

Curing Indigestion

# ★ Strength

JUNE

25¢



Speed Swimming

How To Develop the Forearm

Are Your Children Strong?

W. X. CLEMENT

# What Is a Bar-Bell?

A BAR-BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50 lb. bar-bell than two 25 lb. dumb-bells. Again, with a bar-bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar-bell became

## The Greatest of All Body Builders

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below-average physique can gradually but steadily improve his build, his muscular development, and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength, and manly beauty.

## Look at These Pictures

and you will get a good idea of the kind of physical development which results from the use of bar-bells. Most of our bar-bell users succeed in getting 42-inch chests, 15-inch upper-arms, 23-inch thighs, and other measurements in proportion; and a large percentage of our pupils do even better than that. It is not an unusual thing for us to take a man of average physique, and by a few months' training give him a 45-inch chest, 16½-inch upper-arm, a 24-inch thigh; increase his bodily weight by anywhere from 20 to 50 lbs., and give him a physique which is a combination of the Hercules and Apollo types.

(The pictures will also give you a good idea of the different size combination bar-bells we manufacture, and show you the iron plates which fit inside the spheres, and which are used to graduate the weight of the apparatus.)

## By Using a Bar-Bell YOU Can Become a Physical Superman

With every bar-bell we sell, we give courses of training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as twenty pounds in weight, and six inches in chest measurement in the first six weeks they were under our training. We have taken stout, middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent. of our patrons are indoor men.) One of our greatest delights is taking husky farmers, outdoor workers, and gymnasium devotees, and show them what real strength and development is like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers that it is hardly possible your case would present any new problems for us.

## We Give Unlimited Service and an Absolute Guarantee

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar-bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions; and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for. All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find that the proportion of returns is 1/4 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

## We Make Adjustable Bar-Bells of all Varieties

Every outfit we make is a combination affair, which can be used as a bar-bell, a dumb-bell, or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Other types load both with lead shot and iron plates. Still others have no covering spheres, but consist just of an assemblage of iron plates and the different handle-bars. We make bar-bells of *Different Styles—Different Sizes—Different Prices*, but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

Send at once for our big booklet,

**"HEALTH, STRENGTH AND DEVELOPMENT AND HOW TO OBTAIN THEM"**

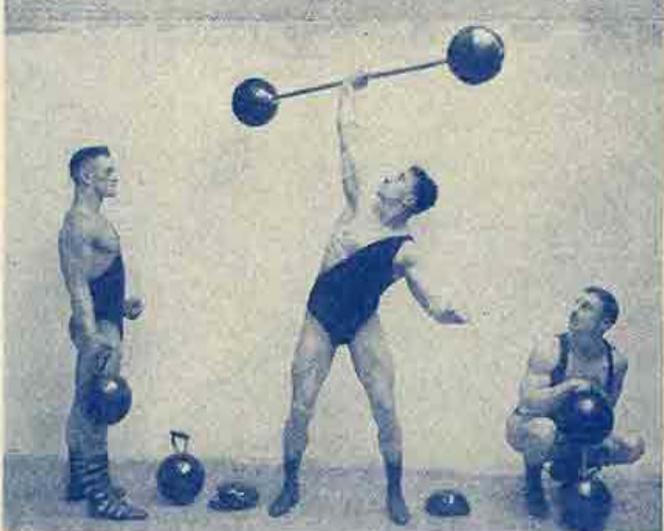
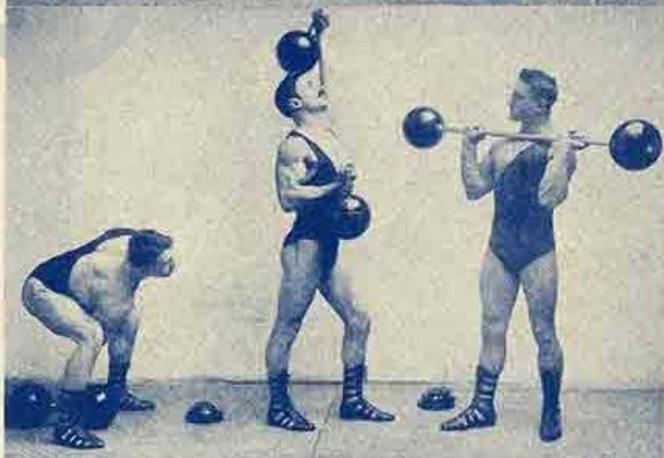
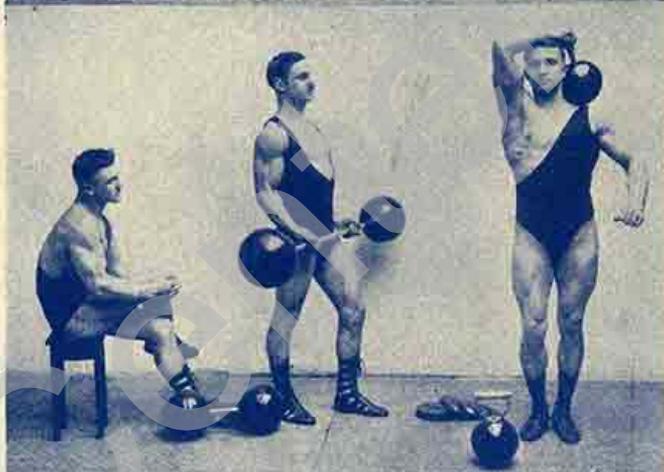
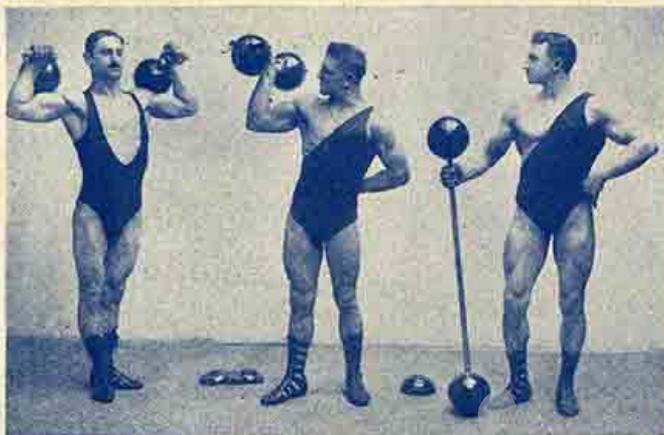
and the special pamphlet

**"HOW MUCH SHOULD I MEASURE AND HOW MUCH SHOULD I WEIGH?"**

both free on request

**THE MILO BAR-BELL CO.**

2239 N. Palethorp St., Dept. 105 Philadelphia, Pa.

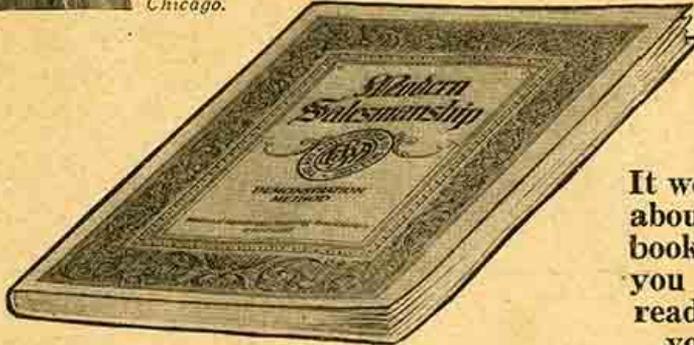




**\$1,350 a Month**

"Last month I earned \$1,350 as a salesman. Have averaged \$1,000 a month the last year. Couldn't have done it without N. S. T. A."

A. H. Ward,  
Chicago.



# What This Amazing Book Did for These 8 Men

It would be just as easy to tell the same story about thousands of men—but what this book brought these eight men is typical. If you do not get a big salary increase after reading this message you have no one but yourself to blame. This amazing book is



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

"After ten years in the railway mail service I decided to make a change. My earnings during the past thirty days were more than \$1,000."

W. Hartle,  
Chicago, Illinois.

**First Month \$1,000**

"The very first month I earned \$1,000. I was formerly a farmhand."

Charles Berry,  
Winterset, Iowa.



**\$524 in 2 Weeks**

"I have never earned more than \$60 a month. Last week I cleared \$306 and this week \$218."

Geo. W. Kearns,  
Oklahoma City.

**City Salesman**

"I want to tell you that the N. S. T. A. helped me to a good selling position with the Shaw-Walker Company."

Wm. W. Johnstone, Jr.,  
S. Minneapolis, Minn.



**\$554.37 in One Week**

"Last week my earnings amounted to \$554.37, this week will go over \$400."

F. Wynn,  
Portland, Ore.

**\$100 a Week in Only 3 Months**

H. D. Miller, of Chicago, made \$100 a month as stenographer in July. In September, 3 months later, he was making \$100 a week as a salesman."

**\$10,000 a Year**

O. H. Malfroot, of Boston, Mass., stepped into a \$10,000 position as a SALES MANAGER—so thorough is this training.

# NOW FREE

IT seems such a simple thing—but the eight men on this page who did this simple thing were shown the way to quickly jump from dead, monotonous routine work and miserable earnings to incomes running anywhere from \$5,000 to \$10,000 a year.

**They Sent for the Book, "Modern Salesmanship," That You Can Now Get—Free**

Possibly it is just as hard for you at this moment to see quick success ahead as it was for A. H. Ward, Chicago. When he was a soldier in France, he hated to go back to small pay. And \$1,000 a month seemed a million miles away. But read what happened after he had read the book we want you to send for. Almost overnight, as far as time is concerned, he was making real money. Last month he earned \$1,350.

There is nothing unusual about Mr. Ward, or about his success. Thousands after reading this book have duplicated what he did—Mr. Ward simply was willing to investigate.

The only question is—do you want to increase your earning power? If so—this book will quickly show you how to do it in an amazingly easy way.

**Success Inside Twenty Weeks**

There is no long, drawn-out wait after you have sent for this book before you begin to do as the men on this page did. Within twenty weeks you can be ready to forge ahead. This may sound remarkable—but after seventeen years of intensive investigation the National Demonstration Method has been perfected—and this means you can now step into a selling position in one-fourth the time it formerly took to prepare for this greatest of all money-making professions.

Men in every walk of life have made this change—farmers, mechanics, bookkeepers, ministers—and even physicians and lawyers have found that Salesmanship paid such

large rewards and could be learned so quickly by this new method that they preferred to ignore the years they spent in reading law and studying medicine and have become Master Salesmen.

**Simple as A B C**

There is nothing remarkable about the success that men enjoy shortly after they take up this result-securing system of Salesmanship training. For there are certain ways to approach different types of prospects, certain ways to stimulate keen interest—certain ways to overcome objections, batter down prejudice, outwit competition and make the prospect act. Learn these secrets and brilliant success awaits you in the selling field.

**Make This Free Test at Once**

You don't need experience or a college education. And if you are not sure of yourself, you can find out at once whether you can make big money as a Star Salesman. Simply send the coupon for this Free Book. Ask yourself the questions it contains. The answers you make will show you definitely whether a big success awaits you in this fascinating field. Then the road is clear before you. This amazing book will be a revelation to you. Send for it at once while this free offer is open.

**NATIONAL SALESMEN'S TRAINING ASSOCIATION**

Dept. G-21.

N. S. T. A. BUILDING

1139 N. Dearborn, CHICAGO, ILL.



National Salesmen's Training Ass'n  
Dept. G-21, N. S. T. A. Building,  
1139 N. Dearborn, Chicago, Ill.

Gentlemen: I will accept a copy of "Modern Salesmanship" with the understanding that it is sent me entirely free.

Name .....

Address .....

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

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



# Strength



JUNE, 1925

Vol. X.

No. 4

## CONTENTS

Cover, "Summer Sports" by W. N. Clement

Why Not Work Together? . . . . .	Editorial	17
Speed Swimming . . . . .	L. B. DeHandley	18
<i>Photographs</i>		
You Can Cure <i>Your</i> Indigestion . . . . .	Ira W. Drew, M.D., D.O.	22
Who Will Be Our Next Fighting Champions? . . . . .	T. Von Ziekursch	24
<i>Photographs</i>		
Weight Lifting as a Sport in Germany . . . . .	George F. Jowett	27
<i>Photographs</i>		
The Modern Miss Outdoors . . . . .	Madeline Mulvey	30
<i>Photographs</i>		
Keeping Fit or Fat at Fifty . . . . .	Charles Thomas Hicks	34
<i>Photographs</i>		
Save Your Teeth and Lengthen Your Life . . . . .	Dr. Edwin F. Bowers	38
What's Wrong with <i>Your</i> Nerves? . . . . .	May Wilmoth	40
<i>Cartoon by Lucille Patterson Marsh</i>		
More Energy from My Food . . . . .	Carl Easton Williams	43
Are Your Children Strong? . . . . .	J. Leonard Mason	45
<i>Photographs</i>		
How Hernia Can Be Prevented and Cured . . . . .	George F. Jowett	48
<i>Photographs</i>		
Ask the Doctor—Department . . . . .	H. H. Rubin, M.D.	52
American Continental Weight Lifters' Association Notes . . . . .	John Bradford, Sec'y	54
Our Girls' Circle . . . . .	Marjorie Heathcote	57
<i>Photographs</i>		
At Sixty-Eight My Feet Are as Good as New . . . . .	E. E. Harriman	59
"The Mat"—Analytical Comment on Body Building . . . . .	Department	60
Develop the Forearm by Finger Lifting		
How to Do the Two Hands Clean and Jerk		

Published Monthly by THE MILO PUBLISHING CO.  
Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.  
under the Act of March 3rd, 1879. Additional entry at New York, N. Y.

D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.  
Advertising Offices, 104 Fifth Avenue, New York City, N. Y.

R. L. HUNTER, Advertising Manager.

Chicago Office: 168 North Michigan Ave., J. A. HISEY, Manager.

London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.

Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

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

Copyright, 1925, by The Milo Publishing Co.

# Neglect of Home-Study Training Cost This Man \$47,424!

## How much are you paying to stay untrained?

The other day we received a letter which every man working for a living ought to read—whether he's making \$20 a week or \$200. Here it is:

"During the forty years that I have been working, my salary has averaged less than twenty-four dollars per week with the exception of the last two years while I have been acting as foreman of a department. I made good in this position on a small scale and saw, thru the failings of others, what would happen to me unless I found a way to train for larger responsibilities.

"I had read of correspondence courses and began searching for that which I thought would benefit me. I found it in the LaSalle Modern Foremanship course, and benefited by it, my salary being nearly doubled, and I was promoted from foreman to factory superintendent.

"This happened in a period of about ten months, and by devoting only about four or five hours per week to the studies.

"I am now enrolled as a member of the Industrial Management Efficiency course, and find the work very interesting and beneficial. It can be applied every day in the factory, and brings results.

"I regret that I put it off to so late a day in life to reap the benefits I am now enjoying, and can truthfully say to younger men that if they would only profit by the experience of others they can gain more knowledge thru one year's training by LaSalle methods than can be obtained in ten years' practical experience by hard work."

SHERMAN C. WOOD, Maryland.

We quote the above letter not because

Mr. Wood is now making a staggering salary as a result of his training, but because it illustrates so clearly the principle behind LaSalle training.

Here is a man who all his life had accepted the thought that he was compelled to work for little or nothing.

For one thousand, nine hundred and seventy-six weeks the writer of this letter paid at least \$24 a week for the doubtful privilege of staying in the ranks of untrained men.



Can anyone doubt that training would have doubled his salary just as easily when he was thirty-eight years younger—when he could attack his work with the abundant energy of a younger man?

Yet his neglect of this one main avenue of business progress cost him—leaving simple and compound interest out of the reckoning—the appalling sum of \$47,424—a fortune in itself.

### If You Could Use \$47,424, Pause Before You Turn This Page

Perhaps you are now making quite as much as Wood—perhaps more. Perhaps, on that account, you may think that Wood's experience does not apply to YOU.

But if training in Higher Accountancy—or Modern Salesmanship—or Business Management—or Law—or Business Correspondence—or any of a dozen other branches of business could change your forty-eight dollars into \$96 a week—and if you now NEGLECT to advance yourself thru the training you need—will you not find it difficult, thirty-eight years from now, to explain to those who are dear to you why you threw away—not \$47,424, but fully \$95,000?

We're not going to moralize. We're not even going to cite you any of the thousands of letters from men who have not merely doubled but tripled and quadrupled their incomes thru home-study training under the LaSalle Problem Method. We have the letters. We will show them to you, if you like. But understand, please, that they would not alter the facts—they would merely emphasize them.

Below this text there is a coupon. It will bring you not only full details of the training that appeals to you, but also a copy of that most inspiring book, "Ten Years' Promotion in One."

If you are sincere in your desire for advancement, you will not turn this page until you have clipped the coupon, filled it in, and by placing it in the nearest mail box placed yourself on the road to real success.

## LASALLE EXTENSION UNIVERSITY

The World's Largest Business Training Institution

—INQUIRY COUPON—

LASALLE EXTENSION UNIVERSITY

Dept. 6389-R

Chicago, Illinois

Please send me catalog and full information regarding the course and service I have marked with an X below.

Also a copy of "Ten Years' Promotion in One," all without obligation to me.

Business Management: Training for Official, Managerial, Sales and Departmental Executive positions.

Modern Salesmanship: Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling.

Higher Accountancy: Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.

Law: Training for Bar; LL. B. Degree.

Commercial Law: Reading, Reference and Consultation Service for Business Men.

Traffic Management—Foreign and Domestic: Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc.

Railway Station Management: Training for position of Station Accountant, Cashier and Agent, Division Agent, etc.

Banking and Finance: Training for executive positions in Banks and Financial Institutions.

Modern Foremanship and Production Methods: Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc.

Industrial Management Efficiency: Training for positions in Works Management, Production Control, Industrial Engineering, etc.

Personnel and Employment Management: Training in the position of Personnel Manager, Industrial Relations Manager, Employment Manager, and positions relating to Employee Service.

Modern Business Correspondence and Practices: Training for position as Sales or Collection Correspondent, Sales Promotion Manager, Mail Sales Manager, Secretary, etc.

Expert Bookkeeping: Training for position as Head Bookkeeper.

Business English: Training for Business Correspondents and Copy Writers.

Commercial Spanish: Training for position as Foreign Correspondent with Spanish-speaking countries.

Effective Speaking: Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc.

C. P. A. Coaching for Advanced Accountants.



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

Address.....

# Secrets of Strength

## A Big Powerful Book by A Big Powerful Man

IT is not the usual practice for a professional strong man to acquaint the public with the secrets known only to his profession. Earle Liederman, however, has done that very thing. And he has done it in an open and fearless manner. There is power in truth and you sure do get all this power in this powerful book. "Secrets of Strength" is Earle Liederman's latest masterpiece. It is the latest of his works, yet it should be read first of all. It will grip you, thrill you with its interesting revelations.

### SECRETS REVEALED

Why are some men stronger than others, even though both may be of equal development?

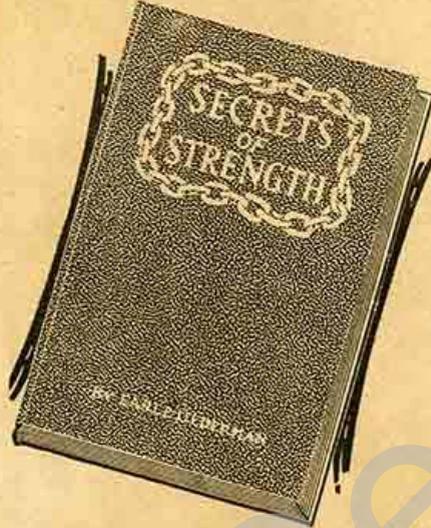
What is the real secret of strength?

Is it nervous energy? Is it heredity?

Is it bone formation? Is it co-ordination?

Is it diet? Is it practice?

Is it balance?



This book answers all these questions and hundreds of others too numerous to mention. Not only is this book profusely illustrated with famous strong men both of the present and past generation, but its pages contain never-before-told facts that will be of untold benefit to the reader who seeks to double or triple his strength.

Are you weak? This book will enable you to grow strong.

Are you strong? This book will teach you inner secrets of perfecting that strength.

If you have Earle Liederman's other books, do not fail to get this one. If you are starting "A Real Man's Library" let this be your first selection. Every red blooded man will enjoy it, be fascinated by it, treasure it.

224 pages bound in Leatheroid and gold—a De Luxe Edition. **\$3<sup>00</sup>**  
Price, postpaid.....

## Other Books by Earle E. Liederman

### MUSCLE BUILDING

An intensely interesting, thrilling, fascinating talk by Earle Liederman that has held thousands spell-bound till they turned the last page. A Real Strong Man's answers to questions that only a thorough student of muscular anatomy could answer, told in a way that only Earle Liederman can tell you. Every bit of muscle building information contained within its covers is fundamentally sound and based on personal contact and investigation by Earle Liederman himself. Contains the greatest collection of photographs ever assembled in book form. 224 pages of straight from the shoulder muscle building advice. A volume De Luxe in green leatheroid cover, embossed in gold. **\$3<sup>00</sup>**  
Price, postpaid.....

### HERE'S HEALTH

A personally conducted tour through the house we live in—the body. Not a dry old school book on Physiology, but a peppy, gripping story that will amuse you and thoroughly educate you at the same time. It has a kick and a laugh in every chapter, but when you're through you'll know more about yourself than you would ever learn from a dozen Doctor books. **\$1<sup>75</sup>**

A liberal education taught in simple and amusing way. Price, postpaid.....

### Science of Wrestling and the Art of Jiu Jitsu

Suppose this very night some thug should attack you? Suppose a man many pounds heavier than you and well armed should attempt to hold you up, what would you not give to know how to immediately place him at your mercy? You will find just such information as this in "The Science of Wrestling."

Here we have Jiu Jitsu made as simple as a game of dominoes. The most dangerous art of self defense ever practiced is thoroughly explained in detail. The course in wrestling is an exposure of secrets and tricks never before presented to the public. It's simple when you know how and here's where you learn how to do these very tricks yourself.

Don't confuse this with an ordinary wrestling course. Alongside of this all predecessors appear like the work of an amateur.

This book contains nearly 200 full page photos, 6 x 9 inches each. It is handsomely bound in leatheroid cover, embossed in blue and gold. It was listed at **\$3<sup>00</sup>** \$5.00, but Earle Liederman has decided to sell it, postpaid, for.....



## Earle E. Liederman

Dept. A, 305 Broadway, New York City

### Special Combination Offer for a Very Limited Time

ALL the above four books will be sold to you as a combination offer. It is a real he-man's library: De luxe editions. Bound in Leatheroid and gold and worthy of a place in anyone's home.

They can be purchased only from Earle Liederman and are not for sale in bookstores.

To enable you to obtain all the Earle Liederman works, this special combination offer is made and all the above four books may be had for the special price of only \$8.00, postpaid. If these books were bought individually, you would need to pay \$10.75 for them.

Remit by check, postal money order or express **\$8<sup>00</sup>** order. If by cash, be sure to register letter.

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

Dear Sir,

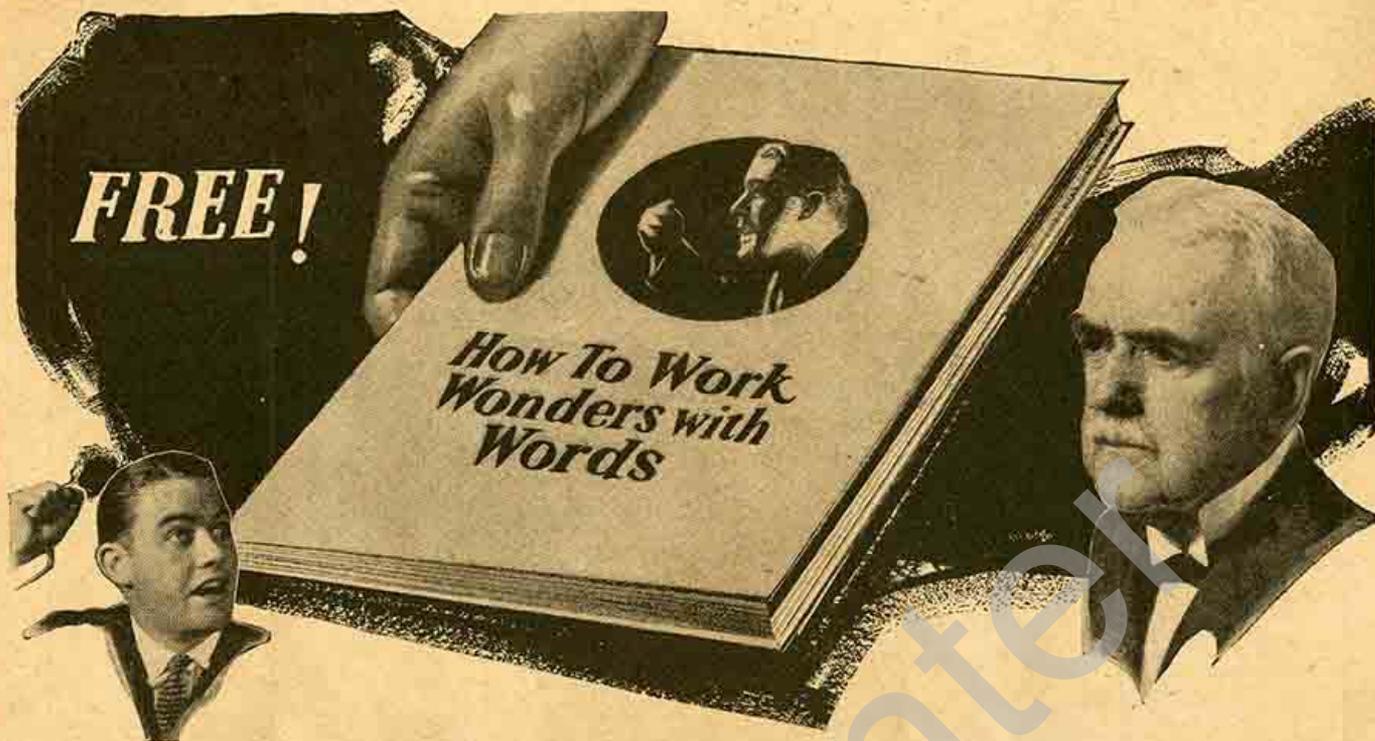
Please send me one copy of your book entitled.....  
I enclose herewith \$..... It is agreed that this book will come fully postpaid.  
(If you wish to take advantage of combination offer, strike out above paragraph)

I desire to take advantage of your combination offer. Please send me your complete library at your special price of \$8.00. I enclose money to pay for same which is to be delivered fully postpaid.

Name.....

Route or Street No.....

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



## Not Only Men Who Have Made Millions Send for this Astonishing Book ~but Thousands of Others!

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter C. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity, standing, power and real success. You can now obtain your copy absolutely free by writing at once.

**T**ODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation. Another from a small, unimportant territory to the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-applauded after-dinner speaker.

### 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 better 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.

### Either You Become a Powerful Speaker —or Your Training Is Free

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you

silent when men of lesser ability get what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, standing, power and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

### Easy for Any One Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to rise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only fifteen minutes

a day in the privacy of your own home and you can accomplish all this in a few short weeks.

### Make This FREE Test

If you will fill in and mail the coupon at once you will receive, besides, this remarkable new book, "How to Work Wonders with Words," an amazing five-minute test by which you can determine for yourself 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 fifteen minutes a day to stand between you and success. You, like thousands of others, can quickly and easily learn how to bring out and develop your "hidden knack," and gain for yourself high position, standing, money and power. Just send your name and address now—thousands have found this to be the biggest forward step of their lives. If it has played such an important part in the lives of many big men, may it not in yours?

**NORTH AMERICAN INSTITUTE**  
Dept. 1976, 3601 Michigan Ave., Chicago, Ill.

**NORTH AMERICAN INSTITUTE, Inc.**  
Dept. 1976, 3601 Michigan Ave., Chicago, Ill.

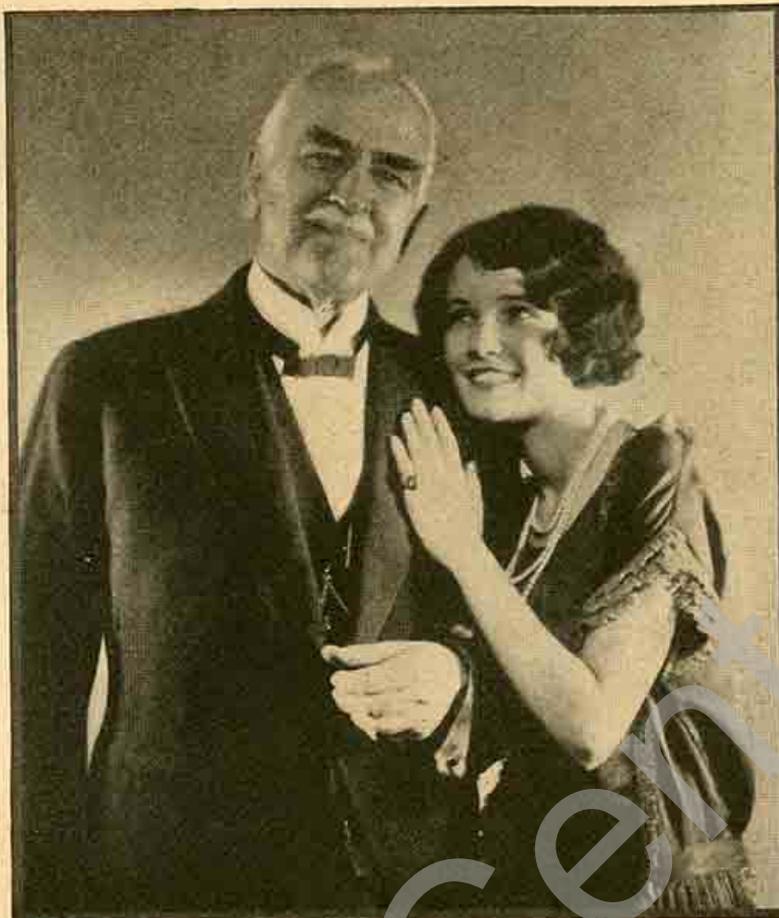
Please send me FREE and without obligation my copy of your famous book, "How to Work Wonders with Words." Also your FREE five-minute test by which I may make a self-examination.

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

\*  
\* \*  
A man who is  
almost youthful  
at 58 because  
he keeps his  
Spine a half-inch  
longer than  
it would  
Ordinarily  
Measure!

\* \*  
\*

Photo by  
Pondelick



\*  
\* \*  
Achievement  
of what has been  
the Aim of  
virtually all  
workers in the  
field of  
Osteopathy,  
Chiropractic,  
Naprapathy and  
similar physical  
adjustment

Copyright, 1924  
Hobart Bradstreet

"The Colonel may look his age, but by all that's remarkable he doesn't act it—nor feel it, if his enthusiasm is any indication"

## Bride and Groom!

DECEMBER and May! Once I would have condemned any mating of age with youth. Yet a month ago I was best man for my old friend Col. Bemis—and "old" friend he is, for the colonel is in his fifty-eighth year—and his petite bride who then lacked a few days of being twenty!

There isn't a happier couple in the state; their happiness is apparent to all observers. But I wonder what others would think if they had seen Col. Bemis as I saw him less than a year ago—before he had taken the big brace that two physicians said a man of his age could never take!

Bemis had let-up and slowed-down; he had become a mere spectator in life's race—when something happened.

The remarkable means by which this man regained an almost youthful energy should interest any man who has lost even part of his normal capacity for work and play. This is the story:

Did you ever hear of SPINE MOTION? Neither did I until two years ago. Neither did Col. Bemis until less than a year ago. But within a month SPINE MOTION moved him up several notches, physically, and his energies have been on the rise ever since. This simple but unusual principle of revitalization has to do, as the name implies, with the spine. It seems that settling of the spine accounts for many of the nervous disorders that age the body; and the slightest elongation of a "settled" spine is often all that's needed to restore abounding energies and endurance. When Hobart Bradstreet discovered SPINE MOTION he gave us men past the forty mark a ten or twenty year renewal on our lease of active life! Here's how it works:

Let's assume you start SPINE MOTION today;

you take one motion only, it takes but five minutes. Your spine is s-t-r-e-t-c-h-e-d like an accordion. It may elongate but a quarter or half inch, but you feel the difference in an hour—you sense a subtle change for the rest of the day. For SPINE MOTION spreads the tiny bones that make up the spinal column which have been *pressing on every tiny nerve of the body*. The whole nervous system is connected with the spine. In youth, the cartilage between the spinal vertebrae is a springy, cushiony protection for the nerves. As we age, these pads or "insulators" wear down—the sensitive nerves come in contact with the bones—you know the result! Loss of nervous energy—sluggish vital organs; indigestion; constipation; headaches.

With the flexing and "shaking out" of the spine the impinged nerves are freed—the nervous forces are no longer "short-circuited" but flow freely to every extremity—you feel new power and "pep."

SPINE MOTION is absolutely all that Col. Bemis used to recover the energies Nature had provided so liberally. He made it a fixed daily habit for a time. After several weeks he found the cartilage stimulated to new growth and resiliency, and dropped to twice or thrice weekly with the motions. Nature has now reasserted herself so that he tells me it is only occasionally he employs the unique stretching process. The spine does not so readily "settle down" once the five movements in SPINE MOTION have been introduced. They are most unique motions; hard to describe but easy to do; they give the system an indescribable thrill even at the time. I haven't had a backache since I learned them; nor had a day without a healthful evacuation. As for the colonel, he is doing more work than

ever, is up till all hours, eats what he likes, smokes incessantly—and he doesn't seem to have any nerves.

Bradstreet no longer offers his personal services in conditioning men, but you can have SPINE MOTION in the same form it was given Col. Bemis. The motions have been made clear in five photographs that Bradstreet posed himself. He gives you simple, unmistakable instructions with them. There is no "apparatus." You just do those movements in a few minutes, and in a few days you experience the most marvelous "pick-up"—you look better—feel better—and function better in every way. Oh, that everyone knew of this rejuvenator—young men prematurely old—men whose years have dulled normal interests and desires—all men physically below par!

Those wanting a speedy and surprising demonstration of SPINE MOTION may have the complete method for a week's trial that is free in every sense. Send nothing but your name and address. Then, if it proves plainly that it will *work wonders* for you—pay Hobart Bradstreet the tremendous sum of three dollars for everything! For those willing to be *shown* there is a coupon below.

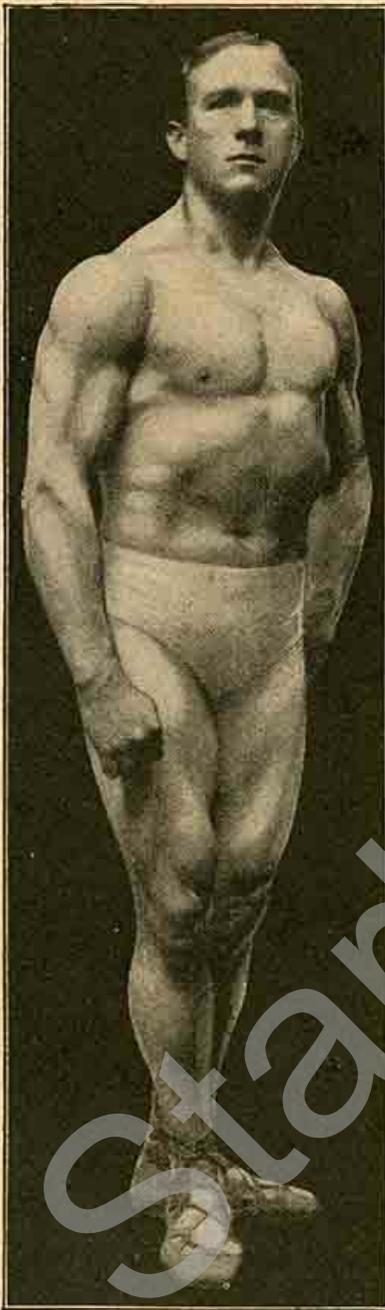
HOBART BRADSTREET, Suite 6055  
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE MOTION without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find SPINE MOTION highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name.....

Address.....

# As A Physical Weakling You Are Doomed!



**LIONEL STRONGFORT**

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

mark the ailments on the free consultation coupon (write other weaknesses on extra line) on which you want special confidential information and send with 10c (one dime) to help pay postage, etc. I'll send you a copy at once and with it information and advice that will mean renewed life—renewed hope—and lastly, health, happiness and success for you. You have everything to gain and nothing to lose. Send for my free book **Right Now. TODAY.**

## LIONEL STRONGFORT

*Physical and Health Specialist*

Department 1798 Founded 1895 Newark, New Jersey

**SPECIAL NOTICE**—Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of his pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.

Neglected health and flagrant violations of Nature's Laws are the curse of this generation. We are becoming a Nation of physical misfits—stunted, flat chested, underdeveloped—suffering from a host of chronic ailments and weaknesses. It is high time that the people realize this dangerous state of affairs before it is too late. Otherwise we shall surely repeat the physical, mental and moral decline of ancient Greece and Rome which rapidly fell from the pinnacle of supreme civilization thru physical neglect and abuse of the inflexible Laws of Nature—**Lionel Strongfort.**

## Weaklings Are Despised

How can you expect to be popular, admired or respected, or efficient and wholesome physically, when your blood is loaded with the results of Constipation, Indigestion, Biliousness? How can you be mentally efficient when your Brain is soaked with the poisons from your contaminated blood, and your Nervous System wrecked with the aftermath of Youthful Errors, Bad Habits and Excesses? (See consultation coupon.) Nobody wants you while you are a physical weakling and look as badly as you feel. You are drained out physically and mentally—your feet are on the downward path—you will end up on the scrap heap if you don't **ACT NOW** before it is too late.

## Be a Real Red-Blooded Man

You can be strong, healthy, vigorous, successful—you can free yourself from the ailments and weaknesses that are holding you down—you can build yourself up, clear your befuddled brain, develop your muscles, purify and enrich your blood, correct every organ and function and fit yourself for the responsibilities of creation and civilization, if you will look the facts squarely in the face and get busy **NOW.** You were not placed on this earth without a purpose. It was never intended that you should lead an aimless, useless life, and end up a physical and mental failure. You can be the man you should be—the red-blooded man you have always longed to be. There isn't the least doubt about it. **Come to me in full faith as you would to a brother and let me make a man of you with**

# STRONGFORTISM

*The New Science of Health Promotion*

**Strongfortism**—Nature's First Assistant—is the result of a life time's study, research and experience in physical and health correction. First, I applied my discoveries to my own person and won the World's Award as the most successful athlete and perfect specimen of physical and health attainment. These are the same wonderfully effective principles that I want to apply in your case.

## My Scientific Methods Insure Success

Do not confuse the Science of Strongfortism with gymnastic ordinary physical culture courses. I am not merely a developer of bulging muscles—I am far more than that, for I have devised a real science thru which weak, ailing men are restored to the Glory of Powerful Manhood—to the Summit of Health, Happiness and Success, without the use of dope and drugs, lifting and stretching machines, unnatural deep-breathing, starvation diets, nerve-racking routines or other foolish fads and fancies.

From start to finish **Strongfortism** is practical, sensible and scientific and planned to suit the pupil's individual needs. **Your success with Strongfortism is absolutely guaranteed.**

## Send for My Free Book

### It's a Revelation

The fundamental elements of Health, Happiness and Success in every phase of your existence are frankly and plainly set forth in my famous book "**Promotion and Conservation of Health, Strength and Mental Energy.**" It's the most instructive and helpful book you ever read. It will teach you the truth about Nature's corrective forces and show you how you can make yourself over into a vigorous specimen of vital, red-blooded, virile manhood, and fit yourself for the responsibilities of Marriage and Parenthood. It's yours for the asking and absolutely without obligation. Just

## FREE CONSULTATION COUPON

### ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 1798, Newark, N. J.—Please send me your book "**PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY.**" for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, without obligation.

- |                 |                     |                        |
|-----------------|---------------------|------------------------|
| ..Colds         | ..Short Wind        | ..Bad Breath           |
| ..Catarrh       | ..Flat Feet         | ..Falling Hair         |
| ..Hay Fever     | ..Constipation      | ..Deformity (Describe) |
| ..Asthma        | ..Biliousness       | ..Stomach Disorders    |
| ..Obesity       | ..Torpid Liver      | ..Successful Marriage  |
| ..Headache      | ..Indigestion       | ..Impotency            |
| ..Thinness      | ..Nervousness       | ..Vital Depletion      |
| ..Rupture       | ..Poor Memory       | ..Pimples              |
| ..Lumbago       | ..Rheumatism        | ..Blackheads           |
| ..Neuritis      | ..Gastritis         | ..Round Shoulders      |
| ..Neuralgia     | ..Heart Weakness    | ..Lung Troubles        |
| ..Fear          | ..Poor Circulation  | ..Female Disorders     |
| ..Prolapsus     | ..Increased Height  | ..Weak Back            |
| ..Flat Chest    | ..Easy Childbirth   | ..Drug Addiction       |
| ..Insomnia      | ..Despondency       | ..Healthy Children     |
| ..Bad Blood     | ..Neurasthenia      | ..Manhood Restored     |
| ..Weak Eyes     | ..Prostate Troubles | ..Weaknesses (Specify) |
| ..Bad Habits    | ..Skin Disorders    | ..Muscular Development |
| ..or Lost Power | ..Anemia            | ..Great Strength       |

Mention other ailments here.....

Name.....

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

Street.....

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

# ALL STRONG MEN WEAR WRIST STRAPS HERE IS HOW YOU CAN GET YOUR PAIR — FREE —

*Why Do All Strong Men Wear Wide Wrist Straps Like These  
We Are Giving to You Free?*

**First**, because they protect the wrist joints, which are made up of many small bones, when lifting heavy weights.

**Second**, because the wide straps shorten the appearance of the forearm and make it look very compact, powerful and well-developed.

**Third**, because these straps add greatly to your general appearance when performing before an audience. The wrist straps improve a strong man's appearance just as much as do leotards, tights and sandals.

## A SUBSCRIPTION TO STRENGTH MAGAZINE IS ONE OF THE BEST INVESTMENTS YOU CAN MAKE

Besides the beautiful wrist straps we are offering you, you can get health and strength from following the teachings of the authorities who write for this magazine every month. You will learn how to cure many ailments; how to eat properly; how to exercise and bathe properly, all of which are worth hundreds of dollars to you in the form of health. Also, Mr. Jowett tells you what is going on in the weight lifting world.

Furthermore, there are many articles which form highly instructive and interesting reading on sports and other topics. And last, but by far not the least, this magazine is beautifully and lavishly illustrated with pictures of beautiful and shapely women and men.

## YOU, TOO, WILL FIND THESE STRAPS GREAT FOR THE ABOVE PURPOSES AND ALSO FOR IMPROVING PICTURES OF YOUR DEVELOPMENT

As you are a reader of this magazine, STRENGTH, you must either buy it from the newsstand dealer, subscribe for it, or borrow it from some friend.

If you buy STRENGTH each month from the stands, you are wasting money. Accept this offer of a year's subscription at \$2.50 and save 50c, and get a pair of strongman wrist straps FREE.

If you are already a subscriber, you can subscribe again on this offer and have your new subscription begin when your present one expires. You also get the pair of wrist straps by extending your subscription in this way.

If you borrow your copy from a friend or pick up this magazine only when you come across it, we can assure you that you will enjoy it more by having a copy come to your own home each month, and that you will be extremely glad to receive our free pair of wrist straps.

**NOW REASON ALL THIS OUT FOR  
YOURSELF SO YOU WILL SEE ALL  
THE BENEFITS YOU CAN DERIVE  
FROM ONE \$2.50 SUBSCRIPTION TO  
STRENGTH. THEN FILL IN THE  
COUPON BELOW AND MAIL IT  
IMMEDIATELY WITH YOUR \$2.50.**

**THE MILO PUBLISHING CO.  
2739 N. PALETHORP STREET  
PHILADELPHIA, PA.**

**CLIP AND MAIL THIS COUPON TODAY**

S-6-25

STRENGTH  
MAGAZINE  
2739 N.  
Palethorp St.  
Philadelphia, Pa.

Check } \$2.50  
Enclosed find }  
M. O. }

Enter my subscription to STRENGTH for one year beginning with the July issue, and send me postpaid and absolutely free as per your special offer a Pair of real strongman wrist straps.

Name.....

Address.....

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

# The beautiful story of woman's sex-life as a physician would tell it to his daughter



What is more wonderful than the growth of a charming girl to the perfect flower of womanhood? Can there ever be anything more romantic than the dawn of the first enduring love of man for woman? And what, to a woman, can be more marvelous than the birth of her first child? Yet the wonder of womanhood, the romance of love, the marvel of the first-born may often stand at the brink of disaster. Read here the advice of a famous physician who tells out of his experience how every woman can avoid the unknown dangers that threaten the beauty and splendor of her sex-life.

**L**OVE is a beautiful thing. It is the most wonderful of human sentiments. It is a woman's whole life. From the day she realizes, perhaps for the first time, that she is a woman love enters into her being never to depart.

It germinates first as an irresistible attraction for some one man. It buds into marriage. It ripens into the glorious flower of motherhood. Woman's whole career is centered around love. Everything she does, everything she is, everything she hopes for rests upon and is governed by this most beautiful and lasting of human passions.

Yet within this beauty lie dangers that ever threaten to rend and destroy the perfect happiness that true love brings. They wait; sometimes unknown but always present. An unguarded moment, a careless word, a brief angry scene and these monsters may rip apart the love-life of some unfortunate woman. These are the dangers that blight the lives of young girls, that turn the heaven of marriage into a hell, that fill the divorce courts with unhappy men and women whom love once joined—it seemed in the beginning—forever.

Of course, every girl, every woman expects and *knows* that her romance, her love-life can never be wrecked. She feels sure that her future is safe in the hands and the heart of the man she has chosen for her mate. Whatever may happen to other women, in the blinding happiness of her love, each woman *knows* that her happiness must continue forever unbroken.

But the modern girl will face the truth bravely. She will recognize the facts. She will appreciate that no love can be so strong but that it must be watched tenderly and carefully lest a slight rift should widen into an impassable chasm. The modern girl will not go blindly into the holy relation of marriage. She will learn what it means and what it is. She will know that the truest love is founded upon a clear-sighted knowledge of sexual relations—and she will take hold of this knowledge and make it her safeguard against the dangers that threaten her love-life.

However, only the sagest advice and the wisest counsel can initiate innocent women into sex. Prudery has made it such a mystery that very often mothers are afraid to tell their daughters about it. They dare not tell about the most sacred relation that a man can have with a woman.

It is for these mothers who do not know

how to reveal the truth to their daughters; it is for these daughters themselves who want to learn the truth unsullied, that Dr. William J. Robinson has written his priceless book, "Woman: Her Sex and Love Life."

No one other than Dr. Robinson could possibly have written this great book. For over thirty years he has been a practicing physician. He is recognized as one of America's foremost authorities on sex and sex-problems. From first-hand experience he knows what the troubles are that cause so much grief and sorrow to women. He knows what the little unnoticed incidents are that grow and grow until they destroy what often seem to be the happiest homes. And he knows too, how easily all these troubles can be avoided; how every woman can keep her love-life as clear as an unclouded sky.

Dr. Robinson has written his inspiring book as if it were meant for his own daughter. He tells the truth—all of it. He hides nothing behind technical terms or scientific language. In plain, ordinary commonsense language—exactly as though he were talking to his daughter face to face—he explains the meaning of the changes in woman's physical structure and of her mental desires. And he tells of the troubles which must be guarded against and which must be pushed away from the young girl who has just begun to experience sex-consciousness.

Then Dr. Robinson slowly unfolds the next beautiful chapter of woman's love-life. He explains the marvelous organs that Nature has provided for the continuation of the race. In simple language; free from prudery, free from grossness; beautiful in its outrightness he explains how a child is born. He explains what the expectant mother must do before the baby comes into the world—and what must be done afterwards. At the same time Dr. Robinson takes time to explode some of the foolish notions that have long frightened women. He brushes away some of the nonsense that has hitherto made motherhood a terror to some women who believed in them. He treats this sacred subject so carefully that every woman who longs for the blessing of

children, will thank him for the great light he has brought to shine upon it.

It matters not if you are *man or woman—unmarried, about to be married, or already married*—here is one book which you *must* have. It contains information which you *must* know, if you want to escape the dangers which a lack of truthful knowledge about sex will bring upon you.

So widespread has been the demand for this important book that it has already run into ten editions. However, the demand for it is so great, so insistent, that still another edition has been made. Thousands upon thousands of copies of this wonderful book have been sold. The latest revised and enlarged edition of this remarkable work is now off the press. The price is only \$3.00—some single chapters alone will be worth, to you, many times this cost for the entire volume. Take advantage of this extraordinary opportunity and write for it today! You need not send a single penny now. Just mail the coupon and you will be sent, in a plain wrapper, Dr. Robinson's wonderful book, "Woman: Her Sex and Love Life."

When it arrives pay the postman only \$3.00 plus postage. Examine the book carefully, see how its 411 pages are crowded with the information you must have. Then, if you do not value it for 10 times the cost, return the book and your money will be refunded. But mail the coupon at once. Tear it off before you turn this page.

**Eugenics Publishing Company**  
Dept. R-96, 1658 Broadway, New York City

## Partial List of Contents

Reasons why a Mistake in a Girl is More Serious than in a Boy.  
The Wife's Attitude Toward the Marital Relation.  
The Sex Instinct.  
How to Keep a Husband's Love.  
Who May and Who May Not Marry.  
Advice to Girls Approaching Womanhood.  
Advice to Parents of Unfortunate Girls.  
What is Love?  
Harmful Advice to Young Women.  
Birth Control.  
What a Girl Has a Right to Demand of Her Future Husband.  
Advice to the Married or Those About to Be.  
Importance of First Few Weeks of Married Life.  
Infatuation Mistaken for Love.  
The Place Love Occupies in Woman's Life.  
Jealousy and How to Combat It.

Eugenics Publishing Company  
Dept. R-96, 1658 Broadway, New York City

Please send me, in plain wrapper, Dr. Wm. J. Robinson's wonderful book, "Woman: Her Sex and Love Life," bound in maroon color cloth, printed in clear, readable type on white wove book paper. I am enclosing no money, but will give the postman who delivers the book to me \$3.00, plus postage.

If you are apt to be out when the postman calls, send \$3.25 with order. (Orders outside U. S. must be accompanied by money order for \$3.50.)

Name.....

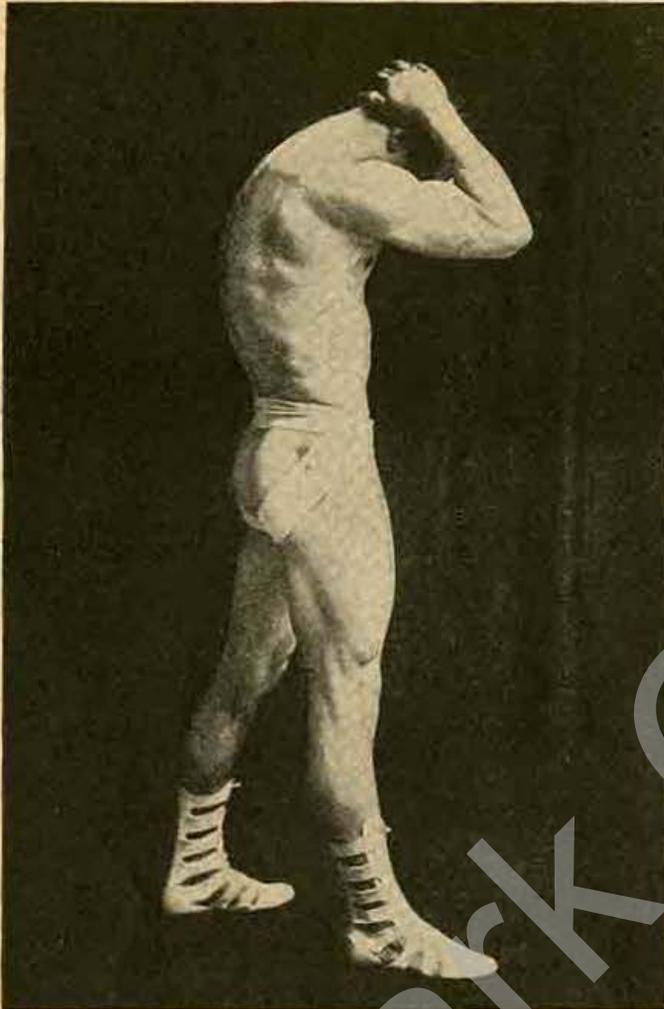
Address.....

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

As an extra special combination offer, you can secure a copy of Dr. Robinson's celebrated book, "Birth Control," at almost ONE-HALF the regular price. Thousands have paid \$2.00 for this valuable book, but when ordered in combination with "Woman: Her Sex and Love Life," we will send it for only \$1.25. This offer may not appear again. If wanted place X in square.

# Here Are A Few of the Reasons Why

THE MacMAHON METHOD IS SO SUCCESSFUL AS A RAPID HEALTH, STRENGTH AND DEVELOPMENT PRODUCER



CHARLES MacMAHON

in a pose that has brought comment from everyone

1st. My course consists of nine lessons of scientifically graded exercises. Each lesson is more advanced and contains different exercises than the preceding lesson. This means that when you graduate to a new and more advanced lesson, you drop entirely those exercises in the lesson you just finished. This keeps up your interest, because it prevents monotonous repetitions of the same exercises throughout the course.

2nd. With the ninth lesson you get an advanced program which can be made so strenuous that it will suit the very strongest.

3rd. My apparatus is exceedingly efficient and convenient to apply. It enables you to get the best out of the course by making the exercises just right for you in the way of resistance. This great apparatus of mine is entirely new. There is nothing like it on the market. Besides, there is no extra cost to it as it is sent you prepaid. You'll enjoy using it and will reap enormous benefits from it.

4th. My personal attention is positively given to all my pupils. This attention gives you the advantage of my expert knowledge of physical training and minor ailments and deformities of the body. This expert attention makes it possible for you to get just the right training necessary to eliminate your ailments, correct your deformities, and develop and strengthen your body.

5th. Pupils who come to me weak, tired out and miserable in health find new joy in life from the very first lesson, because this lesson is especially laid out for the purpose of toning up your internal organs.

6th. My Methods have reduced many hundreds of stout men and women. I have reduced their waist-lines far beyond their hopes and made them supple and agile.

7th. The great numbers of my thin pupils are putting on weight at the rate of from 5 to 12 lbs. in 20 days, or by the first two lessons only.

8th. You will find that from my system your endurance, agility and speed will be so improved that your efficiency in all games will be doubled.

9th. Besides greatly improving the weak, the sickly and miserable will find immediate relief from the practise of my methods. I have had great success in curing stomach ailments, headaches, catarrh, colds, poor circulation, and many other ailments. I have also corrected many cases of such deformities as pigeon breast, bow legs, knock knees, fallen arches, wry neck, protruding shoulder blades, uneven shoulders, and spinal curvatures.

10th. And the greatest proof that my Methods are successfully producing real men of muscle, endurance and health is in the steadily increasing number of pupils I am enrolling and improving. This expansion can be noticed in my ever-increasing advertising space. My advertisements are now appearing in twenty-five magazines, which all goes to prove that I am producing real men and they are passing the good word on to their friends.

**First Get My Free Book Shown On the Opposite Page By Mailing Me the Coupon. Don't Send a Cent. It Will Be Mailed To You Absolutely Free**

The title of this book is, "The Royal Road to Health and Strength." There are 64 pages of delightful reading matter and many illustrations showing the great results my methods obtain for those who enroll for my system. These men and boys have developed from weaklings or ordinary physiques to powerful, evenly-muscled men with inexhaustible endurance and unlimited pep. Read about these fellows and see their superb physiques by sending for this FREE BOOK NOW.

**I'LL BE LOOKING FOR YOUR COUPON. SO DON'T FAIL TO SEND IT IN**

**CHARLES MacMAHON**

Studio A-5

180 W. SOMERSET ST., PHILADELPHIA, PA.

CHARLES  
MacMAHON  
Studio A-5  
180 W.  
Somerset Street,  
Philadelphia, Pa.

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

Name.....

Address.....

City and State.....

TEAR OFF-FILL IN-MAIL NOW

# The Most Important Thing in the World

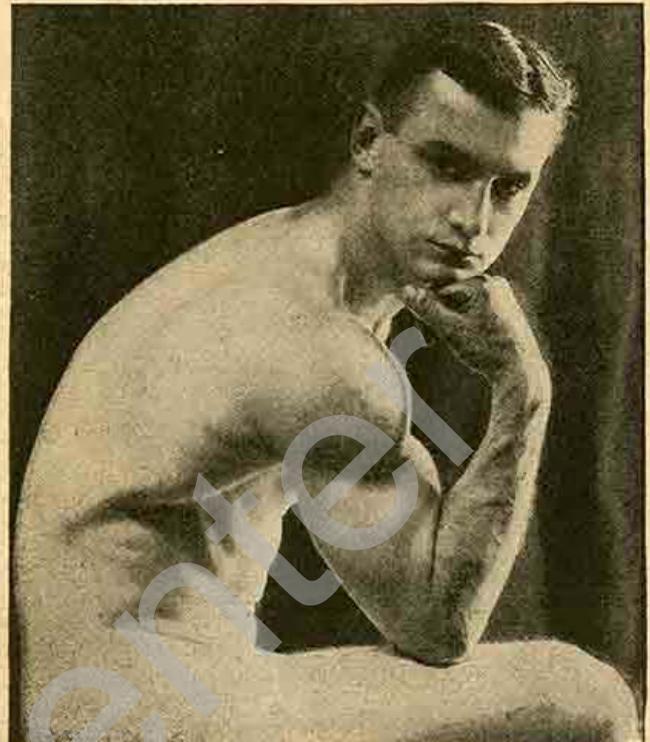
**IS THE WAY YOU FEEL.** Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you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

## The Next Most Important Thing

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

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

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

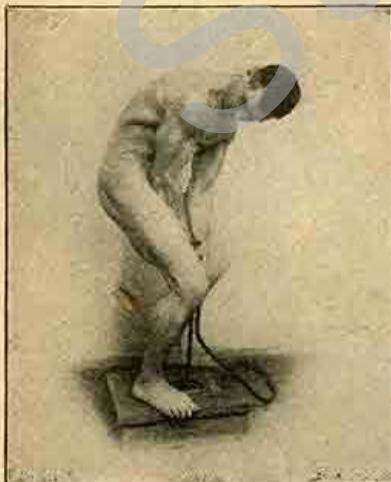
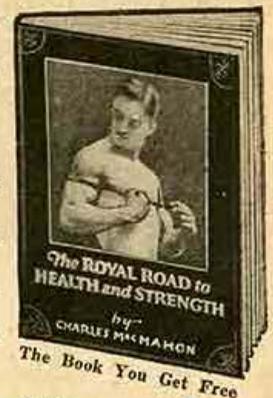


CHARLES MacMAHON

## I Have an Entirely New Training Method

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

- 1st. Weak beginners, who can't even chin themselves with both arms, soon find that they can easily chin the bar with one arm.
- 2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palm of their hands on the ground, without bending their knees (and incidentally reducing their waist girth from eight to ten inches).
- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.
- 4th. That undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
- 5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



CHARLES MacMAHON  
In Muscular Pose

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

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

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

**Charles MacMahon**

Studio A-5

180 W. Somerset St., Philadelphia, Pa.

**TEAR OFF-FILL IN-MAIL NOW**

Name.....

Address.....

City and State.....

CHARLES  
MacMAHON  
Studio A-5  
180 W.

Somerset Street,  
Philadelphia, Pa.

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

# 800,000 People Will Die This Year of Preventable Disease

**B**ARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

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

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



**BERNARR MACFADDEN**

*World famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.*

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

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

### How To—

possess exhilarating health every day in the year  
know your own body  
eat for health  
diet for the cure of disease  
know the art of food preparation  
build a powerful physique  
correct physical imperfections  
become a physical director  
avoid unhappy marriages  
avoid disease  
fast as a curative measure  
cure by hydrotherapy (heat by the use of water)  
apply all methods of drugless healing  
give first aid in emergencies  
apply home treatment for disease  
recognize diseases by manifestations  
build nervous energy  
treat the common forms of disease  
understand the process of reproduction  
benefit by the laws of sex and marriage  
treat diseases of women  
diagnose diseases  
have healthy and vigorous children  
treat female disorders  
treat male disorders  
obtain virility and manhood  
care for the complexion  
manicure; care for the hair and feet  
cultivate the mind  
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is 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.

## Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

## At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

## Neither Dull nor Technical

Macfadden's Encyclopedia of Physical Culture is neither dull nor technical. You can easily understand every page and every word. It is comprehensive and complete in every sense. It is the crowning effort of Mr. Macfadden's lifetime of experience and its worth cannot be overestimated. You haven't any idea how valuable it can be to you or how many dollars it will help you save each year. It may even be the means of saving your life. Be sure and read the complete contents of this wonderful set of books on the following page.

**READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE**

# An Amazing 10 Days' Free Offer!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

One man writes (name furnished upon request): "This will acknowledge receipt of the five volumes of Bernarr Macfadden's Encyclopedia of Physical Culture which I ordered from you. I cannot express the wonderful value of these great books and feel they will lead me to a successful married life; as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

## Calls the Encyclopedia His Best Doctor

Thousands of letters like this literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

## Send No Money—Not One Cent

You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35, for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

## Free Examination of All Five Volumes

The general contents of each of the five volumes are:

Vol. I—Anatomy, physiology, diet, food preparation.

Vol. II—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.

Vol. III—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.

Vol. IV—Diagnosis and detailed treatment for individual diseases alphabetically listed.

Vol. V—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

We will send you the entire set for ten days' free examination. All you need to do is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the books to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volumes.

This offer, however, is restricted to persons residing in the United States and Canada.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

## A Complete Education in PHYSICAL CULTURE

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in Its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete course in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics, giving full details and scores of pages of illustrations of physiotherapeutic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatments for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, Their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Child-birth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

## MACFADDEN PUBLICATIONS INC.

Dept. S-6

Macfadden Bldg.  
1926 Broadway  
New York City

London Agents:  
Atlas Publishing Co.  
18 Bride Lane  
London, E. C.

## Macfadden Publications Inc.

Dept. S-6

Macfadden Bldg.,  
1926 Broadway  
New York City.

Send me for inspection the five volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

5 Beautiful Volumes Bound in Art Fabricoid

Send No Money—Just this Coupon—

Name .....

Occupation .....

Residence .....

Employed at .....

Business Address .....



# The World's Weight-Lifting Rules and Records

BY GEORGE F. JOWETT

President of the A. C. W. L. A. and the World's Foremost Authority on the Sport of Lifting Weights

## Not a Single Stunt Left Out. What a Feast

This book contains the most authentic and complete compilation of records on weight lifting ever published in the English language. It includes every creditable record of the best strong men in every bodyweight class of every nation, both amateur and professional. Giving a complete report of all lifts, with the names of the winners in the Olympic Games, that have been contested for the world's amateur championships. It includes the most perfect list of actual world's records on every known

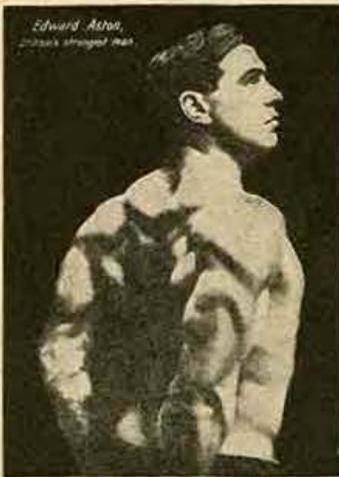
lift, besides giving you all the information on the ruling of each and every lift, and how they should be performed. Complete with tabulated lists of the lifts of different countries for easy reference.

You are made acquainted for the first time with the ruling and constitution of the A. C. W. L. A. with tabulated lists of all the various recognized lifts and the records performed on the lifts by the best lifters in the A. C. W. L. A.

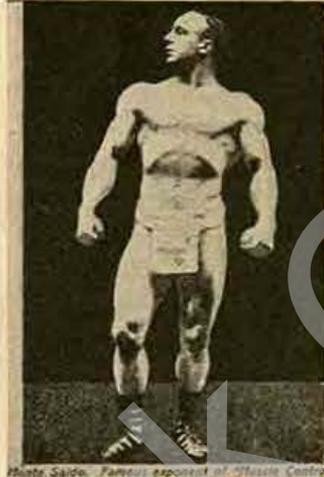
## Can You Answer These Questions?

- Who holds the most Records?
- Which nation stands the highest in weight lifting?
- How many world's records does America Hold?
- Which country produces the best swing and snatch lifters?
- What part does Esthonia play in weight lifting?

These are but a few of the questions that are answered for you. It will settle all arguments and problems on the strong-man sport for you. It contains a directory of names and addresses of the various clubs devoted solely to body culture and the sport of weight lifting. You will find out just how you compare in your best efforts with the best in your body weight class, which will inspire you to strive for higher achievements.



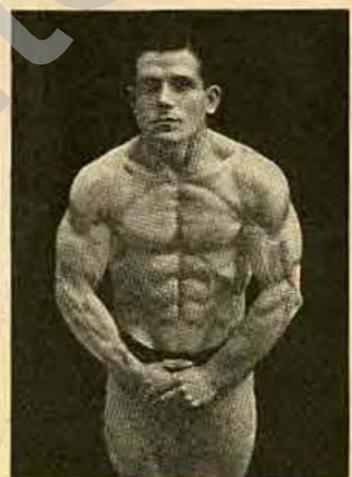
EDWARD ASTON



MONTE SALDO



THOMAS INCH



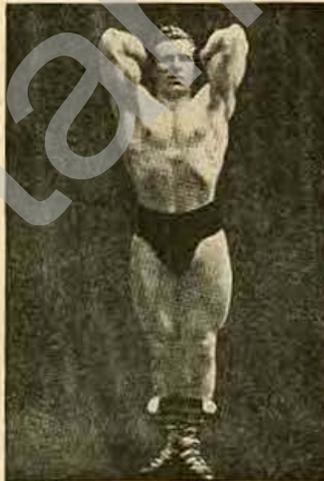
W. STOCKER

### A VERITABLE MINE OF INFORMATION WRITTEN BY THE FRIEND OF THE STRONG MEN

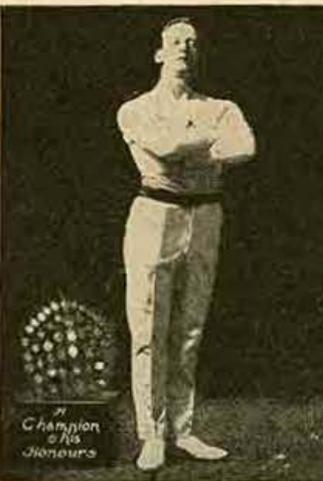
The Author of this valuable compilation is a man who is well known to every lover of the Iron game the world over as the greatest authority on strength matters. A man who has made weight-lifting history by his own accomplishments, and who trained many others to the goal of their ambitions. He has known the best men of every country with whom he has trained, contested and chummed. He knows what they could do, and what they did, and knew their pet stunts and methods of training better than any other single man.

He is considered the foremost authority living on the sport of weight lifting, its technique, history and records, and on the definition of weight-lifting rules he stands alone, all which is explained in this book.

Whether you are a weight-lifting enthusiast or not, you certainly should get "The World's Weight-Lifting Rules and Records," by George F. Jowett. It is his latest work and represents many weeks of patient endeavor, enabling you to have at your finger tips all records, rules and information pertaining to weight lifting the world over.



C. V. WHEELER



W. A. PULLUM  
World's Champion Weight Lifter

### DO YOU KNOW THE LIFTING RECORDS OF MEN LIKE THESE THE WORLD OVER?

### WHAT THE WORLD'S FOREMOST AUTHORITIES SAY

Alan Calvert says, "George F. Jowett is the most scientific lifter in America, and his knowledge of muscular leverage is remarkable." W. A. Pullum, the greatest authority in Britain and Europe says, "Bar-bell fans in the U. S. A. have, as we see it, one man, and one man only, to thank for placing them in a position whereby their feats are accorded the recognition, accompanied by the admiration, of the whole weight-lifting world, and that man is Geo. F. Jowett, an enthusiast of many parts, but only one purpose. A man who has, by dint of striving only, won his way to a position of power; a man whose performances prove him to be one of the world's greatest physical authorities."

**THE PRICE IS ONLY \$1.50 POSTPAID. MAIL THIS COUPON NOW WITH YOUR DOLLAR BILL ATTACHED.**

S-6-25

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

Gentlemen:  
Please find enclosed  
Check }  
Cash } for \$1.50  
M. O. }

for which please send me immediately "The World's Weight-Lifting Rules and Records," by Geo. F. Jowett.

Name.....

Address.....

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

# Are You Afraid To Love?

## Is Life a Mystery To You?

Has true love come into your life — or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Then clip the coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

*Is spooning dangerous? Does a petting party stop with a kiss? At last the question answered. See "Safe Counsel", page 199.*



## Life's Mysteries Revealed

**YOUR QUESTIONS** — all of them, the most intimate — all are answered in simple, straightforward fearless language. Here are the real facts about the so-called mystery of sex—the things you should know about **YOURSELF**, about **YOUR BODY**, your **DESIRES** and **YOUR IMPULSES**.

At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512 page book, "Safe Counsel", written by Prof. B. G. Jefferis, M. D. Ph. D. and Prof. J. L. Nichols, A. M. contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. In this remarkable volume are answered all the questions that brides want answered on the eve of their weddings—that youths approaching manhood demand of their elders—that married people should know. The naked facts are told. Ruthlessly! Daringly! But truthfully!

### "It Might Have Been Prevented"

How pitifully often do we hear this pathetic phrase. Glorious young lives are wrecked by ignorance and falsehood. Innocent children suffer as a result of prudishness and "modesty." We think we are an enlightened, civilized people—but we will continue to be in the dark ages until every adult knows the truth about the functions and purposes of his body, and about that great powerful invisible force, the Life Urge.

### Would You Like to Know:

- The secrets of a happy marriage?
- The mistakes every couple should avoid?
- What true love really means?
- How to perpetuate the honey moon?
- Law of mutual attraction?
- If continence is desirable?
- How to control your impulses?
- Answers to sex problems?
- Dangers of ignorance?
- Advice to the newly married?
- Signs of excesses?
- What every girl should know?
- The reasons for marital unhappiness?
- How to hold your husband's love?
- The prevention and cure of social diseases?
- Mistakes often fatal?
- Ethics of the unmarried?
- What every young man should know?
- Advice to expectant mothers?

*These are just few of the questions answered truthfully and authoritatively by "Safe Counsel"*

### The Truth At Last!

Safe Counsel contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are just a few of the subjects discussed—Love, Anatomy and Physiology, A Word to Maidens, Maternity, Parental Influences, Change of Life, Impotence, Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

Nobody can escape sex problems. Men and women—rich and poor—all face the sex question. Do not let ignorance blight your life. Do not allow fear and superstition to mar your happiness. Knowledge will free you—give you security, self-confidence and courage to face life without the shadow of fear and doubt threatening your peace of mind.

## Send No Money— Simply Mail the Coupon

Ignorance perverts the mind. Don't stay ignorant any longer. Send for this invaluable book today—and settle your problems now.

Just clip the coupon. Send it in today. No money is required. In a few days when the postman brings you "Safe Counsel" (in a plain wrapper) you can pay him \$1.98 and postage. If you are not thoroughly satisfied after examination, return the book and we will refund your money. Send the coupon immediately. Mail it today to the Franklin Association, 186 N. La Salle St., Dept. 7603, Chicago.

### FRANKLIN ASSOCIATION

186 No. LaSalle St., Dept. 7603

Chicago

Please send me your amazing 512-page book, "Safe Counsel" in a plain wrapper marked "Personal." I will pay the postman \$1.98, plus postage, upon arrival. If I'm not satisfied, I'll return it within 5 days and you refund my money.

Name.....

Street or R.F.D.....

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

(Price outside U. S.—\$2.22 cash with order)

C. O. D. shipments are often delayed. If you want to be sure of getting book sooner, send cash with order

# HIT BACK

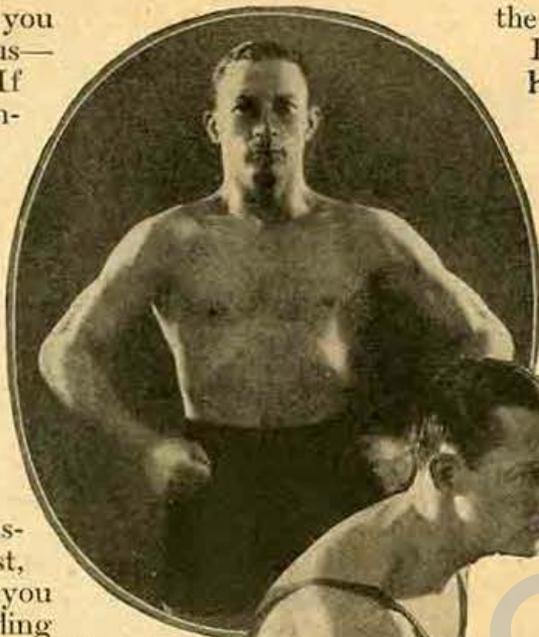
By **BENNY LEONARD**, *Undefeated Lightweight Champion of the World*

**I**F Fate has jabbed you in the solar plexus—**HIT BACK.** If Nature has been unkind to you, has laid you low with sickness or cursed you with a frail weak body — **HIT BACK.**

Are you content to lie down like a yellow dog and whimper just because you were not born with a strong physique, with big muscles, broad chest, brawny limbs? Are you satisfied to go shuffling wearily to your work, with run-down, half-dead body? Are you willing to admit defeat—to allow your unfitness to keep you forever **down and out**, just struggling for a bare existence—scorned by your boss, a disgrace and a hindrance to your wife and family and shunned by society wherever you go? If you are, then you are doomed to misery and failure. You are destroying your chances for **WEALTH, HAPPINESS, SUCCESS.**

My message to you is—Snap out of it, old man. **HIT BACK!**

I can tell you of no better example of this reasoning than my own life. I was a skinny, frail youngster. They called me the "powder-puff kid." But I didn't accept that as my fate. My climb to the highest rung of physical supremacy—the **championship of the world**—was begun



**FREE**  
this great  
little book  
which tells  
you all about  
it.

Send this  
**COUPON**  
**NOW**



**BENNY LEONARD**

123 West 31st St. (Dept. 7C), New York, N. Y.

Sounds to me that your booklet, entitled "Now I Can Tell You" must contain some mighty interesting reading matter. Will you please send me a copy? I enclose 10c (either stamps or coin) to help cover costs of getting this book out and sending it. There's no obligation.

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

the day I decided to **HIT BACK.** From that day to this I haven't stopped **hitting back.**

And here is the way I've done it. By scientifically studying the human body and actually working out the theories with my very own body, I have perfected a method of physical development that has proven a real knock-out blow to friend Satan, the old boy who plans all our misfortunes and physical shortcomings.

Thru my system, I have licked every competitor in sight. So many people wrote and asked how they might use my methods, and so many did adopt them with such great success, that I am now devoting practically all my time to spreading my invaluable lessons in muscle and body building to all the people I can possibly reach by letters.

Do you want the very last word in physical culture, if you do not believe in old fogy ideas, if you wish to adopt the best methods of *this day*, of 1925, if you want to gain the love and respect of women, if you want to make good in your job and *reach the top* in whatever you hold nearest your heart, then there is only one way, my friend, and that is **HIT BACK—HIT BACK** like

*Benny Leonard*

discoverer and conductor of the famous  
**BENNY LEONARD  
HOME COURSE OF  
MUSCLE AND  
BODY BUILDING**  
123 WEST 31st ST., NEW YORK CITY

## Editorial

## Why Not Work Together?

**Y**OU will find on page fifty-four a full account of the meeting that the A. C. W. L. A. held in our building in Philadelphia on Saturday, April 4th. Unfortunately, as this is being written, the May meeting has not yet been held.

However, at the May meeting and at all future meetings we expect to include boxing and wrestling in our program as well as weight-lifting, tumbling and allied sports.

These events are bringing out a host of good men that no one knew about before, and we can certainly say that we are only too glad to have any of our readers who want to take a hand let us know.

Berry has now competed on three different occasions, and any 126-pound man who thinks he can take his measure or who feels sure he can give Berry a good match can take a shot at him by writing Mr. Jowett, who will then arrange for a match on June 6th.

Armstrong and Dettor in the featherweight class, Bob Snyder, Losey, Pitt and Maier in the lightweight, Frank Dennis and H. C. Hall in the middleweight, Mills in the light heavyweight, and Hoffman and Manger in the heavyweight class, are willing to meet all comers. The A. C. W. L. A. is giving medals to the winners.

Everyone has a chance. You all know what the five official lifts are, and you can tell from the accounts of the past three weeks how good you will have to be.

**How About Some Group Competition?**

We are also anxious to have any two lifters or any groups larger than two, who want to stage a competition among themselves, get in touch with us.

We expect to continue with our regular meetings in Philadelphia through the summer, providing sufficient interest is shown by our members. Next year we hope to hold contests regularly in at least three other cities besides Philadelphia, and in more than three if possible. The various clubs can help by getting in touch with Mr. Jowett and arranging the weeks on which they would like to hold meets.

Those clubs which first show interest in this will assure themselves of the best programs. So

get your name in quickly before we begin scheduling the various shows.

**What the Inter-Club Contests Will Be**

Just what programs can be arranged will have to be worked out over a period of time, and we hope to be able to put all our members who are anxious to compete, in touch with the nearest clubs so that every one will get a good chance. The most successful lifters will be given a chance in competitions outside their own home districts, and we hope to arrange inter-club contests as well.

Such contests should include boxing, wrestling, tumbling and hand-balancing as well as weight-lifting, wherever it is practicable to include other events in your programs. We hope to put in at least one weight-lifting contest in some city each Saturday night, after our clubs get to functioning, and we do not see why this could not be arranged by September or October of this year.

**Articles By Our Readers**

We are still pleased to get articles from our readers telling of their personal experiences in seeking health and strength. We also like to have our readers send us items of interest about any of their friends who are particularly noteworthy in this field.

Recently Mr. Jowett wrote for us some incidents from the life of Saxon, and his article has called forth a great deal of favorable comment from our readers. In like manner the story of Jackie Ott has been enthusiastically received. The fact that such diverse subjects as the world's strongest man and a boy whose whole athletic future lies before him, should prove to be of equal appeal, shows that our readers are just as interested in human problems as in the technic of health and strength building.

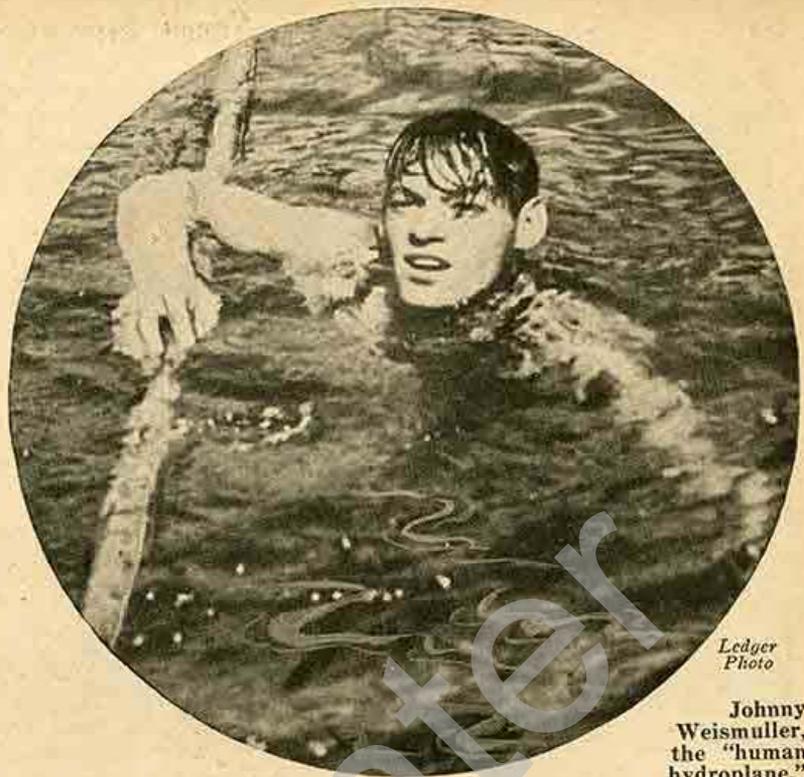
By writing us you can help others who are battling with difficulties similar to your own, and if you are wondering what is the best course for you to pursue, possibly we can be of assistance to you.

The struggle for health, which in its higher sense includes strength, can best be carried on when we are working together. We ask you each to do your share in making the way of the health-seeker easier.

# Speed Swimming

How to Prepare Oneself  
for Real Competition

By  
*L. B. De Handley*



Ledger  
Photo

Johnny  
Weismuller,  
the "human  
hydroplane."

**C**OMPETITIVE swimming, besides affording the opportunity to enjoy interesting sport the year around, for it has virtually no closed season, stands out as the most valuable and beneficial form of athletic pastime.

Its greatest claim to usefulness is that it provides an appealing incentive first to gain proficiency, then to practice swimming faithfully and often.

While, in fact, every one knows that real skill is necessary to properly equip for self protection or life-saving, and most people are aware that swimming is a particularly beneficial form of exercise, the majority are too lazy, or think they are too busy, to become adepts unless some attractive inducement spurs them to effort.

This inducement competition provides, for there is nothing like the prospects of exciting rivalry and honors to be won, to serve as an urge. Then work becomes play and schooling turns from drudgery into interesting study. No sacrifice seems too great to achieve success.

And, once launched, there is seldom inclination to draw back. The outlook for enjoyable experiences is too alluring. The way is open to all kinds of possibilities, perhaps the reaping of signal victories, even national or international laurels, and coveted trips, at home and abroad, with the chance to see many places and meet many interesting people.

Meanwhile, too, the training for competition keeps one in the pink of health and fitness, with the feeling of buoyant well-being and high spirits imparted by perfect physical condition, far better able to enjoy life, at work or in play. Recreation and profit are most fortunately combined.

Educators should not overlook the potential influence of competitive swimming on school and college students of both sexes. Aside from the great benefit derived from the exercise involved, contestants are taught to abstain from indulgencies which are undesirable, if not actually harmful, and they are helped to develop good sportsmanship, the spirit of fair play, which is so important a factor in the moulding of character.

If you would succeed in competitive swimming take

care to build upon solid foundations. On no account enter the game unprepared. Try to realize at the outset that two things are indispensable if you are to fittingly exploit your natural resources: first, a good stroke completely mastered; second, muscles thoroughly trained to this stroke. Time which you may think wasted in gaining these assets will be amply made up by eventual results.

Of course, it is not within the ken of every swimmer to become a topnotcher. Certain innate qualifications, which we are unable to accurately define, so termed collectively "natural ability," are imperative to the making of a champion. Few possess them in the required degree to attain leadership, or even high rating.

But bear this in mind: even the potential champion must acquire form and muscular efficiency to reach the top, while any normal person who will take pains to prepare thoroughly for racing may count on developing sufficient speed to perform creditably, win a prize occasionally and derive enjoyment and benefit from competitive activities.

To be specific: no swimmer should attempt to start racing until he or she is able to cover at least 220 yards in good style and without tiring.

A great mistake incurred by most prospective contestants is to imagine they must swim fast in practicing, to develop speed. The contrary is the case. If every effort is devoted to making time there is no chance to study and perfect the movements; also, the muscles tire before they can be given the steady exercise needed to effect their gradual upbuilding.

The only way to achieve fully satisfactory results is to swim at moderate pace, paying close attention in turn to each detail of the stroke and increasing gradually, but regularly, the distance covered. Even experienced contestants will profit by working out chiefly at slow speed over the middle courses and doing very little sprinting.

The best system for you to follow for general training is to start each practice with an easy swim of anywhere from 220 to 1,000 yards, according to your stage of development and inclination, then take a rest, indulge in

one or two very short dashes, say, at 20 or 25 yards, and end up with a few racing starts and turns. Make this schedule a matter of routine.

When an important race is near, however, you may vary the foregoing procedure to the extent of cutting the middle distance swim if you are slated for a sprint, or increasing it if a long contest is before you.

Avoid frequent time trials. They should be few and far between. The important consideration is to gain condition, strengthen the swimming muscles and perfect the stroke. Speed tests against the watch, far from fostering these ends, sap a lot of energy, strain the muscles and spoil form.

On this score do not allow yourself to be influenced by those who would have you believe that swimming at moderate pace blunts sprinting speed. It is an exploded theory. John Weissmuller, fastest 100-yarder any country has produced, paddles one or more quarter miles almost daily; Miss Ethelda Bleibtrey, whose time for the century only one other fair swimmer has touched, covered 1,000 yards nearly each day during the six months preceding her rise to world leadership.

Understand, too, that a swift stroke is not needed to attain even sprinting speed. Almost without exception the great champions of both sexes have been, and are, swimmers affecting slow arm action.

Concerning the question of diet in training for swimming, it may be said that plain, wholesome food can be eaten freely. A little superfluous flesh is desirable, rather than otherwise, as it increases buoyancy and tends to make you impervious to cold water.

Naturally every competitor should avoid indigestible viands, but here it is impossible to lay down any general rule, for the very simple reason that some people thrive on edibles which are bad for others. Each contestant undoubtedly knows the peculiarities of his or her own constitution, however, and should be guided accordingly.

Needless to say, alcoholic beverages, tobacco and drugs of all kinds must be taboo by the racing swimmer.

Sleep aplenty is a necessity to anyone undergoing the physical activity attendant upon training, and the natatorial contender should devote to slumber at least seven or eight hours of every twenty-four.

As to the advisable frequency of practice, the oftener, the better. Most champions and stars practice almost daily. At least three or four work-outs weekly are

necessary to attain and retain top form for speed.

The crawl is the fastest stroke evolved so far, because, better than any other, it yields propelling power with a minimum of resistance to the water. Arms and legs afford continuous and effective impetus; the above surface recovery of the arms and narrow scope of the leg thrash cause very little stoppage; the position of the body and constant propulsion enable the swimmer to hydroplane, thereby further reducing resistance.

With the body gently arched in the back and the shoulders higher than the feet, any momentum acquired by the swimmer tends to force him or her upward as well as forward, cutting down immersed volume. Since the driving movements of arms and legs are steady, with-

out break, the crawl swimmer rises and is firmly supported throughout, offering a minimum of resisting surface to the water.

Remember, though, that to plane adequately the poise must be correct and the arm movements in particular accurately executed.

Endeavor to hold yourself so that once under way your eyes will be approximately at water level, except when you turn to inhale, and the feet high enough to just break the surface with the heels at full upward lift.

Make sure that the shoulders are square during the recovery of the under arm, at a slight angle during the recovery of the top arm, and that you start the drive of the former arm before turning to inhale, and of the latter before rolling back. See that you do not twist at the waist in rolling back and forth, but allow the feet

to follow faithfully the swaying of the shoulders. Take care to begin each arm drive with elbow a trifle higher than hand and that pressure is applied directly downward at the catch.

The foregoing points are exceedingly important, for if the shoulders are not well up and the elbow higher than the hand as each arm starts its drive, there will be loss of power, failure to plane and general disarrangement of balance and efficiency.

In coming to the action of the legs it will not be amiss to take a backward glance through the annals of modern natatorial history, as there is much to be learned therefrom.

A survey of the various strokes developed since the introduction of the trudgeon makes clear that the progress achieved in swimming within the last thirty or more years has been due very largely to improvement in



Ledger Photo

Marie Hillegras has held the Middle Atlantic 100-yard breast stroke championship for nine years. In his article the author explains how to proceed if you want to excel in this particular sport.



Ledger Photo

Aileen Riggins and Sybil Bauer, American representatives on the Olympic Team, both of whom are making women's swimming records higher year by year.

the leg drive and that this improvement has consisted of a very steady narrowing and quickening of the movements.

Note, in fact, that from the original kick of the trudgeon, with its bent knee, wide spreading scissor, swimmers passed by degrees to a much smaller, almost straight-leg trudgeon kick. Then came in succession the Australian crawl, with its two reduced scissors, and the four, six and eight-beat crawls, unfailingly keeping up the trend toward a faster leg drive of decreasing scope.

This quite obvious tendency is particularly interesting in that it supports the claim of present day experts that the quicker and narrower the leg drive, the greater its effectiveness. These theorists base their claim on the premise that on the same amount of expended energy a small and rapid thrash will yield propulsion equal to that of a wider and slower action, yet minimize resistance, thus increasing speed.

These technicians realize, of course, that there is a limit to the swiftness of thrash which the human muscles can stand without incurring crippling strain, but they are by no means convinced that the eight-beat, let alone the standard six-beat, marks this limit. Nor do their views lack some practical corroboration, for a few ten-beaters have appeared in competition and a number of young girls and some youths have displayed the eight-beat successfully in races of all distances, up to several miles.

You should keep these

facts in mind for your own guidance when practicing.

And think, too, that speed with the crawl is not a matter of violent movements and jerky advance, but of rhythmic, smooth action and clean, steady swimming.

Further, realize that starting and turning are very important details of the racing game, especially in pools, and don't fail to give them plenty of practice.

For the racing start stand with feet close together and

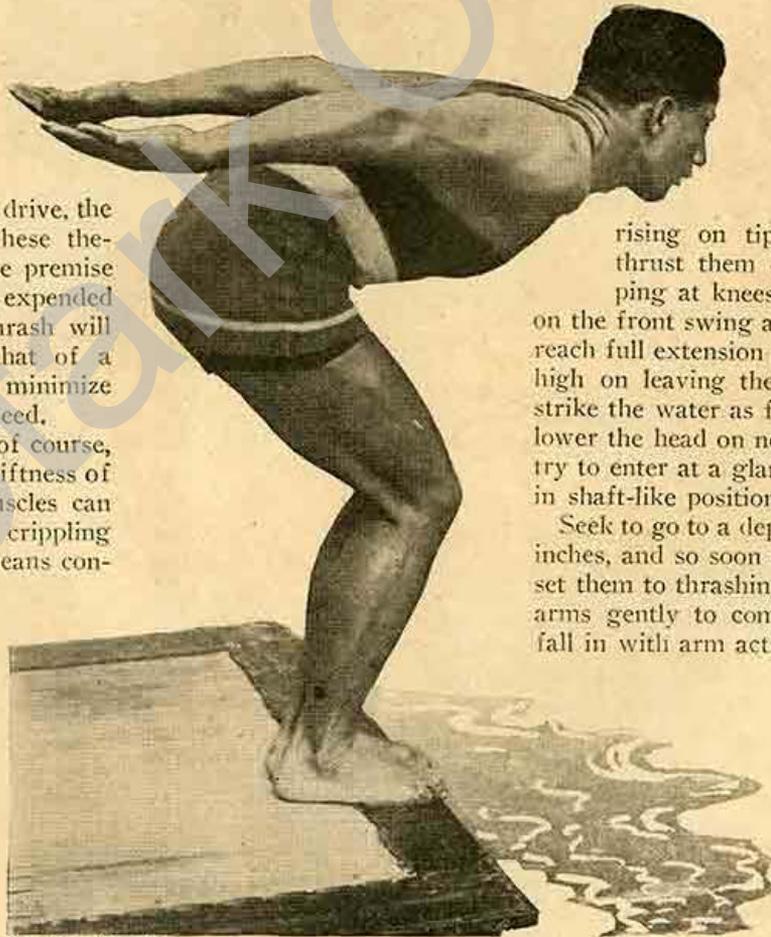
straight, toes overlapping edge of take-off, bend forward a little from waist, holding arms at sides. Then swing the arms directly backward with a quick, short sweep,

rising on tiptoe, and immediately thrust them forward and up, dipping at knees as they pass the legs

on the front swing and leaping out as they reach full extension ahead. Have the head high on leaving the take off and aim to strike the water as far out as possible, but lower the head on nearing the surface and try to enter at a glancing angle, with body in shaft-like position from fingers to toes.

Seek to go to a depth of fifteen to twenty inches, and so soon as feet are submerged set them to thrashing, then raise head and arms gently to come to the surface and fall in with arm action, using the top arm first.

In effecting the turn at the end of pool or course place on the wall the hand of the arm in front at the time, and as it touches draw up knees to crouching posture, at once swinging the hips



Keystone View Co.

"Duke" Kahanamaker, famous Honolulu water star, one of the best swimmers in the world.

around and using the hand on the wall to thrust outward the shoulder, the other to press on the water inward, palm toward body. Then place both feet against wall, a few inches from surface, bring both hands to chest, and simultaneously thrust arms forward and push off vigorously with feet. Straightening out full length start the leg drive, then follow with arm stroke, again using top arm first.

If you happen to strike the wall with left hand turn to the right, if with the right hand turn to the left, and in case you are a foot only or so from the wall when either arm attains full reach don't start another stroke, but glide up in that position under the impulse of the leg drive. Try always, though, to reach the wall with the top arm forward, as nearly all swimmers turn faster on that side.

Everything which has been said in regard to conditioning and training for crawl competition applies to back stroke racing also and you should follow the same routine in preparing for a contest and developing speed in this as in the other.

As, however, back stroke events seldom are held at distances greater than 150 yards, you may shorten the middle distance stretches after you have perfected form and accustomed the muscles to the action, also indulging in more sprinting at the approach of a race. But even when you are an experienced competitor you will find that regular practice over reasonably long courses at moderate pace will profit you most.

To a greater degree than in crawl racing, the starts and turns are important in

dorsal contests, because of the shorter races, and since totally different methods must be used it behooves you to give them special study.

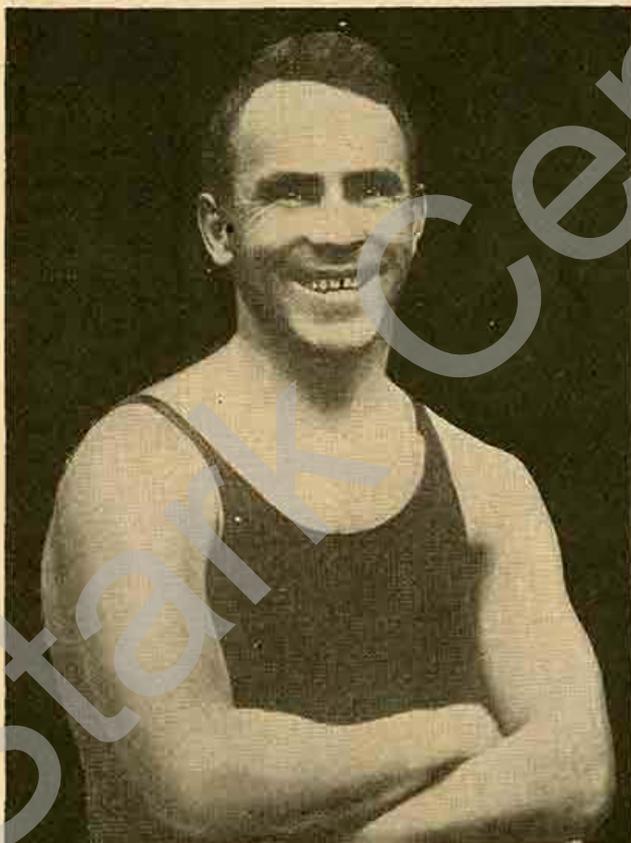
Instead of taking off with a dive, like in crawl events, contenders in a back stroke swim are lined up in the water, back to course, and start with a supine push-off.

To learn this method of getting off face starting wall, rest hands atop or against wall, and draw up knees so that your feet press on wall well up, not much below surface. Then throw up and backward one or both arms, at the same time using the legs to push off vigorously, leaping out.

Authorities are not of one mind concerning the relative

value of the single and double arm throw in getting under way, and there is reason to believe this is a matter for individual decision, as extensive experiments have indicated that swimmers with very limber shoulders do best with the double, those less supple with the single. The solution of the problem is to give both a fair trial.

In the back stroke turn contestants are required to stay in supine position until one hand touches the wall, whichever this hand may be,



The photograph at the left shows Frank Beaurepaire, of Melbourne, Australia, who although he has been beaten by many swimmers in pool contests has not yet lost in open water contests, even defeating Arne Borg (above), famed Swedish holder of world's records.

executing the turn by rolling toward it. As the hand touches swing the other arm over, that it may help to spin you around, and as you roll face down draw up the knees quickly, thrust the feet against wall, high up, then take the starting throw of one or both arms, according to the outcome of undertaken tests, push off and get into action.

It hardly needs to be stated that the back crawl is the only stroke for racing. No other affords anything like the same speed.

It should be mentioned, however, that it helps very materially to at intervals exaggerate the respective timing of the movements of (Continued on page 93)

# You Can Cure Your Indigestion

The Stomach Is a Muscle—Why Not Treat It Like the Rest of Your Muscular System? How Diet and Exercise May Be Applied

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

**R**EST your stomach. That is one of the most important bits of advice that can be offered to the American people today.

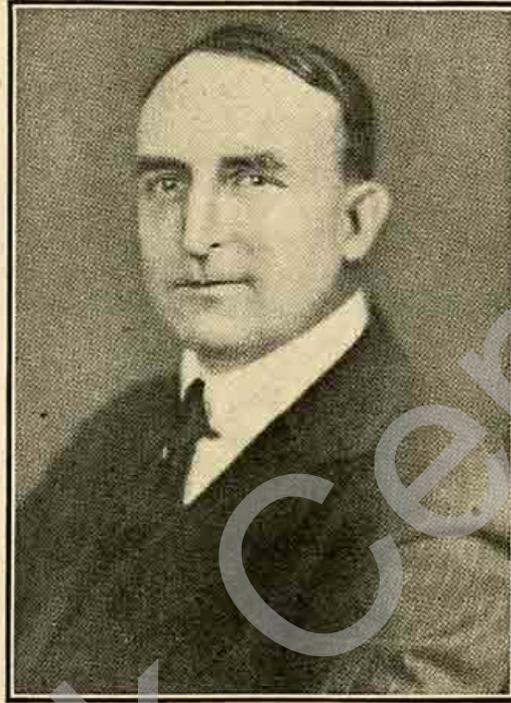
It is also one of the easiest to carry out, for it does not require any physical exertion and not a great deal of self-denial.

We hear a great deal about stomach trouble. It is a common ailment, so called. This person cannot eat that food, another must abstain from some other, and so it goes. The truth of it is that real stomach troubles are so uncommon it can almost be said there is no such thing as stomach trouble. Very likely if you undertook to tell that to the first person who claimed to have stomach trouble you would be looked upon as a fool, but that does not change the facts at all.

Stomach trouble is a bugaboo that is almost non-existent. The thing that is generally known as stomach trouble is a condition in the intestines.

If the people who bemoan the fact that their stomachs are ill would merely stop to remember occasionally that the stomach is a muscle and would treat it as such, ailments of this sort would not be nearly so common. When the muscles of the legs or the arms or the back become tired we rest them. The reason we do that is because we can understand their method of letting us know they are tired. When our leg muscles become tired we sit down. When we are doing any work that tires our arm muscles we stop and give them a chance to recuperate. Too many of us fail to understand the language of the stomach when it tries to tell us it is tired. We merely say we have indigestion or stomach trouble, pour drugs of one kind or another in and let it go at that. The thing the stomach needs under those conditions is the same thing the leg muscles need when they are tired—rest.

Take the conditions commonly termed an acid stomach, or indigestion. They are due to the fact that the stomach muscle has lost its tone, just as an exhausted muscle in the leg or the arm or any other part of the body loses its tone. When this occurs in the stomach muscle the secretions, particularly the hydrochloric acid, are changed. In other words, the stomach



Dr. Ira W. Drew

cells are not throwing off the proper secretions that help make the process known as digestion.

Very often this is due to our eating white bread, ice cream, substances containing too much sugar, such as pastries, etc. The more we eat of these foods the more tired our stomach muscles become. They speed up in an effort to supply the needed amounts of the secretions that will neutralize the harmful foods. They work overtime as long and as hard as they can and they become constantly more exhausted. It is exactly the same as the man in athletics who develops what is commonly known as the "charley horse," or strained muscle. The ball player with a "charley horse" in his arm does not try to cure it by throwing. The runner with this same defect in his leg is foolish if he makes an effort to remedy it by racing. The only sensible thing that can be done is to rest it.

How can we rest the stomach?

Diet. There you have the answer. In the first place eliminate sugar as much as possible from your food. If you are possessed of a "sweet tooth" and find it a hardship to do without sweets, turn to honey. Instead of sugar eat honey. Eliminate meat and sugar and you will be giving the stomach a chance to straighten itself out and recover. This whole question of diet has been gone into pretty thoroughly, but for a diet that will give the stomach rest there is nothing better than raw foods, such as cold slaw, onions, salads, even raw carrots, and whole wheat bread.

In so-called stomach trouble we have several conditions. One of them which is very common is known as Ptoxis, or fallen stomach. It is frequent in thin people, those who have the emaciated appearance, and it is very often responsible for this appearance of extreme thinness. Athletes do not have it. In Ptoxis when the stomach drops it is strained, just as the pulled muscles in the legs of a runner are strained. The difference, of course, is that the runner can and does rest his leg muscles until they recover, while the stomach must go right on trying to do the best it can in taking care of the work allotted to it.

There are thousands of people dragging along through life today suffering from this condition without the least

inking of what is wrong with them beyond the general term of stomach trouble.

The only real way to overcome it is by exercise. Some victims of it use belts to bring the stomach back into place, but the average belt made for this purpose is nearly worthless. Where a belt is used it should be placed by an expert until exercise can remedy the condition. And exercise will remedy it by building up a wall of muscle to hold the stomach in its proper place.

The first exercise for this condition and one which will benefit any human being is to stand erect, lean forward, placing the right hand flat on the stomach, then lift the stomach by drawing it upward with only slight aid from the hand. This is an extremely beneficial exercise and will not only help to overcome Ptosis, but to prevent it. It should be done five times in the morning and five times at night to start, increasing gradually to twenty-five times morning and night. I have never heard of this exercise being ordered, yet it will do more good than any medicine in overcoming such a stomach condition. While drawing the stomach up breathe deeply, also.

A number of other exercises can be taken in conjunction with this one, such as placing the hands on the hips and twisting the torso, lying on the back and lifting the body and legs alternately a few times.

The benefits of these exercises are amazing in overcoming stomach ailments, and with a raw food diet, including the elimination of white bread, meats and sugars, will overcome by far the great majority of cases of "stomach trouble."

But very often there is another thing the matter. This is a spinal condition. The great splanchnic nerves have their origin in that part of the spinal column between the shoulder blades. They control the muscles of the stomach, together with the nerves of the coeliac axis, or solar plexus. Interference of any kind in either of these nerves causes a weakening of the stomach muscles and affects the glands that secrete the hydrochloric acid and pepsin so necessary to digestion. It is the task of the stomach to churn and mix the food, pour these digestive juices into the churning mass, stir the whole thoroughly up and pass it down into the small intestines. There the real process of digestion is finally carried out.

When anything is wrong in that part of the spine where these nerves leave they are of necessity affected, do not carry the nerve force to the stomach muscle, and the stomach muscle is consequently unable to function as it should.

Faulty postures in sitting or standing, harmful positions assumed at work, all these can and do tend to throw the spine out of alignment and are frequently responsible for "stomach trouble." The slightest variation in the vertebrae where these nerves leave the spine, may put the stomach almost entirely out of commission in time, weaken the stomach muscle by cutting down on its supply of nerve force,

causing genuine misery and ill health to the sufferer.

It is so easy to prevent this in many cases that a large percentage so affected are victims of useless tragedy.

Just a little care in correctness of carriage while walking, standing or sitting and a few of the simpler exercises designed to maintain the shoulders in the right position and prevent the development of a "hump" or a tendency to lean to one side will almost invariably prevent trouble from the spine. A few of the simpler setting-up exercises in which a fair amount of stretching is involved will be found to have a desirable result. In outlining these exercises four will suffice.

No. 1. Stand with heels close together. Raise arms straight out from shoulders and up over head until tips of fingers point straight upward. Lean backward as far as possible without actually straining. Then lean forward as though seeking to touch the floor with the finger tips.

No. 2. Raise the hands straight out from shoulders. Swing the torso as far as possible to the right, then to the left, swinging from the waist up.

No. 3. Again raise the hands straight up over the head. Take a step forward with the right foot and bend forward as far as possible. Come back to position, then step forward with the left foot, leaning forward as far as possible.

No. 4. Raise the hands over the head as in the preceding exercise. Step sideward with the right foot and lean the body from the waist up as far over as possible, trying to touch the floor on the right side with the hand. Alternate this with the left.

These four are all stretching exercises and will serve a double purpose. They will not only tend to keep the vertebrae of the spine in alignment and maintain a proper blood circulation through the spinal region, but will also help to build up the abdominal muscles supporting the stomach and thus prevent Ptosis.

Certainly these are nothing if they are not simple enough, and all of them will require less than ten minutes at night and ten minutes in the morning. Indirectly they will also benefit other parts of the body. Five times each would be enough for the stretching exercises and this can be increased as the patient desires.

There is another point that I wish to bring out and it will be of universal interest to men and women, those who are ill and those who enjoy normal health. By building up the stomach you are building up the strength of the whole body. Automatically you are obtaining a better figure and complexion. In other words, right here you have one of the keynotes necessary in the production of that idealized race we think of in which all the women will be beautiful and the men strong and well formed.

With the stomach functioning as it should, you can go ahead, assured that you will have a chance to build up the rest of the body, knowing that  
(Continued on page 78)

### Is Your Stomach Overworked?

**WHEN** an arm or leg muscle has been overworked we call it "strain." When the stomach has been overworked we call it "indigestion." And very few connect that disorder known as indigestion with an overworking of the stomach muscle brought about by living on an unbalanced diet.

We all know that a strained muscle requires rest before it can recuperate; but few of us realize that this principle may be applied to the stomach as well as to the other parts of the body.

If you are suffering from indigestion you will find this article not only interesting but also very helpful, inasmuch as the author explains the only natural way of overcoming this disorder.—The Editor.

# Who Will Be Our Next Fighting Champions?

Can America Replace Dempsey and Leonard?  
—Foreign Bids for the Light and Heavyweight Crowns

By T. Von Ziekursch

**F**OR the first time in a mighty long while there is a good chance of the two most important titles fistiana has to offer being left to wander around loose without a real champion in sight to thrust his head into either crown.

In the mind of the average fight fan there are just two championships that mean a great deal—and the average fan is the one who indicates his preferences at the gate. They are the heavyweight and the lightweight. It is a curious fact that the men who hold these laurels are always the dominating factors in the roped square. Now and then a man arises in some other class who can lure the crowd, but he must be more than ordinarily picturesque—have the personality or the fighting methods, call it what you will. Such a one was Stanley Ketchell among the middleweights, Terry McGovern among the feathers and Jimmy Wilde among the flyweights. They were slashing, dangerous men, and the crowd would pay to see them in action. But these other classes have always suffered from lack of the color that the heavy-weight and light-weight bunch could offer.

Now these two most important classes are virtually lacking in rulers. Benny Leonard has retired. Ordinarily such statements don't mean a great deal, but Leonard is sincere. His mother is not in

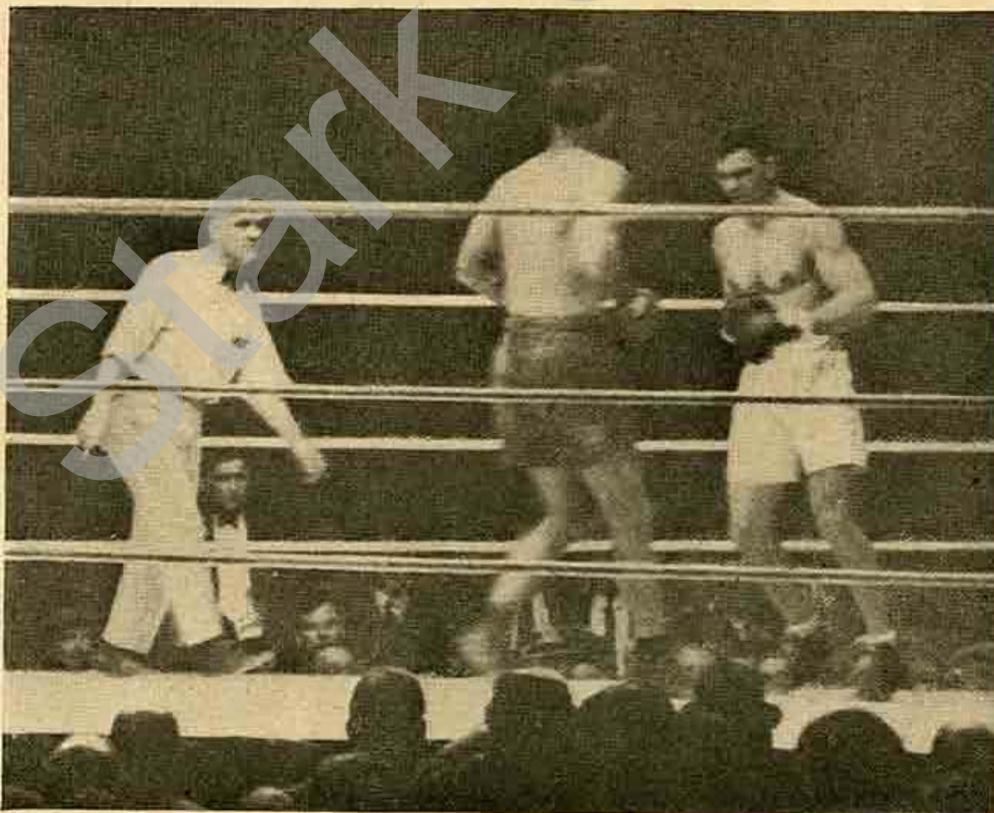
good health, and for years she has suffered terribly every time Benny fought. In deference to her wishes, the doctors having warned him that it might cause her death to continue this worry, Leonard has decided to quit. Also, he is looking forward to other things and higher—a business career, perhaps, or the stage. The lightweight diadem awaits the man strong enough to stand out above the field.

As regards the heavyweight crown, it might as well be vacant. The only reason Dempsey holds onto it is because of its financial value outside the ring. It is a valuable asset to have in the movies, on the stage, in various other ways. Marriage and business success have weaned Jack from the fight game. He has little or no interest in it, and would certainly have retired but for those who shrewdly advised him to retain his championship as long as possible because of the money it would bring him in other ways than fighting and also for its publicity worth.

Inasmuch as there are no real opponents in sight for

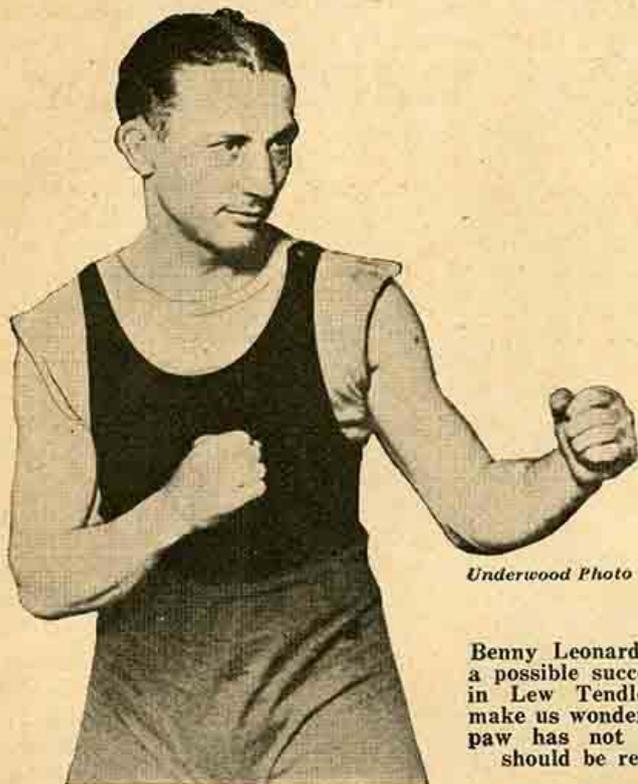
him at present and because of the fabulous purses he demands, it is likely he will not be bothered with an actual battle for a long time, a fight against an opponent who would push him to the limit as Firpo did.

All this means that the ring fan is apparently in for a period of mediocre bouts in these two classes that have always drawn greatest in-



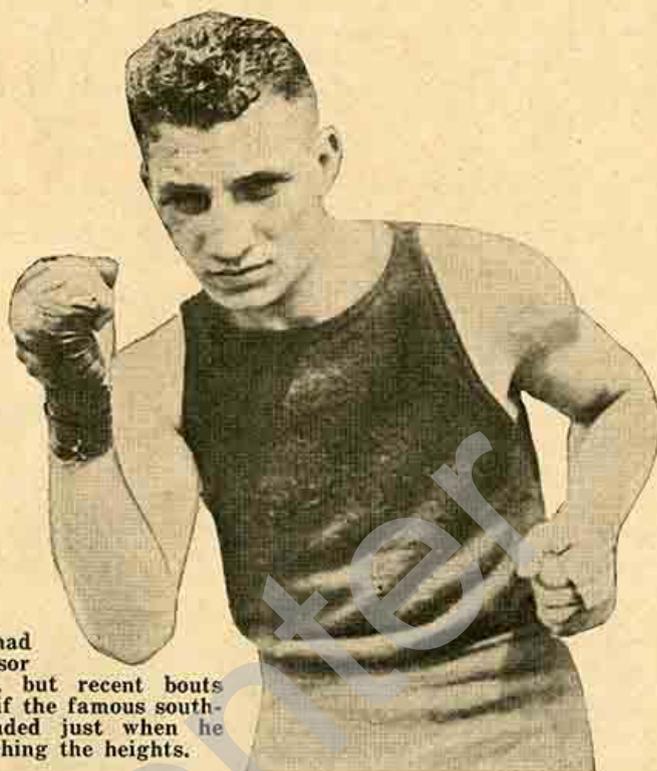
Underwood Photo

In the Dempsey-Firpo bout, Firpo proved that he possessed tremendous hitting power, and that he could take punishment. But is he the man to take the heavyweight crown when Dempsey has relinquished it?



Underwood Photo

Benny Leonard had a possible successor in Lew Tendler, but recent bouts make us wonder if the famous southpaw has not faded just when he should be reaching the heights.



terest. Who are the athletes most likely to compete?

In the lightweight class, according to all the accepted standards, there should be another great fighter ready to step into Leonard's shoes. He is Lew Tendler, the famous southpaw. Tendler is only about 26 years old, an exceptionally clever southpaw with a wonderful punch, but Tendler has apparently faded just as he should be reaching the heights. He seems to be burned out at a time when most men are just attaining the crest, and has been knocked out but recently for the first time. His conqueror, Jack Zivic, may blossom or Tendler may come back. That seems unlikely and there is no one in sight as a fitting successor to Leonard. It will be all the more difficult to accept the one who does succeed him because of the very fact that Leonard assuredly rates as one of the greatest of lightweights down through the years, a man good enough to be ranked with Gans, McAuliffe, Lavigne and Griffo. There are plenty of good lightweights, men who can hit and take punishment, men who can box and are possessed of real fighting heads, but there certainly is not one of the present crop who combines all these qualities as Leonard does. It may be several years before one will stand as completely above the contending field.

And the same thing apparently holds for the heavyweights. Luis Firpo might have been the man to either wrest Dempsey's championship away or to succeed him on the throne. As the Argentine was when he first came to this country, filled with ambition and needing the money, he gave promise of becoming another Jeffries—not in style but in the things he could do. He had the bulk, the tremendous hitting power, and he could take punishment. That immortal first round against Dempsey proved all that. But Firpo had many faults and would not correct them. He would not take advice, refused to listen to the coaching of men who might have made him a world's champion, and he is possessed of an indolent nature.

Although he knew next to nothing about the rudiments of boxing when he fought Dempsey, he was in physical condition and Dempsey's amazing hitting power was just about sufficient to bring Luis to the resin even though Dempsey could stand off at will and slam his hardest punches through Firpo's wide open guard.

Firpo faded when he accumulated money as the result of the Dempsey and other fights. Following his fistic introduction to Dempsey he refused to train and was in ridiculous condition against Wills and Weinert.

It doesn't take long to sum up the rest of the heavyweights hanging around the throne room. Jack Renault, the former Canadian Northwest Mounted policeman, would be a great fighter and might be the greatest of them all if he possessed the real fighting heart. Renault apparently cannot see red as Dempsey and all great champions can. Along fighting style he is built more like the English boxers, cautious, unwilling to take a chance or even to go in and mix it when he has an opponent wobbly. 'Tis said an effort is now being made to bring Renault and Dempsey together on the Pacific Coast this summer. That should be easy enough for Dempsey to induce him back into action.

Harry Wills is a really great fighter, but he has been waiting so long to get a chance at the title, that he, too, has begun to slip. The big negro is probably one of the strongest men the game has ever seen. They call him "the brown panther" because of his sinuous motions and tremendous strength. They could do better by dubbing him "the brown Adonis." He is possessed of a body that might have been a model for a Praxiteles. He can hit, has a clever trick of weaving his left arm about his opponent in such a way as to tie him up while Harry rips his body literally to pieces, and is a skillful boxer. But he has one flaw. A look at his hands and you marvel. They are so small as to resemble a woman's—the hands of a small lightweight. It is said

they are brittle. After he had beaten Firpo he showed a sprained thumb, and this despite the fact he only hit Luis one straight punch during the fight, when he dropped the South American in the second round. It really isn't that Harry's hands are brittle but that they are too small to stand the shock of impact when he unlimbers those great shoulder and arm muscles.

Wills has demonstrated his ability to beat anybody in the game except Dempsey and Tom Gibbons, nor could he have beaten Firpo as Dempsey did.

The only other man who might give Wills real trouble is Gibbons, the St. Paul veteran who withstood Dempsey for fifteen rounds. There is a chance Gibbons could beat him, for Tommy is one great heavyweight. He is the only man in the ring today who resembles in fighting methods the masters of a generation ago, men who stood off and really knew something about boxing as well as fighting. He is cool and takes his time about the job in a business-like fashion. They had to do such things in those days of forty-round and finish fights. If anything, Gibbons is the better fighter, Wills the stronger.

The rest of the present heavyweight crop narrows down to lesser men who have considerable distance to climb before they may be rated as contenders. Among these are Ralph Smith, the Californian who is staging a comeback after being terribly injured in a train wreck; Quentin Romero, the Chilian, who has the natural endowments of a great fighter but lacks skill as yet; Gene Tunney, American light heavyweight champion, who shows great promise and may soon be ready to step out, and some lesser lights such as George Godfrey, Charley Weinert and others.

But not one of them would be in the same class with Dempsey if Jack retained any of the form he was in the day he slugged Jess Willard down, the day he wrecked Georges Carpentier or the day he stopped Firpo's furious charges.

At present Wills and Gibbons are the only two men who would draw at the gate with Dempsey. And with Dempsey definitely out of the picture the heavyweight class would be facing bad days just as the lightweight is.

This has happened before.

Although John L. Sullivan never really won the world's heavyweight championship he was the world's best in the eyes of fandom and a fighting champion at that. There could be no question about his right to be called the champion of champions in his day since Jem Smith, England's heavyweight titleholder refused to meet him, although the *Boston strong boy* dared Smith to get into the ring with him and offered him the entire purse if he could go four rounds. Sullivan also stopped

Slade, the famous Maori from New Zealand, and about the only blot on John L.'s record was the noted bout at Chantilly, France, in which Charley Mitchell, the English middleweight, eluded Sullivan's rushes in a most unsatisfactory battle.

The heavyweight crown was in good hands from Sullivan's time down through the reigns of Corbett, Fitzsimmons and Jeffries, but when Jeff retired it was knocked about considerably. Marvin Hart won it in a bout with Root, which Jeff refereed incidentally. Then Tommy Burns took it from Hart and the whole lot of them were mere second raters. Those were lean days for the heavyweight division, and now, if Dempsey is really through there will be more.

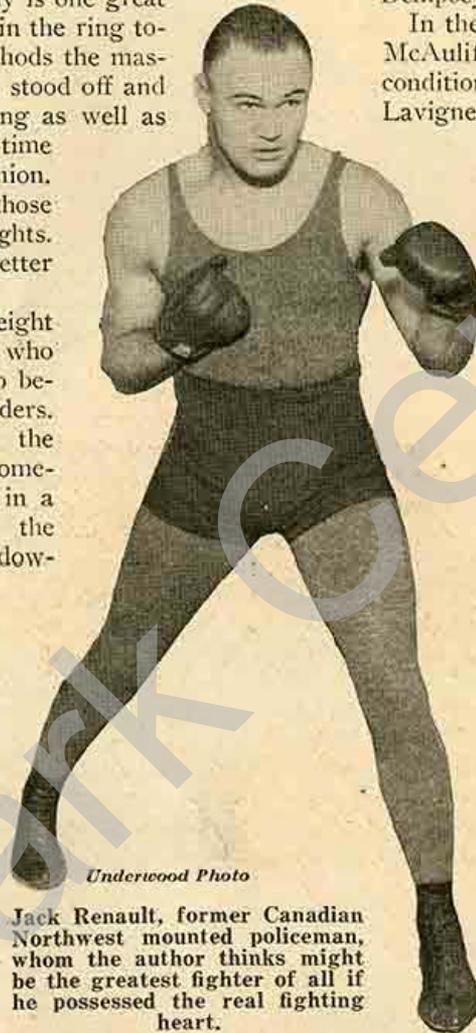
In the lightweight class the retirement of Jack McAuliffe brought about a somewhat similar condition, although it did not last overlong. Kid Lavigne was just beginning to push his way up through the mass when McAuliffe decided to become an undefeated champion of the world by retiring.

Lavigne was one of those marvels who stand out in the history of the game like a brilliant light. He was a small lightweight; in fact, would be classed as a featherweight today. He rarely entered the ring weighing above 130 pounds, yet he performed feats that have perhaps never been equalled. During his heyday as lightweight champion the formidable Joe Wolcott held the welterweight crown. Wolcott, known as the Barbadoes Demon, was the terror of his own and all other classes above him. Squat, bullet-headed, possessed of arms and a general bodily build like a gorilla, Wolcott fought middleweights, heavyweights, anyone who would fight him. Be it remembered that he knocked out Joe Choynski, and Choynski was a heavyweight of some class with a knockout to his credit over Jack Johnson in Jack's earlier career.

Lavigne's two fights with Wolcott are epics of the ring. With his ears almost torn off, his eyes closed, battered terribly, Lavigne would not be

denied and kept rushing in, entirely unafraid of the "demon." At last Wolcott became obsessed with the idea that Lavigne was not a human being and came to believe that it was impossible to beat him. From that moment on Wolcott, the welterweight champion, the man who knocked out heavyweights and was more feared than any man in the ring, was beaten and fell at last before Lavigne who would have been a modern featherweight.

Lavigne really won the world's lightweight title quite some time after McAuliffe retired, and thereby rescued that crown from dark days similar to the present. In order to definitely win it and set at rest the contentious ones he had to go to England and fight Dick Burge, holder of the English lightweight championship and claimant of the world's (Continued on page 68)



Jack Renault, former Canadian Northwest mounted policeman, whom the author thinks might be the greatest fighter of all if he possessed the real fighting heart.

# Weight Lifting as a Sport in Germany

Where *Heavy Athletics* Has Been Made a Field Event as Well as a National Sport—Why That Country Produces Such Prodigies of Physical Strength

By George F. Jowett

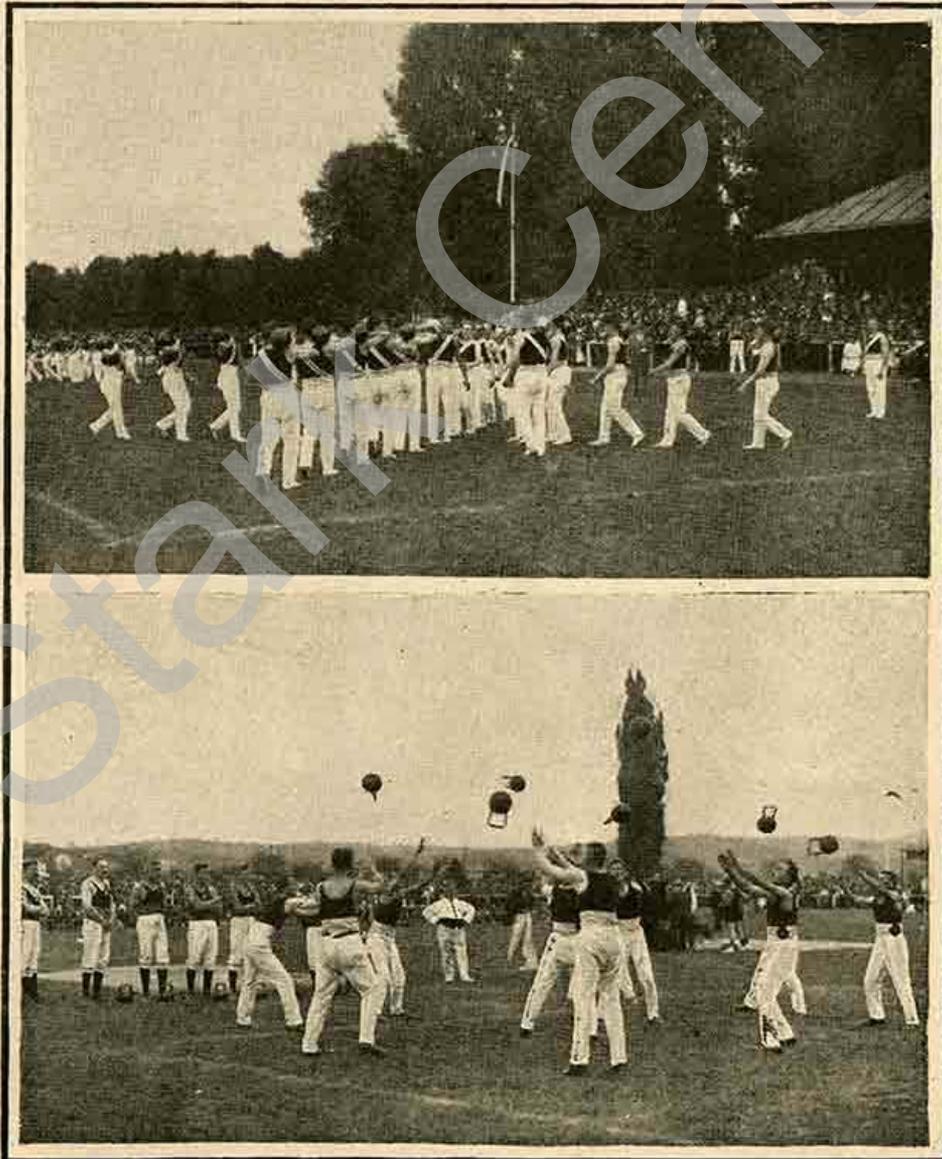
**T**HERE is no other place in the world where heavy athletics are practiced and appreciated as much as in Germany. For in that country "heavy athletics," as they term the sport of weight lifting, is an integral part of existence, and this is undoubtedly the reason why Germany produces at the present time prodigies of physical might and bodily perfection every bit as good as it did in the past. In fact, their present day performances prove that their standard of records is even better today than it has ever been, although their heavyweights did not do as well as they have previously done. Yet Germany can claim the man who is the strongest man in the world at the present time and who is so acknowledged by all official weight lifting bodies. This person is now an American citizen and known to us all as Henry Steinborn.

Weight lifting has one great quality that boxing and wrestling do not have. It does not allow the controversy so often brought

up in these sports, to arise. People may question whether Dempsey is as good as Jeffries was, or whether Lewis is as good as Gotch or Hackenschmidt; but the poundages raised in weight lifting always stand until some lifter comes along and surpasses them. Therefore, we are in a better condition to judge the present day champion and to compare his abilities with those of past years in this sport than in any other. That is why I can

safely say that Steinborn is better than all previous champions. There are readers who will talk of Swoboda, Steinbach and Saxon or tell what Louis Cyr has done. Much as I respect those glorious men, I can honestly say that Steinborn is a better man on the championship lifts, those lifts accepted by all national weight lifting associations at the present time.

You probably do not know that since the war weight lifting, like everything else in Germany, has changed. They have discarded the old methods for the new, and on the



A Jonglieren Team in action. This is one of the most popular outdoor sports in Germany, and attracts as large crowds there as football does here in America.



*Musterlegen-Mannschaft des Athl. Cl. Bonn-Süd. 02. Jnh. d. Meisterschaft v. Rheinland.*

Members of the Bonn Athletic Club who won the German National Middleweight Championship for 1924.

revival of national competition the old method of jerking, known to us all as the "Continental" style, where a bar-bell is taken to the shoulders in two or more movements and jerked overhead, was discarded, and the "clean" method as practiced in Britain and America, of taking the weight to the shoulders in one movement, was adopted. That is one reason why the poundages of the German heavyweight class as last reported were not so high as heretofore. In fact, there was not one man who was in what in German weight is called the "300 pound class." The best two-hand "clean" and "jerk" was 285 German pounds. Remember, however, in comparing German weights with the American or English standards that a German lifting 300 pounds would be lifting approximately 331 pounds according to our standards. Therefore, G. Strassberger, the winner of the heavyweight class, while lifting only 285 pounds "clean" and "jerk," actually lifted a much bigger total than 300 pounds according to our weights.

It would be wise for my readers to remember that in Germany all competitions are amateur performances.

Steinborn played with the record of Louis Cyr, that had stood for so many years—347 pounds in the two-hands "clean" and "jerk." He accomplished 353 pounds in this same "clean" style in America. Not one of the previous champions of any country could possibly come near this lift. Moerke, the former German champion, who, by the way, is now an American citizen, defeated Swoboda in the two-hand "clean" and "jerk" before coming to America. Swoboda's best record is 409 American pounds in the two-hand "Continental." Moerke had no chance with Steinborn, however, although the latter is a considerably lighter man than either of the other two. These facts prove my statement that the standard of weight lifting is much higher, and on the whole present day lifters are better than those of former days. I could continue comparing present day lifting with the feats of former lifters in every class, and further substantiate my claim if necessary; but that would be a digression from the purpose of this article.

I am compelled to mention these facts in order to prove what is to follow.

The reason for such weight lifting proficiency in Germany is that they make the iron game a sport, and it is as interesting there to a multitude of spectators as baseball is in America. For American weight lifting enthusiasts to stimulate interest in the sport, we must devise some methods by which we can supply a thrill to the spectators. In this country when you mention bar-bells or dumbbells the majority mentally connect this apparatus with the vaudeville stage or the gymnasium. The names in themselves tell against the game with people who still hang on to the worn-out theory that weights are injurious or are good only for the super-strong. In fact, many lifting enthusiasts would wonder how it could be possible to make weight lifting a field event; nevertheless it is that in Germany, where these events are all advertised as "heavy athletics."

Some of their outdoor meets consist solely of "heavy athletics" in different forms, of which the game of "Jonglieren" is very popular and may be played by every body weight class.

I believe that nothing has ever been written in America on this sport, and I am sure that these photos are published in an American magazine for the first time. I am sure they will be of interest to all who practice with heavy weights, and since it would be very hard to devise a more spectacular and thrilling sport than "Jonglieren," which means the juggling of weight, it is appropriate to initiate this German practice as one of our first steps to stimulate general interest in heavy athletics. Germany has always been credited with being thoroughly efficient, and nowhere is such efficiency shown as when these German athletes step into the stadium. Their appearance has an appeal that is never felt in track athletics in this country.

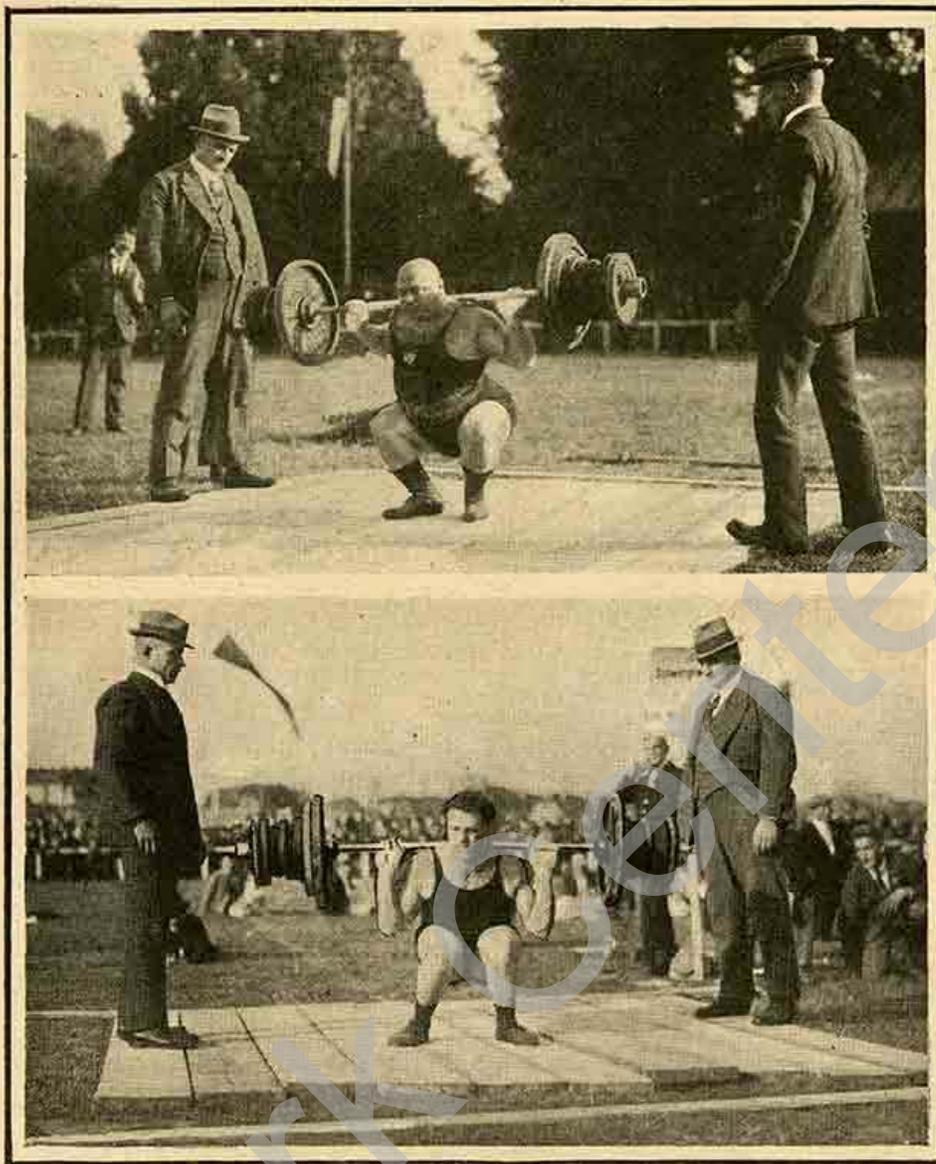
A Jonglieren team consists of ten members, and they are divided in classes according to their body weight. Each man carries a kettle-bell that weighs about 43 American pounds. These teams go through an eliminat-

ing process similar to our trial feats. The opposing teams step toward each other, carrying the kettle-bells upon the right shoulders, and go through a series of march formations to the exhilarating strains of martial music. Each team member wears the uniform and colors of the club he represents. After they have finished the march, they array themselves in a circle, and at a given signal they begin swinging the kettle-bells in unison. First the weight is swung between the legs, then out at arm's length in front, when with a quick

twist and immediate release the bell describes a circle in the air and is caught back and swung between the legs. Again it is high in front and thrown with the same hand twist, so that it describes another circle in the air, and is finally caught by the contestants on the opposite side. These movements are continued with variations such as casting the bells to each other while standing back to back, and causing the bells to revolve twice in the air every time the player releases his grip, and then again catching the weight. When a catch is missed, it is a point against the side of the man who misses the catch. The kettle-bells are always thrown to the man farthest away. If you have seen these teams in action once you will want to see them again, for the contest is clever, fast and exciting. It is a stunt that calls for great timing. If a person does not keep a keen lookout, he is apt to be struck with a bell, which would certainly render him hors de combat. This sport produces a great grip and splendid arm development.

The action picture shown will give you an idea of how two opposing teams look.

The team shown won the German National Middle-



The finals in the German National Heavyweight Weight Lifting Championship, Moerke (above) and Steinborn doing the deep knee bend, in which the former accomplished 448 pounds twice in succession and the latter raised 533 pounds in one effort.

performing a deep knee bend, Moerke accomplishing 448 pounds twice in succession, and Steinborn making the effort once with 533 pounds. Examine both pictures and note how much deeper Steinborn squats than Moerke, and also note the tense expression on Steinborn's face. The judge standing on the right-hand side of the picture is Jian Hauptmann, the winner of the world's championship when the old Olympic games were held in Stockholm in 1910. Hauptmann is a huge man standing over 6 feet 4 inches in height and built in proportion. The other judge is Jian Williams, another famous German lifter.

In one of their exhibits Moerke elevated 320 German pounds in the two-hand "Continental jerk," which would be approximately 353 American pounds. He is very short in stature, but heavily constructed, as you can see. Henry Steinborn in the one-hand "clean" and "jerk" raised 231 American pounds. This was a splendid lift, and especially because of the fact that both men lifted on a platform composed of loose boards. Enthusiasm creates enthusiasm, and I am sure we would all enjoy seeing our big field events (Continued on page 93)

weight Championship for 1924, and it is composed of members of the Bonn Athletic Club.

Pictures of the finalist in the German National Heavyweight Weight Lifting Championship, two of the greatest weight lifters of the present time, Moerke, the former German champion, and Henry Steinborn, the present world's champion, are also shown.

I think you will agree with me that all these pictures are exceptional, depicting as they do such remarkable examples of man power. The two pictures show Moerke and Steinborn



Ledger Photo

# The Modern Miss Outdoors

The Superb Womanhood That Has Grown from Competitive Sport—What Our Girl Athletes Are Doing

*By Madeline Mulvey*

ONCE upon a time when mother inquired as to her daughter's whereabouts the answer would run something like this: "Mary is in the garden knitting." Or maybe it was crocheting or embroidering. Nowadays when a young lady is outdoors we might be forced to answer: "Mary is jumping hurdles, or doing the hundred-yard dash, or rowing her boy friend's boat." But whether she is rowing her boy friend's boat or paddling her own canoe, there are ten chances to one that you won't find her knitting or crocheting. Not in the summer time, anyhow.

Those were the good old days! Then a friendly gathering became the storm center for unburdening upon your friends all the headaches you had suffered since the last time you met, and a club meeting (or, rather, a sewing circle) was just the place to describe that dreadful operation you underwent so and so many years ago.

Now, of course, this wasn't the case everywhere. There always have been kind, considerate souls, cheerful minded enough to soothe other folks' discomfort and console their pessimism. But, on the whole, it was quite as proper to be an invalid in those days as it is to be a tennis star or swimming champion today.

Now things are different. There isn't any time for headaches in the day of the girl who is busy thinking of the game this evening. No, indeed! Life is much too interesting and cheerful. And we are inclined to feel ashamed of the pains and aches that, after all, show a little ignorance or carelessness or something for which we, personally, are responsible. We would rather not be numbered among the ailing folks these days. It is much

more popular to be healthy, and a great deal more useful.

Woman, it seems, is just beginning to realize all the fun that can be gotten out of living. She can at last hold her own in almost any field without being looked upon as a curiosity. Folks have long since ceased to wonder at the business girl and taken her for granted. In a like manner they are gradually accustoming themselves to the football girl, the baseball girl and even to the boxing girl. It is becoming quite an ordinary thing to see her jumping hurdles, and we look for her in basketball, handball, tennis, running, paddling, rowing and sculling, to say nothing of the one great sport in which she has held her own, ever since fashion permitted her to don the one-piece bathing suit and start making records.

We don't need to wonder long what girls have done in the way of competitive swimming. That was probably the first line in which their photographs began crowding out men's sport items. Since the Philadelphia Turngemeinde turned out the first Woman Olympic Champion, Olga Dorfner, new champions have been springing up overnight. There are Aileen Riggan, Elizabeth Becker, Sybil Bauer, and dozens of other record holders representing the American girl. And what a superb lot of women they are! When the Olympic Team went over, it would have been a difficult matter to select from the lot of them one who was not in the class with Venus or Diana or Psyche.

Probably more than any other class are our swimmers typical of the benefits which can be derived from the vigorous, athletic life. Far from losing their femininity, these girl athletes have shown the world how splendid womanhood can really be. Health, symmetry, vitality,

endurance—their outstanding qualities—can be attained in no way better than through swimming.

Our girl champs aren't limited to one sport, however. Aileen Riggin gets almost as much fun from her dancing as from breaking swimming records. And there's Marian Knox, who, while classed as one of the best girl runners, holds several records in swimming and is out to make some new ones this year.

But swimming has long been acceded, even by the most pessimistic, to be a harmless sport for girls. Harmless! Well, if eating a well-balanced meal is harmless indulgence, if reading good literature is a harmless pastime, then swimming is a harmless sport.

There are some sports, however, on which we are not as sure of ourselves as swimming. Plenty of us still stand on the borderline wondering if it is safe to join in them. There's sculling, for instance, a more recent addition to feminine conquests. Not many of us are quite familiar with that as yet but some of our more courageous sisters have begun making sculling records. A woman's race



Keystone View Co.



Ledger Photo

This photograph of Roberta Kanck, known as the champion girl athlete of the United States, illustrates more than anything that could be said the strength and activity of the outdoor girl.



Tennis is a game that requires both strength and endurance, and Helen Wills has proven that a girl may possess not only these, but with them a real fighting spirit, and may have a sufficient amount of all three qualities to be a great champion.

Marian Knox, shown at the left, is an outstanding figure in athletics, because she has begun breaking swimming and running records at the same time.

was included in a championship regatta, for the first time, in September of last year.

The race was given under the auspices of the New England Amateur Rowing Association, and the participants were Miss Helen Cort of Worcester and Mrs. Mollard of Philadelphia. Miss Cort won, making the half-mile distance in three minutes and five seconds. There followed a double race in which Miss Helen Cort and Jack Crooks of Harvard rowed against Mrs. Mollard and Sydney Mollard, her husband. Again Massachusetts won.

The girls' instructors claim that they show exceptional endurance in this sport, and that although both were merely half-mile races, that they are capable

of holding their own in long rowing contests.

Now this race has a two-fold interest to us. Not only was it the first of its kind, but it established a precedent in another way. When Mr. and Mrs. Mollard went to Worcester for the race, they weren't alone. Oh, no! Baby Mollard, who was just five months old, went along. Doesn't that finally prove something that the far-seeing have for some time been trying to impress upon the public—namely, that athletics are not merely for schoolgirls but can be made as much a

part of a woman's life as her home is at present?

Home, under the new régime, will be a great deal more cheerful. The woman who has acquired a love of the outdoors has, in the very nature of things, acquired also a love of sunshine, fresh air and cheerfulness that she will bring into the home. The mother who has been broadened by contact with the outside is far more capable of planting a sane viewpoint in the minds of her children. The housewife who is limber, active and healthy is not as apt to deteriorate into a "barge" or a "killjoy" as is the "nervous wreck."

The new era is having its effect mentally and physically upon everyone. Women of the present are just beginning to realize its benefits, but the younger generation is growing up with it. The schoolgirl has gained a new independence, a greater grip on life and a courage that is splendid to behold. We can watch her grow into her inheritance with the realization that she is our one great bid for a saner, stronger womanhood.

In tennis women have occupied the foreground for some time past. Susanne Lenglen has long been a marvel at the game, and Helen Wills—well, what American of either sex has not cherished a hope of seeing the tennis crown brought to this side by Helen Wills?

Jeanne La Mar, the French boxer, has gone in for a form of sport not usually accepted by girls. She has succeeded, however, in attracting a great deal of interest to feminine boxing, and her speed and agility have kept more than one of our men boxers "up on their toes."

That brings us to the much-talked-of question of competition between the sexes. It has long been an accepted idea that women are the weaker sex, and those that first maintained that all athletics are harmful for girls have found their theory disproved by our robust young athletes, and are switching their war cry to competitive athletics. Their new slogan is, "They'll overdo!"

Permit us to reassure them on that score. Women aren't going into athletics with an idea that they can smash men's records right and left and dominate the field.

If there are any qualities created by athletics they are enthusiasm, level-headedness and quick-thinking. Without these no one can succeed in competition of any sort, and particularly in the sports. Sheer enthusiasm may carry one through the

first or second time, but the ability to conserve one's energy and release it at will has always been—and always will be—indicative of greatness in the athlete. Our women athletes will not be exceptions. They are cultivating good-fellowship, poise and level-headedness to a remarkable degree, and these faculties will make it possible for them to appreciate their limitations and their opportunities for overcoming them.

There are few sports in which women will try to compete with men. Why should they? Benny Leonard can be champion without fighting Jack Dempsey. No one would expect a lightweight and heavyweight to come together, because the world admits the obvious difference between the two great classes.

In like manner women can go on making new records and, with possibly a few exceptions, still remain within their own limits, setting marks for other girl athletes to live up to and work for.

What can be done in competitive sport depends upon two qualities, adaptability and strength. Probably, as time goes on, greater skill will be acquired in each particular sport, and that for which woman is most adapted will be that in which she will excel. But whether her increase in skill will be accompanied by a similar increase in strength and endurance remains to be seen. And some of the sports require great endurance. It always has been a question as to whether or not a woman's endurance equals that of the opposite sex—a question which has been answered in the negative by all the

gentlemen and in the affirmative by all the ladies. At that rate we suppose it will always remain a question.

Fred Harvey, of Worcester, Massachusetts, who has had the opportunity of training a number of girls for sculling, is not the only man who has expressed surprise

at the endurance displayed by the girls who are going in for sports. Comments are being made everywhere.

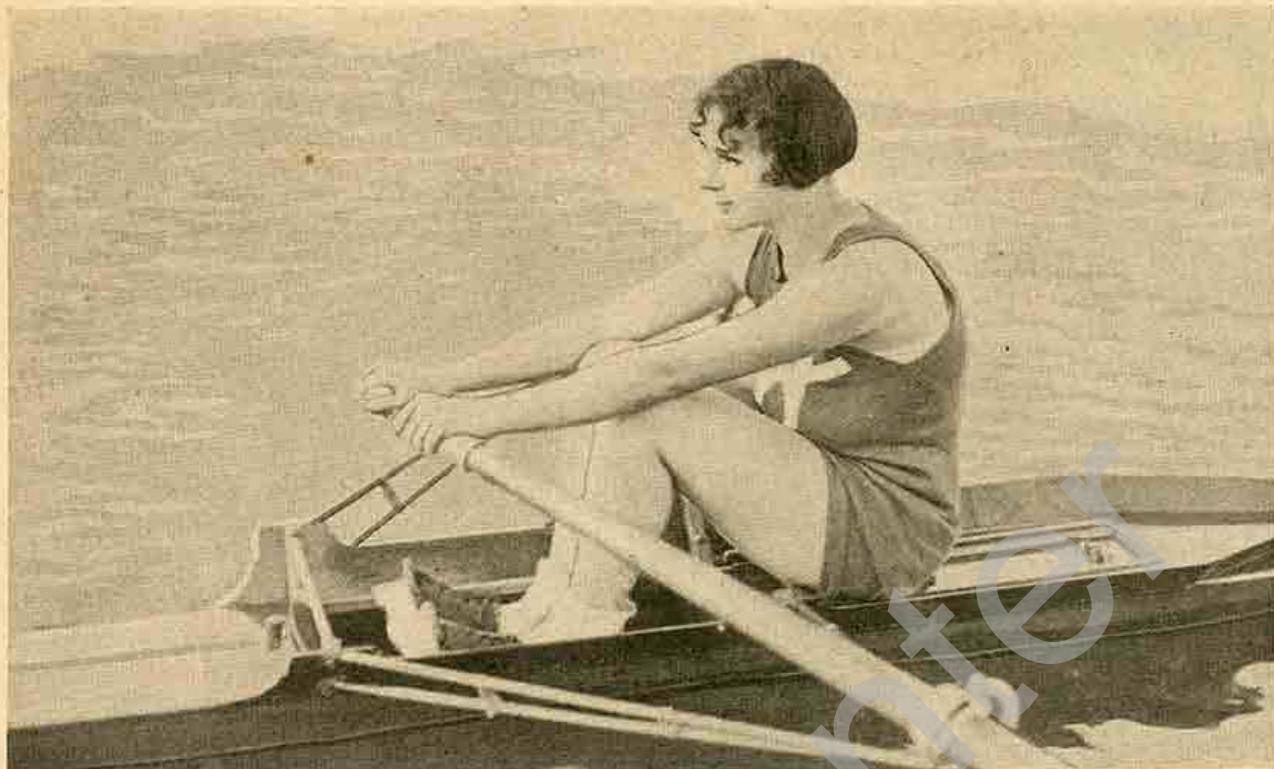
Mr. Eubanks, who wrote an article for this magazine called, "How Strong Is a Woman?" stated that women, even those in easy circumstances, are not one-tenth as weak as they believe themselves to be. He cited a case of northern exploration which he said failed because of the absence of Indian women, who are accustomed to hauling as much as two men, and without whom the expedition could not make the journey.

It is his belief that the prevalent idea that woman is the weaker sex has done a great deal to keep her under



Ledger Photos

All ready for a dip! Elizabeth Becker, queen of them all when it comes to diving, and Frances Clark (at the right), another of America's representatives on the Olympic Team. Who says the athletic girl isn't both feminine and charming?



Helen Cort, champion woman single sculler of America, who won her title in the National Regatta held at Worcester, Massachusetts, last fall. This was the first woman's race ever held in a national regatta.

that heading, and he has proven his assertion by citing several cases where girl gymnasts have given up contests with boys and done twice as well the next day when pitted against contenders of their own sex. Such being the case, competitive athletics should have the very good effect of removing this inhibition and replacing it with a desire to be strong and active.

For actual strength—if the word be used to denote muscle and ligament power—it is probable that there are but few women in the world who would challenge the average man, and these are the exceptions that, by nature of the publicity they receive, prove the rule. If the word *strength*, however, be taken in its broadest sense, as meaning energy, vitality and endurance, woman can well raise the question as to whether or not there is a weaker sex. She is at her best in sport that requires staying power and agility. Swimming and dancing are good examples.

The sports which require endurance are those which, in the very nature of things, promote it. Swimming, alone, has worked veritable miracles in the way of rebuilding broken-down bodies and restoring weak individuals to health. Probably the first outstanding example of its value was given us when Annette Kellerman, that super-mermaid, announced what it had done for her. She swam her way from a crippled, emaciated child to a strong, beautiful woman.

As a girl she was told her case was hopeless, and friends pitied her because she dared to visualize herself as being a strong, graceful woman. "Not a chance in the world," she heard them say. "Why, she can't even walk."

Nor could she walk. But she found the water very merciful in sustaining her poor, crippled body, and it was much easier to use her muscles there than on land. So,

day after day, instead of walking, she swam. Then after a time—a trying, struggling, persevering interval of time—the miracle began to assert itself. Not very suddenly but slowly and steadily the muscles in her crippled side began to respond and finally to develop. Her later years the public has had ample opportunity of knowing, and however great her childish vision could have been, we are sure her splendid womanhood has excelled it.

If this were the only example of what exercise can do, it, alone, should suffice to convince the world. But it is not. Day after day we come into contact with others who have profited in a like manner. When exercise or sport—which is only an agreeable way of getting exercise—can do that for withered and emaciated bodies, what will it not do for the girl who adopts it while unhandicapped by poor health?

Let the average girl go into sport and she will soon cease to be an "average" girl and become a "super" one. She will not need much strength and endurance in the beginning of the game, because long before she has reached the competitive stage she will have built up both of these qualities sufficiently to enable her to hold her own.

With our schoolgirls going in for swimming, running and all of the sports, why can't we hope for a constantly improving quality of feminine strength and endurance, as well as for gradually improving records? Remember each new record means a higher mark for the next year's class, and each new mark shows increase in the skill and strength of the competitor.

At any rate, it is apparent to those who are interested, whether they are for or against the development, that the Modern Miss is a permanent factor in society. The girl athlete is here and she's here to stay.

# Keeping *Fit* or *Fat* at Fifty

Do Men Ever Die from Overwork?—  
Keeping Fit Becomes Increasingly More  
Important and Vital as You Grow Older

By *Charles Thomas Hicks*

EXERCISES POSED BY E. RUSSELL

**E**VERY once in a while you meet the old story of the business man who worked himself to death. If such a thing is possible.

The classic example was that of the late E. H. Harriman, railroad magnate.

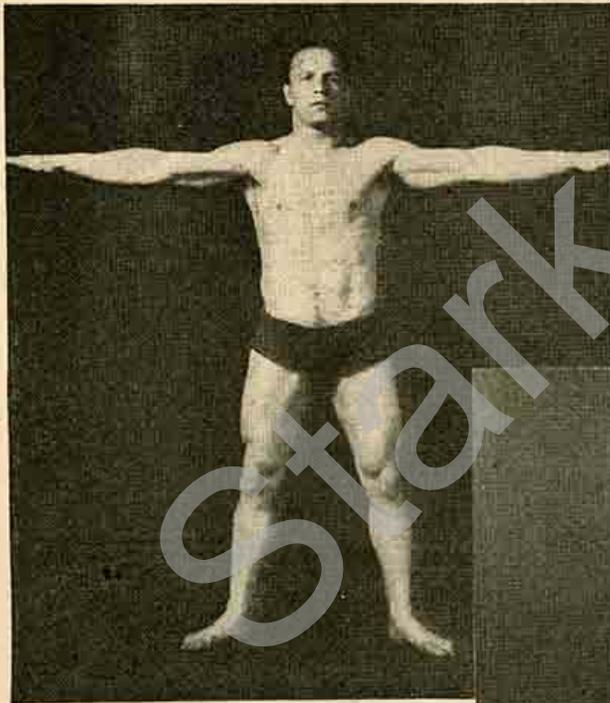
Harriman's career was perhaps the most meteoric and sensational in all the history of American business and finance. At the age of fifty he was just an ordinary stockbroker in Wall Street, apparently no

better, so far as the world then knew, than many others. But then he commenced to make use of the things that for so many years he had been learning, took a strangle hold on the railroad situation and in the next twelve years—for he died at sixty-two—amassed a fortune of something like a hundred million dollars.

In the process of accomplishing that magnificent result Harriman is supposed to have worked himself to death. He was regarded as one of the most "dynamic" of all the great figures in American finance, a man of intense nervous energy. The engine was too powerful for the chassis and shook it to pieces, according to the theory. He drove himself so hard that his body could not stand the strain and he broke down at sixty-two.

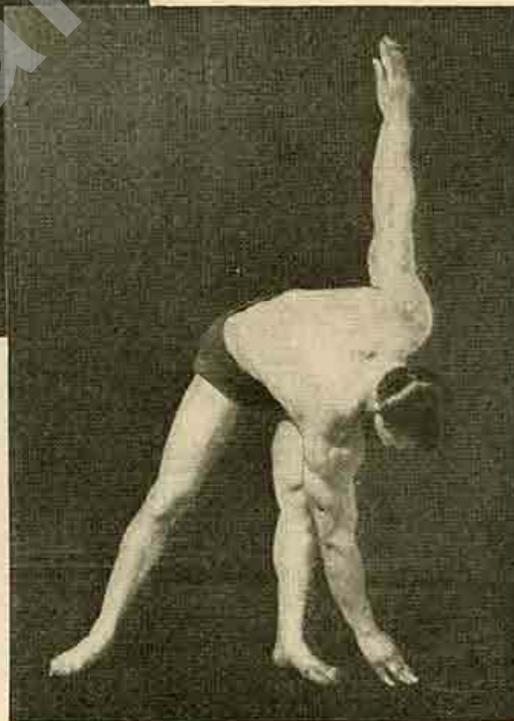
It has been said that Harriman really died of starvation. Now, of course, that is quite a definite possibility, in view of the prevalence of inadequate food upon the average dinner table. A great many of our best people die at least partly for the reason that they do not know how to eat any more than they know otherwise how to live. But it was once explained that Harriman died of starvation because his overworked brain consumed all of his food, so that there was nothing left for his poor, neglected body to feed upon.

Now, that made a very picturesque kind of story. But unfortunately it is wholly at variance with what we know about the consumption of food through brain work. Energy as expended through muscular work can be measured in terms of horsepower or in terms of calories. But where brain work is concerned, the consumption of food is negligible. So far as can be discovered, thinking all day does not seem to use up any more food than loafing all day. And people can usually think better on an empty stomach. The mind is unusually clear when one is fasting. If Harriman died of starvation, as was more or less possible, it was not because his brain consumed all his food. It might have been because he



Keep your spine limber if you would stay young. Here's a good one for loosening up the lower part of it.

Stand with feet wide apart, arms outstretched at sides; then bend down to the left side with a twisting action, swinging the right arm forward and down to touch the floor just outside of the left foot, at the same time swinging the left arm backward and upward. Then going back to the upright position reverse the movement by touching the floor beyond the right foot with the left hand. A dozen times each way.



did not eat good food. The chances are that through close application to work he took no exercise whatever, always made it a point to ride when he should have walked, never had an appetite, tried to eat a high protein diet in spite of that fact, probably smoked heavily and possibly did a number of other things that contributed to his premature breakdown.

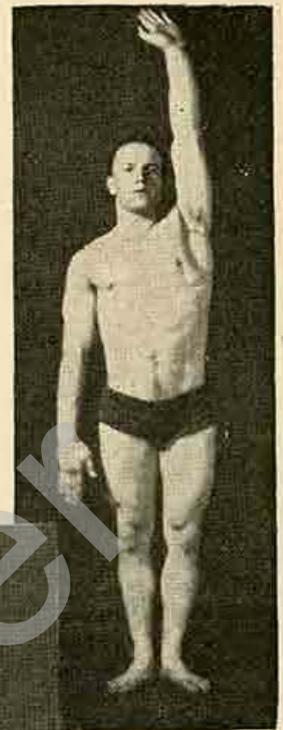
There is another phase of the matter. It takes nervous energy to digest food. The neurasthenic, with nerve-force exhausted, sometimes lies down to rest a half hour before dinner in the evening in order to be able to eat. But how do nerves become so exhausted? Well, not through work. Through faulty diet and wrong living. It may seem like stress of work, but exceptional fatigue practically always indicates some serious underlying disorder, organic weakness, malnutrition or other fundamental defect. In short, Harriman died through lack of keeping fit.

Do men ever die of overwork? Look at Thomas Edison. On that basis he should have been dead thirty years ago. Look at Luther Burbank, working Sundays just as he does all other days, eternally working. Edison has no regular daily dozen, so far as I know, but he is an active man in all general respects and there is no stagnation of his circulation. Also he has his own ideas about simplicity of diet and eats very sparingly. Working eighteen to twenty hours a day, on small rations, you might wonder if his mind did not consume all his food, leaving his body to starve. But Edison's body, in his seventy-ninth year, is still splendidly nourished, after such a life of overwork. And look at Lloyd George, who carried the great strain of years of war and the trying period of reconstruction that followed it. He did not break. Everyone knows personal instances of the same kind.

So on the score of some of the men who do the hardest and most intense kind of work, and who manage to live and thrive on it, it seems clear that work, of itself, does not necessarily kill anyone. There must be something else. Overwork of the vital organs? Ah, that's a different thing. Abuses that involve overwork of the digestive organs, overwork of the liver in conflict with the poisons that are forced upon the body and overwork of the kidneys? Yes, that is the kind of overwork that kills. Without even knowing the details of Harriman's personal habits, one may assume that, like many other business men, he went on his way blindly, so far as health habits were concerned. He broke down just as any small retail shoe merchant or calico counter salesman might break down

at fifty or sixty, if he lived the same kind of a life, physically speaking.

It is said that you never miss the water till the well runs dry. And in that sense a young man often does not know the value of the health and vitality which he enjoys sometimes just because he has inherited a good constitution and because he is still young. He is like a new car that is so well made that it runs well in spite of abuse—for a while. But when the passing years have robbed the man of that



**The straight upward stretch.** To make it as spine loosening as possible one arm is stretched downward while the elevated hand is stretched upward.

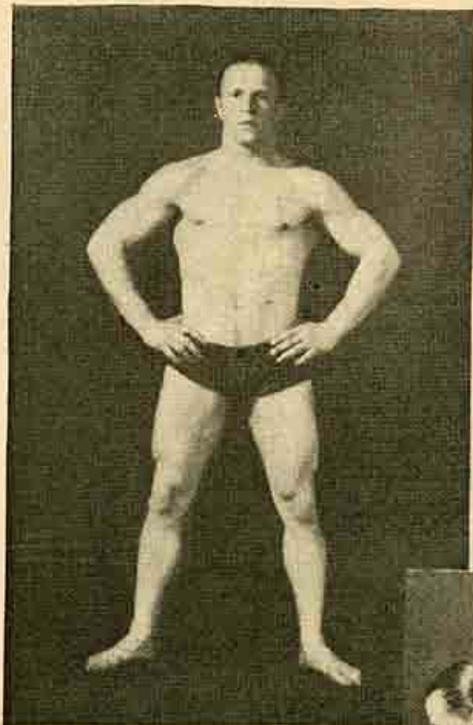


Stand as shown in the second photograph, hands clasped behind your back. Twist around to look behind you first in one direction, then in the other. Do this a dozen times each way.

state of youth he gradually approaches a time when continued health *must be earned*, and when, unless he takes care of himself, he will break down. For now the mistakes of careless living will leave their marks upon him.

Indeed, the older one grows the more necessary and urgent it becomes that he should make it his business to keep fit. Heaven knows that among those who do not do this, plenty of them pay the penalty. For if you have a wide circle of acquaintances among persons of that age, you find that life is just one darn shock after another.

Every little while you hear that John Smith dropped dead of heart failure, at the age of fifty; that Tom Jones died last night of pneumonia, at fifty-two; that Harry Brown keeled over yesterday with apoplexy, at fifty-four; that Mrs. Robinson died at the cancer hospital at forty-nine, and that Joe White just passed away with Bright's disease at forty-seven. And so it goes. What's Leroy Roberts doing with that new scheme of his? Oh, didn't you know, Roberts is dead? You can't get away from it. My own personal



acquaintance is limited, and yet in a few months a half dozen men, in middle life, have dropped out of my circle.

And why?

Pure neglect, as in Harriman's case. Lack of keeping fit, through lack of regular exercise,

faulty diet, overweight, chronic poisoning through tobacco, drink, bad teeth, autointoxication and what not.

But what is the other side of the picture? Ah, there is something to brighten you up.

For I know a whole group of men of fifty who have learned something about keeping fit, who have learned how to keep their weight, and how to eat to do it. One conspicuous example, though I don't know him personally, is Henry Ford. He is now sixty-two, though he has the health and energy of a robust man of forty. He can still run and jump, he knows how to eat, he knows how to plan the affairs of his life so that he avoids any undue strain—in short, he knows how to live.

I know a group of men who regularly make use of the setting-up class at the New York Athletic Club, which meets three times a week from October to May, inclusive, Mondays, Wednesdays and Fridays at 5:30 P. M., for a twenty-minute workout. That keeps them in tune. These men are from thirty to sixty-five years of age, probably averaging about fifty. They know what they are doing and where they are going, in a physical sense, as well as in a business sense. I have in mind one typical example, a man of forty-nine, tall, straight, clean-limbed, powerful, with big, strong hands, deep lungs and seemingly unlimited vitality. He is in

the front row of this setting-up class at every session. In the summer he does a lot of motoring and golfing in the country, but his particular hobby is wood chopping, and chopping apple trees at that.

You will find men of this kind in the Y. M. C. A. gymnasiums all over the country. And you will find others who have no large gymnasiums conveniently situated but who nevertheless solve the problem of keeping in tune by plans of their own devising.

For instance, I know a professional man who was formerly acquiring superfluous proportions around the belt line, but who saw his need for reform. He saw that it was a case of keeping fit or fat in his forties and fifties. He figured out that there were a few things that he must do, as follows:

Keep the spine flexible.

Keep the abdominal region firm and strong.

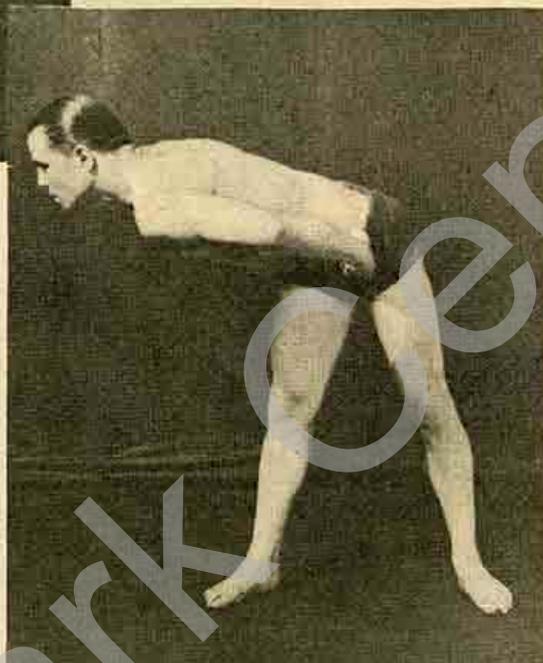
Keep the chest measurement above that of the belt.

Maintain youthful bodily weight.

Keep the heart and lungs sound by just enough constitutional exercise, but without strain and without excessive fatigue. And—

Maintain efficient elimination.

The system of exercises which our friend worked out consisted of a few movements, so that no matter how crowded for time he might find himself, it would always be possible at least to do these few movements. He thought that a more elaborate system would be likely to be neglected at some time when he was under unusual pressure. To make



Stand as in the first photograph, hands on hips. Bend forward, swing around to one side as shown in the center, then far back around to the other side and forward again. Six to ten times each way. The abdominal exercise shown below is done by lying down, feet braced under a piece of furniture, and rising, finally touching the toes with the fingers.



the plan still further proof against the failings of his own admittedly very human nature, he arranged to do these movements in the evening, as a part of the routine of going to bed. If he had planned them in the morning, there would be occasions when the urgency of work or the eagerness to get down town to business would cause him to neglect them. So his routine is to shave in the morning, exercise at night. Thus, he could not

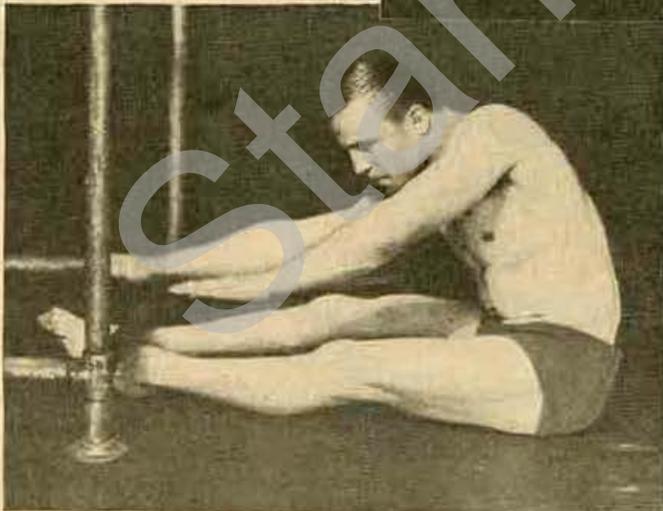
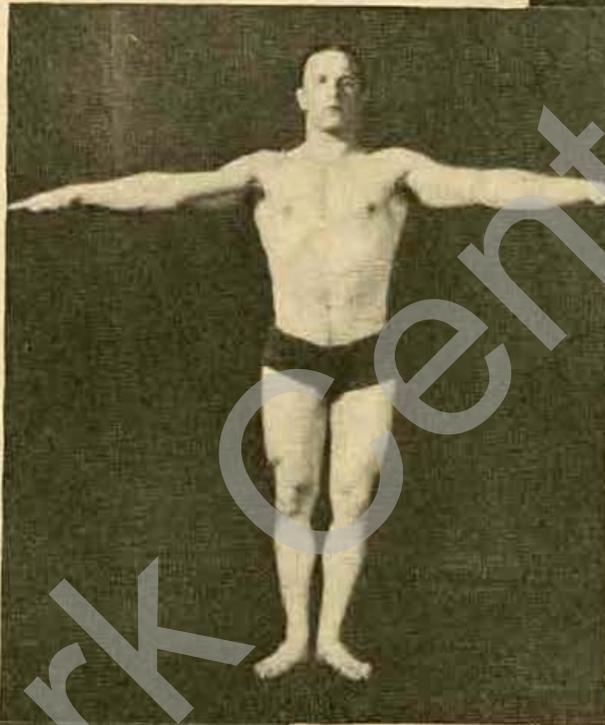
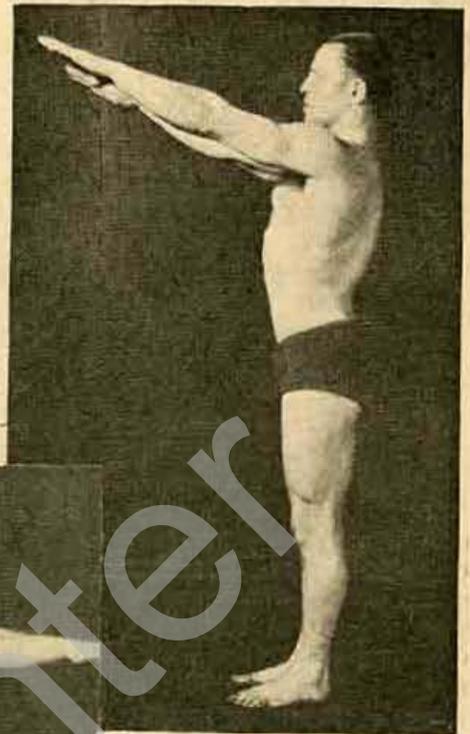
possibly take the exercise time out of his working day, but only out of his night, the proper time for recuperation and recreation. So he does these exercises a half hour or twenty minutes before going to bed, follows them with a warm shower, then a quick cold splash, the brushing of his teeth, and ten or fifteen minutes of reading in bed before turning out the light. If the exercise is somewhat stimulating to his nervous system, as he thinks, this short period of reading quiets his nerves and tires his mind so that he is ready for a deep and restful sleep. Here are the exercises:

First, there is the straight upward stretch, except that this is done first with one hand and then with the other. To make this as spine loosening as possible the other arm is stretched downward while the elevated hand is stretched upward. This gives the upper spine lots of action.

Second, stand with feet wide apart, arms outstretched at sides; then bend down to the left side with a twisting action, swinging the right arm forward and down to touch the floor just outside of the left foot, at the same time swinging the left arm backward and upward. Then reverse, going back to the upright position and continuing on down to the right side, the left arm swinging forward to touch the floor just beyond the right foot, and the right arm swinging back and up. You will find lots of action in this, and it loosens up the lower spine. A dozen times

around with the corners of your eyes. But without strain. You can do this a dozen times each way.

Fourth, is a movement of rotating the body from the hips. With hands on



hips, bend forward, then swing around to one side, then far back, around to the other side and forward again, continuing around a number of times; then reverse. Six to ten times each way may be enough. You will note that in doing these spine stretching and twisting movements you will already have done some excellent liver-squeezing, as well as using the muscles of the trunk of the body extensively, including those of the abdomen. Also, you will have done some moderate chest expanding.

Fifth, is a chest expansion movement, combined with full breathing, and performed by raising the arms straight forward from the sides, all the way up to high over head, then lowering them sideways, and pulling them as far back as possible all the way down. Inhale while raising, exhale while lowering arms. A

The upper photographs illustrate a good chest expansion movement, combined with full breathing. Perform by raising the arms straight forward from the sides to high overhead, then lowering them sideways and pulling them far back. Inhale while raising, exhale while lowering arms.

The last is a variation of the abdominal exercise shown on the opposite page, made by twisting the body slightly after rising.

dozen times. The photograph makes this clearer.

Sixth, is the classic abdominal exercise of lying on the back, with the feet braced under a piece of furniture, and rising to the sitting position, even stretching forward to touch the toes with the fingers. Do this only a few times at first. Later you will find that it will not take much time to repeat it a couple of dozen times, which is enough. You can (Continued on page 92)

each way will be sufficient exercise on this one.

Third, is a spine twister, from the neck down. Stand with your hands clasped behind your back and twist around, still erect, to look behind you first in one direction, then in the other. Stretch to look as far around as you comfortably can. You should not only be able to look straight behind you, but a little further around than that, perhaps three-quarters of the way

# Save Your Teeth and Lengthen Your Life

How Pyorrhea May be Prevented and Treated—  
What Mouth Hygiene Really Means to Health

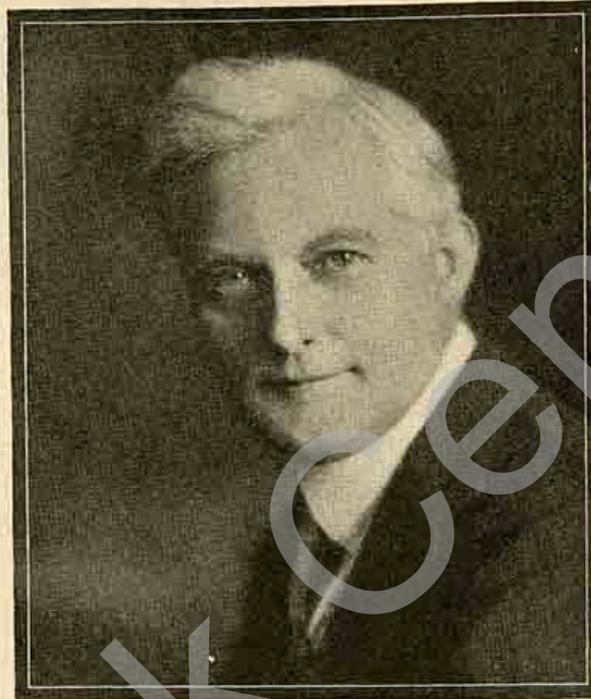
*By Dr. Edwin F. Bowers*

**D**ID you ever stop to think that the condition of your teeth has a great deal to do with the condition of your health? And that upon your health depends your success in life, your earning power, your happiness and your physical efficiency? Not many people, outside of dentists and doctors, know these things as yet. In fact, it is only within a comparatively few years that we learned the painful lesson that to spare the brush spoils the teeth—and sometimes the child, or the man or woman, who owns them.

Science is now emphasizing the importance of teeth in preparing food for digestion. It is also calling attention to the intimate connection between decayed teeth and a large number of diseases that apparently have nothing to do with teeth. A little reflection serves to show that improperly masticated food—improperly masticated because of bad teeth, or lack of teeth—is a primary cause of malnutrition, resulting in anemia, neurasthenia, and a host of symptoms that follow chronic indigestion and auto-intoxication from intestinal absorption.

Ulcers and cancers in the stomach have been traced to decayed teeth; so have rheumatism and diseases of the kidneys. We are spending much time, money and thought upon the subject of tuberculosis and its prevention; yet many cases of tuberculosis can be traced directly to malnutrition resulting from improper mastication of the food, or from the direct infection of foul mouths.

Mouth-breathing and adenoids develop frequently because of the lack of a proper combination of brush, tooth-paste and elbow-grease, persistently applied. Decayed teeth may cause disease in the ears and eyes, and various other unpleasant or dangerous conditions more or less remote from the focus of infection. Ulcerated tonsils and swelling of the glands of the neck, and those very serious diseases of the cavities of the facial bones (sinus abscesses) develop quite frequently from tooth infection.



Dr. Edwin F. Bowers

Almost every germ of a general infectious nature can be found in the cracks and crannies of hollow teeth. Measles, chicken-pox, whooping-cough, mumps, scarlet fever, diphtheria, influenza and smallpox have bred in decayed and neglected teeth, and have started the particular kind of trouble for which evolution has designed them.

So great an authority as Dr. Osler declared that more diseases are brought about by neglected and decayed teeth than by excessive indulgence in alcoholic liquors, and that there is not one single thing more important to the public in the whole range of hygiene than the hygiene of the mouth.

Yet, only in the rarest instances are poor teeth inherited. In fact, we are coming to the conclusion that, un-

less there be a distinct scrofulous taint, or unless the mother, through improper diet, fails to provide for her child an adequate supply of lime salts, Nature creates all children free and equal, physiologically speaking. So, bad teeth almost uniformly signify neglect, uncleanliness, ignorance and faulty food supply.

The chief cause of tooth destruction lies principally in lime and phosphate starvation, brought about by eating—from the time the mother first conceives the child until the individual dies of old age—a diet robbed of its minerals, totally deficient in the lime and phosphates necessary, not only to make teeth and bones, but also to make nervous systems and brains and to keep the marvelous functions of nutrition from making a mess of the whole organic structure, mental, physical and moral.

Therefore, to have sound, hard teeth, one should eat nutritious, wholesome food, food that contains the mineral salts out of which teeth and bones are made. For you can't make tooth structure without minerals any more than you can make bricks without clay.

Also, it would be well to abstain from eating too much candy or ice cream, frosted cakes or other foods that contain any considerable quantity of sugar. For sugar, lacking as it does lime, iron and other mineral salts, and because of its capacity for selective affinity, abstracts lime salts from the bones, teeth and tissues, thereby

weakening the vitality and lowering the resistance of the teeth to the invasion of disease germs.

Also, it may be here stated that milk is justly considered one of the most nutritious, economical and wholesome of all foods. It is particularly valuable as a source of nutritive material for the teeth. For milk is particularly rich in lime salts, phosphorous and potassium, mineral substances vitally necessary for building up the teeth. A liberal amount of milk in the diet will do much to prevent pyorrhea and tooth decay and maintain the best standard of nutrition.

Pyorrhea is an inflammation of the dental membrane and the structure in which the tooth is imbedded, developing pus and progressing to the decay of the tooth processes and the final loosening and loss of the teeth.

It is believed that ninety out of every one hundred people in the world have pyorrhea, or conditions which, if untreated, might lead to pyorrhea. Pyorrhea, like all other inflammatory processes, is dependent upon three factors—a low standard of nutrition, injury and malocclusion of the teeth. This injury may be invisible or it may be decidedly apparent.

The first symptoms of pyorrhea consist in a tendency of the gums to bleed while brushing the teeth, or while removing impacted particles of food from between them with dental floss or toothpick.

As the condition develops, the gums shrink away from the teeth, thereby hastening the destruction by malnutrition of the sheath and alveolar process, the bony casing, and the nutrition chamber of the tooth.

With the retraction of the gums and the destruction of the tissues investing the roots, the attachments of the teeth to the socket in the jaw are loosened. In advanced cases they become so loose in the sockets that sometimes they may be rocked back and forth or even plucked out with the fingers. And wherever the periosteum, or bony casing, is destroyed the soft tissues attached to it are also destroyed, increasing the ulcerative process, together with the available supply of pus and pathogenic germs. However, where the membranes covering the roots of the teeth have been destroyed, or where the gums have receded, there is no earthly hope of ever replacing this tissue by any form of treatment. It is a scientific fact that when the teeth come together, or "occlude" perfectly, there is always a more healthy condition of the teeth and gums. As a general rule, where these irregularities exist, fully ninety per cent of cases have been entirely neglected, so far as any constructive effort to close the spaces where teeth have been lost or extracted is concerned.

Therefore, no dentist should feel that his work is finished when he has extracted a tooth. For no matter what the age of the patient, the jaw is never restored to normal again, until the space between the teeth is filled, the grinding sur-

faces and a normal mouth condition restored.

Associated with pyorrhea there is usually, but not always, a tendency to form tartar deposits on the teeth, and especially on the necks of the teeth, down below the gum margins. This tartar is merely the result of a combination of certain secretions of the mouth, mixed with mineral and organic substances derived from the foods, usually in the presence of mouth acids.

By keeping the mouth secretions more alkaline, using baking soda, salt or milk of magnesia for this purpose, much of this tendency to tartar formation can be prevented.

To treat pyorrhea successfully, it is necessary to scale thoroughly all calcareous deposits from the teeth, no matter how far up or down beneath the gum margins they may have extended, polishing and burnishing carefully all infected tooth surfaces.

Iodine, or some powerful antiseptic, used locally around the roots of the teeth, and at the gum margins—helps materially to aseptinize the mouth, or at least to lower its toxic condition. Iodine may also help temporarily in overcoming those little abscesses at the roots of teeth, known colloquially as "gum boils." As a matter of fact, "gum boil," which may seem so trivial and harmless, is nothing more or less than a collection of pus at the roots or necks of infected teeth, forming what is known as a "focal infection." The absorption of this pus into the system is one of the most frequent of all causes for disease of dental origin.

Rheumatism is one of the most common of the disorders that frequently have their origin in decayed teeth or pyorrhetic gums. Every once in a while some of these rheumatic cases make a perfectly astonishing gain following the removal of one or more teeth with putrescent roots, or the clearing up of some pyorrhetic infection.

In one patient, treated by my friend, Dr. Frederick K. Ream, of New York, an acute rheumatism had existed for three months. The sufferings of this patient were so great that he had to be carefully watched, day and night, to prevent suicide.

Every joint in his body was involved in the inflammatory process, even his face and arms being swollen. He had not slept in more than three weeks, except under the influence of an opiate. Every conceivable form of medical treatment, including hot-air baths and electricity, had been employed on him without avail. Yet, after the extraction of two or three necrosed roots, this man, within ten days, was so far recovered as to return to his business, and is today in perfect physical health.

Another case, a "nervous wreck" who suffered from chronic neuralgia, insomnia, pains in the head and a general breakdown in all his functions, and who found it

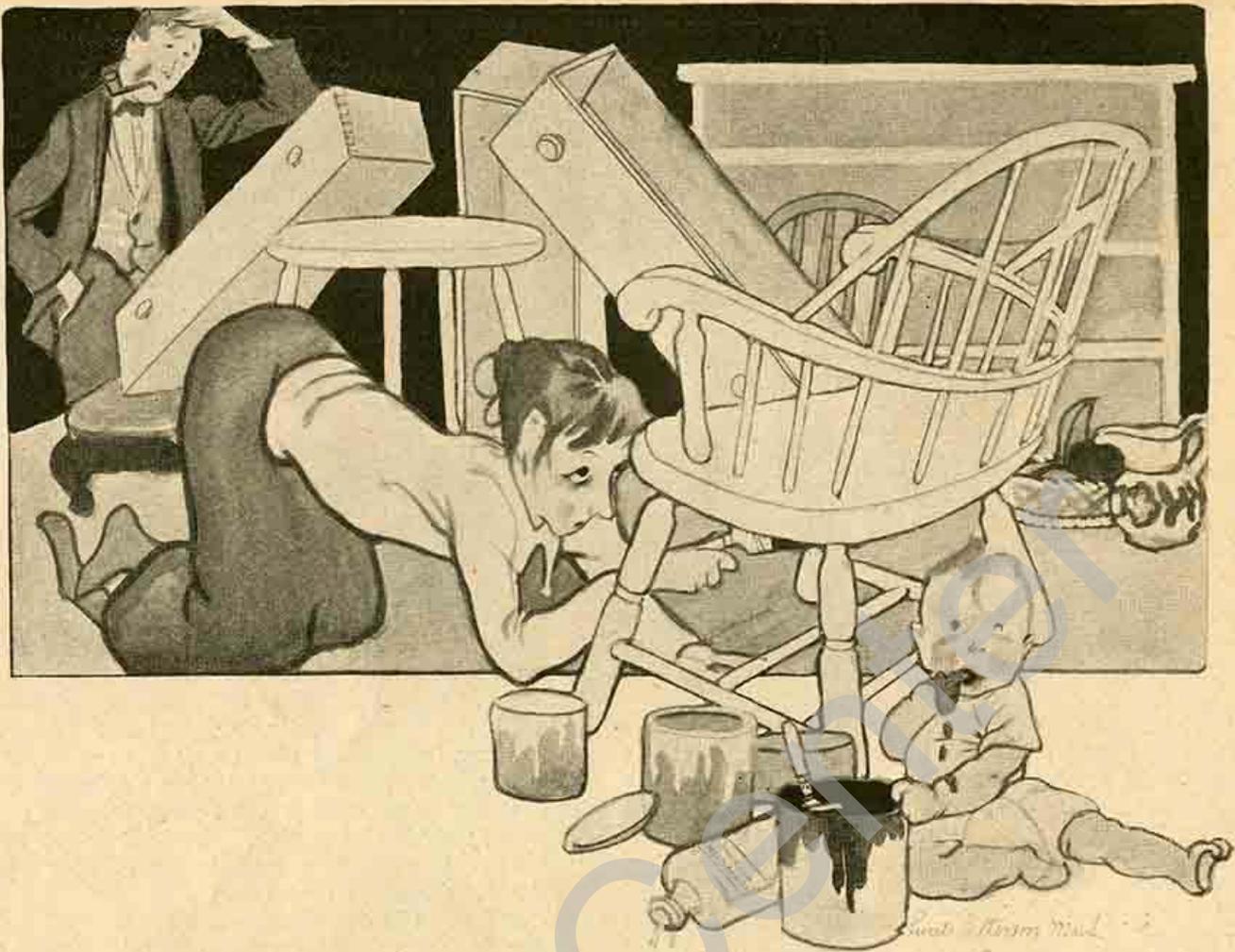
(Continued on page 66)

**I**n his article, Dr. Bowers cites a case of a patient who was being treated for acute rheumatism:

**"His sufferings were so great that he had to be watched carefully, day and night, to prevent suicide.**

**"Every joint in his body was involved in the inflammatory process, even his face and arms being swollen. He had not slept in more than three weeks, except under the influence of an opiate. Every conceivable form of medical treatment, including hot air baths and electricity, had been employed on him without avail. Yet, after the extraction of two or three necrosed roots, this man, within ten days, was so far recovered as to return to his business, and is today in perfect physical health."**

**His advice on caring for the teeth and preventing disease of the gums, is both illuminating and helpful.—The Editor.**



## What's Wrong With *Your* Nerves?

Learn by Analysis Whether Yours Is a Case of Malnutrition, Egoism, Emotionalism, or the Too Crowded Existence

By *May Wilmoth*

CARTOON BY LUCILLE PATTERSON MARSH

**W**HAT are the causes of "nerves"? That question can be summed up in three points: disease, malnutrition and "just nerves."

With disease this article can necessarily have nothing to do. A reputable physician should be consulted if the person suspects that there is a disease which can account for their nervousness. Oftentimes when the nerves are crying out for the proper food men and women resort to prayer, when in a case of malnutrition the person affected should be on speaking terms with a good dietitian. All the will power, all the prayers that were ever made will not help a case where food is needed.

But with "just nerves" the persons so afflicted can help themselves if they will consent to grow a brain big enough to recognize their plight. I know all about it, because I floated myself into a neurological hospital on a wave of perfectly superfluous tears.

Why did I weep? Well, something had happened! That is the reason why so many weep, just because something has happened and they have not discovered that tears are perfectly useless. Far be it from me to mean the tears that are shed over the loss of some greatly loved one. What a relief, then, to the distraught soul when the tears that with time help to heal a wounded heart are shed.

Since that period seven years ago when I floated my ship of life on a tidal wave of tears into the quiet harbor of the hospital, I have learned values. I have learned not to cry over spilled milk or a broken dish or a gown that has gone awry or pecuniary loss, or the thousand and one unimportant things which I used to think important enough to shed tears over. At that time the kindly care and sympathetic talks of an eminent neurologist helped me to float my ship of life out again into a comparatively smiling sea.

The trouble was, as it is with so many, that I had not learned self-control to a sufficient extent to tide me over some trying experiences. Emotional excesses have to be paid for in the coin of nerve exhaustion. Grief, hate, love or ambition are some of the forms that these excesses take. Life is or should be a series of conquests in which each obstacle we meet makes us stronger and more poised to meet the next. This "vale of tears" should be turned into a mountain top of smiles.

Let us consider the importance of the nervous system to the human economy. The brain, the spinal cord and the nerves that originate from them, constitute the nervous system. These little filaments called "nerves" permeate every part of the body, all the impulses from the brain to action pass through them. Sever the spinal cord and your lamp goes out just as thoroughly as the lamp on your table goes dead when you switch off the electric current. Nerves are the motive power for all good, as they are for all evil.

Nerves prompted the American people to help far-off Japan when the earthquake almost destroyed the national life of that country. They sent us to war with Germany. They are the power by which the Hebrew is reinstating himself in Palestine. Nerves took Roosevelt to Africa and made him the darling of a nervous American people.

All that makes us worth while intellectually and physically flows through these minute channels. Nerves are responsible for insanity, they are responsible for the front page newspaper stories of crime. From them comes the impulse of self-destruction and of vice in its most repellant form; but they also give us our great pieces of literature, our fine pictures, the music that entrances with its beauty and harmony, the great pieces of sculpture and monuments of architecture. They send humanity to heaven or to hell, depending upon the use they make of them.

The summer day with its warmth and beauty stimulates, a gray day depresses. You walk down the street head erect, feet fairly spurning the sidewalk, your heart bursting with love of life. Nerves! You walk that same thoroughfare again. The street is unchanged, but now your feet are laden, your heart beats slowly, your head droops. Nerves! You thrill with joy or you are plunged into the depths of gloom. Nerves!

So there you are. We cannot get away from our nerves so long as we continue to live. What are we going to do about our nervous systems?

What are the causes of this nervousness which, aside from disease and malnutrition, makes one feel as if the universe is about to tumble about one's ears, and gives you that tired feeling, those vague pains and the desire to crawl away into some handy cave and never come out again?

Monotony! Monotony is one of them, the grim flavor of gray days!

The monotonous life has many cases of insanity to its credit, many cases of morbidity when life has become a burden to the person so environed. But monotony can be easily cured once the person has examined his life and discovered that to be the cause of his "nerves."

Suppose you are a housewife doing the same round of duties year after year until you have a desire to throw dishes and maltreat the furniture and slam the doors and quarrel with your husband? This would not be a case of nerve exhaustion but of nerves rampant, and comes

under the picturesque slang title of "general cussedness." Well, when you feel like breaking the dishes, instead of washing them why not pile them into the dishpan, attire yourself in your most comfortable walking garb and go for a hike? Whether you live in the country or in the city, you will gain a different viewpoint. A walk costs nothing but sole leather and soul determination.

You may object that when you return the dishes will not have washed themselves, but will still be there for you to do. The point is this: you will have changed your attitude toward them, and you will wonder as you attack the inanimate things how you could have felt as you did an hour earlier. I knew a woman who warded off a nervous collapse with a paint pot and a brush. She had grown so tired of her poor sticks of furniture that she told me she nearly screamed every time she cleaned her apartment. With a can of beautiful blue paint she changed that apartment from a nightmare to a pleasant dream. Her ambition grew with what it fed upon, and she decorated the furniture with handsome designs of her own creating, and was offered a fancy price for her furniture by an interior decorator. That is what I call "outwitting your nerves."

Personally I have a way aside from the physical exercise that I do and which I will tell you about later in the story, of controlling a gray mood. Writing is a nerve exhausting profession, and I turn from a few hours of writing to the making of gowns and hats. I feel that had I not chosen writing for my means of self-expression that I might have been a great modiste or a milliner. I revel in the creative process of building a gown or a chapeau, and wear my own creations with much more pleasure than anything that has been made for me by another person's brain and hands.

A hobby! That's the life-saver.

A man who pays such strict attention to business that he begins to hate his work ought to have a hobby. If he be a brain worker he should take up some form of physical exercise. Skating, ice or roller, horseback riding or golf, or just plain hiking would give him the necessary relief from the bugbear of monotony. If he works with his hands, then his hobby should be some form of mental exercise, something that will absorb his mind and dull the pain of muscles that has come from hard physical work.

Then there is the too crowded life.

Perhaps the crowded life is responsible for more so-called "nerves" than is the life of monotony. Life is so complicated in these modern days, and rightly so it seems to me, for what would the complex twentieth century mind do with the "simple life"? The simple life was for the past. What we desire to do is to attune our lives to the complexities and grow up to our opportunities.

But to live a complex life you do not necessarily have to have a crowded life. When that hurried feeling begins to well up in your consciousness and you feel that you have no time for anything but to hurry, take a day off and make an inventory. No matter whether you have time or not, take the day off and diagnose your case. What you learn about yourself and your activities will without doubt be illuminating. One thing you will learn undoubtedly is that you do your work and play too much in anticipation; that is, you worry a lot as to where the time is coming from in which to discharge all your obligations of a business or social nature. It might be a good thing when you feel that way to read the life of

some great man or woman who has created empires and thus lose something of your egoism.

The busiest man I ever knew always had the most time. He had a sure hold on life. He took up one task, completed it and fared to another. He always had time to listen and counsel, he never neglected play for work, and when time hung heavy on his hands he read *Sanskrit*. But it takes brain power to order your life like that.

Well, perhaps for you, you are doing too much. There is a great difference in capacity. I solved a problem like that once, and it may be of interest to the readers of this article to know how I did it. I believe that the body and mind are sacred possessions, and that never should we strain them to the breaking point which varies with the individual.

At this time, when for some reason in the prodigal expenditure of my energies I was wise, I was doing editorial work for a big newspaper syndicate. I had taken over the work which prior to my advent into the office had been done by two women. I had work enough. Not so that it worried me, but every minute of the day from nine to five, save for the lunch hour, was busily employed upon my eight pages of syndicated matter, two sheets of which were original "stuff."

The managing editor came airily to me one day and informed me that a new fashion sheet was to be added to my duties. It was to be named for me, and my salary was to be raised ten dollars! An embarrassment of riches. Then I began to worry. I have always been an expert in the gentle art of spending money as I have of expending energy. I wanted that extra tenner. It meant that I would have more money to spend on feminine fripperies, on grand opera, and let me confide, it meant that I would be receiving more money than any mere man in the shop save the managing editor. But also it meant more work!

It is always the last straw that breaks the well-known camel's back. That green and crackling ten-dollar bill dangled before my mental vision for a week, but as I was already doing the work of two women I made my decision. I sought out the managing editor. I told him that "life was more than meat and the body more than raiment," that he could have my resignation if they insisted upon giving me more money—and more work. I recall that subsequently I took a somewhat impish delight in watching the struggles of a man editor with the Anna May fashion page. Its heritage, being named after me, was somewhat hectic.

But that was my way of solving this problem of a too crowded life. There is only one way and that is to prune it. What you cut away will depend upon your own peculiar problem. It is all up to you. After a complete nervous collapse it is a very difficult matter to regain the health of the nervous system. I know that from experience.

I recall that after going to the hospital I did nothing at all for a long time. I did not read; I did not talk; I did not even think. Life had come to pause. I cared not at all whether it ever went on again. The will to live had died. Why I still lived on, puzzled me. But even that puzzlement was valuable as it was an indication that I was not entirely spent, a useless bit of flotsam drifting aimlessly about in this turbulent sea that men call life. Death beckoned me. With death all the problems would be solved, all the tears dried, all the turmoil of living over. I floated in a gray mist which obscured

the brightness of the sunlight, the beauty of starshine and moonlight. I was deaf to the sound of loved voices; I was apathetic to the touch of loved hands.

Nurses came and went; the good doctor whom I have mentioned talked to me and directed my treatment. I was to have massage, electric baths and later physical exercise. I acquiesced in everything. All the opposition had gone out of me. The vigorous warfare I had waged against life had exhausted me. Rebelliousness had been replaced by this dangerous apathy.

I was put upon a generous diet. Contrary to the popular theory, there is no such thing as a "nerve" food or a "brain" food. The nerves depend for nutrition on material supplied them by other tissues and the blood. If the blood taken into the stomach creates a disturbance in that organ or the closely allied intestines, liver and pancreas, then the nerves are bound to be adversely affected. Nerves need to be well fed, and so I was well fed. The doctor was captain of my ship at that time.

After a course of electric baths and massage, there came a day when I was taken to the roof. The roofs of Manhattan, what wonderful places they are! Sunshine and the four winds of heaven are there. Up there I was left to sit in the sunshine, with a nurse to see that my eyes were shaded, but that I should receive a generous dose of Old Sol. There were others there in various stages of recovery from "nerves," but they were only a little more solid fragments of the gray mists which enveloped me.

The treatment was repeated again and again. Gradually the sunshine and fresh air, combined with the other treatment I was receiving, worked a subtle change. The gray mist lifted. I perceived that the bits of more solid gray substance were persons who were going through with all sorts of physical exercises. The first healthful sign I had given was the desire I evinced to take part in the exercises. A physical director had charge of the classes. There was music; there was sunshine; there was fresh air. What more healthful combination?

From the time I joined that class of convalescents my desire to live grew. I had days of relapse when the struggle did not seem worth the effort, and I would sink again into benumbing lethargy, but gradually my normal love for life triumphed.

I left the hospital. I had always loved the sea, and it was to the seashore that I went. Its quiet and its turbulence equally enthralled me. It took the place of the great physician who had rescued me from my plight. I swam, I lay on the sands in the sunshine, I walked miles and miles. The wind and the rain invited me as well as the sunshine. No matter how stormy the day might chance to be, I hiked. I got well. Melancholia had been beaten by proper food, physical exercise and mental diversion.

I took my pencil in hand and wrote. The second week I was out of the hospital I sold a short story. I shall never forget the moment I heard the editor's voice over the telephone informing me that my story was taken. He was a kindly man and knew that I had been ill and that every little encouragement counted. Later I sold him other short stories, but I never received quite the same thrill again. I had won. In every way, physically and mentally, I was on the upgrade. We all have pulsing moments when we feel that the heights have been scaled, the victory won. But there are always other heights far beyond, other thrills (*Continued on page 87*)

# More Energy from My Food

“Fuel Food” Is Not the Only, and Not Even the Primary Factor In the Development of Human Power—Stop Fighting Poisons, Particularly the Insidious Food Preservative Chemicals

By Carl Easton Williams

**H**OW can I get more energy from my food? Any ten-year-old school girl will undertake to answer the question at once. And the answer is, according to what she is taught in school, to eat more “energy food.” That is, eat more fats and carbohydrates.

However, it is not quite so simple as that.

Grandmother Murphy, who has long since forgotten what she learned in school on the subject of foods—if anything—and who may even never have gone to school, knows perfectly well as a matter of common sense that if little Annie eats very much candy she will make herself sick, that she will become pale-faced and nervous, that she will have endless trouble with her teeth and that she will be distinctively lacking in that spontaneous untiring energy that is the characteristic of normal and healthy childhood.

But in spite of that my little eight-year-old girl comes home from school, filled with the scientific information that she has imbibed there, and coolly assures me that she must eat lots of sugar—because it will keep her warm. On the theory that energy foods produce energy. Fuel will make you warm. Yes, may be—if you can manage to burn it!

You get the power of your motor car, the energy that drives it, from the explosive impulse of gasoline. But see how much power you will get out of it if your lubrication is defective, if the mechanism is badly adjusted, if the electrical system is not working right, the “timing” out of place, the cylinders full of carbon or the carburetor choked with dirt. If you can get more power just by using more gasoline, why not give your engine a “richer” mixture, even using the choke continually? As a matter of fact, you find that you get more power by using a fairly “lean” mixture—more air and not so much gas.

The point is that in order to get the energy out of the fuel, or out of the food, you must be able to utilize it.

And this capacity to utilize it depends upon other factors. In the case of food it is very much dependent upon the use of a balancing allotment of other than pure “fuel foods.”

It is in a way similar to the problem of getting the right amount of air mixed with your gasoline vapor, in order to get the most power out of your engine, and this again must be conditioned upon the use of enough lubricating oil in all parts of the engine and of the car that require it, and of the right kind of lubrication at that. For the condition of acidosis that would follow, and that actually does follow a disproportion of sugar and starchy food and fat, is not wholly unlike the condition of the engine that is dry of oil. Pretty soon it will not work.

If you contemplate the large number of sallow, tired, listless people that you meet, and then observe the kind of food they eat, you will see that there are two chief faults in their diet, from the standpoint of energy building. One of these is the excess of purely energy or “fuel” foods, comparable to the too “rich” mixture in your motor. The other is the excess of protein or tissue-building food, and particularly of meat—which is supposed to be strengthening.

If the mere eating of so-called energy food would give you energy, you could hardly do better than eat a pound of lard a day and let it go at that. In that way you would get about four thousand calories, more than you need, and at small expense. You could get it even cheaper by using a pound of cotton seed oil instead, and even then your only regret would be that you could not

develop an appetite for kerosene or gasoline. But your common sense has now asserted itself, and you say, “Oh, but I could not digest a pound of lard, all by itself, or of cotton seed oil. I could not even get it down.” Yes, that’s the trouble.

However, you could do nearly as well by eating a couple of pounds of sugar, making up about thirty-six hundred calories, or to make it more attractive, let us say a couple of pounds of candy. You might be able to get that down, by drinking plenty of water. And the teachers at school tell my children that they must eat sugar to keep them warm. Or, if even the exclusive sugar diet is too trying for our outraged instincts, why not just go back to the assortment of high fuel

## Just What Is the Energy Value of the So-Called “Fuel Foods”?

**FUEL** foods are the carbohydrates and fats, those foods which when burned up, produce energy. They are to your body what gas is to your motor car—the impulse that propels, the power that drives. But fuel in order to be of value, must be burned up. See how much power you get out of gas if the lubrication is defective, if the mechanism is badly adjusted, or the carburetor choked with dust.

The point is that “fuel foods” are of no value to the body unless properly utilized, and your capacity to utilize them depends upon a balancing allotment of other than fuel foods. For instance, when you try to overcome that “tired feeling” by eating more fuel foods, you are depriving yourself of the very strength and energy which you are eating to gain.

Let sugar, starch and fats, represent the fuel foods, and remember that the energy you gain from them depends not upon the quantity you eat, but rather upon the quantity you are capable of utilizing through the balance of the base forming foods represented in vegetables, salads and fruit.—The Editor.

value or energy foods that make up the better part of the diet of these pale and tired-looking people that we meet everywhere. Yes, you can get a diet of energy foods by eating—what many poor people chiefly eat—lots of white bread, rice pudding (made with polished rice), tapioca (pure starch) pudding, corn starch pudding, or other cake-like puddings (with a sweet, sticky, gluey, starchy sauce), pancakes, waffles with syrup, biscuits, buns, cookies, pastries, doughnuts (even better fuel than pure sugar, the grease raising the calory rating to nearly two thousand), boiled potatoes (with the minerals drained out when the water is thrown off), refined corn meal, other demineralized cereals, soda crackers, lemon pie (pastry plus cornstarch paste with artificial flavoring) and more of the same order. You might be able to get that down, because some people do. And what will you balance it with? Oh, plenty of meat. Sure, that's just what people do.

It's energy food. Teacher says so. You ought to be able to run Marathon races on a supply of energy like that, or to chop wood all day long without slowing up or getting tired. There's plenty of energy there. And the sugar in it will keep you warm. But what's the matter with it? Well, just that you can't utilize it that way, that's all. Otherwise it's all right.

You will find plenty of calories in that diet, but no iron, no lime, no organic phosphorus, no organic magnesium, sodium, potassium, none of the other organic mineral salts and none of the vitamins, enzymes, colloids and ferments that go to make fuel out of real food. You cannot utilize a diet made up exclusively of pure sugar, pure starch, pure fat or oil. You could burn these and produce energy from them in an iron stove. You can even burn them electrically in that instrument called the calorimeter, so as to raise the temperature of the jacket of water surrounding the combustion chamber or bomb, and thus measure their calory value. But the human body is a different sort of fuel consumer, a living and a very complicated organism, and certain very important conditions are attached to the process of liberating the energy from these energy foods. And these conditions demand the presence, in adequate quantities, of other food substances of a "regulating" kind, as they have aptly been called, or of a neutralizing or balancing nature, speaking from a chemical standpoint.

If you will find a chart giving the fuel value or energy value of foods in terms of their content of calories per pound, you will find lard at the top and tomatoes just about at the very bottom. It takes a whole pound of tomatoes to make up about a hundred calories. So why bother with tomatoes if you want energy? That hard-laboring, ditch-digging, dirt-shovelling Italian that you passed on the street, who eats tomatoes with his lunch every day, when he can get them, must be foolish. Tomatoes cannot keep him warm, or give him energy, for they only have mineral salts and all kinds of vitamins, besides a lot of water. Should he not eat white bread, spread with lard, and covered with syrup? That's fuel.

The trouble is that the end-products of this fuel food, when utilized in the human system, are of an acid nature. It is necessary constantly to neutralize these acids. And don't confuse these chemical acid wastes of the processes of life with those organic food acids which we find in fruit. Normal, healthy blood is alkaline, and so are most of the secretions of the glands of the body,

including the saliva, which in itself is frequently capable of neutralizing the mild fruit acids. But these acid by-products of metabolism must be neutralized by bases or alkalis supplied by the blood, and this supply must be renewed by eating foods which contain these bases, including the so-called acid fruits, the low-calory tomato, all vegetables and green foods; in short, all foods well supplied with the organic mineral salts. Milk is one of the most valuable of these, and the greatest lime food in the world. You of course know what happens in the kitchen when the cook mixes the alkaline baking soda with the acid cream of tartar; they neutralize each other and form a neutral salt. Well, you have to supply the conditons for such a neutralizing of waste-acids in your body, or the increasing acidity of your tissues, ultimately of the blood itself, will become serious, and will be manifested in scurvy or beri-beri, also lowering your power of resistance to other diseases, and very certainly depriving you of the very strength and energy for the sake of which you think you must eat these energy foods.

The conclusion is that, if you are tired, instead of eating more energy food and less of tomatoes, you should eat less of the purely fuel type of food, and more of tomatoes and other mineral and vitamin containing food to balance the diet. You can't balance it with meat, for protein, like the carbohydrates and starch, is acid-forming in its nature, that is, its end-products in the body are acid. Meat must also be balanced with vegetables, green foods and fruits.

As to bread, that is all right, if you eat *whole* bread. And whole bread means whole wheat or whole rye, or whole corn. The trouble is that white bread is only partly there. Put the bran back? Exactly. White bread is almost pure starch. The bran and the germ, which have been removed in the milling and refining processes, are rich in vitamins and mineral salts. The bran balances the starchy part of the wheat. The whole wheat is self-balanced, just as milk is self-balanced.

In short, the way to get energy from your food is to insure getting this balance of the base-forming foods rather than to try to eat more fuel foods. Go easy with the sugar, no matter what Teacher says. In the matter of breads and cereals, get the whole thing, not the starchy part. Use milk freely, if you like. You need not wholly give up meat, for meat is food, but you need only a little of it. If you eat eggs you don't need meat, and should not eat meat the same day. And see that your meat is balanced with vegetables, salads and fruit, some of each of these each day.

But there is here another important point, which is the desirability of getting these fruits and vegetables fresh, and of consuming with the vegetables all the water in which they have been cooked. For just as soon as you commence to use preserved foods you face another danger, of somewhat indefinite character, but very genuine, in the matter of poisonous chemical food preservatives. These chemicals are used upon the theory that very small quantities of poison will not hurt the dear public, or at least will not kill any one so quickly that the food packer can be blamed for it. However, poison is poison, and there are some conscientious food packers who will not use it in any quantity whatsoever, and it would seem the part of prudence, when one does eat canned or dried foods, to patronize such brands. Also, it is good public (Continued on page 74)

# Are Your Children Strong?

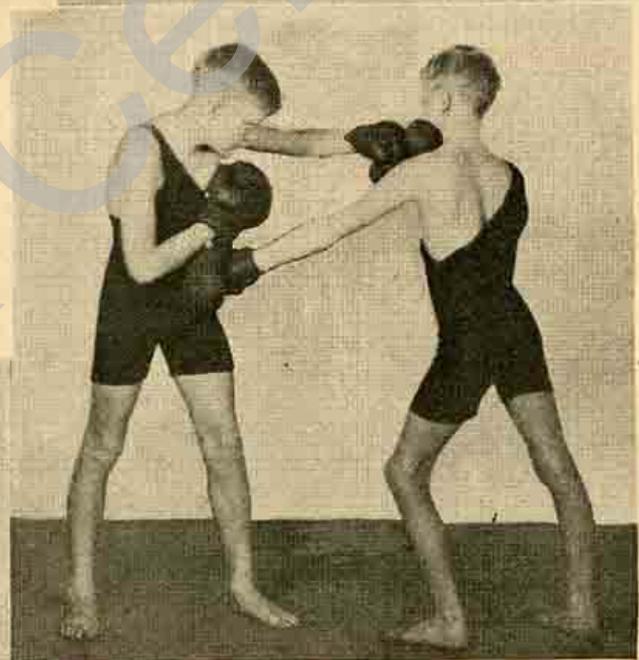
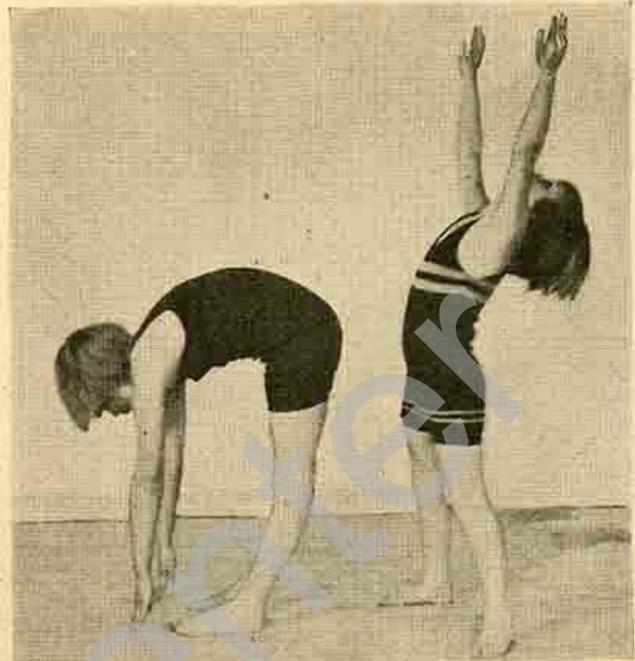
How Are They Equipped for an Emergency? Establish a Gymnasium in Your Home

By J. Leonard Mason

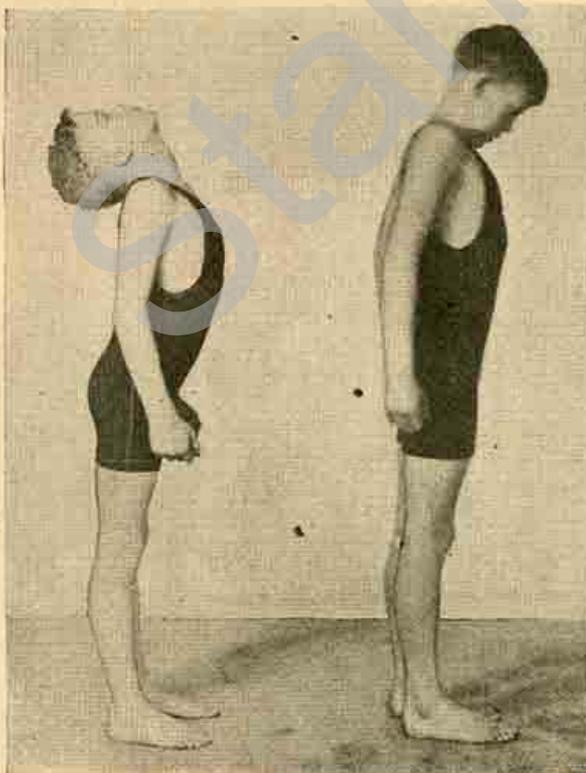
**A** SMALL boy, neatly dressed and well appearing, was walking home from school one day, attending to his own business. He was happy and was whistling a merry tune. Just around a corner were gathered some other boys. They were not bad boys, but just a little rough. One of these kids, was by nature much of a bully. He saw Harold (we'll call him Harold) approaching, and he said, "Oh, see mama's boy. Let's muss him up!"

Harold didn't run. As his tormentors reached him he carefully laid down his books and awaited developments. They came quickly. As the bully made a pass to knock Harold's hat into the dirt, the smaller boy dodged back, then quickly stepped in and planted a solid right and left punch on that bully's soft nose. It wasn't quite enough to keep the big boy off, and he madly rushed at Harold. The little fellow got his two unbelievably strong arms around his opponent's waist and quickly tripped and threw him down, flat on his back. That fall took all the wind and fight out of the bully, and I am glad to say that the "gang" had good sportsmanship enough to admire the fight Harold had shown.

Now all this didn't happen by accident. Harold's parents believe in physical training for children.



Children quickly acquire wrong habits of standing and sitting, which may be counteracted by a daily routine of setting-up exercises. Self-defense can best be learned through boxing and wrestling.



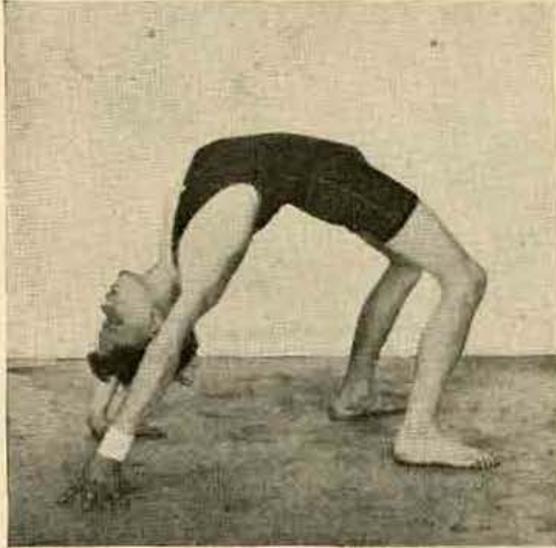
and boxing and wrestling had been part of the boy's education.

There is another true story of a little girl who was caught in an apartment house fire. Attached to the back of the building and leading to a tall pole was a rope. Hand over hand she made her way across the rope and down the pole to safety. This girl was a star member of a neighborhood gymnasium class, and the feat which saved her life was just "one of the gym stunts" to her.

These children liked their exercise. It was play to them, and the play spirit can be put into all forms of

physical training for children. Something is wrong with the child who does not like vigorous physical exercise, or cannot learn to like it through the right kind of leadership.

Play is the natural form of exercise for children, but we cannot expect them to grow to manhood and womanhood with strong healthy bodies unless we take an interest in the *kind of play* they indulge in. We should do all we can to encourage those sports and exercises



The Mason children displaying their aptitude for the exercises described in this article. The gymnastic program may be made more interesting through stunts such as bending the crab, the forward roll and the backward roll.

which are of the most value to the growing child.

Children differ physically as well as mentally. The individual needs of each child should be studied, and in addition to his usual play life, definite physical exercise should be given to improve posture, correct any growing weakness and build up his muscular and organic system generally. The body should be trained just as carefully as the brain. Every intelligent parent knows that his child must have proper exercise.

The question is, "What constitutes proper exercise, both in kind and amount, for the average normal boy or girl from six to twelve years of age?"

As we find Play to be instinctive, we may expect children to grow strong and healthy as Nature intended under favorable play conditions. Few have such conditions, however. Most of them do not have the chance to romp over fields and meadows and through woods and glens. Nor do they have barns in which to climb rafters and leap into the soft hay beneath. Oh, yes, this has been done and still is

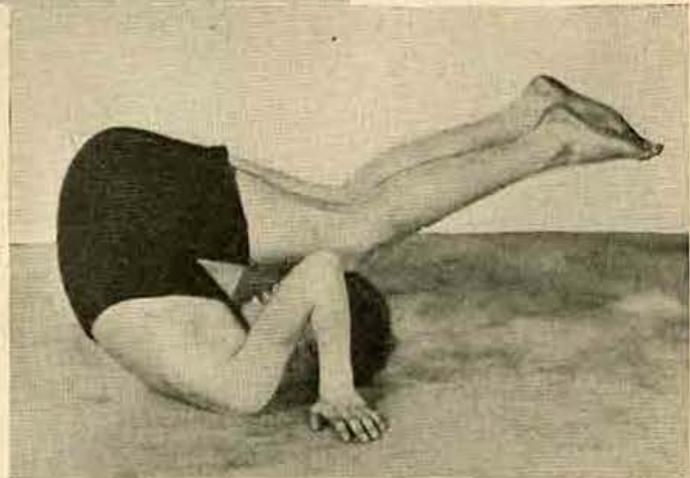
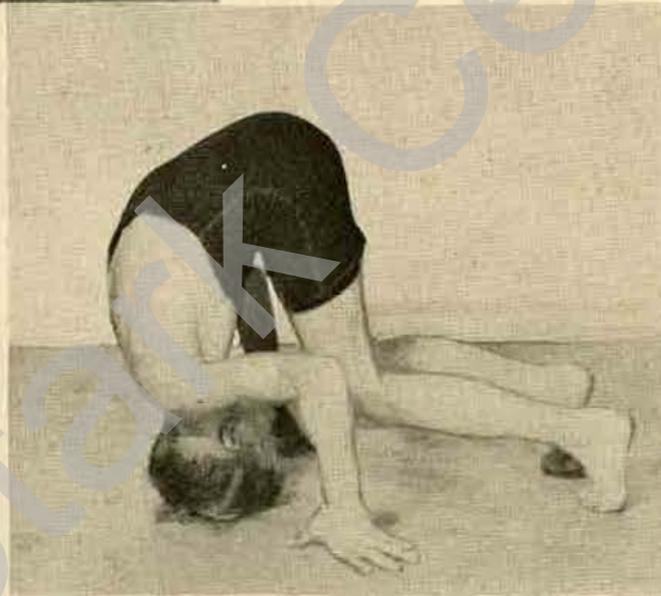
somewhere; but the average child knows little about such things except for an occasional vacation on the farm. So we have had to find conventional means of providing a chance for play, and have substituted Nature's playgrounds with gymnasiums and city playgrounds and public recreation centers.

The worst condition we are facing is the danger which our children are exposed to in the city streets. This is true also of the country roads in a lesser degree. Children will play in the streets if there is no other place near by. We can only do our best to reduce this menace to a minimum by providing as many playgrounds as possible in every city, repeatedly warning to *keep off the streets*, impressing upon and insisting that drivers of automobiles, trucks and trolley cars be careful at all times for the sake of these heedless little trespassers.

Practically all of the public schools have adopted a regular system of physical training which is more or less effective according to the thoroughness with which it is carried out. Neither the school nor the public playground, admirable as these agencies are, can take the place of parents' watchfulness and helpfulness in the matter of physical training. In this article I shall give some practical suggestions for parents to follow. Let us call it *the Home System*.

If father, mother, uncle, older brother or sister have been athletic, the suggestions can be more easily carried out, although this is not necessary. I know of one mother who had never taken regular physical exercises, but who began leading her children through a series of exercises every night and thereby formed a most beneficial habit for herself.

Begin some evening when the youngsters are getting ready for bed, which, I trust, is an early hour. Have them "line up" and stand before you for inspection. Explain to them about keeping chest up, shoulders back, abdomen held back and head carried well. There is a



great deal in trying to make these exercise periods interesting and full of real fun for the children.

Don't make the training appear too serious, although if a child needs the exercises but doesn't want to take them, you must insist that he do so. My own parents put me in a Y. M. C. A. gym at the age of eleven. For a whole year I hated to go, but I had to just the same. In the course of time, as I became stronger and grew into a more proficient gymnast, nothing could keep me away from the gymnasium.

Our children think it great fun to be "inspected" and line up, with little else on but a smile, while my wife and I carefully look them over for "posture," muscular development, and then for a superficial examination of eyes, ears, nose, teeth and throat. This inspection has

three outstanding advantages: it keeps us in close touch with the physical growth and welfare of the children. It teaches them to take an interest in their own physical condition, and it is good training for the parents



Pyramid building, rope climbing and ring work should be done with the aid of an instructor.

in learning how to judge their children's condition and to intelligently help them.

Have the children form ideals of a strong, well developed body. Have them learn to hold their little "tummies" back instead of letting them protrude away out in front. Have them work for strong muscles in place of flabby fat flesh, or no flesh at all. Make a thorough physical inspection once a week, preferably on a bath night.

Although we often try different kinds of exercises, there are a few which we regard as fundamental, especially for developing good posture. Here are the three simple ones done without any apparatus.

A good trunk-bending exercise is as follows: Stand

with feet apart and arms straight overhead; bend forward, touching finger tips to the floor without bending the legs at the knees. Then bend back again, raising the arms overhead once more as when you started. This is the well-known forward and backward trunk bending exercise, with the arms in an extended position carried with the body. Repeat this exercise

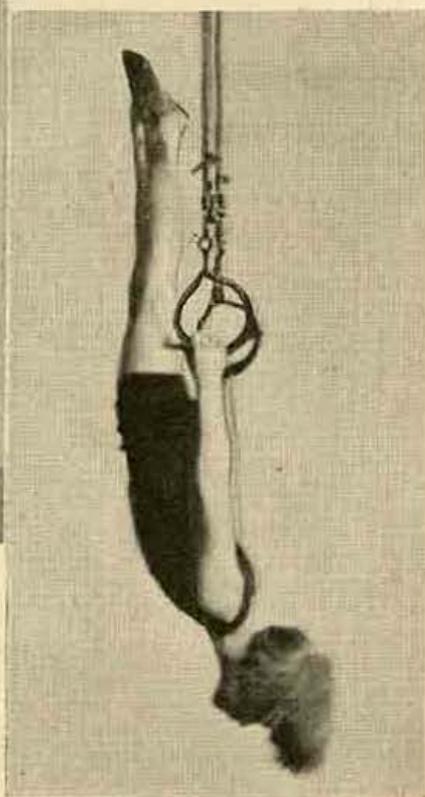
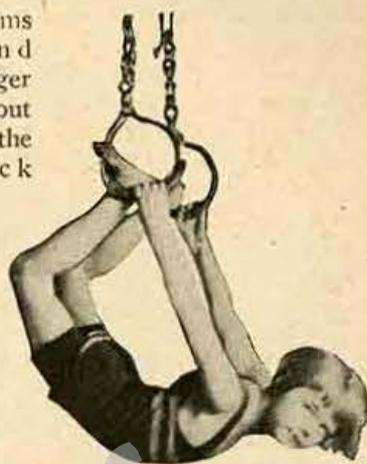
six times at first, and increase this number with practice. Arm raising and lowering is begun by standing with feet together and arms straight at sides. Raise arms forward and upward until they are stretched high overhead. Next, lower arms sideways, keeping them as far back as possible, so that the chest will be well rounded. Breathe in as the arms are raised, out as the arms are lowered.

This is a very simple exercise, but to be really effective the arms must be stretched as far as possible in all positions of the exercise and the abdomen held back. Repeat the movements six times at first, and increase this number with practice.

Neck bending is done by standing with feet together and hands on the hips, chin firm. Lower the chin as far down as possible, drawing it back at the same time. Raise and carry it back until you are looking directly above you. This is the simple forward and back-



ward neck bending exercise, but it is important to control the movement. (Continued on page 70)



# How Hernia Can Be Prevented and Cured

Exercises That Help and That Render One Immune—Is the Athlete More Apt to Suffer Than the Non-Athletic Man?

By George F. Jowett

**W**HEN America went into the World War and her fighting citizens were lined up for physical examination, much amazement was expressed as the statistics, showing the enormous number of men afflicted with Hernia, began piling up.

While this was a surprise to many, it was not a surprise to the mail-teaching physical culturist, whose large correspondence brings him into contact with more people seeking health and physical fitness than does that of any dozen medical practitioners.

We know the true state of affairs so far as this trouble is concerned. And in almost every case, when we have been consulted, the afflicted had previously sought the advice of his particular physician, which was the same advice that we hear from all. The physician emphatically states that all forms of physical exertion must be avoided and that positively no curative system of body culture can be indulged in. This same advice is given to all who apparently are in danger of Hernia, as the best possible preventive.

Naturally, this information has a very discouraging effect upon the person who feels that he is doomed for life and is in constant dread of making his condition worse by doing anything that will cause physical exertion.

This medical advice has been so dinned into everyone that the decision is automatically accepted, and even in the face of reason they shrink from any form of exercise.

Such advice is altogether wrong, and I am glad to know that there

are some few doctors who are alive to this fact, and who do advise their patients to place themselves under a reliable instructor, in such cases as do not require an operation. In that case Hernia is very bad.

Many of the afflicted, however, misunderstand their doctors. The patient is always told not to lift heavy weights and not to exercise, simply because the doctor knows that many of his clients would sooner follow the lines of least resistance and be given such advice.

"Not to lift heavy weights" is good advice, but there is a great deal of difference between lifting heavy weights and performing exercises with weights. Body culture is

a science, and must be scientifically applied. We reconstructors of the body have separate remedies for the various physical disabilities.

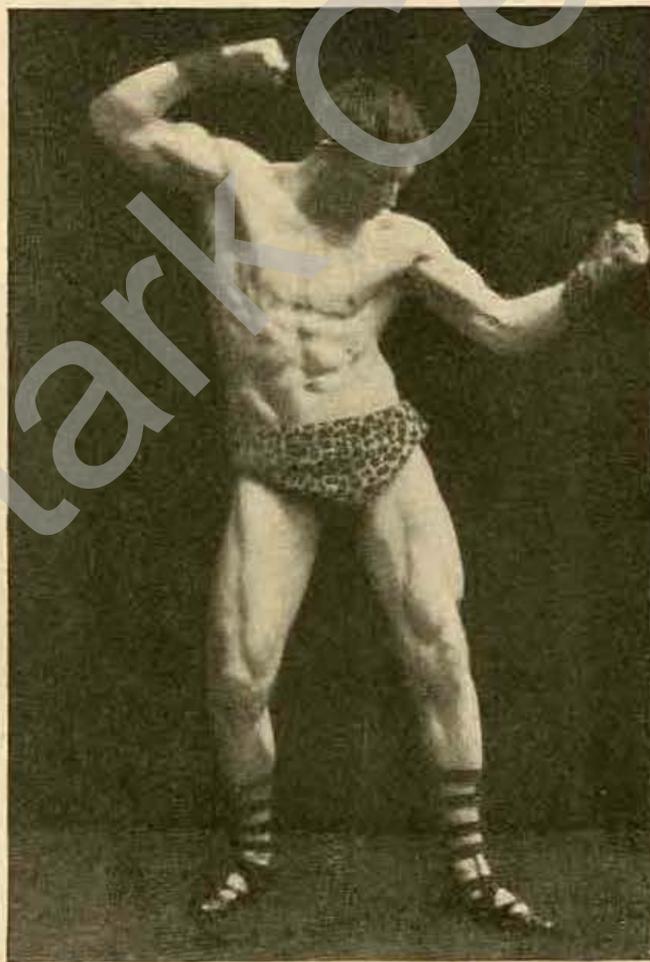
I would not allow a pupil to lift a heavy weight until I was perfectly sure that he had so developed himself physically as to make such an effort both possible and safe.

Let us get down to brass tacks and find out what really is the cause of this common trouble.

We must first know the cause in order to intelligently effect a cure.

Hernia is just another penalty imposed upon the human body, because of disregard for nature.

In various writings I have stated that the torso and the neck are the two most important parts of the body, the parts that must have special attention. The neck, because it is the seat of vitalized nervous force, and the torso, because it is the seat of organic power. By developing the torso you build a muscular bulwark that is a protection against Hernia, as well as develop-



Eric Tengrove, seventeen year old English Hercules, a good example of abdominal strength. Notice the pronounced development of the External Oblique muscles. These, with the four rows of abdominal muscles, are nature's fortification against Hernia.

ing the muscles that protect and stimulate the operating powers of the functioning organs.

Hernia exists simply because a degeneration has taken place in the outer muscular walls.

This condition is brought about by various reasons, the principal one being a lack of exercise which robs the abdominal muscles of the necessary toning.

The abdominal muscles are divided into eight separate parts, four deep, with two in a row. When contracted, the first three rows give the appearance of a washboard. Of the fourth row, which commences on the line of the navel, you can merely see the raise on the navel line, simply because this fourth section is the lowest part of the abdominals, and being considerably longer than any of the other sections, tapers away down between the groins. These two particular sections of the abdominals, along with the external oblique muscles, are the muscles that we are most concerned with in this article.

The external oblique muscles protect the groins. They commence at the sides over the hip bones and roll down in front of the lower extremity of the abdomen, over the groin, and co-operating with the lower abdominals complete the muscular wall that nature intended as a protection for the intestines and other functioning organs in this locality.

It can be readily seen that lack of exercise weakens this muscular resistance. The weight of the intestines behind this natural wall, not being kept in place, are forced forward, thus extending the lower abdominal muscles to their limit. In this condition the muscles have the appearance of worn out elastic. They lose the

cannot sustain the pressure, and it tears. Wherever this tear takes place the intestines will protrude and form the lump that necessitates the wearing of a truss.

Moving a heavy object is the least cause of Hernia. Physicians state that the wearing of belts among men and high heeled shoes among women are the greatest means of producing Hernia.

The belt is always pulled around the line of the waist over the navel, and this binding pressure, with the weight of the clothes, helps the bearing down tendency just where the lower section of the abdominals commence. This robs these muscles of any power they have, and congests the limited space with crowded intestines.

The larger the abdomen, the greater detriment is the belt. The man with a large abdomen should wear suspenders.

Jumping or stepping heavily off a chair or any other raised object will cause Hernia quicker than any other movement. Reaching high overhead, bad sitting and walking positions, poor diet and constipation are all evils that lead to this trouble. The two latter usually result in a distended abdomen.

I suppose many of my readers who are not cursed with a large waist line will think they are immune to Hernia. Not so. Just stand naturally in a side view position in front of a mirror and you will find that your abdomen looks at least the size of your chest, although the probability is that your chest will be somewhat caved in, with the abdomen bulging forward.

Whether you are a big bodied man or not, correct that waist line, and get busy on the exercises that will build up the muscular walls of the torso as they should be.

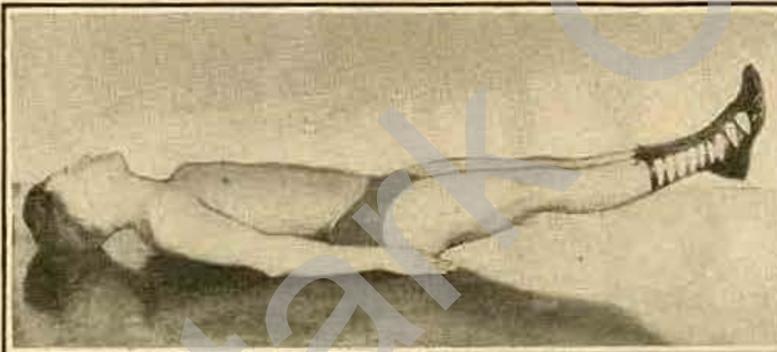


Figure 1

Not only will the exercises outlined by the author, prevent Hernia, but will help those who are already suffering from it. Read carefully what he says in relation to taking up this work and how to advance into the different stages of progression.

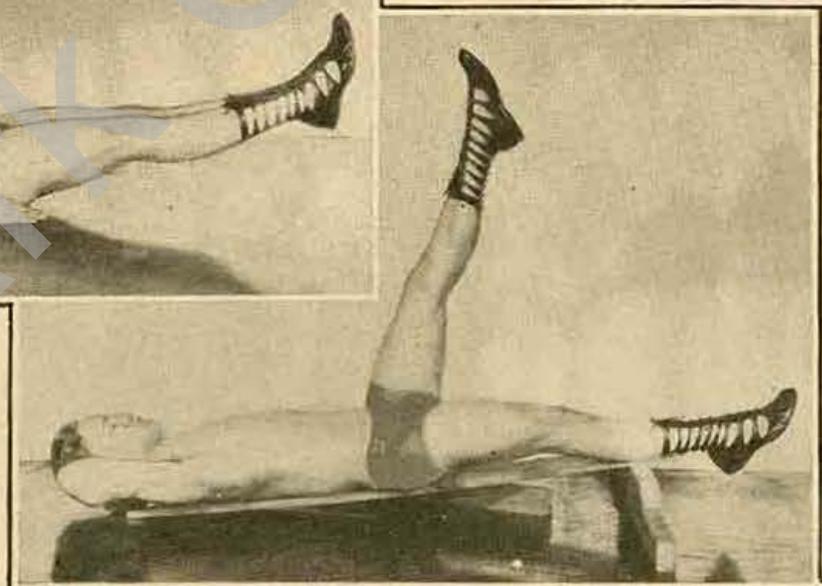


Figure 2

power of contraction, and when muscles are bereft of their contractile force they have no strength. This condition causes that heavy downward pressure in the body that makes a person subject to Hernia.

Since the preventive has been taken away, there is nothing left to prevent the rupture. The thin fleece that separates the muscles and the intestines

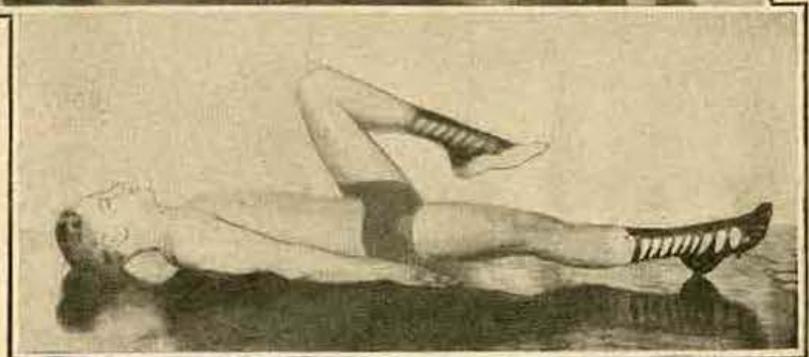


Figure 3



Ernest Cadine, one of the three greatest heavyweights in the world, and another example of external oblique development.

which is illustrated in Figure 1. The chief value of this lies in the fact that by it the abdominals are developed from the lower extremities upwards, thus getting the value of the exercise in the right place. When the legs are lowered to the ground the heels should never be lowered to touch the floor, as then the contraction is more forcibly controlled.

By keeping the hands under the hips a better balance is maintained. Always keep the legs straight.

A person who has Hernia should practice this movement with one leg at a time first, making the two-leg movement the second stage of progression, and performing on a slanting board with the heels a little higher than the head, as shown in Figure 2. This allows the rupture to sink back and gives the muscles better chance to operate.

This exercise should be followed by the one shown in Figure 3, al-

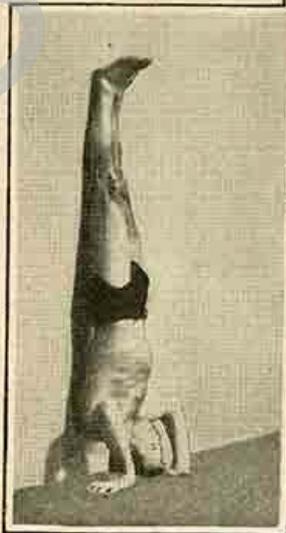


Figure 2

Many who take exercise will say, "Oh, I am all right, I do the sit up." The "sit-up" is all right for part of the torso, but of little use for the development of the muscles which protect against Hernia, simply because it develops mostly the first three rows of the abdominals. The lower muscles get very little help and the external oblique muscles get none.

The best exercise in my estimation is that

lowing each knee to come up alternately and as high as possible. This movement is very good for anyone who has a large abdomen or dilated intestines.

Figure 4 is also an exercise particularly used in these cases, and is known as the "bicycle tread," because you make the legs work up and down in a pedalling movement. Be sure to hold the hands on the hips, as shown in the picture, in order to control the balance.

Quite a few years ago I knew a farmer who had a very bad Hernia. He told me that when he did considerable plowing the Hernia would annoy him more and the protrusion would appear larger. He continued to say that when it became too pronounced he would leave the plow and, standing on his head up against the fence, would work his legs up and down. This would allow the lump to recede further into the abdomen and relieve his condition. The result, of course, was great relief from pain.

I suggested the exercises already given, together with the following movements, all done from an upside down position.

Stand about eight inches from the wall and place the head upon the floor with the hands and feet in front, as shown in Figure 5. To begin, slowly raise one foot at a time in a backward quarter circle movement until the heel touches the wall, then lower and raise the other leg.

When this has been satisfactorily done,

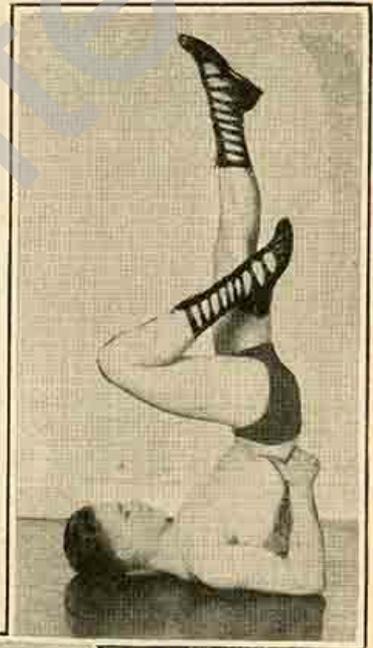


Figure 4

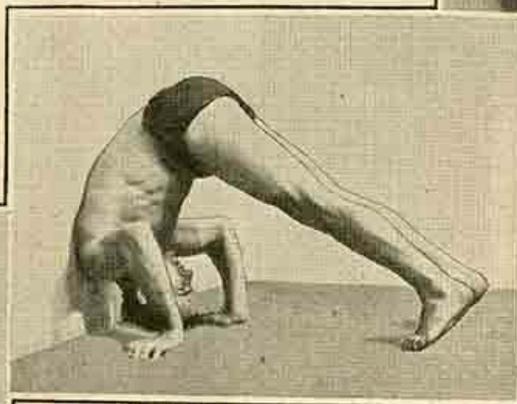


Figure 5

The "bicycle tread" may be followed up by the exercise shown in the lower photographs. The latter, by the way, can be made quite easy at the beginning by raising one leg at a time and later progressing into the movement shown here.

perform the exercise in the same position, raising both feet together.

A third progression is to take up the position as in Figure 6 and spread the legs out fanwise as in Figure 8, with a slight forward inclination, bringing the legs together after each spreading movement.

I would advise any person practicing these exercises to mix them up after this fashion.

Practice Figure 5 first; then perform Figure 1. Next try the progression on Figure 5 with both legs moving simulta-

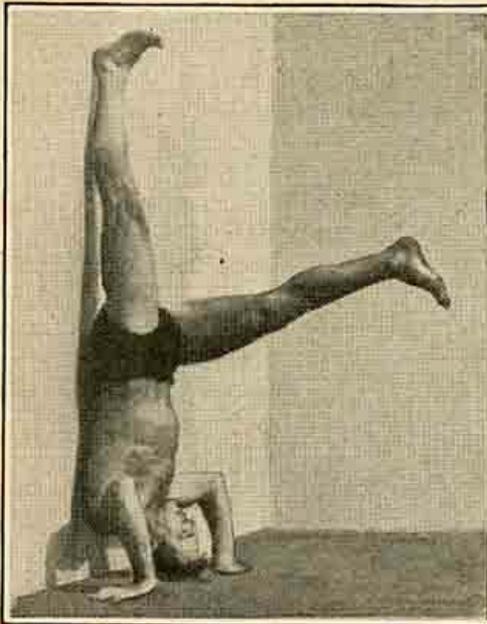


Figure 7

The upper photograph illustrates the one-leg movement described on the preceding page, and at the right is shown a fan-like motion in which the legs are spread with a slight forward inclination and brought together after each movement.



Figure 8

neously. Then go to Figure 3 and follow it up with Figure 6. This re-

usually being entirely covered up by their trunks. I happen to have two pictures which are splendid examples of this development, a close study of which will readily prove the value of these muscles; and how they appear when fully developed.

The following are two very good exercises that can be practiced not only with safety but also with profit:

Stand erect with a light pair of weights in each hand. Then bend directly sideways, not forwards, as far as you possibly can, helping the movement by pressing down with the down-reaching arm, as shown in Figure 9. Curl the other weight up into the arm pit, and repeat the movement from side to side.

Next, raise a light weight overhead, and while holding it at arms' length reach down by bending sideways and slightly forwards, so that you are able to touch the left foot with the left hand, when holding the

weight aloft with the right hand, as in Figure 10. In this case, you would also bend the left knee, but keep the right knee locked.

believes the monotony of standing on the head so long, and the other exercises can be taken out as desired.

I once knew a top-mounter in a hand-to-hand balancing team who was puzzled by the fact that his Hernia never bothered him when performing. I explained to him, as stated in this article, that in the upside down position the intestines fall away from the groin and relieve the condition. I recited the farmer's experience and practice. He began on the same schedule of exercise and secured the same beneficial results as the farmer had secured.

Yet these exercises are not all. The external oblique muscles are tremendously important and must have the same care as the lower abdominals. Of course, the exercises cited bring them into play considerably, but I always advise a specialization upon these muscles as they are the means of building the complete muscular wall which is the only protection against this trouble. By the development of all these muscles the rupture and intestines are forced back and held into their proper space, which enables nature to get to work and heal up the torn fleece.

Strange as it may seem, I find the majority of body culturists know very little about the external oblique muscles. I believe one reason is because in the photographs of athletes who have this pronounced development, these muscles

Repeat this movement with each hand for each side, and the benefit will soon be noticeable.

When practicing these exercises do not perform them too many times.

(Continued on page 89)

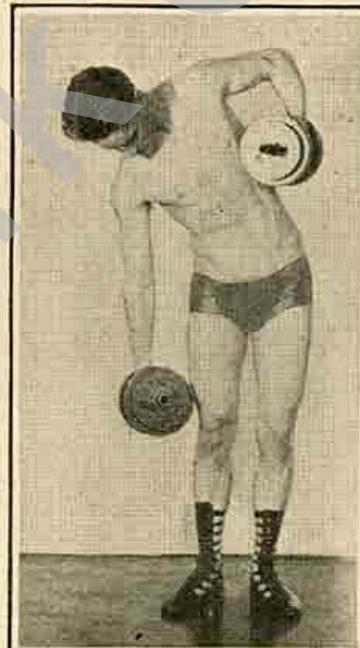


Figure 9

Two good ones for the External Oblique muscles which are clearly explained by the author. The development of these is an important factor in preventing or overcoming Hernia.

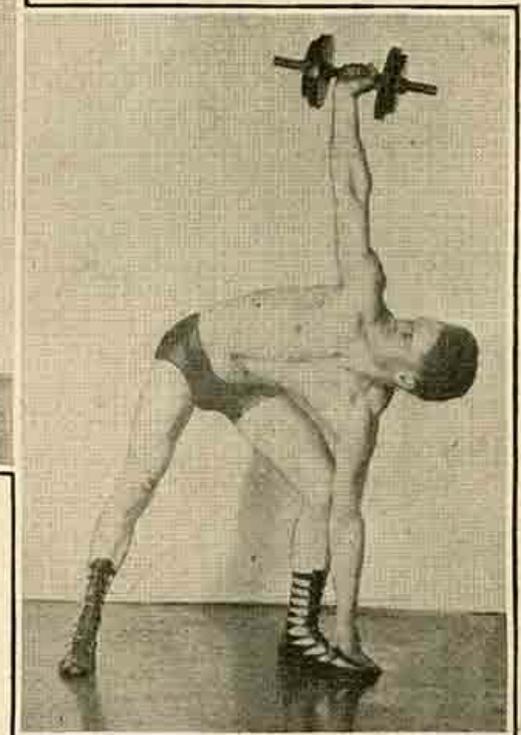


Figure 10

### Ask the Doctor

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

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

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



H. H. Rubin, M. D.

## "What Can Be Done for *Articular* Rheumatism?" And Answers to Other Queries

By H. H. Rubin, M.D.

DEAR DOCTOR:

Will you kindly suggest a remedy for arthritis (articular rheumatism)?

My mother who is fifty years old was afflicted with this malady the day following her wash day with the weather pretty close to zero. This was approximately seven weeks ago today and so far no apparent remedy is in sight.

It first appeared in the right foot with the ankle severely swollen. A week later her left knee, which was injured about a year ago, was affected—the swelling was such that if any portion of the body was slightly moved, the portion affected was marked by severe pain.

At present the right foot is practically healed as it can be moved at will without pain. This no doubt can be credited to salt water, but the left knee is still in a swollen and painful condition.

JOHN H.

Madison, Ill.

Arthritis is a disturbance in joint function which involves all the structures surrounding the joint, including the synovial membrane, which not infrequently may be completely obliterated by the disease.

Medical science teaches us that the disease may originate from injury, rheumatism, syphilis, tuberculosis, gonorrhoea, pus, typhoid, gout, spinal lesions or subluxations, as well as in a vitiated state of the nervous system.

It is generally understood, however, that arthritis is now quite frequently recognized as a manifestation of ductless gland disturbance, in which the adrenal gland and the gonads, particularly, and possibly also the thymus gland, which controls in a remarkable degree the mineral metabolism of the body, are deficient in secretory power.

Patients who are extremely susceptible to the influence of cold, who are easily fatigued, who are "born

tired" and who never seem to get enough sleep, who are often depressed and lazy, who have cracking noises in the joints, or whose joints are stiff, swollen and painful, who tend toward relaxation of the walls of the abdomen, who are chronically constipated, are almost invariably hypoadrenal and hypogonadal in type.

In other words, the hormones of the sex glands and the secretion of the adrenal glands, adrenalin, are deficient in amount. Endocrine stimulation by means of gamma ray radiation is one of the surest of all means of overcoming this deficiency. Indeed, in many cases in my practice, complete relief has been experienced, although I may state that where there are definite joint changes, due to calcareous deposits in or around the joints, but very slight relief from the stiffness and swelling can logically be expected.

Diet is of very great importance, not only in arthritis, but in all rheumatic conditions. The greatest care should be observed in respect to keeping the colon as free from toxic material as is possible, for absorption of putrefactive products of a highly toxic nature from the intestinal canal, is conceded to be one of the principal causes of rheumatic manifestations.

It is also desirable to have an increase in the alkalinity of the blood in this condition, however, as I have explained before in these columns, morbid and toxic products are almost invariably acid in their action. Increased alkalinity is therefore most helpful. One of the best and most pleasant means for accomplishing this purpose is by the use of bi-so-dol, a teaspoonful of the powder is dissolved in a full glass of water, three or four times a day.

The most scrupulous attention should also be paid to the diet. I don't mean by this that meat and protein

should be avoided, because many causes of arthritis have their direct origin in a lowered state of nerve functioning, and in anemia, both of which conditions may be due in a large measure to inadequate or imperfectly balanced diet. Remember that all protein, whether it comes from meat, milk, cheese, eggs, fish, fowl, vegetables, or fruit, must be transformed into animal acids before it can be used as building blocks to replace tissue lost by the system in the natural process of wear and tear. This being so, it would follow that that form of protein is most acceptable that imposes the least strain upon the organs of digestion. This protein, in the form of beef—rare roast beef or broiled steak—just returns up to 2.8% of its total protein content. Certain other forms of vegetable albumen, such as the albumen of oats, are recoverable in the feces up to 60 to 65% of their quantity, showing that the system has not transformed and utilized the albuminous portions of this otherwise valuable food product.

Right here I might say that one reason that oatmeal is no more valuable as an article of diet, is because it is rarely ever properly cooked. Oatmeal, to be really valuable as an article of diet should be cooked four hours in a double boiler until it is a thick gelatinous mass. In this shape it is readily digested and a most wholesome article of food. Sufficient water should be drunk at all times, so that the kidneys be kept thoroughly active, carrying out poisons from the system.

For the local swelling, some such soothing application as anti-thlegistine, baume Analgesic, or some similar preparation may be employed with benefit.

Sometimes a plain cold compress, a small Turkish towel rung out of cold water and wrapped around the joint at night on retiring, will give a very great deal of relief and materially help the local circulation. An oil soaked bandage or a dry towel may be wrapped around this to retain the moisture and keep the bed dry.

DEAR DOCTOR:

In the March issue I read the answer to the question, "Will a Fruit Diet Cure Skin Disease?" Yours was a negative answer. Now I want to ask you what will cure skin disease?

I have been suffering from skin disease many years. Not very much of a case, but a very persistent one. There are a few pimples on my shoulders, back and face that I can never get completely rid of.

My age is twenty-four. I am practicing dentistry. I am a lover of sports but can't do much of them on account of being too busy. I know many things about physical culture and practice a bit every day; so that I am pretty well developed and strong enough.

I never drink alcohol, tea, coffee, and don't smoke. I am boarding in a hotel and don't get the proper diet, I guess. My meals consist of orange, oatmeal, and eggs in the morning; a soup, meat at noon, and for supper eggs, soup and dessert. I guess I miss some leafy vegetables or whole wheat bread; but the others don't get more than I do and they don't suffer as I do. I have been consulting many physicians without any good results. I never took any medicine except a laxative sometimes—I have a tendency to be constipated, but I overcome it by special gymnastics.

East Angus, Co. Compton.

DR. A. H. V.

Assuming that you never had any venereal disease, I would say that your skin trouble is due to a combination of three causes. First, imperfect action of the thyroid gland; second, it may be from intestinal absorption due to constipation; and third, an imperfectly balanced diet. As I said in a recent issue of this magazine, a fruit diet may sometimes be an actual cause of skin

eruptions, pimples, and eczema. This comes from the acid fermentation which fruit produces in many individuals, especially when taken in conjunction with a meal. For acid fruit when taken with the meal inhibits or stops the normal secretion of hydrochloric acid, the natural stomach acid and pepsin. At the expiration of the period when the stomach digestion should be well on its way, the albuminous conditions of the stomach are not sufficiently peptonized. Also, constant fermentation may have been developed in the starches and the sugars taken in conjunction with the meal. This mass of hyperacid food is finally passed through the pylorus into the smaller intestines, where the heat and moisture of this portion of the food tube tends to drag down the albumen article in the food and produces putrefactive alcoholoid, the absorption of which into the blood system, and the effort of Nature to throw them out through the skin, cause the appearance of pimples and eruptions. Fruit, of course, is a most valuable article of diet, especially the citrus fruit, oranges, grapefruit and lemons. However, for many people their use at meal time has a most pernicious influence.

One of the chief functions of the thyroid gland is to overcome these toxic products in the blood. When the thyroid is overwhelmed, month after month, and year after year, by a poisoned blood stream, it has a tendency to throw up both hands and let down on the job, and the skin, as well as the entire organism, suffers in consequence.

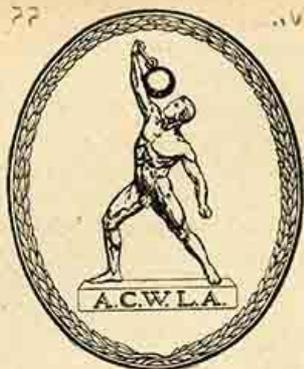
Again, anybody who doesn't have at least two daily movements of the bowels is constipated. I would suggest that you take a teaspoonful of oxy-christine in a full glass of cold water, so as to insure two or three daily movements of the bowels. If one teaspoonful is not enough, increase the dose until you get the desirable results. If one teaspoonful is too much—if it gives four or five evacuations—cut down to one-half teaspoonful, but be sure to get two or three movements every day. You need not be afraid that any habit will form. On the contrary, the taking of this preparation for a period of time tends to educate abnormally inactive bowels. I would also suggest that you take some homeopathic sulphur, three or four tablets of the thirty attenuation per day. If this does not give you results in a short time, go up and take the two hundredth. I believe that you will see results from this treatment in a very short time.

DEAR DOCTOR:

I have been reading your very interesting department in STRENGTH and am taking the liberty of detailing a condition and asking advice on it. I could consult my own physician but I feel that you are more acquainted with the matter in mind.

About October 28, 1924, I was operated on for acute appendicitis, and for one week seemed to get along nicely. Then the stitches, or sutures, were absorbed entirely and the situation required further operation. For a while I was in great danger but after six weeks recovered. I rested for over a month and a half after leaving the hospital and then returned to my office where I have been since January 22. I have been wearing a bandage support most of the time. My weight, which dropped from one hundred fifty to about one hundred twenty, has been improving and I now weigh one hundred thirty-three in my clothes. Appetite good, strength good, vitality fairly good.

I want your advice about exercise. I had been a physical culturist for several years, having had many courses. I have several sets of barbells, the Milo set included. Now I realized the necessity of being (Continued on Page 90)



# American Continental Weight Lifters' Association Notes

**W** EIGHT-LIFTING events have been moving swiftly in the east of late, and each occasion has seen old records pass away and some fine new records established. This is highly gratifying to the A. C. W. L. A. and its enthusiastic members, and rapidly are we fulfilling the promise to acquire a higher national standard, one that is equal to the best of other nations.

On the 28th of March the limelight was focused on the platform of Jersey City's second meet, which introduced some new blood, besides having the old standbys on hand to perform.

President Jowett went over to take charge as official referee, with Messrs. Craig, Losey, Berry and Mills filling the other offices as judges and inspectors of scales and weights.

At the last minute Frank Dennis walked in, and this favorite was given a fine reception. Frank had stated he could not be present, but the fascination of the weights was too strong for him. He just had to come.

On this occasion Dennis, at a bodyweight of 150 pounds, created three new records. He surpassed the British records in the middleweight class on the *back press* and *shoulder bridge*, by performing respectively 250 pounds and 300 pounds in each lift. These lifts go down as world's amateur records. He also beat his former *two hands dead weight* record, and incidentally the American continental record in all classes, by raising 475 pounds, thus beating the heavyweight record of 465 pounds formerly held by A. Martin of Los Angeles.

That classy featherweight, Mark Berry of Newark, New Jersey, gave a clever performance on the five lifts and finished with a fine exhibition stunt, pressing 275 pounds on the soles of his feet several times in succession. This performance was followed by S. Levani of New York, who, at 135 pounds, made a *two hands slow curl* of 115 pounds. Three or four times he almost succeeded with 125 pounds, but was compelled to "lay back," which disqualified the lifts. Levani is only seventeen years old and gives promise of becoming a very able performer.

Others who contributed to the night's fun were Mills, Furch, the Losey brothers and Rosen. The evening's enjoyment was wound up with a dance and a general good time, joined in by all the jolly good sportsmen, who enjoyed themselves thoroughly.

The week following, on April 4th, at Philadelphia, weight-lifting events took a sensational and unlooked-for turn.

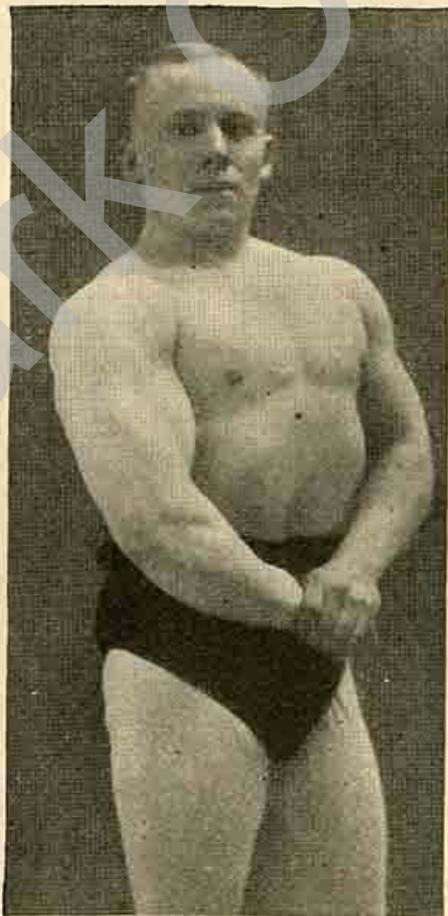
The program opened with a combination act of hand balancing, tumbling and strength stunts by the Dennis Trio. Much humor was injected into the performance, which was highly appreciated. This act was followed by an attempt by L. Schwartz of New York to beat his own *right hand side press* record of 137 pounds in the middleweight class. In this lift the New York boy was very successful. Commencing with 137 pounds he jumped to 147 pounds, and on his last attempt he beautifully performed 157 pounds, bringing his feet together nicely and holding a steady arm until the count was made. This lift created an American Continental Amateur Record and was splendidly received by the enthusiastic fans.

Schwartz is a fine appearing fellow and has a beautiful development, stripping at 152 pounds. He was presented with a special medal for his splendid performance. We expect to hear more from this New Yorker in the future. His lifting is a pleasure to watch, being so smooth and graceful.

A demonstration of self-defense tricks was then ably given by President Jowett and W. Mills, a performance which was both interesting and instructive.

The next record performance brought forward new blood in A. Manger of Baltimore, a member of the heavyweight class, who made a splendid attempt to lower the world's *left hand military press* record. Manger was very successful and performed in beautiful style—105 pounds.

We shall hear much more from this young man who is only breaking into the game. Stop and consider that only a short while ago this boy weighed less than 100 pounds, and that he now is 182 pounds of beautiful manhood. We



Fournier, the Montreal lifter who performed at the Philadelphia exhibition, is acknowledged as the world's greatest middleweight.

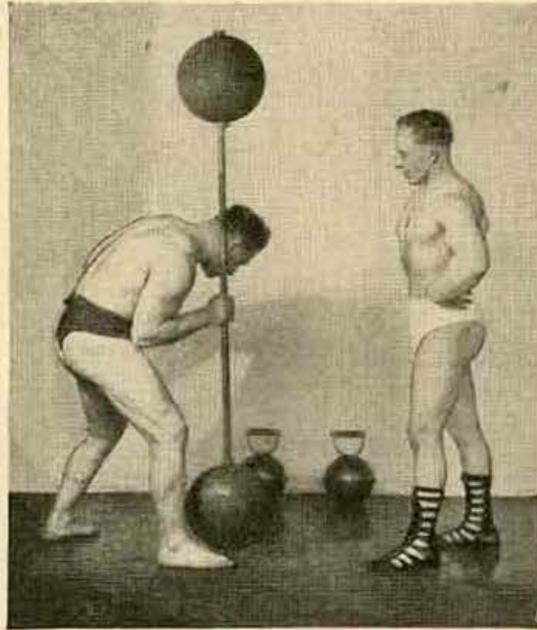
all wish Manger greater success. He is a credit to the A. C. W. L. A. and his splendid lift has put another world's mark on the map for the U. S. A. and won for himself the special medal and diploma.

A three-cornered contest at catch weights was the next feature. Frank Dennis of Birdsboro, Pa., O. Mair of Germany and M. Berry of Newark, N. J., were the participants and they used the five A. C. W. L. A. lifts.

This contest was made a triangle by an unfortunate incident that happened to Bob Snyder a day before the meet, which placed him *hors de combat*. Snyder and Berry, and Dennis and Mair, were to have met in separate matches on the five lifts.

The contest was well fought and ended in a win for Dennis, who forged ahead on the *two hands dead lift*, and so piled up for himself the winning total of 1,032 pounds.

Berry came in second with a total of 922 pounds, lifting in top notch form. His lifts were all accomplished with polish, and he kept himself under splendid control. Berry was by far the lightest man, weighing



Jowett and Fournier at practice during the latter's recent trip to Philadelphia.

only 126 pounds, against Dennis at 150 and Mair at 138 pounds.

Mair had bad luck. He was lifting better than he had previously been doing, but his ambition ran away with him and he lost out because his attempts were used up in trying to lift beyond his ability.

They were three fine sportsmen, lifting because they loved the game. If they missed a lift they had no alibi, but congratulated the one who succeeded.

This spirit has existed from the start, every lifter being a game "tryer," a good winner and a cheerful loser. So different to what is often seen at other sport events. Who couldn't enjoy themselves amongst such manly *comaradiere*?

Wm. Mills, of Jersey City, made his debut before the Philadelphia *strong man* fans with an attempt to make a *one hand dead weight* record in the light heavyweight class. He succeeded with 320 pounds, but was unfortunate with 350 pounds. Three times he stood erect, but failed to hold the bell for the full count. Better luck next time. Will!

The next on the program was the feature card and introduced the wonderful middleweight, Fournier.

President Jowett made a little speech to introduce his protégé, and Fournier was given a rousing reception. He proved to us that he was a worthy successor of the former champion, George E. Jowett, and showed himself to be all that our President has said he would be.

with the *two hands clean and*

Fournier commenced *jerk* with 240 pounds, which was nothing in the hands of the Montrealer. He next succeeded with 260 pounds, and finished his third attempt by elevating the marvelous poundage of 270 pounds, amidst thunderous applause.

Following this lift came a tit-bit, which no one expected.

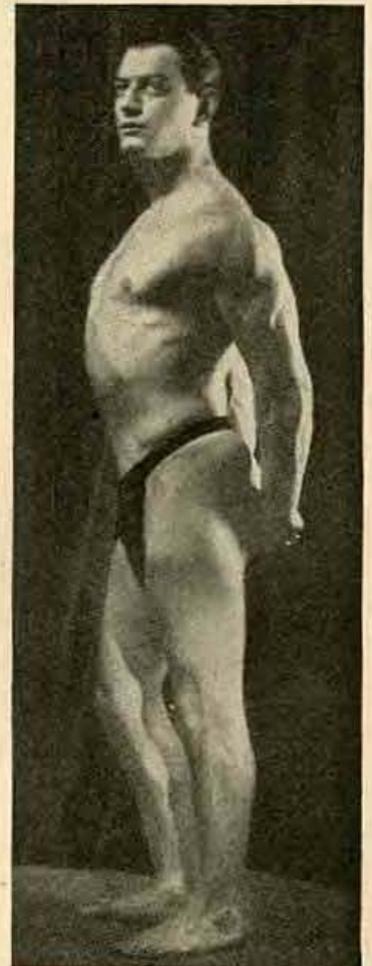
Fournier requested a brief respite and asked Mr. Jowett if he would perform a feat for him of which he had heard old timers speak so much. Fournier said it would inspire him as well as give him a rest.

Mr. Jowett has not lifted for a long while, had not even trained with weights, and the stunt had to be performed with his damaged arm and shoulder. This was a tall order, but like the game sportsman he has always shown himself to be, Mr. Jowett took off his coat and began.

As the audience saw the veteran lifter begin to remove his clothes, they burst into applause.



President Jowett, the first American athlete to hold the world's record in the *one hand swing*.



Schwartz, a New York athlete, who is helping to raise American records. He recently made a new one in the *one hand side press*.

The President then stepped forward to attempt the feat that had stopped the best men of any weight.

Taking a fifty-six pound block weight, he gripped it so that the flat side remained up, and then taking a round ball of iron weighing 53 pounds (a total of 109 pounds) he essayed to balance the ball on the flat side of the block weight and *military press* it with one hand. The first time it rolled off, but the second time he pressed it to arms' length, much to everybody's delight.

It was a stupendous feat, and required more strength than the ordinary *military press*. Mr. Jowett used to perform this stunt with a total of 112 pounds.

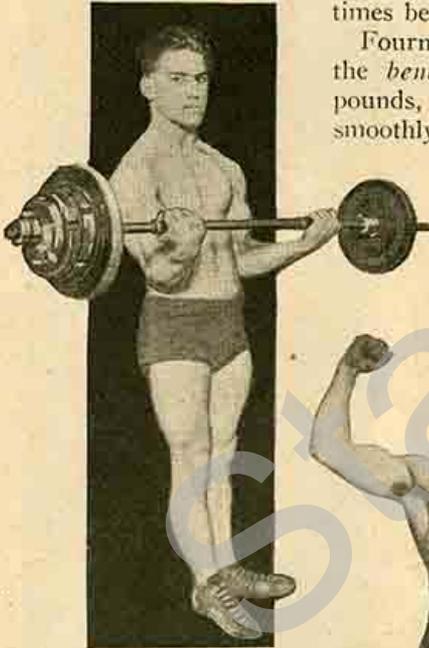
Fournier came forward again and this time made an attempt to lower Mr. Jowett's double bodyweight record of 310 pounds. The President shook hands with him and wished his protégé luck. He began with 300 pounds, and *continentalled* it to the shoulders with ease. Twice in succession Fournier jerked it to straight arms' length, but each time failed to fix his arms, and down came the weight.

The gallant little lifter stepped up to Mr. Jowett and said, "Well, I guess your record is safe yet." Spoken like a true sportsman! But I know Mr. Jowett would have been proud to see his own boy break his old record.

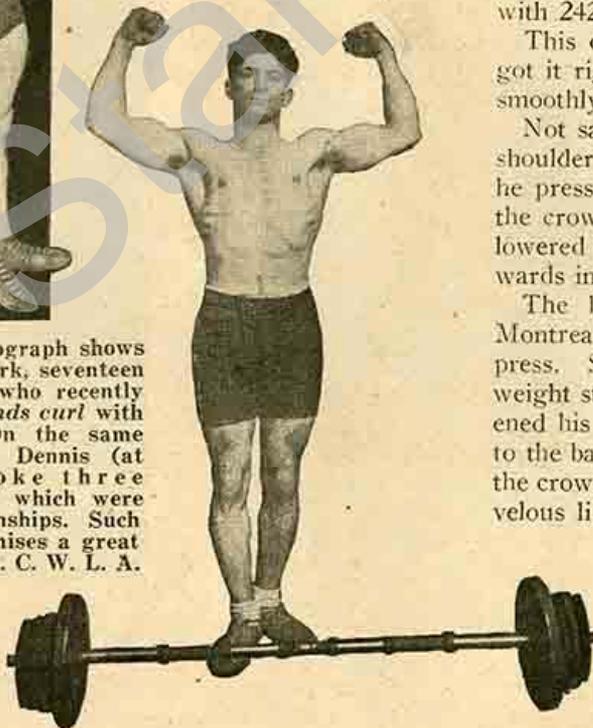
Fournier's attempt was the best attempt made since the President set up the mark. When you consider that Steinborn at 215 pounds had such a terrible time to get 325 pounds overhead, one can better appreciate the enormity of Fournier's feat when he weighed only 154 pounds and had lifted several times beforehand.

Fournier next commenced the *bent press* with 232½ pounds, which went aloft smoothly.

Mr. Jowett then made an attempt to lower the world's *two-hand military*

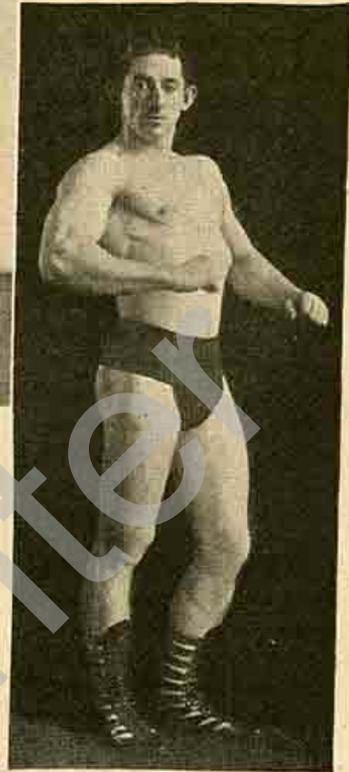


The upper photograph shows Levani of Newark, seventeen year old lifter who recently made a *two hands curl* with 115 pounds. On the same occasion Frank Dennis (at the right) broke three records, two of which were world's championships. Such enthusiasm promises a great future for the A. C. W. L. A.



A. Manger of Baltimore (at the right), a member of the heavy-weight class, who made a splendid attempt to lower the world's *left hand military press* record. He succeeded by raising in beautiful style 105 pounds.

Mair (at the left) former German national feather-weight champion and sporting opponent of the American boys.



*press* record of 230 pounds which was set up by himself.

Three times he took the weight in and placed it back on the floor. His reason for doing so, he told me, was because he knew that he would have to fight it harder than was necessary, as he did not have his legs locked sufficiently to resist the great downward pressure that a huge weight exerts upon them. But he knew he could do it.

Fournier went up 10 pounds more on the *bent press* with 242½ pounds.

This done, Mr. Jowett made his next attempt. He got it right; and did he press it? It went overhead as smoothly as if it were oiled.

Not satisfied with one try, he lowered the bell to the shoulder twice, and altogether three times in succession he pressed the enormous weight to arms' length while the crowd cheered and clapped with delight. Then he lowered it to the back of his neck and tossed it backwards into his hands.

The bell was next loaded to 265 pounds. The Montrealer got it to the shoulder and began his final press. Slowly he bent over, and with perfect control the weight started to go overhead. Amid silence he straightened his arm and began to stand erect. Not a tremble to the bar. As he rose with the weight at arms' length the crowd cut loose. How they did appreciate this marvelous lift that for the first time equalled Mr. Jowett's best professional performance and completely shattered the world's amateur records in *bent press* lifts.

Mr. Jowett announced that his final attempt would be to lower the record in the *one-hand swing*. It should be remembered that Mr. Jowett (Continued on page 80)

# Our Girls' Circle

Conducted by

*Marjorie Heathcote*

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

**W**ITHIN the next month or so we will begin giving out pins to the girls in our Circle whose photos we have published. Any girl who would like to be considered an applicant should send us her photograph and measurements. At a later date the winners will be chosen and the gold pins distributed.

It is our desire, however, before deciding on the winners, to have all women who are interested in athletics or who have acquired a beautiful form, wearing one of our pins. It will be a source of inspiration to their friends and may offer the incentive necessary to add new recruits to the ranks of strong, healthy women.

You can pick out from your friends those who have as yet taken no interest in body building, and you will find that the majority of them are those complaining creatures who are always fagged out or "tired to death," who are never quite sure whether they will be able to keep this or that engagement because they are so "played out evenings."

Possibly your enthusiasm and example will be of great help to them. One of our readers claims that none of her friends had gone in for sports until she took them up, but that now they "are crazy over it and have great fun together."

You may be the cause of starting this spirit among your friends. You may organize a club of five or six girls who get together and go in for sports. Possibly they can meet for gym work an evening or so a week, or even two or three evenings if you work for only an hour or so each night, and you will find it not only helpful but great fun for all of you. They will be soon just as interested as you are.

Don't wait for a crowd to start. Begin today, yourself. Ask another friend to join you, and then another and another. You will soon have your club organized. Ever so many will be interested after the thing has been well started.

Tell your girl friends that we will help them with their exercises and that we will be glad to hear from them if they have any problems they want solved. Tell them that although the girls' field so far has been lacking in organization, that **STRENGTH** will be glad to bring them together and show all girls what their sister athletes are doing. We will depend upon all our

readers who are interested in athletics to help us.

Tell them we will be glad to publish photographs of any clubs starting for this purpose, and to give any message they may have to our girl readers, or to write of their progress. We are more interested in it than you can possibly be; so don't hesitate to write us.

If you haven't sent in for your pin as yet, mail your photograph and measurements today. If you haven't begun working for it, then that is all the more reason why you need to do so. If your figure will not permit you to enter our contest, you certainly must be anxious to improve it, for it is the kind of figure you will be ashamed of on the beach this summer. It isn't too late to get ready for the summer yet; but if you put it off until tomorrow the chances are it will be too late before you finally get down to it.

The girl who romps on the beach has certainly the advantage of her more retiring sister when it comes to health and vitality. Almost all the girls whose photos we are receiving are praising swimming as a developer and are sending us their pictures in bathing suits. One of our friends this month has written from Cienfuegos, Cuba.

Mrs. Castellanos rises every morning at six and gets her exercise by going out on the road, where she starts the day by walking and running. She has also been a devotee of shadow boxing, and most of all of swimming. Easy seeing how she manages to keep so fit.

Then we have with us Miss Margaret Todd, of Inglewood, California. She is glad to tell the athletic girls all over what she considers the best method of living, and she wants them all to know the fun she gets out of it. Here's her letter:

"The great out-doors for me. That has always been my motto, and I try to live up to it to the best of my ability.

"When I was a child I was an awful tom-boy, and my parents often wondered what would become of me. Jump, play ball and climb fences—well, there were very few boys who could do better than I.

"When I entered High School I began swimming, and since then I



One of our fair readers from Inglewood, Cal., Miss Margaret Todd, who this month gives her opinion on exercise for girls. Her measurements are: Height 5 feet, 3½ inches, weight 128 pounds, neck 13¼ inches, chest 33½, bust 35½, waist 30, hips 37, thigh 22, calf 13½, ankle 9, upper arm 10½, forearm 8½, wrist 5¾ inches.

have indulged in it to a great extent. We live only a few miles from the beach, and in summer when my work is finished I hop into my suit and away I am gone for several hours. If you want an exercise that is really beneficial and will develop and strengthen your shoulders, chest and upper body, swimming is the one to choose.

"Next to swimming and diving in my outdoor sport list are tennis and basketball, which are both body builders and health givers.

"Because of the fact that my work keeps me inside a good deal of the time, I have a regular program of daily exercise. Besides walking a few miles each day, I do fifteen minutes in the morning and fifteen minutes in the evening of hard exercising. I certainly feel one hundred per cent better when I have finished this than I do before I begin. It acts as a relaxation period for me, and I think it would do the same for every girl if she would just adapt herself to it.

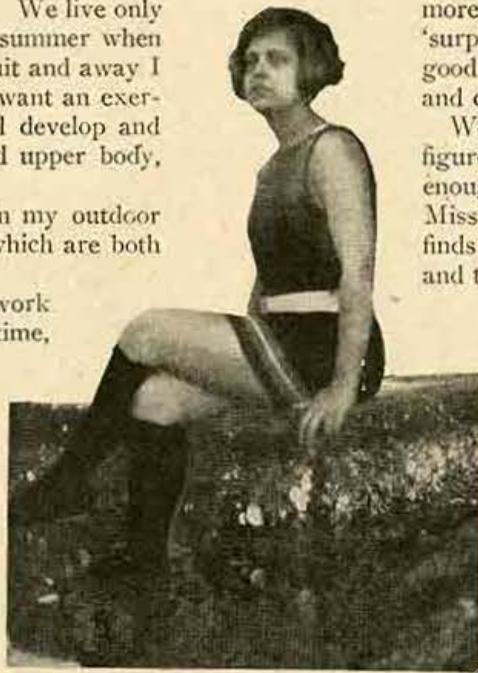
"Every Sunday and holiday that the weather permits finds me en route to the country or mountains for a hike. If I can't find a crowd to go along, my girl chum and I go by ourselves.

"Oh! the outdoor life is wonderful. If only every girl could realize the benefit she would receive from Nature, we would not have any sickly girls. If they want to be among the best developed, healthiest and best looking of the sex, let them enjoy the outdoors.

"Now please don't misjudge me on the last remark. By good looking I don't necessarily mean pretty. When a person is healthy she is usually happy, and for that reason, good looking.

"Besides all this, I attend a gymnasium class two evenings a week. Basketball and some of the simpler forms of tumbling stunts and apparatus work constitute the routine here. When I have to miss a class it is as bad for me as a baby missing a meal. I wish every girl could enjoy gymnasium and really derive the benefits that are in store for her there. Why don't YOU try and do exercises every morning upon rising, and keep doing them until they become a habit, just like eating your breakfast? One thing that you have to be careful of, is to not do them too hard at first because there is a possibility of straining yourself. But on the other hand begin slowly and only for a short period, and each day you can add a few minutes until you reach fifteen, twenty or even thirty minutes.

"When I find myself gaining a few pounds I do not run to the beauty parlor, but just do a little



The first Cuban woman to enter our contest, Mrs. De Castellanos of Cienfuegos. She is a devotee of outdoor sports, a good swimmer, and is fond of shadow boxing. Between it all she certainly manages to keep fit and attractive. Her height is 5 feet 2 1/4 inches, her weight 119 pounds, neck 13 inches, chest 32, bust 33 1/2, waist 27 1/4, hips 37 1/2, thigh 24, knee 15, calf 14, ankle 9, upper arm 10 1/2, forearm 9 1/8, wrist 6 1/8 inches.



more exercise, and I usually check that 'surplus' before it gets very far. I take a good hard hike or go to the beach and swim and dive like mad."

Well, if being a tom-boy will give us a figure like hers, I believe we are all feminine enough to want to be tom-boys, aren't we? Miss Todd works, mind you, and yet she finds time to be happy, cheerful and healthy, and to really live.

#### Cutting Down Surplus Flesh

Dear Miss Heathcote:

I am immensely interested in obtaining a perfect figure or as nearly perfect as possible. I am five feet three inches and weigh 128 pounds. I think this is nine pounds overweight and would like very much to lose that much. How should I go about it? I am enclosing my measurements.

Is dieting recommended? I would appreciate very much an answer to my letter. I am also suffering from constipation.

Very truly yours,  
Wisconsin.

G. R.

First of all, the foods that you would eat to overcome constipation would probably be the same foods you would eat to reduce. Anything that tends to normalize, also tends to bring the body to its proper weight and form. Cut the starches from your menus wherever it is possible.

By this we mean to eliminate potatoes, white bread, refined cereals, pastries and other sugary things. Naturally you will question what is there left to eat.

You still have all fresh vegetables, particularly greens, salads of a leafy variety, fruits with the exception of bananas, bran, whole wheat bread and whole grain cereals. For detailed information on the proper foods see *Laxative Menus* given in the Dinner Table in the April issue of STRENGTH.

You are too fleshy around the waist and hips. Begin with the waist rotating movements done with the arms above the head. Rotate your body to the left, to the back, to the right and to the front, reaching as far as you can with your hands above your head. Do not move your feet during the exercise. Swing as far as you can, going straight from one movement to the other and feel the pull on the muscles at the sides of the waist and front of the body before you stop bending.

For your hips try vigorous kicking work. Try to raise your foot higher with each repetition, and hold the knee rigid throughout. Leg raising done a number of times without resting the heels on the floor will help bring your hips down to normal. (Continued on page 77)

**W**HEN this country decided to use the draft and conscript soldiers for the Great War, our citizens learned some few valuable matters in regard to physical defects. The percentage of men having broken arches amazed the average man, just as it has amazed many sufferers to learn that broken arches were responsible for many aches and pains they had charged against different ailments.

The Medical Department of the Army was very quick to announce the existence of broken arches. It was quite ready to inform a man that his affliction produced a bodily condition that rendered him totally unfit for service. However, there was no instruction given as to how such an affliction could be made impossible.

The prevention is simple. It requires no expensive apparatus. No instructor is needed, other than a plain statement, such as is the purpose of this article. A wholesale dissemination of information in our schools, a little attention by our teachers, and broken arches will no longer be a national disability.

That the remedy is effective the writer has proved to the most complete satisfaction of pediatricists of his acquaintance. Proved it by his own feet, which have carried a load averaging two hundred pounds for forty years. Feet that have borne the brunt of many active years, wherein they had to carry their load over long trails and up and down frame buildings for miles of climbing every working day. Feet that have never complained or ached.

There is one essential requirement in the method employed for the complete immunity of the feet. Perseverance in exercises which produce an ideal condition of the arch.

Yes, that is the whole matter in a nutshell—exercise. In a way that tends to one end primarily, but brings other benefits in its train. It is impossible for any child or adult to follow systematic training in one line, without finding that all parts treated by this exercise have cheerfully shared the benefits.

At the age of thirteen the writer found himself the butt of a vast number of jokes because he had grown upward so fast without developing calves on his legs. From knee to heel was one straight line. He had three brothers older than himself, all inclined to tease. He went to school with a bunch who preferred discovering a physical defect in any boy to eating a turkey

dinner. All boys seem

So life became a burden because personal and irritating, to his legs, just tried unbearably later by having the same science inquire—"Hey, ain't it cold up there where you live." He resolved to force those legs into proper shape, and having a bit of the bulldog in his composition, he could stick.

So he began systematic exercises, rising slowly on his toes and slowly sinking to his heels once more. This he did in the early morning and when preparing for bed. Five repetitions at first, later ten. Soon he was doing his fifty. Presently he added the vertical hop, allowing the ball of the foot to furnish the spring and receive the weight. He gradually built that up to fifty.

For three years he persisted in these simple exercises. Then, at sixteen, standing six feet one and one-half, weighing one hundred and sixty-eight, he was satisfied by the bulge shown at the calves of his legs. As yet he did not know that in developing those funny legs he had fortified his arches, in the only effective manner, against future agony.

A broken arch causes the most excruciating pain. My mother had broken arches, and doctors in three states treated her for sciatica. Not

one of them suspected her arches or examined her feet. They had set rules and hidebound traditions. If anyone had mentioned septic poisoning from bad teeth they would have called him a fool. Had the doctor hinted that broken arches were to be blamed for the pains my mother felt in her thighs, hips and even in her lower body, he would have been denounced as insane. So they treated a symptom.

Thousands of times I had proof that my boyhood methods had been worth while. My life had depended many times on the power that could hold my two hundred and twenty-five pounds safely, though my foot found less than one inch of projection on a mountain cliffside on which to rest the sole. At times it became imperative that I should balance for an hour on the edge of a one-inch board, where my foot could pass only far enough over to get its ball on the support.

My arches never went back on me. Now, at the age of sixty-four, my arches are as perfect and strong as they were at sixteen. So, by my early effort to escape ridicule, I fortified myself (Continued on page 88)

**N**OT only are fallen arches extremely painful, but they frequently cause symptoms known as Sciatica.

When the author was thirteen, he was the butt of many jokes on account of his undeveloped calf muscles. In finding a way out of his difficulty he struck upon a method which has greatly strengthened his arches. This training has stood him in good stead wherever foot strength has been required, and today he finds himself free from the foot complaints common to men half his age.—The Editor.

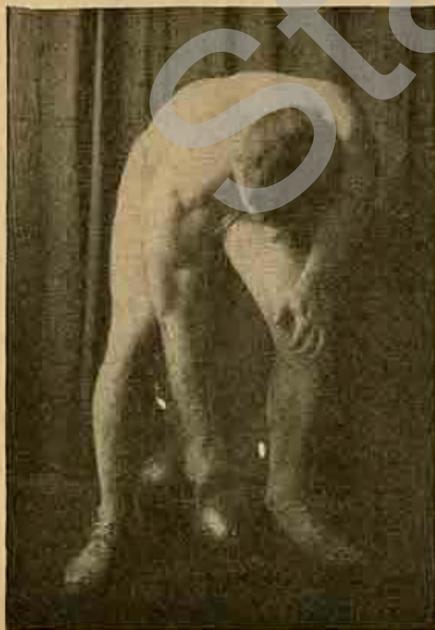
...as though the calf and ... determined to remain on strike. ... body culturists have good sized thighs ... calves, many of them also have good looking ... but poor forearms. The fact that the thigh and biceps are well developed makes the lack of development in the calves and forearms more apparent.

This month, we will talk about the forearms and I will show you how these obstinate muscles can be made to respond to treatment by a method of development that is not only beneficial but also interesting.

As a rule, downright hard work is advised for the forearm muscles, but I find that this is something many will not stick to. In all cases I believe that when a person starts out to build up any special set of muscles, the exercises should be arranged so as to give him the greatest amount of results from the most interesting angle. When his work is interesting, the enthusiast forgets his troubles and his hard work, and settles right down to business, working harder than he otherwise would.

There are many reasons why the forearm muscles are apparently hard to develop, but the biggest fault lies with the body culturist. He is always more interested in the improvement of other parts of the body and forgets all about the forearms until the difference in appearance between these muscles and those of the upper arm, becomes too apparent.

It is true, though, that when a body culturist takes up this work, he starts in with his forearms generally much less developed than any other part of his body. The reason is that the forearms are used less than any other part of the body. This may sound strange to you. Arm propulsion, however, is done mostly by shoulder and upper arm movements, the arms constantly bending at the elbow.



...only a very minor part of our population.

The average person seldom picks up a heavy weight that compels a great gripping tendency.

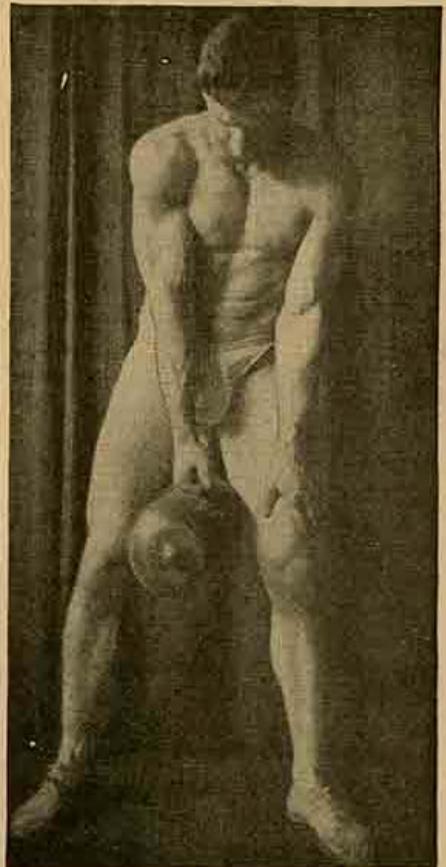
Even those who follow laborious occupations seldom have an all-round development of the forearm.

Without an all-round development, you cannot hope for perfect muscular coordination. Muscles must balance to give the greatest efficiency.

If you examine an anatomical chart of the forearm, you will be surprised to note how many muscles do exist from the wrist to the elbow. These muscles all have a different meaning. For instance, when you pick a weight off the floor and bend the arm at the elbow, you contract the muscles on the front side of the forearm. If you bend the hand at the wrist outwards, you contract the muscles on the outside of the forearm. But just pick a weight off the floor and stand erect with the arm hanging straight by the side, with the hand hanging plumb straight, and you will see that the muscles on both sides of the arm are flexed.

The reason for this is that there are muscles attached to the back of the wrist as well as the front of the wrist, all of which are controlled by the hand and fingers. If you move the hand and fingers outwards or forwards, these muscles will function in that direction only. If your grip is direct and centralized, both sets of muscles will operate simultaneously.

Yet most of these muscles are involved in picking an object off the floor, or pulling an object down from an overhead position.



There are practically only two muscles (that converge and look as one from the surface) which straighten the arm out in an overhead position. These same muscles operate when you push an object away from you or press your weight away from the wall.

These two muscles commence almost on the front of the arm and curve over at the side of the elbow joint and are attached on the humerus bone. These muscles are most pronounced at the elbow joint, and when fully developed appear quite large and set the arm off beautifully.

I explain these points because they should be thoroughly understood by a person before he attempts to do anything with his forearms.

The fingers are very important factors in perfecting forearm development.

If you study closely the pose where the athlete is stooping over, picking up the weight, you will notice that his finger is placed inside of a loop on a hook that is attached to the bar of the dumbbell. The finger used for lifting the greatest weight is the third finger on the hand, which is inserted into the loop. The arm is held straight. The knees must be bent, with the back flat and the disengaged hand resting on the thigh. The weight should be placed well between the legs. The lifter begins by straightening his legs and back, continually pressing upon the thigh with the disengaged hand, until the lift is completed by standing erect.

This should be practiced with each finger, and the person who wishes to intensify the muscular contraction, can practice it with this variation.

When lifting with the finger, instead of standing erect with a straight arm, bend the arm at the elbow and lift as high as you can. Do not allow your elbow to travel outwards.



George Haefner, of Rensselaer, N. Y., a young man whose present physical proportions show great possibilities.

Keep it close to the side. A great contraction of the front part of the forearm will be brought about. This part of the forearm should be catered to, as it is the part of the arm least developed and most coveted. It gives that beautiful fulness to the arm, whether the arm is tensed or relaxed.

Dead weight lifting with one hand off the floor to the erect position, is also a great developer, and it intensifies the grip.

This feat is performed with either a dumbbell or bar-bell, the latter always being preferred.

In this lift, I originated a handle that makes the possibilities of lifting a high poundage much greater.

Of course, there are many good exercises for the forearm, but these exercises generally take in a group of muscles which require greater exertion in order to make progress. It will be easily seen that with finger lifting you develop each muscle individually, and thereby work them out to their maximum, with a better assurance of results.

Some huge poundages are lifted in the finger lift—in most cases much higher than in the *one hand dead lift*.

By practicing this you will have the satisfaction of seeing your record poundage soar up higher all the time, as well as watching a constant increase in your forearm measurement.

You can develop a powerful grip by trying the *one or two hands dead lift*, with thick handles.

The thicker the handle the less weight you will lift. Some men specialize on thick bars because they have large hands. John Marx used monstrous sized bars, as did Louis Cyr and Saxon.

Thomas Inch has a dumbbell which has never been lifted from the ground to the erect position by any man but himself. There is an amusing story told of the Inch dumb-bell, which I will relate.



Figure 1



Figure 2

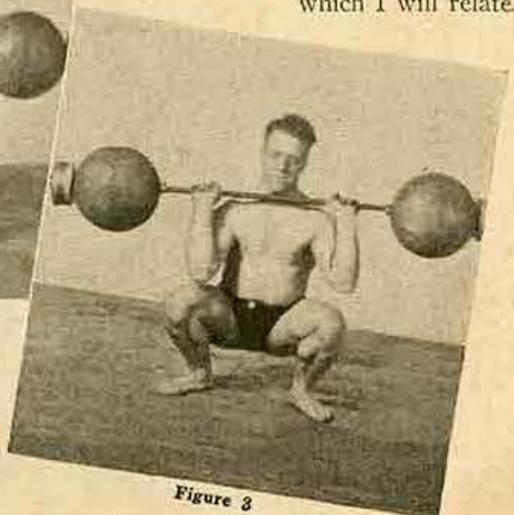


Figure 3

These illustrations make clear the instructions on the *two hands clean and jerk* given in this article. The author, by the way, holds the world's light heavyweight record of 282 pounds in this lift.

One time a well known *strong man* asked to make an attempt to lift it and when he arrived, Inch's brother, a tall, rather slender man, was there also. The *strong man* tried but could do nothing with the bell. Then Inch's brother stepped up and to the amazement of the big man, he raised the weight. Simultaneously, however, he let out a weird cry, and Inch, grabbing his brother, hustled him out of sight of the bewildered *strong man*.

This was the trick as it was originally planned. Inch knew that the big man could not lift the dumbbell, and thought he would have some fun at his expense, by having his own brother lift the bell.

He took a wire and made a loop of it, which he passed around his brother's neck, allowing the wire to continue down inside of the coat sleeve. To the end a hook was attached. Sad to relate, however, when his brother made the lift, the wire straightened up around his neck and nearly strangled him; which was the reason for the strange sounds he made while holding the bell.

Every story has a moral; so has this. Don't try to break your neck when lifting weights.

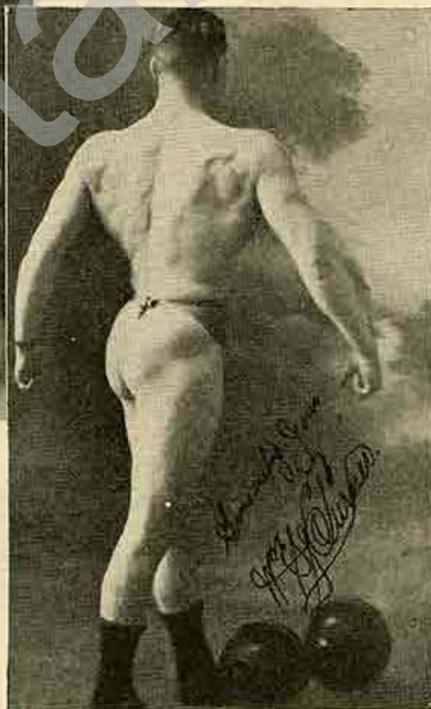
The most surprising feat of finger strength I have yet seen was performed by that splendid lifter, Fournier.

He placed the back of his hand on the seat of a chair, and allowed any man who would do so to place his thumb onto the second finger of that hand and press it with all his strength and body weight. Then, while the other was resisting with all his strength,

Fournier actually curled his finger at the first joint without any trouble, lifting his opponent's body weight despite all efforts made by him. I never saw muscles so prominent on



Although a great distance apart, S. C. Franks, of Vineland, N. J., and William Turner of Halifax have a great deal in common both as much as they are Mat fans and both the possessors of splendid physiques. Mr. Franks has a neat symmetrical figure, while Turner possesses a breadth of back of which any athlete would be proud.



any man's fingers as they are upon the fingers of Fournier.

I wonder if my readers ever stop to realize that it is not always the amount of physical strength they are endowed with that secures for them the best results. The greatest inspiration for perseverance comes from the amount of moral strength they possess.

It is by cultivation of this that it becomes possible for a greater amount of concentration to be placed behind each effort. Mental concentration transfuses in greater quantity the energy necessary to the various parts of the body under physical stimulation. If you step up to an object with a half-hearted determination you are sure to fail, simply because you have allowed yourself to be demoralized to begin with, and have robbed yourself of your confidence.

I once knew a little athlete who always pleased me with the great amount of confidence he displayed and the determination he put behind every effort. If I told him he could do a certain feat, no matter how far behind he was at the beginning, he never lost track of the fact that I said he would do it.

I saw him fail no less than ten times in succession on one feat, but the eleventh time he won. He had the moral strength to back up his physical power. Believe me, there is a lot of psychology in the practice of body culture, and in the sport of weight lifting. There is a saying that confidence is half the battle, and I believe it.

Another very important point in body culture, which is practiced even less, but which I want to bring before your attention, is *Relaxation*.

Have you ever noticed how a proficient athlete, when he has finished an attempt, immediately relaxes all his muscles? They smooth out and become loose and pliable. Then when he renews his effort, the muscles seem to leap into action. Muscles in this condition have much greater power and speed. Their relaxed condition allows the nervous force to vibrate electrical motive energy in conjunction with muscular strength. The muscles develop a great deal more "kick." (Continued on page 83)



Two minds with but a single thought,— Jack and George Ayers of Wilmington, Del., twins, are both enthusiastic body culturists.

# Be the Man in the Ring

not the man  
at the ringside!

## LET

## JIMMY DE FOREST

## MAKE YOU A SUCCESSFUL BOXER!

You are probably one of the hundreds of thousands of fight fans, who will make any kind of a sacrifice for the privilege of helping the boys in the ring to get rich.

Stop being the man at the ringside and be the man in the ring. Let others come to see you fight, and contribute their two or five, or ten or twenty-five or fifty dollars towards a fat purse for you.

### Give Me Just 20 Weeks to Make You an Expert Boxer

It's easier than you think. Of all the fighters you have seen and read about, how many were worth the price of admission? Think of the wonderful purses that are handed over to mediocre as well as to first class boxers. If I couldn't develop you into a boxer ten or twenty times as good as most of the pros of today, I certainly wouldn't ever let you call yourself a graduate pupil of mine. But neither you nor I have to worry about that. My methods are too good, too sure, too time-tested, too deeply woven into my 35 years' experience and success as the developer of great champions to fail. All you have to do is to take my great Boxing and Training Course by mail and do what it tells you to do for 20 weeks. You'll then know more about the real science of boxing than most of the pros, who were chiefly self-taught and have never had the advantage of expert coaching from a great trainer like Jimmy De Forest.

### Maybe You're Just the Coming Champion I'm Looking For

I want you to get some of the big money that's floating around in the fight circles all the time. For if you get yours, I get mine, too. I'm looking for champions harder than ever before in my life. I believe that Dempsey, and all the rest of the champs can be whipped, and I want to be the man to find these unknowns, who have the right stuff in them, and develop them into the champions of the near future.

### Tremendous Demand for Good Boxers in All Classes

I am also looking for all the promising lads I can get hold of, who can develop sufficient boxing skill to fill the great world-wide demand of fight promoters and boxing clubs for clever youngsters. Both the winners and losers are handsomely paid even for bouts in the smaller cities and towns, and 10,000 fight promoters are on the constant lookout for good boxers.

I don't care where you fit in—as a possible champion or not—if you are really ambitious to learn boxing right, get in touch with me at once, and I'll start you right. Remember that my Boxing Course by mail was designed

and written personally by me out of the great wealth of my experience as the world's most famous trainer and boxing instructor. It is chock full of diagrams personally posed by me. It is written so as to be clearly understood. It takes up every blow, every guard, every trick of footwork and ring strategy, every last detail connected with training and conditioning yourself for a fight—in every way it is the real stuff.

### Tex Rickard Has Great Faith in the De Forest Course

This greatest of all fight promoters believes that my course will produce the greatest crop of champions and contenders the world has ever known. He has volunteered to arrange star bouts for my course champions—those men in every weight division whom I select every six months for making the best showing on my course. I will finish the training and instruction of these men personally at my Long Branch, N. J., training camp and entirely at my expense. And when I am sure they are fit and ready, Mr. Rickard will stage them at his new Madison Square Garden Arena, New York City. And if they make good, there will be no limit to their opportunities. They will receive offers from fight promoters all over the country.

The average man at the ringside has to work hard to earn the money to see an occasional good fight. But the man in the ring has his fleet of fine motor cars. He lives in the swellest hotels, dines off the fat of the land and wears tailor-made clothes of the very finest. He spends his winters in the south, his summers at the shore, and circles the entire globe any time he desires. All in all, he lives a wonderful life of leisure, independence and luxury. When he isn't boxing, he is earning big money on the stage or in the movies. The man in the ring is one of the great, modern captains of industry and even the millionaire at the ringside kowtows to him. Get into that class—I'm offering you the greatest opportunity of your young life to get there at trifling cost. A brief outline of my course—the greatest ever offered—is given here; and if you will send me ten cents right away, I will mail you my great book, "The Golden Age of Boxing," which describes my course in complete detail.

### SEND FOR MY BIG BOOK "THE GOLDEN AGE OF BOXING"

This blood-stirring romance of the ring reads like an exciting novel and is really worth many times the ten cents I ask for it, which is merely to cover cost of mailing and postage.

It not only fully describes my course, but it is crammed with facts about modern boxing, the people in it, and the great opportunity for the lads of today to win fame and fortune in the ring. The illustrations alone make "The Golden Age of Boxing" valuable as a permanent work of reference. Many of them are reproductions of pictures from my own private collection; and cannot be duplicated. Some of them go back to days long before you were born, and all together they certainly trace in a remarkably



interesting way the entire history of modern fighting and boxing. Every fight fan needs this wonderful book. Send for your copy TODAY WITHOUT FAIL! PLEASE PRINT NAME AND ADDRESS PLAINLY ON COUPON.

### Outline of My Course

- 1st Week—Fundamentals of Boxing, Diet, Roadwork, etc.
- 2nd Week—Elementary Punches
- 3rd Week—Basic Attacks
- 4th Week—Infighting
- 5th Week—Elementary Defense
- 6th Week—Advance Defense
- 7th Week—Covering and Clinching
- 8th Week—Counter Attacks
- 9th Week—Defense against Counter Attacks
- 10th Week—Shadow Boxing
- 11th Week—Combination Punches
- 12th Week—Feinting
- 13th Week—Fighting Slow Opponent
- 14th Week—Fighting Fast Opponent
- 15th Week—Fighting Purely Defensive Opponent
- 16th Week—More "Inside" Boxing
- 17th Week—My Tricks of the Game
- 18th Week—Pitfalls and Traps
- 19th Week—How to Deliver Knockout Blows
- 20th Week—Ringeract and Generalship

### USE THIS COUPON NOW!

JIMMY DE FOREST,  
347 Madison Ave., Box 519, New York City

Gentlemen—

Enclosed find ten cents, for which please send me your book, "The Golden Age of Boxing," without obligation on my part. I am interested in your course as a prospective professional  as an amateur

Name .....

Street .....

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

*Jimmy De Forest*  
Box 519, 347 Madison Avenue, New York City

**HARRY ERTLE**

The Famous Boxing Referee, says:

Nov. 2, 1924.

DEAR MR. LIEDERMAN:

I have refereed over 1,000 battles between champions and near champions. I have watched the conquerors deliver mighty punches. As a student of physical culture myself, I have always been interested in training methods.

On hundreds of occasions I have asked the victors how they developed their wonderful punching abilities, how they obtained such splendid development, etc., and in nearly every case, they have told me they have taken your course of training. It must be gratifying to you to have such prominent students in the pugilistic world. You are a maker of champions.

I used to imagine that muscle-building exercises would make a man slow, but, judging from the speed of some of your pupils when they get into the ring, I find I have had the wrong opinion.

I have investigated and tried the course you sent me, and it gives me great pleasure to recommend it to anyone who wants to become muscular and strong and at the same time not sacrifice speed and ability.

Keep up the good work. You are a benefactor to mankind.

With kind regards, I am,

Very truly yours,

Harry Ertle.



**WESLEY F. BARKER**  
Spencer, N. C.  
Winner of Liederman  
\$1,000 Prize, says:

I wish to thank you for the wonderful improvement your course has brought about in me and also for your honest treatment.

**JOSEPH VITOLE**

Holder of Official  
World's Record of 550  
pounds in teeth lift-  
ing, says:

DEAR FRIEND LIEDERMAN:  
You are indeed the wonder of the age. I was a weakling before taking your course. This picture, together with my records, show what you have done for me.

These Men Prove  
that **LIEDERMAN**  
is Best by Test

# If I Owned Strength Magazine

I WOULD show you photographs of the finest specimens of manhood you ever had the opportunity to look at. These photos would not only be a real treat to your eyes, but would be a genuine source of inspiration to every man—young or old. They would stimulate every red-blooded man to start at once on the journey to big, robust, healthy muscular manhood.

Each and every month I would give you a full chapter from one of my books—either from "Muscle Building," "Secrets of Strength," "Here's Health" or "The Science of Wrestling and the Art of Jiu Jitsu." I have written and published all these books for just such fellows as you, and I know they would be a monthly treat and a fulfillment of your keen desire for information toward acquiring a perfect physical body. Such chapters would thrill you so that you could hardly wait for the month to roll around when you would get your next installment. And my 64-page booklet, "Muscular Development," would be printed word for word so that you would get my full viewpoint on muscle building.

That is what I would do—if I owned Strength Magazine.

## I Don't Own Strength Magazine So What Can I Do?

I'll tell you just what I'll do; you just send me your name and address and I'll give you a copy of "Muscular Development" for nothing. Don't send me a cent. I don't want any money for this. Sounds funny to get something for nothing. But there's no catch to it. I want you to read this with my compliments.

## Here's What I Can Do

Ask any of my pupils what I can do for you if you will only let me—if you will only give me the chance to train you and re-make you as I have already done for thousands of others. It isn't nice to talk about myself, so I'd rather you would look up one of my pupils in your town and learn for yourself—I don't care where you live, if it's only half an average sized town, you'll find an Earle Liederman pupil there. I have them everywhere. You can tell them by their big, broad shoulders and deep chest. They have a spring to their step and a snap to every motion. They're full of pep and ambition. They have arms and legs that enable them to do a man's job and they have the power to put it over.

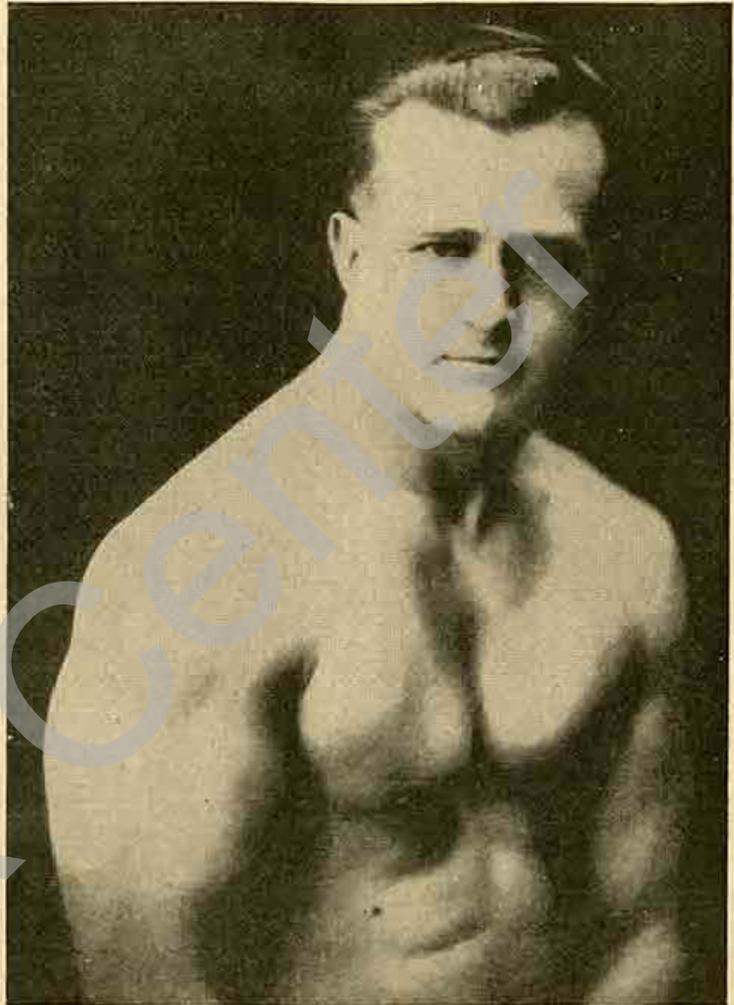
That's what I can do for you—that's what I will do for you—if you say these words: "I'm with you."

## What I Will Do

As long as I Don't Own STRENGTH MAGAZINE, space will not permit me to give you all the good things I have mentioned above, but you can have them just the same. Just for a starter, I'm giving you absolutely free a copy of my 64-page booklet.

## "MUSCULAR DEVELOPMENT"

This contains 45 full-page photographs of the finest looking specimens of manhood you ever witnessed. Yes, they are photographs of my own pupils, and I defy anyone to assemble a better col-



**EARLE E. LIEDERMAN, The Muscle Builder**  
Author of "Muscle Building," "Science of Wrestling," "Here's Health," etc.

lection of well-developed men. These photos, together with my story, will prove a source of information to you. The pages of this book will interest you—grip you—arouse those latent ambitions within you. And in addition to this, I will give you over 300 actual half-tone photos of remarkably developed men—all my pupils.

Don't hesitate. It costs you nothing. I'm giving it to you. No questions, no strings, no obligations. I want you to have it. I'm proud of it. So will you be. Send for your copy today. Just give your name and address. That's all that's necessary. I'll know what you want. A postal will do. Don't delay. Mail it to me today before you forget.

## EARLE E. LIEDERMAN

Dept. 706 305 Broadway New York City

**\$3,000.00 IN CASH PRIZES**

and a

**FREE TRIP TO NEW YORK**

ON October first I am going to give away \$3,000.00 in cash prizes ranging from \$1,000.00 down. The man or boy who shows the greatest improvement in his physical condition between now and that date, will receive \$1,000.00 and a trip to New York for one week, with all expenses paid. The man or boy with the finest proportions will receive \$500.00 and a free trip to New York. There will also be 26 other cash prizes and 1,000 medals. Send for particulars. This won't cost you one cent and absolutely will not obligate you in any way.

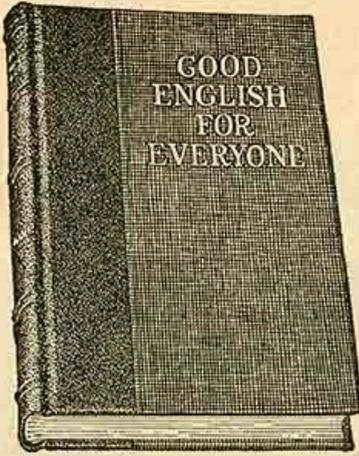
**It  
Is  
FREE  
WILL DO**

DON'T  
SEND ONE  
PENNY  
—  
YOUR  
NAME AND  
ADDRESS  
ON A  
POSTAL  
WILL DO

EARLE E. LIEDERMAN  
Dept. 706, 305 Broadway, New York City

Dear Sir: Please send me absolutely FREE and without any obligation on my part whatever, a copy of your latest book "Muscular Development."

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



## Do you want to improve your English?

HERE, at last, is a practical, understandable book on Good English. Compiled from the lessons of the International Correspondence Schools. Tells you how to speak and write good English—how to improve your handwriting—how to punctuate correctly—how to increase your vocabulary—how to write better letters. Gives you full lists of words most commonly misspelled and mispronounced.

442 pages. Handsomely bound. Printed in large type on clear white paper. Price only \$3. The best investment you could make, for it will help you to improve your English and get a better position and a larger salary.

Just write your name and address on the coupon printed below—enclose the necessary amount of money—and we'll send you this Good English book or any other book or books you want by return mail.

**Money back if not satisfied**

International Correspondence Schools Box 2385-C, Scranton, Penna.	
I am enclosing \$..... for which please send me the books I have checked below.	
<input type="checkbox"/> Good English for Everyone, 442 pages -	\$3.00
<input type="checkbox"/> Accountants' and Auditors' Manual, 442 pages -	2.00
<input type="checkbox"/> Advertising Handbook, 445 pages -	1.00
<input type="checkbox"/> Radio Handbook, 614 pages -	1.00
<input type="checkbox"/> Bookkeeper's Handbook, 302 pages -	1.00
<input type="checkbox"/> Illustrating and Cartooning, 415 pages -	4.50
<input type="checkbox"/> Commercial Bookkeeping, 325 pages -	3.00
<input type="checkbox"/> Traffic Handbook, 386 pages -	1.00
<input type="checkbox"/> Salesman's Handbook, 352 pages -	1.00
<input type="checkbox"/> American Business Law, 260 pages -	2.50
<input type="checkbox"/> Building Trades Handbook, 469 pages -	1.00
<input type="checkbox"/> How to Read Builders' Blueprints (Ten full-size blueprints included) -	3.00
Name.....	
Address.....	



Sizes for all types of noses.

Free Demonstration if desired.

### ANITA NOSE ADJUSTER

The GENUINE (Patented)

Shapes while you sleep. Rapid, painless and safe. The ANITA is a Genuine and most Comfortable Nose Supporter. Absolutely GUARANTEED. Highly recommended by Physicians.

Write for FREE booklet. "Nature's Way To Happiness"

The ANITA Co.

Gold Medal, Winner Feb. 23. Dept. 627 Anita Building, 635 High St., NEWARK, N. J. BEFORE-AFTER

## Save Your Teeth and Lengthen Your Life

(Continued from page 39)

utterly impossible to attend to even the most trivial details, was found, on X-ray examination, to have an infected area around an upper right molar.

This tooth was extracted. Since then this patient has not had the slightest recurrence of his trouble. It is the common neglect of these conditions that is responsible for thousands of cases of chronic disease and hundreds of deaths in every part of the country.

Another patient of Dr. Ream was sallow, pale, and presented the aspect of being completely run down. She suffered from chronic rheumatism, the pain in her arms and legs being almost constant, and, as she expressed it, she "was so tired she hardly had ambition to breathe."

Dr. Ream X-rayed her teeth and found some badly filled root canals. He told her that she was being slowly killed by these poisoned teeth, and advised having the teeth extracted and bridge work inserted. This was done in October. Dr. Ream did not see the lady again until Thanksgiving. The change in her was nothing short of marvellous; she did not look like the same person. For she was twenty years younger in appearance; her complexion was fresh and ruddy; she had had no rheumatism for weeks, and she felt and acted like a woman in the pink of physical condition.

There are literally hundreds of such cases, proving, beyond doubt, that many of the gravest systemic conditions, having apparently not the slightest connection with the teeth, are due solely to infections arising from dead teeth, teeth improperly treated, or teeth that should have been extracted years before.

Every man and woman who feels tired and debilitated; or who lacks "punch" and energy; whose appetite is fickle and whose sleep fails to refresh; should have the teeth carefully examined—and X-rayed.

If there are found any imperfectly filled root canals, any points of focal infection around the gum margins, or in fact any pathological processes anywhere in the mouth, the nose or the throat, go to your dentist, or to your surgeon and have him correct these without delay. It may make a difference of many years of life if you will see to it that the cavities of your head are kept in a thoroughly healthy state.

And here is something that should interest every woman reader. Never forget that as a cosmetic, there is nothing in the world equal to a clean, wholesome mouth, both for what it does and for how it looks while it's doing it.

I remember a case of a young girl of eighteen or twenty, whose face was chronically broken out with boils and pimply eruptions. This girl had taken all manner of tonics and blood purifiers without any permanent benefit. It was found, on examining her mouth, that she had a spongy growth of gum tissue from which pus could be squeezed in alarming amounts.

A simple course of prophylactic treatments with iodine, supplemented by home treatment consisting of morning and evening mouth rinsings with a good antiseptic cleared up this condition within two months. And with the disappearance of the pus, the skin and the general complexion improved, so that today this girl has skin as translucent and perfect as any human being could wish.

So there is not a particle of use for a woman to use salves, lotions, face washes and blood purifiers to rid the system of something that is being constantly manufactured around the roots of her teeth, or in her nose or tonsils, every hour of the twenty-four. There is only one way to cure the condition and that is to find the cause and remove it.

There is one sure and certain method of ascertaining exactly whether the roots of a tooth are infected; or whether a root canal has been properly filled or not—and this is by the use of the X-ray.

Today there is hardly a progressive dentist who does not believe that the use of the X-ray is the greatest of all aids to accurate dental practice. For remember that blind abscesses and other focal infections may be present in and around the roots of teeth filled by even the most conscientious dentists.

It is only by the evidence of the X-ray, however, that any dentist, no matter how careful he may have been, can tell whether or not a root filling is perfect. The teeth of all patients should be X-rayed where there is the slightest indication of any infection; whether there is any suspicion as to the vitality of a tooth to insure root canals being properly filled.

People are at least waking up to the fact that their doctor or dentist is not to be ignored when he advises them to have an X-ray taken. Oftentimes when a stubborn run-down condition has persisted over a period of time, an X-ray reveals the cause to be infected gums. Likewise in cases of neuritis, rheumatism of every form, and almost any complaint, the draining of pus into the system is sometimes found to be the seat of the trouble.

No one need wait until the dentist or doctor discover this trouble although these are not apt to ignore the teeth today, but when an individual has noticed a swelling or some peculiar irritation or condition of the gum, usually connected with filled teeth or bridge work or caps, that individual can follow the thing up at once by seeking the advice of a physician or dentist and thus avoiding the possibility of the infection undermining his physical condition.

It is carelessness on the part of the individual which makes these conditions difficult to counteract. They can often tell when the first symptoms of trouble become apparent, but wait until they have become a definite handicap before going to a physician. Very often such

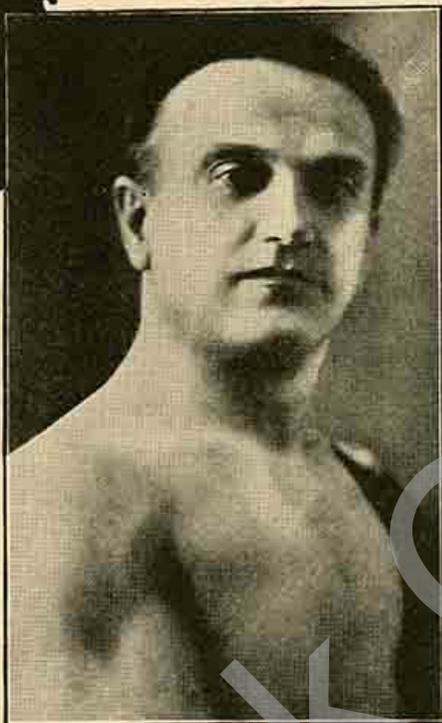
(Continued on page 68)

Now offered! ...the great Health discovery—

# GALIARDO'S Dy-nam-ic Breathing



Galiardo before he discovered his great secret. He was weak, emaciated and, with incipient tuberculosis, was given up to die. He gained Power and Health through his marvelous system—



GALIARDO, 52 years young!

**GALIARDO**  
Breathe-Rite  
DY-NAM-ICS

SCIENCE knows that nine men out of ten rob themselves of the strength they could have, because they do not breathe correctly. They cannot charge their lungs with enough OXYGEN—that strange, powerful "life element" in the air. Galiardo's great discovery—DY-NAM-IC BREATHING—shows the easy way to new power through nature's own simple manner. It is no wonder that America and all the world are aroused by this recently revealed idea!

### At last, YOU can know the secrets

Listen! At birth a baby cries for breath and man's last moment is a struggle for this same air, which is the "Steam of Life." Breathing means life itself, and when you breathe *dynamically*, as Galiardo shows you, then you can daily charge your body with greatly increased power and fitness. In addition, this more plentiful supply of oxygen does these definite things for you: (1) Purifies and enriches the blood. (2) Improves circulation. (3) Aids digestion and elimination. (4) Tones up the whole system. (5) Builds bone, sinew and muscle.

That gives you STEAM—Power and Vitality. Let Galiardo show you how to become a new man with muscles alive with energy and with that physical "drive" that forces you to success and happiness.

**GALIARDO'S Distinguished Record** You have read of Galiardo's great work in prominent newspapers and scientific journals. You have heard of his remarkable achievements as National Physical Director of the *American Boy Scouts*, as Director of the Male Physical Culture Department of the *New York Hospital for Deformities and Joint Diseases*, as Lecturer for the *New York City Board of Education* and as the pioneer in Breathing Instruction for the *New York Police Department*.

GALIARDO will rouse that undeveloped manhood within you. You'll be astounded. Send for FREE book and be convinced.

**GALIARDO, National Director**

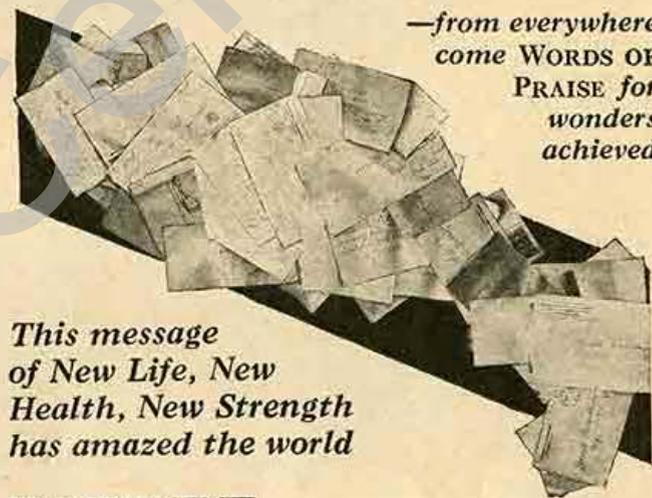
HEALTH RECONSTRUCTIVE SOCIETY, INC.

Dept. N, 780 West End Avenue, New York

His secrets of STRENGTH now a world-wide sensation!

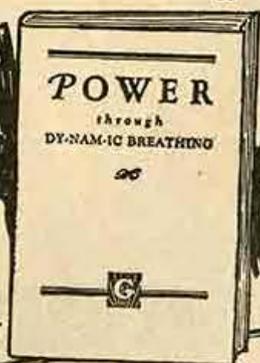
This is the actual system that saved Galiardo from incipient tuberculosis and rapidly built him up to a man of muscular and vital power. For thirty years, this great system has been available to only the well-to-do few. NOW—for the first time, YOU may know this astounding way to health, vitality and strength. By the thousands, letters are pouring in from all the world. And the book that tells these wonderful life-giving facts is yours—FREE.

—from everywhere come WORDS OF PRAISE for wonders achieved



This message of New Life, New Health, New Strength has amazed the world

Now FREE  
GALIARDO'S famous book  
"POWER through Dy-nam-ic Breathing"  
Send for your copy now



Mail this today

Health Reconstructive Society, Inc.  
Dept. N, 780 West End Ave., New York

Without any obligation whatever, please send me, free of charge, your famous book "Power Through Dy-nam-ic Breathing."  
(Please PRINT your name.)

Mr. }  
Miss }  
Mrs. }  
Address: .....  
City ..... State .....

# I Will Prove to You that You Can Make



## \$100 a Week

YES, you can make \$100 a week. You can do as well as H. T. Pearl, of Okla., who made \$750 in one month. You can begin like R. L. Marshall, of N. J., who made \$80 in 5 hours. You don't have to invest any money, nor take a course, nor do any studying. You can start right in next week to enjoy a really big income. Do you want it? Then read this ad carefully and answer it at once.

### 700 Men And Women Wanted

We are ready to appoint 700 Representatives in all parts of the country. You can be one of them, and by simply doing what we suggest, you can make from \$50 to \$100 a week. Your first day will bring you big money. Leonard Lemay, of Mich., made \$15 his first afternoon; W. P. Stone, of Me., cleared \$24 in 4½ hours; Edgar Morris, of Ohio, made \$210 his first 2 weeks.

We are the originators and manufacturers of "ZANOL" Products—the nationally advertised line of Pure Food Products, Toilet Preparations, Soaps and Household Necessities—over 350 different kinds. We sell direct from factory to consumer. We have thousands of customers in every section of the U. S. Last year four million dollars worth of "ZANOL" Products were bought. But instead of our customers sending their orders direct to us we appoint Representatives to take these orders.

### Big Profits For Easy Work

We will assign you an exclusive territory and let you handle our business there. You will simply introduce our products and let people know you have become the "ZANOL" Representative. The rest is easy.

If you want your share of these big profits, write now. We furnish our people complete equipment for doing business, FREE. We tell you what to do. We help you get started quick and make big profits at once. You will have the same proposition that has meant thousands of dollars to E. S. Shelly, of Penn.; Mrs. Nona Kern, of Miss.; Edgar Banville, of Mass., and dozens of others.

© A. P. Co. **Send No Money**



**AUTO  
FREE**

We offer to provide a car without any expense to you whatever. Mail the coupon for details of this liberal plan that will give you this automobile free and from \$10 to \$30 a day in cash.

Send me your name and I will show you how you can make \$100 a week—and even in your spare time from \$8 to \$10 a day. I will show you how you can have a permanent, profitable, dignified business that will bring you a bigger income than you ever thought possible. Don't wait until someone else gets in ahead of you. Don't delay until it is too late. Write now.

**Mail This NOW**

Albert Mills, Pres., American Products Co.,  
Dept. 1322 Cincinnati, Ohio.

Please send me, without cost or obligation, details of your new plan by means of which I can make from \$50 to \$100 a week.

Name .....

Address .....

## Save Your Teeth and Lengthen Your Life

(Continued from page 66)

carelessness results in a long period of convalescence or in complications which are hard to counteract. The time to cure our ills is when they first manifest themselves, not when they have become acute.

In this way the X-ray has certainly been a blessing to the human race. Almost any condition which hitherto baffled science can be made clear under its penetrating ray, and where before the treatment of symptoms was necessary, the cause can be discovered quite easily today, and once discovered it is usually even more easily removed.

The movement popularizing oral hygiene has probably made more progress during the past five years than during the preceding five hundred years. The aggregate of money spent for mouth washes, dental pastes and powders, articles for the dental toilet, and tooth-brushes must run into the millions of dollars annually.

The amount of good these do cannot be computed, except in terms of lives, happiness and health and in that tremendous sense of satisfaction that comes to individuals who are trying to make themselves as wholesome and healthy as possible.

Perhaps the most generally used agent in this connection is the "mouth wash"—either alkaline, or the so-called "antiseptic" or else a combination of both alkaline and antiseptic.

For the alkaline mouth wash there is a great deal to be said, because of the fact that most of the pathological germs of the mouth breed in an acid medium. Consequently, when the acid secretions of the mouth are neutralized by rinsing with an alkali, the medium in which the germs may propagate is decidedly less favorable for their growth.

Of these alkaline mouth washes, perhaps salt and water, a teaspoonful of common salt to a glass of water—used morning and night, is one of the best known and most generally effective, although soda bicarbonate and lime

water are claimed by many dentists to be even better. I have found personally, that a teaspoonful of milk of magnesia, rinsed through the mouth so that every part of every tooth is bathed in this alkaline fluid, is the most effective of all mouth washes.

For sore and bleeding gums, a home-made solution of alcohol, one part; vinegar, one part, and water, eight parts is an ideal preparation. This will overcome the trouble, usually within a week or less, and will wonderfully improve the local nutrition of the gum structures.

Where there is a tendency toward ulceration or "stomatitis blisters," lemon juice, is an admirable corrective. Used freely, several times a day, it heals up recurrent mucous patches that resist all other forms of treatment.

The teeth should always be brushed "longitudinally," from the gum margins to the points of the teeth, below and above, inside and outside, and then brushed laterally but carefully, so as not to irritate the gum tissues. The correct use of the brush, following the careful use of dental floss, I am convinced, will effectually remove food particles which otherwise might be left to putrefy and start decay.

There are upwards of eight million artificial teeth made in this country every year, each one of which goes to replace a tooth, which, with proper care, might have lasted a lifetime. This is the crime of carelessness, the neglect of the natural. There is no excuse for it, except ignorance. And soon, it is to be hoped, we shall no longer have even this excuse.

When this day arrives, men and women will demand and receive dental attention as they now demand and receive any other form of prophylactic attention. And when they do this, a very considerable source of suffering, crippleddom, and life-shortening will be banished forever.

## Who Will Be Our Next Fighting Champion?

(Continued from page 26)

honors in that class at that time.

Burge was a great fighter, and in those days the limit was 133 pounds, usually at ringside. Burge refused to weigh in and is said to have been very close to 150 pounds. Lavigne was a little under 130. This fight was somewhat like Lavigne's bouts with Wolcott. He took a great deal of punishment during the first dozen rounds but his attack was resistless and in the seventeenth he knocked Burge cold.

It must be said of Lavigne that he was not merely a slugger and punching bag for the other fellow as were Battling Nelson and Ad Wolgast. He could box, but probably no lightweight nor any man in any class ever had the fighting heart that Lavigne possessed.

The heavyweight is probably the greatest attraction of all, but the only two who can draw at the gate with Dempsey will have to change their tactics considerably before they can hope to wrest the crown from its present owner. Dempsey is a great fighter and a greater champion and his equal cannot be quickly found. So things may be rather dull for the heavyweight division for some time to come.

Given a great lightweight champion and a great heavyweight ruler and fistic fandom doesn't care so much about the others. The trouble at present is there doesn't seem to be another man looming in the offing in either class with anything like the ability of a Lavigne, a Johnson or a Leonard or Dempsey.

# WHAT I THINK OF PELMANISM - *By Judge Ben B. Lindsey*

**P**ELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a great driving force.

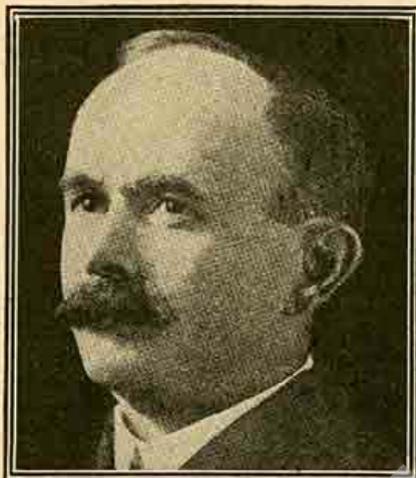
I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that *preventable* inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *Pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America, by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is peculiarly tragic here in America, where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By *failure* I do not mean the merely criminal mistakes of the individual, but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole civilized world for his work in the Juvenile Court of Denver. He says,

"The human mind is *not* an automatic device. It will *not* 'take care of itself.' Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort, just as muscles can be developed by exercise.

college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself; it acquaints him with his sleeping powers and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their efforts to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity. Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

(Signed) BEN B. LINDSEY.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century, it has been showing men and women how to lead happy, successful, well-rounded lives. 650,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for you.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them. And on the positive side, it will uncover and develop qualities which you never dreamed existed in you. It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

Your copy is waiting for you. It is absolutely free. Simply fill out the coupon and mail it today. It costs you nothing, it obligates you to nothing, but it is absolutely sure to show you the way to success and happiness. Don't put it off and then forget about it. Don't miss a big opportunity. MAIL THE COUPON NOW.

THE PELMAN INSTITUTE OF AMERICA  
Suite 346, 2575 Broadway, New York City  
Approved as a Correspondence School under the laws of the State of New York.

THE PELMAN INSTITUTE OF AMERICA,  
Suite 346, 2575 Broadway, New York.

Please send me without obligation your free 64-page booklet, "Scientific Mind Training."

Name.....  
Address.....

## Are Your Children Strong?

(Continued from page 47)

### URINALYSIS

Anywhere By Mail. Send No Money.

It's tragic the way prominent men are passing out before their time. Health tests would have prolonged their lives—would have saved them to their families and friends.

### PROLONG YOUR LIFE

Bright's Disease, Diabetes and other dreadful diseases get a deadly hold in your body months before you realize the serious need of a doctor's skill and care.

Every man and woman should have a scientific health test made each year. Anywhere by mail. Use liberal offer coupon below.

### URINALYSIS

A Complete Chemical and Microscopical Health Test

The excretion from the kidneys is an unerring barometer of the condition of the body.

The Robinson chemical and microscopical test is complete, covering 25 different classifications. It is the same accurate and complete test required by leading life insurance companies.

We do not prescribe medicines but recommend medical attention where test indicates it is required.

Have a health reading made at regular intervals! Prolong your life!

### URINALYSIS

Used By Many Prominent People—  
Everywhere By Mail

Many prominent people use our service regularly. 2500 new satisfied clients. Everywhere by mail. Plain package. Convenient, confidential.

### SEND NO MONEY

**Our Liberal Offer to You.** Send no money. We will mail self-addressed and stamped container and bottle. You then return sample to us. We give a complete and understandable report of 25 determinations. If you are satisfied with the value of our service, send \$2.50; otherwise return the report. Use coupon below.

### URINALYSIS

#### WHAT USERS SAY ABOUT IT

No. 916. Clear Lake, Wis., Oct. 16, 1924. "Have received Urinalysis and very well pleased with it."

No. 919. New Lexington, Ohio, Sept. 15, 1924. "Send container for my wife's use. I am very much pleased with your report of mine."

No. 793. West Chop, Mass., Sept. 8, 1924. "Your report was received yesterday. Please send container to my brother, same address."

No. 1001. Chicago, Ill., Oct. 13, 1924. "I am enclosing \$2.50 for another urinalysis test. I had three other tests made by other laboratories at the time. I had my first urinalysis made and I found your test to be the best and fullest of the four. I hope to always be able to give you a ninety day sample as I am assured that it is a good safeguard towards good health."

LOUIS G. ROBINSON LABORATORIES  
Established 1907  
69 Harrison Bldg., Cincinnati, Ohio

#### LIBERAL OFFER COUPON

The L. G. Robinson Laboratories,  
69 Harrison Building, Cincinnati, Ohio.

Please send bottle and container for my sample. After I receive report, I shall send you \$2.50. It is understood and agreed that if I am not satisfied with your service, I have the privilege of returning report without cost or further obligation.

Name.....

Address.....

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

going not too fast. Keep the head well back as the chin moves up and down. Repeat the exercise six times at first and increase with practice.

These few simple posture exercises should become a daily program with growing children. You may add other movements which you know to be helpful and which will keep up the interest of the youngsters.

I would advise having an expert examine the child, perhaps once a year, just to see if any bodily defect, which can be readily helped, is developing. Such things as one low shoulder, spinal curvature or weak arches may be easily corrected in the growing child, if found in time.

Home gymnastics should be made universally popular. I mean the kind that teach children to swing on ropes, hang on ladders and turn over on rings and bars; also rolling over forward and backward on mats. Yes, or even standing on one's head. It is a natural sport and play for children, but, of course, it should be carefully watched. They will do "stunts" anyway and it is better to show them how to perform in safety than to allow them to get injured because they don't know of the danger. Let them learn from experience in small things how to avoid danger and they become better able to protect themselves in serious situations. A much guarded child never gets any real training in self-preservation.

Gymnastics help wonderfully to overcome awkwardness and develop grace and agility. They teach one to control the weight of the body in many positions. They are unexcelled for giving fine muscular development and strength.

We have in our home a small gymnasium mat which is used in the cellar in bad weather and taken out into the yard in fine weather.

Some of the stunts we do are illustrated here.

**Forward Roll.** This is simple enough if you know how, but it is surprising how many youngsters do not get the idea at first. The main point is "duck the head" and "double up" in a ball; then give a little shove off with the feet and over you go.

**Backward Roll.** This is just the reverse of the forward roll, but is a little more difficult. Start from a sitting position and roll backward letting the legs go smartly overhead as in the illustration.

**Standing on the Head.** The trouble with most first attempts at this head balance is that the gymnast has his hands on the same line with his head. Try keeping the head forward and the hands a little distance back. Don't have the weight on top of the head. Keep it more to the front as in the illustration.

**Bending the Crab.** This should be attempted at first with a reliable assistant who places his hand in the small of your back, and if necessary, is ready to keep you from bumping your

head on the first few trials. Balance, bending of the legs, keeping head back and arms back, all are improved by this stunt, which also develops a limber back.

**Sitting and Standing Carries.** These are excellent for developing balance and general strength. Care must be used not to put too much weight on the under child, and an older person with some experience should be near to catch the top mount in case of a drop.

Handled properly these variety of stunts are fine practice but they require an experienced leader. The mounts are simple but must be done correctly. This will, of course, require some little study of the subject.

Head-springs, hand-springs, cart-wheels, round offs, handstands and walks are among the list of fairly easy and safe stunts to learn on the mat.

Every boy and girl should learn how to climb up and down a rope before reaching the age of twelve. The illustration shows how agile a small boy may become when his arms and grip become strong enough to carry his weight easily.

Children also get splendid exercise from suspended rings if rightly directed. Rings are safer than the trapeze. "Skin the cat," feet overhead, reverse hang and "the bird's nest" are among the first stunts they learn to do. Apparatus can be obtained for use over the inner doors of one's home. This can be easily put up or removed.

Here again an older member of the family should assist the children so as to prevent accidents. You can train them to take care of themselves by training their minds and bodies to respond quickly to any emergency. swimmers in every phase of the name. and adult differs; so do not expect the

The term "track and field athletics" is generally given to events such as short sprints and distance running, high and broad jumping and weight throwing. A basketball or baseball throw for distance, may take the place of weight throwing for boys' and girls' contests.

Youngsters can be taught something about the form of running, jumping and throwing as early as nine or ten years. This includes the correct sprinting start, use of the arms, long and short stride, and distance judging. In jumping there is the *approach*, *take-off* and *high lift*.

I have seen some really good form displayed by quite young boys and girls. The competitive feature, however, should not be overdone with the younger groups. It involves a nervous strain which some boys and girls cannot stand as well as others.

The small boy usually likes to wrestle and, we must admit, to fight. That, too, is instinctive. Our boys and their friends are given an opportunity to box and wrestle under a regular system of instruction. They learn the fundamental points of self-defense and are less likely to engage in promiscuous scrapping.

# Be Like Him--A Real MAN!

He Wins Third Prize--A Solid Silver Medal

## Anyone Can Duplicate This Man's Muscular Development With My Apparatus

He was not born strong. He literally made himself all over with the aid of TITUS Methods and Apparatus. Don't YOU be discouraged if Nature has started you with the handicap of a small frame and less than normal strength. Simply let me put my Course and Apparatus in your hands. Use it regularly for 30 days, and you will be truly amazed at the way those flabby muscles of yours toughen and grow, and the rapidity with which your whole body becomes transformed into a human dynamo of strength and power. I have made my course so interesting and fool-proof that YOU or anyone else can duplicate this man's marvelous development--and have a lot of fun while doing it--merely by spending a few minutes a day with my PROGRESSIVE AND AUTOMATIC EXERCISER.

The whole success of the TITUS System lies in my ingenious and time-tested apparatus. I am firmly convinced that real body development depends on systematic daily exercising with the right Apparatus and that without Apparatus you cannot develop great strength. If this were not true, why do you suppose there are elaborate gymnasiums in our colleges and schools, Y. M. C. A. and athletic clubs and even churches? The idea of exercising without Apparatus is just about as absurd as trying to swim without water to swim in. I have devoted my life to Building Better Bodies, and this Apparatus I have perfected is the culmination of all I know about Body Building.

## Nowhere Else Can You Buy Apparatus Like This--Yet I Give It FREE

The very day that you get the first of my 21 Weekly Instructions, you get my complete PROGRESSIVE AND AUTOMATIC EXERCISER--and it is yours to keep. There is nothing else to buy--not another cent to spend. With this ingenious outfit you can perform all of the exercises that you can in a completely equipped gymnasium. Think of it! Right in your own home you get all of the benefits of a fine gymnasium--bar-bell exercises, dumb-bell exercises, lifting, pulling, screwing, or every muscle in your body. My Apparatus is built on the PROGRESSIVE Principle. You increase its resistance as your muscles grow stronger. Your present size and condition make no difference, you adjust it accordingly. That's why my Course is such a tremendous success and my pupils such marvelous specimens of Manhood. That's why YOU cannot fail to build inch upon inch of good solid muscle on that frame of yours. Remember, you get my complete Course and Apparatus for the price you have to pay for ordinary courses, some of which include no apparatus at all.

## I Show You In Advance What You Get--No One Else Does

I believe in laying all my cards on the table. Right on this page (at the right) you see my Apparatus in actual use. These are but two of the many exercises you can perform with the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER. There can be no disappointment on your part, for I leave nothing to your imagination. Space on this page does not permit a complete description of my Apparatus and Course, but in my FREE book you will find everything explained very clearly and completely. I don't ask you to buy a "cat" in a bag. No one would buy a Physical Culture Course without knowing all about it any more than he would buy a suit of clothes or an automobile without seeing it.

I am the only one who shows his hand in his advertising. Instead of promises, I show you right in my advertisements the kind of men my pupils are when I get through with them, and I show you the Apparatus with which I train them. In other words, I'm a straight shooter!

## My Course Consists of Three Parts

When you finish my Course, you do not have to buy an advanced course, because mine is complete. It begins at the bottom and builds you up, inside and out, just as far as you want to go, even up to the top of the "BIG MAN" class. It is used and endorsed by such well-known record-holders as Rolandow, the "Great Barnes," the Saxon Brothers, William D. Waring, August Johnson and a great many others.

I don't care how weak or how strong you are, my Course is made for YOU. It consists of three series of seven weeks each--twenty-one weeks in all. The first series comprises the light building exercises that develop every muscle in your body without submitting you to the dangers of strain or overtraining, and your present strength. The second series is a medium course. The third series is the advanced course which takes you right up into the professional class and transforms your entire body into a rippling mass of solid, flexible muscle. Remember, I do not charge you extra for my advanced course--practically everyone else does. It will build up and strengthen your Vital Organs, increase your Lung Power and Chest Expansion beyond your fondest expectations, improve your Blood Circulation and Digestion and cram your whole body full of Vigor, Vitality and Endurance.

## My Big 64-Page Book "Building Better Bodies" FREE

From cover to cover it is jammed full of photos of many of the world's greatest strong men, all of whom are or were pupils of mine. It also contains photos of myself, but not to the exclusion of everything else. It describes in detail my Course and Apparatus. It tells you everything you want to know about me and my System of Physical Culture. It tells you about my Prize Contests and the Big Cash awards I offer each year to my pupils. In short, it contains just the information you have been seeking for, but until now have been unable to get. You must read this book to get a full realization of what my Course is and what my Apparatus accomplishes.

Send for this wonderful book today! Don't send a penny with your letter. You don't even have to send a letter--a postcard will do. BUT NOW, send for a copy of this valuable book that will in all probability change the whole course of your life. It is absolutely FREE--no strings to this offer and no obligation on your part. Delays do not make health and strength--neither do they get you anywhere. Act NOW!

NOTICE: The Titus System is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

## FILL IN AND MAIL TODAY!

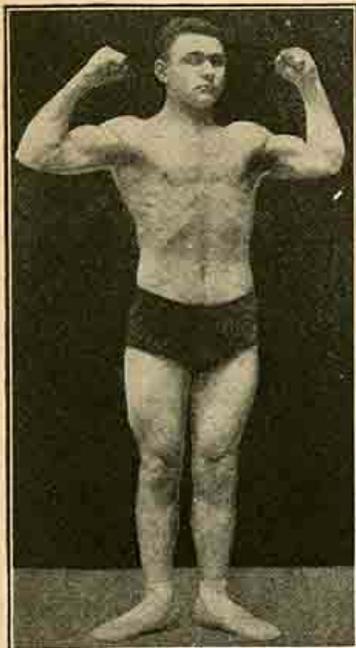
PROF. HENRY W. TITUS  
Dept. 237, 105 East 13th Street, New York City

Dear Sir:--Please send me at once without cost your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name .....

Street No. ....

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



He is a living example of the kind of marvelously-developed bodies produced by my Course and the TITUS PROGRESSIVE and AUTOMATIC EXERCISER.

How would you like to have a body like his that is a tremendous power house of vitality and strength--a rippling mass of solid, flexible muscle!



PROF. TITUS AS HE IS TODAY

**Prof. HENRY W. TITUS**  
105 E. 13th St., Dept. 237, New York City



Above are my First and Second Prize Winners at work with the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER. Even after winning prizes for Body Development, they do not stop using my Apparatus, because it is built on the PROGRESSIVE principle and has almost unlimited resistance.



## Are Your Children Strong?

(Continued from page 70)



### No Extra Charge For This Outfit

**T**HIS adjustable and folding Drawing Table, also the complete set of imported Drawing instruments, made of high-class nickel silver, will be sent to you when you are my working student. I will furnish also all the other tools to complete the full Working Outfit, because I want ambitious young men and mechanics to get ahead. There is no extra charge for this Drawing Outfit and Drawing Table. Only a reasonable tuition is charged for training you on practical drafting work UNTIL you are qualified as a REGULAR Draftsman.

### I Guarantee

to train you at home, during your spare time, UNTIL you have gained the required practical experience and UNTIL you hold a permanent position with my assistance. I guarantee to give your work my personal supervision, also to furnish you with the complete draftsman's Working Outfit as shown above, the "Chief's Own Drawing Table" adjusted to different height and angle. Also, to send you all the instruments you need just as soon as you become my student, all to be included in the course without extra charge.



Chief Draftsman Dobe

### You May \$90 Drafting Earn a Course

I have an offer whereby you may earn my regular \$90.00 drafting course while you are my student if you will do certain work for me at home during your spare time, which will not interfere with your present work or position. I am doing all I can in preparing draftsmen for urgent calls which are being made by employers every day, for men to fill good-paying positions. There is a constant demand for skilled draftsmen. The work is light, pleasant and profitable. A draftsman's position leads to something better and higher up. There are many positions for good-paying home work whereby you may more than double your regular salary.

### Mail Coupon TODAY For Free Book

CHIEF DRAFTSMAN DOBE

1951 Lawrence Ave., Div. A-577, Chicago

Without any obligation to me please mail your book "Successful Draftsmanship," and full particulars of your liberal "Personal Instruction" offer to a few students.

Name.....Apr.....

Address.....

Post Office.....State.....

We have a very light weight barbell and the boys have learned a number of the regulation lifts. No attempt is made to go the limit of their strength. In fact, the weight is kept well within their ability to handle. But they have learned how to properly apply their strength, and to use good muscular coordination. This adds one more interesting exercise which they like to practice.

A punching bag is hung in a corner of the cellar. This is their "fastwork." It is good for training the eye and making them quick with their hands.

Teach the children to swim at an early age. You can explain the different strokes during the regular exercise period. They can thus get some idea of the swimming movements out of the water. In the bath tub they can get some idea of the important breathing form, blowing bubbles while holding the head under water and taking a breath as the head is turned sidewise above the water. Real practice is to be had in the swimming pools and out-of-door swimming places during the summer months. Make the children good swimmers in every phase of the game. It is a valuable accomplishment for every boy and girl and is a splendid exercise.

The desire for the more highly organized team games comes as the boy grows older. Baseball, football, and tennis should be encouraged under proper conditions. For football, especially, the boy should be in good physical condition and play with boys of his own size and strength. Participation in team games gives him an appreciation of co-operative action and a good standing among his fellows.

All these things I have mentioned have a part in the well-rounded-out physical education of the child. They do not, of course, reach the stage of proficiency to which the older groups carry them, but they may be practiced in the spirit of play and will develop in the growing child a keen desire for healthful sport and exercise.

So much is being said about the viewpoint of modern youth that I am more than ever convinced of the value of gymnastics, athletics and vigorous games as a wholesome channel through which our boys and girls may reach the goal of clean-minded, strong, useful citizenship. I know from experience that you cannot begin too early to train and strengthen these little bodies, provided judgment is used in making a gradual program suited to the age and physical condition of the child. Make the training gradual, a little at a time. Aim to get the child's interest in becoming strong and wanting to do physical exercise or stunts correctly.

A good coach or professional trainer will not do anything to injure his pupil. Your job is to be the physical trainer of your child. Study his growth and condition. You ought to find this most interesting. One becomes a better

friend, better pal and better parent by playing with the children. If you haven't been athletically inclined before, you soon will be and the experience will do you good.

Remember the viewpoint of the child and adult differs; so do not expect the child to take this training seriously. That view will come in time and one of these days you will be surprised at what your boy or girl can accomplish.

I have recommended a number of kinds of exercises. That is because I do not want the children to get the habit of specialization in sport. They can specialize later if they want to, but an all-around training is undoubtedly the best.

The daily series of setting up exercises have been mentioned first in this article because they are of the most importance for the correct posture and physical development of the growing child. But bear in mind that there are other values to be aimed for. These are courage, self-reliance, resourcefulness, endurance, and ability to take one's place among manly men. Experience in athletic sports will teach these lessons as nothing else can.

Encourage your children to master as many of the manly sports as they may have opportunity to engage in. See that they get a chance to row a boat and paddle a canoe in the summertime and learn to skate in the winter. Many girls are becoming graceful and strong of limb by attending the dancing classes at the gymnasiums of the City Recreation Centers and private studios.

The automobile has done much to discourage walking, but even the auto can be put to good use. Drive out in the country on your holiday with the children, park your car by the roadside or up a wooded lane and take the kiddies on a ramble through the woods. Jump the streams; hang by the low limbs of trees and see how far you can hurl rocks. The great out-of-door is nature's gymnasium.

Open the windows and have plenty of fresh air in the children's sleeping rooms. Get them used to cold water bathing. Begin with tepid, then cool water applied with sponge or wash cloth. Follow with a brisk rub with a coarse towel. If you have a shower bath get them into the habit of using the cold water. The cold water application is only for a few moments' duration and hardens the skin, stimulating the circulation and tonic reaction. The cleansing bath with soap and warm water is a different proposition.

I would not advise trying cold baths in a cold room in the winter time. The bath room should be comfortably heated, the body thoroughly dried and proper clothing be put on immediately after the bath.

As a final word let me emphasize the value of an early start in the various forms of physical training. Do not hesitate to secure the advice of a good physical instructor if you are inexperienced in handling the stunts.

# 1000 Hotel Positions Open!

Hotels, Restaurants, Clubs, Apartments everywhere need trained men and women. Over 70,000 high-class positions paying up to \$10,000 a year are open each year in the hotels of the United States. In 1925, the Hotel Business is America's largest industry in new construction. Nearly a billion dollars worth of new hotels, clubs, and restaurants built this year will need over 60,000 trained men and women.

## I Guarantee to Teach You

In my home-study course on hotel work what the leading experts know about the business—men earning from \$5,000 to \$50,000 a year—and at any time there are over 1000 hotel positions open in this industry. I put my students in touch with positions all over the United States. They are eagerly sought by the biggest and best hotels in the country—my methods are endorsed by leading hotelmen everywhere. Hotels start you at salaries up to \$3500 a year with your living. If you want a steady, permanent position, with big pay, quick advancement, fine living, free meals and apartment, fascinating work—you can find it in hotel work.

## No Previous Experience Necessary

You need no previous experience when you take the Lewis Hotel Training Course. We train you by mail in your spare time at home with the Lewis Simplified Study Plan and put you in touch with big opportunities.

A few months ago, J. P. Johnson was clerk in a store. To-day, with the aid of Lewis Training, he is managing the magnificent new Hotel Frederick. D. M. Zirkle, through the Lewis Course, has become manager of the exclusive Manor Club. Miss Jeanne Sachetto, through Lewis Training, has become hostess of the fashionable Cosmos Club. Lewis Training placed William A. Bowman in Le Paradis Restaurant at 90 per cent. higher salary. Hundreds of other Lewis Students are winning similar successes.

## Free Book Gives Full Details

No matter what your education or previous occupation is—there are opportunities for you in this big-paying hotel industry. Many students have obtained splendid hotel positions paying as high as \$2500 a year, even before they had finished the course. My Free Book, "Your Big Opportunity," shows how you can do as well.

Without cost or obligation, the coupon below will bring you by return mail this vitally interesting, illustrated book, which tells about the wonderful opportunities open to you in this fascinating business. Shows how you can become a high-salaried hotel executive. Tells how our students are winning success with Lewis Training. Explains how you obtain free registration in our National Employment Bureau.

Mail the coupon at once for your free copy of "Your Big Opportunity," showing how we can train you for one of these splendid positions in 20 weeks or less and explaining our Money-Back Guarantee. Send for it today—NOW—before you forget.

## LEWIS HOTEL TRAINING SCHOOLS

Room S-3710

Clifford Lewis, Pres. Washington, D. C.

Mail

Coupon Now

### Hotel Opportunity Coupon

LEWIS HOTEL TRAINING SCHOOLS,  
Room S-3710, Washington, D. C.  
Send me without obligation the FREE  
BOOK "Your Big Opportunity," with de-  
tails of the Free Registration in the Lewis  
National Employment  
Bureau.

Name.....  
(Please print)

Address.....

City.....

State.....

### WIN SUCCESS!

Lewis Students are winning success in the big hotel industry—here are a few letters from hundreds in our files:

**Barton R. Casaday**—  
"Even before completing your course in Hotel Training, I secured an excellent position at the Hotel Stanley—one of the finest resort hotels in the West."

**Margaret Clay**—  
"I have received the second raise in pay in the position to which you sent me a little more than six months ago."

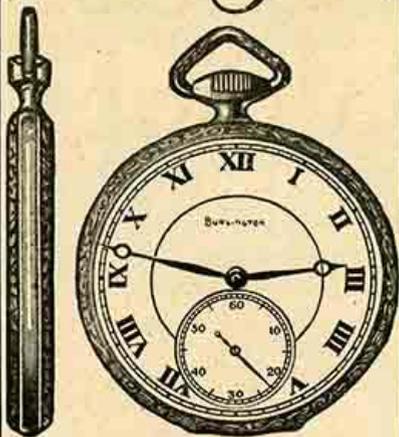
**Mrs. Lillie Hill**—  
"I've accepted a position at the Majestic Hotel, this city. It is a transient house of 200 rooms each with private bath and I am head-housekeeper."

**C. Holmes Gerard**—  
"Four weeks after enrolling I secured a position as manager of a restaurant and lunch room. It was the study of your Course that made this opportunity possible, because I had never worked in this capacity or in this line prior to this time."

## More Energy From My Food

(Continued from page 44)

# 21 Jewel Burlington



**LOOK!**

Adjusted to the Second  
Adjusted to Temperature  
Adjusted to Isochronism  
Adjusted to Positions  
21 Ruby and Sapphire Jewels  
25 Year Gold Strata Case  
Your choice of Dials  
(Including Montgomery Railroad Dial)  
New Ideas in Thin Cases

**Only \$1.00  
Down**

Only One Dollar Down will buy this masterpiece of watch manufacture. The balance you are allowed to pay in small, easy monthly payments. The Burlington—a 21-Jewel Watch—is sold to you at a price much lower than that of other high-grade watches. Besides, you have the selection of the finest thin model designs and latest styles in watch cases. Don't delay! Write for the FREE Watch Book and our Special Offer today.

# Write

**While this Special Offer Lasts**

Get the Burlington Watch Book by sending this coupon. Find out about this great special offer which is being made for only a limited time. You will know a great deal more about watch buying when you read this book. You will be able to "steer clear" of the over-priced watches which are no better. Remember, the Burlington is sent to you for only One Dollar down, balance in small monthly payments. Send the coupon for watch book and our special offer Today! Do not delay one minute!

Burlington Watch Co., Dept. A-577  
19th St. and Marshall Blvd., Chicago, Illinois  
Canadian Address: 62 Albert St., Winnipeg, Man.

Please send me (without obligations and prepaid) your free book on watches with full explanation of your \$1 down offer on the Burlington Watch.

Name .....

Address .....

policy to do so. Approaching the subject from the standpoint of how to get more energy from one's food, you will see very quickly that one way to do this is to stop fighting poison.

The vitality lost in fighting poison can very well be utilized in better ways. And yet poison, in one form or another, is very popular these days. In this chemical and mechanical civilization of today you are likely to pick up a certain amount of lead, arsenic, aniline and other poisonous substances widely used in industry, at almost any time, involuntarily. Then, voluntarily, many people burden their systems with the various toxins of tobacco and alcoholic drinks. And bootleg booze usually contains a choice selection of poisons other than the alcohol itself. Caffeine, almost universally used, is the mildest of our poisons. And finally, unless constantly on your guard, you consume daily rations of these more or less toxic chemical preservatives. While you may figure that the dose with respect to any one of these various forms of poisoning is a small one, you can see that the grand total may be a rather formidable one, and especially so in view of the continuous and chronic nature of the burden.

The United States Government many years ago made an effort to protect the public by the passage of the Food and Drugs Act, compelling packers to state on the labels of all food packages the presence of any chemical preservatives, so that the people would at least have a chance to know what they were buying. Of course this in large measure puts the blame upon the public itself for its own consumption of these poisons, through its own negligence or acceptance of these unsatisfactory foods. But even that does not always work out, because while the presence of sulphur dioxide may be admitted on the large box of dried peaches purchased by the retail grocer, he does not so mark the paper bag in which he sells a pound of the fruit to the housewife.

Plain sulphur, such as grandmother used to mix with molasses to give to the children in the spring as an imaginary "blood purifier," was probably harmless, but that certainly is not true of its chemical combinations, such as sodium sulphite, copper sulphite and sulphurous acid. Sulphuric acid is one of the most powerful and deadly of poisons. Not only will you find mention of sulphur dioxide on your can of molasses and many other foods put up in cans and jars, but it is almost universally used in the bleaching of dried fruits; that is, in order to make your dried peaches, apricots, apples and pears look a pretty blond color that they would not enjoy if properly dried in the sun. Fortunately, we can still get prunes, raisins and currants in their normal brunette colorings, with no pretence of fair skins, and free from this chemical. But even some of our fancy

dates and figs are so bleached, as well as silver prunes and Sultana raisins. The lesson of this is to eat more raisins and prunes, and to eat the other fruits in their fresh condition, unless you can get them sun cured, free from sulphur dioxide, or canned, either in your own kitchen or by packers who avoid chemicals.

Bright food colorings should always be occasion for suspicion as to food purity. Often they represent the presence of coal tar dyes. That is why no sensible parent would ever permit his children to eat the cheap, highly colored candies so popular because of their decorative qualities. Indeed, one of the most reprehensible facts about the use of chemicals, in this connection, is that they disguise the truth about the condition of food that is not fresh or that is otherwise unwholesome. They are sometimes used not merely as a preserving agent of good food, which would be bad enough in itself, but even to check and cover up putrefactive processes and other changes of a dangerous character, as Dr. H. W. Wiley and others have pointed out.

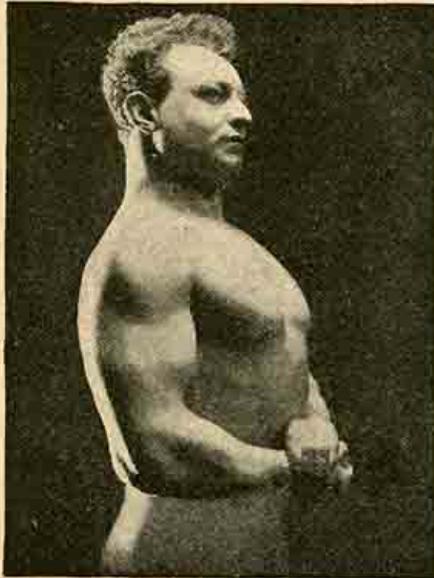
Sulphite of soda is much used by butchers, sprinkled over the surface of a cut of meat to give it a fiery red color—as if fresh cut. Saltpetre is sometimes used, especially on preserved meats, to accentuate its red coloring. Brightly colored meat, particularly in the case of hamburger steak, often of mysterious origin, is always the occasion for more suspicion than the dull color which such meat is sure to develop through oxidation if left alone for a little while.

One should also be suspicious of brightly colored vegetables, particularly of spinach, green peas and green string beans. Copper sulphate, which is so much used to give vegetables this bright green coloring, is not even employed as a preservative, but for decorative purposes. Personally, I do not require my food to be ornamental. It has much better uses. Ice creams and ices are often highly colored. Let them alone. Artificial flavorings are to a large extent coal tar products. Why use them? They don't even taste good, any way.

Dr. H. W. Wiley, through whose efforts in connection with the United States Department of Agriculture the Food and Drugs Act was finally passed, demonstrated from eighteen to twenty years ago by experiments upon his so-called "poison squads," that the food preservatives commonly used, such as boric acid, salicylic acid and formic aldehyde, when added to food even in small quantities, exercised a harmful effect upon digestion and upon health. The use of borax in food is not permitted in the United States, but is still widely used in England. But we still use in America enormous quantities of benzoate of soda.

The truth is that poison is poison and  
(Continued on page 77)

# The World Has No Use For Weaklings



Through all the ages men of might and muscle have been looked up to and to them have fallen life's richest prizes

Look around you! On every side you see the weak and puny pushed aside while the strong and vigorous forge on to success.

**You have no excuse for being a weakling and a failure!** Brother, I tell you in all sincerity and from the bottom of my heart and you don't have to go far to prove the truth of my statement—Health and Strength are the Foundation Stones of Success and Happiness.

Put that weak, neglected, run-down body of yours in my charge and let me give you health and strength to a degree that will make *your life a glorious adventure* instead of a miserable, dragged out existence. Let me endow you with glorious strength, vim and endurance so you will fear nothing, acknowledge no man your master and be fully able to seize and hold your share of the good things that strong men have always been able to win from life.

## Body Building Is My Life Work

and the system of muscular development which I have perfected through many years of careful study and experiment is as far ahead of anything else ever offered in this line as the modern automobile is ahead of the ancient stagecoach.

## I Absolutely Guarantee Results

Be honest with yourself and play fair with me and you cannot fail.

What I have done and am doing for thousands of others, I will do for you. If you could read just a few of the letters which come to me daily from my pupils in all parts of the world you would be fully satisfied as to the soundness of my claims.

*Let me give you a body of which you will be proud. I will make you a real man.*

All I ask is a few minutes of your time each day and before a month has passed you will admit that you never imagined that time could be spent so profitably.

**Just put it up to me to prove my claims and I'll make good one hundred per cent.**

*I am acknowledged by press and public the 'world's strongest man. I achieved my wonderful muscular development and almost superhuman strength through my own simple system of muscle building and this is what I offer you.*

# BREITBART

Dept. E-3

1819 Broadway, Gotham Bank Building  
New York City

I want to send you with my compliments a copy of a wonderful book I have written, entitled

## Muscular Power

I know it will be a revelation to you as it has been to thousands of others. It tells and illustrates what I have done and what I am doing to-day; how my feats of almost superhuman strength have astounded the people of two continents.

You will be thrilled by the pictures of pupils whose bodies I have actually recreated. Read what they have to say about my system of physical culture and what it has done for them.

*The proof of the pudding is in the eating.* I am ready to prove and to absolutely guarantee everything I claim. I don't care who you have tried or what you have tried. It makes no difference to me—

*All I ask is a chance.* I put it fairly and squarely up to you. Obey your impulse NOW. Fill in and send to me the attached coupon. You'll never get anywhere if you don't start.

**CLIP COUPON NOW!**

**MUSCULAR POWER BY**

SIEGMUND BREITBART, Inc.,  
1819 Broadway, New York  
(Dept. E-3)

Please send me, without any obligation on my part, your new 64-page book, "Muscular Power," and the Breitbart Muscle Meter FREE. The enclosed dime is for postage.

Name.....

Street.....

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

# YOU CAN EASILY BECOME AN EXPERT SWIMMER

## WITH THIS 30 LESSON COURSE AT A COST OF ONLY A FEW CENTS A LESSON

Think of it—a complete thirty-lesson course in swimming by the man who has developed more world and national swimming champions than any other coach in the history of swimming. Among his pupils are Miss Ethelda Bleibtrey, double Olympic champion, Miss Helen Wainwright, Miss Aileen Riggin, all record holders, and, greatest of all women swimmers, Miss Gertrude Ederle. Mr. Handley is also swimming coach of the New York Athletic Club and captained and coached its water polo sextet which held the national championship for more than ten years.

### EVERYBODY OUGHT TO SWIM AND NOW ANYBODY CAN

Everybody wants to swim and everybody ought to swim. Swimming is a glorious sport and greater still as a health and body-building exercise. Only when you race through the water, every muscle and nerve tingling with the joy of real health, can you realize how wonderfully beneficial it is. For men and boys, swimming is an ideal sport for developing vitality and endurance; for girls and women, a sure way to slender hips and a shapeliness of limbs that is the envy of all non-swimmers. Swimming avoids the sharp encounters of other women's sports and gives an all-around development that is remarkable. And think of the fun you can have this summer on your vacation if you learn now, at the beginning of the season.

### THE SELF-TEACHING SYSTEM OF A MASTER COACH

Never before was it made so easy to learn to swim. Mr. Handley's remarkable self-teaching system is so clearly explained, so lucidly written, that you don't need any one to explain the instructions, or any one to help you in the water. The illustrations show every feature of each stroke. The directions are concise and easily remembered. And you are taught the complete stroke at one time so that you can go immediately

into shallow water and with the utmost confidence begin to swim. No need to learn separate arm and leg movements, no need for tedious and tiresome land drills, no need for rubber wings or for some one to hold you up. You begin to swim at once. Then Mr. Handley takes you back and shows you how to improve each separate movement, how to get drive into your leg action, how to handle your arms to the utmost advantage and how to time each movement into a perfectly harmonious action that takes you through the water at lightning speed.

### MONTHS THE OLD WAY ARE DAYS BY THIS MASTER METHOD

The system developed by Mr. Handley is absolutely unique in the shortness of time it takes to teach you to swim. Think of learning to swim in one or two half-hour periods. That is all the time it takes to learn the whole of the famous crawl stroke by this new method. Think of it, in half an hour or an hour you are really swimming. Don't let the fact that you have never attempted to swim before



L. deB. HANDLEY  
Swimming Coach New York A. C., New York Women's Swimming Assn. and Coach American Women's Swimming Team.



able reading, but one of actual value to you. Each issue of STRENGTH will bring to you many facts and suggestions that will actually improve your health, strength and physique. And such improvements in you mean a more enjoyable and profitable life.

### Below Are the 30 Lessons Showing How Thoroughly You Are Taught

- No. 1. What You Can Gain By Swimming.
- No. 2. When to Swim and What to Wear.
- No. 3. How You Can Gain Self-confidence in the Water.
- No. 4. Why You Should Learn to Swim By Means of the Crawl.
- No. 5. Learning to Swim in One Lesson.
- No. 6. Perfecting the Arm Action of the Crawl.
- No. 7. Perfecting the Leg Drive of the Crawl.
- No. 8. Body Balance and Work of Head and Shoulders in the Crawl.
- No. 9. Effective Respiration for the Crawl.
- No. 10. The Modern Back Stroke.
- No. 11. Perfecting the Arm Action of the Back Crawl.
- No. 12. Perfecting the Leg Drive of the Back Crawl.
- No. 13. The Back Stroke for Emergencies.
- No. 14. The Several Varieties of Crawl and Back Crawl.
- No. 15. The Breast Stroke.
- No. 16. The Modern Breast Stroke.
- No. 17. Technique of the Arms in the Breast Stroke.
- No. 18. The Kick of the Modern Breast Stroke.
- No. 19. Position of Body and Respiration in the Modern Breast Stroke.
- No. 20. The Trudgeon Stroke.
- No. 21. The Value of Competitive Swimming.
- No. 22. How You Should Train for Competitive Swimming.
- No. 23. Working Up Your Speed in the Crawl.
- No. 24. Back Stroke Racing.
- No. 25. Breast Stroke Racing.
- No. 26. Learning to Float.
- No. 27. Treading Water.
- No. 28. How to Rescue the Drowning.
- No. 29. The Best Method for Resuscitating the Apparently Drowned.
- No. 30. What to Do in Emergencies.

deter you. This course will quickly convince you that you can become an expert in an amazingly short time. Nor does the course stop with merely teaching you how to swim. It teaches you all the more popular strokes such as the crawl, back stroke, breast stroke and trudgeon, and how to perfect yourself in each. Also how to float, how to tread water, how to save and resuscitate a drowning person, and a great deal more than space permits telling here.

A ONE-YEAR SUBSCRIPTION TO STRENGTH MAGAZINE IS INCLUDED IN THIS OFFER. BOTH ARE YOURS FOR \$3.50

The coming issues of STRENGTH promise to be by far the most interesting and picturesque ever produced by the Milo Publishing Co. STRENGTH is not merely a magazine of enjoy-

NOW IS THE TIME TO GET THIS GREATEST OF ALL SWIMMING COURSES AND A YEAR'S SUBSCRIPTION TO STRENGTH. SO HURRY THIS COUPON AND YOUR \$3.50 IN TO US SO THAT YOU CAN START SWIMMING IN THE VERY NEAR FUTURE.

## The Milo Publishing Co.

2739 N. Palethorp St., Phila., Pa.

Publishers of STRENGTH Magazine.

The Milo Publishing Co., 2739 N. Palethorp Street, Philadelphia, Pa. S-6-25

Please find enclosed check cash money order } for \$3.50

for which send me immediately Mr. L. deB. Handley's 30-Lesson Swimming Course and also enter my name for a one-year subscription to STRENGTH.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

## More Energy From My Food

(Continued from page 74)

though a small dose of one of these poisons will not quickly kill one, yet it is impossible to know just what is its conduct in the human body, and especially is this true when several of these poisons are used more or less continuously over a period of years, or, to be more exact, throughout one's lifetime.

In theory you are supposed to assume that if on a single day you eat one food containing a mere trace of just one of these chemical preservatives or colorings, you will not have hurt yourself very much.

Yet it is quite likely that—if you are not on your guard—a number of the foods that you eat in a single

day will contain such poisons, and more than a mere trace at that, so that the total dose will be considerable.

You hardly know just how much of it you are eating. Those who smoke tobacco often say that they cannot "feel" that it is doing them any harm, and yet there is no question about the scientific facts as to the harmful effects of nicotine, carbon monoxide and the other poisons of tobacco smoke. When taking them in small doses, however, we do not realize the harm they do. The same is doubtless true of the toxic qualities of these chemical food preservatives. They are "insidious."

## Our Girls' Circle

(Continued from page 58)

You may judge for yourself how often to repeat the movements at first. Make them more vigorous and add to the repetitions as time goes on. Write us in three or four weeks and let us know how you are making out.

### Developing the Legs

Dear Miss Heathcote:

I would like to know of some exercises that develop the hips, thighs and lower legs, as when I am of normal weight I am inclined to be too thin below the waist in proportion to what I am above the waist.

Is it necessary for a woman to use dumbbells when taking exercise, or can you get just as good results without using them?

Would very much appreciate your advice, and am enclosing my measurements.

Very truly yours,

Council Bluffs, Iowa.

M. M.

There is a type of physique in which the chest development appears proportionately larger than the hips. This is the natural thing, and it may be that you belong to this class. But from your measurements we would judge that you have fat around your waist that should be removed, and that your thigh is undeveloped.

The best thing for you to do is to reduce your waist and bring up your hip, thigh, and lower leg measurements.

The exercises given in "Strong and Shapely Legs" in the April number go into detail on this development. However, you will find squatting work especially good for the thigh, and kicking and leg raising very good for the hips. Rope skipping would be a great help to you, making your ankles and knees firm at the same time that it develops the calves. The variations of the squat given in the April exercise article we would particularly recommend, as it is possible that the inside of your thigh is entirely undeveloped, and you may obtain quick results by specializing on that.

As you reduce your weight try waist rotating and bending, first with your arms above your head, reaching as far

to the sides and to the back as possible, holding the knees rigid and without moving the feet. Then the windmill motion of the arms can be done by keeping the arms out straight on a level with the shoulders and twisting the body at the waist until you can see yourself in a mirror behind you.

Don't make the work too strenuous at first, but increase both the repetitions and the vigorousness as you improve. Regarding the use of dumbbells, you would probably find light dumbbells a great help, particularly in developing your forearms. We have no prejudice against weights being used to develop girls. Probably progressive weights is the most certain way of developing any figure, but a program for girls that includes weights would require the directions of an expert, and only under such direction would we advise that it be undertaken.

### Gaining Weight

Dear Miss Heathcote:

I have been doing gymnastic work for about six months, but thus far have not increased my weight. Every spring and summer I drop from 110 pounds to 98 or 95. Do you think proper exercise will help me to keep my weight? I am enjoying good health. I get indigestion occasionally. Do you think that might cause me to be underweight?

I have very prominent wrist bones. The compliments I receive because of my large wrist bones often cause me to almost, if not, shed tears. Besides, I am often called skinny.

Will you help me either by letter or through your magazine?

Thanking you in advance, I am,

Reamstown, Pa.

M. F.

Probably the best thing you can do is to adopt good foods to eat, the kind of things that keep your digestion good and quickly make blood. The cause of most failures in gaining weight is the fact that most thin people try to stuff themselves with food instead of trying to create an appetite, to be sure that what they eat will be properly assimilated. Exercise is very necessary in creating this appetite.



The Philadelphia Sanatorium

## Why Suffer? You are not incurable

Until the nature cure has failed. Your case only needs the careful analysis from a common-sense standpoint so often denied patients in other places.

### Practically Every Disease Is Curable Today

Not with drugs and old-style methods, but with the newer up-to-date science of bringing nature to your assistance in a pleasant, healthful way that will shortly restore you to health and vigor. Chronic cases that have been given up as incurable respond readily to our nature treatment.

### What Diseases Can We Cure?

Among the many diseases which have been most successfully treated at the Philadelphia Sanatorium are Rheumatism, Neuritis, Pneumonia, Influenza, Chronic Constipation, Neuralgia, Bright's Disease, Diabetes, Tuberculosis, Nervous Prostration, Apoplexy and all the various blood, nerve and digestive disorders. Methods of treatment include osteopathy, hydrotherapy, diet, fresh air baths and special exercises.

### Enjoy Perfect Health

Don't go along day to day always expecting the worst—we can in all probability put you quickly back on the road to perfect health and happiness so you can enjoy life, your friends, your hobbies, and go about your business and your pleasure like a normal human being. Don't Wish for Health—Get it Here.

### What We Have Done for Others We Can Do for You

Told in our booklet sent free on request. Write us fully and in complete confidence and we will analyze your particular case and write you what we know we can do for you. No charge or obligation—but do it at once.

### The Philadelphia Sanatorium Is Located in One of Philadelphia's Most Exclusive Sections

The main building is modern throughout and is equipped with the most modern apparatus, scientific appliances, laboratory equipment, diet kitchen, etc. The bedrooms are airy and reflect a home-like atmosphere. Courteous and well-trained employees are in attendance to see that patients receive all the comforts of a real home. Every doctor in attendance has had many years of experience and is licensed and registered by the State of Pennsylvania.

## PHILADELPHIA SANATORIUM

Dr. Charles Lauterwasser, Director

Walnut Lane and Wayne Ave.

GERMANTOWN, PHILADELPHIA, PA.

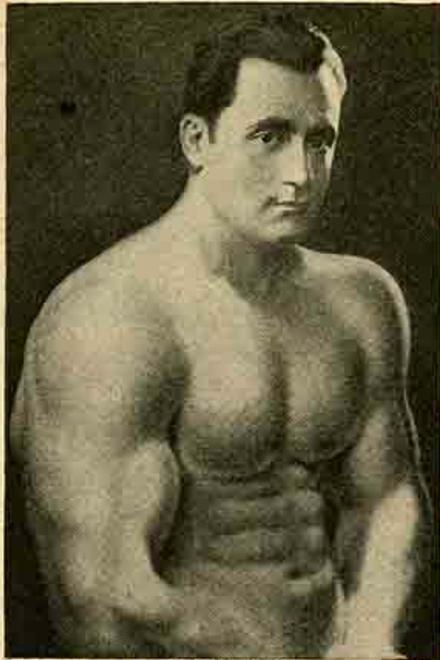
Philadelphia Sanatorium, Walnut Lane and Wayne Ave., Germantown, Philadelphia, Pa.

I am interested in the treatment of \_\_\_\_\_ and would like to know more about your wonderfully successful Nature Cure methods. Please send me, without obligation, full information.

Name \_\_\_\_\_

Address \_\_\_\_\_

City and State \_\_\_\_\_



**CHARLES ATLAS**

**World's Foremost Muscular Scientist**

Twice pronounced as the World's Most Perfect Man, winning two \$1000.00 FIRST PRIZES in National Contests conducted by Barnarr Macfadden. No other living man can claim this title.

## Do You Want To Be a Tiger?

"It's the Tiger Men who grab everything they want these days. That's because they know how to CRUSH FAILURE!" This is the startling statement of the brainiest, richest man in all America. He spoke the brazen truth. This new race of Tiger Men win the battles of pelf and power in the mad, dizzy, jazzy marathon for personal success! They whizz by you in stunning big limousines, they have fine homes and bulging bank accounts—yes! they have lucre, luxury, love, LIFE! This wonderful FREE book, "Secrets of Muscular Power and Beauty," holds the thrill of a brand new break for you and will put NEW KICK into your life in a most amazing way. Its pages are alive with the astounding secrets of THE MOST PERFECT TIGER MAN IN THE WORLD!

## Add Five Inches To Your Chest!

WITHOUT APPARATUS

IT CAN be done, and I will do it for YOU in a few weeks. My job is to make you fellows STRONG and MUSCULAR. I can do it—easily, quickly, surely, through my new scientific methods in less than three months.

Yes, in less than three short months you can add ten pounds of solid muscle, add three to five inches to your chest; a couple or more inches to your biceps; have a tremendous broad back; massive, powerful shoulders; wrists and fingers with a grip like steel, and great internal energy by my wonderful New System. You can attain just as good results as I have through following the methods which enabled me to become

### America's Strongest Physical Director

Come on, boys! Give me a chance just to PROVE what I can REALLY do for YOU. I'll double and triple your strength in a few weeks. I personally GUARANTEE you Perfect Health, Renewed Nerve Force, Unlimited Vitality and a beautiful, symmetrical body.

Here is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once to

**Charles Atlas** "World's Foremost Muscular Scientist"  
226 W. 47th St., Dept. 539, New York

MAIL THIS NOW!

CHARLES ATLAS,  
226 W. 47th St., Dept. 539, 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 6-25

My advice would be to read over the *Laxative Menus* given in the April issue of STRENGTH and to adopt these to your everyday living. If you eat enough greens or leafy vegetables you will find you can drink milk. Cut out of your diet potatoes that are cooked without their skins, or any vegetables that are cooked with water and the water thrown down the sink. When you eat see that you make your meal of foods which contain all the mineral salts, potatoes which have been cooked in their skins or in a boiler in which it has not been necessary to use much water, vegetables which have been cooked in their juices and the juices retained, bread which contains all of the grain, cereals like bran and whole grain wheat.

Begin exercising with trunk rotating and waist twisting movements. If you can get your exercise through outdoor sports you would find the air very beneficial. If this is not possible begin in your room by going through all sorts of bending and twisting movements. You will find these in STRENGTH from month to month. Particularly would we refer you to the waist and abdominal work given in the May issue of STRENGTH.

The cause of your prominent wrist bone is probably lack of development on your forearms. The wringing movements which you would use in washing clothes would develop the forearms. Also try taking hold of part of a newspaper with one hand, then crumpling the paper up into the palm of that hand without help from the other. This is great for the forearms. As a final word, specialize on your waist and abdominal work for a while until you have improved your appetite and begun to gain weight.

### Removing Blackheads

Dear Miss Heathcote:

I have been following your column in STRENGTH magazine ever since you started, and have found many aids to beauty.

I am especially interested in your set of exercises appearing in the last October issue. I have been following them with fine results. There is one exception, however, and that is my nose. I don't seem to be able to get rid of the blackheads. Is there anything else I can do for this?

Chicago, Ill. J. W.

In removing blackheads you must be careful not to injure the delicate tissues

under the skin, thus leaving an ugly scar that will take several weeks to wear away. Try rubbing the following lotion into your skin:

One and one-quarter ounces of Green Soap

Two and one-half drams Alcohol

Two and one-half drams Glycerine

One and one-half drams Borax

After rubbing it in, remove the blackheads with something not too sharp. Then close the pores with alcohol. (Your druggist will probably be able to give you an alcohol preparation which will not injure your skin and yet will be exempt from the Volstead Act.) A very good idea for closing the pores and making the skin healthy is to wash first in warm water (never hot) and then rub ice over the surface. You will find this method also very invigorating.

Dear Miss Heathcote:

My ankles are very weak and it is almost impossible for me to wear the low shoes they are now wearing all year around. I am wearing them, but turn on my ankles a great deal and find it rather embarrassing. Can you give me some exercises for this or are there exercises that help the feet?  
R. E.

Boston.

There certainly are exercises which not only strengthen the ankles but also the arches and which will probably be of great help to you. Rising on your toes, walking on your toes will help. While sitting down, leg out straight in front of you, heel resting on floor, force the toe down as close to the floor as possible, then up and in as close to the shin bone as possible. Repeat a number of times. Then, with bent knee, bend your ankle outward as far as possible and roll your foot around to the inside in a twisting movement. Feel the pull on the muscles. Walk on the outside and on the inside of your feet as high as you can, and after a little perseverance you will notice a decided strengthening of the foot and lower leg muscles.

### To the Well Wisher

If the woman who signs herself a *Well Wisher* and whose home is in Scotland would send us her name and address, we will answer her privately. We do not answer any queries through the magazine unless the name is signed, and we never publish names.

## You Can Cure Your Indigestion

(Continued from page 23)

the entire body is being properly nourished. With the stomach out of gear no amount of attention lavished on other parts of the body will bring satisfactory results. It is absolutely imperative to put the stomach in order before the rest of the body can be put in order, and it is very often so easy to do that one cannot readily understand why so many people complain of stomach disorders.

The stomach is the one part of the body which can be directly treated, and

the value of proper diet is not to be replaced by other treatment.

While the directions given in this article are all general and of service in practically every case, there are certainly specific cases that do need expert individual attention. These articles are not written in order to get people to avoid their physicians. But if people would merely do the things outlined in this article there would be very little need of a physician for cases of stomach ailment.

Edna pays Ray  
a Surprise Visit



# The Man Who Came Back

How I Took The Guess Out of My Life And  
Overnight Turned From a Failure to a Success

PERHAPS the title that I have given to this story of my experience is not exactly fitting, because I was never really lost—I was only lost to the extent that I never could make any headway at the plant where I had been employed for over twelve years.

During this time, I saw many men leave my department. Some were promoted to higher places in our organization and some took more responsible positions with other firms. In every instance, their income was substantially increased—and, of course, I wanted to increase my income if for no other reason than to give Edna, my dear little wife, the funds she needed to run our home on.

The fact that Edna had to skimp so on everything nettled us so that many times Edna said, "Ray, why don't you leave Smith & Co., as some of the other fellows have done if they won't give you a promotion?" One night after we had a little argument on my failure to advance, Edna called on a friend next door. Frankly, when she left, she was quite peeved and I was in the dumps—so much so, that I asked myself, what in the world was the matter with me? After some minutes of trying to reach a solution without success, I picked up a magazine and listlessly began turning its pages.

All of sudden, I saw a headline, "What Shall I Be?" You can readily see that this headline, I felt, was written for me alone, as it asked the question that I had just asked myself. Naturally I read the advertisement which told of William Rosenkarten's vocational analysis work, and I felt that possibly this man could help me and then and

there I wrote for his 345 page book entitled, "Choosing Your Life Work." I was desperate at that moment—I felt as I imagine a drowning man feels when he is grasping for anything that might save him, and inasmuch as I was offered my money back if I didn't like the book, I knew I wasn't risking more than a two cent stamp.

A few days after I had sent for the book I came home as discouraged as ever when Edna said, "Ray, dear, here is a book for you which came today and I opened it, and I believe that this man has the right idea and can help you." I felt that Edna was anxious to help me, and after dinner I read page after page eagerly, seeking the answer to my problem. In fact, I had almost reached the answer when I finally had to retire, in the wee hours. The next night I took it up where I had left off. It seemed that Edna had been reading it, and together we analyzed my characteristics and found that I was never lost, but that I was simply in the wrong job. Our analysis showed that I should be selling instead of being in charge of stock. Then Edna said, "Why don't you go to Mr. Smith in the morning and tell him that you want a position selling and if he doesn't give it to you, look for one elsewhere—get the job you are best fitted for."

I told her I would. So the next morning I went to our president and asked him to give me a job selling. He was surprised and laughed at me. I had to actually beg him to just give me a chance and if I didn't make good in a reasonable time, I would certainly expect to be fired just as though I were a beginner with the company and had not spent twelve years of my life with them.

Mr. Smith finally consented to give me a trial, saying that if I could talk to our customers as convincingly as I talked to him, he would have no fear of my making good.

That was just two years ago. I feel that it is permissible to tell you what happened to me in those two years. After about a week I commenced bringing in the orders and as the time went on I seemed to get them easier and easier, and before I knew it I was the star salesman for our company, setting a record every week for the other boys to shoot at, and today I am salesmanager with a very handsome income for which I feel indebted to both the book and Edna. It was only last night that she said, "Ray, you have certainly made a success out of your life and I am so happy to think that you found your right job so easily."

See, it's a grand and glorious feeling when you know you have made good.

Success can be any man's if he finds the real job—and I know of nothing that will help a man find himself better than the book, "Choosing Your Life Work." It is the same system as that used by the larger institutions of learning, and as a matter of fact, it is used as a text book in many of these large institutions, although it is written in such simple style that the man in the street can understand it. I heartily recommend this wonderful work to the fellows who are lost as I was two years ago.

You have just read the story of Mr. Sutton's life and we feel that there are many men and women that are just as anxious to find themselves as was Mr. Sutton. We feel so positive that this book will help the man or woman seeking the truth about their future that we will send it to those that are interested, for five days' free examination.

You take no risk in sending the little coupon and it may prove to be the turning point in your life. It was the cause of Mr. Sutton's success and it may be the beginning of yours. Don't play with your future any longer, but send in the coupon now. Make the first start on the road to success today—not tomorrow. You will succeed—you CAN—of course you can!

Bureau of Vocational Research,  
530 Broadway, Dept. 30  
New York City.

Entirely at your risk, you may send me William Rosenkarten's book entitled, "Choosing Your Life Work." Upon receipt, I will deposit with the postman \$1.97 plus postage. It is understood if within five days' time I am dissatisfied, I will return the book to you and you will refund my money to me immediately—I am to be the sole judge. Postage prepaid on cash orders. Fill in your name and address in the space below.

(Canadian and foreign orders must be accompanied by cash.)

## American Continental Weight Lifters' Association

(Continued from page 56)

**FREE TRIAL**  
For Men and Women  
AT HOME



Science has proven that VIOLET RAYS are the recent wonder development in the field of medicine for

**HEALTH  
BEAUTY  
VITALITY**

In order to prove that Wonder Mist Violet Rays will do all that we and other reliable authorities say it will do, we are allowing a 10 day FREE TRIAL right in your home.

**Quick Results  
No Medicines**

Violet Rays work quickly—without the use of medicines. Thousands are being cured by the use of Violet Rays at home, in Doctors' offices and Hospitals. High grade Beauty Specialists are also using Violet Rays to improve scalp and skin.

**Some of the Ailments  
Successfully Treated**

Catarra	Hemorrhoids	Rheumatism
Cold	Goitre	Skin Diseases
Constipation	Jaundice	Sore Throat
Eczema	Lumbago	Whooping Cough
Eye Diseases	Nervousness	Whooping Cough
Falling Hair	Neuritis	Cough
Hay Fever	Piles	Asthma

**Mail Coupon for Illustrated FREE BOOK** Showing charts of human body, where pains start, how to banish them, and numerous testimonials from satisfied users and Physicians.

**The VI-REX COMPANY,**  
211 S. Peoria St., Dept. 506, Chicago, Ill.

VI-REX CO., 211 S. Peoria St., Dept. 506, Chicago, Ill.  
Please send me without cost or obligation your Free 64-page book describing your VI-REX "Wonder Mist" secrets, and details of your FREE Trial Offer.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

**RESPONSIBLE AGENTS WANTED**

**Tire Agents Wanted**

Use and Introduce MELLINGER CORD TIRES  
**15,000 MILES GUARANTEED**

Lowest Wholesale Prices in America. Shipped prepaid on approval. Make big money all or part time. No capital or experience. Sample sections furnished.

**YOUR TIRES FREE!**

Simply send name today for FREE BOOK, tells how thousands do big business. Special Agents Offer, Wholesale Prices and FREE Sample Kit.

• MELLINGER TIRE & RUBBER CO. •  
Philadelphia, Pa. or Kansas City, Mo. Dept. 1925



## SPINAL SUFFERERS

send for this  
**FREE BOOK**

It tells in simple, understandable way all about spinal troubles and the wonderful Philo Burt Appliance and method of treatment. Send for your copy today.

No matter how old you are, how long you have suffered, or what kind of deformity you have, the Philo Burt Method offers you almost instant benefit and relief and the possibility of complete cure.



**OVER 50,000 CASES  
SUCCESSFULLY TREATED**

In 25 years by Philo Burt Method. Appliance is light, cool, comfortable, firm as steel, yet flexible. Put on or off easily as a coat. No one knows you are wearing it. Each appliance made to individual measure—guaranteed to fit. With Appliance is given a course of natural exercises designed to meet every need of your case.

**30 DAYS FREE TRIAL**

to prove its value to YOU. You take no risk and you owe it to yourself to immediately investigate this treatment that has brought relief and cure to so many thousands. Send TODAY for the FREE BOOK. **PHILO BURT CO.,** 49-6 Oddfellows Temple, Jamestown, N. Y.

is the only American lifter who has ever swung more than his body weight with one hand. At 154 pounds he swung 160. This record was beaten by the great English swinger, C. W. Wheeler, at 162½ pounds.

The bar was loaded to 162½ pounds and using the back hang method with 30 pounds more weight behind than in front, the veteran heaved it to arm's length in perfect style, using his own "body thrust" style.

But in lowering the weight to the ground, he allowed it to strike the platform too heavily, which badly buckled the bar. Unfortunately there was not another swing bar, but nothing loth the veteran increased the weight on the same bar by 10 pounds. At the first try, the crooked bar twisted in his hand and foiled him; but quickly analyzing the trouble, he corrected it by a greater back pull. Then throwing all his power behind the effort, he heaved the bar and with beautiful timing he applied his "body thrust" and stood erect with 172½ pounds. The crowd went wild, tickled to death to see the old favorite come back and preserve for his followers and the A. C. W. L. A. his former world's records with a still higher poundage.

Fournier next performed a two hands snatch with 190 pounds in beautiful style.

Fournier and Jowett finished up with a stunt lift. Mr. Jowett gave a demonstration of his remarkable suppleness and back power. Assuming the wrestler's bridge with a little over 100 pounds, which he held at arm's length, he performed the most marvelous stunt ever seen. From this position he actually arose to an erect position without any aid at all.

Notice how the crowd applauds when a tumbler does a back bend, touching his head to the floor and then coming to the erect position, and then imagine a man doing the same feat with over 100 pounds held at arm's length. Mr. Jowett has actually done this stunt with 180 pounds.

Those people who talk about being muscle-bound would have lost all doubt if they had seen this stunt, and done by a man who is short and heavily muscled. Not only did it disprove the well-known fallacy, but it showed that the strength gotten from the sport of lifting weights never leaves a man. For Mr. Jowett is a busy man and since his accident has never indulged in lifting heavy weights. Just keeps fit with what he calls light weights. But try and lift 'em!

On this occasion he also gave lifters a lesson in not wasting strength on unnecessary trials and on how to overcome contingencies. One could readily understand why Mr. Jowett has risen to be a master "iron man" and hailed as the cleverest lifter in the world.

Fournier showed the results of the master mind behind him. Mr. Jowett

never allowed him to waste his strength.

Perhaps never again on the same platform will the public have the opportunity of seeing two such great masters lift together as they did on the night of April 4th.

The come back of the veteran, Jowett, was remarkable. Everybody there longed to see him perform, but respected his condition. It was a sight they never will forget. Various ones bid for the bent swing bar as a souvenir, and it was won by W. Mills of Jersey City, a great admirer of a great man.

Rather than see a good man handicapped our president stepped into the breach and made good for himself, his man and his enthusiastic followers.

The officials for the evening were Messrs. Mills, Allen, Craig, Butler and E. Mack, who officiated as judges of weights and scale inspectors.

It is the intention of the A. C. W. L. A. to run a double program next year. The following five lifts, one hand swing, one hand clean and jerk, one hand clean and bent press, two hands clean and jerk and two hands anyhow, have been proposed for the five title lifts for 1926, together with the five Olympic lifts, which are the one hand snatch, one hand clean and jerk, two hands military press, two hands snatch and the two hands clean and jerk to be used in contests or competitions at various times if desired.

We desire all directors and state representatives to vote on the above program and the lifts.

We also wish to see something definite settled in the bodyweight classes. The British and Europeans all differ on class poundage. At present the American schedule is the same as the British, but we feel that the class weights are not satisfactory. We should all agree on bodyweights, or else we should change our own, or introduce another class. This change would be in the light heavyweight division. Many feel, and justly so, that a man of 170 pounds has too much to give away when meeting a 200-pound man.

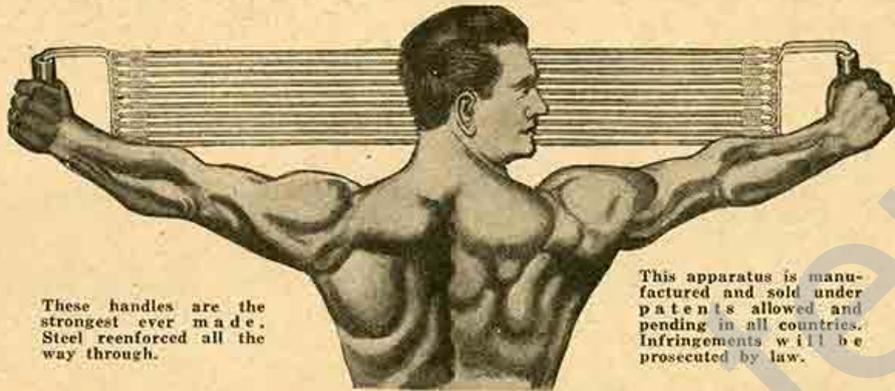
In Europe the light heavyweight goes up to 182 pounds and in Canada up to 176 pounds.

The question in our minds is this: If the English-speaking strong men eventually dominate the sport in numbers, should they all accept the same bodyweight classes? Or, should we accept the bodyweight classes of the Europeans, or introduce another bodyweight class of our own if we make no change one way or the other? It is a cinch that neither the British nor the Europeans will change their weights, but we should not invite more diversity if possible. The President was right when he brought forward these questions to be settled, and I sincerely hope that our officials and members will voice their opinions on them.

# THE SECRET OF GREAT STRENGTH REVEALED!

## You, Too, Can Have Muscles Bulging with Power!

Every Inch of Your Body Can Be Filled with the Enormous Power of Professional Strong Men by My Methods and the Wonderful Apparatus Shown Here—a New Invention!



These handles are the strongest ever made. Steel reinforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

### THE McFADDEN PATENTED 10-CABLE PROGRESSIVE EXERCISER

Look at the wonderful athletes on this page—a few of the many thousands of pupils of the McFADDEN SYSTEM. They are among the world's greatest strong men. *But don't think they were born that way.* Many of them were weak and sickly when they started the McFADDEN SYSTEM. They then had no thoughts of becoming professional strong men. *They only wanted to get well.*

They made no mistake in adopting my system. It quickly restored them to health. In fact, it filled them with far greater health and vigor than they had ever known before. And it also added inch after inch to their muscular development—not only to their arms and legs, but to all the muscles, many of which are never developed in the case of the average man. Suddenly they found that they had five or ten times the strength of the average man. They became famous strong men overnight, smashing records right and left.

### The Same Physical Perfection Awaits YOU

These marvelous men of muscle were no different from you in the beginning, and the same methods and apparatus that they used will put you right in their class. The McFADDEN 10-CABLE PROGRESSIVE EXERCISER—used as I teach you to use it—will add inch on inch to your limbs and trunk, greatly increase your heart and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

### This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5-cable Progressive Exercisers that can be instantly converted into a 10-cable Progressive Exerciser. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you wish. The progressive feature allows you to increase the resistance as your muscles become stronger.

### My New Patented Stirrup Builds Legs of Steel

The ingenious new stirrup that I have added to my 10-cable Progressive Exerciser will develop your calves and thighs to marvelous proportions. It is made of one-piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser.

### My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

It can also be attached to any 10-cable Progressive Exerciser, and is a patented device that can't be used by any other instructor.

It pays to have a strong, muscular neck, and the McFadden Patented Head-Gear will positively give it to you. It is simple, instantly adjustable, and fits any man or boy. Use it in connection with my Progressive Exerciser, and in a few weeks you'll be wearing a larger collar.

### My Complete \$30 Outfit and 12 Weeks' Instruction Course for the INTRODUCTORY PRICE OF ONLY \$8

#### Here's What You Get

10-Cable Progressive Exerciser, worth.....	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth.....	2.00
Patented Progressive Stirrup, with 1,000 pounds resistance, worth.....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth.....	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
The Michael McFadden Encyclopaedia, worth.....	1.00
Any of these can be purchased separately at the price shown.	\$30.00

### TOTAL WORTH, \$30.00; PRICE TO YOU ONLY \$8.00

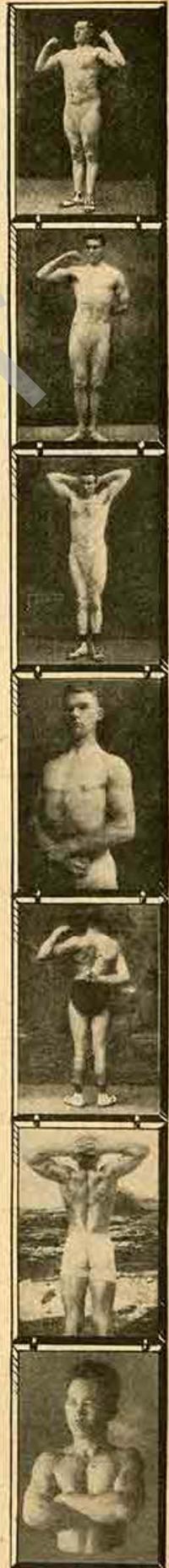
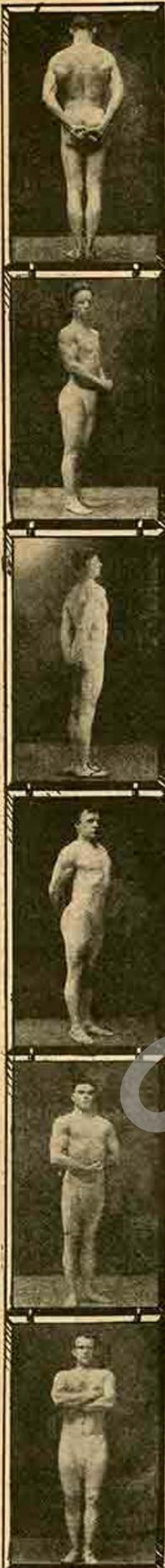
You can pay three times as much for a progressive exerciser that is only an imitation of mine, but you cannot obtain a genuine McFADDEN PROGRESSIVE EXERCISER—except from me—at any price. When you buy from me, I protect you and you protect yourself.

Remember, I guarantee to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. Is it any wonder that thousands of the world's greatest strong men endorse my course of instruction and the McFADDEN 10-CABLE PROGRESSIVE EXERCISER?

Remember, this is only an INTRODUCTORY OFFER—send \$8 NOW, if you want to be enrolled as a full-fledged Michael McFadden pupil at that ridiculously low price. Tomorrow may be too late.

### MY GUARANTEE IS BACKED BY A \$10,000 CHALLENGE

**MICHAEL McFADDEN** Dept. 181, 103 East 13th Street  
New York City



# —and the doctors told him he would never recover the full use of his eyes!

If you have to wear glasses and want to discard them—if you want clearer, stronger, better vision—read the letter to the right

**M**R. MAURER is one of thousands whose eyes have been restored to their full measure of usefulness through Bernarr Macfadden's course of Eye Exercises.

Here is a man who writes: "Strengthening the Eyes has enabled me to completely forget the optician. It has practically cured a bad case of astigmatism."

And here is another who says: "By faithfully following the directions given in your Eye Course I have discarded glasses worn for years, and have had absolutely no trouble for the past two years."

Another grateful reader of this helpful book writes: "I had been wearing glasses since I was eight years of age and could not go a day without them. I am now twenty-four and with just a little effort in practicing the Eye exercises each day for a period of two months I have been able to stop wearing glasses entirely."

These inspiring results bring a message of hope to everyone who is troubled with weak eyes or poor sight. There is hardly any condition that is beyond the reach of Bernarr Macfadden's revolutionizing method of eye training. Even the hopeless cases, as shown in the letters reproduced here, respond with almost unbelievable results to the treatment outlined by the noted physical culturist.

## Glasses Are Only Eye Crutches

The conventional method of treating eye troubles today is to supply glasses to assist the eye in its work. But glasses are only eye crutches. They simply bolster up the eyes—they cannot cure or eliminate the conditions responsible for the trouble. They are useful just as crutches are useful for an injured leg, but they can no more restore your eyes to their former strength than crutches can mend a broken limb. The real help must come from other sources. In the case of the eyes it is exercise.

## What Bernarr Macfadden Discovered About the Eyes

Over twenty years ago Bernarr Macfadden, father of Physical Culture, had a most trying experience with his eyes. Due to many nights of hard literary work under poor artificial light, they became terribly strained. The idea of wearing glasses was intolerable, so, always willing to back up his theories by experimenting upon himself, he immediately started in upon a course of natural treatment that he fully believed would help him.

**MACFADDEN PUBLICATIONS, INC.**

Dept. S-6

Macfadden Building  
1926 Broadway, N. Y. C.

Entirely at your risk, you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$3.00, plus delivery charges.

It is understood if, after trying the course for five days I decide not to keep it, you will immediately refund my money upon return of the course.

(Postage prepaid on cash orders)

Name.....  
Print name and address

Street.....

City..... State.....  
Canadian and foreign orders—cash in advance.

The results were so entirely satisfactory that he associated himself with one of the few really great eye specialists and together they entered upon a period of research and experiment covering many years. A few of their findings, proved beyond any doubt of contradiction, are:

(1) That eyes, like all other parts of the body, are governed by a set of simple, natural laws.  
(2) That if these laws are obeyed, good eye-sight throughout life almost always results.



(3) That if they are not obeyed, the eyes give out early and are a source of continual trouble and increasing inefficiency thereafter.

(4) That practically every pair of weak or crippled eyes can be greatly improved and in many cases entirely restored by proper methods of treatment.

(5) That almost always the effect of glasses is to gradually weaken the eyes, making them more and more dependent upon the glasses, and stronger and stronger lenses necessary as the years pass.

(6) That inasmuch as eyes are made up of muscles, nerves, blood vessels and tissues, the same as other parts of the body, they respond wonderfully to the same Physical Culture principles that develop and improve the other parts of the body. The reasonableness of these findings cannot help but appeal to you because they are founded absolutely upon common sense of the sort that Physical Culture has always taught.

## A Startling Revolutionary System of Eye Training

Upon these startling, revolutionary facts has been based a remarkable new scientific system of eye-training, which quickly enables you to train these muscles of the eye so you can make them work properly at all times, and without effort or strain. This new system has been prepared by Bernarr Macfadden, in collaboration with the eminent ophthalmologist who discovered the real truth about eyes.

Although this remarkable system has only recently been introduced to the public, it has been in use for more than twenty years, and it has been conclusively proven of inestimable value.

The benefits which you can derive from this new method of eye training may seem too surprising to be true. Yet you cannot doubt its efficacy when you read the letters from the people who have tested it out, when you know that it has helped thousands of children to regain normal vision in a short time. Your eye-sight is your most important possession.



It can never be replaced if it is lost. And since no amount of money could make you sacrifice your eyes, you owe it to yourself at least to investigate what this new scientific method can do for you.

If you already wear glasses, find out how you can discard your glasses—and see better without them. If you do not wear glasses, but feel that your sight is failing, then find out how a few minutes each day assures you perfect sight without the use of glasses. If you are a parent, send at once for this method, and learn how to save your children from the scourge of near-sightedness, how you can save them from the slavery of eye-glasses, and how you can train their eyes so they will always have perfect, normal vision.

## You Can Try This Course Entirely at Our Risk

No claim is made that this course is a cure-all. In many cases glasses are essential. But if you are wearing glasses because of faulty refraction—far or near sightedness—astigmatism—cross eyes—squint eyes—weak, watering eyes—eye headaches or strain, you at least owe it to yourself to give these methods a fair test. You can test these principles of eye education out in your own home without a cent of cost. Just mail the coupon and the entire course comes to you at once.

The very first reading will show you all you want to know about the eye—its construction—relation to the rest of the body—and the way it sees. You will learn instantly how to test your own eyes and just how to start to get immediate benefit.

Cross-section drawings show plainly the whole mechanism of the eye—muscles and nerves. Photographs of defective eyes make clear the real reasons for poor sight. Your own trouble is clearly illustrated. With this knowledge in mind, it becomes easy for you to correct your defective muscles and gain strong sight.

It only takes a few odd minutes each day. No trouble whatever, no manipulation or massage. No instruments or appliances. Just natural muscular exercise builds the eye, corrects the cause of troubles and brings it back to normal strength and vigor.

We want every reader of this publication afflicted with eye-trouble to examine Mr. Macfadden's wonderful course and try the eye exercises that it prescribes. In order to bring this about we are willing to send the entire course on approval, giving you the privilege of returning it within five days after receipt if not satisfactory. The price of the course has been placed within the means of everyone—only \$3.00, plus delivery charges. Less than you would pay for a single pair of glasses. Can you afford not to take advantage of this offer and all it may mean to you? Not if you value strong eyes. So mail the coupon now, before it slips your mind, and you may never have to wear glasses again.

This book is also on sale at all leading book shops and department stores.



**Macfadden Publications, Inc., Dept. S-6**  
1926 Broadway, New York City

## The Mat

(Continued from Page 62)

By relaxation I do not mean slumping into a heap in a chair. That is a wrong thing to do. Keep moving around. The greater the previous effort, the more reason to keep moving and thus stimulate blood circulation. Great physical efforts break down greater quantities of tissue, and more excrements are thrown into the blood stream. By sitting down you reduce the physical energy, which in turn stagnates the blood. This certainly does not help to dispel impurities from the body.

On the other hand, when you simply relax all the muscles from their former tenseness, this has the effect of releasing the contraction of the various muscle fibres, and allowing the blood to function over the stimulated areas, thus purging the body of its broken-down excrements and leaving in its trail a surplus reserve that feeds the muscles and nervous system with greater energy.

The walking around applies only in a case where there is a short space of time before the next physical effort. You recuperate more quickly.

After a person has completed the exercises and walked around two or three minutes, he should next massage the muscles and then lie down flat upon the bed, completely relaxing and allowing his mind to focus upon space. It is surprising the wonderful influence that is felt throughout the body when this is done.

Take a person of high nervous tension. There is nothing that will help him as much as this practice of complete relaxation after exercise.

### How to Do the Two Hands Clean and Jerk

The two hands clean to the shoulders and jerk overhead, is positively the key lift to the "clean" style of lifting. In order to succeed at this a man must be speedy, have muscles that will relax and tense to their capacity in the flash of a moment as the movements demand. His movements must be powerful and dynamic with full co-ordination of mind and muscle. Each lift has a certain amount of technique that controls its success, and must be understood before it can be applied. Very few lifters know the real science of the lifts. That is my reason for running this series of articles. In each article I shall explain what is positively the best knowledge on every lift. Nothing will be withheld. Nor will the space be wasted on useless theories. Everything will be practical. Therefore to begin with, I will explain the fundamental of all lifts—centralization between the weight that is being lifted and the weight lifter's body. The bony framework is the supporting factor between muscles, and the control of a weight, whether it is on the floor, at the shoulder, or held overhead. Therefore, if you stand further away from a weight or let it carry out from the body when lifting, you are forfeiting your control, not only in wasted effort but in lack of centraliza-

tion. The object is too far away for your bony supports to properly co-ordinate.

The hardest feat in this lift is getting the weight to the shoulder in one clean movement.

If you examine Figure 1, you will see that I have stepped so close to the weight that the bar is directly over the insteps of both feet. I have balanced the weight and gotten my feet the proper distance apart to safeguard my balance. With a quick dip, I have bent my body at the waist, and my legs at the knees, keeping a flat back and grasping the bar. Then with a simultaneous straightening of the legs and back and an arm pull, I pull in towards me on the bar, getting the physical momentum that carries the weight to the point shown in Figure 2. At this point, I immediately change my tactics. Releasing all effort on the weight, I relax my thigh tension. The quick change from one extreme to another causes a collapse, which gets me under the weight in the squat position shown in Figure 3, faster than any muscular contraction could possibly do. This movement is a muscle relaxation.

At the same time that I relaxed my leg muscles, I thrust the elbows downward and forward, thus getting my arm support into the strongest position.

You will see in Figure 2 from the contraction on the front forearm muscles how close the elbows are kept to the sides when pulling in. From this position one has more power, and the elbows travel faster under a bar than in the style where the elbows are spread out from the body, as in the "scissor" movement.

Like the straight blow against the swing in boxing, the elbow thrust movement in weight lifting is faster.

Such a volume of effort is gotten when lifting from the stage in Figure 1 to Figure 2, that the weight has enough momentum to carry itself and thus enable you to make the dip.

In Figure 3 my right foot has moved about two inches. The slight movement gives better control under a weight when it is received in the position shown in that photograph. I have seen many good lifters fall backwards from the concussion of the weight when pulled in, because the squat with no slight foot change had too delicate a balance. In making the slight foot movement the foot should slide on the floor. It is a great error at any time to let either or both feet leave the floor when lifting a weight. It retards speed.

If you examine Figures 2 and 3, you will note that I have gotten under the weight while it was "hanging" at the position in Figure 2. Throughout my feet are held in the same place, and you will note that the bell is no higher in either position.

These were action pictures and I used a heavy weight in order to compel myself to better apply the scientific

(Continued on page 85)

## You Can Have STRENGTH AND SKILL



Every man on the New York police force must be a model of **HEALTH** and **STRENGTH**.

Therefore every rookie who wants to join the force goes through a course of training that makes his blood flow fast and red, builds his muscles and teaches him to defend himself against gangsters.

### Train Yourself As Policemen Are Trained

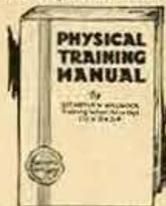
Sgt. Arthur W. Wallander, of the New York Police Training School, will tell you all the secrets of health and muscle building, and of self-defense, that have made New York policemen the finest in the world.

In his new, complete **PHYSICAL TRAINING MANUAL**, Sgt. Wallander describes the police, arm, leg, abdominal and breathing exercises, and hundreds of other clever training stunts, all illustrated with action photos and **COMPLETELY EXPLAINED SO YOU CAN DO THEM** without further instruction.

### Learn Tricks of Self-Defense

He teaches the new **AMERICAN ART OF SELF-DEFENSE** as practiced by patrolmen and detectives—how to break a strangle hold or head lock, how to turn the tables on a man who attacks you with a swing of his fist, a knife or a gun. All you need is to know the tricks, and you can have the biggest bully at your mercy and astonish your friends with feats of dexterity. One twist, and you throw the biggest of them.

A complete course in all branches of physical training, including instructions in boxing, care of the feet, swimming, physical and personal appearance, carrying an unconscious person, etc., all explained with wonderful clearness.



**YOU** want to feel the thrill of health in a perfectly developed body.

For \$1.97 you can buy a course that costs the world's greatest city millions to develop. Clip and mail the coupon now.

Siebel Press, Dept. S-1, 34 W. 20th St., New York.

Send me the **PHYSICAL TRAINING MANUAL**. When it comes I will pay the postman \$1.97, plus postage.

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

(\$2.25 U. S. currency with order in foreign countries.)



Illustrations Showing the Different Stages of a Back Somersault with Weights

## YOU DON'T REALIZE WHAT YOU ARE MISSING WITHOUT THIS GREAT COURSE



hundreds know it through actual experience.

Hundreds have already purchased this course and, consequently, I am now getting letters from them telling me how they found this course—how it has made really competent tumblers and hand-balancers from those who knew little or nothing of this fascinating and beneficial art—how it advanced those who were only fair at this sport to the most difficult and spectacular feats.

That is why I am telling you how wonderful the course is—not because I think it so, but because others by the

When performed without weights, when the hands are free, this "tuck" further speeds up the turn. The remainder of the photo shows the body completing the turn and the feet coming over to the ground or mat.

It is great to be able to walk along on your hands or to hold a one or two-hand stand on any object even if small and unsteady. And you can learn with this course.

### Study the Picture of Myself Holding a Perfect Hand Stand

That is the way you are taught to perform all the feats in this course of mine—perfectly. No dangling legs or unsteadiness in hand stands and no tumbling stunts without good form and snap. That is what makes them good to look at and a real pleasure to perform. I'll teach you correctly.

There are lots of fellows who can manage to stay up on their hands, but their feet are left to dangle in the air. These same fellows also do a hand spring landing with their legs doubled up, etc., and yet they imagine they are good. Don't fool yourself this way. If you like tumbling at all, why not get the course that teaches you to do the numerous feats in such a way that you would not be ashamed to perform before the best of tumblers and hand-balancers.



These physical assets alone are worth many times the price of this course. Don't you let the insignificant sum of \$3.00 stand between you and enjoyment, achievement and health. Send for it immediately.

### And Why Is This Course So Good?

The consensus of opinions of those who have used this course is that it is good because it was written by one who has an excellent practical knowledge of the subject. No one, except one who is himself proficient, can give clearly all the tiny details that make a back somersault, flip, one-hand stand and the many other feats comparatively easy to master. Look carefully at the pictures showing the back somersault at the various stages.

### Isn't It Wonderful When You Stop to Think of It

how the human body can remain in the air unsupported long enough to make a complete turn? It is wonderful to see it done and imagine the thrill, but it is doubly wonderful when you can do it yourself.

Starting at the right of this strip of photos you will see the first illustration depicting the dip from which the mighty spring upward is obtained. In the second illustration you will see the completion of this spring, the force of which is just about to carry the feet from the ground. This photo also shows the start of the turn. In the third the feet have left the ground, and the fourth photo shows the start of the drawing up of the knees which speeds up the turn. The "tuck" (or the grabbing of the shins with the hands) is not used in tumbling with weights.

MacMAHON  
180 W. Somerset  
Street,  
Philadelphia, Pa.  
Studio A-33

Please find enclosed \$3.00, for which send me immediately your course in tumbling and hand balancing.

Name .....

Address .....

City and State .....

### You Can Give Exhibitions and Vaudeville Acts

Many of those who have purchased this course are already giving exhibitions at entertainments in their home towns. Others are starting out in a professional way. Every one who takes up tumbling cannot go on the stage, but every one who takes this course can get great enjoyment and keep healthy, strong, active and happy. Just fill in the coupon at the bottom of this page while you have it handy and send it in to me with your remittance of \$3.00, either in cash, money order or check.

### Access to a Gym Is Not Necessary for the Practice of This Course

You don't have to join a Y. M. C. A. or turngemeinde, nor purchase paraphernalia of any kind in order to practice and learn to be a tumbler and hand-balancer. Practically all the hand-balancing feats and a great number of the tumbling stunts can be rehearsed in your own room or cellar. When the weather permits, the remaining feats can be done out-of-doors. For the somersaults and flips, a grassy plot, soft dirt or a sandy spot make a safe landing place.

### This Course Has No Connection Whatever With My Body-Building Course

If you are interested only in building your body and muscles to their greatest extent and in gaining exceptional strength, you need a Body-Building Course. Tumbling alone will not get you the greatest development. But it will make you supple, enduring, energetic and healthy.

## CHARLES MacMAHON

Studio A-33

180 W. Somerset St., Philadelphia, Pa.

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

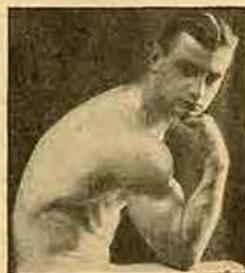
When you can astonish your friends by performing a row of flips ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet and many other just as sensational feats, then you will call yourself lucky for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

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

So now that you have my assurance that you can and will become a tumbler and hand-balancer,

### MAIL THE COUPON NOW

with your  
check,  
money-order  
or cash



CHARLES MacMAHON

## The Mat

(Continued from page 83)

movements. The figures go to show the remarkable possibilities of this lift when the knowledge is properly applied. It could not be done if the weight were not kept in a centralized position throughout the movement, and carried close to the body.

The trouble with all novices is that they stand too far from the weight, and when they pull in, they try to pull the weight to an erect position with the back round and without relaxing a particle of the thigh muscles, and therefore securing no dip. Practice with a light weight until you acquire the form, and then take a good poundage and perform the movement several times. Each additional attempt will force you to make a deeper squat, which will be the means of increasing your clean record.

Next month, I will explain the second stage of the lift from the shoulder to overhead.

### This Will Interest You

Editor of "The Mat."

Dear Sir:

Despite my slender build, I can shoulder a 150-pound sack of grain with one hand. I have seen many 200-pound men fail at this. It always seems to me these men are like balky horses, afraid to use their strength.

They say John L. Sullivan could blow a half dollar out of a drinking glass and never found a man who could duplicate the stunt. I have never seen anyone perform it either, though I have been performing it for several years. I sometimes do it with a ten-dollar gold piece.

A MAT FAN.

A Fine Comparison to Eric Tengrove  
Editor of "The Mat."

Dear Sir:

While I am a little older than our British friend, being seventeen last October, I feel that his four years' training compared to my one balances the scales. I enclose my measurements for your approval.

Height, 5 feet 10½ inches; weight, 157 pounds; chest, normal, 40 inches; expanded, 43½ inches; biceps, 14½ inches; forearm, 11¾ inches; wrist, 7½ inches; waist, 30¼ inches; thigh, 21½ inches; calf, 15¾ inches; neck, 16 inches; ankle, 8¾ inches.

O. DONOHUE.

Editor of "The Mat."

Dear Sir:

What are the principal muscles brought into play in skating? I have well-developed legs but am a poor skater.

A READER.

R. D. C., Shawinigan Falls, Que.

The ankles must be strong, but a great deal depends upon the perfect poise of the body in timing the stroke. The thrusting muscles of the thighs are the principal muscles involved.

Editor of "The Mat."

Dear Sir:

Will you explain the "two arm pull-over" for developing the chest? E. F.

Lie flat upon the back on the floor with the bar-bell held at arms' length behind the head. Breathe in, and bring the weight up in a quarter circle movement until it is at arms' length over the face. In raising the weight, endeavor to keep the small

(Continued on page 87)

# Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

### Health Resorts

America's Most Beautiful Milk Diet Sanitarium. Send for circular telling about our new location and natural health-building methods. Twenty years' experience in treatment of chronic ailments. Dr. Galatian's Sanitarium, Box 8, Lutherville, Md.

### Education and Instruction

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

Correspondence Courses Sold Complete; 1/3 usual price because slightly used; easy terms; money back guarantee. All schools and subjects. Write for special free catalog. Courses bought for cash. Economy Educator Service, 8202 49th St., New York.

Make Your Own Adjustable Bar-bell, Kettle-bell, Dumb-bells. Materials cost \$3.00, obtainable at home. Directions, patterns, diagrams, \$2.50. Complete lessons free. Fair? L. Whitten, 101 Front St., Bath, Me.

The truest test of strength is the two arm press. Learn how to excel in this lift. Write for particulars. Golden State Sales, Seal Beach, Calif.

Correspondence Courses. All Schools. Lowest prices. Terms. Catalog free. Mention subject. Economy Educator Service, 440-K Sansome, San Francisco.

### Agents Wanted

Big money and fast sales; every owner buys gold initials for his auto. You charge \$1.50, make \$1.44 profit. 10 orders daily easy. Samples and information free. World Monogram Co., Dept. 155, Newark, N. J.

### For Quick Sale

\$25 100-lb. adjustable Bar-Bell, Dumb Bell, \$14. Adjustable 5-100 lbs. Limited number. Act quick. Sold only United States. State shipping point. Albert Veth, 3609 Randolph Street, Philadelphia, Pa.

**BIG MONEY AND FAST SALES.**  
Every Owner Buys Gold Initials for his auto. You charge \$1.50, make \$1.44 profit. 10 orders daily easy. Write for particulars and free samples. AMERICAN MONOGRAM CO., Dept. 250, East Orange, N. J.

### Help Wanted—Male

TRAINED SALESMEN. Get \$1,500 to \$5,000 year. Boys—men, 17 up. Experienced or inexperienced. Big demand for trained men (traveling and local) during Spring. Learn at home while earning. Sample lectures free. Write today—sure. Franklin Institute, Dept. D776, Rochester, N. Y.

BE A DETECTIVE. Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective, 1968 Broadway, N. Y.

\$158-\$225 month. Salary just raised. Become Railway Postal Clerks. Men, 18 up. Steady work. Full particulars—free. Write today. Franklin Institute, Dept. D61, Rochester, N. Y.

### Personal

HOME TREATMENT. Dr. Crandall's book on "A Plan of Daily Living." A sanitarium treatment right at home and less than the price of a visit to the doctor's office but worth many times more. Send at once. Price \$1.00. DR. CRANDALL'S HEALTH SCHOOL, York, Pa.

FIX yourself free. "Energos Recipes" include safest modern physical culture method and perfect drugless cures. Pocket size, \$1. Send everywhere. Rocle's, 147 East 27th Street, New York City.

Complete set of Plate Bar-Bells, Dumb-Bells, and Kettle-Bells. Quickly adjustable from 10 to 100 pounds. Cost me \$25. First \$15 gets them. Rare Bargain! Write Quick! Leo J. Awad, Shenandoah, Penna.

### Tuberculosis

Tuberculosis. How to take the Sanatorium treatment in your own home. You will not be disappointed. \$1.00. Frank Khret, El Paso, Texas, c/o Sellers Sanatorium.

### Old Coins for Sale

Attention, Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengelle, Box 337, Colorado Springs, Colo.

### Miscellaneous

Bulldogs. Trained Fighters Or Puss. Bulldogs, 501 Rockwood, Dallas, Texas.

Liederman course and apparatus free. Buy man's white handkerchief, 10c coin, and get free chance on the course and apparatus. Handkerchief alone worth the money. Kimmel Co., 280 Valley, Dayton, Ohio.

**BE A RAPID-FIRE TRICK CARTOONIST**  
BUY COMPLETE COURSE, including 49 clever cartoon stunts. How to Give a Performance. How to Originate Ideas. Samples free. Modern Cartoon Service, Dept. D, 206 Bergen St., Brooklyn, N. Y.

**10 DAYS FREE TRIAL - MONEY BACK IF NOT SATISFIED**

**THE NEW INKOGRAPH SELF FILLER**  
IMPROVED  
GREATEST VALUE EVER OFFERED

**We Want AGENTS**

**The Perfect Writing Instrument** \$1.50

Writes with ink free and easy as a lead pencil, without a miss, skip or blur. Its steady, uniform flow of ink actually improves your hand writing. Won't blot, scratch, leak, or soil hands.

Makes 3 or 4 Carbon Copies With Original Ink. Anyone can write with your Inkograph, no style of writing or pressure can bend, spread, injure or distort its 14 kt. gold point.

**Actual size 6 in. long**

**Patent Automatic 14 kt. gold feed** prevents clogging. Made of best grade, highly polished, hard rubber, highest class workmanship. Pocket clip attached makes it an instrument of refinement. You'll never use a fountain pen once you try an Inkograph. No complicated mechanism to clean or get out of order. **SEND NO MONEY.** Pay postman \$1.50 plus postage. Year's guarantee certificate assures absolute satisfaction. Write name and address plainly.

**INKOGRAPH CO., Inc. 173-67 Centre St., New York**

**The Writing HEMISPHERE**

**The INKOGRAPH ACCOMPLISHMENT**

That hard smooth round ball like point, which glides with ease over the coarsest paper and makes possible writing in ink as rapidly as with the softest lead pencil.

# LAST CALL!!!

## Would You Like to Wear a Gold Medal? Join the American Continental Weight Lifter's Association

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

- |   |  |
|---|--|
| Mr. Sigmund Klein,<br>Attila Health School,<br>3924 Broadway,<br>New York City, N. Y.                                 | Mr. E. B. Koon,<br>c/o Park Pharmacy,<br>337 W. Fulton St.,<br>Grand Rapids, Mich. |
| Mr. A. M. Losey,<br>Jowett Strength Club,<br>161 Clinton Ave.,<br>Jersey City, N. J.                                  | Mr. Arnold A. Schie-<br>mann,<br>2208 W. Lexington St.,<br>Baltimore, Md.          |
| Mr. Mark Berry,<br>215 Clinton Ave.,<br>Newark, N. J.   | Mr. A. E. Snyder,<br>Imperial Apts.,<br>1427 East Pike St.,<br>Seattle, Wash.      |
| Mr. Chas. B. Swift,<br>c/o Central Y.,<br>Wood Street,<br>Pittsburgh, Pa.   | Mr. Robt. E. Moore,<br>Jr.,<br>904 Eastgate Ave.,<br>St. Louis, Mo.                |
| Mr. David P. Wil-<br>loughby,<br>Los Angeles Weight-<br>Lifting Club,<br>1305 West Eighth St.,<br>Los Angeles, Calif. | Mr. Geo. W. Beemer,<br>Box 464,<br>Meeker, Colo.                                   |
| Mr. G. A. Dembinski,<br>195 Orange St.,<br>Albany, N. Y.  | Mr. Nat Levine,<br>1774 Bryant Ave.,<br>Bronx, N. Y. C., N. Y.                     |
| Mr. H. B. Paschall,<br>400 Main Street,<br>Marion, Ohio.  | Mr. Ed. O. Martin,<br>602 Brady St.,<br>Attica, Ind.                               |
| Mr. M. G. Omeroid,<br>1724 Hampton Road,<br>Akron, Ohio.  | Mr. A. L. Christie,<br>25 Pleasant Ave.,<br>Portland, Maine.                       |
| Mr. H. E. Hall,<br>Conn. State Hospital,<br>Middletown, Conn.   | Mr. M. N. Campbell,<br>1905 Joseph St.,<br>New Orleans, La.                        |
| Mr. Eugene J. Merton,<br>1122 Chestnut Ave., N.,<br>Minneapolis, Minn.  | S. H. Stutzman,<br>324 Park Court,<br>Williamsport, Pa.                            |
| Mr. Wm. Holt,<br>41 1/2 Crown St.,<br>Nashua, N. H.   | Mr. M. B. Tannenholz,<br>2838 W. 30th St.,<br>Coney Island, N. Y. C.               |
| Mr. R. F. Kelley,<br>233 B. St., N. E.,<br>Washington, D. C.  | N. P. Ford,<br>2658 N. 6th St.,<br>Harrisburg, Pa.                                 |
| Mr. Loyce MacDonald,<br>502 Hamlet Ave.,<br>Hamlet, N. C.   | Arthur E. Sell,<br>802 Hamilton St.,<br>Toledo, Ohio.                              |
| Mr. Peter H. Hielkema,<br>Grand Rapids Weight-<br>Lifting Club,<br>341 Fulton St., West,<br>Grand Rapids, Mich.       | Francis W. N. Donars,<br>1328 W. Cullerton St.,<br>Chicago, Ill.                   |
| Mr. George Murray,<br>722 S. MacCann St.,<br>Kokomo, Ind.   | Mr. O. Hollingsworth,<br>521 W. 5th St.,<br>Fort Scott, Kansas.                    |
| Dr. Wm. E. Campbell,<br>Jr.,<br>610 Atlanta Nat'l Bk.<br>Bldg.,<br>Atlanta, Ga.                                       | A. Youngmayr,<br>North Bend, Ore.  |
|   | L. Schwartz,<br>515 W. 187th St.,<br>New York City, N. Y.                          |

The amount of medals that have already been won by the enthusiasts is remarkable. The winners were most surprised to find how easy it was to secure one of these lovely decorations, and every day, applications from enthusiasts who wish to win a medal, roll in.

Because of the splendid enthusiasm displayed, we have decided to extend our special offer for membership for another thirty days. We want you to possess one of these decorations as a proof of your actual merit. No matter how poor your present ability is, we will show you how you can win a medal. This will positively be our last offer at the special fee of \$4.00. Thirty days after this announcement, the fee will be raised to the original cost per member of \$7.50.

### Are You Awake to the Facts?

If you are practicing any course of body building, you are not awake to the fact that you are only half doing the job. To get results from anything, you must know all there is to know about the subject. What do people generally do when they follow any definite project? They band themselves together in order to obtain the best result, and they get it. That is why the A. C. W. L. A. formed, to give all body culturists and weight lifters the best results. Holding free exhibitions in every center. Solving your physical problems. Placing members in touch with others. Offering prizes as an inspiration. Sending a lecturer into your locality to help organize your club if you need, and stir up interest. Everything possible is done to help you to succeed.

We do more good for our country than all the other organizations put together can do. We create a better standard of physical manhood, which naturally creates a higher mental standard. These are greater reasons for you to get in on the association. Your education is only half complete without this membership.

### Which Shall It Be?

A 400-lb. Outfit. Gold Medal, Diploma or Books?

Any of these are given away to our members, and clubs, and there is no reason why you should not have one of them.

The interest the Association has created is proven by the great number of exhibitions held in the various centers where the sport of weight lifting was never known before. Every other one gets better, and brings new members and builds new clubs. Better men are developed, new records established. The American Status is continually being hoisted sky high. We soon will have a team to equal any nation. Won't you help us with your membership? If you have the welfare of the American body culturists at heart, you will not hesitate. Just think it over a moment. Remember all we can do for you. Your lapel button will be your passport and make new friends for you wherever you go. You will be admitted free to all the exhibitions at Philadelphia and have the pleasure of watching all the greatest men in the world perform.

This is a means of inspiration and profit to you in every way. You develop new friendships with the best men in your special line and enjoy an exchange of ideas as well as learning the best principles of performing a lift or exercise that has never been the privilege of others before the A. C. W. L. A. was founded.

### So Take Advantage of This Special Low Offer Given for the Last Time

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

Do not put off any longer. Join today. Right Now.



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



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

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

Dear Mr. Jowett:

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

Name.....

Address.....

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

S-6-25

## The Mat

(Continued from page 85)

of the back flat on the floor. Hold the bell at arms' length over the face a moment and breathe out, and as you lower the bell breathe in.

I do not advocate too much weight. If you struggle with a heavy bell you are apt to forget your positions and breathing.

Devil's Lake, N. Dak.  
Editor of "The Mat."

Dear Sir:  
Did Sandow and Cyr ever meet in a contest? What were their pet lifts?

R. P. J.

No! Sandow's specialty was the *bent press*; Cyr's specialty the *back lift*.

All readers writing to the Editor of The Mat must enclose their full name and address in order to receive a reply.

## What's Wrong With Your Nerves?

(Continued from page 42)

to capture, other ventures to make. Then there are the individual hounds for punishment to which I will devote a few words. These come under the general heading of wilful martyrdom. They love to sacrifice themselves. They are never so happy as when they are miserable. They embarrass everyone by benefits conferred and then talk about it and bemoan their "nerves."

Another type is too self-effacing. They forget about themselves until everyone about them does the same and then they are sorry for themselves and develop nerves. Another type desires sympathy and will lie to get it, magnifying some simple little *malaise* into a great malady. Then there is the person with the enlarged ego.

Those individuals suffering from that last-mentioned trouble are many. I hope they will never have to have the salutary experience that I had to cure them of that complaint. To see the world roll by and not miss you is, to say the least, an illuminating experience. Meredith's "The Egoist" is here indicated in large doses. Each person must examine himself and find out to which type he belongs, and then use the only remedies in his power—self-knowledge and self-control.

A few words about the importance of diet. I studied medicine once for a time in a large New York State University. I never expected to practice, but I had an immense curiosity as to how the wheels went round. I found during my studies that the human mechanism is constructed to be omnivorous; that is, it thrives best on a mixed diet. I mean, of course, when one is in health. Naturally there may occur intervals when a special diet must be adhered to.

However, the teeth, the alimentary tract, all man's internal arrangements, prove that through grace of thousands of years of evolution, man has passed the herbivorous stage. Neither is he a bird; the bird lives on grains. Nor can he live on meat, with nothing else. Man needs variety in his fare. Through

# Swear Off Tobacco

**TOBACCO**

Shatters Nerves

Hurts Digestion

Stunts Growth

Robs Man of Vitality

Denies You Pleasures and Luxuries

## Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—Tobacco Redeemer will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

### Not a Substitute

Tobacco Redeemer is a positive, radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

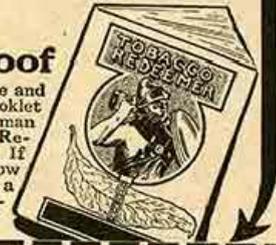
### Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

### Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!

Newell  
Pharmaceutical Co.  
Dept. 974  
St. Louis, Mo.



NEWELL PHARMACAL COMPANY,  
Dept. 974 St. Louis, Mo.

Send, without obligation to me in any way, proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.

Name.....  
Street and No.....  
Town..... State.....

**"BECOME A LIGHTNING TRICK CARTOONIST"**  
Send \$1.00 for Beginners' Instructions with 23 Comic Trick Drawings, or write for Big Free Lists of Chalk Talk Supplies.  
BALDA ART SERVICE Dept. 47, Oshkosh, Wis.

## MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening in front. May be boiled to cleanse.  
**TWO WEEKS' TRIAL** If not satisfactory return and money will be refunded. Mailed on receipt of price, \$1.00. State waist measurement.  
THE WALTER F. WARE COMPANY, Dept. J  
1036 Spring Street (above Race) Philadelphia  
For sale also at Sporting Goods and Drug Stores

Do you want to be a **GOOD BOXER?**

Complete course in Boxing, for only \$1.67. Our scientific methods cut time of learning in half. Teaches the blows used by professionals—Dempsey's Triple, Benny Leonard's Triple, Fitzsimmons' Shift, etc. Every blow illustrated. Also Wrestling, Jiu-Jitsu and History of Boxers. 6 big books—hundreds of pages. Send no money—see coupon.

**AGENTS WANTED**  
Write today for agency proposition

Complete Course \$1.67 PLUS postage

Marshall Stillman Association  
Dept. 1725-F, 247 Park Avenue, New York  
Send on 10-day approval complete Self Defense Course. I will deposit \$1.67, plus postage, with postman. I will return course in 10 days if not satisfactory, and money will be refunded.  
 Check here if you want our agent's proposition.  
Name.....  
Street and City.....



## Earn \$3,000 to \$5,000 a Year as a Doctor of Chiropractic

We want you to know how quickly and easily you can now become a Doctor of Chiropractic—the Advanced Science of Drugless Healing by means of Spinal Adjustment. That is why, as a special inducement for prompt action on your part, we are now making this most liberal Free Charts Offer.

These charts—22 in number and which would cost \$31.50 if bought elsewhere—are truly remarkable in that they are helpful in showing how spinal adjustments are made for relief of

Headache	Neuritis	Asthma
Indigestion	Catarh	Jaundice
Lumbago	Fevers	Dyspepsia
Epilepsy	Pleurisy	Rheumatism
Neuralgia	Constipation	Paralysis, etc.

The Free Anatomical Charts show 70 illustrations of different organs and parts of the body. Size 30 1/2 x 22 1/2 in. in lifelike colors. The Free Pain Area and Concussion Charts reveal facts hitherto unknown to you. Get these Charts—Write today.

### Why We Make this Great Offer

We want the public to know the real truth about Drugless Healing. We want you to prove to yourself by actual and practical demonstration just what a great curative force may be placed at your command. We want you to see what opportunities have been opened to practitioners of Chiropractic—see what has been done—see what can be done—by YOU! Mail the coupon NOW!

## Learn at Home to be a Chiropractor

If you have a common school education, the way is open to you now. We train you by mail—teach you in your own home in your spare moments or in class to be a Doctor of Chiropractic—a profession of dignity and prestige, independence. Some of our graduates report they are making \$3,000 to \$5,000 a year and more. Let us prove how YOU may be able to make a good income and after you qualify for this great profession.

### Mail Free Coupon at Once

Write name and address on free coupon or postcard and get the true story of Chiropractic. It is intensely interesting. Write now if you want the free charts. Mail the free coupon or a postal today, right NOW!

**American University**  
Botsford Building  
Chicago  
Illinois  
Dept. S

**American University, Dept. S**  
Botsford Building,  
Chicago, Ill.

Gentlemen:—Without cost or obligation, send me by mail, your new illustrated, 72-page book and your Free Charts Offer.

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



### Allen Improved Vapor Cabinet

Enjoy glorious health baths—hot air or vapor—with our famous proved system. Many exclusive features. Price complete, with alcohol heater \$8. Face steaming attachment, \$1 extra. Ready instantly—folds to small space afterward.

**SANITARY SUPPLY CO.**  
747 Allen Bldg. Toledo, Ohio

dietary exploration for ages he has become the versatile and perfect (!) being that he is.

But let him choose that variety with discretion, having care for a sane balance and with special caution against overindulgence. Until the "roaring forties" he may need, perhaps, professional advice regarding his diet. By that time he is apt through experience to have become his own doctor.

And if so, he knows the truth of the saying: "Tell me what you eat and I will tell you what you are." He who eats wisely maintains an equable nervous system that is an inviting repository for all the virtues. He who eats too well is like to become, if nothing worse, a fat sluggard to whose drowsy mind the lesson of the toiling ant, with her ballet waist and her nerves fused in one hundred per cent constructive effort, is totally lost!

## At Sixty-Eight My Feet Are as Good as New

(Continued from page 59)

against suffering. I did it unconsciously, of course, but none the less effectively.

If the schools of our country would add such exercises to their regular, daily programs, the aggregate benefit would be incalculable. Every muscle of the leg benefits proportionately. A regular routine of the simpler sort could be made to increase chest expansion, build up every part of the torso muscles and strengthen hands and arms, as the legs and feet are made perfectly strong.

This, without any apparatus whatever and by devoting only a half-hour to twisting, bending, tensing and hopping movements each day. Would it be profitable to the nation? As much so as profit may accrue from an increase in physical perfection produced by systematic exercises.

It is all so simple when one knows how that it seems incredible for so many individuals to suffer from foot troubles. Although I strengthened my arches quite by accident I have advised the method to many and in every case it has proved successful.

Immunity from broken arches would have been profitable to this country in the wartime preparations. It would increase the efficiency of thousands in peacetime employments. The fact that immunity is so easily gained makes it seem ridiculous for any parent to let a child grow up with undeveloped arches.

It seems to me that wisdom would impel such training. Too many demand only a bulging biceps. Often the legs and feet are neglected, just as are the waist and abdominal muscles. Thousands of people never make any effort to produce a balanced form, which accounts for so many lacking in symmetry.

If the schools, the boy scouts, the girl scouts and kindred bodies would take up the matter of foot development, it would soon show its value. I, for one, hope that this will be done.

## Stop Mouth Breathing AND SNORING!



PATENTED



Women find the Perfect Breather an aid to beauty. Its use prevents flabby facial muscles, double chin, etc.

"The Perfect Breather" a new invention which overcomes the dangerous and disagreeable habits of mouth breathing and snoring, often the causes of ear, nose, throat, tonsil, bronchial and lung troubles. Its use assures perfect rest. The vapors from the inhaler, placed directly under the nostrils and filled with medicated cotton, soothe and heal the inflamed tissues of nose and throat, giving instant relief. The set consists of Perfect Breather, detachable inhaler, soothing balm and full set of instructions. Has helped thousands. Price \$2.00. Send cash or pay postman on delivery, plus few cents postage. Made in two sizes, for children or adults, adjustable to any head shape. Money refunded if dissatisfied.

PERFECT BREATHER CO.

2966 Edgemont Street, Dept. S, Philadelphia, Pa.



### WORK OR PLAY

is easy if you wear an S.S.S.

the finest Suspensory

made for comfort and economy. No irritating leg straps, no chafing bands. Easily washable; wears long; gives perfect satisfaction, because scientifically designed. Three styles at \$1, \$1.35, \$1.50; the higher prices include two separate socks. Send stamp for booklet.

Style illustrated is \$1.50

MEYERS MANFG. CO., 44 Park Place, Watertown, N.Y.

## PIMPLY SKIN made WELL

When a few applications of this wonder-working lotion has cleared faces of pimples, blackheads,

acne eruptions on the face or body, barber's itch, eczema, enlarged pores, oily or shiny skin, you can realize why CLEAR-TONE has been tested and approved in over 100,000 Test Cases. The simplicity of the treatment, and *The Story of How I Cured Myself* are all explained in my free booklet, "A Clear-Tone Skin." Write for your copy today and learn of the results gotten by thousands of men and women.

E. S. GIVENS, 206 Chemical Bldg., Kansas City, Mo

## FIERY DAZZLING CLUSTER PIN

LOOK PROSPEROUS! Surprise your Friends, a real "knock out," wear one of these wonder cluster stick-pins of 14-kt. gold filled set with 9 genuine RADEX stones. Has all the sparkling and fiery brilliancy of genuine diamonds. Will dazzle the most expert eye. FREE Safety catch included. SEND NO MONEY—When Pin arrives Pay postman only \$2.00, pay the balance of \$1.00 a month for 4 months. Complete satisfaction guaranteed.

PARK-ROW CO., Dept. ST-5, Park Row Building, New York

## Stop Using a Truss



Reduced Fac-Simile

STUART'S PLAPAO-PADS are different from the truss, being mechanico-chemico applicators made self-adhesive purposely to hold the distended muscles securely in place. No straps, buckles or spring attached—cannot slip, so cannot chafe or press against the public bone. Thousands have successfully treated themselves at home without hindrance from work—most obstinate cases conquered. Soft as velvet—easy to apply—inexpensive. Awarded Gold Medal and Grand Prix. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending Trial of Plapao absolutely FREE.

Write name on Coupon and send TODAY. Plapao Co., 610 Stuart Bldg., St. Louis, Mo.

Name.....  
Address.....  
Return mail will bring Free Trial Plapao.

## How Hernia Can Be Prevented and Cured

(Continued from page 51)

Make your progression very gradual and be sure to massage all the muscles after each exercise period.

Some time ago I had a party write in stating that his doctor said he was on the verge of a Hernia. He was distressed with the bearing-down pressure in the lower part of the abdomen, and was advised to wear a truss. This party wrote to me for advice. I told him to throw away the truss in his case and perform the exercises I have given here. He did, and a month after I received the happiest letter from this pupil, informing me he had completely banished all danger of Hernia, and had surprised his physician when he enlightened him that it was exercise and not a truss that had done the trick.

Another case I had was that of a rather heavy man, who possessed a very large, distended abdomen, with Hernia.

I worked carefully with this pupil along the same given lines. For the ground work he used an elevated board that held his feet a little higher than his head. I compelled him to discard his belt and wear suspenders instead, and advised a close study and practice of diet. When exercising he discarded his truss, wearing a good, heavy wrestler's jock strap. The result is today that he has a torso and development of the external oblique muscles that would disgrace many an athlete, and he never wears a truss.

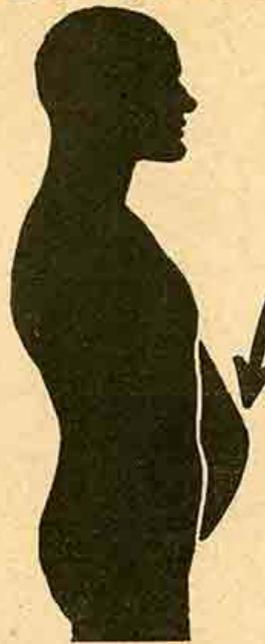
Of course, these results are not all gotten in a day or a month. Like everything else, they take a period of time, depending on the condition of the person at the beginning and how seriously he applies himself to his practice during this time.

A person should get out of the habit of walking with a heavy step and avoid any movement that causes a downward pressure upon the lower walls of the abdomen. When such a movement is necessary, the one thus afflicted should draw in on the abdomen in order to make the movement more free and avoid danger of strain.

Many body culturists have such abdominal resistance that they can allow someone to jump on their bodies with no strain at all. This shows how thoroughly the abdominals can be developed and the great resistance these muscles can acquire. Such development can be gotten, however, only through exercise.

Because of the old theory, many believe that exercise will cause Hernia. It is only another fallacy with no substance to it. Exercise is constructive, not destructive. I never knew a really strong man in my life who was ruptured. He is the greatest testimony of what progressive bar-bell work will do for a man. The poses of the men shown in this article are positive. No one could imagine their receiving a Hernia. They are powerfully fortified against such an affliction, as are all who take up progressive weight lifting under expert guidance. There can be no better preventive.

# GET RID OF THIS



## With No Effort at All!

Here is the easiest way in the world to rid yourself of that useless, joke-inviting, health-menacing paunch! Simply wear Dr. LAWTON'S Automatic Waistline Reducer—and the flabby flesh that mars your figure will vanish **AUTOMATICALLY!**

## DR. LAWTON'S AUTOMATIC WAISTLINE REDUCER

For Men and Women

Hour by hour, with every breath you take and every step you make, the Waistline Reducer's Vacuum Applicator massages away unwanted bulge. You do not have to change any of your habits. The Automatic Reducer works unaided. Made of light, soft, pliable, glove-like rubber; weighs but a few ounces. Flexible as a handkerchief. Fits snugly and comfortably. Endorsed by golfers, athletes, business men, society women, physicians and by thousands of satisfied men and women who have regained their normal waistline through this Automatic Reducer alone.

### Satisfaction Assured

Sold under guarantee bond of absolute satisfaction. Money back if you do not like it. Write to Dr. Lawton for convincing literature and price. Mail the coupon blank now.



PLIABLE

This is the invention of Dr. Thomas Lawton, famous New York obesity specialist. The Waistline Reducer does not merely strap you up and make you seem thinner around the waist, but it actually causes the fat there to dissolve—without the slightest expenditure of energy on your part.

We also make our reducer hip-length corset form for women.



Dr. Thomas Lawton  
Dept. 29-F, 19 West 70th St.  
New York City

Dear Sir: Send me complete description of Dr. Lawton's Automatic Waistline Reducer and tell me how low it is priced. This obligates me in no way whatever.

Name.....  
Street.....  
Town..... State.....

## HENDRICKSON Big Muscle Builder

The HENDRICKSON is made of very heavy rubber cables, especially designed for these heavy Expanders. The Elastic Cables are detachable, having Safety Snap Hooks, allowing one or more of these heavy cables to be used. You can start with one Cable and add others as your strength increases.

Our handle frames are not made of shoddy light single 5-loop frames, or double 5 loops, but have 10 continuous heavy loops.



## A Genuine 10-Cable Chest Expander

Only **\$5** (\$10 Value) Postpaid

Powerful Muscles and a Fine Physique can be had in the shortest period of time, by using this PROGRESSIVE EXERCISER. You can increase the size of the neck, forearm and bicep one full inch in a month; and double the strength of your back and shoulders. You can be a NEW MAN in a few weeks.

The HENDRICKSON is the ONLY Chest Expander on the market having a Handle Frame of 10 Continuous loops. **OUR LIBERAL OFFER:** We will send you this wonderful exercising apparatus and include FREE our Illustrated Course of Physical Training, showing how to develop the entire body at the extremely low price of \$5 postpaid. If you want to be a REAL MAN—order TODAY!

Lind-Hendrickson Co., Inc. (Originators)  
U-321 Broadway, New York, N. Y. (and Inventors)

Enclosed find \$5.00 for your 10-Cable Chest Expander, postpaid, and include Course of Physical Training FREE.

Name.....

Address.....

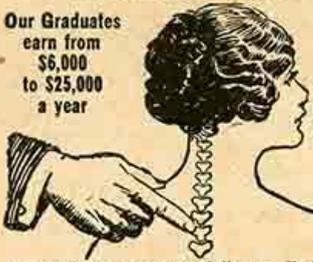
(Please Print Plainly)

**OUR GUARANTEE:**  
With this Progressive Exerciser you can do all we claim in one month: strengthen your nerves; obtain Health, Muscular Development and Manhood.

## Be a Doctor of CHIROPRACTIC

Earn While You Learn  
In Shortest Possible Time

Our Graduates earn from \$6,000 to \$25,000 a year



Fastest growing healing profession outstripping all others. CHIROPRACTIC is today far in the lead of all other drugless methods. In greater numbers than ever before intelligent people are seeing the light; they know that CHIROPRACTIC is practical, sane and

gets results in treatment of disease. Endorsed by leading educators. Demand for Doctors of Chiropractic now greater than supply. Splendid openings in every locality. Wonderful opportunity for ambitious men and women to enter this great, dignified profession and become independent.

You can quickly qualify, obtain your degree of D. C. (Doctor of Chiropractic) and have your name entered, Diploma in shortest time possible by attending the

### Peerless College of Chiropractic, Inc. (STRICTLY RESIDENT COLLEGE)

Not a "one man" or "one idea" school. Trained faculty of experts (graduates of leading Chiropractic Colleges) gives you thorough, practical, personal instruction in the best system of "Straight Chiropractic." No other school gives such broad, comprehensive instruction—prepares you so thoroughly for successful practice. Unlimited Clinical material. Our large, free and private Clinics give you actual office practice. Hospital privileges.

**Day and Night Classes** enable students to earn their way. Easier to find employment in Chicago than in any other large city. We help you to find employment if desired. Don't hesitate. Write at once for free catalog, outlining courses, special exclusive advantages, etc.

PEERLESS COLLEGE OF CHIROPRACTIC, Inc. Dept. F. J., 3159 S. Michigan Blvd., Chicago

## Get Health-Height-Youth



Be Your Own CHIROPRACTOR

90% of all human ills are of Spinal origin. This great University Invention, The Cropp Therapeutic Couch, Re-makes and Rejuvenates the body—Stretches the Spine, Skeleton, Cartilages, Nerves, Arteries, Muscles and Ligaments, Corrects Curvatures, Deformities, removes causes of arrested growth, gives Height and a Body Beautiful. Ask for free book, "The Human Body."

International Health Devices Corporation Dept. 21, 246 West 59th Street, New York City

### COMPLETE HOME GYMNASIUM OUTFIT

"Hendrickson Combination" \$5 SPECIAL OFFER ONLY (\$10 Value)

Best material and workmanship. Perfect satisfaction guaranteed. FREE with Every Outfit

3 DISTINCT TRAINING MACHINES 3 COURSES OF PHYSICAL EXERCISES

Spring Exerciser For general all-around Muscle development. Send for the 3 Outfits TO-DAY Postpaid only \$5. Lind-Hendrickson (Makers) V-321 Broadway, New York

Grip Machines Produce powerful arms and shoulders, back, lungs. vise-like grip.

Chest Expander Fast developer of arms, shoulders, back, lungs.

## BIRTH CONTROL

Don't marry until you have read Dr. R. E. Armitage's wonderful book on Birth Control. Tells simply and clearly all about Birth Control, Marriage, etc. Discusses the following vital subjects: "Private Advice to Women: Birth Control; Too Many Children; Determination of Sex; Race Suicide." Over 200 pages, cloth bound. Also, for a limited period only, "What Every Mother Should Know," by Margaret Sanger, great Birth Control Advocate. SEND NO MONEY. Pay postman \$2.50 and postage for the two books. SINCERE PUB. CO., 1431 Broadway, N. Y. C., Dept. 57.

## TOBACCO HABIT

MAKE IT QUIT YOU

Not only is tobacco filthy and disgusting to your loved ones, but it contains a Deadly Poison which weakens heart, stomach, lowers vitality and invites diseases that may shorten your life. STOP! Regain Vigor, but don't shock your system by trying to quit unaided.

EASY TO QUIT

It makes no difference how long you have used tobacco, whether cigarettes, pipe, cigars, chewing or snuff. Mix-O-Time (Wonderful Sanitarium treatment in new tablet form conquering thousands of worst cases) will free you from the craving quickly and for good. No more desire for tobacco. Harmless. Guaranteed. Sent On Trial Postpaid. Small sum if cured. Not a cent if it fails.

Write today for full remedy on trial. PERKINS CHEMICAL CO., 63 H-5L, Hastings, Neb

## SAVE YOUR BODY

Conserve Your Health and Efficiency First

"I Would Not Part With It for \$10,000"

So writes an enthusiastic, grateful customer. "Worth more than a farm," says another. In like manner testify over 100,000 people who have worn it.

## THE NATURAL BODY BRACE

Overcomes WEAKNESS and ORGANIC AILMENTS of WOMEN and MEN. Develops erect, graceful figure. Brings restful relief, comfort, ability to do things, health and strength.

Wear It 30 Days Free At Our Expense

Does away with the strain and pain of standing and walking; replaces and supports misplaced internal organs; reduces enlarged abdomen; straightens and strengthens the back; corrects stooping shoulders; develops lungs, chest and bust; relieves backache, curvatures, nervousness, ruptures, constipation, after effects of Flu. Comfortable and easy to wear.

Keep Yourself Fit

Write today for illustrated booklet, measurement, blank, etc., and read our very liberal proposition.

Howard C. Rash

Pres. Natural Body Brace Co. 167 Rash Bldg., Salina, Kansas



For Boys and Girls Also

All who feel they are subject to this trouble, and they who suffer from it, should get down to physical reconstruction. They who have found an operation necessary should get busy in order to make the results of that operation more effective.

No one need suffer from this curse. Nature provided a means, and although many pay the penalty for disregarding the natural law, it is nature that finally comes to the rescue with the safest, surest and most lasting cure.

## Ask the Doctor

(Continued from page 53)

very careful; for the last month I have been taking exercise, not of strenuous nature, and not involving my abdomen, never straining. I wear a heavy elastic jock strap, which is about eight inches wide, while exercising. I am doing exercises for the shoulders, chest, arms and upper body, with some for the legs.

I wish to commence again with light barbell work and in fact have been doing some work with modified barbells, weighing about twenty pounds. No bad results have followed and in fact I feel much better. Will you please indicate your opinion on the matter?

I wish especially to do the two-arm pull over, from overhead, while lying flat, for chest development and had been advised by sundry people not to raise my arms. I have been doing this exercise, after holding my abdomen so there is no strain on it.

If you will advise me, I shall greatly appreciate it. I would like to be sensible and careful but I feel that I am all right now. At times I had pains which seem like adhesions existed but never experienced this while exercising, and concluded that they may have been gas pains or constipation pressures.

If no strain is put on the abdomen, am I not safe in going ahead with my schedule of work, using nothing to strain me?

MR. MASON D.

Dayton, Ohio.

Following operation for acute appendicitis, I would not advise active exercise involving any constant strain of the abdominal muscles, until after the expiration of a year, for fear of developing a rupture.

The light bar-bells of twenty pounds' weight would be sufficient to start with when you recommence.

I am inclined to think that the pains you experienced really do come from adhesions, although they may be complicated by gas pains or constipation pressures. You should be most careful to insure having two or three daily movements of the bowels. Would suggest that you read the answer to Dr. A. H. V., printed above and profit by this advice.

If no strain is put on the abdomen, by all means go right ahead with your schedule of work, just as soon as the abdominal muscles have regained their tonicity.

DEAR DOCTOR:

I have tried physical culture for increasing my weight and got five pounds of flesh on me. I want to be a strong looking boy.

I am 20 years and weigh 135 pounds. I want to increase to 166. I have practiced six months physical culture. I am strong. I can lift 55 pounds from the floor to above my head. How can I get what I want? I stand 5 feet 4 3/4 inches in height. May I try a method to increase height? I am very, very ambitious in sports. I am taking Hilton vitamins. Will this do any harm to me? I have taken them two months and have not increased a pound. May I continue or stop taking them? I have constipation too.

MR. DENNIS M.

Gana Co., Texas.

At twenty years of age, the chances are you still may grow another half inch or so, particularly if you practice stretching exercises religiously. To do this you might, every day, stand against the wall and attempt to reach to the very highest crack you can, especially pulling up, without raising from the soles of the feet, so as to put the backbone on the most extreme stretch. This exercise tends to relieve the "squeezing" of the spinal vertebrae against each other and stretch the muscles and ligaments of the spine.

For increasing your flesh, I would suggest that you increase the amount of sugar and starches and fats that you eat. Baked potatoes, ice cream, a tablespoonful of olive oil after each meal, candy in moderation—in fact everything that a fat person should not eat you can eat with profit and benefit.

I know nothing of Hilton's vitamins, although I can't say whether it can possibly do any harm. I know a number of persons who have taken Veges, a vitamin preparation, with very splendid results. You might try those.

DEAR DOCTOR:

I am 23 years old. I take physical exercise. I am neither lean nor fat. I am normally strong. I weigh 135 pounds.

Whenever I have to keep late at nights, at theatres, I look particularly stupid and a bit weaker in the following morning before the mirror. Especially my cheeks look awkwardly hollow. Habitually, I am very nervous. Also whenever I do a strenuous exercise of any kind my cheeks look noticeably hollow. My digestion is good.

Will you please let me know how this could be remedied?

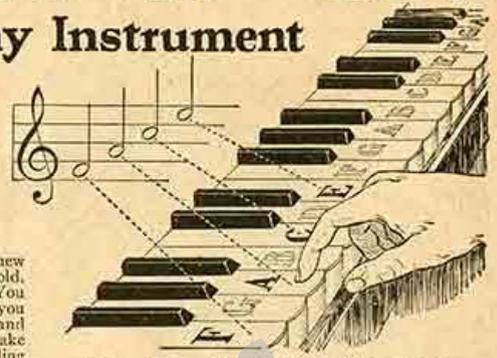
Mr. M. A. K.

Singapore, S. S.

I believe that your bodily weakness following exercise, assuming that your exercise is not too strenuous for your constitution, is due to lack of supply of adrenalin in your system, due to the inactivity of the adrenal glands. This deficiency tends to produce that hollowness in the cheeks, and that look of fatigue of which you complain. If you could stimulate the adrenal gland to a little better functioning power by radiating the gland by the gamma ray, I believe that you could overcome this condition entirely and have an increase of possibly 25 to 50% in strength and endurance. Meantime, you should lead a healthy out-door life and select a diet that is well balanced and rounded and that gives you a proper amount of protein for the system.

# Easy as A-B-C!

## You Can Play Any Instrument In a Few Months This Delightful New Easy Way!



ANY one can easily learn music by this remarkable new method. And the cost is only a fraction of the old, slow way. You don't need a private teacher. You study entirely at home. Almost before you realize it you are playing real tunes and melodies, both popular and classic, to please your friends, amuse yourself, and make money. The new print-and-picture method of reading and playing music is as simple as reading a book. No private teacher could make it any clearer. The lessons come to you by mail at regular intervals—complete printed instructions, diagrams, all the music you need. You can select your own time to study or practice. And the cost is only a few cents a lesson, including the music. If you play, you are always in demand. Many invitations come to you. And you meet the kind of people you have always wanted to know.

needed, cash or credit. If you really want to become a good player on your favorite instrument, mail the coupon now—today, U. S. SCHOOL OF MUSIC, 996 Brunswick Bldg., New York City.

U. S. SCHOOL OF MUSIC, 996 Brunswick Building, New York.

Please send me your free booklet, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, illustrated folder, and particulars of your special offer. I am interested in the following course:

### LEARN TO PLAY BY NOTE

- Mandolin Saxophone
- Piano 'Cello
- Organ Ukulele
- Violin Cornet
- Banjo Trombone
- or any other instrument

### Free Book Tells All

Our free booklet, "Music Lessons in Your Own Home," contains a special offer that makes the course available at a very low price—if you act promptly. Also an Illustrated Folder which tells how delightfully quick and easy the Print-and-Picture Method is. Instruments supplied when

Have you above instrument?.....  
 Name.....  
 Address.....  
 City..... State.....

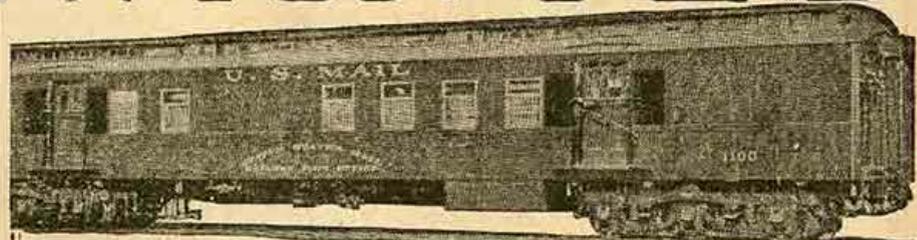
## Joy-STOMACH for SUFFERERS

I positively guarantee Macerated Wheat to relieve the worst cases of stomach trouble and banish constipation or it costs you nothing. Acid stomach, headaches and colds disappear. For more than 25 years Macerated Wheat has proved its benefits all over the world. People like it—not a drug but a food. Soothing to a weak stomach as a poultice to inflammation. Stays down and nourishes. Testimonials without number. My reputation backs my guarantee. Write for convincing proofs.  
 BYRON TYLER, Established 1899  
 110 GIBRALTAR BLDG., KANSAS CITY, MO.

## EARN MONEY AT HOME

YOU can earn \$1 to \$2 an hour in your spare time writing show cards. No canvassing or soliciting. We instruct you by our new simple Directograph System, supply you with work and pay you cash each week. Write today for full particulars and free booklet.  
 WEST-ANGUS SHOW CARD SERVICE LIMITED  
 Authorized Capital \$1,250,000.00  
 238 Colborne Building, Toronto, Can.

# WANTED



## Railway Postal Clerks

ALL POSTAL PAY JUST RAISED TRAVEL—SEE YOUR COUNTRY

Many Positions: Railway Postal Clerks, City Mail Carriers, City Postal Clerks, Income Tax Auditors

\$1700 to \$3300 a Year

MEN-WOMEN 18 OR OVER

- Short Hours Pleasant Work
- Rapid Advancement
- Permanent Employment
- Long Vacation with Pay
- Mail Coupon Now. Act At Once
- DO IT TODAY
- You may forget tomorrow

FRANKLIN INSTITUTE Dept. D184, Rochester, N. Y.	
Kindly send me entirely free of charge:	
(1) A full description of the position checked below; (2) Free sample of coaching; (3) Free copy of illustrated book, "Government Positions and How to Get Them"; (4) A list of U. S. Government Jobs now obtainable.	
Railway Postal Clerk.....	(\$1960-\$2700)
Post Office Clerk.....	(\$1700-\$2100)
City Mail Carrier.....	(\$1700-\$2100)
Clerk at Washington, D. C.....	(\$1140-\$1860)
Income Tax Auditor.....	(\$1860-\$3000)
Rural Carrier.....	(\$2100-\$3300)

Name.....  
 Address.....  
 Use This Coupon Before You Mislaid It—WRITE OR PRINT PLAINLY.

Eleven of these famous body and brain building Crackers **FREE**



**Alfred W. McCann Wants YOU to try Them**

THE eminent pure food champion has always praised Wheat'sworth Crackers for their health and strength building qualities, flavor and purity. We want you to prove their goodness for yourself. **Just send the coupon with 3 cents in stamps for postage and the famous crackers will come to you by return mail—crisp and fresh from our ovens—absolutely FREE. Do it NOW—while you think of it.**

**FREE SAMPLE**

F. H. BENNETT BISCUIT CO.,  
133 Avenue D, Dept. F, New York City.

I enclose 3 cents in stamps to pay for postage on Free Sample Package of Wheat'sworth Whole Wheat Crackers to be sent me promptly at address here given.

Name.....

Address.....

**NATURE'S PATH**

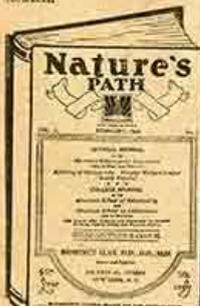
Brings to Your Home One of the Greatest DOCTORS for Promoting Physical, Mental and Spiritual HEALTH.



Disease never comes without a cause. The way is prepared, and disease is invited, by disregard of the laws of health. Many suffer in consequence of the transgressions of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They would avoid the wrong habits of their parents, and by correct living place themselves in better condition.

Dr. Benedict Lust has been teaching the gospel of health over 30 years. He has worked diligently in educating the American public to the value of health. In order that a greater number of people may benefit from the dissemination of the truths of naturopathy, Dr. Lust has decided to publish NATURE'S PATH, a new magazine which will deal with the promotion of physical, mental and spiritual health.

**BENEDICT LUST**  
N. D., D. O., D. C., M. D.



**Special Offer to Readers of STRENGTH**

In order to introduce NATURE'S PATH to the readers of Strength, Dr. Lust offers a year-by subscription at \$2.00, although the regular subscription price of the magazine is \$3.00 per year. Each subscriber will have the privilege of personal consultation with Dr. Lust on any health question. Send 25c for sample copy of NATURE'S PATH.

**DR. BENEDICT LUST**  
Editor "NATURE'S PATH"

112 E. 41st St., Dept. S6, New York, N. Y.

**Keeping Fit or Fat at Fifty**

(Continued from page 37)

vary this one by twisting slightly. Finally there is about a minute of stationary running, which one can do in the bath-room just before the shower bath. The movement is identical with running, except that you do not go forward, but dance up and down, raising each knee almost to the chest with each step. My friend estimates that he does the equivalent of running somewhere between a couple of hundred yards and a quarter of a mile. Try a quarter of a minute of it first, then half, and finally a full minute by the watch, unless you find that this is an effort. Do not strain, and do not force yourself in any of this work if you become tired. If you are not still feeling fresh when finished, limit the amount of it so that you can feel fresh. Men who are in middle life should not exhaust themselves at any time.

For keeping youthful weight and providing the constitutional exercise for heart and lungs my friend makes it his business to walk three or four miles every day, some of this being incidental to business. Busses and street cars, even taxicabs, in the present congested city traffic make such slow time that he loses very little time by walking. Sometimes he even saves time by walking; but he walks with a swing, he doesn't poke. Some men get this constitutional exercise by playing golf, but that is too irregular. It is the everyday stuff that counts. Therefore walking, the best constitutional of all.

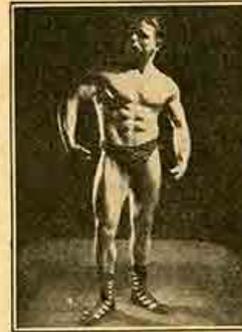
But the matter of keeping weight is also partly a matter of diet. My friend used to avoid potatoes because they were fattening, but he ate plenty of rolls and bread. When he found out that bread was four times as fattening as potatoes he cut down on the bread and went back to potatoes, which he eats baked, skins and all; not the boiled and "drained" potatoes. That one change helps to take care of the weight question, and together with the walking and the exercise keeps him in very fine shape at all times.

The matter of elimination is pretty well taken care of by the use of bran in my friend's cereal food, and by the liberal use of fruit and vegetables in his diet. Further than this, there is a certain amount of perspiration developed in connection with his exercise. Really, it is an excellent plan to see that one perspires a little at least once each day. In my friend's case, it helps him to enjoy that shower. And he feels all the cleaner and the more refreshed because of it. Perspiration, as you know, is internally cleansing, and relieves the kidneys.

**What Can Be Done For Diabetes?**

The cause and cure will be thoroughly explained by Dr. Rubin in the July number of Strength.

**"Here We Make Men"**



**KLEIN**  
"The Perfect Man"

Alan Calvert, America's greatest authority on muscular development, declared, "Klein has the most perfectly symmetrical figure of any athlete in America."

**SIEGMUND KLEIN**

3924 BROADWAY NEW YORK  
Between 164th and 165th Streets

This proud boast is taken from above the entrance to the lecture room of a famous teacher in sunny Athens who practised some 2,000 years ago!

By common consent it now applies to the premises where I teach my method of Physical Culture.

It is through this method that I have developed my body to its present physical perfection.

**Art Photographs**

Originals 8x10 of World's Most Perfect Men, including "Klein," "Sansone," "Terrell," and "Schwartz." Catalogue, 10c.

JOHN M. HERNIC, 843 Hotel Imperial,  
32nd Street and Broadway, New York

Send for **Art of Life** MAGAZINE, Art, Nature, Sports, Mental and Physical Culture. For artists, students, thinkers. Stands for THE BODY BEAUTIFUL. Drawings and photos of ideal human proportions. Art lessons, inspiring articles. Nothing like it. Must be seen. Will help you gain health, wealth and happiness.

O. K. or Refund **CUT THIS OUT** send with 21 now for 5 months trial and 10 free samples. ART and LIFE, Dep. 25-91, Kalamazoo, Mich.

**FOOD PRODUCTS**  
**EAT WHEAT**

VIM, VIGOR, VITALITY, BUILDS BLOOD AND BONE, TEETH AND TISSUE. Send \$1.00 for package post paid East of Rocky Mountains.

**NATURAL CRUSHED WHEAT CO.**  
Dept. S-21

818 Oak Street Cincinnati, Ohio

**TOBACCO**

**Habit Cured or No Pay**

Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed. Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. **SUPERBA CO. L-18 BALTIMORE, MD.**

**He Said He'd Never Marry!**

THEN he met this girl. She had read the secrets of "Fascinating Womanhood," a daring new book which shows how any woman can attract men by using the simple laws of man's psychology and human nature. Any other man would have been equally helpless in her hands. You, too, can have this book; you, too, can enjoy the worship and admiration of men, and be the radiant bride of the man of your choice. Just cut out this ad, write your name and address on the margin, and mail to us with 10c in stamps. The little book outlining these revelations will then be sent you, postpaid, in plain wrapper. Knowledge is power. Send your dime today.

**PSYCHOLOGY PRESS, Dept. 95-Q**  
117 So. 14th St., St. Louis, Mo.



## Weight Lifting as a Sport in Germany

(Continued from page 29)

pulled off with the heavy athletics included. Then very quickly we would succeed in boosting our "strong man" status.

Germany has many enthusiasts who have always been willing to work hard to make heavy athletics a success, but none more willing than Wm. Haltterschild, of Rhineland, a recognized authority in Germany, and a very able athlete himself. Mr. Haltterschild was the German national middleweight wrestling champion. He threw the European champion, Kitzer, in three minutes with his favorite hold, the cross-buttock. He and Fischer, who is considered one of the greatest amateur middleweight wrestlers and *strong men* the world has ever produced, wrestled four times to a draw for the world's title, which they both shared. Haltterschild has to his credit in the two-hand "clean" and "jerk" 260 pounds, and 160 pounds in the one hand "snatch." He is also a splendid performer in Jonglieren. The day is fast approaching when America will lead in heavy athletics, for the American Continental Weight Lifters' Association is gathering together enthusiasts eager to test their mettle with the best men of any nation. It is true that we have a lot to learn, but the A. C. W. L. A. has the material, and they will produce champions in the sport of heavy athletics, just as we have produced champions in all other international sports.

## Speed Swimming

(Continued from page 21)

recovery, making exceedingly slow the first half, when the arm is bent, and with more energy than required, the straightening act and the catch. A little of this practice now and then will go a long way toward ensuring that you will space the recovery in due proportion when you quicken the entire stroke in racing.

If you are a candidate for breast stroke racing, obtain a book of rules for water sports and study carefully the laws covering this branch of competitive swimming before you attempt to engage in contest.

True, you have learned in this course what constitutes standard form, but undoubtedly the requirements will be fixed more definitely and retentively in your mind if you read a few times the official version of rules to be observed.

For the rest, your system of training should be the same as outlined for crawl racing and all that remains is to give you a few hints concerning the turn, as the start is made as in free style contests, with a dive. And let me impress upon you that you should devote good practice to the turn, as you are liable to disqualification if you fail to execute it correctly.

An important consideration in the turn is to learn to gauge your strokes as you approach the end of pool or course, so that you will reach the wall

# EXERCISERS for the HE-MAN

Do you scorn calisthenics and laugh at the "Daily Dozen"? Too easy for you? Well here are some muscle builders that are vigorous enough to suit you.



The ring weight above, empty weighs 20 lbs.—Loaded, 100 lbs.



Many physical culturists think that the "daily dozen" or calisthenic type of exercise is the only way; I challenge them. During my many years experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus.

### You Can Add 4 Inches to Your Chest

and ten pounds of solid muscle, acquire a powerful back, strong arms, healthy stomach and shapely legs by following my course of progressive exercising with the Barker Strength Maker Bar Bell Outfit.

### You Can Have RUGGED Strength and Health

Even though nature has not endowed you with a great degree of Physical Strength,

you can develop rugged strength and health far beyond your fondest hopes. No matter how often you have failed in your efforts to become a champion athlete and strong man, I can convince you that you have the ability to develop unusual muscular power and development through following my course of instructions as given with the Barker Strength Maker Bar Bell Outfit.



### Start Lifting 20 Pounds Then Increase Until You Are Able to Do 200 Pounds

These Bar Bells weigh 20 pounds empty which is just the right weight for beginners and you can increase their weight up to about 200 pounds which will be heavy enough for the strongest man.

The "New Strength Maker" is interchangeable to a long bar bell, or a short bar bell, or two ring weights, whichever you wish; assembled in either of the models in a few seconds. For different exercises, one model may be instantly changed to another. In this way, a great variety of exercises is possible, developing all body muscles uniformly, avoiding the "muscle-bound" condition, and giving a general tone of vital vigor to the internal organs.

The very same bar-bell outfit is used in my gymnasium. Those who take my personal training for body building pay me \$35.00 extra for the set alone. To advertise my gymnasium, I offer the same course of training by mail, together with the complete set of the Barker Strength Maker Bar Bell Outfit for only \$17.00. Take advantage of this money saving offer.

PROF. A. BARKER, D. C.,  
865 Sixth Ave., nr. 49th St., Studio 15, New York  
Send the Coupon To-day

PROF. A. BARKER, D. C.,  
865 Sixth Ave., nr. 49th St., Studio 15, New York City

Please send me immediately your "New Strength Maker" dumb bell outfit. I am enclosing \$17.00. In full payment in accordance with your special offer.

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

## SEX Attraction

Learn how this force influences your life in youth and maturity. A frank discussion of the greatest problem men and women face, by the eminent Dr. Victor C. Vaughan, Dean of U. of Michigan Medical School. Reproduction, Sex Hygiene, Continence, and Pathology treated fearlessly in plain English. Get this revealing lecture, 25 cents postpaid (stamps accepted). Write now to Personality Press, Dept. 348, 2575 B'way, N. Y. C.

## Learn Advertising at HOME

The highest paid men in the world are advertising men. You can learn easily and quickly at home during your spare time. Biggest opportunities now in advertising than ever before. Tremendous demand for our graduates at big pay.  
Send for FREE Book. Giving interesting information and vital facts—just what you want to know about advertising. Write today!  
PAGE-DAVIS SCHOOL OF ADVERTISING  
Dept. 577-A 3601 Michigan Ave., Chicago, U. S. A.

## BE A RAILWAY TRAFFIC INSPECTOR

### EARN UP TO \$250

Per Month, Expenses Paid  
Trained men needed in this important profession. Fascinating work; plenty of variety; chances to travel. Advancement rapid with experience. Report to high officials.  
We secure a Position for you, upon graduation, paying at least \$110.00 a month and expenses or refund your money. Prepare in 3 months' spare-time home study. Cost moderate; terms if desired. Send coupon for full details.

Standard Business Training Inst. Buffalo, N. Y.  
Send me, entirely free, booklet No. D-62, giving full particulars about course in Railway Traffic Inspection.  
Name.....  
Street..... City.....

## YOU HAVE A BEAUTIFUL FACE

IN THIS DAY AND AGE attention to your appearance is an absolute necessity if you expect to make the most out of life. Not only should you wish to appear as attractive as possible, for your own self-satisfaction, which is none well worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks," therefore it pays to "look your best" at all times. Permit no one to see you looking otherwise; it will injure your welfare! Upon the impression you constantly make rests the failure or success of your life. Which is to be your ultimate destiny?



My newest greatly improved superior Nose Shaper, "TRADOS MODEL 25" U. S. Patent, corrects now all ill-shaped noses, without operation, quickly, safely, comfortably and permanently. Dissected cases excepted. Model 25 is the latest in Nose Shapers and surpasses all my previous models and other Nose Shaper Patents by a large margin. It has six adjustable pressure regulators, is made of light polished metal, is firm and fits every nose comfortably. The inside is upholstered with a fine chamois and no metal parts come in contact with the skin. Being worn at night it does not interfere with your daily work. Thousands of unsolicited testimonials on hand, and my fifteen years of studying and manufacturing Nose Shapers is at your disposal, which guarantees you entire satisfaction and a perfectly shaped nose.

(Above illustration represents my "Trade-Mark" and shows my first and oldest Nose Shaper. It is not a replica of my latest superior Model No. 25.)  
Write today for free booklet, which tells you how to correct ill-shaped noses without cost if not satisfactory.  
M. TRILETY, Face Specialist, 2419 Ackerman Bldg., Binghams, N. Y.



## \$2700 A YEAR—TRAVELING

"Yes, dear,—I now work for 'Uncle Sam.' Today I received appointment.

"Tomorrow, I go out on my first Railway Mail run to Washington, D. C. From now on I will travel on pass and see my country.

"I commence at \$1900 a year and expect to raise to \$2700 within a short time, with possibly later advancement to positions paying \$4000 or \$5000 a year.

"I have a Summer vacation with full pay and very pleasant work."

Thousands of U. S. Government Jobs are obtainable by men and women 18 up. Mail the coupon TODAY SURE. You may then soon find yourself in a well-paid U. S. GOVERNMENT JOB.

—C— Here —

### FRANKLIN INSTITUTE

Dept. D-195, Rochester, N. Y.

Send me at once, free of charge: (1) List of U. S. Government Jobs obtainable; (2) Full information regarding salaries, hours, duties, etc. (3) Send free sample coaching.

Name.....

Address.....

**YUNGBORN**

**"BACK TO NATURE"**

If you ever get the "feeling of getting away from everything," come to

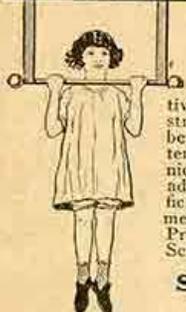
**"DR. BENEDICT LUST'S YUNGBORN BUTLER, N. J."**

There you will really "Return to Nature." Located in the beautiful Ramapo Mountains. Dry climate, free from fogs, malaria and mosquitoes. Fine bathing, sun baths, nature cure treatments, physical culture methods, swimming and all outdoor sports. Beautiful country. Natural diet, blood washing treatments, Hydropathy massages, etc.

**"An Ideal Place to Spend Your Vacation"**

Write for free booklet  
**DR. BENEDICT LUST**  
Dept. S 110 East 41st Street, New York City

## Health Builder



The Health Bar is recognized by leading Physicians and authorities on physical culture as one of the most effective means of developing a strong and healthy body; can be hung in any doorway in ten seconds. High quality nickel plated bar, with fabric adjustable straps and sufficient strength for every member of the family. Special Price, \$4.50. Send no money. Sent C. O. D. Write today.

**SCHWAB BROS.**  
Port Huron, Mich.

## FREE Let Us Help You QUIT TOBACCO

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed.

**Anti-Tobacco League** Box X, Omaha, Neb.

with arms extended in front. You can do this by quickening and shortening the movements, if necessary, to sweep in on the glide.

Touch the wall directly in front of you, just above water level, and make sure that the two hands come to contact simultaneously, for otherwise you may be disqualified. Immediately upon touching tuck up the knees, thrust with hands from wall, bring hands to chest, fingers pointed ahead, and use a swing of hips and shoulders to spin around. As feet sweep toward wall rest them there, a few inches below surface, then lower head, thrust arms forward and push off. Glide for a space, fully outstretched, then fall into action, arms starting.

In training for competition follow the suggestion made for the back stroke and occasionally exaggerate the relative timing of the movements. This is especially desirable in breast stroke swimming, for the arms and legs perform their respective motions together, not alternately, as in the dorsal crawl. Unless you make it a habit to distinguish clearly between the fast and slow acts in practice you inevitably will rush the latter in raising the stroke to make speed.

However, refrain even in racing from using a rapid action. Better pace is attained by means of strong drives, with a glide in between, than by resorting to hurried movements, which cause part of the energy to be wasted in the negative acts of recovery.

Swimming also is an effective normalizer. It works always toward establishing standard proportions of body. Its invariable tendency is to fill the unduly lean by building muscle and tissue,

to reduce the over stout by exercising off the superfluous flesh. An interesting illustration of this tendency is provided when one follows observantly the training of a competitive swimming team. At first some of the contestants lose weight rapidly, while others put it on steadily. But after all hands have rounded into racing trim, thereby gaining approximately standard proportions, the scales show only negligible changes from week to week.

Just to what extent swimming will affect conformation of body may be realized from the fact that the writer has known a youth of eighteen to put on twenty pounds in his first six months of daily practice, and an unusually stout young woman of twenty-three to shed no less than thirty pounds in three months of steady training.

Of course, one should not expect swimming to work miracles. It must be given a fair chance. Those who look for results overnight, or think an occasional short paddle will transform them, are doomed to disappointment. On the other hand, anyone ready to practice faithfully, regularly and often may count on attaining the object in view.

For a number of years the writer has served as volunteer coach to competitive teams of both sexes and ascertained from constant personal observation that the healthiest and most rugged on every squad were those who devoted most time to practice, also that the same earnest workers never were more buoyantly and vigorously fit than in summer, when they spent practically the whole of every day at the beach, in and out of the water.

## An Interesting Letter

Dear Editor:

I have been reading your magazine for many months and I am sending you my experience in Physical Culture in hopes that it may be of interest both to you and to your readers. I have accomplished a great deal in the health line, considering that I started out so handicapped.

I was born forty-five years ago in England. From the first I was weak and undersized, and could not walk until almost five years old. All my life I stayed that way until I learned that exercise would improve me.

It was after I had been rejected by the army and navy for flat feet and small chest; was too nervous to go aloft on a sailing ship. I had begun to work for physical betterment, and it seemed remarkably easy and simple. After once I discovered how easy it is to make oneself strong, I marvel at any one being satisfied to drift along unhealthily and, naturally, unhappily.

Since this discovery I have been through a great deal and am none the worse for it. Some accidents which would have killed the average individual have been braved through without any bad effects. To begin with I managed to get in for the South African War and also served in India and Malta. In the Great War I served with the

Canadians, where both legs were pierced with bullets; but my blood was in very good condition and they healed quickly. My right arm was smashed with shrapnel, I was gassed and shell-shocked. But thanks to physical culture I am nearly as good as ever, excepting for a crippled hand and wrist.

I am still able to do farm and factory work and to marvel at the results—no, the miracles—that sensible physical training can bring about.

I found that all physical defects could be corrected. Breathing and spinal exercises helped my nerves. Rising on the toes and knee bending helped my flat feet and bow legs and the crippled condition of my arm was cured by exercises. I am not a champion *strong man*, but am improving all the time. Found the wrestler's bridge fine for the neck.

The lesson learned from it all is worth as much to the next fellow as to me. So put up with all the ridicule your worthy friends may care to heap upon you for sticking to the work. Regulate your exercises according to how hard you have had to work during the day; but work and keep at it.

Hoping this will help some reader,  
I am

Yours truly,

M. L.

# THE BEST HEALTH AND STRENGTH PRODUCER IS THE MILO BAR-BELL

## Here is the Reason Why

How many fellows hate to admit that they have a hollow chest and scrawny arms, and at the same time they feel they would give all they ever saw to build them up to a manshape size. There is nothing holding you back, only the lack of your own courage. Look the picture over on this page and consider the fact that a short time ago this man was one of the non-descripts. Now look at him. The Milo system can increase your chest by inches, and make real arms and legs out of those pipe stems.

## Have You the Courage to Say--Yes?

Then say you will get a bar-bell. It is the only outfit that will secure for you the best results. No matter what system you take up first, you will eventually own a bar-bell outfit. It is the inevitable, so take a short cut to success in Health and Strength. Save in both time and money, and secure positive results.

## A Living Testimonial is the Best Testimonial

The splendid physique of Mr. E. Faris speaks volumes for our methods of training. Mr. E. Faris increased his chest  $4\frac{1}{2}$  inches and put 2 inches on both his neck and arms, with corresponding increase on all other parts of his body. His arm and chest development as seen in the two pictures would make any man proud to possess. He tried several methods but this is what he says of ours.

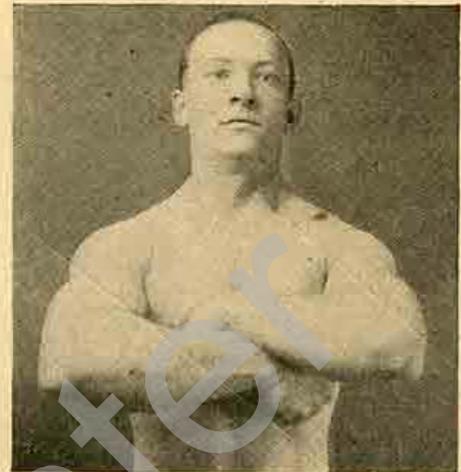
"Every time I use the weights I think how lucky I was that I hit a good course such as yours.

I am real proud of the development I am getting. It is something I have always wanted. At my work I am the envy of all the other fellows."

Isn't that satisfaction?

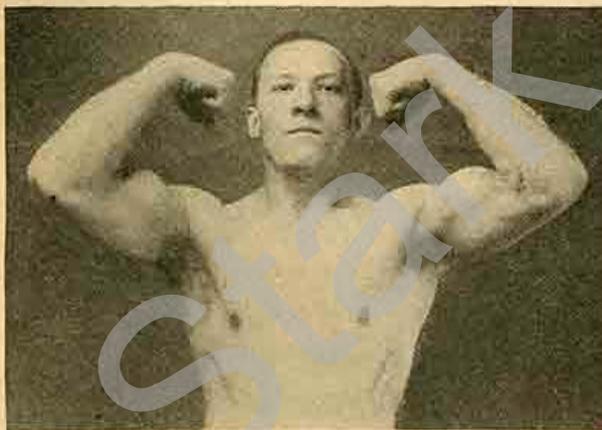
Down in your heart you feel you would give a lot to have a pair of arms like Mr. Faris. Everybody admires good arms and a full chest. Why not get them? The prices of our Bar-Bells will suit your purse and you get the same personal attention at all times during your training under our instructions. You do not have to perform any miracles in order to obtain increased physical fitness. It all is based upon common sense principles worked out for each persons special need by that expert Geo. F. Jowett.

Let us make you over like Mr. Faris. It will be a pleasure to you. The value of the results you will secure, will be one hundred percent greater than your investment.



E. G. FARIS

## Why Exercise Every Night When Once Every 48 Hours is Proved Better?



E. G. FARIS

You only practice once every forty-eight hours for a period of about thirty minutes at one time and obtain much better results, because we teach you the Double Progressive System. We originated this highly practical method which has always proved itself under the most severe test, and has made it possible for us to offer you an iron clad guarantee.

There is an old saying that "strength begets strength," then it stands to reason that in order to get the best results, strength methods must be used. The only proved strength method is the bar-bell system. Unlike any other form of exercise, the bar-bell is progressive. It grows with you. It never decreases in resistance like other apparatuses. From the use of bar-bells you secure the greatest resistance from your muscles. You cannot obtain this from any other system. Why? Simply because you have to perform your movements too many times in order to break down the old muscular tissue. Too many movements become exhaustive. With bar-bells you are using actual weights that become heavier as you become stronger. You never saw a weak man 100% healthy. He is weak, for some physical reason. With increased health and strength, you naturally develop a larger chest, bigger arms, legs, and neck. You simply cannot get away from them. Vigorous health, greater strength and increased physical proportions all work together.

## Build a Real Set of Limbs Out of Those Pipe Stem Props

An improved physical condition is what you want, with lots of health and the strength to back it up. Health comes from strength. Without one you cannot have the other. You must use bar-bells. They never deceive you. Their resistance never grows less, but increases with your newly gained strength and proportions.

You obtain a fine outfit with your enrollment, that consists of bar-bell, dumb-bell, kettle bells, extra collars and three courses of instructions. They are beautifully japanned in black nickel plated bar; you will be proud to own this outfit.

We are the largest manufacturers of bar-bells in the world, and employ the best teachers, which is one more good reason why we can give you better service.

Send at once for our illustrated booklet, which is full of beautiful pictures of our satisfied pupils and illustrates the hand-some outfits that go to fill your order. It will tell you all about our methods of training and just what we can do for you.

FREE UPON REQUEST. OUR 40 PAGE ILLUSTRATED BOOKLET.

## HEALTH, STRENGTH AND DEVELOPMENT

AND THE PAMPHLETS

HOW MUCH SHOULD I MEASURE, and HOW MUCH SHOULD I WEIGH, and HOW MUCH CAN I IMPROVE AT 20, 30 and 40 YEARS?

## THE MILO BAR-BELL CO.

2739 N. PALETHORP ST.,

Dept. 106

PHILA., PA.

The Milo Bar-Bell Co.,  
Dept. 106,  
2739 N. Palethorp St.,  
Philadelphia, Pa.

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

Name.....

Address.....

City.....

State.....

# The Truth About Rejuvenation

How Health of Body and Keeness of Mind can be Preserved by Correct Functioning of Your Glands

By H. H. Rubin, M. D.

IS there a man or woman on earth who doesn't long to retain the stamina, virility and mental activity of youth? Is there anyone who sees the gray hairs creeping in, the wrinkles deepening and strength and endurance waning, who is not interested in knowing how best to retard the progress of "old age"? You, yourself, may be one of the scores of thousands who drag through life "hitting only one cylinder, always fatigued, no vitality left after the day's work."

## The Secret of Rejuvenation

Did you ever stop to think that all this is largely a matter of proper gland functioning, or, possibly, the rejuvenation of ageing glands? All medical practice is an attempt to prolong life by restoring injured or worn-out parts. All treatment consists in rejuvenating some of the body functions.

Remember that each cell is a separate entity with full powers of individual life. We are what our cells are. When the cells cease to function properly the whole body ceases to function as it should and gets old. Old age is, thus, a "disease" of the cell, bringing about senile decay, loss of memory and virile power, wrinkled skin, depletion of muscle tone, and so forth.

The problem of rejuvenation is to make the cells young again, and thus make the body young once more; for with this come all the evidence and appearances of youth. This means actually arresting the progress of senility, and setting the cells back to a point where they were years before. Can this be done?

One of the greatest medical scientists of modern times says that, in a surprising number of instances, it can.

## Here Is the Word of the Scientist— Here Is the "Open Door"

In his marvelously interesting book, "THE MYSTERIOUS GLANDS," Dr. H. H. Rubin, of New York City, makes this clear to you. Every page of this book is a veritable gold mine of wisdom, packed with helpfulness to you and to every member of your family. Every chapter contains suggestions that may point the way for you to arrest or retard the progress of senescence, or to change entirely your physical and mental outlook on life.

And similarly with defective glands, re-



sponsible for much physical depression. If you are afflicted with any obscure disorder that the family doctor has not been able to diagnose and correct, Dr. Rubin may tell you, in "THE MYSTERIOUS GLANDS," how to overcome it. If you suffer from headaches, rheumatism, skin disorders, digestive disturbances, sluggish elimination, functional troubles, torpor of the blood-making organs, or any form of nervous trouble, you may find the explanation and the possible correction for the condition in this wonderful book.

## What Is That Question You Wanted to Ask Dr. Rubin?

Thousands of you who have been reading Dr. Rubin's valuable and interesting Department in STRENGTH Magazine, have wanted to ask Dr. Rubin some question about yourself or some member of your family. In "THE MYSTERIOUS GLANDS," Dr. Rubin answers these and hundreds of other questions. With the authority of a man who has studied and specialized for years in the treatment of disorders of the ductless glands, Dr. Rubin puts his finger on the weak link in your endocrine chain and points out the remedy for some condition that has baffled your advisers for many weary years.

In "THE MYSTERIOUS GLANDS," Dr. Rubin tells how modern science is actually prolonging human life and efficiency and blazing new trails over which ageing men and women are brought back to the flower and bloom of vigorous youth.

If you lack health and vigor, and if you want supreme life and buoyant vitality—regardless of your age—with all its physical power and mental alertness, you should inform yourself of the great discoveries set forth in this remarkable book.

## Concrete Proofs of the Value of Gland Stimulation

To enable you to visualize the possible transcendent value of this book to you, or to someone dear to you, read the following two letters, selected at random from among

hundreds received by Dr. Rubin from grateful patients.

3026 Bainbridge Avenue,  
New York, N. Y.

Two results of endocrine treatment overshadow everything else to my mind, viz.—

1st—The chronic bronchial condition has been entirely cleared up.

2d—Mentally and spiritually, I am like another person. A depression and continual apprehension which had hung over me for months is gone and I see things normally once more.

Besides these two things there are, of course, many, many changes, both little and big, which have taken place in my physical condition and appearance.

Wrinkles are slowly disappearing and my face is beginning to fill out. Cheeks are flushed most of the time.

Eyes are clearer and brighter and whole facial expression better.

Hair a shade darker and much glossier and better in appearance.

Faulty posture less evident. Whole framework "stays put" better and I believe my stomach is holding up in place better than it was.

Lips much better color than for years. The whole change seems to be so subtle and gradual that improvement seems almost indefinable.

My appetite is much better and I take care of my food better. My sleep is much sounder and for longer intervals. My enjoyment of both work and play is keener.

In fact, the whole world looks different to me, and just living is a new pleasure.

Yours most sincerely,

Mrs. A. D. McKERCHAR.

HUNTINGTON, L. I.

After coming back from four years' service in this last war, where I was gassed, I could not get my old pep back and in addition last fall commenced to be troubled with a backache that got steadily worse until by March it was keeping me awake at nights. The various doctors on the Army boards where I was examined said that they could find nothing wrong with me, and that I would simply have to bear this terrible series of fatigue fits that were with me constantly. I could hardly walk, and could get but little sleep with the pain in my back.

Having been a walking bluff and a wreck of a man who had so far given up hope, I was actually contemplating suicide, when I happened to see Dr. Rubin's book. This book pointed out to me a path to complete recovery.

I am now fit as a fiddle, can get out and play five hard sets of tennis without any fatigue except the normal tiredness. The pain in my back has all gone; I sleep like a top. My wife asked me if I was using any hair dye, as a white lock in my hair has turned brown again. I am forty-nine years of age and feel twenty-nine.

Truly Yours,

CAPTAIN NORMAN B. WILKES.

Can you not see why this wonderful book may hold for you the secret of renewed youth? Can you not understand why a careful reading of its pages may not prove of inestimable help to you in a physical and mental way? Even if you personally may not need its help at the present time, is there not some member of your family concerning whose health you should like to ask Dr. Rubin?

If there is sit down now and fill out this coupon, and this most valuable book will be forwarded to you the moment it comes from the press.

Milo Publishing Company,  
Dept. S. T., 2739 N. Palethorp Street,  
Philadelphia, Pa.

Gentlemen:  
Please send me prepaid "THE MYSTERIOUS GLANDS," by Herman H. Rubin, M. D. I enclose Two Dollars for this.

NAME .....

ADDRESS .....

CITY ..... STATE .....

### Some of the Subjects Dealt With In Dr. Rubin's Book

To get some little idea of the tremendous interest of this vital book, just visualize for yourself how Dr. Rubin would treat these subjects:

- Rejuvenation.
- The Dictators of Our Destiny.
- How the Endocrine Glands Control Chemical Processes.
- How the Glands Influence Functioning Activity.
- The Glands That Develop Personality.
- The Glands That Influence Beauty.
- Can Science Overcome the Effects of Age?
- The Most Common Ailment in the World.
- The Problem of the Undeveloped Girl.
- How Science Helps Singers.
- Disorders Removed by Gland Stimulation.

## MILO PUBLISHING COMPANY

Dept. S. T., 2739 N. Palethorp Street, Philadelphia, Pa.

# They Used to JOKE About My New Way to Grow Hair

## —But Here's Proof of What It Is Doing Every Day!

They called my treatment for baldness a "crazy invention"—they didn't believe it could grow hair. But here's the proof! Read what users say. These are just a few examples of the results being secured everywhere. And no matter how thin YOUR hair may be—I absolutely GUARANTEE a new growth of hair in 30 days, or the trial costs nothing!

By ALOIS MERKE

Founder of the Famous Merke Institute, Fifth Avenue, New York

WHEN I first announced to the world that I had discovered a new way to make hair grow—a way entirely different from anything known or used before—many folks laughed at me.

They said it couldn't be done. They said that *nothing* could grow hair on a bald head. They were skeptical. So I made this guarantee—the most sweeping guarantee ever made for any treatment for baldness:

No matter how thin your hair is—my treatment MUST produce an entirely new growth of hair in 30 days—or pay nothing. A 30-day trial—and no cost if it fails!

Overnight I was besieged by thousands of requests for my trial treatment. There was nothing to lose. I took all the risk. And I was perfectly willing to. For I knew exactly what my treatment would do—and it did it.

To say that people were amazed at the results would be putting it mildly. People who had been partially bald for years, could scarcely believe their eyes when they saw new, thick growths of hair appearing. *But it was true!* Falling hair was stopped—often in a few days! Bald spots were gradually covered with strong, healthy hair! Men and women who had long ago despaired of regain-

ing their hair were given brand-new heads of hair—in 30 days!

And yet they had once laughed at my treatment!

If you have wasted time and money on hair tonics, massages, singes, etc., you are probably just as skeptical as these people once were. But I now make you the very same offer I made them. Try my treatment 30 days at my risk. Then, if you are not more than delighted with results, just say so, and the trial costs you nothing. Could I possibly make a fairer offer? I think not.

### How My Treatment Works

From experience gained in treating thousands of cases, I have found that in most baldness, the hair roots are not dead, but merely dormant, or temporarily "asleep."

Massages, tonics, etc., fail to grow hair because they do not reach these dormant roots. They treat only the surface skin. To make a tree grow, you'd never think of rubbing "growing fluid" on the leaves. Instead you'd get to the roots. The same applies to the hair. You have got to stimulate and nourish the roots. And my treatment does just exactly that. For the first time, to my knowledge, my treatment provides a way of stimulating dormant roots, the cause of most baldness.

### I Take All the Risk!

At the Merke Institute, Fifth Avenue, New York, many have paid as high as \$500 for results secured through personal treatments. Yet now these same results may be secured in any home in which there is electricity, for just a few cents a day. There is no inconvenience or bother about taking my treatments. You enjoy them.

I don't claim the impossible for my treatment. I don't say that it will grow hair in every case. There are some cases of baldness that nothing in the world can help. But my treatment has already grown hair for so many thousands of others, that I am entirely willing to let you try it at my risk. If it grows hair for you, as I believe it will, all right. But if it doesn't, then I don't want you to lose a penny. The cost to you is NOTHING. I take all the risk. And I take it gladly. Furthermore, I want you to be the sole judge.

### Send for FREE Booklet

If you will merely fill in and mail the coupon I will send you a copy of my new book,



"After six weeks' treatment with the Thermocap my head was covered with short hair, and it was no longer dull and lifeless. I kept up the treatment and in return I have as good a head of hair as anyone could wish."—Clarence Tespening, 158 South Cedar St., Galesburg, Ill.



"I followed the directions, and after just a few treatments my dandruff was gone and in less than thirty days a new growth of hair was growing upon the 'bald spot.'"—Rev. Geo. D. Witthaus, Knob Noster, Mo.



"My hair was growing so thin you could see my scalp in spots. After two weeks my hair stopped falling and took on new life. Now my head is covered with new hair which is much thicker than it has been for years."—Mrs. C. N. Stone, Box 231, Thomasville, N. C.



"The top of my head is now entirely covered with hair after using the Thermocap for about two months and new hair seems to be coming in all the time!"—Harry A. Brown, 21 Hampton Place, Utica, N. Y.

"The New Way to Make Hair Grow," which describes my treatment in detail. It is full of worth-while information on the care of the hair and scalp, and in addition shows what my treatment is doing for hundreds of folks everywhere. You'll find this booklet extremely interesting. Just mail the coupon below: Allied Merke Institutes, Inc., Dept. 556, 512 Fifth Ave., N. Y.

### GET THIS FREE BOOK

Allied Merke Institutes, Inc., Dept. 556, 512 Fifth Ave., New York City

Please send me without cost or obligation on my part the free copy of the new booklet describing in detail the Merke Thermocap treatment.

Name: \_\_\_\_\_ (State whether Mr., Mrs., or Miss)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

## More Proof!

### New Hair on Bald Spots

"I have used Thermocap Treatment for 6 weeks and although the top of my head has been entirely bald for 6 years the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—W. C., Kenmore, Ohio.

### Hair About Gone

"My hair had been falling for the last two years and I had hardly any more hair on the front of my head. But since I started using your treatment I am raising a new crop of hair. Your treatment is best I ever saw."—O. J., Northbridge, Mass.

### Falling Hair Checked

"My hair was coming out at an alarming rate but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—W. C., Great Neck, L. I.

(These are true extracts from just a few of the hundreds of letters in our files from delighted users. Our free book contains many more.)



# Seeing is believing"???

**True or False.** The tricks of magicians show that the eye is easily deceived. We can only BELIEVE when our MIND through the senses (hearing, sight, smell, touch, taste) after every conceivable kind of mental comparison and deduction receives the SAME impression of any proposition.

**"Natural law is INVARIABLE."** So wrote Humboldt. If a specimen of a rare four legged animal was brought to a zoo, you would, before seeing it, BELIEVE that it has two eyes, for you know that the need for two eyes for any two or four legged creature is INVARIABLE.

**Sickness is Unnatural.** Similarly you should reason that chronic sickness is NOT a part of the scheme of nature, since wild animals amid plenty are well. Chronic sickness is the invention of man, the only animal capable of planning his life wrongly.

**It is Easy to be Well.** Neither animals nor men require to use chemical laboratories and test tubes, to learn how to live efficient and healthy. They can learn by DIRECT TESTS.

Dr. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attributes the chief advancement in dietetics not to chemistry but to biology (experimental feeding of food entities to animals within the previous ten years). See "Newer Knowledge," etc., 1923.

Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured—e.g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affections, etc., in men.

## Intensify:—Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities.

## SIX RULES OF EVIDENCE

### (1) Specific Results

We accepted only specific statements as evidence.  
**GOITRE.** A. W. File M-709. Goitre 6 years. "My neck measured almost 17 inches before I began instruction, at this writing am wearing my old size collar, 15 ins."  
**CATARRH, BRONCHITIS, WEAK, HOARSE VOICE.** File M-1743. Age 22. Clerk.  
 "Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."  
**PREGNANCY.** Age 40. File M-5297. Mrs. A. F. Sworn statement.  
 "Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children."  
 "I have no very clear recollections of the births of my last two children, as the deliveries were so rapid. I consider it immeasurably far ahead of Twilight Sleep."  
**PROSTATE.** J. O. C. writes: "Prostate trouble, which consisted of severe irritation and inflammation, of which I was conscious every minute of the day, disappeared within 2 weeks; although I have suffered three years or more."

**TEETH AND TONSILS SAVED. MEMORY IMPROVED.** File 1885. "Pyorrhoea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since fixed all teeth without any extractions."  
**Tonsils also saved.** Sticky film and pimples disappeared. Joints reduced. Large lump on wrist, there for one year, disappeared in a few weeks.  
 "Can now memorize music, and accomplish in half an hour more than formerly in 100 hours."

**PYORRHOEA.** Age 65. Pus ceased on seventh day.  
**FALLEN STOMACH AND INTESTINES.** Age 63. "Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

**ECZEMA.** Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.  
**CONSTIPATION.** Three healthy eliminations daily.

### (2) Real or Imaginary Disease

No testimony was admitted by us as evidence, unless it first stated the existence of disease and many previous diagnoses and treatments.

**HEART OUT OF PLACE 2 1/2 INCHES.** Physician, age 65, from sworn statement, File-1475.

"Serious doubts were expressed as to my recovery. Every particle of swelling has disappeared from my legs and I can now sleep all night in my bed, perfectly unconscious of this action of the heart and free from any smothering sensation."  
 "When I arrived at the Brinkler Institute I was compelled to wear shoes unlaced and two sizes too large. Within two weeks, I could wear shoes of my normal size. I can now spring upstairs two at a time, and am gaining strength rapidly."

"Such minor troubles as catarrh and dandruff also disappeared."  
 "Having diligently investigated all methods of healing that appeared, both since graduating at Harvard Medical School in 1879, I can conscientiously say that nothing known to me in regular practice or in dietetic measures can approach the efficacy of the Brinkler System of Nutrition."

**EPILEPSY.** Physician, fits for 4 years, average every 10 days. Convulsions disappeared. Strength multiplied many times.  
**ULCERS.** Gained 30 pounds. Rev. G. S. R. Age 59. Retired Minister returned to work. Had to use stomach tube every night for 7 years.

"Physicians had diagnosed my case as ulcerated stomach, and enteritis, or falling stomach."  
 "I had not taken the food three days before I felt like a different person."  
 "I have gained 30 pounds and have not had 2 years of such comfort and freedom from pain, or been able to do so much work in 20 years."

**STONE IN KIDNEY, WEIGHT REDUCED.** File M-4969. Mrs. A. D. "My illness was caused from stone in the kidney, when one lodged near the uterus I was in such pain the doctor used chloroform."  
 "Through following your advice, the stone crumbled and passed out. I saved a dessert spoonful of gravel or stones that passed and could have saved more. I lost ten (10) inches in measurement around abdomen, in three months after commencing instruction."

**TUBERCULOSIS.** File 2424. X-ray showed spot on right lung. Hemorrhage. Antrum trouble in winter. Cough. Bedridden.  
 After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucus almost gone."

### (3) Long Duration

We accepted as evidence only statements representing disease of long and constant duration, not recurrent or intermittent disease.

**HEMORRHAGE, TOO WEAK FOR OPERATION.** File B-2844. Mrs. S. H.  
 "For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them."  
 "After taking Brinkler System two days the hemorrhage began to check, and by the end of third day had entirely ceased, and have not lost a drop of blood since; that is six years ago this May, 1914."

**NEURASTHENIA.** File B-1889. "The Brinkler System has cured me of 4 years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25% increase in salary."

**ASTHMA, HAY FEVER.** File B-979. Age 27. Stenoz.  
 "Never had anything do me more good in all my life. First summer in eight years free from Hay Fever and Asthma. Never looked as well as now."  
**ARTHRITIS.** All joints swollen with lime deposits. Knees and wrists locked immovably for eight months. Blind for two years. Can now see, walk and do home work.

**EYESIGHT.** A. L., age 59, wrote: "Before coming to the Brinkler Institute, I purchased two new pairs of glasses under an oculist's prescription to replace those already worn, as sight was growing worse. I had required three changes in three years."  
 "After two weeks I put away all glasses, and now, writing after two months have elapsed, I can say that I have never found the need of them and can read the smallest print in a dim light, as well as anybody."

**CONSTIPATION.** Age 44. File M-14072. Mrs. —  
 "At last I have obtained the desired result, viz.: a natural movement of the bowels without an aperient. I look on it as equal to a miracle; as it is at least six years since I had a movement of the bowels without pills or salts or enema, etc. I feel fully rewarded for my money, effort and patience."  
 "Since my bowels are moving naturally and regularly I do not suffer so with my right leg, the sciatic nerve and varicose veins, nor with the pain in the region of the appendix. These pains have been part of my daily existence for years."

### (4) Exclusive Methods

We prevented the possibility of mistake as to which method produced a result, by accepting as evidence only those cases which used our method exclusively during the period of restoration or recovery.

**TUMORS DISSOLVED, SIGHT AND HEARING RESTORED.** File 3610. Sworn statement. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had

difficulty with both sight and hearing, being compelled to wear glasses. I was troubled from my kidneys and bladder; lime deposits; also goitre, and suffered from hemorrhages each month. My physician discovered that I had two tumors.

"When I began the Brinkler System of eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."

"To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased."  
 By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.  
 "This testimonial is entirely unalloyed, and is given in the hope that some other sufferer may be benefited thereby."



### (5) Reserve Force Minimum

To eliminate the possibility of the reserve force of youth being a factor in restoration to health, we admitted to evidence a large number of those who were over sixty years of age and deficient in reserve energy.

**AGE 73, PULSE OF YOUNG MAN.** File 5915. Sworn statement. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm."  
 "Two year constant headache and pressure disappeared in 45 days. Memory improved. Could read and travel alone."

"Prostate enlarged. Four doctors said no remedy but knife, and that unsafe and unsatisfactory. No discomfort after seven days. Throat sore 40 years, now well."

**ARTHRITIS, LEGS PETRIFIED.** Mrs. J. S., doctor's widow, age 88. "In 1922 I sprained my ankle in Miami, Florida, and lime deposits caused legs to swell eventually to double size and to solidify from ankles to thighs. On the Brinkler System in spite of my bedridden condition my bowels acted normally two or three times daily. Deathlike pallor, hardness and swelling disappeared. Sixteen months later, I could walk alone without help, due entirely to correct eating."

**GALL STONES.** Age 84. Bedridden, choleric every week for years, but not one attack since instruction over a year ago; now can do housework.

**PARALYSIS.** File M-14615. Age 81. Retired physician. "Partial paralysis."  
 "Am doing very well. My hand, that was almost useless, has become much better now and can use it some. Can walk better."

**NEURITIS.** Giddiness, unable to walk three years. File 375. Age 70.  
 "Advised to give up business. But I can now take long walks, put in full day's work. I owe my life to the Brinkler System."

### (6) Remove and Reproduce

Ability to remove and reproduce symptoms at will was considered conclusive evidence of mastery of efficiency and disease, proving that the Brinkler System gives understanding of natural laws.

**NEURALGIA, TONSILLITIS, MENTAL FEARS.** Mrs. A. R. Age 37.  
 "Removed all my complaints, neuralgia, pains in every joint, deafness, catarrh, skin troubles, fears of insanity. Also cured my children's complaints, adenoids, conjunctivitis, eczema, etc."  
 "Would submit my person to a proper test. Have removed and reproduced symptoms of disease, for tests, at will, and in the period of a very few days."

### 410 Diseases From 1 Source

**A Sick House.** Water through a leaking roof produces: discolored wall paper (anemia), warped furniture (rheumatism, deformities), swollen doors (valvular heart), short circuit (blindness, deafness, paralysis, epilepsy, locomotor ataxia), fallen ceilings (hemorrhages, varicose), rotting materials (tumors, etc.).  
 To stop using Faulty Foods is like stopping a leak, but your body is also SELF-REPAIRING FROM RIGHTLY PROPORTIONED FOODS.

**Replenishment.** There are over 2,000 miles of capillaries (small, hair-like blood vessels) in you, and EVERY INCH IS AFFECTED BY THE FOOD YOU EAT. The difference between persons is ONLY proportion of elements. One person needs more nerve food, another needs more muscle food, etc., according to NATURAL FIXED LAWS which, of course, apply to YOU.

Over 6,000 pupils. Sworn Statements. Educational booklet, 10 cents.

**BRINKLER SCHOOL OF EATING**  
 Dept. 20 131 West 72nd Street New York