foot, or bend the knee high—two actions which you find powerfully exemplified in running and jumping. When all is said and done these are only movements of progression, each a stage higher up than the other by reason



of the greater driving force required for the action. If you want to find fine examples of calf development, do not look for them among the members of the police force or among any class of walkers. The very best instances are provided by the players of soccer football. In this sport you find the players constantly racing, leaping, and kicking in vigorous play. You do not have to play long to cease to wonder how they get such fine looking calves.

Most people offer the solution for good calf development as lying in having large bones. Well, that has something to do with it, but you will find that a man who has large bones has to have more meat on them to look their part, much more so than the other man. The large boned man may have a larger measurement, but has he always the shape? I do not think so. Size without shape is never admired. The whole secret lies in the bones of the foot, which act like a rocker as you walk, rolling from heel to toe. I do not want you to believe that in order to walk properly on heel and toe you necessarily have to imitate the gait of a professional walker. Anything but that, for any professional walker will tell you that he walks more from the hip than from the knee. When we have boiled everything down, the fact I want to impress in your mind the most is that you must indulge in exercises that compel you to concentrate upon the action of the leg from the ball of the foot up to the knee only. If we were considering sports, I would say sprinting should be preferred against long distance running, and jumping as against walking; but sports we do not want, we want exercises that can be done at home or in the gym. Before I can go into exercises, I am obliged to explain why some calf muscles are harder to develop than others. According to popular belief the majority of skinny calf owners were born that way, and the rest, from constant sitting down and riding around in trolleys and automobiles, lost what they had gained from schoolday sports. Some are blessed with well shaped calves by nature, and to them this article will have little or no interest at all, so that lets them out. I have known the skinny legged fellows to raise upon the toes a few thousand times in the course of a few months and yet register no gains. In most cases their action is not concentrated enough. In fact they actually juggle their body weight and do not know it, rocking on the toes in a feat of balancing, rather than using the body weight as an object to be hoisted by the superior resistance of the calf muscles. Some muscles, and particularly those under analysis, have an enormous density of tissue in which the fibres are so compact that they seem to exist together to defy all antagonistic resistance. It is when they exist in such determined stubbornness that we often figure nothing short of a miracle will move them. Then is the time you have to think. Now I am one of those individuals who loves his work. I love to study the body for the lessons it teaches me. A problem in muscle

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(See Old at 23, p. 60, Eat for Occupation, p. 66).

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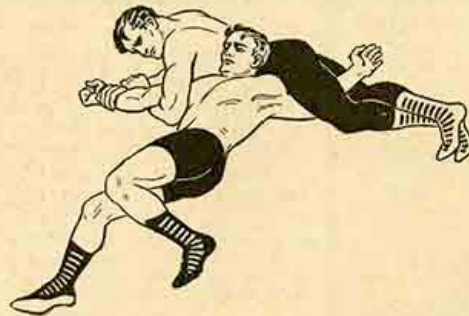


Fig. 56. Scissors and Quarter Nelson on Arms

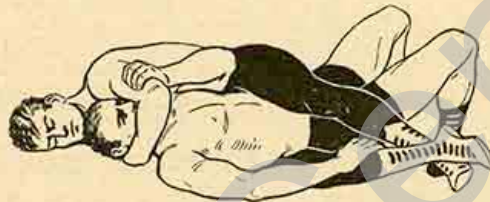


Fig. 57. Body Scissors and Face Hold



Fig. 58. Body Scissors and Head Lock

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building is as absorbing to me as the heaven is to an astronomer. In my search for facts in "legs" I have noticed that men with poor calves carry a larger percentage of varicose veins than otherwise.

Whether this is the case the world over I would not say. I am speaking from my own observations, and I have seen thousands of examples. However, here is a fact. The blood in the veins of the leg flows contrary to the force exercised by gravity; then again the longest veins in the body are found in the lower limb, which extends from the inner side of the ankle up the inner side of leg to finally terminate a little above the fold of the groin. In consequence of these facts there is a greater tendency for the blood to accumulate in these vessels, with a greater chance of congestion than elsewhere. The way it looks to me from this is that the skinny calf is formed of such dense fibres that the blood is not given a chance to properly fulfill its actual duties, and the veins become congested to such an extent that varicose and bursted veins are the result. The better blessed calf has a more pliable connection and contains more interstitial fat, which lies between the tissues and thus provides the muscles with a better source of fertilization. For this reason the seeker of better built calves must consider massage as an integral part of his training routine, in order to stimulate blood flow and fertilization as well as loosen the fibrous tissues so that they can better respond to exercise.

In picture Figs. 9 and 10 you have the model performing the common toe raise exercise correctly and incorrectly. In the incorrect position he has the heels turned out, and the major portion of his weight is borne upon the outside of the foot, while the line of the big toe has little to do. Glancing from the one position to the other you can easily see the greater influence of the correct toes raise upon the large calf muscle. Further inspection will show you that he has raised his body up in a straight line with his feet which is proven by the correct line of the heel with the calf, while the body weight is carried mostly upon the sector of the big toe, as it should be. Does not the greater bulge of the calf muscle prove it? Moreover you can see the distinguishing lines between the gastrocnemius muscle and the soleus, which is rather unusual. Another distinguishing feature in this correct pose is the prominence of the achilles tendon. You can plainly see how it flares out in width to receive the insertion of the two back calf muscles which we were fortunate enough to get a clear outline of in the photograph; also of the manner in which it narrows down to its insertion of the back of the heel bone. In the individual the breadth of this tendon depends upon the calf development. It has been known to reach a breadth of 3 inches. In the pose you can also see that the inside head of the gastrocnemius muscle descends lower than the outside head, as I have previously explained.

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The statue of "The Fighting Gladiator" provides a wonderful exhibition of these muscular characters and very prominently displays the achilles tendon. A characteristic feature of antique sculpture of athletes and warriors is that the broad tendon was always carved out in bold relief. Whether the sculptors of those days better understood the value of the achilles tendon and its accompanying muscles or not, they certainly spent more time in revealing the muscular features than present day sculptors do. I am also led to believe that the ancient sculptors had a better understanding of the foot than our modern artists of stone. Not long ago I was viewing a new production in stone of three figures typifying "Power," and I was amazed to note the dreadfully disproportionate sized feet that each figure had.

The value of the foot to the calf is the leverage it gives, and any muscular contraction of the calf muscles will register a certain amount of muscular contraction of the foot muscles. Perhaps the muscle of the calf that has the most influence upon the foot is the peroneus longus. This muscle lies on the outside of the calf, and by its final insertion crosses the arch of the foot. The condition of this muscle will either help to strengthen or weaken the foot. The work that it is particularly concerned with is turning the foot either in or out.

Dancers and skaters generally show a marked development of this muscle by reason of constant use in turning and pivoting. On the whole it helps to make up the depth of the calf along with the other muscles on the outside. At one time physical culturists spoke of a deep calf as a German calf, and a wide calf an English calf; but I never put any stock in that method of distinction, as you will find deep calves and wide calves anywhere. I believe these conditions are brought about more from the effect of use than anything. Geography also has quite a bit to do with it.

Getting back to the foot, we find that the average width of it is about one-third its length, although we are informed that it is almost impossible to find out what a perfect foot looks like. The shoes we wear more or less distort the toes, and the feet of people who are accustomed to go bare-footed are more or less affected by the climatic conditions under which they live. No doubt this is all true, but with shoe wearing people the curse of aching feet is always the cause of faulty arches, whether shoes are the real cause or not. The muscles that ordinarily hold the bones of the foot in place lose their vigor and contraction. This allows the arches of the foot to drop and lose their spring. To give you an idea of how the arch of the foot can absorb foot shock, stand upon a chair and jump off, alighting upon the ball of the foot. No shock is evidenced, but jump off the chair with the knees bent forward and alight on the flat of the foot, and you will get a real shock. Strange as it may seem, the nervous system can be severely injured from wrong impact of the foot with the

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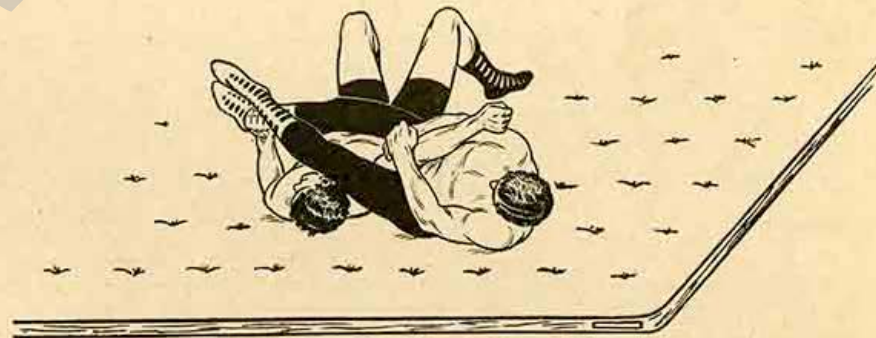
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floor, often being the cause of developing considerable spinal trouble. Incidentally, examination of the foot has often found a dropping of the arch not known by the patient to exist, which has been the root of many nervous troubles. After the foot had been corrected, the patient had gotten over his other ailments. I remember some years ago hearing of a personal friend becoming hopelessly crippled with rheumatism while quite young. Many first class doctors had failed to do him any good. Finally he came under the attention of a very prominent physician whom I knew quite well. He told me that as soon as he was wheeled into the doctor's office, the doctor did a strange thing. *First he examined the feet*—and there lay all the trouble. He gave my friend a few treatments and sent him to me to do the rest. A few exercises did the trick and made him quite normal, so that he was soon able to walk, later play baseball, football, and hockey on the local team.

There is an old saying that when your feet are sick you are sick all over. It is only too true, for your nervous organism becomes affected and all your pep disappears. Most people never realize the value of their feet and crowd them into short narrow shoes that soon make a wreck of them. Women particularly are afflicted thus, because they are more subject to fashion. High heels not only throw the body weight too far forward on the toes but cause too much pressure in the arch, developing an abnormally high arch which is as dangerous as a broken arch.

As you develop your calf muscles you strengthen the arches of the foot at the same time. The ligaments that have become stretched too much are drawn back into their normal place as the muscles regain their contraction. Thus are broken arches remedied.

In this article I have given a few illustrations of movements that have an advantageous effect upon the calf muscles. In Figure 3, you see the model practicing a back curl. You must not confuse this exercise with the back curl used for developing the muscle on the back of the thigh; the difference is that in the thigh exercise, the knee is carried back past the central line of the body. In this exercise great concentration is thrown upon the gastrocnemius muscle, and the knee is raised *forward*—I told you to remember that this muscle was a flexor of the knee. Figure 5 catches the same muscles, as well as the soleus, with a forward movement. You can see the contraction of both muscles; the main idea is to keep the toes pointed vigorously and raise the knee as though it had a weight on it. Tie a dumb-bell around the ankle as in Figure 3 and stand between two chairs to steady yourself if you feel you can concentrate better. In Figure 6 you see the model performing a stiff legged march while raised high upon the toes. You can see the effect it has on the calf, but do not try to take long steps, and keep as high up on the toes as you can.

# MEN!

## KEEPING FIT MEANS KEEPING EFFICIENT

This is a busy man's course. A mere few minutes a day for five days a week is all required of your valuable time. These few minutes with this course of exercises that keep you fit, will strengthen those sagging muscles all over your body. They will keep down the fat that develops on most men's abdomens. They will give you the untiring energy that will be a big factor in your future success.

### But the Biggest Thing This Course Does for You is Keeping You Feeling Fine

Is that worth a dollar to you?

This course is for young men, too. Men who want to keep fit as they go along, and not wait until the old stomach protrudes and the pep and wind are gone.

Young men of this type are wise. It takes much less exercise to keep you in condition that it does to produce perfect condition after years of physical idleness. Work is not really exercise. This course will refresh you after a hard day at the office or factory.

### Enjoy Life, Men—Don't Drag Through!

Get into that physical condition that makes and keeps you free from illnesses, both petty and serious. Enjoy every minute and day of your life. Be bubbling over with pep. All these can be obtained from a few minutes a day with my course for busy men.

### Success is Largely a Matter of Health and Pep

What can you do without good health and energy? Nothing worth while.

Good health can be lost and gained. If you are blessed with it, take care of it with my course. Then you will never lose it.

If you are in need of better health and more energy, get my course now and start getting these things.

### Send Me Only a Dollar

and I guarantee the course will be many times worth it.

Jack Sandow,  
Room S, Dept. S-12-26,  
Michigan Avenue and Randolph Street,  
Chicago, Illinois.

Dear Sir: I am enclosing \$1.00, for which please send me the Busy Man's Course.

Name .....

Address .....

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



Figure 7 is a pose I would like you to dwell upon a little longer. I had the model sit relaxed after I had placed him the way he is. He did not know I wanted that pose photographed and never thought of tensing his muscles. He was slicking back his hair with his hand when the photographer received my pre-arranged sign, "You have him as I wanted him." You see how in relaxation the back calf muscles contract as the knee is bent. This position compels you to rest upon the toe, so that in this pose you see exactly what these muscles are ordained for—to flex the knee and extend the foot. The extension of the foot causes the instep to arch, which means that the muscles in the foot are also contracted. Now if the muscles show themselves thus in relaxed positions, how much more forcibly will they prove themselves with concentration. You simply have to adopt exercises along these lines. Note the one where the model is walking while in the squat position. You may find this difficult at first, but the object is to let your body be carried as *dead weight*. Let the legs carry you and walk heel and toe. You will not have to walk this way long to find out if you are doing it right or not. Try your best to *thrust* yourself along, not simply walk.

The mere taking of these few poses and placing the model in the correct positions obliged him to rest three times to massage his calves, so severe was the strain imposed upon them. Most people do their exercises the easiest way, as evidenced in Figure 9. The difference between Figures 1 and 2 is quite apparent. In Figure 2 the model was snapped while walking along correctly, using his feet to thrust him along. Get the right habit of doing a thing. I have explained how the muscles work, with their little peculiarities, which you have to watch and master. The whole thing is how much you have absorbed, against how much you have let go over your head.

Calf muscles may be hard to build, but right exercise with plenty of massage will make them respond, with the result that their girth will be increased and shapeliness formed. If you have suffered with broken arches and flat feet, make up your mind to suffer no longer, for the same exercises that will do good for your calf muscles will do great good for your feet.

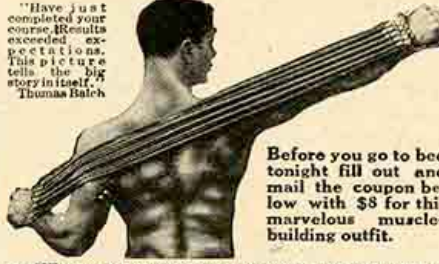
## The Health Digest

### Importance of Rest and Sleep for Children

NIGHT after night sleep fills the reserve tank of the human machine, thus making it efficient again for its daily work. Sleep recharges the dulled brain, reloads the never resting heart and replenishes the tired muscles. What during the active life of the waking hours has been damaged and disintegrated is repaired and replaced. Reinforcements are dispatched to the weakened parts of the

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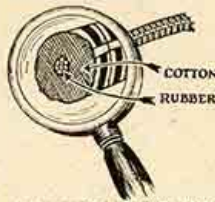
"Have just completed your course. Results exceeded expectations. This picture tells the big story in itself."  
Thomas Balch



Before you go to bed tonight fill out and mail the coupon below with \$8 for this marvelous muscle-building outfit.

THE apparatus that wraps your entire body in muscles of spun-steel, the course that tells you every hour and *why* of body development, the best outfit on the market at any price IS ALSO THE BIGGEST BARGAIN. Look at the pictures below. They tell a story that you should know. I knew that the McFADDEN PROGRESSIVE was the best exerciser that science and money could build because for years it has been producing the best bodies. But I wanted to show you. I took one of my cables and one from an average exerciser and I cut them in two! Study the diagram. Have these padded affairs fooled you? FORGET IT! Here's the exerciser you want. The one that will put *crushing* power in every muscle of your body.

Inferior Makes



A cross section of one "cable" of the average exerciser. The chagness and weakness of construction are easily seen in the diagram. Six or seven rubber bands, wrapped and padded with a cotton covering to give them the appearance of size and strength and to make them look like the McFadden.

McFadden



A single cable of the McFadden Patented 10-Cable Progressive Exerciser, so thicker than others in outward appearance—yet stronger by 75 per cent, inside the thin worst covering. Here is quality! Every McFadden cable is made of 30 strands of the best grade rubber procurable. There is no padding with extra wrappings of worsted—no attempt to produce the exerciser cheaply.

You get the same bona fide McFadden quality in every piece of apparatus. You get my personal endorsement and absolutely money-back guarantee! Think of it, men!

Apparatus to develop every part of your body—arms, back, neck, shoulders, legs—and complete instructions for 12 weeks' use. \$30 worth for only \$8.00.

10-Cable Progressive Exerciser, worth -	\$ 8.00
Patented Handles with 1,000 pounds resistance, worth	2.00
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Patented Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 weeks' Home Instruction Course, most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopedia, worth	1.00
<b>Worth \$30.00</b>	
<b>YOU GET IT ALL FOR \$8.00</b>	

## Jim Corbett's Boxing Book FREE



Full of pictures and inside dope on the ring, this big book goes FREE with every set of apparatus I ship for the next twenty days.

My Guarantee is Backed by a \$10,000 Challenge

If you are not entirely satisfied with the outfit, return it immediately and your money will be refunded without delay.

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103 E. 13th Street, New York City

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Those afflicted with BOW LEGS should wear the "PERFECT LEG FORMS" and overcome this deformity. Trousers hang perfectly straight. Made of the highest grade Aluminum. Sanitary, light and durable. Easy to put on or off. Send for booklet showing photos of men with and without the "PERFECT LEG FORMS."

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# He Was a Mental and Physical Wreck A Few Months Ago—Nerves All Shot to Pieces!

### "Today He Says"

After spending about \$4,000 on Nerve Specialists I ran across your work. Three long years I suffered mental and physical torture which are indescribable. Today if there is a stronger man in St. Louis I want to see him. You have not only made me master of my body, but have placed me on an equality with Big Thinking Men.

Thousands are needlessly suffering today from the effects of Mental Anguish and Tortured Nerves. And when one possesses these two demons he is almost sure to have limiting fears, nervous indigestion, perhaps constipation; and general functional disorders of a distressful character.

And thousands really believe they are suffering from some dreadful organic condition who are really but the victims of NERVES and the reflex actions which accompany such states. YOU perhaps have gone the "rounds" seeking help, and through discouragement have been lead to believe your case is more or less hopeless. But it is NOT.

### Most Astonishing Results Follow An Entirely New Form of Help

It has been known for years that 90% of disorder and even real forms of disease, have had their origin in the abdominal cavity. This comes from what the "doctors" term—STASIS—which means inaction. But just how to overcome this has been the stumbling block. Today science through a combining of "Percussion Massage"—abdominal exercise of an entirely new nature, diet and Mental development; have succeeded in overcoming this condition which was previously found impossible.

Through this new method strength, "pep", vigor, health, happiness and added success are made possible. Thousands have already achieved such a goal—AND SO CAN YOU. You will be truly surprised at the results which will follow.

### Give Yourself a Chance

It is only the ignorant who refuse to investigate. I do not wish just the curious to apply, but those who are earnestly seeking self betterment will be rewarded if they send for free literature describing this entirely new and scientific system of help. ACT AT ONCE.

THE HEALTH LEAGUE,

Suite 15, 4665 Lake Park Ave., Chicago, Ill.





# Iron Dumb-Bells

25-Pounds 15-Pounds  
10-Pounds 5-Pounds

Dumb-Bells of the above weights constitute the most convenient form of Exercising Apparatuses.

THEY will build a powerful chest. They are great for developing the forearm, upper arm and deltoid muscles.

Furthermore, you can, with these solid iron dumb-bells, thoroughly exercise the muscles of the broad of the back and of the waist, including the abdominal muscles. The 25-pound bells give the legs exceptionally good exercise.

There are no body training methods that allow freer and more natural movements than do these dumb-bells. All bells heavily japanned.

## Keep In Ideal Condition Day In and Day Out

Any of our solid iron dumb-bells will do that for you. A pair of them in your hands a few minutes daily will create a ceaseless flood of energy within you. You will always feel fit—ready for anything, no matter how difficult.

The Milo Bar Bell Co.  
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2739 N. Palethorp St., Philadelphia, Pa.  
Gentlemen:

Enclosed please find { cash check money order } for  
\$5.00 for the 25-lb. dumb-bells—Pair 50 lbs.  
3.00 for the 15-lb. dumb-bells—Pair 30 lbs.  
2.00 for the 10-lb. dumb-bells—Pair 20 lbs.  
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Shipping Charges Collect.

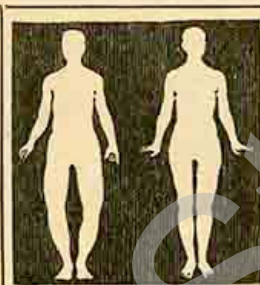
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**DUMB-BELLS NOW**

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## PERSONAL Appearance

is now more than ever the key note of success, both in social and business life. Bow-legged and knock-kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely.

quickly and permanently, without pain, operation or discomfort. Worn at night, my new "Lim-Straitner," Model 18, U.S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 4 years by physicians everywhere.)

Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

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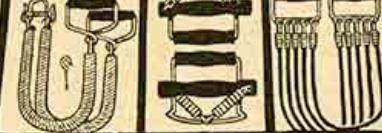
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Spring Exerciser For general all around Muscle development.  
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body and broken down cells are rebuilt.

The intensity of modern civilization is apt to soften or deaden the vigor of children unless they are taught to apply wisely the principles of rest and sleep.

Rest is nature's best healer. It is the antidote to work. Absolute rest, in the form of sleep, is under normal conditions the most ideal method for neutralizing the effects of work. In the bank of health and life sleep and rest preserve the budget that daily activity threatens to deplete.

Nevertheless, it is not necessary, or always possible, to resort to sleep whenever one is tired. Man is so made that he finds rest from one activity by indulging in another. A walk in the open will counteract the fatigue resulting from writing and reading at the desk. So the child, weary from his school work, will become alert and happy again by playing outdoors. Or if hustling about in the open has been too much for him, he will find relaxation in looking at a picture book.

## Amount of Rest Needed Depends on Child

Rest, it must be remembered, depends on the needs of the individual child, assuming different forms in different children. The same principle applies to the length of rest periods; some children find relief after short periods of rest; others must have longer intervals to recuperate from the same amount of work. In general, the child reacts to rest as he reacts to work. Should he work continuously at a task regardless of its difficulty, he will naturally need long periods of rest; on the other hand, the child whose efforts are spasmodic and of short duration, intense as they may be, will recover relatively quickly from acute fatigue.

Many parents, afraid that a child may grow up to be a sleepy head, believe it inadvisable to let him sleep as long and as much as he wishes. Propagandists for more concentrated living, for a longer work day, find a telling example in Edison, whose successful career they attribute to his long hours of work and reduced amount of sleep. In their opinion, the surest short cut to success is to work while others are asleep. This is a very dangerous doctrine to apply to the growing child.

## Too Little Sleep Brings Chronic Fatigue

Sleep insufficient in amount and inadequate in quality is responsible for more absences from and failures in school than any other factor. Insufficient sleep depletes the reserve energy of the child and undermines his efficiency. Insufficient sleep is a short cut not to success but to chronic fatigue and all its evil consequences.

To prove the truth that lies in these statements, one has only to compare the amount of sleep of tired children with that of normal children. Tired children often average not more than half the amount of sleep required for their age. Youths do not get enough sleep because they imitate their parents. They attend evening parties, they meet at their clubs after dinner, they go to theatres and movies at night. Appar-

## A Reward of 1000 Dollars for bald-headed and beardless



An elegant growth of beard and hair can be produced when using Comos Hair-Balsam during 8 days. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domaine, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. Harmlessness is guaranteed. If this is not true, we will pay a net amount of 1000 Dollars to all bald-headed and beardless persons, or persons with thin hair who have used the Comos-Balsam for three weeks without any result.

One parcel of "Comos" costs \$5,—, two parcels cost \$8,—.  
"Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture. "COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes (C. O. D. impossible).  
THE COMOS MAGAZINE CO., Copenhagen V. Denmark 12. (Europe)



## Are You Going To **BUY** Sporting Goods This Christmas?

Most young men and boys do, and if you intend to it will pay you to purchase this class of goods from me. I positively guarantee to give you service, satisfaction, fine quality material, the best workmanship, and save you money—not cents, but dollars.

### Let Me Give You as Good Quality as You Can Get Elsewhere at a Lower Price

See the coupon below for a list of goods and prices. All prices shown below are well under the regular prices of sporting goods. You cannot go wrong. I stand behind my sporting goods. I'm not just a name—I'm real! If you are skeptical, let me prove this to you. I'll be glad to set you right—to show you I am here in person to see that you get the best sporting goods at a great saving.

### Let Me Serve You—Save for You—Surprise You With the Real Class There is to My Sporting Goods

If you desire other articles of sport other than those listed below, drop me a line stating just what it is and I'll get it for you at the usual saving.

### Let Me Save You Money Now!

Orders in the United States Received up to and including the 15th of December Will be Delivered in Time for Christmas

## CHARLES MacMAHON Sporting Goods

Charles MacMahon,  
Sporting Goods, Studio S.G.-12,  
180 W. Somerset Street,  
Philadelphia, Pa.

Dear Sir: Enclosed please find

\$..... to cover cost of proposition checked off below.

- 8 oz. Boxing Gloves, \$5.00
- with Boxing Course, \$7.00
- Striking Bags, \$5.00, \$6.50, \$8.00.
- Footballs, \$5.00, \$7.00.
- Football Shoulder Pads, Felt, \$3.00.
- Leather and Felt, \$5.00.
- Football Helmets, \$6.00, \$8.00.
- Basketball, \$5.50. With Basketball Course, \$8.00.
- Medicine Balls, 12", \$8.00. 15", \$12.00.
- Striking Bag Gloves, \$2.00.
- Heavy Fighting Bags, Stuffed, \$12.00. Empty, \$6.00.
- Mats, 3x6 ft., \$9.00. 3x15 ft., \$25.00. 6x15 ft., \$40.00. And all other sizes.

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ently, their parents do not realize that they themselves plant the seed for these adult tastes of their children. One sees in the audience at evening performances small children and even babies in arms. Countless nurslings and children, while half asleep, are jostled about at night in automobiles. Once the pernicious habit of keeping late hours has taken root it can be broken only with great difficulty.

Girls more than boys read books until late into the night. Boys more than girls are possessed by the radio craze. Not satisfied with the program of their home town they remain awake in order to tune in on midnight concerts from distant stations. Jimmy, while his mother was worrying about his health, may have been listening to midnight concerts for six months without his mother suspecting it.

Some children reserve the late evening and the early morning hours for the study of their home lessons; others arise early in order to practice on the piano or on the violin before school. Parents seem to encourage their children to do mental work before school, because, with their minds refreshed from sleep, they are better able to accomplish such tasks. Indeed, the reason parents advance in favor of mental activity at that time of the day is the very reason for its condemnation. School work requires the best energy the child can give to it and to deplete this energy early in the morning is a serious mistake.

Many boys and girls find their hours of sleep reduced because they are compelled to work for pay in the evening. Girls stay up late guarding children whose parents are away for the evening. Boys grind in shops and stores often as late as 10 and 11 o'clock at night.

The question arises as to how much sleep school children must have so that they may develop normally, do their work efficiently, and keep their reservoirs of energy well supplied. Of course the need for sleep varies from one person to another and is modified in the same person by his age, temperament and the climate in which he lives. Children whose growth is very rapid must have more sleep than the average child of the same age; girls, especially during the years of maturation, require more sleep than boys. More sleep is needed in winter than in summer.

The following schedule of sleep is based on an investigation of the health habits of 500 children in perfect health and living under normal conditions.

Age	Number of hours	Age	Number of hours
6-7	12	11-12	10½
7-8	12	12-13	10
8-9	11½	13-14	9½
9-10	11½	14-15	9½
10-11	11		

It appears then, that children in the primary grades need a minimum of twelve hours of sleep; that for each subsequent year half an hour is deducted, and that no child between 12 and 14 years, the age of puberty, should have less than nine and one-half hours of sleep.



## While There is Life There is Hope

Be a real man, a he-man, and manly man. We will deal with your case in a sympathetic manner and you will find that we understand as you thought nobody ever could understand.

## Send for "Sex Weaknesses Their Cause and Remedy"

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

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**CHAPTER III.**

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It turns the human body inside out and makes every thing plain about glands, vigor, personality!



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This Christmas?

Most young men and boys do, and if you intend to it will pay you to purchase this class of goods from me. I positively guarantee to give you service, satisfaction, fine quality material, the best workmanship, and save you money—not cents, but dollars.

**Let Me Give You as Good Quality as You Can Get Elsewhere at a Lower Price**

See the coupon below for a list of goods and prices. All prices shown below are well under the regular prices of sporting goods. You cannot go wrong. I stand behind my sporting goods. I'm not just a name—I'm real! If you are skeptical, let me prove this to you. I'll be glad to set you right—to show you I am here in person to see that you get the best sporting goods at a great saving.

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- Basket Balls, \$5.50. With Basket Ball Course, \$8.00.
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- Striking Bag Gloves, \$2.00.
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Girls more than boys read books until late into the night. Boys more than girls are possessed by the radio craze. Not satisfied with the program of their home town they remain awake in order to tune in on midnight concerts from distant stations. Jimmy, while his mother was worrying about his health, may have been listening to midnight concerts for six months without his mother suspecting it.

Some children reserve the late evening and the early morning hours for the study of their home lessons; others arise early in order to practice on the piano or on the violin before school. Parents seem to encourage their children to do mental work before school, because, with their minds refreshed from sleep, they are better able to accomplish such tasks. Indeed, the reason parents advance in favor of mental activity at that time of the day is the very reason for its condemnation. School work requires the best energy the child can give to it and to deplete this energy early in the morning is a serious mistake.

Many boys and girls find their hours of sleep reduced because they are compelled to work for pay in the evening. Girls stay up late guarding children whose parents are away for the evening. Boys grind in shops and stores often as late as 10 and 11 o'clock at night.

The question arises as to how much sleep school children must have so that they may develop normally, do their work efficiently, and keep their reservoirs of energy well supplied. Of course the need for sleep varies from one person to another and is modified in the same person by his age, temperament and the climate in which he lives. Children whose growth is very rapid must have more sleep than the average child of the same age; girls, especially during the years of maturation, require more sleep than boys. More sleep is needed in winter than in summer.

The following schedule of sleep is based on an investigation of the health habits of 500 children in perfect health and living under normal conditions.

Age	Number of hours	Age	Number of hours
6-7	12	11-12	10½
7-8	12	12-13	10
8-9	11½	13-14	9½
9-10	11½	14-15	9½
10-11	11		

It appears then, that children in the primary grades need a minimum of twelve hours of sleep; that for each subsequent year half an hour is deducted, and that no child between 12 and 14 years, the age of puberty, should have less than nine and one-half hours of sleep.



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Equally important is the quality of sleep. The deeper the sleep, the more effective is the repair of body waste and cell damage. The common causes of disturbed sleep are noise, excitement, irritating music and strenuous play before retiring. They often induce a state of emotional fatigue, which interferes with falling asleep and is associated with fear and night terrors. Quiet and serenity of environment are absolutely necessary if the child is to fall asleep readily after he has gone to bed and if he is to arise in the morning refreshed and happy. Crowded sleeping quarters and bad ventilation are also often responsible for disturbance of sleep.

If two children must share one room, a bed should be provided for each of them. Whenever children sleep in the same room it is advisable to have them retire at the same time or at least to see to it that the child asleep is not awakened by his brother or sister. Careful ventilation of the room and sanitary bedding are also necessary to insure sound sleep. Windows shut tight at night are often the cause of headaches and nightmares. Improper food, especially if eaten shortly before going to bed, robs many a child of his needed sleep.

How often do we hear people say, "I was so tired that I could not fall asleep." First, the child becomes tired because he does not go to bed on time, and then in his state of chronic exhaustion, he finds it difficult to fall asleep, thus reducing the hours of sleep still more.

There is no better way to cure fatigue than through plenty of sleep and the right kind of sleep.

Hygeia, October 1926.

## Constipation, Intestinal Torpor

Costiveness or constipation is the retention of the feces in the colon for a longer time than is normal to the individual, resulting in abnormally dry, hard feces, usually voided at irregular and considerable intervals.

### ETIOLOGY

These are varied and may be classified as (A) General or constitutional, (B) Local, (C) Dietetic, (D) Habitual and nervous.

### A. General or Constitutional:

1. Torpidity of the bowels is often a family complaint and is found more often in dark than in fair persons.

2. Sedentary habits, particularly in persons who eat too much and neglect the calls of nature.

3. Certain diseases such as anemias, acute fevers, cerebral affections, neurasthenia, hysteria, chronic affections of the liver, stomach and intestine.

4. There may be hypertrophy of the muscular coat of the descending colon.

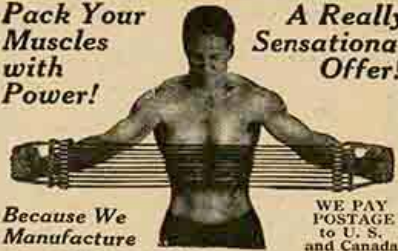
5. There may be small ulcers in the rectum.

6. There may be thinning of the walls and dilatation of the whole colon.

7. Enteroptosis is frequent.

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8. The sigmoid may be congenitally longer and more tortuous than normal.  
9. Intestinal atony and intestinal spasm are frequent.

10. Spasticity, inflammation and adhesions of the sigmoid area are common causes.

11. Under this head may appropriately be placed that most injurious of all habits, drug taking.

12. Either a course diet, which leaves too much residue or a diet which leaves too little.

### B. Local Causes:

1. Weakness of the abdominal muscles in obesity or from over distention in repeated pregnancies.

2. Atony of the larger bowel from chronic diseases of the mucosa.

3. The presence of tumors, physiological or pathological pressing upon the bowels.

4. Uterine malpositions.

5. Enlarged prostate.

6. Enteritis.

7. Foreign bodies, large masses of scybala and strictures of all kinds.

8. An important local cause is atony of the muscles of the cecum, colon, sigmoid and rectum and of those of defecation, particularly of the muscles of the sigmoid flexure by which the feces are propelled into the rectum.

9. Local disturbances of sensation of the rectal and anal region may be due to wrong position at stool. (The modern toilet seat is abominable).

10. The pressure of clothing.

11. Atony with or without viscerop-tosis.

12. Deficiency of the digestive secretions and of mucus.

13. Stenosis, due to cicatrices or to contractions of the sphincters.

14. Hemorrhoids, fissures, ulcerations, or coccygodynia.

15. An obstinate form is that associated with a contracted state of the bowel, sometimes spoken of as spasmodic constipation. This is met with (a) as a sequence of chronic dysentery or ulcerative colitis; (b) in cases of hysteria and neurasthenia, usually with vagotonia; (c) in very old persons often without any definite cause.

It may be that the sigmoid flexure and lower colon are in a condition of contractions and spasm, while the transverse and ascending parts are in a state of atony and dilatation. The most characteristic sign of this variety is the presence of hard, globular masses, or more rarely, small and sausage-like feces.

### C. Diabetic Errors:

1. Diets of too concentrated foods or of too little quantities, which fail to give normal mechanical stimulus.

2. Diets of too great a preponderance of waste matter and of too great abundance thus dilating the colon.

3. Those containing too little water.

### D. Habitual and Nervous Error:

1. Failure to defecate at proper intervals, especially at the natural stimulus.

2. Use of drugs.

3. Abnormal control of the nerve centers due especially to bony lesions

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of the innominates, sacrum, coccyx, and the lumbar vertebrae.

4. Frequent jarring, as of cars, etc. Nothnagel (in Die Erkrankungen des Darmns und des Peritoneums Vienna, 1895) divides the causes of constipation into three classes:

1. Those which are caused by influences of a rather physiological nature: Improper diet and insufficient exercise, including the action of the diaphragm.
2. Those which are caused by certain pathological conditions such as disease of the stomach, intestines, heart, lungs, liver, peritonitis, acute febrile diseases and certain diseases of the central nervous system.
3. Genuine habitual constipation.
  - a. Abnormal nervous regulation of the peristalsis of colon and rectum, whether it be congenital or acquired including bad habits of defecation.
  - b. Intestinal atony.
  - c. Adhesions and fixations.
  - d. Changes of the position of the intestines, congenital and acquired (visceroptosis).

In most cases of the second class, mechanical treatment would be contra-indicated while on the contrary, in many cases of the first and third classes exercise and massage serve the etiological indications very well and represent valuable therapeutic agents. We have in mind especially those cases where the constipation caused and sustained by a sedentary mode of life combined with a certain luxurious living, habitual neglect of the regular function of the bowels, atony of the muscles, both of the abdominal wall and the intestines, insufficient action of the diaphragm and visceroptosis.

Exercise and massage supplement each other in a very proper way. Both stimulate the so often very languid circulation and strengthen the abdominal muscles as well as those of the intestines, thus favoring the peristalsis. Furthermore, by massage, a direct mechanical impulse is given to the movement of the fecal masses in the colon and rectum, and a stimulus may be applied to the nervous apparatus regulating the function of the bowels. Exercise also fulfills the general indication in cases of an habitual sedentary mode of life and in cases with the flat respiration as well as insufficient action of the diaphragm.

Vigorous out of door exercises, running, jumping, climbing, skating, and bicycling will help to tone up the abdominal muscles and improve the sluggishness of the bowels. Massage of the lower abdomen may be given gently just after the patient goes to bed and before he rises in the morning. Suppositories, or a cone of oiled paper, may be used with young children occasionally, merely to supply to the lower part of the rectum, the irritation needed to start a movement and to help induce a regular habit.

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1. Patient being on back, arms at sides. Raise the right leg with knee

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It is quite a common practice for people to resort to enemas to get relief from constipation. This habit is notorious for creating constipation. The enema should not be used except in emergencies as when patients are very sick and must have relief from impaction or from pain from intestinal indigestion, etc. Then copious enemas may be used until relief is secured. The daily use of the enema simply to secure a movement from the bowels is a very bad habit and one that should not be cultivated.

Injections of warm soap water, glycerine and water or sweet oil may be necessary in rare instances to induce an immediate movement or to break up very dry stools but the constant use of any form of mechanical aid to bowel movement is most unwise, as it tends to reduce the power of the natural effort. Medicines should rarely be given and only as far as possible under competent direction.

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If a child is constipated the occasional use of cream or salad oil is desirable, for fat in abundance is laxative. (In some cases, constipation may be due to too much fat in the diet.) Dry and putty-colored stools may indicate an oversupply of fat. The complete evacuation of the bowels every day is of great importance to good sleep.

The usual remedies employed are often useless in spastic constipation. A very satisfactory measure is the olive or cottonseed oil injection. The patient lies on the back with the hips elevated and from fifteen to twenty ounces of oil are allowed to flow slowly (or are injected) into the bowel. The operation should take at least fifteen minutes. Repeat this daily until the intestines are cleared and subsequently a smaller injection every few days will suffice.

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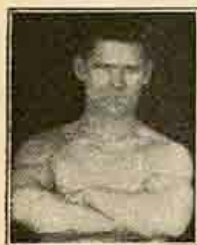


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in the frequency of the bowel movements, the feces are of undue hardness; there is need for great straining at stool; defecation may be painful. —

*Journal American Osteopath, October, 1926.*

## Climate and Common Colds

Acute coryza is probably the most frequent of all diseases. When the cold is confined to the nose, mouth and pharynx it is rarely fatal, but the attendant distress and the possibilities of further involvements make the attacks a real menace. Few if any persons ever escape, and the majority suffer repeated attacks. It would be rash to assert that any theory of the actual or exciting causes can be successfully defended at the present time; but many indications point to a bacterial factor as the most frequent probable agent. This is supported by the admitted readiness with which colds are often communicated from one person to another. Drafts and chilling are also implicated in the incidence of common colds, not as a specific cause, as was at one time supposed to be tenable, but because such environmental effects somehow tend to lower resistance and hence predispose the body to infection. There is still a widespread belief that climate plays a significant part in the occurrence of colds. If this were correct, one would expect them to be far less common in those regions where the atmospheric conditions are particularly satisfactory. The statistical comparison recently reported by Barrow indicates, however, that the incidence of "colds" at Stanford University in California, in a notably agreeable climate, is about the same as among comparable groups of persons at Cornell University at Ithaca, N. Y., Wellesley College, and Harvard University. In other words, the extremes of climatic conditions experienced in Massachusetts and New York State as compared with the more temperate climate of California are not major factors in the susceptibility to upper respiratory tract infections. It may be a disappointment to those given to offhand pronouncements to read that whether the students use sleeping porches, well ventilated bedrooms or poorly ventilated bedrooms for sleeping purposes does not materially affect the susceptibility grouping. Although the morbidity is slightly higher among those using poorly ventilated rooms, the difference is not great enough to warrant any definite conclusions. Only by facing the statistical facts squarely without commitment to any unproved hypothesis can it be hoped to make real progress in the mastery over the common cold. Meanwhile the methods for prevention and measures for protection may well be based on common sense hygiene rather than specious theories. —*American Medical Journal, October, 1926.*

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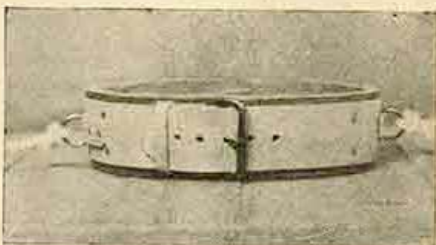
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