

Get Right - Get Light

★ Strength

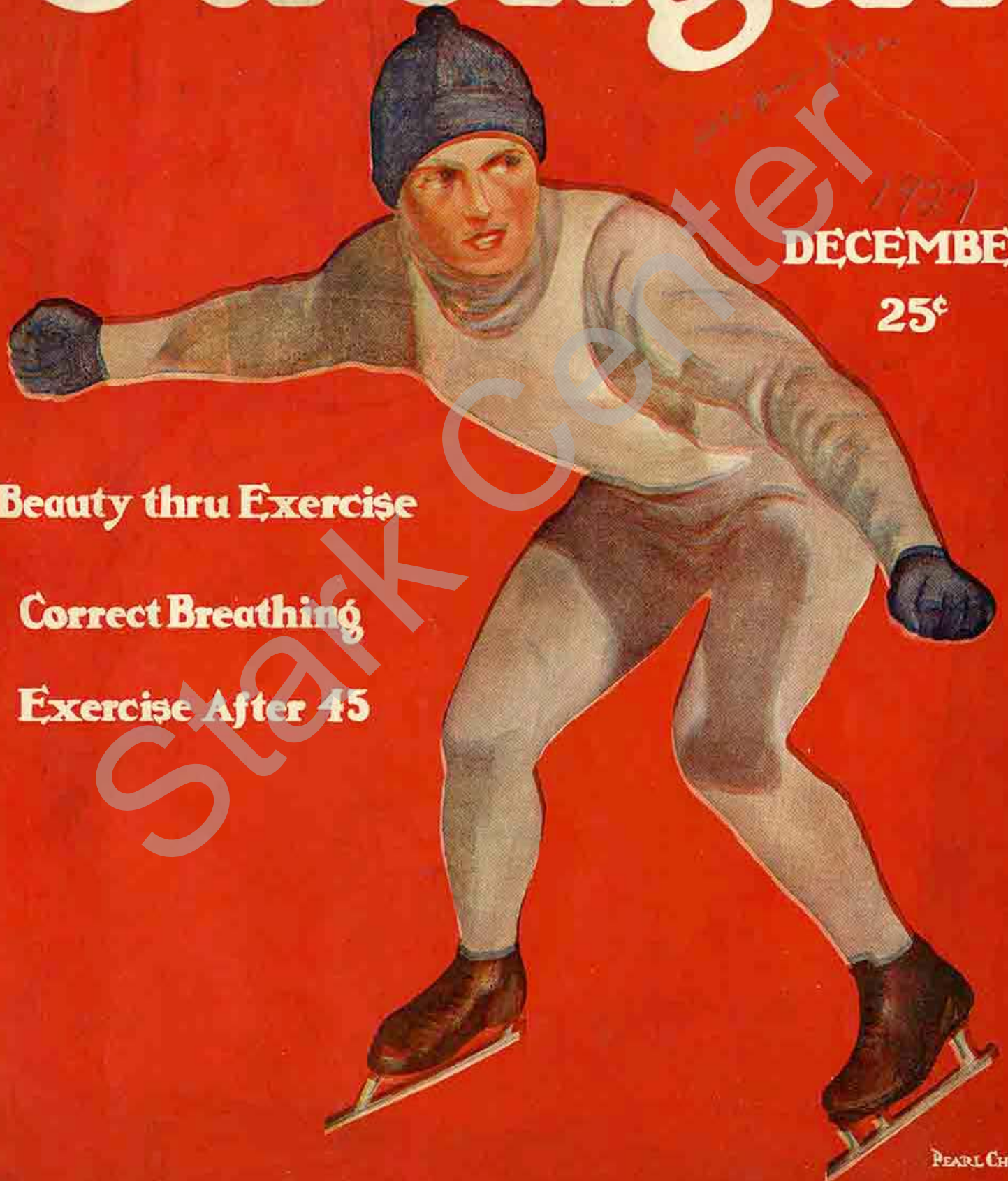
1937
DECEMBER

25¢

Beauty thru Exercise

Correct Breathing

Exercise After 45



PEARL CHEN

WHAT IS A BAR BELL?

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

The Greatest of All Body Builders

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

By Using a Bar Bell You Can Become a Physical Superman



HARRY HALL

THE MILO BAR BELL CO.,
Dept. 186 2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Please mail me, without charge or obligation on my part, your free booklet, "Health, Strength and Development and How to Obtain Them."

Name

Address

City State

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

We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and *coax* your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

Our Literature Will Interest You

Send at once for our booklet,

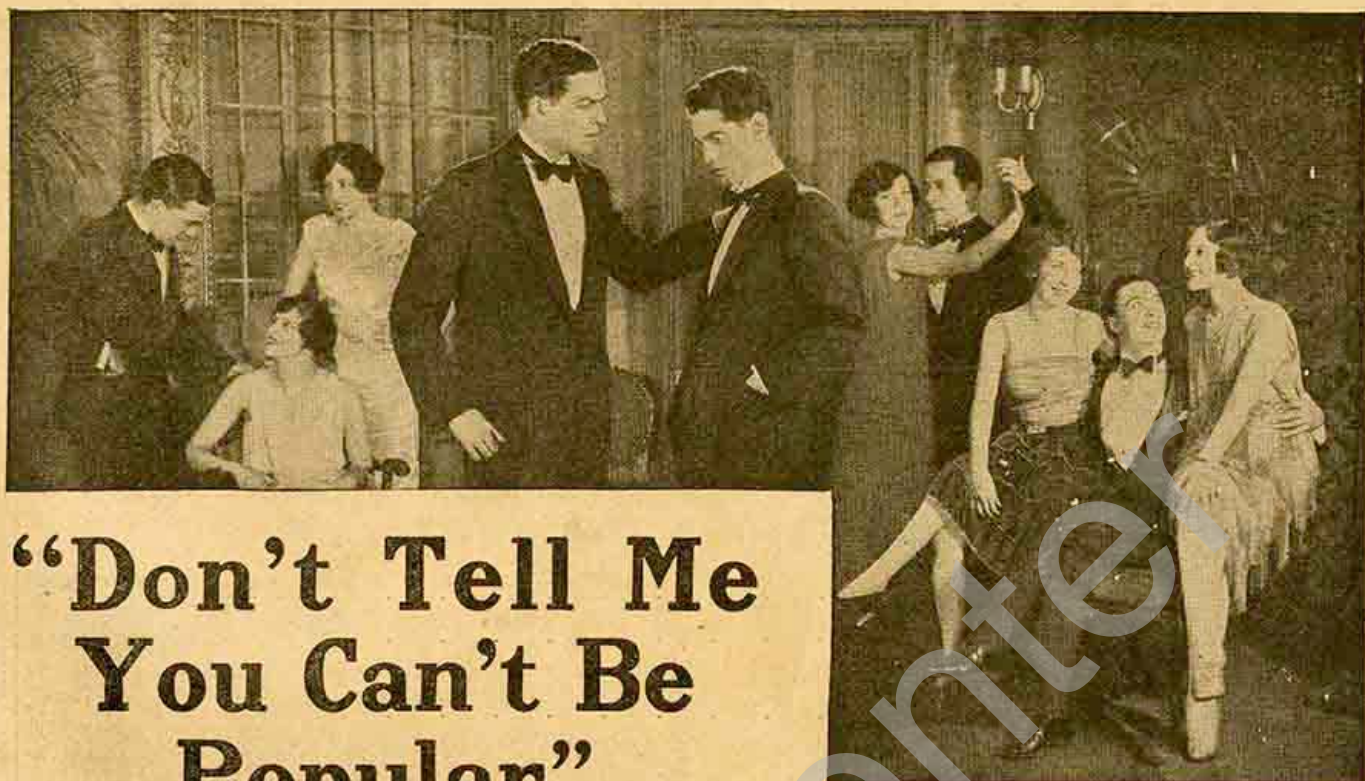
"Health, Strength and Development and How to Obtain Them"

The Milo Bar Bell Co.

Dept. 186

2739 North Palethorp Street

Philadelphia, Pa.



“Don’t Tell Me You Can’t Be Popular”

“I, too, felt the agony of lonely evenings, dreary hours, bitter disappointments. Yet the real secret of popularity was right ‘under my nose’ all the time. Here’s how I found it!”

JACK COADY grabbed me by the shoulder. “Of all people—where have you been keeping yourself? Don’t be a modest violet. Come out of that corner and meet the friends.” He smiled.

But I hesitated. Jack hadn’t seen me for months. He didn’t understand *why* I was alone. And I felt ashamed to tell him.

Finally, however, I could stand it no longer. I was blue—I simply had to confide in someone.

“The trouble is,” I began, “that I haven’t the gift of ‘mixing’—like you. I suppose a man has to be a natural born ‘mixer’ to make friends these days!” And I sulked.

“Well,” interrupted Jack, “I’ll give you a secret that *does* bring friends, if you’ll listen a minute. Only *don’t* tell me you can’t be popular!”

Jack’s Story

“You say I’m a good ‘mixer,’” began Jack. “All right—granted! But here’s where you make your mistake. I wasn’t *born* that way—any more so that you yourself.

“Thirty days ago I was feeling pretty discouraged. My life was just one dull evening after another. Sitting at home reading is okay for awhile, but I wanted life—people—fun—good times! And why not?”

“So when I saw an ad in a magazine with the heading ‘Why Miss Half the Fun of Life?’ I became interested immediately. And—since there was no obligation—the very next morning I mailed the coupon to Arthur Murray, America’s foremost dancing instructor. I asked for his booklet, ‘A Short Cut to Popularity,’ and his five free lessons in dancing.

“A 32-page booklet and the five free lessons arrived promptly. The booklet explained how the ability to dance well gives poise and self-confidence—how it helps to overcome timidity and awkwardness—how it enlarges one’s circle of friends.

“The lessons I followed carefully—practising before a mirror. Honestly, it was remarkable how easily I learned even the hardest steps.

“Now, of course, dancing seems natural to me. I’m welcome everywhere. I get more real pleasure out of life than I ever thought possible. And, Bill, if you really want to be popular, here’s an easy way to do it—as I did!”

Learn to Dance at Home

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

No matter how poorly you dance now—no matter if you’ve never been on a dance floor in your life—Arthur Murray’s new method makes you a finished dancer in ten days, or you don’t have to pay a penny for the lessons.

Just think! In ten days’ time you’ll be able to do the French Tango, the Fox Trot, the Waltz and all the smart new steps.

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

Five Lessons FREE

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

Don’t wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 754, 7 E. 43rd Street, New York City.

Arthur Murray, Studio 754,
7 East 43rd Street, New York City.

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

Name

Address

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



Strength



DECEMBER, 1927

Vol. XII

No. 10

CONTENTS

Cover Design by Pearl Chern

General Health	Editorial 21
Big League Basket Ball	Jim Barrett 22
<i>Photographs</i>	
The Art of Hand Balancing	Robert L. Jones 24
<i>Photographs</i>	
Beauty Through Exercise	Margaret Sargent 28
<i>Photographs</i>	
All Aboard the Health Special	Jack Russell 31
<i>Photographs</i>	
The Three Fates	Russell Viohl 33
<i>Photographs</i>	
Exercise After Forty-Five	Mark H. Berry 34
<i>Photographs</i>	
Shape From Shapelessness	Charles MacMahon 38
<i>Photographs</i>	
Health—Strength—Beauty (Our Girls' Circle)	Marjorie Heathcote 41
<i>Photographs</i>	
The Mat—Department	Mark H. Berry 43
<i>Photographs</i>	
Get Right—Get Light	James Lawton 46
<i>Photographs</i>	
Is Wrestling More Brutal Than Boxing?	George Krauter 47
<i>Photographs</i>	
Nature's Method—Department	Dr. D. E. Stombaugh 49
Association Notes—Department	Mike Drummond 50
<i>Photographs</i>	
Ask the Doctor—Department	Dr. B. M. Middleman 53

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

D. G. REDMOND, Publisher, Publication and Subscription Offices, 2737 N. Palethorpe St., Philadelphia, Pa.
Advertising Offices: 104 Fifth Avenue, New York City, N. Y., J. F. SLOAN, Advertising Manager.
London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
Chicago Office: 168 North Michigan Ave., Fred Sweezy, Manager

Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.
RENEWALS.—When your subscription expires we place a renewal blank in your final copy. Possibly you have renewed since we prepared the final number for mailing to you. Should your subscription expire with the present issue, however, your renewal should reach us before the first of the month, thus insuring you the following number. It requires a month to fill subscriptions and address to new subscribers. If your subscription is a renewal, state this fact also in your order, so that it may be properly extended. In notifying us of any change in residence, please give us the old as well as the new address. Money may be sent in by check, postal or express money order, or registered letter.

Copyright, 1927, by The Milo Publishing Co.



They Grinned When the Waiter Spoke to Me in French

—but their laughter changed to amazement at my reply

WE had dropped into Pierrot's for dinner—Pierrot's, that quaint French restaurant where the waiters speak nothing but French. Jack Lejeune, who boasted a smattering of French, volunteered to act as interpreter.

"Now tell me what you want to eat," announced Jack grandly, after we were seated, "and I'll 'parley' with the waiter."

With halting French phrases and much motioning of hands, Jack translated our orders to the waiter. Finally Jack turned to me.

"What's yours, Fred?" he asked.

"Virginia ham and scrambled eggs," I replied.

Jack's face fell. He knew that my order would be difficult to translate into French. However, he made a brave effort.

"Jambon et des—et des—" but Jack couldn't think how to say "scrambled eggs." He made motions as if he were scrambling eggs in a frying pan, but the waiter couldn't get what he was driving at.

"I'm afraid you'll have to order something else, Fred," he said finally. "I can't think of the word for 'scrambled eggs.'"

Everybody smiled—everybody except me. With great ceremony I beckoned to the waiter. "I'll explain my order to the waiter," I said. A chuckle ran around the table.

"Fred can't speak French, can he?" I heard a girl whisper to Jack.

"No—he never spoke a word of French in his life," came the answer. "But watch him. This will be funny. He'll probably give an imitation of a hen laying an egg."

A Tense Moment

The waiter addressed me. "Monsieur a fait son choix?" he asked.

There was a pause. All eyes were on me. I hesitated—prolonged the suspense as long as possible. Then in perfect French I said to the waiter: "Oui. Donnez-moi du jambon aux oeufs brouillés—jambon de Virginie."

The effect on my friends was tremendous. The laughter stopped. There were gasps of amazement. In order to heighten

the effect, I continued for several minutes to converse in French with the waiter. I asked him all sorts of questions—what part of France he was from—how long he had been in America, and many other queries. When I finally let the waiter go, everybody started firing excited questions at me.

"Fred! Where did you learn to speak French like that?" "Why didn't you tell us you could talk French?" "Who was your teacher?"

"Well, folks," I replied, "it may sound strange, but the truth is I never had a teacher. And just a few months ago I couldn't speak a word of French."

"Quit your kidding!" laughed Jack. "You didn't develop that knowledge of French in a few months. I thought it took years to learn to talk like that."

"I have been studying French only a short while," I insisted. And then I told them the whole story.

How I Learned French Without a Teacher

"Did you ever hear of the House of Hugo?" I asked.

Jack nodded. "That's that famous Language Institute over in London isn't it?"

"Yes," I replied. "They've been teaching languages for over a century. Thousands of Europeans have learned foreign languages in a surprisingly short time by their 'at-sight' method."

"But what's that got to do with your learning French?" asked Jack. "You haven't been over there taking lessons from the House of Hugo, have you?"

"No, I couldn't go to the House of Hugo, so the House of Hugo came to me," I replied quizzically.

My Friends Looked Startled

"Here's what I mean," I said. "The authorities of the House of Hugo got together recently and decided to condense their knowledge of language instruction—their experience in teaching French—the secrets of their wonderful method into a course of printed lessons—a course which anyone could study at home."

This course turned out to be the most ingenious method of learning French ever devised. It was simple, unorthodox. It enabled people to learn French in their own homes in an incredible short time.

"I can't begin to believe it myself. Just over a few months ago I couldn't speak a word of French. Now I can speak and understand French when it is spoken to me. And I didn't study—just

a few minutes a day. There were no laborious exercises to do—no tiresome rules—no dull classroom drills. It was actually fun learning. Everything was so clear, so simple, so easy. Honestly, the Hugo 'At-Sight' French Course is the most remarkable thing of its kind I have ever seen!"

Try It 5 Days FREE

This story is typical. You, too, can now learn French at home—quickly, easily, pleasantly—just as thousands of others are doing by the celebrated Hugo "At-Sight" Method. Twenty-four fascinating lessons, carefully planned. The most ingenious method of learning French ever discovered. Whole generations of language-teaching experience in all the leading European cities are behind this French course.

The wonderful thing about this simplified Hugo method is that it makes you your own teacher. At home—in minutes that might otherwise be wasted—you learn, phrase by phrase, sentence by sentence, to speak the language correctly and well. To be able to speak French is decidedly a cultural attainment, and is recognized as such. Use those spare minutes to master French this fascinating Hugo way!

No money is necessary now. We shall be glad to send you the complete course FREE FOR 5 DAYS so that you may see it and judge it for yourself. Within the free examination period you have the privilege of returning the course without cost or obligation, or keeping it as your own and sending only \$2 as a first payment and thereafter \$2 a month until the full price of \$12 has been paid.

You are the judge. Simply return the course within 5 days if you are not fascinated and delighted with it. If you act promptly, a valuable French-English Dictionary, containing 45,000 words, will be included without additional cost.

We urge you to clip and mail this coupon today. Double-day Page & Co., Dept. F-9512, Garden City, New York.

Double-day, Page & Co., Dept. F-9512
American Representatives of Hugo's
Language Institute of London,
Garden City, New York

Please send me the Hugo "French-at-Sight" Course in 24 lessons for free examination and include the French-English Dictionary. Within 5 days I will either return the course and dictionary or send you \$2 at that time and \$2 each month thereafter until \$12 has been paid.

Name

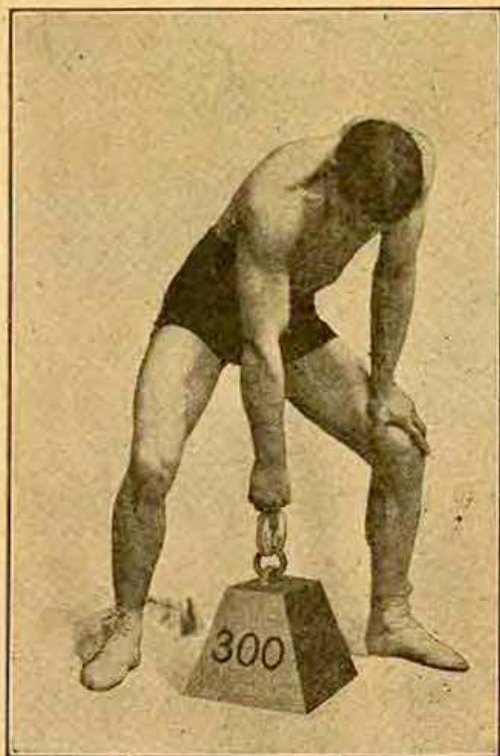
Address

City State

Occupation

5% discount for cash with order

Development First



Prove to Your Friends That Your Time Is Not Wasted In Following Physical Culture. Sign Up Today and Qualify For One of the Many Awards We Have to Offer.

COMING STRENGTH SHOWS

New York City, Dec. 3rd, 8 P. M.
BRYANT HALL

Philadelphia, Early in January
WATCH FURTHER ANNOUNCEMENTS

We want to encourage those who are working for physical perfection. After they attain their ideal, then is the time to attempt strength feats.

The A. B. B. M. will award diplomas for development, posing and lifting.

We want to weld together an inseparable League of Body Culturists by encouraging a feeling of fellowship among all Strength readers.

All official lifting in America must be performed under the sanction of the A. B. B. M. We require the scales to be tested by the proper City Official; a recognized referee must officiate; we further require that an affidavit be sworn to concerning the entire procedure.



OUR LAPEL BUTTON



SHOW THEM A DIPLOMA OF THE A. B. B. M.

Proudly display the medal you were awarded.

And Lucky is the member who wins a Handsome Loving Cup.
JUST LOOK HOW EASY IT IS TO GET THESE.

HERE ARE A FEW OF OUR OFFERS FOR MEMBERS OF THE A. B. B. M. TO WIN DIPLOMAS:

Any member making a total gain of 10 inches in three months' time on the following measurements will be entitled to a Diploma:

Neck, Normal Chest, Both Upper Arms Flexed, Both Forearms, Both Thighs and Both Calf Measurements.

The only requirements are that two witnesses sign to the correctness of these measurements both before and after the period of three months.

ANOTHER SCHEME FOR THOSE WHO ARE INTERESTED IN LIFTING IS TO MAKE A CERTAIN TOTAL ON THE FOLLOWING EIGHT STANDARD LIFTS:

One Hand Military Press, One Hand Side Press, One Hand Bent Press, One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch and Two Hands Clean and Jerk.

We will award three different grades of Certificates according to your ability on these lifts and the necessary totals are as follows:

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class

Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for a Third Class Diploma; those who weigh over 200

pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

TO ENCOURAGE THOSE WHO PRACTICE BACK AND HARNESS LIFTING, we will give first, second and third class diplomas for certain totals on a set of lifts composed of the Back Lift, Harness Lift, Hand and Thigh Lift, Two Hands Dead Lift, Two Finger Lift and Teeth Lift.

WE ARE ALSO RUNNING A POSING COMPETITION, OPEN ONLY TO AMATEURS AND WILL PRESENT THE WINNER WITH A HANDSOME SILVER LOVING CUP, A GOLD MEDAL TO SECOND PLACE, SILVER MEDAL TO THIRD PLACE AND BRONZE MEDAL TO FOURTH PLACE, BESIDES AWARDING DIPLOMAS TO ALL WHO ARE WORTHY OF HONORABLE MENTION.

In the columns of this issue you will find reference to further means of winning Diplomas. We are working out certain fair percentages on all the lifts so that ambitious members may win Gold, Silver, and Bronze Medals. We intend to promote Lifting Contests and Championships and will award suitable medals to all place winners, providing they are members of the A. B. B. M.

We believe it will be to the advantage of every bar bell enthusiast to join this organization whether or not he is interested in the Game of Lifting, as we can promise you that we are going to make it worthwhile to be a member. Every member will receive a Lapel Button, membership card, and the privilege of competing for any of our awards.

Remember, the annual membership fee is 25c to Strength Subscribers. Non-subscribers may enroll on payment of \$2.75, which includes a year's subscription. Canada, \$3.00. Foreign, \$3.25.

NOTICE:--Beginning With January--All Memberships Will Be \$2.75

A. B. B. M., Care Strength Magazine, Dept. S-12-27,
2739 N. Palethorp St., Philadelphia, Pa.

Secretary: Please enroll me as a member of the Association, for which I enclose \$2.75, including a year's subscription to STRENGTH.
Canada \$3.00. Foreign \$3.25

Name
Address
City State

Send Your Enrollment to

Association of Bar Bell Men

Care of Strength Magazine

Dept. S-12-27

2739 North Palethorp Street

Philadelphia, Pa.

Energize Your Body Through STRONGFORTISM



STRONGFORT
Builder of Men

Your body can be and should be dynamic in its energy and powerful in every muscle. If you are a weakling—a make-believe man—a skinny, flabby outfit—it's your fault and yours alone. You don't have to be a weak, nervous, useless fellow. You can be strong—and you will be if you have the sand to follow the path thousands of others like you have followed under my guidance.

Maybe you are one of those fellows who have thought they could run wild without destructive results. Maybe you've indulged yourself and gone the speed limit in the use or abuse of your physical powers. Maybe you thought there was no end to your vitality—that you could go it day and night and dissipate to your heart's content. Now you know better—you've learned your lesson—and what are you going to do about it? I'll tell you what you can do. I'll tell you what I've done for weak men all over the world.

STRONGFORTISM Will Make A Man Of You

Men who were afflicted with all sorts of nasty ailments—annoying, destroying, weaknesses—men who were ashamed of their lack of stamina and muscular power—men who had well-nigh given up hope of ever being strong again—these men—thousands of them—in this country, in South America, in Europe, in Australia, in Cuba, in India even—came to me and they were put on their feet, restored to health and strength and became men who were proud of their physique and who feared no one.

My Record In Body Building Is Unparalleled

If you will take the time to read some of the fine testimonial letters that come from pupils everywhere, you will realize the extent of the good that STRONGFORTISM has done. You will have no doubt of its value. You won't hesitate to apply it to yourself if you want robust health, vitality and muscular strength.

For over 27 years I have devoted myself to the development of men's bodies into fine specimens of manhood—not that they all wanted to be athletes, but because they wanted to possess full physical powers and feel like real men. No one in history has done more in the way of body building and restoration.

You can get rid of Constipation, Catarrh, Nervousness, Rheumatism, Indigestion, Dyspepsia, Weak Back, Insomnia, Palpitation, and a whole string of other ailments if you will take up Strongfortism in dead earnest. I want to help you—and I can help you if you will give me a chance—if you will write and tell me what troubles you.

Send For My FREE Book

This book of many pages and dozens of pictures tells of my wonderful experience—how I became the outstanding athlete of the world, performing feats others dared not attempt; how I turned the knowledge gained through developing my own body to the benefit of others, and then how STRONGFORTISM was evolved. It tells what I have done for others, what I can do for you. It doesn't mince words. It tells plain truths. "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH, AND MENTAL ENERGY" points the way from disease and weakness to health and strength. It is priceless. I'll send it to you on request—FREE.

Send this FREE Consultation Coupon

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 417, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

- | | | |
|--------------|-----------------|-------------------------|
| .. Catarrh | .. Overweight | .. Stomach Disorders |
| .. Colds | .. Constipation | .. Vital Losses |
| .. Asthma | .. Weak Back | .. Lung Troubles |
| .. Headache | .. Weak Eyes | .. Round Shoulders |
| .. Rupture | .. Rheumatism | .. Youthful Errors |
| .. Thinness | .. Nervousness | .. Manhood Restored |
| .. Pimples | .. Night Losses | .. Great Strength |
| .. Insomnia | .. Short Breath | .. Increased Height |
| .. Impotency | .. Weak Heart | .. Muscular Development |

Write for
your
copy
today!



STRONGFORT INSTITUTE
LIONEL STRONGFORT, DIRECTOR.
PHYSICAL AND HEALTH SPECIALIST
DEPT. 417 NEWARK, NEW JERSEY, U.S.A.

Private Ailments

NAME

AGE..... OCCUPATION

STREET

CITY..... STATE.....

It Seemed So Strange to Hear Her Play

We Knew She Had Never Taken a Lesson from a Teacher!

WE always thought of her as an onlooker, you know. A sort of social wallflower. Certainly she had never been popular, never the center of attraction in any gathering.

That night of the party when she said, "Well, folks, I'll entertain you with some selections from Grieg"—we thought she was *joking*. A rather poor joke, at that. But she actually did get up and seat herself at the piano.

Everyone laughed—and went right on chatting. I was a little sorry for her. But I saw her chin go up, her eyes flash. She played a chord, and it rang through the room like a challenge. "Listen!" it seemed to say.

And suddenly the room was hushed. . . .

She played *Anitra's Dance*—played it with such soul fire that the room faded and we seemed to see gypsies swaying and chanting around the camp fire. Everyone swayed forward, tense, listening. When the last glorious chord vanished like an echo, she turned around and faced us, her face glowing, her eyes happy. "Well!" she seemed to be saying, "you thought I was bluffing. But I can play!"

We were astonished and contrite. We surged forward in a mass to congratulate her. "How did you do it?" "Why, you are wonderful!" "We can't believe you never had a teacher!" An onlooker no longer—she was popular! She played for us all evening, and now no one would even think of having a party without inviting her.

She Told Me About It Later

We were life-long friends, and I felt I could ask her about it. "You played superbly!" I said. "And I know you never had a teacher. Come—what's the secret?"

"No secret at all!" she laughed. "I just got tired of being left out of things, and I decided to do something that would make me popular. I couldn't afford an expensive teacher and I didn't have the time for a lot of practice—so I decided to take the famous U. S. School of Music course. In my spare time, you know."

"You don't mean to say you learned how to play so beautifully by yourself, right at home in your spare time?" I was astounded. I couldn't believe it.

"Yes—and it's been such fun! Why, it's as easy as A-B-C, and I didn't have a bit of trouble. I began playing almost from the start, and right from music. Now I can play any piece—class-



"She played *Anitra's Dance*—played it with such soul fire that the room faded and we seemed to see gypsies swaying and chanting around the camp fire."

ical or jazz. From the notes, you know."

"You're wonderful!" I breathed. "Think of playing like that, and learning all by yourself!"

"I'm not wonderful," she replied. "Anyone could do it. A child can understand those simplified lessons. Why, it's like playing a game!"

"You always wanted to play the violin—here's your chance to learn quickly and inexpensively. Why don't you surprise everyone the way I did?"

I took her advice—a little doubtfully at first—and now I play not only the violin but the banjo!

tical. Little theory—plenty of accomplishment. That's why students of this course get ahead twice as fast—three times as fast—as those who study old-time, plodding methods!

Booklet and Demonstration Lesson Sent FREE

You, too, can quickly teach yourself to be an accomplished musician right at home. The wonderful method of the U. S. School of Music has already shown half a million people how to play their favorite instrument. To prove that you can do the same, let us send you our booklet and valuable Demonstration Lesson—both FREE.

Forget the old-fashioned idea that you need "talent." Read the list of instruments to the left, decide which you want to play, and the U. S. School of Music will do the rest. At the cost of only a few pennies a day to you!

Mail coupon now. Act without delay. Instruments supplied when needed, cash or credit. U. S. School of Music, 9912 Brunswick Building, New York City.

PICK YOUR INSTRUMENT

Piano	Violin
Organ	Clarinet
Ukulele	Flute
Cornet	Saxophone
Trombone	Harp
Piccolo	Mandolin
Guitar	Cello
Hawaiian Steel Guitar	
Sight Singing	
Piano Accordion	
Voice and Speech Culture	
Harmony and Composition	
Drums and Traps	
Automatic Finger Control	
Banjo (Tenor, Plestrum or 5-String)	

PROOF!

"I am making excellent progress on the 'cello—and one it all to your easy lessons."
George C. Lator,
Belfast, Maine.

"I am now on my 12th lesson and can already play simple pieces. I knew nothing about music when I started."
Ethel Harris-Togger,
Fort Wayne, Ind.

"I have completed only 20 lessons and can play almost any kind of music I wish. My friends are astonished. I now play at church and Sunday School."
Turner H. Blake,
Harrisburg, Ill.

How You Learn Any Instrument So Easily This Way

The amazing success of students who take the U. S. School course is largely due to a wonderful, newly perfected method that makes reading and playing music almost as simple as reading aloud from a book. You simply can't go wrong. First you are *told* how a thing is done, then a picture shows you how then you do it yourself and *hear* it. No private teacher could make it any clearer. The admirable lessons come to you by mail at regular intervals. They consist of complete printed instructions, diagrams, all the music you need and music paper for writing out test exercises. And if anything comes up which is not *entirely plain*, you can write to your instructor and get a full prompt personal reply!

Whether you take up piano, violin, 'cello, organ, saxophone or any other instrument you find that every single thing you need to know is explained in detail. And the explanation is always *prac-*

U. S. School of Music,
9912 Brunswick Building, New York City

Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, Demonstration Lesson, and particulars of your offer. I am interested in the following course:

Have you the above instrument?.....

Name.....

Address.....

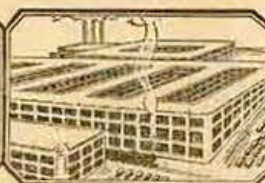
City.....State.....

These Big Rushing Industries Hire Thousands of Draftsmen



Electricity

Electricity is the coming motive force of the world. Draftsmen are needed in every department of this fascinating work. Let Dobe train you at home. Get a job here.



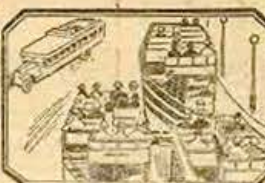
Auto Work

The automobile industry is one of the greatest in America. Hundreds of positions here. Learn drafting from Dobe and get one.



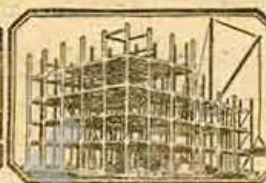
Aviation

Aviation is just in its infancy. It is bound to expand to enormous proportions. Draftsmen are essential to it. Prepare for one of these big jobs. Let Dobe tell you how.



Motor Bus Work

Motor bus building and motor bus transportation have become leading world industries. Hundreds of draftsmen engaged in this work. Dobe will show you the way.



Building Work

There will always be building. No structure can be erected without plans drawn by draftsmen. Dobe will make you a draftsman at home.

Get Ready for a Big Job, I Will Train You Quick—Engineer Dobe

You do not need to be told that all these big powerful industries need draftsmen all the time. You know it.

Thousands of draftsmen are doing this fascinating work. They are drawing and designing new machinery, new types of automobiles, new kinds of busses, new ideas for airplanes and airplane motors. They are leading the world. Nothing can be built before a plan is drawn. Builders and contractors must depend upon blue prints. Only the draftsman can make the drawing from which the blue-prints are taken. How wonderful! How fascinating! How steady! Why not get into it? Why not be fixed for life? Write to me. I'll tell you how I will teach you in my sure, quick, practical way right at home. Neither age nor lack of education offer drawbacks. **Engineer Dobe**

Earn as You Learn—

The profession of draftsmanship is such a great one that you can start earning extra money a few weeks after beginning my training. I give you special work and suggestions for making money. As a result of my 27 years experience in Consulting Engineering work it is quite natural that I know exactly what to tell you to do. It is just as if you, yourself, spent 27 years learning all these things.

Employment Service and Help As Long As You Need It

After training you I help you to get a job without charging you a cent for this service. Not only that but you can write to me any time you want to, as often as you like, and I will give you help on any subject pertaining to drafting. Employers of draftsmen come to me for men because they know the kind of training I am giving. They know that Dobe trained men who learn by actually doing the work in a practical way themselves go out into the world and make good. They know they are not taking any chances on Dobe men.

You Get What You Want Or You Get Your Money Back

What could be fairer and squarer than that? I know what I can do so I don't ask you to take any chances. I train you under a positive Money Back Agreement. If my training does not satisfy you after you have finished, you get every penny back.

Send This Coupon Now for Free Book!

Get my book, "Successful Draftsmanship" right now. Don't wait. Don't hesitate. Be one of the positive, do-it-quick chaps, that always get some place. Fill out the coupon and mail it to me today.

DOBE DRAFTING SERVICE
1951 Lawrence Ave., Div. 57-79 Chicago

Move With the World—Get Into Drafting

Choose a sure and certain profession. Don't be satisfied with humdrum work without a future. Get into one of the paying professions shown here, as a draftsman. Go forward. Don't stand still. Be independent. When you are hooked up with one of these industries you know that you are "sitting pretty" for the rest of your days. They cannot fail. They will always get bigger and bigger.

Electricity and motors, including automobile motors, bus motors and aviation motors and building construction are the industries which rule the world.

Every Student Gets These Instruments

They are wonderful, imported instruments of the very finest quality. Everything you need in drafting work. The very same instruments that are used by all the leading draftsmen of the country. Just as soon as you become my student these are put into your hands. You begin working with them at once. You get an entire and complete outfit, including a regular drafting table, and you are ready to go.



I challenge the world to produce another such quick, simple, fascinating, wonderful and marvelous method of draftsmanship as my "Kwik-Line" method which makes men good draftsmen in such an amazingly short time it is unbelievable.

Engineer Dobe

Mail This Big Career Coupon!

DOBE DRAFTING SERVICE

1951 Lawrence Ave., Div. 57-79 Chicago

Send me free of all cost your new big book, "Successful Draftsmanship"—also plan to earn money while learning and proof of big money paying positions.

Name _____ Age _____

Address _____

Post Office _____ State _____

Stop That Pain!



With Violet Ray Vibration Ozone Medical Electricity

The Four Greatest Curative Powers Generated by This

Great New Invention!



Elco Health Generators at last are ready for you! If you want more health—greater power to enjoy the pleasures and delights about you, or if more beauty is your desire—write! Ask for the book on these inventions which has just been prepared. It will be sent to you without cost. It tells you how Elco Health Generators aid you in leaving the lethargy and hopelessness of bad health and weakness behind forever. Re-vitalize yourself. Bring back energy. Be wholly alive. Write today!

Here's What Elco Users Say—

"Wouldn't take \$1000 for my Elco."
 "Has done me more good in 2 weeks than doctors did in 3 years."
 "Cured my Rheumatism."
 "My Feet are a joy."
 "Cured my stomach trouble."
 "Cured my weakness."
 "Now sleep soundly all night."
 "Thanks to Elco my strength and vigor are back."
 "No more pain."
 "Colds never bother me now."
 "Chronic Constipation banished."

These great new inventions generate Violet Ray, Vibration, Electricity and Ozone—combined or separate. They operate on the electric light in your home or on their own motive power at less than 50 cents per year. Elco Health Generators are positively the only instruments which can give you in one outfit Electricity, Violet Ray—Vibration and Ozone—the four greatest curative agents. Send the coupon below. Get the Free Book NOW!

Mail Coupon for Free Book

Do not put this paper down without sending the coupon. Don't go on as you are with pain and with almost no life and energy. You owe it to yourself to be a better man or woman. You were put here to enjoy life—not just to drag through it. So do not rest another day until you have put your name on the coupon here. That will bring the whole story of these great new inventions. Do it today—now.

Free Trial

Health Power Beauty

Lindstrom & Company
 30 West Lake St., Dept. 57-79 Chicago

Please send me your free book, "Health—Power—Beauty" and full information of your 10-day Free Trial Offer.

Name.....

Address.....

Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., November 20th for the January issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 Fifth Avenue, New York, N. Y.

Education and Instruction

Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Novelty Acrobatic Stunts—Tumbling, Bending, Balancing, Clowning, Show Material, etc. Professional instruction. Easy method learning. Best ever. Illustrated complete, \$2.00. Jingle Hammond, Adrian, Michigan.

Dogs

Beautiful Registered Bull Pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

Hunting Hounds, Cheap. Trial. Dixie Kennels, C-6, Herrick, Ill.

Songs

I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

Song Poem Writers. Address Ray Hibbeler, D43X, 2104 N. Keystone Ave., Chicago.

Inventions Wanted

If you have a patented or unpatented invention for sale, write Hartley, 38 Court St., Bangor, Me.

Patents

Inventions Commercialized. Patented or Unpatented. Write Adam Flesher Mfg. Co., 554 Enright, St. Louis, Mo.

For Sale

Watch Bargains. Tommy Ticker Octagon, Silver Dial, Engraved Nickel Case. \$1.25. Freas, 820 Kimber St., Camden, N. J.

Miscellaneous

Original Figure Studies, Scientific Diagrams, Photos, Descriptions, Different Races, Etc. Interesting to Physical Culture students. Inquire: Anthropol. Institute, R918, 763 Broad St., Newark, New Jersey.

Schools and Colleges

Learn Massage, Hydrotherapy, Physiotherapy and other methods by correspondence. Low price. Easy terms. Illustrated booklet free. Standard Institute, 4554-S Broadway, Chicago.

How to Entertain

Plays, Musical Comedies and Revues, Minstrel Music, Blackface Skits, Vaudeville Acts, Monologues, Dialogues, Recitations, Entertainments, Musical Readings, Stage Handbooks, Make-up Goods. Big catalogue free. T. S. Denison & Co., 623 So. Wabash, Dept. 88, Chicago.

Ventriloquism

Learn Ventriloquism by Mail. Small cost. 2c stamp brings particulars. Geo. W. Smith, 125 North Jefferson, Room 8-228, Peoria, Ill.

Health

Don't Starve, Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 811 N. Fourth St., Camden, New Jersey.

Drugless Physicians

Dr. Drew's Sanitarium, 4608-10 Wayne Ave., Philadelphia. Osteopathy, diet, electricity, lights, hydrotherapy, exercise. Fasting a specialty. Department for deformed children.

Health Without Drugs

Health Without Drugs, tiresome exercise or diet. Complete course, 50c. Ketterson, 36 E. 45th St., Bayonne, N. J.

Physical Perfection

Improve Your Body Building. A complete course in Bar-Bell exercises. Send for this course right away. 20 illustrations of myself. You build up fast under these instructions. Don't delay. Send now. Only \$2.50. Prof. A. J. Erwin, 450 Craig Ave., Tottenville, S. L. N. Y.

Help Wanted—Male

Men, Get Forest Ranger Job—\$125-\$200 mo. and home furnished; permanent, hunt, fish, trap. For further details, write Norton, 267 Temple Court, Denver, Colo.

Agents

Send name, address, on postcard. Free introductory copy Salesology Magazine; contains 1,000 money-making opportunities offered by big, reliable firms; no obligation. Salesology Magazine, Desk B253, 500 No. Dearborn, Chicago.

Detectives

BE A DETECTIVE. Work home or travel. Experience unnecessary. Particulars free. Write American Detective System, 2190 Broadway, N.Y.

Art Photos

ART PHOTOS—Bathing Girls, 12—\$1. Art Studios, 10—\$1. Jenkins, Box 449, Ensley, Ala.

ART-PHOTOS, NUDES—A \$1.00. Cartoon Lesson, \$1.00. STR-GPO, Bx471, N. Y.

Personals

The Fundamental Principles of Life. \$1.00. Joseph Levitt, Suite 1502, Knickerbocker Bldg., 42nd St. and Broadway, New York City.

Do you want Health, Happiness, Success? I have a system that will give you these things. Booklet, 50 cents. William Symmonds, 1370 California Street, San Francisco, Calif.

Books

If you want The Best Book, "A Perfect Life and How to Live It," write Dr. Henry Hoffman, Box 814, Omaha, Nebraska, U. S. A.

"Toxemia Explained." The world's best book on the cause and cure of disease. Price, \$2.00. Sold by Dr. Crandall's Health School, York, Pa.

Courses For Sale

"PHYSICAL CULTURE"—Liederman, Strongfort, MacMahon, \$4.00 each, prepaid. (Used courses bought, cash). All subjects; catalogue, 10c. Edgar Thompson, Glenwood, Minn.

Liederman's Exercising Course and Apparatus—\$20.00 Harry Morse, Manito, Ill.

Charles Atlas Course, \$10; Farmer Burns Course, \$5. W. Collingwood, 2318 Ninth Ave., Oakland, California.

Help Wanted

\$15.00 Daily Easily Made. Great opportunity, men and women. Experience unnecessary. 95 cents profit on every dollar. A whirlwind seller. Write quickly. Particulars for two-cent stamp. Loafers, save your stamps. The C. R. Ryden Company, 1039 Center St., Johnsonburg, Pa.

FREE TRIAL



GROWS HAIR

Amazing New Electrical Discovery!

Now at last—through the electric magic of Infra-red Rays—Science has found a startling way, to grow new hair quickly.

No matter how fast your hair is falling out. No matter how much of it is gone—this is our guarantee: This amazing new electrical discovery will end your dandruff—stop falling hair—and grow thick, luxuriant new hair in 4 weeks—or you pay nothing! You risk nothing. You are the judge—your own mirror will furnish the astounding evidence.

Famous Surgeon's Discovery

All observant men have noticed that their beard grows faster in hot weather than in cold. What causes that?

Simply this: heat rays of a certain kind that stimulate and vitalize the hair-growing tissue.

Two years ago a noted surgeon, seeking to bring back his own hair—applying all his scientific knowledge to the problem—made a remarkable discovery. It is the first time a scientific man of his standing has ever entered this field of helpfulness.

He discovered a simple way in which to use life-giving, invisible heat rays—known to all scientists—to restore health and normal conditions to the scalp tissues, and so RESTORE HAIR in all but certain rare instances. It ended his

own baldness. Today his hair is unusually thick and luxuriant.

Called Dermo-Ray

Because of his scientific conservatism, and his standing in his profession, the discoverer of Dermo-Ray made no general announcement of his startling discovery. But, as the head of his own hospital, his own case-records—with hundreds of men and women—proved scientifically, conclusively, that this new discovery grows hair when nothing else will—grows hair, ends dandruff, in NINE OUT OF TEN CASES. Now that the amazing power of Infra-red Rays is known to the entire scientific world—and DERMO-RAY has been proved to be one of the most startling scientific discoveries of recent years—now, for the first time, has he permitted public announcement of his discovery to be made.

Infra-Red Rays Reach the Roots

In 9 out of 10 so-called cases of baldness the hair roots are not dead. They are only dormant. But when you try to reach them with hair-tonics, oils, massages and salves, you are obviously wasting both time and money. For you treat only the surface skin—never get to the roots.

Your own physician will tell you that the warm, soothing Infra-red Ray penetrates more deeply through human tis-

sue than any other harmless heat-ray known to science. It reaches the hair-root and electrically, almost magically revitalizes it. Hair literally "sprouts" as a result.

Send No Money

You can use DERMO-RAY in any home with electricity. The warm, soothing, Infra-red Rays vitalize your scalp while you rest or read—a few minutes each day is all the time required.

In four weeks you will be free forever from the social and business embarrassment of baldness—or you pay nothing.

Complete facts about this astounding new scientific discovery, opinions of authorities, incontrovertible evidence, and details of special trial offer, will be sent free, if you mail the coupon below. To forever end your scalp and hair troubles, act at once. Print your name and address plainly—and mail the coupon NOW!

FREE TRIAL OFFER

THE LARSON INSTITUTE,
216 North Wabash Ave., Dept. 151,
Chicago, Ill.

Send me at once, without obligation, full particulars—in plain envelope—of your 30-day Free Trial of DERMO-RAY.

Name _____

Address _____

City _____

State _____



Over \$730 a Month

D. W. Caulkins, of Pennsylvania, smiles when he thinks of the days when he was working for \$150 a month. This year his earnings have been at the rate of \$737.42 per month. He gives N. S. T. A. full credit for his outstanding business success.



Over \$10,000 a Year

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



Raised Pay \$2,500

Kingsley Rowland of New Jersey was formerly a pattern-maker at a weekly wage which fell far short of satisfying his ambition. "Modern Salesmanship" opened his eyes and started him on the road to real pay. Today he earns almost as much in a week as he formerly earned in a month—300% increase!



\$7,000 a Year

F. B. Englehardt of Tennessee used to work for less than 45% of his present salary. "Modern Salesmanship" and N. S. T. A. led to big things. Today he says: "Last year I made over \$100 a week and expect to make \$7,000 this year. Some increase since enrollment with N. S. T. A."

-and They Started By Reading This Amazing Book!

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

Where Shall We Send Your Copy FREE?

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

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

From \$15 A Week To \$7,500 A Year!

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

C. W. Birmingham, Ohio.

\$7,000 A Year

"I was working as a clerk earning \$1,000 a year when I enrolled with N. S. T. A. Last year my income tax showed earnings of \$7,826. My grateful thanks will always be due N. S. T. A. for opening my eyes to opportunities offered by SALES-MANSHIP as you teach it."

F. G. Walsh, Massachusetts.

What This Astonishing Book Has Done

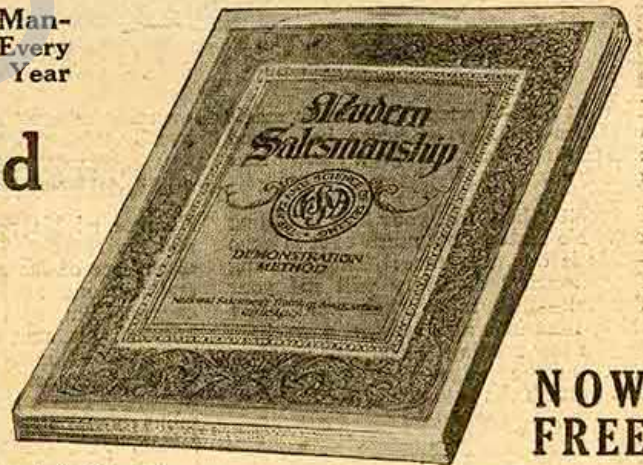
The achievements of this remarkable book have already won world-wide recognition. The men who have increased their earning capacities as a direct result of reading "Modern Salesmanship" are numbered in the thousands. For example, there is Frank H. Curtis, Raleigh, N. C., who could barely make both ends meet before sending for the book. In a recent letter he says, "My salary has increased 900 per cent."

Then there is E. E. Williams, Pomona, Cal. He sent for "Modern Salesmanship" when he was a painter—and he is now averaging \$1000 a month. Report of a 625 per cent. increase comes from F. N. Hiatt, Hanford, Cal. F. L. Real, Wheeling, W. Va., former cigar maker, is right now on the \$5000 a year mark. S. Lester Guinn, Denver, Colo., was carrying \$100 a month when he sent for the book. Today he is president of a large insurance company. R. Lafontaine, Buffalo, N. Y., tripled his earnings, while Robert F. Foster, Portland, Ore., jumped his earnings from \$3000 to \$7500 a year.

A Few Weeks—Then Bigger Pay

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

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



NOW FREE

Free to Every Man

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

NATIONAL SALESMEN'S TRAINING ASSOCIATION
WORLD'S OLDEST AND LARGEST SALES TRAINING INSTITUTION

Dept. W-210, N. S. T. A. Building, Chicago, Ill.

National Salesmen's Training Association,
Dept. W-210, N. S. T. A. Bldg., Chicago, Ill.

Without cost or obligation you may send me your free book, "Modern Salesmanship."

Name

Address

City State

Age Occupation

Science Discovers the Secret of Caruso's Marvelous Voice

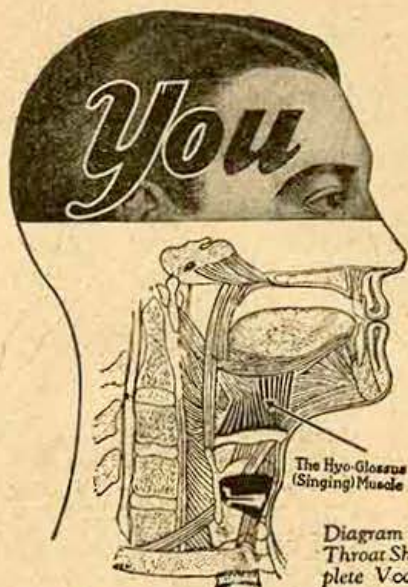


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

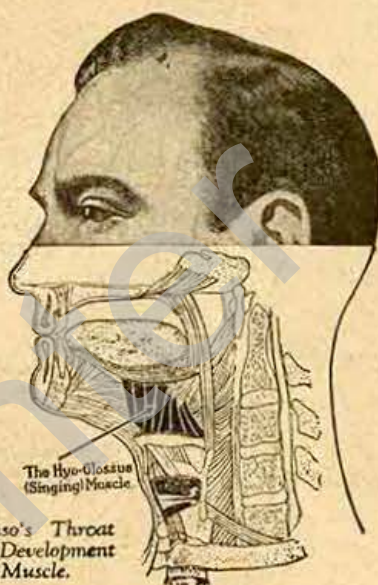


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle". Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop your Hyo-Glossus muscle by simple, silent exercises right in your own home.

Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in your own opinion, we will refund your money.

A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

Professor Feuchtinger's Book "Voice Culture" Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

Perfect Voice Institute
Studio 57-79, 1922 Sunnyside Ave., Chicago

Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

Singing Speaking Stammering Weak Voice

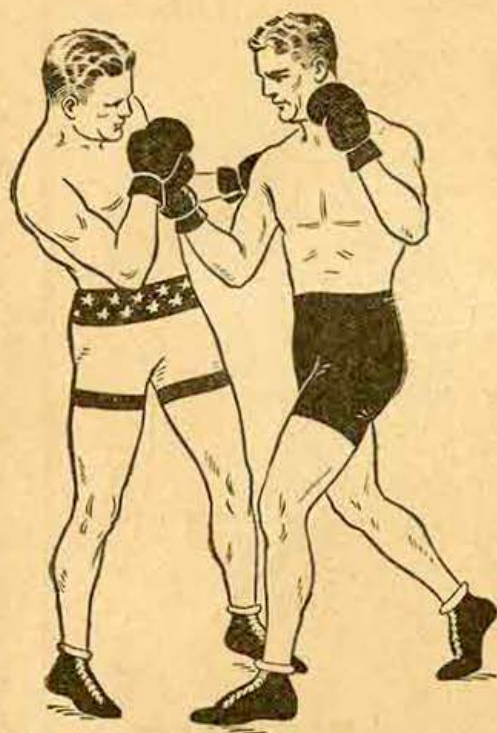
Name _____

Address _____

Perfect Voice Institute
1922 Sunnyside Ave., Studio 57-79, Chicago, Ill.

A Haymaker Wallop

If It Lands, Means "Ten and Out" and Defeat

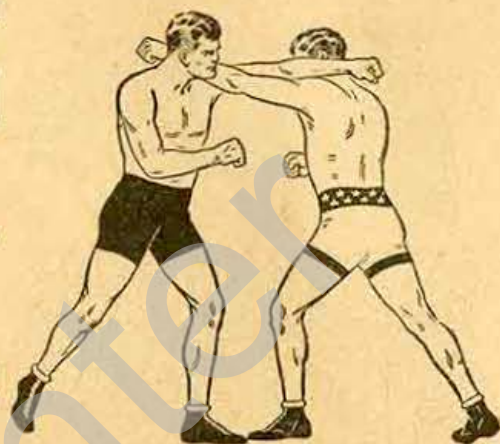


But, If You Can
Protect Yourself,
The Blow Won't Land

Learn to Box

And Be Able to Sock the
the Other Fellow
On the **BUTTON**

Learn Right In Your Own
Home Without a Sparring
Partner



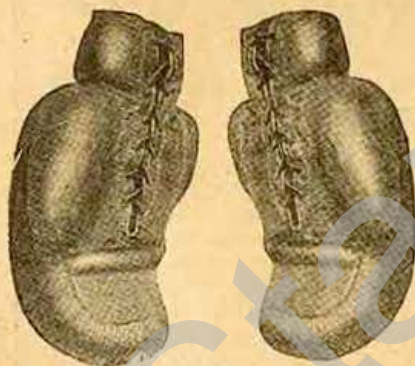
Could You?

Protect a Lady-Friend
From Insult, or
Would You Go Down In
Disgrace Before Her?

My Course

Will Show You
Every Boxing and Fighting
Trick and

Make a Man of You.



8 Oz. Boxing Gloves

"For Those Friendly Bouts"

Reinforced and Heavily Padded So
No Part of the Hand Can Injure
or Be Injured

\$5.00 A Set With Box- \$7.00
of 4 ing Course

WORTH TWICE WHAT I ASK



14-Oz.

Instructor's Gloves

CAN'T FEEL A BLOW—
NO MATTER
HOW HARD YOU HIT

\$15.00 A Set of 4 Boxing Course FREE

Others Charge \$20 For Gloves
of This Quality

Note Extra Padding to Make Them Safe

5 Oz.

Fighting Gloves

Regulation Size and Shape
For Ring Work

\$6.00 A Set of 4 Boxing Course FREE

Charles MacMahon,
180 W. Somerset St., Studio 64,
Philadelphia, Pa.

Dear Sir: Enclosed find remittance for the offer checked below.

<input type="checkbox"/> 14-oz. Instructor's Gloves with Course	\$15.00
<input type="checkbox"/> 8-oz. Boxing Gloves	5.00
<input type="checkbox"/> 8-oz. Gloves with Course	7.00
<input type="checkbox"/> 5-oz. Fighting Gloves, with Course	6.00
<input type="checkbox"/> Boxing Course alone	3.00

Name

Address

City State

I Give the Biggest Boxing Glove Value on the Market. The materials and workmanship in my gloves are of the highest grade and ordinarily go into the highest priced gloves. I want to gain your confidence. Give me an order and prove it to yourself **NOW**

Do I Look Like the Girl They Used to Call

“Tired Tessie”



I AM having the time of my life. I jump out of bed in the morning thoroughly rested, refreshed, strengthened, ready for whatever activities may be before me. I am on the go constantly, from eight in the morning, frequently until long past midnight. I work hard, and I play hard.

Yet I never feel tired, am never weary, never have headaches, and never suffer the petty illnesses most women think are their lot. I don't gain weight or lose weight, but retain the healthy proportions of my figure. I walk with the step of youth, I talk with the enthusiasm of a healthy mind and a healthy body, and there isn't a wrinkle, black head or pimple on my skin.

I am not saying this as a matter of self-praise. It is really only half the story I want to tell you. Not so many months ago I used to drag myself wearily to bed at nine o'clock, completely worn out; I was tired, worn-out, *old*. I suffered from a hundred little aches and pains which made my life miserable. I was cross, cranky, irritable. I got to be known as “Tired Tessie” because I was always too tired to enjoy dancing, or the theatre, or sports of any kind. Even reading a book tired me! At the end of each day I was limp as a rag.

I took tonics and pills recommended by well-meaning friends until I felt like a walking drugstore. The doctors advised rest, a sea voyage. They could find nothing organically wrong with me, and felt that rest alone would correct whatever trouble there was. Yet rest seemed to do me no good. You can imagine how discouraged I was.

When one feels as I did, almost anything that promises relief is welcome.

And when, one day, I read the story of Annette Kellermann's life, I made up my mind that if she could become such a marvelous example of health and energy after such a discouraging start in life, at least I could regain my health by following her methods.

I read that Annette Kellermann was practically a cripple when she was a little girl, that she had worn iron braces on her feet because her bones were so soft that she had become bow-legged, that she gave less promise of becoming the world's most beautifully-formed woman, and a most striking example of superb health, than almost anyone you could imagine.

Yet that is exactly what she accomplished. Surely, I felt, I had nothing to lose by writing to her. In reply she sent me her book, “The Body Beautiful,” and agreed to let me try her methods for 10 days without the slightest risk on my part. I described to her exactly how I felt, and she then sent me her instructions. In 10 days I

began to feel like a changed woman, and in a few months I could look back and laugh at my old self.

I wouldn't have believed that such a change could be made in old, “Tired Tessie.” Yet here I am today enjoying life to the utmost, actually getting stronger all the time, and, as my friends say, “younger and more beautiful.” I wish I could shout my story from the housetops. I wish that every woman who is suffering from weakness or illness or who is losing the figure of her youth, would write to Miss Kellermann for her book, “The

Body Beautiful.” It tells how in only fifteen minutes a day anyone can obtain a greatly improved figure and rid herself of the pains, aches and ills which now cause her so much unhappiness. Close to 35,000 other women have already adopted Miss Kellermann's methods, and I am sure there could be no greater evidence of their effectiveness. The only warning I can give is “Do not put it off, but write at once for Miss Kellermann's book.” It is sent to you free. It may mean as much to you as it has to me. Just address Annette Kellermann, Inc., Dept. 4412, 225 West 39th Street, New York City.

.....
Annette Kellermann, Suite 4412,
225 West 39th Street,
New York City.

Dear Miss Kellermann:

Please send me, entirely free of cost, your new book: “The Body Beautiful.” I am particularly interested in

Reducing Weight Body Building

Name
(Kindly print name and address)

City State

Those outside the U. S. send 10c with coupon to help pay postage.

The Wonder Book

For Physical Culturists, Strongmen, Weight Lifters and Health Seekers.

THE BEST SELLER OF THE MILO BOOKS — EVERY READER SPEAKS HIGHLY OF IT
STRONGMEN THE WORLD OVER CALL IT THE BEST EVER WRITTEN

But the Real Wonder of It

Is the Way It Will Build Up Your Body and Strength

"The Key to Might and Muscle" is entirely an instructive book. It is full of actual exercises that are largely Mr. Jowett's own personal exercises which he originated and used in building his own great strength and physique. Furthermore, these exercises are illustrated so that you cannot go wrong in practicing them.

The chapters on developing stubborn muscles are alone worth the price of this book to the beginner and to those whose bodies have not developed evenly.

In fact any one chapter of "The Key to Might and Muscle" is worth the price of the entire book to those who are trying to improve from a physical standpoint.

A Better Book and An Expert Course Combined

This book is more than a book; it is a complete course on power and muscle building; an entire weight lifting program; and memoirs of strong men, past and present.

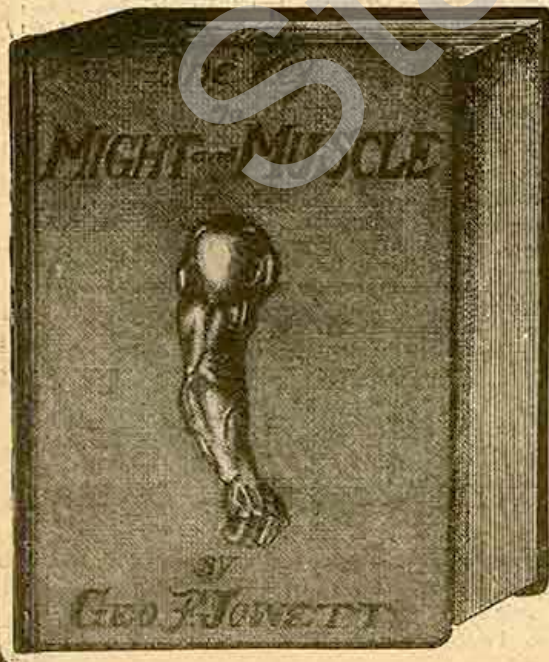
Put the practical teachings of Mr. Jowett's, as given you in "The Key to Might and Muscle," into practice and you will put seven to fourteen inches on your chest in four to six months' training. Mr. Jowett's exercises, which are given you in this book, are building necks that measure two inches larger after only several weeks' practice. He has had unmatched success with his host of pupils in increasing the size and power of their calves, thighs and building symmetrical waist lines. This book will further show you how to get a powerful grip in the fingers and hands, thick wrists, bulging forearms, and a great upper arm development.

The chapter on how to develop stubborn muscles alone is more than worth the price we ask for the whole book. But there are 23 additional chapters, all of which are as valuable as the one on stubborn muscles.

In another chapter the much-discussed science of lifting weight is clearly given its just dues. Also some very valuable information on curative exercises are given in another chapter.



Nearly 300 Pages — New Pictures — Handsomely Bound and Interesting as Well as Instructive



"The Key to Might and Muscle" contains no less than 115,000 words but the quality and not so much the quantity is what will impress you. If you have been noticing or reading this particular advertisement for months in strength don't you think it is high time you ordered your copy? So many have been sold that it is difficult to realize that anyone interested in body building and health in proving would read about this book more than once without purchasing it. Maybe you can't realize just how good a book it is—you can take our word for it—it's "there". The reason we know it is "there" is because more strongmen, physical culturists and health promoters have said that very thing about it than have said it about any other book of its kind. We can give you prompt delivery on this book and will be glad to do so just as soon as we receive this coupon and your remittance.

The Milo
Publishing
Co.,
BOOK
Dept. S-12-27,
273 N.
Palethorp St.,
Philadelphia, Pa.

Gentlemen:
Below I am checking off
the book I want. Please
find enclosed a remittance
to cover cost of same.

\$3.50 for the regular copy of
"The Key to Might and Mus-
cle"

**The Milo
Publishing Co.**

Dept. S-12-27,

2739 N. Palethorp St.
Philadelphia, Pa.

Name

Address

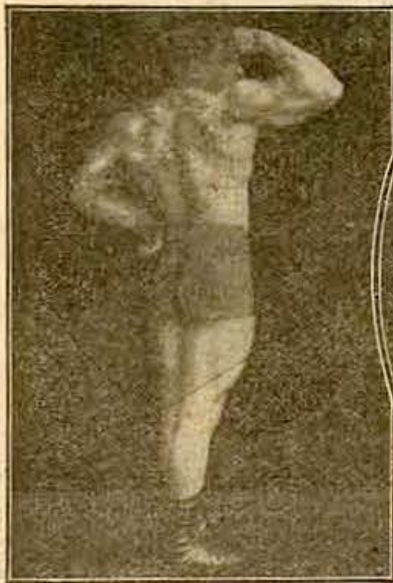
City

State

TITUS Tells His Secret

The Greatest Physical Trainer of All Time Gives You His Book **FREE!**

Below is another Saxon boy—Kirk. Those fellows took their bodies seriously. They realized that life without physical strength and perfect health wasn't worth living. So they came to me. I gave them power, endurance, partner at each and I'll DO THE SAME FOR YOU!



How would you like to match arms with this fellow? Do you recognize him? Herman Saxon, the vaudeville star? Man, what a build! He thanks Titus Training and the Titus Apparatus for every inch of his marvelous development.



Here's a Titus man from the ground up! Did you ever see a huskier arm? His shoulders are one of the wonders of the Physical Culture World! And the rest of his body is just as well developed in proportion.



M. C. Sprague is another Titus booster. The world is full of Titus boosters! M. C. Sprague had his picture taken with a portion of the famous Titus Apparatus that gave him the body you see here. Don't these pictures make you sore at yourself? Don't you want arms, legs, a back and chest like these shown here? My book tells you how to get them.

HERE is concentrated man-power! More than 750 pounds of the strongest muscle and toughest sinew ever assembled. Here is Health personified. These four men are living examples of the success of Titus Scientific Training Methods. They represent an army of 30,000 enthusiastic men of all ages and sizes all over the world—30,000 men that I have trained.

You have heard of a great many of them, professional strong men in vaudeville and circuses, athletic directors, famous coaches, much-advertised instructors in physical culture

by mail, weight-lifting champions, wrestlers, boxers. I have created thousands of the world's strongest men—in their own homes—in their spare time, by my simple, easy, rapid methods that change weaklings into giants IN THIRTY DAYS!

Every reader of STRENGTH MAGAZINE is familiar with my muscle-building feats. Everyone knows that I am pioneer in the field of physical training. Many photographs have appeared in these pages of men I have re-built. These pictures show real miracles worked in muscle—amazing transformations from puny,

flat-chested weaklings into giants of strength—all in the short space of 30 days!

Now I have put my story in a book! The story of "Miracles Worked In Muscles" is yours for the asking. And what a book! It is crowded from cover to cover with sensational facts about strength, power and endurance. It is a book worth its weight in gold to any man who has the slightest regard for his body, the slightest interest in developing tremendous, hard-hitting, paunch-like muscles. It reveals the inside secrets of Titus Training.

Every Reader of STRENGTH Should Own This Book

The book costs you only the 2 cents stamp you put on the envelope when you mail me the coupon.

Rush your request tonight—before you go to bed. The demand for this book is already tremendous. At the present rate—the supply will be exhausted within a very short time. Requests will be filled in the order they are received. Don't lose a minute.

Every reader of STRENGTH wants this wonderful book full of pictures and stories of Titus training methods and results. You will marvel at the development of these men—but don't forget as you look at them that you can have the same kind of a body if you want it. Mail the coupon NOW! There are no strings to this offer—this big book is yours to keep, free and clear, for all time. Begin writing your name and address right now! Address Dept. X-121.

Get Your Copy FREE Today!

Titus (Dept. X-121),
105 E. 13th St., New York, N. Y.

Send me my copy of the Titus book. I want to know how TITUS builds the most powerful muscles ever put on the human body. Send it to me by return mail—FREE of all cost or obligation.

Name

Address

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

The One **TITUS** 105 E. 13th St.
and Only New York City

The FIRST Novel Size BOOK

Written By CHARLES MacMAHON

THE TITLE IS

"Feats of Strength and Dexterity" and How to Perform Them

COMPRISES

150

of the Most Absorbing

FEATS and STUNTS

of Physical Strength
and Skill

Whether or not you like exercise you will like this new book—the first by Charles MacMahon. Every he-man likes to test his strength and skill by trying feats of strength and dexterity. This being true, the readers of "Strength," because they are interested in physical training, should be very much interested in this most complete book ever written on feats and stunts.

We believe that every reader of "Strength" and other physical training magazines will want and will get this new book.

It is human nature to take keen delight in pitting physical strength and ability against a difficult feat of strength and dexterity or against an opponent by means of a feat or stunt of this kind. Here is how to obtain

Strength, Development and Suppleness in the Most Enjoyable Manner

Just think what it means to you to possess detailed knowledge of one hundred and fifty feats of strength, suppleness and physical ability. Every feat known to followers of the strength game is to be found in this book and besides there are many little known feats—feats and stunts that you never heard of, let alone knowing how to perform them.

There are scores of these feats that can be done right in your room or in your parlor without musing up the place. Get this book early and practice a number of good stunts and then

Spring Them On Your Friends

You will have a world of fun watching them try, with great confidence, to do the stunts you do, or test their strength against yours or try impossible feats.

And watch them get a slight fall in many of the feats that they have never tried before.

But the more serious side of this book is the good if will do you personally in way of improving your general health, strength and all other physical qualities.

One of the reasons why consistent practice of these feats (that is practicing a few at a time produce bodily improvement, is that they are so enjoyable to perform. You will be more interested in this type of bodily exercise than in any other and consequently, will derive fine benefits from these feats and stunts.



A Few of the 125 Feats

Spike Bending; Card Tearing; Phone Book Tearing; Coin Bending; Kettle-Bell Juggling; Leg Wrestling; Bent Arm Trick; Magnetic Finger Trick; An Impossible Feat; A Sinew Twister; Chain Breaking; Jumping With Weights; Dip On Mop; Roman Column Work, The Flag; Breaking Horse Shoes; Raising a Weight On a String, and 133 others that are just as interesting.

100

ILLUSTRATIONS

A large number of which are Actual Photographs.

60,000

Words are used in Teaching You How To Beat the Other Fellow at these feats

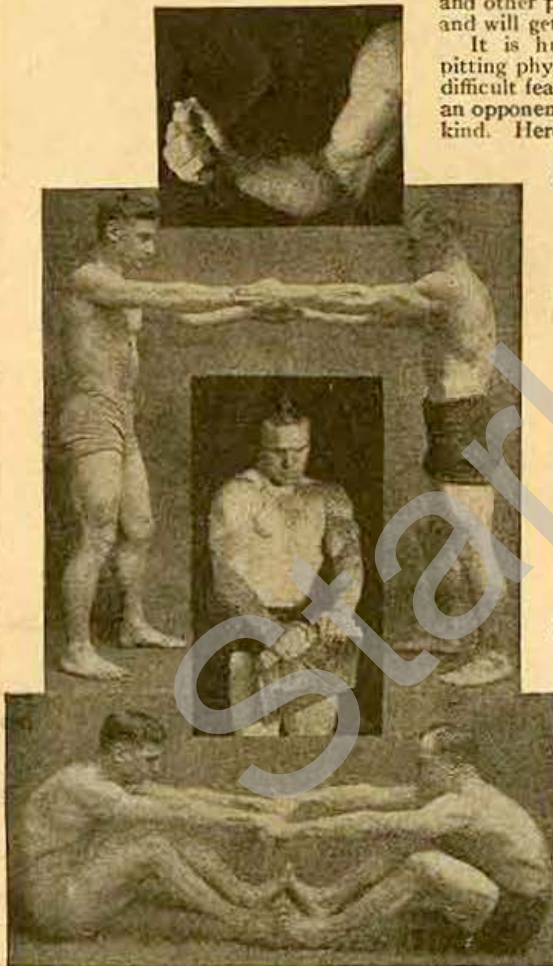
240

Pages of the Most Interesting Method of Increasing Your Strength, Developing Your Muscles, Creating Suppleness and Endurance and Becoming Physically Proficient.

STUNTS GALORE

It will require months to go through this book trying and perfecting all the feats and stunts in it.

First Come-First Served



CHARLES MacMAHON,
180 W. Somerset St., Philadelphia, Pa.

12-27-3

Dear Sir:
I want one of your new books entitled "Feats of Strength and Dexterity" and How to Perform Them as soon as I can get it. Please find remittance to cover the cost of my selection.

- Leather Bound and Autographed Copy 5.00
- Cloth Bound Copy 3.50

Name

Address

City State

WARNING!!

I am going to personally autograph a small number of copies of "Feats of Strength and Dexterity" and How to Perform Them, but it is not going to be an ordinary autograph. I want to give those of my friends and readers who desire it something more personal than a copy of this book signed with my name only. The words "To My Friend (.....) Your name here" from Charles MacMahon will appear in my own handwriting (not by a rubber stamp) on each autographed copy purchased. Besides, these copies will be bound in limp leather.
(Signed) CHARLES MacMAHON.



100% Shaving SATISFACTION At Last

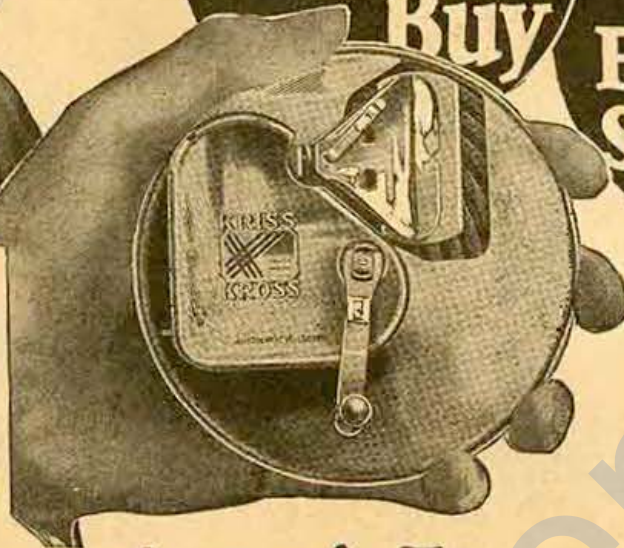
You men with wiry beards and tender skins who have tried EVERYTHING in the shaving line—and still are dissatisfied with results—here's the permanent answer to your problem! Just try KRISS-KROSS ONCE—and you'll never dread your morning shave again!

M. H. Rhodes, Pres.

No More Blades to Buy

365 Keen Shaves A Year From The Same Blade

KRISS-KROSS Fits All Makes of Blades



Amazing Invention Revolutionizes Shaving

THINK of it! 365 keen, cool shaves a year from the same blade! That's what the revolutionary invention of a St. Louis man is doing for American shavers everywhere!

KRISS-KROSS marks the beginning of a new era in shaving comfort and economy. Its performance is so sensational that it seems hardly fair to call it a stropper. Rather it is a super-stropper or blade-rejuvenator! Almost literally, it makes a new blade out of an old one every day. No longer do you find that your blades "die" after five or six shaves. KRISS-KROSS "brings 'em to life" a surprising way, week after week and month after month—and endows them with a keenness that they seldom possessed when brand-new! Actually—you can take a blade right out of a fresh package and improve it almost beyond belief in eleven seconds with KRISS-KROSS! No wonder experts pronounce it one of the greatest inventions ever patented!

MAGIC DIAGONAL STROKE

Until you've seen KRISS-KROSS, fitted its sturdy, nicked smoothness into the palm of your hand and tested its uncanny dexterity yourself, you'll never know how amazing it really is! It employs the famous diagonal stroke, same as a master barber uses. Never before has anyone captured the secret of reproducing it automatically. Eight "lucky leather grooves" do the trick in 11 seconds with a precision it takes a master barber years to attain.

But that's not all! KRISS-KROSS embodies still another feature that has hitherto baffled mechanical reproduction. It stropps from heavy to light. It's absolutely uncanny the way the strokes start with strong pressure and grow lighter and lighter until an adjustable, automatic jig flies up and notifies you that your blade is ready—ready with the keenest cutting edge that steel can take!

FITS ALL BLADES

KRISS-KROSS produces unbelievable sharpness and prolongs the life of any razor blade for months and even years. Fits all brands and makes except Durham. Eliminates 83% of shaving costs and ends all bother about retrimming, being to buy new blades! No more "raking" and "scraping" with dull ones, either! No more stinging and smarting that has to be relieved with messy lotions and harsh astringents. KRISS-KROSS solves your blade problem for all time and gives you keen, velvet-smooth shaves forever—the kind you've only dreamed of until now!

SENSATIONAL OFFER

And now for my surprising offer. To introduce KRISS-KROSS to those who have not yet seen it, I am giving with it free a new kind of razor. Possesses remarkable features. Instantly adjustable to any shaving position. A flip of the finger makes it (1) T-shape; (2) straight (old style); (3) on diagonal (new way). Gives a sliding instead of pulling stroke. Simply zips right through the toughest crop of whiskers and leaves your face satin-smooth and cool. Made of rustless metal. All one connected piece—nothing to assemble or screw up. Comes with 5 special-process blades and is entirely unlike anything you ever saw before!

AGENTS!

Make excellent money with KRISS-KROSS. FREE razors boost your profits amazingly. H. King made \$60 in one day. N. C. Paige made \$104 in 3 days! Others average \$250 and up to \$750 a month! Spare-time workers, office and factory men, make \$6-\$12 extra a day showing KRISS-KROSS to friends and fellow employees. S. Kantala made \$154 extra just working evenings 3 weeks. Get details at once. Check bottom of coupon and mail it tonight!

3 RAZORS IN ONE



MYSTERY RAZOR FREE

Most astonishing razor you ever saw. Really 3 razors in one. Adjustable to any shaving position. Novel feature reduces beard resistance 45% and simply zips through the toughest crop of whiskers. Nothing like it ever on the market before. I'll send you one FREE to introduce KRISS-KROSS super stropper. Limited offer. Find out about it today.

GET FREE OFFER

Send for details and information on these surprising new KRISS-KROSS inventions today. See for yourself exactly how uncanny and ingenious they are. Read the amazing praise of enthusiastic users, including many of America's famous men. Clip the coupon for illustrated description and free razor offer. Fill it out now! Mail it today!

RHODES MFG. CO., INC., Dept. W-1072,
1418 Pendleton Ave., St. Louis, Mo.

Without obligation, please send me illustrated description and full details of your special introductory offer on KRISS-KROSS super stropper and FREE 3-way razor.

Name.....

Address.....

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

() Check here if interested in making money as authorized KRISS-KROSS representative.

Rhodes **KRISS KROSS**
Rhodes Mfg. Company, Dept. W-1072
1418 Pendleton Ave. St. Louis, Mo. **STROPPER**

Largest Manufacturers of Mechanical Stoppers in the World

800,000 People Will Die This Year of Preventable Disease

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

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

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



BERNARR MACFADDEN

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

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

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

How To—

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

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

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

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

At 70 He Brought Himself Back to 50

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

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

Neither Dull nor Technical

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

READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE

An Amazing 10 Days' Free Offer!

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

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

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

Calls the Encyclopedia His Best Doctor

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

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

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

Send No Money—Not One Cent

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

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

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

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

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

To all who decide to purchase the Encyclopedia, we will include membership in our Advice Department, maintained and equipped to serve you.

Free Examination of All Five Volumes

The general contents of each of the five volumes are:

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

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

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

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

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

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

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

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

A Complete Education in Physical Culture

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

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

MACFADDEN PUBLICATIONS INC.

Dept. S-12
Macfadden Bldg.
1926 Broadway
New York City

Macfadden Publications Inc.
Dept. S-12

Macfadden Bldg.,
1926 Broadway,
New York City.

Send me for inspection the five volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes membership in your special Advice Department.

Name

Occupation

Residence

Employed at

Business Address

5 Beautiful Volumes Bound in Art Fabricoid



Send No Money --- Just this Coupon ---

A High School Education

In Question and Answer Form!

HERE is your chance to catch up with the men and women who have the advantage of a High School Education. Fit yourself for the bigger opportunities in business. Acquire the knowledge and culture that will put you on an equal footing with cultivated, worthwhile people.

You can do it *easily*—in just spare time at home. You simply read entertaining *questions and answers*. Twelve compact books give you a thorough grasp of all High School subjects: English, Ancient, Modern and American History, Literature, French, Spanish, Latin, Biology, Physics, Algebra and Economics.

Fit Yourself for Business and Social Success

The full four-year High School Course has been condensed into these 12 handy volumes. The editors have boiled down each subject. Just the most important facts, presented in the most successful teaching method known.

Every question is right to the point—every answer is simple, direct, easily understood, interesting. Only 15 or 20 minutes a day spent in reading these books will quickly bring you the knowledge of high school subjects that you need to make yourself more valuable.

All over the country ambitious men and women are profiting by this simple, fascinating plan—they are fitting themselves for bigger jobs, more money, for success in both business and social life.

12,000 High School Teachers Use Them

Principals, teachers, and students, the country over, recognize and endorse these practical books. They are used in the classroom. Students preparing for college entrance find them invaluable.

Each book covers one subject. All non-essentials are omitted. You get just the solid meat—the important facts concisely presented in question and answer form.

What You Learn

Every high school subject is covered. You learn the history of the world, Ancient, Modern and American. The books on Biology and Physics open up to you the wonder world of plant and animal life and explain the laws governing the strange and interesting phenomena we see on every hand.

You know how valuable a knowledge of Spanish. And you will learn how to speak languages to anyone. In your high school course you will cover Latin and French and write correct English.

Of course you want to know something about Literature; about the great masterpieces and their authors. Then, for prac-

tical dollars-and-cents value, no subject is more important than Economics. You will learn the underlying science of business, the principles that govern our commercial life.

Think what this education will mean to you all the years of your life! Could you take a bigger forward step, do more to insure your success, than to send for your High School Course NOW?

Certificate Awarded

By answering the test questions that supplement these books you can qualify for a Certificate that will stamp you as an educated man or woman; a valuable credential in applying for a position or securing advancement.

Send No Money

This wonderful plan reduces the cost of your High School Education to a trifling amount. But you do not pay anything until you have examined the books for yourself. If you are thoroughly satisfied, then send only \$3.85 first payment and \$4.00 a month for three months. But no money now. Just mail the coupon or write, and the twelve famous Blue Books will come to you for FREE EXAMINATION. No cost, no obligation. Take 5 days to decide.

Tear off the coupon now, before you turn the page. Mail it TODAY.

HIGH SCHOOL HOME STUDY BUREAU, Inc

Dept. 2912

31 Union Square New York City



Examine
them
FREE!

Read What They Say

"I am enjoying the twelve Blue Books on high school subjects immensely. I am sure that anyone who has been out of high school for a number of years, as well as the person who did not attend high school at all, could profit by taking your Course. You are rendering a real service to the world."—E. W. Cordingley, Clinton, Ind.

"I am more than pleased with your High School Home Study Course. Its clear, concise form is interesting, and a pupil is not confused with unimportant details. I feel that I have gained more from your Course than I have from years of previous study."—John B. Hopkins, Mondak, Mont.

"I find the books highly instructive and of the most interesting nature. They hold one's attention and after taking up a book I find it difficult to lay it down, the contents are so fascinating. This system is especially valuable to a busy person with little time for self-improvement."—L. R. Ralston, Chattanooga, Tenn.

HIGH SCHOOL HOME STUDY BUREAU, Inc.
Dept. 2912
31 Union Square, New York City

Gentlemen: You may send me for FREE EXAMINATION, the 12 famous Blue Books, containing the equivalent of a four year High School Education. Within 5 days I will either return the books or remit \$3.85 as the first payment and then \$4 a month for 3 months, a total of \$15.85. (Note: If you prefer to take advantage of the 10% cash discount, remit \$14.27 after examination.)

Name

Address

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

Editorial

General Health

"THE root of the cancer problem must, in its last analysis, find its explanation in profound alterations in our modern mode of living as compared or contrasted with the more natural mode of living in former years." The above quotation is from an article, "The Cancer Record for 1926" in a recent issue of the *Spectator*.

By the substitution of the words "general health" for "cancer," you can readily use this quotation as a statement of the guiding editorial idea of STRENGTH Magazine.

We do not mean to say that the good old days were all right and that today is all wrong. As a matter of fact today is from a health standpoint, not only different but also better. From any test of the general care and desirability of life, today is far ahead of yesterday, and yet the machine age has brought problems which call for a different solution from anything which we have yet produced.

For years we have been getting farther and farther away from any natural and rational diet system. Undoubtedly, many primitive foods and most primitive food preparations were not bad but awful. On the other hand the whole movement in favor of natural foods, particularly in favor of natural grains, has been based on a recognition of the fact that our modern preparation of food for the table was not all it should be.

Our life insurance statistics prove that the average life is longer than it used to be. Our college and army physical examinations prove that the average man is larger and healthier than he used to be. Our athletic records prove that our skill in the use of our bodies is increasing, and yet we all know that much as we have progressed, we can still go ahead farther and faster.

It is true that we have pretty well eliminated yellow fever for instance; but tuberculosis still takes its toll, and tuberculosis is really a disease of civilization. Our bodies were not made to stand the strain we sometimes put upon them and they go. Cancer, another great scourge of modern life, also seems to be a disease which is growing in spite of all modern science can do to check it.

The common complaints of too much and too little flesh never seemed to affect the more primitive peoples, and although many causes may produce either one, the fact remains that an improper balance between the amount of food we eat and the amount of work we do must be one of their major causes. We know that some people assimilate their food much more readily than others, but even this is often a result of the type of life they lead.

Exercise, the cure all, that STRENGTH advocates, should enable us to adjust our life to our living conditions. Exercise may cure us of obesity, but it will never cure anyone of cancer. However, we believe that the normal, well person, who exercises and eats intelligently, is fairly certain to dodge not only cancer and obesity but also most of the other ills to which the flesh is heir.

The big league ball magnates are complaining that it is harder and harder for them to find promising young ball players. This is a serious thing for their business, and they have come to the conclusion that the gradual disappearance of the open lots has made the chance of the average boy to become a real ball player less than it has ever been.

We believe that the gradual elimination of baseball as a pastime for city boys is a very serious thing for the country as a whole. Every boy who played baseball on the lots in the summer time tried football in the fall, and used the lots as the natural place for track and field sports in between times. When baseball goes, so do all the rest of the games.

School sports are growing in scope, but it is almost impossible for formal athletics to take the place of the games played on the lots. After all, the dubs, the average or worse than average players, are the boys who need the games most, and in any organized athletics they do not get the share they really need.

The sand lots are going and with them goes another factor to make for health and happiness of everyone. The formal games are growing in size and scope, and we must face the fact that the need for formal athletics is growing even faster than interest in sports.

Big League Basket Ball

This is the second article on Big League Basketball written by Mr. Barrett. The first appeared last month

By Jim Barrett

YOU will certainly be surprised to know that a questionnaire sent out to high schools by the National-Amateur Athletic Federation revealed that ninety-three percent of them had basketball teams while only sixty-three percent maintained baseball teams. These figures will probably astonish a great many baseball players and enthusiasts who have always believed baseball far ahead of all other games in this country.

It is a fact that for some reason, or no reason at all, schools and colleges do not "cotton" to baseball as they do basketball and football. Football, as every one knows, has always held the upper hand over baseball in the colleges. Where baseball wins out as the national game is among the independent and minor league teams.

There are several reasons that may or may not be responsible for basketball's prominence over baseball in schools or colleges. One is the shortness of the school and college baseball season. Just when the weather is right for baseball pupils are busy with examinations and school closes, while football and basketball have full seasons.

Another reason that is still weaker than the foregoing one is that basketball, requiring only five players and several subs against baseball's nine regulars and probably five or six subs, is easier to organize.

I remember when I played baseball on an amateur baseball team, that averaged about

seventeen years of age, we had a deuce of a time getting our nine regular players to every game. There were always one or two who had to be chained the night before and led to the

ground before you could be sure of them playing. First one wouldn't show up on account of vacation, another because his mother wanted something done, and another because he just didn't feel like it. To me, who at that time would rather play baseball than eat, this last excuse was always nearly enough to justify murder. If baseball had only required five players we certainly wouldn't have had so much of the above type of trouble. And I have played baseball enough to

know that even with only five players these things will happen occasionally, but not as often as in baseball.

Professionalism may have its bad points, but it certainly has one thing to its credit, which is full attendance as far as a team's players go. In semi-pro ranks the comparatively small remuneration was always large enough to bring out more players than you could use.

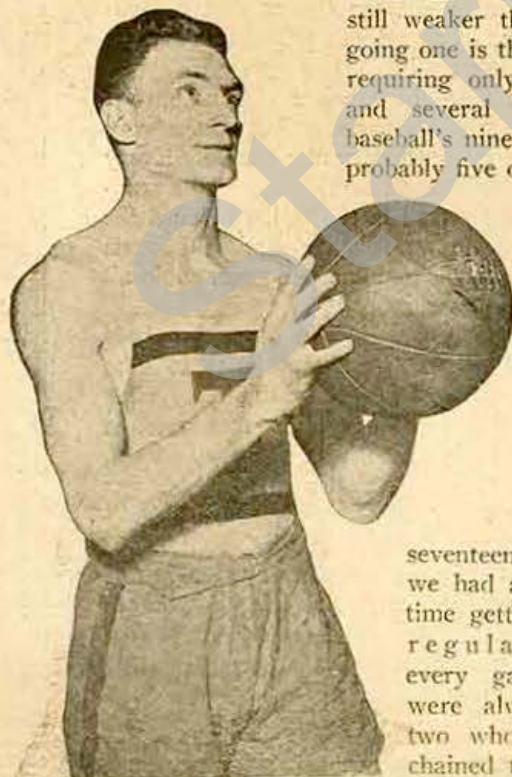
Up to a few years ago there were two sets of rules for the game of basketball. The Professional or Eastern League rules differed from the Amateur Rules on only five or six points, but these points were such that made the two vastly different.

The professional rules specify dimensions of floor and a wire cage which keeps the ball in play at all times, while the amateur rules call for side lines and no cage and allow for the ball being tossed into play from such lines. This professional ruling alone made that method of play much rougher.

The professional rules also specify baskets with twelve inch extensions compared with the amateur six inch extension.



Dave Kerr, of the Cleveland Team.

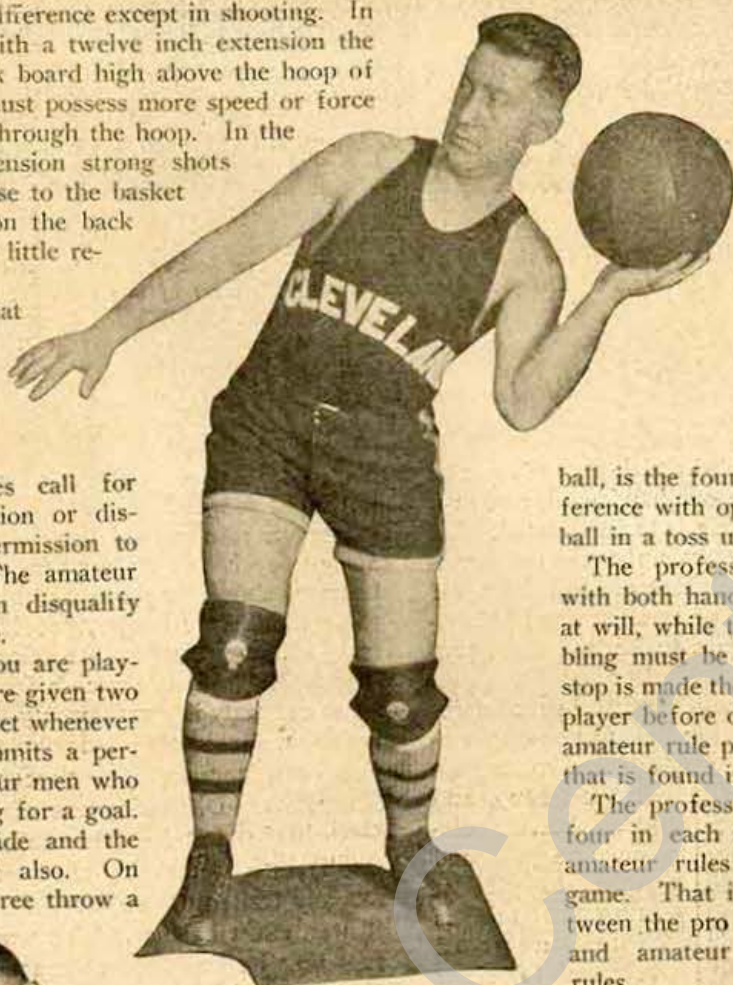


Jimmy Campbell, Philadelphia.

This rule made little difference except in shooting. In shooting for a basket with a twelve inch extension the ball must strike the back board high above the hoop of the basket, or the shot must possess more speed or force to enable it to rebound through the hoop. In the case of a six inch extension strong shots must strike low and close to the basket or if the shot is high on the back board it must have very little rebounding force.

The next ruling that differs is on personal fouls. The professional rules do not recognize personal fouls, caused by action of players. Such offenses call for warning against repetition or disqualification without permission to return to the game. The amateur rules penalize and then disqualify after the fourth offense.

This means that if you are playing amateur rules you are given two free throws for the basket whenever an opposing player commits a personal foul on one of your men who is in the act of throwing for a goal. The goal counts if made and the free throws are given also. On double fouls only one free throw a



Marty Friedman, Cleveland Captain.

ball, is the fourth rule, and any type of interference with opponent when jumping for the ball in a toss up.

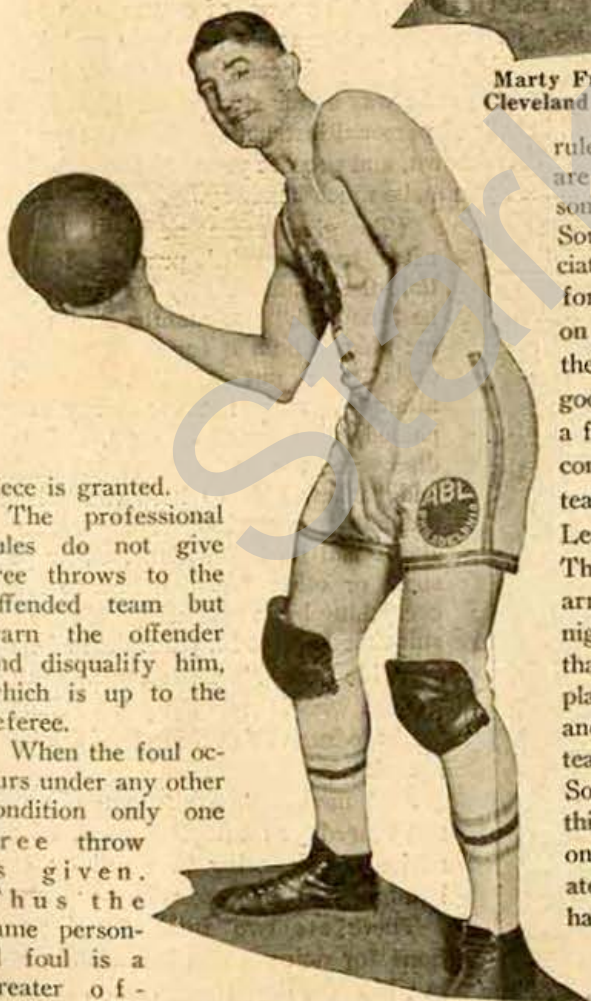
The professional rules permit dribbling with both hands and a stopping and starting at will, while the amateur rules say the dribbling must be done with one hand and if a stop is made the ball must be passed to another player before dribbling can be resumed. This amateur rule prevents much of the roughness that is found in the professional game.

The professional "time out" rule calls for four in each of the two halves, while the amateur rules allow only three in the full game. That in general is the difference between the pro and amateur rules.

The differences in the rules of the two classes of basketball are responsible for the playing of some very unusual games. The South Philadelphia Hebrews' Association, which has always been a formidable aggregation both on the basketball court and the baseball field, was so good as a basketball team a few years back that it was compelled to seek the best teams of the American League for real competition. These games were easy to arrange on off schedule nights, but the trouble was that the S. P. H. A. team played professional rules and the American League teams played amateur rules. So they did the only fair thing, which was playing one half according to amateur rules, and the other half professional rules. This, of course, was all before the (Continued on Page 76)

committed on a shooting player than when dribbling or passing.

Personal fouls are holding, tripping, charging or pushing an opponent whether or not either player has the ball. Blocking an opponent is another personal foul. Unnecessary roughness is another. Charging into two opposing players who have the ball between them, regardless of whether or not they have one or both hands on the



Tom Barlow, with Philadelphia.



Geo. Artus, Philadelphia

piece is granted.

The professional rules do not give free throws to the offended team but warn the offender and disqualify him, which is up to the referee.

When the foul occurs under any other condition only one free throw is given. Thus the same personal foul is a greater offense when

The Art of Hand Balancing

Editor's Note: This is the third of a series of articles on how to master hand balancing written by Mr. Jones. The first appeared in the July issue of this magazine and the second in the August issue.

By Robert L. Jones

THE subject of this third article on the topic of hand balancing is the one handstand, and to it almost the entire article is to be devoted. Let me say right here, however, that the one handstand is considered one of the most difficult feats (if not actually the most difficult) of straight hand balancing, and those of you who aspire to learn it must prepare yourselves for a long hard grind of practice, practice, practice. And for a considerable time in the begin-

ning you may, apparently, make no headway and may become discouraged and want to give it up, but this is just a good chance to show the stuff you are

made of. Anyone can work hard as long as he is making rapid progress, but only a real man can keep fighting when results hold back and success seems as far away as ever. To make a rough guess, I suppose a good balancer should begin to find his balance in this feat in three months or longer, providing he works diligently and follows instructions closely. (Remember the admonition in article one—a feat practiced half a dozen times correctly is worth twenty-five repetitions incorrectly done). Just here let me quote some remarks by Prof. Paulinetti from an article appearing in the August, 1926, *STRENGTH*. Discussing one of his star pupils the professor says that he "accomplished it (the one handstand) in a remarkably short period of time. He was scarcely training *three months* before he commenced to feel an exact balance. This was, of course, due to the fact that he was kept at practice *regularly* and in the *proper position* when he practiced." Now bear in mind that this young man was a star student and that he had the full benefit of personal instructions from the greatest balancer ever known, and prepare yourself for some hard work before you make much headway.

(To give some personal history, after five months' practice I could hold the balance barely long enough to be "snapped," two months later found me able to hold it for five or six seconds once out of three or four attempts, and another sixty days passed, nine months in all, before I discovered the final secret of the thing and became able to hold the balance indefinitely practically every attempt. But I had no instructions, either personal or otherwise, and had to learn everything by experiment, with the result that I wasted a great deal of time on "side tracks." I am confident that anyone who is a fairly good balancer ought to learn this feat in half the time it took me.)

And now, if the above tirade has not scared you completely out of all notions of learning to stand on one hand, we will proceed with our lesson.

There are two fundamental positions for doing a one handstand: one in which the supporting arm is held at



Fig. 1. The side balance position. (Hand should be on hip.)



Fig. 1-A. A difficult variation of the side position.



Fig. 2. The front or erect balance position.

only a slight angle out of its position when held overhead and parallel with the spine, the hand being held with the fingers almost straight ahead, the body "wrapped around" the supporting arm, so to speak, the free shoulder slightly in advance and a little higher than the supporting shoulder, the head turned toward the supporting hand. See figures 2 and 3. In the other position (Fig. 1) the arm is held much more out to the side from the shoulder instead of close to the head as in the position just discussed, and the head is held straight on the spine instead of being turned toward the supporting hand. The position of the body is a good bit nearer the horizontal than in the first position, and the hand is so placed that the thumb, instead of the fingers, points ahead. The free shoulder is also carried higher than in the first position, while the eyes, instead of being fixed on the hand, are focused on a spot on the floor varying from a foot to two or three feet from the supporting hand, on the line of the thumb of that hand, depending on how near the horizontal the performer drops his body. This position is, perhaps, a little more natural as regards the shoulder joint, for it permits a shoulder lock much like that in the bent press, and this style of balancing must be mastered if you ever intend learning such things as the one hand push-up, the drop from one handstand to half arm lever, etc. In fact, during recent weeks I have discussed these two fundamental positions with several balancers, notably Prof. P. H. Paulinetti and Prof. Wm. J. Herrmann, and all of them perform the balance in this side position; but, nevertheless, it is my belief that the

other position is much easier to learn because it permits the gaze to be fixed on the hand and, thereby, greatly aids concentration on the balance. The shoulder position is equally as comfortable as that of the side position; especially if you have a good back bend you will find this position best.

Fig. 3. Back view of Fig. 2.



Fig. 4. Side view, head turned.



Fig. 5. Same as Fig. 4, but opposite head turn.

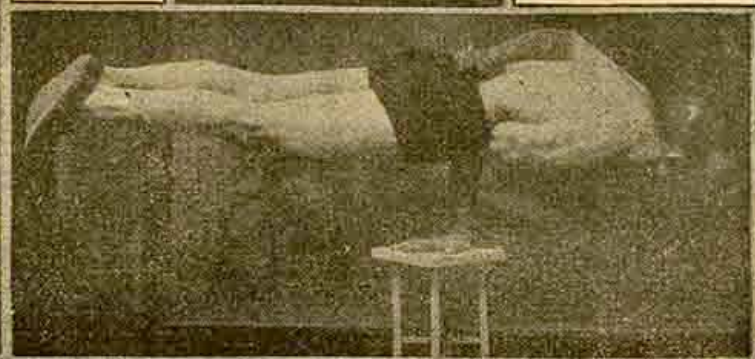


Fig. 6. Half arm lever. (Fingers should point a little more to the side.)

First I advise you to master completely the half arm planche, or lever, shown in figure 6, as this will accustom you to the sensation of balancing on one hand and get you acquainted with the lateral (side to side) balancing, as well as the fore and aft balancing of a regular handstand. It will also teach you the necessity of proper concentration, which is absolutely essential to the accomplishing of the one hand balance.

The one handstand is "all in the shoulder" as far as position goes, and our first efforts will be toward learning that position *correctly*. Once again we start by doing a stand against a wall, but, instead of placing the hands the same distance from it, we place them as shown in figure 8, the hand on which the balance is to be made being placed nearer. Your position should be similar to that indicated in the drawing, figure 8, your back not being parallel with the wall, but rather at a slight angle with it. Your feet will touch the wall at about points AA when you shift to one hand. The distance the hand must be placed from the wall is determined by your

height and back bend, the more of each the farther out you must stand; and the more back bend you have, the more easily the balance can be attained. (My height is 5 feet 6 inches, and I place my

balancing hand with the fingers 20 to 24 inches from the wall, the idea being to allow the feet to touch the wall lightly when you are in position on one hand, and with the legs apart and knees bent as in figure 7-D.) Now kick up into a handstand, allow the knees to bend well and the legs to separate. Try to go through poses

7-A-B-C-D, shifting your weight over on the balancing hand and at the same time twisting the body slightly toward that hand, bringing the free shoulder forward and up. Let the feet rest against the wall and endeavor to balance thus on one hand. Now take notice: Keep your head as far back as you can and turn it a little to the side toward the balancing arm, permitting you to fix both eyes steadily on the balancing hand. Notice also figures 2 and 3. By looking hard at the hand you are able to concentrate on your balance a great deal better than if you were looking elsewhere, and, in addition, the head in this position is in the best position for balancing, being as close as possible to the center of gravity. As has been said the secret of this balance is in the shoulder position, and practice against the wall is primarily to learn this position. The trouble experienced by most beginners is that they endeavor to hold the body too far to the side, thereby getting the arm too nearly at a right angle out from the spine. This causes a considerable strain, and the performer tries to relieve it by relaxing the shoulder and allowing it to slip well over toward the spine and drop toward the hip, the shoulder blade being literally jammed against the spine, and the legs and feet being dropped far over the side. *This position is just what you must avoid!*

Now look again at figures 2, 3 and 7-D. The shoulder is held



Figs. 7-A-B-C-D. Shifting from both hands to one. Note that right arm does not get out of perpendicular position.

rigidly out from the spine and the arm is not parallel with it, but rather at a slight angle when viewed from directly in front or back. When

viewed from the side as in figures 4 and 5 (note: in these two illustrations the head is not held in the correct position for learning) the position is identically the same as that of an ordinary handstand with lots of back bend. When viewed from the front or back (figures 2 and 3) the arm and shoulder are in a position much like that you assume when trying to reach as high as possible. Try it before a mirror—balance on the left foot, hold the right leg out a little to the side, lean a little to the left and reach up with the right hand. Notice the similarity between your position and the illustrations. Now notice the position of the head in figures 2, 3 and 7-D—see how it is turned toward the balancing arm. Also observe in figures 7-A-B-C-D that the legs are completely relaxed, making learning the balance easier for two reasons, one, they swing as low as possible, thereby keeping their weight as close as possible to the floor and making the balance more easily held, and again, by allowing them to remain relaxed the performer does not have to pay any attention to them and thereby his concentration is not taken away from the balancing hand.

Practice against the wall only long enough to learn to "feel" of the shoulder position, then try it out away from the wall. Select a place where you will be safe from falling against anything and proceed as follows: Do a handstand with the middle fingers pointing straight ahead, allow the legs to spread apart and the knees to bend considerably; now turn the head slightly to the right (presuming you are balancing on the right hand) and fix the gaze on your right hand (figure 7-A). Now swing the body gradually to the right bringing the weight over the right arm, **KEEP THE ELBOW LOCKED**, bring the left shoulder a little forward and up, and try to balance momentarily. Also take particular note that in shifting to the one hand the change of position is in the shoulder, not the wrist, that the supporting arm remains absolutely perpendicular at all times. As long as you keep the arm absolutely perpendicular the feat is one of supporting and

balancing, but the minute you bend the elbow or in any way permit the arm to vary from an absolutely perpendicular position the feat becomes a matter of lifting instead of supporting your body weight and is, of course, much more difficult, being more of a *plouche* than a handstand. Follow the change in 7-A-B-C-D and see how the arm

that as the weight is carried over to the right hand the left hand is "bridged" so that the left arm helps preserve the balance until the right hand gains full control of it. About the right hand—carry the weight as near the



Fig. 10. Try this with your lady friend

Notice also that the shoulder is not dropped, nor is it held out far away from the normal position—it is held square and even with the other, and rigidly locked. This position is best brought out in figure 2 and the 7 series.

Figures 7-A-B-C-D show four consecutive positions of the shift to one hand—study them carefully, notice



Fig. 9

and spine are parallel in the normal two handstand position, how the arm remains in its same perpendicular position, and how the shoulder is moved until the arm and spine are at about a 40 to 45 degree angle when in balance.



Fig. 11

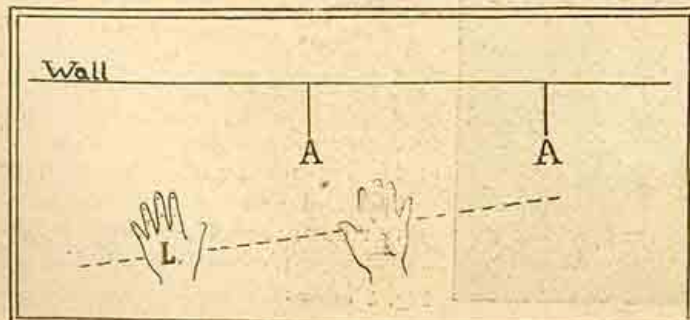


Fig. 12

center of the palm as possible, with just a little more pressure toward the fingers than elsewhere. When your center of balance starts shifting change your pressure to that side to counteract it, but remember, once again, hand balancing is not fighting fire, and you must move and act smoothly and not in the least jerkily or spasmodically. About falling—if to either side, merely spin on your hand and drop to the feet or knees; if straight ahead, take a quick step with the free hand and come down.

As for using mats in learning this stunt, leave them off, unless you do your balancing on the floor at the edge of a mat, so that in falling you can land on the mat. I have found, however, that there isn't much danger of making an uncomfortable landing when trying this balance on a hard floor.

Once you become able to hold the position for several seconds try doing it with the legs straight (either together or crossed), doing a regular handstand with the legs in the desired position, then shifting to the one handstand. In the beginning, you may find it helpful to hold the free hand out at the side to assist in balancing, but you should learn as soon as possible to hold it on the chest, then try putting it on the hip or behind the back as in the illustrations. Once you master the balance it will be only a matter of time and practice until you can hold the position shown, legs straight and hand at the side or behind the back; and then, in course of time, when (and if) you learn to do a handstand with the legs bent and apart and while remaining balanced place the free hand at the hip or back, then straighten the legs and continue holding the balance, you can say that you have this stunt "by the horns with a downhill pull."



Now you would do well to learn the side position, shown in figure 1. The motion of getting into it Fig. 8 is much the same as the (Continued on Page 79)

Beauty Through Exercise

It is Entirely Up to Yourself Whether You Have a Figure that Wins Admiration or Pity.

By Margaret Sargeant

IT is quite useless to sit down with your hands folded in your laps and bemoan the fact that you are not well, that you are too thin and that you are not built physically like some particular stage or motion picture star that you admire. These physical attributes will never come down to you out of the clear sky—you will have to go out and search for some method whereby you will regain your health and acquire physical beauty. To me there seems no easier method than active exercise. *Oh, exercise!* you exclaim—almost with horror in your voice—for everyone associates exercise with hard work, and that is enough to horrify the majority of us. Is not there some easier and more pleasant way to become beautiful, you ask? Exercise may mean a little hard work at the start, but it is pleasant work and an enjoyable pastime. When you realize that what you really do need is exercise, there are various ways of making the exercise more interesting. I will write about this further on in this article.

First let me tell you about two sisters I knew. Both were very thin, but one, Mary, was satisfied to remain as she was, while the other, Louise, often expressed a wish that she would become stouter. Both girls were quite hardened to the taunts of their friends, and "skinny" and "bones" were not uncommon names for them to be called.

Louise, however, became acquainted with another girl who was quite athletic and who soon got her interested in physical culture. Louise became greatly interested in exercise and soon realized what it would really mean to her. Flat-chested, stoop-shouldered and thin-armed, it was not long before she began to develop into better proportions.

Often the two friends would get together and work out in each other's homes, but when they exercised at Louise's home they were laughed at and made fun of by Mary, who pronounced them insane. "Don't you think that I get enough exercise at work all day long—why I would be crazy to come home and tire myself out like that," she would answer to their urgings to join them in their work. "I can't see where you are having any fun," she would add and would bury herself further into her book or march out with her various boy friends. So the two friends went on their way and soon

their friends began to remark about Louise's pretty figure and wondered *what in the world she was using*, then they would shake their heads and say—"but Mary, she gets thinner every day." Which was very true. Although she had a pretty good appe-



Fig. 1

Fig. 2

Fig. 3

tite she could not fill out the hollows in her chest and throat and became listless and more quiet each day.

Suddenly Mary became very ill and after many weeks in bed the doctor pronounced "tuberculosis." He explained that Mary was so thin and that her system was so run down and her energy so depleted that she had no reserve, and when illness

befell her she could not help herself—she had no resistance; she had one relapse after another, until the "dread disease" set in. Of course Mary was sent to a sanatorium, where, after months of weary struggle, she passed into the Great Beyond.

Louise, her sister, was grief-stricken, and she said to me, "If Mary had taken my advice, she would be here with me today enjoying the best of health. Why, look at me now! You remember how thin and sickly I was—more than Mary. But I have learned a great lesson and I will try to help every girl who is thin and sickly to regain health and shapeliness for my dear sister's sake."

The above story should set an example for every girl who is not physically what she should be—100 per cent efficient. If your system is weakened, you are open to all kinds of disease—and if your body is thin and emaciated your tissues broken down, your system cannot be anything else but weakened. Your whole attitude toward sickness should be to prevent it so far as possible by keeping the body in good condition. Proper exercise, proper kind of food, a proper amount of sleep and proper circulation of the blood, which last can be accomplished through breathing exercises, are most essential. The strongest and healthiest of us are apt to become ill or meet with an accident, but consistently following a good code of living and keeping the body in first-class shape is a tremendous factor in keeping well.

If you will take the trouble to find out, you will discover that a great many of the girls who are extremely thin do not get their proper rest. They stay up to all hours of the night dancing—some of them smoke and perhaps some of them even drink a little—consequently, when they do get to bed their nerves are so upset they cannot sleep well and must get up for their next day's work with but a few hours' restless sleep. Probably they will sleep late and do not have the time to eat breakfast—running off to work with only a cup of coffee. Then in the evening they are again in a hurry to get off to some dance or party and repeat the previous day's performance, scarcely giving themselves enough time to eat their dinner properly.

All this does not help them to become beautiful—for to be beautiful is every girl's earnest desire. So let us all get together, girls, study our present condition and decide upon a system of exercise which will help us toward our goal.

I will give you a few exercises here—if you do not like these, try others given in this magazine this month or any other month, but remember that you owe it to yourself to be healthy and beautiful. Let this be your slogan: *Be the Woman You Were Meant to Be.* You cannot

be completely happy unless you are healthy.

Figures No. 1, No. 2 and No. 3 illustrate exercises that develop the forearm, upper arms and the shoulders to

some extent. In exercise No. 1 you push down with one hand while resisting with the other; in exercise No. 2 assume position shown in Figures No. 2 and No. 3, and push the arms from side to side against the resistance of your arms; that is, pushing the right arm against the resistance of the left and then reverse.

Exercise No. 3 is illustrated by Figures No. 4 and No. 5. This exercise will develop the upper arms and shoulders and fill out the hollows in the chest.



After you have tried the exercises described in this article try this stunt. You will first have to learn perfect balance.

Exercise No. 4, illustrated by Figure No. 6, is a neck exercise. Place the hands behind your head and force the head back against resistance of the arms; that is, push forward with the arms and backward with the head.

Exercise No. 5, illustrated by Figure No. 7, is called hand wrestling. You can have lots of fun doing this

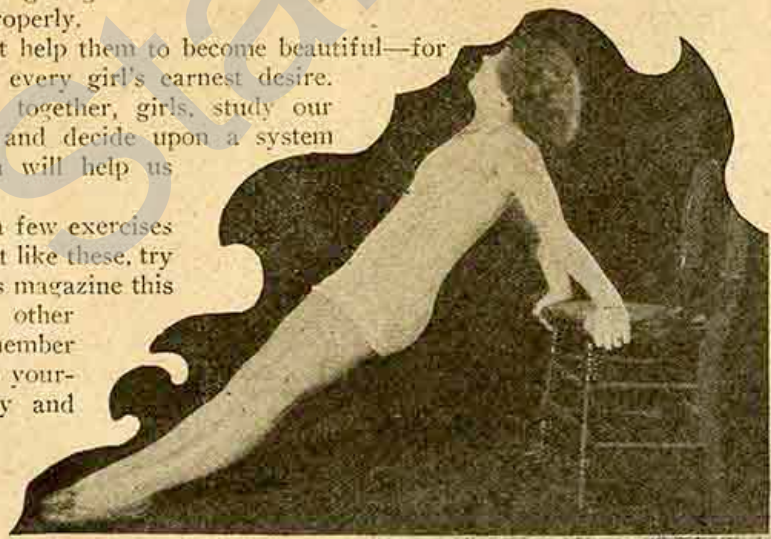


Fig. 4

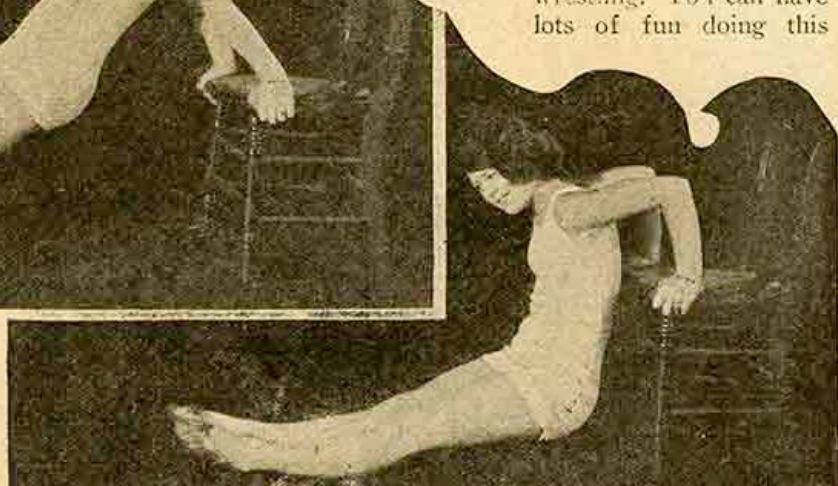


Fig. 5

exercise, at the same time developing your forearms and upper arms. The idea of this is to take position illustrated and try to push each other away by pure arm strength only.

Now there are many other exercises published in these pages that will help you to build up perfect proportions. Don't delay any longer—start right away and see if you can have a shapely body by next spring, when you will have to begin thinking of your bathing suit and what you will look like in it. Above all, do not forget breathing exercises. I call breathing exercises "life savers." They build up your chest, improve your blood circulation and are general health builders as well.

Above all, girls, I implore you to acquire the habit of retiring early and arising early. Give up a few nights' meaningless pleasure for your health's sake. You may think you are having a good time now, but think of all the years ahead of you—and to live the life of an invalid is very sad.

And if you arise early enough so that you will have plenty of time to exercise, dress slowly, and eat a substantial breakfast, you will be on the right track to health and beauty. Thin people

should pay a little more attention to their diet. An abundance of green vegetables, fruits and milk should be taken, as these foods contain vitamins which stimulate the appetite and supply much-needed minerals. Bread and butter and cereals with cream are fattening. A good fattening mixture is made from one quart of milk to which has been added one-half to one cup of cream and two to six tablespoonfuls of milk and sugar.

This should be taken as a beverage during the day.

Here are a few menus for gaining weight:

Breakfast

Oranges
Cracked wheat with cream
Whole wheat toast
Browned potatoes
Bran

Dinner

Cream of pea soup
Sirloin steak
Browned onions
Mashed potatoes
Lettuce with French dressing
Peaches with cream

Supper

Vegetable and nut salad
Cocoa made with milk
Whole wheat muffins
Honey

Breakfast

Dates
Glass of milk
Brown rice with cream
Whole wheat pancakes with butter and honey
Bran

Dinner

Cream of tomato soup
Steamed potatoes with butter
Spinach
Cabbage, pepper and onion salad
Apricot whip made with nuts, cream on the whip

Supper

Brown potatoes
Lettuce and pepper rings
Mayonnaise dressing
Custard

Breakfast

Baked apple with cream
Shredded wheat with butter and hot milk
Creamed potatoes
Whole wheat toast

Dinner

Casserole of beef with carrots, potatoes and tomatoes
Salad of fruit and nuts
Junket

Supper

Baked potatoes with butter
Creamed carrots
Apple sauce with raisins
Milk

(Continued
on page
87)

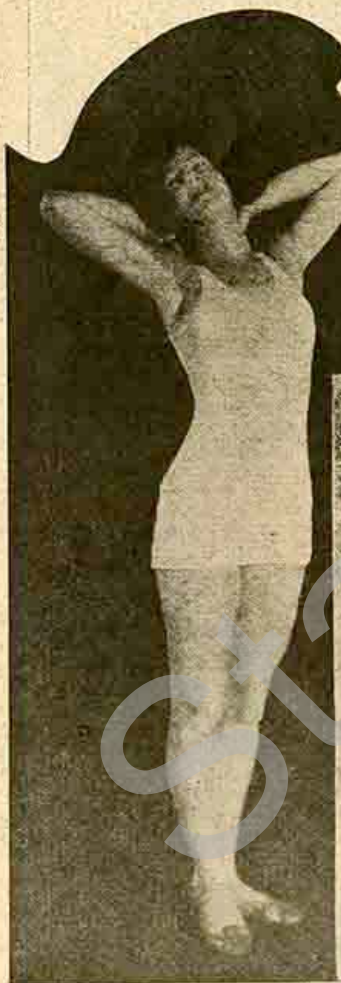


Fig. 6



Fig. 7 illustrating hand wrestling—a good way to develop the forearms and upper arms.

All Aboard the Health Special!

The Surprising Influence of Indian Club Exercise on the General System.

By Jack Russell

I SAW a man get a conniption on a train the other day and threaten to throw a wild-eyed negro porter out of the car window.

I was on my way to little old New York; I had my notes about Indian club exercises with me, intending to look them over and perform the necessary revision on the train. All seemed to go well with the journey. The train pulled into Trenton amid a honking, screeching, and bedlam of noise.

A big, florid, blustery arrangement in adipose, jammed himself into the vacant seat next to me. Pulling out a great sheaf of papers he began to write laboriously without even favoring me with a casual glance. We were nearing Newark when I bethought me to go into the dining car for a moment. Excusing myself graciously, I managed to wiggle past the big, fat fellow, who was so engrossed in writing, and hazardly made my way through the lurching car. Upon opening a vestibule door communicating with the dining car, I turned and found my florid, fat friend directly behind me.

Some moments later I returned to my seat ahead of the fat man. I



Indian clubs limber the body and make it elastic and supple.



Vigorous outdoor life and barbells gave Jack Russell a well-built, rugged, all-round physique.

found that everything had been swept up, even the papers I had strewn upon the floor. Pretty soon the big man came lumbering in. He espied the empty seat and suddenly commenced a hurried search for something. Ejaculating several harsh oaths he looked into various seats, looked under the seat in which I sat and glaring at me, demanded to know where his manuscript was. The last I saw his manuscript was when I brushed past him to go toward the dining car. I was ignorant of the fact that he had left it in his seat, so there I stood staring at him with amazement while he grew furious and exploded a stream of invectives. A grin spread over my features as I became the cynosure of all eyes at his raucous bellowing. Apparently I was the culprit to blame for the disappearance of his manuscript, but just then the negro porter came into the car and the big fat man asked him whether he had seen it. The porter did not at first understand what was meant by the term "manuscript," but finally inquired if the man referred to a stack of papers, scribbled and blurred and marked up, with bits torn and thrown upon the floor. The man assured him that he understood the case, whereupon the darky informed him that he swept up the stuff and tossed it out of the window when he was cleaning up his car just as he always did before

coming into Newark prior to changing trains to enter the tube under the Hudson River.

The blustery fat man flew into a rage. During his convulsion he tore his hair and writhed like a huge thing floundering out of its element. The poor negro porter stared with bulging eyes. No use stopping the train, the papers were some miles back and blown, heaven only knows; for the train sped at the rate of sixty miles an hour and there was little chance of retrieving them.

"Gosh! Chief! Ah'm awful sorry. Ah hope dem scribbled sheets was no 'count!" said the porter, humbly, his goggling eyes rolling in their sockets, and gazing dazedly into vacancy. The man shook himself into partial sanity and muttered something about throwing them away himself when he finished scribbling on them. He sat down, crossed his legs, bit his lip once or twice and then bewilderingly looked at the swiftly moving landscape.

Going on in your mind at this juncture is the question, "what has all this got to do with Indian clubs and their influence upon the general health?"

Dear reader, I say there is much. Do you realize that life is but a journey? We are all aboard certain trains that convey us over the great highway. There are some who ride on special trains—the health special for instance. Let us suppose that you are on that health special. You stay aboard until it arrives at your destination. Your destination, we'll say, is Health. Now let's make believe you change trains as many people do when they go on long journeys. On the new train, you grow careless, you allow your health to go unguarded like the manuscript I mentioned. Why should you care, it is yours. You can leave it

anywhere and you'll find it when you come back; but, my friend, hold on now, supposing the Duke of Pneumonia rides in the seat next to you. You do not know him. You leave your health unprotected (like the manuscript in the seat), and go forward into another car.

Now he happens to be a dangerous individual. He takes your health and when you return to contemplate it, you find that it is gone. Or, suppose the porter is Mr. Dis Ease. While you are away he comes along cleaning up his car and finding your health scattered over the seat (like the manuscript) throws it out of the window with the rest of the rubbish, thinking it is "no 'count." And then, when you return and find it gone, it is too late. The train upon which you are riding is breezing along at a mile a minute clip and the wind is blowing fiercely, so there is really no need of backing up the train to regain the lost goods. That train upon which you are riding is the special to "the valley of the shadow," and if you don't get off before you arrive there—good-bye.

The blustery arrangement in adipose, who lost his manuscript, probably had to reproduce it. But to reproduce the matter was impossible, for he had no verbal memory—and something had to be written. What did he do? More than probable he waited till he got off the train and bolting for the nearest hotel sat down to re- (Continued on Page 80)



On the special train to health, Indian clubs, graded in size and weight, prepare the passengers with immovable foundations for health and strength.

The Three Fates

Gasoline — Tobacco — Alcohol

By Russell Viohl

"I'M not much of a mathematician," said the Cigarette. "but I can add to a young man's nervous trouble, I can subtract his energies, I can multiply his aches and pains, I can divide his interest in his work and discount his chances for success."

All of which, and with amplification, is more or less true. Tobacco, I firmly contend, is to the brain of a youth what a whip is to a fine-spirited horse. It lashes him into a frenzy, produces a false sense of security and drains the reservoirs of reserve energy. In addition, it insidiously destroys his health and impairs the growth.

A vast majority of young men actually crave the foul weed. They cannot seem to get away from it. Oh, yes, they would get away from the oppressing habit, if they could, but how? Instead of exerting a mature will and power of mind, they allow themselves to be lulled by the many advertisements of "dope" for the banishment of the habit. These individuals frequently try the so-called cures, but seldom rid their habit, and so they resign themselves and endeavor to be happy, when in their hearts they despise themselves for being weak.

The craving for tobacco and its effect upon the system are best illustrated in a story told by that marvelous writer who died a few years ago, Jack London. He tells of a man who was unfortunately marooned on a small rock island for eight years and cut off entirely from civilization.

The life on this barren island was most unbearable. Running rampant in him was the desire to have all the pleasures he had known back in civilization. All the train of evils which are unknown to natural life and brought on by civilization troubled him and disturbed his peace. Most strange in him was an indefinable urge, ever insatiable, ever unsatisfied, never at peace with God or himself, his days filled with restlessness and useless endeavors, his night a glut of vain dreams of desires wilful and wrong and peopled with terrifying visions. He was much annoyed with his craving for tobacco. His sleep was often a torment, for it was then his desires took license to rove, so that a thousand times he dreamed himself possessed of barrels and barrels of tobacco . . . yes, and warehouses filled with tobacco and shiploads and even entire plantations of tobacco.

However, he revenged himself. He toiled unceasingly and prayed and prayed to the Almighty to deliver him from the tortures that beset him. The time glided on painfully. Months merged into years, and the years marched slowly on. With the passing time he gradually reconciled himself and grew more contented with his lot. The devil came less in his sleep to torment him

with lawless visions of tobacco and savory foods. And he continued to work in a new freedom, ever grateful to God.

Towards the close of his eighth year on the island, he descried a ship within hailing distance. He managed to leave his dangerous and inhospitable rock-bound island and swim to a waiting boat ready to take him out to the ship standing by. The ship had drifted so far away that it was all of an hour in getting aboard. During this time the man yielded to his propensities that had been baffled for eight long years, and begged of one sailor a piece of tobacco to chew and a smoke. Scarce ten minutes passed when he was taken violently ill. The reason for this is clear. His system was entirely purged of tobacco, and what he now suffered was tobacco poisoning, such as afflicts any boy at the time of his first smoke. Suffice it to say, a lesson was scored to him, and from that day to the day of his death he neither used nor desired the foul weed again.

I have never found that one could get satisfaction in staying up late every night in the week trying to turn life into an endless cycle of pleasure. I do not think that health, happiness, or efficiency, or the inspirations therefor, are to be found in night clubs patronized by countless scores of people. At these clubs drinking and smoking are done excessively, and the white blood cells that constitute the body's standing army for the resistance of infectious disease are destroyed by these unthinking people who night after night squander their health in pursuit of pleasure.

We must not become vicious in our play, careless in our recreation, or heedless of the laws of health and the rules of society when we go out to have a good time. We all have a real duty to perform, and to go out continually until worn out is not conforming with or disposing of our duty according to our ability. Our duty is to build up a nation of strong people and teach our posterity to recognize the fundamental laws governing health, but if we are going to keep late hours, drink and smoke excessively and at last bring misery on ourselves, how can we set an example for the younger generation? Children begot of parents who drink and smoke to the ruination of health cannot have the healthy, normal functioning body which is their right and heritage.

I am sure the average person is going to receive utter disappointment from his efforts to gain relief from high nervous tension or pent-up energy by means of stimulants and narcotics. Tobacco, alcohol and other drugs are false friends, and any person who courts them, courts danger. They are a (Continued on Page 72)

Exercise After Forty-Five

Presenting Six Exponents of Strenuous Exercise
Between the Ages of 45 and 62

By Mark H. Berry

THIS month I decided to vary from the usual procedure of writing up some of the outstanding examples of physical perfection among the young manhood of our Nation. It seems to me that you should be interested in making the acquaintance of some of your fellow physical culturists who have preserved their youth to the half century mark. I am



After twenty-seven years of lifting. Two photos of Richard Kangas at the age of 45. Mr. Kangas has collected a few medals, due to his speed on the cinder path, and is still capable of competing successfully with young athletes.

glad to have this occasion to present six of our fellow enthusiasts, as living refutations of the notion that a man should be old and incapable of activity after forty. I have on my mailing list the names of hundreds of men who could have been used as examples instead of those herein presented.

The hardest part about presenting men of this age is that they are adverse to having their photos published; in the majority of cases,

they consider themselves unworthy, and are too prone to compare their own physique and abilities with the star super-men of twenty to thirty. There is no denying the fact that physical perfection at 50 and 60 is a long way from physical perfection in early maturity. If a man is exceptionally good when past forty and capable of holding his own with first class men years younger than himself, you may be sure that man either was or would have been a world-beater years previously.

The present group includes Mr. Richard Kangas, age 45; Mr. George Blymire, age 48; Mr. Arthur Dandurand, age 49; Dr. A. Bertschinger, age 51; Mr. Arthur Leslie, age 55, and Mr. C. E. Lincoln, age 62. This group includes a pretty fair variety of physique types, degrees of experience in physical culture, as well as of ages, and athletic experiences. One man has combined his exercises with amateur athletic competition; another was an athlete in his youth and "came-back" after

years of idleness; two of the men knew nothing of physical exercise till late in life; another has simply kept fit throughout his lifetime through exercise; and one has been a professional strong-man for many years. If you have any doubt existing in your mind as to the value or effects of exercise after forty, you owe it to yourself to spare a few minutes with us.

Not so many years ago it was quite common for men to consider themselves as growing old and incapable of strenuous physical exertions, as they approached the age of fifty. In athletics, especially, men have been referred to time and again as old when past thirty; this attitude has been persisted in so much in the sporting columns of the newspapers that most persons are apt to form the conclusion that when a man passes thirty, he should refrain from taking part in any form of athletics or exercise and resign him-

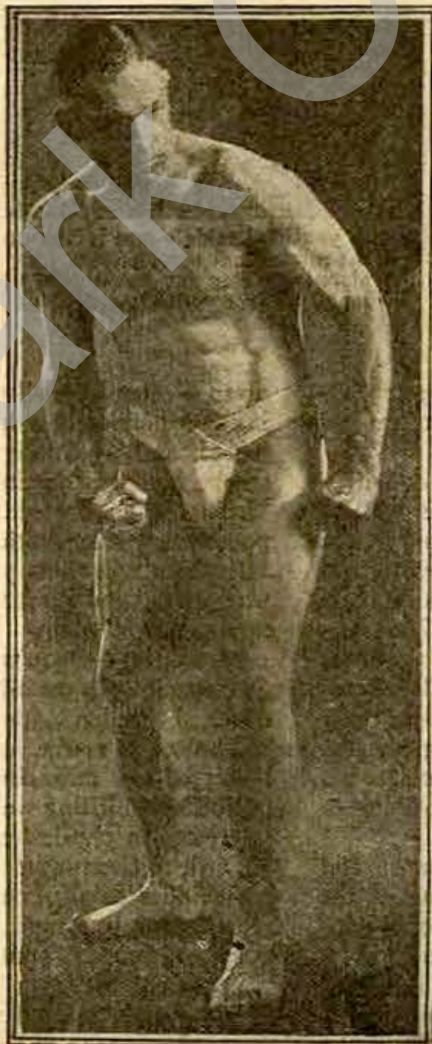


self to the fate of growing old at fifty. Contrary to this opinion thousands of athletically inclined men have chosen to continue their athletic activities, and to follow their physical culture hobbies, after they have entered their thirties.

At the present day we have hundreds of men over fifty who exercise regularly for certain periods every week, and there are scores of men of the same age capable of giving a first-class account of themselves in each of several branches of strenuous athletics. Of course there is no denying the fact that sooner or later a man begins to get slower, loses his strength to some extent and finds he is unable to keep up the same stiff pace; yet just because he no longer is at his best, it does not mean that he is aged or so old that he should lie down and wait for death to overtake him. So much foolishness exists in the minds of those who are unacquainted with the facts regarding heavy exercise, that the average citizen is quite likely to look upon the follower of strenuous exertion as doomed to an early grave; but, I assure you, I would have no trouble in presenting to you a long list of men past the age of forty-five, whose ages you would be inclined to doubt, if you were given the opportunity to gaze upon their perfection of physique or witness them follow their regular exercise routine. Many men of this calibre would have no trouble in outdoing the average young man in feats of either strength, endurance, dexterity or quickness. And they owe it to one thing—the principle of progressive heavy exercise; in other words, to the same formula to which so many account for their success—hard work, properly directed. Hard work, alone, will not get one very far; the efforts must be directed along the proper lines. Many men work hard all their lives and succeed in doing nothing; you must make some effort if you wish to accomplish anything worthwhile, but you must follow out some intelligent plan if you wish to arrive anywhere.

On the other hand, although we mention hard work, the necessary exertion amounts to very little in reality. On the average, the best results are attained by starting out with very light weights and repeating the dozen or so different exercises, an average of from three to five repetitions. It is advisable to practice only three or four times weekly; then every so many days, depending on the individual, the movements are increased one count, and once a month a very slight amount of weight is added to increase the resistance. In this way a man, regardless of his age, stores up energy and health, and a reserve is accumulated in the reservoirs of vitality.

I shall first tell you of Mr. Richard Kangas, of Conneaut, Ohio, who has been practicing bar bell and dumb-bell lifting as a system of exercise for twenty-seven years. One of the photos we are using shows him wearing a collection of medals he has won as an athlete. Mr. Kangas is a remarkably good sprinter, even to this day, and claims the distinction of having beaten even time in the century dash, after the age of 20. Both in 1913 and 1914 he was timed in $9\frac{7}{10}$ seconds for the 100 yard dash, while



Dr. A. Bertschinger, at 51, has a physique of which the average young athlete would be proud. He was an athlete in his youth, and then quit his strenuous activities for about twenty years. A few years ago he staged a physical "come-back."

a member of the Jyry Sporting and Gymnastic Club of his home city.

On August 28th of this year Mr. Kangas competed as a member of the athletic team of the Conneaut Camp of The Modern Woodmen of America, and in competition against fellow Lodge members of other cities, he placed fourth in the 400 meter run; his 17 year old son, Heimo, being the winner. The 400 meter run is practically the same as the 440 yard, or quarter mile run, and is considered by athletic coaches and experts to be the hardest run on the track schedule. How does this strike you? A man at the age of 45 placing fourth against young sprinters of ability in open competition. To some of you readers, who have been impressed by the foolish superstitions about weight



Besides the fact that this pose is well executed, it shows Mr. C. E. Lincoln to have finely preserved physical proportions for the age of 62. By practicing lifting in his youth, he built a foundation of strength and vital powers which regular exercise still keeps active.

lifters being slow, it may seem incredible that a bar bell lifter could run a hundred yards in anywhere near ten seconds, much less to be able to beat even time; but this lifter did so at 31 and 32. It is a little confusing to hear so much talk about lifting making a man slow and then to know of an athlete who has been lifting for twenty-seven years and who is able to compete at sprinting with young men in the flush of youth, who are less than half his age.

Mr. Kangas has accomplished some very good lifts, two of which are a Right Hand Bent Press of 215 pounds and a Two Hands Dead Lift of 410 pounds. A glance at the proportions of his development will prove his time has not been wasted so far as physical appearance goes. Height 5 feet $5\frac{1}{4}$ inches, weight 147 pounds, neck 15, chest—normal $41\frac{1}{2}$ expanded $45\frac{1}{2}$, waist 31, thigh 21, calf 14, ankle $8\frac{1}{8}$, hips 36, biceps $13\frac{1}{2}$, forearm $11\frac{1}{4}$, wrist $7\frac{1}{4}$. Mr. Kangas has also kept actively interested in amateur wrestling, and is training his son, Heimo, at both lifting and wrestling. He tells me he has a class of boys about whom we will hear something in the future.

Mr. Arthur Leslie is a New York newspaper and magazine writer. He was a physical weakling at the age of 46, and evidently an old man when he became interested in bar bells as a means of physical culture; at 50 he was exhibiting and competing as a record breaking strong man and boxing regularly with young "hard guys" in the gym. Today he is 55 and still preserves the

same remarkable degree of strength and vigor. In the Fall of 1922, at the Physical Culture Show in Madison Square Garden, New York City, Mr. Leslie performed a feat of lifting 600 pounds on his shoulders, and at the same time issued a challenge to meet any man of his age in a contest for the title of "The World's Strongest 50-year Old Man." He also claimed the distinction of being the strongest business man in New York City. Mr. Leslie is still looking for a man of his age to duplicate his feats of strength, and will, in all probability, appear at the "Strength" shows in New York this winter, as he did a year ago.

Arthur Leslie has a message to be broadcast to the world. He says: "Bar Bells have made me as fearless in business as I am in the gym."

He says that he now realizes he was a coward up to the age of 46. At the age of nineteen he held an editorial job, and at twenty-five was president of the largest newspaper syndicate in the business. Then, due to not taking care of himself, he started to slip and went back to working on different newspapers, occasionally starting newspaper syndicates and enjoying brief spells of prosperity, but he failed to go



A youthful middle age in the person of Mr. Arthur Dandurand, a professional strong-man, who has been performing strenuous strength feats for two-thirds of his forty-nine years. He has long been recognized as the best built of Canadian athletes.

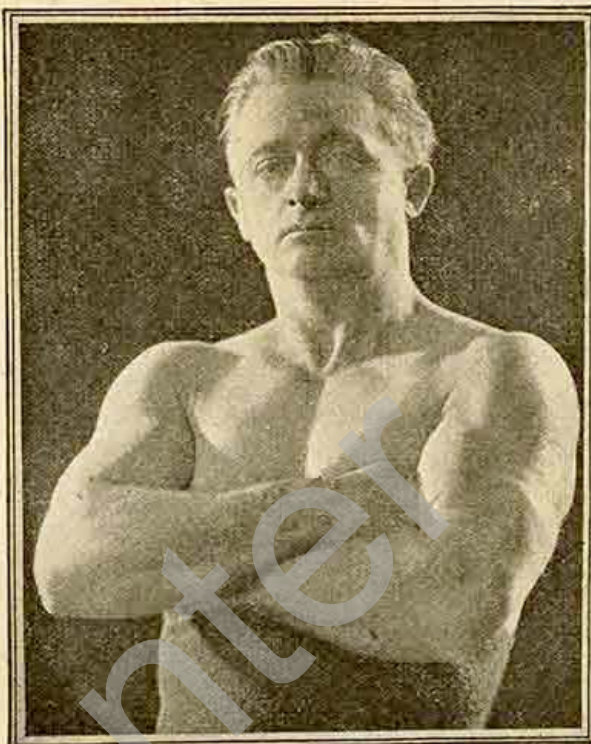
up to greater journalistic successes. He grew fat, weighing 205 pounds at a height of less than five feet, eight inches, and was flabby and had an aged look. What awoke him was hearing two of his fellow workers say, "Leslie is getting old." Today he weighs about 160 pounds in trim condition, with an arm of sixteen inches. His photo will show you that his chest and neck are in proportion, and his underpinning is capable of backing up a powerful body.

Mr. George Blymire is well known to the readers of STRENGTH, as a record-breaking lifter in the lightweight class. I wouldn't attempt to remember all the records he has to his credit, so will have to refer you to recent issues of the magazine. Mr. Blymire has been using bar bells and lifting weights for six years, having become interested in physical exercises at the age of 42. He is an ardent STRENGTH enthusiast and anxious to prove his abilities at all times. I am sure the average young man would be proud to have the back and shoulders possessed by this "youthful" athlete of 48.

Dr. A. Bertschinger, of Portland, Oregon, is a Naturopathic Physician, and represents the possibilities of the man who was athletic in his youth, and years later

decides to stage a physical come-back. The Doctor is certainly the possessor of a splendid physique that should be the envy of almost any young athlete. In addition he has studied the art of posing to some extent, as can be seen from the two photos of him that we are using to illustrate the present article. Dr. Bertschinger was a professional boxer for ten years, from the age of 18 to 28; then, after giving up his athletic life for almost twenty years, he decided to get back some of his old physical condition and became actively interested in body culture; starting in with general physical culture practices, he soon realized the advantages of progressive exercise principles and began using a bar bell about four years ago. The Doctor's evenly developed, clean cut muscles certainly give no evidence of his age.

Mr. Arthur Dandurand is representative of the professional strongman who has long been identified with performing feats of strength, and is still capable of giving a first-class performance at 49. There is no doubt that Mr. Dandurand possessed a marvelously proportioned physique in his youth, as his present shapeliness is equalled by few men. He has long been considered the best built of the strong men of Quebec; a list of his measurements will give you an idea of the reason: Height 5 feet 8 inches, weight 180 pounds, chest (normal) 50, waist 33, thigh 24, biceps and calf each 17, neck $17\frac{1}{2}$, forearm 16, wrist 7. His chest and forearms are exceptionally shapely; he is capable of an extraordinary chest expansion. Two years ago,



This young athlete claims to be the strongest amateur of 55. Mr. Arthur Leslie first became interested in physical culture at 46, and believes there is nothing like the strenuous life to keep a man fit for the high-powered brain work of his business.

at an exhibition, a belt was adjusted to encircle his chest and my own, with one of my arms being also included (my part of the space was equal to well over forty inches); after I stepped out of the encircling belt, Mr. Dandurand expanded his chest till the belt fit snugly around his body. His forearm is something to look at, too, and it is safe to say that there is no athlete with a better proportioned forearm; just note the difference between a wrist of seven inches and sixteen inch forearm.

The sixth of our examples of well-preserved youthfulness and vigor is a man of 62 years. Mr. C. E. Lincoln, of Boston, is an admirer of artistic posing and studies the fine points of the art from the examples of sculptor masterpieces in Art Museums. This proves his mind to be very youthful. Mr. Lincoln practiced lifting and heavy dumb-bell exercise when a young man (which was long before the days of the progressive bar bell); he states that he derived a great deal of pleasure from the exercise and built a foundation of health and strength that has lasted throughout the years. He keeps in trim by exercising regularly, besides the practice of another principle which should prove interesting to STRENGTH readers. Mr. Lincoln believes in muscle-control, which he follows in a novel manner, by making the various muscles of his body dance to music. That his ideas of keeping a youthful figure are good, can be attested by giving a little attention to the photo of him, which we are showing. The pose is well executed, but Mr. Lincoln should be no stranger to you in this respect, having been a prize-winner in the *Strength Posing Contest*, two years ago.

If, by any chance, you should think these cases to be the only exceptions in existence, allow me to assure you that you are sadly mistaken. I need only to call your attention to a few active athletes to prove my point. Mr. Warren L. Travis has the distinction of being the best Back and Harness lifter in the World, after more than thirty years as a professional strong man, at the age of 52. You have only to meet him personally to know that he is well preserved.

Mr. John Y. Smith is now 62 and one of the strongest men of his weight in the world, having established some (Continued on Page 56)



Six years of bar bell work set Mr. George Blymire up pretty well, judging from his back and shoulders. At forty-eight, he is regularly breaking the lifting records, established by youths less than half his age.

Shape from Shapelessness

Men Are Most Times Masters of Their Shapes

By Charles MacMahon

SINCE writing the first instalment of this article, which dealt in a general way with building an unusually fine physique, I have been looking over hundreds of pictures of boys, young men and older men who are not developed and shaped as they should be and *can be*. These photos were of men and boys from all walks of life and practically all parts of the country and none of them came anywhere near possessing all the minor deformities I wrote of in last month's issue.

These photos brought out another fact, and that is that the thin man or boy is more concerned about the present state of his physique and more interested in developing an ideal figure than those that are stout. This fact is further borne out by my records of pupils who have put themselves under my care for the purpose of becoming strong and well built.

Strange as it may seem, my observations prove contrary to this on the feminine side, that is, women and girls start to worry about their shape when they commence to get a little too stout instead of thin. The present day styles that encourage or, rather, demand a slim figure are probably responsible for this reversal of attitude on the part of the female over that of the male regarding their respective physical conditions.

This month I promised to give you more specific information on how to go about correcting minor physical defects and building your bodies in elegant proportions of the he-man style. So here goes.

The average young man, excluding the stout ones, range in build from about the physical condition shown in illustration No. 7 up to that build shown in illustration No. 4. Occasionally you will see a physique that is worse than No. 7 and occasionally one you think is better than No. 4. Neither of these physiques had, up to the time of snapping the photos, any physical training to speak of, except what one gets from his everyday life and

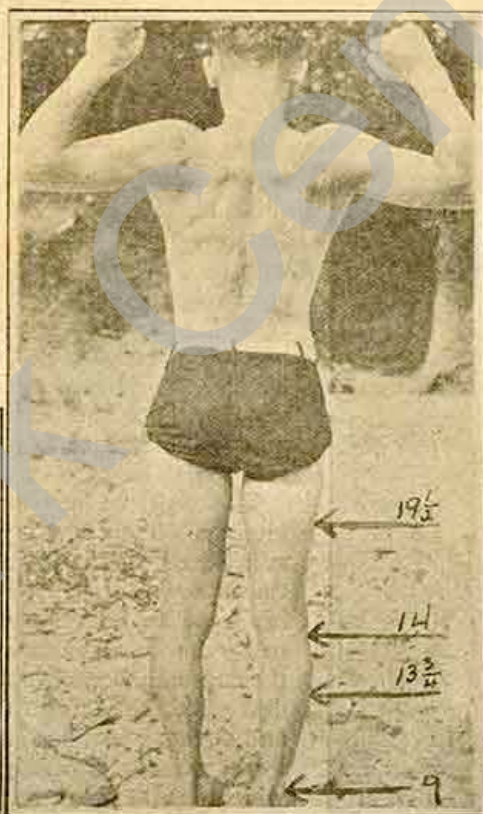


Fig. 2

occupation which is not really physical training.

The young fellow shown in No. 4 possesses a body that is described by "naturally well built." In other words he inherited a fairly well proportioned physique. He may become even better developed later on without special training as he becomes a few years older, but he will never possess the beauty of form and muscular power that a natural physique is capable of unless he does follow some good system of physical training. It would be very easy for a young fellow of this type to build himself up to compare favorably with any of the best built and muscled men that appear in this magazine.

Fig. 1

The unexperienced eyes would be hard pressed to pick out



the very minor faults of this physique, but when your attention is called to it can you not notice how the deltoids on the ends of the shoulders appear larger by comparison than the upper arms? This fellow, of course, needs all round building up, but we are merely pointing out the parts that should be specialized upon. His entire arms and neck need a little more attention than his chest and upper body. His chest and upper body are by no means near the height of perfection it is possible for them to be, but they are good enough to make the neck and arms look a tiny bit undersize.

The legs are fine for natural build, but notice how the insides of the knee joint protrude? Some would say the knees are too large, but the fact of the matter is that the legs, both thighs and calves, are under-developed, especially on the inside. If these legs were developed by proper exercise the knees would soon look small compared with the thighs and calves.

Therefore what this young fellow needs is a good course of physical training that develops the entire body and of which the exercises gradually increase in strenuousness in order to develop some real muscles and special attention put on upper arm, forearm, thigh and calf muscles. Specializing means, after all is said and done, nothing more than giving the needy parts more exercise and thought than the other parts of the body.

The build shown in illustration No. 7 is poor, even in the eyes of the average man, but the most lamentable parts are seen in the stoop of the shoulder, which makes the shoulder blades protrude, and the flat chest which is inevitable with stooped shoulder.

If you have a similar physique you can improve your general appearance from twenty-five to fifty percent by merely straightening the shoulders and bringing the chest out by following the exercises for this purpose. Even if you didn't put an ounce of extra weight on or increase your muscles a fraction of an inch you would improve your appearance greatly by chest and back exercises.

Outside of specializing on the chest and shoulders no other part need be specialized upon until later on in the training. At first the whole attention should be centered on improving the entire figure, because with a build of this kind it is useless to specialize on the inside calf muscles, for instance. That can come later when you can better see how all the muscles will react to the training



Fig. 4

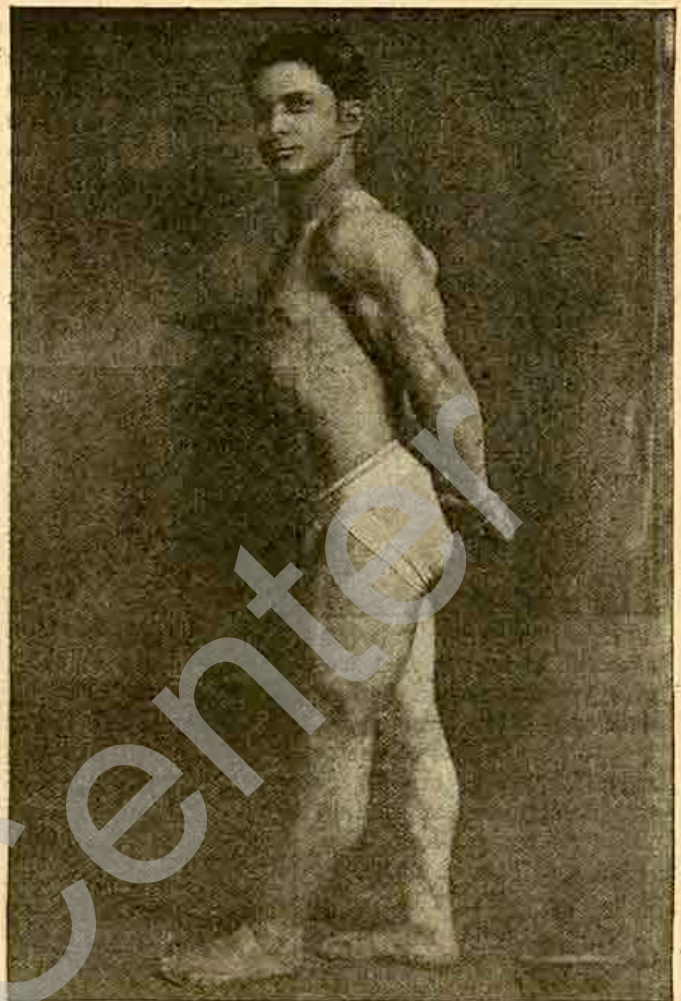


Fig. 3

program—which muscles will develop either rapidly or slowly.

Illustration No. 5 shows what the average person might call a strong build, but, of course, as physically trained men go, it is not. This young man has been endowed by nature with a pair of legs that are very sturdy and finely proportioned, but she gave him an upper body and arms that are somewhat inferior, as far as sturdiness and development are concerned, which in turn causes the upper body and arms to lack the fine shape of the legs.

If you are built on these lines you should continue to improve your legs, but the main object of your training should be to develop the arms, neck, chest, back and abdomen. This young man, like the fellow in illustration No. 4, will find it very easy to become a superbly shaped man.

Take figures 1 and 2 and look carefully at the legs of both of these men, especially the right legs. For bone shape these two pairs of legs are as near alike as it is possible to get them. The bones of the lower legs of each of them bend out slightly to about the same degree, but notice the great difference between them for actual beauty of shape and proportion. The reason those of No. 5 are better formed and look straighter is almost wholly because the inside calf muscles are more highly developed. The eye is influenced by the curve of the outside calf muscle when the inside calf muscle is not large enough to make the lower leg appear well balanced and straight.



Fig. 5

reverse. Everyone who begins training for a better developed body must exercise to get the size of their calves as large or larger than their knees, as well as exercise to improve the shape and balance of their legs.

In illustration No. 1 the calves stand out slightly as being, not larger than they should be, but larger than the thighs and remainder of the body by comparison. In other words the thighs should be about seven and one half inches larger than these calves, instead of six inches larger, in order to eliminate the effect of oversized calves. The broad of the back and shoulders impress me as being no more underdeveloped in comparison with the calves than the thighs are, but the arms and neck do need a little extra encouragement.

You must remember that these criticisms are very fussy and that nearly every physique can be criticised no matter how fine it is in a general way. This particular one is a very fine physique just as it is, but it can be improved upon.

Figure No. 2, besides special attention on the inside calves, needs considerable further developing on all parts of the upper body, arms and legs. These parts or muscles should develop easily into fine proportions and shape under the proper system.

In illustration No. 6 we have a slight case of knock knees. The bones of the thighs and the calves are not directly in line, being bent inward at the knees. If these legs were developed it would not straighten the bones but it would tend to change the appearance of the legs. If these legs were developed then the knobs on the inside of the knees would not be so prominent and, consequently, the legs would not look knock-kneed. This young fellow will grow into manhood no better than the average physically and possibly worse, if he does not develop his body with proper exercise.

Illustration No. 3 shows another powerfully developed

A comparison of the measurements will show that in the case of No. 2 the knees are larger than the calves, whereas in No. 1 the calves are a full half inch larger than the knees. A calf that is larger than the knee always makes a better appearing leg than the



Fig. 6

young man. Where are the best and worst parts of this physique? Most men who have looked at this photo have remarked about that upper arm, and they are right, for that is the most highly developed part. The neck, in this particular pose, strikes me as the worst for size and appearance. The pectoral muscles on the chest also seem to be slightly underdeveloped compared with that arm. The legs appear to compare favorably with the upper arms and so does the waist and back, which I happen to know is fine. By paying special attention to the chest and neck this physique would soon be difficult to beat for development and symmetry.

The quickest way to improve the appearance of bowlegs and knock-knees is by developing massive muscles on the thighs and calf, especially where they are needed the most, but there is another practise that helps and should be followed along with the leg developing exercises and that is, working to straighten the bones themselves. This method of correcting crooked legs is much slower than developing the legs, but, as I say, it all helps.

In a case of bowlegs the practice should be to bend the legs inward at the knees while the legs are held rigidly straight. Stand erect with heels together and now, by concentration, try to make the insides of the knee joints touch without bending the leg a trifle.

Another variation of this is to pass a belt or strap around the knees and draw them together while keeping the legs straight. Let the legs remain in this strapped position for five minutes and release. Do this every day along with developing exercises.

Of course it depends on the age of the person just how fast these bone-straightening methods will bring results. A young boy or young man will make better progress than a man twenty-five years and up. So if you are a young boy and your legs are bent get started correcting them now while it is easier.



Fig. 7

In the case of knock-knees the bones should be bent out. This can be done by placing a thin book between the knees and then trying to make the heels touch.

The strap or belt can again be brought into play, but around the ankles instead of around the knees. Have someone draw it tight for you or tighten and fasten it around your ankles first and then put the book between the knees and try to straighten the legs. Release after about five minutes and repeat every day.

There are many movements of the arms and shoulders that help to eliminate protruding shoulder blades and round shoulders. Some exercises accomplish the purpose more directly than others. Here is one that is very direct:

Stand between two uprights that are a distance apart that you can easily reach when both arms are held straight out to the sides at (Continued on Page 64)

Health--Strength Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

MY DEAR MISS HEATHCOTE:
Will you please tell me how much I should weigh and what my measurements should be and what I should do to become shapely.
I am twenty-one years old, weigh 118 pounds, and am 5 feet 4½ inches in height.

E. B., Trenton.

The correct measurements for a girl 5 feet 4½ inches in height are: weight 125 pounds, neck 12½, chest 29½, waist 25¼, biceps 10¾, forearm 8¾, wrist 6, hips 36, thigh 22¼, calf 13¾.

Your thighs and calves are a little underdeveloped. Here are a few exercises that will help develop them:

Stand erect with arms in front of you. Rise high upon toes; then slowly lower the body until it rests upon the heels. Then come up and back into position. In addition to this exercise, kicking is a very effective exercise for the thighs. Front kicking, side kicking, and back kicking. For a beginner, however, the front kick is the easiest and best. This can be done with the aid of a chair:

Stand about three feet behind a chair with the back toward you, arms outstretched. Kick moderately high over the back of the chair in a circular fashion, first with one foot, then with the other, but be sure to keep the body perfectly erect and the foot on the floor straight. You can also practice the squat first with one foot and then the other; but that is more for the advanced pupil. After you have mastered the plain squat thoroughly, practice this one leg squat. It will give twice as much work to the muscles of the thighs and calves as the plain squat.

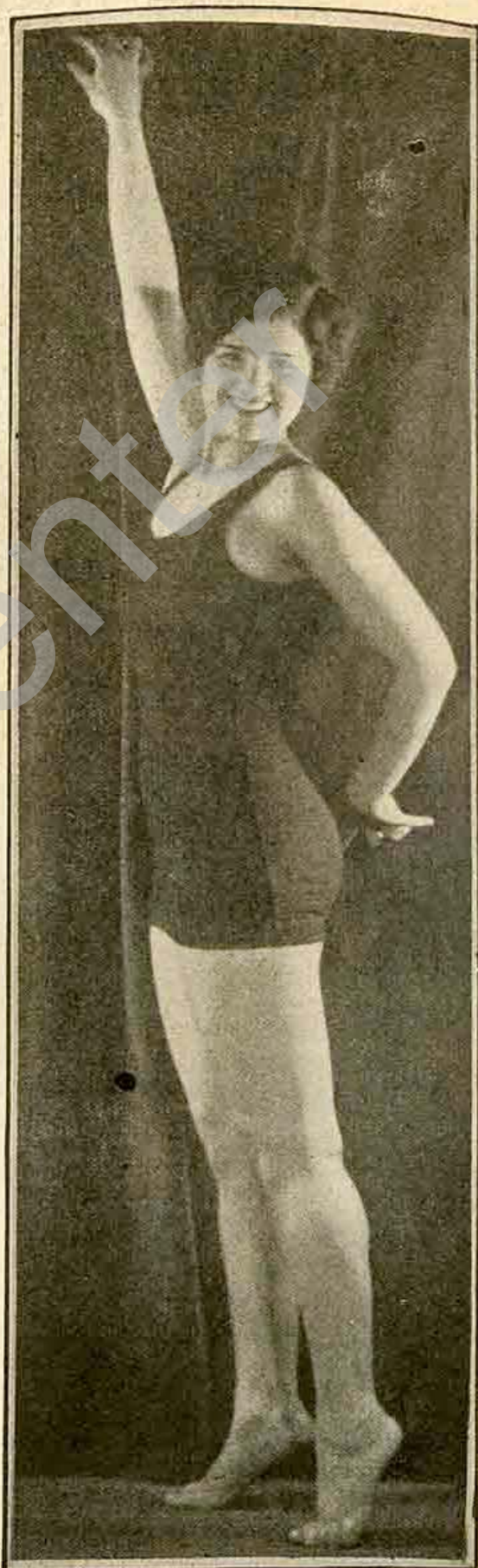
For the calves we also have the plain rising on toes and walking across the room; then to position and back again. This can be repeated ten to fifteen times. Rope-skipping gives the calves the quickest development.

Your neck, bust and waist are over-developed. You will find the following exercises very beneficial for reducing these parts:

For reducing the bust: cross one arm in front of the other and continue upward until high over head. Then continue the circular motion out and down, repeating the movement.

Another is: hold a light dumb-bell in your right arm. Raise it above the head, palm out and swing it five times in as wide a backward circle as you can. Then execute the movement forward five times. Alternate the movement with the left arm.

A good exercise for the neck is: stretch the neck forward, touching the chest—then back. Next turn the head (keeping the body perfectly still from shoulders down) as far to the right as possible, as if trying to see something over the right shoulder. Next reverse and repeat over the left shoulder. Then roll or circle the head around first to the right, then reverse and repeat the movement to the left. Another effective exercise for the neck is done by placing the hands on back of head and forcing the head back-



A true physical culturist. Exercise keeps her in trim.



Anyone could have a figure like the one above if they really tried hard to get it.

ward and forward against the resistance of your arms.

The following exercises are for the waist: Raise the arms parallel with shoulders and turn body from waist up, facing left, then right. Keep the lower body perfectly still.

Another is: Stand with feet together, thrust arms forward and bend upper body backward from the waist, at the same time lifting one foot from the floor and bringing the knee toward the chest. Flex the knee, and point the toe straight toward the floor.

MY DEAR MISS HEATHCOTE:

I am a very interested reader of *STRENGTH*, and especially *Our Girls' Circle*.

I am almost fifty years old and am about twenty pounds over weight. Although I have exercised most every day for years, I have neglected my diet, and find most of my excess weight is from the waist down. What exercises do you recommend and how long a period should I devote a day to exercising?

My general health is splendid, heart strong, etc., but have been warned that one who exercises too much will become muscle bound. Is there anything to this?

I will greatly appreciate hearing from you as I am so interested in physical culture.

R. S., Portland.

I do not know what exercises you have been doing, but think it would be better for you to concentrate on leg work and thigh work as this will reduce you from the waist down. Leg raising and kicking movements can be done as often through the day as possible; but be careful not to strain as this work is vigorous exercise for the heart.

As for your diet, you probably know that you can very well omit white bread and substitute it with whole wheat or bran. I particularly recommend whole wheat bread and whole wheat cereal. In case you don't care for this eat some other laxative food, such as Pep. Eat plenty of fruits and salads thus replacing in your diet all the starch that it is possible to eliminate. Certainly this program will bring your weight down.

Some critics of physical culture claimed that exercising with weights makes one muscle bound. This is a fallacy and has been proven so by the speed and agility of some of the nation's best athletes who have trained with weights. However, we don't believe any of them have ever gone so far as to claim that ordinary exercise would make one muscle bound. That is unheard of.

MISS MARJORIE HEATHCOTE:

I am not perfect and want to know how to be. I am 5 feet 5 inches tall and weigh 121 pounds and wish you to tell me what exercise to take to develop myself.

Please give me a special exercise to reduce the abdomen, which is all out of line with my body.

I have been wearing a rubber girdle to reduce my abdomen and band to reduce my bust. I don't see but a slight reduction after wearing it one year, but my weight has gone down four pounds.

The reason for my protruding abdomen is from having children, but as I am young and rather nice looking I would like to develop myself.

Mrs. N. W.

Your waist is a little large in proportion to your other measurements, so that it seems your abdomen may be large not alone because of the broken tissues, but also because you have a little excess flesh around the waist line and abdomen.

You might watch your diet first, being careful to eat sufficient greens, fruits and whole grain wheat or other grains. To keep yourself in good condition drink plenty of milk, the greatest tissue building food. You will also have to cut down on starchy foods and eat less of the white bread, starchy potatoes and such things served on the usual table.

Leg raising and kicking work done as described in this magazine off and on will be the best thing to reduce your abdomen. Trunk rotating and twisting back and forth as far as you can without strain, will also. (Continued on Page 75)

The Mat

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

Some Observations on Breathing; Explaining a Few Facts and Fallacies; the Two Arm Press in its Several Variations; Two Arm Military; Two Arm Slow Press (Olympic and American); Two Arm Continental Press or Push.

Conducted by Mark H. Berry

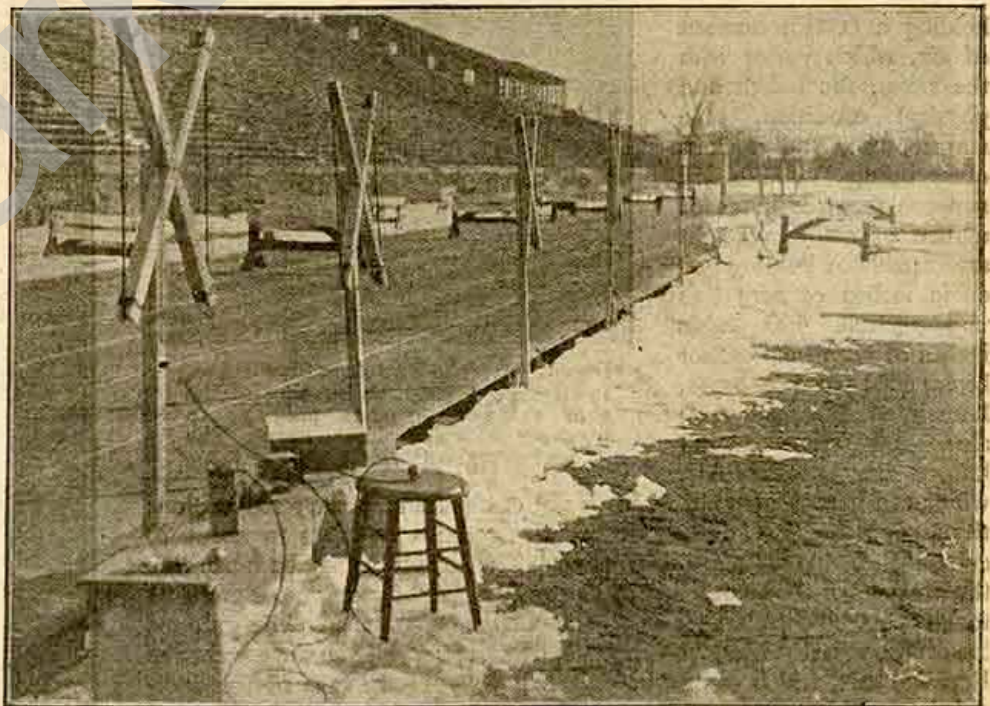
HERE has been, since the earliest days of the physical exercise movement, a great deal of controversy concerning the proper method of breathing; whether one should inhale and exhale, principally with diaphragmatic control; whether or not the upper chest should play a major or minor part in the act of respiration; etc. The advocates of each idea have argued pro and con on the subject, and yet to this day, after many years of discussion, the question is undecided so far as the majority of physical educators are concerned. My opinion, arrived at after considerable study and observation, is that either of the methods advocated can be correct as far as oxygenation of the blood is concerned, and although at first you may have to worry quite a little before you accustom the muscles involved to work in a certain way, persistence will soon make any peculiar action of breathing automatic, to some extent at least. Undoubtedly, there has been a tremendous amount of pure "bunk" written and preached on this subject, and many persons have been led to waste valuable time practicing "systems" of breathing; the desired results failed to materialize and their only reward was the doubtful fun they had.

Some of these people will be surprised at experiencing a sensation of dizziness after a few minutes of extremely deep inhalations. They may believe this to be due to their degree of physical weakness and some possible organic defect, but in truth it is perfectly natural that one should be likely to become dizzy, due to over-oxygenation. Extreme deep breathing should accompany physical exertion for the purpose of supplying the lungs with sufficient oxygen to keep the bloodstream in a normal condition. If you are sufficiently interested in this subject, it will be well to consider a few facts before arriving at any definite conclusion. The purpose of respiration (the act of breathing) is to supply the system with oxygen and

relieve it of carbonic acid; the arterial blood is charged with oxygen, which it carries to all parts of the body, then after passing through the capillaries it becomes venous blood, loaded with carbonic acid, which it carries to the lungs to be expelled. Thus, the lungs change the venous blood to arterial blood.

Carbonic acid is formed by the breaking down of the cells of the body; this is multiplied by muscular exertion, so that the more strenuous the exertion, the greater the quantity of carbonic acid formed, which must be expelled by the lungs; likewise the greater the quantity of oxygen which must be absorbed into the blood to carry on the work of repair to the body. It will be shown that the quantity of air in the lungs, which is being continually inhaled and exhaled does not constitute the act of respiration. The essential processes of respiration take place in all the tissues and organs of the system, and not in the lungs.

Respiration is essentially part of the function of nutrition. The tissues must be supplied with oxygen and



This clever device takes a record of a sprinter's time every ten yards in a hundred-yard dash. Irregularities in a runner's start may also be detected. The entire progress of the sprinter is recorded graphically, as he carries the magnet, and each of the ten coils consists of 200 turns of copper wire. Designed by Prof. A. V. Hill, of Cornell University.



Photo "B". The correct, rigidly erect position of the Two Arm Military Press, as described in these pages.

improved by deep breathing, if unaccompanied by physical exertion.

The lungs are capable of holding a certain amount of air, which varies with the sexes, the health and physical condition, the stature, age, and various other influences. We will suppose that the lungs of a man of medium height are capable of holding 330 cubic inches of air; this will include 100 cubic inches of air which cannot be expelled from the lungs, known as Residual Air; also 100 cubic inches known as Reserve Air, which can be expelled, but which is not changed in ordinary respiration; the air which is changed in ordinary respiration amounts to about 20 cubic inches, and is known as tidal air. The air which may be taken into the lungs after the completion of an ordinary act of respiration, amounts to 110 cubic inches, and is known as Complementary Air. The extreme breathing capacity would be computed by totaling all the air except the Residual Air, which cannot be expelled; thus, in the case of this individual, the extreme breathing capacity would be 230 cubic inches, and bears a close relation to the height of the individual, rather than to the body-weight or chest circumference. For every inch in height between five and six feet, there is an approximate difference of eight cubic inches in the extreme breathing capacity. Figuring on this basis, an exceptional

relieved of carbonic acid if life is to continue. The rapidity of this change is in proportion to the nutritive activity of the individual and the rapidity of the circulation of the blood.

A great number of physical culturists preach the idea that one should practice deep breathing exercises for the purpose of aerating the blood while, in fact, it is largely a false doctrine to teach that the respiratory function can be

breathing capacity for a short man would denote an extremely serious disease condition in a tall man.

The Tidal Air, that is, the quantity of air exchanged in the ordinary act of respiration, takes care of the normal needs of the tissues, carrying on the supply of oxygen in proportion to the demand. It is a false idea to assume that in ordinary shallow breathing, the air does not carry to all parts of the lungs. Due to the natural law of the diffusion of gases, the air in the lungs is evenly mixed at all times, and the aeration of the blood is carried on in a very uniform manner, and has none of the intermittent character which attends the mechanical processes of respiration. The oxygen charged air, being lighter than the carbonic acid air, also is more apt to penetrate to the deeper portions of the lungs.

Of course this does not mean that the shallow chested individual oxygenizes his blood as well as one who has a normally full chest. It is also obvious that we must breathe pure fresh air at all times, if a normal condition of health is to be maintained. Ordinary breathing is carried on with more or less rhythm, from five to eight ordinary respirations, being generally followed by one which is deeper and more profound than the rest, which more effectually changes the air in the lungs, drawing to some extent on the Reserve Air. The Reserve Air is also expelled in extreme efforts, such as blowing, singing, physical exertion, etc.; the Complementary Air must also be used in these same acts. It is understood that the figures given above can only be approximate, and vary in individuals; however, they will give you a fair idea of the capacity of the lungs and the act of respiration,



Photo "C". The Two Arm Slow Press, in Olympic style. All bending of the body must take place previous to pressing the bell from the chest. The feet remain astride throughout.

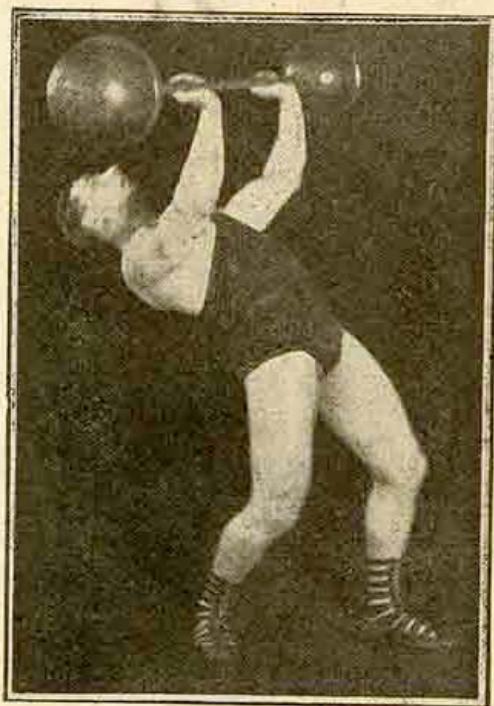
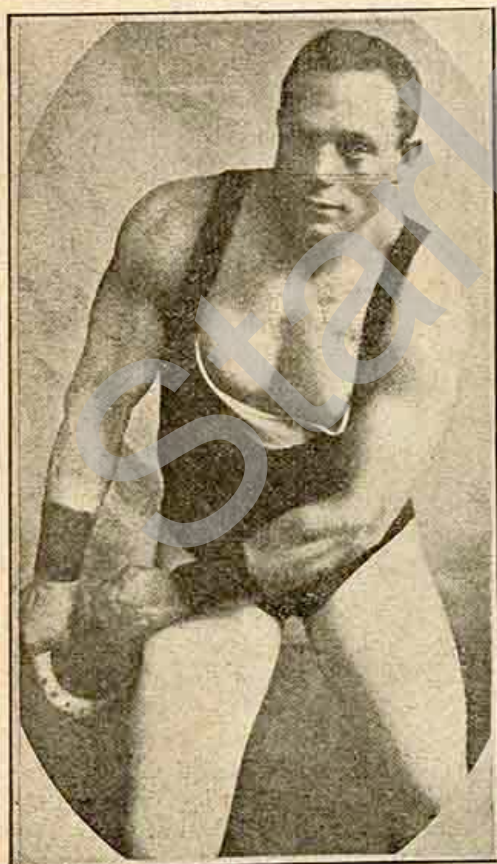


Photo "D". The Two Arm Push, or Continental Press, in which a free bending of the body and legs is permitted. The proper performance of the various styles of the Two Arm Press is described in detail in the Mat.

having been arrived at by highly accredited physiologists.

Certain facts relating to the respiratory act have been determined by physicians and scientists who specialize in physiology. After making lengthy tests and experiments on thousands of persons it has been found that the extreme breathing capacity remains constant in an individual during health; as long as the individual remains the same physically, it is impossible to change the breathing capacity by practice or habit. The breathing capacity will be decreased by certain diseases, notably consumption; likewise, with advancing age; and will also be decreased if the person becomes fat; but, the capacity will remain the same so long as the physical proportions and state of health remain the same. It will, therefore, be necessary to get at the thing in another way; by causing the circulation and nutrition to become more active, thereby demanding a greater quantity of oxygen.



John Grunn, better known as Marx, of Luxemburg. A man of might, who was famed for his ability at breaking horse-shoes. Photo—Courtesy, La Culture Physique, Paris.



Here is a pretty fair one for getting applause. An iron-jaw feat performed by a trio of German athletes quite a few years ago.



Photo "A". One method of starting the Continental Press, or Two Arm Push, as performed by some lifters. The feet must remain in line, and the knees must be straight till the body is bent backwards.

This is best accomplished by developing the entire muscular system and accustoming the physical organism to greater activity; the circulation and nutrition will both be stimulated to increased action, and the demand for more oxygen will become permanent. Providing the proper form of exercises are followed, you will elevate and permanently expand the rib-box; the muscles will be so developed as to hold the chest in a normally higher and larger position, giving the lungs more room for normal functioning.

So, instead of telling one to breathe deeply to stir up the vital forces, we find that in order to cause a man to be healthier and stronger, we must build him up, and stir his sluggish circulation into a vital current of life. We will succeed in making his internal vital organs stronger, and capable of greater resistance to disease, so that he will become a physically more efficient example of manhood.

In connection with the foregoing it should be mentioned that the larger muscles of the body play the most important part. For instance, the larger muscles of the back, buttocks, and thigh, which when put into vigorous action, call for a decided increase in the supply of oxygen to aerate the blood.

It will be perceived from a study of the facts previously presented, that a certain limit exists to which the lungs may be expanded. This is bound to be true, as the lungs contain a certain amount of cells and tissues which it is impossible to multiply. The fact that strong men, bar bell users, and other examples of athletes who are well developed, can expand the chest very little above normal is thus explained. The muscles hold the chest in a position which closely approximates the position of total expansion, allowing a greater normal breathing capacity. Just how the air is distributed, it is not so easy to say; however, it is very likely that the amount of each form of air is increased, as the Residual, Reserve, and Tidal, allowing a greater amount of oxygen in the lungs at all times. The essential reason for having a chest of proportionately great size is so that the individual will be capable of greater physical exertion; muscular activity causes a greater amount of carbonic acid to be expelled from the lungs, which (Continued on Page 60)

Get Right—Get Light!

A heart to heart talk with those who *think* they are overweight, and those who *are* too heavy.

By James Lawton



That sea-shore shape—the envy of all the heavies.

IN these great days of form-revealing costumes, particularly as regards the fair sex and to a considerable extent all mankind from six to sixty, plus and minus, we find a state of affairs for which the above title might well be accepted as motto or watch-word—*Get Right—Get Light.* The

daily life of thousands, yes, hundreds of thousands of people, is now being conducted with that aim in view so that these many thousands just mentioned may present a favorable appearance in the garb of the street, of the evening affair, of the beach, yes, particularly do the multitudes desire to look pleasing in the eyes of their fellow man when seen in bathing suits. This "get right" idea has found root in the minds of both underweights and overweights; however, the great following will be found in the latter class—the underweights call themselves "slender" and let it go at that, or, if they are so confounded skinny that they cannot deceive themselves with that expression, they console themselves with an "I'm - of - the - greyhound-type-and-couldn't-get-heavier-anyway excuse and definitely end the matter." But Mr. and Mrs. Fatty, and particularly Miss Fatty, know they are not in the swim at all and they do know they can get light if they are only able to find the right system, so they join the multitude in the great American Get-Thin Derby. This brings us to a declaration of the purpose of this article—a discussion of the various conditions of overweight; an analysis of the popular means of remedying the situation, and a recommendation of the correct method of doing so.

In the beginning, let me say that if this reducing mania were confined solely to those who need it, those who are really overweight or fat, this article would be much easier

to write, but in view of the actual fact that many who do not need to reduce at all or who need to reduce but little, are going in for reducing at a wholesale clip, I feel that a few words on a discussion of what constituted "overweight" will be proper at this time. Overweight, you say, means weighing more than one should. Very well, that's correct, stand head. But now tell me how much one should weigh? Another easy one, you say. Why the Government has published tables of correct weight based on height and age and that is your gauge! That *would* be nice, wouldn't it? But no scale can be correct for more than a small percentage of the public if based on only those two factors, height and age. These tables are correct—for Mr. and Miss Average American of average build and average bone size. It is a fact, however, that we find at least four distinctive types of body framework—large bones, with either narrow or broad (generally broad) frames, and small bones, with generally narrow frames, although we occasionally find very broad frames built with small bones. Now it stands to reason, doesn't it, that height and breadth of frame being equal, the large boned man should outweigh him of small bones by several pounds? And it is also true that one of broad frame should properly outweigh his narrow framed friend of equal height—how much, depending on the amount of the difference in frame breadth. I have before me several tables of "correct" weight based on height and age and find them rather interesting. A man of 25 years, 5 feet 8 inches tall, should weigh according to one table 147 pounds, another 153, another 155, and so on to the last which gives correct weight for one of that height with 7 inch wrist at 163 to 170 pounds. (This last table refers only to a man in prime athletic condition and developed to his best muscular attainment. You will notice that it is the only chart taking into consideration anything at all regarding size of bones or breadth of frame.)

Another fault with height as a basis for weight tables is that no consideration is given to relative length of trunk and legs. The greater part of weight is, of course, in the trunk and it is only logical that the longer the trunk of a man of a given height the greater his normal weight should be. Another point brought out by the writer of a recent article is that differences of two or three inches in the height of various individuals is more often a matter of relative leg length than of general symmetrical increase, and you will find this true to a considerable extent if you will compare your friends while standing and then while seated. In fact, there has lately been agitated a movement to (Continued on Page 67)

Is Wrestling More Brutal Than Boxing?

A Comparison of the Two Sports with Regards to Speed, Strength, Endurance and Punishment.

By George Krauter

Wrestling Coach—Germantown Y. M. C. A., Phila.

PEOPLE often wonder why a heavyweight championship fight draws such enormous crowds, totaling over a hundred thousand people, when wrestling championships very rarely lure a scant twenty-five thousand spectators.

This can be explained in many ways, without casting any reflections upon the sport of wrestling and with all due respect to it.

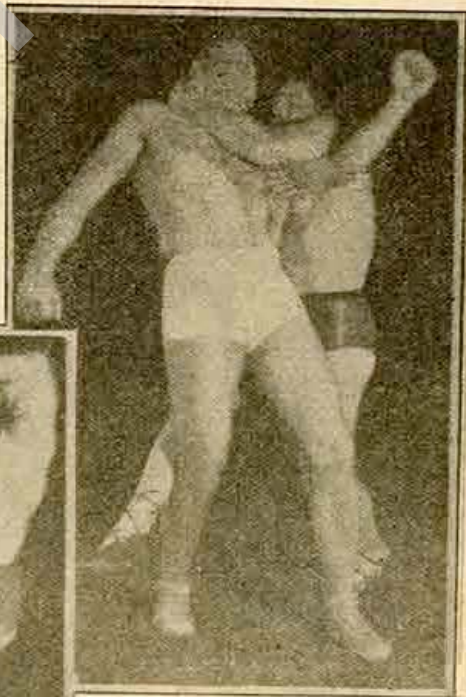
Boxing, as you know, is understood better than wrestling with its intricate variety of holds. Then, too, a boxing bout can be visualized better than wrestling, for often the men striving to pin each other on the mat, obstruct the view of the spectators to such an extent that one hardly knows what is going on.

To appreciate wrestling the spectator should know the science of the sport and be able to distinguish a hundred holds and locks, but, without this knowledge, much of the thrills and action are lost to him.

There is an absurd idea abroad that wrestling lacks much of the speed and thrills and lively action furnished by boxing. I heartily disagree with this, as I know both sports, having participated in many boxing and wrestling contests. If the average layman were to witness an intercollegiate tournament, where the rules stipulate ten minutes for the allotted time of each wrestling contest, he would see a contest replete with all the thrills and speed of boxing . . . and then some.

In college wrestling, which is twice as fast as the professional style, due to the fact that profes-

sional wrestlers must conserve their energy for their lengthy ordeal, the athlete must think with amazing quickness. First of all his body is much unlike the huge truck horses of the professional type of matmen, who lumber like troglodytes and toss each other around for hours. Instead, the college wrestler is clean cut, rugged, supple, and as



No. 3—Neck and Arm Hold with Trip.



No. 2—Flying Body Hold and Trip.



No. 1—An Arm Lock.

elastic as a boxer. He is even better equipped to withstand the rigors of his sport than the average boxer. Instead of throwing a pair of padded fists continually at a bobbing opponent the college wrestler must employ diabolical strategy to lure his adversary into an advantageous position and with panther-

quickness follow a succession of bars, locks, and holds, to get on top.

Yes, at times, the college wrestler must think faster than a boxer, for there are many more moves to play, which call for a greater activity of mind and a greater science. Any man with speed, a thorough knowledge of wrestling and its science, with an adequate amount of strength and endurance, can do some amazing things with opponents. He can learn to handle men much heavier and stronger than himself and even bewilder them with his speed and holds. He can make them consume their energy and strength in the endeavor to halt him and throw them when they have grown tired from their own efforts.

Well do I remember the day when a friend of mine ventured into the University of Pennsylvania gymnasium, and was treated to an example of this type of wrestling. My friend was introduced to the coach, Mr. Servais, who was formerly the Intercollegiate and Olympic 110 pound champion. It behooved Mr. Servais to try him out before "feeding" him to his proteges. Whereupon my friend strenuously protested for he believed the coach did not have a chance with him, as he weighed 150 pounds in fighting kit and appeared much stronger. However, he was inveigled to wrestle the coach, and it was agreed to employ the

he rolled, and, frantic with fury, he imitated the action of the tiger and with hard favored rage, redoubled his efforts to pull the coach off his back. The end came before my friend knew it. He found himself stretched on his back with Mr. Servais grinning broadly as he pinned his shoulders.

"Do not let this defeat worry you," the coach told him afterward, "for your type of wrestling and the style employed here in the University are vastly different. The object is to throw the opponent to the mat and then stay on top. In this way, the time advantage is gained and if there is an opportunity to secure a fall, the man on top is better able to perform it, as the under man expends much of his strength and energy in trying to get up. The professional wrestler depends upon his strength and endurance while the collegiate wrestler must perforce rely upon his speed and quick thinking to gain victory. However, this does not mean that your mode of wrestling is entirely wrong. I believe that combining the speed and science of the collegiate type of wrestling with the professional a man can handle successfully opponents much heavier and stronger."

The professional wrestler like the college man should develop speed, but the important factor in his wrestling is endurance. Few professional bouts are ever decided on points, they generally go to the limit and, therefore, this factor must be of deciding importance if he is to emerge victorious. All of the collegiate bouts are decided on points and last only ten minutes. Endurance then does not need to be relied upon. However, people sometimes wonder who would win between a professional and a collegian, providing both are of equal ability, weight and size. I personally believe that if no holds were barred and the bout was allowed to continue until one or the other should give in, the professional will emerge the victor.

A champion college wrestler decided to take up professional wrestling after his graduation. When he failed in his first few professional matches to defeat his opponents handily as he had always done in college, he was somewhat dismayed. He came to the Germantown Y. M. C. A. where I instruct in wrestling and asked me to show him why he failed. Having seen him in action, I knew what he required to equip him for the rigors of the professional style. (Continued on Page 65)



No. 4—Head Lock and Cradle.

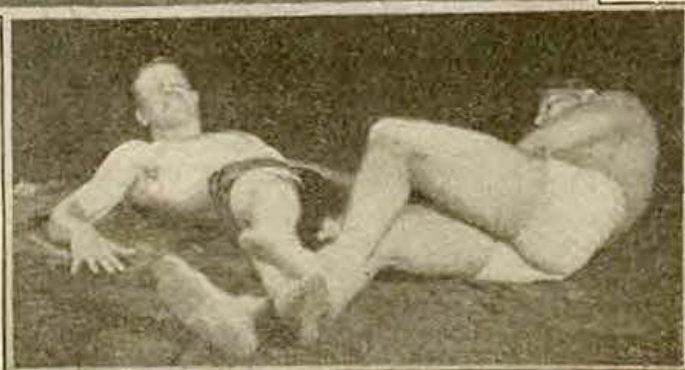
No. 5—The Crab.



collegiate rules, calling for a ten-minute duration of the bout.

So accordingly they embraced each other in the customary referee hold and on the break my friend vainly strove to get his arms around the little man and toss him overhead like he always did to opponents. He don't remember exactly what hit him, it might have been a cyclone, but my friend was sheepishly aware of sprawling on all fours, with Mr. Servais on top applying a peculiar wrist lock and body hold. He yanked,

No. 6—The Split.



Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By *Dr. D. E. Stombaugh*

QUESTION: I have been reading your magazine for some time, and wish to ask you a health question. My son has St. Vitus' dance. He is 13 years of age, and had an attack three years ago, but seemed to get all right. This fall, however, he has been suffering from it again and is very weak, and his food does not strengthen him at all. Would you advise giving a teaspoonful of whiskey three times a day to help build him up? Also please advise whether he should drink milk, and what he should eat. Would you suggest a physical culture course for him at this time?

Enclosed is a stamped envelope, and I will appreciate very much your kindness in giving my trouble your earliest attention.

F. E. C., Ohio.

ANSWER: Chorea or St. Vitus Dance is a nervous disease which needs rest as the foremost part of the treatment. The patient should be permitted to sleep long and regular hours, allowed to be out of doors and get all the fresh air and sunshine possible.

A diet for building tissue consists of plenty of eggs, milk, cream, vegetables, both raw and cooked, and meats except pork. Avoid fried foods, pastry, etc. I do not advise the use of whiskey, but the patient should drink plenty of milk between meals.

Just at this time I would not advise you to follow any physical culture course, but later, after the nervous symptoms disappear and the patient gains in weight, I believe a course would be fine.

If you will employ the services of an osteopathic physician you will make more rapid progress.

QUESTION: Am 26 years of age. I suffer from chronic diarrhea, and suffered for more than two years, although I have tried almost everything to cure it. Live chiefly on fruits, vegetables, milk, rice, potatoes, wholewheat bread, etc., and do not smoke or drink. A physician told me I have chronic intestinal inflammation and should abstain from all raw foods.

Thanking you in advance for any information you may give me, I remain,

E. S. P., Brazil.

ANSWER: I would advise you to have a microscopic examination of the fecal mass passed. Your condition might be due to an infective dysentery. If this is true you should have a specific treatment outlined and watched very closely by a physician. You may try

the use of castor oil in small doses plus a daily saline enema (one teaspoonful of table salt to a quart of water) using two quarts of warm water on each occasion.

QUESTION: During the past year or more I have had a feeling of numbness in the thumb and index finger of my right hand. This is very noticeable, especially during cold weather.

Please advise the cause and remedy and greatly oblige
D. O., Nebr.

ANSWER: An explanation of the nerve supply to the hand will clear up your trouble nicely. In the elbow joint we have a division of a large nerve coming down the upper part of the arm, one of these divisions, the radial nerve, is entirely a cutaneous nerve, or skin nerve, which means a nerve of sensation to the radial or thumb side of the hand. Now you can readily see that an interference of the function of this nerve would necessarily cause trouble of the type of which you complain.

Let us now consider the site of irritation along the course of this radial nerve. The two most probably are the elbow and wrist joints. The reason you notice it more in cold weather is because you have an additional irritation from the cold.

I would advise you to consult an osteopathic physician—he should be able to determine the location of either muscular or bony lesion and correct it. This procedure I am sure will relieve your trouble.

QUESTION: Am writing all the way from England to see if you can help me. I have the fear habit, principally regarding razors and bridges, and have suffered a good many brainstorms from dwelling on these obsessions. Am over forty years old, but being a professional performer (juggler and balancer) I am told I do not look near that old. I am sincerely hoping you can give me something to help me.

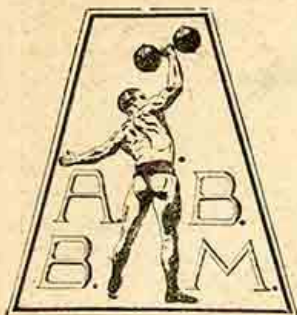
J. N. O. T., England.

ANSWER: The troubles you speak of are much more common than the average individual can imagine. It is one of the milder forms of nervous disorders. You are right in trying to do all in your power to keep up your general health and your resistance.

I would advise you to make something of a program for yourself—see that you have plenty to do, keep busy all the time, indulge in sports as much as possible. Do not give yourself time to think of these fears, and remember you are just a
(Continued on Page 58)

WE realize that many persons prefer to consult a non-medical physician when they are ill or have some problem of health to be solved.

In view of this fact, Strength is including a health column conducted by an Osteopath physician. It is the policy of Strength to be of as much service to readers as possible, so we invite you to write this department if you have a health question which you believe should be answered by a non-medical practitioner.



Association Notes

A Few Important Points Discussed—A California Show—List of World's Records—List of German Records.

By Mike Drummond

BY the time this issue comes off the press the National Championships will have been decided and, you can take it for granted, we will let the world know who the recognized champions are; a pretty fair amount of publicity awaits them, so it will only be up to the winners to give us a selection of photographs and we will do the rest.

Then another thing that is closing is the *A. B. B. M. Posing Competition*. If you consider that you have even a small chance to get a prize, get in at the last moment with a few good photos. The judges will be disinterested, unbiased, but thoroughly qualified men and women, who have a right to say whether or not a pose is good. There is one point to make clear, though, which is that only amateurs are eligible. Recently we had a certain professional model insist that he should be entered, telling us he was purely an amateur, when we happen to know the contrary to be the truth. We have also had some Physical Directors send in their entries, so must insist that no one but purely amateurs have any right in this contest. We will be very glad to publish the photos of professionals and want to receive pictures of them; but there are a lot of good professionals in this country (and all over the world) who would have a good chance of winning. We would certainly appreciate it, if all entrants, who are professionals, will advise us of the fact. We don't want to get in a "jam" on this point,

when we stated, specifically, that every one must be an amateur.

There is another point to be brought up. We were somewhat doubtful ourselves concerning this matter, so we wrote to the proper authorities to clear the issue. The reply we received is printed below:

**AMATEUR ATHLETIC UNION
OF THE UNITED STATES**

Office of the Secretary
Room 302, 305 Broadway, New York City

STRENGTH MAGAZINE,
2741 N. Palethorp Street,
Philadelphia, Pa.

Dear Sir:

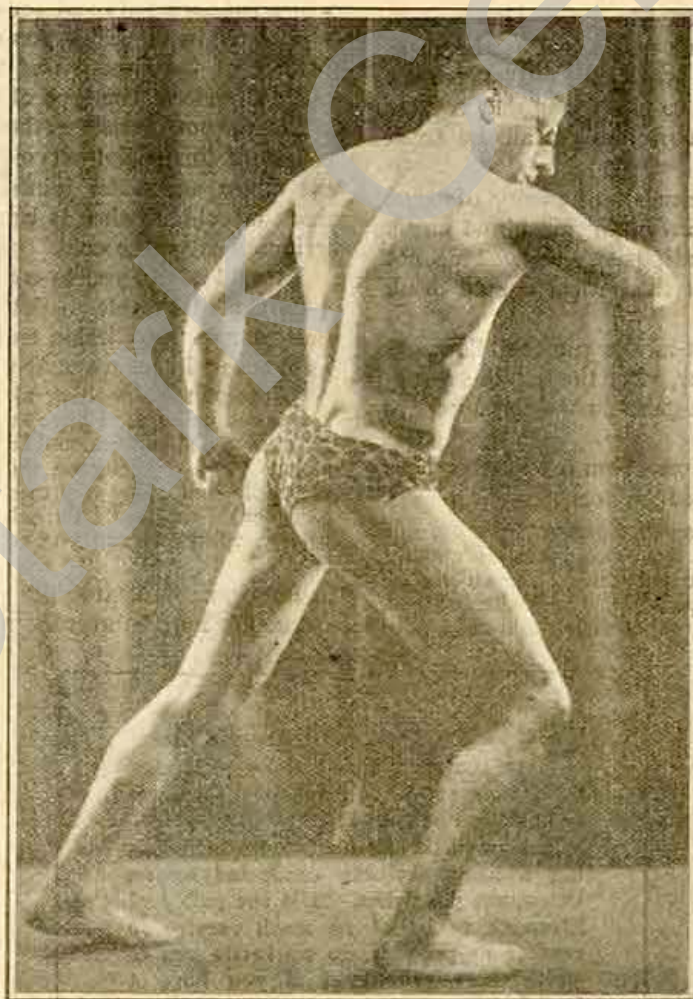
Your communication of October 1st is at hand, and in reply beg to advise that the Amateur Athletic Union has not officially recognized the American Continental Weight Lifters' Association as an allied member.

Yours very truly,

(Signed)

FREDERICK W. RUBIN,
Secretary-Treasurer.

We don't have much to report in the way of shows, as, for certain reasons, it was necessary to get our copy in to the printer two weeks after the last report went in. Nothing much happened during that period of time, and then, too, the fellows are training on the Championship set of lifts. We have before us the reports of two shows, held in Los Angeles, Cal. Certain records are claimed, but we are sorry to state that evidently the official requirements as to records were not lived up to. We require the scales to be officially tested previous to the lifting; we require the officials to be accredited



A long-awaited pose of Bill Raisch, the "Iron Man" of New York City. It is possible to see the terrible scar on his right arm. The story of how he built himself up, though suffering the handicap of a burnt arm, appeared in the September issue.

(in these instances we have no complaint to make concerning the officials, as they were as competent as any in the game); and we insist on affidavits covering the entire proceedings. At the time this write-up was completed we had failed to receive any word to the effect that these requirements were complied with. So, unless we receive the necessary credentials, the performances herein listed cannot be recognized as records.

On the evening of Thursday, August 18th, a lifting show was held at the gymnasium, conducted by David P. Willoughby. Jere Kingsbury, weighing 166 pounds, made a Right Hand Clean and Bent Press of 191½ pounds. Alfred Martin, weighing 177 pounds, made a Two Hand Slow Curl of 162¾ pounds.

At the Los Angeles Athletic Club, on the evening of Friday, September the 16th, Jere Kingsbury, bodyweight 165½ pounds, made a Right Hand Anyhow and Bent Press of 198 pounds, and a Left Hand Clean and Bent Press of 177 pounds. Alfred Martin, weighing 178 pounds, accomplished 179½ pounds in the Two Hands Military Press with Dumbbells. David Rudin, 114 pounds, made a lift of 217 pounds in the Pull Over and

Press on Back, without Bridge. It is reported that he has done twice his bodyweight in this lift, in practice. Jack Schaefer and Marion Betty each Snatched 140 pounds, but failed on 151 pounds, with the Right Hand. Ernest Coffin, professional, weighing 172 pounds,

Al Treloar, Physical Director of the L. A. A. C.; Ben Price, Assistant Physical Instructor, and David P. Willoughby. Mr. Willoughby claims the following lifts as a professional, having been performed some time ago, but not reported previously: Rectangular Fix, 129 pounds; Left Hand Snatch, 162½ pounds;

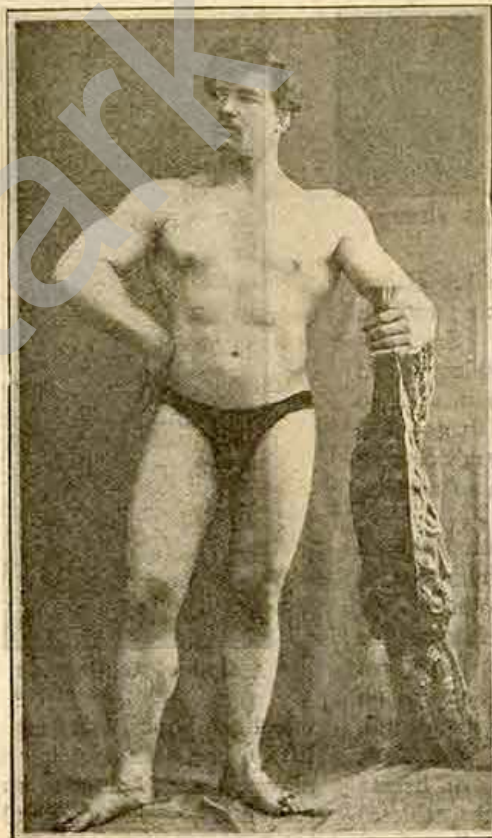


Kenneth Miller, who is very nifty at tearing big telephone books.



Joe Wargo, of McKeesport, Pa., a husky middleweight.

did a Deep Knee Bend of 300 pounds, shouldering the bell and taking it off unassisted. Raymond De Harold, professional, bodyweight 160 pounds, made a Two Hands Clean and Jerk of 230 pounds. George Lee, weighing 156 pounds, made a Right Hand Clean and Jerk of 161½ pounds. Others exhibiting were: Harry Gross and Charlie Beck. A good crowd was on hand and the Referee and Judges were:

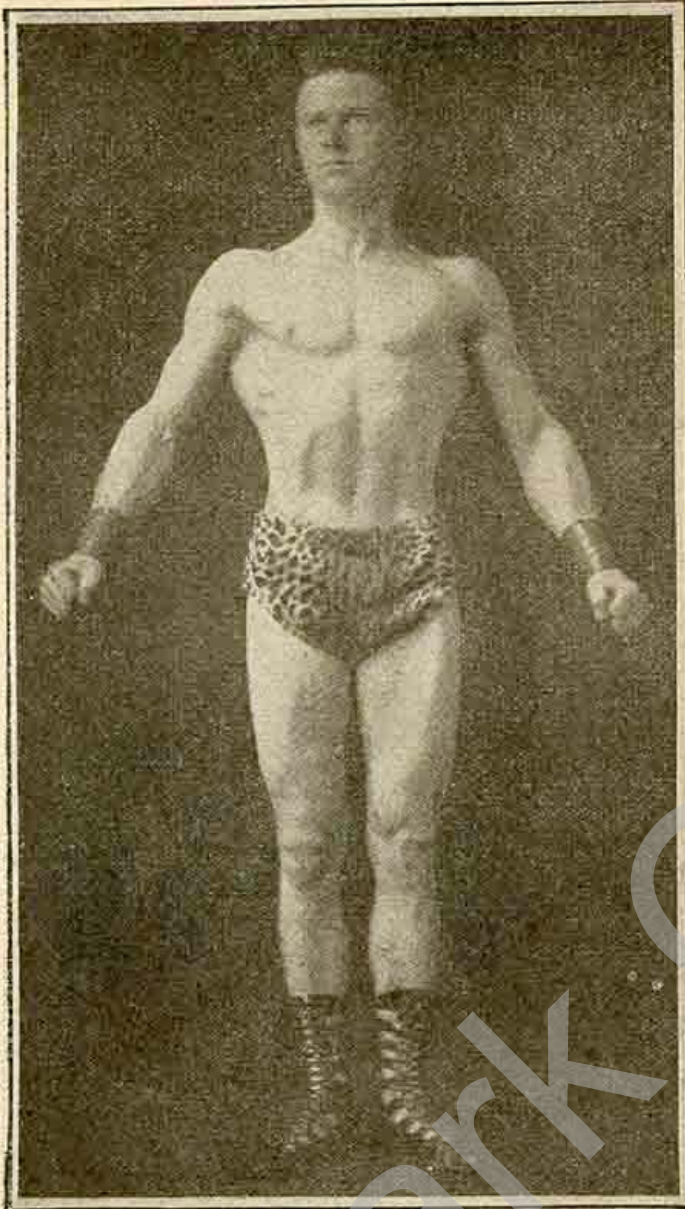


Emile Deriaz, the famous Swiss-French Hercules.

Photo Courtesy La Culture Physique, Paris.

both at a bodyweight of 180 pounds. Recently he raised 170½ pounds overhead in the Left Hand Snatch, but lost control of it.

You will see a pose of Emile Deriaz among the collection in this department. He is the oldest and largest of four brothers, all of whom were at one time among the best in the world. Although born in Switzerland he spent most of his life in Paris and has long been identified with lifting activities in France. He is now 48 years of age, and at his best weighed 220 pounds at a height of about five feet, nine inches; his body measurements were: Chest, 50 inches; waist, 36; biceps and calf, each 17½. At one time he claimed the title of World's Strongest Man, at least he was the best in France at the time and held a number of world records. It is said



Andre Reverdy, a professional bantamweight strongman of sterling ability.

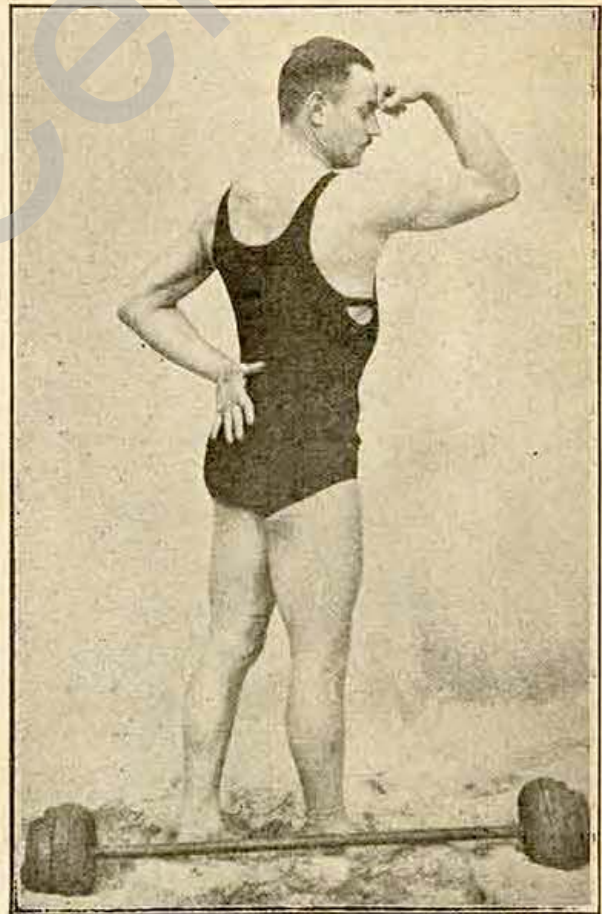
in his behalf that he was strictly honest in his claims and never attempted to fool the public by exaggeration of poundages. Some of his best lifts were: Snatch—Right 195 pounds, Left 193 pounds; Swing—193 pounds, with each hand; Jerk—Left 222 pounds; Two Dumbbells Jerk 288 pounds; Two Arm Press—220 pounds; Two Arm Jerk 297 pounds; Two Hands Snatch—231 pounds. He was a very good all-round athlete, especially as a fencer, gymnast and wrestler.

Another famous athlete pictured in this issue is John Grunn, of Luxemburg, better known as John Marx, through having toured with the Marx Brothers Act. He was a man of great size and particularly famous for his strength of hands. Probably his greatest fame was due to his ability at breaking horse shoes, as shown on another page. He was about five feet, eleven inches tall, weighing 242 pounds stripped; chest, 51½; biceps, 17¾; calf, 17½; neck, 19¼. Grunn was capable of lifting bar bells with very thick handles, which other athletes could not budge from the floor and performed all manner of sensational strong-man stunts, some of which were to break rocks with his fist, to permit rocks to be broken

on his chest and head.

Kenneth Miller, also known as "Young Tarzan," is the young man we told you about at the time of the New York Show, who could tear telephone books as quick as lightning; tear New York City phone books with one snap through the binding and finish up by tearing it in eighths. Though of rather slender appearance for a strong man, he has the bar-bending and spike-bending end of the business down pat, and has more polish to his performance than most of the professionals.

Andre Reverdy is a bantamweight professional strong man, who has been exhibiting for some few years around New York City. During the summer of 1926 he appeared at White City Park, Chicago. When the season closed he decided to buy a car and drive back to New York, and so save car fare for his wife, himself and apparatus. He made the decision at the last moment, so had no time for such formalities as getting a license, and drove the thousand or more miles without license plates. This was noticed but once, out in a little town in Ohio; but the constable said that if he got that far, he wasn't going to stop him. This just gives you an idea of the nerve strong men have. Andre gives regular strong-man shows, tearing cards, and



One of California's best bets—Marion Betty, on the sands at Neptune Beach.

telephone books, breaking spikes and bending iron bars; lifts dumb-bells and bar bells with thick handles; and allows a heavy man to stand on his neck while he lies on the floor. He also pulls autos with a teeth grip, and has rocks broken on his chest by men swinging sledge hammers. A novel stunt of his is to lie on a bed of nails and permit young lady (Continued on page 70)

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I am very much troubled with constipation, and would greatly appreciate your kindness if you would give me a little information on the subject of curing it.

R. B. V., Penna.

ANSWER: You do not give me any details as to diet, weight, health, etc., which would make answering your letter easier. I will, however, endeavor to give you the information you desire.

If you are of normal weight or overweight your treatment would consist of taking twisting and bending exercises such as are found in the pages of this magazine from time to time; exercises calculated to work the muscles of the stomach, sides and small of the back. You should also change your diet to include plenty of fresh and stewed fruits, whole wheat bread, greens and vegetables, and plenty of water, the idea being to eat bulky foods, known as roughage. Yeast, too, might be of value.

If, however, you are much underweight your trouble would likely be due to some stomach or intestinal disorder such as inflammation or ulcer, and the treatment would be just the opposite—avoid bulky and rough foods and eat only soft foods such as cooked cereals, well mashed vegetables, etc., and plenty of well mashed stewed fruits. Also drink plenty of water and in eating masticate your food thoroughly and, above all, avoid overloading the stomach.

QUESTION: I am not sick, but am a frequent smoker, and also chew plenty. Could you give some cure for it? I would greatly appreciate your kindness.

F. C., Penna.

ANSWER: Curing the tobacco habit is like curing any other personal habit—a matter of will power, a case of the mind triumphing over the body. Just make up your mind to quit once and for all—don't try to "taper off" gradually, that rarely works. Just quit and stay "quit."

There are numerous tobacco "cures" on the market, but I cannot recommend any of them. If you desire, you might try the following:

Nitrate of silver.....	1 dram
Pulverized alum.....	½ dram
Hydrogen dioxide.....	2 drams
Water.....	6 ounces

Use as gargle or mouth wash whenever you have a desire for tobacco.

QUESTION: Am 39 years of age, five feet four inches tall, and weigh 90 pounds. Have been operated on for fallen kidney and appendicitis with discouraging results. Am underweight, troubled with insomnia, nervousness, and am always tired. Have tried several abdominal supports for relief. Also have a small hernia in the lower left groin.

I would greatly appreciate any information and advice you might give me.

Mrs. R. R. R., Penna.

ANSWER: It is usual to find fallen viscera such as stomach, colon and kidneys in undernourished women. If you were treated by an expert in this city he would insist on your going to bed for at least six weeks, with the foot of the bed elevated at least six inches to allow drainage of the pendulous organs, and a minimum amount of exertion. You would be required to eat more often, but less at a time, say six small instead of three large meals daily. The food would be fattening, such as butter, cream, well mashed potatoes, well cooked cereals, macaroni and a liberal supply of fresh vegetables or greens for their vitamin balance.

If the bowels were constipated you would be allowed mineral oil or agar or enemas — no drastic purgatives such as salts or cathartic pills. The addition of lacto-dextrose to the diet, as directed on the box, would aid in digestion of the stomach.

In any event if rest in bed cannot be obtained always raise the foot of the bed and lie down after meals or several hours daily to relieve the

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

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

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

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

sagging organs. Of course your abdominal support would not be required while lying down.

QUESTION: I am 29 years old, 5 feet 9 inches tall, and weigh 185 pounds. I am extremely nervous and perspire easily, especially around the face, neck and forehead. If I enter a room that is close I start perspiring immediately even though I am inactive. Also if I get in an argument the blood seems to rush to my face and I seem to be afraid to talk, even though I am not afraid of the individual to whom I may be speaking. I was recently examined by the Life Extension Bureau and the doctor said I was extremely nervous, but could find no cause for it. My diet consists of 2 fried eggs, 1 slice buttered whole wheat bread and one pint coffee for breakfast; 4 to 6 whole wheat muffins and a quart of milk for dinner; fruit such as oranges, pears, grapefruit, etc., at 3.00 P. M.; and for supper, potatoes, one chop or small steak, greens, and a pint of coffee. Also drink another pint of coffee before going to bed. The coffee I drink is rather weak.

Also I smoke 20 cigarettes per day, no more, no less.

I am fairly well built, exercise regularly, and am not losing weight.

Can you help me rid myself of this trouble? I assure you I will greatly appreciate anything you may do for me.

F. B., N. Y.

ANSWER: My advice is to cut down on the amount of coffee you use, substituting cereal coffee. Also cut down or stop entirely the use of cigarettes and, above all, do not inhale. Take a warm bath each night and a cold bath each morning, and I believe you will find relief from your trouble.

QUESTION: I am 23 years old, weigh 160 pounds, am 5 feet 10½ inches tall and am considered slim.

Many times during the day I lose my "pep," and feel very listless. I then have no ambition, and it seems as though I lose my courage. This feeling passes away after a while, but, try as I will, I cannot overcome it. During these spells it seems that my mentality lags and my muscles do not respond.

I sleep 8 hours, work 8, and go to school 3½ hours each night. My meals are well-balanced, and I take good care of myself, have no bad habits. Do not exercise because I do not have time.

Any advice you may give me will be appreciated.

M. B., N. Y.

ANSWER: My opinion is that you are suffering from a plain case of "overwork"—your 8 hours work and 3½ hours school make your real work day rather long, and I presume you spend a good bit of the remaining 4½ hours (allowing 8 for sleep) in study. You are to be commended for your industriousness and ambition, but at the same time you should endeavor to get in a little exercise; if nothing more than the usual setting up exercises upon arising, such as bending, twisting, stretching, etc. These exercises appear from time to time in this magazine. You should also try to get a little sunshine and fresh air daily and do not, under any consideration, permit yourself less than 8 hours sleep per day.

It is also possible that your condition may be due to constipation. I would suggest that you include in your diet a fair amount of fresh and stewed fruits, greens, vegetables, etc.

QUESTION: I am just 16, 5 feet 2½ inches tall, and weigh 125 pounds—am well developed and in excellent condition, but would really like to increase my height and size, and if you could give me any method of doing so I would appreciate your kindness.

S. B., N. Y.

ANSWER: I know of no reliable way of increasing the height. In the past, however, some few people have obtained results by hanging at arms length from a bar

or rings for short periods during the day, but it is a generally accepted fact that increasing the height is well nigh a futile undertaking. My advice is to spend your time and energy toward becoming a "good little man" rather than waste time (and perhaps money, too) trying to become an "average man," for even though you might increase your height your breadth would remain the same. I have known a few cases in which the individual grew a little taller after taking up some form of physical culture exercise, but of course such results could not be guaranteed. It is a fact, however, that such procedure would make a real man of you in strength and development.

QUESTION: Please tell me how to build up a long wind. I do not smoke or drink, but am short-winded. I do not want hard muscles and will appreciate your advice very much.

T. T., Fla.

ANSWER: There is nothing like road work, running, for building up the wind. Start by walking rapidly, then work into a trot, and you will soon be able to build yourself up until able to trot several miles without exhaustion.

Next to this is stationary running, using the same motion as running and bringing the knees well up toward the chest each jump. Deep knee bending, also, is well spoken of by a good many for this purpose.

QUESTION: My physician reports that my blood pressure is 30 points below normal; heart and lungs, however, are O. K. Will you please tell me what this low pressure means and how I can bring it back to normal.

I am married, 5 feet 6½ inches tall, weigh 125 pounds. Lead a clean life, and can do a hard day's work without feeling any after effects. Can you suggest a way for me to take on a little weight and bring my blood pressure to normal?

F. B., N. Y.

ANSWER: Low blood pressure may be either temporary or lasting. In the transient state it may be seen in certain infectious diseases, due to reduced heart action and as a reaction from the higher tension of earlier stages of fever; it may also be due to overexertion, either physical or mental; or to sexual abuses or excesses, or to a shock or collapse. In any case it is the result of weak heart action, relaxation of the blood vessels, or deficient quantity of blood. The lasting state may be seen in goitre, chronic diseases of the heart, Addison's disease, and in chronic tuberculosis. To raise the pressure certain drugs are helpful, such as suprarenal and pituitary extract, adrenalin, digitalis, and extracts from the organs of animals.

In your case I would suggest a program calculated to build the body up in general, with a diet of strengthening foods. Eat no meat but, instead, use plenty of milk and buttermilk, eat plenty of greens, fresh and well cooked fruits, vegetables, cereals, etc. Avoid coffee, tea, tobacco, alcoholic drinks, etc., and make an effort to get regular exercise and plenty of fresh air and sunshine.

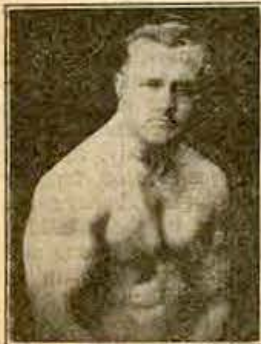
QUESTION: I have stomach trouble—called acid stomach, and would appreciate if you would tell me how to relieve it. Gas forms on my stomach and causes an uncomfortable sensation in the stomach and chest. I have a very weak back, and am not very strong for a man; have been in this condition about five years and am considering taking up exercise—do you think it would help me?

H. A., Ala.

ANSWER: Your stomach acidity is, no doubt, due to faulty diet, so I would recommend you to eliminate acid foods from your diet and eat (Continued on Page 56)

Over 1,000,000 People Have Read This Book

*Have You Got Yours?
Why Not? It is FREE!*



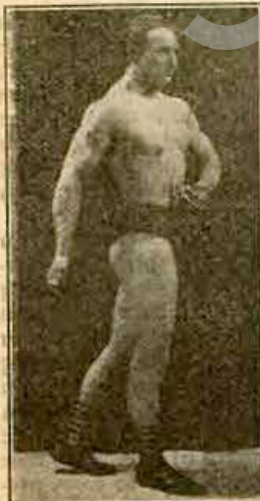
EARLE E. LIEDERMAN
The Muscle Builder
Author of
"Muscle Building," "Science
of Wrestling," "Secrets of
Strength," "Here's Health,"
"Endurance," etc.

IF someone were to offer you a thousand dollars, you would take it, wouldn't you? Of course, you would. My book on Muscular Development may not seem worth a thousand dollars to you now, but that's because you haven't read it. There are hundreds upon hundreds of happy, healthy, successful men throughout the world today who wouldn't take a thousand dollars, or ten times a thousand dollars, for the knowledge and help they received from "Muscular Development." *And it didn't cost them a single cent.*

The Coupon Below is Worth More Than a Thousand Dollars to You

if you use it correctly. Who can place a price upon health? And that is what I give you, if you follow my instructions. If you are weak and sickly, I can make you well and strong. The muscles of your arms will fill out and become like bands of tempered steel. Your chest will grow deep and full and shapely, and people will turn round when your handsome, sturdy figure strides past. Mind you, I'm not a doctor. I do not claim to cure diseases. But if you want the physical strength and health that keeps Old Man Disease out of your mind and body, sit right down this minute, fill out the coupon and mail it to me. A two-cent stamp in exchange for a possible thousand dollars. That is the bargain I give you.

There are dozens and dozens of photos in "Muscular Development." Photos of myself and some of the wonderful prize-winning pupils I have developed by scientific muscular exercise. Many of them came to me as pitiful weaklings, but look at them now. I show photos of several on this page, so that you can see their marvelous development for yourself. Write to them and get their testimony direct. Let them tell you what I did for them, and what I can do for you.



KENNETH TERRELL
Los Angeles, Cal.

Another Earle Liederman graduate with a body developed to such perfect proportions that every motion is as gracefully strong and quick as a tiger's.

LOUIS GIRGENTI
316 Morris Avenue
Newark, N. J.

A back that can carry the load with ease. Notice the marvelous rolls of steely muscle. Mr. Girgenti's muscular development was accomplished in a few months under Mr. Liederman's guidance.



64 Fascinating Pages and It Is FREE!

Its brim full of things every man should know about himself. If you are any sort of red-blooded man at all, this book is bound to interest you. Doctors, lawyers, engineers, plumbers or clerks—all have greatly profited by the interest it has aroused in their bodies, and the wonderful results it can bring you if you follow the directions I give with it. Just to look at the dozens and dozens of photographs of he-men will thrill you and make it worth your while to send for "Muscular Development."



CARMEN LONG
595 Arthur St.
Hazleton, Pa.

A truly magnificent specimen of manhood. He gives Earle Liederman full credit for his Herculean strength and physique.



GREGORY PARADISE

26 Chestnut St.
Nashua, N. H.

A small boned, weak young man on the day he enrolled. Look at him now. Mr. Liederman can do the same for you.

EARLE E. LIEDERMAN.
Dept. 712, 505 Broadway,
New York City.

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

Name

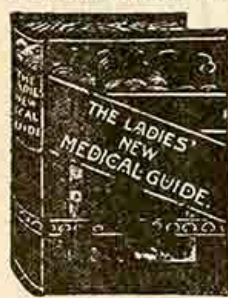
Address

City

State

WOMEN The Book of Books About Women!

With Valuable Pictures in Natural Colors
By S. Pancoast, M. D. A standard medical book about women. Explains everything in detail and clearly, so anyone can understand. All about woman's organism and functions of the different parts, diseases and their treatment. Over 100 illustrations of every part of woman's anatomy, many of which are in natural color. Also contains a manual in natural color. A most reliable work. 600 pages, 5 1/2 x 8 inches. Keratin leather binding.



THIS BIG BOOK is an instructor and counsellor in all the delicate and wonderful matters peculiar to women. It teaches frankly, plainly. A feature of great value is the colored anatomical charts of the internal organs, and life-like plates showing the different stages of embryonic life. Don't wait until they are sold

Order today. You'll Never Regret It.

Most illustrations in colors—and more than 100. The market has so long been flooded with cheap silly books that persons hesitate to buy nowadays. But we assure you that this book has no rival, and that it has 600 pages crammed full of information about WOMAN and Her Body and the problems peculiar to the female sex. Never before has such a complete volume on Female Anatomy been so fully illustrated in pictures that leave nothing untold. Weight 2 1-2 lbs., 600 pages. Price \$2.25

postpaid. Address
THE HOMECROFTER CO.,
Dept. 900, Battle Creek, Mich.



Learn How to BOX

JIMMY DeFOREST BOXING
DEVELOPS
CHAMPIONS BY MAIL

In 20 weeks, under the system of Jimmy DeForest, World's Greatest Trainer and Maker of Champions, you will master the priceless knowledge that made Jack Dempsey his millions and fortunes, for other famous Jimmy DeForest-trained ring stars. Boys once rank amateurs are today earning big money; weaklings have been made strong; men have learned the art of self-defense. Send today for "The Golden Age of Boxing", greatest book of its kind ever written; full of valuable information, photos of great fighters and pupils who became successes overnight. Enclose 10 cents to cover cost of mailing, etc. Write Now.



JIMMY DeFOREST BOXING SCHOOL
347 Madison Ave. Box 223 New York City

The Open Road to Foot Comfort

WHY cramp your feet in ordinary shoes—or wear appliances to correct faulty design when you can get style as well as correction in the same shoes by wearing

PEDIFORME?

Instant comfort, freedom from corns, bunions, callouses, weak ankles and arches and an assurance of correct posture and distribution of body weight are PEDIFORME features. Semi-flexible shanks provide true support and natural arch massage at every step. Endorsed by leading orthopedic authorities.



Write for **FREE Book S** It shows how to be comfortable and train your feet to do their work uncomplainingly. Full instructions on proper care and exercises for the feet. Also illustrates PEDIFORME shoes for men, women and children for every purpose. Ask for book S.

PEDIFORME SHOE COMPANY
36 W. 36th St. 29 Washington Place 322 Livingston St.
New York East Orange, N. J. Brooklyn

Ask the Doctor

(Continued from page 54)

instead only easily digested foods, and at regular intervals, such foods as cereals, well-cooked rice, soft boiled eggs, milk, cream, cream soups, custards, vegetable purees, potatoes, cooked fruits (except those highly acid), etc., and other soft foods. Be sure to chew your food thoroughly.

You might also try drinking a glass of warm water on arising in the morning, and it might be well to take a teaspoonful of Tri-basic citro-carbonate in half a glass of water twice daily.

As for your general weakness I am sure it could be overcome by proper exercise—just be careful not to strain yourself unduly at first.

Exercise After Forty-Five

(Continued from page 37)

world's records at 60. Mr. Joe Lambert is regularly giving strong-man exhibitions at around the half-century mark; likewise, Mr. Leo Stevens, who is past that age; and there is a man named Tommy Ryan, well past middle age, who tours the middle west as a strong man.

To tell you the truth, it would be an easy matter to write a pretty lengthy story about these superannuated disciples of heavy exercise in the show world; and as for amateurs who simply exercise to preserve their health, I happen to be in a position to know there are hundreds past the age of fifty who are possessed of exceptionally shapely bodies, and whose muscles are firm and elastic; and as a result of their regular exercise, they are positively in a strong and virile condition. You find such men in different branches of sport; you find them in wrestling, in marathon, running, in weight-throwing, and in rowing; all of which are extremely strenuous ways of spending your spare time. However, the average man cannot be a champion in these or any other form of sports; and, furthermore, he has no such desire; what he wants is health and a little something else to spare. You and I know that any male worthy of being called a man would be secretly proud of knowing his strength was something better than the average. The man of middle age, who is well-developed and strong, is bound to be possessed of a high degree of confidence and energies, which should help him in his endeavors, whether he be engaged in a business, profession or trade. The man who enjoys perfect health every day and who vibrates with excess energy, is bound to be successful in any calling. The man of advanced years, who has the physique and strength of a man several years his junior, is a young man in every sense of the word, and such a man does not become old till he tires of life and lays down to die.

The explanation of the wonderful rejuvenating and preserving powers of progressive heavy exercise, is to be found in the systematic alternating of exercise periods with longer periods when the body is given a chance to rest and recuperate the expended energies. However, the human system does more than to simply recoup the expended amount of energy; due to the fact that the vital powers are not drawn upon during exercises of this nature, a reserve of vitality is always left, even

after the muscles have grown tired, with the result that after the heavy weight physical culturist rests his muscles, he really is stronger than ever. The vital powers are most likely to be weakened by spasmodic tests of endurance, rather than by feats of strength. There is a mysterious something hidden somewhere in the human body, where a reserve of vitality is stored up for emergencies; physiologists believe the glands to be the seat of these hidden vital reserves. When one is strong and healthy, and the entire organism is functioning in a normal manner, the general strength and recuperative powers can take care of the most strenuous exertion without drawing upon the reserves; but if the body is weakened by disease or excess fatigue, then the hidden stores must furnish the power to maintain life. If a man is careful to keep within the point of fatigue at all times, he will give his system no reason to call on the reserve vitality.

Of course the fatigue limit varies greatly in individuals, and some men can, by consistent training, accustom themselves to almost unbelievable feats of endurance without passing the fatigue limit. An athlete who persistently overtrains, keeping himself down in weight and forcing himself to go another notch further, will in time become "stale" or "burned out;" if this procedure is repeated too often, he finally reaches a state of permanent weakness, becoming unfit for athletic activity. In the same way, there have been instances of athletes forcing themselves so much in competition that they overdraw their vital reserves, and never again are they able to approximate the same physical condition or athletic efficiency. There is no danger of such a thing happening to the weight lifter as the effort required to lift the weights tires his muscles and he is simply unable to lift anything near his limit, so he quits without having found it necessary to use any of the reserve vital forces.

In the case of one who exercises for development and health only, there cannot be the slightest danger of reaching the state of fatigue. The vital organs and reserve forces acquire a high power of functional vigor, with a resulting ease in every normal nutritive process (digestion, assimilation, elimination, circulation, respiration, etc.) connected with the maintenance of life. The man possessed of strength lives so easy, providing he does not dissipate and abuse



The nation's strength is the nation's health
Buy Christmas Seals and help preserve it

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

Beauties ? THESE ARE PIPPINS



24

Creatures of Loveliness

Portraying the

Feminine Form Divine

**ALL RED-BLOODED
Strength Fans**

Will Appreciate These Reproductions

Art Poses

Size 6 x 10 Inches

Suitable For Framing

\$1.00

The Milo Publishing Co. Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

I am enclosing \$1.00, for which please send me the 24 poses of beautiful women.

Name.....

Address.....

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

his forces, there is no wonder he passes middle age surcharged with energy and reaches the advanced years in a hale and hearty condition, always capable of stepping forward with a firm step.

It is doubtful if there is a more noticeable characteristic than the manner in which a man walks. The gait of the man seems to reflect the character and inner emotions of the man himself; it certainly does reflect his degree of physical energy—it would be impossible for a broken down aged man to walk with the firm, elastic step of youth. You can't imagine any of the men discussed in the present article walking in any way, other than with the spry youthful stride of an athlete. Their thoughts and actions are altogether too youthful, even though their years are not. The physical weakling, the dejected failure

and the man in poor health never are seen to walk with a jaunty step and erect carriage.

Insurance statistics tell us that there are more people of advanced years in the world than ever before, and that the number is steadily increasing. The old-time accepted biblical three-score-and-ten is being greatly eclipsed. It is wonderful to contemplate a long life, but most of us would prefer such a long life to be one of usefulness. The six men of whom I just had the pleasure to tell you, think they have found the road which leads to a happy, useful old age, and there are many more like them; some time in the near future, I hope to present the life-stories of a number of men who are enjoying a ripe old age of physical perfection.

Nature's Method

(Continued from page 49)

strong if not actually stronger than the other fellow.

It is useless to try yourself out as to whether you can walk these bridges when you know that of course you can. Instead of letting your imagination master you, you should make yourself master it.

QUESTION: Am a reader in far-away South Africa, and must apologize for the long list of questions I am about to ask, but as I am unable to obtain good medical advice here, am taking advantage of your generous offer. Here are my questions:

1. Am 32 years old, have smoked since I was 14. From 20 to 29 years I smoked some 25 cigarettes daily, but for the last three years have cut down to 12 daily. For the past six years I have been dizzy when stooping, and have had a heavy head and bad taste in mouth on arising. I don't drink liquor.

2. My throat gets clogged with phlegm throughout the day and often at night. This is of brownish-gray color, and I think must be associated with my smoking.

3. Have taken several voyages, with unusual accompanying conditions—for first six or eight days of voyage, my bowels will not move at all, even though I continue my usual eating and partake of usual deck sports. I experience no seasickness or other ill effects.

4. For the last five years, between middle autumn and early winter, I have had an acute pain in the shoulder blade, sometimes one, again the other, but never both at once. This pain shifts about to the clavicle, neck, upper arm, etc. It takes about two weeks to arrive at its most painful point, and some six weeks longer to disappear.

5. For the last five years one of my nostrils often gets blocked, and I am unable to locate any obstruction.

6. When I blow the nose or do forced breathing, I experience great pressure in the ears, and sometimes a slight deafness.

7. Throughout the year, and particularly in summer, my toes itch and blister up and peel off. I have tried various baths, arch smoothers, etc., but without favorable results. The best thing I have tried was placing cotton wool between the toes, but as soon as I leave it off, back comes the trouble.

8. I get plenty of exercise, have never had to put myself under a physician's care and, although a bookkeeper by profession, do considerable outdoor stuff—gardening,

mountain climbing, big-game hunting (rhino, hippo, lion, etc.) Am 32 years old, single, 5½ feet tall, weigh 133 clothed, have 34 inches normal chest, and other measurements in proportion.

I would sincerely appreciate your kindness in helping me out in my problems.

D. C., South Africa.

ANSWER: 1. I think you have done very wisely in using cigarettes more moderately. It would be better if you could stop smoking entirely, for any form of smoking is more or less irritating to the nose and throat. I have more confidence in will power than in any form of drug treatment for the smoking habit.

2. Your trouble seems to be a catarrh of the nose and throat, and I doubt very much if you have any trouble of the stomach whatever. Climate seems to have a more important role in these conditions than other causes. You may have some nasal obstruction, however, but this could be determined only by examination. You may use a saline solution (one teaspoonful of table salt to a pint of water) to irrigate the nose. Do not have the water too hot. Administer with an irrigating outfit with a nasal tip. Insert in one side of the nose, lean over a bowl, breathe through the mouth. Use about one quart in each nostril. Always start with the nostril that seems most congested, and do not permit too much pressure. You may follow this with two or three drops of a 15% argyrol solution in each nostril, which solution can be drawn back in the throat. Do not expose yourself to cold following this treatment.

3. The constipation you speak of at the start of an ocean voyage seems to be very peculiar, but you may ease your mind about it being due to a catarrhal condition of the stomach. I believe it due to change in environment, habits, and perhaps diet. Your best remedy would be to try some of the various combinations of mineral oils.

4. The shoulder pain seems to be a neuritis, which I think is due to some pathologic condition which has existed for some time. This may be brought on

FREE 10 DAYS TRIAL

THE NEW IMPROVED INKOGRAPH \$1.50

The Perfect Writing Instrument GREATEST VALUE EVER OFFERED

\$1000 REWARD
to anybody who can prove that these testimonials were solicited by us.

Inkograph has proven so satisfactory and has elicited considerable favorable comment and enclosing money orders, please send no more. **E. J. Frost, Traveling Claim Agent, Joplin, Mo.**

The Inkograph fully justifies all claims you make. I own a Waterman but Inkograph is far preferable. **Frank R. Sargent, Oakland, Calif.**

You have one of the best writing instruments I ever used regardless of price. I use the lowest grade stationery and there is never a blot or scratch because of it's round smooth point. It is a wonderful invention. **L. H. Orley, Albano, Va.**

Oh boy, I am tickled shiny to have the Inkograph. It's a darling. I can now make carbon copies in taking orders and send original in ink to factory instead of a penciled sheet. It surely flows over the paper as if it was grease instead of ink. No trouble at all and a thing I could not do before to trace straight lines very fine and clean. No smear, no muss of any kind. It's just great. **E. A. Simms, Jersey City, N. J.**

My Inkograph is the smoothest writing instrument with which I have ever written. That is saying a lot. I am a teacher by profession. I have a \$7.00 pen and another that cost more than the Inkograph, but Inkograph is better than either. It is the greatest improvement in writing instruments since the Babylonians recorded their thoughts on clay tablets with a triangular pointed reed. **John B. Atwell, Chadwick, N. C.**

My Inkograph is the first and only writing utensil I ever owned that I can use with pleasure. It is so great for any time would upset my business day. It has always worked perfectly. I have never had any difficulty with it. **Arthur L. Fox, Centerville, Mich.**

I am a bank teller. have used all kinds of fountain pens but can honestly say for my work I never found a pen so easy and tireless to write. You can pick it up any time in any position and write immediately and all numbers and words will be the same. Try and do it with any other pen. My buddies all agree that it is best for our work. **O. R. Morley, Allentown, Pa.**

Delighted: It writes bully—you have invented a pen that is perfect. It is so much more rapid than my \$9.00 fountain pen. I wish you abundant success. **S. L. Carlton, Aurora, Ill.**

I am very well pleased with my Inkograph. It is just what I have been looking for. I have had several ink pencils but nothing like the Inkograph. It writes like the point was greased and it makes no difference what kind of paper, it is fine for shipping tags. **S. T. Jarratt, Harrisville, W. Va.**

The Inkograph is all that you claim it to be. Enclosed find order for two. **Robert Heller, Craigsville, Pa.**

The Inkograph, I am thoroughly convinced, is the best writing instrument I have ever used. It is sure, sane and clean and always ready to use. I am very well pleased with it. **J. E. Hampton, Pensacola, Fla.**

NEVER before has any manufacturer of a standard writing instrument which is guaranteed to give perfect satisfaction, offered you so great a value. Remember, the Inkograph answers the purpose of both pen and pencil combined. Its point is shaped like a fine lead pencil point and writes with ink free and easy without a miss, skip or blur. The steady uniform flow of ink actually improves your handwriting. Won't blot, scratch, leak or soil hands.

You who already possess a standard fountain pen will find the Inkograph a most valuable addition to your writing equipment, for it will do everything any fountain pen can do and many very important things which it is impossible to accomplish with any fountain pen at any price.

Combines the Best Features

of both pen and pencil, minus the weak points of both, plus improvements not found in either.

The lead pencil smudges, the point breaks and its writing soon is obliterated. Most fountain pens skip, scratch, flood, clog, leak, blot, soil hands and clothing. The old stylographic ink pencil dries up, balks, blots, writes heavy, flows unevenly and is never reliable. The Inkograph feeds as fast and uniform on the 20th page as it did on the first.

Cannot Leak

Not the tiniest drop of ink will spill, although one filling is sufficient to write thousands of words. Will write on any quality of paper.

Makes 3 to 4 Carbon Copies

at one time with original in ink. Bear down as hard as you like without fear of bending, spreading, injuring or distorting its 14 Kt. solid gold point. Are you a salesman?—use an Inkograph, make out your orders in ink and retain a duplicate for your records. Do you wish to keep a copy of your private correspondence?—use an Inkograph. Do you do office work which requires clear carbon copies?—use an Inkograph. Do you make out bills or sales slips?—use an Inkograph and make a permanent original in ink with carbon copies. You can permit any one to write with your Inkograph, for no style of writing can affect the Inkograph point as it will a fountain pen.

Draws Lines to a Ruler

Without smearing, smudging or blurring the paper. Writes with any color of ink.

Requires No Blotter

The ink dries as fast as you write, because the flow is fine, even and uniform.

Patent Automatic Feed

Prevents clogging. No complicated mechanism to clean or get out of order. A year's guarantee certificate with full directions accompanies each Inkograph and is your absolute protection.

An Instrument of Refinement

In appearance, quality, workmanship and material it is the equal of writing instruments which sell for a great deal more. It's beautifully highly polished finest quality of black, hard rubber, it's 14 Kt. solid gold point and feed, safety screw cap, self-filling lever and clip make it an instrument of distinctive elegance and refinement. Each Inkograph is designed and finished to please the eye and fit the hand of all.

You Who Are Dissatisfied With Your Fountain Pen

Try the Inkograph—remember, all we ask you to do is try it, for if it does not prove thoroughly satisfactory and if it is not handier and does not write smoother and is not far superior to any fountain pen you ever owned, whether it cost \$5, \$6, \$7 or \$8, return the Inkograph to us and we'll refund your money—no questions asked.

Inkograph Co., Inc.
199-215 CENTRE ST.
NEW YORK, N. Y.

DEALERS



SAME SIZE AS \$7 & \$8.75 FOUNTAIN PENS

SEND NO MONEY

Your name and address are sufficient. Pay postman \$1.50, plus postage on delivery. When remittance accompanies order, Inkograph will be sent postage prepaid. If within ten days the Inkograph does not prove satisfactory return it and we'll refund your money without further correspondence. It is because we are sure the Inkograph will meet your requirements to perfection that makes it possible for us to make you so attractive an offer.

This Coupon Properly Filled Out Is all that's necessary.

Send it today and procure one of the New Improved Inkographs on a 10-Day Free Trial, with no strings tied to it. If you prefer smaller size with ring on cap to be carried on watch chain or ladies' soutair, mark X here

INKOGRAPH CO., Inc., 199-215 Centre St., New York
Gentlemen: You may send me your Inkograph. I will pay postman \$1.50, plus postage on delivery.

Name

Address

City State

Received my Inkograph. Am surprised to know how well I can write with it. The Inkograph is a wonderful little writer. It's my friend now for good penmanship. I am writing this letter with it can you tell the difference between Inkograph and pen letters? I can, is my answer.

C. B. Fuller, Patterson, Mo.
I received my Inkograph with which I am writing this letter. I have purchased at least one dozen ink pencils. Yours seems to be the only one that gives perfect satisfaction. I believe you have solved the problem of the perfect writing instrument.
Dr. Richard T. McLaury, Dunkirk, Ind.

The Inkograph is truly the best pen I ever had the pleasure to use barring no price or make of pen. after I take into consideration the high price I usually paid for a Parker or a Waterman pen. I cannot see how such a low priced pen as the Inkograph can be put on the market and give such unusual service. **Harvey L. Winston, Brentwood, Calif.**

In making out local requisitions, it is necessary to make an original and two carbon copies on very heavy paper, and the Inkograph does this twice as well as the hardest indelible pencil, and is much neater and the original is much more legible.
Wm. L. Fontaine, Placerville, Ia.

Your Inkograph is everything you state. It is just wonderful. So send me two more.
Arthur Olcott, Tucker, La.

Gave pen thorough tryout. Enclosed find sample of work I have to perform. Have been using pencil. Never got entire satisfaction. Hard pencil makes original too pale and soft pencil makes poor copy. I am highly pleased. **S. M. Cooper, Inquiry Division, P. O., South Bend, Ind.**

I found the Inkograph all you represent it to be and I was very well satisfied with it. I made a great mistake when I bought the Inkograph, as I did not take out Lease or Theft Insurance on the pen, for the pen is gone. I am writing this to ask that you send me another Inkograph by return mail, charges C.O.D. I can recommend the Inkograph very highly to anyone who needs a pen, which will stand up under very hard usage. **George B. Moore, Columbia, Pa.**

It sure has improved my hand writing. I never took home any medals for penmanship but I can almost read my own writing since I got this pen. **M. E. Johnson, Maunula, Wis.**

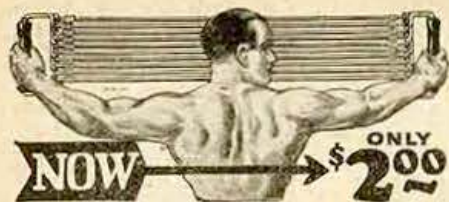
I want to thank you for the return of my Inkograph pen, which you repaired for me. I feel rather lost without this pen in my pocket. I prefer it to any pen I ever carried, principally because of the ease with which one can write with it, not having to be careful whether you slide the pen to the North, East, South or West, it flows freely in all directions. **Wm. B. Brown, New York, N. Y.**

Received my Inkograph and same is filling a long-felt want. Kindly send two more of the same style by parcel post collect as soon as possible.
Theodore Priestley, Akron, Ohio.
I bought one of your pens a year ago. You sure build the best pen on the market to my notion. **Frank R. Ellsworth, Fargo, N. D.**

I wouldn't take \$5.00 for this pen I am writing this letter with. I have a good fountain pen but don't write any more with it. I am proud of the Inkograph and that I can say this to you and mean every word of it.
R. H. Wilson, Beckley, W. Va.

AGENTS—

Sell Inkographs, make bigger profits, more sales, without investment. Quicker commissions, popular prices, no competition. Send for an Inkograph or write for special sales plan booklet.



Grow strong and healthy this quick, new way. The Giant Chest Expander and Progressive Exerciser will keep you fit and full of pep and vitality. Only \$2 for 5 cables and \$4 for 10 cables. Complete instructions for scientific progressive exercising sent with each exerciser. Why pay more? Send no money. Simply pay the postman plus a few cents postage, on delivery. Every exerciser fully guaranteed. Money back in five days if dissatisfied.

PROGRESSIVE EXERCISER CO., Dept. 1012
Langdon Bldg., Duane St. and Broadway, New York City

© 1927, F. A.



Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 189.

Are You Afraid To Love?

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

Sex Secrets

At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 612-page book, "Safe Counsel" written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are a few of the subjects discussed: Love, Secrets of Marriage, Anatomy of Reproductive Organs, Mistakes of Bridegroom, Advice to Newly Married, Birth Control, Results of Excesses, Spooning, Private Words to Maidens, Rejuvenation, The Social Evil, Sex Magnatism, Answers to Sex Questions, and scores of other intimate subjects. Nothing withheld. Frank and fearless. Over 100 illustrations. 612 Pages. You owe it to yourself, to your health and happiness to read this wonderful book.

Send No Money — simply mail the coupon

Don't send any money now. Just clip and mail the coupon. We will send the regular \$4.00 Gift Edition of "Safe Counsel" by return mail. When it arrives, hand the postman the Special Introductory Price of only \$2.19, plus postage. Examine the book. Then if not satisfied, return the book within 5 days and your money will be refunded. You take no risk. So order Now!

Mail this Coupon NOW!

FRANKLIN ASSOCIATION

186 N. LaSalle St., Dept. 7628, Chicago, Ill.

Please send me a copy of the \$4.00 Gift Edition of "Safe Counsel" in a plain wrapper marked, "Personal." I will pay the postman only \$2.19, plus postage, upon arrival. Although I am benefiting by this special offer, I may return the book within 5 days, if not satisfied, and you agree to refund my money.

Name.....

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

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

If you may be out when postman calls, send \$1.98 cash with order. You save postage and C. O. D. fees (Price outside of U. S. — \$2.43 cash with order.)

by your position at your desk, which may cause some lesions of the lower cervical and upper dorsal areas. If you can find an osteopathic physician, have him examine you. You might also wear an extra thickness of woolen cloth over that area when you note the weather getting cool.

5. See answer to 2.

6. Catarrhal deafness is very common in some localities; however, I think your first consideration is to clear up the throat trouble if possible. This, I feel certain, is responsible for the ear aches, etc.

7. You evidently have an eczema which is caused by perspiration of the feet. Instead of using ointment and lotions, you should use powders and try to keep the feet free from moisture, if possible. The various preparations of zinc, such as zinc oxide, are good.

8. Your measurements seem to be very good. In your exercise, try to choose those which will develop all parts as much as possible.

QUESTION: Am 35 years old, and have two children. Ever since the birth of the last child, ten years ago, I have suffered from nervousness, constipation, eyestrain and weakness, etc., and would appreciate your opinion as to my trouble and remedy.
Mrs. G. N. Y., N. Y.

ANSWER: The trouble you describe appears to have been brought on at the birth of your last child. I would first suggest that you have an examination to determine the position of the uterus, or womb. This may be causing pressure on the large bowel and that, in turn, causing your constipation. If this condition is normal, or after it is corrected, use a very laxative diet, and you might also try olive oil retaining enemas, etc.

The Mat

(Continued from page 45)

means that a greater amount of oxygen must be supplied in order to properly aerate the blood. By training we may accustom the respiratory function to furnishing an increased supply of oxygen, cause the chest to enlarge and put the vital organs in better condition for the continuous duties of every day good health.

We can recognize three different types of respiration or ways of breathing: The Abdominal, The Inferior Costal, and The Superior Costal. In the Abdominal Type, the action of the diaphragm and consequent movements of the abdomen are most prominent. In the Inferior Costal Type, the action of the muscles which expand the lower part of the thorax, from the seventh rib down, is most prominent. In the Superior Costal Type, the action of the muscles which expand the thorax above the seventh rib and which elevate the entire chest, is most prominent. It is true that all these muscles are used, to some extent, in every normal act of respiration; nevertheless, the action and control of each of these types is distinct.

In children under the age of three, the abdominal type is most marked. Sometime during childhood the two sexes begin to show entirely different types of respiration; in the male, the Abdominal, conjoined with the Inferior Costal Type, is predominant; in the female, the Superior Costal Type predominates, while the Inferior Costal Type is insignificant. Unless some effort is made to control the breathing in a different manner, the male continues to breathe mainly by the action of the diaphragm and the lower part of the chest; but in the female, the action is almost entirely confined to the upper part of the chest. It can be plainly seen that the abdomen will be greatly involved in normal breathing of the male. There is a physiological reason for the female breathing in this manner. It is a provision by Nature to relieve the woman of abdominal pressure during the period of gestation.

We will now do well to discuss the

various muscles involved in breathing or, to be specific, we will treat on those which control the movements of the chest cavity. We have three distinct groups of muscles involved in inspiration—those used in ordinary respiration, which have the strongest action; those which act as auxiliaries to the breathing, and the extraordinary auxiliaries, which act as muscles of inspiration only when the breathing is extremely deep or difficult. In the first group are the diaphragm, the intercostals, the levatores costarum, and the scaleni muscles. In the second group are the serratus posticus superior and the sterno-mastoidus. In the third group, the levator scapuli, the trapezius, the pectorals, and the serratus magnus.

In the male, in ordinary breathing, the most active muscles are the diaphragm, intercostals, and the levatores costarum. In the female, breathing with upper chest control, the scaleni muscles are brought into action mostly. We should also consider the muscles controlling expiration—during the ordinary act of breathing the predominating muscles are the internal intercostals, the infra-costales, and the triangulans sterni. During extremely deep breathing other muscles must assist, as the external and internal obliques, the sacro-lumbalis, and the transversalis.

The ribs are somewhat twisted upon themselves and have a general direction forward and downward; the first rib is nearly horizontal, but each succeeding rib is more oblique. Speaking in general terms, we may state that inspiration is effected by descent of the diaphragm and elevation of the ribs, and expiration by elevation of the diaphragm and descent of the ribs. The ribs are raised by the action of the scalene muscles and the intercostal muscles; the three scalene muscles are attached to the cervical vertebrae and the first and second ribs. The intercostals have two functions—the external intercostals raise the ribs and the internal intercostals lower the ribs; the former run forward and downward from the



The NEW Many Featured Varied-Cable Exerciser



The Exerciser

New Low Prices (see below)
Varied Strength Cables
Consequently Quicker Pro-
gression
Greater Strength and Development
Further Advancement

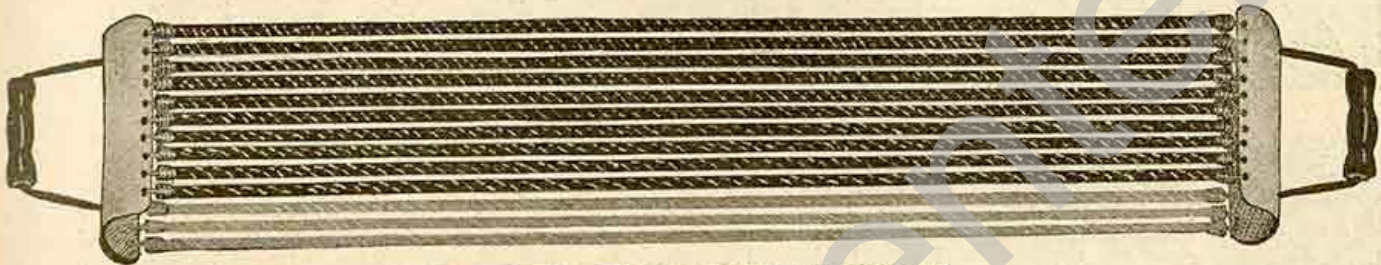
A MacMahon Production

The Course

16 Weekly Lessons
All Exercises Illustrated
The Lessons Are Progressive

Just the Thing For the Very Weak and the Very Strong
and Those in Between
A Greater Pleasure to Use
An Entirely New Idea in Cable Exercisers

Includes Strength Feats With Exerciser
All-Round Training Course—All-Round
Development
Delightful Exercises That Will Surprise You in Results
Develops the Legs as Well as the Arms



THE NEW 20-VARIED-CABLE EXERCISER

HOW IT WORKS

Suppose you don't have a Varied-Cable Exerciser but one, of which the cables are all alike in strength. You get up to 5 cables in certain exercises and then find that although the 5 cables are comparatively easy 6 cables are far too much for your strength in that particular exercise. What's the result? You have to stop going ahead on that particular exercise and the muscles affected will stop developing.

I'll Have You Exercising Very Shortly With the Whole 20 Cables

I'll make you so strong that 20 cables will be easy for you in many exercises. In feats of strength with the cables, you'll have your strongest friends stopped by a mile.



Your arms will actually bulge with muscles. Your legs will become shapely and powerful. Your back, abdomen and chest will be thick with muscles—not clumsy, awkward muscles, but the quick, supple and useful kind.

Now with a MacMahon 20 Varied-Cable Exerciser you would in the above case use a medium or light weight cable in place of the sixth heavy cable and go on progressing and developing.

The advantage of the three-weights-varied cables, in the MacMahon Exerciser, are found in every exercise and by every person using them.

ORDER WHATEVER SIZE EXERCISER YOU WANT, BUT I ADVISE YOU TO GET THE 20-CABLE ONE, FOR YOU'LL NEED IT VERY SOON

The way I increase your strength, you'll need a 20-cable exerciser in a few weeks if you don't get one at first. You'll save money by getting the large one right off the reel.

HERE'S THE ORDER BLANK MAIL IT—I'LL DO THE REST!

CHARLES MacMAHON

Studio 12-27
180 W. Somerset St. Philadelphia, Pa.



Mr. Charles MacMahon, Studio 12-27
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$.....for the cable exerciser I have checked off below.

- | | |
|--------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> 20-Varied-Cables..... \$12.00 | <input type="checkbox"/> 10-Varied-Cables..... \$6.00 |
| <input type="checkbox"/> 15-Varied-Cables..... \$9.00 | <input type="checkbox"/> 5-Varied-Cables..... \$3.50 |

Name.....Address.....

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

Age.....Years Weight.....Pounds
(in street clothes)

Normal Chest.....Expanded Chest.....Inches

Forearm....."
(arm straight, tape 2 inches below elbow joint)

Upper Arm.....Inches Waist....."
(smallest part)

Wrist....." Ankle....."
(right next to base of hand) (smallest part)

Neck....." Hips....."
(largest part)

Knee....." Calf....."
(largest part) (largest part)

Thigh....."
(largest part)

Height.....Feet....."

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....

Here's How to Develop a Knock-Out Punch

I manufacture heavy fighting bags as well as all other sporting goods. I can send them to you filled or empty. The filled ones are packed with soft heavy packing and weigh about 50 pounds.

The empty bags can be filled by you with sand, sawdust or packing of any kind.

These bags are made with a mouth at the bottom, through which they are packed. When packed tightly, this mouth is laced up.

Fighting bags are wonderful punch developers. They will give you a mule kick in either hand.



Fighting Bag Gloves

Fighting bag gloves protect the knuckles and fingers when punching a heavy fighting bag. You must have a pair or you will have skinned knuckles.

These gloves are made of high-grade, soft leather and are slightly padded.



CHARLES MACMAHON, Studio 12-27
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please send me the proposition, or propositions, checked off below, as soon as possible. I am enclosing a remittance to cover same.

Fighting Bag Gloves	\$2.00
Filled Fighting Bag	\$12.00
Empty Fighting Bag	\$6.00

Name

Address

City

PERSONAL Appearance

It is now more than ever the key note of success, both in social and business life. Bow-legs, Knock-Kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night, my new "Lim-Straitter," Model 18, U.S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 5 years by physicians everywhere.)



Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST

1540 L. W. U. Building, Binghamton, N. Y.

FOREST RANGERS

Men, get Forest Ranger job; \$125-\$200 mo. and home furnished; permanent; hunt, fish, trap. For details, write

NORTON 2670 Temple Court
DENVER, COLORADO

back part of one rib to the front part of the next one below; the latter run backward and downward from the front of one rib to the back of the next rib below.

As the diaphragm is by far the largest and most powerful of the muscles involved in respiration, it seems reasonable that the act of breathing should be carried on principally through the action of that particular muscle. As the diaphragm moves downward during inspiration, it is evident that the abdominal organs must make room for this action, thus involving the entire abdomen to some extent. As we said before, you can accustom yourself, by practice, to any type of breathing and it will be perfectly all right, as the function of aerating the blood will undoubtedly be carried on in a normal manner. It is quite evident that in ordinary breathing a certain type of breathing is peculiar to each of the sexes. It would certainly be foolish, in view of this fact, for a woman to cultivate the practice of bringing the diaphragm and lower chest into predominate action; and in the same way it seems to us that for the male sex, the proper method of breathing, under ordinary circumstances, is by the principal use of the diaphragm, with the lower chest playing a minor part.

As we have shown you, the amount of air normally inhaled and exhaled, during ordinary breathing, is relatively small, but it is sufficient to support the normal body functions. The point we have been driving at all along is that when a man, particularly an athlete, exerts himself vigorously, he is quite apt to breathe sufficiently deep; and you will soon find that the control is principally diaphragmatic, with the other muscles just mentioned carrying on their work. In very forced breathing, the neck and shoulder muscles will do a good part of the work.

The principal thing to do, if you wish to insure correct breathing, is to thoroughly develop the body and keep it in first-class working order by means of vigorous, manly exercise.

The Two-Arm Press—In Its Several Variations

Generally speaking, probably the widest known lift is the "Two Arm Press," as it is given in almost any course or set of bar bell exercises and is the lift most employed among novices and experts alike. In referring to a "Two Arm Press" we are covering a lot of territory, as a number of lifts, of entirely different styles of execution, might be included under so general a term. As those of you who understand lifting know, this is even more true in the case of such a term as a "One Arm Press." At times, I am somewhat surprised to learn that many supposedly experienced lifters are not informed as to the correct performance of the several styles of "Pressing" a weight with two arms. For that reason, we will have a little discussion this month, principally on the Two Arm Military Press, the Two Arm Continental Press, and the Two Arm Slow Press (in both Olympic and American styles).

Primarily, the Two Arm Press is merely the movement of lifting or "pushing" a bar bell overhead from the chest, in a slow manner without employing any initial heave or "jerk" and without the least amount of science. Due to the fact that scientific and tricky lifters can incorporate a great deal of knack and science in accomplishing an ordinary press, certain rules have been formed to make the lift more difficult and to strictly standardize the lift.

The Two Arm Military Press has the most strict rules of any two arm overhead lift, and is the one in which the least science or knack can be employed. The bar bell must be cleaned to the shoulders, being sure to clear the nipples in doing so; the heels must be brought together and the body held rigidly erect throughout the actual pressing of the bell; the pressing must be started at a point no higher than the level of the chin, and the bell must be pressed to arms' length without any semblance of a heave, toss, or jerk of any kind. Refer to illustration "B" for the correct position.

We will next consider the Two Arm Press in Olympic style. After cleaning the bell to the chest, the feet may be kept apart to a maximum distance of approximately one foot, as long as the feet are in line; that is, without one foot being farther forward than the others. Before pressing, the bell must be held on the chest, at which time it is permissible to lean backwards to a considerable extent; then, while keeping the body in that position, the bell is to be slowly pressed to arms' length, without any bending or swaying of the body, and the knees must remain locked throughout. When the bell is overhead, the body should be brought to the erect position for the count. Illustration "C" gives you the proper position of feet and body. According to American rules, the heels must be kept together, and the bell may be held at the level of the chin before pressing. Otherwise, the rules applying to the actual performance of the lift are the same.

The rules applying to the third one of these lifts are not so strict as in the other two. Likewise, the lift is more generally practiced the world over, being known in most places as the Two Arm Continental Press; though in England it is known as the Two Arm Push. The Bar Bell must be cleaned to the shoulders, from whence almost any style may be employed to get it overhead, so long as the bell is not tossed from the shoulders, nor will any jerking motion of any kind be permitted. The feet may be kept in any position, and the body may be inclined forward or backward to any extent, either previous to or during the actual pressing, but the bell must be started from a position no higher than the line of the chin. Various styles are used by the leading exponents in order to get the bell overhead. Some lifters stand with the feet spread apart, but in line; then to start the bell overhead they lean well forward and then start pressing as they gradually bend the body backwards as far as the flexibility of their back will

A Hard Stunt

for the untrained or wrongly instructed individual is dog-goned easy for the fellow who knows how. Tumbling and hand-balancing stunts look difficult and make a big hit with those who witness them. You must use certain methods to learn the proper movements.

THERE IS AN EASY WAY TO DO EVERYTHING

and by the use of the safety tumbling belt, the most advanced hand-stands and somersaults are mastered with ease and safety. You can try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of the safety tumbling belt.

HOW MUCH IS IT WORTH?

to you to learn either of these feats shown here, or any other stunt requiring perfect control of your body? Wouldn't it be worth the price of the course to learn one feat? But the MacMahon Course teaches you every stunt worth knowing.



A Perfect One-Hand Stand

A Cinch Easy As Pie

Such feats or stunts as the two shown here are as easy as walking up stairs for the fellow who is properly instructed and coached. There is an immense amount of satisfaction in performing stunts like these two. If you are instructed by the Charles MacMahon method, you will learn quickly.

Anything Is Difficult When You Don't Understand It

If you try to master these stunts without proper instructions, you get into a lot of bad habits that you will have a hard time unlearning.

The Only Way Is the MacMahon Method

and the beauty of this course is that you can practice alone without partners or danger of any injury from falls. Just fasten on the safety tumbling belt and get in trim for thrills.

NEXT SUMMER, ON THE BEACH, BE THE LIFE OF THE PARTY

By performing stunts the other fellows can't do.

SIGN UP NOW!



Charles MacMahon Performing a Somersault With Two 30-Pound Dumb-Bells

Acrobatic Dancers

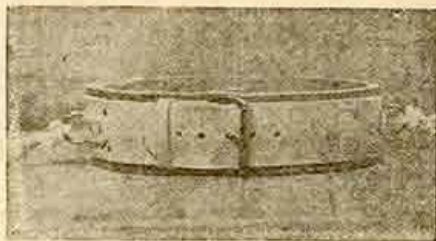
Use the MacMahon Safety Tumbling Belt to learn the hand-springs and cart-wheel necessary to become a finished performer.



You Can Learn This

You should have a safety tumbling belt to properly master the stunt shown above, and any other advanced movements in hand-balancing and tumbling. The belt is fitted with ropes on each side. Two friends can hold the ropes or you can fasten them to the wall or posts.

GET THIS BELT



The Safety Tumbling Belt

Tumbling and Hand Balancing Are Second Nature

CHARLES MacMAHON, Studio A-61,
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

Please find enclosed { \$7.00 for Belt and Tumbling Book
\$5.00 for Belt Only.
\$3.00 for Course Only.

Name

Address

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

Waist measurement.....

with my pupils, who have followed my methods and trained with my belt. The safety belt is fully adjustable to waist measurement, and is made of the strongest materials.

ARE YOU NEXT?

YOU'LL LIKE IT

Charles MacMahon

180 W. Somerset St. Studio A-61 Philadelphia, Pa.

Chicago Health Institution Lauds Amazing Discovery For Constipation

**Liver, Kidney and Stomach Sufferers Now
Have Keen Appetites, Sound, Restful
Sleep, Regular Bowel Action**

Noted Specialist Tells Exact Formula of Flaxolyn

Dr. Victor Hugo Lindlahr and his associates who operate the remarkable Lindlahr Sanitarium in Elmhurst, Ill., and in addition the Lindlahr College of Natural Therapeutics and the Lindlahr Pure Food Shop in Chicago, have given to Dr. Luntz's Herbal Flaxolyn the highest possible approval by recommending and endorsing it throughout their famous health organization.

In the Lindlahr Magazine, "Radiant Health," the following statements by doctors have appeared, showing what Flaxolyn, which is only nature's roots and herbs compounded with sun-baked flaxseed, has done in all sorts of cases.

High Blood Pressure

Dr. Woodruff, of Port Angeles, Wash.:
"Flaxolyn successful in this condition."

Gall-Stones!

Dr. N. F. Meleen, Portland, Oregon:
"Flaxolyn is equalled by no other preparation for the removal of gall and gravel-stones."

Constipation!

Dr. Benedict Lust, editor of "Nature's Path":
"Flaxolyn is a natural food laxative, and priceless in all digestive ills."

Nation-Wide Endorsement

In addition, the London Health Centre, Dr. George Starr White, the famous Pacific Coast medical author, and other authorities have highly endorsed Dr. Luntz's Herbal Flaxolyn.

A FOOD-LAXATIVE Not a Drug!

Hundreds of other doctors, who have used Flaxolyn in the treatment of such symptoms as dizzy spells, liver disorders, indigestion, sleepless nights, kidney and bladder troubles, have written in praise of Herbal Flaxolyn.

Dr. L. Dupre, Orange, Texas, says: "Every box that I have distributed has given the best of satisfaction."

Dr. J. M. Gardner, Idaho Falls, Idaho, states: "My patients demand Flaxolyn and are asking for more. They do not consider it as a medicine

but as an herb drink, which, of course, it is, and a good one."

Since taking Flaxolyn hundreds of people no longer suffer from weakened run-down conditions—constant headaches—stomach, liver and kidney disorders—high blood pressure and above all poor appetite, muddy blood and sluggish bowels.

Don't wait. Start taking Flaxolyn. It does not gripe because it is a natural food. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life. Full treatment sent postpaid on receipt of \$1.

FLAXOLYN FORMULA

**Not a Secret—Nothing to Hide
says Eminent Physician**

1. Baked Flaxseed—Relaxes congestion and acts as an astringent.
2. Vegetable Charcoal—Aids digestion, sweetens the stomach, overcomes acid and gas, purifies undigested, fermented food.
3. Juniper Berries—Cleanse, purify and stimulate the kidneys and bladder.
4. African Ginger Roots—Quicken the flow of the vital digestive juices.
5. Dandelion Roots—Purify the liver and blood.
6. Cardamon Seeds—Act on the stomach lining as an aromatic, cleansing tonic.
7. Chinese Rhubarb—Invigorates the stomach and the liver.
8. Spanish Licorice Roots—Remove any foreign mucus that may be clogging and poisoning the digestive organs.
9. Culver's Roots—Stimulate the natural flow of bile and so purify the liver.
10. Gentian Roots—Create a healthy, normal appetite.
11. Greek Valerian Roots—Tone the nerves and induce the restful sleep of health.
12. California Bark—Cleanses the colon and removes foreign matter from the intestines.

permit. In starting the bell in this style, the knees must be kept rigid. This method of starting a press is shown in illustration "A." In this style, as well as in the next style, in reality a lateral jerking motion is employed, instead of a horizontal jerking motion, as in a recognized jerk. Others stand with one foot well advanced, and though the knee of that leg is kept straight in beginning the lift, the knee of the other leg is bent as the body is inclined well forward; the bell is pressed in a steady manner as the body is changed from a forward to a backward bending position, and the knees are bent to any extent till the weight is at arms' length.

The method employed by Siegmund Klein, the foremost American exponent, is to bring the bell to the chest; then to place one foot well to the front. The actual pressing is started with an erect position of the body and without any preliminary jerk or shifting of the body in a lateral direction. As the bell begins to "stick" or resist the upward pressure of the hands, the body is gradually inclined backwards and the knees bent as much as necessary. With an extremely heavy weight, the back may reach a position of being parallel to the floor before the arms are straightened. Under American and British rules the feet must be brought together with the body erect for the finishing count.

The Continental Press, or Push, requires an extremely flexible back, great pushing power, and great strength in the small of the back. We believe the above descriptions cover the Two Arm Press in a rather accurate and thorough enough manner, and include the styles accepted in official lifting circles the world over. In connection with these lifts, it is interesting to note the fact that lifters vary greatly as to their relative abilities on the three styles of pressing. Some men can handle about as much in a Military as they can in either a Continental or Slow Press; some few lifters will be incapable of bending backward while pressing, due to not having accustomed their spines to extreme bending under exertion.

Shape from Shapelessness

(Continued from page 40)

shoulder height. These uprights can be anything that is solid enough to stand a little pressure; two sides of a wide doorway, two posts, two heavy pieces of furniture, etc., but whatever you use must be about shoulder height.

Now you stand in the center between the two supports, reach out to the sides and place your hands on the back edges of these supports. Then, without moving your feet, allow your body to go forward as far as you possibly can and keep yourself from falling on your face by your shoulder and arm strength. The arms should be kept straight, or nearly so, and the movement repeated by bringing the body back to the original position.

If you do it correctly you will feel the exertion or pull on the chest muscles near the shoulders and in the muscles of the back around the shoulder blades.

The coupon is for your use—Send it now and become your normal self!

H. H. LUNTZ, M.D., D.O.,
368 Eastern Parkway,
Brooklyn, N. Y. Dept. S-12.

—FREE—

Health advice given with all purchases. Make your questions plain and brief. Dr. Luntz will try to help you without charge.

Please send me.....cartons of Flaxolyn, postage prepaid. I am enclosing \$..... (\$1 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

Name

Address

Dec. City State

10 Inches Off Waistline In 35 Days

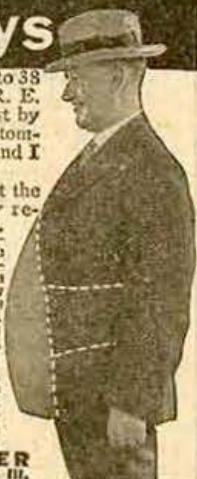
"I reduced from 48 inches to 38 inches in 35 days," says R. E. Johnson, of Akron, O., "just by wearing a Director Belt. Stomach now firm, doesn't sag and I feel fine."

The Director Belt gets at the cause of fat and quickly removes it by its gentle, kneading, massaging action on the abdomen, which causes the fat to be dissolved and absorbed. Thousands have proved it and doctors recommend it as the natural way to reduce. Stop drugs, exercises and dieting. Try this easy way.

Sent on Trial

Let us prove our claims. We'll send a Director for trial. If you don't get results you owe nothing. You don't risk a penny. Write for trial offer, doctors' endorsements and letters from users. Mail the coupon NOW!

LONDON & WARNER
332 S. La Salle St., Chicago, Ill.



Landon & Warner, Dept. II., 332 S. La Salle, Chicago
Gentlemen: Without cost or obligation on my part please send me details of your trial offer.

Name.....

Address.....

I'll Give YOU Courage That Performs "Miracles!"



DAVID V. BUSH

I'll give you backbone. I'll make you fearless. I'll give you courage that leaps every barrier. I'll give you friend-winning, money-making, success-bringing power—or this 5-day trial doesn't cost you a cent!

Most men fail because they are shackled by fear. They are afraid of making mistakes—afraid of their business superiors—afraid of public opinion—afraid of tackling any new, unknown task. But no matter what your fears may be—no matter what worries are holding you back—whether social, business or physical—I'll end them forever! I'll completely change your whole life. I'll give you a commanding spirit that will crush and overcome all obstacles. I'll make you perform seeming miracles. I'll make you a man that the world will respect and admire. I'll make your life a constant succession of unqualified, prosperity-bringing, successful accomplishments—or you don't owe me a penny!

ONLY 50c

David V. Bush, America's foremost practical psychologist and teacher, has already guided thousands who were once wallowing in fear and failure to a new life of vigorous activity, indomitable courage, and well-deserved prosperity.

Now you, too, can gain the same rewards through a careful reading of "Fear—Man's Worst Enemy"—the most instructive and helpful book ever published. Write for it to-day. Send only 50c in full payment. If you are not delighted, return the book within 5 days and your money will be instantly and gladly refunded.

DAVID V. BUSH, Publisher.
Dept. F-6912, 225 No. Michigan Blvd., Chicago, Ill.

SEX EXPLAINED!

Sex Truth at last. "THE SCIENCE OF A NEW LIFE." Dr. Cowan's book answers in plain language all you ought to know. Explains The Sex Appeal—Choosing a Mate—Bleeding Marriage—HOW BABIES ARE CONCEIVED AND BORN—Sex Diseases—What to Avoid, etc. Girls Control Chapter. Margaret Sanger's "What Every Girl Should Know"; also "Debate on Birth Control." All 3 books sent in plain wrapper postpaid for \$2.50. (C. O. D. 17c extra.)

OGILVIE PUB. CO., 57 Rose St., Dept. 119, New York

Moles

HOW TO BANISH THEM

A simple, safe home treatment, 16 years' success in my practice. Moles (also Big Growths) dry up and drop off. Write for free Booklet.

WM. DAVIS, M.D., 124-F Grove Ave., Woodbridge, N. J.

Is Wrestling More Brutal Than Boxing?

(Continued from Page 48)

He lacked the knowledge of use and application of the holds that are barred by Intercollegiate rules. Another thing, he used up too much energy and endurance by charging at his opponents in the characteristic style employed by the college men.

I took the young man in hand and taught him many of the professional holds. He improved rapidly over his old style of wrestling and soon he developed into a winner.

Among the holds I taught him were the famous Frank Gotch toe hold, which is one of the most torturous holds in the history of wrestling, the split, the crab and an assortment of arm-locks and jui-jitsu also barred in college wrestling. With the speed from his college training he soon defeated all the heavier and slower professionals in the sport where, before, they bested him through their ability to endure and apply punishing holds.

Some of the most notable wrestlers in the professional world were developed in college and later gained eminence throughout the world for their prowess. Among this group are Big Ed Strangler Lewis, Wayne Munn, Nick Lutze from Notre Dame and the ancient Zbyszko.

Some of the strongest men in the world can be found among professional wrestlers. Many of those following this profession retain their athletic ability a great many years beyond the athletic life of men in other branches of sport. In fact, champion wrestlers sometimes retain their championship honors for a score of years beyond the age at which champion boxers and runners retire. It is a well-known fact that wrestling requires extraordinary strength of the upper spine. Some of the most strenuous wrestling holds use the muscles of the upper back and neck in a very vigorous and violent manner. Consequently wrestlers are noted what are termed bull necks, thus plainly indicating the exceptional degree of vital vigor which they possess.

That wrestling is far more brutal than boxing was proven to the masses by the radio, which has extensively revised the commonly accepted opinion of prize fighting and pugilists. It has demonstrated, beyond a shadow of a doubt, to those who cannot afford to see a heavyweight championship fight, the hollowness of the ancient notion that the champions of pugilism fight for love of blood and violence. Gene Tunney and Jack Dempsey, with their air of refinement, good manners and peaceful habits, play at their medium as other people who take up banking or art; it is merely the thing they can do best and find most profitable.

Jack Dempsey, misnamed the abysmal, atavistic brute, the mucker, the mauler of men, is, in reality, an athlete of superb physique, who retains much of the boyish simplicity that marked his early beginning in the annals of fighting. People who think of him as a

Biggest Saving of All Time



17 Jewels,
14 karat
solid gold,
\$26.83.

Nationally known Elgin and Waltham movements, cased in beautifully designed solid gold engraved cases with fancy dials. The newest styles. Guaranteed accurate. Quality and value are plainly in evidence that our striking watches can stand strictly on their own high worth. As gift offerings or for your own personal use they have every essential winning quality, including most important of all, time keeping quality.

Customers everywhere tell of what savings on starting as to be hardly believable. "I could get one like it for \$45.00," writes J. S. L. "I tried you, and I am firmly convinced that I have made a great saving. I am simply delighted and all my friends who have seen the watch tell me it would have cost at least 75 per cent more in the regular way."

There will be many gifts you bestow that you will want to show up exceptionally well. If you can get the luxurious effectiveness of a more highly priced pocket watch for a limited amount of money, it will be just that much gained. Here's a real bargain at the wholesale price and it will pay you to investigate. Our price direct to you \$26.83.

READ THIS. Extra This Model Howard Watch. 14 Size Case—octagon shape—diamond in style and design—14 karat solid gold white case, filled with nationally famous 17 jewel adjusted Howard Movement. Cased, lined and tested at the Howard factory, and silver dial with 12 karat solid gold numerals. Nationally advertised for \$125.00. A very elegant timepiece with lifetime guarantee. Sent upon approval for \$82.69. Your opportunity for a short time only. We also have great solid gold chains to match for \$7.00 and watch more. Slightly heavier ones \$8.00.

SEND NO MONEY

J. M. GOLDWASSER, 218 Rodney St., Brooklyn, N. Y.
Successor to Henry Goldwasser, Jeweler over 40 years.

Gentlemen: Without obligation on my part please send me one 17-jewel Waltham or Elgin guaranteed brand new movement. In one 14-karat solid gold case designated below. I agree to pay you \$26.83 plus postage on arrival, but I also have the privilege of returning the watch within three days should I find that I can duplicate it for less than \$45.00. I understand that you say this watch retails between \$45.00 and \$55.00 and that you people are guaranteeing me a tremendous saving. You may rest assured that I am sincere and will accept the watch if satisfactory, otherwise I will return it within 3 days. This is within our policy to cut down expenses and eliminate triflers who have absolutely no desire to buy.

Octagon Case	Road Case	Cushion Case
White Gold	Yellow Gold	Green Gold

\$125.00 Howard Watch for \$82.69 All cases 14 karat solid gold. All movements 17 jewels

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

FOUND

A New Fountain of YOUTH

Now a way has been found to rejuvenate every cell in the body! One of America's leading doctors and surgeons—one of the pioneers in discovering the fact that the 12 endocrine glands control vitality, vigor, youth—recently discovered a means of feeding the glands that is producing amazing results with both men and women. If you feel run down, tired, worn-out—lack the energy and vigor that compels accomplishment—the vital impulse that makes the woman only woman and the manly man—you will be astonished with the results even a few days' use of this new gland food produces.

FREE TRIAL OFFER

This new discovery revitalizes the glands, rebuilds blood, brain, nerves—all tissues of the body. Ailments caused by an impaired function are quickly corrected. The rapidity with which it works is incredible to one who has not tried it. This discovery is being adopted by medical practitioners generally—because it does what no drug known to medical science will do—and does it quickly.

If you would be fully ALIVE—if you want to enjoy life to the fullest—write today for complete evidence and full particulars of the FREE TRIAL offer we are making for a limited time. Mail the coupon below—NOW!

Please print name plainly

FREE TRIAL COUPON

HORMOCINE LABORATORIES, Dept. 52
4756 Lincoln Ave., Chicago, Ill.

Send me by return mail, in plain envelope, full particulars of your Endocrine Discovery and Free Trial Offer.

Name.....
Street No.....
City..... State.....

**Sale
Price
Now!**



**Lamb
Collar
Dreadnaught
Coat**

\$1

**Combination deposit
Raincoat
and Warm Overcoat**

Men! Here is the most practical coat ever made, at a bargain price and only \$1.00 deposit! Broad shawl collar of best quality beaverized lamb skin; and warm plaid blanket body and sleeve lining. Outer fabric is water-proof rippled cloth with a coating of rubber between making coat absolutely stormproof. Smart stylish double breasted belted style with two large patch pockets with flaps and two muff pockets. Length 44 inches. Brown only. Sizes 34 to 46.

**6 Months
to Pay!**

Have this serviceable combination coat and never miss the money! Six months to pay our bargain price! Send only \$1.00 now — when you get the coat you'll say it's the greatest garment you ever saw. Then if perfectly satisfied take six months to pay for it!

Order by No. M-1-F. Terms \$1.00 with the coupon, \$1.70 a month. Total price only \$10.95.

Elmer Richards Co.

Dept. 399 W. 35th St., Chicago

I enclose \$1.00. Send Dreadnaught Coat No. M-1-F. If I am not delighted with the coat I may return it and get my money back. Otherwise I will pay the bargain price on your terms; \$1 with coupon and only \$1.70 monthly. Total price \$10.95.

Size Wanted.....

Name.....

Address.....

Post Office.....

State.....

No.
C.O.D.
to
Pay

All Diseases Are Curable If due to **Tilden Toxemia** as 99% are

Startling results in seemingly hopeless cases have been obtained in our modern sanitarium, WITHOUT DRUGS OR SURGERY. 20 years of practical experience at your service at surprisingly low cost. Prospectus Free.

99% EFFICIENCY
IN NASAL AND BRONCHIAL DISEASES is our authentic record.

Dr. Craudall's Health School
Desk 2-9 YORK, PENNA.

Once you recognize TILDEN TOXEMIA as the real cause of your ailment you are well on the road to recovery. The next step is to apply the remedy: THE PLAN OF DAILY LIVING—yours for 25 cents coin or stamps.

How to Regain Lost Pep

A new and amazing booklet explains the causes of premature old age, lost vigor, low vitality and physical incapacity. It also tells how easily thousands of men can restore and retain their youthful vigor and physical vitality for years without operations, without electricity and with very little cost. This booklet is called "THE QUEST FOR VIGOR."

It's Free SEND NO MONEY

Write today for a copy. You'll be amazed to read how men of 40, 50 and even 75 years have been given a new lease on the youthful joys of living. Send today.

THE WESTERN DRUG CO. Dept. 216
Hirschfeld Bldg. Denver, Colo.

QUIT TOBACCO

No man or woman can escape the serious effects of tobacco. Don't try to banish unaided the hold tobacco has upon you. Join the thousands of inveterate tobacco users that have found it easy to quit with the aid of the Keeley Treatment.

KEELEY TREATMENT STOPS Tobacco Habit

Quickly banishes all craving for tobacco. Write today for Free Book telling how to quickly Free yourself from the tobacco habit and our Money Back Guarantee.

THE KEELEY INSTITUTE
Dept. A804 Dwight, Illinois



brute bent on annihilating his victim would be astounded to note his emotional sensitiveness and charming manner. Both Tunney and Dempsey would disdain to say they fought for the mere pleasure of fighting. They would much rather prefer traveling, and the society of cultured people.

In comparison with the grueling toe holds and severe head locks applied by Gotch and Strangler Lewis, or the deadly leg scissors of Joe Stecher, a ten-round championship fight of heavyweights seems less brutal than a game of checkers. What a world at large was permitted to conclude from the issue between Dempsey and Tunney was not a gory spectacle, but the splendor of two physical specimens of manhood revealing the marvelous condition they achieved through the simple, hard living, and self-denials with which professional athletes of all sorts must pay for the privilege of survival and eminence. It is idle to say that the general trend of the big heavyweight bouts is bad. Tunney knocked down from a terrific blow, dazed and being counted out besides, recovered full command of his senses and powers within one minute and then proved what a wonderful boxer he is by back pedalling around the ring instead of resorting to the accepted clinch used by scores of fighters who cling on for dear life. In that great moment Dempsey proved himself magnificent also, in spite of the fact he appeared groggy and a little staggering. Disdaining to be lured in a trap by the clever Tunney, by following him, Dempsey held ground and snarled, "Come on and fight!" This unprecedented sight struck a responsive chord in the hearts of those who witnessed that dramatic moment. More telling on the sensibilities of the crowd was Dempsey's attitude than the dazzling skill and coolness of Tunney.

Prize fighters assimilate punishment from one source, and that is from blows about the head and body; but in wrestling there are numerous punishing holds which twist and wrench the muscles, cause concussions, and even break limbs. In the illustrations are a few holds which give an idea how savage and vicious wrestling can be. Take the split, for instance, in Figure No. 6. An opponent is thrown to the mat and worked into position in this manner. If the opponent who is down, lies prone on the mat one leg is grasped in an arm lock and he is quickly turned over towards you, shifting your legs as to catch him into a sort of scissor you push with the free leg, shown in the illustration, the opposite leg from the one in the arm lock, and spread the opponent's legs wide. Serious injury can result from this hold and very often if he does work out of it, the opponent is in a bad way. The crab, Figure No. 5, is equally brutal. An opponent can suffer severe injury of the back if it is the least bit weak. You can see for yourself how terrific it is. The athlete in the picture actually suffered a bad injury of the spine which deprived him of sleep for many nights and made ordinary correct

posture a tiresome effort. Jack Reynolds, the wonderful welterweight champion wrestler, is given credit for inventing this punishing and effective hold. Whenever he applies this hold it is a safe bet it proves a winner, though very often other wrestlers find it a difficulty in securing it properly.

The head locks, the scissors and toe holds are familiar to almost every one. These holds are specialized in by men who have won the championship wrestling crown. However, it is advisable for young wrestlers to have a thorough knowledge of all the holds in wrestling rather than specialize entirely on one hold.

To summarize it all wrestling is a much more brutal sport. It is replete with the thrills of boxing, for when a man has the courage to fight his way out of grueling holds which punish his body and make him suffer excruciating pain, any normal man will inevitably witness such an act of fortitude with a queer tightening of the heart and a sense of exultation.

Get Right—Get Light

(Continued from page 46)

have brought out weight tables based on seated height rather than standing height, and I believe they would really be the more reliable of the two; but, as previously stated, it would be impossible to prepare a table anywhere near reliable without taking into consideration the bones and framework of the body. As an example, refer to the hand balancing and Indian club articles in this issue—the athletes posing are both of light bones, but the club swinger is of the broad frame type while the balancer is narrow framed. The former athlete is more than two inches shorter, yet outweighs the other by a few pounds, and each is at his proper weight.

So, with this discussion in mind, compare your weight with the "correct" weight for your height. First deduct an allowance for your clothes, then allow a few pounds, more or less, depending on your breadth of frame (notice the shoulders and hips) and size of bones (notice wrists and ankles), and decide whether you are really overweight before starting a drastic reducing campaign. If you find your weight to be correct, check up on its quality—we find many people of approximately correct weight in pounds but still not in correct condition; that is, they will have a deficiency in some parts of the body, but it will be equalized in weight by extra fat at the waist line. So take your little tape-measure and apply it at the chest and waist. Get the normal size—don't puff your chest out like a pouter pigeon, and don't draw in your tummy (for the first time in ten years). The chest should exceed the stomach by two to four inches, but if the stomach has the greater circumference you are definitely overweight, regardless of what your scales may say. In fact, I personally would prefer rating a person as normal when the chest and stomach, measured as directed, show a difference

EXTRA

Look at the BARGAIN

McFADDEN!

Gives You!

Now Only

\$1.98



Never before in the history of physical culture has a genuine McFadden exerciser been sold for such a low price. Never before has a McFadden quality muscle-builder been sold for THE PRICE OF A SINGLE FIRST CLASS MEAL.

This offer is a bomb-shell! The whole physical culture world was rocked by the explosion. Think of it! A McFADDEN Exerciser for \$1.98. The champion muscle making exerciser of the world! Don't judge by the price. Don't confuse it with cheap exercisers that are simply thrown together to sell at a low price. The McFADDEN is the real stuff all the way through. Its big, powerful cables are made of genuine live Para rubber, made especially to meet the standards of McFadden, the physical culture king. You can use as many cables as you please—the McFADDEN is Progressive.

Try to match the McFADDEN at DOUBLE the price—then you'll realize what a whale of a bargain this is. And you don't risk a cent. Our iron-clad GUARANTEE makes YOU the judge and jury.

Here's the McFadden Guarantee

Every McFadden Exerciser is sold under an absolute Money-Back Guarantee. If, after examining and trying your outfit, you are not entirely satisfied, if you do not agree that it is an overwhelming value, return it within a week and your money will be returned to you AT ONCE AND IN FULL.



The cross section above shows the difference between the average cheap exerciser, a few weak strands of inferior rubber, padded out with useless cotton, and the genuine McFADDEN, a solid mass of heavy live rubber cables, packed full of power.

5 Cables	{ Develops over 200 lbs. resistance }	for \$1.98
10 Cables	{ Develops over 400 lbs. resistance }	for \$3.98
15 Cables	{ Develops over 600 lbs. resistance }	for \$5.87

NOTE: The quality is the same with any number of cables. Free Instructions with each.

RUSH! RUSH! RUSH!

**Don't Miss This Offer—
First Come, First Served**

This sensational offer will bring a flood of orders. Don't wait or you'll lose out. Shoot your order along NOW. State whether you want the McFadden Builder with 5, 10 or 15 cables.

MAIL COUPON

Fill out the coupon below before you turn the page. Mail your order tonight. Every penny of your money is perfectly safe. You need not keep the outfit if you do not want to. Act now and get the biggest bargain ever offered the physical culture world.

McFADDEN Physical Culture Institute

Dept. S-121

840 Broadway, New York City

McFadden Physical Culture Institute
Dept. S-121,
840 Broadway, New York City

Send me

- 15 Cable McFadden Builder for \$5.87
 10 Cable McFadden Builder for \$3.98
 5 Cable McFadden Builder for \$1.98

If I am not entirely satisfied with this outfit I will return it within a week and you agree to refund my money.

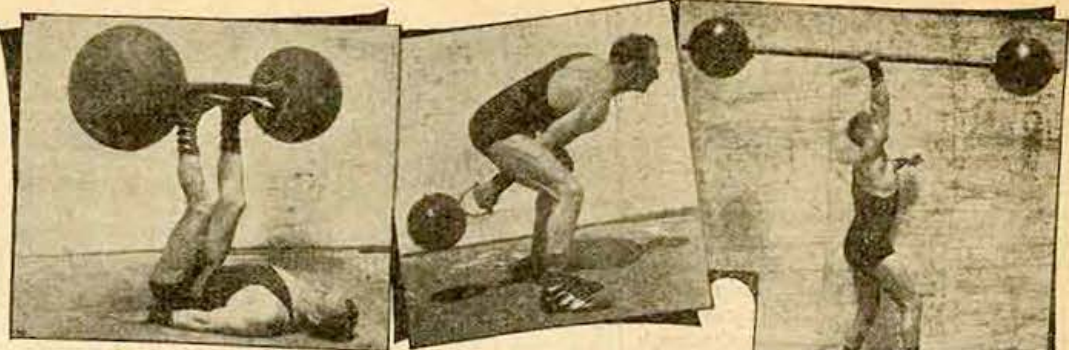
Name

Address

City State

Check here for C. O. D. shipment. Postage extra.

If You Would
Like to Be
Strong,
Possess Large
Shapely
Muscles,
You **MUST**
READ
This Book!



Super Strength

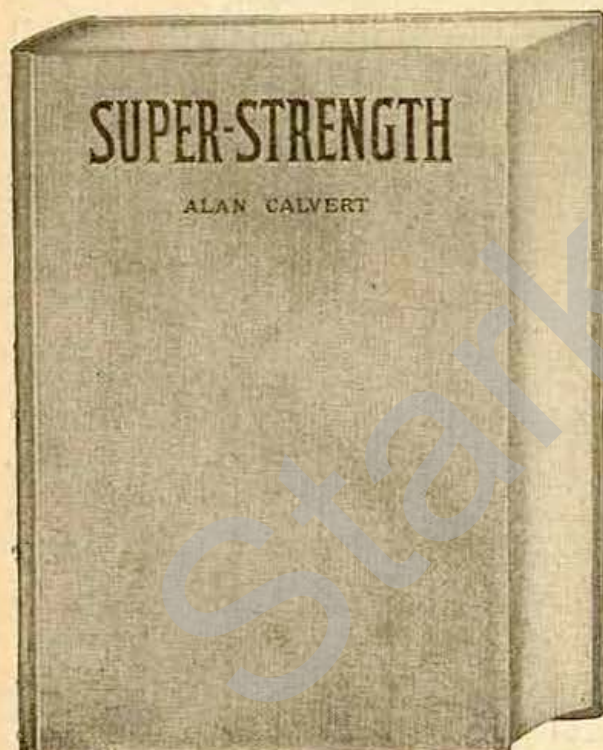
FROM

"Super-Strength"

The author, who is one of the greatest authorities on rebuilding the human body, has spared no cost or trouble in giving you this great book. "Super-Strength" has out-sold all other books of it's kind—thousands of copies having been sold up to this time and it is still going strong.

We Want You To Be a Regular Reader of

STRENGTH MAGAZINE



that is why we offer you this unusual book "Super-Strength" with a one year's subscription to Strength Magazine at a lower additional cost than \$1.75—the price asked for the book alone. This means that

**With Strength For a Year
You Get
"Super-Strength" for
Only 75 Cents**

Think of that, fellows! This great book that will show you practically all there is to know about building a fine physique and enormous strength for less than a dollar.

The postage cost is paid by the Milo Publishing Co., on both book and the 12 issues of Strength. So there is no extra cost over the original.

"Strength", the magazine, will be delivered right into your hands promptly each month and the book will also arrive quickly after your order is received.

**You Couldn't Acquire the Knowledge of How To Improve Your
Health, Powers and Appearance at a Lower Cost**

This being a fact why do you put it off? While thousands of readers of Strength have purchased the book and we are elated with its great and continued success we know there are thousands and thousands of Strength readers who ought to have this book but who have put it off for no reason at all. Isn't it so? Certainly anyone can meet this low cost if they try. Get up and order a copy of the book or both the book and Strength Magazine now. You will then have it done and when the articles arrive you will be more than glad you did it.

USE THIS COUPON FOR
SUPER-STRENGTH ONLY

The Milo Publishing Co., Book Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Enclosed please find \$1.75 for which send me immediately a copy of Super-Strength.

Name

Address

State

**The Coupon On the RIGHT
Will SAVE YOU THE MOST**

The Milo Publishing Co.

BOOK Dept. S-12-27

2739 N. Palethorp St., Philadelphia, Pa.

USE THIS COUPON FOR
STRENGTH AND SUPER-STRENGTH

The Milo Publishing Co., Book Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Enclosed please find \$3.25 for which send me immediately a copy of Super-Strength and enter my name for a year's subscription to Strength Magazine.

Name

Address

City..... State

of two to four inches in favor of the chest rather than when the scales show him to weigh the "correct" amount, even if that weight were calculated on a basis of height, bones and frame. If the stomach is the larger his improper condition is definitely established, and it up to him to take the weight (fat) from that region and put on healthy tissue elsewhere to make his weight (and condition) normal. This, for one who is only a few pounds overweight, is not difficult nor very unpleasant; and when you get down to the correct weight, stop. Don't let the craze for the "boyish figure" influence you to pull yourself down underweight, lest you develop prominent collar bones, shoulders, and hip bones, as many have done.

Fat, like many other ills, is caused generally by two things—over-eating and under-exercising. We find hosts of men and women following occupations that require no bodily exertion; they get the habit of eating heavily of rich food and drinking the various concoctions obtainable as stimulants to digestion (and indigestion). Then, in the course of years, they gain weight; fat accumulates along the front of the abdomen and to some extent around the chest, hips and upper arms—the fore-arms and legs are affected only in course of considerable time. This excess weight can be reduced by cutting down on the amount of food eaten, changing its quality to a more desirable type, cutting out stimulants, and taking up exercise. But there's the stumbling block—the average fat person may have considerable energy from a business standpoint, but when it comes to exercising most "Fatsos" are lazy, *down-right lazy*. It does not take much work or very hard work to reduce the waist line to normal size, but the exercise taken must be of a kind that involves the muscles of the stomach, waist, hips and thighs—arm and shoulder work is no good. Leg work is in order—bending and stooping are the exercises for the fat person, yet there is nothing he dislikes so much as these movements. Another thing—he is accustomed to getting what he wants in a hurry, and although he has spent years in acquiring a fine "bay window" he wants to get rid of it in a few days or weeks, at most. He is accustomed to buying what he wants, and so it is only natural that he should try to buy a good physical condition. This penchant for quick results without unpleasant physical experiences has caused the appearance on the market of numerous reducing tonics, powders, tablets, etc., always advertised to the tune of "beautiful sylph-like sirens and handsome narrow-waisted Romcos," and always these preparations should be left alone—they are dangerous. It is not unusual for one of the chaps who once teased his wife for wearing a "straight-jacket" to blossom forth in a reduce-your-waist-ten-inches-and-your-weight-to-normal "girdle" bought because it was advertised to "reduce weight without dieting or exercising." See? He wants to dance, but does not care to pay the fiddler—to re-

duce he is willing; to work for it, he objects. Reducing by the medium of Turkish baths, rubdowns, cabinet baths, etc., are not to be considered either—they may be all right for athletes, but for the average individual who does not care to exercise and change his diet, absolutely no. The only thing for him is a larger suit. Exercise and diet, and these two only, will safely remove superfluous weight from the body, the speed with which results are obtained depending on the program followed.

Just here I am reminded of a yarn my grandmother used to spin years ago. Raised on a farm in the South, she had as a neighbor a woman who weighed about 200 pounds. This party did the usual woman's work around the farm home of that day, ate heartily and steadily grew heavier. So it came to pass that one day she decided to reduce—a friend had told her that to walk ten miles each morning and abstain from breakfast would bring about the desired result. To use grandmother's words, "She followed the advice closely for a month, but the exercise and lack of breakfast made her so hungry that she ate twice as much as usual at dinner and supper, and actually gained weight on the program, and had to give it up." And that, my friends, is the reason a great many fat people find exercise "absolutely no good for reducing."

To reduce weight safely, sanely and with sensible speed one should change his diet to exclude all fatty foods and cut down particularly on foods of carbohydrate content. He should also restrict the amount of water used. Then he should work hard on exercises involving the torso—the following are suggested:

1. Stand erect, heels together, knees straight, hands overhead, bend forward and touch fingers to toes.
2. Same position, hands on head, bend to right as far as possible, stand erect, then bend to left.
3. Stand erect, feet about 18 inches apart, knees apart, hands on hips, twist or turn to right as far as possible; then return to front position; then twist to left.
4. Vary No. 3 by holding hands overhead, bending forward without bending knees and touch right fingers to left toes, then erect, then left fingers to right toes.
5. Vary No. 1 by bending back as far as possible instead of forward.
6. Lie on your back on the floor, feet together, knees straight. Raise the legs alternately until they are straight overhead, then vary by raising them together to this position. Still another variation is to allow the knees to bend as you raise the legs, bring the knees to the chest, then straighten the legs and lower slowly. Repeat.
7. Take position No. 6 with the feet under the edge of the bed or dresser, clasp hands behind head and raise the body to sitting position, lower and repeat.
8. Lie face down, clasp hands behind back of head, raise the legs (knees straight) as high as possible, then lower legs and raise the trunk. This should

The Most Sensational Offer Ever Made

ONLY

\$5 Post-paid

Real Value

\$13.50

Read our FREE Offer



HENDRICKSON Big Muscle Builder

A Genuine 10-Cable Chest Expander

Makes Strong Virile Men

Fascinating, muscle building exerciser that gives real enjoyment and development. As strength increases cables may be added from one to ten, each one added proves your increase in marvelous building up of health and "pep." You can increase the size of your neck, fore-arm, and bicep ONE full inch in a MONTH. Double the strength of your back and shoulders. Recommended by Professors and Athletes as the fastest builder of Strong, Muscular Men.

FREE

Read What We Give With Each 10-Cable Chest Expander.

HEAD HARNESS



Strengthens the spine, prevents stiffness; increases size and power of neck. **\$2.50** FREE. Value

FOOT STRAP

For development of speedy foot-work and leg muscles. **\$1.00** FREE. Value



WALL EXERCISER PARTS

Interchangeable parts transforming the Big Muscle Builder into a perfect Wall Exerciser, with additional course of Physical Exercises "How to Develop the Entire Body." **\$5.00** FREE. Value

Business and Professional Men

and the great strong men, keep physically and mentally fit, with Hendrickson Scientific Method of Exercises. In a few short weeks you will note greater health, strength and vitality. Nature gave you a frame and muscles—develop them to the fullest capacity—be prepared for the big test. No matter when it comes—YOU are ready! Order this outfit NOW!

LIND-HENDRICKSON CO. 323 Broadway, (31) N. Y. City

LIND-HENDRICKSON CO., Inc.
323 Broadway, (31) New York City

I enclose \$5.00. Please send me the "10-Strand Big Muscle Builder" and include FREE, the Head Harness, Foot Strap and Wall Exerciser Parts. Send Postpaid as offered.

Name.....

Address.....

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

STOP GROPING IN THE DARK

It Is Not Necessary to Live In Ignorance and Continual Fear

Inform Yourself

YOU SHOULD READ

The Most Plain-Spoken Book on the Subject

"Sex Problems Solved"

William Lee Howard, M.D., (The Author) Says,

"I have no excuse to offer for my plain language, the avoidance of euphemism or the fact that the book is free from technical expressions. What I say is based upon the latest scientific knowledge and a professional experience of many years."

This 200-Page Book of Plain Sex Facts, only

\$1.00

A Complete Library of FACTS and

SEX KNOWLEDGE

Condensed In One Compact Volume



The Fairhill Publishing Co., Suite S-12-27
173 W. Lehigh Avenue,
Philadelphia, Pa.

Gentlemen:

Kindly send me, as soon as possible, a copy of "Sex Problems Solved." Enclosed find \$1.00.

Name

Address

City State

Pin a Dollar Bill to This
Coupon and Mail It To

PARENTS!!!

GET THE REAL FACTS TO YOUR SONS AND DAUGHTERS THROUGH THIS BOOK, AND YOU CAN DO WONDERS WITH THEIR CHARACTERS — DON'T WAIT!

PIMPLES

Cleared up often in 24 hours. To prove you can be rid of pimples, blackheads, acne eruptions on the face or body, barbers' itch, eczema, enlarged pores, oily or shiny skin, simply send me your name and address today—no cost—no obligation. CLEAR-TONE tried and tested in over 100,000 cases—used like toilet water—is simply magical in prompt results. You can repay the favor by telling your friends; if not the loss is mine. **WRITE TODAY.**
E. S. GIVENS, 406 Chemical Bldg., Kansas City, Mo.

HEAL YOURSELF

without drugs or doctors
Book, "Mental Therapeutics," tells how. Starting chapters on natural methods, exercises, magnetic healing, faith cures, healing at a distance, treatment of special organs, suggestion, vital force, etc. 248 large pages. Clothbound. \$2.00 cash. stamps, check, or M. O. Educator Press, Fuller Building, Jersey City, N. J., Dept. T-212.

TOBACCO

Or Snuff Habit Cured Or No Pay
Superba Tobacco Remedy destroys all craving for Cigarettes, Cigars, Pipe, Chewing or Snuff. Original and only remedy of its kind. Used by over 500,000 Men and Women. Perfectly harmless. Full treatment sent on trial. Costs \$1.50 if it cures. Costs nothing if it fails. Write today for complete treatment.
SUPERBA CO. Dept. M59 BALTIMORE, MD.

Because I Love You



238 pages. Fine Laid paper. White art cloth ribbed binding. Flower design and title in gold on side and back. Gold top. Uncut edges. 1-1/4 lbs. Boxed.

REAL COURAGE, Dept. S, Battle Creek, Mich.

"FRENCHIE"

"Frenchie" a big sensation. Direct from Paris as she is full of pep. Kind hard to get; 6 samples and 1927 ill. list for \$1.00 postpaid.

PHOTO INSTITUTE, Dept. T.E., McAdoo, Pa.

MOST BEAUTIFUL GIFT BOOK THAT MONEY CAN BUY

Always appropriate as gift to Sweetheart or Friend. Contains more than 250 of world's sweetest and tenderest love poems. A beautiful book that any man can give at any time of the year and know in advance that it will be cherished. Never grows old! Fine enough for the richest, and priced within reach of all. No nicer gift anywhere for twice the price. *Make her happy! The title alone will tell her volume!* **SPECIAL OFFER:** Send \$2.25 and this exquisite book will be sent, together with a complimentary copy of REAL COURAGE. A Regular \$3.00 value. Satisfaction guaranteed. Don't delay!

be done with a snap, producing a rocking motion that is excellent for reducing the waist.

9. Take position No. 2, squat until sitting on the heels, rise and repeat. As you go down spread the knees and rise to the toes, thereby keeping balanced.

It is, of course, entirely possible to reduce weight satisfactorily by exercise only, but you will obtain results much more rapidly by following a diet similar to the following:

Breakfast

Orange, or 1/2 grapefruit (no sugar), a sour apple, two slices of bread, one soft boiled egg, and if you like, a cup of coffee. Use no cream and substitute saccharin tablets for sugar.

Lunch

Two lamb chops, whole wheat bread, boiled ham, salad (no rich dressing), any fruit except strawberries or bananas.

Dinner

Thin soup, chicken broth or beef broth, fish, roast or boiled beef, (small portion), spinach, string beans or raw sliced tomatoes, and for dessert you may have junket.

Drink sparingly of water during meals and throughout the day as well.

In closing I leave this admonition—people, and fat people particularly, find eating a great pleasure and exercising very unpleasant. To reduce they must forego some of the pleasure and indulge the opposite: the less they care to forego the pleasure the more they must exercise. The whole program becomes but an individual matter in each case; it is up to each individual to prove whether his mind or his body is master of his being.

A. B. B. M. Notes.

(Continued from Page 52)

Charleston dancers to strut their steps all over his chest and abdomen.

We wish the picture of Joe Wargo was a little bigger and better; but he is getting bigger and stronger all the time, so we should get some real good ones of him. Joe lives in McKeesport, Pa., and wants the honor of being known as the strongest boy in the world. He weighs about 165 pounds at a height of five feet, nine inches. Some time ago he visited our office and, while talking to Mark Berry, he picked up a fifty-six pound block weight with his little finger, curled and pressed it overhead with the greatest of ease. Joe thought he was pressing a fifty-pound weight at the time, but Mark weighed it later and found it to be a fifty-six-pounder. You will hear more of Joe Wargo later.

Quite a few clubs and gyms where lifting enthusiasts may meet have been formed lately, and others are in the process of formation. We will always be pleased to print the names and addresses of such clubs and welcome a chance to mention the names of those who are behind them. John Valentine and Leo Gaudreau have lately opened a cozy "rendezvous" for weight-lifters only, right in the city of Salem, Mass., which is known as "The Valgaud," at

35 Central Street, Salem. They are well fitted with everything in the line of weights and, as John mentioned in a letter to this office, they have weights enough to try out Louis Cyr in a Harness Lift; dressing room, showers, wrestling mat, punching bag, and boxing gloves. Here is a fine chance for fellows around that vicinity to visit a first-class place.

Down around Cincinnati, Ohio, the boys should call on Emmet Faris, 907 Baymille Street, where they have weekly shows attended by the followers of the game from miles around. Mr. Harvey Segal, of Cincinnati, is recognized as official referee for that section.

The British records are continuing to soar with C. F. Attenborough and Herman Gorner each accounting for a new world's record. Lifting in the 168-pound class, Attenborough set a new Right Hand Swing Record at 173 1/4 pounds, which is sure some Swing. Gorner gave evidence of his extreme strength, when he made the terrific lift of 602 1/4 pounds in the Right Hand Dead Lift. The average heavyweight strong man cannot even

imagine such a lift without danger of injury to himself. Attenborough also cleaned up on several British standards by succeeding with these poundages: Right Hand Military Press—95 1/4 pounds; Left Hand Military Press—same; Two Dumb-bells Military Press—170 3/4 pounds; Two Dumb-bells Push—203 3/4 pounds; Right Hand Snatch—151 pounds; Left Hand Snatch—146 pounds; Left Hand Swing—151 pounds; Lateral Raise, Standing—102 1/2 pounds; Two Hands Clean and Press from Behind Neck—185 1/4 pounds; Two Hands Clean and Military Press—190 1/2 pounds.

We are herewith giving you a list of World's Amateur Records on the Old Set of Olympic lifts, as recognized by the International Weight Lifting Federation; up to July 23, 1927. To save space we will list the lifts in order without repeating the names of the lifts, as follows: Snatch, left hand; Snatch, right hand; One Hand Clean and Jerk, left hand; One Hand Clean and Jerk, right hand; Two Hands Snatch; Two Hands Press; Two Hands Clean and Jerk.

POUNDAGE	LIFTER	COUNTRY	POUNDAGE	LIFTER	COUNTRY
Featherweight Class (132 1/2 lbs.)					
164	Muhlberger	Germany	194 3/4	Reinmann	Switzerland
154	Schweiger	Germany	198	Graf	Switzerland
184 3/4	Rosinek	Austria	264	Stadler	Austria
203 1/2	Rosinek	Austria			
Lightweight Class (148 3/4 lbs.)					
165	Arnout	France	220	Arnout	France
177	Haas	Austria	220	Wolpert	Germany
203 1/2	Jaquenoud	Switzerland	292 1/2	Reinfrank	Germany
236 1/2	Haas	Austria			
Middleweight Class (165 lbs.)					
176	Pum	Austria	235 1/2	Zinner	Germany
187	Zinner	Germany	225 1/2	Edinger	Austria
203 1/2	Neuland	Estonia	294 1/2	Mang	Germany
220	Kopik	Austria			
Light Heavyweight Class (181 3/4 lbs.)					
187 1/2	Trzebiatowsky	Germany	238 3/4	Cadine	France
198	Cadine	France	237	Vogt	Germany
203 1/2	Rigoulot	France	310 1/4	Rigoulot	France
236 1/2	Hunenberger	Switzerland			
Heavyweight					
192 1/2	Hunenberger	Switzerland	The following are the German Amateur Records on the Old Olympic Lifts, consisting of Snatch, left hand; Snatch, right hand; One Hand Clean and Jerk, left hand; One Hand Clean and Jerk, right hand; Two Hands Snatch; Two Hands Press; Two Hands Clean and Jerk.		
222 1/4	Rigoulot	France			
222 1/4	Gassler	Germany			
249 3/4	Hunenberger	Switzerland			
278 1/4	Rigoulot	France			
269 1/2	Schielberg	Austria			
355 1/4	Rigoulot	France			
POUNDAGE	LIFTER	POUNDAGE	LIFTER		
Flyweight (119 lbs.)					
127	Rein	164 1/2	Lukaczik		
127 1/2	Flaig	176	Buri		
148 1/2	Zuckschwerdt	222 1/4	Buri		
160	Rein				
Bantamweight (127 3/4 lbs.)					
154	Schweiger	170 1/2	Weidmann		
143	Kuhner	176	Wobito		
165	Schweiger	170 1/2	Buri		
224 1/2	Koch				
Featherweight (132 1/2 lbs.)					
159 1/2	Schweiger	197 1/2	Muhlberger		
164	Muhlberger	203 1/2	Wolpert		
176	Schweiger	253	Muhlberger		
197 1/2	Muhlberger				
Lightweight (148 3/4 lbs.)					
165	Reinfrank	214 1/2	Reinfrank		
173 3/4	Winkler	220	Wolpert		
176	Zimmermann	292 1/2	Reinfrank		
209	Bunz				

University of Washington crew, National Champions at Poughkeepsie Regatta for 3 years.



Frank Williams, author of "Physical Fitness with Minimum Effort". Holder of strength tests for 10 years at the University of Washington. Athlete and physical instructor. Winner of many golf, tennis and bowling tournaments.

Let Me Give You a Body That Wins!

If you want the body of an athlete—the graceful, alert carriage that will set you apart from your fellows, my course is exactly what you want.

Skill In Sports

I give you muscular development that will lead to increased skill in any game (golf, bowling, tennis, etc.) in which you want to be proficient. I broaden your shoulders and deepen your chest and build up any weak part of your physique. I keep you trim, light on your feet full of energy for life's battles, full of confidence and personality.

The Scientific Breakfast

Frank Williams' breakfast alone is worth the price of the course. Here is a simple menu that will delight you with its deliciousness and simplicity. No fuss—nothing expensive—but oh, how it does start the day right! Completely outlined in the book "Dieting and Liking It!"

Bodily Grace

You'll not only feel better—you'll be better. You'll have grace that will be reflected in the way you enter a room, the way you dance the way you go through life. I give you a body that you'll find pleasant to live with.

Acrobatics

I give you exercises that can be taken without apparatus—simply and conveniently in your own home. The good effects are immediately noticed. These exercises develop muscles and muscular co-ordination. Your body is in perfect condition so that when you come to the section devoted to tumbling and acrobatics you can do feats you perhaps never thought possible for you.

Acrobatics

One of the delights of Frank Williams' Course is how quickly you find yourself able to turn cart wheels, hand springs, head springs, etc. All this is carefully outlined in the book "Acrobatics Simplified."

Success In Life

I know that business and social success is made easier for the person with a strong, lithe body. I know that in sixty days I can work a transformation in your physical and mental condition. So convinced am I that I offer my course on an unconditional money-back guarantee.

Action Counts

Send for it today. See how fascinating it is. See how quickly it builds strength and health—energy for work or play—a real zest for life. Send no money—clip the coupon and mail, now!

Frank Williams'
COURSE IN
Physical Fitness with Minimum Effort

Frank Williams—Course in Physical Fitness, Box 2091, Seattle, Wash.

Please send me your course in three books, profusely illustrated. I will pay the Postman \$2.00 plus a few cents' postage. If for any reason I am dissatisfied, it is agreed that I can return course within 5 days and receive money back.

Name

Address

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

MEN! BE WISE!

And Likewise Be Safe!



There are certain things that all men should know—and yet only a few men really know them. Proper knowledge is the best safeguard. Our big HYGIENIC MAGAZINE is published for MEN. Its articles are about the very subjects in which All Normal Men are seriously concerned especially during the winter. It is the very Magazine that men every-



where have been wanting but could never find. You will like it, if you are interested in such intimate subjects as MARRIAGE, BIRTH CONTROL, LOVE, PHYSICAL STRENGTH AND VIGOR, DISEASE PREVENTION, SEX HYGIENE, and other social and health problems that daily confront Men everywhere. READ OUR MAGAZINE AND BE SAFE! IT DOES NOT DUPLICATE ANY OTHER MAGAZINE but courageously takes up where the others leave off. You will like it. Thousands of men would not sell their copies for money. You will know WHY when you see it. If you are married or ever expect to be, both you and wife will benefit—for IT DOES NOT DUPLICATE ANY OTHER MAGAZINE but actually deals with vital subjects heretofore not generally discussed in print. Endorsed by men's physicians, and edited to fill a long-felt need.

No book can possibly be as satisfactory. **CUT THIS OUT**, send with \$1.00 now for 5 months trial subscription with 5 big back numbers besides. (Ten Copies in all.) **SAMPLE COPY 25c.** (None free.) Satisfaction guaranteed, or money promptly refunded. No chance to lose!



REMEMBER: This darling different Magazine will open your eyes as nothing else will. It will supply you with such information as you have long wanted. **ACT NOW!**

Locomo Pub. Co.
Dept. 13, Battle Creek, Mich.



SPEED!

ENDURANCE and NERVES of STEEL

Where speed, endurance and increased vitality are required

KOLA ASTIER

is indispensable—

An absolutely harmless, non habit-forming vegetable product—derived from the Kola nut, was first discovered by the natives of darkest Africa. KOLA ASTIER is now used by athletes everywhere to increase strength and build resistance in all tests of speed and endurance in:

Boxing Jumping Rowing Swimming Running Cycling Wrestling etc.

The dynamic men and beautiful women of the Latin countries have been using Kola Astier for years to keep physically fit.

GRANULAR

Taken like sugar in beverages, or in natural form. **FREE** interesting booklet "More Precious than Rubies" and Guaranteed trial offer.

Gallia Laboratories, Inc.
Dept 1012, 332 Broadway, New York, N. Y.

Get Strong QUICKLY

Giant Chest Expander

Here's an opportunity for every one to develop big muscles and obtain great strength by using this new and improved **PROGRESSIVE EXERCISER**, adjustable from 50 to 200 lbs. resistance. Complete instructions with each expander.

Get rid of those aches and pains, indigestion, constipation, headaches, etc., and build up your body and look like a real man!

Send No Money

Simply pay the postman \$1.50 plus a few cents postage, for five-cabled exerciser or \$2.50 plus a few cents postage, for ten-cabled exerciser. Money back in five days if dissatisfied.



GIBRALTAR EXERCISER CO.

Dept. 112, 225 West 34th Street, New York City

POUNDAGE	LIFTER	POUNDAGE	LIFTER
176	Zinner	235½	Zinner
188	Zinner	214½	Mang
198	Klein	294½	Mang
209	Vogt		
Light Heavyweight (181¼ lbs.)			
187½	Trzebiatowsky	228¼	Wagner
187	Vogt	237	Vogt
187	Lurbke	292	Trzebiatowsky
220	Lurbke		
Heavyweight			
198	Gassler	264	Gorner
219½	Rondi	247½	Strassberger
234¼	Gassler	346½	Gassler
250¼	Gassler		

The Three Fates.

(Continued from page 33)

snare and delusion and serve to bind one to the extent of mortgaging one's future health and strength, till there is no chance of ever paying off the debt.

People who seek to divert their mind from the daily grind, who go in quest for new thrills on automobile rides and all-night clubs come to grief sooner or later. Instead of pleasure, they find sorrow, and more regret than joy.

We are spinning our fates, good or evil, never to be undone. Every smallest stroke of virtue or vice leaves its ever-so-little, telltale scar. Take, for instance, the drunken Rip Van Winkle, in Jefferson's play, who excuses himself for every fresh dereliction by saying, "I won't count this time." Well, he may not count it, and a kind heaven may not count it; but it is being counted none the less. Down among his nerve cells and fibres the molecules are counting it, registering and storing it up to be used against him when the next temptation comes. Nothing we ever do is, in strict scientific literalness, wiped out. Of course, this has its good side as well as its bad side.

Nevertheless, when asked why he drank, a drunkard explained that it freed him from the oppressions of mind that assailed him. Every day he worked, worked. He had many friends, but somehow he could not go to them, not even his wife. It seemed as if a wall hemmed him in on all sides when sober; at times he felt as though he was chained to a post from which there was no escape. At times he was afraid—terribly afraid—of something. His nights were nights of unutterable horror. He possessed an immense farm and had all the food to serve every caprice of appetite. His flesh machine seemed to run smoothly, but somehow he did not feel just right. Only when he was drunk, he became happy. When he was sober he knew how to do things, but could not do them, but a few glasses of liquor, and—what a change! He not only knew he could do great things, but felt that he could actually perform them, if given the chance.

When drunk all the bonds that held him broke, the walls fell down that hemmed him in. He touched people and felt friendly and neighborly with all. Drink made the world beautiful to him, where before it was miserable and friendless, it made him think of great

things; his home at these times seemed finer and warmer and his work more noble. His gift of imagination and eloquence stirred everyone, moved them to pity for the double life he led. Sometimes when persons saw him in his exuberant state, they could not suppress the desire to ask where his magic liquor could be found, so did he radiate a different personality.

For him, though outwardly he appeared to share in the universal gaiety, his days, drunk or sober, were laden with increasing despair and wretchedness; for he had become amerced to his inevitable fate and gave up ever trying to regain his normal self. His health rapidly declined till at last there was no hope of ever reclaiming it, and, what was worse, he seemed to have parted with all working ability. He was young, and up to within a few years life had stretched brightly before him, with the prospect of a brilliant career. And now, what was he? A drunkard. A wretch, an invalid—a burden to himself and others—a broken spar flung with other fragments of shipwrecked lives on the great ocean of time, there to be whirled away and forgotten.

This poor man's case is true of many men who become habitual drunkards. Who try to escape themselves—to be free of their own limitations. This is indeed pathetic. Instead of that beautiful unity of thought and action which marks the finest character, here are these poor drunkards living a tragic, divided life—like the famous Dr. Jekyll-Hyde personality created by Robert Louis Stevenson.

When fate sets out to destroy a man it first separates his forces. It drives him to think one way and act another; it encourages him to seek through outward stimulation—whether drink or fame or even riches—a deceptive and unworthy satisfaction, in place of that true contentment begot of unity from within. No man can be two men successfully and get away with it. One or the other has got to go.

Each new-born day of your life will bring added difficulties, worries. Life at its best is not a bed of roses. Life is a continual fight, fight, fight. All of life's various influences and destructive tendencies will bend your back and streak your hair with gray if you try to drown them in liquor. Don't make your life

HOW TO WIN

WHAT YOU WANT IN LIFE!



Be
Popular—
Beloved—
Magnetic!

With Magnetism alone, the most ordinary persons have risen to wealth and power and grasped the richest prizes in life from the smartest, best educated and most gifted men and women who had neglected this most important power. Look at Mussolini — Trotsky — Napoleon — think of their humble beginning and look at those right around you! Ask yourself if they are really smarter than you! What is Success after all? Merely the measure of your influence on others—the skilful use of your Personal Magnetism!—quietly, subtly, unnoticed, but nevertheless felt by every person you meet.

Here Are Just a Few of the Many
AMAZING SECRETS
Bared In This Wonder Book:

- How to Win Love, Affection, Trust and Friendship.
- How to obtain money, credit, success and capital.
- How to overcome enmity and ill-will.
- Why lovers tire of each other.
- Methods of cultivating charm and character.
- How to become popular, admired and beloved.
- Secret of raise from \$700 to \$50,000 a year.
- How to read the character and secrets of others.
- How to overcome bashfulness and fear.
- How to prevent and alleviate diseases.
- How to overcome weakness and bad habits.
- How wives have made their husbands great.
- Why magnetic people have more chances to marry.
- How magnetism retains the youthful powers.
- How to become a real power and a leader.
- Secrets of history's famous charmers.

Within YOU, as within every other man and woman, lies a strange, magnetic power to bend other men and women to your will; to make them actually WANT you as a friend or as a partner in business or marriage; to make people go out of their way to do you favors; to overcome weakness and disease and bad habits; to triumph over enmity and ill-will—all through this curious power called "Personal Magnetism."

The magnetic person draws others to him, silently, secretly, irresistibly (and often unconsciously) as the magnet attracts the iron. Whether they will or not, they MUST yield to the magnetism, fascination and charm which radiates from the strongly magnetic person.

GET WHAT YOU WANT!—YOU CAN!

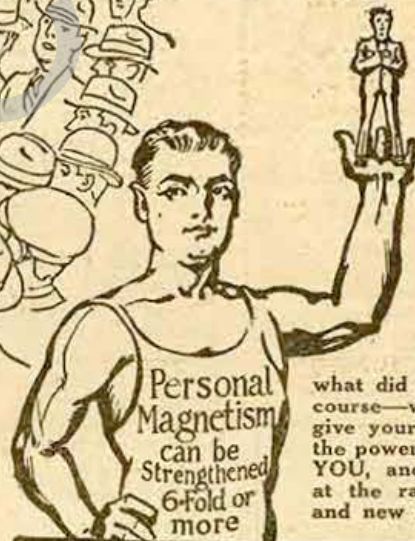
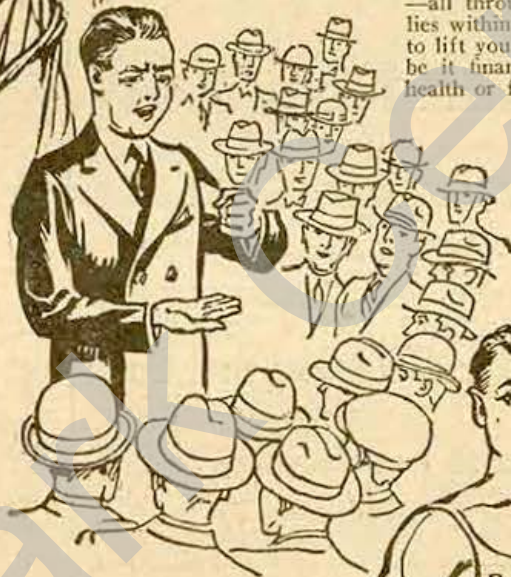
Once you know how to use this power, develop it and direct it, then you may also obtain your thousand and one desires. Before you realize it, things will begin to come your way—the things you had always longed for come to your eager grasp—people begin to seek you out—you become popular and sought after, socially and in business—all through the use of this irresistible magnetism which lies within you like a sleeping giant, ready to be called forth to lift you up and push you through to any goal you wish—be it financial independence, happiness, success, popularity, health or fortune!

It Is So Simple—And So Easy!

This power of yours can be exercised like any muscle. Secret and unseen as it is, it can nevertheless be developed by the simple, scientific system in this famous course on "Personal Magnetism." It calls for no tiresome study, no expense, no irksome practice, no self-denial. Everything is so simply and clearly explained that anyone who can read at all can master its majestic message and rise to the true level of life now denied you. Surely you will not deny your fitness for better things?

Give Your Real Self A Chance!

Hard, grinding work—what did it bring you? A college course—what good did it do? Now give your REAL self a chance!—the power within you that is really YOU, and you will be astounded at the rate you attain old goals and new desires!



Personal Magnetism
can be
Strengthened
6-Fold or
more

229 Pages just crammed
full of fascinating secrets of
Modern and Ancient Science

The SECRET of FAME, FORTUNE and LOVE Personal Magnetism

FREE—For 3 Days' Examination

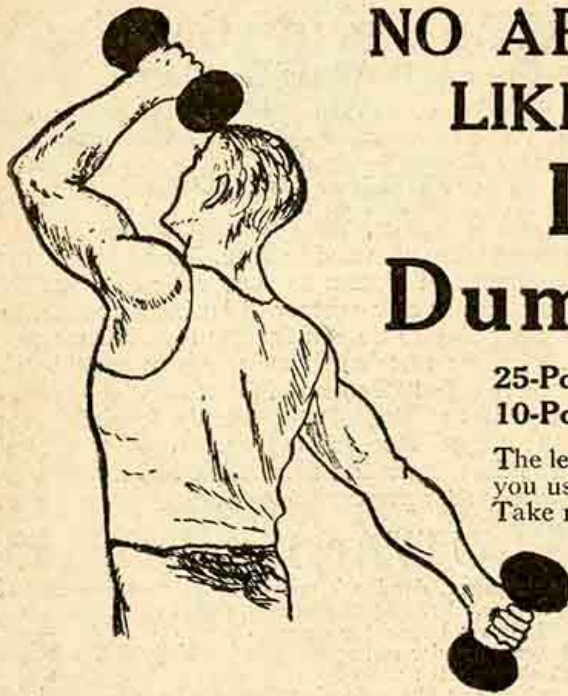
EDUCATOR PRESS,
Fuller Building, Dept. M-212, Jersey City, N. J.

Send me your book "Personal Magnetism" for examination. I will pay your special price of \$1.98 and postage on delivery. If not satisfied, I will return it for full refund in 3 days.

Name

Street

City



NO APPARATUS LIKE THESE Iron Dumb-Bells

25-Pounds
10-Pounds

15-Pounds
5-Pounds

The legs get plenty of work when you use a pair of 25-pound bells. Take regular daily exercise with a pair of iron dumb-bells. For the man with a limited amount of time, there is nothing like iron dumb-bells for keeping in trim.

Every Physical Culturist Needs Them

The Milo Bar Bell Co. Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Enclosed please find { cash
check
money order } for

\$5.00 for the 25-lb. dumb-bells—Pair 50 lbs.
3.00 for the 15-lb. dumb-bells—Pair 30 lbs.
2.00 for the 10-lb. dumb-bells—Pair 20 lbs.
1.00 for the 5-lb. dumb-bells—Pair 10 lbs.

Name

Address

City.....State.....
Shipping Charges Collect.

Let Us Send You a Pair of
DUMB-BELLS NOW

The Milo Bar Bell Co.

Dept. S-12-27

2739 North Palethorp Street
Philadelphia, Pa.



A New Hotel Without "UPS!"

IT'S NEVER BEEN DONE BEFORE!

One Price for All the Rooms!

THE 12-story fireproof Cornish Arms Hotel, just opened, has eliminated all the hokum of "up" prices. This convenient and comfortable new hotel has only one price for a single room and bath, \$3.00 per day. Double room for two, with bath, \$4.50. Remember, there are no "ups." There's a bath with every room: 340 rooms to select from. Excellent restaurant service at moderate prices.

5 minutes to Times Square, 5 minutes to Penn. Station, 8 minutes to Grand Central, and near all Steamship Lines.

COME AND COMPARE!

Cornish Arms Hotel
WEST 23d STREET, at Eighth Avenue, NEW YORK

a lamentation. You have got to fight this to death. This explains why people very often fail to get over the frontier line of success. We all have our moments when we feel utterly hopeless, when life is forbidding and cheerless. Get up on your haunches and fight against such inclinations with all the powers you possess. We have got to struggle against such discouragements with all our might and main, not only with our mental attitudes, but with the very soul itself.

Think of the poor wretches living in other countries who don't have one-tenth the freedom allowed you; who are victims of their environment; who are kicked, and beaten, and hammered through life. And you register a kick at the least little thing. Take, for instance, the poor wretches who confronted the great Emperor of China, who upon ascending the throne had commanded that all who were imprisoned during the preceding reigns be set free. Among those who came to thank their deliverer was this old, decrepit man. He moaned, he bellowed for help. Bristling rags, unclean sores, blue lips, goggling eyes—oh, how horribly indeed had distress gnawed that unhappy being. Kneeling before the great Emperor he said, "Great Father of China, behold a wretch now eighty years of age, who was imprisoned at the age of twenty, though a stranger to crime, without ever facing my accusers. I have known the stark terrors of my dungeon for over fifty years and have grown familiar with them. You allowed me to come out into the light and I have gone forth into the world of sunshine, to seek my relatives, my friends and those who knew me, but they are gone, and I am forgotten. Permit me, then, O Father of China, to go back to the dungeon from which you were pleased to release me, where I can wear out the wretched remains of my life. The dark walls of my dungeon where my youth was passed are to me more sacred, more holy, than the sunlight to which you restored me."

Remember that story, and when you feel blue and discontented with your lot, don't go out and drown it in drink, but endeavor to be stoic like the old man, accept your lot and make the best of it. And, another thing, we must not shirk our duty. We must not deviate from the path along which our best impulses and highest ideals would lead us. *Life is worth while.* Life is filled with countless golden opportunities, but if you're going to kill them all with "fags" and "bum booze," it is nobody's fault but your own when you find yourself in a "jam."

Life is real, my friend, life is earnest. Reach out and grasp all the opportunities it affords. Hold up your head and be the man or the woman you were meant to be. If you are honest, sincere, faithful, courageous, temperate in all things, studious and industrious, you may be confident of ability to succeed and convincing others and gaining their approval. Young men and young women in the United States who may read what I have said can have no reason to despair or doubt. They may be hope-

ful and expectant, for all have been freely given natural talent and equal opportunities. These, by proper attention, will enable them to reach the heights of achievement.

There are two sides to all of us. Looking back, I wish I had done better than I have. I regret all the unkind words I have ever said, all the seeming indifference I have showed to anyone who has come to ask for my assistance. I approve strongly of the motto of the Texan gentleman who desired so to live that he could look any man in the eye and tell him to go to hell. My friend, any young man who allows his conduct to become lecherous, who lets "The Three Fates"—Gasoline, wild automobile rides—Tobacco—smoking till the health is gradually wrecked—Alcohol—drinking himself to death—compromise him can't do that.

Health—Strength—Beauty

(Continued from Page 42)

help the waist line.

Clasp your hands behind your head and do all the trunk bending and rotating movements until you feel the pull on the waist muscles. Do your leg work until you feel tired, and then drop it and go back to it later. Also, try lying on your back, drawing your knees in toward your chest, and with your hands still clasped around your legs, rise to a sitting position. Repeat a few times at first and progress gradually.

DEAR MISS HEATHCOTE:

I have been exercising for the past year and have changed my form a lot. Now I wish to know how near correct I am. Some friends say I am too slender for my height.

My measurements are: height 5 feet 7 inches, weight 142 pounds, neck 13 3/4 inches, chest 31 1/2 inches, bust 36 inches, waist 27 inches, hips 36 1/4 inches, thighs 25 inches, right calf 14 inches, left calf 14 3/4 inches, ankles 8 3/4 inches, upper arm 10 1/2 inches, right forearm 9 3/4 inches, left forearm 9 1/2 inches, wrists 6 1/4 inches.

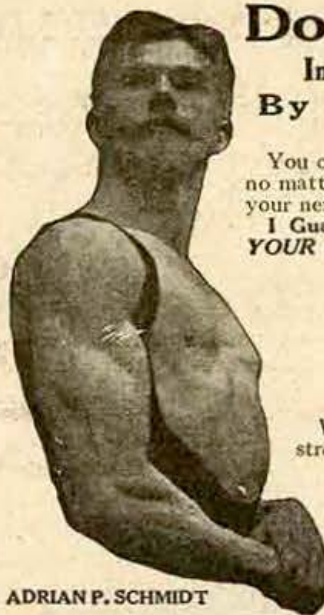
Before starting to exercise I weighed 159 pounds. I also eat according to physical culture methods. Please send me exercises to develop parts which need it.

E. S., Trenton.

Unless you are small boned, you are underweight. Your normal weight should be 156 pounds. Perhaps you have made the mistake of dieting too much. When you diet to reduce you should eat plenty, but of the kind of foods that are non-fattening.

Your measurements should be: weight 156 pounds, neck 13 1/4 inches, chest 32 3/4 inches, bust 36 inches, waist 28 inches, biceps 12 inches, forearm 9 1/2 inches, wrists 6 1/2 inches, hips 40 inches, thighs 25 inches, calf 15 inches. These following exercises will help you to develop your legs, hips and thighs:

Stand erect with hands on hips, now rise on your toes and at the same time extend the right leg as far to the right as possible, performing a deep knee bend on the left leg. Keep the right hand on your hip and reach as far along the floor as you can with the left hand. Now return to the original position and repeat the exercise slowly,



ADRIAN P. SCHMIDT



Weight and leverage resistance is gradually increased by automatic mechanism giving the right weight for every part of the body—small weights for small muscles and bigger weights for the larger ones—See sketches—capacity from 20 pounds to 750 pounds—or more if desired.

Double Your Strength

Improve Your Health and Lengthen Your Life

By Eliminating Heart-Strain and Waste of Nerve Energy While Exercising

You cannot accomplish much with rubber and spring cables—no matter who teaches you how to pull them—you only use up your nerve energy and waste will power.

I Guarantee that in from 30 to 60 days you can **DOUBLE YOUR STRENGTH** and **ENDURANCE** with my own original

Automatic Health and Strength Machine

With my method you can develop and strengthen every part of the body individually.

It not only Develops big, shapely muscles but it puts a quality into the tissues of your body and a sense of Power and Ease which no other apparatus or method can give you.

It has accomplished wonderful results when all others have failed.

What Others Say:—

- "Gained 14 pounds."
- "Marvellous for the back, chest, legs and grip."
- "Reduced my waist 11 inches."
- "Increased my chest and shoulders 4 inches and doubled my strength."
- "It is a wonder machine."
- "There is nothing like it."

Excel Others in Superstrength

223 lbs. Barbell one hand bent press, by C. A. Ramsey, who weighs only 129 lbs. Two hand clean and jerk over head, 300 lbs. Barbell, by W. Williams, who weighs 185 lbs. and has a one hand clean grip lift of 690 lbs. to his credit. Many of my pupils can do leg and hip lifts over 2,000 lbs.

It Pays—before you decide on any course or apparatus to send for my famous little book.

"Life's Backbone"

If you want to conquer functional weakness in any form—increase your resisting power against fatigue and sickness—build up and strengthen every part of your body without strenuous training or strain on your heart "Life's Backbone" shows you how my methods and this wonder machine does it and how it works. Just say "Send me Life's Backbone and other literature" and enclose the customary dime or stamps. WRITE TODAY.

Prof. A. P. SCHMIDT

1947 Broadway (Near 66th St. Subway) Suite 234-B, New York

A Reward of 1000 Dollars for bald-headed and thin-haired



An elegant growth of beard and hair can be produced when using Comos Hair-Balsam during 3 weeks. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domain, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. **HARMLESSNESS IS GUARANTEED; if this is not true, we will pay a net amount of 1000 Dollars** to all bald-headed and beardless persons, or persons with thin hair who have used the Comos-Balsam for three weeks without any result.

One parcel of "Comos" costs \$6.—two parcels cost \$10.—"Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture. "COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes (C. O. D. Impossible). THE COMOS MAGAZINE CO., Copenhagen V. Denmark 12. (Europe)

HYPNOTISM

Would you possess that strange mysterious power which charms and fascinates men and women, influences their thoughts, controls their desires and makes you supreme master of every situation? Life is full of alluring possibilities for those who master the secrets of hypnotic influence; for those who develop their magnetic powers. You can learn at home, cure diseases and bad habits without drugs, win the friendship and love of others, increase your income, gratify your ambitions, drive worry and trouble from your mind, improve your memory, overcome domestic difficulties, give the most thrilling entertainment ever witnessed and develop a wonderfully magnetic will power that will enable you to overcome all obstacles to your success.



You can hypnotize people instantaneously—quick as a flash—put yourself or anyone else to sleep at any hour of the day or night or banish pain and suffering. Our free book tells you the secrets of this wonderful science. It explains exactly how you can use this power to better your condition in life. It is enthusiastically endorsed by ministers of the gospel, lawyers, doctors, business men and society women. It benefits everybody. It costs nothing. We give it away to advertise our institution.

Write for it today. (Use a letter with a 5-cent stamp.) Sage Institute, Dept. 609D, Rue de l'Isly 9, Paris VIII, France

They All Wear Them

Strong Men Wear Wrist Straps and So Should You

WHY?

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

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

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

And Last, because they're

FREE!

THE PAST ISSUES OF "STRENGTH"

need no introduction or praise from us because you know for yourself how good they were. The future issues you know nothing about—we do. And we can truthfully say that not only are we unceasingly trying to improve each succeeding issue, but we are also accomplishing this to a greater extent than we dared to hope for.

Now Come On, FELLOWS.

Get a Free Pair of These
Beautiful Wrist Straps

Show Your Muscles Up to
Their Greatest Advantage. In Photos or When
Posing for Audience.

Look Like a Real
STRONGMAN
With These Straps
on Your Wrists.

Strength Magazine. S-12 27
2739 N. Palethorp St.,
Philadelphia, Pa.

Enclosed find { Check
Cash } for \$2.50
Money Order }

Enter my subscription to **STRENGTH**
for one year and send me postpaid and
absolutely free, as per your special offer, a
pair of real strong man wrist straps.

Name

Address

City..... State.....
Canadian Orders, \$2.75. Foreign Orders, \$3.00.

"STRENGTH"

The Magazine
with a
PUNCH



Save
Money
on
12 Issues
of

"Strength"
Have it
delivered to
your door
and get this
Beautiful
Pair of
Strongman
**WRIST
STRAPS**

FREE

These are a few
of the reasons
**WHY
YOU MUST
accept this
SPECIAL OFFER**

Mail in Your Coupon
and \$2.50
NOW

These
WRIST STRAPS
are designed
like the illustration above.
You will be proud to wear them

alternating the right and left legs.

Stand with heels together, toes pointed, arms at sides. Raise the arms until they are horizontal with the shoulders and at the same time raise on the toes, stretching the body upward and the arms outward as far as possible. Now swing the arms in front of you and lower your body by bending the knees until you are sitting on your heels (squatting). Now rise to the upright position and then to the first position. Repeat slowly about six times.

To develop your upper arms and your forearms practice the floor dip. If you girls would only send me your photos with your letter I could tell better just where development is needed or not needed. Sometimes a girl is large-boned and some times small-boned and this makes all the difference in the world in measurements.

Deep breathing exercises in front of an open window will develop the chest to beautiful proportions. Your bust measurements are correct but you must develop your chest more. Clasp hands behind back, heels together, now bend forward and at the same time raise clasped hands backward and upward. Bend forward from the hips as far as possible and keep your eyes fixed on an object about the height of your eyes. You will not be able to bend very far while in this position. This is very good for the chest, arms and shoulders.

Big League Basketball.

(Continued from Page 23)

S. P. H. A.'s entered the American League.

This Philadelphia Team, whether you want to believe it or not, was then just about as great a basketball team as was treading the courts at that time.

The first game played against American League opposition was with Brooklyn who were the winners of the first half of the American League race. The S. P. H. A.'s beat them 45 to 30.

The second game against a big league basketball team was with Paterson of the Metropolitan League whom Philadelphia sent home with a 39 to 27 defeat.

Fort Wayne, Indiana, K. of C., were next to bite the dust. The score of this game was 37 to 26 in favor of Philadelphia.

The Cleveland Club, then world's champions, were next to visit Philadelphia, and Philadelphia suffered a 36 to 22 defeat. A return game was not arranged. Philadelphia then defeated Washington, D. C., and the Brooklyn Mets.

The next was a series with the famous New York Celtics, whose team every basketball follower knows is about as consistently good as is possible to get together. The Celtics beat Philadelphia in the first game of this series by a score of 32 to 24 which was more closely contested than the score indicates.

The series was evened up when the S. P. H. A.'s came from behind in the second game to win by the close score of 26 to 25. In this game Banks, of

the Philadelphia team, tossed in a field goal with only fifteen seconds to play. That was close but enough to save the series. The third and deciding game was won by Philadelphia by a large margin. This was the first series defeat the Celtics had suffered.

Philadelphia then won a series from the great Renaissance colored team. Wins of the calibre just related made the S. P. H. A.'s about the best team of basketball tossers at that time. Later, while in the American League, they didn't for some reason (which might have been due to changing players) do nearly so well.

I want to return again to the New York Celtics to tell you of an unusual condition this team ran into while on a trip through the south, where they played all the leading teams of the southern cities and lost only twelve out of one hundred and two games played.

Every city and hall in which they played was attended by large crowds. Toward the end of their trip, however, they played several games in Miami, Florida, which, strange to relate, were so poorly attended that the team's railway expenses only were barely covered. Why this condition existed in Miami only is a mystery, unless there were too many wealthy fellows down there who, of course, didn't go in for basketball and those who weren't wealthy thought they were and wouldn't go either.

Speaking of the two styles of play, amateur and professional, the former is unquestionably the better, producing more passing and team work. The old professional game allowing running dribbling produced too much individual playing, instead of team playing, as basketball was meant to be. The players in this style were too prone to rush or dribble the ball the full length of the floor and around about their basket until they got a clear shot for a goal. All this time they would ignore the entire remainder of their team.

The rule preventing taking only one step after receiving the ball is a little too strict, for often a player cannot turn toward his basket without taking more than one step. The Cleveland Club of the American League was the best passing combination of basketball players in that league.

Another rule which is not always enforced is that the guards should face the center on a toss up instead of facing and guarding their opponent. In other words, a man should not be too closely guarded when he doesn't have the ball.

I recall when I was playing, this sort of guarding used to get under the skin of many a forward and a guard that was always hanging on his opponent's shoulder, figuratively speaking, was very much despised. Guarding of this type is a poor way to play that position. Playing the ball and not the man makes a better looking game of basketball.

If you are captain, manager or just a member of a team do not overlook the advantages of signals for plays. Signaling plays, on the tap offs, makes a more scientific game and usually puts a team that plays without signals to rout.

I will not endeavor to outline a system

The BIG 3

Siegmund Klein, undefeated middleweight weight-lifting champion, has written another book of wonders! Like his already famous volumes "Super Physique" and "Posing for Muscular Display", his newest work—"Classical Weight Lifting" reveals the secrets of stage strong men—shows in profusely illustrated instructions (79 photos) how you can perform the marvelous feats heretofore carefully guarded by professional strong men. Nothing like it has ever before been published. Every weight lifter—every physical culturist—every man with a particle of strength and pep should own this book and learn its secrets. A companion volume to Klein's other books in his Body Beautiful Library.

Super Physique

Price \$1.00

Super Physique—is the cream of bar bell work—illustrated throughout with photographs especially posed by Mr. Klein—shows the real value of bar bell exercising—reveals the methods of the world's greatest strong men. Postpaid \$1.00

Posing for Muscular Display

Price \$1.00

Posing for Muscular Display—tells how champions and professional poseurs make the most of their development—Postpaid \$1.00.

..... AND NOW—

Classical Weight Lifting \$1.00

Klein's latest volume; describing hitherto closely guarded methods of classical weight lifting—nothing like it available anywhere—a fitting sequel to its preceding volumes. Postpaid \$1.00.

SIEGMUND KLEIN

Studio of Physical Culture

207 West 48th Street

New York



SIEGMUND KLEIN,
Studio of Physical Culture,
207 West 48th Street, New York.

Enclosed is [check] [money order] for \$.....
for which send me postpaid.

- Super Physique (\$1.00)
 Posing for Muscular Display (\$1.00)
 Classical Weight Lifting (\$1.00)

Name

Name



All
For
\$3.00

A
Vise-Like
Grip

Muscular Arms, Chest and Shoulders

You make a strong and everlasting impression on new acquaintances if you have a powerful grip. The old time village blacksmith had muscles like iron bands because he was always gripping tongs and handles while he continually swung sledges. In modern days, the best way to emulate his system is to use

ADJUSTABLE GRIP DUMB-BELLS,

and daily go through a routine of exercises while gripping them as tight as you can. You'll soon have a pair of forearms and wrists to be proud of.

The Milo Bar Bell Co., Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Please send me, immediately, a pair of ADJUSTABLE GRIP DUMB-BELLS. I am enclosing my remittance of \$3.00 to cover cost of same.

Name

Address

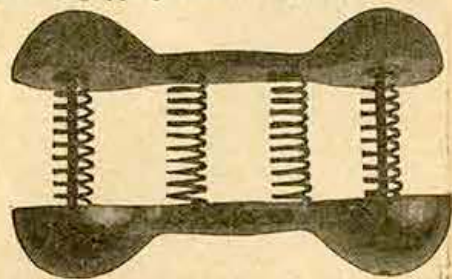
City..... State.....

Shipping Charges Collect

MIND READING \$1

A course of deeply interesting, practical lessons, covering the subject thoroughly, including proofs of telepathy, self-development, simple and difficult demonstrations, (private and public) sensational feats, higher phenomena, exposure of fakes, automatic writing and latest scientific data. Easily mastered and demonstrated. Clothbound, \$1.00 complete. Stamps: cash, or check. No C. O. D. Dept. R-212

Educator Press, Fuller Bldg., Jersey City, N.J.



Natural Health Foods

The best assorted stock of real health foods, herbs and books on health.

Kubie's Health Shoppe

75 Greenwich Ave. (at 11th St. and 7th Ave.)
New York

of signal plays, for you can do that yourself if you bear in mind that the unexpected is what gets the other team on the run after a tap off. So try to have your signal source disguised by having several of your players giving them alternately. Or you can have the center man give them until the other team gets wise to him then shift them to a forward or guard. Of course, you must have a center man who generally gets the jump on his opponent, otherwise your signals are of no avail. That is why very tall center men are generally used.

In mapping out signal plays it is best to get one or two real good ones and

practice these until they are as perfect as possible. One perfected signal play is worth many imperfect plays. The object of all signal plays should be to get the ball from the center tap off to a field goal without the ball falling into an opponent's hands.

In a perfected signal play each man involved knows just about what spot on the floor he should be on almost at a given second. And each man passing knows just where to send his pass with hardly bothering to see his man there first.

You will like perfecting signal plays and all amateur teams should put them into practice.

The Art of Hand Balancing.

(Continued from Page 27)

position just studied, except that the hand on which the balance is to be effected is turned outward until the thumb points almost straight ahead, then the body is shifted over with but little or no twist, the motion being an almost direct side drop of the body. The head is held straight on the spine, and the gaze is fixed on a spot on the floor as previously described. Then, after mastering this balance, try position 1-A. It is the same as regards the trunk and shoulder position, but take note: The legs are not only crossed, but are pulled well to the left, up and away from the balancing hand, which position permits an even more horizontal position of the trunk. This balance, needless to say, is very difficult.

By this time, if you are of a temperament like unto mine, you will be wanting to see just how your balancing feat looks to others, all of which brings on more talk. Refer to figures 4 and 5. Notice that in the latter the head is turned up and away from the balancing hand, while in the former it is merely twisted around more toward that hand. Position 5 affords a much better view of the mirror and I find it really easier to do than the other. Both, however, are very difficult, but either makes it possible for the balancer to inspect his image in a mirror with proper (and pardonable) pride. It is possible to get into either position from a regular one handstand, getting balanced as usual, then the head, but you will find it much less difficult to turn your head to the side before shifting to one hand.

Before closing I have a few "odds and ends" balances to offer you as a rest (?) from the one handstand, to wit:

One balance (and it is not so difficult) I used to do a great deal while on the road as a salesman was to push up to a handstand on the foot of the bed several times each night, using said item of furniture in lieu of a horizontal bar. You should practice by grasping the bar with the hands, then climb upon it with the feet, placing them between the hands, then push up. But soon you

will be able to push up to position without the preliminary climbing, merely grasping the bar and pressing directly into position 9. Another and more difficult balance is shown in figure 10. Have your partner (or sister, as I am doing in the illustration) lean forward, place his hands on his knees with both knees and elbows slightly bent and the back flat. Then place your hands one at the base of his neck, the other over his hips, and push up to position. You must take care to turn the hands outward until the forefingers are about parallel, thereby making the push-up easier, while the underman must resist all inclination to "bow-up" his back. After attaining the balance the underman can remove his hands from his knees and get the position shown. This feat appears much more difficult on the part of the underman than it really is, but it calls for some good work on the part of the top-mounter.

The handstand on the Roman rings, figure 12, is still more difficult and requires lots of practice. Try it first with the ropes braced against the shoulders and with the rings held close together, then hold the hands farther apart bracing the ropes against the elbows as in figure 11, and finally get the position shown, touching the rings only with the back of the wrist. Try to get the elbows straight, too, and you have a real stunt. This stand will be taken up in detail later in an article on Roman ring exercises.

In conclusion I want to say that there is practically no limit to the number and variety of balances one can master—their extent being determined only by the patience, perseverance and concentration of the performer—his progress is what he makes it. So with this message I consign to your hands my favorite feat, the one handstand, and luck to you is my wish.

ORTOSAN

is the key to Beauty and Youthful Appearance for countless women and men all over the world. Lines, wrinkles, sagging contours will disappear with the

REJUVENATING

element of Ortosan. It is the secret of retaining a young face and a beautiful skin, unmarred by pimples, blackheads, acne or other impurities. Try this

"MARVEL"

today at your own home without delay. No operation, injection or abusive treatments. Trial treatment \$5.00 for this month only. If not perfectly convinced after two weeks your money will be refunded.

ORTOSAN, Louise Hermance, Inc.

62 West 57th Street, New York City

Copr. 1927. Ortosan Co., Inc.

Take off
that excess **FAT**



Without dieting, or drugs, or exercise, you can take off pounds of fat, reducing abdomen 4 to 6 inches in a few weeks.

MIZPAH REDUCER

shows results almost immediately, and relieves that tired feeling generally—excess fat is burdensome and wears down the whole system.

Made of best quality Para rubber and Egyptian thread especially woven for this purpose; can be boiled to cleanse without injury to the rubber.

No lacing, no fussing; simply step into the Mizpah pull it into place where it stays, without rolling or slipping, conforming to every movement of body.

Made and guaranteed by one of the largest, oldest and best-known makers of surgical belts.

Two Weeks' Trial mailed on receipt of price, \$5.00. State waist measurement at "A".
The WALTER F. WARE CO., Philadelphia, Pa.
Dept. J Makers of No. 44 Mizpah Jock

Build New Power and Pep.

Send Now For Secrets FREE!



ANTHONY SANGRONE JOHN DELAYOR CLAUDIO MARRIO

I'll Make YOUR Body Perfect
In Less Than 90 Days!

I don't care how you look on the outside or how bad you feel on the inside I positively guarantee to give you muscles bulging with power, lateral crassus tingling with vitality and a brand new perfect body in less than 90 days. Over 100,000 delighted pupils, many apparently hopeless and never a failure yet. Now I've discovered some priceless, new secrets enabling even far greater and quicker benefits in Health, Development and Power, never before known! This startling discovery cuts out months of tedious exercising. You'll receive of the world's first results. These master methods won the title in two official national contests at Madison Square Garden as "The World's Most Perfectly Developed Man," and makes my pupils more perfect than other physical instructors. Let me prove they will do the same for you. This Revolutionary System is fully described in my big new FREE book.

"Secrets of Muscular Power and Beauty"

This great book is packed with pictures of giant men. Nothing else compares with it. It will positively thrill and inspire you. It's the one Master Book of Health and Strength you must read for. Write your name and address on the coupon at side, and mail with ten cents for wrapping and mailing charges. Write-right this minute. A big surprise awaits you.

CHARLES ATLAS

"World's Foremost Muscular Scientist"

1674 Broadway Dep. S. D. New York

HOTEL ANSONIA

"ARLINGTON OPERATED"

Broadway 73rd to 74th Streets, New York City

12 Minutes from Penna. and Grand Central Stations
5 Minutes to Theatres and Shopping District

1260 ROOMS

(All Outside)

Two Restaurants

New York's most complete hotel. Everything for comfort and convenience of our guests.

Music—Dancing—Two Radio Orchestras
Ladies' Turkish Bath—Beauty Parlor—Drug Store
Barber Shop—Stock Broker's Office
All in the Ansonia Hotel

TRANSIENT RATES

Open from 9:30 A. M. until midnight

800 Rooms and Bath \$3.50 per day
Large Double Rooms, twin beds Bath \$6.00 per day
Parlor, Bedroom and Bath (2 persons) \$7.00 per day
Special Weekly and Monthly Rates

A restful hotel—away from all the noise and "dirt" of the "Roaring Forties"
No coal smoke, our steam plant equipped oil fuel. Coolest Hotel in New York in Summer.

THE ANSONIA

In Conjunction with the Hotels Marseilles
Anderson, Richmond and Cosmopolitan

"Arlington Operated"

It's New

Here is a new idea in athletic mats that makes it possible for everyone to own one for exercising, prone bar lifting, wrestling, tumbling, parallel and horizontal bars, and the vaulting horse.

My Mat Prices Always Were Low But Now They Are 50 Per Cent. Lower

Your mat, no matter what size or shape, can now be sent to you unfilled. This makes the price and express charges very much lower, in fact on a smaller size mat there will be



little or no shipping expense.

My mats for home filling purposes are made with a laced opening at one end through which they can be filled with sawdust, sand, excelsior, straw, cotton-waste, etc., at little expense and trouble. They are so constructed that no matter what filling you use it will be held in place throughout the mat.

ORDER NOW
For Your Fall Training

Charles MacMahon

Studio A-63-M

180 W. Somerset St. Philadelphia, Pa.



Enjoy Glorious Health and Beauty Baths

Regenerate and beautify the body with hot air, vapor, turkish, and perfume baths in the famous improved Allen Vapor Cabinet. Many exclusive features. Price complete, with alcohol heater, floor mat and face steaming attachment \$15, prepaid anywhere. Ready instantly—folds to small space afterward. Sanitary. Neat. Durable.
SANITARY SUPPLY CO.
767 Alexis Ave., Toledo, Ohio

Charles MacMahon, Studio A-63-M
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please send me the size mat I have checked off below, for which find enclosed

	Filled	Empty	Filled	Empty	
3 x 6 ft.	\$11.00	\$ 6.00	6 x 9 ft.	\$35.00	\$22.00
3 x 9 ft.	18.00	9.00	6 x 12 ft.	40.00	25.00
3 x 12 ft.	27.00	14.00	6 x 15 ft.	46.00	30.00
3 x 15 ft.	28.00	19.00	6 x 18 ft.	85.00	60.00
10 x 10 ft.	50.00	40.00	20 x 20 ft.	125.00	75.00
6 x 6 ft.	23.00	14.00			

(I can supply you with any other size mat you desire.)

NAME

ADDRESS

CITY..... STATE.....



BIG-CHEST

You can have strong lungs and increase your chest measurement five inches by following instructions in my book.

Chest Development and

Correct Breathing

Send for it today, 25c coin or 36c in stamps.

PROF. ANTHONY BARKER.

865 6th Ave. Studio 341 New York City

All Aboard the Health Special

(Continued from page 32)

produce the lost matter. This he did—I suppose he had to, but as he had no reference books or memoranda to guide him, the matter seemed to lack synthesis. I say seems to lack—but it really didn't, for the facts were found to be as stated formerly, but expressed differently.

So it is with health. A person can lose it, and though he does not regain the original, still he reclaims it in a different form. Health once lost can be reproduced in many ways. If you are one of those on the wrong train, you had better get off at the next sentence and get on the right track. Because the health special is coming this way now and you might want to retain your health or regain it. No matter. Whatever it is you certainly can profit by taking this ride with me. So what d'ya say? Comin' aboard? Righto!—here we go! "All aboard—all aboard the Health Special." Car No. 1, lady. Hey! Mister, this is your train! Come on! Hurry now—scramble aboard there! Atta boy! Toot! Toot!

The health special has departed and is now out of sight. Those who fortunately boarded the train are being conveyed to the land of health, where once more they will see the bright sunlight and romp through fields of happiness. Those of you who did not come with me on this trip will learn what you missed when you tune in on your radio and hear what takes place on board the health special.

The broadcasting system from my health special, which concentrates your eager attention on the land of health, reveals the amazing influence of exercise upon the general well-being of the body. Those of you who can hear me speak over the microphone will have graphically set before you every detail of the trip and a thorough description of the principles advocated on board the special train. Thus, you, who failed to make the trip, can still share the benefits that the passengers on the health special receive, if you listen and adhere to the principles of the journey to Health.

What you radio listeners will be permitted to see, with your mind's eye, as the special train puffs into the station in the land of Health will not be a heart-rending spectacle, but the splendors of a physical state achieved by the passengers through the rigors of an ascetic life led on board, that hard and simple life, with its self-discipline and self-denial that all the passengers must pay for the privilege of making the journey to Health.

You, of the radio audience, who are awaiting my story, who eat and drink and loaf too much, and ride around to escape the effort of walking for a few minutes in the open air, and die at last from too many pills and doctors, have little right to "pooh-pooh" the passengers on board the Health Special for adhering to the letter "T" every principle enforced on board. These people are courageous. They have the "guts"

to take such a trip in order that they might find the "Holy Grail" in that vast, uncertain land of sunshine . . . the Grail filled with health, strength and happiness. And you, listening in on my broadcasting station on board the Health Special, worship courage in your secret souls. You hold it above all other things. You find its occasional manifestations reassuring and even necessary to your peace of mind. You know that it is only through their courage and fighting spirit and stick-to-itiveness that the passengers on the Health Special are able to penetrate upward through the arboreal gloom to their goal on the uncertain but highly interesting planet—the plane of Health and Happiness. You know, too, that it is only through their simple courage that they can survive.

So now, ladies and gentlemen of the radio audience, I am ready to broadcast the events on board the special train, journeying to that effulgent land—the land of everlasting joy and contentment—Health.

This is Station H-E-A-L-T-H, broadcasting from the land of Happiness and Sunshine, through the courtesy of ME on board my Health Special.

The passengers on board are drawn up in array for their first lesson in health. Among the group on board are many notable men prominent in public life. Mr. Avoir DuPois is among the passengers; he's standing in line over there ready for his first work-out. Near him is Mr. Neuras Thenia; you all know that famous man; he is talking to our friend, Inda Gestion, who has our friend, Indi Gestion, who has joined the members of the Health Special in quest for the land of Joy and Sunshine. These men are going to receive wonderful benefits from this trip. You know, they remind me of precious stones, stones of luxury, that dazzle us and give us something to parade and talk about, but they must be cut and shaped according to their original nature. Yes, each one of these famous men, who have a large following all over the world, is an uncut stone. They have within them marvelous capacities and powers which have been stifled and warped, and it is my business on board this train to shape them; bring out these hidden, latent qualities and expand their efficiency. Ladies and gentlemen of the radio audience, listen closely while I go through the initial lesson with the passengers on board the special train to Health.

Passengers, attention! Hold up your heads! Throw back your shoulders! Remember that the land of Health and all thereof belongs to you. Let this thought seep into your skulls and permeate your whole being. Let it inspire you and lift up your eyes to the heavens. As your counsellor, advisor and director, I have but one desire, and that is to pour into your body, into your minds and souls, the distilled essence of the constituents that makes clear, sparkling eyes, animation, straight spines, strong muscles, regular functioning organs, good appetites and a healthy, cheery outlook on life. I'm going to show you

Swear Off Tobacco

TOBACCO



Shatters Nerves



Hurts Digestion



Stunts Growth



Robs Man of Vitality



Denies You Pleasures and Luxuries

Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—Tobacco Redeemer will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

Not a Substitute

Tobacco Redeemer is a radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can 'quit for keeps' with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!



Newell Pharmacal Co.
Dept. 974
Clayton Station,
St. Louis, Mo.

Name.....
Street and No.....
Town..... State.....

BE A DETECTIVE

Work home or travel. Make secret investigations. Experience unnecessary. Particulars FREE. Write Dept. S. American Detective System, 2190 Broadway, N. Y. C.



Personality

—INSTANTLY—

Believe it or not and laugh if you dare but I can positively give you the most charming personality—INSTANTLY; not in five days or a month but—INSTANTLY.

If you even DOUBT what I say, whether interested or not, I challenge you to answer my ad and by return mail I will prove that I can make all people LOVE and ADMIRE you. I will GUARANTEE to change your life from one of timidity and failure to one of supreme happiness and success—INSTANTLY. Your days of physical toil, self-consciousness and financial troubles are over; gone forever.

FREE. My large brochure will be sent entirely free, for your UNLIMITED examination. You need not buy it or return it. I just want to prove that personality and success can be yours INSTANTLY! MAKE ME PROVE IT!

Welburn McCoy Guernsey
731 Peoples Bank Bldg.
Indianapolis, Indiana



10 Big Weekly Issues

of *The Pathfinder*, America's liveliest, most unique, most entertaining weekly magazine. Full of wit, humor, information, news events, pictures, special features, best fiction. Once you read *THE PATHFINDER* you will never do without it. Send your name and 10 cents immediately. **THE PATHFINDER, Dept. F-100 WASHINGTON, D. C.**

Scientific Methods of Self Defense

Complete Illustrated Course in Book Form

Wrestling, Boxing, Jiu-Jitsu and New Defense Methods Against Violent Attacks

Written and Posed by
HERB. WADDELL
Famous Self Defense Expert

Complete Course Mailed Postpaid Only \$1.00
FREE CIRCULAR ON REQUEST

A. ROBBINS, Distributor
119 Chesterfield Road Pittsburgh, Pa.

DUE TO IGNORANCE



DR. BERNARD BERNARD
D. Sc. (Phys.), M. S. P. M. P. C.
Chief, Physical Culture Consultants

It is our experience, as Physical Culture Consultants, that practically all the actions which lead to a loss of health, strength, and joy in life are due to ignorance. What fellow, knowing that he is going to ruin his health, will allow a dangerous habit to throttle the best in him?

However, when the damage is done, there is no sense in worrying about the matter, and repeating that well-worn phrase, "Had I but known." The wise plan is to set to work to eradicate the effects of such dangerous habits, and to let bygones be bygones.

Let us assure you that the bad habits themselves, as well as their results and resulting weaknesses, can be eradicated. If you read these monthly announcements, you will know that we deal with these cases efficiently, sympathetically, and successfully.

We are successful because we use only Nature's laws. We have no drugs, herbs, or medicines of any description to sell. What we do is to stop all nervous or vital leaks by scientifically prescribed exercises, diet, and other important instructions to suit each individual case. Thus we build up a nervous and vital reserve, which is utilized by the pupil, and rapidly builds up his strength. Irritations, which caused his loss of vital and nervous energy, are completely done away with, and that is why such rapid progress is made.

Some instructors, who do not understand this condition, believe it to be due to an excess of energy, and give the pupil excessive exercise in an endeavor to put matters right. As a rule, this merely aggravates the trouble. What is needed and what we do is to stop all waste of energy, nervous and vital, and build up a reserve, so necessary in the rectification of this unfortunate condition. Readers are cautioned against putting themselves under the direction of those who do not understand these cases. We give you proofs of what we can do. Progress is rapidly made under our direction.

The following report is a typical case of an unhappy condition brought about through ignorance. His reports show his increasing joy as we guide him through to health, strength, and a regaining of true manhood. Let us hope, dear reader, that his message will spell hope for you.

Case No. 590—Age 27

First Letter, before treatment. "When I was about 14 years of age, due to ignorance and bad company, I developed the habit which caused my sex weakness. I have not as yet been able to overcome the continual drain on my system caused by losses while at stool and at night."

"The last two years I have been taking a Course in Physical Culture, and have improved considerably. At the present time, I am using ten-pound dumbbells and a fifty-five-pound bar-bell alternately each evening. However, I do not believe that I am making the progress in improving my sex weakness that I should."

"My organs are undersized. This condition has kept me out of athletic sports due to embarrassment. I certainly will do my part with your help to overcome this condition."

First Report. "I think that I have improved slightly. I feel all right, and my strength seems to be holding up. My bowels move about two or three times daily—always in the morning and evening. I find it somewhat easier to control my thoughts. I have not noticed any losses during the last five days."

Second Report. "I have had one loss, but I am glad to say that it did not affect me as they used to do. I have not noticed any at stool for about three weeks. My mind is clearer, and I am able to control my thoughts better. In general I believe that I am improving."

Third Report. "I am getting along pretty good. My bowels move two or three times a day. I am very limber. I am controlling my thoughts better right along. I have had no nocturnal emissions during

the past two weeks, and have not detected any other losses. Thanking you for your kind interest."

Fourth Report. "I have gained about three pounds since my last report. My bowel movements have been O. K. Am controlling my thoughts better as time goes on. I am gaining in strength, and have had no nocturnal losses for about four weeks."

Fifth Report. "My improvement continues. I am feeling fine and am gaining in strength. I have had no losses, and my bowel movement continues to be O. K. The exercises seem to be strengthening me, and I enjoy them very much."

Sixth Report. "My improvement continues. . . . My face and body are filling out with firm flesh. I have had no losses. My bowel action is regular, and my stomach seems to be in good shape."

Seventh Report. "I now feel that I have progressed enough to be confident of full recovery. I have gained five pounds since my last report. I have had no night losses. My bowels have moved two or three times each day, and in general I am feeling good. I wish to express my sincere gratitude for what you have done for me. It certainly has made life worth while for me."

Final Report. "In general I am feeling better than ever. It is very seldom that I have any morbid thoughts, and I find it possible to switch to other subjects. The central region is more comfortable than ever before, and the organs are much stronger. I now weigh 151 pounds—four pounds more than when I gave my last report. Bowel movements average about three each day. I intend to continue your exercises. . . . Again thanking you for all your kind and helpful information."

We let our pupils tell you what we have done for them, and, if you give us your conscientious co-operation, we know that what we have done for them we can do for you.

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

"Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

CONTENTS

INTRODUCTION.

Sex Problems.

CHAPTER I.

Sex Weakness a Pathological Condition.—The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.

CHAPTER II.

Inheritance From a Remote Ancestry.—Heritages From Remote Days.—Sex Control.—Why Sex Excesses Cause Degeneration.—Human Life a Struggle Against Ancestral Passions.

CHAPTER III.

Does Man Progress or Retrogress?—The Greatest Factors in Sex Knowledge.—How Perversions May Be Eradicated.—How Ignorance Leads to Sex Weakness.

CHAPTER IV.

Physical and Educational Neglect.

How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of an Important Subject.—Drive Away Ignorance.

CHAPTER V.

The Nervous System and the Sex Impulse.

The Sexual Centers of the Brain and the Spinal Cord.—The Nervous Workings of the Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Unwanted Sex Passions.

CHAPTER VI.

The Heredity Factor.

Shall We Sterilize the Unfit?—The Mendelian Law.—Predispositions to Sexual Excesses May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.

CHAPTER VII.

The Psychology of Sex Weakness.

Mental Functions and the Mental Apparatus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chemical Action?—The Mental Sexual Function.

CHAPTER VIII.

A Word of Sympathy.

Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.

CHAPTER IX.

Sex Weaknesses and Their Cure.

Solitary Vice.—Involuntary Losses.—Promiscuity.—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia

Physical Culture Consultants,
Consultation Dept., Dept. C-5, 70 Bulkley Ave.,
Sausalito, Calif.

Please send me "SEX WEAKNESSES, THEIR CAUSE AND REMEDY." I enclose .41.00.

Name

Street

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

PRICE \$1.00 POSTPAID

Beautifully Bound In Cloth, Gold Embossed

TO BE OBTAINED ONLY FROM THE

Physical Culture Consultants,
Dept. C-5, 70 Bulkley Avenue, - - Sausalito, California

how to develop all your capacities and powers to their utmost limit, and, by golly! when you arrive at the station, in the land of Health, you're going to get off that train and romp through the fields of Happiness as you never have before.

For the first lesson I want each and everyone to smile broadly and then laugh. Guffaw loudly! Now, come on there! Here we go—smile, you old, cantankerous fellows! Come on, smile! It won't bite you and it costs nothing! Smile! Say, listen! Do you call that smiling? There is only one thing the matter with that—it's no good. You'll have to do better this time. Hip! Hip! Smile! That's better.

I once knew a fellow who ate 49 raw eggs at one sitting, and boasted about it. A friend asked him why he didn't eat 50. Whereupon he replied: "Cause I didn't want to make a hog out of myself."

Now, you fellows need not be afraid of making hogs out of yourselves. So let's hear a good laugh now. C'mon, you gluttons for mirth! Laugh! He! he! haw! haw! ha! ha! heh! he! aroo! aaaa!

Great stuff! Keep it up! You fellows don't realize what you've missed! Do you see what laughter does? Look at yourselves. What a pretty sight! All your eyes are sparkling and reflecting the wonderful exertions and emotions from your guffaws. Gee! I tell you, men, there's nothing like it. Laughter is an out-and-out pleasure in itself, as well as a symptom of merriment. It is the expression of keen, abounding joy. It is an emotive demonstration that stirs up the entire nature of the individual and vitalizes every nook and cranny in the body. Gents, remember this grand old axiom: "Laugh and the world laughs with you; weep, and you weep alone"; or is it: "Snore, and you sleep alone"? Whatever it is, if you fellows will screw up your features from now on, in such a manner as to force the required contractions of the facial muscles, you will soon find it no longer an effort to smile, and you will always get in return the sense of good cheer that goes with it, and, furthermore, you will keep that cheery look with you in your daily intercourse with your fellowmen, as you go about your duties in the office or behind the bench. I tell you, it's wonderful to be able to smile, for you attract people to you and warm them with the kindly glow you shed upon them. James Whitcomb Riley wrote a little poem I shall never forget:

"It ain't no use to grumble and complain;

It's jest as cheap and easy to rejoice. When the Lord sorts out the weather and sends rain,

Why, rain's naturally goin' to be my choice!"

So, rejoice, oh, ye men! Rejoice! Hear ye! Hear ye! Rejoice!

Everybody now, line up beside the cool, exhilarating, delicious water tank. We're all going to take a drink. When you fellows drink the water, be sure to sip it slowly and pause a moment be-



A Real He-Man's Drink from the Argentine

Sunny Argentine sends Dry America a wonderful new beverage which stimulates and cheers like wine, kills the blues, fatigue and depression and makes life worth while again. "It is the best substitute for alcoholic drinks of all kinds," says the Rev. J. A. Zahm, Ph.D., the late President Roosevelt's companion on his exploration trip into Central Brazil.

Called: JOYZ YERBA MATE.

Maté is the daily drink of 20 million South Americans. It has finally hit Arid America and is simply taking the country by storm. Here, at last, is a safe and sane STIMULANT—a marvelous substitute for Coffee or Alcohol—with plenty of KICK for brain or body—BUT WITHOUT the slightest come-back or let-down.

Cheer-Up, New Drink Has Real Kick

Bubbling over with health and strength for weary muscles and jaded nerves—a pick-me-up for workers with brain or brawn—a bracer for Athletes, sportsmen, professional people and even invalids—Stimulating both mental and physical activity to a high degree. "It strengthens body, brain and nerves and enables you to endure all hardships. Argentine cowboys use it and hardly ever use alcoholic stimulants," writes the Hon. E. Seegar, U. S. Consul at RIO.

WHAT IS IT???

Joyz Yerba Maté is simply the pure leaf of the Ilex Maté tree (see Encyl. Brit.) the nearest approach to the Fountain of Youth ever discovered. A marvelous aid to perfect health without a trace of a drug.

PUT PEP in your parties!

Serve Joyz Yerba Maté in Argentine fashion at your next Bridge party or social function. The wit sparkles—conversation speeds up—the bores become bright and the wits wax brilliant!!

EASILY MADE

Hot or cold it is equally good. Interesting recipes with each tin.

FREE!! Mate Gourd and Bombilla Yerba Maté is at its best when prepared Argentine fashion in the Maté Gourd and sipped through the Silver bombilla. **FREE OFFER WITH EVERY TIN.**

INTERNATIONAL MATE CO.
23 Washington Street New York



To International Maté Co.
23 Washington St., Dept. 93
New York City

Please mail me at once a large tin of South American "Joyz Yerba Maté"—120 cup size—for which I enclose \$1.15 (in cash, stamps or M.O.). Send me your FREE offer of genuine Argentine Maté Gourd with heavy silver plated Bombilla. (Both imported from Buenos Aires).

Name
Address
City State.....

FREE!—Romantic and Interesting story of Yerba Maté.

GROW TALLER

IT CAN BE DONE—READ HERE

"I have gained 5 1-2 inches since taking your Course (two months ago). I am a real man now and can't recommend your course too highly. It is just wonderful. My age is 22 years. I am today one of the greatest ball players in the country, but the lack of size held me down in past years, but your Course helped me greatly. I can hardly give you enough praise." —D. J., St. Louis, Mo.

Science has found the way to add inches to your height. No need to envy and look up to the big fellows. No need to have the disadvantages of the little man. This course makes it possible for you to be on a level with your fellow men. Course is easy, inexpensive and results sure. Mail coupon for free information today!

"I started your course in Scientific Height Increasing a month ago, and I can say that it is wonderful. I have followed all your instructions and made the exercises according to the same. I have increased 4 inches and gained 10 pounds. Please send me my next lesson." —H. B., Miami, Fla.

Dept. A40
L. Glover,
70 Bulkeley Ave., Sausalito, Cal.

Without any obligation to me, send me full information on how to grow taller.

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

Wrestling Book FREE

Learn at Home

Be an expert wrestler. Learn at home by mail. The greatest wrestlers of all, Frank Gotch and Farmer Burns, both world's champions have prepared the most wonderful course of lessons ever written on Physical Culture and Export Wrestling. Be strong and healthy! Handle big men with ease. Free book tells you how. Write now. Be sure to state age.
Farmer Burns School, 3999 Ry. Exchange Bldg., Omaha, Neb.

I POSITIVELY GUARANTEE

to increase your arms one-half inch in size, chest one full inch; strength 25 per cent, health 100 per cent. in one week's time, by following my instructions and using my exerciser 10 minutes mornings and at night. Send \$1.00 for complete course and exercisers. Satisfaction guaranteed or \$1.00 refunded.

Prof. J. A. DRYER
Box 1850-E Chicago, Ill.

The Old Reliable Credit Jewelers Dept. C-287
108 N. State St. Chicago Ill.

LOFTIS BROS. & CO.

Satisfaction Guaranteed or Money Back

DIAMONDS

Genuine Diamonds Guaranteed

For lower prices and a better selection—order your gifts from Loftis! See these three great specials—your choice at \$43.75 each—tremendous value! Rings and watches are 18K solid white gold set with dazzling blue-white diamonds! Terms: \$4.37 down, balance payable weekly, semi-monthly or monthly. Shipped (NO MONEY DOWN) subject to your free examination, on request. SEND FOR FREE CATALOG!

\$43.75

\$1.00 a WEEK

No. 851 \$1.00 a wk.

No. 865 \$1.00 a wk.

Diamond Watch No. 870

NERVE EXHAUSTION

is manifested by headaches, nervousness, neuritis, rheumatism, loss of weight, brain fatigue, poor memory, depression, fear, lost ambition, physical, mental weakness, heart symptoms, indigestion, constipation, weak eyes, heaved face, etc. Overdraw Reserve, Restore Nerve Power and HEALTH by CORRECT EATING. Educational Booklet 10c. Vital Diet, 10-N, 811 N. Fourth St., Camden, N.J.

This Is the Time, When So Many People Will Have Coughs and Colds and All Known Sickneses. You Should Prepare to Resist the Attack of Winter and Cold Weather Illnesses By Getting Strong and Healthy.

TRAIN THIS WINTER

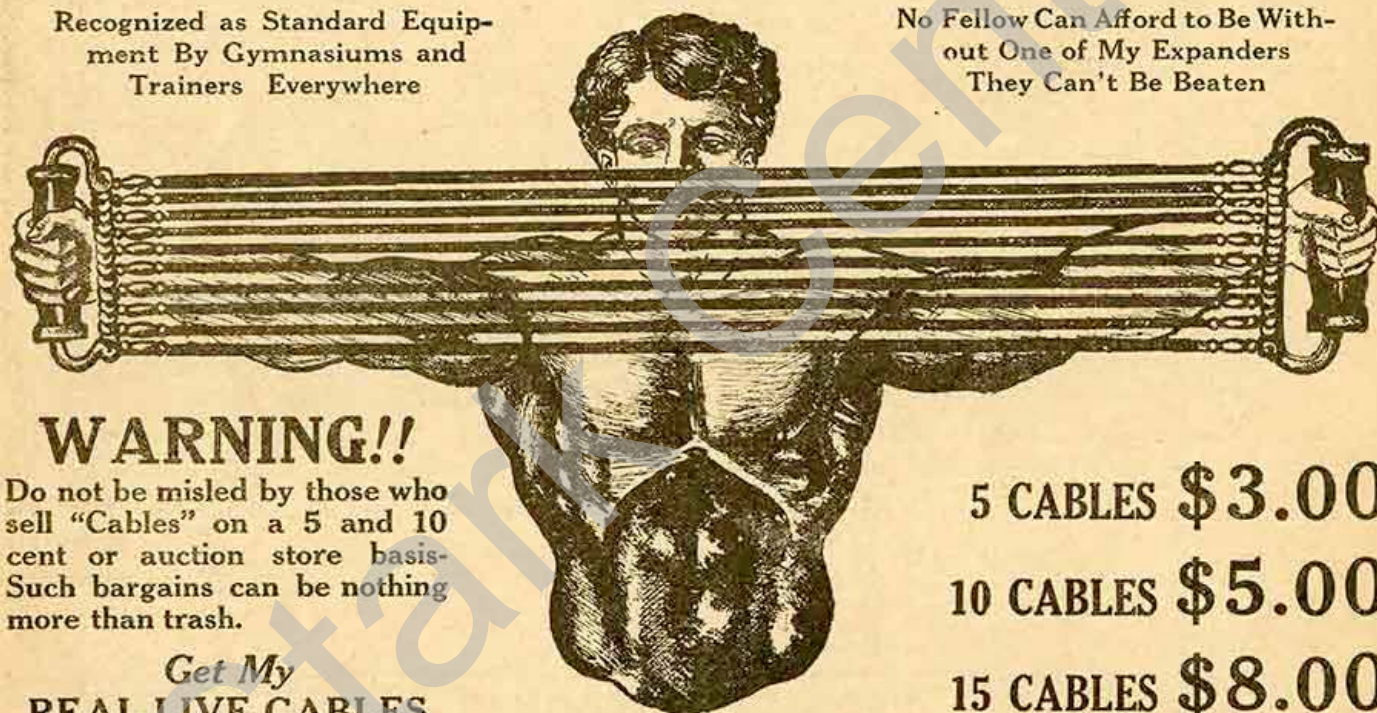
And You Will Be Strong and Healthy and Fit For Everything
LET JACK SANDOW SHOW YOU
STRONGMEN—ATHLETES—GYMNASTS—HUSKIES

➔ **ARE BUYING MY CABLES** ➔

THINK NEARLY EVERY WELL KNOWN STRENGTH ATHLETE NOW HAS ONE OF MY OUTFITS

Recognized as Standard Equip-
ment By Gymnasiums and
Trainers Everywhere

No Fellow Can Afford to Be With-
out One of My Expanders
They Can't Be Beaten



WARNING!!

Do not be misled by those who sell "Cables" on a 5 and 10 cent or auction store basis. Such bargains can be nothing more than trash.

Get My
REAL LIVE CABLES

5 CABLES \$3.00

10 CABLES \$5.00

15 CABLES \$8.00

And you won't need to experiment with muscle building. Many fellows, when they start out to train, buy a lot of phoney stuff; that they stick under the bed or throw out in the woodshed. You don't need a lot of cumbersome apparatus to get strength and big muscles. Why spend all your hard-earned cash for a room-full of systems? You'll only give the junk man more work to cart them away, after you find out how worthless they are.

Resistance of
Over 20 Pounds
to the Cable

JACK SANDOW,
Room 8-12-27, Federal Life Building,
Michigan Ave. and Randolph St., Chicago, Ill.
Dear Sir: Please find enclosed
 \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.
 \$5.00 for your 10-Cable Exerciser and 12 Weeks' Course.
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.

Name

Address

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



THIS COUPON Will Bring You Luck

With Every Outfit I Give a 12 Weeks' Course

Put Yourself In My Care For Three Months and Surprise Your Friends.
Now Is the Time to Get Ready For a Summer on the Beach, Fellows.

SANDOW Cables and System **STRONG**
Greatest on Earth

tween each gulp. After one glass is finished, try another. This not only benefits the kidneys, but it purifies the blood and clears the skin. Mr. Old Age, drink hearty, for this tank is the fountain of youth, where the divine spirit of adolescence is revived.

Let's take our first work-out. The kind of a work-out that will make you pliable and elastic in every joint, and as you improve with the elementary exercise the resistance shall be increased, so that your muscles may have a chance to gain in power. These exercises advocated on board the Health Special in the first lesson are "Indian Club" swinging to music, but before you gents perform a series of movements in perfect time to music played by the Health Special Orchestra, we will practice first the elementary circles and swings, using, of course, very light clubs and not the big seven-pounders you see me using in the pictures flashed with this message.

In the first exercise the proper attitude is heels together, body erect, chin in and chest elevated and pushed out in front. It is important for you to remember that the terms "swing," "circle," apply primarily to the movements of the clubs and not the arms, for it is evident that the arms move in order to move the clubs. In some cases a swing of the club may involve a swing or circle of the entire upper limb. The starting position for the Indian club movements in the first exercise is with the clubs held in front of and close to the chest, opposite the shoulders. Raise the right arm directly overhead and with the point fixed at the shoulder, describe a vigorous circle with the entire upper limb and club. Now repeat this movement with the left. Next alternate the movement, swinging the clubs forward and backward, and then shorten the expanse of the circle movement by fixing the point at the elbow, allowing the forearm and club to describe a circle while the upper arm is moved as little as possible. Still further, fix the wrist as the point and describe circles with the hands and clubs. The upper arm and the forearm are, of course, involved and may describe either a swing or a circle. These hand circles may be in front of the hips, behind the hips, at side horizontals, overhead, in front of the same or opposite shoulder, above and behind the same opposite shoulder, or behind and below opposite shoulder, also about the lower extremities.

To master the correct form in describing these circles it is advisable to practice until you are familiar with every phase and know how to fix the points so that the clubs will not strike the body at any time during the course of the movements.

The next exercise is comparatively easy, as it involves the swing of the entire arms in large circles with the elbow kept stiff. This exercise is adequately termed the "Windmill."

Grasp your clubs firmly and, pivoting the arms at the shoulders, swing the entire length of the arms in forward and then backward circles. You will note the blood charging through the

body from this movement and produce a glow such as you would see on a cold winter's day after you have walked in the snow and gotten warmed from the exertions. This exercise is especially good for the vital organs, as it stimulates them to activity and surcharges them with increased energy.

Last November, 1926, Mark Berry wrote several corking good exercises with Indian clubs and I think it would be a good plan to give you one of them for this lesson. This exercise is the half-arm circles, in which the knobs of the clubs are held in a stationary position, though loosely in the fingers, gripping them in such a manner as to make the axis of the circles change from the hand to the elbow; that is, the movement comes from moving the forearm in a circle with the upper arm held stationary, or, at least, as nearly immovable as you can hold it.

Holding the right elbow at the side and raised a little to the front of the body, with forearm bent upward in a perpendicular line with the body and club pointing straight up in a continuous line; describe a circle in front of the chest with the upper arm immovable. Now practice the same movement with the left arm; and when inured to this exercise swing both clubs simultaneously, first in the same direction and then alternate the clubs.

Before I give you men the next few exercises of a calisthenic nature, I want you to bear in mind that the enthusiastic side of this exercise lesson needs to be considered more at length than the self-evident purely physical side. You will agree that nothing really great has ever been accomplished without enthusiasm. One of the chief objects on board this special train is to instill into you men a buoyant enthusiasm as well as aid you to build resistance in your body to overwhelm the germs that you may encounter. A lackadaisical manner and slovenly performance of these exercises and all the future lessons that will be instructed can never conduce to health and strength, and so, my men, you might as well make up your minds here and now to perform them right, for it will take that much longer to reach your destination, and the cost will be greater. I want you fellows to enjoy the refreshing sweep of ecstasy that accompanies these exercises to the full; and, remember, let's keep that smile on our faces.

The next exercise is very beneficial to the back and lower muscles situated near the base of the spine. I think our friend, Mr. Avoir Du Pois, will find this a good one for his waist line, as it is a reducer of adipose tissue. The particular set of muscles employed in this exercise are the set of muscles commonly known as the "rotators," which, as the name implies, rotate or turn the body. In performing this exercise, stand with your feet about a foot apart and then extend the arms and Indian clubs out to the sides; next, turn the trunk slowly around to the right, and then far to the left. We will repeat this exercise until the effect of it is felt in the region where the movements are



Be a High Paid Tenor Banjoist

Learn Quick at Home

Learn the Tenor Banjo and become a highly paid musician. Get into the big money class—\$65.00 to \$100 a week. Have fun, popularity and social advantages, too. The tenor banjo is one of the most important instruments in an orchestra. Yet it's also ideally adapted for little private parties. Best of all, you can learn to play it quick—in spare time at a cost of only a few cents a day. You can actually play jazz melodies in less than a month.

Fascinating New Method
A remarkable course of fifty-five lessons, prepared by a famous master-banjoist, together with 6-in-Time chart, demonstration phonograph records and a BIG BRAND NEW, FULL TONED PROFESSIONAL SIZE TENOR BANJO enables you to handle melodies like an expert in a few short weeks. Instrument, records, etc., come with very first lesson. Free book explains everything. Clip coupon at once.

Makes \$30 to \$50 a Month Extra

"I am glad to tell you that after just a few months study in your course, I am now making \$30 to \$40 a month in my spare time playing at dances. I play with the Five Aces Orchestra."
RAMON B. CASTILLO, Hurley, New Mexico.



Get this Free Book

BIG!
Tenor Banjo Outfit and 13 Phonograph Records Included

Coupon Brings Good News

A. F. Bloch, President,
NEW YORK ACADEMY OF MUSIC,
Studio 4812 Fifth Avenue, New York City.
Send FREE book telling all about your new, quick, easy way to learn the Tenor Banjo at home and about the instrument you send me. Understand, there is no obligation to me.
Name
Address

YOUTH, HEALTH, BEAUTY

My five courses in one teach you:

HOW TO

- develop a perfect physique
- reduce or gain
- care for the eyes
- care for the hair
- prevent and erase wrinkles.

All this for only \$10 Send money order and you will receive the complete course in return. Pauline Scaperlanda, 322 E. Elmira Street, San Antonio, Texas.

YOUR DESIRE To Be Exceptionally STRONG AND MUSCULAR IS OF NO AVAIL WITHOUT A MILO BAR BELL

You can develop and strengthen your body somewhat by most any type of exerciser but you must use a bar bell in order to develop unusual strength and a superb muscular development. The best isn't too good for you is it? Then order a Milo Bar Bell right now.

The proof of the above fact is that most men and boys who have been exercising without a bar bell eventually get a bar bell for complete satisfaction. Also the high quality of the Milo pupils prove that the Milo System does the job in the finest of shape.

And furthermore, it is safe to say that all renowned strongmen and perfectly muscled men have used bar bells and highly endorse them. But because they are the strongman's only method of training is no reason why you must be a strongman to use them. Read about the wide assortment of plates and their weights, below, and the reason why you don't have to be a strong man will be plain.

We Highly Recommend the 200-lb. Plate Loading Bell

COMPLETE PRICE LIST OF MILO BELLS

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

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

ORDER BLANK

Date

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 188,
Philadelphia, Pa.

Gentlemen:

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

Freight } to
 Express } County
 State

My mail address:

Name

Address

City State

MEASUREMENTS

Neck Age

Normal Chest Weight

Expanded Chest Occupation

Upper Arm How Many Times Can You
Chin the Bar?

Forearm How Many Times Can You Dip
on Parallel Bar?

Waist Check off your aims below:

Hips Improved Health—

Thigh Great Strength—

Calf Perfect Physique—

Wrist To Reduce Weight—

Ankle To Increase Weight—

Height

WE DO NOT PREPAY SHIPPING CHARGES

because it saves you money by the fact that it is difficult to out-grow it in most exercises and lifts and because you get the second hundred pounds for only \$9.00 as against a 100-lb. outfit for \$15.00.

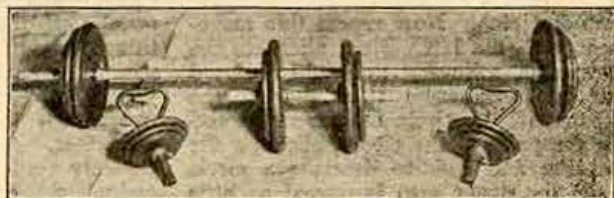
The 200-lb. plate loading bell is made up as follows:

Eighteen beveled edged plates, grouped and weighing as follows: Four 25-lb., two 15-lb., two 10-lb., two 7½-lb., two 5-lb., two 2½-lb., four 1¼-lb. One 5-ft. solid steel nickel-plated bar 1 1/16 inches in diameter, weighing 15 pounds, total weight of bar and plates 200 pounds. One solid steel nickel-plated dumb-bell handle and two kettlebell handles, eight collars and three courses of instructions.

Three Milo Courses Are Given With This Bell

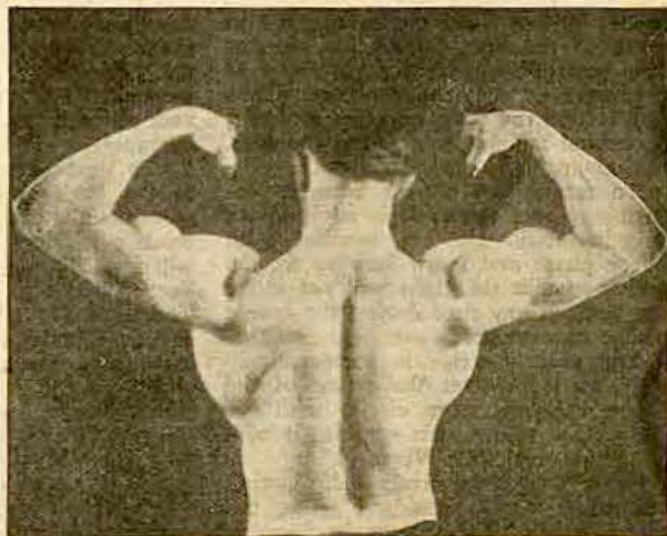
With this 200-lb. plate loading bell you are entitled to the complete Milo system of three separate courses: one on exercise with the bar bells; one on the eight standard bar bell lifts and one on advanced exercises and lifts.

Besides, you are entitled to our expert's advice who starts you out right with the correct weights and is at your disposal as long as you care to seek advice from him.



200-lb. Plate Bell

Fill In This Order Blank to the Best of Your Ability
and Our Expert Will Start You Out Correctly



E. FEATHER

made. It is a very simple exercise, but, nevertheless, a developer of the lower back muscles, and a waist line reducer.

The last exercise is one which you are familiar with. Stand with the feet apart, arms and clubs out at the sides, bend forward slowly and then bend backward. Repeat this until you are comfortably tired.

The reason why I have given you just a few exercises is, that it is unwise to work out strenuously in the first lesson. I therefore instituted Indian clubs to limber you up and get the kinks out of your spine. Now, men, that is all for today; go in and take a warm shower and finish with a cold one. Let the cold water trickle down your spines, for this produces an exhilarating effect upon the entire nervous system; then rub yourself down with heavy, coarse towels. Rub yourselves vigorously until you notice a reddish glow creep over your bodies. When you are dressed warmly, dinner will be served in the special dining car. But remember, when you eat, chew your food and take your time. There's plenty of good food for all of you and there is an hour

to thoroughly masticate your food. I shall leave you for a few minutes to say a parting word with the radio audience listening in on the lesson I gave you.

Hello! ladies and gentlemen of the radio audience. I hope you enjoyed our little program. I will broadcast each month from the health special and tell you the doings on board, so stand by, there is a musical concert in a few minutes.

Before I sign off, however, I want you to bear in mind that I am broadcasting for your benefit as well as for those who are taking this trip with me. If there is any doubt in your minds, I wish you would please let me know.

I trust, most sincerely, that you will derive as much benefit from my messages as those on board, and though I am sorry you are not with us, still I feel you are here in spirit. Ladies and gentlemen of MY radio audience, I will bid you good-day until next month, when I will broadcast again from the health special. This is station H-E-A-L-T-H signing off!

Beauty Thru Exercise.

(Continued from page 30)

Breakfast

Figs with glass of milk
Buttered whole wheat
crackers
Whole cornmeal mush
Cream

Dinner

Cream of potato soup
Kale or Swiss chard
Cheese omelet
Lettuce and tomato salad
Baked apple with cream

Supper

Steamed brown rice with
raisins and whole milk
Stewed prunes
Cocoa made with milk

The New Physical Education In Public Schools.

By Jay B. Nash

Associate Professor of Physical Education, New York University.

IT was one of the old Greek philosophers who sent a note to the teacher with a request that the children be given a vacation so that they might learn something.

This note was probably not sent in jest but because the philosopher knew that all education came from activities.

The Little Red Schoolhouse has been given a great deal of credit for education during the past one hundred years which rightly should have gone to the home and to the wide range of activities which the child in the country district participated in naturally. These activities were not merely physical activities but they were manual and social activities and activities which involved experimentation, thus laying the background of all of the sciences.

Many schools as they are organized today actually handicap the child. In our zeal to give him his "mental" education, we have cut down his physical activity. The school has not seemed to realize that the child is not part mental and part physical, but that he is a unit—and the mental and physical are absolutely inseparable. All education is based upon activity. Entrance to the

school has especially slowed up the physical growth of the child. Artificial seating, bad air, artificial lighting, and mental strain actually weaken the appetite and decrease respiration. The whole response of the body is lowered. These are followed by moodiness, colds, headaches, and many types of nervous disorders.

The new school avoids this strain. More activities are given, children are allowed more freedom, seating and ventilation are more natural. Eye strains are reduced and general strain which surrounds the schoolroom is cut down and in many places eliminated.

Physical education promotes one type of activity, namely, the physical activity which is the basis of all activity. Physical education should not be thought of as merely exercise. Adults may exercise, but children play. The old gymnasium class added to rather than relieved the strain of the school. The gymnasium drill had little or no educational value.

Physical education today interests itself in vigorous, social team games where there is a great amount of walking, running, and social intercourses be-

Are You Seeking Good Health? Mr. Turner Found It

Are you spending time, money and energy—trying to get back the vigor of earlier years? Is it hard to keep actively interested in business and in life generally, because something seems to be sapping your vitality?

Would you like to conquer this feeling of inertia? Do you want to become strong, vigorous, healthy again?

Then let us tell you how Mr. Turner and others realized that their troubles were due to internal congestion—and how they finally found the secret of good health by adopting a simple hydropathic principle which is embodied in Dr. Booth's Internal Bath. What a marvelous feeling to have a clear colon, free from poisonous secretions. Refreshing! Energizing! Soothing!

If you are bothered with constipation, gas, flatulency, biliousness, indigestion or other allied disorders that cause a general feeling of depression (interfering with your enjoyment of life and good health), then you should know more about Dr. Booth's Internal Bath. Valuable dossier sent on request. Write or use coupon below, enclosing two-cent stamp for reply.

Dr. Booth & Riker, A-23 Sta. L, New York

Please send me Dossier as described above

Name.....

Full Address.....



Photo of B. M. Turner, Wrestler, Contender for the Welter Weight Championship of the World, who says: "I am a firm believer in Dr. Booth's Internal Bath and it keeps me in trim at all times."

New Skin Comes

Where Old, Blemished Skin Has Troubled You for Years!

BEAUTIFUL SKIN AND COMPLEXION

"Like a 10 Year Old" Often in 3 Days



Read FREE Offer Below!

LOOK above—see that ten-year-old skin and complexion—no ugly blemishes to mar its youth-like beauty. Now it can be yours, no matter what you have done or tried without success. Simply write for this new free book entitled: "BEAUTIFUL NEW SKIN IN 3 DAYS" and you'll learn the secret at home. Send no money, just name and address. This is absolutely free to readers of this magazine. Write to MARVO BEAUTY LAB., Dept. 300-A, No. 1700 Broadway, New York, N. Y.

Eliminate Poisons



"I reduced my Blood Pressure 40 points in 3 weeks."
J. E. Ebbelman, Ill.

An electro-magnetic appliance has been perfected that builds robust health and vitality. This appliance, known as the Vit-O-Net Electro-Magnetic Blanket, eliminates poisons, relieves pain and promotes rest and sleep. Dissolves congestions responsible for many ailments. Endorsed and used by hundreds of physicians and hospitals. Successfully used for such cases as Rheumatism, Nervousness, Neuritis, Blood Pressure, Catarrh, Kidney troubles, etc. The manufacturers will send free to any one interested, copy of Health Document revealing valuable health secrets. Write to Vit-O-Net Mfg. Co., 2617-D North Ashland Avenue, Desk 58-127, Chicago. REPRESENTATIVES WANTED



BIRTH CONTROL

EVERY person who is married or is contemplating marriage should listen to a word of advice. Too many people enter into the holy bonds of matrimony absolutely ignorant of any of its responsibilities. As a result thousands of homes are wrecked, poor and innocent men and women are made to suffer untold misery all because THEY DID NOT KNOW THE LAWS OF NATURE.

Self-respecting, intelligent people to-day are not taking foolish chances, they are demanding and want to know all about BIRTH CONTROL and its doctrines and teachings. Any person who goes through life blindly, ignorant of these facts is committing an injustice to himself and others. DON'T PAY THE TERRIBLE PRICE. Decide to learn all about Birth Control NOW! Later it may be too late.

What a Few Grateful Readers Have Written Us. I cannot find words with which to thank you for the two books sent me. I learned a vast amount of information about myself that will prove of considerable value. Every adult should read these books.

Mrs. E. G. Newark, N. J.

I have never read any books that told me so much as the two I purchased from you. My eyes were opened to the truths I never knew existed. You are to be commended on distributing such splendid instructive books. Disseminating literature of this sort will help to make this a better world to live in.

Mrs. I. K., New York City

Read our wonderful book, by Dr. R. B. Armitage, famous physician. Tells simply and clearly all you should know about BIRTH CONTROL, Marriage, Sex. Discusses the following subjects: "Private Advice to Women; Birth Control; Too Many Children; Determination of Sex; Race Suicide," Etc. Over 200 pages, cloth bound. ALSO "WHAT EVERY WOMAN SHOULD KNOW," by Margaret Sanger, great Birth Control Advocate. 2 books for the price of 1.

SEND NO MONEY. When the two books arrive, pay postman only \$2.48 plus postage.

Sincere Publishing Co.,
24 E. 21st St., Dept. 572, New York City.

Please send me in plain wrapper Dr. R. B. Armitage's wonderful book "Private Advice" and "What Every Woman Should Know," by Mrs. Margaret Sanger. When the Postman arrives I will pay him only \$2.48 plus postage for the two books. (If you do not expect to be home when Postman arrives kindly send cash or money order in advance.)

Name

Address

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

Cash must accompany all orders to be mailed outside the United States.

tween members of the group. Physical education activities should be thought of as being identical to the activities which go on in the playground, the swimming pool, the athletic fields, the boys' and girls' clubs, the hike, and the summer camp.

This education is not for the physical, but it is primarily education through the physical. It is of value for the physical because out of these activities flow health values, not merely limited values of exercise, but the values which promote health because boys want to achieve in activities.

Out of these activities also flow social values. It is in the game that the boy first learns the distinction between right and wrong, when someone points him out and says: "You didn't play fair," or "You didn't play according to the rules."

All of the values of physical education depend upon *leadership*. No person in the public school is so close to the boys and girls as the physical director. It is a remarkable opportunity of education through the physical. Physical education and playground activities, then, should be considered as identical activities. The public schools are the proper administrative arms of the com-

munity to organize these activities. Children are organized in the class during the day and the activities are carried on before school, recess, noon, Saturdays, vacations, and holidays. These activities flow over from the school to all of the out-of-school times.

Not the least of the objectives of physical education and playground activities should be the bringing of joy into the lives of children. All educators, especially physical educators, should be joyous. They should be the happiest people in the world.

From actual experimentation, we know today that physical growth proceeds harmoniously only when the child is happy. We know that development which, taken in its largest sense, means not only physical development but civic development and character development proceeds best when the child is happy. Happiness, then, becomes one of the prime essentials of life. For years people have been told, "Be good and you'll be happy." This has never necessarily been true. A reversal would show the situation in a much better light, namely, "Be happy and you'll be good."

In connection with all of these activities, the school is the organizer and the game's the thing.

What the Physical Education Program Includes.

By J. H. McCurdy, M. D.

Director, International Y. M. C. A. College, Springfield, Mass.

AT a recent state legislative hearing a prominent citizen argued against a physical education law for the public schools. He stated that the boys should get their exercise by milking twelve cows night and morning, as he did during his boyhood. It would have required more than five million cows to give the children within a ten-mile limit twelve cows apiece. All the city ordinances regarding cattle would have had to be changed or the children transplanted to the country for their milking exercises. Times have changed since this man was a boy.

The physical education program includes, first and foremost, meeting the needs of individuals. Health, happiness, and physical skill adequate for both work and leisure are essential needs.

Equipment

The swimming pool is the conventionalizing of the old swimming hole,

made necessary because industry has fouled the old holes.

The playgrounds have come because the barn, the back yard, and the cow pasture have gone.

The gymnasiums are built to give exercise which was formerly secured on the farm through required work by both youths and adults.

Big muscle exercise is gone as a part of the daily work. Machinery has taken its place in the home and in the factory.

The present physical education program assumes:

1. A health department which cares for the sanitation of the town in its water and food supplies and in the proper disposal of wastes.

2. A medical examination of all school children, with a follow-up of all those needing remedial care.

3. A program of thorough health instruction. Correct health habits lengthen life and increase efficiency. Take one

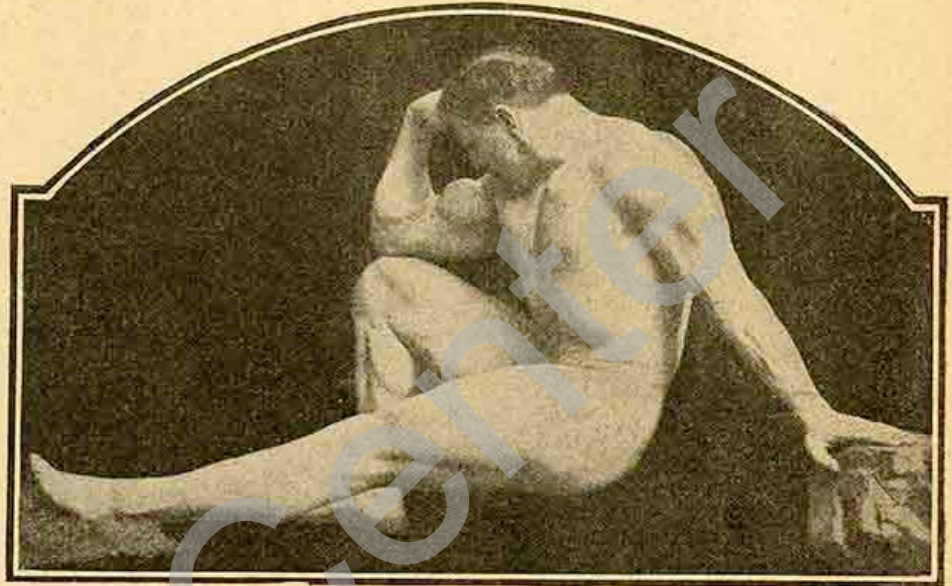
When You Decide To Develop Your Muscles Read This Book

By the Best Developed BIG MAN of All Time

George Hackenschmidt was probably the very best developed and shaped large man the world has produced. Of course, such a statement is always sure to be contradicted by some, for it is largely a matter of opinion who really is. But the fact remains that every authority will admit, regardless of who their favorite is, that Hackenschmidt was at least one of the best shaped and developed of the big man class. And as really well-proportioned and finely muscled big men are few and far between, we think Hackenschmidt deserves more credit than even the small shapely man.

KNOW MORE ABOUT THE STRENGTH OF FOREIGN STRONGMEN

The famous book, "The Way to Live," will give you a better knowledge of just what the European strongmen can do with bar bells. You don't have to be interested in wrestling to like this book, for it deals with strength, development, health, bar bells, etc., as well as wrestling. It's a book on the actual training methods of one of the greatest men in the wrestling and strongman game.



GEORGE HACKENSCHMIDT

Posed As An Athlete Resting

"HACK" a Great Bar Bell Lifter

Besides being the best wrestler in the world for many years, he was a wonderful lifter of bar bells. This book of his gives you his actual progress in pounds and dates so that you can see how fast he progressed and how he daily lived to accomplish his lifting successes.

Here Are the Titles of the Instructive Chapters:

First: The Introductory, the contents of which the following paragraph will enlighten you:

"But, as will be seen, it has not been my design to confine myself to laying down a series of rules for strong men and athletes only; my object in writing this book has been rather to lay before my readers such data as may enable them to secure Health as well as Strength."

Second Chapter: "WHY Should We Be Strong?" In which you get convincing reasons why you should be strong.

Third Chapter: "Adaptability and Characteristics." In this chapter your chances of becoming strong are discussed.

Fourth Chapter: "Physical Perfection and Strength." This chapter starts off like this: "I now propose to lay before your own views the most direct method of gaining physical perfection, strength, and dexterity." That sentence alone shows you that Hackenschmidt got down to brass tacks in this great little book.

Fifth Chapter: "Nutrition." What a great help the proper knowledge of this subject is to the health, strength, and development seekers.

Sixth Chapter: "Training." In which "Hack" gives you a complete training program for lifters and wrestlers.

Seventh Chapter: "Exercises Without Weights." Here is a wonderful preliminary training course.

Eighth Chapter: "Muscle Exercises With Weights." This, as well as the preceding chapter, contains clever illustrations of all exercises and movements.

Ninth Chapter: "Time Tables for Training." A very valuable chapter for the beginner.

Tenth Chapter: "Rest and Wholesome Sleep." Also valuable to everyone, not only the beginner.

Eleventh Chapter: "What Weights Should One Exercise With?" This one tells you how to gauge the most suitable weights for exercises. How to increase these weights, and when you should begin with heavy weights.

Twelfth Chapter: "Dr. Von Krajewski, Father of Athletics, and His System of Life." This man helped to train Hackenschmidt.

And, Finally: "The Story of My Life," in which "Hack" lets you in on his daily and intimate life.

The Milo Publishing Co.,
Book Dept. S-12-27
2739 N. Palethorp St., Philadelphia, Penna.

Gentlemen: Please send me a copy of George Hackenschmidt's book, "The Way to Live or Physical Strength and How I Acquired It." I am enclosing my remittance of \$2.50.

Name

Address

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

**If There Ever Was a \$2.50 Worth
HERE IT IS!**

Latest Reductions On These Book Combinations

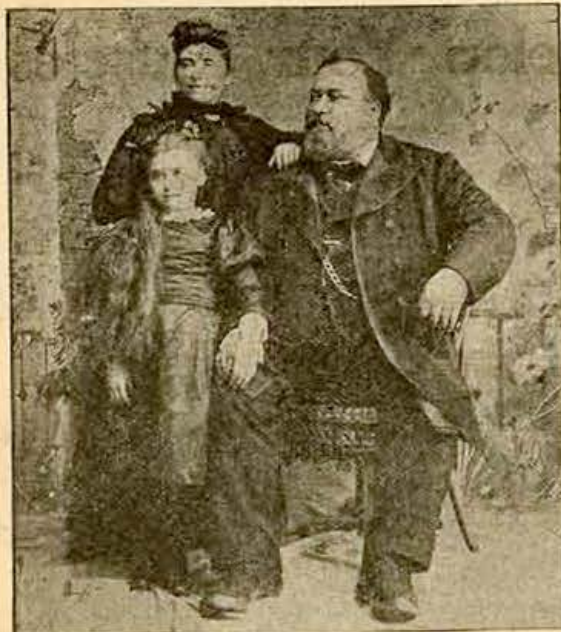
Made Possible By a New Low Price of One of Them
"The Strongest Man That Ever Lived"

Did you ever feel that you will like to know personally the strongmen you read about in STRENGTH? All followers of the strength game like to meet and know renowned strongmen. While it is impossible for you to know Louis Cyr, the strongest man that ever lived, personally, you can, however, by reading this great little book, feel the thrill that would be yours if you actually were a chum of Cyr's.

Cyr's whole life is pictured for you so vividly that you feel you are actually this great strongman's "sidekick." You'll feel as though you are actually present at all his lifting triumphs—you will get more than a glimpse into his private life from this fine book.

Either buy it separately or in combination with one or two of the other books. You save money by buying two or more of these books at one time.

SEE COUPON FOR NEW PRICES—ORDER NOW!



THE CYR FAMILY

"The Key to Might and Muscle"

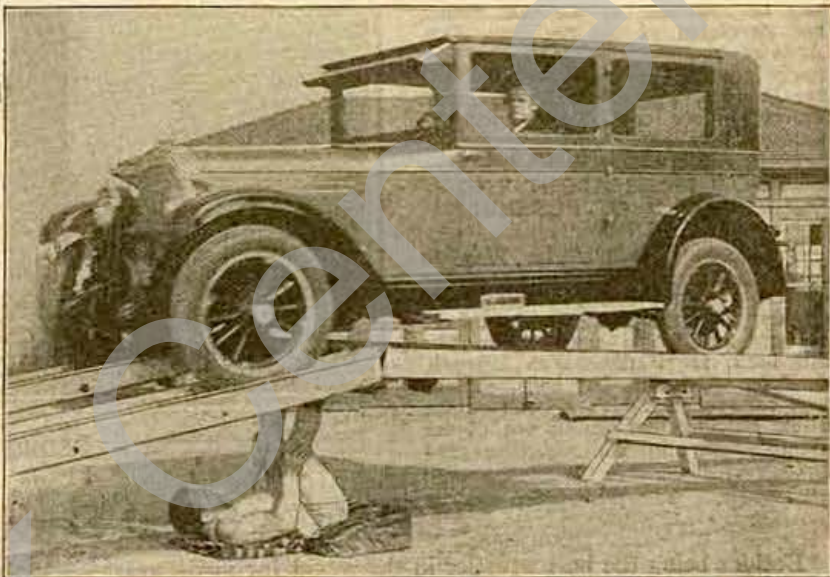
Here is the greatest muscle and might-producing book published. It was written by one of the few experts on the subject of muscle and strength developing from bar bells.

The Most Thorough and Expert Course For the Price Obtainable

This superior book tells you about all there is to know about building a fine body and gigantic strength. It lets you in on many points that were guarded secrets of the author before he decided to write "The Key to Might and Muscle," and once started he has told you all.

Anyone who has the slightest interest in improving his own body will profit greatly by reading and practicing the teaching of this book. It is actually worth many times its cost.

**Combine It With the Other Two Books
and Save Money**



Henry Steinborn In a Feat That Requires Great Strength

"SUPER-STRENGTH"

"Super-Strength" is also a body and strength-building book, but by another author of renown in the physical training world. This book has been pronounced, by many leading authorities and strongmen, the book without a peer.

"Super-Strength" is really the most complete course of instruction ever issued. Most "courses" which you buy contain only about 5000 words, and have 20 or 30 illustrations. This book, "Super-Strength," has 182 pictures and nearly 80,000 words of text; giving the author plenty of space to go into details and to give most complete instructions regarding each and every exercise.

He deals with each part of the body in turn. For instance, Chapter 2 is entirely devoted to exercises which strengthen the back; Chapter 4 to the legs; Chapter 6 to the sides, and so on. There are 26 chapters in the book, and nearly half of them are given up entirely to the description of developing exercises—many of which have never been published before.

The remaining chapters are devoted to feats of strength, lifting records and the analysis of bodily development for which the author is so famous. It is our sincere belief that this volume will do more to help you perfect your own physique and enable you to get REAL strength than any other book ever written. It's yours for one dollar.

Mail This Coupon Now For All Three Books

The Milo Publishing Co.,
2739 N. Palethorp Street, Philadelphia, Pa.

Book Dept. S-12-27

Gentlemen: Please send me the book, or books, I have checked off below. I am enclosing a remittance to cover cost of same.

	Was	Now
<input type="checkbox"/> "Super-Strength".....	\$1.75
<input type="checkbox"/> "The Strongest Man That Ever Lived".....	1.75	\$1.00
<input type="checkbox"/> "The Key to Might and Muscle".....	3.50
<input type="checkbox"/> "The Strongest Man That Ever Lived" and "Super-Strength".....	3.00	2.50
<input type="checkbox"/> "Super-Strength" and "The Key to Might and Muscle".....	4.25
<input type="checkbox"/> "The Key to Might and Muscle" and "The Strongest Man That Ever Lived".....	4.50	4.25
<input type="checkbox"/> "Super-Strength," "The Key to Might and Muscle," and "The Strongest Man That Ever Lived".....	6.00	5.75

Name

Address

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



The Unmatched Physique of Eugene Sandow at 19

illustration from Fisk's "Health Building." At the age of forty-five individuals fifty pounds overweight have an increased mortality of fifty per cent, and those seventy pounds overweight seventy-five per cent increase in the death rate. The report of the American Medical Association for 1919 showed that 38,000,000 employed persons lose each year 342,000,000 days because of illness. It states that at least half of this illness is preventable.

The practical health instruction in schools, colleges, Y. M. C. A.'s and clubs is in a considerable measure in the hands of physical education teachers. These teachers are in a strategic position to help form health habits. But they have too little time for this work. Sometimes they are too deeply absorbed in coaching teams. The schools and colleges are doing too much for the athlete and too little for the average boy and girl.

The distinctive physical activities may be divided into three groups:

1. *Organic exercises.* The average man who is free from disease lacks physical fitness. He puffs too much when he does any vigorous work. His daily work may require dictation to a stenographer or standing while a machine works. Office work helps get round shoulders. Standing without vigorous exercise helps to cause flat feet. Vigor is not secured through sitting and standing. Vigorous exercise is necessary. Organic exercises use vigorously the big muscles of the trunk, legs, and shoulders. They increase heart rate, breathing, general metabolism, and help eliminate body wastes. Indirectly, these big muscle exercises improve the tone of the plain muscles in the walls of the blood vessels and in the intestinal canal.

2. *Postural exercises.* Automobiles

and all other machines need proper alignment to avoid friction. The human body as a machine works best when its parts are in right relations. The three common faults are round shoulders, hollow back, and flat feet. Let us take round shoulders as an illustration. The muscles on the back of the neck and of the shoulder blades should be shortened to hold the head and arms in proper position. Breathing is easier if the head and shoulders are in proper position. Try this experiment with two friends. Have them stand facing you with your hands raised sideways to the height of your shoulders. Let one of them grasp your right arm at the wrist and at the elbow, and the other your left arm in a similar fashion. Lean backwards from the heels, keeping body in straight line. With their support on the arms can they lower you so head touches the floor without your arms coming forward either in going down or in coming to the standing position?

3. *Skill exercises.* Can you stand on one foot ten seconds keeping your eyes closed? Moderate skill in big muscle balance is essential in running, jumping, vaulting, climbing, batting, and throwing. Most of these skills are related to safety and to leisure-time enjoyment. Only the "quick and the dead" are safe in most city traffic. Golf, volleyball, tennis, hand ball, etc., all depend for success upon the "stance." Body balance ability is as essential as a bank balance if one is to enjoy health. Will the cities and towns see that their children have a chance to increase their deposits in the health bank, or must they draw on their reserves? The public sentiment of this generation on health matters will determine in a measure, the health of the next generation. What will you do about it?

Is Man Doomed to Baldness?

Noted Specialist Says "No" Despite Contrary Theory.

(Continued from November Issue.)

Like Plant Growth

"There is an amazing lack of information concerning the nature of human hair, its care, its health, and its preservation. Besides this lack of informa-

tion, there is a great deal of harmful misinformation which is responsible for most of the troubles people have with their hair. Let us, therefore, get a clear idea of the nature and structure of

Reduce This Fleshy Spot



DON'T weaken yourself with starvation diets—don't strain your heart with violent exercises. Here's a wonderful new invention which gives you an instant appearance of slimmness and quickly reduces the actual fat—without any danger, discomfort or disagreeable self-denial.

Take Off 2 to 6 Inches with New, Self-Massaging Belt

The moment you put on this wonderful, new, self-massaging belt your waist is instantly reduced from 2 to 6 inches—but, better still, you should actually grow thinner day by day. Your stomach disorders, constipation, backaches and shortness of breath generally disappear as the sagging internal organs are put back in normal place. You are filled with a wonderful new energy and will probably look and feel 10 to 15 years younger!

Like Having a Private Masseur

This new, wonderful Weil Reducing Belt produces the same results as an expert masseur—only quicker and cheaper. It not only reduces your waistline when you put it on, but is so constructed that every movement you make, every breath you take, imparts a constant gentle massage to every inch of your abdomen. In a few weeks inches of fat should actually disappear. The Weil Belt is made of the same kind of scientifically treated rubber that is used by hundreds of professional athletes and jockeys and is highly endorsed for its healthful principles by physicians everywhere. Satisfaction guaranteed or your money instantly refunded without question. The Weil Co., 5012 Hill St., New Haven, Conn.

THE WEIL COMPANY,
5012 Hill Street, New Haven, Conn.

Gentlemen: Please send me, without obligation, complete description of the Weil Scientific Reducing Belt and also your special 10-day trial offer.

Name

Address

City

State

Stop Using a Truss



STUART'S PLAPAO-PADS are different from the truss, being mechanico-chemico applicators made self-adhesive purposely to hold the distended muscles securely in place. No straps, buckles or spring attached—cannot slip, so cannot chafe or press against the public bone. Thousands have successfully treated themselves at home without hindrance of work—most obstinate cases conquered. Soft as velvet—easy to apply—inexpensive. Awarded Gold Medal and Grand Prix. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending Trial of Plapao absolutely FREE.

Write name on Coupon and send TODAY.

Plapao Co., 610 Stuart Bldg., St. Louis, Mo.

Name

Address

Return mail will bring Free Trial Plapao.



RESHAPE your NOSE

to beautiful proportions—while you sleep!



ANITA NOSE ADJUSTER

is SAFE, painless, comfortable. Speedy, permanent results guaranteed. Doctors praise it. No metal to harm you. Small cost.

Write for FREE BOOKLET • BEFORE-AFTER

ANITA CO., Dept. N-27 ANITA Bldg., NEWARK, N. J.

Health? Take Turkish Bath

at Home—Only 2 Cents



Physicians are abandoning drugs for this new treatment. If your mind or body is tired, open your pores and feel the rapid change in your condition, just out of 2¢ a bath. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made for the home. Great 5¢ Bank Sent Free. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made for the home. Great 5¢ Bank Sent Free. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made for the home. Great 5¢ Bank Sent Free. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made for the home. Great 5¢ Bank Sent Free.

Big 3-ft. Telescope

Makes people and objects miles away seem close. Brings new pleasures to home, farm, camp, travel, sport. See moon and stars as never before. New Ferry "Wonder" telescope has 5 sections—over 3 ft. long, open, 12 in. closed. Fully brass bound. Powerful lenses.

FREE!

Yes, Absolutely FREE! Handsome leatherette covered carrying case, leatherette carrying case, complete with strap, handy for farmers, auto tourists and hikers.



Only \$1.85

5 Sections

8-Power Lenses

Thousands Delighted!

"I am delighted with the 'Wonder' telescope. Today I have been watching submarines 5 miles off the coast."

—Philip Brush. "I can see across the Mississippi 3 miles and see people fishing."

—M. L. Thorn. "I am nearly 80 years old and if I could not get another would not take \$10.00 for it."

—A. R. Walker. "I can tell time on the church clock 5 miles away."

—Edward Foster. "Could tell color of aeroplane 4 miles away."

—Mrs. L. M. Yarrrough. "I saw a Light House 13 miles away."

—Clyde Semaner.

Send No Money

Send name and address and Ferry Wonder 3-ft. Telescope with free Carrying Case will come by return mail. Pay postman special bargain price of \$1.85 plus few cents postage. Satisfaction guaranteed or your money back. Supply limited, order today!

Ferry & Co., Dept. 3455 Chicago

Sexual Anatomy and Physiology



By BERNARD BERNARD, D.Sc., (Phys.) Doctor of Physiology, and T. J. ALLEN, M. D.



This is a book which, while avoiding unnecessary medical terms, describes the forms and functions of sex in men and women. Nobody could possibly object to the language used, yet the authors have made their meanings perfectly clear in word and illustration.

Well bound, gold lettering.

Price \$2.75 (Postpaid)

220 pages

53 pages of illustrations

SUBJECTS:

The Male Sexual System.
The Female Sexual System.
The Male Primary Organs.
The Female Primary Organs.
The Male Secondary Organs.
The Female Secondary Organs.
The Generation of Life.
Conception.
Pregnancy and Conditions Governing it.
Childbirth.
Lactation.
Twins.
Hermaphrodites.
Menstruation.
Glands.

This book is only supplied to those of responsible age so please use this form.

It will be sent in plain wrapper. Please give particulars proving age and responsibility.

SEND FOR YOUR COPY NOW

HEALTH AND LIFE PUBLICATIONS,

Dept B21 508 S. Dearborn St., Chicago, Ill.



Speed and Endurance

Every Athlete knows fast foot-work can only be built up, by "Rope-Skipping"—a wonderful exercise.

HENDRICKSON—Athletic HEAVY SKIP-ROPE

\$1.50

Made to swivel, with large ivory white handles. Fastest and best. Clip this ad, and order today. Price is only \$1.50 postpaid.

LIND-HENDRICKSON CO.

323 Broadway, (31) New York City

MONEY FOR YOU

Men or women can earn \$15 to \$25 weekly in spare time at home making display cards. Light, pleasant work. No canvassing. We instruct you and supply you with work. Write to-day for full particulars.

The MENHENITT COMPANY Limited

203 Dominion Bldg., Toronto, Can.

human hair.

"The human hair," continued Professor Scholder, "may be compared to a plant growth, the scalp corresponding to the soil or earth, the mother roots imbedded in the follicles beneath the layers of the scalp, corresponding to the roots of the tree or plant, and the individual hairs corresponding to the branches and leaves. If the soil is not fertile, the crop cannot grow, and if the scalp is permitted to become unhealthy, the hair cannot live.

"The life of any one hair on the human head," continued Professor Scholder, "is only a little over a year. A hair sprouts out from its mother root, grows to its full size and strength; then it dies and falls out. The scalp is continually discarding these old, dead hairs, and growing new ones to replace them. That is to say, this is happening if the scalp is in a healthy, productive condition. When, through the attacks of various ailments, or simply through under-nourishment, the scalp gets into an unhealthy condition, it cannot support the life of the existing hair, and these become weak, and thin, and finally drop out altogether. Nor can the mother roots produce new hair to replace the dead hair. Then the ominous thin spots begin to appear, the fore-runners of baldness.

Popular Fallacies

"Contrary to general belief," continued Professor Scholder, "ailments such as dandruff, itching scalp, etc., do not cause the hair to fall out. But they do indicate an unhealthy condition of the scalp, which, in turn, causes the hair to fall out. It is useless to attempt to eliminate these ailments by applying preparations or mechanical devices to the hair itself, nor will cropping the hair short, or shaving the head completely, or singeing the hair ends, have any effect. A common belief with women is that bobbing the hair improves its growth, but, as a matter of fact, it does not. The scalp is the soil from which the hair grows, and it must be kept fertile, just as the farmer must fertilize the bare, worn-out ground before the crop can grow.

"Another popular fallacy is that bald-

ness is hereditary. This is another example of the misinformation which is prevalent. Baldness is not hereditary. Some people may inherit weak hair, just as others inherit weak teeth, but no man or woman loses his or her hair because the father or mother has lost it. A person with weak hair must, of course, take exceptional care of it, in order to save it, but, with proper care and the observance of the necessary precautions, the inherited weakness can be counteracted and the hair permanently preserved.

"A great many people believe, also, that once the hair starts to go, nothing can save it. As a matter of fact, nothing could be more mistaken. Falling hair is due to the weakened condition of the mother roots, but as long as they remain alive, they are still capable of producing hair, provided they are properly nourished and stimulated.

How to Preserve the Hair

"It is evident, therefore," concluded Professor Scholder, "that the way to preserve the hair is to take care of it as regularly and conscientiously as we do of other parts of our body; to keep the scalp clean and healthy and the mother roots productive. If we do this, there is no more possibility of man's losing his hair than there is of losing his teeth. Each has a definite and important function as a working part and a beautifying element of the human body, and each should be preserved. When people learn to take proper care of their hair and scalp, there will be no further talk of man becoming a hairless monstrosity."

Coming from as eminent an authority as Professor Scholder, whose whole life has been devoted to his profession, this expression of his opinions, based, as it is, on the observation and experience of over thirty years, should prove a source of comfort and hope to those of us (and our name is legion) who are "getting kind of thin on top." And, after all, it is good to be told that we aren't doomed to lose our hair. If everybody becomes bald, it will probably be the fashion to be bald. But most of us would prefer to be old-fashioned and keep our hair,

What Exercise Do I Need?

C. Ward Crampton, M. D.

I HAVE been asked this question many times. It is hard to answer, because the exercise needs of a man, woman, or child depend upon the general needs of

human beings for exercise, and are modified indefinitely by his particular requirements.

The general human needs for exercise

Try This Amazing Secret of Strength

How You May Double and Treble Your Muscular Power, Your Vitality and Endurance Without Exercise of Any Kind

AN astounding discovery has been made! Almost IMMEDIATELY it gives you tremendous new strength, fills your body with new pep and vitality, invigorates every organ in your body! You experience a wonderful new sense of buoyant health; your whole system seems flooded with dynamic energy; you feel ready to whip your weight in wildcats.

You will be amazed at the new POWER in your muscles. You will find yourself doing feats of strength you never before thought possible. There will be new life in your muscles—you will have that lightning-like agility, that perfect co-ordination of mind and muscle that makes CHAMPIONS.

All this without a stroke of exercise, without the use of any apparatus or appliance whatever. It is not the SIZE of your muscles that counts. You have seen men of small stature handle men twice their size like babies. You know it wasn't the mere size of Fitzsimmons' or Dempsey's arms that gave them such terrific hitting power. Or take the case of wild animals—you know that a gorilla has the strength of TEN men.

WHAT IS THE SECRET?

What is it that gives wild animals their amazing vitality and power? What is it that makes some men veritable dynamos of energy, bubbling over with health and pep, while others drag through life half-alive?

At last Science has found the answer. Science has discovered the very key to super-strength, super-health, super-vitality. They are yours for the asking! You can charge your body with amazing new powers simply by drinking a glass of water two or three times a day! Yes, the way has been found to put into your ordinary drinking water the magic elements that will re-vitalize every organ and muscle of your body.

REMINERALIZE YOURSELF!

Remineralization—that is the secret! You cannot live without minerals. The whole process of life, METABOLISM, depends upon the minerals in your body. They are the magic elements by which the food you eat is converted into energy.

Right now your body is only half-alive. It has an under-supply of minerals. Sodium, magnesium, sulphur,

potassium, iodine, bromine, manganese, iron, calcium, lithium, phosphorus, chlorine—your body needs all these minerals, but you get very little of them in modern foods.

But see what happens when you put these minerals into the body. Your arms can lift two and three times as much. You can run like an Indian without getting tired. And feel good? You sing in every muscle, you eat up your work and ask for more, you are mighty happy to be alive.

You can't go to the drug store, buy these minerals, mix them and eat them. They would go right through you without doing any good. The minerals have to be in a form which the body can assimilate.

THE DISCOVERY AT LAST

Now you can get the vital minerals in a form which your body can use. The world-famous Post Institute laboratories have succeeded at last in "ionizing" these minerals so that they can be readily taken into the blood. By a special secret process, these minerals are held in solutions which are quickly digested and assimilated.

The treatment is very simple and pleasant. You simply add a few teaspoonsful of Ionized Baku Mineral Water to your drinking water before meals. You supplement this with a Baku Tonic Bath two or three times a week.

CONVINCE YOURSELF WITHOUT RISK

The results of taking this new treatment are so amazing that you cannot believe them possible until you have tried it for yourself. You don't risk a penny. Just TRY Baku-Remineralization and judge for yourself. Your money back if you don't feel like a new man in 30 days.

Send no money with the coupon. The complete Baku-Remineralization Treatment will be sent to you at once—two bottles of super-concentrated Ionized Baku Mineral Water, twelve Baku Tonic Baths, and a valuable Health Chart—the regular \$5.00 treatment. Pay the postman the special low price of \$2.95, plus a few cents postage. Then begin *remineralizing* yourself. Watch your muscles become gorilla muscles. Watch your complexion



Your Body Requires ALL These Minerals

Sodium
Magnesium
Sulphur
Potassium
Iodine
Bromine
Manganese
Iron
Calcium
Lithium
Phosphorous
Chlorine

brighten, your eyes sparkle and a new vitality sing through you. If the results aren't all you expect, back will come your money.

Post Institute Health Extension Division
730 Fifth Avenue, New York City.

Gentlemen: Please send me on trial the \$5.00 Baku Remineralization Treatment, at the low introductory price of \$2.95, plus postage, C. O. D. I will use the treatment 30 days. If not delighted you agree to refund all my money. I desire especially to correct following conditions:

- | | |
|--------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Chronic Headaches |
| <input type="checkbox"/> Underweight | <input type="checkbox"/> Neuralgia |
| <input type="checkbox"/> Auto Intoxication | <input type="checkbox"/> Neuritis |
| <input type="checkbox"/> Lack of Energy | <input type="checkbox"/> Indigestion |
| <input type="checkbox"/> Nervousness | <input type="checkbox"/> Pimples or Blackheads |
| <input type="checkbox"/> Sleeplessness | |

Name

Address

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

NOTE: If you prefer to enclose \$3.00 with this coupon, treatment will be sent postpaid. Same Money-Back Guarantee.

If You Want to Experience the Thrills

Of Actually Chumming Around With a Real Strong Man from Boyhood Up—

THEN READ

This Book About Louis Cyr

*That Amusing and Enlightening Book on the \$1.00
Life of the World's Strongest Man IS NOW*

As you read on, you follow Cyr to England, where he drops like a thunderbolt among them. You feel that you are sitting next to Sandow among the great throng of strong men, and as Sandow's record one arm lift is beat you gasp. "Eugene gripped the sides of the chair in which he sat until the knuckles gleamed whitely through the skin . . ." "In excitement, Prof. Szalay rose and was drawn forward as by the magnetism of a mesmerist's hands." His famous match with August Johnson, in Chicago. The greatest in history. His strength contest against four horses in Sohmer Park, before 10,000 people. Your eyebrows raise as you read of his two defeats, but not by man. His record performing rage in Boston and Chicago. Prof. Desbonnet staggered at sight of him. Picture a man with a pair of 33-inch thighs, 20-inch calf, and 59-inch chest.

60,000 Words **200 Pages**
Newly Published Pictures of Louis Cyr
and Other Strong Men of His Time

**The Most Interesting Book Ever
Printed On the Life of a Strongman**

Anyone who is the least bit interested in strength and strong men will enjoy this book. Take such incidents from the life of the most powerful of strong men as: "The boy Cyr helps the teamster"; "His first great encounter"; "He defeats Wm. Pennell for the world's title"; "Louis smashes the world's one-arm record"; "His match with Sebastian Miller"; "The invasion of Cyclops and the false Sandow"; "Cyclops' coin-breaking contest with Noel"; "What Cyclops told Professor Desbonnet"; "London is thrilled—Sandow staggered"; "The mighty duel of strength with August Johnson"; "Therrien wins Louis' bet"; "Louis fools the Samsons"; "Tricked by a fakir"; "Steinborn tries Cyr's bar bell at Attila's", and many more that are just as interesting, and you can imagine how interesting and helpful this book is.

Cyr's Meeting With John L. Sullivan

is another incident in Cyr's life that will hold you from the first word of this chapter to the last. You simply can't be without this book, especially at this rock-bottom price. (This is the lowest price at which this book will be sold.)

Pin a Dollar Bill to the Coupon and Send it in Immediately, Otherwise You May Miss This Special Offer

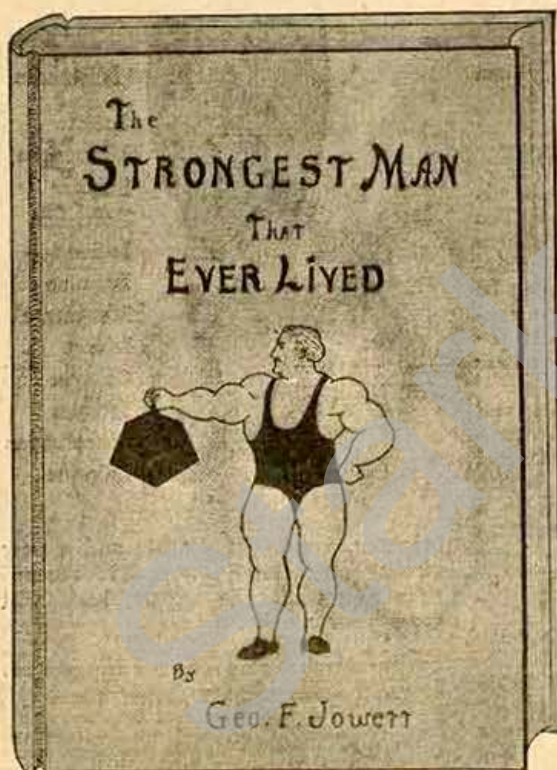
You can gain knowledge that will assist you in building your own strength and muscles by reading about this man Cyr's lifting competitions and his every-day life.

You will be better equipped to carry on your own training after reading "The Strongest Man That Ever Lived." You will profit greatly at this new price in enjoyment, knowledge, and a better physique, health and strength.

**It Contains 200 Pages and Many Rare Pictures
from the Cyr Album**

The Author made a special trip to Cyr's home town for the purpose of getting first hand the more intimate incidents in Cyr's life and these pictures from the family album.

**It Is Worth Many Times a Dollar
For You To Be Intimately Ac-
quainted With the Life of a
Strongman Like Cyr.**



If you want to feel the thrill of actually chumming around with a real Strongman from Boyhood up—
THEN READ THIS BOOK ABOUT LOUIS CYR

The Milo Publishing Co.,
2739 N. Palethorp Street, Philadelphia, Pa.

S-12-27

Gentlemen:
Enclosed please find \$1.00 for which please send me a copy of "The Strongest Man That Ever Lived."

Name

Address

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

YOGODA

How to Recharge Your Body and Mind
Batteries from Cosmic Energy

The *Boston Post* calls YOGODA the system that "exercises without exercising. Use of pills, drugs, etc., can be done away with. Yogoda teaches one to PUT ON or TAKE OFF FLESH by will. This will REVOLUTIONIZE all other systems of exercises."



SWAMI YOGANANDA
Hindu Yogoda Expert

YOGODA students gain extraordinary control over every part of their bodies, and can perform stupendous feats of strength and endurance. Yogoda is a simple, definite, immediately effective Technique of Applied Life Vibration which can be put into constant operation within your being, proceeding even during sleep. It VITALIZES each body cell, insuring FATIGUELESSNESS and lasting YOUTH. These scientific psycho-physiological methods will revolutionize your life and are endorsed by leading educators and physical culturists.

Ask for Free Literature, or Send 10c
for 32-page Booklet "Yogoda".

SWAMI YOGANANDA, S-1,
3880 San Rafael Ave., Los Angeles, Calif.



512-page book "Safe Counsel" tells all. Intimate tips on marriage, prostitution, eugenics, social practices, anatomy. Advice to the mother, parent and the maiden. The how, why, when and where of everything sexual. It's all here—with pictures.

DON'T SEND A PENNY

Write for regular \$4.00 Gift Edition at special price, for limited time, of only \$1.98 plus postage. Or just send \$2.00 and we send book postpaid. Money refunded if not satisfied. Hurry!

THE WESTERN DRUG CO., Dept. 17,
1840 California St., Denver, Colo.

DOUBLE YOUR STRENGTH!

Gigantic strength is not built by exercise alone. History's strongest men never exercised. They were vitally STRONG. Right foods build up a powerful internal mechanism, a veritable power house of vital strength. Increasing muscular power, hugely and lending toughness and endurance in long grinds. On the other hand, wrong food mixtures not only arrest development but vitiate whatever strength you now have. New 200-page book "Health Through Natural Methods" gives simple rules for eating, fasting, cooking, simple menus, diets, cures for every disease, natural pain expellers, exercises, etc. Equals most expensive food course. A sensation at \$1.00 postpaid. Stamps accepted. Satisfaction Positively Guaranteed.

EDUCATOR PRESS

Fuller Bldg., Jersey City, N. J., Dept. E-212



How to Obtain A Perfect Looking Nose

My latest improved Model 28 corrects now ill-shaped noses quickly, painlessly, permanently and comfortably at home. It is the only nose-shaping appliance of precise adjustment and a safe and guaranteed patent device that will actually give you a perfect looking nose. Write for Free Booklet which tells you how to obtain a perfect looking nose.

M. TRILETY,
Pioneer Nose-shaping Specialist
Dept. 2891, Binghamton, N. Y.

are of three kinds—anatomical, physiological, and psychological.

For our anatomical structure, we need exercise to strengthen those muscles which will help to hold up the head, keep the chest up, and tighten the abdominal wall to a narrow military waist.

The way to find out whether we need these exercises is by taking off all clothes and standing in front of the mirror and seeing whether there is bulging below the waist. Put your toes, thighs, and chest against the wall and take your nose and abdomen away from it, if you can. Now hold the pose till bedtime.

Is your chest ten per cent bigger than your waist; If not, you need to make it so and keep it so.

The psychological needs for exercise require enough activity such as walking, running, playing games, or active work movements to stimulate the heart and arteries and call upon the liver, stomach, and intestines for enough activity to keep them in condition. Most brain workers have stagnant bodies which kill them ten to twenty years ahead of time.

The psychological requirements for exercise are equally important. Games, sports, competition of all kinds are only modern expressions of old biological necessities. In olden times, our lives depended upon our ability to run, jump, climb, dodge, hit, swim, and fight. Therefore, our bodies are machine designed to do these things. The only reason why we enjoy taking part in athletic sports, or seeing them or reading about them is because of this fact.

What exercise do you need? The only intelligent way to answer this question is to get a complete medical health examination from a doctor who knows men, medicine, and muscles with equal thoroughness. He will then give you definite and complete information as to what exercise you will enjoy most and will make you live the longest, in addition to safeguarding you from a dozen different kinds of deterioration and disease.

SHOW CARD LETTERING

Learn at Home

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

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

Mail Coupon for Free Booklet

INTERNATIONAL SCHOOL OF ART
Associated with the
International Correspondence Schools
Dept. 2390-D, Scranton, Penna.

Without cost or obligation, please send me full details of your home-study course in

Illustrating Show Card Lettering Cartooning

Name.....
Address.....

"I WANT TO KNOW ABOUT LOVE" 5 CENTS

AUTHENTIC BOOKS ON SEX AND LOVE—YOUR CHOICE 5c EACH

- | | |
|-----------------------------|----------------------------|
| 98 How to Love | 286 Ancient Prostitution |
| 74 Sex Physiology | 1111 Medieval Prostitution |
| 83 Origin of Marriage | 1185 Modern Prostitution |
| 1089 Sex Common Sense | 163 Roman Sex Life |
| 937 Art of Kissing | 1202 Forbidden Love |
| 648 Sex Rejuvenation | 746 Daughter of Eve |
| 717 Sex Morality | 1148 American Sex Crimes |
| 982 Follies of Lovers | 208 Birth Control Debate |
| 1258 Companionate marriage | 43 Marriage vs. Divorce |
| 889 Kissing Jokes | 1247 Love vs. Hate |
| 14 Facts for Girls | 209 Birth Control Today |
| 633 Facts for Boys | 222 Vampire, etc. |
| 636 Facts for Men | 1046 Coquette vs. Wife |
| 637 Facts for Women | 6 Love & Other Tales |
| 536 Women Past 40 | 922 Wife's Confession |
| 864 Chats with Husbands | 930 Sex Determination |
| 645 Chats with Wives | 1043 Study of Woman |
| 91 Manhood Facts | 817 Her Burning Secret |
| 846 Womanhood Facts | 1045 A Mad Sweetheart |
| 228 Plain Married Talks | 178 A Cleopatra Night |
| 696 Man's Sex Life | 1177 The New Woman |
| 689 Woman's Sex Life | 614 Women Lived for Love |
| 691 Child's Sex Life | 730 Mistress of Today |
| 692 Homosexual Life | 428 French Royal Mistress |
| 726 Venereal Diseases | 901 Woman the Primitive |
| 172 Origin of Sex | 1233 Marriage Troubles |
| 988 Art of Courtship | 404 Romances of Paris |
| 203 Women's Love Rights | 810 Parisian Scandals |
| 197 French Love Lore | 1190 What Price Love? |
| 1249 Jokes About Lovers | 317 A Night Flirtation |
| 89 Love Letters of
Gauls | 1193 Woman's Way, etc. |
| 21 The Kiss, etc. | |
| 1244 Love Letter Guide | 259 26 Men & Girl |
| 221 How to Know Women | 1164 Unlovely Sin, etc. |
| 87 What is Love? | 673 Tales of Love & Life |
| 175 Hindu Love Book | 416 Love Misadventures |
| 875 Cleopatra's Loves | 1167 Sinister Sex, etc. |

HALDEMAN-JULIUS PUBLICATIONS,
Dept. S-146 Girard, Kansas



Complete course in Boxing, for only \$1.97. Our scientific methods cut time of learning in half. Teaches the blows used by professionals—Dempsey's Triple, Fitzsimmons' Shift, etc. Every blow illustrated. Also Wrestling, Jiu-Jitsu and History of Boxers. 6 big books—hundreds of pages. Send no money—see coupon.

Complete Course **\$1.97** Plus Postage

Marshall Stillman Association
Dept. 7-B, 247 Park Avenue, New York

Send on 10 day approval complete Self Defense Course. I will deposit \$1.97, plus postage, with postman. I will return course in 10 days if not satisfactory, and money will be refunded.

Name.....
Street and City.....

Immensely Strong!

Yes—

But Shapely, Too

That's Milo Pupils
That Would Be You Also, If
You Were a Milo Pupil

Every reader of Strength should have a Milo Bar Bell set, if it is only a hundred-pound one. Every reader of Strength is interested in bettering their physical condition, and why anyone desiring better health, strength, and beauty of physique is without a Bar Bell is a mystery to those who have used them.

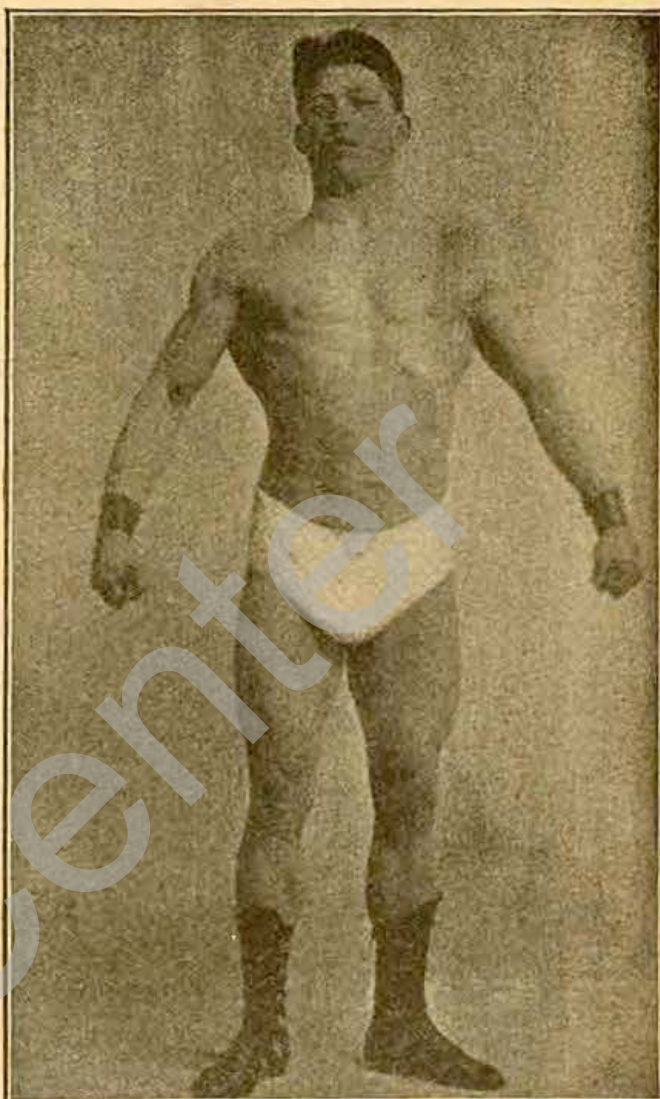
You Don't Have to Ask a Bar Bell Man Just Look at His Physique

Their muscles speak for themselves, saying Milo Bar Bells did it. The Milo has been showing the results of its system in the form of superior built men for over 25 years. The two men shown here are only two of thousands Milo has built to superb proportions and enormous strength.

These fellows were just like you are. They wanted their bodies to be strong and well built, just as they were meant to be, and they were wise enough to begin with a Milo Bar Bell and save time. This particular combination of desire and good judgment never fails.



NAUGHTIER



A. GILLESPIE

Besides the Milo Duplex Bell, you get three separate courses of instructions that are renowned for their expertness in teaching men and boys the quickest and best methods of getting results with a Milo Bar Bell. Two courses are given with our 100-pound set.

If you are convinced, save time by ordering from one of our direct sales pages in this issue. If you are a new reader of Strength and are not thoroughly familiar with the Milo System, then mail in the coupon below for our big free booklet. But, get a Bar Bell as soon as you possibly can, for it means physical success.

We Have Done This

We have put 6 to 10 inches on puny chests. Just visualize how an increase of only 4 inches on your chest would improve your appearance and health.

We have put several inches on thighs, calves, arms, necks, etc., in a very short time. We rarely fail to make such improvements in 6 months' time. Remember that six months' training every other day or night is really equivalent to three months of every-day training.

If you are raring to go, like all red-blooded he-men are, fill in the order blank on one of our two sales pages, or use this coupon:

The Milo Bar Bell Co., Dept. 187
2739 N. Palethorp St.,
Philadelphia, Pa.

Gentlemen:

Send me, without obligation, your free booklet on Bar Bells and Strong Men.

Name

Address

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



9 times as much for your money

manship to pens costing 3 times as much—3 times 3—9 times as much for your money when you buy a Postal Pen!

And one of the biggest features of all is the fact that the Postal Pen Barrel is actually transparent. Keep it clean and you can always see, right through the barrel, exactly how much ink you have. Other pens run unexpectedly dry. Postal never does—you always know when to re-fill it.

Finest Iridium tipped solid 14-karat gold point—the same quality as in the costliest pens. Absolutely guaranteed. All of the materials and craftsmanship are absolutely guaranteed to be equal or superior in quality to those found in any other pen sold at \$7, \$8.75, or more.

Another Great New Feature

But how will we know exactly what kind of point you need? Our experts have been working with graphologists—handwriting experts—for months, and now they can tell from your own handwriting exactly what type of point will suit you best. Just as an expert, after making an examination, can tell a person who needs glasses exactly what kind of lenses he should have. You wouldn't try to select a pair of glasses from a little corner store with only a few to choose from.

Thirty days free trial! So satisfactory has this greatly improved new method of selecting a pen point proved that we will let you use your Postal Pen a full month and then return it and get your money back if you don't find it the most satisfactory pen and point you ever used in your life.

Don't wait until tomorrow! Mail the coupon today—right now! If the signature space isn't large enough for you to write in your natural style, write on the margin of the page, so that our pen point experts can select from a gigantic stock the point exactly suited to your natural style of writing.

Send no money—merely deposit \$2.50 with the postman when he delivers your pen, and then try it for thirty days before you even decide to keep it! Mail coupon now!

FREE

With each Postal Pen you receive, absolutely free, 5 gold premium post cards each worth 50c on the purchase price of other Postal Pens or Postal materials.



Read These Great Postal Features

Transparent Barrel—You'll never have to guess how much ink you have.
Unbreakable—You can even step on your Postal Pen without injuring it.
Iridium-tipped, solid 14-Karat gold point.
Holds 3 to 4 times more ink than any other self-filling pen.

Absolutely Guaranteed

The materials and craftsmanship are absolutely guaranteed to be equal or superior in quality to those found in any other pen, whether sold at \$7, \$8.75, or more.

pen. You can't carry an ink-well around in your pocket or hand-bag. You want a fountain pen so that you will always have a smooth, beautiful, easy-flowing writing instrument that carries its own supply of ink. When it is dry, it is no better than an old-fashioned steel pen until it is filled again—the more ink it holds the more real Service it renders you.

Then compare the following features of the Postal Pen with any other pen at any price!

Postal—the same size as other fine fountain pens—*actually holds three times more ink!* Has three times the usual inside-of-barrel capacity. Three times as much writing service.

3 Times 3 Is 9

To carry this much ink—to be able to write this long without the trouble of refilling—you would need 3 ordinary fountain pens. And to get ordinary pens of similar unexcelled quality, you'd have to pay three times as much as you pay for a Postal Pen, 3 times as much service—and a fine, beautiful pen, absolutely guaranteed equal in quality and work-

WITH a few strokes of a pen you can instantly short-circuit a lot of expense. This is made possible by a simple, easy and very quick sales method successfully established three years ago by the Postal Pen Company.

Your name on the coupon below eliminates jobbers' discounts, salesmen's commissions, retail discounts—two-thirds of the "profits" that a pen must yield when sold in the ordinary way.

But that isn't all. It brings you, direct from manufacturers' factory, the pen with hundreds of thousands of users who consider it superior to any fountain pen, regardless of price. Its exclusive patented features put the Postal Pen in a class by itself.

The One Reason

Figure this out for yourself. There's just one reason for carrying a fountain

POSTAL PEN CO., Inc.,
Desk 297, 41 Park Row, New York City.

Please send me one Postal Reservoir Pen, and five special Premium Postcards, which I may use, give away, or dispose of at 50c each. I will pay \$2.50 upon receipt of the pen. If after 30 days' use, I desire to return the Postal Pen, you agree to refund purchase price. Send size checked here:.....Men's size.....Women's Size.

Name

Address

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

Costs
Only
\$2.50

Postal
RESERVOIR PEN

POSTAL PEN CO., INC. Desk 297
41 Park Row New York City

**30
DAYS
FREE
TRIAL**

7 Tube Set Single Dial Radio



Metrodyne Radio Sets

Are Equipped
For
**BATTERY or
ELECTRIC**
operation

The **Metrodyne**
ONLY ONE DIAL TO TUNE

RETAIL PRICE

\$75⁰⁰

Completely Assembled

Big Discounts to
Agents and Dealers

Wonderful offer direct from the factory! The world's greatest radio! A perfect working, single dial control, 7 tube receiver! And just to prove our claims, we will ship it to your home for **30 days' free trial**. Test it under all conditions. Test it for distance, volume and tonal quality—and if you are not convinced that it is the best single dial set you ever heard, return it to the factory. We don't want your money unless you are completely satisfied.

Three Year Guarantee

BIG PROFITS TO AGENTS AND DEALERS

Our Agents and Dealers make big money selling Metrodyne Sets. You can work all or part time. Demonstrate the superiority of Metrodynes right in your home. Metrodyne Radios have no competition. Lowest wholesale prices. Demonstrating set on 30 days' free trial. Greatest money-making opportunity. Send coupon, a letter or a postal for our agent's proposition.

Metrodyne Super-Seven Radio

A single dial control, 7 tube, tuned radio frequency set. Tested and approved by Popular Science Institute of Standards, Popular Radio Laboratory, Radio News Laboratory and by America's leading Radio Engineers. Designed and built by radio experts. Only the highest quality low loss parts are used. Magnificent, two-tone walnut cabinet with beautiful, gilt metal trimmings. Very newest 1928 model, embodying all the latest refinements.

Easiest set to operate. Only one small knob tunes in all stations. The dial is electrically lighted so that you can log stations in the dark. The volume control regulates the reception from a faint whisper to thunderous volume, **1,000 to 3,000 miles on loud speaker!** The Metrodyne Super-Seven is a beautiful and efficient receiver, and we are so sure that you will be delighted with it, that we make this liberal **30 days' free trial offer**. You to be the judge.



30 Days' Free Trial—3 Year Guarantee

Metrodyne Super-Six

Another triumph in radio. Here's the new 1928 model Metrodyne 6-tube, two dial, long distance tuned radio frequency receiving set. Approved by leading radio engineers of America. Highest grade low loss parts, completely assembled in a beautiful walnut cabinet. Easy to operate. Dials easily logged. Tune in your favorite station on same dial readings every time—no guessing.

Mr. Howard, of Chicago, said: "While free Chicago broadcasting stations were on the air I tuned in seventeen out-of-town stations, including New York and San Francisco, on my loud speaker horn, very loud and clear, as though they were all in Chicago."

We are one of the pioneers of radio. The success of Metrodyne sets is due to our liberal 30 days' free trial offer, which gives you the opportunity of trying before buying. Thousands of Metrodynes have been bought on our liberal free trial basis.

**6
Tube Set
\$48⁵⁰**
RETAIL PRICE
Completely
Assembled

**MAIL THIS
COUPON**
or send a postal or letter. Get our
proposition before buying a radio.
Deal direct with manufacturer—
SAVE MONEY—WRITE NOW!

MAIL COUPON BELOW

Let us send you proof of Metrodyne quality—our
30 days' free trial offer and 3 year guarantee

Mrs. Wm. Loffingwell, Westfield, N. J., writes: "The Metrodyne Radio I bought of you is a wow! This is as good as any \$225 machine I have ever seen."

N. M. Greene, Maywood, Ill., writes: "My time is up and the Metrodyne works fine. I got Havana, Cuba, Oakland, Calif., Denver, Colo., Toronto, Canada, all on the loud speaker."

J. W. Woods, Leadville, Colo., writes: "Received the 7-tube Metrodyne in fine condition. Had it up and working same day received. Was soon listening to Los Angeles, San Diego, Oakland and other California points; also St. Louis, Kansas City and other east and south stations—all coming in fine. Am more than pleased. Sure enjoying it."

We will send you hundreds of similar letters from owners who acclaim the Metrodyne as the greatest radio set in the world. A postal, letter or the coupon brings complete information, testimonials, wholesale prices, and our liberal **30 days' free trial offer**.

METRO ELECTRIC COMPANY
2161-71 N. California Ave., Dept. 298
Chicago, Illinois

Gentlemen:

Send me full particulars about Metrodyne 6 tube and 7 tube sets and your **30 days' free trial offer**.

Name _____

Address _____

If you are interested in AGENT'S proposition, place an "X" in the square

METRO ELECTRIC COMPANY

2161-71 N. California Ave. • Dept. 298 • Chicago, Illinois