

THE RIGHT TO MARRIED JOYS *By* BERNARD BERNARD

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Health and Life

The National Monthly Magazine for Health, Physical Education and Right Living
OCTOBER, 1922

Volume 1. Number 4

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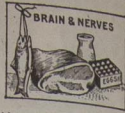
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Health and Life

BERNARD BERNARD,
Editor-in-Chief

Volume 1

OCTOBER, 1922

Number 4

The Right to Married Joys

By Bernard Bernard

THERE has either been great hypocrisy or colossal ignorance displayed by most of those who talk about the rights, privileges and responsibilities of marriage. The only object of marriage is supposed to be the propagation of children.

Let there be no mistake about the fact that the primary object of marriage is the begetting of children; but this does not necessarily mean that it should be the unlimited production of them to the detriment of the health, happiness and efficiency of the whole family.

Marriage is an institution for the protection of the interests of all of the family. The best way in which children can be protected is to insure that there are not more of them born than can be properly cared for. If a woman is constantly giving birth to children she cannot possibly be a good mother to them, because she has to confine her care chiefly to herself and her coming child.

Happy Parents Are the Best Parents.

The only good mother is the happy one, and the only good father is the one who can give his children his interest and the attention they need, and keep their mother in a constant state of health and happiness. There is an old saying, that it is not hard to become a father, but it is very hard to be a father. It is not the mere begetting of children that is the sole aim of marriage; it is the bringing up into adulthood the very highest quality of offspring that is more worthy.

Even this does not embrace the whole object of marriage, for the begetting of children and their upbringing is only part of the human function. It is everybody's right and duty to produce other things, and to experience the romance of the beauties of nature. There would be very little life if it began and ended purely in its own reproduction. This is all the animals get out of existence. They merely eat, sleep and reproduce.

We human beings have to create other works essential to our existence, and the upbringing of children is an art which essentially includes the study of things spiritual and moral.

A Spiritual Relationship.

But the purpose of this article is to show that man and wife have a relationship which is not merely reproductive. They have every right to a communion which realizes their unity and knits them together spiritually and psychologically, as well as physically.

One of the most detrimental things to married happiness is the illusion that things sexual are necessarily immoral or degrading; and it is this which must be eradicated from our conception of life before there can be true happiness in marriage. The most beautiful thing in the world is the love of man for woman and woman for man; its noblest expression is in the child they bring forth; but the communion that has not this for its object is the next most sacred act in the world.

The reason why there are troubles and misunderstandings is usually because men and women—and especially women—have been trained to think that all sexual expression is degrading. The consequence is that indulgence becomes a nightmare, and the act loses the joy and uplift it ought to give.

The Dread of Unwanted Children.

Associated with this "guilty feeling" is nearly always the dread of unwanted children, merely because the simple scientific methods of preventing conception are not understood. Even where they are known they are frequently associated with the "guilty feeling" that their use is immoral.

There must be light and understanding thrown on all the problems of sex. The only way to blot out the darkness of ignorance is to throw upon it the searchlight of knowledge and truth.

HEALTH AND LIFE is devoted to an open fight against sex superstition and ignorance. It is out to obliterate vice and disease, and does not hesitate to condemn the vile practices of sexual degenerates. It will stand for this work of making marriage a sacred condition in which two people are united for their own efficiency and happiness, as well as the reproduction of the race.

The Inferiority Complex in Marriage.

I have received numerous letters as a result of my article on "Why Marriages Fail," which appeared in the July issue of HEALTH AND LIFE, and they tell me clearly that I am right; that marriages often fail because there is fear surrounding the sex act, and that instead of husband and wife being free to express the love they have for each other, they are ignorant of the methods of conception control and imagine themselves to be doing wrong.

HAIL TO LIFE
This is the title the famous artist, M. J. Janyion, has given to the above work exhibited in the Salon de Paris.



Such conduct defeats the purpose which it set out to accomplish. Instead of insuring chastity it creates lust and lowers the vitality to such a degree

that the powers for self-control are at a minimum, with the result that sexual excesses develop and create havoc in the poor victims. Thus nervous complaints are set up, irritability leads to senseless quarrels, and married happiness is non-existent.

There can be joy for everybody in marriage, providing the thoughts are right, and proper sex conduct is understood. The joys of marriage are the rights of marriage, and to have a happy, healthy human race, every child should be born in happiness and love. Children born by accident, or as a result of an act that was not fully an expression of love and desire, inherit a tendency toward weakness. So our duty to our children and to ourselves is to beget them only when we ardently desire them, and eradicate from our minds every thought which degrades the act which makes human life immortal.

Make Conception Voluntary

By Dr. Norman Haire, Ch. M., M.B.

I feel it my duty to direct public attention to the ill-effects of unregulated reproduction, and to the necessity for educating its poor to limit their families in accordance with the demands of Hygiene and Economy.

Even where the parents have begun their married life strong and healthy, it often happens that through ignorance or carelessness they produce far more children than they can afford. The mother is scarcely over one confinement when she again becomes pregnant, and with one child at the breast and another in the womb, neither is properly nourished. The infant at the breast is deprived of its mother's milk and of her care, and the unborn babe is robbed of its birthright even before it comes into the world. The elder children are starved because of the needs of the newcomers, and as soon as they are old enough they are thrust out into the world, uneducated and untrained, to take the first "blind alley job" in order to swell the family exchequer. Instead of being trained as skilled workers, they drift through life as unskilled laborers, and perpetuate the miserable existence to which they were born. Many of the children die in childhood or infancy, or even before birth. Often, out of ten children, only three or four will survive childhood. Think of the mother's wasted travail, the needless expense, the unnecessary misery and suffering. The mother herself, worn out by unceasing pregnancies and endless confinements, grows ill and jaded, and declines into a dispirited and premature old-womanhood. The father, struggling to earn sufficient to feed and clothe the little ones, too often seeks oblivion in undesirable places. Then bad times come, he loses his job, and the family tries to exist on doles, or help from some charitable organization. They are all half-starved, in winter half-frozen as well. Debilitated by these unfavorable conditions, they fall victims to disease; some of them (the most fortunate, perhaps) die. . . .

If we are to do more than tinker with the matter, we must remember that "Prevention is better than cure." When we find parents so diseased or debilitated as to be unfit for parenthood, we should make them realize their unfitness. When we find a number of children of very poor physique in a family, we should teach the parents that they ought to bring no more weaklings into the world. We should teach every mother that each baby ought to be THE baby for three years, so that it can be fed on its mother's milk for the proper period, and receive her care undivided during the critical first two years, and so that the mother may have a rest from child-bearing before the next child is conceived, and the latter may start life with a fair heritage of strength.

Old Time Versus Modern Athletes

By Oliver S. Arata

[Here is a most fascinating article comparing the feats of old-time athletes with those of today. Whatever your opinion may be regarding the ability of those grand old heroes of our childhood days, it will be conceded that women have made some wonderful progress in athletics. Just remember when you read this article, too, that these fine old-timers had some big handicaps in training and equipment. It would be interesting indeed if we could just put a few of them back on the track with all their old glory and give them modern advantages and then see what they could do.—Editor.]

THERE has been an old controversy, which is still unsettled to a great degree, as to the superiority of modern athletes over the old, or vice versa. Some of the old-timers say that Bernie Weifers, Dan Kelly and their fellow athletes were far finer than the present day athletes. Is this statement true?

It must be remembered that athletes have more advantages at present than they had one or two decades ago. Nowadays they receive systematic training; they diet more and refrain from smoking while in training. The above statement applies to those engaged in both baseball and track athletics, as well as football and all other forms of the various athletic sports. Take the baseball player, for instance. He trains in the

early spring of the year and keeps himself fit during the winter, and even the fall months of the year by doing outdoor work and the like.

Baseball Is Livelier Now.

In the olden times the batter on a baseball team had the advantage inasmuch as the catcher stood far to his rear; the batter had about six balls and four strikes; the baseman did not wear gloves like they do now, and lacked other advantages. However, the big leagues are using far livelier balls than they used before 1900.

What was the fine swatting average of a Delehanty, a Kelly, or a Lajoie of '40 twenty and thirty years ago, compared to the same average in 1921 and 1922.

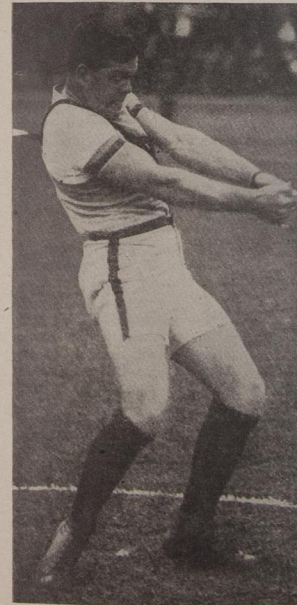
The opposing fielders play a far faster game. The ball is livelier, which gives the fielder an advantage, as he thus has more and ample time to throw the runner out at first on a ball batted to the infield. The present batter has only three healthy swings at the ball instead of four. The pitchers use more deliveries and also the elusive spit-ball. They use big gloves, a decided advantage over the old style of not using gloves. The batter must sacrifice and follow the directions of his manager or coach, thus not getting so many healthy swings at the ball.

Could Any Old-Timer Compare with Ty Cobb or Babe Ruth?

I can say, with reasoning and proof, that

average is equivalent to a .500 average thirty years ago. Has the world seen a player like Tyrus Raymond Cobb, who has batted far over .300 in the American League for the last sixteen years?

Has the world seen his equal in running the bases, when Cobb was in his prime? Has the world seen the equal of Babe Ruth, the mighty swatter of home runs, who made over sixty last season, far surpassing his own world's record, made during 1920. Could any of the old stars come near Ruth in swatting in general? I shall permit you to answer the above questions. You may work out the problem from the above



Throwing the Hammer is a sport in which records are still being broken. Here is T. Spears, of Princeton University, throwing 142 feet. Note his wonderful arm development.



The Running Broad Jump Record is over 25 feet. W. Peterson, above, is doing 22 feet, 9 inches.

proofs. It is very simple, if you are not prejudiced either way.

Also, there is George Sisler, who has led the American League himself a couple of times. A fine batter and a better fielder is the gentlemanly George.

How about Rogers Hornsby, who has the honor of being called the greatest baseball player of all times by various admirers and critics?

Track Athletes.

In the old days the sprinter would begin from a standing position, not using the modern crouching start. It is true such a start as the old-timers used made them lose speed. However, who among the old sprinters made better than 21 1/5 seconds in the 220-yard dash. In such a distance as the 220-yard dash the standing start does not make more than 1/5 of a second difference. B. J. Weifers made the 220 yards in 22 1/5 seconds in 1896, Ralph Craig in 1906, and D. F. Lippincott in 1913. The above named athletes made only one world's record a day.

In 1921, Charles Paddock, running for the University of California, broke four world's records in one day, and tied the 100-yard dash of 9 3/5 seconds on the same day. In the 220-yard dash he made the wonderful time of 20 4/5 seconds, which clipped 2/5 of a second from the world's record for that distance. In other words, he ran the 220-

(Continued on page 130)

The Pyramid

By Warrington Dawson

Author of "The Gift of Paul Clermont."

(Copyright in U. S. A. and Great Britain, by Warrington Dawson.)

[This is just a preliminary installment of Warrington Dawson's great novel, "The Pyramid," which will be published in "Health and Life" in serial form. Warrington Dawson is, in my estimation, America's greatest novelist. He is a literary artist of exceeding brilliance; and you can take it from me that you are going to have a rare treat in reading "The Pyramid," and you will not want to miss a single installment of it.—Editor.]

Part I.—"THE BOY"

Chapter I.

The Base That Endures.

FROM the tower window of a Breton castle, George Alayn watched the end of a day singularly filled with emotions. He had witnessed the pious joy of thousands thronging to a famous "pardon"; and in his own heart was a strong sense of the boons which fate, aided by resolutions and unremitting work, had offered. It was still so new, that to him mankind seemed good and the world very fair.

A bank of heavy, slate-hued cloud lay well above the horizon; into this George Alayn saw the sun vanish. Dullness fell on the landscape, the atmosphere lost its splendour; but after a time, a few rays pierced through the cloud, forming a horizontal bar, and presently another bar took shape, vertically, cutting the first across its midst.

He had watched this with interest, like any phase of a nature attracting by its beauty. Only when the second bar was complete, did he realize that he had before him a perfect Cross in the heavens, such as wrought miracles in the minds of man, in days of old.

With a start, he said to himself: "It is an illusion—a mere play of light."

But the harder he looked, the more earnestly he strove to convince himself that fancy deceived him, the more clearly-cut and perfectly proportioned did the cross appear. Whatever it was, whatever it meant, it did not evade close analytical observation.

His impulse was to hurry below and rejoin those who had waited while he had climbed up the spiral staircase of the tower: Evelyn and Mrs. Ferne, and Lord St. May and the d'Azincourts. If they saw, too—

For an instant he was checked by the thought that even then, nothing would be altered, since he knew he saw. That instant sufficed to hold him back, for the cross began to fade, fusing into a shapeless mass of gold. He was made aware that he had seen and not fancied; so deliberate had each stage of the evolution been, by a process perhaps accidental yet surely real.

"There is no occasion for illusions," he was saying—when he perceived that the sun's rays, glowing within the bosom of the cloud, were assuming another shape, that of a Pyramid.

The sound of chants grew faint and

muffled beyond the rim of the hills; only rare glimpses of colour could still be caught on distant ways, and all the world seemed to mourn in purple and grey. But the image of the Pyramid lingered on, aglow between the skies and the earth, fixed above a horizon both sullied and consecrated by the dust of men's feet treading in their earnestness and their exhaustion, their faith and their work.

A voice called him from below—a woman's voice, and for the only time since he had first heard it, he did not respond at once.

It made him recall the period when, as a boy, his vacation had taken hold upon his character and had led him on, until the sacred fire of France had quickened the intellectual energy brought from America, and both had ripened in the robust serenity of England. And he told himself that hope would have been as vain as it was fugitive, unless strength had lain at its base and endured beyond.

What the Pyramid meant, the years just closing had shown. To tell their story, we must begin, though briefly, with his boyhood, because the boy, while not pledging the man, yet clears or bars the roads which the man would tread—just as circumstances prepare events while not creating them.

CHAPTER II.

A Vocation on the Heights.

THE words which opened new horizons before the boy of thirteen fell in a confidential tone, yet in a matter-of-fact way, from the lips of a tall, ugly, angular young woman who had an eye-tooth like a boat-hook. She said:

"What can you expect? Miss Delmer lives in Paris; of course she's different!"

The young woman addressed a small group of friends toiling, as she was, up the steep and rocky road which would lead—if they persisted—to the summit of a tall mountain top. Her announcement created that pleasurable thrill which goes with the first open statement of an already suspected and perhaps half-recognized truth. Only one hearer responded with frank surprise and genuine enthusiasm—and he was inarticulate.

From Paris! George Alayn turned his eyes toward Miss Delmer, of Paris.

She was American, like these others who criticised her; to his inexperience, she seemed no more beautiful than they,

since she depended on subtleties of dress which escaped him. Yet there was a something—a mere idea, was it? Then what could be the idea which stirred him, and the others, too, at the mention of a name, of a geographical name?

He did not put the question clearly to himself; he saw rather than phrased it. A moment later, he forgot it as a sharp turn of the road brought them before an incline steeper than ever—himself and the men and women who walked near by, and the carriage in which only Miss Delmer sat. George Alayn had almost scorned her for remaining there when her companions spared the horses. But since she was from Paris—

Buckling to his task, he forged on, and passed the carriage without casting a glance into it. Alone, now, with his face to infinity, rejoicing in the might of young muscles and sound body and healthy mind, he paced rapidly, triumphantly up the mountain side. The glorious fun of this adventure—of the night they were to spend upon one of the highest peaks in North Carolina—drove all else from his thoughts. Long hours since, they had left the village where they were for the summer; they had stopped to lunch beside a brook rippling through a glade rich with ferns and moss, and now that the horses were wearying and that his companions were panting and complaining as they toiled, he revelled in his sense of youth. He had left his coat and cap in the carriage, and his lithe body swung splendidly to his stride.

The height commanded a view to the very edge of the world; deep down beneath their feet, the light of a sinking sun played upon many shades of green and grey, the green ever shrinking before the grey until black sprang from unsuspected lairs and devoured them both. And yet, night itself seemed ever conquered as George Alayn and his friends, ascending steadily, were bathed in light while they gazed down on the spreading, thickening shadows that crept stealthily after them.

Only part-analyzing, he was vividly awake to the scene, as to the pure air which filled his lungs and inspired thoughts of—Paris.

"George, get in, or we shall be late."

It was the woman with the boat-hook eye-tooth, who had spoken before to say Miss Delmer was different, and who, intending no compliment, paid him one. He was different from them all, since he still walked whereas they had returned to their seats. A relative level had been reached, and a good road; they must be nearing their journey's end.

"Besides, you must be tired," she added.

"Tired! I'm just getting started—I could go on all night!" he bragged.

"George—get in!"

A man's voice, this time peremptory and final, which raised rebellion and instantly quelled it. The man had ears like frost-bitten cabbage leaves. The

(Continued on page 138)

A Diet for Gaining Weight and Strength

By Charlie Postl

(Ex-Middleweight Champion Wrestler of America)

[Charlie Postl is not only a champion wrestler but he has trained ever so many other successful athletes. His wonderful figure is an inspiration to behold; so his ideas on a diet for putting on weight, strength and energy should be very interesting.—Editor.]

NO MAN can make the most of himself, his opportunities or get the most out of life in any sense—who allows his physical condition to remain below par.

Now for once in your life be honest with yourself. Pursue this diet with an ever increasing determination to secure that added weight, strength, energy and healthy feeling that is your choicest possession.

How to eat is not wholly confined to the physical act of mastication, etc., as much, very much, depends upon one's mental condition. Above all, be cheerful. A sour countenance may cause a sour stomach.

Breakfast.

Choice of either two ripe bananas, baked apple, stewed prunes, stewed figs, or stewed apricots, eaten with cream, or any ripe fruit in season.

Choice of wheat biscuits, post toasties or corn flakes eaten with cream and sugar. If constipated, add Kellogg's bran to cereals.

Cup of cocoa or Postum. Buttered toast or bran muffins.

Luncheon.

Luncheon should consist mostly of vegetables, fruits and eggs. Any wholesome vegetable soup. Macaroni or spaghetti with cheese, baked beans, eggs boiled or poached.

Choice of two vegetables, spinach, carrots, cauliflower, cabbage, turnips, beets, baked potato, celery, lettuce, tomatoes, onions and lentils. Bran or whole wheat bread with plenty of butter.

For desert, any ripe fruit, ice cream or good pie. Drink a glass of half milk and half cream if desired.

Dinner.

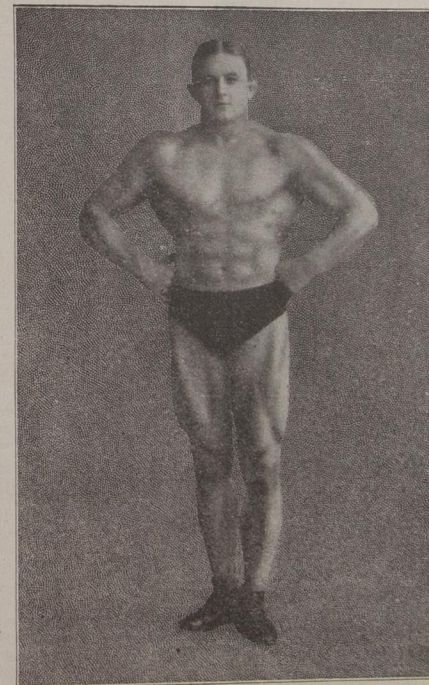
Any tender meat, not fried, such as beef, lamb, chicken and mutton. Any fresh fish, broiled or baked. Choice of three vegetables, spinach, carrots, beets, cauliflower, lettuce, tomatoes, cabbage, turnips, baked potato, celery, onions and lentils. Eat plenty of bran or whole wheat bread.

For desert, any ripe fruit, fruit salad, ice cream or good pie. Cup of cocoa.

A SHOCKING TONIC.

Patient—But doctor, I did not ask for a tonic for shock.

Doctor—You'll want it all right when you get my bill.



CHARLIE POSTL
(Ex-Middleweight Champion Wrestler of America.)
His physique is like a wonderful statue.

"Health and Life" Fellowship

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

President: The Editor of HEALTH AND LIFE.

There has been such a splendid response from readers of HEALTH AND LIFE in answer to our appeal for a brighter and healthier outlook on life, that we are forming a fellowship, in which we can all be banded together in our love of the healthy, the strong, and the beautiful.

If you believe in the work we are trying to do, come in and join hands with us. We want your support, and we know that we shall all be stronger and happier by feeling that we belong actually to the same organization.

By being thus organized, we shall be able to achieve great things. The forces of ignorance and prudency are exceedingly powerful, and we are going to do our share to break them down, and get people to know it means to live in the fullest sense of the word.

The finest possession in the world is a healthy, strong and beautiful body; if we have one it is our right to be proud of it. But we want others to realize also that they, too, can have fine bodies if only they will exercise and live in accordance with the laws of Nature.

Again, today, through ignorance of the laws of life innumerable people are hurling themselves down into the abyss of misery and disease. We want to help such by giving them the information it was their parents' duty to give them.

Also we want to enable older, married people to live full lives, reaping the true happiness that their married condition should give them. We want to help them to maintain the beauty and romance of their early courting days, by letting them know the facts about the control of conception, and the righteousness of a normal sex life, where indulgence is not the end, but may be the means to help them to appreciate their great friendship.

It is possible, too, that we can bring together those holding the same ideals. The letter from Mrs. (R), which appears on another page, suggests that the Fellowship might be very useful in bringing men and women together who have sought each other in vain hitherto.

The subscription to the Fellowship is One Dollar. On receipt of this, your name will be put on the register, and you will be entitled to all the privileges as soon as such have been instituted. Later on we are going to have badges made, and every member will be expected to wear his badge.

Let us have your name right along now if you are in sympathy with our movement. In any case let us know what you think of it, and send in your suggestions.

Some Cute Juggling Tricks

By Rupert Ingalese

The World-Famous Juggler.

[Rupert Ingalese is one of the world's greatest jugglers. I have seen him hold large audiences spell-bound while he performed his marvelous tricks. Juggling is a fine form of physical exercise, and co-ordinates brain and body as no other exercise can. Here are a few tricks that you can easily learn with a little patience and spring them as a surprise on your friends.—Editor.]

WHEN I was a very young child, playing in the street in the little town where I was born, there came along the pavement a being clad, it seemed to me, in nothing but an overcoat and slippers. Closer observation, however, revealed the fact that his flesh was covered with a thin stuff of some sort, nearly the color of his skin, and clinging as closely to it.

After the first feeling of surprise at the sight of him, I next wondered how he had got into such a tight-fitting costume, and I believe I concluded he must have been boiled and poured into it! Little except his neck and the lower parts of his limbs was visible, and a broad bright ribbon encircled his head to keep close his long, coal-black hair. Naturally I joined the little crowd that was following in his wake, with wonder and delight. He presently came to a stop; and, dropping to the ground a half-filled sack he had been carrying, took therefrom a piece of carpet. This he spread upon the roadside, and emptied on to it the contents of the bag, consisting of glittering balls, metal rings and knives. He then, with a dramatic air, threw off his overcoat and stood revealed to my astonished and admiring gaze—a JUGGLER, in all the glory of tights and spangles. He produced a triangular-shaped article (which I afterwards knew as Pan's Pipes), and this

he thrust into a receptacle slung beneath his chin. Then taking up a drum which had formed part of his impedimenta, he opened the performance with a loud and brilliant flourish. And such music! A carping critic might have complained that like Clonglocketty's air on the Bagpipes:

"It was wild, it was fitful, as wild as the breeze,
"It wandered about into several keys";



This is a feat that must be tried to be appreciated. First get a 140-pound man and push him to arm's length; then get your best chandler and balance it on your nose, and then occupy your free hand by juggling a couple of plates. Simple, isn't it? Rupert Ingalese astounds thousands of people every evening in vaudeville doing the above feat.

but to my enraptured ears it was the sweetest melody, and told, like the music of the Pied Piper to the children of Hamelin, of

"A joyous land . . .

"Where waters gushed and fruit trees grew,

"And flowers put forth a fairer hue,
"And everything was strange and new."

I have heard good music since then, but nothing that has ever thrilled me like that stirring overture.

If doubts had occasionally possessed my mind as to my choice of a profession, they disappeared now. I had not seen or heard of any juggler but the one I have described; nor had I ever pictured one in my imagination different from the hero of my childhood days, with his fleshings, gaudy head-gear, spangles, pipes and drum. Now another and very different picture was presented to my view. The scene had changed from a village street to the well-appointed stage of a high-class Music Hall, with its beautiful scenery, festooned curtains, dazzling foot-lights and all the other appurtenances of a modern proscenium. Amid a flourish of music from the skilled orchestra, a man of splendid presence scarcely past his youth stepped onto the stage, and with a graceful salute to his cheering audience began his turn. The several parts of his entertainment were accompanied with appropriate music by the band, and were gone through with an ability, ease and grace that fascinated the beholders, and at the close of his clever performance the loud and continued plaudits testified to the delight of the large assembly.

My readers will have gathered that my determination to become a juggler had strengthened with my growth, and when I left school I gave all my spare time to learning and practicing the art. But I found it terribly slow work and I made but little progress. I could find no books dealing with the subject

Works on Ventriloquism, Conjuring and other pastimes were to be had; but, as far I could ascertain, no treatise affording instruction to the aspirant in juggling had ever been published.

Moreover, the steady practice necessary is greatly calculated to develop those admirable qualities of the mind, patience and diligence; and few pastimes are better adapted to improve the general physique, every muscle of the body being brought into constant action.

How and Where to Practice.

Plenty of space is necessary—especially height; and, needless to say, plenty of light is quite as important.

I would recommend those of my readers who seriously intend going in for juggling to join a gymnasium. It is an ideal place for practicing, with all the advantages of space and light, loftiness and, last but not least, gymnastic mats. Whether practicing with balls, plates or clubs, or doing "heavy" juggling with such "properties" as cannon-balls, etc., these mats will be found of great utility both in breaking their fall and stopping their roll. During practice, of course, they are continually dropping and rolling about. The mats should be placed so as to form a square immediately in front of the place where you intend to stand. It is best to be a short distance away from the edge of the mats; say, ten to twelve inches. If you stand too close you are liable to trip over them while reaching out for anything you may have thrown a little beyond your reach. When practicing balancing tricks it is best not to use the mats at all, as you require sufficient clear floor space to allow you to move about in order to retain the equilibrium of the article balanced.

Hat, Cigar and Umbrella Trick.

A trick that may be fairly easily learned is the Hat, Cigar and Umbrella Trick. The hat is placed on the end of the umbrella and the cigar balanced in the manner shown in Fig. 1. The hat is thrown so that it turns a complete somersault, and lands on the head, while the cigar goes into the mouth.

Hold the umbrella at the angle indicated in Fig. 1, and throw both articles in the manner explained. As the cigar parts company with the hat, try and catch the end of the cigar in the mouth, not attempting to catch the hat to begin with. When the cigar can be fairly often caught, then practice catching the hat at the same time. It is advisable for beginners, as pointed out, to catch the hat on the back of the head. It is easier, and gives the performer a fraction of a second longer between catching the cigar and catching the hat. A deal depends on the length of the cigar. I recommend a length of five inches. This can be easily fashioned out of a piece of wood and will be found very serviceable for practice.

The Eyeglass Trick.

A very entertaining and pleasing little feat, and one always sure of appre-

ciation, is done by throwing up a coin from the foot, catching it in the eye and retaining it there as an eyeglass. A fairly new coin should be utilized, as the heavier the coin the easier the trick. The edge must be "milled" all around with a file, as this enables the muscles of the eye to get a better grip than if the edges were left smooth. The coin should be placed on the center of the toe of the right shoe. The foot is then slightly lifted off the floor and held a little forward while the body is balanced on the left foot. After a momentary pause in which to judge the distance, throw up the coin above the forehead. It is unnecessary to throw the coin more than six inches or so higher than the head. As it is just on the point of descending on the forehead drop the body a little at the same instant, to prevent the coin bouncing off. The head must be thrown well back as the coin is caught on the forehead—just above the nose, when possible. When the coin is resting in this position gently shake it down over the right eye (or left, if the reader has more control over its muscles). When the coin is over the eye, open the eye fairly wide; and then close down the muscles over the edge of the coin, still with the



Fig. 1.

This is something you CAN do with a little practice. Do it next time you take a jolly evening with your friend, and he will envy your cleverness.

ing the pocket slightly open with the first finger and thumb and releasing the coin from the eye.

The Hat and Umbrella Trick.

A trick invariably well received is executed with hat and umbrella. In this, the brim of the hat is balanced on the nose, and while in that position the umbrella, or stick, is laid across the hat, resting on its brim and the edge of its crown. (Fig. 2.) An ordinary umbrella will give but little difficulty, as it has very little tendency to roll off; but the stick will be found a more difficult matter. The amateur will find it possessed by a "demon of unrest" prompting it to roll off. The difficulty can, however, be gotten rid of by the aid of our friend, the woodturner. Get him to cut a groove along the stick—not necessarily its full length. This will aid both in placing the stick in position and keeping it balanced there, the two edges of the groove resting on the brim and the edge of the crown, as in Fig. 2. The groove will not be visible to the audience.

This makes a charming opening trick; for, while the hat is balanced with the umbrella on top, the hands are at liberty to remove gloves, overcoat, etc. Then calmly, with a slight forward movement of the head, let the hat drop into proper position. The umbrella will slide down behind, when it can be caught without any apparent effort as it falls toward the floor, by the right hand being slipped around to the back.

[It has occurred to me that some of you would possibly like to purchase a course in "Juggling," by Rupert Ingalese. If so, send \$2 and I will have one of these courses sent to you by him. However, as he is touring, it will be about two weeks before he can make deliveries.—Editor.]

ALL ROUND ALIKE.

Conductor (to porter who is unsuccessfully trying to push a very stout lady through the door of the car—Turn her sideways.

Porter—There ain't no sideways.

head well back. After the coin has been thrown off the shoe, caught in the eye and retained there long enough to obtain the due effect it can be dropped into the waistcoat pocket by just hold-

Fig. 2.
This trick is quite an easy one, after you have learned how to do it. Rupert Ingalese, in this article, tells how to do it.

Naprapathic Graduation Banquet

THE Chicago College of Naprapathy held its banquet at the Hotel Sherman, to give a hearty send-off to the new graduates who are going out into the world to give humanity the benefit of the science of Naprapathy. The banquet itself was fine, and I am not going to make your mouths water by telling you all the exciting things we had to eat. The photo below will show you that we were a merry crowd. Between the courses we did breathing exercises by singing college songs.

Tune: "Summer Time."

In the good old college days,
In the good old college days,
We mark our chart before we start,
That's the only way;
We never trust to luck at all,
We find that it doesn't pay;
Find the ligatigh—then stretch it right,
Is the Naprapathic way.

Tune: "On Moonlight Bay."

As in life we go along, (as in life we go along)
Naprapathy, (Naprapathy)
We shall see the Nation-wide throng,
Naprapathy, (Naprapathy)
To thy banners to be strong, (to thy banner to be strong)
Naprapathy, (Naprapathy)
And thy truths the world shall know,
Naprapathy, (Naprapathy)

I was the guest of Dr. Albert B. Plater, D. N., L. L. B., F. S. D., but I can tell you I joined heartily in singing these songs. After the feed was over, the diplomas and certificates were awarded.

Dr. Oakley Smith, the founder of the science of Naprapathy, made a very impressive speech, and the gathering must have been a great inspiration to him. The class itself was a grand monument to his honor and his life work.

Dr. Leonard, of Atlanta, Ga., gave a stirring address, calling upon the graduates to go out fully prepared for obstacles, but that these obstacles were the ignorance of people regarding the virtues of Naprapathy. It was not only the ability to cure, with which they



The happy gathering of Naprapath graduates at a send-off banquet prior to their embarkation as missionaries of their science out into the world.

were well endowed, but getting people to understand that they possessed this ability, that was going to be their most difficult work. Thus every one was going out to be a missionary for the cause.

The stern and serious countenances of those graduates demonstrated that they were going forth to act as representatives of a great idea; they had faith in their science and faith in themselves, and thus they are bound to win.

List of Graduates.

Hugh Henry Bolton, John W. Brinton, George D. Copley, Charles B. Dahl, Lillian M. Engborg, John B. Friedrich, Bernice Evelyn Genett, Clifford E. Hall, C. Emily Heltsley, D. O.; A. G. Heidemander, Porter W. Karr, John H. Kirn, Wendell L. Lipka, Clara C. Lunkenheimer, R. N.; Joseph Maconkey, J. C. Malinas, Joseph McCrum, Robert W. Murray, Robert H. Palm, Wilfred R. Peel, Albert B. Plater, L. L. B., F. S. D.; Edgar H. Poltrock, Earl D. Pyle, Victor Raphael, Bessie Reese, Lee W. Beuter, Stella Viola Rintelman, Joseph S. Savickas, Louis F. Schibilla, Frank E. Schmitt, Alice M. Slater, J. G. Slater, Augusta S. Stenberg, Harry A. Suehr, Hilma V. Swensen, Harry B. Synwolt, Michael Angelo Turano, Louise L. Warren, Elmer H. Wegner, H. Hilbert Wegner, Olive L. Williams, Natalii L. Zukauskas, R. N.

A SOLEMN JOY RIDE.

Stranger (to young man attending a funeral)—Alas, who has left us, may I ask?

Young Man—I dunno; I've only come for the ride.

NOT SERIOUS, BUT SHE DIED ALRIGHT.

Mrs. Mobbs—Poor Mrs. Wiggs is dead.

Mrs. Blobbs—G'wan!—what did she die of?

Mrs. Mobbs—She died of a Thursday.

Mrs. Blobbs—No, I mean what complaint did she die of?

Mrs. Mobbs—I dunno; but I know it wasn't nothing very serious.

MY HEALTH RULES

By Anita Stewart



The wonderful power of facial expression of Anita Stewart makes her one of the greatest artists of the film.

Undoubtedly one of the great secrets of Anita Stewart's genius as a film actress is her wonderful facial control. But this also infers body control, or soundness of body. She can respond physically to any expression she desires to portray because she is absolute master of her mind and body, and has developed their co-ordination to a pitch of perfection. There are many girls who aspire to honors on the screen, but few of them realize the importance of their physical education. It is interesting to note that nearly all the stars are physical culturists and health lovers.

These are the health rules that Anita Stewart bases her success upon:

Special to Health and Life Magazine:

I consider the first essential of good health and long life is simple living, which really includes the—

Second and third, plenty of sleep and wholesome food.

Fourth, relaxation from business and domestic routine; in my own case it is books.

Fifth, interest in music and topics of the day, which keeps spirits keyed up to a healthful state.

Sixth, exercise in proportion to natural stamina.

Seventh, home life; it seems to have a soothing effect not given by hotels or hotel apartments, regardless of the luxury of the latter.

Eighth, good friends; absence of friends makes one's interest center too much about one's self, heightening nervousness and creating moodiness.

Ninth, change of environment at intervals if only for weekend or few days.

Tenth, peace of mind, the greatest of all aids to good health.

ANITA STEWART.

Better Health by Reducing Eyestrain

By Thomas J. Allen, M.A., M.D., D.O.

[You will find this article overflowing with valuable information. The dominant note is the explanation of the "vitamode," a system of therapeutics based on "tenso-laxing." Dr. Allen cured his own bad sight by the methods he describes, so if you want to throw away your glasses, follow the exercises and hints he gives here.—Editor.]

A Chicago doctor told an audience, a little while ago, that he regards the discovery of diagnosis by the eye as the greatest discovery ever made. Another said, quoting Upton Sinclair, that the discovery of the system of electronic diagnosis and treatment, by finding the abnormal vibration of the disease and then adapting the electric vibration that restores the normal vibration of health, is the greatest discovery of all the ages.

Now comes a third to say that the greatest discovery ever made in the field of hygiene, here announced for the first time to the world at large, is Vitamode, a system of physical and mental "tenso-laxing" exercises, by which fatigue is immediately reduced, and by which circulation, breathing, elimination and nutrition in general are so improved that the health and working capacity of the average person may be doubled in a short time.

Health is the most important possession of the individual and of the race, the real wealth; and so the discoverer in the field of hygiene should be given a good handicap. Mr. H. G. Wells, having decided who are the six greatest men in history, may next try to decide which are the six greatest discoveries of all time, and he should at least include one of these three among the number.

Vitamode has a variety of applications, but one of the most important is for reducing eyestrain, by which many diseases may be greatly relieved and health and fitness materially increased.

Every vital activity is by a correlated action of tension or attraction, and distension or relaxation, the fundamental activity being that of electricity.

The planets are held to their courses by this force, the action of the heart is by the wave-like motion of contraction and relaxation; so is that of breathing, of the peristaltic wave of the alimentary canal and every other. This action is, in its finest form, vibration.

Depleted health is exhibited in a lowering of the tone of a tissue or organ; and its restoration is effected by normalizing the tone by means of tenso-laxing, which, whether by imposing the normal tenso-laxing movement or by improving the circulation, effects wonderful improvement, in a short time. "The immediate results are astonishing," says Dr. Bauffman, well-known osteopath.

What Causes Defective Sight.

Dr. W. H. Bates, of New York, dis-

covered, a few years ago, after important pioneering had been done by Dr. Chalmers Price, of Chicago, that defective vision is not due to structural changes in the eye, as commonly taught, but in nearly all cases is caused by strain of the external muscles, which are the real means by which accommodation of vision is effected.

Dr. Bates has proved his contention by hundreds of experiments upon animals and by curing thousands of cases of defective vision in children in New York public schools and in persons as old as eighty, who were able to discontinue the use of glasses permanently.



A Charming Pose by Jovita Dardon

The writer wore glasses for nearly forty years, but, by restoring the tone of the muscles that regulate accommodation of vision—the crystalline lens has nothing to do with it—he has discontinued the use of glasses, while his vigor has been noticeably increased, by reducing the eyestrain which the wearing of glasses serves only to maintain, to a large extent.

Dr. Bates prescribes relaxing exercises to restore the normal vision; but he makes the same mistake in this as do all teachers of physical culture and of the mental methods of treatment—failing to recognize the fact that relaxation is a passive process, and that it is possible only as a correlative of tension—rest in sleep coming only after a normal exercise of the objective faculties, which are almost continuously in a state of tension, during the waking hours.

Tenso-Laxing for the Reduction of Fatigue.

Vitamode prescribes tenso-laxing for the reduction of fatigue and for the restoration of lost muscular and mental tone—alternate contraction or con-

centration and relaxation or distension.

By improving tone, fatigue, physical and mental, is so much reduced that the time required for sleep is materially reduced—both effecting the same benefit.

The eyes, like all the other organs, are constantly affected by the general constitutional condition and especially by fatigue. We can always see better in the morning, than when fatigued, at night. So, glasses that fit when one is fatigued cannot fit when one is well rested. Dr. Chalmers Price maintained that glasses often did serious harm by maintaining abnormal conditions of tension that they corrected in an artificial

way. At best, glasses are only crutches and always do more or less harm, even though they serve to reduce strain, in a way.

Seeing is a passive process, like hearing. We can no more form an image on the retina of the eye than a camera can form a picture. Exposing the lens to the light allows of the formation of the picture, the only proper use of the muscles of the eye being to train the eyes into the proper position to receive the light directly from the object. But, anxiety to recognize, quickly, strange objects, a habit that was developed by necessity in primitive man, who was not free from defects of vision; this, and now the great amount of reading and other close and fine work required of modern man, has made eyestrain very common and a serious cause of health depletion.

Continuous Tension May Cause Organic Disease.

The vitality that operates the organism proceeds from the brain, the human dynamo. If it is distributed freely and normally to all the organs, each receiving its due proportion, while the proper life essentials are supplied, the nutrition normally maintained, including the prompt removal of waste, which otherwise becomes a serious primary cause of disease, then we have health; but

(Continued on page 134)

Was Man Ever Hermaphrodite?

By T. W. Standwell

[Here is a very fascinating problem ably discussed in a scientific way by Mr. T. W. Standwell. He maintains that what are usually termed hermaphrodites are not really so, and that we should have to find people possessing both male and female organs that man was once hermaphrodite.—Editor.]

IT HAS been a favorite speculation of many a student of sex as to whether man was ever hermaphrodite. Occasionally one comes across well-defined living examples of persons with the external organs of the male and the internal ones of the female. These things perplex the average person, and he is led away by the arguments of those who have hardly any more knowledge of biology than he has himself.

The meaning of hermaphroditism is the carrying of both male and female elements in the same individual. One of the best examples of an hermaphrodite is the common earthworm. It produces both male sperm cells and female egg cells, and in copulation it fertilizes another individual, and at the same time receives fertilization of its own eggs. When two earthworms come together they lie opposed with the sperm duct of one next to the sperm receptacle of the other.

What Is Hermaphroditism?

This is the true meaning of hermaphroditism, and if we consider man as ever having been hermaphrodite we must look to a time when he contained both the male and the female elements, much in the same way as the earthworm.

But there is absolutely nothing in the human makeup which points to the possession of both male and female elements in one individual. What we sometimes find is that the organs, instead of being all male or female, take on some characters of each. Thus the internal organs may be male, while the external ones are female. What it would require to demonstrate that man was once hermaphrodite is that an individual possessed all the male organs as well as all the female organs.

The individuals which are sometimes discovered with part male and part female organs only show that there is not a very strong line of demarcation between male and female. In fact, every one of us has some characteristic which may be looked upon as belonging to the opposite sex. This has been observed by many recent students of psychology. It has been discovered that while some women have all the organs peculiar to their own sex, they lean toward the male in their mental qualities.

No Person Is Entirely Male or Female.

It is very, very rare to find a person of whom it might be said that he or she is wholly definitely male or female. There is usually some trait or character which belongs to the other sex. In some there is even the lack of ability

to love a member of the opposite sex, and so we get cases of homosexuality and inversion. Some of these are so intensely psychologically of the opposite sex to that demonstrated by their organs that we find cases of women who masquerade as men and even become formally married to members of their own sex. These find that they only experience purely sexual feelings in contact with members of their own sex.

But there is nothing in all this to suggest the possession of organs capable of both fertilization and ovulation. It merely demonstrates that there is not such a very wide gap between male and female in a single species. The fact that men possess rudimentary mammary glands does not necessarily show

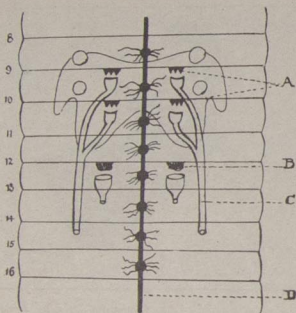


Diagram of the sex organs of the earthworm, which is a true hermaphrodite, having both the male and female systems in each individual. "A" is the male germ plasma. "B" is the female ovary. "C" is the sperm duct down which pass the male spermatozoa. "D" is the central nervous system. (Illustration from Bernard Bernard's "Sex Evolution.")

that he conceived or ovulated in times past, it only shows that he undoubtedly had the power of feeding children at the breast.

It need not even indicate this—although we know that some men have been able to do so—it may simply show that male or female characters may be passed by heredity through members of the opposite sex. We know that the ordinary characters of the species are transferred through either male or female and may be adopted as a general characteristic of the species. Then why not the characters of femaleness and maleness?

What Is Necessary to Demonstrate Hermaphroditism.

This is, in fact, what we actually find. There is not a male which does not possess, potentially, all the qualities of the female, nor is there a female which

does not possess all the qualities of the male. It is only that one set becomes dominant in one individual; while in many cases the other characters may show themselves in greater or less degree.

But to point to a time when man was hermaphrodite, i. e., when each individual possessed the power to conceive children and to fertilize, it would be necessary to find individuals containing vestiges of both male and female organs. Certain organs in the male correspond with others in the female. The **uterus masculinus** of the male is the corresponding organ of the **vagina** in the female, and so could we point to other organs which correspond. But to find an indication that man was once hermaphrodite we should have to find both **uterus masculinus** and **vagina** in one person, and also the other organs which correspond.

This has not been done, and until it has there is no argument in favor of man being hermaphrodite since he attained the mammal stage in his evolution.

CHAMPION WRESTLER, WEIGHT-LIFTER AND MISSIONARY.

George Jowett, Middleweight Champion Wrestler and Weightlifter of Canada, has been doing some missionary work on his own account for the HEALTH AND LIFE movement. In demonstrating his own ability in physical culture items, he is able in some good lectures to deliver his message with great force. We are trying to arrange for him to make a tour with Bernard Bernard, the World's Featherweight Champion Wrestler, and anybody desiring to have them visit their city should make application early to the office of HEALTH AND LIFE. A most attractive program can be arranged, and the names of these two great athletes ought to draw a good crowd.

HEALTH AND FITNESS CAMPAIGN STARTING.

A campaign is being opened by the National Health Promotion League and HEALTH AND LIFE. The first big display will be held at the end of October, when Bernard Bernard, the International Featherweight Champion Wrestler; A. Shone, the claimant to the World's Middleweight Strong Man Title, and other world's champion athletes, will appear. The program will include wrestling, feats of strength, gymnastics, ju-jitsu and acrobatics. Anybody desiring to help in this campaign should communicate with the office of HEALTH AND LIFE.

With the Men of Iron

The Mysterious \$1,000.00 Challenge—America's Strongest Man Challenge Still Open—International Championships in Holland Next Year—World's Records Broken in Belgium.

THAT SENSATIONAL, BUT MYSTERIOUS \$1,000.00 CHALLENGE.

That most sensational \$1,000.00 challenge by Matthew I. Tanski mentioned last month is wrapt in mystery. I am giving you a photograph of the bold challenger on this page, but for the life of me I cannot get into touch with him for more information. I have written, but my writing is of no avail, for those letters are returned "Not Known." Now then, Mr. Tanski, let us all hear more from you; there are men of iron who are after your blood—and dollars.

The letter I received was the following:

Post Office,
Albany, N. Y.,
August 8, 1922.

Gentlemen:

I am a reader of your magazine, HEALTH AND LIFE, and think it is a good magazine.

Here is a photo of myself. I weigh 130 pounds, and I am sixteen years of age. I offer \$1,000 to anyone duplicating any of my feats of strength, "scientific or sheer brute." Kindly publish same in your magazine.

Hoping to hear from you soon,

Yours very truly,

MATTHEW I. TANSKI.

There is going to be some fun if we can get hold of this iron wielder. There is no doubt that he has some wonderful power in those muscles of his; by the photograph I can see that they are remarkably fine tone and capable of extraordinary power.

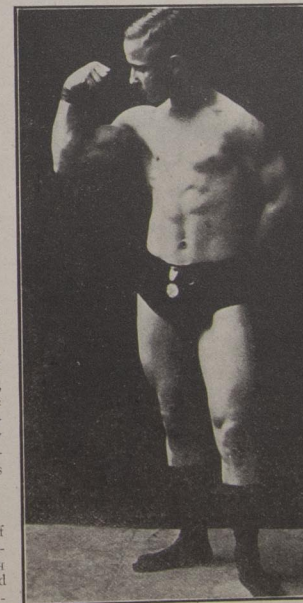
Nobody yet seems to have had sufficient confidence in himself to accept Arthur F. Gay's challenge for the title of "America's Strongest Man." I can quite understand this, in a way, for, not only has such a person to be real strong, but he has to know pretty well all there is to know about lifting, and it is doubtful whether there are many who know as much about the real science of lifting as Arthur Gay, in addition to his marvelous strength.

Mr. Jos. M. Panesi, the president of the International Federation, and special European representative of HEALTH AND LIFE, writes to say that World Amateur Championships in both weightlifting and wrestling will be held at Amsterdam, Holland, some time next year. The lifts decided on are those which will probably be chosen for the

Olympic games at Paris in 1924, which are: One hand snatch, other hand jerk, two hands jerk, two hands snatch, and two hands military press. The jerk must be done in one movement to the shoulder, and then in another movement to overhead.

Now is the time to get into training. But, above all, now is the time to back up the American Continental Weightlifters' Association. If it is strong enough, it will send representatives to capture honors in these Holland International Championships. If you are anxious to see such a thing, send in your subscription of \$3 for membership to George F. Jowett, Inkerman, Ontario, Canada.

Robert Snyder, who has accepted the challenge thrown out by George Weber in HEALTH AND LIFE, is waiting for the latter's reply to the lifts he has chosen. The A. C. W. A. has the matter in hand, and the secretary, George Jowett, is seeing it through.



MATTHEW I. TANSKI
The mysterious challenger who offers \$1,000 to anybody who can duplicate any of his strength feats.



THOMAS and WALTER SHIPTON
These twins are still waiting for another pair of twins to measure their strength against theirs for the title of "The World's Strongest Twins."

The Cabana-Lamarck weight-lifting match at Montreal seems to have been a fiasco, for Cabana, in spite of the attendance of 3,000 people, refused to lift.

Some good lifting was done at the weight-lifting championships of Central Belgium. The winners were:

Paperweight (under 47.5 Kg body-weight)—F. Connick.

Bantams (under 55 Kg)—John G. Paive.

Feathers (under 60 Kg)—L. De Haes. Lights (under 67.5 Kg)—F. De Haes.

Middles (up to 75 Kg)—Deprofit. Roels, 50—55—85.

Light-heavies (up to 82.5 Kg)—Verbraeken.

Heavies—Demulder.

World's Records Broken.

Paperweight—F. Connick, of Belgium, 55 Kg military clean press, two hands; old record by himself in 1920, with 40 Kg. F. Connick 75 Kg jerk, two hands; old record by himself, 70 Kg, since 1920.

Featherweight—H. Graf, snatch, right, 62.5. H. Graf, snatch, two hands, 80 Kg. H. Graf, military clean press, two hands, 90 Kg. H. Graf, jerk, two hands, 105 Kg.

Look out next month for a sensational challenge for the Middleweight Strong Man Title.

Some feats of strength will figure in the program at the big athletic display being arranged by the National Society for the Promotion of Health. Bernard Bernard, the President of the A. C. W. A., will play a prominent part. It will probably take place at the Armory, 16th Street and Michigan Avenue.

Health and Character Analysis

By Dr. Harlan Tarbell

[Here is an interesting article in which Dr. Tarbell tells us how the body—and especially the face—assumes shapes in accordance with our development. Thus it is possible to analyze a person's character by noting the peculiarities of the physiognomy. It just shows that the best way to develop a handsome face is to think and act in harmony with what the face is to express.—Editor.]

HEALTH is but the automatic result of a normal working organism, and this normal working organism is dependent upon three things—which we sometimes call the trinity of life—namely, Mentality, Will and Vitality. Without this three-in-one power there could be no life, no matter.

Health demands a balance between these three powers. There must be a definite plan or mental understanding, activity and nutrition. An acorn could never grow an oak tree unless there was a definite plan to be unfolded within the acorn. In just such a similar manner every cell in the human body has a definite purpose, and without that purpose confusion would result.

There must be will power in the body, the ability to tense so as to form solid structure. The greater the tension the harder the structure. It requires greater tension to build bone than it does to build blood, and no one ever has a strong body and muscular system without will and tension.

Recharging the Human Battery.

To make these things possible, nutrition, relaxation and sleep are necessary. Every activity in life tears down, and the specific elements must be supplied in order to replace those destroyed. Will and activity reduce body energy, or electric or nerve force, which must be recharged through relaxation and sleep.

There is a continuous struggle going on in nature between tension and relaxation. A balance results in harmony, but unbalance results in friction and eventual destruction.

So, knowing these things, it remains for man to check himself up, to see where he is over or underdeveloped and to get busy and correct the trouble.

There are many systems of healing. They have no doubt originated in order to meet individual necessity. When one man is helped he wants everyone else to try the same system. He figures what is good for him must also be good for others, with the result that often what builds him destroys another.

Exercise, for instance, builds one per-

son. Another tries the same system and grows thinner and weaker, and he wonders why it is.

With the coming of the Metaphor System of analyzing life, a field is opened up whereby people can look in the mirror, see where they need building, and act accordingly.

tends to build strong muscles, bones and ligaments, and results in a square, bony or muscular facial formation full of angles.

Yellow is a refining color, and builds fine tissue and a delicate organization. It expresses itself in the region of the eyes and nose. When a person is overdeveloped in the red, we call him, for quick understanding, the "red" man. A similar metaphor is applied to the other two colors. It simply means that each carries an overabundance of a certain color vibration in proportion to the other two.

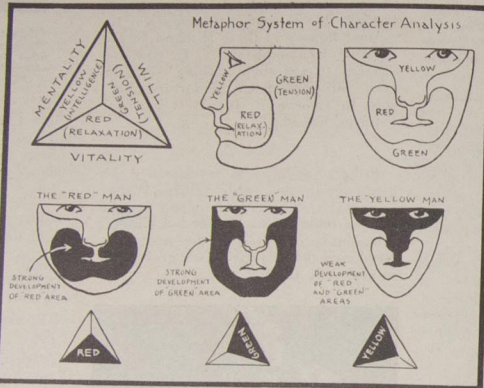
The Balance of Tension and Relaxation.

Since balance is the foundation of health, it can be readily understood that when red is predominant it should be balanced by tension and intellect. The relaxed parts should be toned up and given greater resistance through tensing exercises, and a generous supply of the green colored foods, such as vegetable greens.

The green man is over-tensed and needs relaxation exercises. His muscles tend to congest and his ligaments to shrink, interfering with proper nerve supply. Exercises that relax him through stretching his ligaments help to relieve nervous irritation and allow him to relax and sleep more. He should take life easier and watch his red brother in action for a while.

The yellow man is mentally overactive. Too much blood goes to the brain and not enough to the vital organs and body structures. He needs to build both vitality and resistance, accenting the one in which he is the weakest.

Health and life building resolves itself into just common sense and a knowledge of the requirements necessary for man to function properly. If a man has too much vitality it is foolish to build more. If a man is thin, over-tensed, and overexercised he will become more so by more tensing exercises. Likewise, why add extra mental science or mental work to the already overworked mind? Horse-sense, Christopher, horse-sense.



Study this chart and find out if you are a "red" man, a "green" man, or a "yellow" man, or see if you have yet a harmonic development. Work it out on your friends, too. It is a very handy thing to be able to tell a person's character from his face alone.

The Fundamental Vibrations of Life.

Life, as complex as it is, is based on a few fundamental vibrations. These vibrations vary in length and characteristics. Each carries a definite length or number system, can be distinguished by a definite color, red, green, yellow, blue or violet, or by sound or language. The three temperaments in man are expressed in the colors red, green and yellow. Red is Vitality, Green is Will, and Yellow is Mentality. The illustration shows this triangle. Each temperament or color vibration controls a definite place in the body, which can be detected by the development of definite areas of the face. Do not look for a red, green or yellow colored face, an Indian, a green complexion, or a Chinaman. But simply look for development of tissue in the areas shown in the illustration.

Red or vitality builds full cheeks, which can be readily seen in a baby. There is relaxed tissue and plenty of blood supply. It tends toward a circular form. The whole face tends to become round and full. Green, or will,



Miss Birchough, England's Champion Lady Shot Putter.

A Water Nymph of San Francisco, Full of the joy of life and health.

The Lady High Jump Champion at the Inter-Varsity Meet at Birmingham, England.



Reginald Denny, the Universal Movie Star, is keeping fit by practicing shadow punchball exercises.

F. A. Hornbrook, of New Zealand, established a new Weightlifting Record at 45 years of age.

Aileen Riggin, in a wonderful backdive in the championships at Brighton Beach Pool. She lost to Elizabeth Becker, of Philadelphia.

"The Well of Health", posed by Miss M. Pounds of the Beattie Physical Culture College.

Health and Life

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

EDITORIAL

(Written by the Editor)

UP AMONG THE MICHIGAN LAKES.

DURING the last month I spent some time up among the beautiful lakes of Michigan. Probably very few of you have heard of Lake Ford. It is a small stretch of water about two miles across. But on its banks is a school, a health school, where a band of Nature lovers are gathered together to live the healthy life and commune with all the wonders of the universe. Dr. St. Louis Estes is the leader of the band, and he is a prophet, who, by his own example, inspires those with whom he comes in contact with the desire to get all the best there is out of life. He does not preach or endeavor to ram down anybody's throat his principles of eating and living, but merely by his personality and by the statement of truths he has himself grasped, does he lead many a gourmand and invalid back to the ways of health.

THE MOST BEAUTIFUL CATHEDRAL IN THE WORLD.

It was Sunday when I arrived, and I was directed to the "Cathedral" to hear the Word. This Cathedral was one of the most artistic of any I have been in, and I have visited St. Catherine's, Westminster, St. Paul's, Notre Dame, and all the best in Europe. Its roof was the blue sky of heaven, and its walls were the leaves of trees and bushes, whose sculpture is greater art than the hand of man has ever produced. There was an awe and a reverence which made that spot sacred, but it also showed that wherever Nature is beautiful, that place is holy ground. In the afternoon we heard poems read by Miss Billings, who has lived most of her life in this beautiful place, and she told us the story of the trees and the flowers, and all that the breezes whispered to her. Dr. Pratt, of Chicago, also gave us a message, and told us that to be of service to our fellows was the surest way to contentment and happiness. He is quite right.

A GREAT PHYSICIAN WHO KNOWS THE VALUE OF FRESH AIR.

Those who do not get out into the healthy spaces of the country cannot possibly experience health in its fullest sense. Dr. Lindlahr evidently recognized this when he built his beautiful sanitarium out in Elmhurst. I had a special invitation to visit it, and you can be sure I took the first opportunity of doing so. Dr. Lindlahr's Elmhurst sanitarium rests among the trees, and convalescents spend their time healthily in the fresh air of health and life, sleeping in tents and open chalets. The food they eat is grown in the gardens behind, and you can rest assured that it is about the best that can be grown in North America. Here, under Dr. Lindlahr's care, those who have strayed from the paths of health are being led back into the fold. I saw one man I had met personally some weeks earlier crippled with rheumatism. Here he was, bright and cheerful, looking ten years younger and almost as active as



SYBIL BAUER of the Illinois Athletic Club, is still queen of swimming champions. She broke more records at the recent championships.

an athlete. It made me want to fetch all the cripples and invalids from all the great black cities and bring them here for Dr. Lindlahr to give them life again.

HOW TO POSSESS A CONTENTED MIND.

When one is healthy and fit, all the world seems bright and beautiful, but when one is out of condition, the brain will not work properly, and life seems gloomy and miserable. I am positive that Schopenhauer, Nietzsche and the other pessimistic philosophers would have given the world something really worth while if they had made the message we are giving in HEALTH AND LIFE a guide for their methods of living. The person who is physically weak and ailing cannot possibly be healthy and strong mentally. There are many unhappy people living today who are so merely because they do not know how to keep themselves one hundred per cent efficient physically. Friends, let us be apostles and go out into every corner of the earth and let folks know what life can hold in store. Why, it is so simple to be well and keep well, if only we know how; and the greatest happiness to be obtained is by giving others the message we have received. If you want to feel what it is to have a truly contented mind, and to feel the joy of life every moment of your being, give your friends and acquaintances an insight into the means for making themselves fit and strong and healthy.

THE NATIONAL HEALTH PROMOTION LEAGUE.

This fact has been grasped by a number of the leaders of the health and life movement. There has been developed spontaneously a league for the promotion of health. It is impossible to say who originated the league, for it just came about that it was desirable to form a united band of those interested, to go out and preach the gospel of health and fitness. I can tell you that there are going to be some great times. To mention just a few names of those who have founded the movement will tell you that it will be a real live one. Mr. Martinitz, Dr. T. A. Allen, Dr. Higbe (the Dean of the Eclectic College of Chiropractic), Dr. Leavitt, Charlie Postl (the Champion Wrestler and Trainer), Dr. Kane, Dr. Dietrich, Mr. Balch, Mr. Maxwell (of the Healtheries), Mrs. Krag (of the Illinois Women's Athletic Club), Dr. Tarbell, and numerous others equally eminent are at the helm. Everybody is invited to join, and everybody interested in the health movement ought to join. We are going to hold athletic and health displays, lectures, and demonstrations, and endeavor to get those who need our message interested. I hope next month to be able to tell you about the arrangement of some actual displays. In the meantime, if any of you can do something in the way of athletic and gymnastic demonstration I should be very glad to hear from you.

THE SPIRIT OF YOUTH AND FLAPPERHOOD.

It is surprising how few people really understand those of us who are full of pep and energy, and are determined to enjoy each moment of our lives. I have been reading several articles recently where the writers were deploring the lack of seriousness and virtue among young people. The reason they do not understand youth is because they are prematurely old. There is no need for any of us to get old nowadays; it is just due to us to keep the spirit of youth alive in our bones until that time comes for our last eternal sleep. But the writers I have referred to are anxious for the flappers and the adolescents, and think that they are all heading for perdition. Perhaps a large number may be, but I know positively that the average young people of today have more real good in them than had those of fifty years ago. In spite of the spirit of frivolity and the activity expressing a real pleasure in being alive, there is now among these young people a true and deep desire to see and promote good in the world.

COMBATING THE FORCES OF DESTRUCTION.

There is, of course, a tremendous lot of most regrettable behavior, and HEALTH AND LIFE is pledged to fight the forces of vice by inspiration. But it is well to know that it is not any inward desire to be bad which is responsible for vicious conduct. It is ignorance which is to blame; ignorance of the facts of life. This condition will never be stamped out until prudery is destroyed. There are some people, I know, who regret the stand that HEALTH AND LIFE has taken in endeavoring to expose sex superstitions, and tell people plainly the things they ought to know. But HEALTH AND LIFE will go on in spite of such, and it will stand for cleanliness of body, mind and soul all the time, no matter what happens. The greatest fight of life is against the ancestral animal passions which assail young people. If they succumb in this battle they are hurled into the abyss of mediocrity or even annihilation, and if they win they become the great men and women of their time. We want a whole nation of great men and women, so let us expound freely those things which prevent destruction.

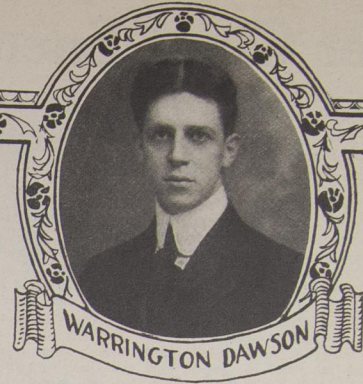
BIRTH CONTROL DOES NOT MEAN RACE SUICIDE.

When one mentions the question of birth control, the majority of people still think that one's object is to stamp out the human race. Of course, some believers in the birth control movement have advocated the extinction of the race; but the movement that HEALTH AND LIFE is leading is one that will replenish the race with virile and healthy human beings. In England and most European countries, and in Japan, the question is one of curtailing the numbers born, for their space is already pretty fully occupied. But here in this great America the problem is somewhat different. There is plenty of room—but there is room only for the highest quality. It is good to have quantity, but it is bad to have a large quantity of weak, underdeveloped individuals incapable of caring properly for themselves. Parents have only the right to bring into the world so many children as they can assuredly care for and educate properly.

MAN'S MISSION IN LIFE.

But the individual adult's life must not be overlooked in its importance. Some moralists appear to think that the only noble function in life is to reproduce. It is, of course, the first necessity of the human race to perpetuate itself, but for what? Merely to perpetuate itself? No, because man is the highest expression of Nature's art; his mission is to adapt Nature to his uses, and to evolve as part of Nature to a more complex stage. His evolution is now mental, moral and artistic, and his flesh serves these or it is useless. In the past the sex conduct of married people has been a matter for covering up of something of which to be ashamed; and this has resulted in numberless tragedies and divorces. Married hap-

(Continued on page 142)



Latitudes

By Warrington Dawson

Author of "The Gift of Paul Clermont"

IV.

ON UNDERSTANDING

We fully see in nature only what our eyes are physically or intuitively capable of seeing; we fully understand in men and in things only what our minds have prepared us to learn, or our hearts would prompt us to do.

By being like unto little children to enter the Kingdom of Heaven, I believe that not only purity was meant, but the desire for understanding. The so-called mature mind opens itself chiefly to what is habitual, or profitable, or easy and agreeable; whereas the boy or the girl with direct reasoning and unspoiled judgment absorbs eagerly every available morsel of information.

By this I don't mean necessarily the so-called "open mind." There are three types of open mind. One is an intellect, another is a sieve, and the third is a well absorbing mainly the petty or the base.

The people I respect most in the world are victims of circumstances who make the best of them and manage somehow to live and to work; the people I pity most are those who have caused their own misfortunes, and rest content with lamentation against things and men and fate, never seeking to understand.

Humanity may be divided in many contrasting categories, as the good and the bad, the weak and the strong, the wise and the foolish. But the greatest cleavage of all exists between those who are willing to understand and those who refuse.

Her Great Enemy

By Nobel Symkin

[This is the concluding installment of this autobiographical story. Warrington Dawson's great novel, "The Pyramid," is appearing in serial form in this and future issues of HEALTH AND LIFE.—Editor.]

THEN it occurred to me to ask why I was here; why my head was bound! She showed me a newspaper report, and in it was a picture of a man unconscious, but with crowds cheering and waving their hands. It gave the description of "the greatest finish on record." In my final effort I had just pulled to win and I had gone 50 yards past the finishing point and crashed into the rocks, with the result that my head was badly injured, and I was knocked unconscious.

What of Mickelson? What had happened to him? I was just going to ask, when Sylvia brought me a cooling drink and bathed my forehead. My hand caught hers, and thus we remained for a moment motionless. It was our moment.

There was no necessity to speak; the sublime harmony rendered words unnecessary; we both understood all. No, she did; I only knew that she cared for me. I did not know what was the deep secret right down in her soul. Then she began:

"Nobel, I want to tell you my story. It is necessary for you know and then judge me. I want you to guard me from my enemy just as much as before, and it will be for you to act in what way you choose.

"Deep down in every woman's heart is the all-devouring desire to love and be loved. It is not mere consuming passion, and it is not a sole and exclusive emotion. There is some unconscious knowledge, if I may put it that way in order to explain what I mean, that it is also a means to something beyond it. I believe that this is the desire to bring into the world a replica of one's self and one's lover. This is my interpretation of it.

"When I was some years younger I thought I had found this one who was to unite with me to carry life to posterity. I married him. Not because I really wanted to marry, but because it seemed to be the end of which I dreamed. Alas, the sweeter the dreams the sadder the shock. I will not tell you any details, but will leave you to piece together the story for yourself. I knew most things a woman ought to know, but I was never instructed in what to expect in marriage—if the other party—no, you know what I mean. I discovered his condition early and he never compelled me. But, in spite of everything, I wanted him. I was consumed with an unquenchable desire, and I am still so possessed. He, for some reason, sought only to taunt me, to rouse in me the feelings that he would not and could not satisfy. True, he allowed me to divorce him, and I ob-

tained my freedom, but he still dogged me and haunted me."

I was overcome with grief and surprise. I could not utter a word for some time, but could just swallow the big lump in my throat and wait. Did she still ask my protection? And what right had she to do so? And what right had I to protect her? Then I, too, saw the vision, and that the race was between Mickelson and me. And I had won!

I saw it all. Mickelson, yes! Mickelson had lost—had lost the race of life and manhood, of this woman's love. Had he loved her? Can a pervert truly love?

Sylvia had clasped my arms and looked at me with her deep blue pitiful eyes. Such an appeal and sympathy went out from them that I crumbled before her. Then I thought of the race; I had won for her sake; yes, I had won and could possess her. No man but I had any right to her, and she should be mine.

It was then that I had my greatest struggle of love, desire and possession against the narrow teachings of my youth. I think everybody will know what I mean. But she was my Sylvia, and yes, I would make her so.

I put my hand on her head and drew my fingers gently through her hair. "If you will protect me now," I said, "I will care for you when I am well, care for you as it is proper for a man to care for a woman, because she will guard him from the vulgar and brutal materialism of the world."

"And my past will be forgotten?" she queried.

"There shall be no past; it is always present and the present heralds the future with all its huge possibilities and a freedom from all enemies. The great, consuming desire for immortality shall be satisfied, and there shall be happiness because there is understanding."

And thus has the future of that past beautiful present, become the present of today.

[The End.]

"The Gift of Paul Clermont"

By WARRINGTON DAWSON.
Review by the Editor.

MY most treasured possession is a pair of gold cuff-links which were given to me by Warrington Dawson some ten years ago. It was the pair he wore when out with the late Theodore Roosevelt on the Uganda expedition,

and it was because he valued them highly that he presented them to me, as a token of friendship and remembrance.

Knowing Warrington Dawson so intimately may prejudice me in criticism of his literary work, but it does so because I see and feel the intensity of his great nature in every word he writes. To me each thought teems with his personality and his appreciation of that which matters most in human nature—character.

"The Gift of Paul Clermont" is about the only novel on the Great War that I have liked. You see, I was there, and experienced many of the happenings, and I also lived with the men who took part, and I shared their thoughts and feelings, and I know the spirit which kept them going. Therefore I see the average war novel to be absolute rubbish. But Warrington Dawson has gripped truth, and has expressed it; so from beginning to end his book is an absorbing true story. It will be one of the very few war stories that will live as history, and it will show posterity what many gave in the world struggle.

In regard to actual fighting, the author tells graphically and brilliantly of the great deeds of bravery, and the following is one of the finest tributes which has ever been paid to the English: "The English were giving their blood for a land not their own, and for a cause which only later appeared plainly as their own. How they fought and died for honor, for principle, for generosity, those soldiers forming the sturdy flower of the British army! May a modern Homer arise some day, worthy to relate such epic as the stand of the Coldstream Guards at Landrecies, handful of men to hold the town against heaviest odds until their division was safe, and fulfilling their mission to the end, they live more than those who survived."

His wonderful description of the American soldiers is most eloquent and magnificent, and I cannot help quoting it: "What men—lithe and comely, and athletic, cheerful-hearted, strictly disciplined, marvelously developed, supple and sure as the finest steel, superb and clean as the youth of America can be; preparing to fight for a principle, for a cause, for their country and for other countries, preparing to fight not because they hated, but because they had to fight, and resolved to do it well because it was their custom to do well all things, whatever they undertook in life! Their spirit seemed to soar as Quentin Roosevelt soared, eager and sincere, unassumingly courageous and unswervingly resolute, ardent with the desire to conquer, iron-willed but golden-hearted, triumphant over death itself."

What of the gift of Paul Clermont? "I would rather be killed than kill." "It's better to go to prison than to send a comrade there."

There were gifts the depths of which will be understood by very few. May all that was striven for be realized by those who are left to bear onward Human Life!



The Hand That Gives No Warning— Will Its Shadow Fall On You?

TO you—if you are apparently in good health—sickness and death seem very remote. Yet men and women pass you on the street today, gaily ignorant of a condition that—unless corrected—may cause their death. Others—unknowingly—walk in the shadow of long and serious illness.

The pity of it is that Bright's disease and diabetes, the diseases which cause more deaths than any save tuberculosis, are so insidious in their attack that there is no warning of their approach until too late. No man,

no woman, no child is safe from their stealthy attack.

These microscopical drawings tell the story. Any one of these conditions could be present in your system—without you knowing it! How do you know what is happening in your body right now—how soon you may pass into the shadow of sudden illness—even death?

But there is a way for you to know when these diseases start forming in your system—a way by which you may prevent their development. The National Bureau of Analysis was organized to do this for you. Every ninety days—taking only four minutes of your time a year—the Bureau makes an examination, tells you your exact condition as revealed by urinalysis, warns you of approaching danger, and suggests the best way for you to prevent this unseen and unfelt disintegration.

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Send this coupon at once for our booklet entitled "Why People Die Too Young." It tells how you may assure yourself that the germs and conditions now so prevalent are not at this very minute eating away at your vital organs. Where health is concerned, delay is dangerous. Mail the coupon at once.


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An amazing fact. Only 5 out of every 100 people whom we analyze show a persistently normal condition. The other 95 are abnormal in some way—many seriously so—and don't know it. Can you conscientiously risk not knowing your exact condition and how to correct it when the chances against you are so great?


Is Your Condition Here




Casts indicate the degeneration of the kidney structure already in effect.



Blood cells in the urine may indicate nephritis, malignant growths, tuberculosis, abscess, pelvic diseases, tumors, stones, varicose veins, urethritis or rupture of internal veins.



Bacteria of various types often are found. They may indicate anthrax, glanders, erysipelas, tuberculosis and many other diseases.



Pus cells indicate inflammation of urinary tract, which may be due to a number of disturbances.

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You may send me, without obligation, your booklet, "Why People Die Too Young," together with your four minutes a year plan for better health and longer life.

Name

Address

City State

Modern vs. Old Time Athletes

(Continued from page 115)

yard dash twelve faster than any other man ever did!

I look for him to break the world's record in a 100-yard dash. It now stands at 9 3/5 seconds. Paddock broke the world's record for the 200 meters distance also. He is the greatest runner of all time, and will, no doubt, barring accidents and the like, break all his own existing records before he retires from the cinder path. He is a human dynamo with the legs of a greyhound.

The World's Mide Record Stood Still for 30 Years.

For thirty years the world's amateur record for the mile stood at something like 4 minutes and 15 seconds. Along came John Paul Jones, in 1913, and made the distance in 4 minutes and 14 2/5 seconds.

Then Ted Meredith, running for the University of Pennsylvania, made the difficult 440-yard dash in 47 seconds flat, and broke the world's record of 47 4/5 seconds, held for years by M. W. Long. Meredith, one of the most finished runners that ever lived, with the possible exception of Paddock and John Paul Jones, also broke the record of an old-timer in the half-mile run, when he made the latter distance in one minute and 52 1/2 seconds, in 1912.

Alfred Shrubb is about the only great runner of the old school whose records still stand in the two to ten-mile run. He holds about nine records in all. Previous to 1905, I shall say were the good old days of the running game.

The metric distances have all modern runners holding their records, with the exception of the 200-meter dash, which is still held by Archie Hahn, with a record of 21 6/10 seconds.

Walking is an old-time sport, and all the records are held by men who were in their prime before 1905.

A colored boy holds the world's record in the running broad jump, made in 1921. His name is S. Butler. He made a leap of 25 feet and some inches, which broke the world's record, held for years by P. O'Connor, with a record of 24 feet 11 3/4 inches. In 1912, G. L. Horine broke a world's record of six feet and five inches in the running high jump, which had stood for years, when he leaped six feet and seven inches in the running broad jump. Only one record in the jumps made prior to 1905 still stands. That is the standing broad jump.

All the weight records were made after 1909.

Earl Thompson, the Modern Frog.

Nobody thought the world's record of 15 seconds in the 120-yard high hurdles would ever be surpassed. But it was, by none other than the modern frog, Earl Thompson, who ran under the auspices and colors of the track team of Dartmouth College, of Hanover, N. H. In the Olympics he competed for Canada. He has made a

world's record of 14 2/5 seconds in the 120-yard high hurdles. His record clipped 3/5 of a second from the world's record held for many years by F. Smithson and Nicholson, of Missouri University and Olympic games fame.

The pole vault record is a modern one. I believe it is 13 feet and 2 1/4 inches.

Here is some world's record, made by the University of Pennsylvania relay team, in a race of four men against four men, for a distance of 110 yards to a man, made in 42 4/5 seconds. The average time for every man in that race was 10 3/10 seconds for 110 yards. Each man tied the world's record time in the 100-meter dash of 10 6/10 seconds, considering the races yard for yard.

In 1920, James C. Lincoln threw the javelin, of ancient Greek fame, for a distance of 197 feet 5 1/4 inches.

In 1913, E. C. Thompson, of the New York A. C., broke the world's record in the A. A. U. All-around of 7,385 points, held and made by Martin J. Sheridan, now deceased, in 1909. Nobody thought any athlete could surpass the great Sheridan's record of 7,383 points, but Thompson did it with 7,411 1/2 points. If I am not mistaken it was a wet day when Thompson made his great record of 7,411 points in the All-around Championship, which is the most trying program of all, consisting of sprints, runs, jumps, pole vault and shot putt. It takes a powerful, all-around man to stand the gaff.

Swimming.

To quote the victors in the various swimming events, and the record holders for the same up to a few months ago, would be to say one name, Duke P. Kahamamoku, of Honolulu, Hawaii. He held all the records up to the quarter-mile swim, and they had all been made since 1913. He is a born fish. Now Johnny Weismuller has wiped out many of these records.

Women in Athletics.

There was a time when women were not taken seriously as athletes, but some of the following records may be envied by various male athletes of good ability; for instance, the time of 6 seconds flat for the 50-yard dash. Few men can run 50 yards in 6 seconds or better. Miss Betty Brown ran the 30-yard dash in 3 4/5 seconds, another excellent record. Miss L. Haydock ran the 75-yard dash in 8 3/5 seconds, which is almost equivalent to the world's record for men. However, in the 100-yard run the best that women have done is 12 seconds flat. In the 220-yard dash their best time is 30 3/5 seconds, which is 9 seconds slower than the world's record for men. It seems that the women tire after the first 85 yards, and that they have not the strength and endurance to stand the strain of the 220-yard dash. In the 120-yard low hurdle, a difficult feat, one woman has made the good time of 15 2/5 seconds. In the high jumps women are lost and handicapped beyond the possibility of future redemption. All the women's records were made since 1910.



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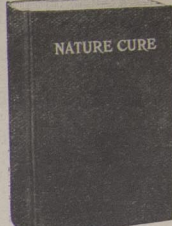
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Rugby Football.

There is a vast difference between the Rugby football of twenty years past and the game of today. In the "good old days" it was a rough-and-tumble, army game, while today the game is one of speed, accuracy and endurance, coupled with brains, on the field of play. The fast, clever team usually wins without speed and football brains.

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Better Health by Reducing Eyestrain

(Continued from page 121)

when an undue proportion of the vitality is appropriated by some organ, so that others are deprived of their normal supply, or when, by accumulation of waste matter and by tension in the muscles and ligaments, the distribution of nerve energy is retarded, then we have a disturbance of function, which, if long continued, develops into organic disease.

Tenso-laxing maintains the free distribution of vital action that maintains the normal action of the organism.

It has been determined that 85 per cent of all our knowledge comes through the eye. A disgusting sight will cause nausea and serious derangement of the various body functions. Every impression made upon the body is recorded in the eye—hence its value as a means of diagnosis. The eye is the window of the soul.

One-third, or more, of all the vital activity emitted from the brain is discharged through the eye, as the supply of cranial nerves shows, besides the supply from the sympathetic system.

A school of medicine has been conducted in Chicago for thirty years, with nearly three thousand successful graduates who cure or alleviate all kinds of diseases by relieving eyestrain—although not in the best manner.

The great fundamental primary causes of disease, acidosis and toxemia, from bad feeding, defective elimination, lack of proper exercise, worry and other causes, should not be ignored. Health depends upon right living, and more attention must be devoted to improving the habits of living and less to correcting the results of bad hygiene, more to health culture, less to pathology.

By the bad habit of straining to see, by failing to relax periodically, the normal tone of the eye muscles is lowered to such a degree that great waste of vitality results.

Cases of Indigestion Due to Eyestrain.

A few years ago, Dr. George Crile announced the discovery that many cases of indigestion and of other ailments are due to eyestrain. Goiter and most other ailments have been cured by relief of eyestrain.

By greatly reducing the amount of energy appropriated for abnormal habits of seeing, the digestion, elimination, mind and other functions will receive an increased supply of vital force, which will result in a marked increase in physical and mental capacity. The method of Vitamode has been proved far superior to the use of glasses, and to the method of Dr. Bates for the improvement of vision.

By devoting a few minutes daily to simple tenso-laxing exercises, a few of which are here explained, the writer has been able to discontinue the use of glasses entirely, after wearing them for nearly forty years. The chief benefit is the improvement in health resulting

from the saving of vitality ordinarily wasted in bad habits of seeing.

Become conscious of the fact that you strain the eyes to see, that you are anxious to quickly make out the details of unfamiliar objects that attract your attention. Correct the habit of being unnecessarily curious and unnecessarily worried to see, in a hurry, a great many things that there is no benefit in your seeing. Withdraw your attention from disagreeable sights that don't concern you.

Nausea, even collapse, may result from seeing a disgusting sight, thus affecting digestion and every vital process. Constantly we are being thus affected, to a degree, serious in the aggregate, by allowing our attention to be drawn to and held upon disagreeable sights.

Red is exciting and wasteful of energy. Blue, especially in expanse, as in the sky, and green, especially a lawn or grove, are restful. As you walk, see the expansive blue sky, the tree tops, the parking, more; the disagreeable sights and the details of objects and individuals, less.

Exercises to Cure Bad Eyes.

Select a few lines of printed matter of a size that you can read only with considerable effort. Strain for a few seconds to read this matter, till a distinct feeling of fatigue or desire to relax is felt; then relax completely, either by shading the eyes with the hand and seeing black, with the eyes fully relaxed, or sitting by a window, looking off in the distance and let the eyes feel completely relaxed by seeing the blue sky. When the type first selected can be read easily, after a few days or weeks of this practice, select a smaller size.

Hold a pencil far enough in front of the eyes to see the point easily; gradually draw the pencil in toward the bridge of the nose, while keeping the attention riveted on the point, till a distinct feeling of strain occurs; then look off in the distance as in the preceding exercises, while holding the thought of relaxation.

The largest cause of strain is the habit of dividing the attention as we read small type—keeping the mind ahead of the eye as we glance, hastily along the line, failing to allow the picture of each word to be formed, properly, before we interpret it. This practice, long continued, develops the habit of decentralizing the focus. Instead of the image being formed as it should be, in "the central pit" of the retina, it is scattered, as it were.

The serious effect of this habit in producing strain may be judged by this experiment. While seeing the third word in this paragraph, see also the last word in the same line; after attempting this for a few seconds, a distinct strain will be felt. You are doing this all the time, to a slight degree, in all your reading.

For a few minutes hold in mind the thought that you are going to see only one word at a time, as you come to it, failing to see the words ahead because you are keeping picture and attention

together. You cannot entirely avoid seeing other objects than the one that is engaging your attention, but you can reduce the anxiety, the hurry, to see more than one detail at once—thus increasing what Dr. Bates calls "central fixation," or above explained, overcoming the habit of decentralizing the normal focusing spot, the "central pit," on the retina—the better way to view it.

The exercises above explained have been found by practitioners who have previously used the methods that have been taught in the books published on the restoration of normal vision without glasses, to give better and quicker results, because the exercises prescribed provide systematic "tenso-laxing," instead of leaving correlation of tensing and relaxing to chance.

A HEALTH PROMOTION LEAGUE

A few weeks ago, the smouldering spark of desire for a league to promote health, spontaneously burst into flame, and a meeting was convened at the Hotel Morrison, Chicago. At this meeting Dr. Kane, a psychologist, outlined briefly the lines along which such an organization should work, and the general discussion which followed showed that its mission was to preach the gospel of health to those who have not yet realized that the path to health and happiness lies through right living and eating, exercise, fresh air and right thinking.

At the second meeting, the suggestions of a special committee formed to consider name and aims and objects were considered and it was decided to adopt the name "The National Health Promotion League." The aim of the league was adopted as follows:

The aim and object of this league shall be the promotion of health by the holding of exhibitions, athletic displays, lectures, demonstrations and providing an open forum for the expression of the various schools of health.

The temporary chairman of the league is Mr. Martiniz, of Oak Park. HEALTH AND LIFE was adopted as the official organ of the league.

The immediate method of getting the populace interested is to arrange a public demonstration. Mr. Bernard Bernard, the editor of HEALTH AND LIFE, is chairman of a committee that has in hand the promotion of a big display to be held at the end of October. The display will include demonstrations of gymnastics, wrestling, dancing, feats of strength, ju-jitsu and health exercises by champion athletes, and leading health physicians will make short speeches on the various aspects of health.

Everybody interested in health is cordially invited to join this league, and those able to contribute to an athletic or gymnastic program are especially called upon to give a helping hand.

The league is an expression of the whole health movement, and all health lovers should be inside it. More particulars can be obtained from the temporary secretary, Mr. Martiniz, c/o HEALTH AND LIFE, 333 S. Dearborn Street, Chicago.



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The Secret that Makes Millionaires

But millionaires are not the only ones who use this secret. It has made every great man of history. Think of Napoleon—an unknown Corsican soldier in the ranks—then suddenly starting the world with his meteor-like rise, overthrowing empires, reshaping the destinies of nations!

What is this amazing secret that can work such wonders? It is just this: *The thing behind all big achievement, whether in business, political or military life, is opportunity.* The man who wins is the man who sees his opportunity and seizes it. The man who never rises above the rut is the man who lets his opportunity pass.

To every man there comes one BIG opportunity—the golden chance of his life. And in the moment he decides for or against that opportunity—whether he will seize it or let it pass—he decides the whole future course of his life.

How often you hear a man say: "If only I had recognized my opportunity when it came—if only I had taken advantage of it—I would be a rich man today."

The world is full of such men—they plod along year after year—slaving away, hoping that somehow things will take a turn for the better. But their chance for success is gone—it lies buried in the graveyard of neglected opportunity.

On the other hand, let a man see and grasp his Big Opportunity—no matter how obscure he may be, how poor, how lacking in advantage—and his sudden rise to success will astonish a world. People will gasp at the amazing transformation in his fortunes. Read the life of any millionaire and you will find this to be so.

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Your Big Opportunity may be here too, in the wonderful field of Salesmanship. Perhaps you say you have never even thought of becoming a Salesman. But before you decide one way or the other, examine the facts for yourself. See what Salesmanship offers you—why it is the

best paid of all vocations—why there is no limit to what you may earn. Read the amazing proof that, no matter what you are doing now, you can quickly become a Master Salesman in your spare time at home—read how the National Salesmen's Training Association in its nationwide search for men to fill the great need of Salesmen, has devised a wonderful system that reveals to you every Secret of Selling without interfering in the least with your present work. See how this famous organization helps you to a good position in the line of Selling you are best fitted for.

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WHAT YOUTH MUST KNOW.

My Dear Mr. Bernard:
I have just read your article on "What Youth Must Know," and wish to say that an article like that is worth reading. I participate in athletics in my city and like it very much. I surely wish this article could be circulated among the boys of Minneapolis more than it is now, because I think that there are many boys your magazine would help. I believe in clean sports and playing the game square, and the majority do this, but some don't.

Complimenting you on this one article, "What Youth Must Know," I remain,
Sincerely Yours,
DON MILLER.

YOUTH MUST KNOW.

My Dear Sir:
Congratulations! Without doubt a magazine that will go on and on. I am for you body and boots, and this isn't flattery. I mean it. Your "What Youth Must Know" is so good that I wish I could have every boy read it. You have struck a field that needs working. I have a letter on my desk now from a boy who needs such advice, and it is almost every week that such letters come to me.
Yours sincerely, M. M.

HEALTH AND LIFE IS PEPPY.

Dear Sirs:
I was gladly surprised to come face to face with HEALTH AND LIFE at the local newsstand last week. It is a very "peppy" magazine, and the editor is to be complimented. I am sure this number will completely sell out. Make the succeeding issues as interesting. The public is beginning to think strongly in the language of health. Success to HEALTH AND LIFE! May it prove to be an inspiration for all that is good.

HAROLD SOLEM.

THE GREATEST BOOK HE HAS EVER READ.

"Sex Conduct in Marriage" is the greatest book I have ever read in my life. I hope you sell a million of them.
No country in the world outside of Japan looks upon the sexual parts as anything but vulgar. They look upon them as sacred. Mr. Bernard has handled this subject with the greatest efficiency of any writer on this subject.

CHARLES L. VAN IMVEGEN.

AN INSPIRING MESSAGE.

Herewith one year's subscription to HEALTH AND LIFE magazine, of which I have just finished reading the first number. I want to congratulate you on putting out such a helpful, inspiring message. I know it will be a success, for it is what the people need. Sincerely,
MRS. WM. H. DORSEN.

IN A CLASS BY ITSELF.

Gentlemen:
I think your magazine, HEALTH AND LIFE, a very fine publication, and in a class by itself. I hope you will meet with great success in the future with it. Very truly yours,
E. ALBERT RUST.

FINDING HER IDEAL MAN

The following letter is one that has a depth of feeling, and puts forward a very real problem—that of bringing together men and women of similar ideals:

Dear Mr. Editor:

I was fortunate enough to come across "Health and Life," and I want to tell you that it fills a great void in my life. Your motives are so full of idealism that I feel you understand human nature as it is.

I am a widow woman, and the one great aim of my life is to find a mate who will take away the loneliness of my soul, and upon whom I can lavish all the love of which I am capable. It is very difficult for one such I am to find the ideal man who would come up to my expectations. Not because he does not exist, but merely because there is no means of my getting into touch with him.

Would it not be possible for you, Mr. Editor, to help those of us who are in this position to find each other? If there are any expenses attached I am sure that they will be gladly met by us.

I spend most my time conjuring up in my mind the man who is my ideal man, but that is as far as it gets. My picture of the ideal man is one who is strong physically, mentally and morally; one who has won victories in athletics. He may be scarred with wounds of honor through boxing, wrestling, or football, but they will endear him more to me. I like a strong man, a man I can feel would be able to pick me up and run away with me in his big arms.

But I want a clean man, one with ideals similar to mine. I don't want a prude who is ashamed of his body, but one who is so well grounded in knowledge of the essential facts of life that I would know that I was safe in his care and keeping.

I am a great lover of physical exercises, and I would send you my photograph to prove that I have been able to develop my body into its right proportions, if you like.

(Mrs.) R.

CHAMPION ATHLETE AND CHAMPION HEALTH EXPERT

EUSTACE MILES, M. A. (Cambridge)

Formerly Classical Scholar of King's College, Honours Coach and Lecturer at Cambridge, Assistant Master at Rugby School, and Amateur Champion of the World at Racquets and at Tennis. Founder of the Eustace Miles Restaurant and Health Foods, and of the Individual Health-Courses for Cure and Fitness. Author of "How to Remember," "Through the Day," "The E. M. System," "Quick and Easy Recipes," "Keep Happy," "How to Prepare Articles," etc.



Eustace Miles, M. A., after having had Brights disease and many other troubles at the age of 27, attended sensibly to his health by diet, exercise, and mental help, etc., and is now flourishing at the age of 53.

He has not only worked hard with his brain, writing valuable books on many subjects and curing thousands of individuals by his health advice, but he also won the amateur championship of the world at racquets and court tennis, holding the latter championship for many years, owing his many victories chiefly to his wonderful power of endurance.

It was this success with brain and muscle that led him to devote his life to teaching others the secrets of what he calls "Self Health," and of showing others how they could acquire for themselves the wonderful mental and physical efficiency which he has developed for himself. For he was as successful in business and in learning as in athletics and physical culture.

He gave to the world the "Eustace Miles Methods," which have made the weak strong, the strong stronger, the despairing happy, and the ill and ailing healthy and fit.

You are at liberty to ask Eustace Miles for help in regard to your own case, and he will be pleased to give you his candid opinion as to the treatment you should follow so as to make yourself what you want to be.

Mr. Eustace Miles has been especially successful in the treatment and lasting cure of:

Thinness, Neurasthenia, Lack of Energy, Insomnia, Want of Self-Control, Anaemia, Gout and Rheumatic Troubles, Blushing and Want of Self-Control and many other troubles.

He is considered one of the world's greatest authorities on diet, physical culture and mental training.

Drop a line to him and get his advice on your case. He answers all letters himself.

EUSTACE MILES, M. A.

40-42 Chambers Street, London W-C 2 England

THE PYRAMID

By WARRINGTON DAWSON
(Continued from page 116)



THOMAS INCH

Have You Weak Nerves

Are you easily tired?

Do you fail to carry out your ambitions?

Do you suffer from sleeplessness, the worry habit, heaviness of limbs, palpitation?

Have you indigestion, poor circulation, does everything seem a trial and a care?

If so, if you have any of the foregoing symptoms and if you are not the success you feel you ought to be, you suffer from nerve weakness. In which case you are cordially invited to write me telling me your ailments, and by return mail I will send you a remarkable book telling you how you can become fit and well by an inexpensive home method which has cured many thousands of sufferers, including many advanced cases of shell shock. My diagnosis and opinion free of all charge, results permanent.

Write TODAY, before there is danger of a breakdown and enclose a 3d. stamp to—

THOMAS INCH
Health Specialist

(Dept. U. S.)

PUTNEY, LONDON, S. W. 15.
ENGLAND

carriage had stopped, taking acquiescence for granted. Blushing, George Alayn fished out his coat and cap, and climbed to his place—or rather to a place not his own, as far as possible from Miss Delmer, of Paris.

They drew up at a sheep-farm, where the horses were to be stabled. The shepherd invited the travelers into his house, a single room where sat his dirty, heavy wife and where played his six unkempt children. The shepherd extended a cordial invitation to the wayfarers: why not spend the night here, instead of risking wild beasts on the mountain top? Wild beasts! George Alayn thrilled with anticipation while enduring a moment of despair at the prospect of not camping at all, of sleeping near these shag-headed children who industriously scratched hair as thick and uncombed as wool, and many times as long. But the party moved on. George darted up the steep ascent, setting a mad pace for the rest, though carrying, or rather swinging triumphantly, the very heaviest of the baskets.

They reached the camping-place. He helped to cut balsam-boughs for the beds; he gathered dry wood for the fire, before running to the summit, so rock-bound and wind-swept that sleeping there was out of the question. He stood on the peak, the highest of the whole vast region, with a sheet of heather at his feet, and far below, a sea of billowy valleys. It was as though he poised bird-like upon, the topmost spar of a vessel's mainmast and dared to look down on troubled waters. Clouds of vapour rose from a long, straight, deep valley like a cleft in the sea; whilst the sun rolled in distant mists as in a blanket for the night, one eye peering to make sure that the world slept at his signal.

Neither Miss Delmer nor George Alayn could have told how it came about that they were side by side, the only boy in the party and the only attractive young woman. Perhaps the two were united because each could be merely conscious of the other's presence.

The sun vanished suddenly, as if he had seen too much. Miss Delmer burst out into a song, her clear voice challenging space as it pervaded the air. When she reached the refrain, George Alayn attacked it, too, but an octave higher; and they sang together to the end. Then they stopped and exchanged glances. She was surprised; he, shamefaced.

"You have a remarkable voice, Jack—is that your name? I forget."

Blushing furiously, aware of his hands, his feet, his coat buttons, of everything about him, he replied to the question:

"My name is George Alayn."

His case, his superb independence, his overbubbling vitality had been snatched from him; his head drooped, his shoulders sagged, one knee turned

in, both elbows out; his hands sought his pockets.

"Do you sing much, George?"

"No, I don't."

"Well, keep on don'ting! Now, listen to me. Never sing in the open—and never strain for a note. If you attack it and it won't come, just let it go. Who cares? Remember that particularly: never strain. Do you understand?"

"Yes," he said, to silence her.

"Good," she went on. "You may make a great singer; when you're a man, you ought to come to Paris and study. It all depends on your not ruining your organ."

"Organ?" He was on the quick defensive.

"Voice, then. It all depends on your not ruining it while you're a boy. I'm studying in Paris, so I know."

"How long have you been in Paris?" he asked, to stop her.

"Since I was thirteen," Miss Delmer answered.

His age!

Someone came up and spoke to her, George Alayn hurried away. Boy-like, he did not go near her again—because she had revolutionized his thought.

They ate their supper round a low, flat-topped rock on which the fire had been built; then they drank muddy, much-boiled coffee, and lounged about, chatting lazily.

Softly, George Alayn rose and slipped away, unnoticed. The stars called him—they looked so large that he really thought the height he had scaled brought them appreciably nearer. The smell of the balsam called him—it perfumed the air and filled him with ecstasy at each breath. The wind called him as it swayed the boughs—for it came from the valley and from the lands beyond, it came from the ocean, perhaps from Paris itself! He had resisted their calls for a while, because they were new to his being, because, thirsting for their untried mysteries, he mistrusted himself for feeling them. But to them had been added still another call, which was a look—the look of a beast under cover.

(To be continued)

Advice Department

Enquiries will be answered through these columns free. Readers should give a nom-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

H. A. N., St. Louis.—Be sure to obtain sufficient rest. Get nine hours sleep every night. Take your eggs lightly boiled, not fried. In place of sandwiches take a good big salad. You need exercise no matter how hard the nature of your work. Do those given in "Health and Fitness," and learn to eat according to the principles given in that book. Keep on trying and you will surely improve in health. Continue with the Chiropractic treatment, as it is benefiting you so much.

H. A. H., Mississippi.—Your nervousness is due to your acid condition. This is because you are including far too much starchy food in your diet. Your breakfast is quite all right, but be sure that the toast is made from whole wheat

bread. Bran and grape-nuts are quite all right. Omit bread from lunch. For some time it will be wise for you to stop eating starchy foods altogether, and substitute plenty of fresh vegetables, fruit and salads. Get as much fresh air as you can and continue with your exercises, as you know how you get along.

Let me know how you get along; I am always glad to hear from you.

I. C.—I am not surprised that your forehead is pitted with skin eruptions. Include in your diet plenty of fresh fruit and fresh vegetable food. Get out into the fresh air as much as possible and do deep breathing exercises. The oxygen will help burn up the poisons in your body, and you must try in other ways to eliminate these. Have a complete sponge to eliminate every morning after your exercise. Drink plenty of clean water in the mornings and night before retiring. Full information regarding yourself of skin eruptions contained in "Health and Life," price \$1.75. HEALTH AND LIFE Publications, 333 S. Dearborn St., Chicago, Ill.

R. A. R.—There is no reason why you should not yourself quite in order if you follow the general rules outlined in HEALTH AND LIFE magazine. Omit sauce and practice every morning and evening a good set of exercises. Take a good, brisk rub down after a bath every morning, so as to keep the skin functioning well.

G. P., Richmond.—The reason of your abnormal desire is that you are worrying yourself too much about the matter. Take more open air exercise and a cool sponge down every morning. Get out of your head the ideas of wrong connected with the function. Licentiousness, lust and promiscuity are vicious, but your conduct is quite moral. You should get "Sex Conduct in Marriage"; it will help you to understand these things. I quite appreciate all that your wife means to you, and that the thoughts occur in spite of yourself. Clean living and thinking are dependent on good health and activity.

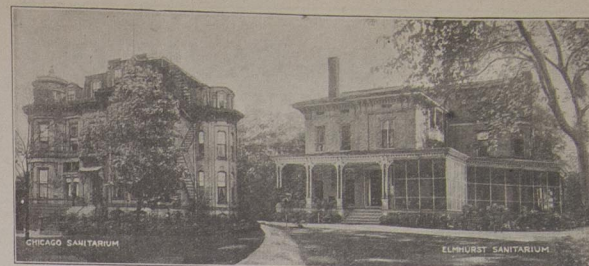
H. B.—You are suffering from a bad catarrhal condition, and unless you clean up it will become much worse and damage your ear. The trouble is very easily remedied by full elimination of the poisons with which you are affected. For the next few weeks for breakfast take only orange juice and a glass of milk. For lunch take a good big salad and two non-starchy vegetables. For dinner take some cooked non-starchy vegetables, including plenty of spinach and onions. Take an enema two or three times a day, so as to clean out the large intestine. Take a hot bath every night. After this resume normal diet.

S. D. S., Ohio.—You still have the Gonorrhoea poisoning in your system. You will have to undergo radical elimination of these poisons before you can get well. The case is really too complicated for me to deal with here. I think you ought to write to Dr. Lindlahr, and put yourself under his care. In the meantime, live frugally—get into the fresh air as much as possible, and do deep breathing exercises. Cease to eat starches and proteins for a time, and live on salad and fresh vegetables only. Take hot baths frequently, use an enema two or three times daily. Make up your mind to get well and then determine to live a clean sex life in the future. Don't marry that girl until you are quite right yourself or you will be sorry for it; you would commit a great crime against her. Read "Sex Evolution," price \$1.75. HEALTH AND LIFE Publications, 333 S. Dearborn St., Chicago, and you will obtain a lot of information that is necessary to you about the important things of life. It will help you to gain sound clean views.

G. S. J., Detroit.—You need first of all to eliminate the poisons from your system. It is not wise to take starches with fresh acid fruit, as that causes fermentation, and instead of having a good alkaline, antiseptic blood you have a lessened alkalinity and you get the mucous affection known as catarrh.

B. C., Ohio, Miss.—The mere fact of your tongue being coated shows that you have a great deal of poison that will have to be eliminated from your system. The best thing you can do is to refrain from eating starches and proteins for the next three weeks and substitute salads and non-starchy vegetables. Take plenty of spinach and onions and give yourself an enema morning and evening. You say that you have started to eat according to HEALTH AND LIFE principles, but I notice that you are taking eggs and bread together. This is wrong. If you have protein then have non-starchy vegetables. If you have starches do not include fresh fruit, but only sweet fruit. Coffee will not do you any good; it will only aggravate your complaint. Do not forget to exercise each evening—plenty of bending and stretching movements, as described in "Health and Fitness."

M. T. O., Boston.—The drain is the result of youthful indiscretions. It can be stopped by indulgence in a good course of physical culture. Get into the open whenever you can. Exercise regularly. Take less protein and more fresh fruit and fresh vegetable food.



Lindlahr Nature Cure Institutes

Only organization maintaining both city and country sanitariums

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LINDLAHR HEALTH RESORT

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Elmhurst, Illinois.

Health Restored—Strength Regained

at the Lindlahr Nature Cure Institutes, Where Nature Does the Work

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

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

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

Some of Our Healing Factors

All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are: Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleasant the palate, eases the digestion, unexcelled anywhere.

Milk Diet and Fasting Cures.

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

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

BANISH FEAR

Fear is the worst enemy to progress. It is responsible for all human failures. "Are you YOU," by C. Franklin Leavitt, M.D., will tell you how positively to overcome the fear and worry habit and help you to go "all out" at achieving your ambition.

Send a \$1 bill to secure this most valuable book.

HEALTH & LIFE PUB. CO.

333 S. Dearborn St., Chicago

Electric and Electronic Methods

ELECTRONIC DIAGNOSIS AND TREATMENT: We are using the Abrams electronic methods of diagnosis and treatment—the greatest discoveries of the age. From a few drops of blood we diagnose the basic disease strains in the system, hereditary as well as acquired. The electronic treatment positively destroys the disease strains in the system.

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

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

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

Name

Street and No.

City and State

MENTAL & PHYSICAL EASE & SUPREMACY

By C. Franklin Leavitt, M.D.

Man's evolution is now mental, and in the struggle for success the psychologist wins. Be master of your mind. Learn all there is to know of sound scientific psychology.

A complete system of physical exercises is photographically illustrated. These will keep you fit and efficient mentally and physically.

Send \$2 now for this complete volume.

HEALTH & LIFE PUB. CO.

333 S. Dearborn St., Chicago

A COMMON CAUSE OF WEAKNESS

This month I propose dealing with a condition all too prevalent among young men. My purpose in selecting it is two-fold: Firstly, because I am so frequently called upon to treat it; and, secondly, because I find that in nearly every case where treatment has been tried, quite a wrong method has been employed. The opinion, falsely held by those who have not studied pathological reasons for this distressing condition, is usually that, being an involuntary loss of energy, it must arise from an excess of energy, and measures are therefore advised to reduce the energy of the body. This most harmful method of treatment, usually the outcome of ignorance and jumping to conclusions, has been so often the case with clients who have come to me, that I am taking this opportunity of warning readers most urgently to be on their guard against those who profess to be able to cure this complaint without giving proof of their ability to do so. I leave my patient to state his case:—

He Writes: "I wish to take up your course, for which I enclose your fee. I have read your cases in Physical Culture Magazines week after week, and I feel sure that I shall be well repaid for placing myself in your hands. I must admit that I have been very foolish to myself, but I think you will be able to put me all right in the course of time. I have filled up your form to the best of my ability, and shall be pleased to give any further information should you wish. I might say that my chief complaints are sexual weakness, and, if I exert myself, I am very short-winded. I wish to take up your course from a curative point of view."

BUILDING-UP

Here is a case of general health deterioration, the causes of which had to be decided upon, and meanwhile the ever-weakening effect of them to be counteracted by restoring to the general system a new strength to make up for that which was lost. How soon readjustment of this strength-balance was attained may be seen by reference to my pupil's first report:—

First Report: "I have pleasure in sending you my first report. I might say that the exercises are a treat to perform. I am feeling better now than I have been for a long time past. I sleep sounder, and I awaken in the morning quite fresh. Considering the improvement I have already made, I think by the time I have finished the course I shall have something substantial to report. I await the second month's program with delight."

ATTACKING THE CAUSE

By this time I had, of course, become aware of the fundamental disabilities, to restore which to health and vigour was my main object. My pupil was in fit condition for his new exercises to operate beneficially, and by careful adjustment of them and a rearrangement of diet and attention to a hygienic regimen, that object, as my pupil himself bears witness, was soon attained.

Second Report: "I am pleased to say that I am still improving splendidly; the exercises are still a treat to perform, and I am glad to say that I am putting on weight. I have lost that feeling of shortness of breath during exertion, and I am keeping as fit as a fiddle. I must thank you for the kind attention you are paying me."

THE RESULT

End of Three Months: "I now send you my last report, and I am pleased to say that I am feeling myself well repaid for the fee, which seems so small considering the benefit I have derived from my three months' course. I think it was a very good day's work when I decided to place myself in your hands. I feel as though I have started life afresh. I have lost all my old complaints, and I have gained 12 lbs. in weight, which I think is proof of the progress I have made, and I must thank you for all the attention you have given me."

I let others tell you what I can do; what I have done for others I can do for you.

If you are a failure, suffer from Mental Lethargy, Nervousness, Blushing, General Weakness, Nervous Debility, Thinness, Sexual Weakness, or Stunted Growth, all the mental gymnastics ever devised cannot improve your memory because the nervous system is below par. Learn how mental and physical health can be built up and virile manhood assured.

Write today for the books—

"Do You Desire Health?" } In England 6d.
each, post free. }
"Sexual Neurasthenia" } In U. S. 15c. }
"Problems of Sex" } 5/6 in England.
} \$1.50 post paid.

T. W. STANDWELL

15 Southampton House, High Holborn, London, W. C. 1 England

DEFINITIONS OF THE THREE OLYMPIC LIFTS

Drawn Up by George F. Jowett, Secretary, American Continental Weightlifters' Association, Middleweight Champion of Canada.

The Two Hands Clean and Jerk.

The barbell shall be taken to the shoulders in one clean movement and thence jerked to arms length overhead.

In the "pull in" to the shoulders it shall be counted cause for disqualification should the bar be brought into contact with the body below the line of the nipples. To rest the elbows, or the bar, on the body prior to jerking the bell overhead is permitted. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

The bar to use must not exceed 6 ft. 6 in. in length, and the collars no nearer than 4 ft. 6 in., nor can the discs, or globes exceed 11 in. in diameter.

The One-Hand Snatch.

The barbell shall be taken from the ground to arms length overhead in one clean movement. In "fixing" the bell the trunk may be bent to one side, and the legs to any extent, but to lock the arm by "pushing" the bell shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

The One-Arm Clean and Jerk.

The barbell shall be taken to the shoulder in one clean movement, and thence "jerked" to arms length overhead. In the "pull in" to the shoulder the trunk may be bent sideways, the elbow may rest on the thigh prior to standing erect, but should the bar be brought into contact with the body below the line of the nipples, it shall be counted cause for disqualification. To rest the elbow on the body prior to "jerking" the bell overhead is also permitted. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

The same length of bar, and distance of collars, or "distance pieces," and the same diameter of discs or globes prevail in the last two lifts as in the first.

THE EXISTING RECORDS ON THE THREE OLYMPIC GAMES

112-lb. Class.

Right Hand Snatch—106-lbs., A. Eccles, England. Left hand, 101 lbs., J. Hayes, England.
One Hand Clean and Jerk—135 lbs., J. Hayes, England. Left hand, 133 lbs., H. Field, England.
Two Hands Clean and Jerk—182 lbs., J. Hayes, England.

126-lb. Class.

Right Hand Snatch—124 lbs., J. C. Plaine, England. Left hand, 120 lbs., J. G. Plaine, England.

(Continued on page 142)

The Fountain of Youth—and How I Found It

By C. Frank Dilks

THIS is a true story of a weakling who became strong. A story of a man who at one time though he had to stay 'put' because he was told so and thought so.

"I had most everything that could be in the make-up of a coward. As a lad I was very timid, was always alone, and, as a rule, did not have the courage to join other children in their games. If a would-be bad boy gave me a look I would quake within. I was afraid of everything. If I went swimming, it was usually alone. At the age of 14 years, I was a sick boy, and always had a headache from morning until night. I usually walked along like a dog; that is, always expecting to be kicked. I grew that way to manhood (if you can use that word).

"Then mother died and I was alone, for no one else understood me and this meant a struggle, for I was afraid to undertake a job. Rather than take a better job I would work for half wages. Being handy with tools, I did a lot of various things. I would figure in my mind what I should charge for my work when I was to be paid, but when the time came I would always do it for nothing; then go hide and lament because I had not the courage and strength to ask for what was due me. Oh, the hell of it all! I was afraid to die, was afraid of the world, afraid of the dark, afraid of the water, afraid of a crowd and afraid to be alone.

"As I stated before, I had everything that makes a coward. And why? Because I was a weakling. Things dragged along until I was 30 years old. I had secured some courage by then; that is, courage enough to read a Milo catalog that was given to me, and after reading it a thrill ran through that weak body of mine. Could it be possible for a weakling such as I was to be a man? Trembling, and with about as much faith in what I had read as a Quack Doctor has in his dope, I bought a bar bell. Of course, I knew it would do me no good. Wasn't I 'put'? Wasn't the other fellow big when he started? He was born that way.

"However, I started. I had a ten-inch upper arm. Imagine a man 5 ft. 10½ in. tall with a ten-inch upper arm! I went according to instructions and put in every bit of enthusiasm I had. Then and there I discovered what I had always wanted—Strength and Poise. As if by magic, my chest made a gain of five inches within six weeks. I then became like a man who had discovered a gold mine. I remember one evening going out into the yard. It was about dusk, and as I looked beyond the setting sun and away into space, I walked through the gates of a new life with a feeling of being well and strong. My breath came fast and a feeling came over me that I was master of the world. I had at thirty-two years what I did not have at twenty. I was old at twenty and young at thirty-two. I stood there, I don't know how long, with that joyful feeling surging through me.

"What the average man leaves behind at my age, I am just taking up; for instance, wrestling, throwing the disc, putting the shot, etc. There are lots of men who are strong and well when they read this and who will say that I am over-rating bar bells, but they were never the weakling that I was, and they know only one side of the question.

"Just one more word, a word to the weak; you, my sick friend, can do the same thing. I know what you think and how you feel. Get a bar bell and life will start anew!"

Do you desire health and strength? We can help you as we have helped Mr. Dilks, who, in spite of a weak, unhealthy body, succeeded in developing health and strength far beyond the powers of two or three ordinary men.

During the past eighteen years we have developed thousands of men and boys. The experience we have gained during this time is yours for the asking. We do not ask you to take our word for what we can do for you. We give you an absolute guarantee of satisfactory results or your money will be refunded without question. You owe it to yourself to be healthy and strong.

Remember, you can make more progress in one month with the Milo Method, than in a year by any other system. Our booklet, HEALTH, STRENGTH AND DEVELOPMENT—HOW TO OBTAIN THEM, will show you the way. It is free. Send for it today!

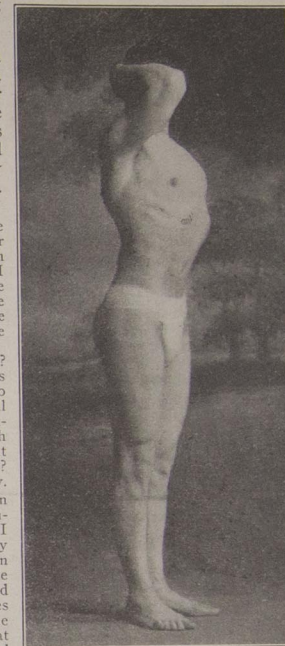
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C. Frank Dilks, of Bridgeton, N. J., the weakling who became strong, and who says: "I know that I got results, real results, with Milo bar bells."

Do We Want Birth Control?

IF THERE is the least doubt in your mind as to the necessity for the work of HEALTH AND LIFE in endeavoring to get more public enlightenment on the ability to control conception, the following letter ought to convince you.

The doctor referred to here is by no means the only one who will advise prostitution in such a case, and surely this is sufficient in itself to condemn the withholding of the means of prevention. As a matter of fact, this doctor would have acted quite lawfully if he had explained the methods of control, for the woman was ill and in great danger of losing her life, according to his own diagnosis.

There is not the slightest doubt that a great deal of prostitution is caused in this way. Think of the alternatives of these two people. One is for the husband to be unfaithful to his wife, perhaps contaminate her with loathsome venereal disease. The other is to risk her life and to rob his children of their mother. Yet it is the simplest thing in the world for this to be averted; for the husband to be faithful and true, for the wife to have the love of her husband in the fullest sense which is her right.

(Reproduced by Special Permission.)

Mr. Bernard Bernard,

Editor of Health and Life.

Dear Sir:

I am a stranger to you, but am addressing you by virtue of an invitation contained in an acknowledgment of my order of two of your books, "Sex Conduct in Marriage."

The subject I wish to discuss with you is a very intimate one—one which I have hesitated to discuss with even my physician until necessity compelled me to do so. A friend of mine—who, by the way, is a deaf mute—gave me a copy of your magazine a short time ago, and I became very much interested in it. It was the July issue, and contained an editorial written by you—which I consider a masterpiece of its kind. Although it was very short, it was decidedly to the point. I am going to unburden myself to you and ask your advice about a matter of the same nature. If it is anything that you feel you cannot advise me about I sincerely ask your pardon for taking your valuable time.

First—I was married April 22, 1914, at the age of 24, my wife being 20. My first child was born on August 27th of the following year, 1915—a girl. The second child was born September 12, 1916; the third, October 29, 1917; the fourth one on April 26, 1921, and another is expected sometime in September of this year. We wanted two children—a boy and a girl. We have two boys and two girls. We thought two enough for people in our situation to care for and rear properly. I am simply a mechanic, and earning only a mechanic's pay. I will explain to you what physicians have told me and

what I believe is true—all of this is caused by laceration.

My wife matured at the age of 13 years. She suffered for three months with severe cramps after maturity, but the flow did not pass from her on account of a closed hymen. This continued backing up of menstruation for three months formed an abscess in her left side. In order to remove this abscess the surgeon inserted an instrument that opened larger and larger until he could insert his hand and open the abscess. Result: The vagina was torn downward at the mouth and was afterward sewn or stitched, forming, of course, scar-tissue.

When our first child was born, this scar-tissue was again torn, and, of course, I was not supposed to know about such things, and was assured by the attending physician that everything was all right. I found afterward that he is addicted to the use of morphine, and was then. He failed to replace the stitches, and in a short time the uterus began to come down, and protruded. This same physician made an examination and found her pregnant, assuring us we would have no more trouble. After this child was born, the same thing occurred. Another doctor advised an operation—suspension, which was done. This child—the third one—was born, and the doctor said it would not be necessary to make those stitches again. I then used every precaution I had ever heard of to prevent pregnancy, but without result. This third child was born under influence of twilight sleep.

Before she again became pregnant, however, another physician advised currtage—which was done; also the stitches were again put in. Advice was given me not to allow her to again become pregnant, but I was not told how to prevent it. Let me say here that my wife has a normally healthy appetite, only her torn condition preventing her from bearing children safely. Each time I have been told by physicians that pregnancy may cause her death, and was advised to let her alone, as there was nothing that would safely prevent pregnancy except "to abstain from the sex act," as you said in your editorial. I was even advised by one doctor to "hunt other pastures," to use his exact words. One did tell me that he knew of something that would surely and safely prevent, but that he is afraid that to divulge the secret would get him into trouble. This doctor is a young man, who has been married about five years, and HAS NO CHILDREN. Evidently it is not unlawful for him to use information which he will not give others, but he admits that we need this information. The idea of "hunting other pastures" has never appealed to me, and I hope it never will. My wife has been very patient in all of this, and it is for her sake I am writing you. I can see only failure for us if we keep going on as we have been doing, and I want to avert this if possible. Can you help us? WILL you help us? If you will, I will be your everlasting friend, and my wife will also.

I am a printer by occupation—a linotype operator—and, of course, am in a position to say something about the makeup of your magazine. It is a beautiful example of typographical art, especially the printing of the cuts, to say nothing of the value to humanity of the articles and health hints.

I will speak a good word for it whenever I can.

EDITORIAL

(Continued from page 127)

piness depends on sane sex conduct, and a maintenance of the love and romance that led to marriage. The only way that love and romance may continue is through their power of free expression, and that is only possible where the scientific methods of controlling conception are understood.

OLYMPIC GAMES LIFTS

(Continued from page 140)

One Hand Clean and Jerk—148½ lbs., C. Foster, England, W. R. Left hand, 146¾ lbs., W. A. Pullum, England, W. R.

Two Hands Clean and Jerk—224½ lbs., W. A. Pullum, England, W. R.

140-lb. Class.

Right Hand Snatch—142 lbs., H. Livingstone, England. Left Hand, 131¾ lbs., H. Livingstone, England.

One Hand Clean and Jerk—158 lbs., H. Jackson, England. Left hand, 155½ lbs., H. P. Flint, England.

Two Hands Clean and Jerk—225 lbs., H. P. Flint, England.

154-lb. Class.

Right Hand Snatch—145 lbs., T. W. Clarke, England. Left hand, 144 lbs., T. W. Clarke, England.

One Hand Clean and Jerk—170 lbs., C. Aldred, England. Left hand, 155½ lbs., H. P. Flint, England.

Two Hands Clean and Jerk—252 lbs., T. W. Clarke, England.

168-lb. Class.

Right Hand Snatch—145 lbs., T. W. Clarke, England. Left hand, 144 lbs., T. W. Clarke, England.

One Hand Clean and Jerk—180 lbs., T. Pevier, England. Left hand, 180 lbs., T. Pevier, England.

Two Hands Clean and Jerk—252 lbs., T. W. Clarke, England.

Heavyweight Class.

Right Hand Snatch—145 lbs., T. W. Clarke, England. Left hand, 155½ lbs., S. Weston, England.

One Hand Clean and Jerk—180 lbs., T. Pevier, England. Left hand, 180 lbs., T. Pevier, England.

Two Hands Clean and Jerk—265 lbs., L. Elliott, England.

W. R. represents World's Record; others in this list of British records.

The Cleanest, Yet Most Outspoken, Book Published

There is not a man or woman, married or unmarried, who does not need to know every word contained in "Sex Conduct in Marriage." The very numerous tragedies which occur every day, show the necessity for plain-spokenness and honest discussion of the most vital part of married life.

It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention

in this respect, recognizing as he does that no marriage can be a truly happy one unless both



partners are free to express the deepest feelings they have for each other without degrading themselves or bringing into the world undesired children.

The author is an idealist who recognizes the sacredness of the sex function and the right of children to be loved and desired before they are born. Very, very few of us can say truly that we were the outcome of the conscientious desire of our parents to beget us. They, however, were not to blame because they had not the knowledge which would have enabled them to control conception.

Let us, then, see that our own marriage conduct brings us happiness and enjoyment in itself and for our children.

A Book for Idealists by an Idealist

The greatest necessity to insure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M. D., writing of this book says: "As regards sound principles and frank discussion I know no better book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health

School in need of reliable information to read this book."

"I feel grateful but cheated," writes one man, "Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

SEX CONDUCT IN MARRIAGE

By BERNARD BERNARD
Editor-in-Chief of "Health and Life"

Answers simply and directly, those intimate questions which Mr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straight-forward explanation, unclouded by ancient fetish or superstition.

A few of the many headings are:—

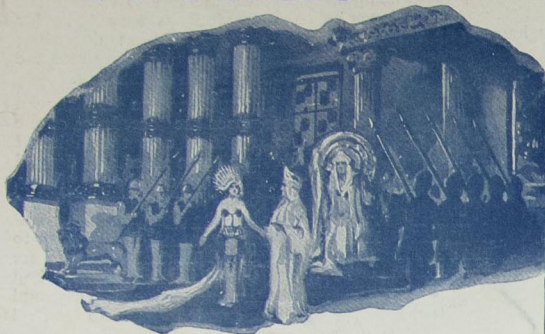
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|---------------------------------------|---|
| When the Sex Function Should Be Used. | The Initiation to Matrimony. |
| Sex Tragedies in Childhood. | Anatomy and Physiology of the Sex Organs. |
| The Consummation of Marriage. | The Spontaneous Expression of Love. |
| The Art of a Beautiful Conception. | Why Women Have Been Subjected. |
| Sex Communion. | Men Who Marry in Ignorance. |
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YOU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

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The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You are to be the sole judge; on your decision depends whether or not we keep your money.

You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A. M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you thru the Perfect Voice Institute. He has

lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

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