

Common Sense in Diet

Strength

1927
JULY

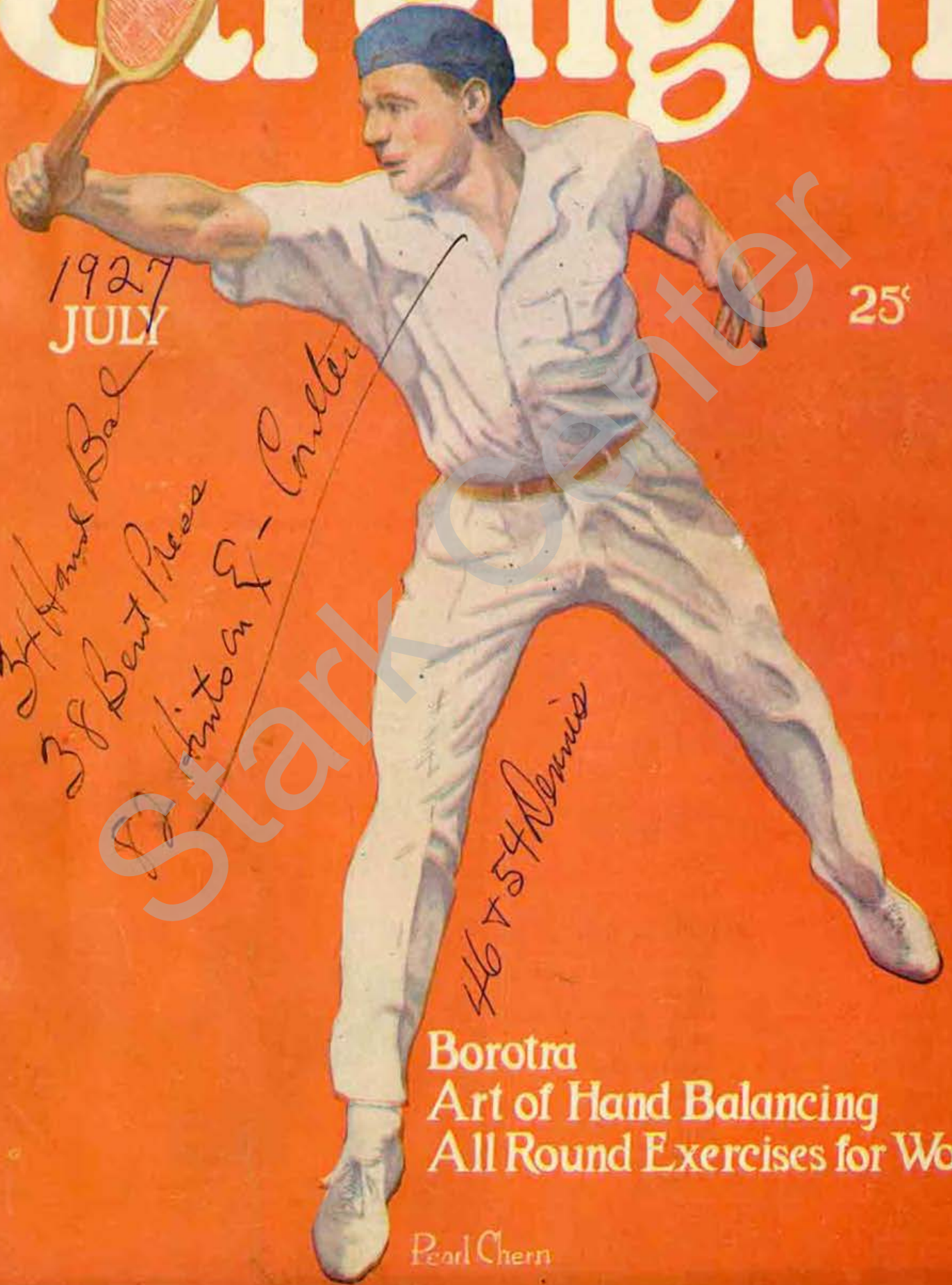
25¢

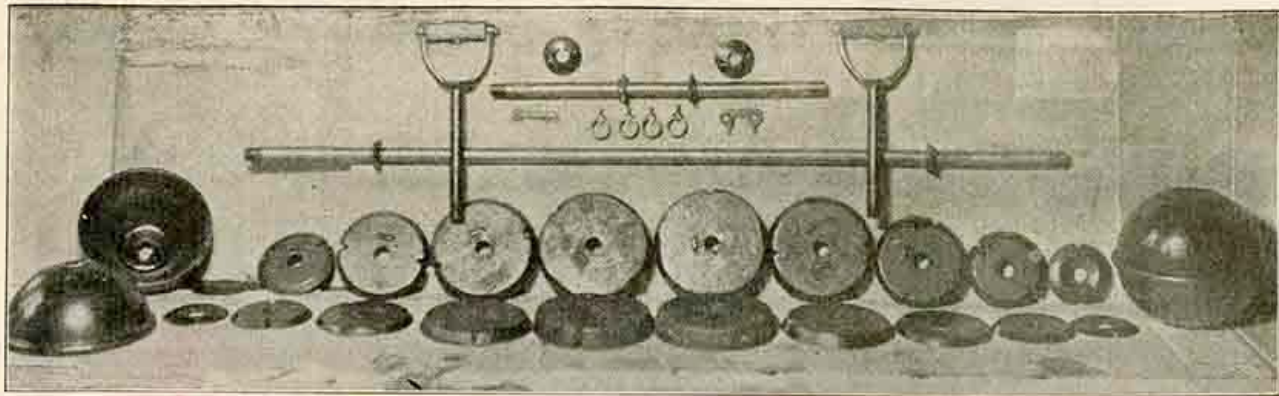
34 Hand Bal
38 Bent Press
Hinton & Carter

46 & 54 Dennis

Boroira
Art of Hand Balancing
All Round Exercises for Women

Pearl Chern





THE MILO LARGE SIZE DUPLEX BAR BELL SET

The Bell Shown Above Is the Finest Made

COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	\$60.00
400-lb. Plate Loading Bell.....	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
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. 173,
Philadelphia, Pa.

Gentlemen:

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

{ Express } to

{ Freight } County

State

My mail address:

Name

Address

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

MEASUREMENTS

Neck..... Weight.....

Normal Chest..... Age.....

Expanded Chest..... Occupation.....

Upper Arm..... How Many Times Can You Chin the Bar?.....

Forearm..... How Many Times Can You Dip on Parallel Bar?.....

Waist..... Check off your aims below:

Hips..... Improved Health—

Thigh..... Great Strength—

Calf..... Perfect Physique—

Wrist..... To Reduce Weight—

Ankle..... To Increase Weight—

Height.....

WE DO NOT PREPAY SHIPPING CHARGES

There is not a Bar Bell of any make or style that can equal the Large Size Milo Duplex Bell for beauty and muscle-developing qualities. Above you will see each and every separate part of this magnificent outfit. Below you will see how it looks when assembled into two kettle-bells.

There are 20 plates of graduated weights, from 20 lbs. down to 1½ lbs. The four spheres are shown that cover the plates, making a beautiful bell. There are two heavily nickel-plated, solid steel bars—one short bar for dumb-bell work and one long 5-foot bar for bar bell or two-hand work.

Then there are the two kettle-bell handles for independent two-hand use. Next comes the four sliding collars and a special wrench for them. The two lock-nuts that hold the spheres on the bars are shown also, with the special wrench for loosening them.

Three complete courses complete the outfit.

The Milo Large Size Duplex Will Do This For You

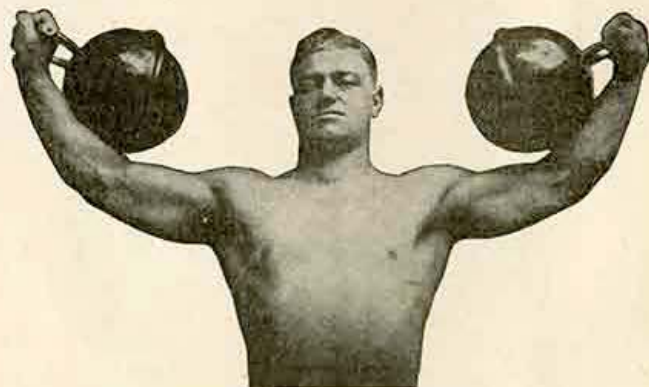
It will build you a chest that clothes can't hide. It will develop a neck that will require the largest collars made. Your legs will fill out your trousers, even if they are the wide, stylish make, your physique will, figuratively speaking, show right through those clothes. It will make people turn and admire your development, size, grace and appearance of strength. That is what a Milo Large Size Duplex will do for you personally.

Besides, it is a bell you will be proud to own, proud to show your friends, and proud to use in a public exhibition of your strength.

DON'T HESITATE—

This Is the Best System For Body Developing Purposes.

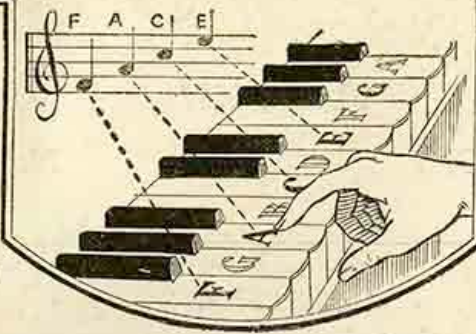
Fill in This Enrollment Blank NOW!



THE TWO KETTLE-BELLS

WEIGHT: Empty, 30 lbs., each—Loaded, 107½ lbs. each.

Half a Million People have learned music this easy way



You, Too, Can Learn
To Play Your Favorite Instrument
Without a Teacher

Easy as A-B-C

YES, half a million delighted men and women from all over the world have learned music this quick, easy way.

Half a million—500,000—what a gigantic orchestra they would make! Some are playing on the stage, others in orchestras, and many thousands are daily enjoying the pleasure and popularity of being able to play some instrument.

Surely this is convincing proof of the success of the new, modern method perfected by the U. S. School of Music! And what these people have done, YOU, too, can do!

Many of this half million didn't know one note from another—others had never touched an instrument—yet in half the usual time they learned to play their favorite instrument. Best of all, they found learning music amazingly easy. No monotonous hours of exercises—no tedious scales—no expensive teachers. This simplified method made learning music as easy as A-B-C!

It is like a fascinating game. From the very start you are playing real tunes perfectly by note. You simply can't go wrong, for every step, from beginning to end, is right before your eyes in print and picture. First you are told how to do a thing, then a picture shows you

how, then you do it yourself and hear it. And almost before you know it, you are playing your favorite pieces—jazz, ballads, classics. No private teacher could make it clearer. Little theory—plenty of accomplishment. That's why students of the U. S. School of Music get ahead *twice as fast—three times as fast* as those who study old-fashioned, plodding methods.

You don't need any special "talent." Many of the half million who have already become accomplished players never dreamed they possessed musical ability. They only wanted to play some instrument—just like you—and they found they could quickly learn how this easy way. Just a little of your spare time each day is needed—and you enjoy every minute of it. The cost is surprisingly low—averaging only a few cents a day—and the

price is the same for whatever instrument you choose. And remember you are studying right in your own home—without paying big fees to private teachers.

Don't miss any more good times! Learn now to play your favorite instrument and surprise all your friends. Change from a wallflower to the center of attraction. Music is the best thing to offer at a party—

musicians are invited everywhere. Enjoy the popularity you have been missing. Get your share of the musician's pleasure and profit! Start now!

Free Booklet and Demonstration Lesson.

If you are in earnest about wanting to join the crowd of entertainers and be a "big hit" at any party—if you really *do* want to play your favorite instrument, to become a performer whose services will be in demand—fill out and mail the convenient coupon asking for our Free Booklet and Demonstration Lesson. These explain our wonderful method fully and show you how easily and quickly you can learn to play like a professional at little expense. Instruments are supplied when needed—cash or credit. U. S. School of Music, 997 Brunswick Bldg., New York City.

U. S. School of Music,
997 Brunswick Bldg., 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 above instrument?.....

Name
(Please Write Plainly)

Address

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

What Instrument For You?

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



Strength



JULY, 1927

Vol. XII

No. 5

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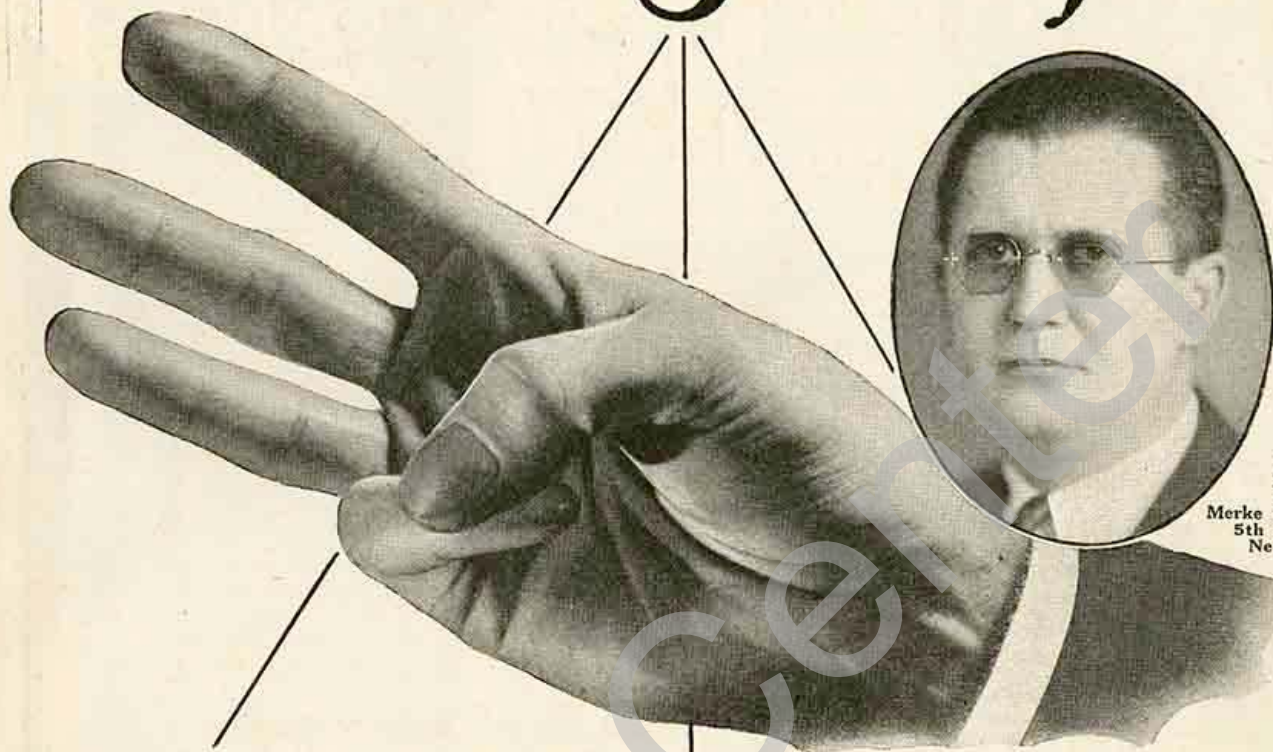
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To Grow New Hair— Do these 3 things!



ALOIS
MERKE
Founder
of the
Merke Institute
5th Avenue,
New York

Read this EVIDENCE

Hair Coming Back!

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

Dandruff Leaves Entirely

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

Partly Bald for 10 Years

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

New Life and Lustre After 8 Days

"A short time ago my hair was falling out and I was troubled with dandruff. Your wonderful treatment has put my scalp in a very healthy condition, stopped the hair from falling out, and gave it new life and lustre after using it only eight days."—R. A. H., New York.

Treatment Quickly Puts Scalp in Good Condition

"I have been partly bald for years, and my hair was in such condition I believed I would have been completely bald by this time. . . . In a short time my hair stopped falling and now my scalp is in a healthy condition, and new hair has started to grow."—C. L. L., Beloit, Wis.

Note my CONTRACT



NO matter how thin your hair is—no matter how fast it is falling out—no matter how many expensive hair treatments you have tried unsuccessfully—accept my "no risk" way to save yourself from the tragedy of baldness!

Hundreds have grown new hair easily right at home with my scientific treatment. Now I offer you the same amazing guarantee! I'll end dandruff—stop falling hair—grow new hair in 30 days—or the trial costs you absolutely NOTHING!

Here's My Secret!

Years of training and research—experience in treating thousands of cases of loss of hair—have taught me this vital fact. In most cases of approaching baldness the hair roots are not dead, but *dormant*—asleep. You don't try to make a tree grow by rubbing "growing fluid" on the bark. You get to the roots. And so it is with the hair. You're wasting your time—throwing away money—on ordinary hair tonics, salves, massages and oils, which fail simply because they treat only the *surface*

Prove for yourself How Easy it is

skin. My scientific treatment goes *beneath* the surface—brings nourishment direct to dormant roots—encourages quick and healthy growth of new hair.

At the Merke Institute, 5th Avenue, New York, many people have paid \$100 for results secured. Yet now you can secure equally beneficial results at home—for only a few cents a day—or money instantly refunded.

New Hair or No Cost!

Hundreds claim seeming miracles for my treatment. I don't. I admit some cases of baldness are hopeless. But these cases are so rare, and so many hundreds have regained luxuriant hair through my method, that I am willing to let you try it for 30 days at my risk! And you alone are the judge!

Here's Your FREE Booklet!

Coupon below brings you wonderfully interesting booklet, describing in detail my successful system, which is growing new hair for thousands. Book also tells of my iron-clad guarantee, enabling you to take my treatment without a penny's risk. Send for it—TODAY! Allied Merke Institutes, Inc., Dept. 557, 512 Fifth Ave., New York City.

Allied Merke Institutes, Inc.
Dept. 557, 512 Fifth Avenue, New York City

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

Name

Address

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



O. C. MILLER

Director Extension Work

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Get this straight—the American School was chartered in 1897 as an educational institution, *not for profit*. So you will find the same standards of service here as in the best resident schools and colleges. Over 200 of the leading Engineers, Executives and Educators of the U. S. prepared the instruction we offer. Their standing vouches for its *quality*. This is available to you on terms of only a few dollars a month. Write for our souvenir book, "White Magic," given FREE in celebration of our 30th Anniversary.

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Preparation for a better Job and a Raise in pay

Employment
—then helping you **Get it!**

If You Are Now Earning \$40 a Week or Less—

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BY ORIGINAL MUSCLE MAKING METHODS



DON'T stand by and see your body tottering and growing weaker and flabbier day by day, unfitting you for every physical function, making a sorry spectacle of you in everything you undertake. Don't do it—if you want to be a man—a real he-man—a man who will be noticed in a crowd by both men and women. Don't be a weakling when you can be a healthy, powerful, muscular fellow, with a grip like iron, a knockout punch, a chest that denotes strength, and a face that pictures buoyant health and happiness. Battle against weakness and disease and annoying ailments. **IT'S YOUR FIGHT—and YOU CAN WIN IT!** I can help you! I will help you! I have performed wonders in restoring weak men to health and strength. Thousands will testify to this fact.

John J. Hajnos, strong man of the U. S. NAVY, first enrolled as a pupil under me February 2, 1922. From a youth of ordinary strength—I might say weakness—he was so developed that he now performs almost incredible feats of strength. Hajnos writes: "I hope I may be the means of inducing other young men to avail themselves of your wonderful Course and your ability to develop the human physique."

LISTEN TO ME, YOUNG MAN

You need not be discouraged and down with the blues because of your weakened physical condition, your ailments, your lack of manliness. I have put thousands on their feet after they had been dragged down so deep they thought they could never be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods, until they became outstanding men, full of snap, and "go" and steam. And tens of thousands of letters in my office tell of their restoration to health, the rejuvenation of their whole muscular system, the awakening of their mentality and the joy and happiness that came through all these.

Don't Fool With Dope and Drugs

Man, you won't get anywhere experimenting with drugs, dope, and booze to stimulate the system. Gymnastic apparatus, stretching, pulling and lifting machines often aggravate your condition. Starvation diets serve merely to weaken you more. Electrical and many other trumped-up treatments, muscle manipulation, baths, ordinary physical culture, forced deep breathing, mystics—all fail to get to the cause of your weaknesses and diseases. Nature only can help you. Nature is supreme in the regulation, restoration and revitalizing of the human body. But you must give Nature a chance—you must help her—and this you can do most certainly, most effectively, through

STRONGFORTISM

Science of Health and Strength

It was through the methods I used in developing my own body until I won the world's acclaim as the finest specimen of muscular development, and championships in feats of great strength, in Europe and in the United States, that I constructed the science of **STRONGFORTISM**. It is through it that I reclaim wrecked and weak men, make them into new beings, and give them a body and arms of which they can boast. No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive. **YOU CAN BANISH YOUR WEAKNESS.** You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

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Send for your copy of my extraordinary book and you will learn facts that will astonish you and help you out of your sorry plight.

The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power, and personality. It will show you how to be true to the best that is within you. Just check the subjects on the consultation coupon on which you want special confidential information, and send to me.



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Mr. Lionel Strongfort, Strongfort Institute, Dept. 358, Newark, N. J., U. S. A.—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.

- | | | |
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NAME

AGE..... OCCUPATION.....

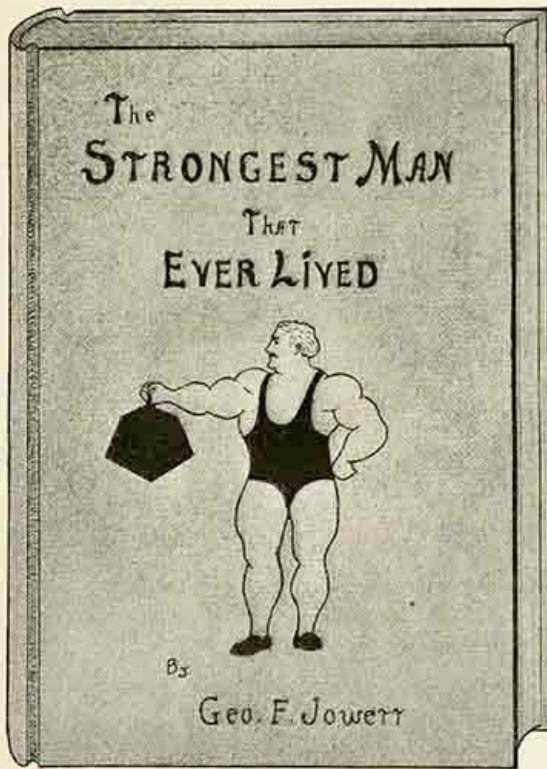
STREET

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

STRONGFORT— Builder of Men

My portrait is not published for glory or as a boast of my prowess, but as concrete evidence that my body was developed into perfect physical and health condition by the very methods I use in up-building other men and restoring them to health and strength.

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PHYSICAL AND HEALTH SPECIALIST
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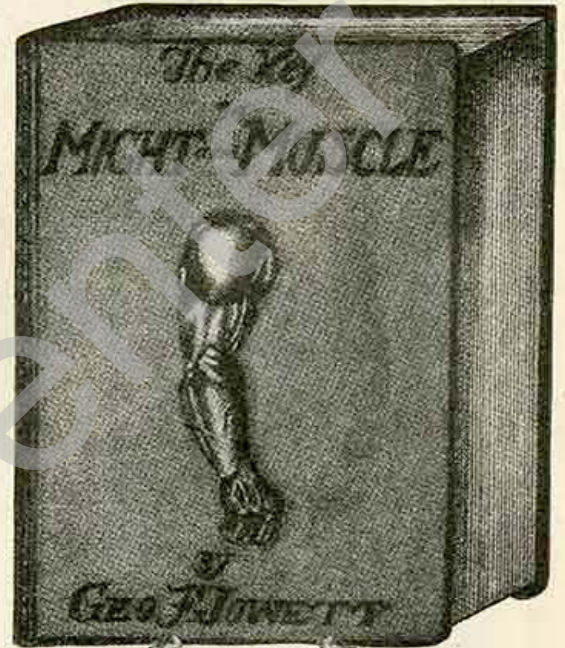


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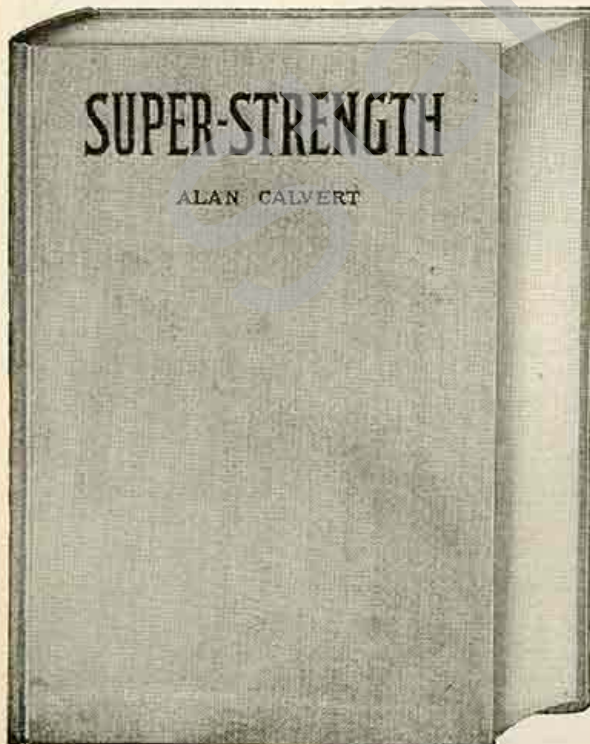
They are beautifully bound and printed from easy-reading type. Besides, a large number of reproductions of photos, there are many illustrations of lifts and exercises. No health-seeker should be without these three volumes. They are worth their weight in gold because they bring you the knowledge that will make you strong and healthy.



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In "The Key to Might and Muscle" alone there are 24 chapters on such subjects as—"The Truth About Exercise"; "The Mystery of Strength"; "Curative Exercises"; "Building a Mighty Chest"; "Bone Strength"; "The Bogey in Forearm and Calf Development"; "Thickening the Wrist"; "Finger Strength and How to Acquire It"; "How a Columnar Neck Creates Nerve Force"; "Strengthening the Weakest Link in the Spinal Chain"; "Intense Vitality by Abdominal Development"; "Banishing Round Shoulders and Protruding Shoulder Blades"; "Developing Superb Hips and Thighs"; "Building a Shapely Arm"; "Why Home Exercise Is Best"; "The Standard of the Ideal Shape", and there are other chapters on strongmen and weight lifting.



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Need no praising to the readers of Strength Magazine. Without a doubt these are the three greatest books of the Strength and Muscle Building Class ever written, and at these combination prices as given on the coupon they are bargains.



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Combina-
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COUPON
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2739 N. Palethorp Street, Philadelphia, Pa. Book Dept. S-7-27

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<input type="checkbox"/>	"The Strongest Man That Ever Lived"	1.75
<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
<input type="checkbox"/>	"Super-Strength" and "The Key to Might and Muscle"	4.25
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Name

Address

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



They Jeered at Me— But I Made Them Applaud Me Three Weeks Later!

...the boss turned to me and
...Well, Conroy, what's your
...They all listened politely for
...and in the silence I heard my
...voice stammering and sput-
...ing vague phrases. Like a flash
...interrupted me and launched on a
...description of his
...spellbound
...my views
...and yet I
...was saying the
...and I
...to suggest a
...plan which
...solve all our
...the way it al-
...was always being
...to know my
...being mis-
...timid,
...never knew
...how to
...In fact,
...of all my own
...I saw others
...I was promoted
...I was commonly
...because
...of powerful
...and
...very qualities

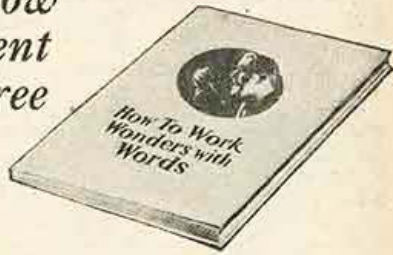
to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech possessed by everyone, but cultivated by so few—by simply spending 15 minutes a day in the privacy of my own home on this most fascinating subject.

ity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

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 - How to acquire a winning personality.
 - How to strengthen your will-power and ambition.
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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., June 20th for the August issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

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If you want The Best Book, "A Perfect Life and How to Live It," write Dr. Henry Hoffman, Box S14, Omaha, Nebraska, U. S. A.

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STRETCHING is nature's way of keeping the spine **NORMAL**. The **ONE** thing most essential to **HEALTH** is, to keep the cartilage between each vertebrae normal in thickness and perfect in shape—for when this is **SO**, none of the nerves that branch out from the Spinal Column can be pinched or impinged and plenty of nerve force to every part of the body is certain—**THIS MEANS HEALTH**—the **NACU BODY STRETCHER AND EXERCISER** does this work perfectly and costs only \$15.00 Postpaid—**SEND NO MONEY**—ORDER C. O. D. and pay the Postman when he delivers it. **NACU CO.** P. O. Box 58, Berkeley, California.

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Do you need rest and recuperation? The Chesapeake Bay country offers many scenic and climatic advantages, which, together with our diet, exercise, massage, sun-baths and other treatments, will soon make you well. Dr. Galatian's Sanitarium, Box S, Cantonsville, Md.

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Home Study Courses by all schools on all subjects, sold complete in fine condition, at bargain prices, because slightly used. Sensational reductions on all standard physical culture courses. Money-back guarantee. Easy terms. Courses bought. Write for FREE Catalog. **ECONOMY EDUCATOR SERVICE** (Dept. F), 202 W. 49th St., New York.

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

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

Drugless Physicians

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

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LEARN AT HOME, in spare time. Anatomy, Physiology, all branches Drugless Therapeutics, Chiropractic, Osteopathy, Physiotherapy, Massage, Dietetics, Preparatory and Post-Graduate courses. Enquire Garrison Institute, 312 Erie Building, Cleveland, Ohio.

For Sale

200-Lb. Bar Bell, complete, 3 Courses, 5-Cabled Exerciser, with course; Wrist Straps; Tumbling Course; Eating for Health and Strength. ONLY \$30 for Lot. Al Morris, 17 Clarence St., Bradford, Pa.

Irish Muscle-Building Course. Entirely new methods. Price \$3. Particulars: Reid, Rockcliffe, Portrush, Ireland.

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Don't Starve. Feed. Improve Consumption, indigestion, nerve exhaustion, reduce weight. Booklet 10c. Vital Food, 104 Fourth St., Camden, New Jersey.

Health Home

Douglass Health Home, 2008 Broadway, Oakland, Calif. Rheumatism & Sprains.

Help Wanted—Male

MEN, get Forest Ranger job, \$1000 and home furnished; permanent; for details, write Norton, 204 Wilson St., Denver, Colo.

BE A DETECTIVE. Work done in spare time—experience unnecessary. Particulars on American Detective System, 208 Broadway.

Wanted

If you have a patented or unpatented invention for sale, write Hartley, 58 Court St., Boston.

WANTED—Second-Hand By Mail, any price, make. Theodore Wells, 208 Broadway, Kingston, Pa.

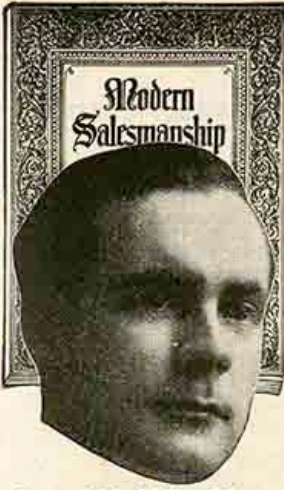
Pictures

20 pictures of scenic Wisconsin Lake Geneva, Wis. Conroy, Lake Geneva, Wis.

ARTISTS: Have your favorite landscape oil color painted and mounted on any kind and every size board, free to every new patron. Write on request. Order today. Walter, 89, Hudson Street, Warrington.

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Learn Ventriloquism by Mail. Stamp brings particulars. North Jefferson, Room 2790, Peoria, Ill.



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!



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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."

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

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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 earning \$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 SALESMANSHIP training—you can acquire the equivalent of actual experience while studying. Hundreds of men who never sold goods in their lives credit a large portion of their success to this remarkable training.

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!



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

National Salesmen's Training Association, Dept. H-210, N. S. T. A. Bldg., Chicago, Ill. Without cost or obligation you may send me your free book, "Modern Salesmanship."

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...ances of paper and ... contains the most vivid ... any ambitious man can ... the facts and secrets that ... ambitious men to success ... expectations! So powerful ... been the influence of this ... to wonder a famous busi- ... it "The Most Astonish- ... "Modern Salesmanship" con- ... surprising and little-known ... profession in the ... truth about the art ... of old theories, explains ... simple terms, and tells ... records of nationally- ... achieved. And not ... simple plan that will ... master scientific sales- ... years on the road— ... dollar from his present ... \$7,500 A Year!
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SMASH!

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Look at this **Record Breaking BARGAIN**



FREE! Complete Course of Instruction. Act QUICK and get a complete course of Instructions FREE with this marvelous Progressive Exerciser. Written by a world-famous physical culture authority, these lessons tell you how to use the HERCULES BUILDER to develop every muscle in your body.

FREE! Hercules Hand Grips. Yes Sir, thrown in for good measure, without a cent of cost to you—a pair of the famous Hercules Hand Grips. They'll put the strength of a gorilla into your grip, give you wrists of steel and develop the muscles of your forearm.

THE HERCULES BUILDER

Here's the offer that startled the whole physical culture world—and no wonder! This overwhelming BARGAIN will make you rub your eyes!

Think of it! Only \$1.87 for the marvelous Hercules Builder, the champion muscle making Exerciser! Don't judge it by the price! Don't confuse it with cheap exercisers that are simply thrown together to sell at a low price. The Hercules Builder is the real stuff all the way through. Its big, powerful cables are made of multiple strands of genuine live Para rubber, made especially for this purpose. The minute you try the Hercules Builder you will feel the difference; other exercisers feel dead and lifeless alongside this springy, snappy, peppy muscle builder. It develops tremendous resistance—that's the secret of BIG muscles. You can use as many cables as you please—the Hercules Builder is Progressive. All the way through it's made to stand the gaff—carefully selected materials, strong, durable construction.

Try to match the Hercules Builder 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.

RUSH THIS COUPON

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This sensational offer will bring a flood of orders. Don't wait or you'll lose out. Shoot the coupon along NOW. State whether you want the Hercules Builder with 5, 10 or 15 cables. Your FREE INSTRUCTIONS and your FREE HAND GRIPS will come to you with your Exerciser.

5 Cables	{ Develops over 200 lbs. resistance }	for \$1.87	SEND NO MONEY
10 Cables	{ Develops over 400 lbs. resistance }	for \$3.98	Just write your name and address on the coupon—that's all. Pay the post man when he delivers your outfit. And remember YOUR MONEY RIGHT BACK If you don't agree that this is the greatest bargain ever offered the physical culture world. Tear off the coupon before you turn the page. And don't forget to mail it TO-DAY.
15 Cables	{ Develops over 600 lbs. resistance }	for \$5.75	

NOTE: The quality is the same with any number of cables. Free Instructions and Free Hand Grips included with each.

The Hercules Co., (Dept. S-116)

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GUARANTEE

Hercules Builder under an absolute Back Guarantee. After examining and using your outfit, you are not entirely satisfied, if you do not agree to return it within a week and your money will be returned to you ONCE AND IN FULL.

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Bar Bell Users and Strength Enthusiasts

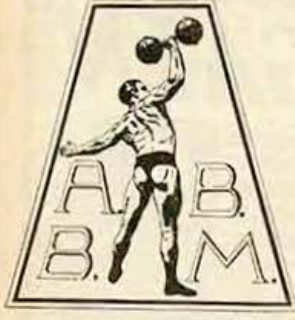
IT IS VITALLY IMPORTANT THAT YOU READ EVERY WORD OF THE FOLLOWING.

If you are interested in a Physical Culture Brotherhood, or a League or Union of those who have one interest in common, of leading a physical culture life, and you wish to keep in touch with your fellow enthusiasts, we strongly urge you to give us your consideration.

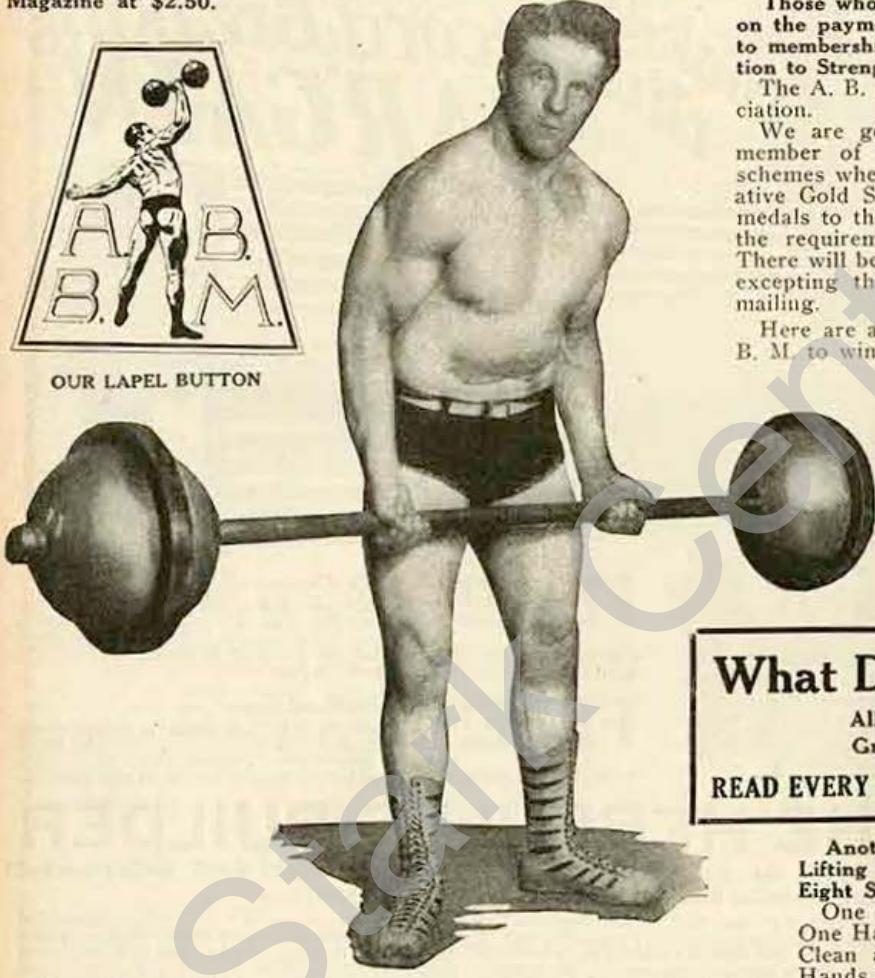
Strength Magazine is launching a great union of Weight Lifters and Physical Culturists to be known as the ASSOCIATION OF BAR BELL MEN, and in the future all official lifting will be conducted under the supervision of this Association, and all records, to be recognized, will be performed under the official rules of the A. B. B. M.

This Association will not be interested primarily in weight lifting, either as a sport or diversion, but will be interested in encouraging the cultivation of a well-developed body, mainly strength, and all health-promoting exercises with bar bells, and related apparatus.

The annual membership fee in the A. B. B. M. will be 25c in combination with a year's subscription to Strength Magazine at \$2.50.



OUR LAPEL BUTTON



Those who are already subscribers to Strength on the payment of 25c. Non-subscribers may be admitted to membership for \$2.75, which includes a year's subscription to Strength Magazine.

The A. B. B. M. has no connection with any other organization.

We are going to make it worth your while to be a member of this Association by offering a number of schemes whereby you may win a large-sized attractive Gold Seal Diploma, and will also offer medals to those who are ambitious; and you may win the requirements will not be of an impossible nature. There will be no fee attached to the winning of a diploma, excepting the small charge of 10c to cover the mailing.

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 members sign to the correctness of these measurements both before and after the period of three months.

What Does A. B. B. M. Mean?

All Strength Readers Should Be Greatly Interested to Know

READ EVERY WORD OF THIS AD FOR INFORMATION

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 Snatch, One Hand Bent Press, One Hand Seated Press, 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 number of repetitions.

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma and one-half times their bodyweight for a Second Class Diploma and five times their bodyweight for a Third Class Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for a First Class Diploma; six times the bodyweight for a Second Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift six times, five, 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 must be a member of the Association.

All members establishing records will be entitled to free Certificates.

In the columns of this issue you will find reference to further means of winning Diplomas. We are working out certain fair percentages of 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 Gold Seal Diploma, 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.

A. B. B. M., Care Strength Magazine, Dept. S-1,
2739 N. Palethorp St., Philadelphia, Pa.

Secretary: Please enroll me as a member of the Association, for which I enclose { 25c
\$2.75, including a year's subscription to STRENGTH.
Canada \$3.00 Foreign \$3.25

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Send Your Enrollment to
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Science Discovers the Secret of Caruso's Marvelous Voice

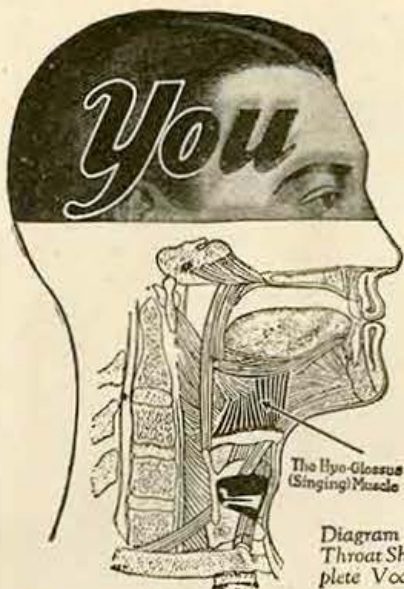


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

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.

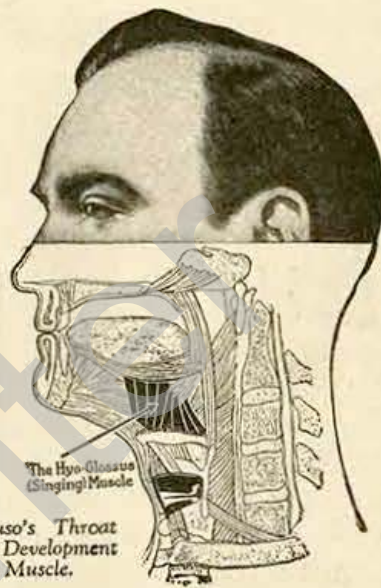


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

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.

Inspiring Free Book "Physical Voice Culture"

Send us the coupon below and we'll send you FREE this valuable work on the voice culture. 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 "Physical Voice Culture." It may be the first step in your career. Do not delay. The number of these books is limited. Send today for your copy.

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Please send me FREE your new book, "Physical Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

Singing Speaking Stammering Weak Voice

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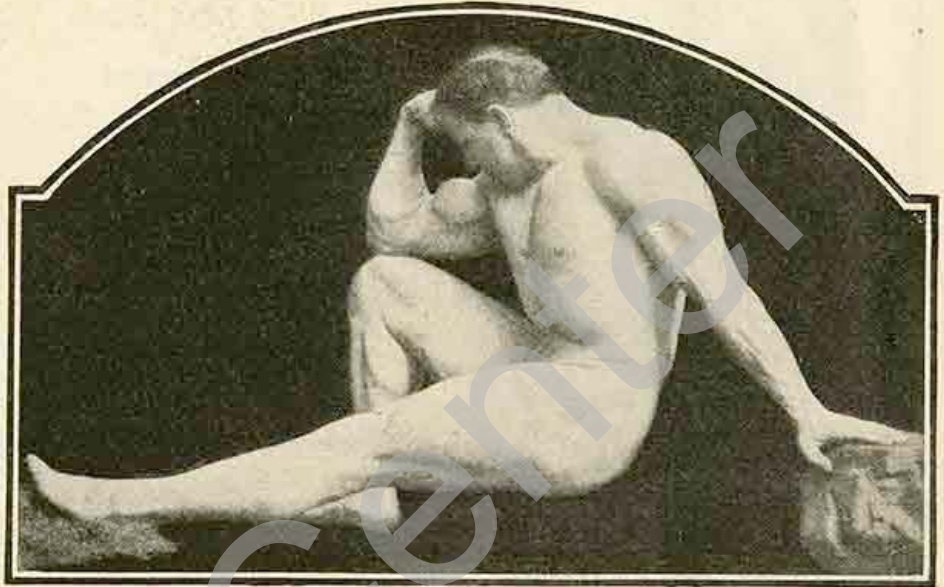
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1922 Sunnyside Ave., Studio B-577, Chicago, Ill.

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 far and few between, we think Hackenschmidt deserves more credit than even the small shapely man.



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.,
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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

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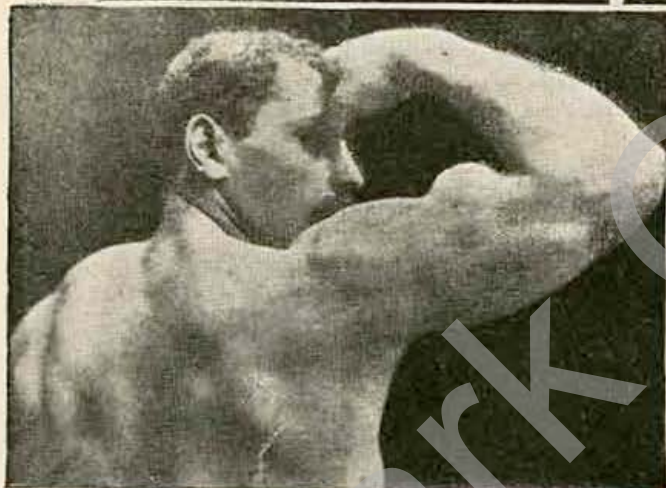
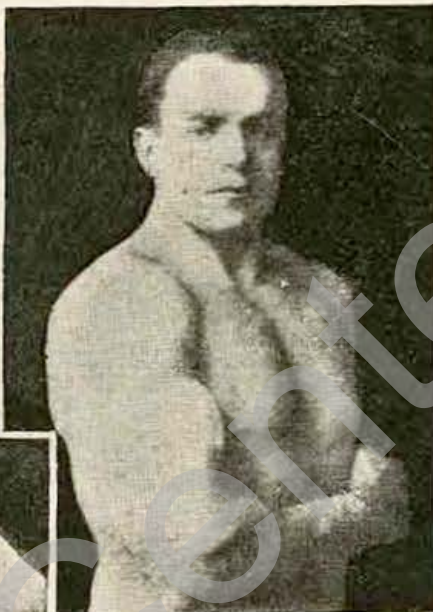
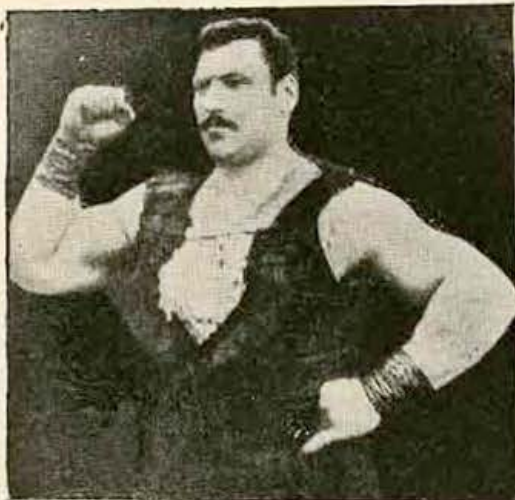
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**If There Ever Was a \$2.50 Worth
HERE IT IS!**

A KEY To Physical Success

THOSE WHO ARRIVED AT THE TOP

Had Access to Correct Training Knowledge



Some individuals train all their lives and never attain any degree of success.

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will give you the knowledge that will make you powerful

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Their Secrets Are Your Secrets After You Read This Instructive Book

Experts who have spent their lives in searching for the correct methods have each found out certain valuable rules to be followed if you wish to reach the acme of physical perfection. There is a correct way of doing everything, and wrong methods are no better than useless.

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**Realize Your Ambitions to Become Strong and Muscular
“The Key to Might and Muscle” Will Show You the Way**

MR. JOWETT
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There are still a number of special copies of “The Key to Might and Muscle” gorgeously bound in limp leather, which Mr. Jowett will autograph for those who want one of these special copies.
SEE COUPON

The chapter on developing stubborn muscles is worth many times the price of the book, and will enable you to build up such stubborn muscles as the calf of the leg and the forearm. It is possible to build up these sections when you know how. Many private exercises that Mr. Jowett learned through experience and from the greatest athletes are included in this book. In fact, each of the dozens of chapters deals with a different set of muscles; likewise the subject of scientific lifting is covered in a most thorough manner. You will find out why some men are much stronger than others and the methods prescribed for their individual cases. Open the door of knowledge.

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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 tuber-

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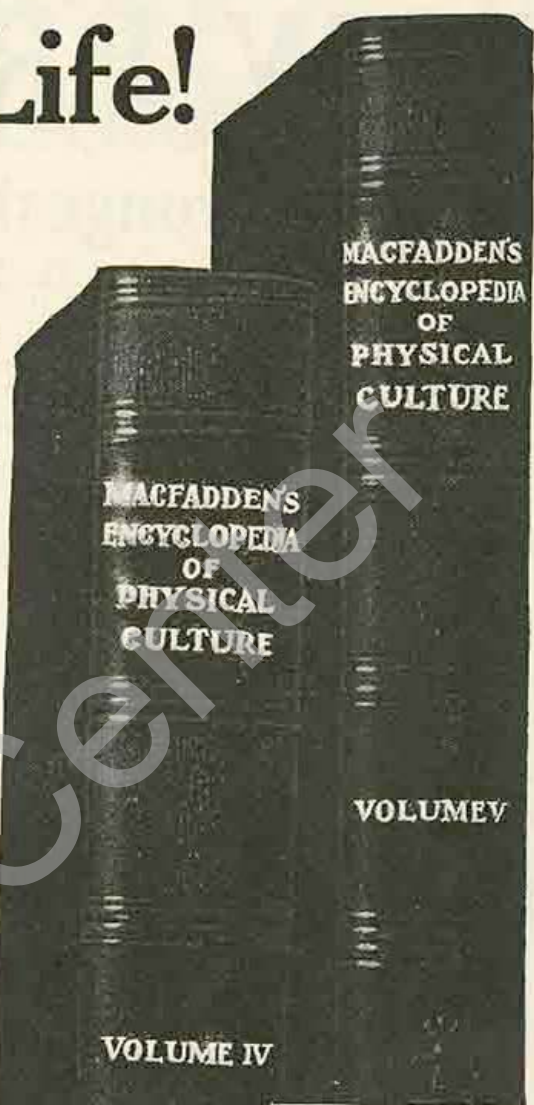
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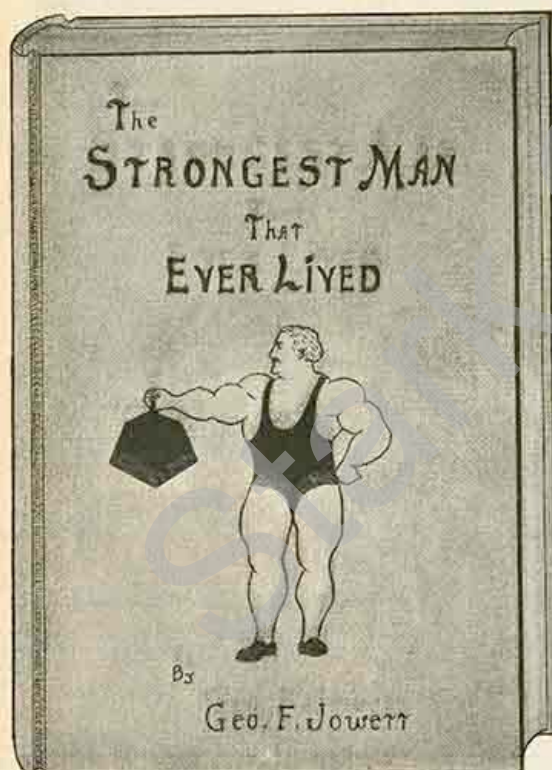
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Editorial

Lindbergh

NO one will want to ignore the importance that courage played in the success of Captain Charles A. Lindbergh's recent flight from New York to Paris, but certainly this magazine can be expected to point out the fact that superb courage alone would not have pulled him through.

Every man's success in his individual field is partially dependent upon his technical excellence in that field. *Knowing how* always helps, and no one can doubt that Lindbergh was technically about as good a flyer as one might hope to meet.

In many ways flying skill and courage have been considered the real assets of the aviators. War trained and perhaps somewhat pampered, because of the perils they had to face, aviators have certainly had the reputation of leading a pretty wild life. None of us need be too quick to condemn any of our "War Birds" because their mode of living might not lead to absolute physical excellence. They had a job to do and they did it.

However, we do not believe that any average young man, any average flyer, any youth brimful of courage, and a true flying fool, could have made a thirty-three-hour trip without a nervous system and a physical system that had never suffered from abuse.

As we are coming to live in cities, more and more, we are coming to have a point of view which inclines us towards soft living. So many things seem more important than the things we call upon our bodies to do, we are tempted to believe that the easiest way is the best way, and we pamper ourselves.

A few drinks, more or less, seem to make very little difference. The philosophy proclaiming "Eat, drink and be merry" has more followers today than it ever has had in the history of this country at least. It is a rare thing for us to come upon a man who has so wholeheartedly devoted himself to anything as Captain Lindbergh has devoted himself to flying, and it is a good thing to know that there is still in existence some of that hard spirit, that driving force which has driven pioneers and builders, in spite of all obstacles, until their goal has been reached.

From every angle, this flight to Paris was a satisfactory affair. This young man, who did not even drink coffee, and who cared about flying enough to devote himself and all his energies to it, succeeded.

His success was a triumph; in the first place of courage, in the second place of skill, and in the third place of clean living.

In baseball they say that the breaks go to the team that forces them. Certainly the success of such a flight might have been hampered by the weather among many other uncontrollable obstacles. The fact that it was not so hampered, that, if anything, Captain Lindbergh got the breaks, is at least one instance in which this rule of sport carried over into our lives. If ever a man deserved the breaks and got them, he was that man.

The Importance of Good Condition

We can have many entirely different concepts about our health as we go along in our daily life. Perhaps the most common state is for us to have no ideas on the subject whatsoever, until we find that we have to think about it because our lack of attention has gotten us into serious difficulty.

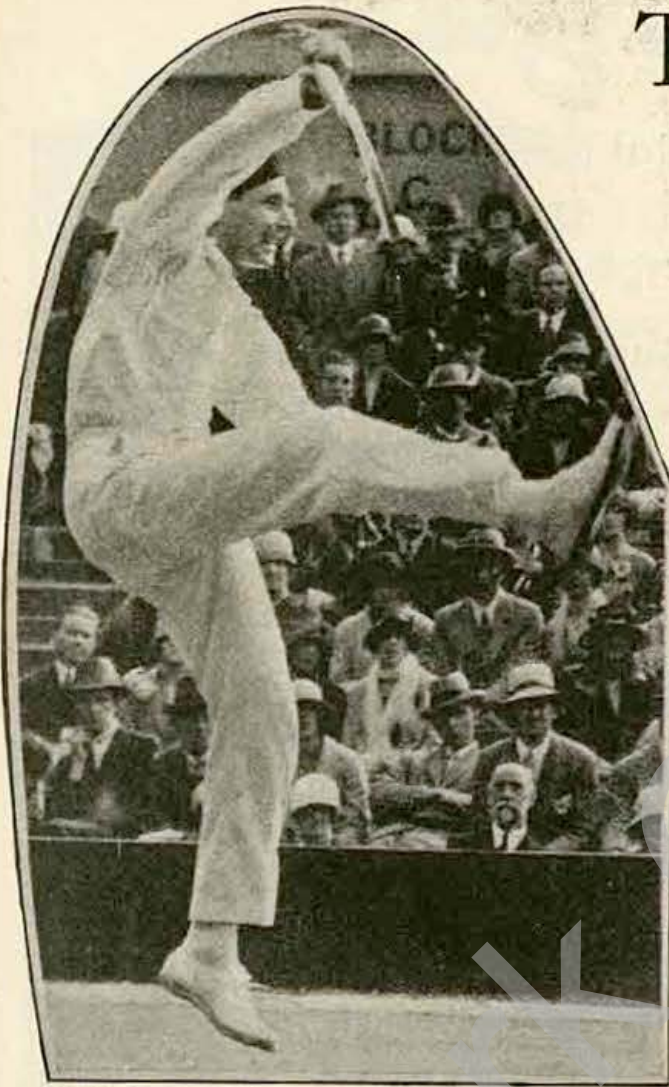
Then there is the well-known viewpoint that health is something we have and something we should save, conserve or expend judiciously. I once read an interview with a judge who stated that, in his opinion, no man needed to exercise. He could get all the exercise he needed by walking up and down stairs a couple of times daily. More than that was a waste of time and of energy.

Another favorite viewpoint is that of the man who expects to take himself in hand shortly. He knows he should hold himself in hand a bit more than he is doing, but feels that tomorrow will be time enough to attend to the matter.

Perhaps not many men, except young men, get a real kick out of being in first-class physical condition. Perhaps they do not get the kick because they do not remember how good it used to feel when they were really in tip-top shape.

I can remember an (Continued on Page 76)

Boroetra—Nemesis of American Tennis Hopes



Showing one of the reasons why Jean Borotra is known as the "Bounding Basque," and "Flying Frenchman." This photo is very characteristic.

THE game of tennis can certainly be said to be one in which the representatives of no one Nation or Continent have held absolute supremacy. At various times during the modern history of the game, several countries have had the honor of possessing the most capable exponents of the game, with none holding absolute supremacy over a very definite period.

Not so many years ago the game of tennis was regarded by athletes and sportsmen as a pastime for mollycoddles. Of late years, however, you will find no one versed in sports who will hold that opinion, as there can be no branch of athletics calling for a greater display of the important physical attributes known as endurance, determination, speed, accuracy; likewise, a major portion of brains. Nothing short of the peak in physical condition will carry a man through such a strenuous campaign as a championship tennis tournament. From a game which commanded but slight mention in the sports section of our daily newspapers, tennis has grown till it is a sport of world-wide importance commanding columns of valuable space and scores of inches in bold headlines.

The Animated, Dashing "Bounding Basque" is Figured to be the Most Likely to Cause Upsets During the Coming International Matches.

By Jim Barrett

During quite recent years, the players from the United States have been victorious in most International Tournaments in which they were entered and have upheld the honors at home quite successfully against repeated invasions by tennis champions from all corners of the earth. In the Davis Cup Matches, considered the premier of Tennis Tournaments, the United States Players have been successful in defeating the other nations of the world during the past several years, but such was not always the case, as the experts of England and Australia have each taken turns in claiming possession of this valuable trophy, with Belgium, Japan, France and Spain rather seriously contesting the rights of these countries to be entitled to premier honors. In the Davis Cup Matches of 1925, the United States defeated France five games to none in the finals, while in 1926, the final results were four to one, with every probability of a much closer outcome this year. In the semi-finals of the National Singles Championship, three Frenchmen qualified with one lone Yankee, and as we see it, every possible chance of some upsets for 1927.

In International Tennis, the figure of greatest importance, without the slightest doubt, is Wm. T. ("Big Bill") Tilden, 2nd, of Philadelphia. Tilden has been for some time, and still is, the outstanding player, considered from all angles. However, so far as male players are concerned, the possibilities of some other player unseating him from his pinnacle of prominence, more or less permanently rather than for a temporary change of positions at the top, tends to spur the ambitious ones to greater effort, and of late, to rather successful conclusions.

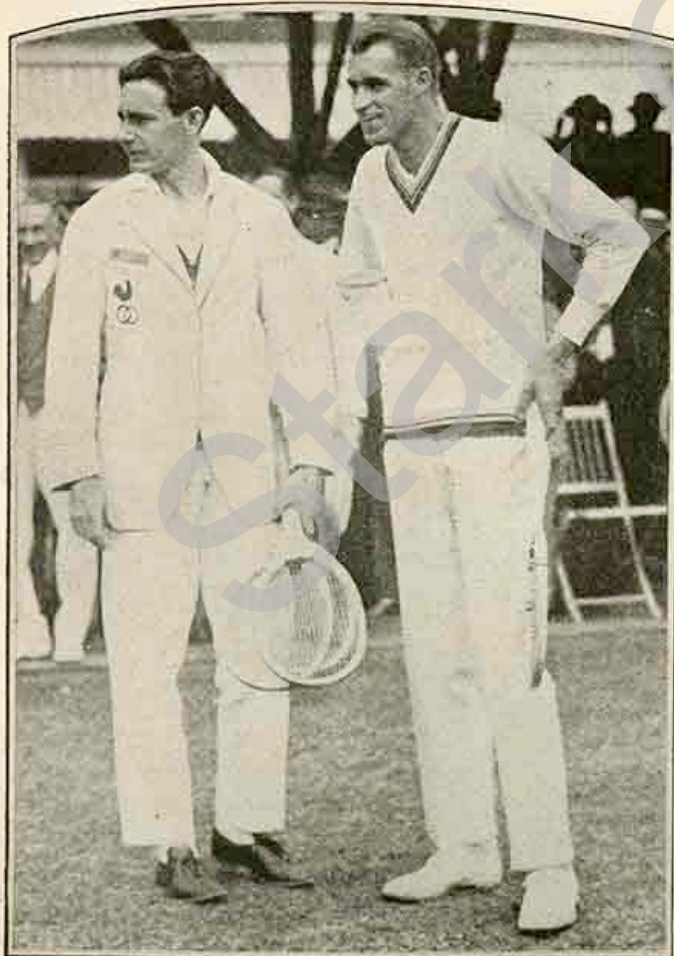
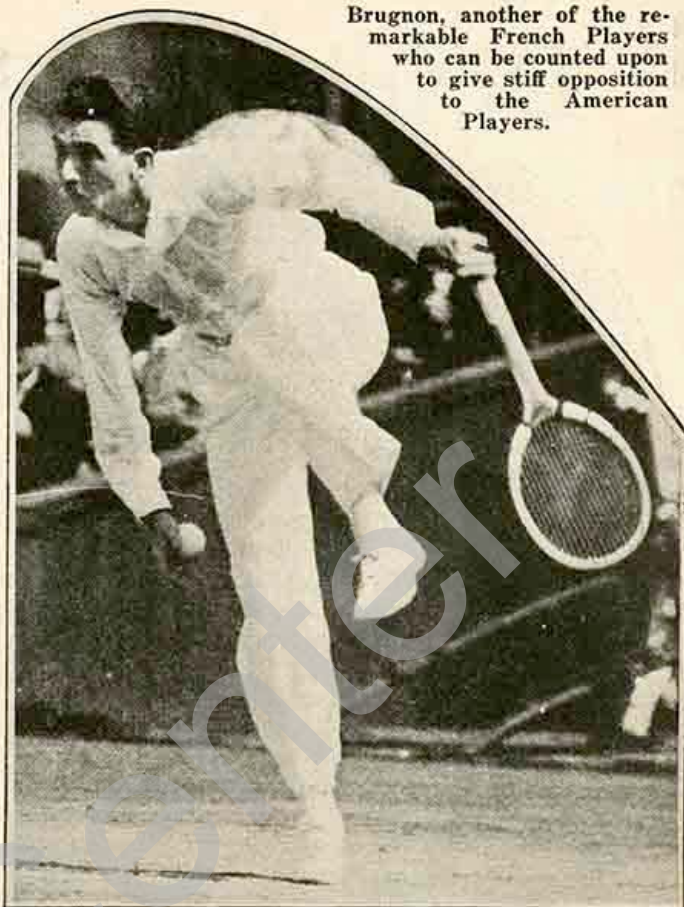
Among the girls who take keen delight in contesting in this exciting form of play, it seems that the greatest interest lies in the chances of seeing Mlle. Suzanne Lenglen defeated by some other fair athlete; at least that is our estimation of the situation. For quite a little while the same sort of thing prevailed among the male contestants; but just recently a newer angle has popped up from which to view the fortunes of globe trotting "Big Bill." From our way of looking at things, the interest now seems to center in watching how successfully he can hold up his laurels. Since reaching the top of the ladder, Tilden has had few serious upsets. However, the summer of 1926 saw him severely chagrined twice in succession, when the Frenchman, Rene LaCoste, romped away with a victory over him in the Davis Cup matches, and very shortly afterward took the United

States National Singles title across the ocean with him.

Without any intention of detracting from the wonderful tennis of the Frenchman, it must be said, in justice to Tilden, that an old knee injury went bad on him, changing him from the master of the net game to a cripple. Still, such things count in any game, as a champion is expected to hold up under any and all conditions. The champion is always on the defensive against the dashing, continuous efforts of those who would unseat him, who can keep up a barrage of smashing drives with little regard for the time to come; the opposition always has everything to gain and very little to lose. This double set-back and brace of victories on the part of LaCoste, was a severe blow to the vaunted taken for granted supremacy of our own players. The severe reversal could hardly have been worse than when Jean Borotra placed second to his countryman in the National Singles.

Of course, it can be said that although such sweeping victories were wholly unexpected, the formidable strength of the French opposition was quite well known, in view of the fact that Borotra had won the Indoor Singles Championship in the early part of 1925, and, paired with Asthalter, had likewise triumphed in the doubles; while in the winter of 1926, LaCoste came through to conquer as the Indoor Champion. Though beaten by his teammate for the 1926 Indoor title, Jean Borotra repeated his sensational victory of 1925, by outclassing the rest of the field in the Indoor Cham-

Brugnon, another of the remarkable French Players who can be counted upon to give stiff opposition to the American Players.



Two of the World's Premier Players who will face each other several times during the coming season. Wm. T. Tilden, 2nd., American Ace and Borotra, who is liable to upset him.

pionships of 1927; and, judging from his form of late, he promises to cut an even wider swath in the ranks of the racket-wielders, in competition with the most expert exponents from every corner of this globe.

The "Bounding Basque" is compared to the average Internationalist, young in the game, and with a certain amount of steady playing should prove almost incomparable, due to his sensational, everlastingly active manner of engaging in competition. His style of combat on the courts is to wage a relentless, dashing and tearing campaign, always on the offensive in the hopes of wearing down and putting to rout all opposition. Up to the present time, the weakness in his game that rates him as a less dependable player than his fellow countryman LaCoste, is an occasional flight into an erratic temperamental game. The problem confronting the International players representing the United States, and likewise in the National Championships is, of course, to master the entire French team, but the real solution as we see it, is to be capable of keeping more than one of the Frenchmen from reaching the latter rounds of play.

Judging from his showing last summer, and from his early games against Tilden and Hunter so far this season, LaCoste is the most dependable member of the French team. However, we are inclined to figure Borotra as the hope of his team, and the man to be certain of eliminating if the Yankees wish to be sure of beating their worthy foemen.

A few years ago, the "Bounding Basque" was unquestionably a better player than the younger LaCoste, who developed into a most cool and calculating player, and, due to his (Continued on Page 80)

Developing Pretty Backs.

Does Everyone Admire You When You Are in Evening Dress or in a Bathing Suit on the Beach—or Do They Laugh Behind Your “Back”?

By Margaret Sargent

“GRACIOUS alive, dear child, surely you are not going out looking like that!” exclaimed poor grandma over her spectacles.

I looked up from my book to see the cause of grandma’s remark! There was Martha standing before us, clad in a filmy gown, looking very pretty and modern, indeed, but upon closer inspection I agreed with grandma and could not help adding, “Yes, you ought to be ashamed of yourself, going out like that!” at which grandma nodded approvingly and settled back behind her knitting again. Martha flared up. “Since when have you become a reformer. Why I saw you go out in more abbreviated dresses than this one.”

“Perhaps you have, my dear,” I replied, “but what I am referring to now is not immodest clothes, as perhaps granny does, but to the fact that you dare go out dressed like that, with those awful wings sticking out behind you. Why don’t you get to work and put some flesh on that back of yours?”

At which, of course, Martha burst into tears and ran to her room. Poor Martha, I did hurt her feelings, but I felt it was my duty to tell her and try to help her. I went to her and

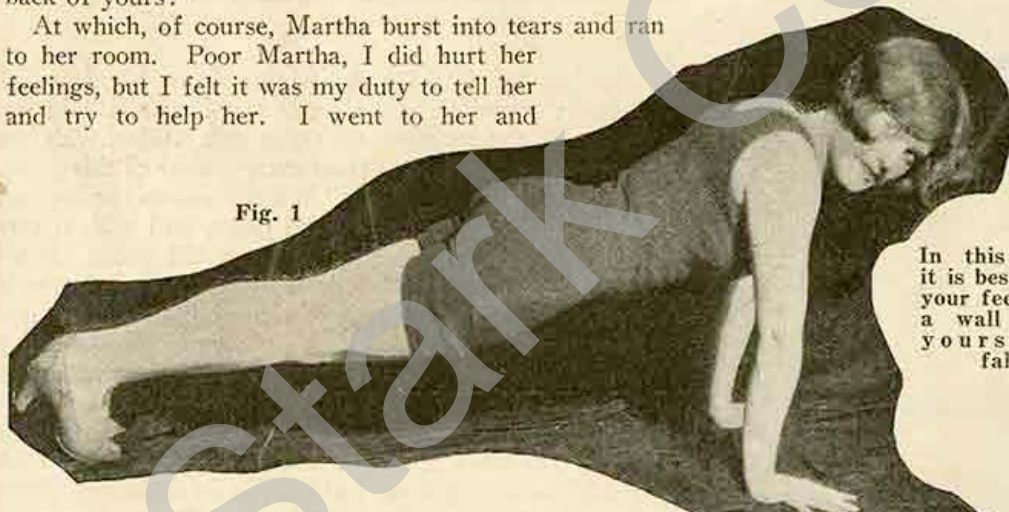
any one to say to you or to them what I have just said. You are my cousin and I feel that it is my duty. Still I feel like telling every girl I see, who either has a skinny back or any other defect the same thing. And what makes me more angry is that they all have the same cry as you have. ‘I can’t remedy it—there is nothing that can be done for me.’ There is! Anything can be done with a little will power and the time. If you will let me show you, Martha, you will be able to have as pretty a back as any screen star’s you have admired. What’s more you will be the envy of all your girl friends and be admired by all your boy friends.”

Well Martha forgot she was going to a party and I stayed in her room all that evening showing her different exercises for developing the back. I am illustrating the same exercises here for those who desire to possess lovely backs and shoulders.

After three month’s faithful practice Martha had a back to be envied by any one. She can now wear any evening dress and look well in it and she “cuts” a beautiful figure in a bathing suit.

So girls, you can profit

Fig. 1



In this exercise it is best to place your feet against a wall to keep yourself from falling.

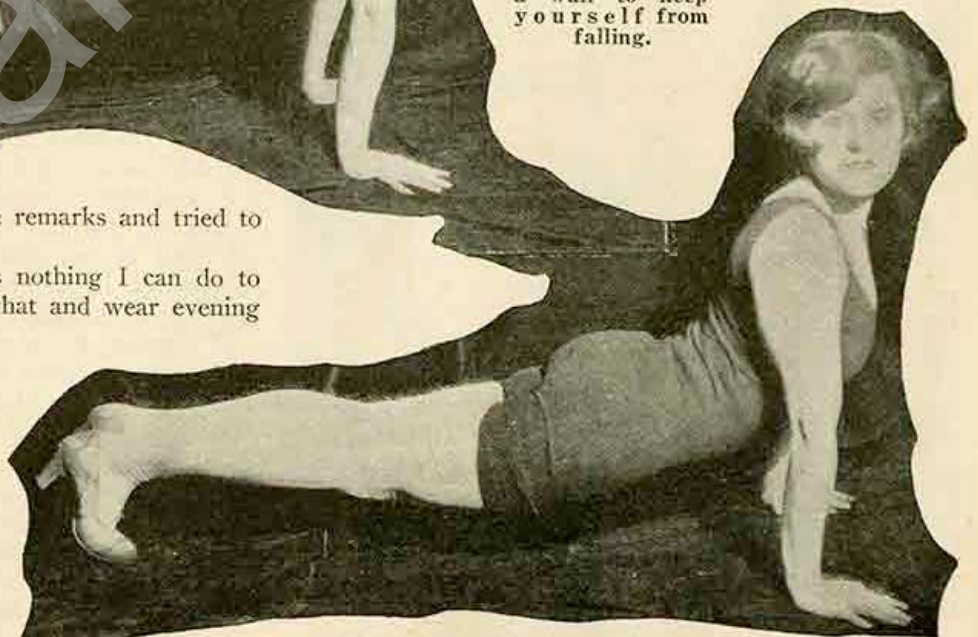
apologized for my rather brusque remarks and tried to comfort her.

“I can’t help it Marg, there is nothing I can do to remedy it. Other girls are like that and wear evening clothes and nothing is said to or about them.”

“Well, you cannot expect

Hold your arms very stiff and let the body fall away down. You will feel this exercise all over your back.

Fig. 2



by Martha's experience. If she could accomplish what she did so can you. There is no use trying to make yourself believe that there is no way you can better your form, when way down in your heart you know that if you would get down to honest-to-goodness exercise you could have anything.

Many girls find exercise very unpleasant. Granting that, how about the numerous sports and games that give your back muscles all the work they want. There is tennis and swimming—two of the finest you could get. Then, also, there is golf, rowing, etc. Surely there is not a girl who would not care to follow one of the above mentioned sports, if she made her mind up to work and set aside a certain time each day for it.

Among the girls whom I know who are in the business field or following some profession the most successful girls are those who indulge in some healthful pastime each day. They either play tennis or swim (these are the most popular) or indulge in a regular routine of exercise just after getting up in the morning and before taking a cool shower. They are strong and sturdy and ready to meet any emergency.

If you saw these busy ladies romping on the beach at the seashore with a crowd of show girls you could hardly tell which were the business girls and which were the show girls. If these girls found the time to exercise and play any girl

can, because I know these particular girls are busy at worthwhile tasks from early morning till late in the evening.

I am reminded of an ambitious young lady I knew who determined to make the acquaintance of a young man, whom all mothers with marriageable daughters, considered quite a catch! They happened to be spending their vacation at the same place and pretty soon were very well acquainted. My young friend thought that everything was progressing



Fig. 3

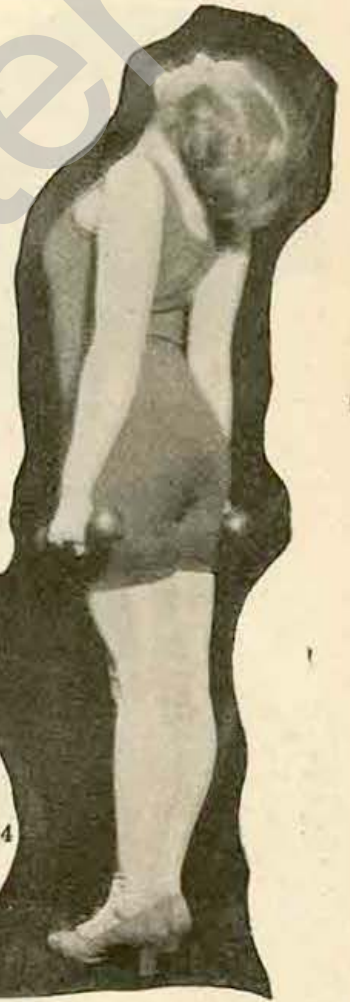


Fig. 4

smoothly and to her satisfaction when one evening she overheard a conversation between the young man and another friend.

After the dance she had gone out for a bit of fresh air. The porch on which she was sitting was not lighted and no one could see her sitting there from below. Soon she heard two masculine voices approaching, and recognizing the one she listened.

"What is the matter with you old man, you look as though you lost your last friend. Where is Bernice—has some other man marched off with her. Seems to me we will hear wedding bells pretty soon, if you don't change your methods."

"Well I suppose I am a little gloomy because I've been disappointed. You guessed right that I did think a lot of Bernice, but the girl I marry must be athletic, or at

Corinne Griffith, screen star, noted for her beautiful back.



least she must have a decent form and not be afraid to go swimming. Today was the first time I saw Bernice in a bathing suit and I was surprised. She is awfully thin, her shoulder blades stick out like wings and when I suggested swimming she said she did not know how."

That is all poor Bernice heard, for she fled and did not return till late, when she was sure no one at the house was up. Early the next morning she left; but as she told me later, she learned something and it did not take her long to prove that she could have a beautiful form and any number of admirers. She did not have to set out to make a "catch" they all came after her.

Now let me explain the exercises which I have illustrated here. But let me tell you again, girls, you will have to practice these exercises regularly or you will not get results.

Take the position of Figure 1. It is best to place your feet against a wall to assure yourself from falling. Holding the arms stiff at the elbow, lower the body as far as you can. Let your back come all the way down as in Figure 2, then raise it again back to position. You will feel a decided pull in the muscles of the

back. This exercise is not a floor dip. The floor dip is done by bending the arms at the elbows and brings into play the muscles of the arms and shoulders.

Now go over to Figure 3. Here is an exercise which will help you get rid of those "wings" or protruding shoulder blades. Stand erect and bend the arms at the elbows as shown in the illustration. Now throw the elbows back as far as you can and with a snap and bring them forward again. Repeat this fifteen or twenty times. It is very essential that you stand perfectly erect while performing this exercise with the chin out and shoulders back.

The next exercise is similar to the above except that it will help you to get rid of that lump of fat right at the base of your neck. You will notice that a great many girls have that ugly lump of fat which ruins their appearance. Take a pair of five or ten pound dumb-bells in your hands and stand erect as in the above exercise. Now pull the shoulders up and at the same time throw the head back as shown in Figure 4. Come back to position and repeat from fifteen to twenty times.

The next exercise I have illustrated is more advanced. If you have never tried a back bend before I would advise that you begin by standing a few feet away from a wall and with arms above your head bend back until the fingers touch the wall. As the movement becomes easier step further away from the wall until you are able to go pretty far back. Then try the back bend as illustrated. The secret of a back bend is throwing the hips away out. Notice Figure 5. Place the hands on the hips and thrust the hips forward and bend. When you are more than half way down throw the arms up and over and allow the body to fall all the way back.

The back bend is very effective for developing the small of the back. Besides, it strengthens your spine and betters your health in general. Practice chinning exercises and club swinging. These benefit your shoulders as well as your back.

Make a practice of deep breathing and stretching before an open window. Do not neglect the important trunk twisting exercises. Place the hands on the hips and bend the body from the waist only over to the side, then reverse and repeat the movement to the other side. Also, with the feet wide apart and the arms out to the sides, bend over and try to touch the floor with your right hand alongside of the left foot. Then reverse and repeat the same movement with the left hand touching the floor at your right foot. Do not bend knees.

Watch your posture. Carry yourself erect at all times. Poor posture is oftentimes the cause of a poor back and poor health. I have explained correct posture many times in these pages and I have given exercises for posture.

And let me again remind you of the wonderful results you can get from outdoor games and sports. Develop a hobby and follow out that hobby daily. In this way you will be able to practice daily or at regular intervals, for, if you do one thing one day, another the next day, and so on, you will never develop a particular hobby and you will find that you are not practicing daily.



Fig. 5

The secret of a back bend is in thrusting the hips away out in front. For a beginner it is always best to place the hands at the small of the back for support. When you are more than half way down throw the arms up and over and allow the body to fall all the way back.



Fig. 6

From Paralysis to Health

Exercise of a Progressive Nature Was the Means of Bringing Remarkable Results in the Case of This Young Man

By Sterling North

THREE years ago today I sat in my wheel-chair outside the office of a prominent surgeon in Milwaukee, looking out across the gray lake and waiting tremulously for my turn to come. There were others there like myself, crippled and paralyzed, some on crutches and some in iron braces that held their legs stiff to the hip. Like me, they all awaited the great man that was to make them well again. Some of them knew how useless it all was, this endless round of doctors, osteopaths, and what not, but I still held implicit faith, despite the half dozen men that had failed to help me.

When finally I was wheeled through the door into the white room that smelled faintly of ether, I felt my first doubt. Supposing he suggested the same old treatments, strychnine for the nerves, or perhaps complete rest as so many of them had advised. Rest! I had had nothing but rest since the terrible day a year before when the world had gone black before my eyes in the wheatfield where I was pitching bundles—since the day when I awoke to find myself almost completely paralyzed and useless below the waist. Or supposing that he found that I would have to continue to wear the heavy iron brace that had been on my leg, night and day, for the last six months. When Doctor G— came into the room, however, I took hope again. He was a gray-haired, middle-aged man with a ruddy complexion and a sort of energy about him that made anything seem possible. I watched him enviously as he crossed the room with feline grace. For some strange reason he dispensed with the long line of questions that every other doctor had

asked me, instead he felt of the withered remnants of my legs, and told me in a pleasant and non-professional manner to stand up.

I hadn't been able to stand on my feet unassisted since the day I was stricken and I knew that it was useless to try. I would just crumple into a heap on the floor and have to be dragged back into my seat. Besides this wasn't what I had expected, I had half hoped for the long, Latin names and a nice little potion that would cure me in a few weeks, or months at the outside.



Light dumb-bell movements were used to develop his upper body, after he had overcome paralysis in his lower limbs. Performing boxing movements, and practicing alternate overhead pressing assured satisfactory results above the waist line.



Mr. Sterling North, a victim of paralysis, who persevered at progressive exercise till he acquired the splendid physique shown above.

Or if worst came to worst, I expected a more or less painless operation wherein nerves would be grafted and strong muscles would grow back into the atrophied legs. I was like the whole, sick herd that wanders the world over looking for the magical fountain where, without an effort, they may regain their lost health.

Something about the confidence that he radiated won me into compliance, and after I was helped to my feet, much to my own amazement I was able to stand unassisted for nearly half a minute. That was the first great step forward; from then on I placed all

my confidence in the keen-eyed, gray-haired doctor. The advice he gave seems so sane as I think of it now, it would be a wonder if any one would not trust in it. I admit that I was surprised at the time when he gave me no prescription, advised no tonic, suggested no operation, and told me I would need something besides rest. That *something* was exercise, and in time it accomplished the wonders that nothing else could have accomplished.

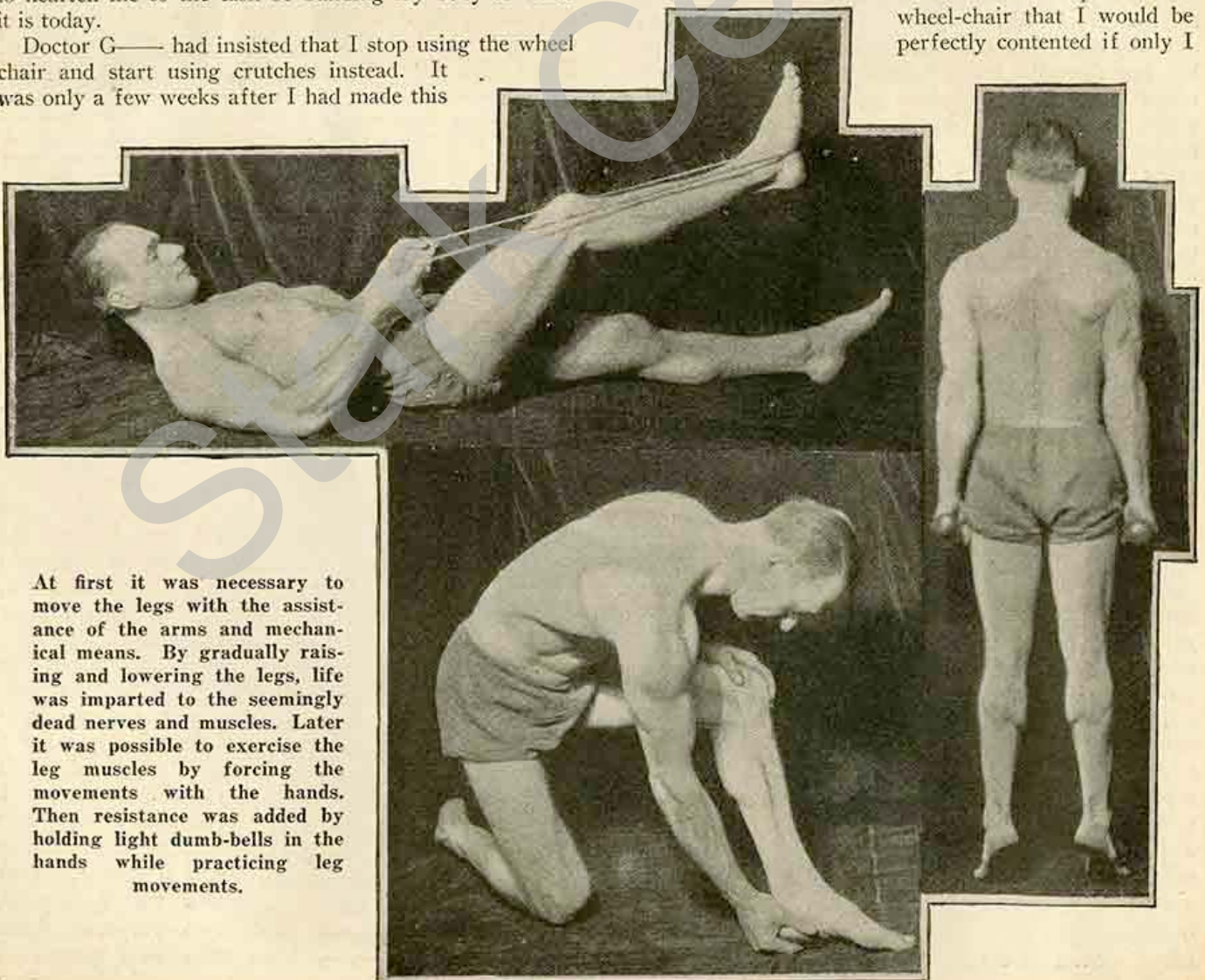
The exercises that he gave me at first were necessarily of the simplest and easiest kind. Some of my muscles were so utterly paralyzed that they showed no reaction at all. Even when all friction was removed, the extensors at the knee were too weak to straighten the leg from a bent position. The exercises consisted of lying on a wide piece of white canvas stretched on the floor, and moving my legs slowly in different directions and in different ways so as to get into play each set of muscles below the waist. In many cases it was necessary to assist the movement with my hands because of the great weakness. For the very weakest muscles, Doctor G— created a sling, suspended from the ceiling. In this I could exercise a leg without even the resistance of friction or gravity, so that the slightest reaction was effective. Slowly but surely my strength increased; in a month or two I could resist some of the movements slightly and still complete the motion. The enthusiasm that filled me at this slight improvement did more than anything else to hearten me to the task of building my body to what it is today.

Doctor G— had insisted that I stop using the wheel chair and start using crutches instead. It was only a few weeks after I had made this

change that I found that I could stand for five minutes instead of one and what was more wonderful than all else, the muscles that hadn't shown a sign of life began to show a trace of reaction. There had been no real deformation of my legs besides the withering, and as they grew stronger they started to fill out slowly. Sometimes it would take two months to add half an inch to their circumference but the improvement was steady and encouraging.

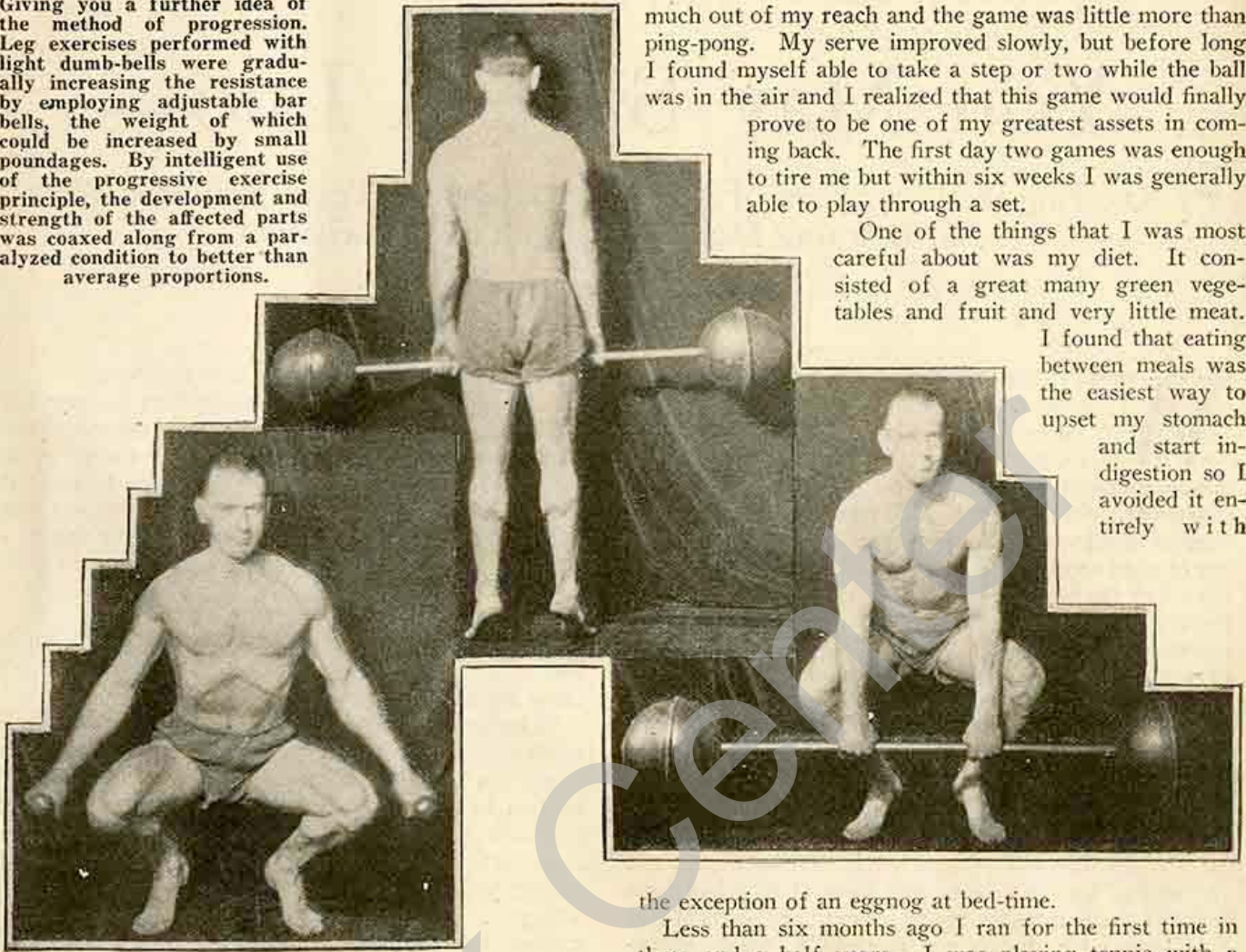
Long before I was able to walk unaided by my crutches I was able to swim. The river ran in front of the summer cottage and during the warm months of the second year, I swam the hundred yards to the island and back getting more and more strength into my kick. The water supported me and offered just enough resistance to make the exercise that I got this way wonderfully beneficial. The great day came a little more than two years after the stroke. I had come to the office of the doctor after my long summer at the lake and I was tanned and happy. He took one look at me and took away my crutches. I was sure I couldn't walk but when I took a step forward and nothing happened I felt more confidence, and then I actually *walked*, walked across the room. Nobody but a person who has been unable to walk for two long years has any idea of the happiness that I felt.

There was still a long, long way to go. I had thought when I was helpless in a wheel-chair that I would be perfectly contented if only I



At first it was necessary to move the legs with the assistance of the arms and mechanical means. By gradually raising and lowering the legs, life was imparted to the seemingly dead nerves and muscles. Later it was possible to exercise the leg muscles by forcing the movements with the hands. Then resistance was added by holding light dumb-bells in the hands while practicing leg movements.

Giving you a further idea of the method of progression. Leg exercises performed with light dumb-bells were gradually increasing the resistance by employing adjustable bar bells, the weight of which could be increased by small poundages. By intelligent use of the progressive exercise principle, the development and strength of the affected parts was coaxed along from a paralyzed condition to better than average proportions.



much out of my reach and the game was little more than ping-pong. My serve improved slowly, but before long I found myself able to take a step or two while the ball was in the air and I realized that this game would finally prove to be one of my greatest assets in coming back. The first day two games was enough to tire me but within six weeks I was generally able to play through a set.

One of the things that I was most careful about was my diet. It consisted of a great many green vegetables and fruit and very little meat.

I found that eating between meals was the easiest way to upset my stomach and start indigestion so I avoided it entirely with

could walk. Now walking I had dreams of playing football. I had never for one minute given up the first exercises (though they were beginning to be too simple) and now I started to add more difficult ones of my own. My abdominal wall had never regained its original strength, and I found that swinging myself over a bar and letting myself down slowly on the other side toned me up wonderfully. In a month I could walk around the block and before the year was out I was walking miles into the country and back every day. I bought a pair of light iron dumb-bells and started an all around system of development to improve the upper part of my body as well as the lower, because I saw a need of building up my arms and shoulders that had been neglected in the all-absorbing process of saving my paralyzed legs. I punched my punching bag that I hadn't touched for three years.

All through the years of struggle I slept out of doors winter and summer. Going to bed by nine o'clock every night and getting up at seven in the morning gave me all the rest I needed and helped to recuperate the nerves that were the most nearly dead. I had been able to take off my brace shortly after I had started my system of exercises and soon the stiff, muscle-bound condition of the leg that had been held rigid for so many months started to improve. Many of the exercises were designed for limbering as well as strengthening.

At about this time I started to play tennis. At first I was unable to move quickly enough to return anything

the exception of an egg-nog at bed-time.

Less than six months ago I ran for the first time in three and a half years. I was playing tennis with a friend who continually and persistently put the ball beyond my reach. I more than half believed that the reason that I couldn't run was lack of confidence. I decided then and there that the next time the ball was returned to a far corner of the court I would run for it no matter what happened. To my joy and amazement I was able to trot across the court, slowly, of course, but without falling.

Until recently there were several little things still to be corrected. The paralysis had so weakened the muscles and tendons that the arches in my feet had become perfectly flat. Both the instep and the transverse arch were in bad condition. I renewed the tone and strength of the instep by rising on my toes several times every morning, increasing the number of times from day to day, and finally holding weights in my hands as I did the exercise to increase the resistance. I rebuilt the transverse arch by executing a gripping motion with my toes against the resistance of the floor beneath. At the present time my arches are normal and strong and the added vitality that their new strength gives me is worth a hundred times the effort I used in toning them up.

The most obstinate of all my troubles has been my limp. Long after I became strong enough for the lighter sports I still limped when I walked. It has only been by the utmost persistence that I have been able to even partially alleviate it. Studying my step in the mirror I found that I carried the leg that I had once worn in a brace rather too stiffly from the hip, and that when I lifted the foot on the same (Continued on Page 88)

You May Save A Life—

By Knowing the Best Means of Assisting a Drowning Person from the Water,
and Learning Modern Methods of Resuscitation

By Mark Berry

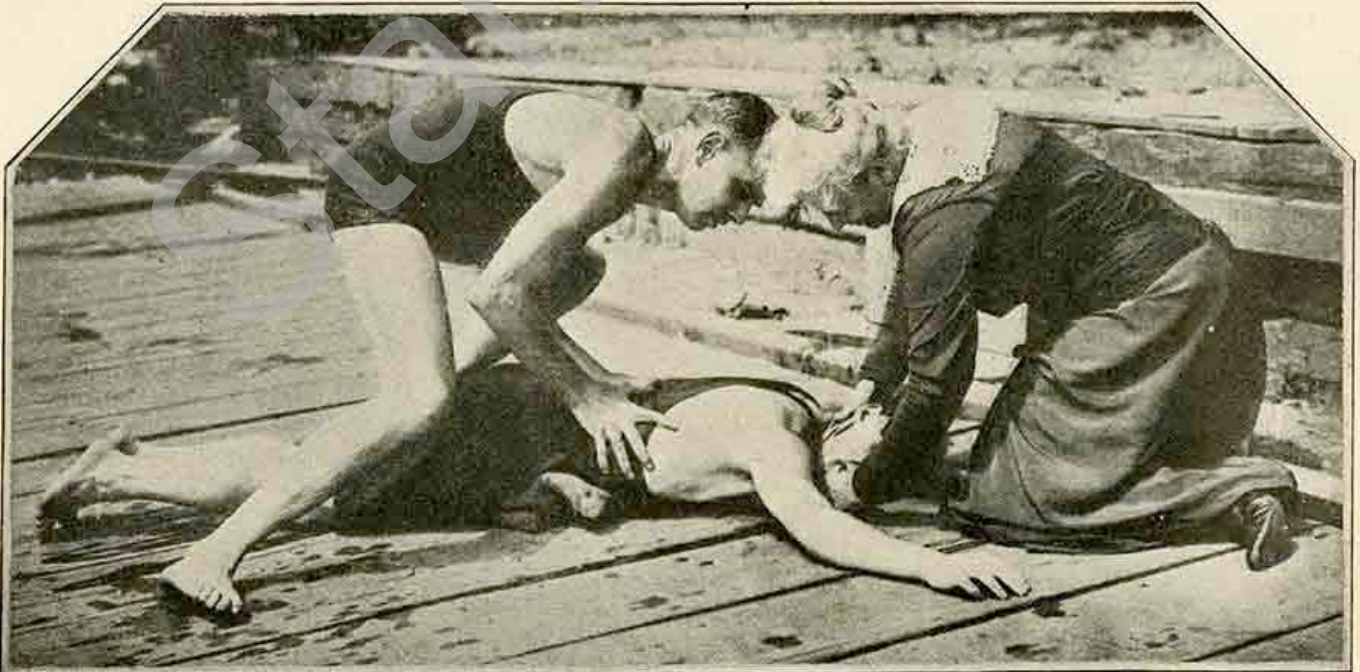
WITH another summer rolling around, the crowds are certain to be congregating at the bathing beaches at the seashore, and on the shores of every lake and river that is handy enough and not too polluted to make bathing impossible. And once again the water will claim a large number of victims; many of these will actually disappear out of sight so there will be no possibility of saving their lives, but the pity of it is that a goodly proportion of those who succumb to drowning will be brought out of the water before death actually claims them as a victim, only to lose this last chance for life because no one present understands a method of reviving them. What a colossal shame it is that so many persons understand nothing at all about resuscitation, or reviving a drowning person. And what a monument to ignorance, the list of thousands who have died needlessly, simply because of the lack of knowledge on this important subject. How many drowned persons might still be living; not if they had known how to swim, nor if they had been careful; but if someone at the scene of the accident had only known how to proceed at reviving them. Something like a thousand individuals are due to die this summer of drowning; at least that is the average season's figure, and there is no reason to believe it will not

be repeated again this summer and the next.

In order that one may be able to save another from drowning it is necessary to be a capable swimmer; otherwise, there is quite a risk in going near the water and the inability to swim renders it impossible to enter the water. With another summer at hand, it behooves every STRENGTH reader who cannot swim to master the art of swimming, and to practice every known means of bringing a drowning person ashore, as well as having some knowledge of resuscitation measures.

To practice life saving methods it is a good plan for two or more friends to work together, taking turns at being rescuer and rescued.

In going to the rescue of a drowning person, make as much haste as you can without tiring yourself all out, for if you are "all in" when you reach the victim, there will be two to save instead of one. Always endeavor to approach the victim from the rear, so that you may make more certain your hold upon them, and at the same time protect yourself from their frantic attempts to grapple with you. Talk assuringly in as calm a voice as you can command, telling them that help is at hand and they will soon be safe. There have been cases where it was found necessary to strike a drowning person for the purpose of rendering them unconscious in order to get



Using the "Shafer" method of resuscitation in combination with pulling out the tongue. As the pressure is released from the rib-box, the tongue is pulled out thereby causing the patient to gasp for breath.

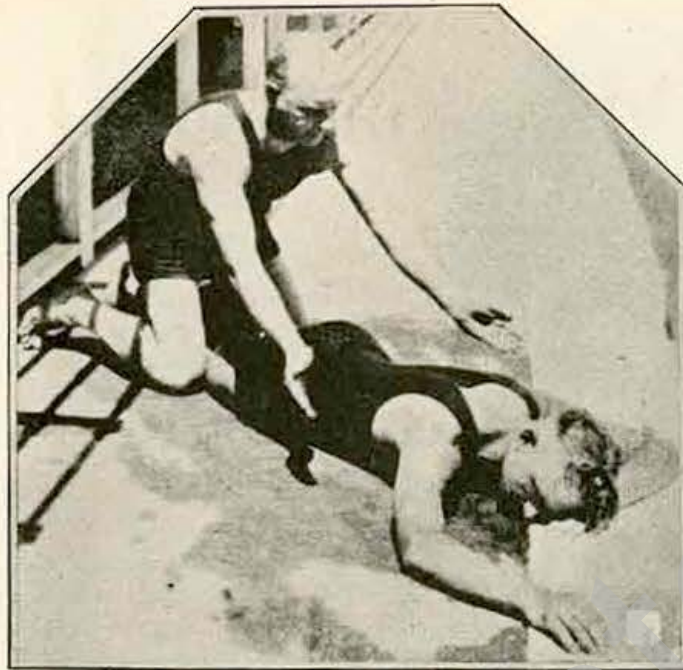
them out of the water, but this is seldom advisable, and may result in serious injury.

In making your approach, you may have difficulty in getting behind the victim, unless you resort to strategy; you may duck under water and swim around back of them, or by grasping the arm that is extended towards you, by your corresponding hand, as right to right and vice versa, give an outward twist and you will be in a position to hold them from the rear.

One very good method of assisting a drowning person is to approach them from the rear, and placing one arm across their chest under both arms, you can swim with

one arm and both legs free, using a side stroke, and scissors kick. In this way, they are unable to grab you and at the same time their head is held well above water so that they may breathe without danger of swallowing water. Another capable method is to approach the victim from the rear, take hold of their chin with one hand while placing the other hand in the small of their back. Of course, you will only have the use of your legs to propel you, consequently, you will not make such rapid headway.

You may take advantage of the side-stroke in helping to bring the victim to shore by placing your arm around their head, so that the chin rests in



Relieving the pressure in the "Shafer" method of reviving a drowning person. To properly keep time one should count out loud as described in the article and swing the hands free of the victim.

your elbow; or instead of placing the arm under both arms of the victim, as in the first-mentioned method, place the arm across their chest and under the arm on the far side, and use the side stroke and scissors kick to propel you.

You may also grasp them from the rear, by placing a hand on either side of their chest under the arms and by swimming backwards pull them with you.

If the victim's hair is sufficiently long, you may effect a rescue by taking a good firm hold with one hand and by using the free arm and both legs to propel you pull them along with the face turned upwards.

There are various other

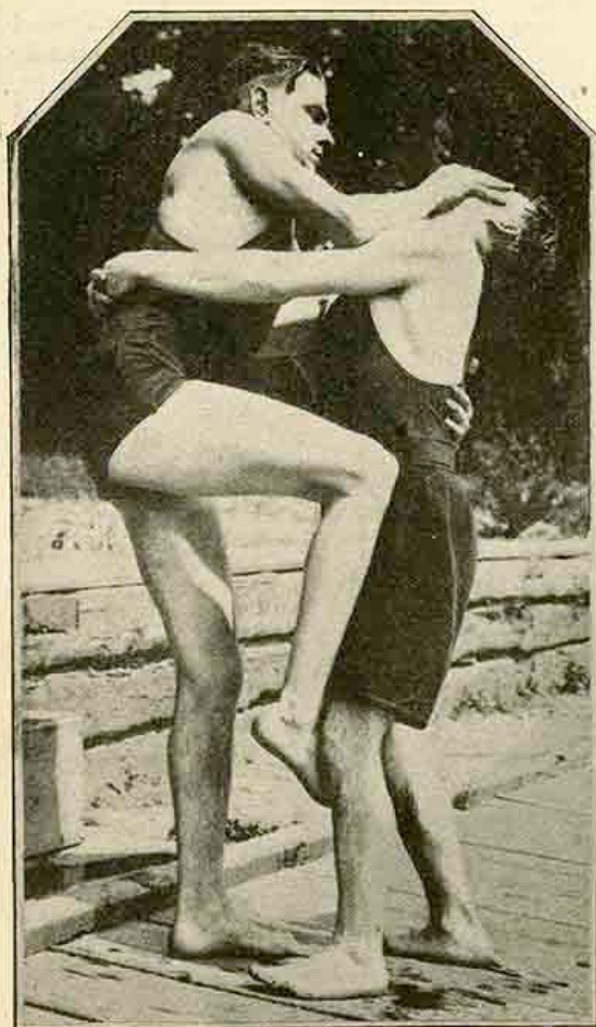
ways of bringing a person out of deep water, especially if they are merely tired and have called for aid in reaching shore; if you have absolute confidence in such a person, you may allow them to turn on their back and placing a hand on each of your shoulders you can swim with a breast stroke and safely push them ashore.

Another very satisfactory means of aiding one whom you have confidence in, is by allowing them to place both hands on the back of your shoulders, while both are facing in the same direction; then you can use almost any stroke you wish and quickly reach shore. It is also possible to assist one who is in distress by placing one hand under their back, or by allowing them to place one hand on you, and in either of these cases progress is



Upper photo illustrates a break from the front strangle hold. The other four photos demonstrate various ways of bringing a drowning person to shore. The method shown in the lower left photo is the most practical for the average rescue. In the upper right is a way of assisting an exhausted swimmer.





Demonstrating dry-land practice for breaking a front body hold.

quite a lot quicker and safer.

One of the first things for you to get in your head, is that there is no hold in the water that cannot be broken. By taking things in a calm manner, you will be able to get the best of any hold by which the drowning person may grab you. If, when you approach them, you find they are struggling too fiercely, so that there may be danger in getting too near, wait until the victim is exhausted a little, then you should not have much trouble in dragging them in. In case you are grabbed by the wrists, bring your feet up to their body and push away. If grasped on the ankle, twist the body and kick away at the same time.

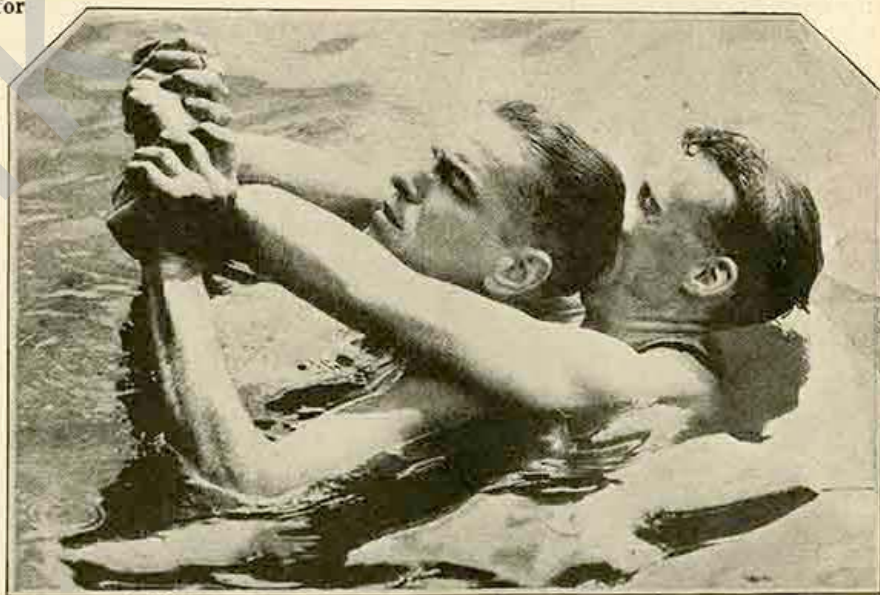
In case a drowning person should get their legs around you from behind, grasp one foot with the toes in the hand on the corresponding side, the heel in the other hand; then twist the foot outward and they will quickly let go. If the leg hold is from the front, place one hand under their chin and grasp the nose with your thumb and fingers; then place one of your feet on their chest or body and by suddenly pushing you

should get free. Should the victim encircle your neck with his arms from in front, place the palm of one hand under his chin, holding his nostrils with the thumb and forefinger to stop his breathing; with the other hand placed in the small of his back pull towards you, meanwhile pushing away from you with the hand holding his chin and nose. To effect a release where the drowning person tries to strangle you from the rear, take hold of the thumb of their outside hand with your hand on the corresponding side, then pull the thumb towards the back of the hand and swing the arm out and away; then do the same thing with the opposite hand, when you can submerge and get free.

Sometimes it is necessary to resort to butting in order to get free from a hug around the neck from either front or rear; in such case bob the head back and forth and if forced to, in order to get free, a few cracks on the nose with your head should cause them to let go.

Many times, two individuals will become embraced in their efforts to save themselves. You can only expect to save one of them and should not attempt to drag them both out, as it can't be done. Swim directly behind the one you are going to save and placing both of your hands around his neck, put one leg up over the embraced arms of both, so that your foot is under the chin and on the neck of the other person; push with your leg against his neck, at the same time pulling with both arms on the one nearest you; this will cause them to separate and you can extend your efforts toward saving the one you have hold of. Sometimes, of course, you may be able to drag the first victim to some object on which he can hold, while you go after the other party. Don't attempt to carry both at once, or you may become entangled in the arms and legs of both, which will result in a triple drowning instead of only one victim.

The "Shafer" or "prone" method of resuscitation is the one most recommended by swimming and life-saving societies, as



To break a strangle hold from the rear, grasp victim's wrists and butt with the head to cause him to let go.

well as by members of the medical fraternity; furthermore, it has been advocated as the most efficacious by experts of the National Electric Light Association; electric shock causes death in the same way as drowning: Respiration is suspended due to the action of the diaphragm stopping. This same method is also valuable in cases of suspended respiration (*Continued on Page 60*)

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I am one of your interested readers and would appreciate it very much if you could tell me what to do for my mother's feet. The doctor here does not seem to know what to do, and we can't get her to go to a hospital. She has varicose veins. They are very large, too, and her feet are just as red as though burned and are scaly. They have been very painful recently and she had to go to bed. Running sores are beginning to form and sometimes feels as though a knife was cutting the bone. Every once in a while she senses a jerking feeling in them. All the doctors say that varicose veins cause this and she is too old to have them taken out. She is 65 years old. She has had Pellagra, and is also very constipated. Any advice you give me will be very much appreciated.

E. W., Fla.

ANSWER: First of all the lady must be off her feet and free from such coverings as black or dyed stockings, wearing only white stockings. Rest in bed, or having the feet elevated on a stool or chair to allow congestion to be relieved is advisable. Soothing lotions, such as Boric Acid, 15 drams or equal parts of Lime Water and Linseed Oil or 1-500 creolin solution in water should be applied. If very itchy do not use harsh soap to wash feet; apply olive oil or cold cream.

She may be suffering from some blood vessel disease or kidney condition which you could have investigated by a local competent physician.

For her constipated condition I would advise a purely fruit and vegetable diet with cereal, cutting out meat, fish, eggs and cheese, with a liberal quantity of water between meals, at least three quarts daily. Try mineral oil or petrolagar, a wine glass full nightly.

Finally, after the inflammation of the feet has subsided, she should wear an elastic bandage or stocking to protect the blood vessels from bursting. Change frequently or discard if too much heat or itching is noticed, then substitute cotton or gauze bandage.

QUESTION: I would like very much to know of a safe method of removing a disfiguring mole from my face; also have some small ones on my body.

L. T., Mich.

ANSWER: If you would consult a reliable physician, he would be able to remove the mole for you, as there are various means known to the medical profession. For a home treatment, I can safely recommend the preparation of Dr. Davis, and have known of this method quickly removing large moles.

QUESTION: I would like to ask you a few questions. I am in fairly good health, but after eating—that is a few hours afterward—gas forms in my stomach to such an extent as to interfere with my breathing. To take a breath at that time causes pains in the region of heart which are very severe, also in stomach. When rifting takes place this is relieved. These pains are very severe and, no doubt, if enough gas forms the results will be very disastrous. Is there no neutralizer for this, or some form of cure? Thanking you in advance.

S. H., Pa.

ANSWER: It sounds very much as though you were suffering with hyperacidity of the stomach, namely eructations of gas several hours after meals. It may be possible that you have symptoms of ulcer of the pylorus or duodenum for which a gastric analysis and gastrointestinal test might be a benefit in diagnosis.

The point is to eat a little oftener, say five light meals a day instead of three full meals, to use up the excess acid, cutting out such foods as pork, veal and highly seasoned ham spiced, and live on as bland a diet as possible, and use very little salt. I would advise you to try the following diet:

Breakfast

Boiled milk with cocoa or coffee.

Any cooked cereal, strained with cream.

Dry toast, buttered.

One egg, soft boiled or poached.

Ten A. M.

Glass of milk, or malted milk, or milk with beaten egg, or any fermented milk.

Lunch

Thick potato, pea, or bean soup with toast soaked in it; or boiled rice with milk or cream.

Two soft boiled, scrambled or poached eggs.

Four P. M.

Bouillon with rice, or chicken broth and toast or dry crackers.

Supper

Minced chicken or rare scraped beef, or inside of chop or fish.

Mashed or well baked potatoes.

Buttered toast.

Junket or custard, Jell-O or rice or tapioca pudding.

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

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

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

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

Ten P. M.

As at ten A. M.

General Directions

1. Take your meals precisely on time.
2. Chew your food extremely carefully.
3. Eat and drink very slowly.
4. In preparing food, use no spices and as little salt as possible.
5. Eat and drink nothing besides articles given on this list, except water.

In addition try the following:

Bismuth Subcarbonate	1 ounce
Magnesium oxide	7 drams
Sodium Bicarbonate	2 drams
Sodium Phosphate	2 drams
Taka-diastase	1 dram

Make powder—half a teaspoon a half hour before meals three times a day.

If gas comes from the colon try:

Bacillus Acidophilus ½ ounce
after meals, three times a day, or in chocolate-coated confection, one after meals three times a day. As before stated, you had best consult a stomach doctor if the above treatment fails.

QUESTION: Will you please answer in your section of STRENGTH MAGAZINE the following, which I will deeply appreciate:

I am convalescent from illness diagnosed as "duodenal ulcer." I had several severe hemorrhages and lost about four quarts of blood, all occurring within five days. I am now out of bed and am on a milk diet and improving rapidly though I am still rather weak. Please tell me why I have a regular thumping in the ears in exact time with my heart beat, also why I had no pain at all with this attack?

Would you please advise cause of duodenal ulcer, and proper diet after recovery?

Would you advise an operation for prolapsed stomach? If exercises give good results please advise. Also advise if washing out the stomach every morning is too frequent, if smoking is injurious and suggest a proper diet in this case.

B. S., Wash.

ANSWER: Replying to your recent letter I would advise you to follow the instructions given below:

Chief Indications

1. First or second attacks of proven ulcer if patient is under 45.
2. For patients who refuse operations.
3. For those who have had successful or unsuccessful operations.
4. For those in whom the diagnosis of chronic ulcer is uncertain.

Chief Contraindications

1. Perforation.
2. Uncontrolled hemorrhage.
3. High-grade pyloric obstruction.
4. Perigastric adhesions or abscess.
5. If over 45 years of age and especially if a gastric ulcer.

Treatments

(1. Ambulatory—2. Hospital or Home)—All treatment should be preceded by an effective correction of all known focal infection sites other than the ulcer itself. The caloric intake should equal the needs of the body if such a diet is tolerated. Individualization of treatment is imperative. Routine treatments may not be effective. Precise schedulization is important.

1. Ambulatory

From 6 to 13 feedings per day at equal time intervals during the day; total intake for 24 hours to equal caloric requirements.

Choice of: (1) Equal portions milk and cream or (2) plain milk feedings; (3) Rice water mixture (½ cup cream—whites of 4 eggs—lactose, 4 tablespoons—ful—1 quart rice water); (4) Egg, cream and milk mixture (8 eggs—one pint cream—one quart of milk); (5) Malted milk—weak milk dilution.

These feedings can be prepared in the morning for the entire day and carried to work in bottles—preferably thermos and other containers. Medication: antacid—belladonna. Hyoscyamus—sedatives, etc., if symptoms are unrelieved by above diets. Maintain an acid urine if bicarbonate of soda is used. Magnesium Oxide will serve to regulate bowels. Medication usual during interim between feedings.

2. Hospital

1. Rest in bed.
2. Regular massage—bathing—sleep—etc.
3. Preliminary starvation period—of doubtful value. Either duodenal tube elimentation may be practiced or enematization may be ordered during the starvation period. (Smithies' formula for nutrient enema—1 ounce 50% alcohol, 1 ounce glucose or Karo Syrup solution, 6 ounces of physiological salt solution. Tinct. opii 10 minims may be added for pain or spasm).
4. Subsequent individualized adherence to scheduled treatments as outlined by Leube, Lenhartz, Sippy, Smithies and many others as indicated in text books and literature. Ambulatory scheme as above may be applied in bed. The early milk feedings may be well diluted to advantage with the various cereal gruels. Flavorings with caramel, chocolate, mint, etc., may increase palatability.
5. Diets are gradually worked up to the caloric requisite of patients with a sufficient degree of variety and yet not of a coarse character.
6. A minimum of medication is desirable and yet recourse may be had to antacids, antispasmodics and sedatives.
7. X-ray evidence for a healed ulcer is a happy desideratum not, however, conclusive.
8. It would seem that once an ulcer always a careful dietary is the prospect facing these patients.

The thumping in your head probably comes from the secondary anemia following your hemorrhage. Most authorities condemn the use of tobacco in all forms of ulcer as it is supposed to raise the acidity of the stomach and so increase the acid erosion of the ulcers. Don't under any circumstances, have an operation for prolapsed stomach. It may be necessary in the future if a regime of correct diet and better habits does not relieve ulcer. It may be that the ulcer is too callous to be reached by treatment, especially so after you have had three hemorrhages, but at least you may give them a further trial.

QUESTION: I would like you to give me some information about my heart. It seems that when I indulge in athletics, to any extent, my heart beats faster than normally. Some people call it a "heart block." I am only 19 years old and in the best of health. Just recently had some insurance taken out and I passed the test O. K., but I am worried about my heart. Is there any cure (Continued on Page 65)

The Art of Hand Balancing

A Wonderful Body Builder—Easily Mastered by Persistent Training and Perseverance.

By Robert L. Jones

With Poses by the Author

THIS article is the first of two, proposing to deal with the subject of hand balancing in several phases, beginning with the simplest form, the handstand on the floor, and continuing through to the more advanced and difficult feats of the art. But, before proceeding further, I wish to say that, as an amateur, I have been interested in hand balancing since 1920, first enthusiastically—as is true of all small boys—and then passively or not at all for some time; but for the past two years have been devoting a very considerable part of my spare time to it, with the result that I am now able to do a very fair number of stunts, some of extreme difficulty.

Like most people, who attempt learning stunts, I have had no instructor during this time, and have had to fight the whole business out alone, learning the "how and why" by the "try and see" method, varying the method of attempting a feat a little here and a little there, until finally I mastered it. Being of an analytical turn of mind, I have paid particular attention to the "why" as well as the "how" of each feat, and now desire to pass this information on to you who aspire to learn something of the art of hand balancing, that you may be saved much of the wasted time and effort that were mine, and may obtain instead maximum results with a minimum output of time and energy. Here let me give you one admonition—be patient; it takes practice, practice, practice, to learn anything worth while, and hand balancing is no exception. You may work on a stunt for some time without making much apparent headway, then, presto, the next time you try it, you do it. And one more point—it has been my experience that doing a feat is about as much knowing *exactly* how as anything else, and that a feat practiced half a dozen times in the correct manner and position is of much more value to one than a much greater number of repetitions incorrectly performed. Now to get down to business.

The first handstand one should learn is that performed on the floor—the correct position being elbows locked—head held well back—back arched—knees

straight (or with but very little bend providing the performer has a good back bend)—legs together, and toes pointed. (See figure No. 1.) This is not at all difficult if you are willing to work on it just a little, and we will now discuss the proper way to do it.

There are two ways of getting into this handstand, the pushup and the kickup. The pushup is performed by placing the hands on the floor, bending the elbows and placing the knees on them, then by shifting the weight forward the legs may be lifted and straightened and the arms straightened. The kickup is performed by placing the hands on the floor and assuming the position of a sprinter in the "get set" position, then by giving a slight jump the legs and body are swung up-

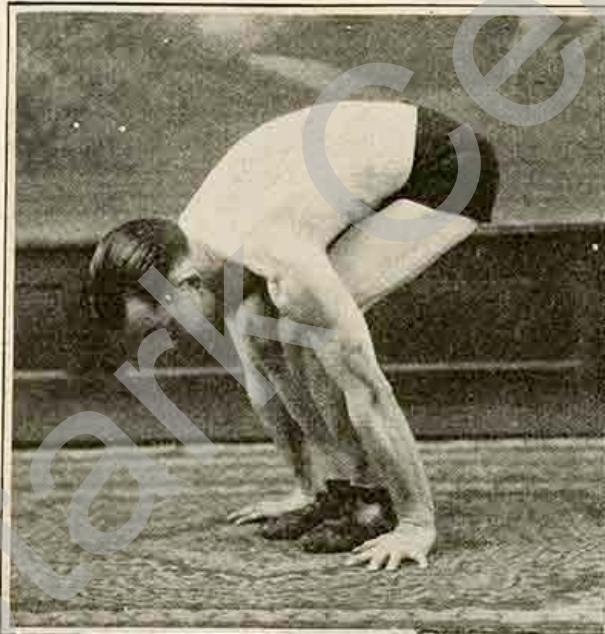


Fig. 1

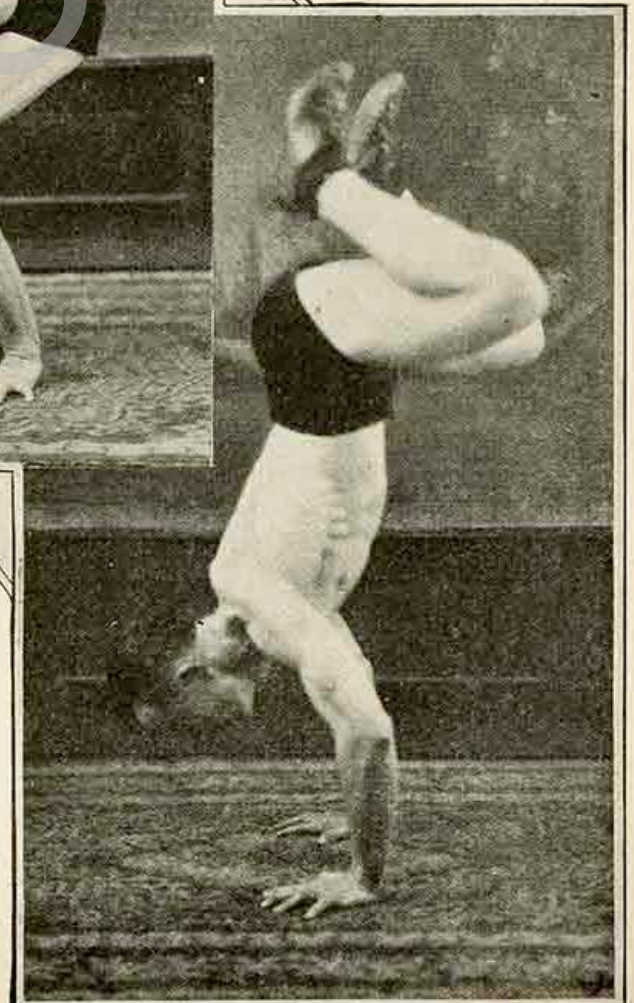


Fig. 2

ward and over into the correct position. The kickup is the better method because it requires less strength and permits the entire attention to be given to balancing, rather than demanding considerable attention to the straightening of the arms as is the case with the pushup. Also many people have not strength enough to push up and yet are strong enough to perform the stunt by the kickup route. And there is, too, I believe, less danger of an unpleasant fall from kicking up than from pushing up.

Most instructions I have seen regarding kicking up into a handstand say something like "place the hands on the floor, fingers spread; place the feet like a sprinter starting, swing the legs up and over, etc." Well, that is all I have to say about it, too, in general, but here are some details that must be given attention—the position of the hands, the head and the back and hips. In learning, it is best to kick up against a wall because it gives one confidence and prevents "pancaking" over forward. But here most beginners make a mistake in placing their hands *too close* to the wall, which makes it impossible for them to get back bend enough to get into the correct position, much less hold it. (See figure No. 2.) (I've seen 'em put their hands twelve to fifteen inches from

the wall and wonder why they tumbled.) The hands should be placed with the finger tips about twenty to twenty-four inches from the wall to give one room to bend over into position. They should be placed about shoulder width apart and must be turned inward until the forefingers are almost or quite parallel.

About the head—*keep it back!* Look at the floor as far ahead of your hands as you possibly can *all the time*, both before and after your feet leave the floor. When one stands erect he keeps balanced by certain organs located in the head, and these organs have been trained to function correctly when the head is erect (perpendicular to the horizontal), forward (with face horizontal), or when inclined slightly to either side, but when the head is held inverted these organs lose their ability to control our balance, due to the fact that they have never been called upon to operate in that position. Now, when one does a handstand in the correct position the head, while held far back with reference to its usual position erect on the spine, is actually held forward and face down with reference to the perpendicular. This face down position of the head is so natural that the balancing organs continue to function satisfactorily in their usual manner and assist materially in getting balanced. Also, with the head so held, there is no tendency to get dizzy.

And as soon as you feel your feet pass the center of gravity and begin falling forward, *straighten* the hips completely, and at the same time arch the small of the back as much as possible.

These four points mean hours — and perhaps some "religion" — saved for those who try hand balancing, for they set forth the secrets of the proper performance of the feat. Figure No. 1

shows the proper position, while figure No. 2 shows the grief that accompanies the improper starting position. This is generally caused by having the hands too far apart, turned outward until the fingers are straight out sideways, the head held erect on the spine, but *exactly inverted* with reference to its position while standing, and the back straight and the legs bent forward at the hips. True, a handstand can be performed in this position, but it is very difficult and will not be discussed until later.

Now, bearing in mind the details set forth above, let's try our luck. Select

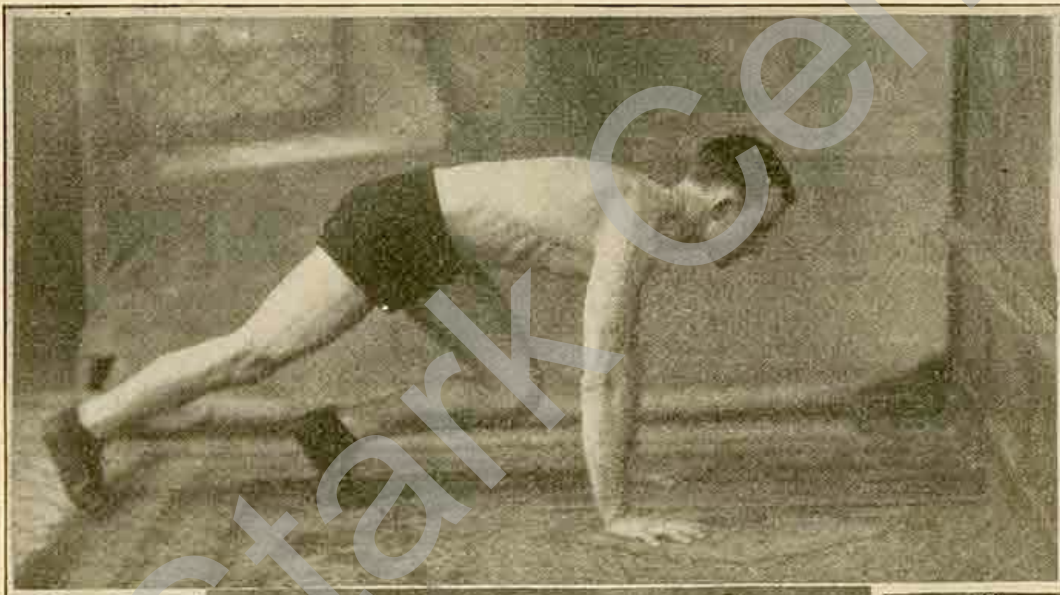


Fig. 3



Fig. 4

a place on the side of the room where there is nothing nearby against which you might fall. Ready? Let's go!

Place your hands on the floor with the finger tips about 20 inches from the wall. Spread the fingers and turn the hands until the forefingers are almost parallel, straighten the arms, *keep the head up*, looking as high on the wall as you can *all the time*, place the legs in the sprinter's starting position, with the rear leg nearly straight at the knee. That's right. (See figure No. 3.) Now bring the rear leg up, straightening it completely as it leaves the floor, and throw it over and forward, from the hip, giving a good push at the same time with the forward leg which must continue up and over, following the other. The instant you feel your legs pass the center of gravity and start falling forward straighten them at the hips and allow the back to bend as much as possible. *Keep that head up!* If you have kicked hard enough to get this far instead of falling back to the floor, you will continue over until your toes touch the wall. Keep the knees straight. Doing so makes the feat but little if any more difficult than performing it with the knees bent, and legs apart, and certainly is much more graceful and



Fig. 6

the hand, or even over the heel of the hand. Look at figure No. 4 and imagine that the hand cannot be held straight. Now we must carry the center



Fig. 5

pleasing to the eye. And this style must be learned before you are able to proceed to the stunts we shall take up later.

Now try getting your balance by tapping the wall lightly with the toe of one foot, bending the back more, raising the head higher, and pressing hard with the finger tips. In tapping the wall with the foot do not kick from the knee or hip, but tap from the ankle, and thereby you will not destroy your balance. Increase the strength of your efforts until you rock back into balance and try holding the position by pressing the fingertips and raising the head if you are falling forward against the wall, or by pressing the heel of the hand and lowering the head slightly if falling backward. If you have strong arms you may find it of assistance to keep the elbows slightly bent until you get balanced, then straighten the arms and keep balanced by the method just explained.

The great trouble with most beginners about keeping balanced is this: they try to balance their weight just as they would balance a heavy flat object held in the hand—with the center of gravity over the center of the palm of

of gravity of the weight at point B, the center of the length of the hand, so that if we start falling backward we can shift the pressure to point A as fulcrum and return the weight to its proper position; or if we start forward we can shift to point C and again be able to return the center of gravity to its proper position. Of course, we do the handstand with the hand flat on the floor, but the weight must be balanced in this manner, keeping it as near the "ball" of the hand as possible. Practice this stunt in this manner until you are able to balance nicely—then try it away from the wall.



Fig. 7

Select a place where there is nothing within several feet, take your position for the kickup, and try to kick up into the balance. Do not be afraid to let your legs swing well over forward—they should really be carried with the feet a little in advance of the head. (See figure No. 1), but if you feel that you are going to fall forward in spite of all you can do—(press- (Continued on Page 62)

What Has Become of the Bent Press?

The Once Famous Lift Has Now Become Obsolete. Let Us Help to Make it Sensational Once Again.

By Arthur Allaire

I HAVE lately been reading some old issues of STRENGTH MAGAZINE—those that appeared just before or after the Great War. The thing that impressed me most in these old copies was the popularity of the Bent Press Lift as compared with its lack of prominence now. Instantly it seemed a shame to me that a lift so sensational and popular at one time should lose its place in the sun. The war seemed to have treated it as it did most Kings, for all the men who helped make it famous, such as Matysek, Carr, Tauscher, Snyder, Nordquest, etc., seemed to have dropped out of active lifting and no one has replaced them in this particular lift at any rate. The newer lifters, apparently, have not taken kindly to it.

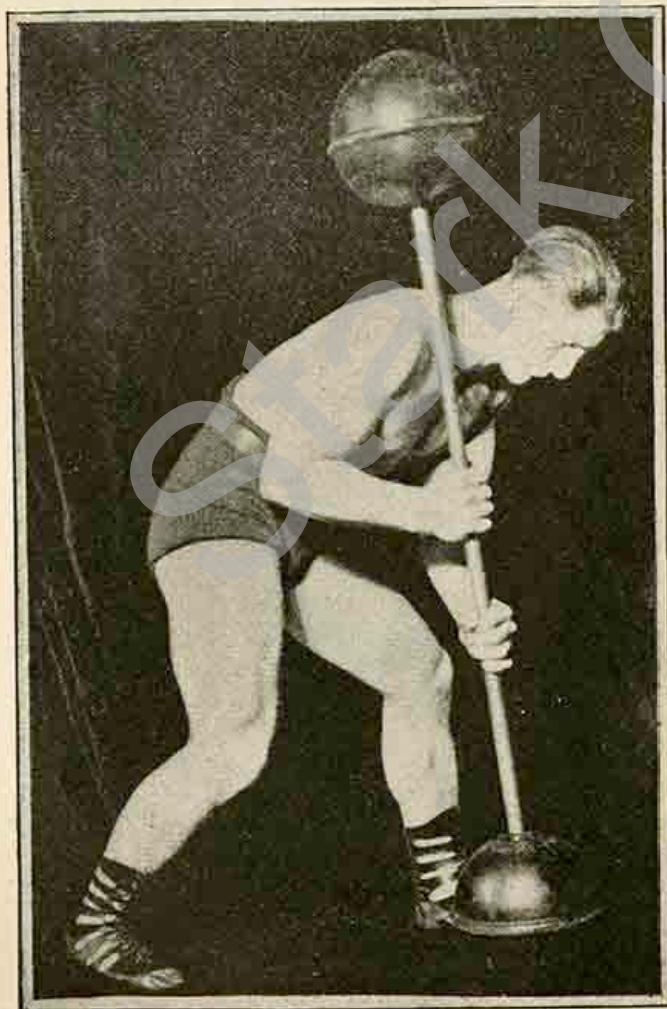


Fig. 1

This sad state of affairs surely cannot be any fault of the lift itself. I am inclined to believe it hasn't had enough publicity of late, and, being one of the most difficult lifts to master, the newer lifters have either not tried it at all or given it up because of the lack of proper knowledge of its fine points. But, the lack of publicity is, no doubt, mostly to blame, for young lifters are inclined to want to do what their stronger brothers are doing. And if none of the prominent lifters of today are doing the Bent Press then the men just coming up will not practice it seriously either.

As the readers of STRENGTH know, I have been doing considerable lifting myself with fair success and, for my part, the Bent Press is the best of them all, even though I am more or less an all round lifter. I like the Bent Press for the followings reasons: In the first place it is the most sensational for an audience to look at because so much weight can be put up in this manner with only one arm. The amount lifted is almost incredible to those who are not lifters. Furthermore, there is a big thrill to be obtained by the spectators from the performance of the Bent Press because it takes considerable time to finish it, during which time they are torn between confidence and doubt, whether the lifter will successfully execute the lift. Also they wonder how a man can control so much weight with one hand when practically standing on his head. That is the story from the on-lookers' side. From the lifter's side there is more glory and praise in good Bent Pressing because it does please the audience more than most other lifts. Then, too, a man can advance from the beginning more often and in bigger gains than he can, as a rule, in other lifts.

Then there is the fact that this lift is not as easy as others to learn. It gets your fighting blood up for a while—until you get the hang of it. Then, after you have mastered it to the point of putting up a fair weight, you can laugh at larger and stronger men who try to beat you at it without having mastered it themselves. Two of the best known lifters were great Bent Pressers and both used it in a sensational way in their acts. These two lifters were none other than Sandow and Arthur Saxon. There is no doubt that these men were greatly responsible for the popularity of the Bent Press some few years ago, and the Bent Press was largely responsible for their popularity.

It appears to me that lifters who do not Bent Press do not get as far as those who are exceptionally good at this lift. First-class Bent Pressers seem to get more publicity and more credit from the fans. There are plenty of good lifters today, just as there ever were, but

which one of them is enjoying the popularity enjoyed by Matysek, Joe Nordquest, Bob Snyder and others in the amateur rank, or which professional nowadays is enjoying the popularity that was Saxon's and Sandow's? And, to prove the point that it was the Bent Press Lift that made them, consider that Matysek, Joe Nordquest, Bob Snyder, Tauscher and Carr were all in their prime at the one time, and all specialized in the Bent Press.

The Bent Press is, to my way of thinking, the most all round single lift that exists. You must be mighty throughout your entire body and limbs. You must develop large triceps and latisimus muscles because the development as well as the strength of these muscles are an advantage to the lifter when the bell is being pressed up. You must be supple of joint and muscle. The side muscles must be exceptionally supple in order to allow one shoulder to go down near the floor. This lift requires endurance or reserved strength because of the length of time it takes to finish the lift with a very heavy bell. It takes balancing ability of the highest order, as you can imagine by studying the illustrations. Very good lung power is essential because of the length of time it takes to make a Bent Press.

I would like to see many of the active lifters start in earnest on the Bent Press. It would make it more interesting to me as well as of more interest and benefit to themselves. Somehow, I feel as though I am the only one in the world doing anything at all with this lift. I want to go ahead in it and a bit of competition from you fellows is what I need. I'm going to help those who are not as familiar with the lift as they might be by giving them the benefit of my experience with this

lift of all lifts.

The first position in executing the Bent Press is pictured in illustration number one. This position is generally accepted as the best, although many good Bent Pressers vary it slightly. The main trouble with the position as shown here is that the bar is not long enough to allow the center grip to reach nearer the shoulder height while in this bent over position. A bar of this length is all right for light weights a novice would use, but when a lifter begins to get up around the 200 lb. mark such a bar requires too much strength and useless exertion of the Bent Pressing Arm (in this case the right arm) in getting it to the shoulder. If the bar is considerably longer all the lifter has to do is to rock the bell into position. Consequently, he has conserved his strength for the Bent Press proper. Should the bell be exceedingly heavy and the bar short it compels the lifter to bend his knees too much in an effort to save his arm strength when getting under the bell. Nothing saps the strength as a deep knee bend does, especially just before a supreme effort such as is necessary in doing your limit in this lift.

Before standing the bell on its end you must be sure you have the center marked clearly, for if, after the bell is at the shoulder, it begins to drop at one end your lift will be spoiled by your trying to find the center of the bar by jumping the bell and moving your hand. Shifting your grip like this on the bar after it is in position to press wastes your strength and discourages you. If you want to excel in this beautiful lift you must conserve your strength as much as you can for the final effort.

I have noticed that it is best not to grip the bar at the dead center position. There should be a very slight over-balance on the thumb side of the hand. In fact, you should feel just a little more pressure on the thumb side of the hand than on

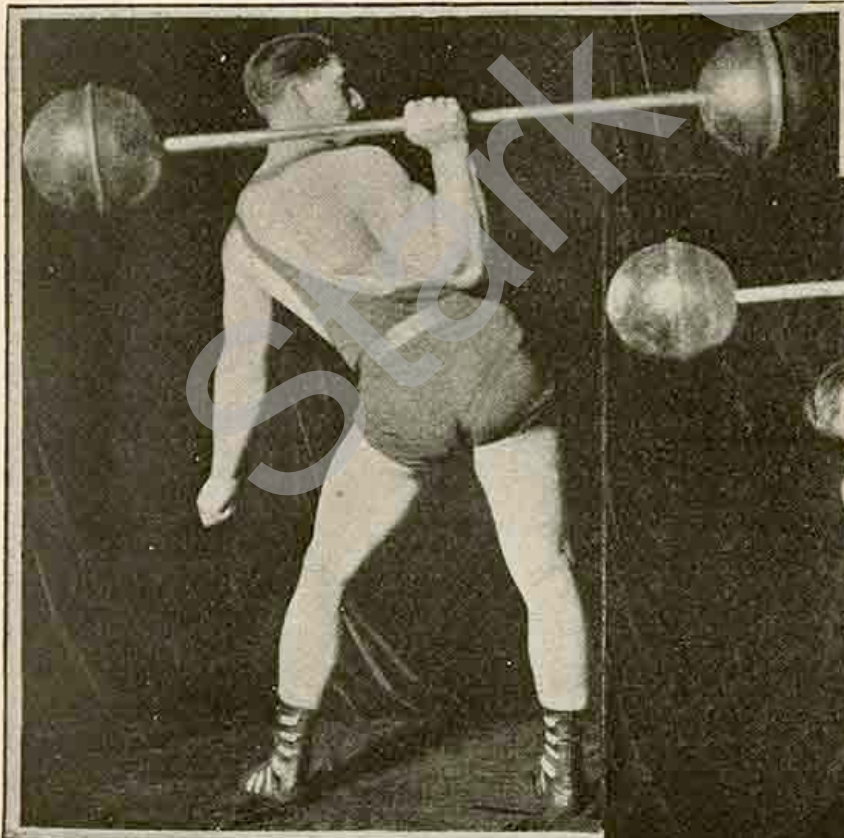


Fig. 2

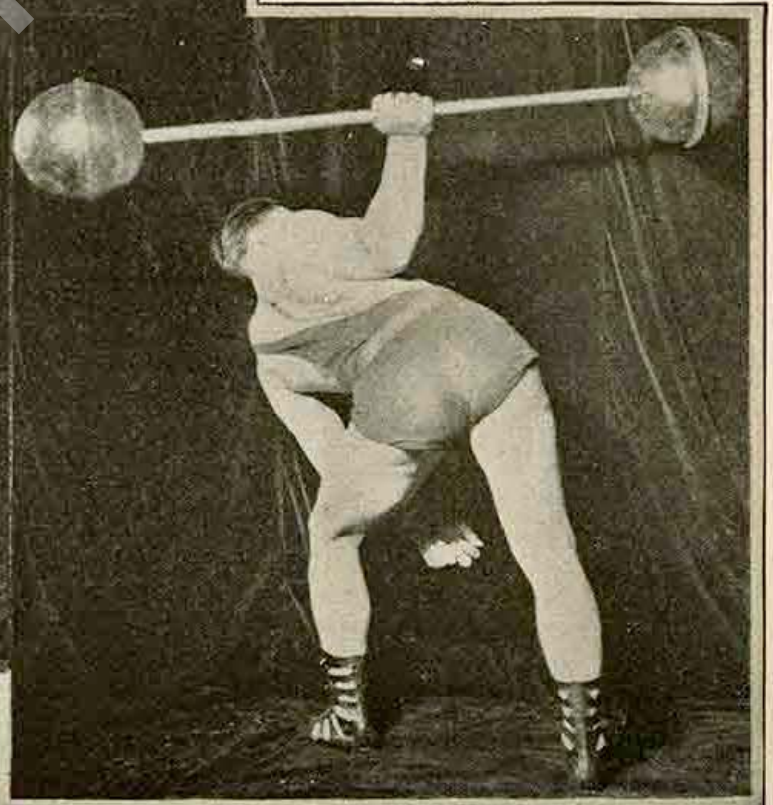


Fig. 3

the little finger side. Why this is best, I have learned, is because you have more control of a bell at the wrist if it is a mite heavier on the thumb side. Whereas, if you get the bell to the shoulder and find it heavier on the little finger side there doesn't seem to be strength enough in the wrist to keep the end of the bell from continuing downward. I have seen many lifters lose the bell on account of a wrong center grip.

The idea is this—if you grip a sledge hammer in the usual way with the little finger near the end of the handle you can raise the hammer more easily when the hand is in the position shown in this first illustration. But if you reverse the grip on the sledge and have the hammer head and handle to the front you will find it more difficult to keep the hammer up to shoulder level than it was to keep it there when the hammer was pointed to the back. So you will find it better to have a little more weight to the back end of the bell.

In the second position we are ready to begin the actual press. Notice how the back of the upper arm rests on the side. You can easily see now why large triceps and latisimus muscles are an advantage. If these two muscles are large they keep the elbow up higher and the higher the elbow the nearer straight the arm is. And, as the big idea now is to get the arm straight without actually pressing the bell with arm strength, you can see that the higher the elbow the nearer the arm will be straight at the finish of the waist bend.

One of the main points in Bent Pressing is the keeping of the forearm perpendicular. If you will look close and study illustration number two you will see that the bell is supported by a perpendicularly straight forearm on top of it. This means that the weight or bell is supported almost entirely by bone strength.

After a lifter gets the bell to this second position he can take it easy for an instant before pressing it aloft, for it takes comparatively little strength to keep it there.

Here is a point that is very important. As it is easier to hold a bell in this second position than it is to press it up, it is a very good idea to take twenty-five or fifty pounds more than your Press Record to the shoulder. Hold it there a minute or so and then put it down. By doing this as a daily training stunt your muscles will become accustomed to the feel of this heavier weight and make your progress more rapid. It is still a better idea to make an effort to start pressing this heavier weight before putting it down.

Don't forget that the weight is mostly on the bones in this second position and as you press you must strive to keep it on the bones. The other big thing to be kept in mind is that the arm must be straightened.

Now we start to press or really lean over further to the side, and by doing this we come to the third illustration. You see that the weight of the bell has been shifted a little so that it is divided between both legs. The forearm is still perpendicular, or nearly so, and by the upper edge of the body coming down to the horizontal position the arm is about half straightened out. Here again is an advantage in large latisimus and triceps muscles for at this point the upper arm has a tendency to slip off the side and big muscles prevent it.

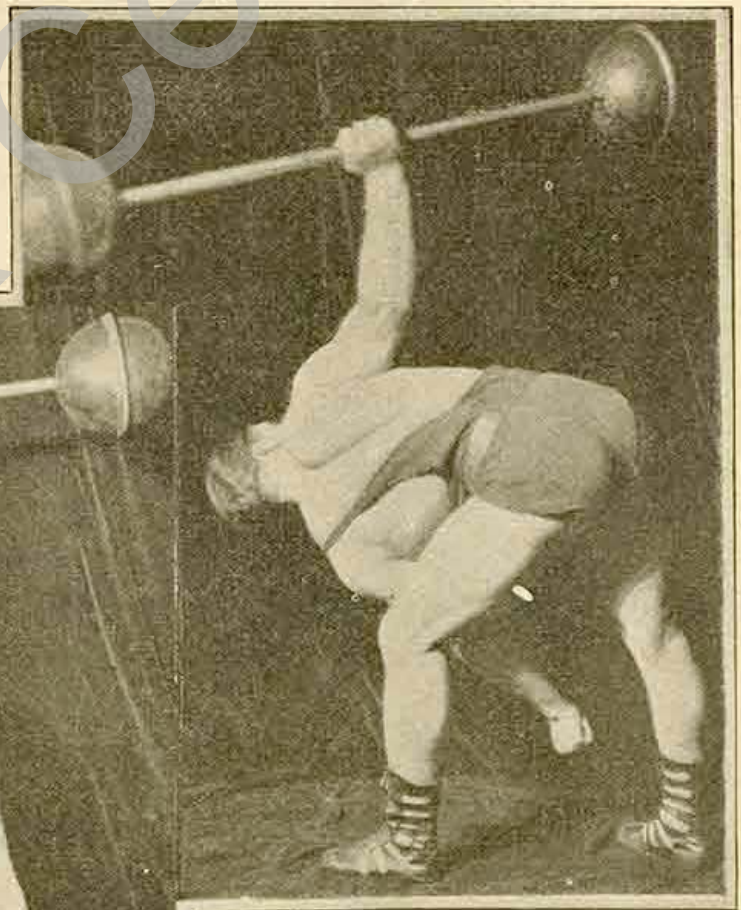
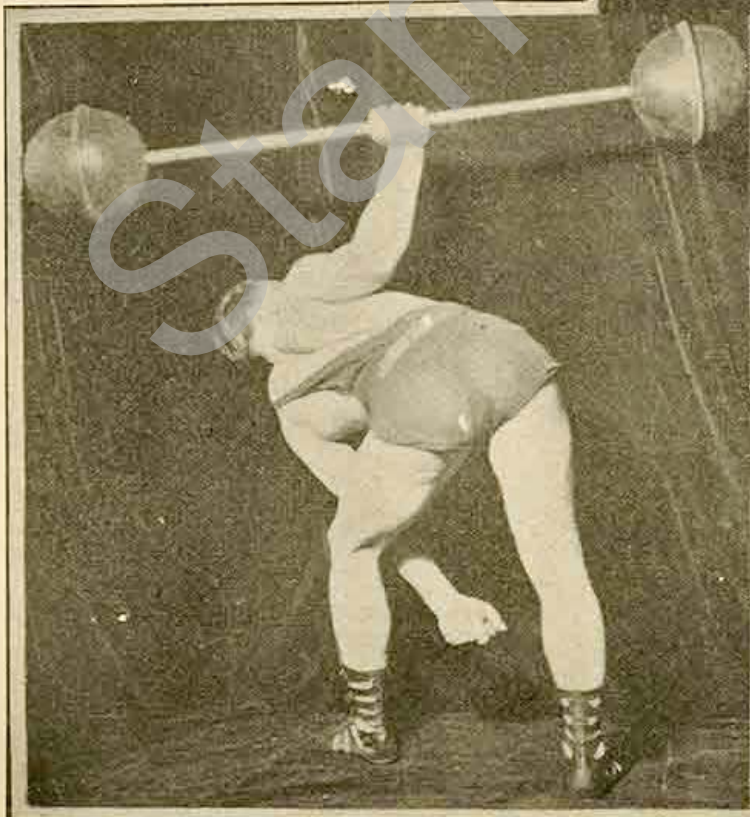


Fig. 5

Notice how the left arm is pressed against the inside of the knee to help support the waist muscles. Here is where the exertion starts on the waist muscles and any

Fig. 4 help you can give them by sliding the

left arm down and against the knee will be appreciated by them, I assure you. Also notice how the bell slants on the thumb side of the hand in this third illustration.

Down we go farther as in illustration four. Notice how the upper half of the

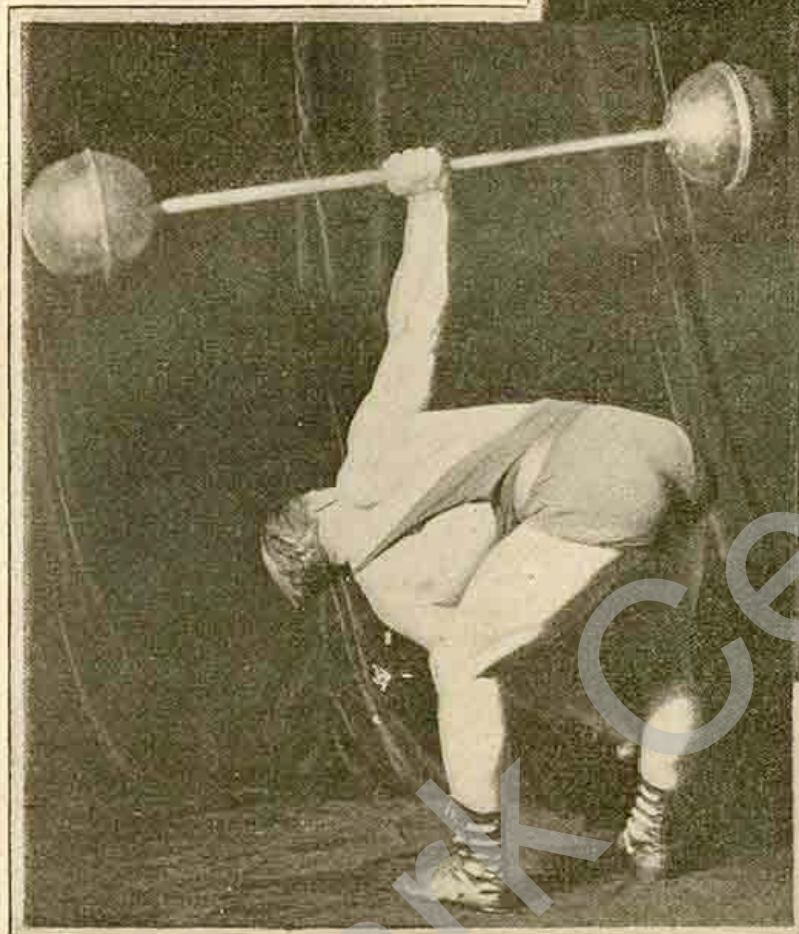


Fig. 6

body line under the upper arm slants slightly downward, giving the arm a chance to straighten out almost automatically, greatly aiding the push up. The weight is now supported by a nearly straight arm, shoulders and forelegs.

Don't let me give you the impression that there is no muscle strength of any account necessary in this lift. However, the lifter who can throw the most work on his bones will be the one who will excel at Bent Pressing.

In illustration five the left arm has now slipped down the left knee to the deltoids. The lifter who is supple enough in the waist to go even lower than this will also be the one to lift more weight, everything else being equal. If a man was contortionist enough to bend down until his head was in back of his left knee the pressing arm would simply unfold like a jack knife and practically no push up strength of the arm would be required. But, of course, this cannot be done by lifters, at least I never saw anyone go that far down. Nevertheless, that is the theory of the Bent Press.

Some men press by keeping their left hand on their left leg. This practice is bad because it prevents the shoulder going down past the knee and subsequently

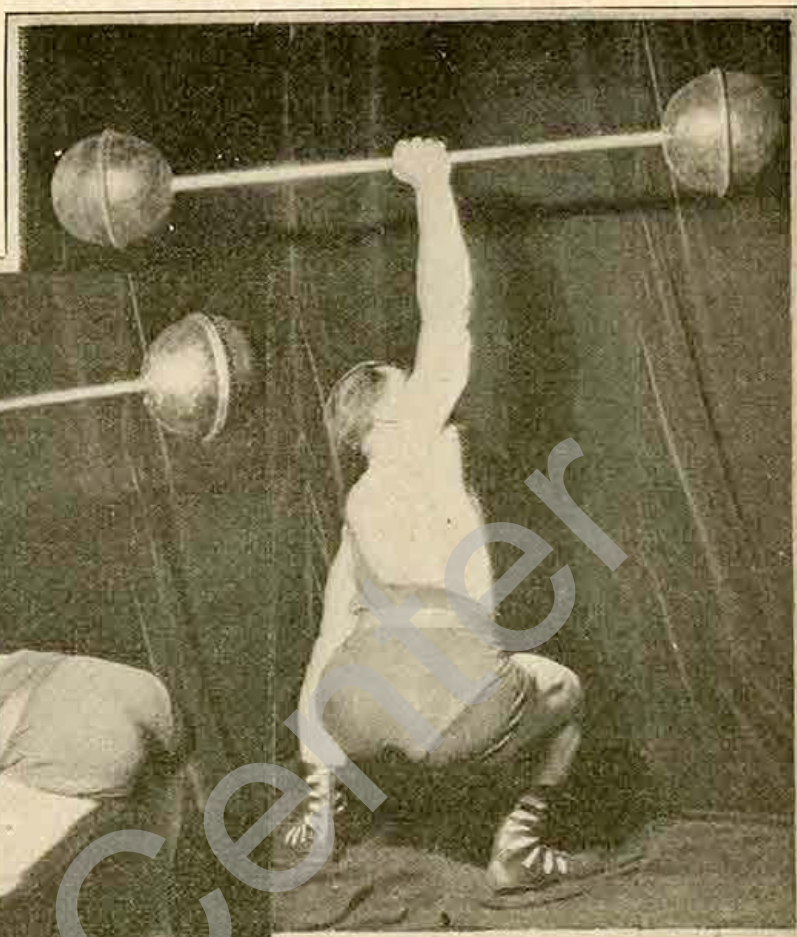


Fig. 7

throws more work upon the pressing arm.

In illustration number six you will see that I have gone down a little farther, simultaneously straightening my arm. Due to the light weight used in taking photographs it was easy for me to hold the bell a little off the perpendicular and,

unluckily, the camera snapped it before I could bring it back to dead center. Now, with a very heavy weight aloft, the arm must not be allowed to wander far from the vertical position; if you do allow this it is ten chances to one you will not be able to bring it back and, consequently, will lose it. Furthermore, a heavy weight (anything over 200 lbs.) will make you bend down even lower than I do here—down so far that your deltoids or shoulder muscles will be completely hidden by the knee when viewed from this position. Notice how I get further aid by letting the left hand press against the right shin. Many novices are tempted to let their left hand touch the floor at this stage of the lift, but guard against it, for it is a foul.

You can see by this illustration how the lifter must sight along his arm from nearly an upside down position of the head. This position is a strange one to the beginner, but this strangeness is soon overcome with practice. Some beginners experience slight dizziness at this point, but this, too, is eliminated as you become accustomed to it. You can well imagine the perfect balance that must be obtained before you can hope to get far in this lift. However, (Continued on page 73)

All Round Exercises for Women

Personality, Attractiveness, and Popularity may be Acquired by Attaining a Graceful and Well Formed Figure. A Few Moments Daily Will Change Your Dreams to Realities.

By *Elizabeth Hollister*

“**G**RACE in women gains the affections sooner and secures them longer than anything else.”—*Hazlitt*.

No truer words were ever spoken by either poet or philosopher, and if you are inclined, at first, to doubt this little bit of wisdom, you would do well to consider for a while the true meaning and understanding of the word “grace.” We may be graceful either physically in the way of bodily movements or in the more spiritual sense of being graceful in the manner of dealing with our fellow humans. And we should say that both were dependent upon the same foundation, a common reason for being possessed of this most desirable characteristic; a well preserved and perfectly balanced condition of physical health and sound mental condition, the latter being dependent upon the former to no small extent.

Would you not like to be the possessor of the ease of

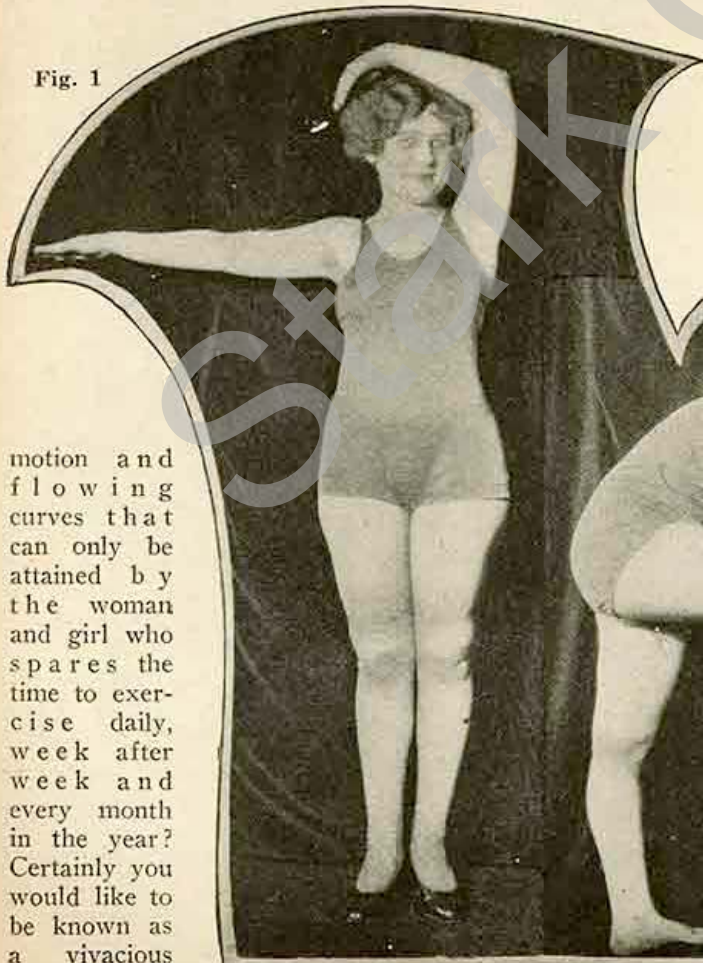
creature of loveliness, brimming over with the spontaneous joy of being fully alive every moment you are awake; the natural contours of your supple body lending that unmistakable something to your personality, causing everyone to admire you and seek your company at all times.

The full possession of physical powers will impart to woman that essential degree of femininity sought after by all worth while men. By means of regular living habits it is possible to acquire the charm and attractiveness which will class you among men and women as having a magnetic personality. You have, no doubt, observed how some persons are able to command attention at all times, from everyone; giving the impression that the individual was possessed of some mysterious electrical force, which compelled others to pay attention to them.

Why, you have possibly asked yourself many times? Surely there must be some reason for this dominating power; certainly there is some secret behind their popularity, leading them onward like a guiding star towards success, after which we are eternally striving.

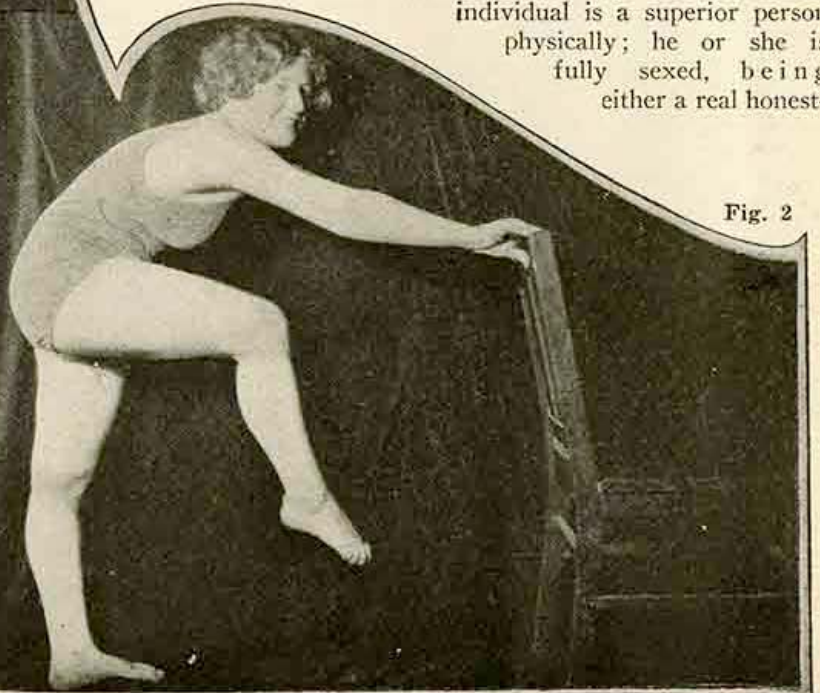
You will always notice such a person has an aesthetic suppleness of movement, behind which there must be a full degree of physical powers. We believe there is a physical basis for everything, good and bad; and in this case it simply implies that the individual is a superior person physically; he or she is fully sexed, being either a real honest-

Fig. 1



motion and flowing curves that can only be attained by the woman and girl who spares the time to exercise daily, week after week and every month in the year? Certainly you would like to be known as a vivacious

Fig. 2



to-goodness man or a lovely woman, possessed of charm and attractiveness in the fullest. Why be envious of them? Especially when you can become their equal by making your daily routine of habits include a few exercises such as we outline for you in this article.

A girl or woman who is well built all over is quite hard to find, and you can believe us that clothes hide a great deal, even though the present styles do not seem to cover very much of the wearer.

Most girls have quite fair proportions in some parts of their anatomy, but even among show girls and professional models, it is somewhat rare to find girls who can be called anything like per-

means; for to do so would prove that she was unfair to herself and too lazy and indolent to practice a set of health promoting exercises regularly. In ninety - nine

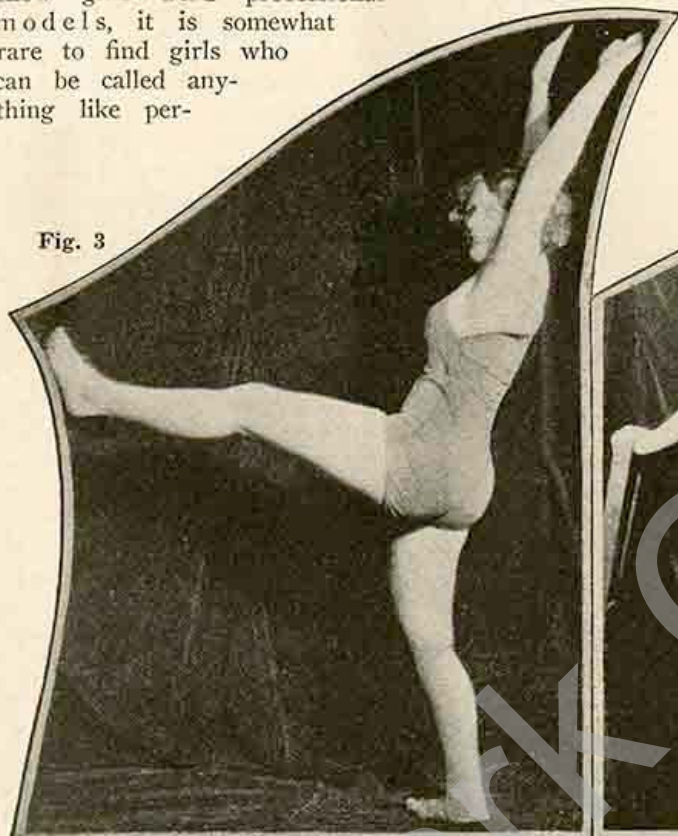


Fig. 3



Fig. 4



Fig. 5

fect, and those who are of the perfect type have no trouble in gaining fame as a result of their perfect physical proportions.

Make a little inquiry concerning the life and daily habits of the perfect specimens of femininity and you will find, with very few exceptions, that they have been in the habit of following some form of exercise or physical activity. Otherwise they could not hope to attain the beauty of build and exquisitely formed figure about which thousands rave.

Somehow or other there seems to be a mistaken impression among people that the well built women and bathing beauties were born that way; that the perfectly formed girl is simply gifted by the gods, and has had nothing whatsoever to do with her exquisitely molded perfection of figure. I can partly, at least, understand this mistaken impression, and attribute it to a certain state of mind controlled by the passions of envy and jealousy. For instance, a girl or woman notices (secretly and privately, of course) that another woman is possessed of a more beautiful body than her own; and having always despised every form of physical culture and exercise (she calls it "physical torture") she is unwilling to attribute the better built figure to those

out of a hundred cases of this kind you will find this to be the reason for the claim that a girl with a beautiful figure is "born that way," or has inherited her remarkable figure. Some of my readers may have another little question to pop. That is, why some girls are well built but never do anything in the way of exercise?

In answering this, let us say that there is a possibility of the girl not being nearly as well built or as prettily formed as you may think. Many girls make quite a neat appearance in clothes, but if they were subjected to the critical eyes of expert opinion, when in the unclothed or partly unclothed state, their apparent beauty of form might show up as being nothing at all unusual, and far from the standards of perfection to which the average model or show-girl must conform. There are many of this type, who look very good in street clothes and possibly even in a bathing suit (providing this suit does not fit too snugly), but if they had to appear as the show girls do, their defects might be altogether too apparent.

Still, there are many girls and women who present a splendid appearance, regardless of how they are dressed, and who really have figures of high class, who evidently do not follow any system of physical culture and evi-

dently never did take any interest in any form of exercise. I have known girls of this type whom I considered to be among the best built girls you would want to meet, and who could qualify for any prize. They evidently didn't follow any set of physical culture exercises, but by close analysis you would find they were of the type who were always engaged in some activity: dancing, swimming and "cutting up" whenever the opportunity presented itself. As young girls they were no doubt always playing in active games, running, skipping, roller-skating and on the move pretty near every moment they were awake. If a girl or woman has a nice form, it is not so very hard to keep it, whether she acquired her beauty of figure by means of exercise, games, or was simply endowed with her charming and graceful physical possessions. It takes but very little effort to keep looking good, so regular play might easily be sufficient to preserve the easy flowing lines and highly pleasing curves about which the masculine critics rave.

For the purpose of acquiring that ease and suppleness, so necessary to the woman who wishes to be graceful and possessed of the attractiveness and charm and essential for those who desire the popular acclaim of personality, there can be no better group of exercises than the few outlined below.

Exercise No. 1, figure No. 1—We will now consider a splendid movement for the arms, shoul-

Fig. 6



ders, chest and neck. Stand with the feet planted solidly on the floor, holding the body erect throughout this entire exercise. To start this exercise hold both arms extended to the side at shoulder height; using the right arm to start with, bend it up over the head so as to encircle the top of the head and try to touch the left shoulder; then swing the hand back down behind the head and completely encircle the head by swinging the lower arm

from the elbow, meanwhile keeping the upper arm raised up alongside of the head. Practice moving the lower arm around in a sort of circle, turning it in both directions, then alternate with the other arm and for the sake of variety you can keep both arms moving alternately.

Exercise No. 2, figures Nos. 2 and 3—The following movement is given for the purpose of producing flexibility and ease of control in the region of the hips and waist by means of tension and stretching of the muscles, tendons and ligaments involved. Place a chair against the wall, or you may use the bedstead if you wish. Stand about three feet away from the back of the chair or bed and by leaning forward, as shown in the illustration, place the hands upon this support so that the arms and back are straight. The bending should be from the hips so that the legs and upper body are at right angles; keeping one knee straight, bring the other knee up toward the chest and while holding it as high as you can, swing the lower leg as far forward as you are able so that you try to touch the chair with your toes; from that position swing the leg back as far behind you as possible; extending the leg well behind you, raise on the toes of the supporting foot and try to see how high you can stretch the extended foot.

This exercise should greatly benefit the abdomen, hips, waist region, back and the legs in general.

Exercise No. 3, figures Nos. 4 and 5—A capital movement for the cultivation of grace is the following. At first it may be the best policy to practice between two chairs, holding on to each for the purpose of preserving the balance. With the feet about twenty-four inches apart and the toes turned out as far as will be comfortable to you, squat down by bending the knees, meanwhile keeping the feet flat on the floor. Then suddenly rise by straightening the right leg and kicking the left leg up in front of you; try to do this kicking motion while you keep the right foot flat on the floor. Then, when you have extended the left leg to the limit in front of you, raise on (Continued on Page 74)

Fig. 7

The Mat

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

Conducted by Mark H. Berry

**Reasons for Retarded Progress—When to Take up Lifting Practice—A Novel Training Program.
You Are Strongly Urged to Take Part in the Training Program Outlined in This Department.**

TWO important questions to be answered for many bar bell users are: When they should change from body-building exercises to the practice of pure lifts, and if it is advisable to combine a certain amount of lifting with developing exercise with bar bells, of a repetition nature?

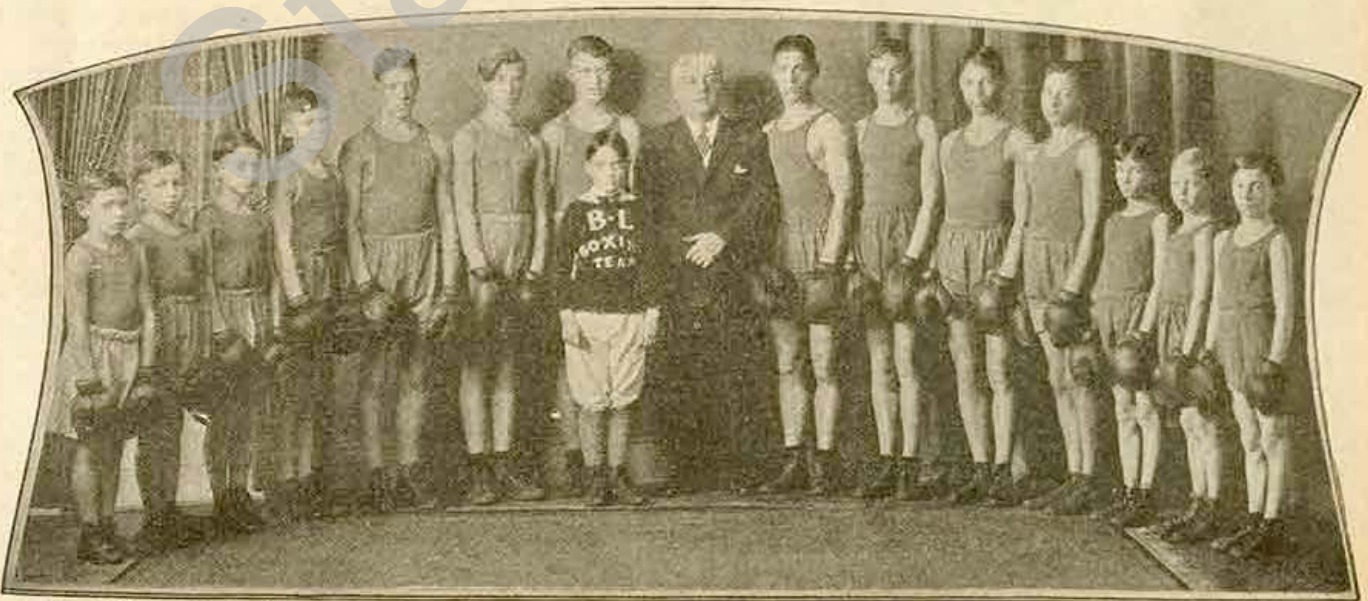
I am convinced that most bar bell users never think of becoming lifters, and very seldom try themselves on even one feat of strength, preferring to devote a certain amount of time weekly for the purpose of keeping perfect health, improving their physical proportions, and preserving their youthfulness over a fair length of years. Not that they are not proud of the extraordinary strength possessed by every bar bell devotee, as there is no doubt that every man is secretly proud of the degree of strength he possesses, or at least thinks he possesses.

Then there is a class of enthusiasts who, though not really interested in the display of lifting powers, nevertheless like to make some comparisons between their own abilities and the records of famous athletes. These ambitious physical culturists will from time to time make lifting attempts as a gauge of their own progress, compared with the progress of those whom they read about in *STRENGTH Magazine*.

Of course, we have the other class who are always trying to see what they can do. Some of these "Iron-men" lift as hard as they can every time they take a

workout, and wouldn't think of going through exercises at any time. As applied to the average bar bell user, this last named plan never would be correct, and there are quite a number of athletes who would enjoy much greater success if they would change their tactics in this respect. No sensible instructor would advise anyone to try their best at every work-out. Each one of us has a natural limitation in strength and development, and, likewise, a certain adaptability to improvement; and though every normal person can be improved and brought to a state approaching perfection, we do not progress at the same rate, and some individuals are so constructed temperamentally and inherently as to offer a problem to the instructor, unless his case is thoroughly studied and the pupil is convinced that he must do things in just such a way.

This latter type is generally of a nervous temperament and very inquiring turn of mind. They insist on being "on the go" at all times and very often get into their heads the idea that they must exercise all the time. They are naturally wiry and keep themselves that way by never giving their physical organism a chance to build up, and scarcely a chance to recuperate from continuous expenditures of energy. Being of an inquiring type, usually rather vigorous mentally, they keep trying one new thing after another and get all their wires crossed; as a result, no method or system gets a fair



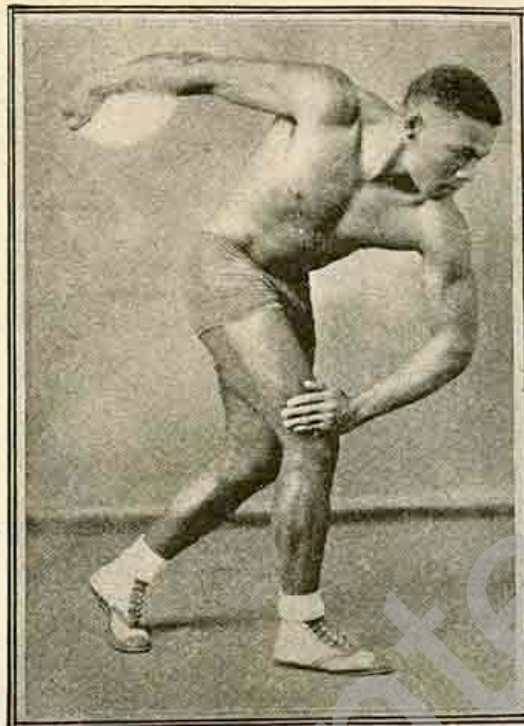
The Ballston Lake Physical Culture Boys—a unique organization which is able, by means of giving exhibitions, to pay its own expenses, buy the boys' clothes, and, in addition, pay for the services of professional people.

chance, and safe to say, these individuals are never exactly successful from a development viewpoint.

Every bar bell user, when first engaging in such exercise, should stick to body-building movements at least three months, and the longer the period he continues to do so, the greater his results will be. The results attained in three months greatly depend on the way the pupil applies himself; if he pays strict attention and thoroughly performs every movement, progress is assured quickly. Such a pupil can usually commence lifting movements one day a week, and should follow a program of that nature for another three months, before specializing to any extent on lifting. If, on the other hand, our physical culturist has failed to apply himself earnestly enough, so that in three months he has not become suffi-



Frank Dennis, who lately has been on a record-breaking rampage. You will find an account of his lifting in the pages of this issue. Included is a wrestler's bridge lift of 265 $\frac{1}{4}$ pounds.



Stanley Smith, of Bermuda, in a very carefully posed depiction of the classic "Discus Thrower."

ciently well developed to approximate his natural limitations, he must continue to practice repetition bar bell work for several more weeks.

The usual experience is that the bar bell exerciser will in three months acquire most pleasing proportions and at least double his strength, while adding twenty or more pounds to his bodyweight; but he is still far from a finished product, and if he is wise enough to continue developing exercises instead of starting to specialize on lifting, each month added to the first three should see him greatly improving his shape and the quality of his muscular de-

velopment and give him a firmer strength foundation.

We hear of hundreds who obtain remarkable results, and know of thousands who have achieved their purpose in taking up progressive exercise; but there are many who, although they are personally more or less satisfied with results, seem to stop suddenly in development progress after about three months' training, and though they do make some progress thereafter, it is very slow. From some years of experience, both personal and by observation, I have concluded that many students of progressive exercise hinder their progress by beginning to specialize on lifting too soon, and also by making their exercises too difficult, both as to poundage and repetitions. After following a course in developing exercises for several weeks, or possibly three months, these over-ambitious pupils begin to take up advanced lifting movements, which marks the point where their developing progress ceases. They consider that their natural limit has been reached, but many earnest enthusiasts are sincerely mistaken on this point; as a few months of body-building bar bell exercises will prove.

I mentioned specialization in lifting. By this was meant, training to lift your utmost and repeatedly making record tests. By following such plans, numerous lifters have become strong for their body-weight, but a more scientific method of training would have greatly added to both body-weight and strength. Great progress can be made by training on lifts, pure and simple, but a program must be arranged so that you are not always using weights near your limit; by making repetition movements out of lifts, you not only become a better lifter, but at the same time achieve greater all-round results. When a highly trained lifting athlete goes out to break a record, there are special ways of training with that particular object in view, but such methods should not be continued indefinitely.

Without ambition, a physical culturist will not realize much in the way of muscular development, strength, athletic abilities, or general physical fitness. Granting that our physical culturist must have the urge of ambition to keep him plodding towards his goal; such ambitions will not get him to that goal very quickly or assuredly unless he is properly directed and uses the correct methods that will insure his safe arrival. In other words, he must find out the proper course

to follow, must be led over the short cut, well beaten path which leads him straight to the object of his ambitions; otherwise, our enthusiast will be wandering aimlessly in the deep maze of guess work and ignorance, and the probability is that he never will "get there."

It sometimes happens that the spirit of "over-ambition" as we often term the state of mind of wanting a thing without working long enough or hard enough to get it, is mistaken for true ambition. Such an individual hinders his progress and detracts from the possible benefits by pursuing a wrong course as a result of such a state of mind. This is very liable to happen among young physical culture enthusiasts who have become interested in progressive bar bell exercise. Many such enthusiasts have the idea, seemingly, that there is some magic in buying a bar bell; and that all they have to do, is, to start lifting and the loaded bells will rise to arms' length. They read of the remarkable gains made by those who have had the sense to start at the bottom and work by means of gradual progression till they attained a physical development to be justly proud of and strength to spare; it must be understood that no one ever became famous for their build or attracted world-wide attention due to their super-strength, without working for it; and the best built and strongest men, in most cases, have worked harder and exercised more consistently than those who have attained only fair proportions.

Before taking up the practice of lifting proper,

Mr. J. A. Marshall, of Derbyshire, England. To say the least, his time has not been wasted on physical culture. Those who are consistent enough always get what they go after.

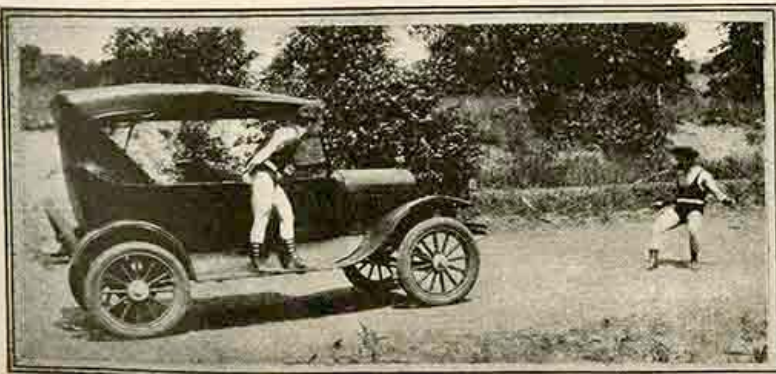


Here you see Mr. Wm. A. Pullum, the former world's champion featherweight lifter, measuring the upper arm of Herman Gorner; the tape says nineteen inches. Mr. Pullum is now managing Gorner in England.

by which I mean the lifting of weights with the idea of establishing records or engaging in competition, it is necessary to train for several months on a system of bar bell exercise, with the idea in mind of building the physical organism, both external and internal, to a very high degree of development, and by means of this regular exercise with bar bells, to gradually add to the resistance, so that the strength is increased by easy graduations. The muscles must be coaxed to perform the exercise movements with an ever-increasing amount of resistance, which procedure, besides creating additional strength, likewise stimulates the tissues and muscle fibres to increased growth. The resistance should, and must, at all times be well within the physical capacities of the pupil, so as to enable him to perform the movements in the proper manner while repeating the essential number of times. If a pupil must exert himself to perform each individual repetition, he is quite liable to neglect the details of the exercise in order to manage the weight he is handling; furthermore, he soon reaches the stage where he can progress no further. To insure progress it is imperative that the bar bell enthusiast should always keep his limit poundage well ahead of him, and in this way he has something to work up to at all times, and never reaches his limit.

Without the (Continued on Page 66)

Edward Weinhold, who recently broke some records in the featherweight class, one of which was a two-arm curl of 125 pounds (1½ pounds more than his bodyweight), is shown pulling Art Levan on an auto, by means of a teeth grip; notice the grade. Levan also made some splendid records.



This Round is the Last!

A Tale of the Prize Ring, and a few of its Heroes,
Who Possessed a Finishing Wallop.

By Hamilton Dana

WHEN a Knight of the roped arena, who specializes in swapping punches, has the ability to bring his scraps to a close whenever he wishes, you know that cauliflower-eared hero does not have to make his living fighting out in the sticks. But, a few years ago even the best of them were willing to go out and tour the small towns once in a while; not so nowadays, the big timers have to be threatened to come out and fight even for the fortunes given for what is called fighting today.

One of those who had real ability and who really enjoyed his sojourns in the hamlets was Sam Langford, the "Boston Tar Baby." A story is told concerning him down in Atlantic City. It seems that the colored population wanted to see "Tham" fight, but the best opponent they could get for him was a big colored waiter who had no real ability and needed considerable building up to draw big gates. Of course Sam didn't need any boosting, so the papers fed the negro populace with news concerning the waiter, with the result that they got to thinking that the waiter could whip Sam. When it was time for the fight to start, one of the promoters called Sam aside, and said: "Sam, this waiter has got to be a great favorite. Let him stick the eight rounds, then we can put on another fight and you can come back and clean up a lot

of money." Sam thought about it for a while, and then thinking it was a pretty good idea agreed to let the waiter stick the limit. When Sam got in the ring, he received a big ovation, which was very nice to him; when the waiter got in the ring, he received twice as big an ovation, which didn't please Sam very much, but remembering his agreement, he proceeded to live up to it and let the waiter make a favorable showing with the crowd, who were yelling for the waiter to finish Sam. Every time he hit Sam on top of the head, the crowd

roared and called on the waiter to kill Sam. Now this didn't please him very much either; in fact he was having a pretty hard time to keep from hitting the other black man hard. Near the end of the fifth round, in coming out of a clinch, the waiter hit Sam on the mouth with his elbow and split his lip. The bell rang and Sam went to his corner. When the next round started, Sam came out of his corner and reached his hand out to the waiter to shake with him. While shaking his hand, the waiter said, "Why, Mistah Langford, this ain't de last round, this am only de sixth."

"Colored man," said Sam, "so far as yo's concerned, dis am de last round."

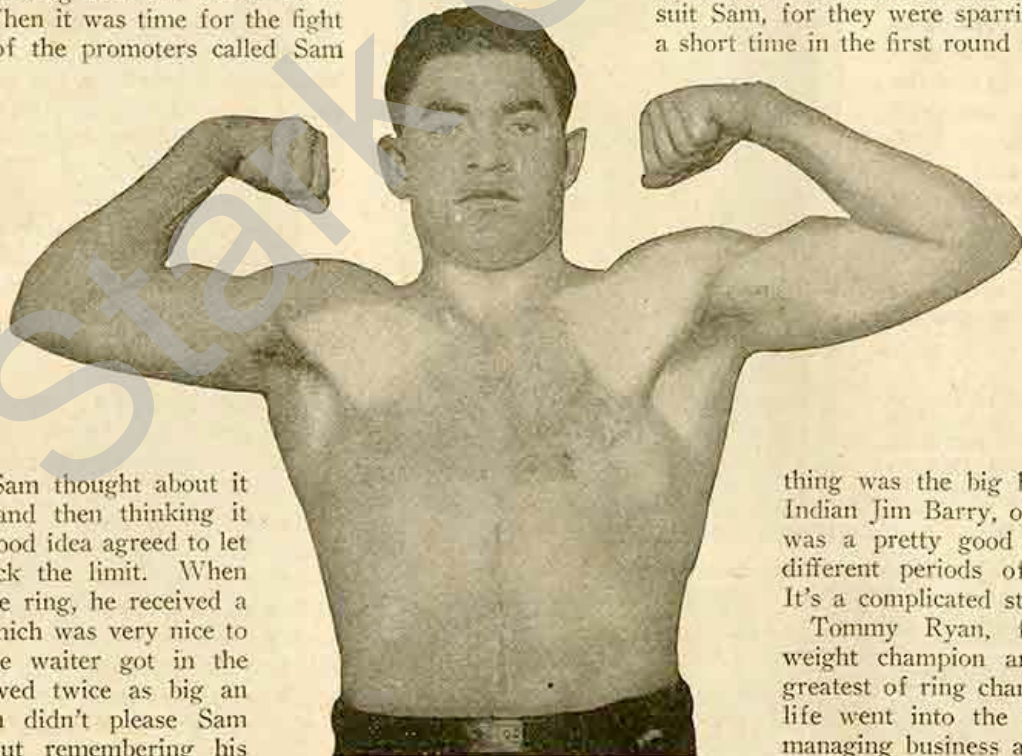
I once witnessed Sam do something else like that. This happened in a certain small city of considerable pugilistic fame, where Sam was billed to meet a big "high yaller" scrapper from the Pacific Coast. This big boy was touted as a wonder and was supposed to be a successor to Johnson, if Jack would ever meet him. No doubt Sam was supposed to let this boy stay the limit, too; but evidently he seemed too rank to suit Sam, for they were sparring around only a short time in the first round when Sam suddenly spit in

his right glove, took a good swing and poked the light colored giant on the chin, and the fight was all over.

Another of the real fighters who could do the same

thing was the big half Irish, half Indian Jim Barry, of Chicago, who was a pretty good battler at two different periods of this century. It's a complicated story.

Tommy Ryan, former welter-weight champion and one of the greatest of ring champions, later in life went into the promoting and managing business and was continually looking for good prospects among the coming boys. One bozo he got a hold of was Con O'Kelly, a big Irish giant, who had met with considerable success as a wrestler and strong-man in England, and,



The present heavyweight champion of Europe, Paolino Uzeudun, the Spanish wood-chopper, who is slated to engage Jack Dempsey, former champion of the world. Out of twenty-three fights he is credited with sixteen knockouts.

due to his great size and reach, was looked upon as splendid pugilistic material; so Tommy brought him over here and proceeded to train Con into a great fighter. The Irish in the city he was living in followed Con around like a regular hero and even if he went out for a walk in the park, there would be a string of Irish kids behind him. O'Kelly met a few "hams" and was touted as the real thing, so Jim Barry was picked out as the next victim for Con to beat up. Before the fight there was some little delay in the dressing room which caused Barry to say, "Come on, get this thing started, I want to finish this big Bum and get out of this town." All of which may have sounded like big talk to the admirers of the local hero. Barry had to get a train at a certain time in order to reach his next destination for a fight the following night, so he informed someone at the ringside to let him know when it was a certain time, which would just about allow him to hop a train and be on his way. They went through a few rounds, with Con apparently holding his own and getting the crowd all worked up in his favor, when suddenly Barry heard his friend say, "It's time now, Jim," and he hauled off and hit O'Kelly so hard on the eye that it spelled curtains for O'Kelly and left such a bad cut that Con was unable to take part in any more fights and soon went back to the British Isles for good.

Barry was a pretty fair performer with his mitts at that time, but, unfortunately, became a victim of the dope habit which threatened to wreck his splendid physique; but, to show you the real moral worth of this mauler, he realized his predicament and determined to cure himself, mainly through exercise of a very strenuous nature. He signed up as a stoker on an ocean going steamer and for a few years traveled the world doing the hardest of manual labor, till he considered himself cured of the health and mind-destroying habit. Then he "came back" as a squared circle contestant and made another great rise among the pugilists, winning in very good style everywhere he went in this country. Then he got the idea to travel again, and sailed to Central America. Down there he became mixed up with some gamblers and, as a result, was shot by a gun-toting card-sharp; thus ended the career of this character of the boxing game, who had the will power to work off the dope habit and could end a fight when he wanted.

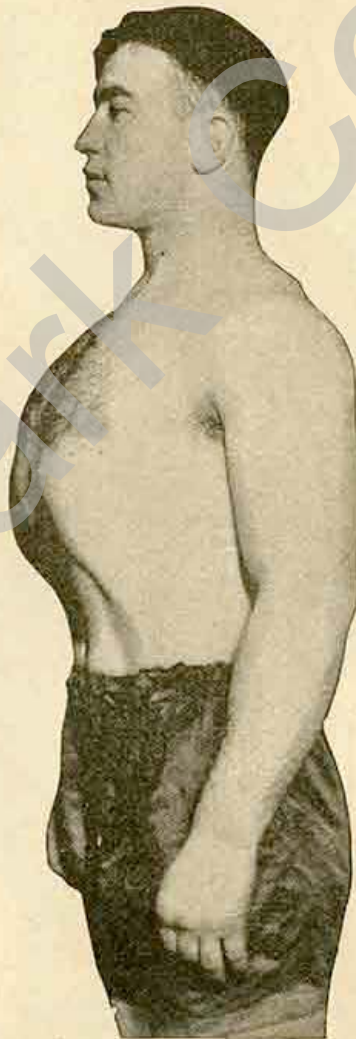
I suppose there should be some moral to this last story, but the only one I can think of is, that it only goes to prove that no matter how good you are, you don't gain anything by being too sure of yourself. Here was a man who was able to defeat almost any man in his line, cured himself of a habit which most persons are unable to overcome, once they are victims; but in a dispute with a character of a low moral type, who

was not his physical equal, the coward shot him.

This ability to stop a fight at will by putting the opponent in a helpless condition, is not possessed entirely by the big boys, as many of the classy maulers in the lighter divisions have been very capable when they found it necessary to finish a bout in a hurry. For instance, about eight years ago, Johnny Kilbane, who was then boss in the featherweight class, was engaged in an encounter with Frankie Burns, the idol of Jersey City. A record crowd of about 47,000 paid admissions had turned out to witness the affair, which was a record attendance up to that time for a fight crowd in



Red Chapman, who has claims on the featherweight boxing title and has met with considerable success in his fistic encounters to prove such contention.



Jim Maloney, of Boston, one of the leading contenders in the present championship elimination to decide a suitable opponent for Gene Tunney.

this country. Kilbane was having things rather easy for four rounds, which began to displease the referee, who went over to talk to Johnny between rounds and told him if he did not extend himself he would be disqualified. Kilbane protested that Frankie was a nice boy and that his reputation was wonderful and furthermore that it looked to him as though the entire population of the state of New Jersey had turned out to see Burns fight. "You fight or I will disqualify you," snapped the referee. "Very well, then I'll make a quick job of it," replied Kilbane. As soon as the next round started, which was the fifth, Johnny rushed over to Burns' corner, made a feint with his left and then sent home a smashing right to the heart; Burns went down and after taking a count of 9, made an effort to regain his feet, only to fall into the arms of the referee, who waved Kilbane aside and declared him the winner, after which he carried Burns to his corner.

There are other notable cases when the best of (Continued on Page 63)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:

I have a problem I cannot seem to straighten out myself. My health is good but I am not strong. I think partly because I was under-nourished as a child. I wonder if I couldn't build myself up with your advice. I cannot stand what other women can. I am 37 years of age, 5 feet 3 inches tall and weigh 122 pounds. The least little excitement or losing sleep for a little pleasure makes me look and feel as if I had been through a tornado. I do not dissipate in any way and live a good, clean life. Thanking you in advance for any help you may be able to give me, I am,

M. G., Long Beach.

Your condition is probably due to lack of exercise, just as you think it is. Begin with waist and abdominal movements, some of which appear in this issue. After you have done these for a few weeks add to them dipping for the upper arms and shoulders, and squatting for the thighs and calves.

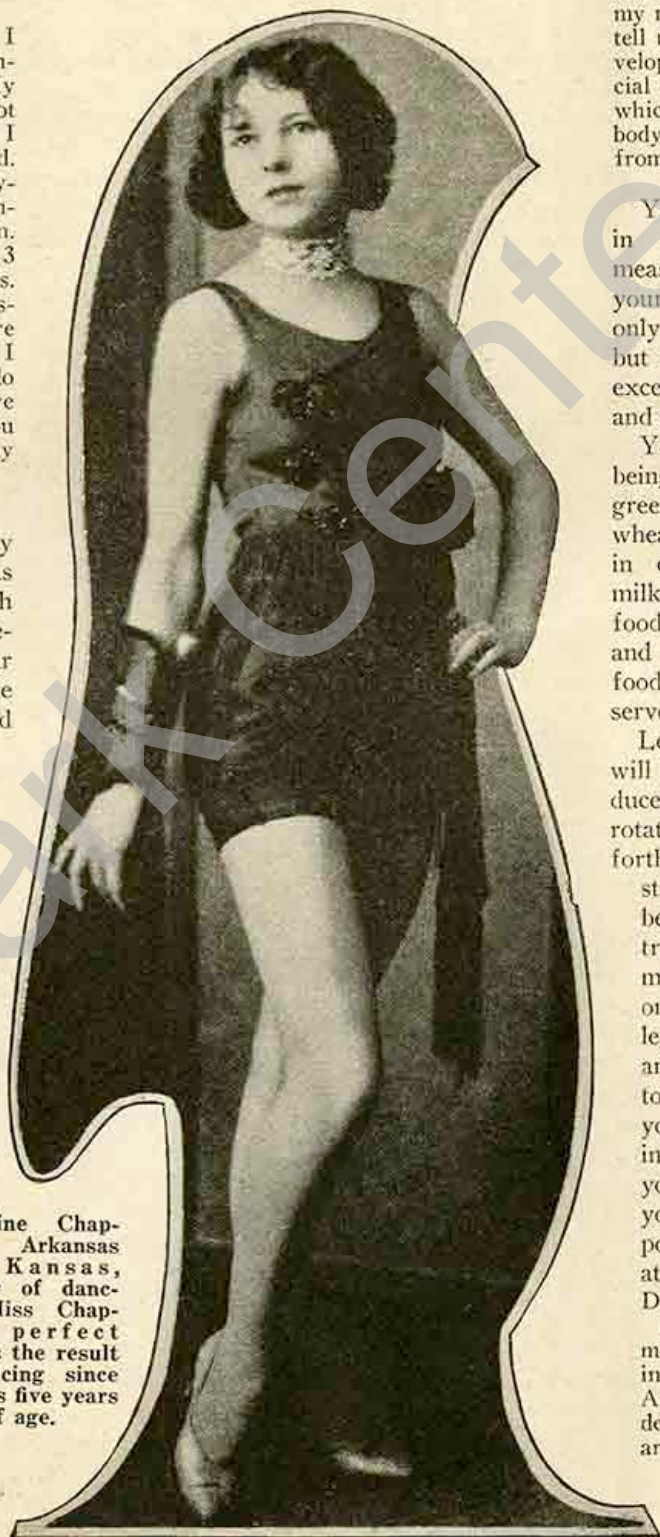
The only way to build more energy is to produce good red blood. Drink all the water you can. Eat green vegetables and fruits and cut out white bread entirely. Be sure that your diet consists of enough laxative food to keep your system well cleaned out.

Adopt some good general vigorous training course, like, for instance, Miss Hollister's article in this issue. Make it gradually harder. Spend as much time outdoors as you can.

DEAR MISS HEATHCOTE:

I would like to

Marceline Chapman, Arkansas City, Kansas, teacher of dancing. Miss Chapman's perfect form is the result of dancing since she was five years of age.



have a perfect form. Enclosed are my measurements. I wish you would tell me what exercises to take to develop myself. Please give me a special exercise to reduce my abdomen which is all out of line with my body. My tissues are broken down from child-birth.

D. L., Delaware.

Your waist is a little too large in proportion to your other measurements, so that it seems your abdomen may be large not only 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 you in condition. Drink plenty of milk, the greatest tissue building food. Cut down on starchy foods and eat less white bread, starchy foods, potatoes and such things served on the average table.

Leg raising and kicking work will be the best thing to do to reduce your abdomen; also trunk rotating and twisting back and forth as far as you can without straining. Clasp your hands behind your head and do the trunk bending and rotating movements until you feel a 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:

Please send me my correct measurements. I am 5 feet 2 inches tall. I weigh 107 pounds. Also send me some exercises for developing the ankle and upper arm.

H. J., Dayton.

The correct measurements for a girl 5 feet 2

The "Elkettes" are getting into fine shape on the beach. These women are real serious in their work, which has been in progress for over two months, and many have become proficient swimmers in this short time.



© P. & A. Photos

inches tall are: weight 112 pounds, neck 12 inches, chest 28 inches, waist $23\frac{3}{4}$ inches, upper arm 10 in., forearm $8\frac{1}{4}$ in., wrist $5\frac{3}{4}$ in., hips 34 in., thigh $20\frac{3}{4}$ in., calf 13 in.

You will find the following exercises very beneficial for developing your upper arm: stand about three feet from the wall and push away with your arms against the resistance of your whole body.

For the arms we also have the floor dip: lie down upon the floor with feet against something for support. Place the palms of the hands upon the floor about 18 inches apart; slowly raise the body, allowing the hands and toes only to touch the floor, trying to keep the body in a straight line. Then slowly lower the body until the chin touches the floor. Then repeat, but do not make the mistake of "flopping" down with your full weight. Of course, at first you will only be able to do the exercise once, but you may as well start right.

You will find rope skipping very beneficial for developing the ankles. In last month's issue of this magazine there was an article on ankle and calf development. However, I would suggest that you practice rope skipping 10 to 15 minutes daily. Raising high on toes or on the balls of the feet is also very good.

DEAR MISS HEATHCOTE:

I want to have a well proportioned form. Some parts of my body are too large and some too small, as you can tell from the inclosed measurements. I want to acquire grace and poise also. Please Miss Heathcote give me some advice.

H. E., Denver.

Your measurements are not bad and I could tell much better where you are lacking if I had a photograph from which to judge. I believe you are too stout in some

parts, having excess flesh that should be brought about and made into muscles, and that in other parts you are decidedly slim. Your upper arm, for instance, measures up very badly against a forearm almost as large.

The best thing to do in order to attain symmetry is to gain development of all the muscles of the body, and this is the only recipe for poise. Health, flexibility, bouyancy, rhythm, all express alike both poise and grace. You can attain health only by attaining strength.

To become strong start an exercising program that will include exercises for all parts of the body; dipping for the arms and shoulders, (as described above), arm swinging, trunk bending and rotating, leg raising and kicking, rising on the toes and holding the position as long as you can and then repeating the movement. Try the movements in order, making them a little more progressive each day. You can get an idea of this progression by reading the exercise stories in this magazine.

The best exercises for the proper carriage of your body as done by the follies girls in their preparation work, is walking with your hands extended as high above your head and as far back as possible, and with your head in its natural position, looking straight ahead of you. Glide around the room in this position, concentrating on throwing the weight of your upper body into the air and transferring the weight to each foot as that leg straightens. After you have practiced the exercise for a while you will be able to forget the technic and it will become natural with you.

I would suggest that you take up a regular training program such as outlined in this or any other issue of STRENGTH magazine by Miss (Continued on Page 94)

Association Notes



Notes and News of Interest to Bar-Bell Enthusiasts, Weight-Lifters and Strength Fans; Including the Affairs of the Association of Bar-Bell Men

By Mike Drummond

No Readers Should Fail to Read These Columns This Month; Many Records Smashed in Remarkable Fashion; Missouri Has A Show; Championships in France; Allentown Exhibition; More American Records Listed; New York Show July 9th.

WELL, fellows, it happens that we don't have a Philadelphia show to talk about this month, but regardless of that fact, the weight-lifting world has not been idle as you will find by reading the following pages. A few World's records changed hands during the past few weeks and many remarkable lifts were witnessed by those who were fortunate enough to be present on several occasions.

Of chief interest to all is the formation of a new Association. For two or three years, George F. Jowett was employed by the STRENGTH Magazine as a member of our editorial staff. For the past few months, he has no longer been connected with us. When he came to us,

he brought with him the A. C. W. L. A., and when he went the Association went with him, at his own request.

We believe that the A. C. W. L. A., although a very worthy movement, has been limited in its possibilities by the fact that it was primarily interested in weight-lifting. We firmly believe that there is a need for an association that is not only interested in weight-lifting, but also in the exercise side of bar bell work; therefore we are launching such an association.

Ever since it has been in existence, STRENGTH Magazine has tried to get and publish authentic weight-lifting records; while the A. C. W. L. A. was with us we pooled our information and used it as a whole. We sincerely believe that STRENGTH Magazine always was and still is in the best position to acquire and give publicity to authentic news of interest to bar bell enthusiasts and we will, therefore, continue these notes under their new heading, and under the supervision of the new ASSOCIATION OF BAR BELL MEN, of which the Editor of the MAT will be the PRESIDENT. The "ASSOCIATION NOTES" will be handled by a member of the staff of STRENGTH Magazine; at present such is my position.

There will be a board of control of weight-lifting rules and practices, consisting of five recognized authorities, to be announced later, pending their acceptance.

Official referees will be appointed in each locality from among those who are properly fitted to act in such capacity.

We will continue to award medals and diplomas for meritorious performances by members, without requiring that official referees pass on such tests. Any such lifts will be entirely unofficial.

Official credit for records will also be given, but the conditions must of necessity be exact. We can assure you that rigid restrictions will apply to all official performances.

FOR FURTHER DETAILS, SEE ASSOCIATION AD IN ANOTHER PART OF THIS MAGAZINE.

It has been our experience that the majority of bar bell users are interested in acquiring a perfect development and maintaining their health in splendid condition every day in the year, rather than to see how much weight they can lift for the purpose of establishing records or engaging in competition. The thousands of business and professional men, corporation executives and others of this type who find it to their best interests to keep in health by means of physical culture, must surely be interested in a great brotherhood of this nature; besides there are thousands of others who do not have the time or inclination to engage in lifting as a sport; therefore, we intend to arrange means of giving



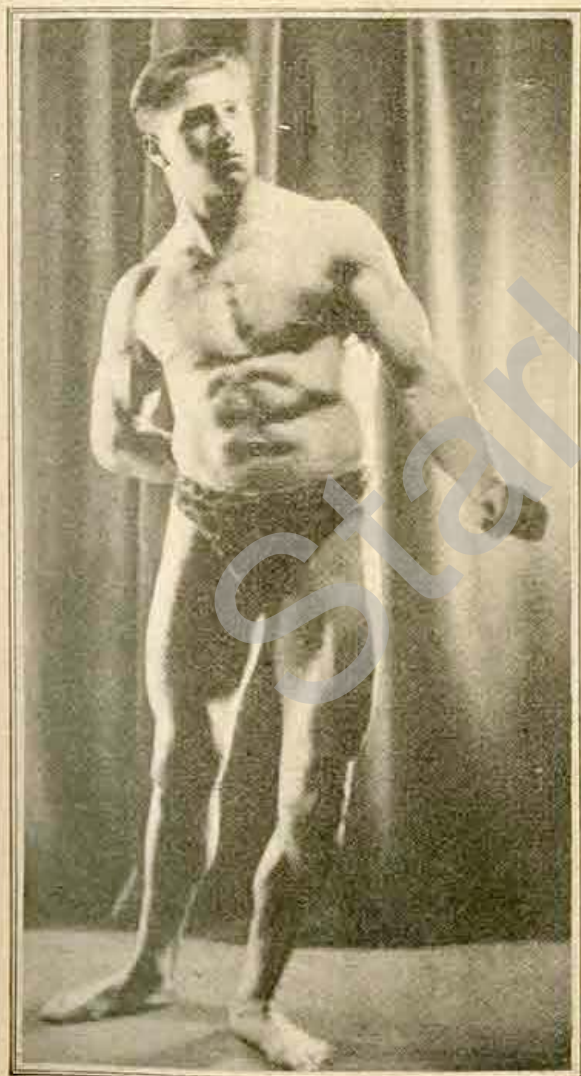
A. Freimont, of Chicago, a light heavyweight who holds the American record in the Wrestler Bridge lift at 276 $\frac{3}{4}$ pounds.

ing recognition to these members whom we hope will make up the bulk of our membership.

In conformity with this plan, we are this month launching a few plans whereby members can win diplomas of merit to award them for their interest and endeavors. We will award three differ-



Saxon Brown, youthful Hercules of England, who has made quite a reputation for himself as a professional performer by means of such sensational feats as this "Necking Party."



Bill Raisch, known as "Young Steinborn" and who has the distinction of being the star pupil of Seigmund Klein. He will be one of the star athletes listed to entertain with feats of strength at the New York Strength Show.

ent grades of certificates free of all charge excepting a covering charge to pay for the necessary postage. One method of winning these awards will be to make a 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. To win a first class certificate or diploma, a member must lift a total which equals a certain number of times his body weight. All those up to 168 pounds must lift eight times their body weight for a first class diploma; $6\frac{1}{2}$ times their body weight for a second class diploma and 5 times their body weight for a third class diploma. Those who weigh from 169 to 200 must lift seven times the body weight for a first class diploma; six times for second class and five times for third class. Those who weigh over 200 pounds must lift respectively $6\frac{1}{2}$, $5\frac{1}{2}$ and $4\frac{1}{2}$ times their body weight. It will not be necessary to have a referee but we will require the signatures of at least two witnesses, one of whom should be a member of the association. The lifter and all weights must be weighed in the presence of said witnesses.

Another scheme whereby members may win diplomas is by making a total gain of so many inches on all around development within three months' time. The parts of the body to be measured will be the neck, normal chest, both upper arms flexed, both forearms, both thighs and both calf measurements. We will give diplomas to all who make gains totaling ten inches on these measurements. At least two witnesses to sign to the correctness of these measurements both before and after the period of three months. The same witnesses must sign at both times.

In the Mat Department, you will find two separate training programs, each of which will cover a period of three months. All members of the A. B. B. M., who take part in either of these tests, and have two witnesses sign to the correctness of their measurements, both before and after the period of three months, will be awarded a diploma, regardless of whether or not they make any gains during the period. This offer is made simply with the intention of awarding those who show interest in trying to improve their physical condition; at the same time

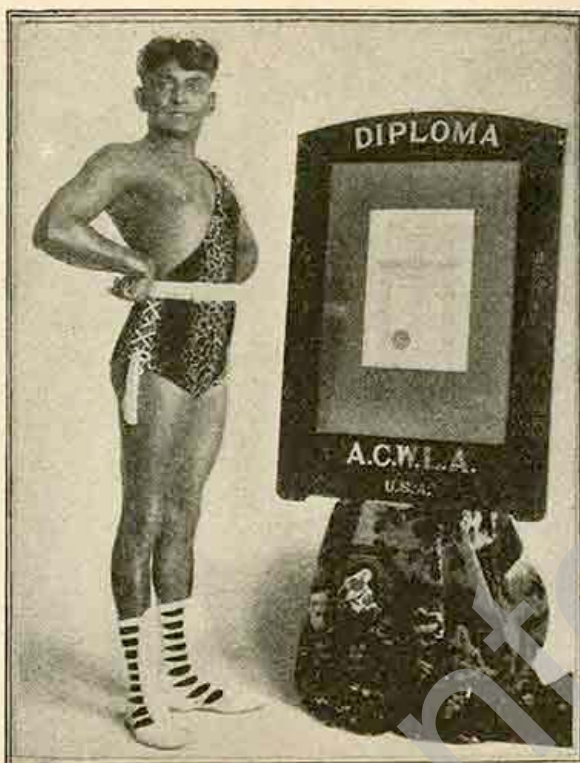
we are taking the word of the Mat editor that any who persevere at this ninety day test will be bound to show results.

To make the A. B. B. M. more interesting to members, we are working out a percentage system to apply on all recognized lifts and hope to stir up considerable enthusiasm by a progressive program of winning medals and diplomas. You will hear more of this later.

Frank Dennis, our old faithful friend, who is always striving to show the world what American boys can do, recently set up some very fine records; lately he has been training down a little fine and



John V. McHugh, a husky ironman of Connecticut; last month we printed a list of the feats he is capable of doing. A tall man with pleasing proportions.



O. Don Peris, of Johore, India, an enthusiastic bar-bell devotee and diploma winner who is keenly proud of his accomplishments. A truly splendid physique of extremely symmetrical lines.

has been weighing under 154. He performed a hand and thigh lift of 1241 pounds, which was all the weight he could get hold of at the time, and it took them an hour and a half to weigh all the plates and load them ready for lifting. You may soon expect to hear of him lifting considerable more. My reason for saying this is due to the following: A short time ago Anthony Pellicciotti established a new middleweight record of 1100 pounds in this lift; about the same time Dennis lifted 1200 pounds when weighing two pounds over the middleweight limit, thinking this was a heavy middleweight record. Upon hearing of this performance we informed him that a lifter named E. Hart had established a record

Dumb-bells Clean and Military Press, 167; Two Dumb-bells Clean and Push, 175; Two Hands Continental Jerk, 255; Right Hand Curl, 65; all of which are American Records.

Frank has been training a newcomer in the lifting ranks, Nick Mammarella, weighing 120 pounds; and due to correct training has been able to start Nick out on a record breaking campaign. The records he recently made were: 60 pounds in the crucifix, 47½ in the lateral raise standing, and 750 in the Hand and Thigh Lift, all records in the featherweight class. Nick was going to demonstrate his strength at the last show we held, but we disappointed him. After standing around waiting to lift, we closed the show at 11 P. M., with several others also left out of the program. Such things are always liable to happen, when we hold a show in Philly, as it is always an easy matter to get talent, and the boys are badly disappointed if you can't use them all on one night.

Out in the "show-me" state, the boys had a little lifting fest on the 8th of May. Several of our enthusiastic members had intended to have an open match at catchweights, but due to trains not getting in on time, the boys arrived at different times of the day, and consequently the contest did not materialize. Flood conditions have changed train service somewhat out there at the present time but we hope to hear more of these clean living midwestern athletes in the near future. Sedalia, Mo., the home of Gordon Strain, was selected as the convention city, and considerable publicity was given the affair; too bad the flood had to wreck their plans for a real hot contest. As it was, they showed us they can lift, and we are hoping to hear more of our Missouri friends. The outstanding event was the record making attempts of Gordon Strain, weighing 132 pounds. He was successful in putting his name on the books with a Two Hands

in the heavy middle class of 1202 pounds last September; so Frank set out to beat that record, meanwhile training down below the middleweight limit and easily succeeded in getting away with the 1241. On the same occasion Frank succeeded with 265¾ in the wrestler bridge lift, which you must admit is indeed some record for a middleweight. He also accomplished 100 pounds in the crucifix lift. On the same day that Pellicciotti made his eleven hundred pound lift, Tony made a new record in the Left Arm Side Press at 161½, his bodyweight being 152.

We had hardly finished writing this down when we received further word from Frank. One week after his last record making attempts, he succeeded in accomplishing a few more very worthwhile lifts at a bodyweight of 152½ pounds stripped; Two

Anyhow Lift, using a bar bell and kettle bell—the new record is 217 pounds. He also made a record of 152½ pounds in a Right Hand Bent Press with dumb-bell, Two Hands to Shoulder, a Right Hand Continental Press of 126½ pounds, and scored a total of 702¾ pounds on the Five Lifts for this year, which earned him a bronze medal.

Jess Weyant, of Kansas City, a middleweight, gave an exhibition on the Side Press, Two Arm Pull Over, and Shoulder Bridge. His best feat was the Pull Over with 100¼ pounds; following these lifts he gave an exhibition on the Five Association Lifts, and gives promise of becoming a class lifter, according to our reporter.

Owen L. Thomas, another middleweight from Kansas City, also gave a very good exhibition on the Five Association Lifts, and is said to be a finely muscled example of manhood. Following the Five Lifts he showed considerable strength in a Back Press of 188 and a Shoulder Bridge of 228 pounds.

Lewis Criley, a lightweight, also of Kansas City, made an Abdominal Raise of 57½ pounds. August Schumann, an enthusiastic forty-four year old physical culturist, entertained with some interesting kettle bell juggling, and was well received by those present. We should also mention that Albert Michell, of Webstergroves, Mo., was present and acted in official capacity.

On April 16th, a very successful show was held in Allentown, Pa., by the Milo Weight-Lifting Club of that city, of which the veteran bar bell athlete, Charles Durner, is the instructor and principal. The news is quite late in reaching us, and due to that fact we cannot print some very good photos of some of the performers (some of these are fine, one in particular being wonderful) but you may expect to see these in later issues. The most remarkable performance was a right hand dead lift by W. Diehl, a light-heavyweight, which establishes a new world's record in all classes at 472 pounds; he failed by the slightest margin with 494 pounds. This sort of lifting is astounding and should cause

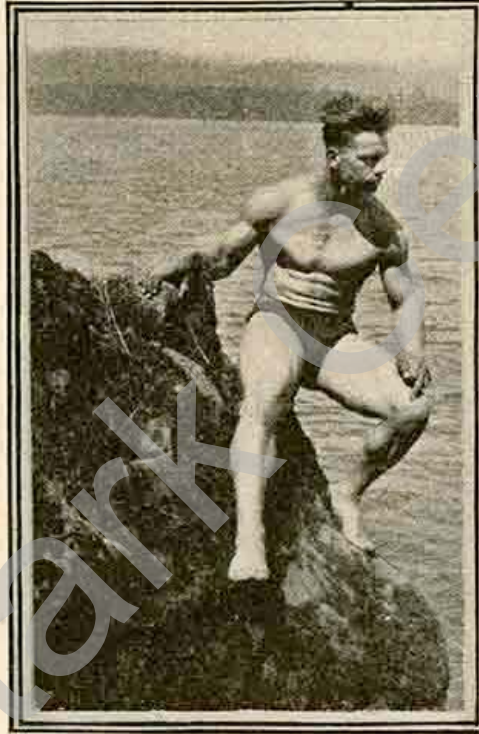
other American boys to strive to create World records. W. Thompson, of Bethlehem, Pa., at 198 pounds bodyweight, did a Bent Press of 215½ pounds. Chas. Durner gave an exhibition of iron bending, etc., and in a contest to establish the champions of Lehigh Valley, on the One-Hand Military Press, One Hand Clean and Jerk, Two Hand Military Press, Clean and Jerk and Dead-Lift. The winners were as follows: Heavy and Light-Heavy, W. Diehl; Middleweight, E. Feather and R. Schrader tied; Lightweight, A. Diehl; Featherweight, D. Canova. An exhibition of posing and muscle control was given by Albert Gernet. The officials were: Referee, Chas. Durner; Judges, Ed. Strauch and R. Vaughn;

Inspector of scales, R. Zellner; Loaders, H. Conrad and V. Boyer. You will hear more of these boys later.

Up in Reading, Pa., two of the classiest featherweights we have, got it into their heads to take a shot at several records, and with Frank Dennis, very ably officiating as referee, they were quite successful in accomplishing their



P. Camirion, an enthusiastic follower of the strength game, showing the results of persistent training. One of our Florida members.



A. E. Sundberg, of Magyar, Oregon, National Lightweight Champion, in a very interesting study of muscular development. The novel feature of this pose is that Sundberg took the snap-shot himself, by pulling a thread.

purpose. Edward Weinhold, whom you will see in one of the illustrations in the present issue, pulling an automobile up grade with his teeth, established a new world's record in the Two-Arm Curl, succeeding with a poundage of 125, which is three pounds in excess of the former record held by W. A. Pullum, the wonderful featherweight lifter of the Camberwell Club in London, England. On the same night he established records in the One-Arm Curl, lifting 55 pounds with each hand; in the Two-Arm Pull-over he did 75 pounds, and in the sit-up, or Abdominal Raise, he did 60 pounds, all at a bodyweight of 123½. On this same night Arthur Levan made some records in the lightweight class. It must be noticed that on this occasion Arthur weighed 127 pounds stripped, which made him just one pound too heavy for the

featherweight class; nevertheless, his lifting was of such high calibre that his records go on the books in the lightweight class. He got away with 267 pounds in the Shoulder Bridge Lift, which is properly termed the Pull-over and Press on Back with shoulder bridge. He also accomplished 195 in the Back Press, or as we would call it in a technical sense, the pull-over and press without bridge. This last lift qualifies merely as an amateur record, as Arnold Scheiman holds the professional lightweight record with 210 pounds. Levan has accomplished officially 250 pounds in the Shoulder Bridge, while weighing in the featherweight class. Arthur was also successful in making a new (Continued on Page 77)

Common Sense About Food

Don't Make Eating the Most Important of Daily Functions.
Learn to Eat Wisely and Regularly.

By Herman H. Rubin, M. D.



THE first dinner party, the origin of all social life, was given by an ancestor of ours, with a beetling brow, protruding lower jaw, and long arms reaching below his knees. He was covered with a thick coat of reddish brown hair, which was useful as well as ornamental in those old days before they understood the utility of clothes.

Directly under the spreading boughs where he had his nest, this old great-great-grandfather of ours surprised a stag who had come to drink at a little pool. Like a thunderbolt he dropped beside the startled animal, and, before the deer could say "Jack Robinson," deftly and expeditiously he knocked it over the head with a jagged lump of flint fastened to a tough club.

Then he shrilled the call to "meat," a call responded to by all the tribe within hearing of that raucous note. And they gorged themselves, much as did later the Babylonian sybarites and the Roman epicures—who consistently lived to eat. They grunted and guzzled their way through the feast—just as five hundred thousand years afterward Caligula and Elagabalus banqueted.

Time has not altogether changed these dietetic practices of our ancestors, for nightly a large proportion of those who can afford it—and many who cannot—valiantly eat and drink their way through a seven-course dinner, rising from the table with all the mental alertness of an anaconda that has just warped its length over the crushed body of a peccary. Highly commendable in a snake, which eats, perhaps, but once a month; but extremely detrimental to a human being who eats from three to five times a day.

Man, in common with all other animals, is an organism built around a food tube. Biologically considered, he is nothing but a stomach with its appendages, an organized group of organs clustered about his alimentary tract. Yet all the marvels that he has achieved in social and economical life, every emotion of which he is capable, from the lowest to the most exalted, have arisen from the primordial desire to obtain food, the instinct of self-preservation. Even commerce, in its final analysis, simply means conveying food, or the materials that can be exchanged for food, from where they are plenty to where they are needed.

Small wonder, then, that for countless centuries man has prostrated himself before a deity so inexorable as the God of the Stomach; no marvel that he has declared allegiance to this three-pint water bottle of muscle, and, instead of hiding in a closet to indulge his appetite, unobserved of the world, as the pessimistic Nietzsche advised, has made its exercise the most important of public functions and his own daily habits.

Which leads us to observe that humanity digs its grave with its teeth. Startling as it may sound, many more people die of overeating than from starvation. "Anything in excess is inimical to nature," said Hippocrates. And this idea has been crystallized again and again in the proverbial wisdom of the race: "Much meat, many maladies"—"More people are killed by supper than by the sword"—"Quick to the feast, quick to the grave"—and many more.

We eat to be sociable, and we refrain only when we cannot hold any more. We eat when we have appetite and when we haven't, instead of waiting for its normal return, or stimulating it by rest, oxygenation, or the sight and smell of agreeable food, we irritate it into seeming activity with a cocktail, or with copious quantities of ketchup, Worcestershire sauce or other condiments.

Alcohol, it may be noted, creates a temporary congestion in the lining of the stomach, and also causes a slight flow of gastric juice; but this sort of artificial stimulation is like putting a grain of sand into the eye to stimulate a copious flow of tears; worse, because the mote of sand is readily dislodged, while the alcohol is absorbed, and, in many individuals, effects a considerable lowering of the capacity for doing mental and physical work.

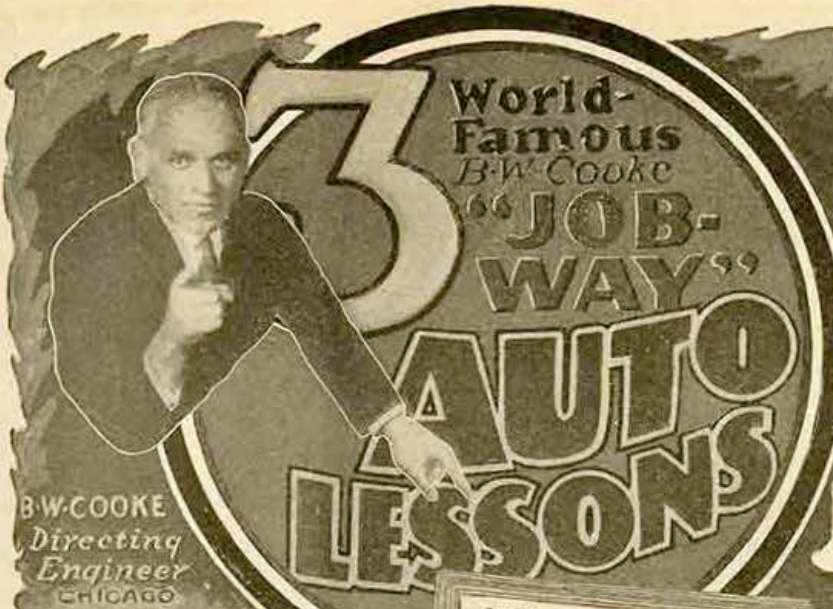
Most people accept the rule that "a little too much is just enough." They lose sight of the fact that the system needs only sufficient food to repair wasted tissues, furnish energy and heat, and store reserve material, in the form of fat, for a rainy day; also that it is the amount digested and assimilated, not the total quantity ingested, that should govern the size of the meal.

No hard and fast rule can be laid down that will regulate this matter. Therein the patient must minister to himself, and be his own judge, or executioner, as the case may be.

However, the general rule might profitably be adopted of always rising from the table with a feeling that, if the worst came to the worst, one would be capable of stowing away another "portion" of pie or dish of dessert. This allows a wide latitude for variation. Let appetite tell.

Everyone who can afford it—or, let us say, everyone who is willing to render society service in return—should be well nourished. This does not mean to the point of plethora. Nor does it mean "getting up hungry from the table." For chronic underfeeding is almost as pernicious as perpetual gorging; almost—but not quite.

Other things being equal, the (Continued on Page 75)



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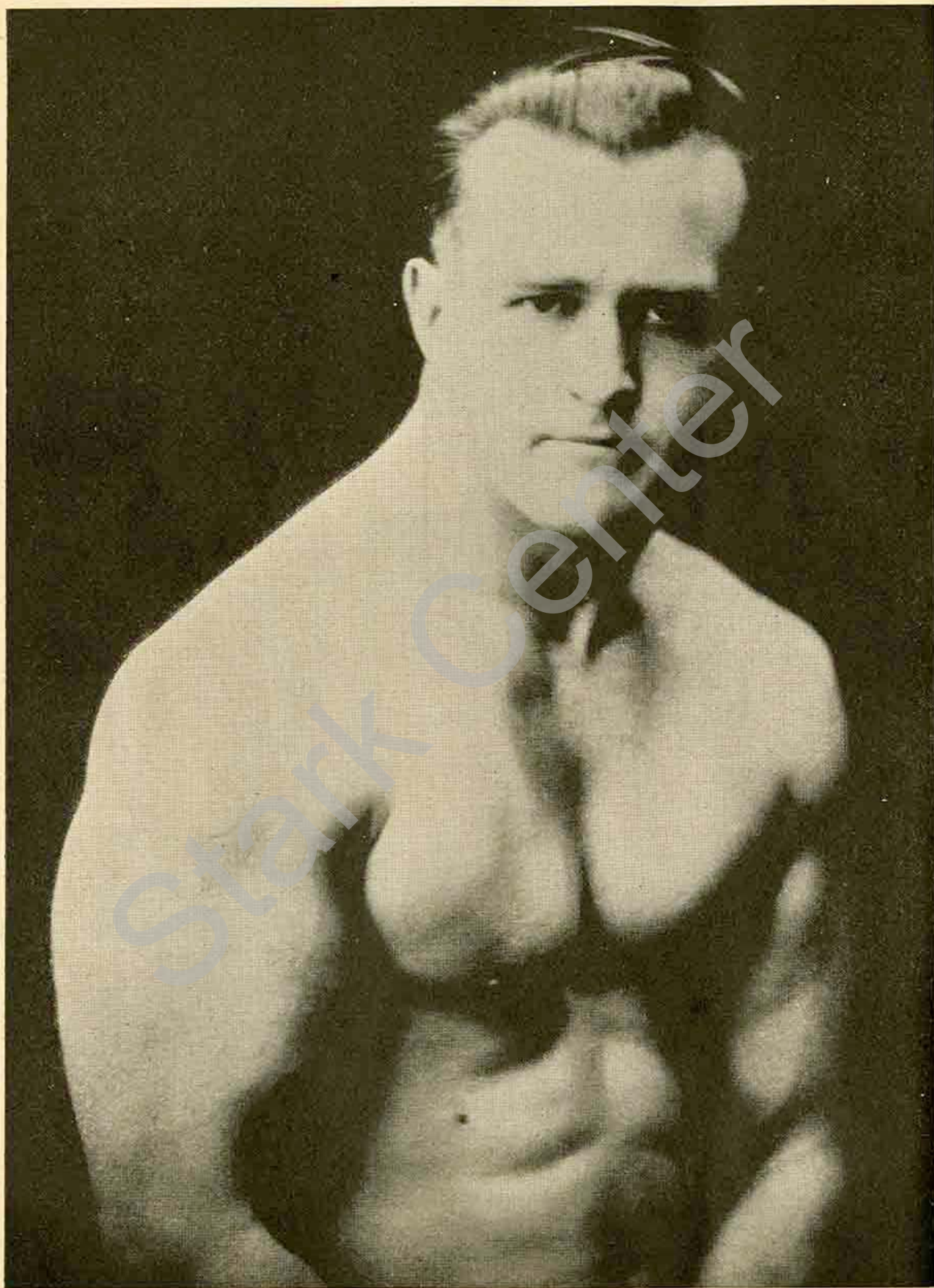
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"The Muscle Builder"

Author of "Science of Wrestling and Jiu Jitsu", "Muscle Building", "Secrets of Strength", "Here's Health", "Endurance", etc.

Why Have Big Muscles?

It's a logical question, fellows. Lots of men say they don't do any good. That they are just in the way, and make you slow and muscle-bound.

But don't believe everything you hear. There's a right kind and a wrong kind of muscle.

THE KIND OF MUSCLES YOU SHOULD HAVE

They should be supple, pliable, elastic, as quick as a cat's and ready to spring at a moment's notice.

They should be well-shaped and large enough to give you an athletic appearance. Your arms should be thick enough to fill out a coat sleeve. The curve of your thighs should show through your trousers. A deep, broad chest should protrude in front of you and a thick neck set on a broad back will add the finishing touches to a perfect body.

FEW PEOPLE REALIZE HOW VALUABLE THEY ARE

Few people realize how valuable the right kind of big muscles can be.

The right kind of muscles make you really strong. And strength is absolutely necessary to health, and health is the first factor in becoming a real success. Think over the big men in the business world you know. Most of them are husky, athletic men, aren't they? One of the world's richest men is almost ninety, but he makes it a point to play golf as often as he can.

Yes, fellows, the exercise that gives you those big muscles builds up a wall of protection inside and outside your body that makes any germ have heart failure. The poor bug hasn't a chance to work on you. You can forget all about disease and ill-health, and worries will fly away and leave your shoulders unburdened. You'll turn out the old day's work with a new snap and pep that will make the boss sit up and take notice. You bet your sweet life the big muscles help.

And don't forget that a well-developed body counts more than a handsome face. And I'd like to see a well-developed body without well-shaped muscles. The actor—the motion picture star with the shapely, well-muscled body is always the favorite with the fans.

Well, now that you've got a few shots of my ammunition—how about yourself? Are you one of those flabby, weak-chested imitations of manhood that hates to look into a mirror? If you are, don't worry. I can remedy that in short order. It may seem like a miracle, but that's why they call me the Muscle Builder.

I ONLY NEED 30 DAYS

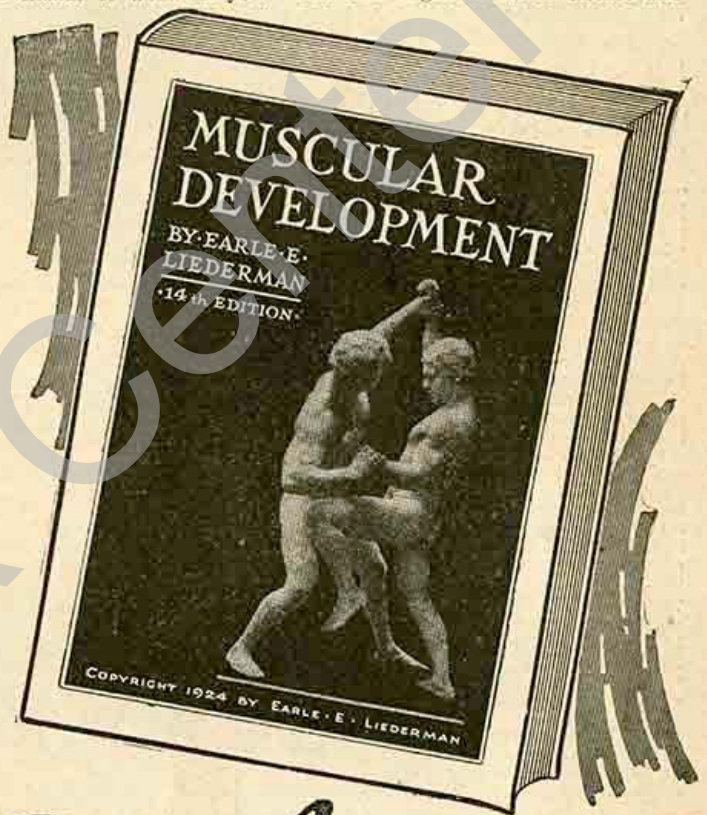
Yes, sir! In just 30 days I can change your appearance so that you will hardly know yourself. In one short month I will add a whole inch of solid muscle on each of your arms, and two whole inches across your chest. And it's the right kind of muscle. The sort that keeps you active and quick as a cat. You'll be so full of snap and pep you'll feel like bouncing around like a rubber ball.

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Your neck will begin to fill out and grow more shapely. Your shoulders will broaden, and ripples of muscle will begin to appear across your back and over your abdomen. But just give me sixty days more, and what a surprise I have in store for you. Then you'll know for yourself what I mean by the right kind of big muscles and health and strength. When you experience for yourself the joys and happiness of the new world I have created for you, you'll know what it means to be under the care of a real muscle-builder.

I don't care how hopeless you think you are. I've been building up men's bodies for years, and I've made over 100,000 men happy with new health and strength. You can bet that a whole of a lot of them were weaker than you are when they came to me.

Remember! I not only promise it, I guarantee it! You can't lose. Now, sit right down, before you forget, and take the first step toward learning how wonderful life can really be. All you have to do is



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

It contains over 48 full-page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. They are living examples of the joy of having the right kind of big muscles. Look them over now, and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. All you have to do is to fill out the coupon at right. This will not obligate you at all, but, for the sake of your future happiness and health, do not put it off. Send today—right now, before you turn this page.

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EARLE E. LIEDERMAN,
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New York City.

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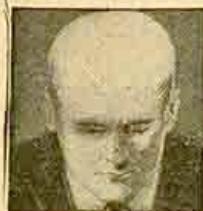
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(Please write or print plainly.)

Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



The Result of Neglect
hair—and eventual baldness.

NATURE HAS WAYS of warning us when certain parts of our body are sick or under-nourished. In the case of our hair the danger signals are itching scalp—dandruff—and falling hair. If neglected, these conditions will result in thin, lifeless

Curable through HOME TREATMENT

PROFESSOR MAURICE SCHOLDER, the internationally renowned specialist on ailments of hair and scalp, who has heretofore treated patients only at his Clinic, now offers a course of Home Treatment to any sufferer who is unable to come to his Clinic. Professor Scholder's Home Treatment System is based on the principle of individual analysis, diagnosis and prescription. In other words, he analyzes and treats each case as an individual ailment. This diagnosis and prescription, together with his secret formulas and individual treatment, account for his uniform success in stopping loss of hair, and actually growing strong, new hair, in cases where less gifted and less experienced practitioners have failed completely.



Professor
Maurice Scholder

The newspapers in this country and abroad have proclaimed Professor Scholder as the marvel of his profession. Now, in his advancing years, Professor Scholder is not content to call a halt to the accomplishments of a long and honorable career. He is retiring gradually from treating patients at his Clinic and is devoting three days a week to treating patients by his Home Treatment System. His successful cures are numbered in the thousands and among his grateful patients are men and women of highest prominence.

Send a Sample of Your Hair for Analysis FREE



Pres. Roosevelt
One of Prof.
Scholder's many
famous patients

PROFESSOR SCHOLDER will accept no case that is incurable. To enable him to determine the condition of your hair, send a few of your hairs (ordinary combings will do) in an envelope with this coupon. You may also add any details which you think will help Professor Scholder with your case. He will then subject your hair to his laboratory tests and send you a report as soon as the analysis is completed. There is no charge made for this analysis and report.

FREE ANALYSIS COUPON:

PROFESSOR MAURICE SCHOLDER, D.G. S7
The Professor Scholder Institute, Inc.
101 West 42nd St., New York, N. Y.
Professor Scholder:

I am enclosing a few specimens of my hair for your analysis with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation whatever.

Name
Address
City State

You May Save A Life

(Continued from page 32)

due to the inhalation of fumes and gases. At the present time, our interest is in restoring the respiration of those who have inhaled water into the respiratory passages. We will suppose the victim has been rescued from the water; lay the victim on the most convenient spot; it is important that no time be lost in restoring the breathing. As soon as the victim has been removed from the water, rapidly feel with your finger in their mouth and throat and remove any foreign body that may have lodged there. Straighten tongue out. If mouth is tight shut, pay no more attention to it, until later. Do not stop to loosen the patient's clothing, unless the neck is constricted, but immediately begin actual resuscitation. If neck is constricted rip collar open. Every moment of delay is serious. Proceed as follows: Lay the patient on his abdomen, one arm directly extended over head, the other bent at elbow and with face to one side, resting on the hand or forearm, so that mouth and nose are free for breathing.

Next, kneel straddling the patient's hips with knees just below the hip bones; place the palms of your hands on the small of the back, with fingers spread over the lowest ribs, the little finger just touching the lowest rib, the thumb alongside of your fingers; tips of the fingers just out of your sight. Now, while counting one, two and with arms held straight, swing forward slowly so that the weight of your body is gradually, but not violently brought to bear upon the patient. This movement should take from two to three seconds. On the count of three, immediately swing backward so as to remove the pressure. While counting four, five—rest. Then go through the same movements again, preferably counting out loud, from one to five in deliberate motions, the complete swinging forward and backward, and complete respiration in four or five seconds; repeat this entire procedure deliberately twelve to fifteen times a minute, and time with your breathing.

As soon as this artificial respiration has started, and while it is being continued, an assistant should loosen any tight clothing about the patient's chest or waist. Keep the patient warm. Continue the resuscitation (if necessary four hours or longer) without interruption, until natural breathing is restored, or until a physician declares rigor mortis (the stiffening of the body, accompanying death) has set in. If natural breathing stops after being restored, use resuscitation again.

Caution—Do not give any liquid by mouth until the patient is fully conscious. Place ammonia near the nose, determining safe distance by first trying how near it may be held to your own. Assistant should hit patient's shoe heels about twenty times with a stick or something similar and repeat this operation every five minutes until breathing commences.

Give the patient fresh air, but keep him warm. When the patient revives, keep him lying down and do not raise him. If doctor has not arrived give patient one teaspoonful of aromatic spirits of ammonia in a small glass of water, if he can swallow. Carry on resuscitation at closest possible point to the accident. Do not move patient until he is breathing normally without assistance. If absolutely necessary to move, he should be placed on a hard surface, such as a door or on floor of conveyance. Do not stop or interrupt resuscitation for an instant. If alone with victim, do not neglect immediate and continued resuscitation in order to call a doctor; start at once, as the first few minutes are valuable. If other persons are present, send one of them for a doctor without a moment's delay. The advantages of this method are, that with the face downward, there is no need for attempts at emptying the patient of water since it comes out naturally; the tongue, because of the position of the body, hangs forward, and there is no danger of choking; and the movements are easy and simple to perform.

Further wonders may be cited concerning the use of the Shafer or "prone" method of resuscitation for the purpose of carrying on the breathing action of the lungs and diaphragm. Albert Frick, of Chicago, was stricken with some mysterious affliction that started by paralyzing his legs and gradually creeping up over his body; at last reaching the nerves that control the functions of breathing. He was threatened with death. Relays of friends of the young man, two at a time, worked on him continually using the method of resuscitation herein described, and were able in this way to prolong his life over one hundred and eight hours after paralysis had caused a collapse of his lungs; after all this heroic effort at life saving, the humane work of these scores of friends was in vain, as the paralysis struck his heart and life ceased. That was a few months ago; just recently another case was reported in the daily papers, concerning a boy in Virginia, whose lungs had collapsed as a result of paralysis, and by means of artificial resuscitation his life was prolonged even longer than in the previously mentioned case. This farmer boy, Walter Boothe by name, almost one year previously had been in a motor accident suffering an injury to his spine, affecting the nerves which gradually became more deadened till he was near death, when relays of citizens were organized to effect an attempt at saving the youth's life. In this case, a different method was used; instead of pressing upon the ribs and relaxing, Boothe's friends raised and lowered his arms, thereby causing a natural pumping of the lungs, just as though you were to repeat the motion of raising both arms above the head quite a number of times, you would soon begin

breathing quite deeply. After this had been kept up three hundred hours, or about thirteen days, the patient began to grow quite weak from the effects of the prolonged efforts to keep him breathing. The doctors at the hospital decided to operate upon his spine in hopes of giving him some relief, and performed the operation while the boy's friends kept raising and lowering his arms. Nevertheless, the valiant labors of the friends who volunteered to prolong a single life in hopes of recovery in the form of some miracle, were all in vain, as the patient passed away on the sixteenth day, or three hundred and seventy-eight hours after his lungs had collapsed for want of the necessary nerve stimulus.

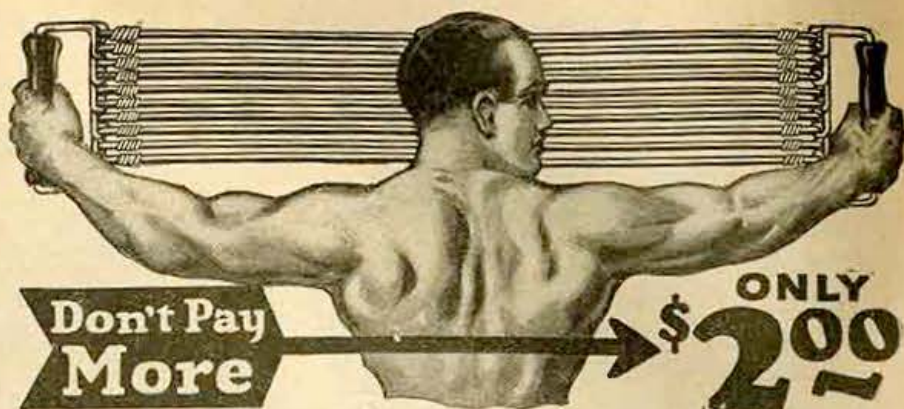
Almost simultaneously, another case was reported in the middle west of where the life of a man was prolonged seventeen hours after the lungs had collapsed due to paralysis of the nerves controlling the breathing function.

Even though the efforts to save the life of young Frick were unsuccessful; still their labors were by no means in vain, for the world was shown the value of artificial respiration methods; causing others to strive with the possibility of success as in the case of young Boothe. When the world at large finally realizes the wonders of artificial respiratory measures, many lives may be saved; resulting from these early unsuccessful attempts.

Another helpful hint in reviving drowning persons, is to have an assistant pull the victim's tongue out, and should be worked in conjunction with the "Shafer" method; as pressure is released from the ribs, the tongue should be pulled out so as to cause a natural gasping for air.

To be more at home in the water, it cannot be too strongly urged for everyone to learn to float and to tread water. Both of these useful accomplishments can be very easily learned by anyone who has the least amount of persistence and really desire to be able to take care of themselves in the water. The most useful of the two is floating; walk into water a little over waist deep, and lean straight back with arms outstretched till you are lying flat in the water; then spread the legs and arch the back so as to preserve your balance; keep your mouth shut and eyes open, meanwhile breathing in a natural manner; do not be afraid of water getting in your eyes or ears, and if you incline the head well back your balance will be better preserved. At first it may be wise to have another person assist you, so you will not be timid about lying back in the water. If you will only have a little confidence in yourself, floating will come to you much easier than swimming. Your assistant may place a hand under the small of your back till you are lying in a well balanced position, and then by removing the support will find you are floating easily.

To learn to tread water it is necessary to get in water over your head, or better still, you may walk out till beyond your depth, then continue to make straight up and down kicking motions,



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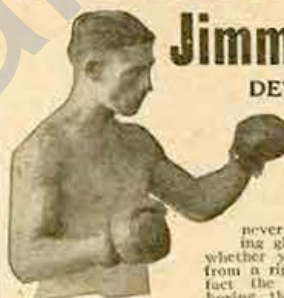
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Learn How to BOX



Jimmy DeForest BOXING COURSE

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Another Jimmy DeForest-Trained Boy, Hailed By the Newspapers as a "Sensation". Joe Cosmano, new heavyweight champion scored swifter and more powerful knock-out at the Cosmano-Booth A. C. in New York. Joe Malon, outstanding director of the club said: "I'll have Cosmano back here next Saturday night if I can find an opponent willing to meet him. But it's a tough job. Six leading waterweights have turned down our offers." That's what DeForest training does!

any other trainer, either living or dead, ever created. Every trick, blow, defense, movement—every new angle in the strategy that DeForest taught Dempsey, Firpo, Ganz, McCoy and a host of others is explained and illustrated in this one and only Complete Course in Boxing. And it's as simple as A, B, C.

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Opportunities Without End!

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It makes no difference if you never wore a pair of boxing gloves in your life; whether you know a left jab from a right hook or not. In fact the less you know about boxing, the fewer ideas of your own you may have about Boxing Science, the better.

Jimmy DeForest, the World's Leading Trainer and Developer of Champions and Master Ring General, will round you out right in your own home into a finished boxer and teach you the priceless knowledge which has made many champions and started hundreds of boys on the road to fame and fortune.

In this marvelous System of Instruction is embodied all that Jimmy DeForest knows about boxing—the identical methods which make more champions and top-notch contenders than any other trainer, either living or dead, ever created. Every trick, blow, defense, movement—every new angle in the strategy that DeForest taught Dempsey, Firpo, Ganz, McCoy and a host of others is explained and illustrated in this one and only Complete Course in Boxing. And it's as simple as A, B, C.

as a DeForest-trained man. The demand for good talent is out of all proportion to the supply. Boxing Promoters from coast to coast are constantly soliciting us to recommend DeForest-trained boys to them.

Most Remarkable Physical Training System In the World. The DeForest Course has demonstrated it has no equal as a physical training system. Workings have been made strong and men physically rebuilt, energy, strength and courage developed. Prominent men and leaders in all walks of life, including Prof. T. W. Seeley, famous Physical Culturist, box regularly to keep themselves fit. It will be a revelation to you.

SEND FOR THIS GRIPPING BOOK Send today for this new, famous book "The Golden Age of Boxing," the most remarkable volume of its kind ever written, full of valuable information, photos of great boxers and people who became successful over night. It contains a complete outline of the DeForest Course, week by week, with special picture charts used in most of the lessons. This book is the marvelous opportunity that lies before you. Enclose the necessary cost of mailing, etc. Do it NOW and mail it AT ONCE.

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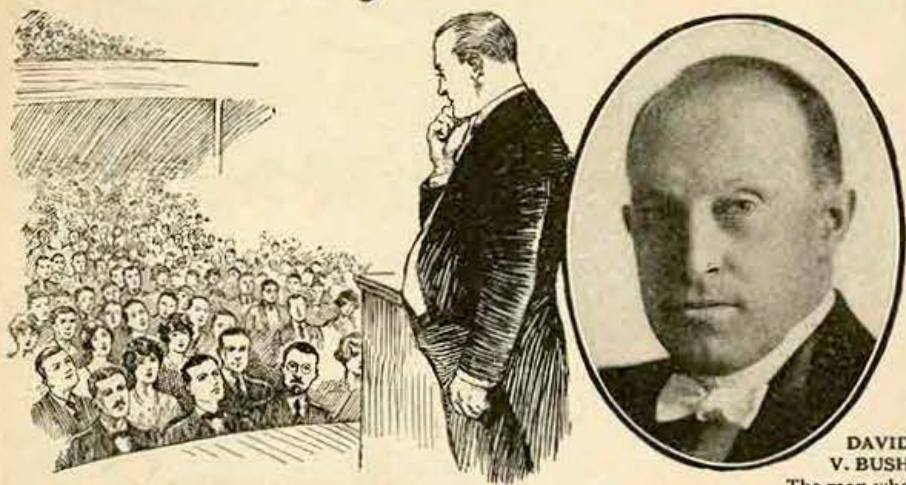
Jimmy DeForest Boxing Course, 347 Madison Ave., New York City, enclosed find 10 cents to cover cost of mailing, etc., of your book "The Golden Age of Boxing."

Name

Address

City State

I Was Ashamed Before My Vast Audience



DAVID
V. BUSH
The man who
astounded America

But It Ended My Stoutness

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

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

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

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

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

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

Vain Efforts to Reduce

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

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

A Startling Discovery

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

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

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

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

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

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

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

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

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

Send No Money

Merely send me your name and address. When the postman brings you my complete instructions, "How to Reduce," simply pay him the special, low price of only \$2.98 plus a few cents postage. If at the end of two weeks you are not completely satisfied—if you do not lose weight rapidly and easily—then simply tell me so and your money will be instantly refunded. You risk nothing. WRITE TODAY. DAVID V. BUSH, Dept. H-697, 225 N. Michigan Blvd., Chicago, Ill.

DAVID V. BUSH, Dept. H-697,
225 N. Michigan Blvd., Chicago, Ill.

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

Name

Address

City

State

Sometimes C. O. D. packages are delayed. To get quickest action send cash with order. If cash accompanies order, we will pay the postage.

somewhat like climbing stairs, meanwhile keeping the hands moving in the water at each side about the level of the lower chest. Keep the hands flat and slowly moving in a spiral motion, using alternately an up and down paddle and a sidewise back and forth movement. Make all motions, both those of the legs and arms in a slow deliberate manner, and you will soon find it easy to walk through water no matter how deep it may be. With a little practice, you will acquire the ability to tread with the arms above water, in which case it will be advisable to move the legs as in running with short jumpy steps. By mastering a complete balance in the water, you may keep the legs still and keep upright with the use of the arms alone. The ability to tread water, like floating, may be put to many uses besides that of having fun, and one never can tell when such skill may prove valuable.

To help in the great physical culture movement, and to be of use in helping and instructing others, all readers of STRENGTH should master swimming and life saving methods, and besides enjoying the great benefits from these sports, help reduce the annual loss of life from drowning.

The Art of Hand Balancing

(Continued from Page 37)

ing the finger tips hard, raising the head and bending the back more)—either take a step forward with one hand, or raise one hand and spin on the other, coming down on hands and knees. Or, if you are on a mat, you can duck the head and bend the arms, allowing the back of the head and the shoulders to touch the mat, bend the legs and hips, pulling the knees to the chest, and roll forward without dis-aster. But remember, if you try this "escape" take particular care to follow instructions carefully, for if you fall over forward with your back arched or even straight and the legs straight from the hips you'll get jarred properly.

With just a little practice, according to the method set forth here, you will soon be able to perform a handstand in the correct manner and to walk on your hands—kick up to a handstand, let your weight overbalance forward, take a step, overbalance forward again, take another step, etc. And right here is a fine chance to give another piece of advice—while your weight may be great or small your balance is delicate and must be treated gently. In other words, do not go at hand balancing like fighting fire—move easily and slowly, do not move jerkily. If you fail once to kick up to a balance, next time kick just a little harder, then, if necessary, still a little harder next time. And if you feel your balance shifting, do not make a desperate change of pressure, for this will most likely throw you over completely out of balance in the opposite direction. In hand walking over balance just a little, then step about as far as you think is necessary to recover

completely or almost completely, and step again. To keep walking it is necessary to keep overbalanced constantly, very slightly to walk slowly, more so for greater speed. And be sure to keep the legs together. (Bending the knees some will be of assistance in learning to walk, but they should be kept in the straight position as soon as you are able to learn walking in that style.)

Presuming that you are now able to do a fair handstand and can walk a few steps satisfactorily, you are ready to learn the pushup method of getting into a handstand, for you now can balance without much trouble, and can devote most of your attention to the muscular effort required by the feat. Practice first by doing a handstand against the wall in the regular way, then by bending the arms a little (the elbows should be held more toward the sides than straight out from the shoulders) lower the body a few inches, then press back to the original position. In lowering the body keep the handstand position, head up, shoulders forward and back bent so that if you should lower all the way to the floor your face and not the top of your head would be flat on it. Also, it might be a good idea to place a pillow on the floor between the hands—it would add confidence, and be mighty handy in case your arms give way and you do a nose dive. Practice this a while, lowering more each time, until you feel that your strength is sufficient to push up, which is done this way: Place the hands on the floor in the proper position, bend the elbows to an angle of about 135 degrees (that is, with the arm about $\frac{3}{4}$ straight) place the knees on the elbows, and rock forward until balanced on the hands. (See figure No. 5.) Continue shifting forward until you are able to straighten the back a little and raise the knees from the elbows, then, while keeping the knees and hips bent as much as possible straighten the back until it is erect. (See figure No. 6.) Now straighten the legs and let them fall over forward to their proper position. During this time the arms are kept bent to help preserve the balance, and now may be straightened and the correct position attained. Here, now, are the secrets of the easiest performance of this feat:

First, keep the head up. Remember those balancing organs—you'll need all the help they can give you.

This Round is the Last

(Continued from page 49)

the hard sockers are unable to land solidly, and then you see some interesting fighting from the standpoint of defensive boxing and persistent rushing and tearing in. Such a case concerns one of the best battlers who ever stepped into the squared circle, and probably the most sturdy of them all. This gladiator is the former heavyweight champion, Jim Jeffries, and there was one time when he was unable to land effectively till he was pretty well

Second, carry the weight well forward, almost at the finger tips, for as you take the knees from the elbows the weight of the legs is shifted from the elbows to the shoulders and tends strongly to pull you back down. Also, keep the knees and hips bent until you get the back straight, as in figure No. 6, for this keeps their weight close to the working muscles and lessens its tendency to pull you back down.

Third, and this is the most important of all, do not allow the arms to bend more than halfway, for the more they bend the harder it is to straighten them, even though you may get the feet and legs up and over and have the correct position from the shoulders on. At the start of the pushup the arms are about $\frac{3}{4}$ straight, then as you shift your entire weight to them and raise the knees from the elbows it will be necessary to bend them more, but strive to do so no more than is absolutely necessary. By keeping the head up, carrying the weight forward, and keeping the legs bent as instructed you should be able to get the body erect and still preserve enough straightness in the arms to be able to push on up properly.

The pushup can also be done in a more difficult manner by pushing directly from the floor instead of first placing the knees on the elbows, and is still harder to do if the hands are placed outside each foot as in Figure No. 7. The greater difficulty in either case is that the weight of the body is lifted from the floor instead of from the elbows, and accordingly there is a much greater tendency to bend the arms too much in getting the body erect.

This concludes the lesson for this month, and if you work hard you'll soon be ready to try the more advanced stunts to be explained and illustrated. Just remember, in trying these stunts read the instructions carefully, and do not slip over any details, for you cannot slip by them in actual practice, but put out honestly a fair amount of time in careful, concentrated practice, and you may expect results gratifying in proportion. Some may be able to advance more rapidly than others, but the big thing is staying with it once you start. Just "don't give up the ship" and you'll "bring home the bacon;" the "bacon" being a stronger body, better control of body and mind, more pep and self-confidence, and the satisfaction in the knowledge of "something attempted, something done."

tuckered.

In his hey-day Jeffries was the possessor of a terrific wallop and would have no trouble finishing a pugilist of average ability, though in the fights of real class, in which he engaged, he played a waiting, crouching, wearing-down campaign, being content to slowly batter his opponent into a helpless bruised mass before sending over the kayo punch. His first ring encounter was not exactly of this order, though

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Lewis Beck.



\$10,000

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Beck answered my advertisement and got my free book on Draftsmanship. That's what I want you to do now. Beck was then a helper making \$12.00 a week, but he took my simple, easily understood and quickly learned course in drafting at home without giving up his job. "You can do the same thing. Will you?" "I often look back to the time I answered your advertisement," writes Beck, "and wondered how I could take up your course as I was not able to save enough out of \$12.00 a week to make the first payment. But I finally did it and it was the best money I ever spent in my life. Thanks to your training I am not afraid to tackle any work along drafting lines and can readily master all the architect's plans."

Mail this Free Coupon or Write Today for FREE Book!

Beck asked for the Free Book first. Will you ask for it today? Certainly you are not obligated at all by writing for "Successful Draftsmanship." Get it and read it. Then make up your mind how successful you can be. This man is making real money and you know the old adage "What man has done man can do." So mail the Free Coupon below—or write a letter or a post card. Do that now. No man who is dissatisfied with what he is making now should fail to get and read "Successful Draftsmanship."



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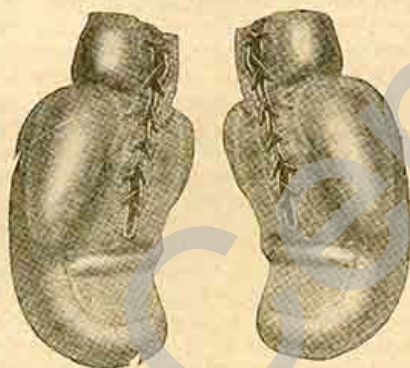
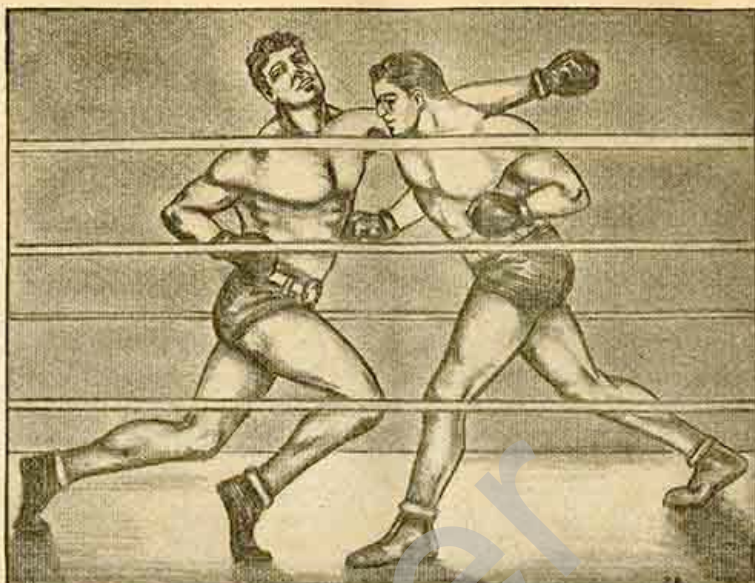
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For Ring Work
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he entered the ring with hopes of landing a crushing wallop as soon as possible. When in his twentieth year he stood well over 6 feet and weighed in the neighborhood of 220 pounds, and every working day found him hammering brass with a sledge hammer, while his spare time was spent tramping over the fields hunting game. Due to his ability to finish the local fistic encounters in which he engaged with one wallop, he was known among the hills as the mightiest of all huskies. One day a lanky negro giant, named Hank Griffin, wandered into town and very soon found his way into the local saloon, where, leaning upon the bar, he began to talk fight. This Griffin had beaten a raft of the heavyweights all over the West and was considered to be a very good man in those days. He had heard of the local bruiser and thought there would be a good chance to clean up a little gold by betting on his ability against the local champion. His boast was that he could beat the best man they could dig up for him and flung down a handful of gold twenties to back up his boast. A messenger was sent for Jeff, who very soon came tearing into the saloon, and pulling his coat off, announced he was ready for a fight then and there. Whereupon Griffin explained there was slight misunderstanding; he wasn't looking for a fight off-hand like that; his claim was that he could whip any man in town in a ring with gloves on his hands, a referee and fighting according to rules. The men in town chipped in and raised a purse that suited Griffin and everything was arranged to pull off the scrap the next night in the local town hall. Jeff did not worry much about the fight, but continued his hard work the next day, hurried home to eat a big meal, and running to the hall, was one of the first to arrive. The big negro did not show up for quite a while, but when he did the fight soon started; Jeff never before had worn fighting gloves on his hands and tried to work the padding away from his knuckles as he broadly grinned at the crowd. Griffin sat in his corner before the fight, looking very confident, expecting to have an easy time of the coming mix-up. Hank was in wonder-

ful shape and showed muscles standing out of his skin over every inch of his great height. As the battle started Jeff came out with a rush, but was shortly stopped with a blow on his nose; this caused him to sway momentarily, but he soon collected his senses and shaking his head, again rushed. This was to the liking of the big negro who kept hitting Jeff as fast as he could use his hands. During the first round Griffin had landed 50 times or more while Jim had failed to land once and was bleeding from the mouth and nose and was pretty well winded. This continued for six rounds when the negro began to get arm-weary from hitting the big boiler-maker so many times, so, thereafter, he had to change his tactics somewhat and play more on the defensive, but still Jeff could not connect with him solidly. The fourteenth round found Jeff with one eye closed, nose puffed up and bleeding badly from the mouth. He held his jaw out and Griffin swung with a right from the floor, but Jeff managed to slip forward so that the blow slipped past; Jeff hooked a left into the stomach of Griffin and the latter lay on the floor for ten minutes trying to get his breath. This only goes to show that there are times when cleverness can foil the intentions of the strongest and most deliberate.

Though the late champion, Jack Dempsey, did not finish his fights exactly at will, he certainly did bring many of them to a very sensational close. Then he suddenly lost his tearing in and aggressive style of attack, which caused him to step out of the throne and exchange his crown for a battered and bruised map. We are anxiously waiting to see how he makes out in his proposed campaign, which he hopes will land him back on top of the heap. There is little chance, in our way of thinking, of any of these battles ending in a quick and sensational manner; we are referring to the Dempsey-Uzcudun, Maloney-Sharkey, and the final battles between the winners, the survivor to meet the present champion, Gene Tunney. The chances are that these will all turn out to be hard fought scraps, though some of them may end in a knockout.

Ask the Doctor

(Continued from page 34)

for this? Is there any danger of heart failure?

I also would appreciate your giving me some advice on gaining weight. I am 5 ft. 10 inches, weigh 135 lbs. How much should I weigh?

Will certainly appreciate any information you can give me.

W. U., N. C.

ANSWER: To begin with you are not suffering from heart block unless your pulse is very slow, 40 or less per minute, and you are much too young a man to have that disease which usually affects men around 40 or 50. Find out by X-ray examination if your heart is enlarged. If it is over 14 centimeters at apex, from right to left, then you may have some disease of the heart

when you will have to be careful about exercise. However, it is our opinion that you are suffering from some sympathetic nervous affliction and not true heart disease, since you are not of that type.

Fatten up with plenty of nourishing food, including a liberal supply of milk, cream, butter, olive oil, mashed potatoes, macaroni, spaghetti and sweet fruits. Eat five meals a day instead of three and get plenty of rest at night or lie down after meals if possible. Do anything to fatten yourself.

QUESTION: Please give me advice on my peculiar ailment. I have consulted two doctors, but I fail to get relief. I am troubled with the desire to urinate or pass water almost all the time (day time or



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book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

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Sex Communion.

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An Eminent Divine and Conception Control.
Unlimited Breeding Involves a Struggle for Existence.
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If remittance accompanies order we will ship book postage prepaid. Sometimes C. O. D. packages are delayed. To get quickest action send cash with order.
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night). Two X-ray pictures fail to show stones in kidneys or bladder. I do not think this condition is inflammation of the bladder as the urine shows almost no acid or other indications. I have had this trouble since childhood and now I am 25 years old. I am careful of what I eat and get plenty of exercise.

I thank you in advance for any information you can give me.

E. W., Iowa.

ANSWER: I cannot imagine your not having some inflammation of the genito-urinary tract with so frequent a desire to urinate. However, you may have a pure nervous condition for which try the following:

Sodium Benzoate 1 ounce
Tincture Belladonna ½ ounce
Water of Gaultheria..... 4 ounces

One to two teaspoonfuls three times a day.

Also eliminate the use of stimulating drinks such as tea, coffee and liquors; highly seasoned or canned foods and excess meat diet.

Possibly the Static or Faradic Current may help in the toning up of the nervous mechanism of the spinal centers.

QUESTION: At present I am suffering a very serious handicap, and I hope that you will be able to help me out of my trouble. It is something that is causing me much grief and worry—the handicap of self-consciousness. I have been self-conscious since I was a child. I am just helpless in its grasp. When I meet anyone or, rather, talk to anyone I get very nervous and excited. Speech seems to stick in my throat, and my heart will begin pounding rapidly.

I am so worried and unhappy about it that I feel miserable all the time. I am 22 years old, so you will realize how long I have suffered this handicap. I would be the happiest girl in the world if I was only rid of self-consciousness. Please advise me what to do? Something must be done, because it is going to ruin my whole life.

About 18 months ago I was operated on for goiter which I had since a child. I am sure this has affected my nerves very

much. Don't you think it would be a hard job to strengthen weak nerves?

If a person has to overcome self-consciousness by some mental method, I haven't a chance. Can you refer me to anyone (nerve specialist) that has made a complete study of the cause and cure. Surely there have been people who were extremely self-conscious that have been cured by some method.

Can you refer me to anyone or any institution? Will you please name some concentrated nerve foods?

I will be anxiously awaiting your reply, and I hope you will have good news for me for I am very unhappy.

S. M., Mo.

ANSWER: I would say that you should not be alarmed because you are troubled with self-consciousness. The best way to overcome this is to go out and mix with people, attend church regularly and mix in with the young people in your community. Go to public functions and make a practice of being among people at all times. Do not be afraid to talk to anyone and assume the attitude that you are physically and mentally equal to anyone whom you meet. It would be well for you to take up some form of physical culture, for instance practice the exercises given in STRENGTH MAGAZINE each month and also, if you can, take up swimming. Swimming is one of the best nerve tonics known and has been effective in strengthening the nerves of thousands of individuals.

You would do well to have a physician prescribe tablets for you containing iodine in small quantity, also use iodized salt at the table. It would be well for you to take up ballroom dancing and in fact anything that will cause you to go out and mingle with other young people. You should also make a practice of taking tepid water baths at least once a day, preferably upon retiring. By following the above hints I believe you should be able to overcome your self-consciousness.

The Mat

(Continued from page 47)

ambition to acquire an exceptionally well developed physique and strength far beyond that possessed by the average athlete, the bar bell user will accomplish nothing. It is essential that the bar bell user have something worth while to strive for, and to become a sterling example of the perfect man class it is necessary for the man, youth or boy to have ambitions ever beyond the reach of reality. Strive always to reach the stars and by diligent and persevering work you will reach great heights in your quest of physical perfection and a superlative degree of strength. By printing the photos of successful physical culturists who have arrived in the "perfect man" class, each month; by publishing stories concerning the achievements of those who have followed the correct methods of training, we are able to point out to ambitious readers, the possibilities of realizing the same physical proportions and the same

remarkable degree of bodily power. The pictures and tales of famous "strong-men" and strength athletes, who are likewise renowned for their classical muscular development and flawless physiques, serve as an inspiration to the young enthusiast.

By means of bar bell training, we can, with a reasonable degree of assurance, guide a man or boy on the right road towards the goal of physical perfection, but experience has proven that the best results can only be attained by paying attention to certain details of training routine; progress can be made at a certain rate and no faster; the novice must be content to follow instructions as outlined for him and be willing to let Nature take her course. After practicing with bar bells for a certain length of time the entire physical organism begins to make demands upon Nature; that is, providing the physical culturist applies himself

scientifically to exercise by regularly practicing movements which are known from experience to be result producing. Besides the regular performance of prescribed movements, it is equally essential that our physical culturist have intervals of rest, during which time the muscles are given a chance to recuperate from their exertions, and the physical economy be given a period in which to replace broken down tissues with fresh material. The intermittent periods of exercise and rest when combined properly, make it possible for the rebuilding organism to get the "jump" on the tearing down process attending exercise, and after following this plan for a reasonable length of time, the exercise novice finds he is no longer an average physical culturist, but is elated to note such a decided improvement in his physical condition and muscular proportions, as to cause him to be noticed by all his fellows as the possessor of an exceptional physique. And, when called upon to put his muscles to the test, he is well able to surprise the wisest of the "show-me" guys.

Experience has proven that such results are possible only when the movements are performed with an exercise medium that permits the proper regulation of resistance. So far, in the history of physical education, there has been discovered but one form of apparatus that is quickly adaptable to all types of physique and can be used for the purpose of properly exercising every muscle in the human anatomy. This is the modern adjustable bar bell, so built as to be progressive in weight increases from a very light poundage to a sufficient poundage for the proper exercising of the strongest groups of muscles on the pupil.

I have stated that by following bar bell exercise for a period of several weeks, the pupil begins to notice remarkable results, and at the end of a few months' time has really been built over from a poor specimen of mankind to an example of athletic manhood approaching physical perfection. But—and now we come to the object of this present confab—there are some few cases wherein the bar bell user fails to improve at the usual rate, after working hard for quite a length of time. Careful analysis will soon give the expert in such matters a fair idea of what ails this particular subject, and sometimes it is only necessary to read a few lines of the sort of letter this type of physical culturist writes, and you know exactly why they have failed to make the expected progress. In a small percentage of such cases, you will find the pupil has been reading some diet fad junk, and has been led to try living on a dietary that is hardly more than sufficient to keep a good-sized canary bird alive. Oh, yes, we come across some sterling examples of this sort of thing, where the pupil expects to grow strong on a few figs, dates, peanuts and a couple glasses of milk daily. Our experience has shown that the vegetarian faddist very rarely acquires even a fair degree of development, as on such diets some very important food

You Ought to Be Ashamed of Yourself!

YOUR body does *not* look like the one in these pictures and **IT SHOULD!** Weakness, thinness and scrawniness are a *disgrace*. There's no excuse for them. It is so *easy*, so *simple*, so *cheap* to put yourself in shape that any one who does not do it is either lazy or criminally careless.

I'm not bragging, fellows, but just listen a second to some cold facts. The lad in the picture is only one of thousands that I have developed in my thirty years of Physical Culture work. He is just one example of what my methods can accomplish and have accomplished for nearly 30,000 men in this world. These men say with one voice "*Titus is the best trainer in the business and his apparatus can't be equalled anywhere on earth.*" My files are chock full of letters—thousands of them—all carrying that message in slightly different words. They know what they are talking about because their own bodies are the test they measure by.

Look at this fellow's arm; his neck, his



Two pictures of Gaston Violette, showing the arm and stomach muscles I gave him in thirty days! Every part of his body is developed in proportion. He is a fine example of Titus methods and apparatus.

abdomen. *Boy!* Can you control *your* stomach muscles like that? Do you want to? Then shoot along the coupon at the bottom of the page. It will tell you how *you* can put your body in the champion class.

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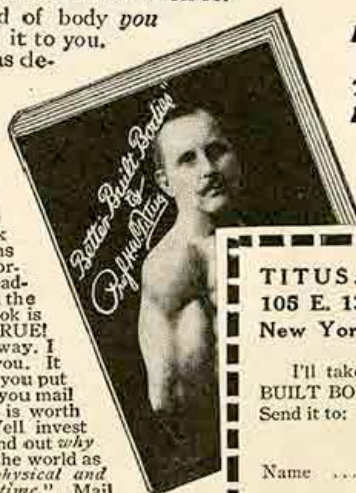
And there's nothing "knotty" or "muscle-bound" about a Titus body either. Every sinew, cord and muscle has been trained by scientific methods so that instead of looking like an over-stuffed chair and moving like a baby elephant, the Titus trained man looks and moves like a *panther*. He has *speed, control, agility, and STRENGTH BEYOND YOUR DREAMS.*

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veloped the world's strongest men—the man who taught most of the present day trainers all that they know about the business, give you a body that *fills* a bathing suit and brings admiring glances everywhere I can do it! I GUARANTEE to do it. Mail the coupon for my *free* book NOW!

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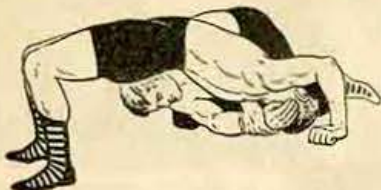
to LEARN one sensational wrestling hold that will enable you to throw many a good opponent. It couldn't cost much less.

Yes sir! There are, to be exact, 98 of these Sensational Holds, Counters, Blocks, Breaks, etc., in my Wrestling Course. The price is \$1.00. So near to 1c. apiece does this make the cost of each hold, that the fraction is nothing.

Of course I cannot afford to sell you one or two holds or any part of this course separately, for one or two holds would cost more to mail than I would get for them. But I am positively selling you this whole Wrestling Course for the very low price of one dollar.

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It teaches you to get Quarter Nelsons, Half Nelsons, Three-quarter Nelsons, Full Nelsons, Far Nelsons, Bar Nelsons, Leg Nelsons, Reverse Farther Nelsons, Locked Three-quarter Nelsons;



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elements are sure to be lacking, therefore, the follower of the cult is seldom the possessor of unusual strength. The average diet radical is scrawny and gawky in appearance, and only subsists on such a dietary because he seldom exerts himself strenuously. After considerable experience along such lines, we can assure you that if anyone ever became strong or well developed on such a diet, he would be ever so much stronger if he lived on a normal, well-balanced diet, including plenty of meats. The average apparently unsuccessful bar bell user has another error in his weekly conduct that must be corrected. You will find he is a really ambitious, serious-minded type, who earnestly endeavors to put into practice every good hint of expert advice he comes across. He means well, but his efforts are all wrongly applied and his energies are sadly expended in an effort to quickly realize his greatest ambitions in the shortest possible time. This type of enthusiast accepts his instructions with every good intention of following them in a fair manner, and he does, for something like a week, then he begins to get over-ambitious about making progress and starts to train in his spare time on lifting movements of an advanced nature and may also include a few "strong-man" stunts he has heard of. Somehow, he arrives at the conclusion that results only come to the fellow who works hardest and longest, and very soon decides that exercise every other day is far too light for him; he then concludes that in order to make real progress into the "strong-man" ranks, he must work like only a strong man could. Being so ambitious to become a "strong-man," he keeps gauging his strength by continually making attempts on what he considers to be the lifts, but his conception of lifts, so early in the game, is far from any resemblance to the real thing. Of course, after continued practice and study of the lifts he gets into something approaching correct form, and likewise acquires some degree of strength. But, after keeping up this strenuous daily program of combined lifts and exercises, he finds out that his muscles aren't growing; they may be getting hard as the deuce, but why can't he make them grow, when he works so hard and exercises so consistently? The answer is that he is simply working too hard and burning up his energy by misdirected efforts, instead of accumulating added strength and development by intelligent application of exercise principles that are recommended to him; these same movements having proven successful in many thousands of cases.

The novice makes a serious error in neglecting bar bell body-building exercises in favor of weight-lifting attempts; the attention of the beginner should be centered on practicing a certain amount of repetitions with weights that are easily handled, and should stick to this program for at least three months' time; and for a while longer if he wants to really add to his muscular development till he reaches something

near his own individual limit. After he has acquired a worthwhile development with the accompanying all-round degree of strength, he can devote his ambitions to the practice of true weight lifting movements.

Friend reader, if you find anything in the foregoing that suits your case or purpose, it will prove of benefit to consider the possibility of your program being at fault, and you will profit by taking heed. It is never too late to change, and, for that matter, to begin all over again. So why not give the proven methods a trial?

I have a little experiment in mind, and have an idea that the many readers of the *Mat* would be interested in following me through on it. It occurred to me that possibly a great many enthusiasts would like to follow an official program of bar bell training, over a period of a few months. My idea is to have a large number of *Mat Fans* engaged in the same exercises each month, and run the training program for three consecutive months; each month we will work on a different program, and get an idea of the benefits from such a routine. I have a great deal of faith in this little idea and would like to have a large number of readers, who are interested in getting results from their exercises, to agree to follow the program as outlined in this department, and then at the end of each month to report to me concerning their progress and experiences. I have arranged the exercises with the idea of adding to your interest as well as proving of benefit from the standpoint of increasing your physical development, correction of weight and improvement in general all-round strength.

The participants will be arranged in two groups; one group on fundamental bar bell exercises of a pure body building and strength creating nature; the other group will practice lifting exercises, which will be arranged in such a way that the followers of this set will form a rock-bottom foundation of pure strength, and by continuing for the entire three months will become well founded in the true principles of lifting, both of the scientific and pure strength variety. Progress is assured in either class, exercises or lifts, and if you will be sport enough to follow the rules set down, I feel certain some surprises will await those who complete the entire training program.

Here are the rules: On the first day take a complete list of your measurements and weight (stripped if possible), and if you are going to follow the lifting program, make a test of your abilities and hang a list up on the wall showing the results of this test, along with your measurements. You are to practice three times each week, no more and no less (if you miss one day for any reason, why then simply make it up); and if working on the lifting group, you are not to make any tests of your capabilities till the whole month is up.

Eligibility: Anyone who has access to a bar bell can enter the first group,



RDX

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but we would prefer to have you keep working on any regular course you may be following, unless you have spent at least three months at that exercise. As to the lifting group, only those who have spent at least four months on bar bell exercises are asked to enter this group, though we would rather you would enter the exercise group unless you have spent six months on bar bell exercises.

The lifts for the month of July will be:

Two Hands Dead Lift, Two Hands Snatch, Two Dumb-bells Clean and Military Press, One Hand Snatch—both Right and Left.

To determine the correct poundages to practice with, take one-fourth off your best record in each lift and for the first week, that is the first three days, practice with that poundage, repeating as many times as you comfortably can in each lift; the next week add twenty pounds to the Dead Lift, ten pounds to the Two Hand Snatch, five pounds to each dumb-bell in the Military Press, and five pounds to the One Hand Snatch, and practice with these poundages for three days or one week; then add weight at the same rate the next week, and so on till you have gone through four weeks or twelve practice days. Then on the next scheduled practice day, test yourself on these lifts and find out what your abilities are. Then you will be ready for the set of lifts for the month of August.

Relative to the exercise group, we cannot lay out any general program of exercises here, as each participant will have a separate problem to be solved so far as the poundages and a few other details are concerned. Due to this fact, we will have to insist on every entrant having a course of bar bell body-building exercises to be eligible to take part in this experiment. We might recommend some exercise poundages haphazardly, but such instructions would be worthless and possibly result in harm to some beginners. But, if you have a course of instructions already laid out for your particular needs, then you are not working in the dark, and can safely take part in the present ninety day training program. If you are sufficiently interested to follow this thing through, then all I ask of you, is to reduce the poundages on every exercise to a weight that you can easily handle, and select twelve movements from your course; the only qualification is that they should all be performed with a bar bell (no dumb-bell or kettle bell exercises included in the first month); be sure to select a wide variety so as to benefit every muscle on you. For instance, I would recommend the Two Arm Curl, Press Behind Neck, Pull-over, rowing movement for broad of back, dead lift exercise with straight legs, deep knee bend, Two Arm Press on Back, Shoulder Shrug, calf exercise, Straddle Lift, sit-ups and neck exercise.

Repeat all arm movements five times, leg and back movements ten times; each week add five pounds to the lighter movements and ten pounds to the heavier exercises. Be sure to start with

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a poundage in each exercise that you can handle correctly in a comfortable manner. Each entrant is to promise not to take his measurements or weight during the whole month and not to make any lifting tests whatsoever.

In connection with this experiment, you are requested to refrain from participation in other forms of exercise or sport as much as possible on the intervening days. If you go swimming, play ball, etc., kindly keep track of such occasions.

As a further aid to gaining weight and strength, the following recommendations as to diet, are made: Eat soup (thick varieties, such as vegetable, clam chowder, pepper pot, and thick meat soups) twice daily; eat plenty of starchy foods such as potatoes, both mashed and baked, macaroni, spaghetti, rice, cereals and cream, bread and butter, puddings, in addition to plenty of meats, greens, vegetables and fruits of all kinds. Eat three good sized meals daily. If you are overweight and want to reduce, cut out the soups and starchy foods. In any case, make a practice of drinking more water than you have been accustomed to.

Muscle-Tone: Quite recently, this rubbing medium was mentioned in the columns of this Department, and as a result we have had a large number of requests concerning the sale of this ointment. Personally, we are not interested in putting any such preparation on the market, and so far as we know there is no firm selling an emollient of that name. Some time ago a chemist mixed up a preparation for our office, that was called Muscle-Tone, using some old formula. For the information of our readers I am printing this:

Oil Sassafras	10 c. c.
Oil Turpentine	5 c. c.
Oleoresin Capsicum	2 gm.
Oil Olive or Sweet Almond.....	15 c. c.
Petrolatum	30 gm.
White Wax	20 gm.

Personally, I would not care to use such a greasy concoction, but have a great deal more faith in some of the standard mixtures you can procure at the nearest drug-store; such as: Sloan's Liniment, Omega Oil, Oil of Wintergreen, Absorbine, Jr., or just plain rubbing alcohol. If you do not mind getting a little greasy, Mustersole and Camphorole are very good for the purpose of easing up the muscles and relieving soreness.

QUESTION: I have questions pop up about my body that I don't understand; the one I am going to ask at the present time may seem out of the ordinary, but, nevertheless, I am anxious to be enlightened. My jawbone is naturally a little small, which, to my notion, causes the loss of the look of strength in a man's face. I have noticed that all strong men have a strong, square jaw, and I would like to compare with them in this respect. What can I do to enlarge the jaw-bone and make myself look stronger?

M. C., Texas.

ANSWER: Regarding the size of your jaw-bone, you will simply have to be content with what nature gave you in this respect, as there is no known way of enlarging it. Cultivate the habit of holding the head up and the chin in and

make everyone think you are the equal of the best man living. I do not believe that every strong man has a heavy square set jaw, and know of a few who do not come up to your idea of how a strong man should look. Even among prize-fighters you will find many who have what is termed a weak chin, but this does not keep them from winning fights and forging ahead in the battle of life. I used to have such ideas myself, but the more I knocked around, the more I found out that heavy jaws, like heavy voices, did not mean much, as many of the best athletes will be found to have weak looking jaws and weak sounding voices. These two signs are something like having hair on the body, which means nothing in the line of strength. All such things are more of a hereditary proposition than anything else. It may be possible to improve the appearance of the jaws by strengthening and developing the muscles of the jaw by making a practice of chewing thick, juicy steaks and eating other foods that require plenty of masticating; also, you might try chewing large wads of gum as a form of jaw exercise; teeth-lifting is also good for this purpose, but it is wise to go a little easy till you are sure of what you are doing.

QUESTION: My chum and I are coming to you with an argument. We both agree that to be the strongest man on earth, a man must be strongest from tip to toe. I claim that in one lift to decide the strongest man, the lift would be the Two-Arm Clean and Jerk, as it takes equal power all over to complete that lift. He claims that it should be either the Two Hands Dead Lift or the Two Hands Military Press.

J. B., Quebec.

ANSWER: It would not be very fair to decide the strongest man on only one feat or test of his strength; you would need at least three lifts or feats to have any real indication of a man's abilities. Of the lifts you mention, I would select the Two Hand Clean and Jerk in the case of a trained lifter, and either of the other two in the case of untrained men, with an inclination toward the Dead Lift. For an overhead lift, I believe the Two Hand Jerk in the continental style to be the fairest test of strength, so far as trained men are concerned. Of course, if you are interested in finding out how much an athlete is capable of lifting from the floor, and count that as an indication of superior strength, then we would have to use either the back or harness styles of real heavy lifting, or, at least, the hand and thigh style. In all these styles a very heavy poundage can be handled, but, due to the fact that the weight is lifted only a short distance, there is always room for argument as to whether these methods really indicate greater strength than the dead lift from the floor to the thighs; modern lifting places more credit with the latter style.

* * * * *

The boys who are members of the Holtgrewe Weight-Lifting Club of Cincinnati, Ohio, have written for our opinion as to the lift calling for the most endurance, combined with

strength. In reply to this, I would say that of the recognized bar bell lifts, there can be no doubt concerning the Two Hands Anyhow. From the time the performer commences to lift the bells from the floor till they are down again, he must call upon everything he has in the way of control, steady nerves, breathing powers; in other words, endurance combined with strength. However, there are several stunts requiring the utmost in endurance, that are not exactly standard in the way of lifts: For instance, lying down and getting up while holding a weight at arms' length overhead; performing a deep knee bend with something around double your bodyweight, putting the bell on your shoulders, repeating several times and taking it off, all without assistance. I might also mention the feat performed by Warren L. Travis, just after his fiftieth birthday, of making a back lift with 2,500 pounds, fifty times in twenty-five seconds. There are many other lifts, feats and stunts performed by bar bell devotees and "strong-men," that we might mention here, but you can safely say these are among the best in the lifting game where endurance is necessary.

You will notice a photo in these pages of the Ballston Lake (N. Y.) Physical Culture Boys. Quoting from a letter we received from their manager:

"Ballston Lake is a little hamlet comprising two hundred and fifty people. It is situated between Schenectady and Ballston Spa, being an equal distance from each place, seven miles from Schenectady and same number from Ballston Spa. We had our first meeting on Saturday, October 31, 1925, and at that meeting we prescribed a certain set of rules for the boys; they retire at 9.30 P. M. every night, arise at 7.00 A. M., clean teeth and drink glass of water; ten minute walk before breakfast; 7.30, breakfast; study from 8 to 8.30. After school from 3.30 to 4.45 P. M., play and recreation; 5 to 5.30, assist mother at home; 5.30 to 6, rest (in bed); 6.10 to 6.30, dinner. Three nights a week are allowed in our little gymnasium, Monday, Wednesday and Friday when boys practice from 8 to 9 P. M. The percentage of the boys were underweight, but now all have gained; it is making the boys faster and what is best of all, it has increased their efficiency in their school work by 85%.

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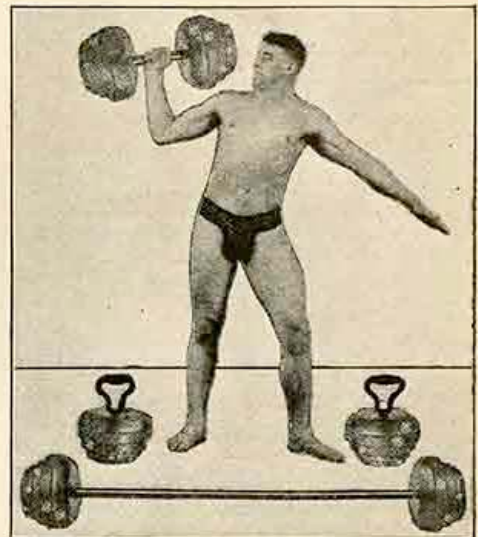
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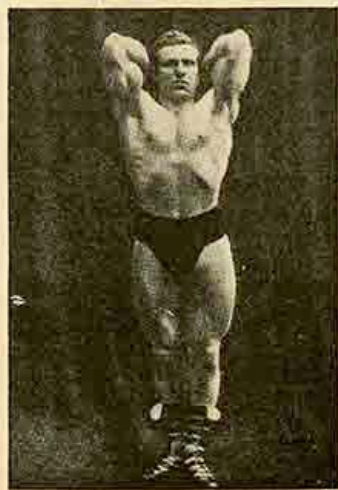
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What Has Become of the Bent Press?

(Continued from Page 41)

fellows, it will be well worth the time and patience to be able to Bent Press heavy weights.

While in this position there is very little exertion on the waist muscles because the bell is now supported by an almost unbroken line of bones; namely, the forearm, upper arm, all the bones of the chest and shoulders, and those of the lower leg. Notice how the bell is still heaviest on the thumb side of my hand. When posing for these pictures I did not think to purposely illustrate this last mentioned point. The fact that it is clearly shown was the result of habit and not intention. It is a natural thing for a practiced Bent Presser to fall into these correct forms unconsciously, and my point is that all the fine details and technicalities of this lift need not worry or scare the beginner, simply because they soon become second nature and one's attention will then be bothered with nothing but completing the lift.

The next picture (seven) illustrates one of the most difficult points of this lift to master. Many fair Bent Pressers have stopped progressing because they didn't bother to master this squat, as it is known. After the lifter has gotten as far as illustration six, the next step is to come up to a standing position without "losing" the bell, and in the easiest manner; so we squat, which brings the body upright. Note the height of the bell and that the position of the pressing arm has changed little and yet we have our upper body in the same position it will be when the lift is completed. This squat then takes the strain from the side muscles and puts it onto the stronger muscles of the legs. The left elbow or hand is used on the left knee to further aid the squat and straightening of the body. The lifting arm is now "locked" at the shoulder as well as the elbow. This so-called "locking" is simply the fixing of the bones at the joints. To explain this "lock," take the arm at the elbow, for example, when the elbow joint is as rigidly straight as is possible to get it, it is then fixed. If the lifter does not "lock" it in this manner, but allows it to be ever so slightly bent or even relaxed he is very liable to "lose" the weight when coming up.

The squat must not be any deeper than is necessary for with a very heavy weight many lifters will find it difficult to come up with the bell and the weight of the upper body.

I advocate spending some of your practice time in deep knee bending with more weight across your shoulders than you can Bent Press. This exercise will strengthen your legs and accustom them to pushing up heavy weights. Do not neglect side exercises in your training for Bent Pressing. And do not forget to press with the left arm if you possibly can do so. This will keep your strength and physique so balanced as it is normal for them to be. I don't mean that if

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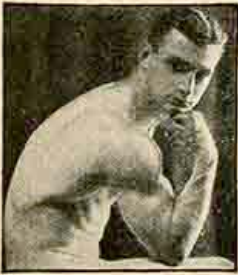
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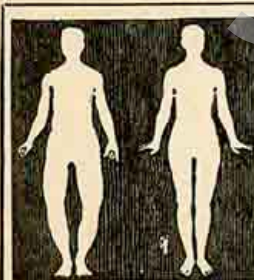
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Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

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you are naturally right-handed you should try to keep pace with the lift or vice versa, but do some Bent Pressing with the off hand to sort of even things up a bit.

We will leave the bell in the air with me in the squat position until next month's issue, when we will finish the

lift. In the meantime you fellows who have tried the Bent Press and given up, go to it again. And the fellows who haven't tried it make a start with light weights and after a week or so you will like it because of the rapid advances you can make. Don't forget I'm working with you.

All Round Exercises for Women

(Continued from page 44)

the toes of your right foot. At first you may find it necessary to practice while holding to some support with each hand, but in time you will be able to perform this movement with no trouble. When you can do so, you should move the arms as follows; make the squat with your hands on your hips, then as you come to the kicking position, swing the arms to full length overhead, endeavoring to touch the fingers as you kick up. Practice this exercise several times with each leg extended, then you may practice with an alternate kicking motion, making a sort of dance of the exercise. This is a splendid way to acquire the utmost degree of suppleness and grace of action, and will have a beneficial effect upon the entire anatomy.

Exercise No. 4, figures Nos. 6 and 7—The following movement is another given for the purpose of stretching and adding to the range and degree of control of the various muscles involved, and should greatly add to the grace and general bearing of the exerciser in a short time, providing this and the other movements are followed in a thorough, conscientious manner. Use a chair or other object for support and stand about three feet away from it, with your back towards the support. Lean back and place your hands on the top of this object as shown in the illustration; keep the body as erect as you are able to, and bring one leg up behind you and endeavor to touch your back with the heel by bending the knee. Force the leg to bend as much as you comfortably can, then you should swing the same leg forward and as high as possible in front of you while keeping the knee straight. Likewise keep the knee of the supporting leg straight and when you have extended the free leg as far as possible in front of you, raise on the toes of the supporting foot. This movement will prove of immense benefit to the waist region, the abdomen, hips, back, and the legs in general, besides having a marked effect on the shoulders and arms. Repeat several times with one leg and then an equal number of times with the other side.

After reading the above descriptions, allow me to say that I selected the foregoing set of exercises primarily with the intention of being beneficial to the health and general well being of the average female reader of STRENGTH Magazine. In giving you this novel

arrangement of original exercise ideas, I have kept the thought uppermost in my mind of exercising all the muscles in groups and, thereby, adding to the general grace and physical charm of my many readers. To achieve the best results, it is advisable that you exercise for a period of from ten to twenty minutes daily, stretching the exercise period to twenty or more minutes whenever possible and never neglecting to spend at least ten minutes daily on this healthful form of diversion. Surely the chance to become healthful in a superlative sense and to enjoy a feeling of extreme well-being every day of the year, should be worth the expenditure of a few paltry moments devoted to easy exercise movements such as you will find illustrated in the present article. Daily exercise is quite a wonderful thing when you get to know it and really some wonderful examples may be cited in proof of its curative effects. The average young woman has an intense desire to win acclamation and to be recognized as the possessor of a beautifully formed body. We know that a beautiful face will bring admiration to its possessor, but oftentimes the girl with a beautiful figure and very common face will win fame where the pretty girl with only a common figure will pass unnoticed. Facial beauty is only skin deep, beautiful physical proportions depend upon sound and healthy internal organs and something quite solid underneath the epidermis. The acquisition, by means of regular physical exercise, of a perfectly proportioned figure and the charming personality attending the possession of grace and poise will go further toward winning popularity and the sincere unflattering acclamation of friends and acquaintances than almost anything else you could possibly mention.

If you had an opportunity, my dear readers, to realize these facts through personal contact with those who have acquired these wonderful possessions, you would be willing to begin your physical culture practices tomorrow morning or possibly even tonight and certainly would not hesitate to take advantage of the splendid opportunities offered you to become the possessor of woman's most cherished attribute, a graceful and beautifully formed figure.

Every woman and girl has, within her, the possibilities of acquiring a well formed and graceful figure and I know that if you, dear reader, will be willing to spare a small part of one hour each day in the pursuit of physical beauty, health and happiness will be yours for life.

Common Sense About Food

(Continued from page 56)

moderate eater who gets up from the table feeling that the last word has not yet been said to his stomach will get up for a good many years longer than the man who is better to his appetite than to himself.

The Italian nobleman, Luigi Còrnaro, who lived to be over a hundred, admirably illustrates this point. He survived to hold Memorial Day services at the graves of all the wise sages who assured him that his period of sojourn on earth must, because of his weak digestive organs, necessarily be extremely brief. By omitting those articles of diet that disagreed with him, by masticating his food carefully and regulating his habits, he became a centenarian. There is a wonderful lesson in this abstemiousness—and in the picking and choosing on which the well-rounded diet depends.

Temperance in food is quite as essential, and more nearly applicable to our daily habits, than is temperance in drink. For, with the majority of us, drink is only incidental; while eating and digesting constitute themselves a more or less perpetual performance—played for life.

Also many of the vaunted dietaries, alleged to cure abnormal physical states, are ill balanced, and, while they might, for a time, seem to produce helpful results, they are, in the final analysis, only a delusion and a snare, inadequate for the needs of the body.

Indeed, certain "health foods"—instead of bringing about a robust state of well-being—may be the direct cause of colitis (catarrh of the intestines), rheumatism, headache, pimples, blotches and conditions that develop in the system because of abnormal fermentation in the intestinal canal, and by reason of the absorption into the system of these poisonous products.

Many of the facts advanced in this series of articles are original and are of definite value to the reader who will divorce himself from certain fixed opinions developed by the reading of books or magazine articles, dealing with various phases of this subject, and try conscientiously the dietetic methods here advocated.

The results may prove astonishingly helpful, as in many instances, chronic conditions of years' standing yield almost magically to the beneficent influence of the right kind and combination of food, eaten at the right time.

Chicago Health Institution Lauds Amazing Discovery For Constipation

Liver, Kidney and Stomach Sufferers Now Have Keen Appetites, Sound, Restful Sleep, Regular Bowel Action

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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.

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9. Culver's Roots—Stimulate the natural flow of bile and so purify the liver.
10. Gentian Roots—Create a healthy, normal appetite.
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12. California Bark—Cleanses the colon and removes foreign matter from the intestines.

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July

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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.

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there will be seen a magazine that stands head, shoulders and chest above all others of the health class. It will be bigger, far better, more picturesque, more amusing and more instructive than the issues you have seen to date. Therefore, you cannot afford to miss any of these future numbers. Protect yourself **NOW** by subscribing on this offer, and then the next 12 issues will be put into your hands, one each month, without bother or thought on your part.

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These
WRIST STRAPS
are designed
like the illustration above.
You will be proud to wear them

Lindbergh

(Continued from page 21)

old-time football player, a full-back, who was inclined to put on a little too much weight in the off seasons. He always used to say he liked to see the fall come around because he knew he would feel fine when he could see his cheek bones again. I wonder how many years it has been since he last saw them.

We might all be much better off if each year there was some outside reason which could tend to put us on our mettle physically. Not many of us ever play football and few of the football players worry much about their conditions after they stop the game.

When not even the fliers, as a whole, seem to be particularly anxious to take the best of care of themselves it would seem as though our modern civilization had given us a set of values which had very little to do with our physical life; and yet this obviously is not so.

A hundred years ago nearly everyone started to work young, married young, struggled along and died young.

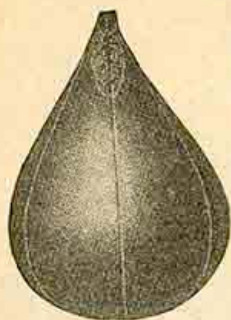
For our increased life we can undoubtedly thank a greater ease and a greater knowledge, but to take full advantages of our opportunities we need a greater amount of vitality and energy.

In comparison with the captains of clipper ships, our present commanders of ocean liners are gray beards. But our demands on the nerves and strength of our men today are as great as they ever were, and yet after they reach the age when they are no longer in schools of one sort or another, too many men stop considering their physical welfare altogether.

On grounds of pleasure and expediency both, this is the last thing they should do, and so when a clear-cut example of the need for physical perfection and the use of a perfectly co-ordinated muscular and nervous system comes along, such as the Paris flight of Captain Lindbergh, it should show as clearly a fact which we have long dimly realized: namely, the worth of our health and vitality.

Bar Bell Fans: Don't forget Saturday, July 9th, at Bryant Hall, 6th Avenue between 41st and 42d Streets, New York City, there will be a strong man show. Admission will be 50 cents only. It will certainly be worth your while to see this show.

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(To those who purchase a Striking Bag, a pair of Striking Bag Gloves and a Fighting Bag, I will allow a \$1.00 reduction on the price of all three.)

Association Notes

(Continued from Page 55)

record in the Two Hands Clean and Jerk Behind Neck with 175 pounds.

Concerning the list of records published in the present issue of the magazine, I wish you would read these over very carefully and see if everything looks O. K. to you. In case any question arises in your mind concerning any of these feats, please write and give me your opinion. In conformity with our idea to make the magazine and its various departments more useful to all its readers, we have published a complete list of American records as they stand on the books of the A. C. W. L. A. You will agree that it has been quite some time since anything of this nature appeared in the columns of the magazine, and we intend to keep you posted at all times concerning the latest American records. In the near future we hope to be able to publish an authentic list of world's records and shall also keep you posted in the future on new world's records.

In looking over the lists in this issue and the June issue you will see that some of the records are very exceptional, while, on the other hand, you must agree that for quite a number of the lifts the American records are dog-goned poor, simply for the reason that our first class lifters pay no attention to many of these lifts. I am sure that some of our foreign readers are going to be surprised when they read how low some of the records are, and may, no doubt, be inclined to wonder how we ever had the nerve to make public some of these record poundages—which is one of the big reasons for the publication of these records, as we wish to stimulate interest among the boys so they will take a crack at some of these lifts, which will prove very easy for some of our boys to shatter into smithereens. We are very sorry to say that some of our foreign cousins have taken issue with a few of our record claims, and I notice that they are loath to credit us with world's records in some of our outstanding lifts. We do not wish to continue any argument on this score, but wish to assure everyone that the particular records to which I am referring were positively performed in the strictest manner you could imagine. You will notice that with the exception of the lift performed by Joe Nordquest, our Bent-Press records are not so good, that is, compared to what they should be. I realize that we have some very capable performers in this style of lifting, but for some reason or other they do not get out and make official lifts; for instance Archie Allaine, who has done 222 in private training in a Philadelphia gymnasium. Lately, some of the boys have been doing quite a little bit of hand and thigh lifting and have succeeded in raising the poundages quite a little; but still some of these records should be easily smashed by some of our best lifters, if they would put in a little time on them and make an honest effort to establish worth while poundages. It seems to me

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What Are You Going To Be?



DR. BERNARD BERNARD
D. Sc. (Phys.), M. S. P., M. P. C.
Chief, Physical Culture Consultants.

By Dr. BERNARD BERNARD

There comes a time in the life of every fellow when he has to determine what he is going to be. Is he going to stumble along in a rut which will get him nowhere, feeling morose, despondent, inefficient, and unhappy generally, or is every moment of his life going to be full of energy and accomplishment and of the joy of living?

There is one great factor which determines what men are going to be. That factor is the control of the sex forces. These may be wasted and dissipated, or they may be conserved and utilized for development. Practically every young man develops the habit of vital losses, either consciously or unconsciously. Those which occur consciously or by direct volition through the solitary habit are most detrimental. No true success can be attained while any young fellow is the victim of this habit. This is very evident.

Many a young fellow overcomes the conscious habit only to find that it has left an unconscious habit which drains the vital energy, and prevents the enjoyment of life to the full.

So prevalent is this condition that you will often hear people say it is nothing to worry about. The fact remains, however, that while the drain is going on, there cannot be true efficiency, full energy, and real joy in living. The vital forces are being drained, instead of going to build up a healthy and happy personality.

Both conscious and unconscious habits can be eradicated. But, of course, this calls for something more than mere will power.

The drain is physiological, and needs physiological methods for its combatting. By our scientific methods which include physical exercise, dieting, and special instruction we first of all stop all these nervous and vital drains, and then build up an abundance of nervous reserve, this force being thus available for the full development of both body and mind.

Results are extraordinarily quick when you consider what this means. But, really, the principles are quite simple. By means of our exercises, we withdraw the super-abundant circulation from some parts of the body, and direct it to the central and sympathetic nervous system. Energy previously wasted now goes towards the rebuilding of the body, and, where formerly a fellow may have been a fair athlete, he now becomes a first class athlete. Where, beforehand, he was just a mediocre fellow, he now becomes brilliant.

Overcome this great curse of life—the drain of vital energy and the world is yours. You cannot fully accomplish all of that which is in you until you are free from such a handicap.

Here is another case which we outline this month, showing how rapidly these habits may be overcome, and real joy of living realized.

CASE REPORT

LETTER BEFORE STARTING COURSE. *"I suffer from lack of pep and vitality. I frequently feel morose and sullen, depressed and helpless. I have had involuntary losses, which, I understand, are the result of a habit I have been practicing since I was twelve. I can now resist the habit, but there is a drain on my system which makes me nervous and inefficient."*

FIRST REPORT. *"I wish to tell you that I believe the way of living you have set for me is eliminating many of the lesser troubles which have irked me for so long. The losses at stool appear to have stopped."*

SECOND REPORT. *"I want you to know that I have the fullest confidence in your methods. They have broken me away from any desire for the habit."*

THIRD REPORT. *"I take pleasure in making out this report. I want to tell you that I am feeling fine, better and better every day. My evacuations are now pretty regular. I have gained four pounds in weight, and I am feeling fine. I am feeling more fit every day."*

FINAL REPORT. *"I am sorry that my Course with you is now finished, but the results are very satisfying. I have many evidences of my improved strength, and, most of all, of my whole attitude towards life. I cannot thank you too much. I believe that it would do me good to continue with you for another month. I can scarcely tell you of my full appreciation of what you have done for me, and I hope that others in my former plight will be able to enjoy the benefits of your knowledge."*

What we have done for others we can do for you. You are invited to consult us, and you are under no obligation in so doing. All correspondence is kept strictly private and confidential. All books, apparatus and letters are sent out with plain covers.

Send, as a Preliminary, for

"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.

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CHAPTER I.
Sex Weakness a Pathological Condition.
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Masturbation—Involuntary Losses—Promiscuity—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.

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Physical Culture Consultants

Dept. 31,

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Sausalito, Calif.

that some of our husky heavyweights should be able to simply run away with the records in this lift. Prior to the war, some very classy lifting, in this style, was witnessed at the Milo Bar Bell Company Plant, and at least one lifter in the heavy middleweight class succeeded in exceeding 1500 pounds; another lifter, who was slightly heavier, also lifted something in this neighborhood. All of this leads me to believe that some of the present-day lifters should be able to get away with some worth while records.

The 8th annual weight lifting championships of France were held recently in Paris, at the Gymnase Voltaire, deciding the amateur champions in each class. The heavyweight winner was Dutrieu, a 36 year old fireman; the light-heavyweight winner was Andre Rolet. Roger Francois, besides winning the middleweight class, also succeeded in establishing two new records, 286 Two Hands Clean and Jerk and 220 Two Hands Military Press (Olympic Style). Arnout came out on top in the lightweight class and Baudrand was the featherweight winner. Suvigny, formerly featherweight champion, was too heavy for that class so had to compete in the lightweight class, where he finished second. We are eagerly waiting for news concerning the international match between Roger Francois, of France, and Zimmer, famous German middleweight. They will compete on the three Olympic lifts.

AMERICAN WEIGHT LIFTING RECORDS

To save space the various classes will be denoted by an initial instead of the full name as: B—Bantam; F—Featherweight; L—Lightweight; M—Middleweight — HM—Heavy Middleweight; LH—Light Heavyweight; H—Heavyweight. The bodyweight limits in the various classes taken in their respective order are: 112 lbs.; 126 lbs.; 140 lbs.; 154 lbs.; 168 lbs.; 182 lbs. and Heavyweight anything over the last poundage.

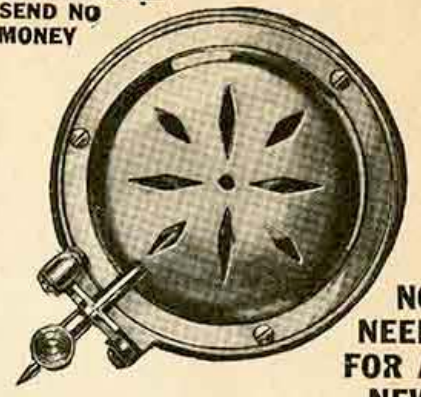
NOTE—The record holders are amateurs unless otherwise noted.

Class	Name	Poundage
	<i>Two Hands Snatch</i>	
B	R. Knodle	135
F	H. Freeman	
	A. Levan	160
L	R. Bachtel	167½
M	H. Paschall	195
HM	D. Mitchell	210
	<i>Two Hands Clean and Jerk Behind Neck</i>	
L	A. Levan	175
M	F. Dennis	231
LH	J. Johnson	238½
	<i>Two Hands Clean and Press Behind Neck</i>	
B	C. Shaffer	150
F	H. Freeman	172
HM	F. Dennis	175
LH	E. Goodman	203½
	<i>Two Hands Clean and Jerk</i>	
B	R. Knodle	172¼
F	A. Levan	
	H. Freeman	216
L	A. Losey	230
M	S. Klein (prof.)	254½
	H. Pashall	230
	<i>Two Hands Clean and Jerk</i>	
HM	D. Mitchell	261

Class	Name	Poundage	Class	Name	Poundage
LH	A. Manger	280	<i>Two Arms Pull Over</i>		
H	N. Young	285	F	C. Mattingly	75
<i>Two Hands Continental Jerk</i>			L	W. Schaefer	89½
M	F. Dennis	255	M	A. Sell	137½
<i>Two Hands Anyhow with Bar Bell and Kettle Bell</i>			<i>Pull Over and Press on Back Without Bridge</i>		
L	G. Strain	217	B	N. Cippollini	160
M	E. Faris	220¼	L	A. Levan	195
HM	F. Dennis	250	L	A. Schieman (prof.)	210
LH	R. L. Smith	272½	M	F. Dennis	250
<i>Two Hands Dead Lift</i>			HM	F. Dennis	265
B	N. Cippolini	300	H	J. Nordquest	363½
F	J. Dettor	435	<i>Pull Over and Press on Back with Shoulder Bridge</i>		
M	F. Dennis	482	F	A. Levan	250
	J. Y. Smith (prof.)	500	L	A. Levan	267
HM	D. Mitchell	510	M	F. Dennis	300
LH	E. Pearson	540	HM	F. Dennis	340
H	A. Giroux (prof.)	650	H	J. Nordquest	388
<i>Crucifix</i>			<i>Pull Over and Press in Wrestler's Bridge</i>		
F	N. Mammarella	60	B	N. Cippolini	135
L	C. Swift	90	F	A. Levan	176
M	F. Dennis	100	L	A. Levan	190
LH	A. Martin	110	M	F. Dennis	265¾
<i>Rectangular Fix</i>			LH	A. Freimont	276¾
B	R. Knodle	77½	<i>Two Hand Slow Curl</i>		
L	B. Steinmetz	105	B	N. Cippolini	95
	O. Coulter (prof.)	109	F	E. Weinhold	125
H	A. Manger	125	L	C. Swift	125
<i>Right Hand Slow Curl</i>			HM	G. Louche	152
F	E. Weinhold	55	LH	A. Martin	156½
L	G. Blymire	60¼	H	A. Manger	160
M	F. Dennis	65	<i>Two Dumb-bells Anyhow</i>		
<i>Left Hand Slow Curl</i>			L	G. Blymire	155
F	E. Weinhold	55	HM	H. Hall	227
L	Z. Lucas	57	LH	R. Smith	248½
M	G. Blymire	60	<i>One Finger Lift</i>		
HM	F. Dennis	60¾	L	Charles Phelan	411¼
<i>Lateral Raise Standing</i>			H	Warren L. Travis (prof.)	580
F	N. Mammarella	47½	LH	J. Pagano	600
L	A. Schieman (prof.)	65	<i>Two Finger Lift</i>		
M	A. Sell	55½	H	W. L. Travis (prof.)	881¼
HM	F. Dennis	80	<i>Teeth Lift</i>		
LH	A. Martin	90	M	J. Vitole	550
<i>Kennedy Lift</i>			<i>Right Hand Bent Press</i>		
F	J. Dettor	630	<i>Two Hands to Shoulder</i>		
L	G. Blymire	727	M	E. Faris	185
HM	F. Dennis	1001	HM	W. Stratton	215
LH	R. L. Smith	1017	<i>Left Hand Bent Press Two Hands to Shoulder</i>		
<i>Jefferson Lift</i>			HM	W. Stratton	192
F	J. Dettor	550	<i>Right Hand Dead Lift</i>		
L	A. Losey (prof.)	690	LH	W. Diehl	472
HM	F. Dennis	806	<i>Back Lift with Platform</i>		
<i>Back Lift with Platform</i>			HM	B. Shearer	3502
H	W. L. Travis (prof.)	4000	<i>Harness Lift</i>		
<i>Harness Lift</i>			H	W. L. Travis (prof.)	4000
<i>Hand and Thigh Lift</i>			<i>Abdominal Raise</i>		
F	N. Mammarella	750	F	E. Weinhold	60
L	G. Blymire	902	L	L. Laskey	85
	A. Losey (prof.)	1064½	M	A. Sell	100
M	F. Dennis	1241	HM	J. Kingsbury	114
<i>Abdominal Raise</i>			<i>Lateral Raise Lying</i>		
F	E. Weinhold	60	L	S. Levani	80
L	L. Laskey	85		A. Losey (prof.)	91¼
M	A. Sell	100	M	A. Sell	81½
HM	J. Kingsbury	114		A. Losey (prof.)	97½
<i>Lateral Raise Lying</i>			HM	F. Merrill	106
L	S. Levani	80	<i>Hold Out in Front Raised from Below</i>		
	A. Losey (prof.)	91¼	B	N. Cippolini	55
M	A. Sell	81½	L	A. Schieman (prof.)	73
	A. Losey (prof.)	97½	HM	F. Dennis	75
HM	F. Merrill	106	LH	A. Martin	80
<i>Hold Out in Front Lowered from Above</i>			<i>Hold Out in Front Lowered from Above</i>		
B	N. Cippolini	55	B	N. Cippolini	55
L	A. Schieman (prof.)	73	L	A. Schieman (prof.)	68
HM	F. Dennis	75	HM	F. Dennis	75
LH	A. Martin	80	LH	A. Martin	80

I wish to refresh your memories regarding the show to be held in New York on the evening of Saturday, July 9th, at 8:00 P. M. This will be held at Bryant Hall, 6th Avenue, between 41st and 42nd Streets, opposite Bryant Park. The admission charge will be fifty cents to everyone and a very fine show is promised. Mr. George W. Rolandow will act as master of ceremonies; Mr. Rolandow is one of the old-time strong men and was famous for his ability in snatching, swinging and general quick lifting ability. He was famed for his ability at jumping and performing acrobatic stunts with weights. Siegmund Klein, who is sponsor of this show, wishes to state that he considers Rolandow to have been America's greatest all around athlete. Klein will attempt 225 pounds in the two hands continental press with bar bell and some of his pupils who are exceptionally strong and rated among our best lifters, will also perform. Among them will be Bill Raisch, who is known as "Young Steinborn," and whose picture you will see in these pages. Bill is an exceptionally husky athlete and has one of the most

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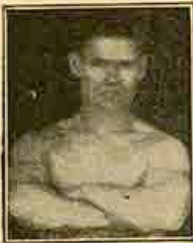
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holder, will give a comedy burlesque of Klein's posing and juggling act.

Charles Laskey will perform quite a few lifting stunts and attempt to establish some new records. Kenneth Miller, who is very clever at tearing telephone books, breaking iron spikes and bending iron will likewise show his abilities; but the big event for most of Strength lovers will be the novel hand-balancing act of The Arco Brothers, featuring Otto Arco, who has promised to oblige with a demonstration of posing, such as he alone can give. It certainly will be worth your while to get up to Bryant Hall on that particular night, which by the way, is Saturday, July 9th, 8 P. M.

Borotra — Nemesis of American Tennis Hopes

Continued from page 23

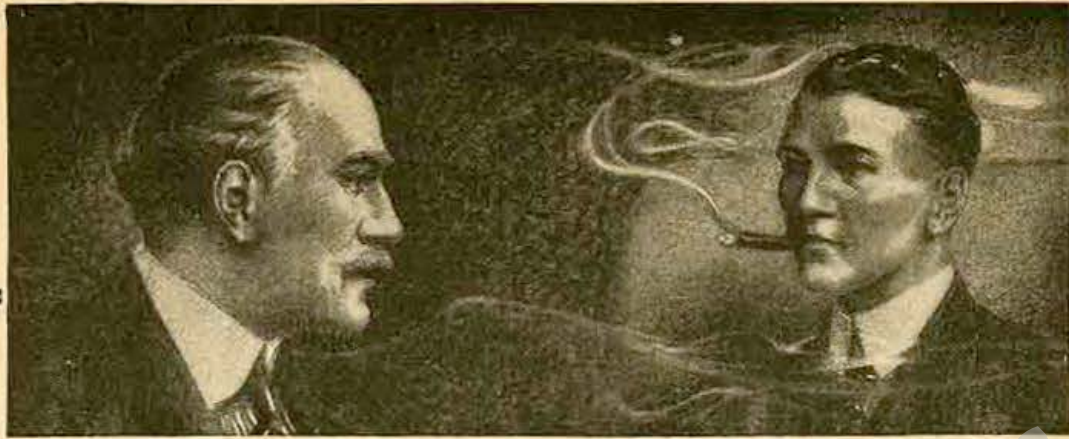
steady, well thought out game has become worthy of being ranked as one of the best generals of the racket wielding game, and in the eyes of experts plays a game surpassing that of the dashing, animated Jean. Just the same, we must consider another angle, for, coupled with a certain amount of luck, the strong dashing game of Borotra should be able to mow down almost any opposition. If events should so transpire as to find him in accurate form and full of his customary recklessness, on the days when Tilden, Johnston, and the other Americans happen to be slightly frayed or otherwise generally off form, the chances of the French team coming through are going to be pretty strong. There can be no doubt that his game is improving from continued International contact, so there is every likelihood of this very thing transpiring in the important tournaments of the present season. On the basis of expert judgment, Rene LaCoste is considered a most dependable foeman, and many judges of good tennis were not surprised to see him triumph as he did a year ago. Figuring on this basis together with his steady rate of improvement, there is every reason to expect successful opposition from this member of the French team, at least until the final rounds are reached. However, with several classy American players standing an excellent chance of getting into the important positions, there is every possibility of eliminating a lone Frenchman, considering the strenuous campaign he will, of necessity, have to survive. On the other hand, if the high powered game of the dashing Borotra is successful in smashing through the steadier playing of the Americans, then the chances of the United States proving victorious in International matches,

and winning back its own National title, will depend on a finer brand of tennis on the part of some individual player, than has been exhibited by our experts during recent tournaments.

Another reason for pinning the tennis hopes of France on Jean Borotra, is the certainty of seeing him represent his country in the doubles with someone rather than LaCoste as a partner; where once more the possibility of an improvement towards a steadier game will make the chances of victory somewhat difficult for those who will be called upon to oppose him.

To sum up the chances of the United States in the important tennis events, like the Davis Cup Matches, the National Championships, and the first class International tournaments in Europe, such as the Wimbledon series, we would say that the American representatives are relatively weaker this year than in any recent season. With a group of such stars as Borotra, La Coste, Alonzo and Harada claiming at least an equal ranking with our best group of players, and so many other foreign stars of real class to oppose, our players are going to be called upon to put up finer exhibitions than have been necessary in the past.

Consider the American ranking for the present year: Tilden is placed first, Manuel Alonzo, the Spanish star who is now representing a Philadelphia Club, is ranked second; Harada, the Japanese star, is given third place among the best American players; and with the American title resting in France, you can certainly appreciate the sort of playing that will be necessary this year. Therefore, if our native experts are able to come through successfully and claim a major portion of the World's Tennis Honors in 1927, they will certainly deserve the acclamations of our sports loving populace.



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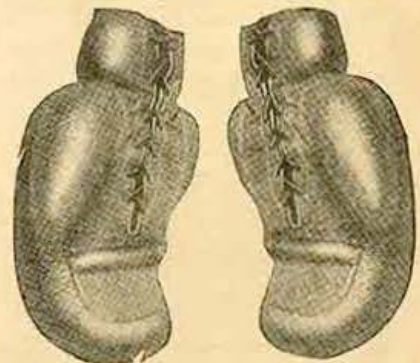
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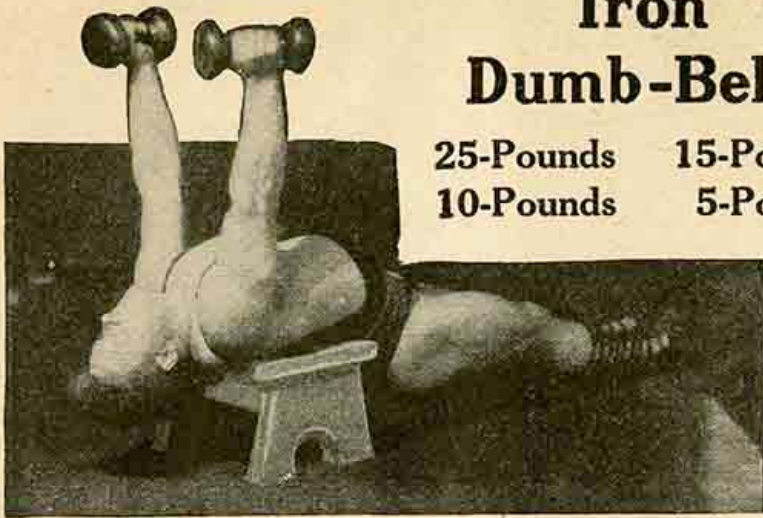
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Some Hints on Exercise

By O. R. Coulter

It is taken for granted that the readers of this magazine are more or less familiar with the various forms of exercise, so the main point for consideration is what form of exercise is best suited to the needs of readers in general; not individually, for to go into this latter question completely, would take more space than allotted to this article.

Furthermore, there has been so much published in *STRENGTH* pertaining to all kinds of exercise that nearly every reader has some preference. There are many books published concerning exercise and kindred subjects, some at a very nominal price, and nearly every one interested in physical training has one or more on his private book shelf, so that nearly every reader is an avowed advocate of some form of exercise.

The kind of exercise that will be applied, of course, depends upon the needs and beliefs of the individual. A business man training to retain his health, a corpulent man wishing to reduce, an ambitious young man desiring to develop strength and muscle and a boxer training for an amateur championship, would naturally require different work in training. What would be an ideal training procedure for the one would be considerable misdirected energy to say the least, in the case of the others.

There are some points in common in regard to the application of these various forms of exercise. Some certain ideas will apply advantageously to all who exercise. Others are of value to all sedentary workers, regardless of what their training aims may be, and others apply to all who toil at manual work.

Now take moderation for instance. It is almost a prime virtue. It applies, advisably, to all forms or systems of exercise. It has been aptly said, "Moderation in all things." Many that realize the value of moderation in pleasure, eating, etc., fail to appreciate its value when applied to exercise.



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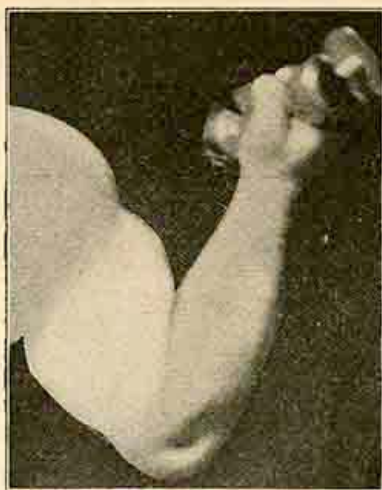
Learn to know when enough has been taken, but this does not mean to adopt the other extreme of no exercise at all. It merely requires that one give that amount of common sense that we ordinarily have but often fail to use. Too much exercise will cause exhaustion instead of exhilaration and the results intended will be lost. One may feel tired after exercising but should never feel worn out, and this is something that every STRENGTHITE should know.

Don't lie in bed until the last stroke of "Big Ben" and then remember you have something important to do and hurry through your exercises in a haphazard way. Anything worth doing is worth doing well, and this applies to exercise. It is better to awaken in good time to go through your exercises with some comfort. Time enough should be taken to put your mind into the work and do the movements correctly for you will get better results and if results are not desired, why exercise?

Another important point in common to all systems of exercise is the value of regularity. Don't get the notion into your head that exercise should be done now and then—mostly then. Some seem to think the only time to exercise is when one feels extra energetic and has the mood for it. This last idea is one of the most detrimental connected with exercise. Exercise should be performed with regularity, regardless of moods. Of course judgment should be used and one should not exercise in case of sickness, excessive loss of sleep, or other cases of depletion of energy. The principle of moderation demands the use of good judgment, but the inner urge of procrastination should be ignored.

Remember that haphazard exercise is almost valueless as a developer of muscle. It has practically nothing to offer as a health builder and it will not do much towards producing endurance or stamina. It is, to say the least, somewhat of a waste of time. Haphazard exercise may prove detrimental because severe exercise performed by one unused to it, may result in a strain.

Sedentary workers should not think



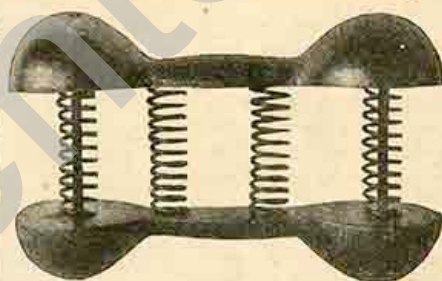
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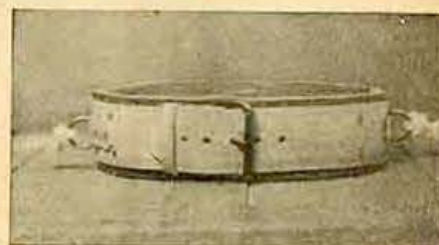
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that five or ten minutes' work at any specialized exercise, even daily, is a large enough dose to create perfect health and develop ideal proportions. Exercise should be indulged in a much larger measure whenever circumstances permit. Be wise enough to lengthen your regime to include some outdoor game or sport in addition to the home exercise. If you are cooped up in an office for several hours each day or work in any place that lacks fresh air, you are much in need of outdoor exercise. If you work in a stuffy, ill-ventilated shop, your lungs are imperfectly oxygenated and your vitality is likely to become weakened unless you make an effort to be in the open air at some other time.

Exercise should not be taken immediately after a meal. This applies especially to sedentary workers who are less likely to have the facility for digestion possessed by the manual worker. The digestive organs should not be interfered with in their work. Exercise draws the blood from the stomach and to the parts being exercised. It is advisable for both sedentary and manual workers to allow at least two hours to elapse after a meal before exercising and quit exercising at least a half an hour before meals.

Many of the same principles pertaining to exercise are advantageous to both sedentary and manual workers. Sometimes a little further advice is necessary to the best interests of the manual worker.

Manual workers usually have but little time for disposal. Some have to rise very early and have to hurry off to work in the early hours of the morning. In many cases, to arise in time to take exercise and an invigorating bath, means to be deprived of just that much more, often needed sleep. There is a standard time for evening amusements and social functions and they require too late hours in the evening to give the time necessary for much needed sleep before time to arise again.

Manual work is more laborious than that of the sedentary worker, although often not as nerve exhausting. It is usually more or less of a steady grind

at heavy or moderately heavy toil from the last toot of the whistle. You finish the day's work feeling too tired to do anything but rest. No doubt you think that you do not need exercise. You feel that you have had too much exercise at your daily work.

You do need exercise just about as much as the sedentary man needs it. Your exercise, however, should be entirely different from what you have been toiling at during the day. It should be something that you are interested in and will afford you recreation as well as exercise.

No attempt will be made to induce you to special selection of exercises. That is a matter of personal requirements. It is sufficient that recommendation is given for some form of exercise and some outdoor recreation, if only a brisk walk after you have rested a bit from your daily work.

Undoubtedly every reader has his own favorite exercise. It may be walking, running, handball, rope skipping, boxing, gymnastics, wrestling or something else. You may advisably indulge in any of these in a regular systematic manner, and this will give you considerable physical benefit and relaxation of mind that will in turn give you health and keep you healthy.

Perform your exercises in the evening if it is the only time that you have for going through with them. Some exercises, especially very heavy or strenuous ones, are preferably performed just a short time before retiring. Forget about your saw, desk, shovel machine, or whatever it may be that occupies your time during your regular work. Cast your worries aside and concentrate your mind upon the exercises that you may be doing at the time. You will be pleased to note that the tired feeling has vanished and you are feeling fresh and fit again as you did at the beginning of the day.

Both manual and sedentary workers should aim to do their exercise at a regular time. Then the muscular system and circulatory system becomes accustomed to the exertion and prepares to meet and reap the benefits of exercise when it is applied. Regularity as to

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From Paralysis to Health

(Continued from Page 29)

side I often set it down a little on one side instead of perfectly flat. By constant effort I have been able to make the motion at the hip and at the knee more flexible and normal. The only flaw left in my walk now is due to the slight slant that my foot assumes with each step.

Many of these corrections that I write of in a few words took more than a year to accomplish. And though I am already more fit than the average man I am still trying to improve my physique. A few months ago I started to take a bar bell course and my improvement in lifting adjustable weights has been most satisfying. It was necessary to make the lifts where the legs do much of the work comparatively lighter than the lifts where the arms and shoulders do most of the work. But very recently I have achieved a harmony of strength that I had never dreamed possible in the days when I was an invalid. Today I can put seventy-five pounds above my head with one hand and expect to do better soon.

The whole secret of my come-back has been a conscientious persistence once I saw the way toward health. I owe much to the dynamic little doctor that played such an important part in firing my enthusiasm, and much to my family who has had to humor my whims of diet and exercise. But if a person is to recover from any weakness there is only one way. They must have great confidence in themselves and in nature. They must make a sensible study of their own condition and seek to remedy it through right living. And above all they must never give up hope.

If I were to meet the emaciated, sickly shadow that I was three years ago I wouldn't recognize myself, nor believe that that shadow could ever be the strong and happy human being that I am today.

I am enclosing a picture taken recently in which I weigh 145 lbs. Thighs 22 in., and all other muscles in proportion. I only wish that I had one to send, taken three years ago, when I weighed 105 lbs. and thighs 15 in., and other muscles in proportion. However, I would not have been able to pose for such a picture at that time without the aid of a crutch.

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Ivy Poisoning

The Following Comments and Advice Should Prove Helpful to Those Who Are Susceptible to Ivy and Sumac Poisons.

By Dr. B. M. Middleman

Many individuals are forced to refrain from becoming acquainted with nature and must forever stay in town or city for fear of coming in contact with two of the pests of nature, poison ivy, more technically known as poison oak, and poison ash, which is more familiar as sumac. All persons are not susceptible to these poisonous vegetations of the variety Rhus. Poison ivy occurs as a shrub or vine and consists of three thin leaflets on a stem, each complete in itself; the upper surface of each leaf being of a dark green color and having a shiny surface; the underside of each leaf being of a light green color and fuzzy surface. Sumac grows in the form of a large bush or small tree, with a grey bark, and possesses many leaves which are at first dark green on the upper side and light green underneath, later turning to red and many varied hues.

The peculiarities of these poisonous vegetations are that while many persons are not affected by coming in direct contact with the leaves, and can even handle them with impunity, other individuals dare not go anywhere near where these leaves are growing without danger of becoming very seriously poisoned. Most persons who are susceptible to the poisoning must come in direct contact with the leaves and may not become affected unless there is moisture clinging to the leaf; but, on the other hand, some individuals are so extremely susceptible that the dust particles from the leaf, coming in contact with them through the medium of the wind, will cause them to be severely afflicted; furthermore, some few persons have been known to be poisoned from coming in contact with the clothing or person of those who have passed by one of the poisonous vines or bushes. Several such cases have been brought to the attention of the attending physicians where the patient could offer positive proof that he had not, by even the slightest chance, come in contact with any of the poisonous Rhus. But, upon investigation, found that someone with whom he had lately come in contact had their

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Strength

clothing rubbed or brushed by some of these leaves.

The poisonous element is a very fine gummy substance, more or less in the form of dust, which enters the pores of the skin and sets up a local irritation, causing the skin to become greatly inflamed and to present a blistered appearance; sometimes the poisonous rash will appear in the form of welts or ridges of small swellings resembling pimples, while at other times watery blisters will appear, and in severe cases the affected parts will become greatly swollen and aggravated and discolored. In severe cases the afflicted individuals may have the eyes swollen altogether shut and the features of the face may be so swollen as to make the patient unrecognizable. All parts of the body may be affected, though it usually appears only on the hands and face.

It is always best not to scratch, rub, or otherwise irritate the rash, as there is danger of spreading the affection to other parts of the body. To prevent the poison taking effect, one should wash the exposed parts with soap and water, as this procedure will wash the gummy substance out of the pores of the skin, and by taking this precaution at all times when it is known that there is likelihood of becoming poisoned, one is able to forestall the possibilities of annoying discomfort and perhaps serious consequences. A very wise precaution when it is known that one is to come in contact with such leaves, is to wash all parts that are likely to become exposed, with a thick lather of soap and water, allowing this to dry on the surface and then to be well rubbed in; then, after you have returned home, it is an easy matter to thoroughly wash the exposed parts and all possibility of any of the gummy substance remaining in the pores will be removed.

Diluted alcohol is also a very good cleansing medium for the purpose of removing all traces of the irritating substance; likewise, a dilute solution of bicarbonate of soda.

However, should you suffer the misfortune to be afflicted with this annoying rash or irritating swelling, there are several things which you may do to alleviate your sufferings and to quickly overcome all signs of the poisoning; one so afflicted would do well to avoid any possibility of excitement or becoming overheated; they should keep out of the sun and keep from sweating or perspiring profusely. If severely afflicted, one would do well to go to bed and rest, as this will prove very helpful in reducing the irritation attending any friction

over the affected areas; they should drink large quantities of water and eliminate any heavy foods from the diet, subsisting, instead, on light and cool foods, such as fruits, salads, cucumbers, melons, leafy vegetables, and cooling drinks, such as iced tea, lemonade, orangeade, and other fruit juices. To alleviate the irritation, the following will be found very beneficial: dilute alcohol, soap suds, and dilute solution of bicarbonate of soda. But probably the quickest and most satisfying treatment in most cases will be found to be a dilute solution of carbolic, which must necessarily be very weak; or, diluted lysol is also very effective in drying up the blistered and irritated surface, and quickly returning the condition of the skin to normal; after applying either of these solutions the parts will feel quite senseless and, more or less, void of feeling—such a state is beneficial, but one must exert some care in being sure to apply such solutions in weak enough forms so that there will be no danger of seriously burning the skin, which might result in harmful after effects. Various remedies and treatments have been suggested from time to time for this most aggravating form of skin affliction, such as: sugar of lead, heavy salt brine, ointments and salves of numerous names and descriptions, a tea made from seeping fern leaves, and even such an extreme measure as burying the affected parts in the earth for a period of several hours. We have known all of these forms of treatments to be suggested and used with varying degrees of results, though usually if any cure was effected the chances are that the poison had simply run its course. The usual length of time necessary for either of these forms of poisoning to run its course is any length of time from a week up to several weeks. Some persons suffer so severely as a result of the attendant swelling that the circulation is stagnated and they fear the possibility of blood poisoning. There have been some cases in which it would seem that the affliction recurs the year following without the patient coming in contact with the leaf in any way, though there is a possibility of the irritant having been carried to them second-hand in the second year.

So many persons have urgently requested and sought after some means of overcoming their susceptibility that experimenting physicians have manufactured an extract of poison ivy which, if injected into the muscles, is supposed to offer immunity from either poison oak or sumac poisoning. This preparation has not been given a thorough enough trial for us to be able to state with every degree of accuracy that immunity can be had by such injections, so the best we could say in the matter is that if you are sufficiently interested to give this extract a trial and sincerely wish to overcome the possibility of becoming poisoned in the future, it might be well worth your while to try this form of immunization.

Only a Few Hundred Left

Get one while They Last!

99¢ EACH

These are genuine heavy cabled progressive exercisers of powerful tension and resistance. Each cable contains 50 pure rubber strands, and is fully guaranteed. Never before in the history of physical culture have these exercisers been offered at such a low figure, and it is only done now because we are overstocked.

You can search every store from coast to coast and you can turn the pages of every magazine published, and nowhere will you find such a bargain as this! We have got to turn this stock over. Now's your chance to get this wonderful guaranteed progressive exerciser at less than half price.

Less Than the Price of a Meal

If you buy elsewhere you will pay more than twice as much, and perhaps five times as much. Don't forget that we are direct manufacturers, and if it wasn't for our having this extra lot on hand, you would never have the opportunity to make the best buy you ever made. Just think of it! A genuine guaranteed 5-cable 50-strand para rubber cable exerciser for only 99c! Less than the price of a good meal! We also have a few 10-cable progressive exercisers on hand at \$1.85.

FIRST COME, FIRST SERVED

Order your exerciser now, before it is too late! There are only a limited number. After that you will have to pay a great deal more. Get this wonderful health-builder that should be in every home.

It only takes a minute. Just sit down, clip the coupon, write your name and address on it, and mail it to our address.

FREE

A complete set of instructions for scientific body-building are given away absolutely free with each exerciser. With these you will find it a simple thing to develop your strength and grow healthy.

DEALERS ATTENTION!

Here's your chance to purchase a supply of honest-to-goodness guaranteed progressive exercisers at a price far below normal. You can resell them to your store customers for as high as \$8 for the 10 cable exerciser. Order a sample of each model to try out and test to your satisfaction, then order any number you desire. No order is too large or too small. Here's a buy at a price you never thought possible.

SEND NO MONEY

Just pay the postman for the exerciser when it is delivered to you, plus a few cents postage.

IF THE 20-CABLE ONE, I NEED IT VERY SOON

Increase your strength, you'll need it in a few weeks if you don't. You'll save money by getting it right off the reel.

THE ORDER BLANK - I'LL DO THE REST!

STRENGTH MFG. CO.
What is the apt. 17, New York City.

Do you feel your 5 cable [guaranteed] @ 99c.
your 10 cable exerciser @ \$1.85.
How many is understood that I am to get your instructions
I am not satisfied, I can return the exerciser with-
out my money.
Do you want
Have you
Who was
.....



The Belvedere Hotel

48th St.—West of Broadway

Times Square's Finest Hotel

Within convenient walking distance to important business centres and Theatres
Ideal Transit Facilities

450 ROOMS and 450 BATHS

Every room an outside room with two large windows

Large Single Rooms Size 11' 6" x 20'	\$4.00	per day
For 2, \$5.00	With Twin Beds,	\$6.00
Large Double Rooms, Twin Beds, Bath	\$6.00	per day

Furnished or Unfurnished | Suites with serving pantry \$95 to \$150 per month

Moderately Priced

RESTAURANT

Peerless Cuisine

Illustrated booklet free on request

CURTIS A. HALE, Managing Director

The Value of Physical Education to Girlhood.

Helen McKinstry

Director, Central School of Hygiene and Physical Education, New York City.

"If strong be the frames of the mothers, the sons will make laws for the people." So runs an old Arabian proverb.

In the first catalogue of Vassar College, printed nearly 70 years ago, we find reference to "a certain slenderness of development and over-delicacy of constitution, in our educated class, which have become almost rational, and is a style of feminine beauty among us which, however refined and spirituelle, too often blooms but palely for a languid or a suffering life, if not for an early tomb."

The fact that the mothers of the educated class bloomed palely and went to early tombs, and their sons were not those who made "laws for the people," set educators and scientists to thinking and that was the beginning of physical education for girls.

Dr. Monroe defines education as the process of getting a child "from where he is to where he ought to be." Where—in terms of physical education—is the average girl of today and where ought she some day to be?

The average girl in her early teens is growing rapidly in height but has not yet begun to develop the physical stability, maturity, and endurance that will normally come a few years later. Her chest is flat and inflexible, and she is easily "winded." Her muscles, during the stretching process of rapid growth in height, are weak and flabby. She is unpoised, awkward, and uncoordinated physically, and shows similar mental trends. She needs exercise desperately, but it must be in comparatively small doses, frequently administered. The right kind of physical education will stimulate growth and development, free and expand her rigid chest, and give tone to her muscles, with control and freedom of motion. Too much exercise of a highly exciting nature that encourages or demands prolonged and intensive periods of play must be avoided during these years if Nature is to have half a chance during the evolution from girlhood to strong, vital, enduring womanhood.

With physical education as an ally, girlhood blossoms in strength, health, and beauty into womanhood. Under the tyranny of personal and social urge to become a "channel swimmer" or a member of a state champion basketball team, the weak and slowly developing

The Picture Magazine of a THOUSAND THRILLS for those who love BODY BEAUTIFUL

Every number has at least 48 big pages of beautiful reproductions of photos of the Human Figure, scenery, cartoons, comics! Stands for the Body Beautiful. For artists, men, students of Physical Culture, THINKERS, BUT NO PRUDE ARE WELCOME. Proclaims the Invisible Brotherhood. Can't be described, must be seen to be appreciated! JUST TO INTRODUCE TO YOU the finest art publication issued, we will send you, in one bundle, 5 BIG BACK ISSUES for only \$1.00, all different! They are as crisp and sparkling as the day printed—containing 258 pages, with 109 Retravars Pictures of the Human Figure, etc., big enough to frame, and hundreds of smaller pictures, cartoons, and many articles on Art and Nature. Amazing, fascinating, intriguing! Supply is limited. REAL ART never grows old. These 5 big back numbers are far more valuable now than when issued. Once you see this big Art collection you will become a regular subscriber, that is why we make this great offer. (None Free.) Cut This Out send with \$1 NOW—Act Before Too Late, ART AND LIFE, Dept. 2748, Kalamazoo, Mich.

Send Now For—



A Magazine of Art and Inspiration.

NO JOKE TO BE DEAF

—Every Deaf Person Knows That I make myself hear, after being deaf for 25 years, with these Artificial Ear Drums. I wear them day and night. They stop head noises and ringing ears. They are perfectly comfortable. No one sees them. Write me and I will tell you a true story, how I got deaf and how I made you hear. Address: GEO. P. WAV, Artificial Ear Drum Co. (Inc.) 65 Hoffman Bldg., 2339 Woodward, Detroit, Mich.

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. N59 BALTIMORE, MD.

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.

LAW Free Book

Write today for FREE 122-page book, "THE LAW TRAINED MAN," which shows how to learn law in your spare time and earn more money. Quality for a high salaried executive position or prepare to enter the practice of law. Study at home through the Blackstone Course prepared by 200 prominent legal authorities including CHIEF JUSTICE WILLIAM HOWARD TAFT. Blackstone graduates practicing law everywhere. LL.B. Degree conferred. Magnificent 25 volume law library furnished immediately upon enrollment. Moderate tuition fee. Low monthly terms. Money Back Guarantee. Write for book today. Blackstone Institute, Inc., 4753 Grand Blvd., Dept. 400-B Chicago, America's Foremost Non-Resident Law School.

UP-LIFT BELT

A physician's scientific improvement on the ordinary suspensory. More satisfaction in every way. Send waist measure and \$1. By mail in plain package. UP-LIFT BELT CO., Box 247, Sat. M. Cir-ironold 100 west 100th St.

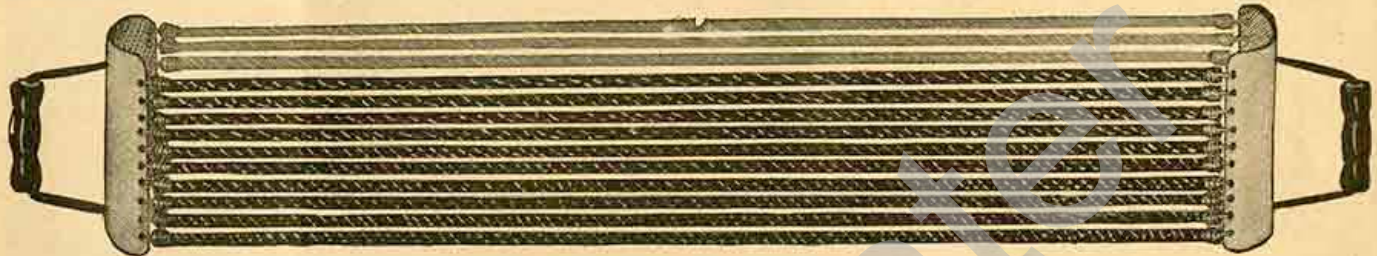
The Greatest Improvement EVER MADE IN CABLE EXERCISERS

THE VARIED-CABLE EXERCISER IS A NEW APPARATUS IN WHICH THE CABLES VARY IN STRENGTH

This is an entirely new idea in cable exercisers. It enables you to progress in strength, health and development more steadily, more rapidly and advances you further.

The 20-varied-cable exerciser, as well as the 10- and 15-cable exercisers are made up of cables of 3 different grades of strength.

There is always a cable at hand that will take care of your increases in strength, no matter how varied these increases may be. No cable exerciser made takes care of the very weak or very strong nearly so efficiently as this new creation. You can see for yourself the many advantages of varied-cable exercisers.



THE NEW 20-VARIED-CABLE EXERCISER

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.

The Course Is the Most Progressive of Its Kind and Was Personally Designed, Written and Tested by Charles MacMahon

There are 16 lessons in this wonder course and each lesson is more strenuous than the preceding lesson. There are exercises for the entire body (a feature that has been sadly lacking in most cable exerciser courses). Even the biceps of the thigh are directly exercised and developed to great proportions as are many other muscles that are forgotten in most courses of any type.

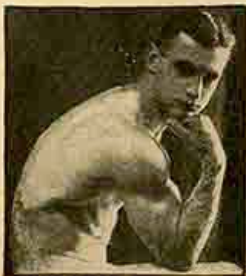
I Hereby Guarantee You Improvements Like Those Listed Below

With my varied-cable exercisers and my 16 lesson course, on how to use the cables for the biggest and best results, I will put, not 2 inches on your chest, but at least 4 inches in a few weeks, and even more in the course of the 16 lessons.

I have pupils who have gained 10 to 12 inches on their chest measurement after a few months consistent practice with my system and apparatus.

An inch on your arms sure makes a difference in the appearance and strength of them, but 2 or more inches is what you want on them. With 2, 3 or more inches of solid, useful muscle on your arms, you'll look like a real strong man and you will be even stronger than you look.

While you are quickly making these miraculous changes on your chest and arms, the rest of your physique will be keeping pace with them. I don't believe in exercising only the arms and shoulders. I believe in building a symmetrical body from crown to sole, and I've laid out this 16 lesson course accordingly.



CHARLES MacMAHON

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!

Mr. Charles MacMahon, Studio 7-27,
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$.....for the cable exerciser I have checked off below.

10—Varied-Cable Exerciser and 16-Lesson Course, Price	\$9.00
15— " " " " " " " " " " "	13.50
20— " " " " " " " " " " "	17.00

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?.....

You Will Enjoy Tumbling, Wrestling and Exercising More Than Ever On My Mats

They are made just right—not too soft and pillowy, yet great in fall and bump absorbing qualities. They are well made and durable, and are closely and strongly tufted. (The tuftings are usually the "weak links" in mats.)

My smaller mats are great for the bar bell user in all the reclining exercises and lifts, such as the wrestler's bridge exercise or lift, the push-up with bar bell on feet, the shoulder press and stomach toss, etc.

Many Athletic Clubs are Already Finding These Mats Just Right

My mats are giving unusual service in many athletic clubs and gyms, as well as in the homes of individuals. The prices are low and the quality is high.

Charles MacMahon, Studio A-58-M
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please send me the size mat I have checked off below, for which find enclosed

\$.....		
3 x 6 ft., \$11.00	6 x 6 ft., \$23.00	
3 x 9 ft., 16.00	6 x 9 ft., 35.00	
3 x 12 ft., 23.00	6 x 12 ft., 40.00	
3 x 15 ft., 28.00	6 x 15 ft., 46.00	
10 x 10 ft., 50.00	15 x 16 ft., 85.00	
	20 x 20 ft., \$125.00	

(I can supply you with any other size mat you desire.)

NAME

ADDRESS

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



heart of the adolescent is taxed to the utmost or permanently strained. The tension and excitement of intermural games is added to the gruelling hours of practice and the pressure from unintelligent and ambitious coaches. The product is one of physical demoralization which is the very antithesis of physical education.

During girlhood every possible opportunity for healthful, interesting activity should be offered. This is the time to acquire a great variety of skills and to test them out in class or group competition. Instead of *less* competition there should be *more*—of all kinds and for every girl. In secondary schools the afternoon hours should be devoted to interclass competition in all possible sports. Every girl in the school should compete in a variety of games and sports suited to her age and capacity, for she needs the physical, mental, and citizenship training gained in spite of herself in properly taught team games and sports. She should learn to swim and ride, play tennis and golf, paddle a canoe, sail a boat, and handle a bow. These are the days for "trying out" sports and games, and gaining skills of wide variety, some of which will be followed with keen delight throughout her active life.

Everyone instinctively longs for "power," and life is spent in hot chase of it. Whether a woman's ambition be personal, economic, or social power, the key to the door she hopes sometime to open is given her in girlhood.

Power is a composite of health,

ability, and self-confidence. Health and evidence of it—a well-developed, well-poised, vital body—is built for life during girlhood.

Capacity and ability when housed in a weak and unattractive body has an uphill fight to gain personal or social recognition or economic standing.

Self-confidence grows with achievement. In no other one phase of her education does a girl get the thrill from achievement, the reward of effort, and the consciousness of power, that comes in her acknowledged ability to control body, mind, and emotions in sport. On such awakening of belief in herself, many an adolescent builds the courage and tenacity of purpose and self-respect to crown her girlhood with an efficient, purposeful womanhood.

Health, vitality, and strength.

Skill and grace of body and absorbing interest for her mature recreational life.

Power for adult life.

Are not these sufficient guarantee of the worth to girlhood of a sane program of physical education?

Health—Strength—Beauty

(Continued from page 51)

Hollister or Miss Sargent. By practicing regularly and proper diet only can you attain a well-proportioned figure.

DEAR MISS HEATHCOTE:

I have been following various exercises in STRENGTH for some time and while I

have been able to reduce my hips and bust, I find my waist has gotten larger. I have been doing the leg swinging exercises prescribed for large hips, touching the floor with my hands, rolling on the floor, etc., and have taken three inches off my hips. How can I reduce my waist and the thickness of the thighs, which you will note are heavy in proportion to my calves?

H. L., Brooklyn.

I am very well pleased to note that you have made such satisfactory progress through the practice of my various exercises:

Here is a list of measurements for a woman 5 feet 5½ inches tall: weight 136 pounds, neck 13 in., chest 31 in., waist 26½ in., biceps 11¼ in., forearm 9 in., wrist 6¼ in., hips 37½ in., thighs 23½ in., calf 14¼ in.

You do not need to reduce your thighs as you will note from the above measurements. They have the appearance of being too large because your calves are not developed as they should be. To develop the calves practice raising slowly on the tips of toes and lowering just as slowly and repeating until you feel the calf muscles tire. Turn the toes straight out in front of you, then out to the sides and then in towards each other and raise on toes. Walking upstairs on toes is also effective in developing the calves. Make a practice of walking upstairs on your toes every time you go upstairs and if you have time and a good heart you might make it a point to run up and down stairs about six times, three times a day.

All exercises calling for bending the body at the waist will reduce the waist line. Practice bending sideward, forward and backward. Also with hands on hips roll the body in a wide circle, bending as far as you can and keeping the lower body perfectly still with the hands on hips.

I thought he was a "Flat Tire"



... until he started
to dance

THERE he was, coming toward me! What could I do? To refuse would be impolite. And yet to accept—I hated the thought of it! Oh, why did I have to be the one he selected!

Just then the music started—a catchy, irresistible melody. Laughter crackled through the air. Almost unconsciously I allowed him to engage my arm—and away we whirled.

A few hesitating steps—yes, he would soon be walking all over my feet—and yet—*what a surprise!* Could this be the same fellow everyone had warned me against? Could this be the one whom my brother jokingly referred to as a "flat tire"? Absolutely! I was positive—*still*, he was dancing *divinely*—really the most graceful dancer I had met that evening!

When the music died away I just couldn't help it—I had to congratulate him!

"Why, I really didn't believe you could dance at all," I laughed, admiringly.

"And the fact is, I couldn't—until a month ago," he answered. "At that time I was getting pretty tired of being left out of things—of staying alone at home nights—of sitting on the 'side lines' when I did occasionally go to a party. And the pity of it was I didn't know what to do—until I saw Arthur Murray's ad."

"But that's a course in learning to dance by mail," I interrupted. "You can't learn that way!"

"So I thought, too, for a while. But when I finally realized that I had been



skeptical long enough, I decided, since there was no financial risk, to find out whether I was right or wrong.

"So I wrote to Arthur Murray and asked for his five free lessons. They arrived promptly, and it took me about five minutes to see what a mistake I had been making. For it was real fun following the simple diagrams and directions. The first night I mastered a fascinating fox trot and Charleston step, and soon I knew I was the best of them. "Even to night, though, the fellows believed I was trying to get by on my nerve. So I certainly did appreciate your faith in me. Shall we have the next dance?"

How wonderful he was! "I'd love to!" I murmured.

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 Charleston, the Valencia, the French Tango, the Ritz Fox Trot, the Debutante Waltz and all the other smart new steps.

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

Five Lessons FREE

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

Don't wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 723, 7 E. 43rd Street, New York City.

Arthur Murray, Studio 723,
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.....

WHAT I THINK OF PELMANISM- By Judge Ben B. Lindsey

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a great driving force.

I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that preventable inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *Pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America, by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and, secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is peculiarly tragic here in America, where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By *failure* I do not mean the merely criminal mistakes of the individual but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself; it acquaints him with his sleeping powers



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole civilized world for his work in the Juvenile Court of Denver. He says, "The human mind is *not* an automatic device. It will not 'take care of itself.' Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts but results. Every one of these qualities can be developed by effort, just as muscles can be developed by exercise."

and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their effort to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity.

Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress

sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

(Signed) Ben B. Lindsey.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century it has been showing men and women how to lead happy, successful, well-rounded lives. 600,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for you.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them. And on the positive side, it will uncover and develop qualities which you never dreamed existed in you. It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

Your copy is waiting for you. It is absolutely free. Simply fill out the coupon and mail it today. It costs you nothing, it obligates you to nothing, but it is absolutely sure to show you the way to success and happiness. Don't put it off and then forget about it. Don't miss a big opportunity. MAIL THE COUPON NOW. THE PELMAN INSTITUTE OF AMERICA, Suite 347, 71 West 45th St., New York City.

Approved as a correspondence school under the laws of the State of New York

THE PELMAN INSTITUTE OF AMERICA
Suite 347, 71 West 45th St., New York
Please send me without obligation your free 64-page booklet, "Scientific Mind Training."

Name

Address

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