



Read this story of Titus and you will see why he stands alone among all trainers and physical culture directors. He was the *first* to give physical training by mail—he has trained *more* men than any other instructor—he has trained most of the present-day trainers. Others have tried to copy his methods, but his system is exclusive and protected by United States copyrights and patents—it is recognized by authorities as in a class by itself. Why take an imitation when you can have the REAL THING?

WE say of some men that they are naturally big and strong, which means in effect, that they are more or less powerful just because they are big. But the question is, **ARE THEY STRONG IN PROPORTION TO THEIR SIZE? ARE THEY AS POWER-**

FUL AS THEY SHOULD BE?

If this is a fair basis upon which to judge a man's strength, then Titus must be regarded as the most remarkable of American strong men. And the writer has met many of them. Titus is a compact specimen of humanity, as hard as nails, with muscles and tendons like steel and possessed of a quality of strength that can only be compared with that of a tiger. If you saw him do some of his stunts you would declare that strength such as this is not human. You would say that no man has any right to be that strong. There are plenty of bigger "strong men" who cannot equal Titus in some of his feats of Strength. It is not alone the **SIZE** of the muscles but the **QUALITY** that counts, as well as the nerve force that is back of them. That is why two men of the same weight and apparently the same muscular development may be unequal in strength—it's largely in the nerves and vital condition. When you exercise and train your muscles you also exercise and train your nerves. You

exercise the entire inside man. And as a rule, with the same weight and muscular development, the man with the grit, who has more nerve force, is the stronger.

A Sculptor's Model

Titus has the most perfect muscular development and symmetry that you could ever hope to see. In every inch he is a model for a sculptor. But with this perfect physical make-up, in back of it lies an almost uncanny power of **MUSCLE CONCENTRATION**. Titus has the power of concentrating his strength or his nerve force in every effort he makes. This power of concentration is the quality that distinguishes the true athlete, as compared with another man of apparently the same build, whose nerve, grit and muscles are not well organized. Titus has this quality in an unusual degree; he has made his body a perfect engine. He has trained his system so that all the muscles in his body respond instantly to any call made upon them. If he desires to do a certain thing with an arm or leg, he seems to be able to concentrate the strength of his whole body in that arm or leg. He "turns on the current" as one might say, with full force, and the muscles contract with almost unbelievable power.



"No Boy Wonder"

Titus was never a "frail, sickly boy," but on the other hand no one would say that he was a "boy wonder." He was just an ordinary lad, healthy and fond of play. As