

Do I Look Like the Girl They Used to Call

“Tired Tessie”



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

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

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

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

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

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

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

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

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

Body Beautiful." It tells how in only fifteen minutes a day anyone can obtain a greatly improved figure and rid herself of the pains, aches and ills which now cause her so much unhappiness. Close to 35,000 other women have already adopted Miss Kellermann's methods, and I am sure there could be no greater evidence of their effectiveness. The only warning I can give is "Do not put it off, but write at once for Miss Kellermann's book." It is sent to you free. It may mean as much to you as it has to me. Just address Annette Kellermann, Inc., Dept. 442, 225 West 39th Street, New York City.

.....
Annette Kellermann, Suite 442,
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Dear Miss Kellermann:

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

Reducing Weight Body Building

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(Kindly print name and address)

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



Strength

FEBRUARY, 1927

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Are You Jealous of Your Physical Superiors?



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PHYSICAL AND HEALTH SPECIALIST
DEPT. 308 NEWARK, NEW JERSEY, U.S.A.

DO you look with envy and hatred upon the man who stands out in a crowd the picture of health and vigor and strength—the real manly fellow? Do you sneer at the peppy pugilist, the powerful wrestler, the speedy runner, the graceful dancer—do you call them “big stuffs”?

Beware, man, if this is your feeling towards strong, healthy men—you are filled with jealousy. You feel your own weakness. In your heart you wish you were like these fellows. You want to be strong and healthy. You want to command the attention of men and the admiration of women—you wouldn't be half a man if you didn't. You know your own weaknesses even if you are hiding them from others, and you envy those who are your superiors—those who seem to get the center of the stage wherever they are. They are the “life of the party” always, everywhere. They are the fellows that get all the promotions, all the good jobs.

There's No Place For Weaklings

—and you needn't be a weakling—you needn't be jealous—you needn't have physical superiors—you can be strong and healthy yourself. You don't have to go on ailing and complaining. You don't have to be ashamed of your weakness—even though you know better than anyone else what brought you to your present condition. There's a way out of your dilemma. You are no different from thousands of others that have gone the pace, dissipated their strength and are paying the penalty. You can be put back on your feet. You can be made a 100 per cent man—energetic, vigorous, alert, ambitious, happy—a respected husband—a proud father—it's all up to you. It's for you to say whether you are going to go on being a shiftless, useless derelict or be an upstanding man among men.

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NAME

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

STREET

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



They Used to Call Me a "Wet Blanket"

until I Amazed them with my sudden musical ability

WHEN I received my invitation the very day of the party I knew what it meant. Somebody couldn't attend. And I was selected as a mere "fill in."

That hurt! I had never been popular at parties. Everyone knew it. Yet now they sent me a last minute invitation—just to make an even number.

But I swallowed my pride and went. They little knew what a surprise was in store for them!

It certainly was a jolly party. But, as usual, I sat alone in the corner—apart from the rest—actually just an onlooker. Only *this* time I had a secret up my sleeve!

Then someone suggested music (I knew they would!) Alice Blake gave a violin solo. Bob Johnson played a lively banjo selection. And suddenly the only guest who hadn't met me before arose. Politely turning to me she said, "Let's give someone else a chance to entertain. Do you play anything, Mr. Horton?"

The room was hushed. Obviously embarrassed I got up. My usual "No!" was on the tip of my tongue. But just then the silence was broken by a whispering voice, which said, "He can't do a thing. Why, he's the world's champion wet blanket!"

That decided me! I'd risk it! "Yes," I exploded, "I'll be glad to play!" And they stared at me in amazement!

I Surprised Them

I strode over to the piano. Then I played—played with all the skill and dash of a professional! New, jazzy tunes!—famous, classical rhythms—then a peppy Spanish number that made their eyes dance! At first they stared. Then they smiled in approval. Finally they

burst into unrestrained applause.

In one breathless moment I had "arrived!" I who had always been neglected and out of it! I who was never a hit at any party! Now at last I was really popular—the very center of attraction! You should have seen them rush forward to congratulate me!

"It seemed impossible!" they chorused. "We're certain you never could play before! Who's your teacher? What's the secret?"

I was calm—triumphant. "Folks," I said beaming, "You're right. I never *could* play. I never even *thought* I could learn. But now—well I *can't* show you my teacher—but I *can* tell you the secret!"

And I did!

I told them how I had heard of the U. S. School of Music—and their wonderful course which teaches anyone to play—right at home and without a teacher. I investigated, I explained, because it didn't cost a cent. And I found that it was even better than I ever dared to hope.

I didn't need talent. I didn't need to go through a lot of tedious scales and tiresome exercises. Why every lesson was as easy as playing a game. I could study whenever I pleased. And almost before I

realized it I was actually playing like a professional.

Now I can play anything. I amuse myself—entertain others—sometimes play for money. Even the first few times I played in an orchestra I made more than enough to pay for the course!

You, too, can now learn to play your favorite instrument—even though you don't know the first thing about music. No expensive teacher to hurry or embarrass you. No wear-

isome exercises to bore and annoy. A complicated "trick" method to puzzle and waste you. For you learn in your spare time—through the easiest, most fascinating plan ever devised!

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Already nearly half a million people learned to play this simple, rapid, easy way. No more wall-flower days for them. They know the one great secret of popularity. And day after day many join orchestras, capitalize their musical ability—yet at a time ago they never dreamed they could!

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Afraid of My Own Voice But I Learned to Dominate Others Almost Overnight

SUDDENLY the boss turned to me and queried, "Well, Conroy, what's your opinion?" They all listened politely to me to speak and in the silence I heard this, wavering voice stammering and uttering a few vague phrases. Like a flash Stoddard interrupted me and launched a brilliant description of his plan. All sat spellbound as he talked—my words were forgotten—and yet I had been studying the problem for months and I was prepared to suggest a sound, practical plan which I knew would solve all our difficulties. And that was the way it was—I was always being given opportunities to show my ability and always being miserably. I was bashful, timid, and nervous—I never knew how to express myself, how to put my ideas across. In fact, I was actually afraid of my own voice. Constantly I saw others with less ability, less experience than I, being promoted over my head—simply because they had the knack of forceful speech, self-confidence, and personality—the very qualities I lacked. In social life, too, I was a total loss—I was always the "left-over"—the one who sat back and watched the others have a good time. I was doomed to be an all-around failure unless I could conquer my timidity, my bashfulness, my lack of poise and inability to express myself.

What 15 Minutes a Day Will Show You

- How to talk before your club or lodge.
- How to address Board Meetings.
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- How to write letters.
- How to sell more goods.
- How to train your memory.
- How to enlarge your vocabulary.
- How to develop self-confidence.
- How to acquire a winning personality.
- How to strengthen your will-power and ambition.
- How to become a clear, accurate thinker.
- How to develop your power of concentration.

almost overnight. I learned how to bend others 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.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing, and success. Today business demands for the big, important, high-salaried jobs, men who can dominate others—men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation, another from a small, unimportant territory to a sales-manager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

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"You Didn't Say a Single Word All Evening"

"HOW could I? I didn't even know what they were talking about." "Well, Ralph, I wouldn't brag about that."

"But how was I supposed to know that they were going to talk literature and art? If they had discussed real estate, I could have chatted with them easily—all evening . . ."

"Business, always business! If you were a big enough real estate man you'd know how to forget business and talk of other things in company!"

"I never felt so uncomfortable in my life," he said ruefully. "Couldn't even follow the drift of things. What was all that discussion about some poet who was killed in the war?"

"Really, Ralph—you should keep more abreast of things. I was surprised that you didn't contribute at least one idea or opinion to the whole evening's discussion."

He turned to her, curiosity and admiration mingling in his smile. "You were certainly a shining light tonight, Peg! You made up for me, all right. Where did you ever find out all those interesting things?"

Many Wives are Keeping Pace with Successful Husbands—This Pleasant Way

Peg was grateful for her husband's praise.

But, instead of answering his question, she smiled enigmatically.

He moved closer, glad to have diverted attention from himself. "You were the prettiest and cleverest woman at that dinner, dear!" he said.

"Just for that," she beamed, "I'm going to tell you why I was able to join in the conversation tonight—and you were not."

"Oh, that's easy," he said, man-like. "You get more time to read than I do."

"Is that so!" she retorted. "I don't get the chance to read a good book from one month to the next. But I've solved that problem. I have a copy of Elbert Hubbard's Scrap Book."

"What's that?" "It's a whole library condensed into one fascinating scrap book. It contains only the best thoughts of the best minds of the last four thousand years—the 'high lights,' you know."

"That sounds interesting. Tell me more about it."

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By the time they reached home, she had told him all about the unique Scrap Book. How Elbert Hubbard, many-sided genius, began it in youth and kept it throughout life. How he added only the choicest bits of inspiration and wisdom—the ideas that helped him most—the greatest thoughts of the greatest men of all ages. How the Scrap Book grew and became Hubbard's chief source of ideas—how it became a priceless collection of little masterpieces—how, at the time of his death, it represented a whole lifetime of discriminating reading.

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We urge you to act now. We want to see the Scrap Book, to judge for yourself. Mail this coupon to Wm. H. Wise & Co., Roycroft Distributors, Dept. 582, 50 West 47th Street, New York City.

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You may send me for five days' free trial a copy of Elbert Hubbard's Scrap Book, cloth-lined butcher paper binding. If I return it within the five-day period I will either return the Scrap Book without obligation, or keep it for only \$2.90, plus few cents post and full payment.

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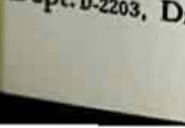
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AGENTS WANTED TO ADVERTISE OUR GOODS and distribute free samples to consumers; 90c an hour; write for full particulars. American Products Co., Monmouth, Cincinnati, Ohio.

Health Building

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.

Chest Expander

Atlas Health Course, Chest Expander. Exchange for BRINKLER EATING COURSE. Garnet Simms, LAKE, NEW YORK.

Schools and Colleges

BECOME HEALTH SPECIALISTS. Men and women, learn Chiropractic, Osteopathy, Mechanotherapy, Massage, Dietetic, all branches Drugless Therapeutics. Fascinating Correspondence. Write Garrison Drugless Science Institute, 312 Erie Building, Cleveland, Ohio.

SHORTHAND IN 30 DAYS. Boyd, the wonderful New Easy System—150 words a minute guaranteed. Send for Catalog. Chicago Home Study Schools, 800 Reaper Bldg, Chicago, Ill.

Correspondence School Courses

Used Correspondence School Courses bought, sold, exchanged. Catalogue free. Handling, C-793 Broadway, New York.

Homes

FOR SALE—Beautiful home property. Yuma, Arizona. Dates and Pecans bearing. Lester Woolver, Yuma, Arizona.

Help Wanted—Male

100% Profit, Big Demand. Easy Sale by national advertising. Wonderful health course, book form, equal to \$25. Appeals both men and women. Opportunity make big money. Sample book and 11x14 selling poster \$1.00. Satisfaction guaranteed. John M. Hearn, 12 E. 37th St., N. Y.

Railway Mail Clerks. Men, 18-35, month. Travel—See Country. Commission sufficient. 25 coached free. Write to Franklin Institute, Dept. D-53, Rochester, N. Y.

Be a Detective. Work Home or Travel—no experience necessary. Write. George Wagoner, Government Detective, 1968 Broadway, N. Y.

Business Opportunities

FREE. How to start a business of your own and become independent. Whelan Press, 9, Hartford, Conn.

FOR SALE—Pat. No. 1,610,324; 1st Device. "Strong Man" with original exercise course can make a fortune with it. Write Inventor, W. J. Roche, Cochranton, Pa.

SELL SHOES DIRECT FROM FACTORY. Stunning leathers and styles. Amazingly priced. Sell every member of family. No experience. Send immediately for prospectus. Mason Shoe Mfg. Co., Dept. TA-1, Pewaukee Falls, Wisc.

Abdominal Exerciser

Combination Roman Chair and Abdominal Exerciser. Adjustable, strong and suitable for advanced abdominal exercises with or without bells, requires no floor fastenings, folds compactly. For full particulars write to: W. J. Roche, Cochranton, Pa., 258A S. Union St., Lawrence, Mass.

Health

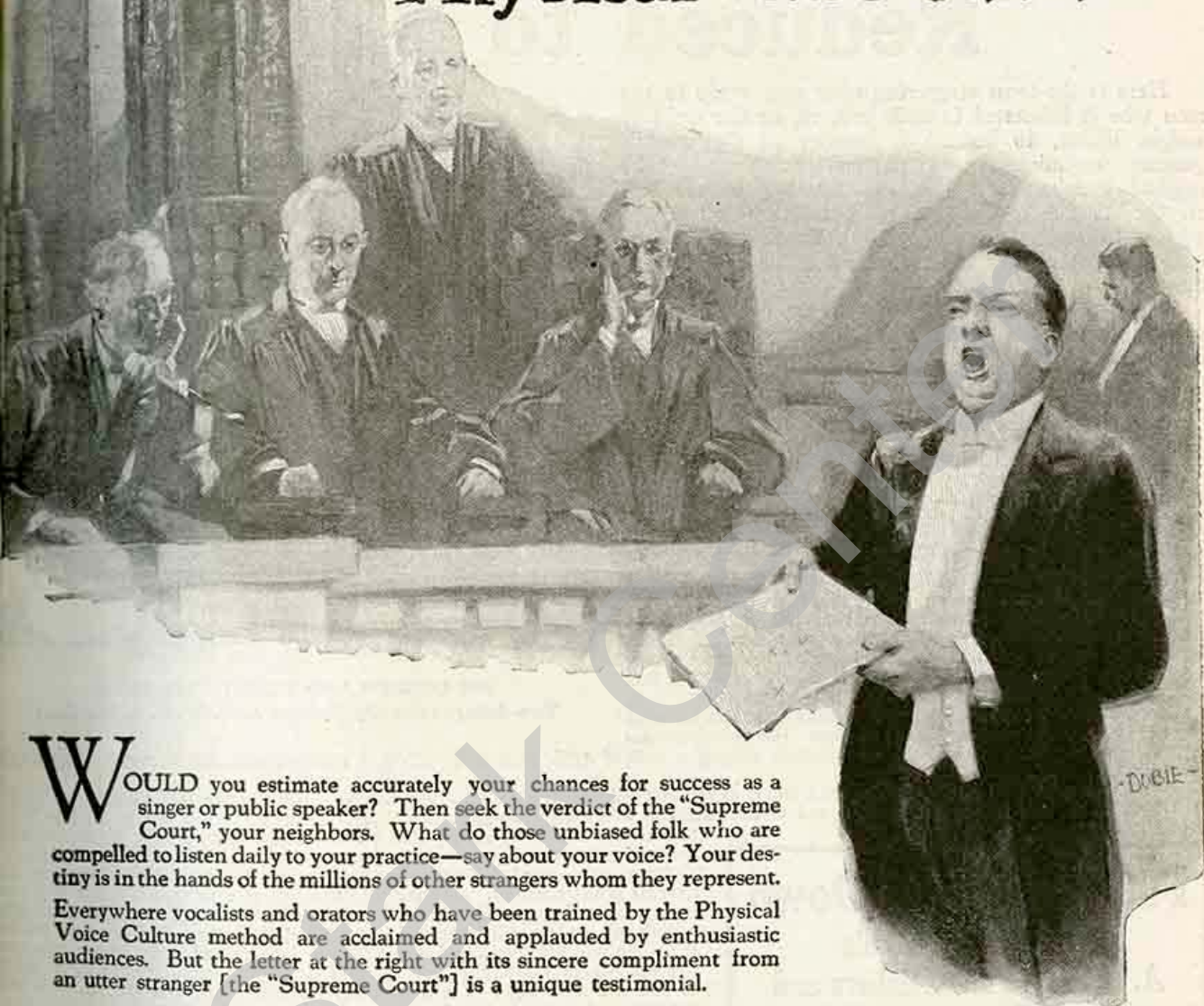
Don't Starve. Feed. Improve Complexion, bitton, nerve exhaustion, catarrh, indigestion, sex troubles, impotence, weight. Booklet 10c. Vital Diet, 104 Fourth St., Camden, New Jersey.

Sensible and Permanent Remedy for Mucous Discharge. Fee, two dollars. Rev. J. T. Mason, Mississippi.

Strength

HERCULEAN STRENGTH. EUROPEAN ODDS. Astounding muscular autographs and particulars. ten cent stamp. Write to: Matthew R. Brown, 512 North Elm Street, Madison, Kentucky, or H. Broom, Marlborough, England.

Supreme Court Praises Physical Voice Culture



WOULD you estimate accurately your chances for success as a singer or public speaker? Then seek the verdict of the "Supreme Court," your neighbors. What do those unbiased folk who are compelled to listen daily to your practice—say about your voice? Your destiny is in the hands of the millions of other strangers whom they represent. Everywhere vocalists and orators who have been trained by the Physical Voice Culture method are acclaimed and applauded by enthusiastic audiences. But the letter at the right with its sincere compliment from an utter stranger [the "Supreme Court"] is a unique testimonial.

We Guarantee to Improve Your Voice 100%

Your vocal cords are the same in construction as those of Caruso, of Mary Garden or Galli Curci. But YOURS are under-developed. One muscle in particular of those in your throat has never been used. No amount of singing will ever give to your Hyo-Glossus muscle the exercise it needs to strengthen it as does Physical Voice Culture, the amazing discovery of an eminent musician and physiologist.

You, too, by this wonderful new training method can have the magnetic charm of a full-toned, vibrant voice. Here is the price-less secret for which teachers of voice have sought for generations—a series of thoroughly scientific, soundless exercises that has been used with sensational success by thousands of students. It is easy to understand—easy to practice. You can practice it secretly if you wish.

You are the judge. I positively guarantee to improve your voice 100%

Free Fascinating Book—Mail this Coupon

Without any obligations on your part, I will gladly send you a copy of my handsomely illustrated new book, containing the full, complete story of this wonderful new Physical Culture Method of Voice Development, with true life stories of successful students.

Perfect Voice Institute 1922 Sunnyside Avenue
Studio 57-72 Chicago, Ill.

To the Director, Perfect Voice Institute
Chicago, Illinois

Dear Sirs

I congratulate you on your wonderful system. I have listened to the singing of one of your students (B.F.N.) before he started your course and his voice has improved tremendously since he started. He believes the improvement is all due to your system.

His voice is getting better every day and I think he will be one of the world's greatest singers. I live in the apartment beside his and so should be able to judge as I listen as he sings every day.

Respectfully,

D. O'C., New York City

PERFECT VOICE INSTITUTE
1922 Sunnyside Ave., Studio 57-72 Chicago, Ill.

Gentlemen: Send at once, free and without obligation, you beautifully illustrated book "Physical Voice Culture" and full information regarding your home study method of voice building. It is understood that I do not have to pay a cent for this book, either now or later, and that I do not have to return it.

Name

Address

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

Your Chance of a Lifetime

American Continental Weight Lifters' Association Members

Reduced to \$2.00

Here is the most staggering offer ever made to the man who is interested in body culture, or the sport of weight lifting, to become a member of the world's greatest organization of physical culturists. The original membership fee was \$7.50, but at the last A. C. W. L. A. Convention, September 4th, it was decided to lower the rate to \$2.00 for a limited time, in order to enable every one who is interested to become a member.

With your membership fee you are given a year's paid-up membership card, a lapel button bearing the insignia of our Order, and all the benefits the Association affords. Along with all this you receive a copy of the "World's Weight Lifting Rules and Records"—FREE. This volume is sold for \$1.50, but it is given to you as a gift and guide. Apart from all this, we promise not to raise the fee upon you. The sum of \$2.00 makes you a bona fide member entitled to every privilege the Association can give you. Our ambition is to have at least 500,000 members so that we can force the principles of physical education throughout the land. We also are keen on getting into the Olympic Games next year, because up to the present time our members have proven themselves worthy. This Association has lifted the American strength athlete from the depth of obscurity to the level of the best in the world, all within four years. We feel that you would be proud to share in this splendid double task, and we want your support. By way of encouragement to build up your body, we have many things to offer. We give a beautiful gold seal diploma of merit to all members making a gain of 15% over their original measurements or strength ability sixty days.



JIM LONDOS AND HENRY STEINBORN
Two Internationally Known A. C. W. L. A. Members

We have medal schedules which give bronze, silver and gold medals to all athletes who can make the totals called for A. C. W. L. A. lifts in any of the A, B and C classifications in all body weights. If the lifts do not appeal to you, you are at liberty to pick out any three or five lifts on which you can do best; if you make the percentage required, you will receive your trophy. Belts, shields, medals, diplomas are awarded all the time to members for development, strength, general athletic ability. Any member can win something, no matter how small, if he is physically to begin with. You do not have to stop to consider the benefit this society will be to you, for we feel it is what you have been seeking for. We will help you build a club in your locality and enable you to take the degrees, which will entitle you to wear a colored jewel in your lapel button. If you are a stranger in a new town, we will gladly put you in touch with members who will be glad to help you.

Put Your Name Down

With These Notable

A. C. W. L. A. Members and

Directors

Jim Londos	K. Moerke
Henry Steinborn	H. Gorner
O. Arco	A. Giroux
A. Nordquest	O. Marineau
J. Nordquest	P. Fournier
John Y. Smith	A. Dandurand
Warren Travis	Prof. Desbonnet
Staff Sgt. Moss	A. Manger
A. Massimo	H. Saxon
Colonel Dieges	

George F. Jowett, President A. C. W. L. A., S-2-27
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir:

Enclosed find \$2.00 for my membership into the A. C. W. L. A., which entitles me to all the benefits named on this page as a bona fide member of the A. C. W. L. A. Kindly send my Card, Lapel Button and "World's Weight Lifting Rules and Records" immediately.

Name

Address

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

Here, Look This \$2.00 Offer Over and See What You

Membership Card, Lapel Button, free copy of the "World's Weight Lifting Rules and Records", eligibility for the Gold Seal Diploma on 15% gain for either measurement or strength increase, eligibility for Gold, Silver or Bronze Medal, eligibility to compete for Belt, Shield or Medal Trophies, full privilege of all Association benefits.

If this is not enough for \$2.00, then you do not want to belong. It is worth more than that to know you are mingling with the greatest athletes in the world. They all belong. One of America's great leaders said, "When I see the A. C. W. L. A. Lapel Button on a man, I see the most virile specimen of American manhood."

Come on boys. You have no excuse to hang back now. We have cleared the way. If your heart is in physical training, you will immediately fill out the coupon and send it in with your \$2.00.

This new low price does not include a subscription to Strength Magazine or free admission to the Strength Shows.

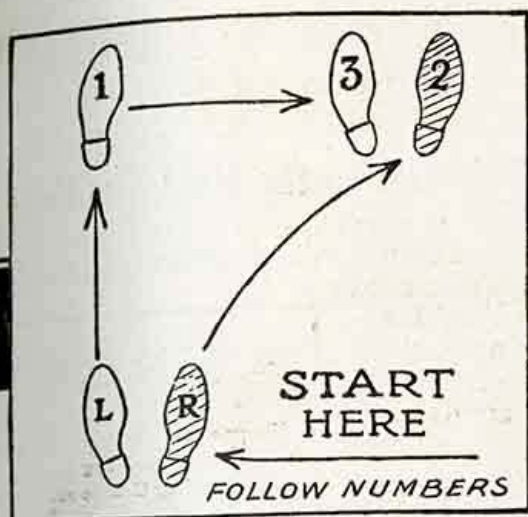
MAIL NOW TO

GEORGE F. JOWETT

President A. C. W. L. A.

2739 N. Palethorp Street S-2-27 Philadelphia

Can You Do This Easy Step?



Then I Can Make You a Good Dancer In Ten Days

ARTHUR MURRAY

WORLD-FAMOUS DANCING AUTHORITY



NO matter if you don't know the first thing about dancing—even if you've bluffed and failed miserably as a dancer—try the simple step illustrated above. If you can do it, give me only 10 days and I'll make you a graceful, finished dancer—or else I won't charge you a penny!

That's a fair offer, isn't it? Through my simple method you can learn any of the latest steps in a single evening! No expensive fees. No waste of time. No music or partner! No spectators to embarrass you. You learn at home through the same simplified method that has delighted New York's "400." In just ten days' time you'll be able to do the fox trot, Valencia, waltz, tango and Charleston—in ten days you'll overcome your timidity and lack of poise and be ready to take your place with the best dancers in your set and feel right at home on any dance floor.

Whirling Popularity

You'll never regret being an accomplished dancer! Think what it means to be popular, sought after, admired! The dances I teach you in my course are not only the standardized steps, but also the brand new ones—the peppy, zippy Charleston that has captivated society, the sensational French Tango, Valencia, Ritz Fox Trot, Debutante Waltz and all the other smart modern dances that are sweeping the world!

The sooner you learn to do the new dances, the sooner you start upon this sure path to popularity, the sooner

you get some real fun out of life. You'll always be welcome everywhere. Better still, you'll be in great demand—for everyone wants to dance with the good dancer, the one who knows all the latest steps!

And when you learn by my method—when you have the Murray foundation—it will be easy for you to learn any dance. Once you have my training, you will be able to follow any music with ease and grace—you will be able to master quickly and easily any dance step after having seen it just once.

Get out of the wallflower class. Improve your social standing. Make up for all the wonderful times you've been missing. Be one of the "good dancers" from now on. See how easy it is to learn modern dancing the Arthur Murray Way. Five Lessons Free.

Let me prove that I can make you a finished dancer in ten days. Let me send you five lessons from my course—absolutely free! Just mail the coupon (with 10 cents to cover cost of printing and mailing), and those valuable lessons will be forwarded at once. Also a free copy of my interesting new book, "The Short Cut to Popularity."

Don't wait. Clip and mail this coupon NOW. Arthur Murray, Studio 704, 7 East 43rd Street, New York City.

**ARTHUR MURRAY, Studio 704,
7 East 43rd Street, New York City**

You may send me the FIVE FREE LESSONS. I enclose 10 cents (stamps or coin) to pay for postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

City State

Always a Great Course

I have made the latest edition of my Tumbling and Hand Balancing Course bigger and better by adding more interesting feats and illustrations of these. Besides, I have beautified the entire course and made it a thing you will be proud to possess.

You Start With the Easy Feats and Rapidly Get to the Real Thrillers

Step by step you advance from the easy roll-overs, cartwheels, etc., to the hand springs, hand stands, etc. While you are accomplishing the simple stunts, you are acquiring ability

the more advanced feats. You'll enjoy seeing yourself progress from one feat to another.

You Can Learn to Do Flips, Somersaults, Spotters, Etc.

And when you have learned these and other feats, you will look back and see how easy it really was with my course to guide you. I will give you the fine details that teach you the knack of tumbling and hand balancing.

There's a Thrill In Every Stunt



CARTWHEEL

Besides the beneficial exercise, there is a great pleasure to be derived from tumbling. Each stunt, be it tumbling or hand balancing, easy or advanced, holds a thrill that is enjoyable.

Then, too, there is always the possibility of a stage career if one becomes proficient in acrobatic work. Who knows but you may be one of these fortunates.

Get this course, or better still, the course and safety belt today and begin learning how to fairly fly through the air, always landing on your feet in a standing position.

Isn't It Wonderful When You Stop to Think of It,

how the human body can remain in the air unsupported long enough to make a complete turn? Isn't it wonderful to see it done and imagine the thrill? But it is doubly wonderful when you can do it yourself.

CHARLES MacMAHON, Studio A-53
180 West Somerset Street, Philadelphia, Pa.

Dear Sir:

Please find enclosed $\left\{ \begin{array}{l} \$7.00 \text{ for Belt and Tumbling Book.} \\ \$5.00 \text{ for Belt Only.} \\ \$3.00 \text{ for Book Only.} \end{array} \right.$

Name

Address

City State

Waist measurement

FREE

Every one of you who purchases either my Tumbling Course and Safety Belt from this advertisement will be sent FREE OF CHARGE MY WRESTLING COURSE advertised in this issue of Strength Magazine.

FREE

You Need a "Safety Tumbling Belt" You Want to Learn the Flips and Somersaults Quickly and Safely



The Safety Tumbling Belt

Ropes attached to the sides give the means of support. A diagram of how to use the MacMahon Tumbling Belt is given you. These Belts enable you to try the more difficult stunts without fear of a fall and, consequently, make your headway more rapid.

Use THIS Coupon For Tumbling Course and Belt

Can Be Used By a Team of Tumblers

Furthermore, the belts can be used by a team of tumblers for the purpose of holding the top man in place in hand-to-hand balancing stunts from a partner's hands, shoulders or other parts of his body. You will find a wide range of uses for one of my belts, and if you are tumbling and hand balancing get one with my course and several hours of practice.

These Belts are made of leather, 2 1/2 inches wide. The thick padding on the inside, makes them easy on the waist and back. You just measure your waist six inches above the waist size.

Those who are small or waisted will receive a belt that will fit them.

but now Bigger and Better

The Ability to Do Tumbling Feats In Good Form Makes a Finished Tumbler

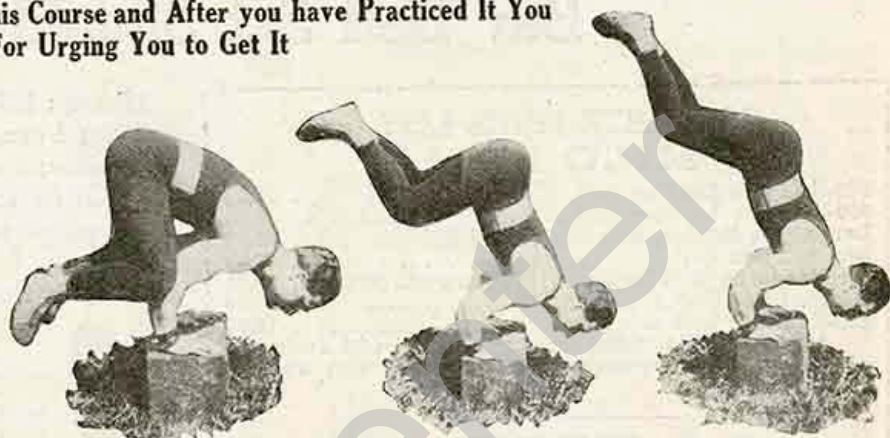
That is the way you are taught to perform all the feats in this course of mine—perfectly. No dangling legs or unsteadiness in hand stands, and no tumbling stunts without good form and snap. That is what makes them good to look at and a real pleasure to perform. I'll teach you correctly.

There are lots of fellows who can manage to stay up on their hands, but their feet are left to dangle in the air. These same fellows also do a hand spring, landing with their legs doubled up, etc., and yet they imagine they are good. Don't fool yourself this way. If you like tumbling at all, why not get the course which teaches you to do the numerous feats in such a way that you would not be ashamed to perform before the best tumblers and hand balancers?

Let Me Convince You of the Worth of this Course and After you have Practiced It You Will Thank Me For Urging You to Get It

When you can astonish your friends by performing a row of flips, ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet, and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.

It is not my sole desire to simply sell you this course. What I actually want to do is to make a proficient tumbler and hand balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.



PRESS UP TO HAND BALANCE FROM JAPANESE STAND

For **MATS** For The Gymnasium The Home

The Price of Gymnasium Mats Ranges From Ninety Cents to a Dollar a Square Foot

Figure Your Saving at My Prices

My \$9.00 mat would cost you \$18.00 or thereabouts. The larger the mat, the greater the saving. The MacMahon mats are durable, well padded and cheaper. The prices are so low in comparison that the individual can easily afford one.

Tumbling, Hand Balancing, Wrestling and Exercise Mats

The tumbler and hand balancer, as well as the wrestler and those who exercise, will find my mats just the thing. The bar bell users will also have use for one of them when performing the wrestler's bridge or any lying-down exercises or lifts.



You Can Now Have a Real Gym of Your Own

Use **THIS** Coupon When Ordering a Mat →

Charles MacMahon

Studio A-53

180 West Somerset St.

Philadelphia, Pa.

CHARLES MacMAHON, Studio A-53-M,
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please find enclosed \$..... in
payment for the size mat I have checked off below.

<input type="checkbox"/> 3x 6 ft. \$ 9.00	<input type="checkbox"/> 6x 6 ft. \$20.00
<input type="checkbox"/> 3x 9 ft. 14.00	<input type="checkbox"/> 6x 9 ft. 30.00
<input type="checkbox"/> 3x12 ft. 20.00	<input type="checkbox"/> 6x12 ft. 35.00
<input type="checkbox"/> 3x15 ft. 25.00	<input type="checkbox"/> 6x15 ft. 40.00

AND ANY OTHER SIZE DESIRED

Name

Address

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

(Foreign orders \$1.00 extra.)

Our 200-Pound Bar Bell Complete

\$24⁰⁰

The Milo 200-Pound Outfits Include Everything a Bar Bell Set Should Include

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. 157,
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.....

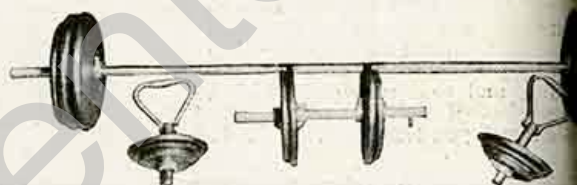
MEASUREMENTS

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

Namely: 185 pounds of assorted plates; 1 15-pound bell bar; 1 dumb-bell bar; 2 kettle-bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar bells for exercise and weight lifting ability. Yes, we do not sell you half a bar bell set.

See Our Entire List of Styles



Besides this 200-lb. Plate Bell we manufacture 6 other different types of bells. These Bells vary in weight, as well as in design. Nothing else in our service to you varies, however for no matter what bell you purchase, you get the same perfect attention and the same perfect workmanship.

For both lifting and exercise with a Bar Bell, you need not have a complete set. There are a great many exercises and recognized lifts that cannot be performed without a bell handle or without 1 or 2 kettle-bell handles. Why pay the same price for half a Bar Bell set and miss these valuable exercises and lifts? GET A MILO!

We Have Built Countless Hercules and Are Building Others Daily

You become one of them just as soon as you get your bar bell set. Milo Bar Bells produce the maximum results in the minimum amount of time. Ask any one who has used them. Practically all strong men use, or have used, them. What proof of their worth as muscle, strength and health producers could be given?

Milo Bells are not made for the strong man or boy exclusively. They are designed and made for every male person between 18 and 60 years of age. They are used with great effectiveness by the extremely weak, the under-developed, the ailing, the physically unhealthy, etc. And one of the many beauties of a Milo Bar Bell is that you use them **only every other day** and get the same improvements. Think of the time this saves you. In other words, Milo Bar Bells build you in half the time and make you a better job of it.

Fill in Your Measurements and Mail With Remittance

The Milo Bar Bell Co.

2739 N. Palethorp St.

Dept. 157

Philadelphia

A NEW BOOK Entitled

by Geo. F. Jowett

Read Over These Chapter Highlights and If They Don't
Create An Unconquerable Desire to Read This New Book,
There is Something Wrong

CHAPTER 1

The cradle of strong men.
The boy Cyr helps the teamster.
His first great encounter.
Louis outfights two brawny knife thugs.
He defeats Wm. Pennell for the world's title.
Pennell outpitches the "rube."

CHAPTER 2

The meeting of Louis Cyr and Oscar Matthews.
He makes his first record.
Louis smashes the world's one arm record.
The world seething with strongmanism.
His match with Sebastian Miller.

CHAPTER 3

The invasion of Cyclops and the false Sandowe.
Cyclops' coin breaking contest with Noel.
The dramatic unmasking of Cyclops.
Cyr and Barre meet Cyclops and the false Sandowe.

CHAPTER 4

What Cyclops told Professor Desbonnet.
Horace Barre.
Louis Cyr defies four horses to outpull him.
The thunderbolt arrives in London.
London is thrilled—Sandow staggered.
Louis beats Sandow's world record lift.

The most romantic career in strongmanism.
Feted by royalty.

Courteous, loving, honest, always calm. As Geo. F. Jowett says: "in him was all the chivalry of old France."

Humor, drama, pathos, tragedy, triumph, victory; you live it all. His funeral the greatest in the world's history when state and combine to honor him. "The magnitude of magnificence outrivalled he was just a strong man."

You become awed as you read of Cyr's mother:

"Terrifically strong, she stood 6 ft. 1 in. and weighed 267 lbs. in her prime—a mighty Amazon above all others. She reminds me of what her ancient Gaulish ancestors must have been, when the women followed their men into battle and slew with a berserk fury that must have been appalling. Being..."

You get a thrill when you read of his first match, when only a boy

Only stones were used. As the final test was made, Michaud, the champion, began to lift the stone:

"As he raised, the muscles of his back bulged and the gnarled muscles on his arms and shoulders separated with the force of taxation. To some, his legs were seen to tremble and his regular breathing strangle into a tiny gasp—but it was a perfect lift. Louis stepped forward, a little pompously, as becomes a Frenchman, but there was that slight shadow of hesitancy within his eye that goes with youth and inexperience as it seeks to find its bearing. He paused at the stone..."

Did he succeed in lifting it?

CHAPTER 5

Donald Dinnie, the Scottish Milo, invites Cyr to lift.
Feted by Royalty.
The taunt from the gallery.
How much he would eat.
How Louis won the Marquis of Queensbury's gift.
The Queen receives "Our Louis."
He leaves for France.
"Greater than Apollon."

CHAPTER 6

Back in America.
His stupendous feat in Boston.
1892-1896 red letter years.
The little woman that ruled the big man.
His marvelous two hands lift.
The mighty duel of strength with August Johnson.
Barre and Cyr.
The eating contest! Wow!!
Therrien wins Louis' bet.
Louis fools the Samsons.

CHAPTER 7

A lighted cigarette and what it brought.
A duel of arms.
A feat of strength greater than words.
Louis is actually stumped.
Tricked by a faker.
Steinborn tries Cyr's bar bell at Attila's.

CHAPTER 8

The domestic life of a great man.
Louis decides to meet De Carrie.
His last triumph in 1906.
Retrospection.
My Pilgrimage.
All the world loves a strong man.



CYR

You Get a L

as you read of
to the home of
Matthews:

"Louis was
that he had
through the
along the
sideways, and
required a
to help him
the narrower
house doors
chair was
enough...
couch groaned
the burden
weight."

His famous detour
of Cyclops and unmasking
of the false Sandow in
Montreal. The most
dramatic narrative ever
told in ten of this
encounter.



CYCLOPS

"The Strongest Man That Ever Lived"

We Cannot Say It Is a Better Book Than His "The Key to Might and Muscle," But We Can Say It Is Far More Interesting to the Average Reader, Which Is Saying a Heap, As Those Who Have Read His First Book Will Verify

As you read on, you follow Cyr to England, where he drops like a thunderbolt among them. You feel that you are sitting next Sandow among the great throng of strong men, and as Sandow's record one arm lift is beat you gasp. "Eugene gripped the back of the chair in which he sat until the knuckles gleamed whitely through the skin...." "In excitement, Prof. Szalay rose with excitement and was drawn forward as by the magnetism of a mesmerist's hands." His famous match with August Johnson, in Chicago. The greatest in history. His strength contest against four horses, in Sohmer Park, before 10,000 people. Your eyebrows raise as you read of his two defeats, but not by man. His record performing rage in Boston and Chicago. Prof. Desbonnet staggered at sight of him. Picture a man with a pair of 33-inch thighs, a 28-inch calf, and a 59-inch chest.

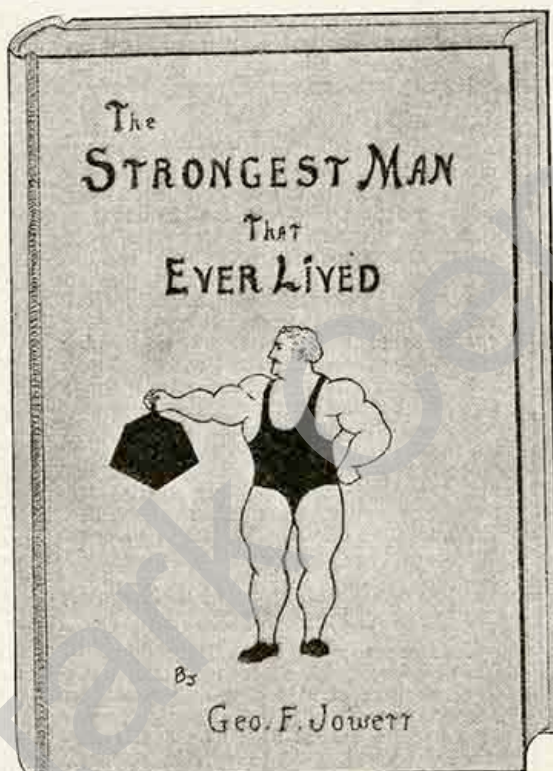
60,000 Words

There are approximately 60,000 of the most interesting words you have ever had the pleasure of reading. They will grip you—hold you with a keen interest.

Truth is stranger than fiction, and a better proof of that can be found than in this volume. It reads like fiction, but is more gripping because it is true.

Full Sized and Handsomely Bound

This book is the same size as "The Key to Might and Muscle," except in the number of words.



Over 200 Pages

There are over 200 pages of type. The illustration pages are additional. The type is of an easy reading size.

Pictures of Incidents In Cyr's Life

The illustrations are most interesting. They picture for you the Great Cyr at varied stages of his eventful life.

You are shown the great strong men he defeated. The false Sandow, Cyclops, etc.

Mr. Jowett's Trip to Canada

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OF the hundreds of thousands who die from respiratory diseases, bronchitis, pneumonia, kidney diseases, tuberculosis, influenza, and intestinal disorders, a large proportion would not have died if they had been able to recognize early symptoms and had known how to treat themselves.

Nature always warns of impending sickness. The occasional headache, that tired, exhausted feeling, loss of appetite, a casual cold and other slight disarrangements are Nature's warnings to you that your body isn't functioning properly or that you are not living and eating correctly.

You can rule your health just as surely as you can rule your actions. If you are not enjoying perfect health today it is because you haven't employed the method provided by Nature to keep you well. If you don't know what her requirements are, you are sure to blunder into some kind of sickness—perhaps fatal disease.

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culosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

Barring accidents and suicides, only a small percentage of these thousands should die.

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

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.

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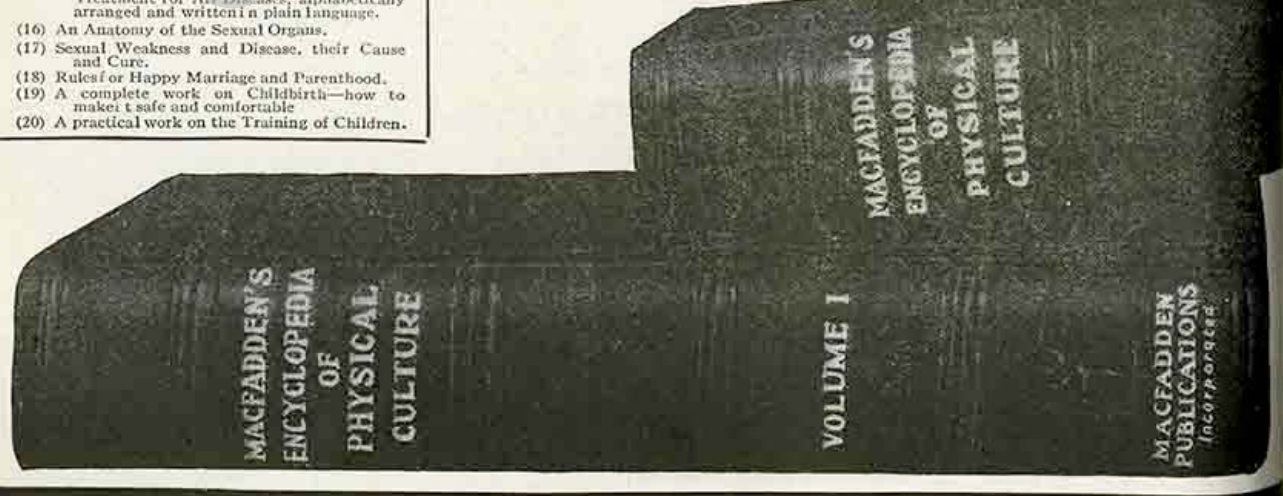
It is neither dull nor technical, but is comprehensive and complete in every way. It is the crowning effort of Bernard MacFadden, full experience in the science of physical culture. He has had more than twenty years' experience in guiding thousands of physical wrecks to glorious health and vigor. That experience he built his Encyclopedia of Physical Culture.

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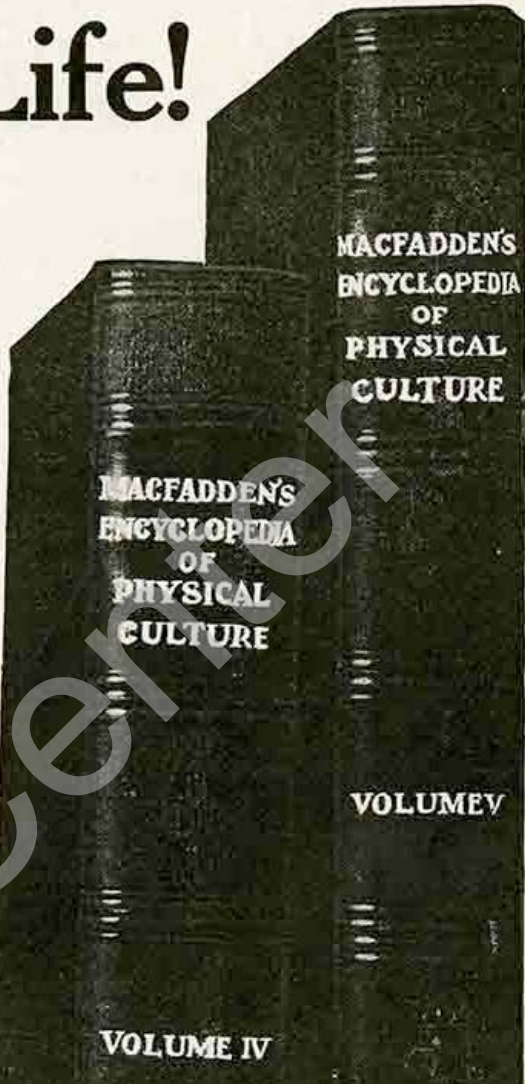
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Editorial

Keeping Fit

FROM a life insurance angle there has been a prolonged effort to lengthen life in the past few years, and it has been quite satisfactory in its general results.

Although few of the readers of *STRENGTH* approach their interest in either exercise or athletics from this angle, it is a good one and it is there. No one can doubt that simple care of ourselves, while we are in normal health, is an enormous benefit to us under any strained living conditions.

If this is true, how much more valuable must be the extra store of vitality set up by any one who has ever taken better than ordinary care of themselves? The man who is "as strong as a bull" has a reserve energy and vitality that will see him through any period of stress.

Our readers of a number of years and the observation of the members of our staff all tend to point out the truth of this fact. For every man, its moral is to forge ahead in his physical health as well as in every other way.

Health building and strength building not only are a protection for your own and, therefore, your family's future, but they also pay dividends as you go along, in increased energy, ability, and durability.

The Strongest Man That Ever Lived

We owe an apology to George F. Jowett for entitling his new book on the table-of-contents page of the January *STRENGTH* "The Strongest Man in the World." Unfortunately, "The Strongest Man That Ever Lived" is not in the world, and hasn't been for some time. However, our error did not take away, in the slightest degree, from the value of the chapter we published, nor from the value of the book.

We can only say that when we read "The Key to Might and Muscle" we thought a really informative, instructive, and interesting book on strength had been written at last.

We still believe that of "The Key to Might and Muscle," and although for information and instruction "The Strongest Man That Ever Lived" does not try to be in the same class, as straight entertainment it surpasses "The Key to

Might and Muscle," or any other book of that kind that we have ever read.

Cobb-Speaker

As this is written, the Cobb-Speaker scandal has just appeared in the newspapers. Because we are really interested in athletics of all sorts and because we have always had the greatest respect for both Cobb and Speaker, as individuals, we sincerely hope that there is no real foundation for the matter.

It hardly seems fair to condemn two men who have meant so much to base ball on such meager evidence as has been given to the public at this time. Cobb apparently wrote a letter which was open to misconstruction, but Speaker is in no way connected with the matter beyond the verbal testimony of one man who has refused to confront either Speaker or Cobb.

Besides that, the matter has been dormant so long and the amount involved has been so small that it does not seem to be reasonable to suppose that on purely materialistic grounds either Speaker or Cobb could have involved himself in the way the evidence tends to show.

Cobb, in the past, has been accused of tactics which might not please the followers of teams opposing the Tigers, but he has never been thought of as anything but a base ball player who gave everything he had to the game. Speaker has been the idol of the fans all over the circuit. It is incomprehensible that such men should do such a thing, and it seems to us unfair that they were not at least given a chance to confront their accuser.

Increasing Health and Strength

Because we feel that every one should be interested in athletics and exercise, anything that has a tendency to promote such an interest meets with our unqualified approval.

No doubt, some games are better adapted to building the physiques of those who play them than others.

Oarsmen and foot ball players are commonly supposed to be stronger than track men or base-ball players, just as the devotees of heavy exercise should get results in larger physical proportions that much (Continued on Page 74)

Keep that School Girl Figure

A Beautiful Girl's Secret of Living Up for a Busy Day

By Robert Penrose



Poses by Miss Jean Cross

Charming, indeed, is this exquisite pose depicting the vivacity of care-free youth.

THE other day I chanced to meet an exceedingly beautiful girl, and since I am always curious to know how a girl makes herself so attractive, I did not hesitate to ask this vision of loveliness how she attained her rare beauty. She replied that exercise, performed both indoors and outdoors, did more towards maintaining her health and beauty than all the so-called scientific beauty lotions flooding the market today.

This girl attributed her superb figure to long hikes and a daily regimen of exercise. Reflecting over what she said, I am tempted to ask you a rather pertinent question: Do all women possess the asset of physical beauty? Turn around now and ask yourself this personal question: Do you or don't you possess a lovely figure? If not, why not? Try to be frank with yourself and answer truthfully.

If you do not possess beauty and the great blessing of health that goes with it, you will be repaid a



Fig. 1

thousand times over for taking the time to read these few lines. How to attain good health and beauty is the paramount interest to you and, secondly, how to attain this great attribute is just as important.

To start at the beginning it behooves me to state that activity is the means whereby beauty can be attained and maintained, for this is the secret of the successful beautiful girl mentioned above. The girl in the picture was active; she derived wonderful benefits by being active wherever she goes she is admired by all. Those of her own sex envy her; she herself feels like a different woman, is happier, prettier and more carefree. Wouldn't it be grand for you, too, to be this way? You may not show a craving for these qualities, but you lay down in your heart you long for them. It is every woman's right to be gloriously healthy, beautiful and to possess a perfect body. If you do not possess such a body, it is up to you to start right now.

Inactivity is the enemy of existence. It leads to death. Your powers and talents were given to you for a definite purpose.

Failure to use them brings with it heavy penalties. There can be no health with physical stagnation. Thus, if you desire beauty and a healthy body, you must exert a little effort towards attaining this great blessing.

Exercising as a means of building up and general health building has been sponsored by beauty physical culturists far and wide, but my purpose is to enlighten you on how to employ this means correctly and tell you some of the marvelous benefits that can be obtained from it. Of course, these are general principles that apply to all projects. So it is with exercise. Some of you may say, "Well, to take up exercise I must do this and that, cut this out and do what not." No, this is not necessary. You will have to put up your mind to exert a little effort to feel ambitious. All that is asked of you

exercise combined with good wholesome food, regular hours, plenty of sleep are unbeatable for building a healthy body. Therefore, following out this little program will change you completely.

Many of you want exquisite shapeliness providing there are reasonable means by which you may attain it. You may not be willing to take vigorous steps in the way of making something of yourself. In order to accomplish this, however, you must set your mind to go through it. One normally wants beauty, not for the sake of vanity, but particularly for the sake of all-round self-improvement.

Make your training plan a rigid one, so that you will not permit yourself to put an exercising period off. The great trouble of persistence in exercise is that after you quit it off just once, you will do it again and the first thing you know you are no longer exercising. Be a quitter, not a quitter. Find out the value exercise has to store for you. This you will never accomplish unless you exercise for a reasonable length of time; and once you notice the results, your success is a natural incentive to go ahead. The whole matter in short, may be described as the working of the "will" to be beautiful. By being determined and working your way towards the improvement of your body, you will in the end be doubly compensated. There is, however, one phase of the subject in its relation to the cultivation of beauty, and that is when performing the movements of the exercises always move with a sweeping

motion. I do not imply that by doing this alone you are able to build muscular strength. Rather it helps you to attain rhythm and harmony of movement which is defined as grace. Grace is essential to a beautiful figure. It is that esthetic value shown in suppleness and ease; in other words, it is that something which is dominant in the flowing stream line curves of a beautiful body. Beauty diminishes in stock when grace is lacking. You must combine the two. Daily exercise will place you on the pedestal of fitness. If practiced regularly and carefully it insures a youthful form and an abundance of health.

First place yourself in position with arms at sides as

figure number one illustrates. Then in a sweeping motion turn the upper part of the body around to the right, immediately making a corresponding turn to the left. Draw deep breaths and exhale while executing the movement. This exercise is known as the trunk twister, which is very beneficial both for reducing or building up the waist line, hips and small of the back. Be sure to remain firmly planted during this exercise, and the twisting must be done from the waist and not by turning the feet or moving the hips. Repeat this exercise until a slight fatigue comes over the parts exercised.

Figure number two. Stand perfectly erect with arms in front of you. Note the position of the model, which shows her going through the exercise. The exercise consists of parts of the body working in unison. Stand with arms outstretched in front of you. Now swing them to the sides, holding them at all times the height of your chest; at the same time step forward with the leg in a forceful manner. This movement of the arms and leg should be performed simultaneously. After using one leg, repeat the exercise with the other leg. This exercise, if performed correctly, will benefit you greatly. The movement imparts a classical shape to the breast, back, shoulder, hips and limbs. At all times breathe deeply and steadily, as this invigorates the system, creating better blood circulation and thus vitalizing your body with energy. Repeat this exercise until slightly tired.

Figure number three illustrates a wonderful exercise for the legs. From an erect position, bend the knees (hands on hips). By keeping heels together balance is more easily maintained. Try to bend deeply enough

to sit on the heels, and after you have mastered this preliminary movement try to advance the exercise by making it just a little harder

to do. Do the deep bend with flat feet, and to accomplish this spread feet apart. By performing the latter movement, you will find it very



Fig. 2



Fig. 3

beneficial for the reduction of parts of the body about the buttocks.

Figure number four shows the model in action. From an erect position, and arms extended in front of body, with heels and legs together, swing the body downward quickly, thrust the arms in back until they are in a perpendicular position; then return to original position. Remember at all times to keep knees locked, for this gives the body the necessary tension thus causing parts of the body to go through vigorous action. This is a great exercise for the limbs, arms and back. You may find the exercise slightly difficult at first, but by persisting it will gradually become easier. Repeat from ten to fifteen times.

Figure number five is the last and one of the best exercises for removing flesh from the abdomen or building up this part, which we term as the abdominal sit-up. Instead of lying flat on your back as is usually practiced, the position of the exercise illustrated in figure six is



Fig. 4

Two of the simplest things you can do to keep that school girl figure are these movements, bending in opposite directions.

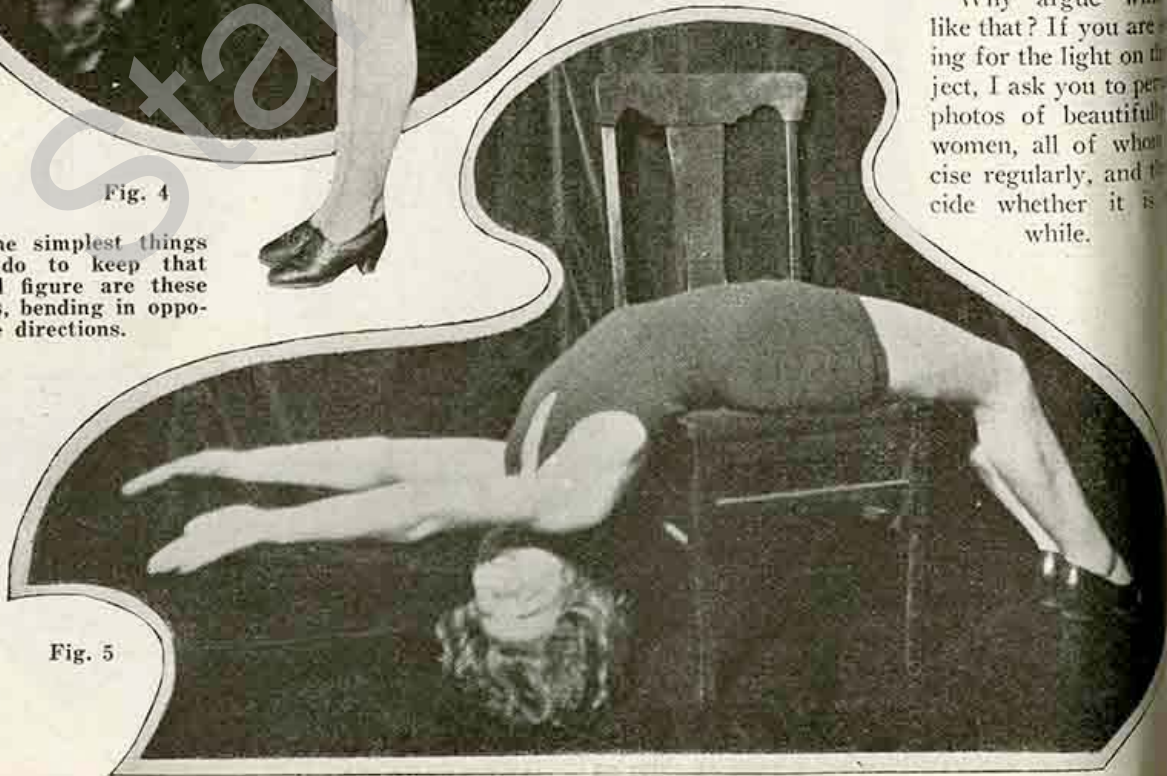


Fig. 5

somewhat advanced in nature, and for that reason more efficient than the usual type of exercise for purpose. You may perform this exercise but a few times and obtain better results. The other would be much easier to perform and require less repetition; however, not as much benefit is derived. What we are looking for nowadays is for results to justify our efforts. All right then, this is the exercise for you. Practice it by placing yourself as shown in illustration. Now come to a sitting position (have some one hold you by holding your feet down, or place them under some object). This will give you better leverage, preventing you from over-balancing. If you are perplexed, first bend only to an angle of 45 degrees, then gradually lower until you can finally touch the floor. Go down very slowly as well as when coming up. In any way the exercise is performed that will do the most good. In this case the exercise gives that part of the body the limit of muscular contraction, thus burning the adipose fat and producing firm and substantial tissue. To make it easier for you or simplify the exercise until your body adapts itself to it, I suggest to keep your hands on the hips instead of holding them over the head.

There is neither time nor space to give names to other exercises which are of wonderful benefit.

These half dozen were astutely selected, and directed towards an invigoration of the entire system, muscles and vitalizing all-around energy. These exercises will tone up the internal organs, ensure a classical shapely body, ensure a good complexion, elasticity, suppleness and gracefulness of movement.

You will meet many knockers who spoil the idea of girls following any sort of exercise or physical culture regimen. And for women who are "my!" they simply will exclaim with horror when the subject is mentioned, claiming such an exercise is certain to be followed by a long list of diseases.

Why argue with them like that? If you are looking for the light on the subject, I ask you to peruse photos of beautiful women, all of whom exercise regularly, and decide whether it is worth the while.



Did y' ever "snap the whip"? Boys, what a ride you could get on the end of a string like this.

Skimming Over Ice

Skates: They Offer You Fun, Sport and Exercise—Racing, Dancing, Figure Skating, Ice Hockey and Skate Sailing

By Mark Berry

THE red ball is up: That means sport, fellows; and a keen sport it is, for girls as well as for their boy friends. A chance for real sport—when you're fortunate enough to live where the mercury tries to knock the bottom out of the old thermometer, and everybody rushes from one enclosure to another, as though they were in fear of freezing stiff should they remain in one position long enough.

When the red ball is shown, denoting the first solid ice of the winter, you chase into the attic or storeroom to dig out last year's rusty skates, and, without waiting to have them polished or sharpened, off you hie to the pond. Oh, boy! How stiff you are the next few days, after the unaccustomed exertion, for your anxiety to try out your legs makes you keep going, instead of gradually breaking in your muscles, and having become certain of balance you just simply forget to stop. The exhilaration of speeding over gleaming ice is about the closest sensation to that of flying of any athletic sport or pastime. Whether your moods steer you forward or backward, the effortless movements cause you to glide as smoothly as the wind, describing all sorts of gyrations, for when properly mastered, exertion is reduced to a minimum, and once in motion you

continue to skim over the surface.

Perchance the sign of the red ball means nothing to you. Are you one of those individuals who hate the winter, with its cold, snow and ice? If so, then you probably know nothing of the joys of winter sports, particularly the sports associated with that last word in my question—ice. The ice brings to thousands a source of fun and enjoyment, coupled with healthy exercise in the open air, so necessary to the well being of us all. If you come within the category of the winter hater, no doubt you stay indoors in an overheated house, huddling near fire or radiator to keep from feeling chilly, when as a matter of fact, you would be much better off, right out in the zero weather, breathing the crisp ozone, and



All in fun. Worries are unknown to those who spend their spare moments on the ice.

Like a blue streak. The speedsters of the steel blades think nothing of taking a corner on high, as these skating marvels are doing here.



stirring up your sluggish circulation by whizzing along on keen steel blades; but best of all, you would have a source of recreation and relaxation from the business of growing old in this work-a-day world.

About the oddest sight around the rink, pond or river to see is an old-timer, possibly your own grand-dad, attired in old-fashioned skating costume of flowing overcoat, heavy mittens and streaming muffler; on his feet the out-of-date "cutter" skates of wooden supports and frame, the blades only being steel. Mirth provoking as grand-pop might seem at first sight, the inclination to laugh will soon change to awe and admiration as he glides along with long easy strokes, putting the husky youths to shame so far as skill and gracefulness are concerned. The skating of the old-timer resembles the smooth rhythm of the old-fashioned dances with which they were familiar, and it is easy to see the approximation of the skating stroke to the old waltz step.

To get down to earth, or rather to get out on level ice, this sport of skating sure deserves its popularity, and it is hard to say which branch of the game has the firmest hold on the hearts of the red-blooded populace. Most enthusiasts skate just simply for the pure joy of the thing, the love of motion, as it were; some get a great kick out of mixing dance steps with their skating; others follow it for the recreational feature, playing hockey or some other game; while a very large number who are athletically inclined, give vent to their feeling of being glad they are alive, by trying to see how much speed they can get up, and go tearing around the rink as though they were the fastest beings who ever sailed on steel blades.

It should not be amiss here to treat a while on the boys who specialize in speeding, both amateur and professional. Back a little ways we made reference to skating as being comparable to flying, so far as the sensation of fast motion was concerned. In a more precise sense, our comparison really is no joke, for to see these human whirlwinds whiz past you would leave no doubt in your mind. Just take a glance at the record time of

some of the experts. Even away back in 1896 J. F. Johnson flew over a quarter-mile course in the astonishing time of $31\frac{3}{4}$ seconds, while some time previous to that, J. F. Donahue had run the furlong, or yards, in $17\frac{4}{5}$ second, which record was equalled years later by Harley Davidson.

Though each was assisted by the wind on his such performances were considered remarkable human to attain, regardless.

To prove that his skating ability did not exist for short distances, J. F. Donahue set a standard thirty to a hundred miles when he captured a hundred-mile race in 1893, negotiating the full distance in 7 hours, 11 minutes, $38\frac{1}{5}$ seconds.

Some years later the super-man of ice skating Edmund Lamy, of Saranac Lake, N. Y., who started out as an amateur and set new records at all short distances. Later when he turned "pro," his ability greatly improved, and for some years he seemed invincible; one of his outstanding performances was the 5-mile record at 14 minutes and 15 seconds, also became very adept at barrel jumping and all manner of trick skating.

But, as in all branches of athletic endeavor, devotees of this sport keep bringing the time nearer to nothing, and records are only hung up to be surpassed by some other ambitious seeker after fame.

When a sprinter runs the century in something over 10 seconds, we know that he is tearing the circuit pretty lively. Comparing sprinting to ice-skating over a short distance such as that, it is practically necessary to run the entire way on the skates, there being no time to get going on long strokes. The outstanding professional today is Art Staff, of Chicago, who tore over the 100-yard distance in $8\frac{4}{5}$ seconds, and the 150 yards in $13\frac{3}{5}$ seconds, and you will have to agree that is some stepping even on skates. Staff also whirled over the ice for a mile in 2 minutes, 35 seconds. Probably the next best money chaser is "Bobby" McLean, also of Chicago, who made the half-century record when

ateur, at 5
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i-mile figures
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e of 1 minute, 15
onds. Everett Mc-
wan, with a flying
rt, fairly shot over
fifty-yard stretch
33% seconds; and
Lean, paced by
Gowan, made the
th in 15%, quar-
in 29% and the
f in 1 minute, 12%
onds.

Among the amat-
s, several names
y be mentioned as
ng fairly equal in a
ies of contests,
se being Francis
len and Ed Reed,
Chicago; Joe
pore, of New York; Val Bialis, of Lake Placid;
Charles Gorman, of Canada; Duke Donovan, of Saranac
Lake; Harry Kaskey, William Steinmetz, of Chicago,
and Paul Forsman, Lew Morris and L. Boyd, of New
York, with O'Neil Farrell, of Chicago, holding the
national Title.

There has been much question always as to the rela-
tive abilities of European skaters as compared to our
own. Many have an idea that the inhabitants of Scan-
navia must be far better skaters than we. The Ameri-
can professionals, I understand, have always laughed
more or less at the foreigners, when they were men-
tioned as having exceptional ability. Oscar Matheison,
Norway, has held the amateur records over there for
long time; he visited these shores some years ago to
settle the question of supremacy with Bobby McLean,
when the latter was in the simon pure ranks. The result
was that the honors remained under the stars and stripes,
without any molestation for quite a length of time.

Last year they sent a Finn to these shores to settle
the matter of International supremacy with our skating
champion, in the person of Clas Thunberg, the present
amateur champ on that side of the pond. Nurmi proved
such a riot over here that they got the idea any one from
Finland must be wonderful as an athlete, and I'm not
saying some of them aren't, either. Anyway, at the
start of the season he received some terrible trimmings,
and it looked as though he was a sure enough flop; but
when it was time to go back home, he became accli-
mated and then was able to turn the tables on his erst-
while conquerors and prove to the world that he was
really a first-class man on skates, setting four new
amateur records before returning home.

Some leading sports authorities have always con-
tended that, whereas a foreigner over here is usually
given more than a fifty-fifty break in-so-far as a square
deal goes, if one of our native sons makes the journey
over there, he has pretty tough sledding. Incidents can
be related in connection with almost any branch of sport,



There can be nothing
more attractive and fas-
cinating than figure
skating and the artistic
combination of skates
and dance steps.

in support of this contention. By way of illustration,
the following should be of interest, as it pertains to the
game we are now discussing. A few years back, when
McLean was an amateur, he visited Europe in quest of
new laurels, and contested in a number of events. In
one race, the outcome of which was a deciding factor
between our boys and theirs (I believe it was Oscar
Matheison with whom he was competing) McLean was
well in the lead and looked an easy winner as he flew
along over the ice, through a lane formed by the on-
lookers. At one point, the spectators closed up the true
pathway and formed a false lane; McLean being
unfamiliar with the course, followed the open road
which the crowd made for him and before discovering
his mistake had gone too far on the wrong course to be
able to make up the distance he had lost. Of course,
such a thing could not be proven, but it sure seems funny
that a whole row of spectators should stand across the
race track and leave another space open. Quite a little
was said at the time, but as nothing could be proven the
charge came to naught.

The ice speedsters of Canada and the United States
continually vie for titles throughout the season, in the
more popular winter sport centers of both countries.
The premier honors usually are captured by the lads
from the states, in the men's events. Among the fair
sex, Lelia Brooks and Gladys Robinson, both of Tor-
onto, are a shade ahead of the United States girls.

As a sports game, there can be none more exciting
than ice-hockey, and we don't know of a game that is
rougher. The hockey players are far from being gentle-
men, so far as concerns rough playing on the rink. They
seem to lose all politeness and respect for each other's
feelings, once they start to chase the puck. At Madison
Square Garden, most contests last winter ended up in
miniature battles, the amateurs being worse in this
respect than the boys who play for cash. In a game of
this character, there is too much chance to be rough, due
to the nature of the sport; and (Continued on Page 71)

The Waist Line of Health

Don't let it Become the "Waste Line" of Health

By Charles MacMahon

THERE are a great number of folks whose waist line, as far as health is concerned, should be written "waste line." That is to say, they have neglected this most vital part of their body to the extent that it becomes the "waste line" of their health. They are wasting good health by neglecting to keep the waist muscles in good condition.

In a past article I wrote about the internal organs which, as you know, lie within the waist region. In that article I dealt with the organs themselves and gave you exercises that stimulate these organs. This month I want to deal with the muscles of the waist, forgetting the internal organs.

Now there is a similarity between this article and that past one inasmuch that they both accomplish the same purpose—better health through stronger internal organs; but it is, no doubt, easier to get men and women to exercise for better shape of their waist lines than it is to get them to exercise for direct improvement of their internal organs. The latter, probably, seems far fetched to them.

So, if I can get you and others to exercise for the purpose of taking off that fat, flabby flesh around your waist and develop a strong, muscu-

lar waist, I will have accomplished my end. A muscular waist means strong and well-stimulated organs and far better health.

There is always much joking and criticism about who have large, fat waists, or about those who are beginning to get into this condition. However, it is no joking matter, whether it be on you or some one else.

Don't be the sort of critic like the baseball manager I knew. Quite a few years ago I was playing professional ball in a small league in New England. One of our other recruits, we had a candidate for the outfield who really had ability. He didn't land a job, however, because, as this manager expressed it, "he was a hog fat." The funny part of it was the manager who possessed a waist line that was hard to overlook was a playing manager at that.

Look to your own waist line first, and if you are not in good conditioning give it some attention. Even then don't joke and criticize others, but tell them you got rid of a fat waist and impending ill health.

A well-muscled waist is more essential than a strong 18-inch neck, or 16-inch arms, etc. I don't mean you should simply ignore the rest of your body, but you should simply ignore tirely your arms, legs, and other parts of your body if your waist is stout. Give special attention to it, let the other parts be a secondary matter. It means you are in the all-important position of health.

There will, no doubt, be some who read this and will think it is not necessary because their waists are yet begun to inflate, though you do not have the suggestion of a "bayonet" waist. You need the exercise



Fig. 1

article if your waist muscles are not strong, hard and well developed. Abdominal muscles can be soft and weak, and yet not bulge to a noticeable extent.

The exercises I will give you are of a slightly different type from the usual waist exercises; but don't despise the well-known common abdominal exercises, for many of them are excellent and good for our purpose.

I will not call the muscles we are interested in by their names, because these names mean little to those who do not know them. Suffice it to say that the muscles I

Fig. 2

ing to are those along the front of the abdomen, those on both sides, and the muscles of the small of the back.

Keep these three groups of muscles in mind while exercising for waist reducing and hardening, and see to it that each exercise is done correctly so that it affects the group of muscles it is meant for.

I believe that too many of those who try exercise do so with a far away mind. Others pay better attention to their exercising, but have their mind on their shoulder muscles while exercising their calves, or follow some other just as absurd trend of thought.

After you get a well-developed waist, you will find that you'll sleep and feel better, even though you eat just as much as you ever did.

The following exercises must be done correctly, or they lose their effectiveness. For instance, in Fig. 7, if you simply swing the hands and arms from side to side, allowing the hips to turn with the waist, you will get practically no good from it. My description of this exercise, as well as the others, if read and executed carefully, will show you the great difference between the right and wrong methods of performing exercises.

The first illustration, Fig. 1, is a variation of the floor touching exercise. You first stand with the feet apart, then bend over forward, pushing the arms between the legs. Stand a distance from the wall that will enable you to easily touch the wall with the tips of your fingers. Then straighten up again and move both feet an inch or so further from the wall and try again to touch it with the finger tips, and continue this until fatigued or until you cannot touch the wall.

You will find, if you have been trying to do this one with the legs fairly straight, that it "gets you," so to speak, in the backs of

then find the waist muscles affected instead of the leg muscles.

At first, the very stout will find it difficult to get near enough to the wall to enable them to touch it. This will be caused by the overly-large stomach, which prevents bending, and it is also caused by overly-large buttocks, which usually go with a stout waist. Practice will overcome this as it reduces the waist line.

In the second exercise you stand as you did in the first, except that no wall is needed. With the feet spread, bend over, bringing the hands as close to the floor as possible on the outside of the right foot.

Allow the right knee to bend slightly, but keep the left leg straight. Now try to reach with both hands as far back and as close to the floor as you can, keeping them on the outside of the right foot.

It will be easier to reach back far with the right hand, so concentrate on the left hand, trying to force it around and down as far as possible. This pulls the left shoulder and side around, making the exercise more effective.

Now, without straightening up, swing over to the outside of



the knees and thighs. As we are not interested in the back of the leg muscles, you must bend the knees slightly in order to take this work off the leg muscles, and put it on the waist muscles where you need it most. You will

Fig. 5

Fig. 6

Fig. 7

the left leg and shift your concentration to the right arm, pulling the right shoulder around as far as possible.

In the exercise illustrated in Fig. 3, you again stand with the feet spread comfortably apart; but in this case you bend over first to one side and then the other. Each bend is finished with an effort to reach downward with the hand to a point as low as possible on the leg.

There are two ways of doing this exercise, and both methods have their advantages. One way to do this one is to bend sideways without allowing the upper body to lean forward or backward from the hips. In this way you cannot go down so far because the lower ribs fetch up against the upper side of the pelvis, or hip bone. It

is very good for the muscles that are on the sides.

The other variation is allowing the upper body to go forward slightly so that the ribs can just pass the curved edge of the pelvis. Then you can reach down to the floor. I prefer the former method in this case because it is not so much like exercises two and six, as the latter method is.

In Fig. 4 we have a new variation of a more or less common abdominal exercise.

The feet, naturally, must be held down by some heavy object. Upon raising the upper body, by the strength of the abdominal and leg muscles, do not keep it rigidly straight, but raise the head first, then the shoulders, and finally the entire upper body.

You will find this variation contracts the abdominal muscles more fully than when the upper body is kept straight. The hands can be clasped as illustrated in this exercise, for that assists the raising of the body.

The foregoing exercise is one of the very best for taking down a large stomach and replacing soft flesh with hard muscles.

In Fig. 5 you are shown a stretching exercise for the sides and abdomen, and a contracting exercise for the small of the back muscles.

Stand with the feet apart and lean back slightly at the waist while clasping the hands behind the head. Now bend from side to side, maintaining the lean backward. You will feel this in the small of the back and abdomen and along the groins. Do not be unreasonable in regards to the backward bend—simply make it a slight bend until you become accustomed to the exercises.

The next exercise, shown in Fig. 6, you must take great care to perform properly, for in this one it is easy to get out of position and form.

First you assume the spread leg position and then lean over at the hips until your shoulders are on a level with the height of your hips. In other words, your back, from buttocks to neck, must be as level and horizontal as possible.



Fig. 4

Now, keeping this position, you turn the shoulder to the right side and then to the left side. Keep the upper body stationary as you can. Don't twist the upper body, letting one shoulder get higher than the other. Strictly to instruction, it makes a very efficient exercise.

The last exercise is a waist-twisting one, very simple. The only exception is that, like Fig. 2, the right arm should pull the right shoulder far around to the left.

Stand with feet apart and arms shoulder high. The right arm can be slightly bent in this exercise. Now, turn the upper body to the left while keeping the hips stationary, and, as the arms go around to the left side, try to reach around as far as possible with both hands, especially the right one when turning to the left. When turning to the right, the left arm should do the reaching.

Do all these exercises slowly and try to reach further with each motion.

As the abdominal or waist region is, undoubtedly, the most important part of the human body, it must, along with other parts, be kept in good condition. In doing this, not only maintain a trim, youthful figure, but also the internal organs, which are located there, well protected by a natural method. You can surely see how essential is a well-exercised and developed line.

The liver, the condition of which is a very important matter in regards to health, is kneaded, massaged, consequently, stimulated and kept active by abdominal and side exercises. Those who exercise their liver



Fig. 3

especially the small of the back are exercised faithfully, will be benefited also and made far better able to dispense with the poisonous matters that pass through it daily. Kidney diseases are fine to keep away from.

The stomach and intestines will be better able to perform their respective duties properly if the abdominal muscles are exercised four or six times a week.

So, while waist exercises are most important, one must also exercise his legs, arms and the remaining parts of his anatomy so as to have proper circulation throughout the entire muscular system, as well as throughout the organic region of the waist.

You mustn't cause the extra blood supply produced by exercise to be forced repeatedly to only one set of muscles. The limbs must have their share of fresh blood, too.

If you possess excellent health, don't waste it by allowing your abdomen to become soft and bulging. Continue with your abdominal exercises, and your health will last indefinitely. (Continued on Page 31)

How to Play Basket Ball

A Game of Speed, Skill and Endurance

By *George Dembinski*

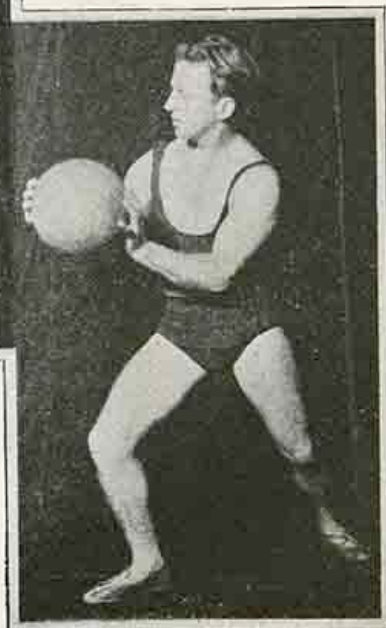
ONCE heard a very amusing and interesting story in regards to basketball, and since I have been asked to talk about the game, I shall first narrate this story. It is one of the most peculiar stories I heard. Several years ago a basketball team condescended to play a championship game with a team representing a nearby city. The opponents, supposing that the "Garnets" (that was the name of the team) were above average in weight and height, went to the expense of hiring several star players to make their team stronger. They did not realize that the Garnets were comprised of men below the average height. The day the game arrived, the crowds that met the Garnet team were surprised because the men did not look like the giant team they were supposed to be. In the Armory where the game was to be played a record crowd had gathered and noisy cheers were given the home team. When the Garnets rushed out on the floor for the pre-game period a roar rose from the vast audience followed by cheers, knocks, slams, hisses and what not, for the Garnets, wrapped up in sweat shirts, seemed to be a very lot compared to the giants of the home team.

The leader of the Garnets was a very clever person, and he realized the cause of the crowd's action was that his players did not look like the real thing. They were cracked up to him. He called them aside and whispered some surprising news

to them. They immediately left the floor and remained absent long after the opening whistle had blown for the start of the game. Now remember, the crowd had not glimpsed their bodies and had no idea of their condition, nor had they seen them in action. They supposed that the team being small and covered with sweaters were just ordinary and imagine their surprise when after a lapse of time, the Garnets rushed out minus the covering over their bodies. Every one of them was perfection itself, and, though small in stature, in their basketball uniforms they drew forth rounds of applause and gasps of admiration. The home team beholding this spectacle of well muscled and surprisingly agile "Garnets" prancing out at this psychological moment became utterly bewildered.

For the moment the home team lost all faith and confidence in themselves. Then and there they were defeated. So well did the psychology work that the Garnets ran away with the heavier team. Before the first half was over they rolled up a large score. In the second half the home team found themselves to no avail. The Garnets had pulled up too large a score, and so, my friends, through this wise strategy the Garnets walked off with the championship, leaving the giants to gnash their teeth at such a terrible defeat at the hands of the midgets.

These so called midgets may not have showed their worth in



Three ways of "passing" a basketball.

clothes, as was previously stated, but when they stripped off their clothes, displaying beautiful muscular bodies, this alone captivated the vast audience. The other team had quantity, but these boys possessed quality. They knew that physical development was the fundamental principle of success in any sport. Besides their practice of the basketball game, they spent countless hours building up their bodies, at the same time attaining speed, skill and endurance, all that is necessary to play any game successfully. Their possession of these good points enabled them to come out winners and proved their superiority in every way.

About thirty-five years ago the game of basketball was first conceived. At the time students of Springfield College (a physical education school in Massachusetts) were searching for games that could be played indoors and replace games such as baseball, football and other sports, which were very popular at the time, but could only be played outdoors.

Drs. Luther and Naismith, both directors of the physical education department, were the originators. They discussed the new game and decided to talk the idea over with their students. Upon hearing of the game, the students immediately set forth and began practice. The game consisted of placing or tossing the ball through a basket attached on the side of a wall. Rules and regulations were gotten up and the new game was created called "basketball." We owe all credit to Dr. Naismith, the inventor of the game, for evolving certain requirements that this game should embody.

Considering the number of years the game has been played, these rules and regulations, which are the fundamental rules of the game, have stood the test of time and still hold good. Not only have we made it America's leading and most popular indoor sport, but have spread it to all parts of the globe, proving that it was not only a community affair, but of world wide following.

Investigations bring to light the fact that boys, girls and young men of different parts of the earth,

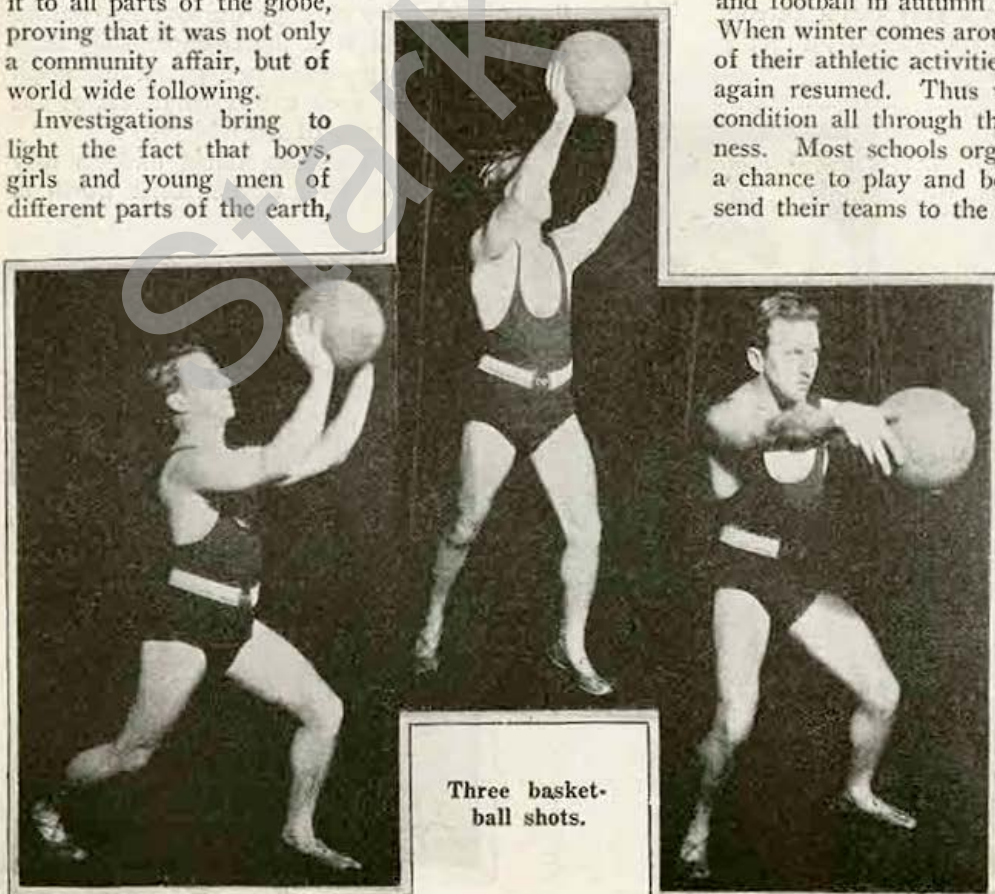
have not only taken up this wonderful game, becoming quite proficient in it. Take France, for instance, up until the world war they did not know anything about this game. Since the close of the war basketball has become very popular in that country. It was first introduced to them by our soldier boys. The years of 1919-20 saw a number of teams, especially the Y. M. C. A.'s and in the army schools. When the armies dispersed, the French nation did not lose interest in the game, and to prevent it from dying the Athletic Federation of France organized basketball groups in different athletic clubs throughout the country. The French have become so enthusiastic over the game that they play it outdoors during the months of November, and from then on in a gymnasium during the spring. Like other sports, it is becoming an all-around pastime, as are tennis and golf in certain parts of the world. The French Federation took basketball under its wings as a means of developing their youth and keeping them in trim during the winter months. Having become so expert in the art of the game, they are contemplating sending their best teams to the United States. By doing this, the game of basketball will not only be a national game, but will be of international importance. A few more years, at the same rate of progress it has been making, the game of basketball undoubtedly have more players than any other game in the United States and France, as in tennis, should be our greatest competitor and maybe, who can tell, the conqueror of the United States for the world's title.

Since the creation of basketball, high schools and universities have taken up this great game not merely for the game of it, but primarily to keep their students physically fit. Baseball in spring and football in autumn take up the students' sports. When winter comes around they do not have to stop any of their athletic activities, for the game of basketball is again resumed. Thus the students are in the best condition all through the school year, preventing idleness. Most schools organize leagues to give every student a chance to play and benefit physically. Some schools send their teams to the annual interscholastic basketball tournament, which is held in this country.

It is a well as beneficial to all who participate in it. It is a means of developing good sportsmanship, helps in the up-building of character and adds to good citizenship in our nation. We have to have them to be of great benefit and most of all they are the standardization of the game.

For one of the best amateur basketball players in the country, we are indebted to Ernest Blood, physical director of the school, who coached the Passaic School Team, who won the title.

(Continued on page 33)



Three basketball shots.

A Physical Marvel at Sixty-one

How Exercise Turned a Human Wreck at Thirty Into a Super-Man

By George F. Jowett

THE shadow of tragedy loomed over the childhood of John Y. Smith and remained like a blight upon him until he was well past the estate manhood. The chapters of his life

so thrilling and fraught with privation that you are almost led to believe you are reading the pages of Jack London's "South Sea Tales," or following one of James Oliver Curwood's wild heroes of the far northwest. It is a fine story, and the kind that makes another, who has been raised amid the comforts of home, feel what a useless slacker he is. Very few people who meet a veteran can imagine what he has gone through. The cheerfulness of his steady blue eyes is disarming, and the smiling creases around the eyes and mouth signify absolute contentment; but, no real man bears his heart upon his sleeve for strangers to read the inscriptions. He generally has sufficient forti-

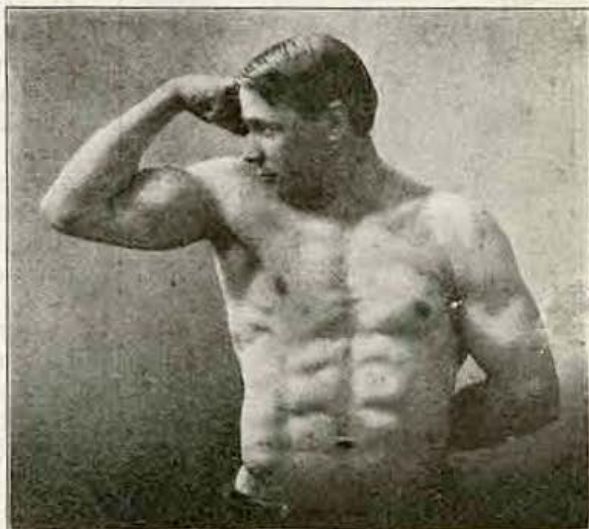
tude and confidence to enable him to cope with any obstacle that besets his path, irrespective of its sinister shape. So we find John Y. Smith, a man who has been buffeted upon the shoals of life, without the guiding hand of a parent to steer him, but he came through clean, and earned a place for himself in the hall of fame erected in the heart of every body culturist and strength lover.

John Y. was born at sea on April 22, 1866, the offspring of a Teuton mother and a Gaelic father, the youngest of a family of three. All three were born at sea in the old world romantic atmosphere of a full rigged sailing ship, of which Smith senior was captain. They were raised like regular young Vikings, and well for them it was so, for too soon the hand of misfortune fell upon them. In the year 1870, one year before the French inundation by Bismarck's Prussians, Captain Smith was sailing an Austrian craft through Chinese waters, when he was stricken down suddenly with sickness and quickly passed away. The shock was too much for the bereaved wife, and within a week another still figure, sewn up in its canvas casket, was lowered overboard and swallowed by the lulling waters of the China Sea.

Thus, suddenly left alone, the three young orphans became as flotsam and jetsam upon



These three poses show John Y. Smith as he was at 33 years of age. It seems pretty hard to believe that a couple of years before he was a wreck from a pleural lung. The picture at the left was taken at the time he made his first amazing exhibition of his power in Boston. Note how clear every muscular detail is. He gives one the impression of a bunch of springs ready to leap into terrific action.





John Y. Smith performing a difficult and very spectacular one arm lift with his partner. Picture was taken during their act when John was around 37 years of age.

life's waters. Cared for by one and then another the children were soon separated, and the four year old John never saw or heard of the other two again. He became a waif of the sea, and worked before the mast from the time he was knee high to the scuppers until he was



Another very unusual feat Smith used in his act. The extraordinary feature of this is the man standing on his face.

twenty-nine years of age. He was as tough as a whale-bone from the bleaching of tropical heat and the freezing of Arctic waters. His hands were huge, hard, and as vice-like in their strength as pincers of steel.

Wearied of the sea he arrived in Boston in 1895 and decided to acclimate as

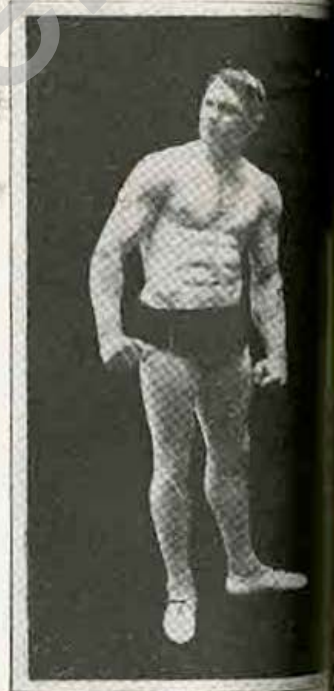
a landsman. He secured a position in a packing house, and in manner in which he handled huge case goods amazed the strongest packers in Boston. When John saw how superior strength was over that of the rest, he took a keen delight in demonstrating it to them.

However, the sudden change from one life to another fell upon him, and his previous privations began to make themselves felt. He developed a pleural lung condition, and day by day he began to fail. He tried hard to work regularly, but he was so reduced by weakness that he was obliged to seek relief in a hospital. He underwent an operation and the physicians took out his lung, taking over a quart of fluid from it. For months his lung oozed, and long after he left the hospital he was in a poor condition. He had to live, so he had to work, and the next few years are full of harrowing experiences and of a fight for life.

About this time Oscar Matthes, the Miniature Sandow, met John and his great physical abilities, and became drawn to him as like to like always is. A mutual friendship developed between them, and Matthes, with his knowledge of body culture, pressed into the ex-seaman that his only hope of ever returning to his former state was in the building power of physical training. John took the next step under the guidance of his new found friend, and in 1897 he joined the Boston Y. M. C. U. which he has never

left. John told me that from that time he never looked backwards. Every week he felt the old glow of strength coming back to him, so that the next year he found his wasted frame filled out and he weighed 168 lbs. stripped. The badly damaged lung became fully reconstructed and developed a capacity of 350 cubic inches. His interest in body culture knew no bounds, and he began to develop a great love for the sport of lifting weights.

It was at this time that the heart of America was beating to the pulse of strongmanism. There were Sandow and the invincible Louis Cyr both drawing world-wide attention, and Boston was one of the great sport centers where much interest was centered in feats of strength. It was here that John L. Sullivan made his debut as "Boston's Strongest," before he entered the prize ring. Throughout his life, John was always proud of his great natural physical power. It was in Boston that Louis Cyr made his tremendous back lift, and, somehow, the famous dumb-bell owner Richard Pennell had become located in the city under the name of "Tea Party." So Smith found plenty of



John Y. Smith as he was around 44 years of age, when he beat Sandow's best arm lift "just for fun" to show what exercise had done for him.



When Smith quit public performance many told him he would go to pieces. He made a wager that when he was 50 years of age he would raise 200 lbs. overhead with either hand.

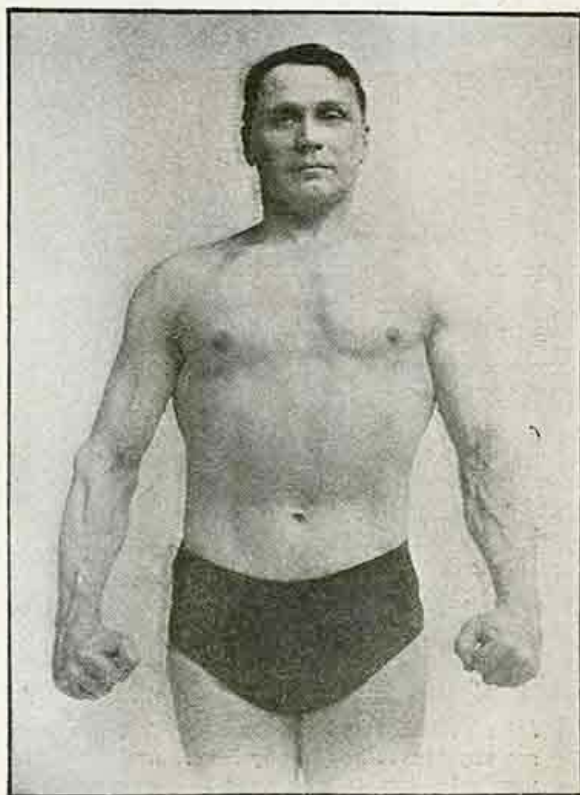
re his ambitions. He told me that he used to look at Pennell's lift in wonder, and one day he resolved that he was going to lift it, although the best he could do then in a one arm press was 125 lbs. Matthes was an expert at this lift, and taught John Y. with unflagging persistence. Dogged and determined, Smith plugged along until success crowned his efforts. His first real attempt was a world's record made in the spring of 1899, on May the 18th, less than four weeks after he had passed his 33rd birthday. On this day he kept the first promise he ever made to himself, that he would lift Pennell's historic dumbbell. He did lift it, and fourteen pounds more, exactly 215½ lbs. This lift made him noteworthy, and was accepted by the New York Clipper, as a world's record. This success made John as happy as a lark, and poured more oil upon the fires of his ambition.

When he appears in street clothes you would not imagine that he was the capable man of might that he still is, for he is built entirely different from the general conception of a strong man. Bare foot he stands about 5 feet 7 inches, which would give him more than another inch in shoes, and he weighs about 175 lbs. in clothes. On the street you will see many men of this stature, and none are inclined to excite your attention. Still you will find, as I have always said, it is what is under the coat that counts the most, and John certainly has it. His muscles are long and smooth when relaxed, but the texture of them is like that of steel cables. He has unusually long arms, and out-ganned the famous boxer, Jim Corbett, who stood considerably taller than Smith. This was proved by the measurement of each man taken at the same time backed against a wall. Smith was always a wonder in lifting separate dumb-bells with two hands, which is generally the most difficult lift for a long armed

man. Remembering this physical oddity, you can better appreciate his arm measurements. He has an upper girth of 16½ inches, and a forearm measurement of 14¼ inches, with an 8 inch wrist. The rest of his measurements are very good, running as follows—Neck 16¼, normal chest 44 inches; waist 34½ inches, hips 38¼ inches, thighs 23 inches and calf 16 inches.

He had lots of fun with his strength and was naturally what is termed "a good kidder." Strolling through the market one day he noticed some men unloading bags of salt. In order to carry them, they used their back. Somehow, this amused John who stood by a few minutes watching them unload. "Are those heavy?" he innocently inquired. "Heavy!" a big husky growled back, "A 'darned' sight heavier than you can handle," and with a scornful look on his face he looked John over and walked away. "Just the same," John called back, "I can carry one under either arm, and will bet you I can lift one over my head with one hand." The gang grew sarcastic, so John peeled off his coat and without any more ado, hitched one bag under each arm and walked away. He proceeded to carry out the second letter of his statement, and placed a bag of the salt on the palm of his right hand. Several times he was unsuccessful, but the men were impressed with what he had already done, and silently looked on. Finally, getting a better balance of the unwieldy object, he pressed it to arm's length on his fourth attempt. The feat was too big for those men to fully understand, and he left them amazed and filled with wonder.

From 1903 to 1910 he was in his prime; that is, he did his best between the ages of thirty-seven and forty-four, but later on we will find that this is not so as judged by the years. In 1903 he was persuaded to go on the stage, but he did not care for the life, although his routine was one of extraordinary feats, and after about a year of theatrical touring he quit. He said he had traveled too much in his life and, as he was married, he

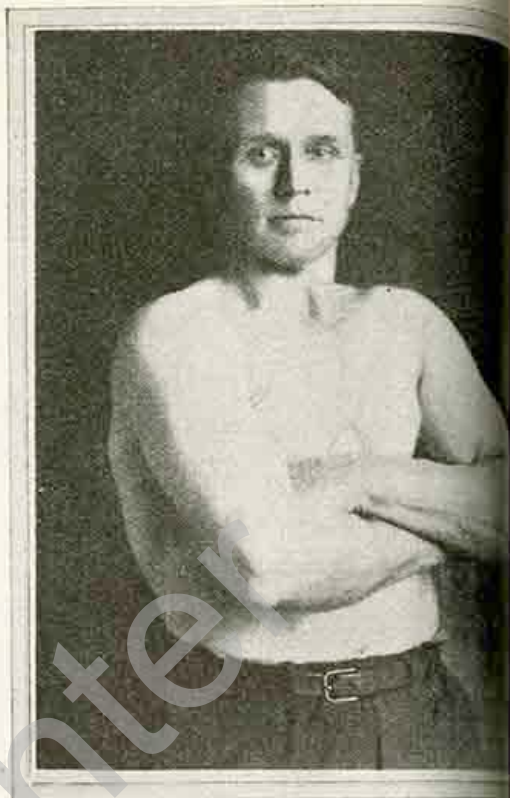


The top picture shows Smith at 50, when he collected his bet, doing over 200 lbs. at the first attempt after years of lay-off, and this picture is of him at 53, as good as ever.

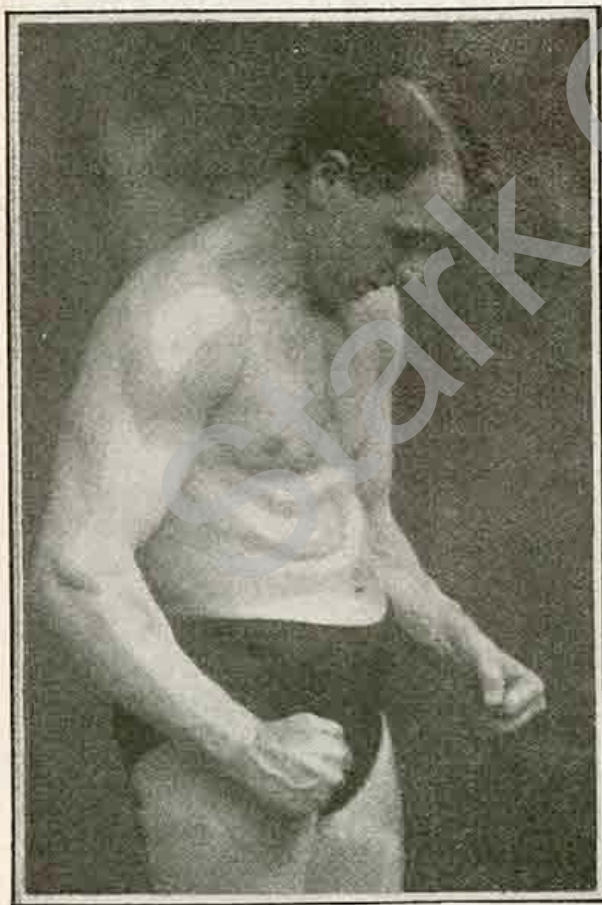
preferred the sanctity of his own cosy home with his wife and family.

The best lift he ever made was a right hand bent press of 275½ lbs., which was and still is a world's record, as also is his left arm press of 248 lbs.

When he was on tour he made a standing offer of one hundred dollars to any one who could duplicate his right and left arm lift. No one ever succeeded, and we can quite understand why. The dumb-bell weighed 210 lbs., which he took to the shoulder in one movement from off the floor and pressed to arm's length overhead without allowing the disengaged arm to touch any part of the body. This stunt he performed with either hand as part of his daily performance; but his best single handed lift in two tempos was 225 lbs., with the right hand, and 215 lbs. with the left. Some of his other feats, which I know will be of great interest to you and enable you to better determine the caliber of this wonderful man, are: A one arm press, using both hands in lifting the dumb-bell to the shoulder and finishing with the right hand 275½ lbs. and a similar left hand press of 248 lbs. These two lifts alone prove the immense resource of his great strength, and has never been duplicated. How much more he would have lifted if he had used a bar bell is hard to say, but it is safe to say that he would have done more. On several occasions, it is claimed, he walked 75 yards while holding a 240 lb. dumb-bell in the right hand and a 220 lb. dumb-bell in the left hand. Terrific, you will say. Yes, but more so, as the handle bar of



Smith as he was at 59, still a dynamo of power and proving that once you build your body right, what you get will always stay with you.



John Y. Smith at 60 years of age. You don't see any muscular atrophy here. Look at that wonderful torso. This year he won a belt in a competition promoted by the Boston Post to find the strongest man in the New England States. He was exactly 60 years and 60 days on the day he won it.

each bell had a diameter of 1½ inches. His grip enormous, and picking a 75 lb. plate off the floor by the edge with his fingers is still easy for him. On one occasion he made a bet that he could lift a horse on his shoulder out the use of tackle, and did it by getting under the hind and allowing the bulk of the weight to rest on his front shoulders. The weight of the animal is given out at 1000 lbs. At another time he and a bunch of witnesses journeyed to a junk yard where they made up a weight for him to lift. It was a block of iron, originally a pile driving weight, which a bar was passed. He raised the weight over 100 inches off the ground by taking hold with his hands and feet with the thighs. Sportsmen who follow weight lifting recognize the lift as a hand and thigh lift, the total weight which was 1640 lbs.

Lifting barrels filled with beer, sand, or water was a favorite pastime of strong men in the nineties, and John Y. Smith easily outlifting many huge men in this same sport. In a friendly contest he straddled a barrel of ale that weighed 750 lbs., and grasping it by the edges raised it 75 times off the floor in succession. While laying on his back he pressed to his arms' length a barrel filled with a mixture of sand and water that weighed 340 lbs. Barrels are mighty nasty to handle and nowadays you rarely see a lift made with them. The gigantic Louis Cyr popularized that kind of lifting here, and the manner in which he could toss them would make your hair stand on end. Smith and Mattie were idolized that great man, and Cyr respected both of them. Both for both were mighty men for their body-weight. Many years have to roll around in many, many cycles before you are found who can fill their place.

When Smith decided to quit the stage, along with his many appearances in 1904, many cautioned (Continued on Page 37)

Trading Wallop for Wallop

The Story of a Fighter Who Was a
Real Credit to the Game

By *Wm. Boone*

THERE is no doubt that when Harry Greb passed away at the popular Atlantic sea board city last year, the ring lost one of the best middleweights that ever pulled on a mitt. He was both spectacular and classy, and had a pair of educated hands that could flail around from every conceivable direction. On the record books he stands out rather uniquely, being one of the few who held two championships at one time.

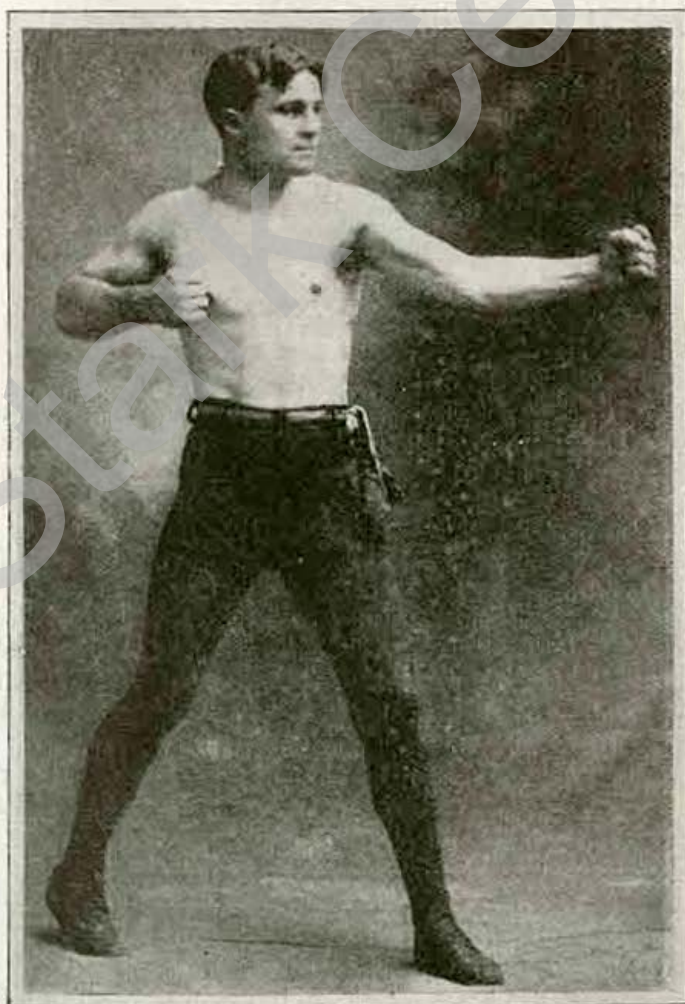
The night he trimmed Gene Tunney for the light heavyweight crown made him a dual monarch. After that the windmill fighter from the smoky city became very popular, and keen interest was taken to promote a return bout with Greb and the Marine. Their first fight, which had lost Gene the title, was a corker, full of stabbing lefts and dancing feet. Throughout the fight there was very little to choose either way, but Greb won on a close decision. He felt that there was nothing to fear in a return bout, so "Red" Mason signed the paper that brought the double champ into the ring once again with Tunney, with the title at stake. The fight was a real sensation, ending in the Marine regaining his crown, although the decision was not a popular one by any means, for many papers claimed that the mitt slinger from Pittsburgh had been the victim of a barefaced hold up. Whether it was so or not, the fact remains that Greb lost the decision, and Tunney, as a light heavyweight, never cared to meet Harry again.

Greb was a game scrapper while he was in the ring, as his battered up face could testify, but, I do not believe that he can be said to be the best middleweight that ever re-

sponded to the sound of the gong, not as long as you recognize Billy Papke or Stanley Ketchell. Either of these two would have stopped Harry.

Papke and Ketchell were genuine thunderbolts, regular dyed in the wool scrappers who were game from the soles of their feet to the crown of their head. How they loved each other! Bingo! one was as a red rag to the other, and what they did to each other was beyond description. They traded wallops as long as they could stand up, neither asking for quarter and neither getting it. Four times did these wildcats come together, Stanley winning three out of the four tiffs. The first time Stanley won over a ten rounds bout at Milwaukee, over eighteen years ago. The next time the Illinois

Thunderbolt turned the tables, and knocked out Ketchell in the most sensational battle of the year. It was one of those mix-ups where fists fly around like shrapnel, either one being likely to get it. Both were bleeding, but just the same it was a shock to the ticket holders to see Ketchell laid out cold at the end of twelve rounds. This happened on September 8th in 1908, at Los Angeles, California. Two months later the Pole sought revenge, and got it on the night of November 26th, at San Francisco. That was some battle, believe me. The imps of Satan could not fight more wickedly than they did. Each was knocked off his feet, but finis came in the eleventh round as Ketchell connected with the button and laid Billy out like a roll of linoleum. The next year on July 5th, at Colma, California, they met again, and for the last time. The fight went twenty rounds to a decision, won by Ketchell, but he sure earned it, for the Thunderbolt never eased

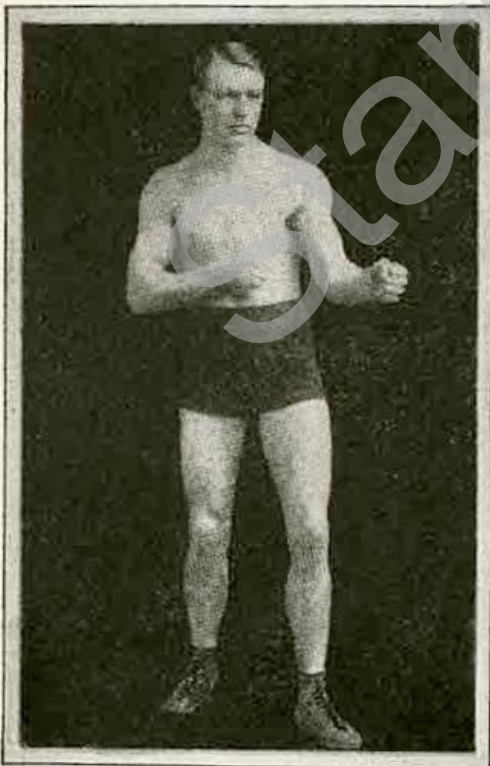


Billy Papke, the Illinois thunderbolt, whose fights with Stanley Ketchell for fistic supremacy are now historic.

up one minute from the sound of the gong. Yes, and Ketchell was there to meet him every time. They traveled so fast that they had forked lightning stopped at the post.

The Nelson-Woldgast scrap was a fierce fight, but it got to be a one-sided affair with Bat on the receiving end. The Ketchell-Papke bust-up was not. Each man swapped blows with all his willingness, in clinches and out of them. I heard some fans say, who saw those boys fight, that they were scared with the viciousness each man displayed towards the other. It was the kind of a scrap the world loves and seldom sees. This counter punching and feather dusting and love clinching we see so much of now wouldn't bust a bubble. All you get is a pain in the neck watching for something that does not happen. Ketchell was afraid of no man, of no color and of no weight. No matter what other faults he had, he never backed away from an opponent. Beyond a doubt it was his wonderful willingness and the tremendous amount of gameness he carried, that gave him the large following he had, and made his career one of the most sensational in pugilism from the time he stepped between the ropes in his first scrap and knocked Kid Tracey as cold as an iceberg in the first round, in 1903, up to the afternoon of October 15th, 1910, when he was murdered.

It is generally said that he did not start to fight before 1907, at which time he met Joe Thomas, the welter-



Eddie McGrooty has the rare honor of a victory over the great Australian middleweight, Les Darcy.



Jimmy Clabby, another of the many sensations that the middleweight ranks gave to boxing.

weight king, at Marysville, California, in a twenty-round draw on the night of July 4th. I agree that this was his first real battle of any account, but he had been fighting for four years then, and if it was merely local, plenty of those boys were tough babies. Ever since he was fifteen years of age he had made his living as a pugilist. The only reason he was never given a chance with the high brows of the cauliflower ears, was because he was underrated or feared. Anyhow, he was only nineteen years of age when he handed out to the wise guy the biggest surprise of his sweet life. He could hardly

for the bell to sound at his man. Right away he tried to mix things up. Thomas slipped out of the way, and fought him a long range. Thomas was all the class, but he was not to be denied. He tore in like a fiend, striking savagely with both hands. These rushes soon got the champ worried, and he looked as though he were going to be badly hurt. Ketchell connected solidly with him at the close of the round. Ketchell was handled by his seconds who offered him no aid and allowed him to stay away all the time. Up to the sixth round he was the winner, and the crowd was with him all the time. From then on he was Seeing this Thomas run Ketchell at the opening of the seventh, and forced him all around the ring, raining hooks and jabs on the youngster at a great rate. As the eighth round opened Ketchell came out with his teeth set, arms swinging like the sails of a windmill. He drove Thomas before him, fighting faster and faster up into the eleventh round, when breaking away from a clinch, the boy from Montana lashed out with an uppercut to the jaw that crashed Thomas to the canvas, and rolled him under the ropes for the count of nine. Ketchell by hanging on could Thomas save himself from the frantic efforts of Ketchell to finish him. Again, in the fourteenth round, Thomas was in distress, but he pulled through. Ketchell had fought himself with his whirlwind tactics and was getting weary from the struggle, but he hung on gamely, while Thomas began to regain his strength. Thomas began to even things up which ended the battle in a draw. This scrap sure made Montana Stan. It showed the world the stuff he was made of, and his later fights with Papke proved that success had not tamed his fighting heart.

Ketchell had cleaned up everything in sight, and seeing no competition among the middle or light heavies he turned his attention to the heavyweights. He ended up by signing with Johnson, who was then at the height of his career, laughing defiance at the world and their frenzied search for white hopes. In this fight Ketchell took an awful lacing, but from beginning to the end, he never lost his gameness, and all the real fighting was done by him, as he chased the big smoke round the ring and brought him down to the canvas. Could you (Continued on Page

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:

I have just finished reading my first copy of *Strength* and wonder if you could advise me through "Our Girls' Circle" how to reduce a double chin—one extending from ear to ear.

I am 35 years old, 5 feet 9 inches in height and weigh 157 pounds. I am large-boned. What would my weight and measurements have to be to be correct, as I intend to develop myself?

I will greatly appreciate your help.
Norwich, Conn.

D. K.

Your weight should be around 170 pounds. Your measurements should run something like this: neck $13\frac{3}{4}$, chest 34, bust 38, hips 42, thighs 20, calf 16.

For your double chin, practice the following:

Bend the head away back and go through a chewing motion about ten times in succession. Each time you go through the motion, open the mouth wide and pull the chin up as high as it will go.

Turn the head to the right side and force the under jaw well to the front so that it overlaps the upper jaw. Now tilt the head back so as to create a stronger stretch across the chin. Keep it thus while you make five chewing movements. Keep the jaw in the same position and

and tense the legs with considerable energy. Rotate the feet upon the ankles, first toward each other and then in turn the head to the left side, making five chewing movements. Repeat the same exercise, turning the head in each direction from five to ten times.

Always be sure to hold the chin high at all times.

DEAR MISS HEATHCOTE:

Won't you please give me a few exercises for knock-knees? I read your column every month, but have not come across exercises for knock-knees. Thanking you, I am Cincinnati, Ohio.

I. M.

You say you read my column every month. You must have slipped up on the December issue, for it contained exercises for knock-knees.

However, here are a few new ones:

Stand with your weight on both feet; bring the right leg forward about 12 inches in advance of the left, toes pointing straight ahead. Now bend the body forward and with both hands clasped on the inside of the knee, press outward as vigorously as possible without causing pain. Repeat the same movement with the left leg a dozen times.

Sit upright in a chair and extend the legs straight out in front at right angles with your body. Stretch



Pupils of the Madam Barth School of Dancing.

opposite circles to each other. Push with the heels and then with the toes, stretching the tendons of the lower limbs.

DEAR MISS

HEATHCOTE:

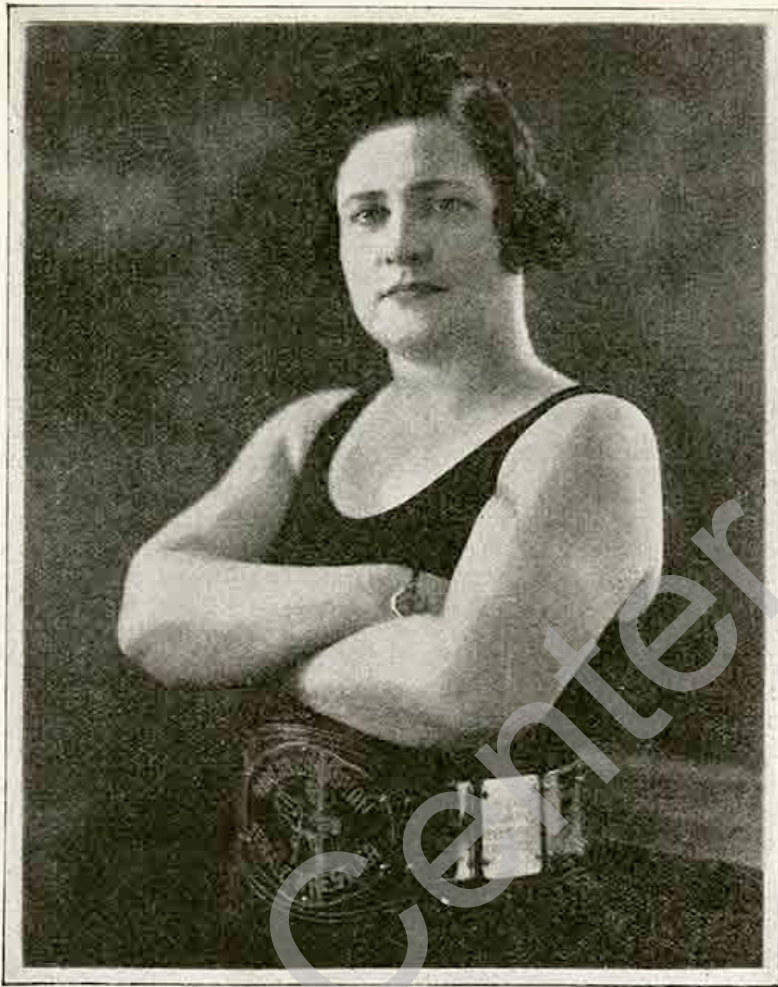
I would appreciate the following information very much. I am 20 years of age, weigh 132 pounds, and my height is 5 feet 2 inches tall. What should my weight and measurements be?

I look forward to my *Strength Magazine* every month and practice some of the exercises given, but my neck and chest and wrists are not developed enough and they do not seem to respond to the exercises I have practiced.

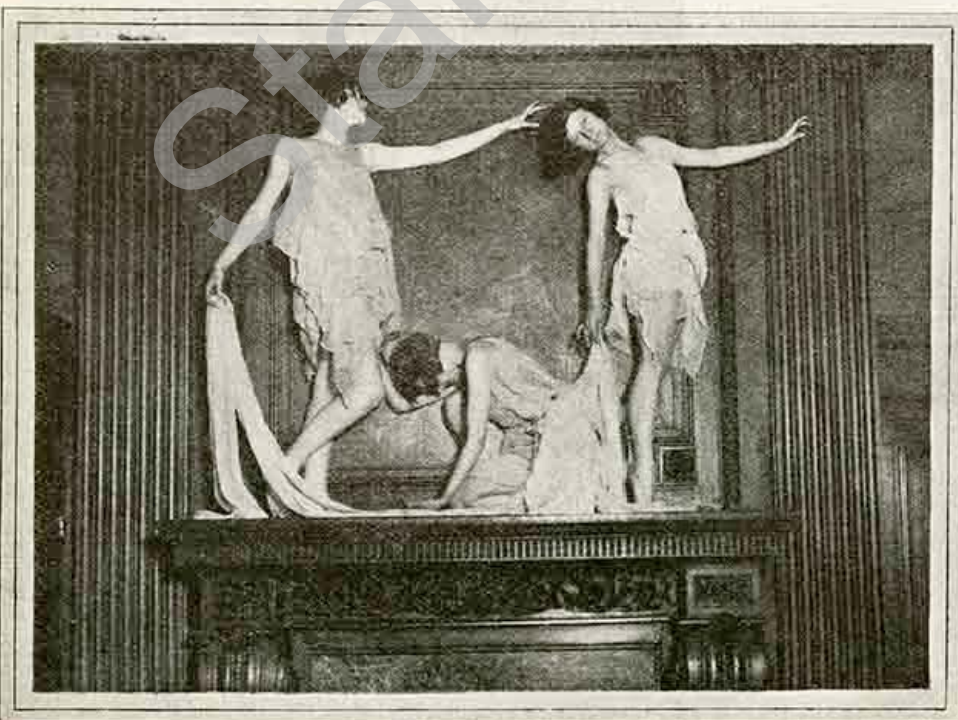
I am in good health and am athletic.
Hazelton, Pa. L. A.

Your measurements should be as follows: weight 112 pounds, neck 12 inches, chest 28 inches, bust 32 inches, waist $23\frac{3}{4}$ inches, biceps 10 inches, forearm $8\frac{1}{4}$ inches, wrist $5\frac{3}{4}$ inches, thighs $20\frac{3}{4}$ inches, calf 13 inches, hips 34 inches.

I would suggest that you practice the following exer-



Cora Livingstone, of Boston, Mass., recognized as the world's greatest female athlete.



Here is another form of dancing which is picturesque as well as beneficial.

cises to develop neck, chest and

Clasp hands back, pull the fingers backward downward, at same time raising and expanding the

Arms hanging from shoulders, hands side by side, thumbs interlaced in front of you, raise arms straight over head and same time deeply. Hold arms in that position for the count of ten then lower slowly and exhale

Bending the forward and backward and from side, while holding light dumb-bell in hand, is very effective for developing wrist.

For your neck will find the following two exercises of help:

Place your hands behind neck and the head back

against the resistance of the arms.

Place hands under the chin and force the head forward and backward against the resistance of your

DEAR MISS HEATHCOTE:

Kindly tell me what should be my correct weight and measurements. My height is 5 feet 2 inches.

Please tell me what exercises would develop the bust and chest.

Mrs. L. T.,

Practice the exercises above to L. A. for development of the chest. With the development of your chest will come a development of the lungs. Practice as many chest exercises as you can, particularly chest breathing exercises.

Your measurements should be: Neck $12\frac{3}{4}$ in., chest 28 in., bust 34 in., waist $23\frac{3}{4}$ in., biceps 11 in., forearm $8\frac{1}{4}$ in., wrist $6\frac{1}{4}$ in., hips 34 in., thigh 23 in., calf 14 in., weight 132 pounds.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I am 33 years of age, do not use tobacco or alcoholics and have never dissipated; sleep well and lead a normal life; do not eat meat and am generally very careful of my diet. Two years ago a succession of picnic dinners, etc., started me off with a real siege of indigestion, which could not be broken by fasting, milk diet, raw food, fruits or anything else. Had an X-Ray taken, the report of which is enclosed. Am seldom hungry, though good things always taste good; after starting I can enjoy food to the bursting point, but seldom, if ever, feel that craving for food that drives people to eating. Am not troubled with gas on stomach or belching, and am very seldom constipated.

My principle "symptom" is not in your catalogue. It is this: my meals usually seem to be digesting nicely for several hours, whether they do or not; trouble always comes in the latter stages of digestion, thought I cannot say whether the food lies in the stomach too long or whether the trouble is duodenal. There is a tenderness or irritation or "burning" sensation which comes somewhere about supper time when my dinner has "gone wrong." Then if I eat, I add insult to injury, so I usually miss supper. If it is a supper that goes wrong, I will go to bed four or five hours after eating in blissful ignorance of trouble. The next morning when I drink my glass of water, I can usually sense trouble and know that if I eat a breakfast, it will not digest normally. Did you ever have a patient who could tell by drinking a glass of water before meals whether they will digest or not? Well, I can as a rule. (By the way, I have been drinking distilled water for eight months, thinking that this tenderness upon drinking water, or whatever the sensation may be called, was due to chemicals in the drinking water of our city, but this feeling of "something wrong" comes just the same with distilled water.) Sometimes I think that this sensation is caused by bile backing up into the stomach. Some times I think it may be an irritation or inflammation of the membranes of the stomach or intestines. One thing is sure; it

always takes time to get rid of it, and the best method seems to be missing a meal or two, then taking a light meal or two before eating usual meals. In other words, the "distress" is either felt just before taking the next meal, or else attends the digestion of the next after the one that caused the trouble; for example, if I eat a supper that is too much for me to get away with my usual breakfast of cereal and milk next morning will not digest normally. Could my stomach be ulcerated?

J. T., Ohio.

ANSWER: It seems that you have been a very careful student of diet. X-Ray report shows atonic and posed condition of stomach. There is apparently no ulceration, according to X-Ray. These atonic states are sometimes hard to manage. It seems that the stomach would empty much quicker if you had a proper fitting abdominal support, which should be put on and taken off while lying down and worn at all times when erect.

Supplement this by taking exercises while in a recumbent position. With the hands press gently but firmly towards diaphragm, as this will push congested organs upward and relieve sagging. Try to widen diaphragm arch by taking a series of short, deep breaths, placing hands on lower part of rib-box. This has a tendency to straighten diaphragm. Take abdominal exercises in a recumbent position, raising feet over head; in addition it has been found of benefit to take electric and massage treatments from a competent Physio-therapist. Take Tincture of Nux-Vomica, 10 to 30 drops, gradually increasing to add tone to involuntary muscles. Your general make-up is that of what we call the asthenic or enteroptotic type. In some cases, these patients are so badly afflicted that they require primarily at least two weeks rest in bed on a forced feeding regime, the idea being to form a layer of fat in the peritoneal layers and so raise the viscera. You seldom find posed or sagging organs in the stout individual who has plenty of fat.

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. Mittleman 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. Mittleman the "Strength" readers have successfully obtained better health and strength. Dr. Mittleman 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.

QUESTION: Could you give me any help in this

case: my little niece, aged 1 year 11 months, has suffered since she was six months old with a very irritating teething rash. Within the last six weeks this rash has turned to running sores. It has been worse on her buttocks, behind the knees and on her wrists, elbows and neck, but now it is confined to her head, face and arms. She has been under a doctor's care since she was six months old, who does not seem to be able to do anything for her. Our doctor tells us it is only her teeth, but she is having more than her share of suffering. The baby is fairly well and a very fat child. She has every care and attention and is kept perfectly clean. Sometime ago she was quite free from the rash for a few days but during that time she took convulsions. If you could advise me in any way I would be very grateful.

P. S., New Zealand.

ANSWER: I am very sorry you have no competent skin specialist near at hand who could eliminate the trouble. From your description the child is probably suffering from generalized seborized eczema. Most convulsions in children arise from some disorder in the gastro-intestinal tract, though possibly there is some other cause in the central nervous system. We would advise a non-irritating diet, consisting of well cooked vegetables, cereals, and fruits, both raw and cooked. Eliminate all animal products, pies, pastries, etc. It may be wise to give her a mixture of Magna-magnesia, 3 oz.; Mistura et soda, 1 oz.; $\frac{1}{2}$ teaspoon 3 times daily. This is a harmless remedy. If bowels move too freely, stop till normal. If the sores you speak about are merely serum and not pus, the following is efficacious: Phenol, 10 grains; Calamine (this is a pink powder), 2 drams; Zinc oxide ointment, 6 drams. I hope you will find relief for the baby, either through local specialist or through our help.

QUESTION: Being a STRENGTH reader, I am writing you regarding my physical condition. My age is 19 years, and am very thin and a weakling. I always get headaches during the day and especially when it is very hot here in Serang, Java. Though my age is young I have a lot of grey hair growing on my head. I have used all makes of hair restorers, but found them all to fail. I am also troubled with pimples and blackheads scattered about my face, which oftentimes cause itching and pain. I hope you will be kind enough as to give the reasons and cure for the above ailments, for which I thank you very much.

L. F. M., Serang, Java.

ANSWER: Apparently you have defective circulation of the skin as is shown by the grey hairs and blackheads. Remove the latter by pressure of the fingers. In your condition, salves and pastes are best applied at night. Try the following:

Sulphur Precipitate	1 dr.
Starch and Zinc Oxide.....	2 dr.
Petrolatum	4 dr.

Rub in at night.

Internally take:

Ferrous Sulphate	16 gr.
Magnesium Sulphate	1 oz.
Dilute Sulphuric Acid.....	1 dr.
Peppermint Water	4 oz.

Tablespoon in glass of water half hour before breakfast. Take through straw or glass tube to avoid getting on teeth. This is a very bitter dose.

QUESTION: Some time ago you published a formula in STRENGTH magazine to cure the tobacco habit. Unfortunately, I have lost that number so I am enclosing a stamped envelope and will appreciate very much if you will send this formula to me.

F. J. B., Chicago, Ill.

ANSWER: I really cannot recommend a drug to cure the tobacco habit. It requires mostly an effort. Some lovers of tobacco will find that tobacco is harmful to them, if they will smoke after the meal. The use of the weed is not so bad as some have you believe. Do not put faith into any tobacco cures. The formula about which you appeared in the September, 1925, issue. I copy for your benefit:

Nitrate of Silver.....	1 dram
Pulverized Alum	$\frac{1}{2}$ dram
Hydrogen Dioxide	2 drams
Water	6 ozs.

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

QUESTION: I need your help and advice. I am old, weigh 123 pounds, and am 5 feet 3 $\frac{1}{2}$ inches. I have become interested in physical culture the last year. I have done some exercises and followed its principles. I have a slight murmur of the heart, but it does not bother me with my hard work on the farm. The doctor told me to work, but not overstrain. My kidneys are also said to be weak. I had it in June, 1925, and got rid of it six months after visiting doctor. Now this fall I have a little albumin in urine again. I feel good, but am advised to take medicine for it from a local doctor.

Now what I want to know is this: Is it safe to practice the exercises in STRENGTH and the courses in the magazines. I have not felt any ill effects. Second, can I expect to cure my kidney weakness and become normal by physical culture diet and exercise, etc? My slight murmur of my heart hold me back in physical activities and development? What do you think of my condition. Any chance of getting cured permanent kidney disease, etc? What should I do with my height? I am very short and don't like to be called a little fellow. Is there any possible way to increase height? What measures should I take to attain height? These questions answered with your help and advice will be a great deal to me. Thanking you in advance.

T. F. S., North

ANSWER: Murmurs of the heart are of two kinds, either functional or organic. Any number of them have been condemned to invalidism by needlessly warned by physicians who are not familiar with the specialties. Mere murmurs mean nothing; but the systolic murmurs; but if proven to have diastolic murmurs, that is another matter. In this case it is organic and one should be careful of strenuous exercise. Heart therapy depends on the size, if over 15 centimeters right to left at apex of heart should be careful. If the blood pressure is not too high, namely less than 150 systolic, and diastolic blood pressure less than 100, and the so-called kidney function phenolphthalein dye test is over 50, do not be alarmed even though albumin is present in urine. A table diet or reduction in the protein food is efficacious. In regard to your height, physicians in the past have been somewhat skeptical as to the increase of height after 21 years of age, no matter what the treatment may be.

QUESTION: I am very much interested in your "Doctor" column, and for the past several months have been watching out for a case similar to mine. I am troubled with catarrh of the head and a cold. This condition hangs on forever and I cannot manage to get rid of it. I am a professional singer and, of course, this is very bothersome. I wonder if my diet is wrong? I am old, 6 feet 4 inches tall, weigh 208 (Continued on page 43)

The Mat

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

Conducted by George F. Jowett

Broadening the Back

WHEN you see a fellow on the street I am inclined to believe that you give him "the once over." Your interest in bodily development is apt to make you a close observer of others, and I am willing to bet that you often speculate as to what some of them look like in exercising costume. It is pretty hard to figure whether a man has a pair of well muscled arms or legs, for the bagginess of the coat sleeves and the legs of the pants hide them too much. Of course, it is easy to see what the abdomen he carries, but as bulging bay-windows are tabooed from the equipment of a body builder, we are not interested in such as a point of commendation. On the other hand, if the fellow has a flat abdomen, you cannot tell whether that part of the torso is well muscled or not. Actually there are only two parts of the dressed

body that will give you an idea of the man you see. Those are the neck and the width of the shoulders. You have to admit that the moment you drop your eyes on a fellow with a broad flat back you become impressed right away.

Almost instantly you figure he must be strong and that he is sure to have a big chest, rawny arms and a sturdy neck. Well, there is a lot in it, and you are not apt to go far astray in your conjectures. Well spread shoulders are a fine tribute to a well-built body, and this time we are going to get together and talk this subject over, since so many Mat Fans desire it. As we go along we will run up against some peculiarities in back formation that will answer some of those vexing problems that are peculiar to certain physiques. I do not know whether the fact ever occurred to you, but you will undoubtedly recognize it

when I explain that quite often broad shoulders on a dressed figure are very deceiving. Their possessors are not always what you would expect.

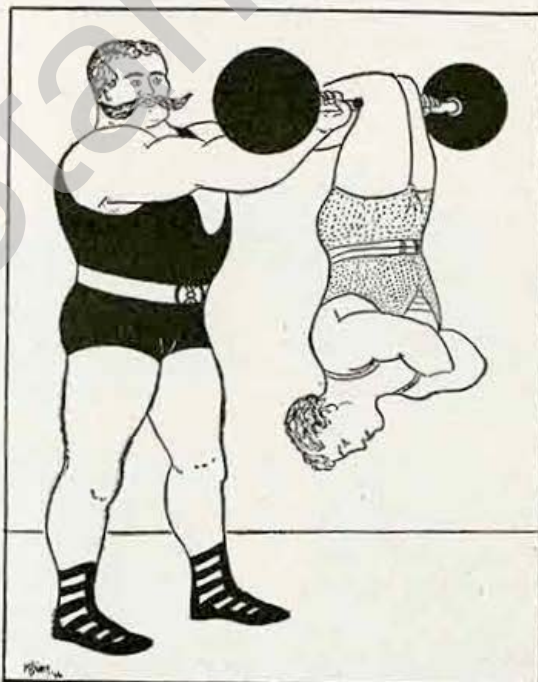
Put one of these fellows into an exercising uniform, and you would be surprised to notice that he lacked development as much as the one who did not appear to have broad shoulders. It is all in the clavicles—which are the collar bones. Some are longer than others, though that is not an ordinary circumstance, as the most of them run short, if anything. It is a natural condition, and one we cannot change. The fellow who has long clavicles can build up a broad powerful back very quickly. He has the structure to build up on. Yet this does not mean that a person with the normal clavicle length cannot develop a powerful shoulder spread. He positively can, more easily than the fellow who is not

blest with the normal length.

Because the latter person is up against it the worst, I will devote my discussion solely to him, and in this way cover the entire field of back broadening.

Perhaps, you have noticed that the people who have short collar bones have a pair of shoulder blades that remind you of sprouting wings. They stick way out and in some cases threaten to pierce through the coat. This is partly because they do not have sufficient muscle to hold them where they belong, and partly because their size is not balanced. In this case they are too large for the small back space provided by the short clavicles, but that is nothing to worry about, for, as the shoulders spread and the muscle builds up around the scapulas, they are drawn into place and the back becomes flat, as it should be. The fellow who should worry, is the one who finds himself with these

Is 'Zat So?

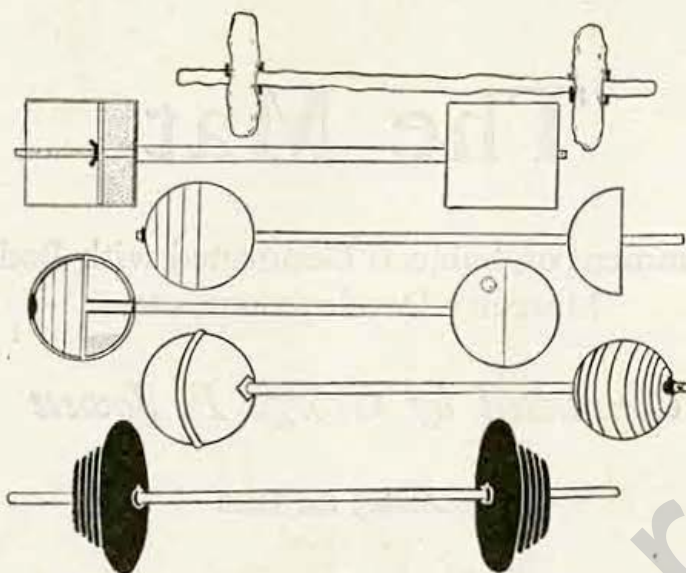


Hans Steyrer is credited with this almost unbelievable feat. A hold out in front that beats the "iron cross" feat sick. It has been done by Louis Cyr, who performed the feat with the wonderful Bourette hanging on.

peculiarities and with a poor chest, but I will not mix that topic up with this, as it would make our talk too complex.

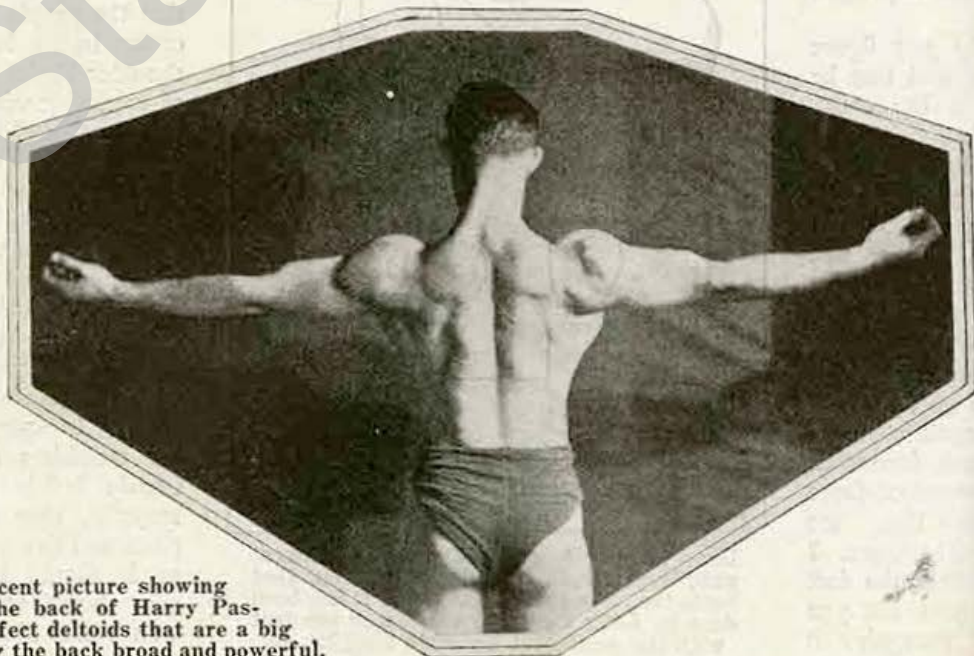
The shoulder joints are classified as weak joints, but that term must not be accepted in the sense that they lack power. It is a term given to the shoulders because of the varied articulation they are capable of that makes them so easily capable of dislocation and resetting without any serious after effects being registered, as would be the case with the hip joint, which is more limited in its movement. Still the fact that the shoulder is a weak joint is sufficient to prove that development can be produced more readily. Your field of exercise is widened, so that if one exercise does not give you the results, you know there are many more left that will.

As a rule, great stress is laid upon the value of developing the latissimus dorsi muscles, but they are not the whole consideration in back broadening. You must always remember that in order to get a wide flat back, the whole shoulder girdle must be considered, otherwise you are apt to secure a wide *round* back. Bearing this in mind, you must consider the chest, because the front part of the shoulder girdle has an attachment with the sternum bone. You all fully understand that bones cannot be stretched, therefore, broadening the back works much like widening the chest—you have to work upon the lengthening of the muscle and the stretching of the cartilage attachments which thicken with stretching as the muscles are built up more heavily. From this you can see that by just lengthening the



The evolution of a bar bell is here shown. Reading from the top, the first stone bar bell. Next, empty steel cylinders filled with shot. Next, one-half solid part and other half of plates. Next, plates and shot covered with a shell. Next, globe shell filled with plates to fit. The last, the finished plate loading bar bell of today.

ly you will find the exercise where you stand erect a kettle bell in either hand at the shoulder, the back and face looking up as you press each weight head alternately, one of the best for this particular. Merely pressing the weight aloft is hardly sufficient; the arm is straightened out you must *reach* up as far as possible. This exercise will not allow you to use heavy weight. Use a fairly light poundage and you will be better able to *reach* with each arm. This is a chest uplifting exercise, and has a great influence in lengthening the muscle attachments where we want the chest and back. The direct influence upon the shoulder blades is caught by practicing exercises with the arms hanging in such a manner that a great benefit is felt upon the scapulas. The old exercise of pressing



This is a magnificent picture showing the breadth of the back of Harry Paschal. He has perfect deltoids that are a big feature in making the back broad and powerful.

muscles of the chest, unless you consider the influence going to be. The chest, over the shoulder girdle, would leave it unbalanced. Consequently, the results would be unbalanced. Yet I mean that you take up complete development of the chest. No, you just concentrate upon the area that will influence upon broadening the shoulder girdle. The influence upon the breast bone, or clavicle known as the chest. The part of this part of the chest is an action of lifting more than expansion, consequently

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Our old friend, Joe Lambert, up to his tricks again, but this is some trick balancing a 160-lb. bar bell.

dumb-bells between the feet. Bend over and grasp one in hand and bend the knees a little. Now the secret of this exercise lays in all the shoulder drag you can obtain, just as the first exer-

shoulders and expand your chest—but to a certain extent you can do it vice versa—expand your chest and spread your shoulders by flexing the latissimus dorsi. These two actions may seem the same, but they are not, as I will explain when I take up chest building.

Because spreading the shoulders inclines to chest contraction, it is wisest to practice the back spreading exercises first, and the chest uplift next, then practice the chest exercise I have often explained—the lying down crucifix. Do not think that those exercises will affect your chest wrongly, not at all, but it should explain to you what I have always tried to put across when discussing back and chest building: you cannot get the best results without paying *some* attention to the chest, and you cannot get the best out of chest building without *some* consideration for the back. You would not expect to see a house built with all bay windows and a narrow back. It is not done. Neither does nature do it. The chest is the front of the house, and the back is the rear, and they must balance in accordance with physical construction.

If you have any spine trouble you will find that it will become corrected from back spreading exercise. The upper back has a stronger bone construction and a greater mass of muscle, therefore, vertebral displacements are not so noticeable as those in the lower back section. The lower part is the axis of the body which compels you to realize the fact quicker, but that is no reason why as much care should not be taken of the upper spine.



Ralph Acurno, of Utica, N. Y., giving his pals a lift. Some lift at that.

ise depends upon all the reach you can get. The method I found best was to allow the hands to grasp each dumb-bell with a limp hold, and by raising the back get all the stretch out of the arms, until you feel a great pull upon the shoulder blades. Then raise the dumb-bells off the floor an inch or two. That point is your starting place. From there begin to pull, drawing each dumb-bell to the chest separately. If you do this correctly the back drag will cause a downward pressure that will have the influence of causing your knees to bend more. This you must fight by stiffening the legs and the muscles that surround the waist. Each repetition will be harder, and if you can acquire the habit of allowing the grip to become limp, as the weight nears the floor, your results will be better. In fact, I never lay the dumb-bells on the floor until I am completely through with the exercise. I just let them clear, and that is all.

This action is largely a latissimus dorsi movement, but not entirely so because of the attachment of that muscle to the humerus bone on the upper arm. As such, the drag becomes two-fold, by a pull on the back and the stretching out of the arm. There are other muscles attached to the shoulder blade which benefit greatly from the influence of this drag, and as they become employed in contraction, they have further to travel before they completely contract, and in this manner they become lengthened from action and heavier from growth.

I have given you three exercises so far, one for the upper chest, and two for the back. Now do not get it into your head that back broadening will deepen your chest, because it will not. On the contrary, a real back spread is more or less of a chest contraction. By nature you cannot do both of these things at once—spread your

Some people talk about lifting a heavy weight off the floor and standing erect as being very good, but take it from me, it is not so. That exercise, or lift, is more for the lower back and the grip, so leave it where it belongs and devote your



When our old mat fan, F. Trainor, of Providence, R. I., gets a present of a copy of Strength, he breaks into remarkable stunts like this. I hope he don't fall, for I want him to keep on reading the Mat.

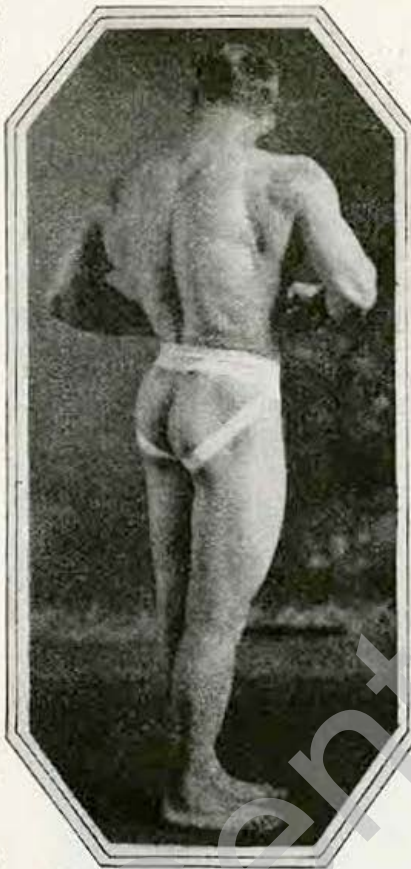
time to the exercises for spreading the shoulders. I have had some enthusiasts say, "Well, that exercise will do me no harm." It is true, but why do anything other than what affects the parts that you have particularly under consideration. It is all so much lost movement and spent energy that could have been better used. If you are only seeking an all-round routine, then that is different, and I have no objection to what you do, providing all parts of the body are equally covered.

DEAR MAT EDITOR:

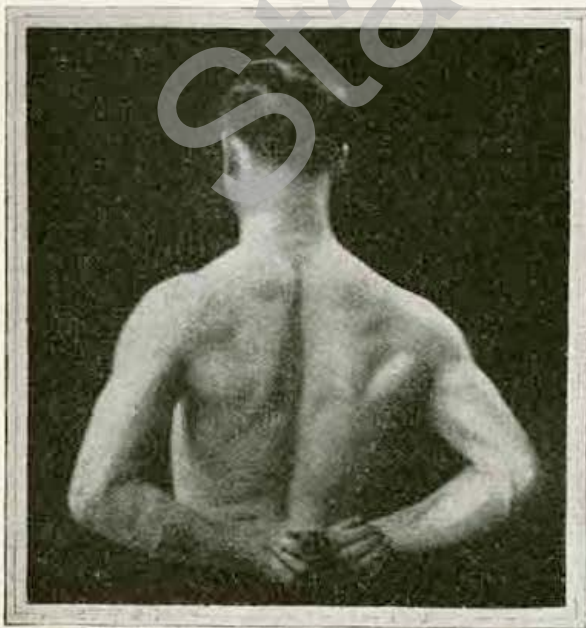
It really is astonishing how uninformed most people are about a bar bell. I have traveled all over America and in many gyms I have been asked how they were used. Recently, a number of friends and I got into an argument as to the uses of bar bells, dumb-bells, kettle bells, bar bells with fixed ends, the different shaped handle bars, and the question of who started bar bells. I explained all I could, but the upshot was that I was asked to write you to explain all this to satisfy them. I thought it a good idea, and one that would help many others.

GEORGE GRAVESAND, Salt Lake City.

I guess most of you who belong to the "Mat" circle will smile when you read the first part of this letter, but you know it is true, for none of us forget that there was a time when a bar bell and a church bell might have meant the same thing for all we knew then. We all know now that a bar bell is as necessary to a body builder as boxing gloves are to a fighter. We know that its constructive principles, like its progressive principles, make a bar bell the most beneficial form of apparatus for body building and creating strength and one superior to any other exercising



When I thought of the broad of the back, I naturally thought of Walter Stratton, of Leetonia, Ohio. He has a fine back and he knows how to use it.



James Lavinder has a fine pair of shoulders. With his hands behind him he cannot spread the muscles so well, but you get a fine idea how his back naturally is.

paraphernalia. I guess we are going to hold up our right hand and swear by it. The use of a bar bell varied, being considerably more than a dumb-bell. Everybody knows what a dumb-bell is; then a bar bell is only a long handled dumb-bell varying from 4 to 6 feet in length. Some go over 6 feet, but rarely more than 4 feet. I always preferred a bar bell with movable collars separating the spheres or plates, so they could be adjusted for different exercises and lifts. Since bar bells became in vogue, dumb-bells are not used so much, because a bar bell has a wider range of use. When we start talking about kettle bells, we touch on the latter part of Mr. Gravesand's letter. We begin to talk history. On this topic we may not find the history of bar bellism as romantic as the history of the revolution, nevertheless it has a fascination all of its own. But the actors behind its history!

me, Charlotte Corday, Jean Marie, the guillotined Louis cannot compare for color with Katie Sandwina, Cyr or Eugene Sandow. How the story of bar bells is I cannot say because it is lost in the folds of ancient China, dating back to Confucius, and her growing manhood with some feats that consisted of lifting bars made of stone slabs, rounded off so that they appeared like grind-stones, one on each end of an oaken pole. These were piled up in a series of different weights, in the principal parts of the town, for the people to train with. Ancient Siam included strength training in their funeral game, and in Southeastern Asia, weight lifting is practiced along the age old crude method of China. The burial tombs of old Egypt disclosed the first bar bell on the progressive plate loading system, which we have since perfected.

A kettle bell appears to be more of a modern introduction. The first one was made on a solid ball of iron, with a handle fixed in the solid ball at one end. It resembled a kettle without the spout so much that it became known as a kettle bell. We use them now, but seldom of solid iron, mostly empty. A false bottom into which sand or lead can be poured. The most popular exercising form is made up of an assortment of kettle bells from 1 1/4 lbs. up, having the same progressive weight principle as a bar bell or a dumb-bell.

We got away from the solid type of bar bell a few years ago. The plates give the wrist free play whenever the bar has to be turned, and the bars are more speedy. It is interesting to note that the principles of the bar bell have not changed from ancient Chinese custom to modern custom. We have simply improved them and the progressive weight principle according to our greater knowledge of body building and the sport of weight lifting. In modern times, Europe was the first to use bar bells for sport, but I really believe America has done the most in teaching the various uses of a bar bell for body building purposes. We have gone into it deeper and developed the best muscle productive methods.

(Continued on Page 47)

Strengthening Weak Links

How to Make All Your Muscles Alive
and Build Up a Powerful Back

By Jim Barrett

IF it is true that a chain is no stronger than its weakest link, then the body is no stronger than its weakest part. The small of the back is the great link in the chain of muscles covering the body. It is the foundation of your strength; if it is weak, it endangers the rest of the chain. Some men have fine arms and exceptional chest development, but if their back is below normal in development and strength, they are weak and can not be considered physically fit, so it is impossible to be strong unless that one part of the body, the small of the back, is fully developed.

The back muscles are like the foundation of a bridge. If the arch is weak it is liable to cave in, and this is the way with the human body. It is for this reason that the

strength of the back determines the strength of the entire body. When exercising the back you are not building up the muscles of the back only, but are at the same time invigorating and strengthening the foundation of your whole system—the spine. The spinal column is the central and dominating structure of the system; it is the great nerve center of the frame. The bone and cartilage structure of the spine is the central supporting column of the body upon which every thing else de-

pends, but aside from the influence of such exercises upon the nerves and the building of increased vital power, a vigorous condition of the muscles of the back is absolutely essential for the sake of the general muscular efficiency of the body.

The exercises I have selected for you will not only strengthen

the back but will give you suppleness; they will twist, bend, and stretch the spine into a healthy, normal condition, correcting any deformities, and give you an erect posture.

In writing this article, I am reminded of a story about a puny-looking man who performed a wonderful feat of strength that baffled all strong men. It's a funny thing, and the more I think of it the more I have to laugh. In a certain theatre there is a baby grand piano, and on numerous occasions I have seen various strong men attempt to lift this piano, in a demonstration of their strength. It happened that after a group of so-called strong men failed to "heft" the cumbersome object, a diminutive and puny-looking individual stepped forward and essayed to make the prodigious lift, while the crowd of strong men stood by and "laughed their heads off," as it were, at the nerve of the stripling.

Paying no heed to the mockery, the stripling knelt beneath the piano, much as a back or harness lifter braces himself to lift stupendous weights. He gave a mighty heave, and a groan escaped him from the effort he was called upon to make, but the piano did not budge. This made the group of strong men hilarious at such a spectacle. Twice he heaved, thrice, and on the fourth attempt, with madness

Fig. 2

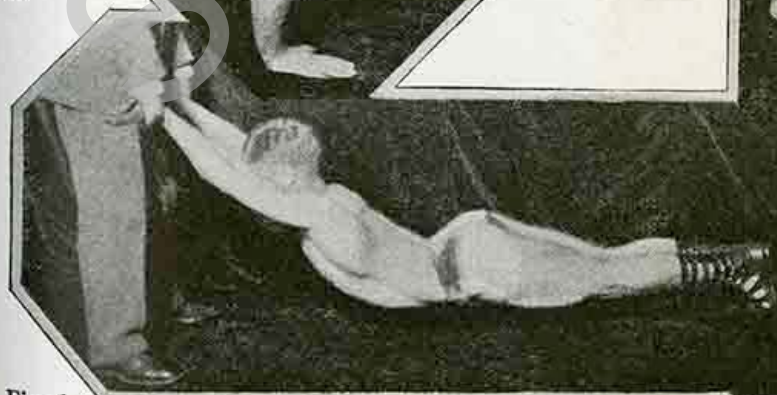


Fig. 1



Fig. 3

from the insults, he paused long enough to curse the strong men offensively and vowed he would show them up. To the chagrin of the strong men, the heavy piano commenced to quiver all over; it swung clear of the floor, balanced a moment, and then swayed perilously; with a crash it came down on its side, splitting and ruining the beautiful rose-wood case; nevertheless, it mattered not. What did matter was that the diminutive and supposedly puny man performed a feat of strength where several so-called strong men failed utterly.

I suppose you think this is a cock-and-bull story; it is not, but, if it was, it will convey the gist of this article to you: that is, the importance of having a strong back. In clothes this individual did not look his part, yet he was able to make this great lift, baffling all present. After much thought the strong men came to the conclusion that it was the lack of strength in their backs which prevented them from making the lift.

So you see, my dear reader, how important it is to have a strong back. Now that this is said, we will go on with the exercises. In order to strengthen a weak back, let us begin from the beginning and advance step by step to prepare ourselves for more difficult work.

Figure number 1 illustrates a unique stunt. It is one that requires every muscle in the body to work in coordination and is a special exercise for strengthening and developing the lower back. In order to do this stunt, you must have some one to assist you. Place yourself in a recumbent position, as shown in illustration, with arms locked at the elbows and extended overhead; keep knees rigid, and prevent the hips from sagging. Grasp bar or



Fig. 4

Fig. 5

Fig. 6

object, be in readiness to go through the movement. Have your assistant grasp the object and attempt to pull you to an erect position. While going through this exercise, it is up to you to keep perfectly straight. Here is where the greatest part of the strength comes in. As the body is about half way up, you will begin to feel a great pull or a tendency to come down into the original position on account of the force of gravity. Thus, to withhold this position until you reach the erect posture requires great muscular exertion throughout the body, particularly about the regions of the lower back. It is not necessary to repeat this stunt more than once, but do so if you can. The benefits to be obtained are beyond expectation.

Fig. number 2 shows you a stunt that requires as much strength as well as a degree of strength about the small of the back. It is the preliminary movement of all gymnastics and the practice of this exercise will so strengthen the back that it will enable you to hold almost any position of a balance. To do the stunt as illustrated, place your hands on the floor in front of you, so there is a firm contact between the head and hands. Keep the body upright and forward. Go down until the arms are almost at right angles at the elbow. Shift your weight over your arms by lifting the toes from the floor.

Depicting a splendid exercise for the small of the back we have photo number three. Stand perfectly straight back to and about a foot away from the wall; raise your arms to full length above the head, now slowly lean back from the waist and try to touch the wall with your hands. Perform this exercise slowly and correctly, and as you repeat move about an inch away from the wall until it requires a considerable forward bend to enable you to touch the wall. As you advance forward you will find the exercise more difficult. Repeat this exercise until you feel and know that the part has been properly taken care of.

A spectacular stunt, showing a small athlete lifting a man of his own bodyweight in clothes, is pictured in figure number four. This stunt requires a great deal of strength about the small of the back. Do you think, my dear reader, if you started this regular exercises and stunts for strengthening the weak links, you would in a short period of time be able to do the same thing? You wonder how you could or not? Well, you can believe my word for it; I know you can and shall endeavor to explain to you how to go about it. First of all, procure some object to

offer resistance, preferably a partner much heavier than yourself. Grasp him as shown in illustration and boost him or the object up above the head. Before you realize it you will be lifting heavier things than you imagined or expected to do. Take precaution to go about this work in a progressive manner. Then when you have this down "pat" were, show your friends. No doubt, they will attempt to duplicate your feat, but they will fail. And why? (Continued on Page 49)

The Wrestling Terror

The Middleweight Ranks Never Produced any Wrestler as Good as Carl Van Wurden, the Wisconsin Terror

By Dean Carroll

THE middleweights of boxing, weight lifting, and wrestling have always provided us with a higher quality of physical fibre than any other bodyweight class. Why this is so, no one seems to know. Whether it is the balancing point of the happy medium or not, we do not know.

However, there have been more rare artists furnished at that bodyweight than any other.

When Waino Ketonen displayed his wrestling wares, every mat fan claimed that the dashing Finn was the fastest human that ever streaked over the padded mat. He was ranked as a superman—one of those never to be seen again. Even the most knowing of grip prophets believed that and would shake their heads sagely as they told you the world would never produce another the equal of the Scandinavian grappler. How poor mortal man's perspective is, especially when you consider that never is a long time.

Within a few years, while Ketonen was still at his best to offer comparison, the impossible became the possible, when young Carl Van Wurden pulled on his toga at the Y. M. C. A., in Ottawa, Canada. Here was a young Canadian who was to tumble down the prophecies of the *I knows* in a manner beyond dispute. While Van Wurden was learning the rudiments of the game, Minneapolis was thrilling to the bitter fought bouts between Ketonen and Kilonis. The Greek was a wily wrestler, but the Finn more than matched him. Later came the downfall of the great Finn at the hands of Johnny Meyers, of Chicago. Ketonen was not worn out at that time. Oh, no! He met a man who, while not quite as fast, was terrifically strong and a genius of wrestling invention. It was his adeptness in administering his new holds that completely baffled the Finn and caused his downfall. In Meyers we found a better man and one who took on light heavyweights as nonchalantly as he did men of his own bodyweight.

In the meantime, the young Canadian was showing his ability in a remarkable way. He plowed through the Canadian men of his bodyweight like a cyclone, and later turned his eyes towards the American border. Long before Van Wurden had acquired national fame, that other great Canadian athlete, George F. Jowett, told me, the first time he saw Van Wurden in

action, that the Ottawa boy would be a world beater. I remember, as though it were yesterday, hearing him say, "Gee that boy is faster than Ketonen."

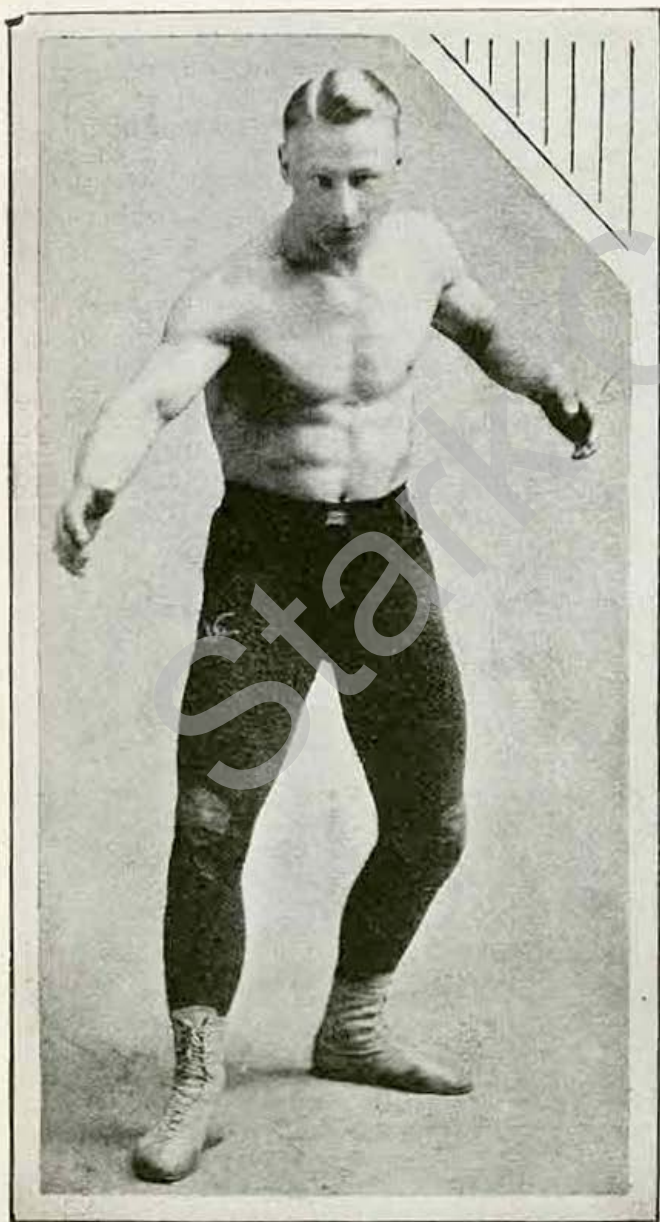
Four years ago the wrestling world was startled by a



Carl Van Wurden, the fastest middleweight that ever trod on canvas. His versatility in wrestling is equal to that of the great John Pesek and it is his wonderful physique that has made him the dynamo of the mat.

challenge in the *Wrestling News* from Van Wurden to Johnny Meyers, with a side bet to cover any amount the Chicagoan wished to put up; but Meyers only laughed at it. That is all he could do since he would not come across. Van Wurden went to Oshkosh, Wisconsin, and from there he began to climb up the ladder of wrestling fame. He barred no one.

One of his first contests was against Leo Alexander, "The Michigan Wildcat," a light heavyweight, who had but recently held the Greek heavyweight, Demetral, to a two hour draw. Van Wurden won after a tremendous struggle, which still lives in the minds of Oshkosh mat followers. When you stop to consider that Alexander struggled one hour and forty minutes with Earl Cad-dock, when the latter was the world's king pin, and was only beaten by having his leg broken, you get some idea of what the young Canadian was up against. The moment Van Wurden stepped into the ring he was a favorite. His perfectly formed body drew cries of



The wrestling terror all set to go. Action, speed and power, all rolled up into a bunch of spring steel. The one man claimed who can always be relied on to pin Johnny Meyers' shoulder to the mat.

admiration on every side. Muscles, sleek and seemed to glide as smoothly under his skin as the fur of a panther. No man was ever better built for the game than he; but when the burly Alexander stepped on the mat Carl looked dwarfed, and when the referee yelled "Go," oh, my, what electrified action! Van flew to his corner like a shot from a gun and was back around the Michigan mat mauler before he realized what was happening. With a crotch hold, Alexander crashed to the mat, and to save himself he tried to pull Van with a rear waist hold. He might just as well have tried to hold back a straight flush in a poker game; it could not be done. The spectators were amazed; they thought the Oshkosh boy was acting too fast and boring in so hard at the start; but every star is recognized at first sight. To every one's surprise the middleweight neither blew up nor stopped until the given the bout on straight pin falls. He finished as fresh as paint, showing no distress from the struggle with his heavy opponent.

Sports scribes tried their best the next day, but their regret was that they could not do the young fighter justice in describing the battle.

In short order he polished off the Polish Hercules, Stanley Smulski, in a straight bout of two out of three falls. His next match of importance was against the protege of Johnny Meyers, Young Zbyszko, who was considered good enough to wrestle the semi world title in the Meyers-Kilonis world's championship match. The Chicagoan is a real mixer and as tough as nails, a wrestler who Meyers believed would take his place as the best if any one ever did. He got the surprise of his life when he heard that Van Wurden had outwrestled him in every branch of the game and spiked his opponent so tight for two straight falls that there was no room for kicking. Then he began to take Van Wurden seriously, and learned from young Zbyszko that he was a man of rare mettle, and that sooner or later he would have to meet the wrestling madman. After a long string of such formidable victories, the Wisconsin star began to direct his challenges at the Chicagoan with more insistence. The sporting promoters began to recognize Van Wurden's talent, and he began to receive offers from Philadelphia to California for a title bout with Meyers. The sporting press and the public showed great interest in the proposed title bout and Van Wurden was entitled to it, but Johnny was not anxious. Instead, he intimated that the challenger would scalp a few more to prove that he had not been on a streak of luck. Carl answered he would scalp him and the belt, too. From this time commenced a rivalry between the two that was to end in an epic of mat. In order to substantiate his challenge, Van Wurden looked around for the next best man, who happened to be Kid Ross, a serious contender for titular honors. Ross became the next meat for the blonde middleweight, but was unfortunately in this bout, seriously injuring himself in the early session of the game. Ross had gained the first fall, and it was plain to see that Carl was handicapped from the injury; but he refused to give up. The bout went to the two hour limit, with Carl holding on with the grim gameness of a bulldog. However, the other fall was gained, which made Ross the victor. Van Wurden was obliged to lay off for a while, but soon his desire for a return match. The Indiana crack, a real sport, was perfectly will- (Continued on Page

Daily Exercise for Every One

Exercises for the Ambitious

By Milton Roycroft

EVER since the beginning of civilization one of the chief desires of man has been to better himself physically and so attain greater strength. In order to attain what others have, it is essential to practice and experiment with the qualities lying dormant within us, in order to find out which need to be brought out. Light exercises, practiced correctly, regularly, and systematically, will benefit one greatly. They will build men up physically, wake them up mentally, and fill them with enthusiasm.

There are many varieties of exercises branching out in all lines toward the perfecting of form in certain sports. These are practiced by all classes of athletes, but we are going to deal with those exercises that will benefit us most; so that, if we are in a weakened condition, by following out a systematic program of exercises we will in time gain health and strength.

I have picked out special exercises for you that will take less time and energy and produce greater results. Almost all exercises will invigorate you, but these exercises will rejuvenate you, give you vigor, pep; all that is necessary to lead a rigorous life.

From experience I have found there are two classes of people in this world; namely, ambitious and indifferent. The former command the respect of all, while the latter class of people must always follow the dictates of the more energetic. The ambitious are always aspiring towards the goal of success, and the indifferent go backward.

It is about time for more people to realize the importance of exercise. Devoting but a few minutes daily to the care of their bodies would not only improve them in every way, but would add years to their lives. It would make the weak grow strong and the old feel young and, furthermore, do away with the many minor ailments from which the average person suffers.

We cannot feel happy unless we have perfect health—it is life. We cannot comprehend what perfect health is unless we ourselves possess it. With it our ambitions are greater, our achievements superior, and as a result comes happiness. To obtain health and strength through the medium of exercise, one must be willing to put forth effort. For we know where there is no effort there will be no result. Effort is not wasted when you invest it in exercise. Every move you make requires it. The man who is incapable of effort is not ambitious. If you hope to get strong or desire better health, inject effort into your training. As I stated before, ambition is a great thing in life; without it we can do nothing, and with it we can accomplish anything.

We find many so-called health seekers who only read of the wonderful benefits others derive from following out a course of physical training. If you were to ask one of them if he exercises, he would answer in a round-about way, "Well I read a great deal about exercising." I suppose by this method they expect to improve their health. What a foolish idea. I admit imagination is a great thing, but it will not build you health or give you strength.

We all know that physical training of any kind is beneficial. It would be absurd to try to convince you otherwise. Forget imagination and start exercising, for this is the only practical way. We come across many who feel fatigued after their day's work, and I cannot understand why they do not invest a few minutes in exercise and wear away this tired



Fig. 2

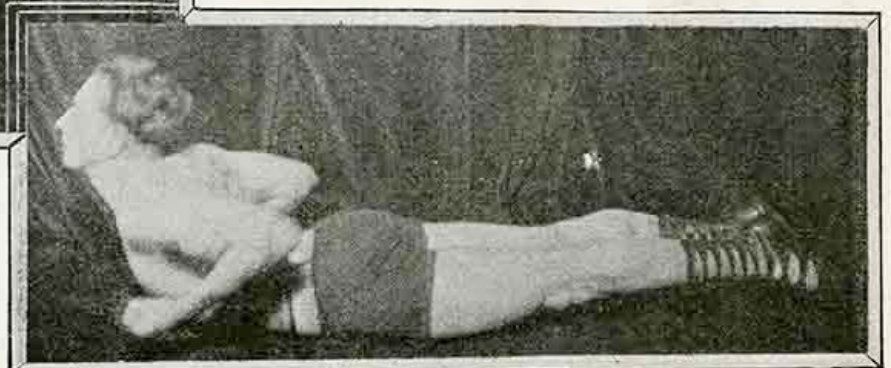


Fig. 1

feeling. Fatigue does not come about from exercise. It usually is brought on by improper activity. Some time when you feel tired try a few exercises and notice how invigorated you will feel. The tired feeling which had been brought about by a normal day's work will go away entirely.

It is not necessary to go to a gymnasium and join some class or do anything of the sort. Of course it would be to your advantage to be under a competent instructor, but you can exercise in your own home in the privacy of your bed room. There you can build yourself up just as well as at a gymnasium. Some people go to a gym but never do anything. I might say they are in the same class with those who read a great deal about exercise but do not practice. "Practice makes perfect." This has been proven time and again. By exercising you will attain better health, strength and development. Of course it will take some time, for some of you are further away from good physical condition than others, or, in other words, in worse shape physically and organically, thus causing the variation; but what I am trying to put over is that a change actually comes over all who practice in earnest a good system of exercise.

Many say they have no time for exercise. This is a common remark and we hear it quite often. What do they mean—they have no time for exercise? Have they time to sleep and eat? This is only an excuse for laziness and a lack of desire for exercise. If you invited a friend of yours out to luncheon and he said, "Sorry, but I can't go—rushed to death with business," here would be a man who was missing a meal, and food is a natural requirement for the up-keep of our bodies. If we do not partake of it the chances are we will break down physically. Exercise is like food; it is essential in keeping our system in the best of condition. Every one can find time to exercise for at least a few minutes a day.

Writing of exercises for the ambitious reminds me of a story about a man who had no ambition and no incentive in life. Whenever he tried to do something it would be done in a slothful manner. He had no determination and lacked all the

qualities of manhood. Not only was he down-cally, but he was falling fast mentally and every way. One day he was sauntering along lazily, a friend of his passed by him, slapped him on the back and said, "Hello Jack! How are things with you?" Jack, still dazed from the pat on the back, coughed and all he was worth, answered, "I don't know what the matter with me. It seems that I have lost all my life." Jack's story was a sad one, when we think of the wonderful athlete he was in his school days, although he was still a young man he was in a dilapidated condition. His friend said, "Jack, the trouble with you is, that you lack ambition. Come, I will show you how to get the most out of life." Hearing these consoling words Jack seemed to take a new interest in life, thinking that he might be a few bracers, but to Jack's surprise, he was taken to a health saloon—a gymnasium. There his friend put him through a stiff work-out. Well it just about cured Jack. He made up his mind never to come back to his friend again for fear that he would take him for a work-out. He had no desire to go through another work-out. A few days later the soreness disappeared, a feeling of rejuvenation came over him, and he felt he was a new man. Feeling that way he became greatly enthused with the work and help his friend had given him. He realized that for years he was on the wrong path and was beginning to

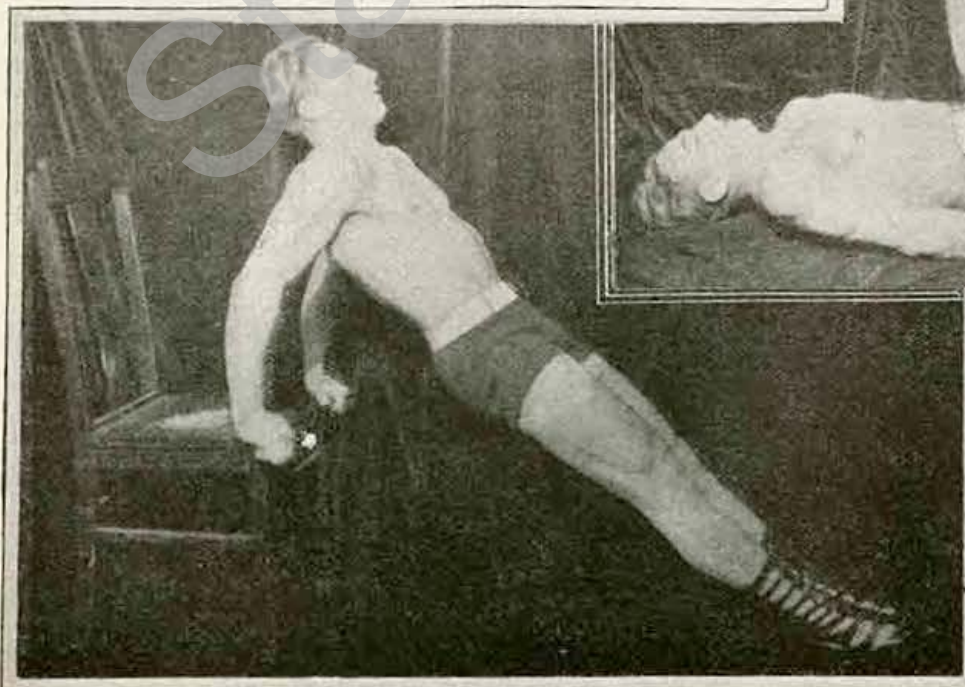


Fig. 4

them the way to a better life, as he himself had shown. The wise old man gave us the thought, "What you make of it." True this maxim is now

Now we must get down to business—these exercises as strenuous as you can make them and it is

Fig. 3 to you. The harder



exercise any portion of the body, the greater the benefits. In other words, the exercises are capable of graduation and advancement. The best way to exercise is to perform the movement until you feel a temporary fatigue of the muscles. Then and there you will know that you have given that part of the body a complete work-out.

Figure number one shows you one of the best and most direct small-of-the-back exercises. It may seem strange to you why I start at this part of the body. The fact is that man's weakest spot is his lower back; therefore, considering this point, I thought it best to invigorate that part. This alone, you will feel all pepped up to go on with the other exercises. Place body as shown in illustration, keep feet together and fix them under some object, such as a bureau or bed, or anything that will give you the necessary support. Now without bending the knee, raise your head and shoulders as high as possible. The movement is performed by raising and lowering the shoulders and head. The higher you are able to raise them, the better the exercise. It means more development of the small-of-the-back. Note the way the arms are kept at sides. To make the exercise a little advanced

or more strenuous, extend the arms in front of you and if you care to make it still harder, bring the arms behind your back and clasp hands. This position will contract the complete back, upper as well as lower. In other words, by following

out the detailed explanation you will discover that the entire back, arms, shoulders, and neck can be exercised, with this one exercise. Here is where your saving of time and energy comes in. Repeat this exercise several times.

Figure number two shows the model executing the exercise. This exercise, like the one previous, may be made as strenuous as you care to have it, and is a wonderful stretcher. The average person today needs some exercise that will stretch, especially the business man who sits at his desk all day. If he does not take a certain amount of stretching exercises his body stagnates, a sluggish feeling overcomes him, which in some cases is the beginning of all ailments. The exercise is performed as follows: stand up on a chair, take hold of the chair legs below the seat, with the knees bent. Now slowly and steadily straighten the legs until they are stiff and straight, rigid at the knees. Relax and notice what a relief comes over you. Perform this exercise a few times. It is a great one for the lower and upper legs. If you care to advance the movement, just move back with your feet an inch or two, and this will make it more difficult.

Figure number three illustrates an excellent exercise for the arms, chest, and shoulders. Start in position as shown. Placing the palms of the hands on the edge of the chair, extend body full length in front of you, now



Fig. 5

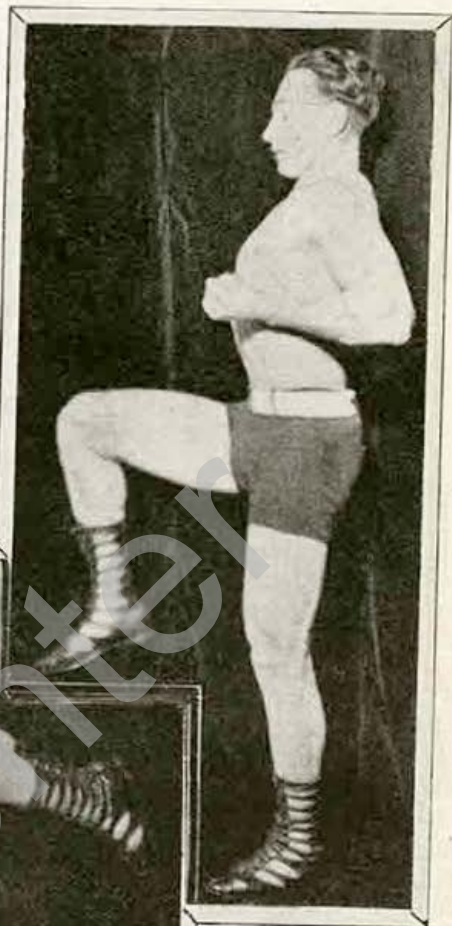


Fig. 6

slowly lower yourself as much as possible, almost going into a sitting position, but do not let any part of the body touch the floor. Come up steadily, and perform the exercise until a slight fatigue of the muscles is felt. To advance this exercise and make it a little more difficult, raise either one of the legs in front of you, keeping the leg locked at knee, toes pointed.

Figure number four pictures an exercise for the lower abdomen and front of the thighs. Lay flat on back, now slowly raise your legs as high as possible, then lower them until the heels almost, but not quite, touch the floor. Raise them again immediately, and be sure to point your toes and keep your knees locked at all times. This gives the lower abdominal region the necessary leverage to produce an extraordinary contraction, tearing down the adipose fat that has a tendency to accumulate about this portion of the body. In order to enable you to retain your balance while going through this exercise, place the arms at sides. To make the resistance greater or the exercise more strenuous, place a light dumb-bell or some weight in between your feet. Executing the movement with the extra weight will require greater effort on your part. You will note that there is a dumb-bell in between the model's feet to show you how the weight may be supported; nevertheless, a beginner should start the exercise without any weight.

(Continued on page 67)

American Continental Weight Lifters' Association Notes



By John Bradford

DURING the past few years the scene of weight lifting activities has sped from one place to another with startling rapidity. Commencing in Germany with Henry Stienborn, as the post war star, it passed over to Cadine in France, then Moerke, of Germany, forged ahead, to be superseded by the human dynamo, Rigoulot. It looked as though the old nations were to dominate the iron world entirely, and I believe most of us had accepted it as a natural thing when, without a word of warning, the new world scrawled its hand mark over that of Germany and France, with South Africa. Ten to one, some of us scratched our head, and wondered where South Africa was, and gradually we began to differentiate between the Zulu of Bechuanaland and the Anglo Boer of the Transvaal.

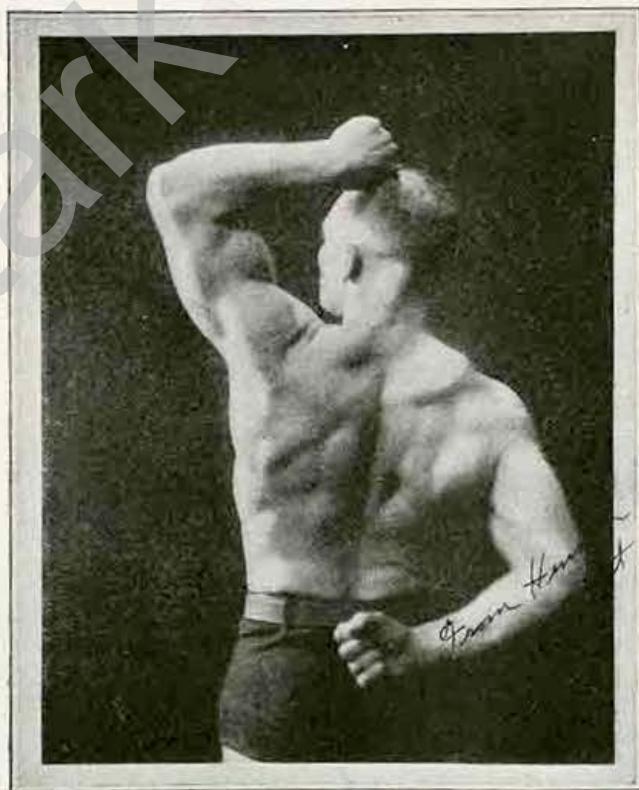
Among the latter, we found the greatest diamond ever unearthed, a man who beat anything Johannesburg could mine. We read the word "Gorner" and gasped at the prodigality of his feats. Rigoulot began to improve, and he topped some of the South African's best, but not enough to convince us that he could beat the clean limbed Boer in a contest over a series of lifts; not even since he crushed the huge Alzin, and yet we know a contest between the two would be a rare spectacle. However, the fates have been working again, and the needle of their compass has swung a few degrees more in the new world, pointing to our sister country, Canada, the birthplace of the great Louis Cyr.

With the same startling suddenness as when Gorner wrote his name, we read the name of Caouette, of Montreal. The enormity

of his feats almost appal, and I rubbed my eyes reading the last report, and found myself repeating prophetic words that our president, George F. Jones used a few years ago in an article—"Quebec, the City of Strong Men." Boy! Oh, boy! what lifting. The official report states that he commenced lifting on two hands military press doing respectively an attempt— $272\frac{1}{4}$ lbs., $282\frac{1}{2}$ lbs., $294\frac{1}{4}$ lbs., 303 lbs. just failed on 313 lbs. In his next lift he performed a two hands push of $325\frac{1}{2}$ lbs., and in the two hands continental jerk he succeeded with 421 lbs. His last lift a two hands dead lift of 820 lbs., with which he concluded his performance. It is claimed that all of his lifts are well within his ability, and we can expect to do more. Everything was officially performed before reputable referees, judges and witnesses, and a Inspector of Scales verified his weights.

A challenge has already been issued to Rigoulot and if he comes over we can expect the match to be clinched.

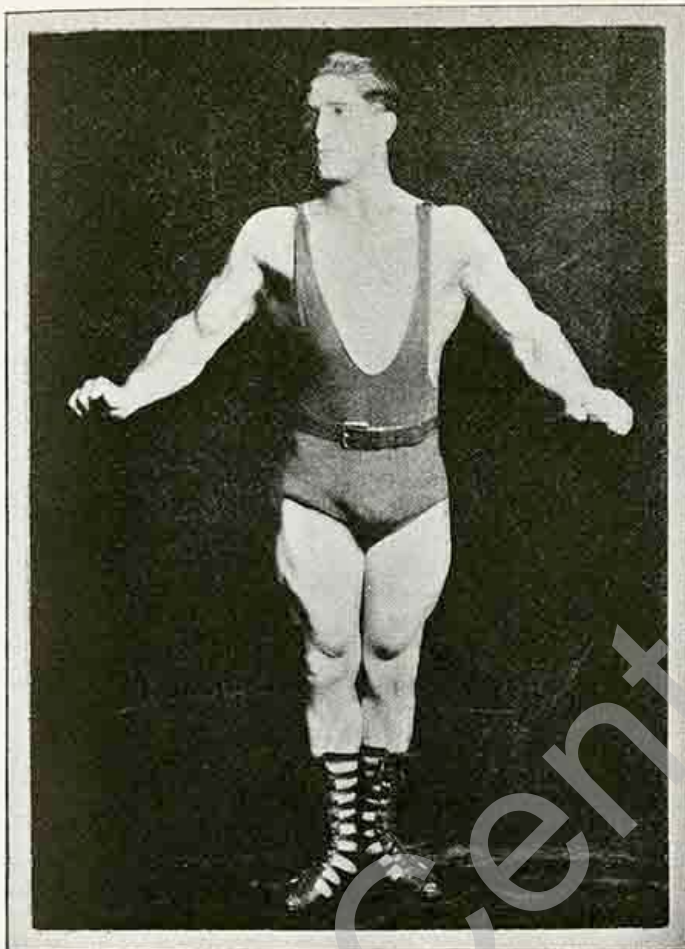
It has been often mentioned within our columns that we expect Gorner to be here in us soon, and when he arrives our president will take steps to match him against the giant of the Montreal. Caouette weighs about 337 lbs., and is a massive man with enormous girth of limb. A match of eight lifts will be soon each man selecting his own and each man following over the entire eight lifts. It certainly will be a match if ever it is put off, and I might say that Gorner also would be glad to try his best out against Rigoulot if he is here at the time for the match arrives. Speaking of Rigoulot reminds me of the great right arm snatcher



Herman Saxon. His latest picture. The famous brother of the great Arthur Saxon is now touring America in vaudeville. We want all members to see him and meet him. He is great!

234 lbs., made in the Rigoulot - Alzin match. The Parisian was disqualified on 237 lbs., but a few days later, in Vienna, the ex-poilu succeeded with the same weight during an exhibition.

Other foreign luminaries have been stirring up things, mostly in the lighter classes. A report gives Haas, the Austrian lightweight crack, credit for a two hands clean and jerk of 282½ lbs., and an amazing two hands snatch of 220½ lbs., which equals the snatch record held by the Frenchman, Arnout. It hardly seems possible for a lightweight to be capable of a one arm clean and jerk of 226 lbs., but Haas is given official credit for it. Those lifts knock cold Jaquenoud, the Swiss champion, who recently won the Swiss title again in their national tourney. They ran this tourney in only five class weights, lifting on the one hand snatch, one hand clean and jerk, two hands military press, two hands



Archie Allair, the newest challenger in the heavy middleweight ranks. As can be seen he has a powerful physique, and is likely to make them all step

snatch and the two hands clean and jerk. Arthur Reinmann, won in the feathers, with a total of 907½ lbs., and Jaquenoud won the lightweight class with 946 lbs. The middleweight class showed more real stuff, the brilliant lifter, Albert Aeschman, sweeping the board with a total of 1100 lbs. He performed on each lift as in the order just named—170½ lbs., 209 lbs., 209 lbs., 225½ lbs. and 286 lbs. The light heavy weights were poor, the title going to E. Ferrarine for 940½ lbs. Humenberger took the heavies with 1127½ lbs. Since this all happened we got word that the world's lightweight champion, Decottignies, made a one hand snatch of 167 lbs. at a bodyweight of 146 lbs. Schwiger, the 125 lb. German, made a left hand snatch of 154 lbs. Next we find Aeschmann, of Switzerland, trimming Roger Francios, of France, on the three Olympic lifts. Francios made a fine two hands military press of 210 lbs., and Aeschmann made a new world's middleweight record in the two hands snatch with 226 lbs. The totals were—Aeschmann 715½ lbs., Francios 672 lbs.

While I am tabulating foreign news, I might include some previous dope that I did not have space for in the last issue of notes. It covers a new world's featherweight record by Rosinck, who beat the previous record in the right hand clean and jerk, held by himself at 197 lbs., by heaving up 203½ lbs. A new German light heavyweight star, Hans Von Trzebiatoroski, is given a world's amateur record on the left hand snatch with 181½ lbs., and a two hands military press record of 234

lbs. According to all this dope it looks as though the 1928 Olympics are going to see some sensational lifting. My only hope is that some of our gang will be there to stimulate competition. Our boys are not asleep, and bit by bit they are forging ahead.

At our last Philadelphia show of December 4th, nothing unusual occurred. Owing to one thing and another interfering, none of our stars were able to appear; nevertheless we had a nice show. Some very clever tumbling and acrobatic work was done by DiSario and Ambrose, and Dembinski and Lilly did some nice posing. Lilly performed some remarkable muscle controls. In this field, he is easily the best man that we have ever seen. He is also very strong and gave us a little idea of what he could do, by doing a one leg squat while holding a bar bell of 130 lbs. behind the neck. This stunt he followed with a one arm dip with a 50 lb. weight resting on his shoulders. Messer and Piantone followed in a contest on six mixed lifts which was won by Piantone.

We next brought out our new arrival in the heavy middleweight class, Archie Allaire. He tried to make a couple of records on the two hands military press, and the one hand military press. He fell down badly on the first lift, as he expected to do 210 lbs. at least, having done so on two occasions while training. His one hand military was a dandy press of 102 lbs., done with very little effort. At the conclusion of the lifting he challenged the Sesqui-Centennial Champion, John Gauss, to a match, which was accepted and will be fought out at our next show on January 8th, on the five lifts for 1927.

The officials on this occasion were: Mark Berry, referee; Chas. Durner and E. Allen, judges; with C. Collier and Leon Hursk in charge of the loading. This was the first time that our president was missing from the platform, but it is not an indication that he has lost interest. That will never be. He was doing bigger work for us. Due to other obligations, he suggested at our last convention that a representative be nominated to act in his capacity whenever he was unable to be present. Mark Berry, who is very capable and has been intimate with the president for many years and, consequently, is very familiar with Mr. Jowett's ideas and methods of procedure, was appointed in this capacity.

Our next show will take place at the gymnasium of

the Philadelphia Academy of Physical Training, which is situated at the Southwest corner of Fifteenth and Race Streets, and is very accessible. The gymnasium is the finest in the city, spacious and equipped with every accommodation, and is located on the top floor. The shows will be held the first Saturday night of every month, commencing at 8 P. M. The reason the first show is on January 8th, is because of New Year's Day falling on the first Saturday. We generally try to avoid holidays, if possible. However, according to the calendar, all shows other than the first one in January will be held on the first Saturday of every month.

The boys in Easthampton, Mass., put on a fine show which was very successful. The feature event of the night was supplied by our friend, E. Pearson, who is one of the A. C. W. L. A. directors. He created a fine record in the two hands dead lift, succeeding with 540 lbs. This is a new world's amateur record, irrespective of bodyweight. Pearson is a light heavyweight and, like Mitchell, the State Representative for Massachusetts, he is a prince of a fellow and a great booster for the sport. All fellows interested in the iron game, who live in the State of Massachusetts, should get in touch with either of them. Mr. E. Pearson is located at 34 Catherine Street, Roslindale, Mass., and Mr. D. Mitchell is at Easthampton, Mass. They will help you to put things over and stimulate interest in your locality.

In this issue I am announcing the totals required from each bodyweight class that will entitle a member to a bronze, silver or gold medal on the Five A. C. W. L. A. Lifts for 1927. Only one medal can be won in the course of a year, so it is up to every man who makes the attempt to aim as high as possible.

The qualifications in the different classes are as follows:

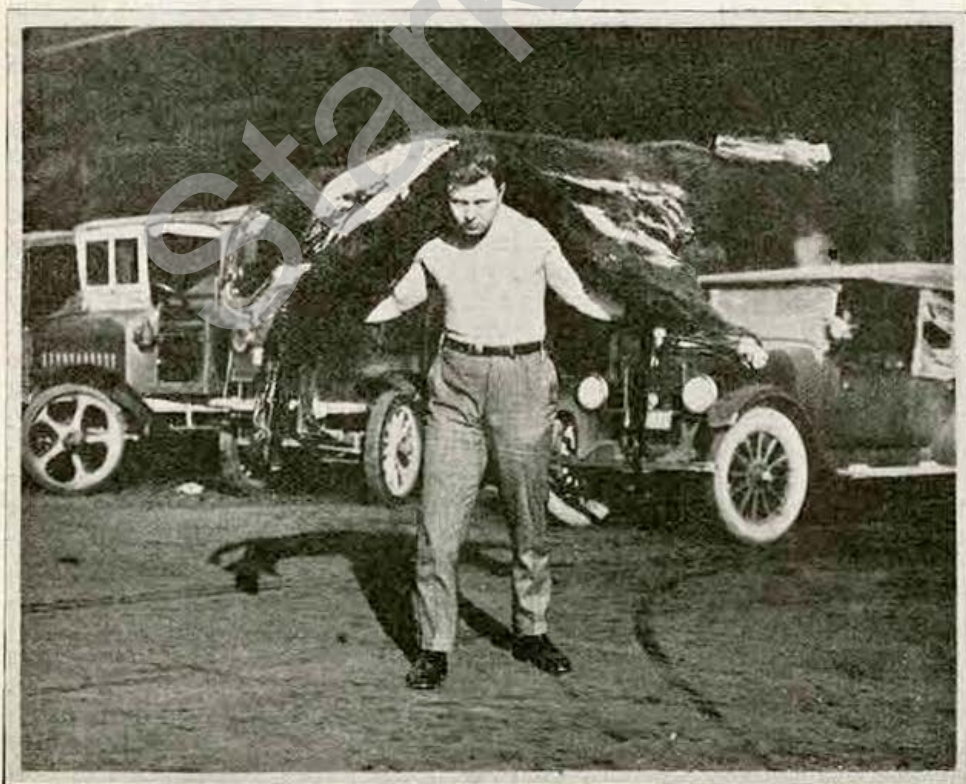
Bodyweight Class	Bronze	Silver
112 lbs.	525 lbs.	625 lbs.
126 lbs.	560 lbs.	695 lbs.
140 lbs.	700 lbs.	750 lbs.
154 lbs.	760 lbs.	815 lbs.
168 lbs.	810 lbs.	935 lbs.
182 lbs.	875 lbs.	990 lbs.
Heavyweights	958 lbs.	1060 lbs.

There will be no separate sheets issued with totals as done previously. So I would ask every member, interested in the schedule performances, to be in sight of this copy. In fact all issues should be taken of as all the news, along with all the official business has to do with any changes, will be registered in the monthly Notes.

Recently I have been hearing from many interested weight men from Chicago and Detroit, also in the best thing to do is to get in touch with each representative who will explain everything decided for the current year's program in his particular state. If you do not happen to know who they are, write me and I will forward your letter. I want to remain in touch with the fellows in the particular states which this year embraces that your State representative wants to hear from you. Mr. M. N. Campbell, of the Jowett Lifting Club of New Orleans, La., is hot to get going. He and his staff had a very successful year and are all set to go. Also the Grand Rapids Club of Michigan. The Los Angeles Weight Lifting Club, under the direction of Vice-President Betty and State Representative Coffin, are planning many new features behind them, boys. Even the far off Philippine boys are bursting with enthusiasm. Ernest J. Seva, of Pennsylvania Avenue, Singalong, Manila, P. I., formed a wonderful assemblage of enthusiasts. Seva is very enthusiastic and is a real worker, so watch these boys, for you can never tell what they

turn out. Mr. George Denny, with Frank Dennis, opened up the Warren Travis Club of Harrisburg, Pa. By the way, that means me that Dennis has challenged Klein to a match for the professional title. Up to the present time nothing has been heard if anything definite has been done.

Some fine lifting was done in Baltimore on November 27th, 1926, the principal lifters being R. Knodle and R. Knodle, of Hagerstown, Md. Both these boys made a fine attempt on the Five Lifts for 1927. Since their totals were very interesting, especially their one hand lifts, I will mention them as in the order each lift was performed. R. Knodle scaled a bodyweight of 107 lbs. and performed 135 lbs. in the two hands snatch, 160 lbs. in the two hands clean and 130 lbs. in the two hands



State Representative Coffin doing a real man's stunt carrying a dressed beef of 500 lbs. to show that he "has the beef."

tary (Continued on Page 57)

Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows why. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told the secret.

And here is the secret: *he keeps his spine in trim.*

Any man or woman who thinks spine motion doesn't make a difference should try it! It is easy enough. First, though, you may be curious to learn why a healthy spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation," or cartilage, wears down and flattens out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know

how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I believe nothing in the whole realm of medicine or specialism can quicker remake, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours' sleep. It shows what a sound nerve-mechanism



HOBART BRADSTREET, THE MAN WHO DEFIES OLD AGE

will do. He says a man's power can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week, you should have new health, new appetite, new desire, and new capacities; you'll feel years lifted off your mind and body. This man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all, the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

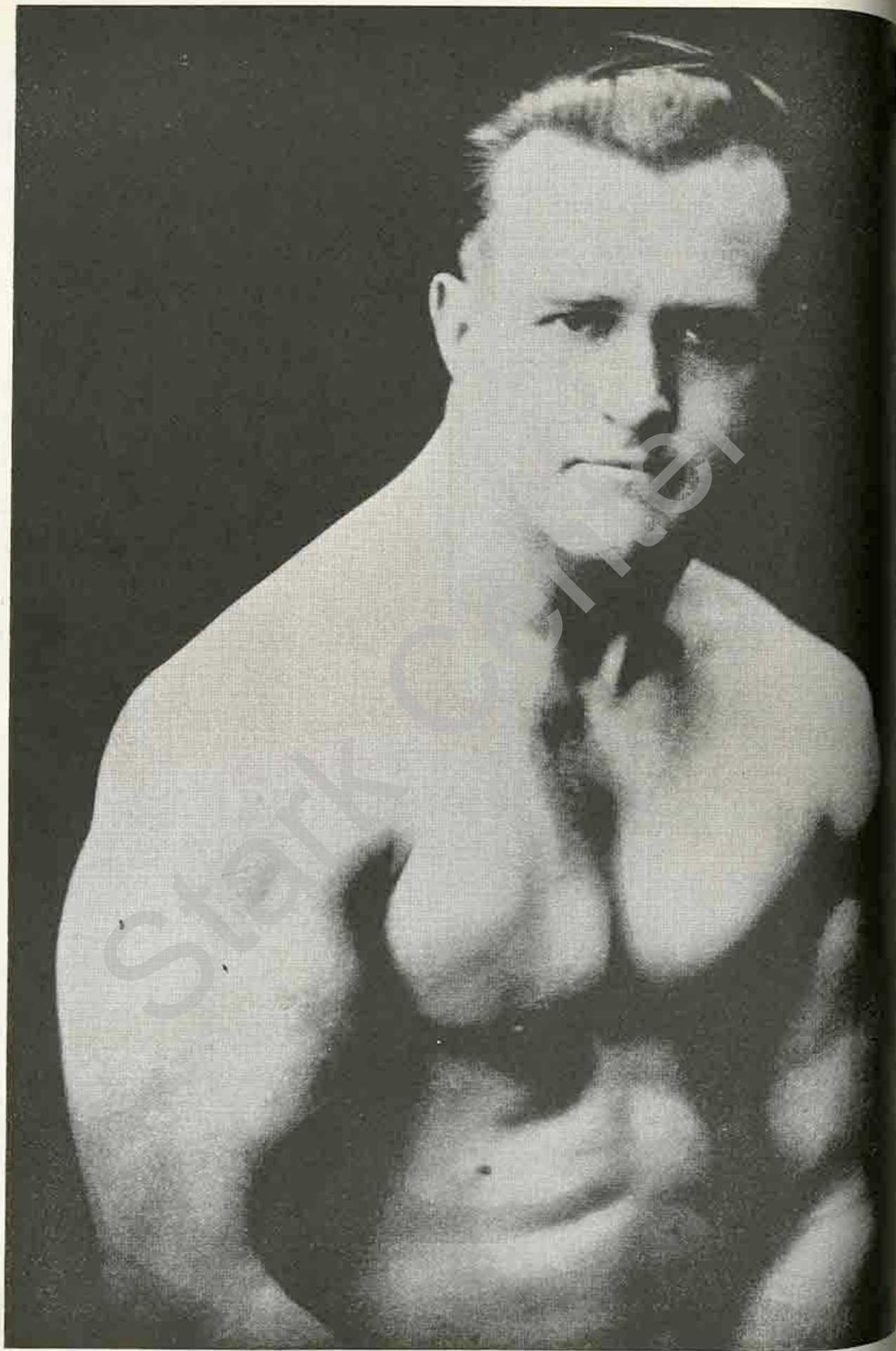
The \$3.00 which pays for everything is not sent in advance, nor do you make any payment or deposit on delivery. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Inc., Suite 6027, 630 S. Wabash Avenue, Chicago, Illinois.

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

Name

Address



EARLE E. LIEDERMAN
"The Muscle Builder"

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

Forbidden Pleasures

Just like Adam and Eve were punished for eating forbidden fruit, so do a vast number of men, both young and suffer today because they lack strength. Dissipation has weakened many so they can no longer withstand the slightest exertion—others were born weak and have never known how to build their bodies so they could take advantage of the many pleasures they seek. There is no excuse for anyone crying for health and strength—everyone can enjoy life—I will show you how.

I Rescue Weaklings

They call me the Muscle Builder—but I do more than that. I rebuild that old bony and muscleless body of yours and rebuild it on head to foot. I do not only take the outside and put a new coat on it so that you look good, but I also do a good job with the inner organs. My proven method of Muscular Development not only makes you look good in a bathing suit—it also builds up your tissue and surrounds muscles throughout your entire body in and out. After I get done with you, you will not only be in better health, but you will be there to withstand any probable misadventure of your life, that only a real healthy man can stand. You will not know of any forbidden pleasures. You will be able to do anything until your heart's content. I will give you that springy step that other heel advertisements tell you about. I will make you a healthy man, so that your friends will marvel at the wonderful change. I will put you far away from your grave and keep you away. I will add many years to your life.

Here's What I Do The First Thirty Days

There's a saying that the first hundred years are the hardest. My system of Muscular Development everything comes from the first thirty days I put one solid inch of muscle on my arm and add two inches to your chest during the same period of time. I don't promise this, I guarantee it. That's why they call me the Muscle Builder, but this is only a starter. After I have worked with me for ninety days you will be what is commonly termed as in the pink of health. Almost overnight you will develop into a superman. You will bubble over with enthusiasm and vitality. No one will dare call you skinny and you will never do it again. This new strength and health of yours will fool them all and make everyone respect you and seek your companionship.

An Ounce Of Action Is Worth A Thousand Words

I could go on talking about the wonderful things I have done for men and about what I can do for you—yes, I could write enough to fill all the pages of this magazine, but I would not get anywhere and neither would you. Action is the thing that counts. I will make me up and make me prove that I can remake you—that I can make a muscular marvel out of you. You take no risk, I don't take any. I guarantee to do it. If I fail, and I am sure I won't, you are out nothing—that's fair, isn't it? So what do you say. Let's get started right away.

COME TO ME

I am waiting for you and you need me. I have proven this to over 100,000 men and I will prove it to you. The sooner you get started, the quicker will you know what real health is so that you can hurry into a new life where there are no forbidden pleasures. If you want to live a life long send for my big new 64 page book "Muscular Development" which is described below—it's yours free.

Send For My New
64 Page Book—

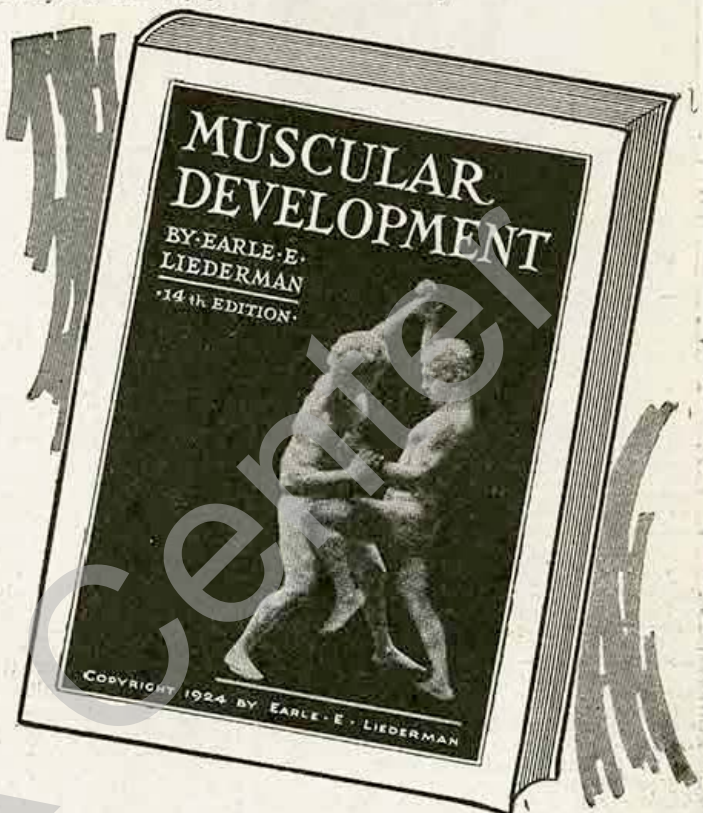
"Muscular Development"

IT IS FREE

I do not ask you to send me a single cent until you are convinced that I can help you. All I do ask is that you write today for my 64 page book "Muscular Development" so you will be able to read for yourself just what I do for you and what I have done for others. This book contains 48 full page photographs of myself and many prize winning pupils I have trained. Many of them were pitiful weaklings. Look at them now! You will be amazed at their physiques. This book will thrill you. I want you to have a copy for the sake of your future health and happiness, so send today—do it now before you turn this page.

EARLE E. LIEDERMAN

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

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Learn to Play JAZZ by Ear in 90 Days

Be a master of jazz, syncopation, melody. It is easy to learn at home in your spare time. Wonderful Niagara Method shows you how.

By R. C. JAMES

How I used to wish that I could sit down at the piano and pour out the golden syncopation of American melody, like the jazz piano players I had heard. How I used to wish that I could be the popular one in every crowd.

But I could not play a note. I did not know a thing about music.

Niagara Method Shows The Way

Then somewhere—just as you are reading this—I read of the Niagara Method which makes piano playing wonderfully simple. I sent for Director Wright's book "The Niagara Secret." I read the book, and I knew it was right.

I followed Director Wright's principles, and in no time I had caught on to his ideas.

Simple—Easy—Delightful

And the best part of it all is that there is nothing hard about the Niagara Method. In a short time, by following Director Wright's principles and by devoting a part of my spare time to the practical application of his course, I soon learned to play.

No tiresome scales—no arpeggios to learn—no weary hours of practice—no do-re-mi—no meaningless exercises. If you know the Niagara Method, you can sit down and reel off any popular song which the high-priced orchestra leaders play in the cabarets, clubs, hotels, dance halls, or theaters.

Decide to Begin Now

If you have never played a note, or if you do play—no matter how well—you too may become a master of jazz and melody by learning the simple, wonderful Niagara Method.

FREE BOOK



Don't wait another day. Send the coupon now for the "Niagara Secret." This book is yours absolutely FREE. If 10c (coin or stamps) is enclosed you also receive wonderful booklet "How to Entertain at Piano."

Ronald G. Wright, Director
Niagara School of Music
118 Niagara School Bldg., Niagara Falls, N.Y.

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require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable.

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American Continental Weight Lifters' Association Notes

(Continued from page 56)

press. In the right hand snatch he succeeded with 115 lbs, which is $7\frac{1}{2}$ lbs. more than his bodyweight, and got away with a one hand clean and jerk of 120 lbs. using the right hand. He totaled 660 lbs. Fine work, indeed! R. Bachtell, at a bodyweight of 138 lbs., scored a total of 839 lbs. doing $167\frac{1}{2}$ lbs. in the two hands snatch, $220\frac{1}{2}$ lbs. in the two hands clean and jerk, $150\frac{1}{2}$ lbs. in the two hands military press, $140\frac{1}{2}$ lbs. in the one hand snatch, and $160\frac{1}{2}$ lbs. in the one hand clean and jerk. The last two lifts were performed with the left hand. Bachtell lifted in the Sesqui-Centennial Tourney and won second place in his class. His lifting was very crude; but throughout he displayed those qualities which go to make up a great lifter, providing of course, that he continues to apply himself and master the technique. He is powerfully built for his weight and in his home town he has that fine lifter, Robert Snyder, the ex-lightweight, to give him a hand. One thing is sure, if Bachtell and Knodle acquire the perfection of form that Snyder has, they will certainly raise the standard of lifting in their bodyweight class.

At the same exhibition where these two boys did their stuff, Robert Snyder gave an exhibition that was very well received, and Walter Stratton, of Leetonia, Ohio, a very promising husky boy, made some attempts on three lifts, doing 230 lbs. in the two hands clean and jerk from behind the neck, 225 lbs. in a wrestler's bridge, and 130 lbs. in the two arm curl, at a bodyweight of 164 lbs. Mr. Yates, of Hagerstown, on the same program succeeded in making the bronze medal total on the three Olympic Lifts at a 144 lbs. bodyweight.

Well, so long, fellows, till next month. I hope you made one of your New Year Resolutions to boost the Association harder than ever.

Ask the Doctor

(Continued from Page 42)

pounds and am quite healthy. As to diet, for breakfast I usually eat 2 eggs soft boiled or scrambled, 2 or 3 glasses of milk, whole wheat bread toasted and one orange. For lunch I eat vegetables such as cabbage, peas, corn, spinach and spaghetti. And for dinner I have meat combined with vegetables. Is this a sensible diet for me? I would certainly be greatly indebted to you if you could help me. Thanking you for your kindness.

C. C. D., New York.

ANSWER: I see nothing wrong with your diet ordinarily except that if excess starches are eaten there is more tendency to produce mucous secretion in nose and throat than would a proteid or vegetable diet, such as eggs, meat, milk, spinach, cabbage, salads, etc. I was reading with interest of the meth-



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Lindstrom & Company
30 West Lake St., Dept. 57-72

Please send me your free book, "Health—Positive Treatments—Full information of your 10-day Free Trial Offer."

Name _____

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Agents Wanted

used by Tito Schipa, famous opera singer, to prevent colds; namely, tying a compress about his throat on arising in the morning. He also performs a number of movements daily, such as back bending. I have found that vigorous breathing movements or leg work with deep breathing tends to make the mucus go up and the voice more clearer. As a singer you know that most singers abstain from food at least six hours before singing, the idea being to get up the mucus which flows freely on partaking of food. As a professional man I recommend the prophylactic preventive for colds; every spring take taking Subcutaneous Sherman's vaccine No. 40. This may be obtained at any large drug store or from your throat specialist. The dose should be taken at first according to directions on accompanying literature.

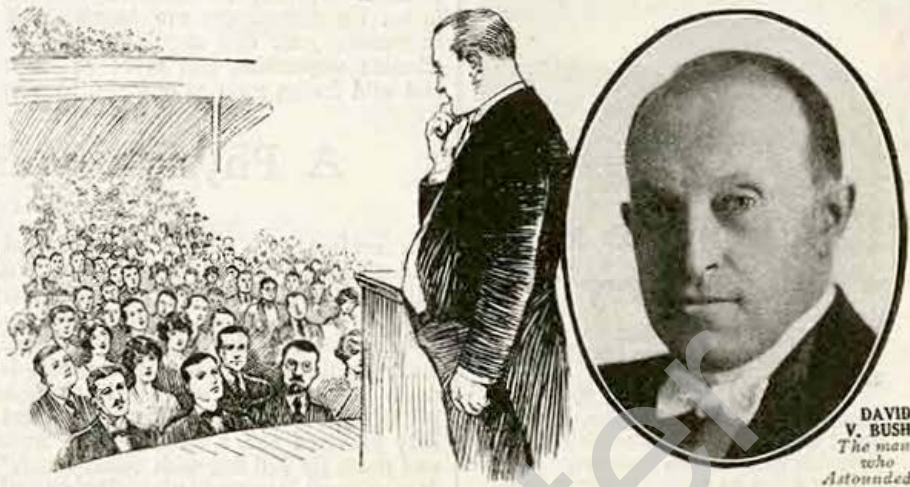
QUESTION: I have been a reader of your magazine in STRENGTH magazine for some time, but I do not recall a description of an ailment which fits my own particular case. I shall describe my case in detail, and be very grateful to you if you can diagnose it and suggest a remedy. First, I am a telegraph operator, and my occupation demands that I remain seated practically seven hours out of eight, with an hour for lunch in the middle of my eight hour period. I have for the past month or six weeks, been experiencing a too frequent desire to urinate. The urine is a light straw color, except when the bladder is almost emptied, then it becomes a light milky color at times, and at other times a pronounced milky color, or rather cloudy. I haven't noticed any burning sensation during the elimination of the urine. This condition occurs only at times, when I feel a faint ache in the small of my back, directly above the line of the kidneys and immediately centered on the spinal column. I also notice that when I take my lunch hour, and walk home, the desire to urinate, which was prevalent just before I left my chair, leaves me, and I do not have the desire again until I have again seated myself. Do you think this condition could be caused by so much sitting, and the cramp naturally resulting? Do you think it could be kidney trouble? I have been told that stomach worms could cause such a condition, and I have taken treatment for that, but secured no noticeable results. My physician told me it was caused by "phosphates," and gave me a prescription, which I took faithfully, and secured only temporary help. If it is phosphates causing the condition, then, do you not think I should immediately change my diet?

During the summer months I lost quite a bit of weight, and also strength; the loss of the latter was due to my discontinuing exercise. My weight is returning with rapidity and also my strength. I have pain puffs under the eyes, nor aching, swollen joints, muscular soreness, headaches, etc. Occasionally, I do have a "sour" stomach, and, generally, I find out that I am eating improper food. At present, I am trying to eat as nearly as possible, eat a balanced diet of fruit, vegetables, milk, cereals, etc., with no fried victuals, eating meat about once a week. I avoid eating eggs and meat the same day. Any suggestion you may make will be greatly appreciated.

T. W. Z., Mo.

ANSWER: Your case sounds like either Phosphaturia or, if urine has not been examined for excess of phosphates, some congestion or inflammation

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 rotund 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-692, 225 N. Michigan Blvd., Chicago, Ill.

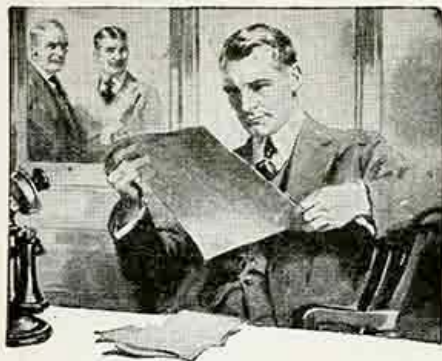
David V. Bush,
Dept. H-692, 225 N. Michigan Blvd.,
Chicago, Ill.

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.

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"I'm going to raise his salary"

"I've had my eye on him for some time and I know he can handle bigger work."

"He studies those I. C. S. textbooks every chance he gets, and I want to tell you it has made him a valuable man for this business."

"I'm going to raise his salary and give him that new job we were talking about. I wish we had more men like him."

How do you stand when your employer checks up his men for promotion? Does he pass you by as just a routine worker, or does he think of you as a man who is ambitious to get ahead? Won't you be far more likely to get the promotion if he knows you are studying at home and are really preparing yourself to handle bigger work?

Think it over. Then act. It takes only a moment to mark and mail the coupon and find what the International Correspondence Schools can do for you, yet that one simple little step may be the means of changing your whole life. "Do it now."

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Without cost or obligation, please send me one of your booklets and tell me how I can qualify for the position of in the subject before which I have marked an X:

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Freed from Rupture

By a New
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Test It Free

A new invention, so small that it cannot be detected beneath the closest fitting clothes, has been perfected; it retains rupture safely and with comfort and heals the rupture.

Dancers, athletes, sportsmen, society women and people who do hard, tiring work have been healed in this new way. It is so comfortable that regardless of the position you assume, it does not hamper the body movement.

Constructed of sanitary, non-irritating materials and assures absolute freedom from skin irritations. Send for Free Trial Offer, sent in plain, sealed envelope.

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of prostate gland. Of course, phosphates in excess would naturally irritate the neck of the bladder near the prostate gland. Constant sitting, as you do, causes more discomfort by producing great stimulation of the urogenital centers. If, on quantitative test of urine, the phosphates are found much in excess, your diet should be less of alkaline vegetables and more of meat and acid fruits, such as oranges, lemons

and grapefruit. Curiously enough, cases of excess acid in stomach cause phosphaturia. Ordinary usual procedure of treatment of phosphaturia is change of diet, but excessive eating of alkaline foods, also by taking dilute hydrochloric acid, 10 to 20 drops in water, at meals. Prostatitis requires special urinary treatment if found present.

A Physical Marvel At Sixty-one

(Continued from page 36)

him against such a step. One friend said to him, "Smith, if you quit you will go all to pieces and be dead in a few years."

"Nonsense," John replied, "You are crazy to think that, why real strength never leaves a man, and I will make a bet with you right now that when I am fifty years of age, I will meet you here and press up 200 lbs. with either hand."

It is of great interest to physiologists and students of body culture that this wager was made in good faith and kept. Smith always led a clean life and always kept in shape. He never quit exercising, though he never bothered about lifting any great weights, and records were far out of his mind. From 1912 he was unable to train on account of business pressure, which finds him in his 50th year weighing 180 lbs. Remembering the bet, he began to get himself into shape, and in June, 1916, we find Smith and the wager maker with all the witnesses, gathered together in the gymnasium of the Boston Y. M. C. U. to see the 50-year old athlete make good on his wager. On the first attempt he pressed overhead with the right hand 203½ lbs., and succeeded with the same weight with the left hand on the second attempt. Everybody was amazed at the demonstration, and the newspapers ran columns concerning what they termed, "Smith's come-back"; but it was no come-back. He was always there. A strength athlete is not like a boxer or a sprinter, he is a builder, aided by nature in holding what is gained. This is not a singular fact just covering Smith's case. It has been proven in over a hundred cases which I can vouch for. When John Y. had passed his 53rd year, he again demonstrated the lasting quality of genuine physical fitness with a magnificent right arm press of 207½ lbs. Even in his 59th year he made a one arm clean and press of 185 lbs., just for fun, and could tear a deck of cards into halves by holding them in his mouth and using only one hand.

We have a good joke on John that I am not going to overlook telling you. When he was in his 50th year, he issued a challenge to any man in the world of his age to meet him in a contest of strength. A few days after it appeared, it was accepted by a huge shipper, and the agreement made was there should be used two packing cases of the same poundage, each resting on the floor within a few feet of the other, and as the word was given to lift, each man

was to go at it, and the one who lifted it first was the winner. The shipper, John fine, and he went home to himself, thinking how easy it was going to trim the big shipper. He arrived, and each man stood ready to object within this warehouse. The word to go was given. The shipper went low bent to the task, and with a great trouble lifted his case free of the floor, but John was not so easily moved. He pulled and pushed until he was in the face, but the case would not move. Everybody got to laughing at him, and poor Smith was still everything remained the same. Then some one began to yell, "Look at it heave," and the shipper declared the floor was raising, and he declared he was lifting the case off the building, so the match was called off at the time they were doubled with laughter. John then began to wonder something wrong. He moved and, behold, he found the pack had been first nailed down to the floor and he was the victim of a joke. Just the same, John was strong enough to laugh with them, as he was away the sweat from his brow full of fun, but always in dead earnest where feats of strength are concerned, consequently he never expected to be the victim of a joke.

He did run up against a harder task than himself when he stepped across the railroad yard one morning. He stepped in front of a train that lifted and threw him 20 feet, and left him lying on the ground with no come back. He was able to get off with just a few bruises, he always watched his step so that the collision would not be repeated.

Smith has always held a place of interest for me. I have never had my own satisfaction that he was a fairy tale, but an absolute fact. Years ago he wrote to me stating he would like to have the opportunity to come and demonstrate himself before me, in order to show that he was not a "make believe," as I was very glad to accept the challenge and the feats that he performed before me and many others on this occasion. It was a revelation to me, and I have many extraordinary physical feats to my own eyes. He not only beat every man we had present in lifting a weight off the floor with one hand

(Continued on Page 64)

Stomach Sufferers Acclaim Doctor Who Discovers Amazing Herbal Flaxolyn Tonic

Health-Seekers Simply "Wild" Over Herbal Discovery---
Health Authorities Tell How Flaxolyn Brings Keen Appetites, Regular Bowel Action, Renewed Vigor

SLEEP WITHOUT DRUGS SAYS PROMINENT SPECIALIST

According to the statement issued by Dr. M. Herr, formerly physician at Battle Creek Sanitarium, Flaxolyn is being extensively prescribed for two reasons: "First it is not a secret prescription, and second it gives relieve in a natural way that dreaded condition called constipation. In several cases under my care, where autointoxication prevented sleep, the use of Flaxolyn has been the means of so cleansing the system that NATURAL SLEEP is now the usual thing and life has taken on a different aspect for them."

Chicago Sanitarium Lauds Flaxolyn For Constipation

Dr. Victor Hugo Lindlahr and his associates, who operate the remarkable Lindlahr Sanitarium and the Lindlahr College of Natural Therapeutics in Chicago, have given to Dr. Luntz's Herbal Flaxolyn the highest possible approval by recommending and prescribing it through their famous health organizations.

Canadian Physician Tells of Gas Attack Stopped by Flaxolyn

Dr. J. A. Royer, of Montreal, Canada, writes: "I was recently called into the home of a lady patient suffering from a acute attack of gastritis. Compliments had already set in. Instantly I gave her a Flaxolyn herb powder. This treatment I repeated in 15 minutes, and again in 30 minutes. In one hour the patient was recovering rapidly and surprisingly. She spent a good night's rest and the next day was positively normal."

Other Doctors State Results Publicly

The London Health Center is dispensing Flaxolyn in large quantities. Dr. George Starr White, famous Health

author; Dr. N. F. Meleen, of the Swedish Institute, Portland, Ore.; Former Dean Bachman, of the Des Moines School of Osteopathy; Dr. Gertrude Stark, of Brooklyn, and hundreds of other doctors, everywhere, have publicly praised Flaxolyn.

Minister Tells How Flaxolyn Saved His Stomach and Health

No case is as striking as that of Dr. Middlekauff, of Los Angeles, who writes as follows: "Some years ago when I was in personal need of gastro-intestinal help, I used Flaxolyn with excellent results. I am a retired Baptist minister. I broke down in health completely fifteen years ago. But with the help of Flaxolyn I am slowly getting back my health. I am enclosing \$10 for a quantity of Flaxolyn to help my patients, as I am now a Naturopathic Physician. I am sure of helping many people with Flaxolyn because it pays proper attention to stomach needs which ordinary laxatives do not."

N. Y. Health Editor Says Flaxolyn Is Natural Food Laxative—No Drugs

Dr. Benedict Lust, M.D., N.D., editor of "Nature's Path" and president of the American Naturopathic Association, writes: "I have been using Flaxolyn in the treatment of a number of my patients at Butler Sanitarium, and find it a great help in assisting the process of eliminating irritants from the system. It is certainly a natural food remedy and complies with the teachings of Father Kneipp, and other authorities on natural healing."

Flaxolyn does not gripe because it is a natural food. You will feel its tonic effect at once.

To rural storekeepers: The valuable Flaxolyn agency is still open in some sections. Write at once to the Flaxolyn Laboratories.



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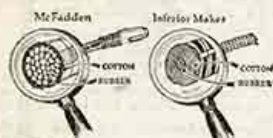
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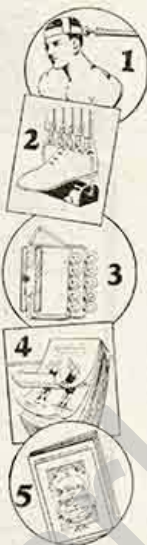
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Here's your chance to get a copy of this Big New Book with scores of pictures of professional boxers absolutely free IF YOU HURRY! With every set of apparatus I ship for the next twenty days I will include a copy of this book FREE.

(Continued from page 62)

he beat the best world's existing record. Later on in the evening, he pressed a kettle bell overhead that weighed close to 170 lbs., which is a terrible implement to use for such a performance. Then, for the fun of the thing, he made a handstand, employing only three fingers of either hand. There are plenty of young hand balancers who cannot do this stunt, let alone men of 59 years.

The grand climax came in his 60th year, which was only last summer. The *Boston Post* promoted a strength carnival, on a huge scale, offering a beautiful belt as a prize to the man who proved himself to be the strongest man in all the New England States. There were numerous contestants entered, ranging from 16 years of age up to 37 years, then came a big eye gap to Smith at 60 years of age. Many were a great deal heavier than he, and many were first-class, practiced, weight lifters. For this affair the staff of the *Boston Post* had done everything in their power to get the best men obtainable, searching in the lumber camps, the steel mills, and elsewhere. They all came up with formidable records, and quite looked their part, but when they saw the great veteran do his stuff, one try was enough for them. Some were scared out even without a try, and the field was narrowed down to the ones who followed lifting weights as a sport along with John Y. Smith. The tourney ran for two days, and on each day John came out victorious. He wears the belt now, and I was proud to present it to him on behalf of the *Boston Post*. Incidentally, he was 60 years and 60 days, on the day he won the belt. It was a glorious victory for him, and a more glorious victory to the great cause of physical

training. It proved beyond doubt that right training can do to the health, and preserve the tissue of the body in long years of usefulness.

While I was in Boston, the time I had charge of the *Boston Post* Strength Carnival, I heard of a humped-back grey beards that's the John Smith I saw years back." There was a difference between their physique and John's. The latter had a fresh complexion and an eye of vitality. His muscles are still firm when tensed, and there is no sign of atrophy about the neck, which are generally the parts to show noticeable signs of age. His old friend and Oscar Matthes, who is much older than John, was on deck aiding the judges. Neither of them has ever felt that the time spent in training has not been worth while. In conversations I had with John, he told me that he would never quit as long as he lived. It had done good for him. He is right in that thing worth while is always doing. If you have a plant to admire, you will never neglect it daily. If you did it would waste away. Exercise is what it protects the body from decay and rusting away. It keeps the life of life blooming and the sparkle of the eye. No matter how young you are, how old you are, make up your mind to do some exercise. It is not too late to become another John Y. Smith. You can see what exercise has done for him, and I know that you will enjoy health in a measure according to the extent you are willing to do of yourself.

The Wrestling Terror

(Continued from page 50)

ing, and the next time they came together one of the finest bouts ever seen was pulled off. In the meantime, Ross had claimed the world's middle-weight title because Meyers refused to meet him, and at the return bout Ross was billed as such. The armories were packed to bursting on this night which was to be the night of the season. Both men stepped on the mat in perfect condition, each as eager as race horses for the referee to let them loose. Carl opened up with a series of rushes that swept the Hoosier grappler before him. They crashed to the mat, a seething, writhing mixed-up mess of humanity. In the melee Ross got a toe hold and spun the Oshkosh crack around in a flashy exhibition of foot locks, which were ultimately broken, and the Hoosier star found himself securely locked in the leg scissors. Bouncing cleverly, he managed to break away and in return secure a hammerlock, from which Van Wurden turned out and tied Ross up with a leg split. From this he changed to a crotch hold, then a head scissors with the Kid on the defensive. Finally Ross became trapped with a reverse nelson that pinned his shoulders to the

mat for the first fall in 24 years. Fast, clever and crafty, Ross was to be feared every moment of his career. The second fall was of short duration. Van Wurden rushed, turned, twisted, but miscalculated his strength. Ross saw his chance and took the blonde grappler could not resist. He threw Van to the mat and held him for a fall. Odds now even, the referee called for the final stanza. Van had a series of rushes that featured a match seen in Wisconsin. Ross came back with plenty of aggression and onslaught of Van Wurden's strength. Ross fought gamely to the fraction of his strength, but he was go down to a better man. This was the classiest in the young man's career.

Meyers' manager now insisted that Van Wurden should meet Hansens, Kilonis and Nicholls. A definite action could be made. Meyers-Van Wurden changed the bout. Van agreed and not only did the great Kilonis once, but he won the second bout. The Greek champion the referee had not given him a deal and demanded a second trial.

LIFE IS NOT WORTH LIVING—

Without Sound Nerves

YOUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions? No! You merely exist—you are not getting out of life *everything* that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two, or even five years of life into a single

year! We hurry, we worry, and often we dissipate our vital forces through ignorance. We commit these sins because we are living in an age of acute competition, tremendously high cost of living, reckless pleasures—conditions that *compel us to strain our nerves to the utmost.*

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion, when he is stricken with this terrible malady, firmly believes that he has been stricken *suddenly*. This is *not* true. The fact is, that it has been *years* developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention; he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a *little*—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going *while the going is still good*. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only **HALF ALIVE!**

The country is teeming with cases that fit this story like a glove, for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins. They may be called "near-neurasthenics." A near-neurasthenic is but a next-door-neighbor to a full-fledged neurasthenic, in the grip of *actual, terrible and complete* Nerve Exhaustion—Nerve Bankruptcy!

There is but one malady more terrible than Nerve Exhaustion, and that is its



PAUL VON BOECKMANN

Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL. No other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the

development is usually as follows: First stage—lack of energy and endurance; that tired feeling. Second stage—nervousness, restlessness, sleeplessness, irritability, decline in sex force, loss of hair, nervous indigestion, sour stomach, gas in bowels, constipation, irregular heart, poor memory, lack of mental endurance, dizziness, headache, backache, neuritis, rheumatism, and other pains. Third stage—serious mental disturbances, fear, undue worry, melancholia, dangerous organic disturbances, suicidal tendencies, and, in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you, that every organ is perfect. But you know there is something the matter. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscle, but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

I have for more than twenty-five years given courses of instruction in Nerve Culture by mail. Over 100,000 people have learned through me how to care for their nerves and how to free themselves of the organic and mental disturbances that originate in nerve abuse.

Over a million copies of my book "Nerve Force" have been read by people with high strung nerves who have learned through my advice how to avoid nerve strain and how to care for their nerves. The cost of the book is only 25 cents (coin or stamps). Address Paul Von Boeckmann, Studio 461, 110 West 40th Street, New York City.

Order Nerve Force today. It is not a pamphlet advertising my course, but a real book, 64 pages, illustrated. The latest edition of Nerve Force contains important information heretofore imparted to private pupils only. Nerve Force is on file in many public libraries, and at the Medical National Library at Washington. Thousands owe their recovery from nerve exhaustion to reading this book. Your money refunded if the book is not all you expect.

A physician writes as follows: "I am writing you as a Graduate M.D. to say that I have carefully read your excellent book on 'Nerves.' It has done me more good already than anything I have seen or tried and I think it easily worth a hundred times what I paid for it. It is impossible to read it without feeling the wonderful Truths it reveals."

A school teacher writes: "I had the opportunity of reading Paul Von Boeckmann's 64-page book 'Nerve Force.' I completed it in one reading. One feels at home and understands unfathomable ideas concerning nerves, mind, and body. As I was reading, a stranger approached and remarked, 'That book cured me from what doctors called heart trouble, they stomach trouble, etc. I had nothing of the kind. I am now a well man.'"

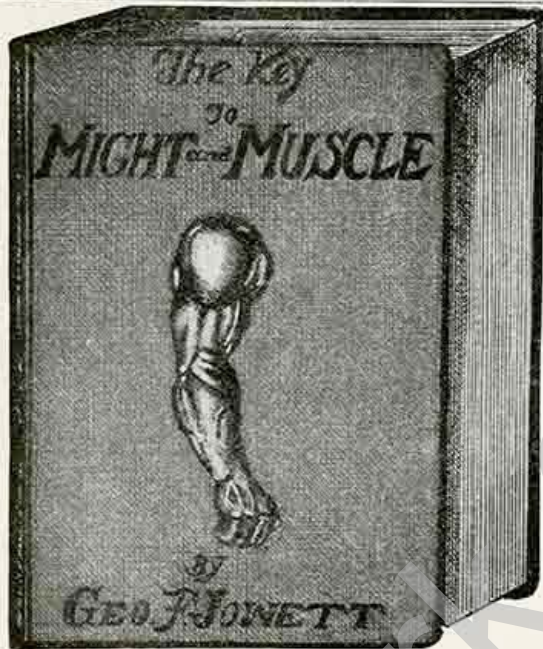
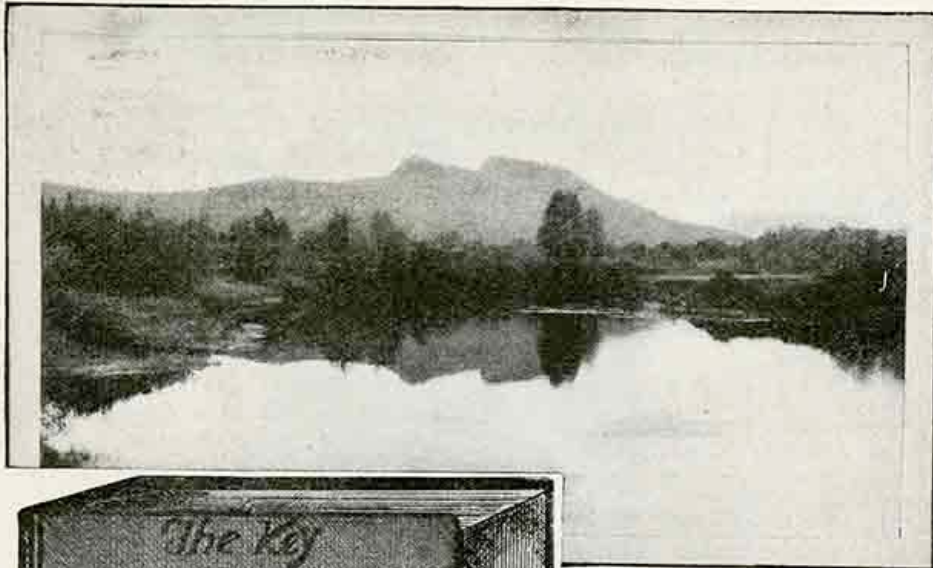
went the way of the first in straight falls to Van Wurden. The other three were men of entirely different calibre, inasmuch as each had a decision over the champion. Meyers had won the title of Talabar, and Hansen was the former champ. Van Wurden met them all and beat them. With such facts in view is there any wonder that Meyers feared to meet the dashing Wisconsin wrestler. In a return bout with Talabar, Meyers agreed to act as a substitute if Talabar was unable to appear, owing to the lowan crack receiving an injury that made his appearance doubtful. Lou could not wrestle, and when Meyers was asked to fulfill his agreement he positively refused. The crowd got angry, and if the extra police reinforcement had not arrived as quickly as they did, it would have gone ill with the Chicagoan. Promoter Bradley made the public statement that on the morning of the match, Meyer had promised him he would wrestle Van Wurden in place of Talabar, who was unable. Meyers is afraid to risk his title with Van Wurden," Bradley concluded, and looked like it.

Never have I seen such a fast, forcible wrestler as the Oshkosh star. He is more speedy than Pesek, and a more determined mixer. If Van Wurden had ten pounds more on him, I would just love to see how Pesek and Van Wurden would stack up together. It would be a wonderful bout. Pesek is surely a marvel and so is Van Wurden. He starts over the mat like a cyclone and never relaxes one moment from the time he is let loose. I have seen him keep up his terrific speed for a stretch of two hours, always on the aggressive.

His maneuvers are as baffling as Pesek's, which proves that he is a rapid thinker, acting as fast as he thinks. With all his speed he is a cool wrestler, and no matter how difficult the trap is he gets into, he does not get excited. Rarely does such an occurrence happen: he is one of those extraordinary mat men who, by his superior aggression, is able to outwrestle his opponents by pure speed. Always in perfect condition, he is a model athlete, taking his daily training regularly, which consists of body building exercise as well as wrestling. He reminds me of Jim Landos in this instance, that is, he believes in keeping his body fit as well as training up his mat craft. Such men as Landos, Pesek and Van Wurden are a credit to the game and do more than the rest to put before the public the reason of physical fitness. Off the mat he is a gentleman and I have never heard him knock an opponent. They are all good men to him, which says a lot for his sportsmanship.

All who have seen Ketonen at his best and have had the pleasure of seeing the Oshkosh star, do not hesitate a moment in proclaiming Van Wurden superior to the Finn for speed. Mat followers are correct in their statement that Meyers is superior to Ketonen, and Van Wurden by his victories over Ross, Stoff, Kilonis, Hansen, Talabar and

(Continued on Page 67)



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

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(Continued from Page 56)

scholls, has proven himself a better wrestler than Meyers. In my estimation, we have just begun to hear of Van Wurden; he is young and will grow heavier, and then let the luminares watch out. At his present body weight he has defeated

some classy light heavyweights. What will he do when he gets more weight? I believe, and so do many other wrestling authorities, that Van Wurden will not only be known as the greatest middleweight that ever stepped on the mat, but also as one of the greatest wrestlers the world has ever known.

Daily Exercise for Every One

(Continued from page 53)

Figure number five is an exercise that has been a standard one for some time, commonly known as the floor dip. I am going to repeat this exercise and add it to this physical drill. The illustration shows you the preliminary position. The body is supported on toes and palms of hands. Now slowly dip down by bending at the elbows. Do not let the body sag at the hips or bend at the knees or touch the floor in any way. Then come up steadily, slowly, keeping the head high, chin up. This exercise, performed as explained, will give your body a complete work-out. Keep your head up and chin high, holding this position. The exercise has a tendency to develop and shape up the neck. Many start this exercise but after practicing a while discontinue it. Why not go on and advance the movement, which will mean just a little harder work, but consider the wonderful results. This exercise, if practiced correctly will give the body a harmonious development as well as a degree of strength. To make the exercise more difficult and insure better returns, raise one leg off floor and one arm to the side, now dip. It will not take you long to find what a wonderful exercise the floor dip is.

Figure number six illustrates an excellent finishing exercise, known as the high goose step or the standing run. This exercise is practiced by trackmen, armymen and most of all by those that use their legs in athletic contests. I have found it very beneficial to the average person, for it is a peppy exer-

cise, a good warmer up, and, if the muscles are stiff and sore, it will guarantee to give back their flexibility.

Exercise—Ready! Set! Go! Start in at a slow pace in one stationary position, raising the legs as high as possible, keep body well inclined forward, arms held at the sides, working them back and forth like pistons. Gradually increase pace and finish up with speed. Do this until you feel you have had enough. In executing this exercise you have a tendency to either go backward or forward. Try to stay in one place. You may make this exercise as strenuous as you care to have it, by raising the knees as high as possible and moving faster. This exercise is an exceptional good all-round body builder.

When exercising never count the repetitions, as your mind will be distracted. In other words, forget the number of times you should do the exercise and think of the way you should do it. Do not overwork yourself. As soon as the exercise becomes a little uncomfortable—rest and continue when you feel recuperated.

We find many exercise enthusiasts who start off strongly, but fail to keep it up. Take your time. Exercises are practiced for building up the body and not tearing down nervous energy. Make play out of your work. Try and remember some of these pointers. They will be of great help to you in the attainment of better health, strength, and efficiency.

How to Play Basketball

(Continued from page 32)

The New Jersey State Championship seven years. At one time they ran up a record of approximately 141 consecutive victories, an achievement no other team has yet equaled. A few years ago they toured the country exhibiting and competing with all high school teams. At the time, they were considered the best interscholastic team in the world. The Eastern Intercollegiate League and Western Intercollegiate Conference are composed of colleges and universities throughout different parts of the country. They, like the smaller schools, have elimination contests, determining the best intercollegiate teams in the respective leagues. During my recent visit to the West, I followed some of the conference games. The season of 1925-26 produced the most exciting race in the history of Northwestern basketball conference. It seems quite strange, but every team in the

league was a contender. The competition was so close and even that the advantage of the home court decided the majority of the contests. I remember watching one of the most interesting games I have ever witnessed, between two western colleges, Mt. Angel College versus Columbia University, of Oregon. On account of it being the big game of the season for the championship, a record crowd of ten thousand basketball enthusiasts was present. Every play was skillfully performed, showing great work on the part of both teams. What made the game so exciting was, one team was as strong as the other, thus preventing either one of them from getting a lead. The score was even until the last minute of the second half. Somehow, the Mt. Angel boys, with a trick up their sleeves, rushed down the floor with the ball, passing it from player to player and through the hoop

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The first week's pay envelope of many a Dobe-trained draftsman has held enough to cover the entire cost of the course! Most students learn evenings, keeping on with their old work until ready to step into somebody's drafting room. The first month equips you to take on simple drafting jobs on the side. It helps you learn; I gladly permit this.

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A draftsman soon forgets the days when he used to wonder where to get a job. Instead, he asks "What line of work interests me most?" And "What part of the country suits me best?" Twenty of my graduates went to Florida this year; three are in Japan; last month one wrote me from Ceylon. And I wish we had the count of how many Dobe draftsmen have become chiefs!

Positions loom up almost as soon as you are enrolled in a Dobe class! We receive requests daily for junior men—for men only partly through our course. "We'll take a beginner," some concerns write us, "so long as he is a Dobe-trained man and has begun right!"

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it went, the whistle blew, and the game was finished, Mt. Angel clinching the championship. With such competition the games are more than usual, in other words, they are extraordinary achievements.

Up until a few years ago all basketball was amateur, played only by schools and independent organizations. Today basketball, like football, has been popularized to a great extent. Like football, it has been greatly in demand as a professional game. To please the American sport lovers professional teams have been organized almost in every large city of the country.

I have told you of the origin of the game and by whom it was first played, now I shall endeavor to explain the game. The game of basketball is played by two teams of five men each. The ball is passed from one player to another and the purpose of each team is to score as many points as possible by tossing the ball into its own basket, and at the same time prevent the other team from securing possession of the ball or scoring. The game is started by a referee, who tosses the ball up between two players of opposite sides (usually between centers); after this the primary object of the game is to pass the ball from player to player until it is dropped into the team's own basket. In doing this several fundamental rules are prescribed; for instance, one must not run with the ball. It may be bounced along the floor, or rolled to a teammate in an endeavor to keep it away from the opponents and advance it towards their own basket, so as to get within accurate shooting distance and eventually place the ball in.

In order to maintain possession of the ball, precautions have to be taken not to cause it to go out of bounds, step upon, or over the boundary lines. If this rule is violated it gives the opponents the ball out of bounds, where they are permitted to pass it within bounds to their teammates, and while playing the game, if an attempt is made by any player to gain possession of the ball, or if he blocks, trips, or pushes, a charge of disqualification is declared upon him. This is called a foul, which gives the offended player a chance to put the ball in the basket from the goal line.

If, by any chance, the player is successful in tossing the ball into the basket a point is scored, and when the ball is placed in the proper basket from any part of the floor within bounds two points are scored. During a game many fouls are committed. It is up to the referee to watch out for them and call them out on the guilty person. Fouls are classified under two heads, as personal and technical fouls; personal fouls are committed whereby personal contact is made, as holding; technical fouls are those violating the technicalities of the game. When a player commits four personal fouls he automatically falls out of the game. In other words, he is no longer qualified. It is an advantage to the game, as well as to the players, that while playing, they should conduct themselves as good sportsmen. This adds interest and

pleasure to the game. The time is divided into two twenty-minute periods, with a rest of ten minutes between the halves. During each team has a certain amount of "time outs" for rest, these "time outs" only be had when the ball is in the possession of the team during the time out. By "dead ball" when it has passed through the basket or when it goes out of bounds during the game, as I have explained, should be, you will find it to be fast, scientific and an active team work with co-ordination. Operation combined is of prime importance in the game. They are the best assets towards the success of a team and without them it is impossible to win. This has not been possible but time and again. Individuals should not be tolerated.

Before starting to play the game of basketball, it is essential to know something about training. It is best to play the game slowly; by this I mean do not go at it too strenuously. Let your body harden itself physically, lest you suffer the consequences of over-indulgence in sore muscles; but if you have been following other forms of athletics, it is perfectly safe to go at it in any way you care to. Always attain speed, skill, and endurance. These qualities are required to play the game and can be obtained by practicing the pivots, dribbles and passes. If you may not understand what is meant by these terms, which are familiar to all players of the game. I will make these clearer in your mind by explaining. A pivot takes place when a player, who is holding the ball with one or more than once in any one position with the same foot, keeping a constant point of contact with the floor. A dribble is meant when a player moves along and bounces the ball, again before it touches another player. In a dribble the ball must come in contact with the floor, and the ball must come to rest in either one hand, or touches both hands at the same time, then the dribble ceases. The player must either pass the ball to another player or throw it. Passes are played all through the game. This means passing the ball from one player to another. There are other little tricks in the game that have been learned and mastered through practice.

The season of basketball is now here. Boys organize! Get together and play the ball rolling. In the few days that follow I shall attempt to tell you the way to organize a team.

First—Select those that are capable of becoming players.

Second—Practice.

Third—Talk over your plans with your study the game from every angle. When you have all this down on paper, be confident of going against the opposition then you are ready to defeat them. This is easier said than done. Nevertheless, try to make a good start. A successful finish is sure to follow. Eat wholesome food, keep regular hours, and do not over-indulge in smoking.

cut out some of your bad habits. Live a life an athlete should.

Basketball, although a game that aids in physical development, inspires the mental processes as well. Without team play, which is the keynote of the success of the team, the team cannot hope to gain any achievement. By studying the game from every angle, and living up to the regulations and training, the athlete will not only aid his team but fortify against the pitfalls and struggle of life.

The Mat

(Continued from page 46)

The Milo Bar Bell Company was the first to broadcast teaching and educate the American to bar bell uses. It is interesting to look back over the various types they used in the stages of evolution that brought bar bells up to the present model. The first break away from the solid bell, was a hollow affair made of pressed steel with a rod running through from end to end, with a thumbscrew at each end of the rod. Inside the hollow part, which was shaped like a cylinder, was a round snug fitting flat steel plate. All you had to do was to weigh up any amount of lead shot, and pour an equal amount into each end, and then screw your plates up against the shot. The next step was a combination of a solid bell and a plate loader. One half was cast metal, and the other half consisted of plates of various sizes which gave a loaded appearance of a round sphere, or globe. From that they made a ball in two pieces. One half was hollow, but had a wall at its largest diameter, and in the wall was a hole through which lead shot was poured. The other half was a hollow shell inside of which plates were made to fit. When the bell was made up it looked very fine, and, of course, was loaded to the weight suited to the owner. Then the half that contained the lead shot was cut out entirely, and a hollow globe shell was made up that covered a series of plates made to fit inside. It is still a popular bell for those who prefer an ornamental finish to a plate loading bell. The next step was the finish. They recognized the greater demand and value of a plate bell, but throughout the different stages of bar bell architecture, the progressive weight idea has always been maintained as the big feature. It culminated in the present plate loading bar bell, which also went through various stages of polishing before it got to the finished model it now is. To be honest with you I think most of the bar ideas are phoney. Give me a solid, fairly thick bar to use for press lifts, and a little smaller diameter with a high quality spring steel for jerking and snatching, along with a cambered bar for a dead lift, and that is all I want. A cambered bar is helpful to some in a bent press, and odd lengths are phoney. Of course, revolving hand grips are all right if you like them, but the right place for a revolving sleeve is at the end of the

(Continued on page 71)

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Yet for all these amazing results, you forget you are wearing this Chest Developer the moment after you have put it on. Made of a pliant fabric, it is light as a feather and comfortable. It goes round the shoulders, leaving the chest free. At once you feel your chest begin to lift with healthy inhalation. Backaches go as the strain is lifted off your spine. Your nerves feel the relief almost instantly. The whole effect is to tone up your system and give you at once an alert, military posture. Absolutely invisible—improves your appearance instantly.

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

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(Continued from Page 69)

where the plates fit on. If you have very live bar it will bend during the hitting, which naturally will interfere, to a certain extent, with the revolving and grips, especially if you are using very heavy poundage. Of course, they are expensive affairs and everybody cannot afford them, and, after all,

Skimming Over Ice

(Continued from page 27)

you aren't tough, it would be wise to keep away from the puck-chasing fraternity.

Chicago has long been a hockey center, as, of course, have the Canadian cities—Toronto, Montreal, Quebec, and Ottawa. Last year the sport was introduced by Tex Rickard to New York City, when a professional team was entered in a loop comprising the best teams in Canada, as well as Boston and Pittsburgh. The game went over with a boom, proving to be a tremendous money-making venture on the part of the promoters; the Montreal Maroons winning the title.

Internationally, the teams on this side of the Atlantic are supreme, while the Canadians prove to be the world's greatest hockey players, amateur, professional and inter-collegiate.

As a sort of fine art, figure skating has many attractions, proving very attractive to those who have become experts through perseverance both in the teaching field and as exhibitors at carnivals. The natives of Switzerland and the Scandinavian countries have found it very profitable to accept positions as professionals over

the fascination of witnessing the superior ability attained by leading experts in fancy skating, which includes dancing and acrobatics on skates, attracts thousands to the principal winter sports where no expense has been spared to make the entertainments attractive and interesting to guests.

Other ice enthusiasts, who are in the sport to see how fast it is possible to use the wind for propulsion and rig up sails which enable them to imitate motor-boats. This sport is known as skate-sailing and is fast gaining new members to its ranks. The sails may be of any shape, though they are usually somewhat square, the only restriction being that they must not exceed one square foot of sail for each two and a half pounds bodyweight of the skater.

Should you care to take up fancy skating, be wise enough to practice equally with both legs and not specialize on one leg to the detriment of the other, as many trick skaters do. Recently I met a young Canadian who had developed one leg out of all proportion to the other through specializing with one leg only. As a result one calf looked massive, while the other did not fit in with his physique at all, it looked so puny. In a few weeks at certain exercises the weaker member had grown to approximate the other, though special

I do not know whether they help you a great deal. If they did I think we would find men like Gorner, Rigoulot, Cadine, Cauette and all the others, using them in competition, but none of them seem to have the desire for one thing, and they are not allowed in general competition for another, so there you are.

exercises were not really necessary, had he chosen to practice some of his fancy work with both legs. Probably pride in his ability kept him from attempting with the unaccustomed limb.

To properly master the fine knack or skill of clever speed skating and fancy figure skating, considerable time is necessary. Indeed it is only thoroughly mastered by those who live where the season is long, and by following the pastime from early childhood, one must become as much at home on skates, as though they were merely walking around the house. Teachers in every line are in the habit of impressing on their pupils the fact that the main difficulties arise while learning any particular thing in having to unlearn bad habits they have become accustomed to. Even though his pupils submit to his most careful instruction from the first, the skating instructor is no exception to this rule, for the pupil has fallen into bad skating habits, simply through natural walking on pavement and ground. The novice at his first attempt to skate, naturally endeavors to proceed as though he were walking. His feet being parallel to each other and to his intended direction, he presses downward and backward with one foot while he lifts the other forward to make a stride. Consequently, the one foot slips backward from under him, while the other, instead of advancing must be hastily stamped down to save him from falling, but the chances are he will fall anyway. The ice offered no resistance to his pushing back with one foot, but instead he began a backward motion through having started his skates in that direction.

The means of progressing on the ice depend on two things, two relations between steel and ice; steel passes over ice with hardly any resistance, there being so little friction between them, and steel may also cut into ice to obtain resistance when the propelling power is directed more or less at right angles to the axis of the skate. To obtain forward motion, the toe must be turned outward, presenting the inner edge of the skate to the ice, while the other foot is simply placed in the position for supporting the body and for moving forward with the least resistance possible. Having thus acquired momentum, he finds it possible to propel himself, even when the foot is rapidly moving forward, by means of the sidelong thrust. Soon his strokes become long, involving no strain or exertion, and a sense of balance is acquired that assures proper guidance without conscious



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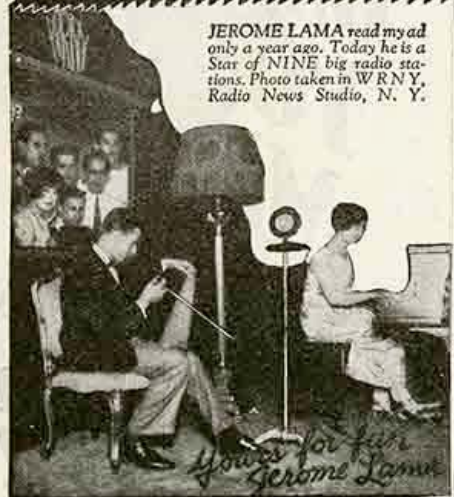
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effort, enabling him to rest for a short interval between each stroke without loss of speed. In order to properly maintain balance, while the right foot is striking, the left foot is inclined forward, and vice versa. Another tendency to be corrected by the novice, is that of lifting the heel when bringing the foot forward. This is a bad habit that must be overcome, as the foot should be lifted and started on its line of progression with the sole almost parallel to the ice, meanwhile rotating the toe inwards.

Though it may be with great difficulty that the learner acquires the knack of flinging himself forward and properly maintaining his balance on the edges of his skate blades, that is the inside edge of the propelling skate and the outside edge of the supporting skate, it appearing as though the center of gravity is without support; still, a length of stroke can only be learned by mastering this balance on the blades. Sustained speed is only possible when the stroke is long and strong, though some degree of speed may be obtained by short strokes. Many skaters do not learn the complete free stroke, as they never run on the outside of the blade, which causes the feet to become further separated and the stroke is delivered with less vigor. When a fearless fling of the body and feet is mastered, causing a continuous roll, that style is very well suited to distance skating, though not so efficient as a racing stroke. Concerning the use of the arms; in ordinary skating there seems to be no advantage in moving them. If the skater has proper control of his body the most comfortable position is with the arms folded in back. Only where a great spurt of speed is

necessary, does the swinging arms prove of advantage. It is a sign that the skater has not the proper control of balance, continuous flinging of the arms is resorted to.

Those who follow the skating are bound to be healthy. Those who have known of persons skating, attack of colds and coughs, the more serious "influenza," get out and hitting up a hot stretch of a few hours.

To become a good skater, a player, you must have all "wind" or endurance, which is fostered by plenty of sleep, wholesome "eats," and by regular exercise. It will do you good to get out in the open, when the mercury is with zero, and mingle with the fresh air enthusiasts, who find enjoyment in skimming over the ice. You live in one of our leading cities, can follow the pastime nearly anywhere. In fact, what is essentially a sport has turned out to be a round recreation to thousands. Tested by the popularity of ice skating that foster ice skating during winter weather, made possible by the use of artificial ice making machinery.

Happily, some of our ancestors covered it possible to fasten animals to his feet and by making steps, keep up a fast run without the weariness and breathless exertion attendant to running. Such humble beginnings, man developed the modern lightweight blade skate, and made possible the enjoyment of the greatest winter sport.

Trading Wallop for Wallop

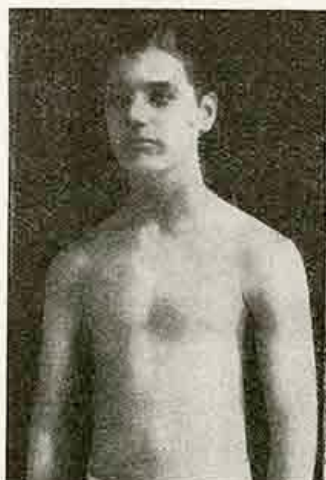
(Continued from Page 38)

imagine a middleweight champ of the present time fighting Johnson? Not at all. They are too scared to give even a pound away. Weight did not daunt Ketchell, and on October 16th, 1909, the big black fighter, and the little white man, took their corner to await the sound of the bell. No matter what the present-day fighter says about that fight being a fake, it was not. No man fights like Ketchell fought, or took what he took in a frame-up. They say that because they have no better excuse to offer for so small a man fighting such a formidable foe as Johnson. From the moment Ketchell stepped through the ropes, up to the time he was helped out, he proved himself to be one of the gamest fighters that ever put up his dukes. Outweighed by over sixty pounds, outreached, and overtopped in height by inches, the white man carried a punch that was to wipe the golden smile from off the negroe's face. At the opening of the first round, Stanley rushed Johnson to the ropes, but Jack stuck out his long left which made Stan's vicious swings to the jaw fall short. They both fought cautiously,

Johnson backing up before. The black man began to jab, and it all over Stan, drawing blood from nose and mouth, but Ketchell and brought a savage hook to the man's jaw, that erased his smile, blot on the sun. Jack got in with a rapid fire barrage to the man down with a crash. Johnson down than he was up, doing his best to penetrate the almost impenetrable defense of the black. Johnson off and boxed until Ketchell stepped a butcher's shop. Not intimidated from the spectacle he presented, the white man came rushing, only to fall into a crash, which Johnson made the white man wrestle his own way out, while on. The most of the first round tame, until the seventh, when he got in one of his vicious lefts, sent Johnson staggering to the ropes with Ketchell on top. It was a real blow of the fight, and the man from their seats as they urged the man, who was lashing into the with the fury of Cain, on.

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Here's my prize winner for 1926! \$1,000.00 in cash and this solid gold medal awarded to Harry Politi for the greatest *improvement* in physical development. Nation wide contest proves another demonstration of Titus training.



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FELLOWS, it was a wow! On December 31st my 1926 muscle-building contest ended with a bang. Many famous authorities of the physical culture world were present, and you should have heard their exclamations of wonder as the records of thousands of applicants were presented to the jury.

Man, you should have seen those records! Photographs of my pupils and actual measurements taken "before and after" I developed them. Talk about building muscles! You can't blame me if I feel proud of what I did for those boys.

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Sure, you can develop a few clumsy hunks of muscles by swinging a pair of dumb-bells or pulling on an old-fashioned exerciser. But that's not my way. I train you *scientifically*. I've trained leading strong men all over the world—I've trained most of the trainers who are putting out their own courses today.

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Don't think you have no chance because you are not a giant now! No sir! You're just the man I want. There's nothing I like better than to take hold of a man who's run down, weak and soft—the one that's been given up for lost. That's when I do my stuff. Thirty days—that's all I ask! I'll make you over from head to foot.

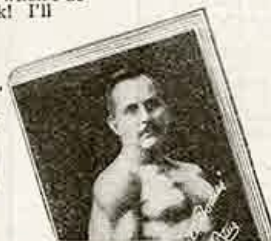
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MY NEW BIG BOOK IS A KNOCKOUT
AND IT'S YOURS FREE!

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for 1927

It contains true stories—stories of miracles worked in muscles. It's chock-full of actual photographs of bodies I have rebuilt all over the world. Read the story of Mr. I. R. Gaynor, a former invalid, who couldn't stand on his feet. See what a Physical Marvel and Athlete I made of him in 30 days. Fellow, if that body of yours is worth 2c—invest it in a stamp and shoot the coupon along NOW for your copy of this wonderful book. Make this day the turning point in your life. And do it NOW! No strings, no obligations—"Better Built Bodies" is yours FREE!

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almost helpless. Johnson looked all set for a lacing when the gong sounded and saved him. He came up for the eighth round with a big lump raising on his jaw, and his smile was all gone. This round was a fight. Johnson led, and Ketchell's face was a mess, with one eye about tight shut, but he ripped in like a tornado, and twice nearly swung himself through the ropes with the force of his own blows when they failed to connect. The entire round the crowd stood up, wildly cheering the white man who smiled as he trotted to his corner at the close of the round. The next three rounds belonged to Johnson, who displayed his masterly knowledge of boxing over the middleweight. He did not allow Stan to get too close, for he was afraid of the dynamite that he knew was behind each fist. Doggedly Ketchell strove to beat through the wonderful guard and in the last half minute he was successful, connecting with an over hand right to the jaw that made the black dive into a clinch and hold till the bell went. The crowd was frantic, and bood Johnson wholeheartedly, roaring as one to the little man to encourage him to mop up the big smoke.

Stan rushed from his corner at the sound of the bell in the twelfth round, and caught Johnson in his own corner with a wild swing to the jaw that felled the negro like a poleaxed beef. He went flat on his back and stayed there blinking with surprise. Badly dazed, Johnson shook his head and rubbed his jaw, and rose at the count of eight, but Ketchell, in his excitement to try and finish the black, rushed right into a furious right that lifted him off his feet. Before he could recover, Johnson struck again, and again, and laid Ketchell out motionless for the count. The suddenness of the end stunned the people to silence, and even Johnson, who had reeled back against the ropes, dazed from the blow that had laid him out, looked as though he did not realize it was all over.

Despite his lack of weight, Ketchell had struck the only real blows in the fight that had been sufficient to raise the fans from their seats, until Johnson carelessness, caused most likely by excitement, bleeding and blind, he had never lacked away an inch from his body foe, and although he is gone and forgotten now, there has not been a middleweight with his gameness and real fight ability, to take his place. No matter what his death was, as a fighter, he was a credit to the game, and will always be remembered as such by all who saw him fight.

This is Your chance to make \$100⁰⁰ a week



Yes, if you want to make \$100 a week, this is your chance to do it. Without any training or experience, you can immediately begin to make money—without investment, you can establish yourself in a big, profitable business. You can make at least \$50 a week in spare time. You can have hundreds of customers, an automobile of your own and tremendous profits.

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It makes no difference what you are doing now, nor how much you are making, how old you are, or whether you are a man or a woman. Our proposition is so simple, so easy, so square and so clean-cut that you are bound to succeed. H. T. Pearl, of Oklahoma, made \$750 in one month. R. L. Marshall, of New Jersey, cleared \$80 in five hours. Jacob Myron, of Conn., made \$13 his first afternoon. C. Vaughn, of Ohio, made \$125 one week. Mrs. K. R. Roof, of S. Carolina, made \$50 the first week in her spare time. Eugene Ducat, of Illinois, cleared \$45 the first two days. You can do as well as any of these people.

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Please send me, without cost or obligation, details of your new plan by means of which I can make from \$50 to \$100 a week.

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The Waist Line of Health

(Continued from page 30)

On the other hand, if you have noticed an enlargement of your abdomen, get down to exercise immediately, making the exercises in this article constitute your training program.

Even those of you who carry around the unnecessary burden of a very large abdomen, should not be resigned to your fate. Anyone who really wants to reduce his abdomen can do so. That has been concisely proven by the number of men I and other instructors have reduced to proper proportions.

If the method of reducing used is the natural one (exercise), the age of the person does not matter. Reducing by this method is always gradual and natural; therefore, it cannot be harmful, as are other reported rapid reducing methods.

Notice how the exercise shown in Fig. 3 caused the abdominal muscles to

be contracted. This particular contracts those muscles about as is possible. Most of the other movements stretch them.

You will get more real enjoyment of these exercises if you will perform them as though each one were a stunt. The stunt in the exercise shown in Fig. 1 is to become able to touch the toes when the feet are around 18 inches from it.

The stunt in Fig. 4 is to become able to touch the toes with enough flexibility in the side of the body that will enable you to touch the toes with the side ankle joint.

In most of the remaining exercises the stunt is to reach the farthest possible.

Keep this stunt idea in your mind no matter what exercises you are performing, but don't let it make you perform them incorrectly.

Keeping Fit

(Continued from Page 21)

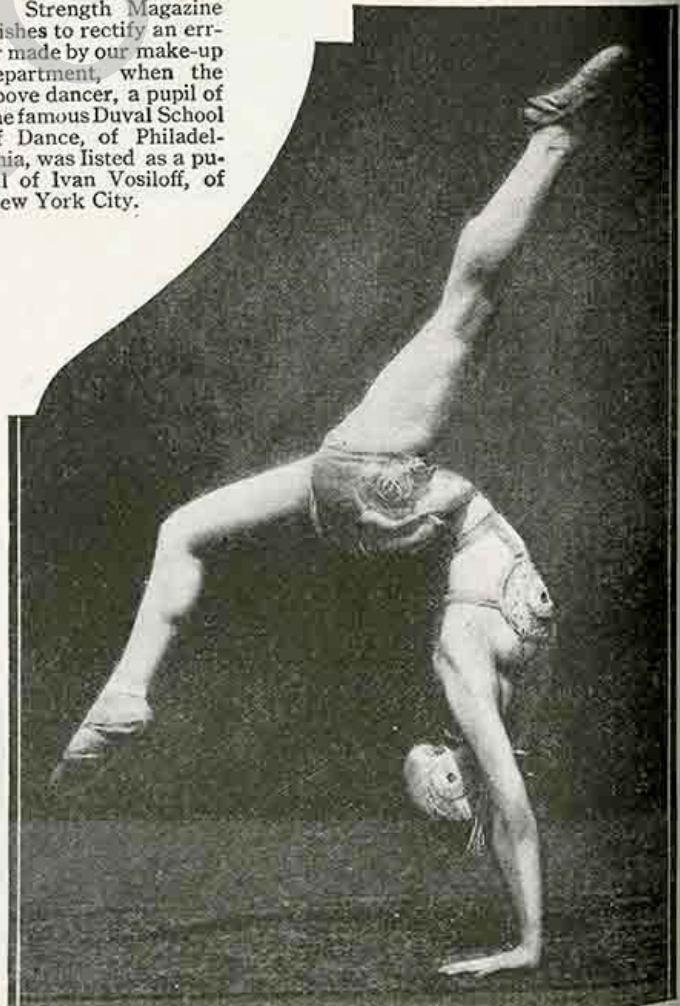
surpass the results obtained by the light exercise enthusiasts.

However, no one can doubt that all general exercise and most games give to those who participate in them a very large proportion of benefit for the actual time expended.

Merely by paying intelligent atten-

tion to our habits of living we can do a lot to keep ourselves in good condition. This magazine is devoted to the idea that we should never be satisfied with what we have. No matter how good or how bad our physical condition may be, it can be bettered, and nothing is more important than bettering it.

Strength Magazine wishes to rectify an error made by our make-up department, when the above dancer, a pupil of the famous Duval School of Dance, of Philadelphia, was listed as a pupil of Ivan Vosiloff, of New York City.



Strengthening Weak Links

(Continued from Page 48)

Because they will lack the strength which you have acquired from following out these exercises, thus making it impossible for them to duplicate any of your feats.

Have you ever attempted the back bend, or what is better known as "the crab" stunt? Figure number five illustrates this stunt to advantage. This position is one of the best known for the building up of the lower back. You may find it very difficult at first, for reason of your not being flexible about this part of the body, and for another reason, you may have just a little fear to try this movement, but there is no danger attached to it. If there was, I can assure you it would not be in these pages. To give you an insight on how it is performed, refer back to exercise number three, and by practicing this movement you will get the necessary confidence and strength to do the back bend. You cannot for one second imagine the wonders this exercise will do. It will give you suppleness over the entire body, for in the attempt to perform this exercise every muscle in the body is employed, thus strengthening and developing. I shall explain the correct method of doing this stunt. First of all spread your feet well apart, making the distance less to the floor and thus the exercise easier for you to perform. Now that your feet are well apart, raise arms high above the head and hold them in this perpendicular position right over the points of the shoulders. Do not keep arms close together, for if you did in your attempt to go down, you would tumble over. The spreading of the arms and feet prevent you from doing this. Bend slowly from the waist and at the same time bend knees toward the front, bend way back, until the hands touch the floor. Now that you have done so much, you are in the same position as illustrated. As you cannot remain in this position for any length of time, you must figure how to come back to the position from which you started. Alright, we will try this: in order to come up bring your feet close to your hands, this throws the body weight toward the front, thus creating a body leverage which automatically forces the body to its original position. If you encounter trouble in your attempt to regain your former position, give your body a slight jerk forward.

Fig. number six shows an advanced exercise for the small of the back. This is really a stunt; nevertheless, I am picturing it as an exercise, for it is an excellent one for building up the general physique. Lie flat on stomach with arms extended over head, keeping the knees and elbows rigid. By simultaneous pressure of the hands and feet against floor, raise the body as high as possible. At first you may find it a little difficult to do, and the chances are you may not be able even to attempt the exercise, but persist and you will succeed. All that the exercise requires is co-ordination. This is a splendid spine loosener and stretcher. Repeat this



HAVE you ever stopped to think what untold misery and broken hearts could be spared if Men and Women "Only Knew"?

Is it right or proper to permit young couples just at the threshold of life, to stumble blindly into the sacred bonds of marriage without FIRST learning the real facts about themselves? Too many so-called "ideal matches" end in disaster—wrecked on the rocks of ignorance and false modesty. Can we permit this condition to go on? Every man and woman, whether married or contemplating marriage, owe it to themselves, as well as the society in which they live, to tear away the veil of ignorance. Misgivings and doubt have been the cause of wrecking thousands of happy homes. Every self-respecting and intelligent man and woman should learn all there is to know about one of the most important subjects now holding the attention of the entire civilized world—*Birth Control*—these two words are on everybody's lips—Margaret Sanger and other Birth Control advocates have fought an unceasing battle to overcome the deep-rooted prejudice that existed—but truth has triumphed!



Five Years From Now Will They Still Be Sweethearts?

Resolve now that you will *not* be among those people who shut their eyes and ears and refuse to listen or discuss the subject of Birth Control. Help this noble cause—Read the two best and most widely discussed books on Birth Control. One written by a famous phys-

Birth Control! A Radiant Bride To-Day! To-Morrow—What?

ician and the other by Margaret Sanger, the greatest Birth Control advocate of modern times. These two books will tell you all about Birth Control so you, too, can spread the Gospel of Truth.

What a Few Grateful Readers Have Written Us.

I cannot find words with which to thank you for the two books sent me. I learned a vast amount of information about myself that will prove of considerable value. Every adult should read these books.

E. C., Newark, N. J.

I have never read any books that told me so much as the two I purchased from you. My eyes were opened to the truths I never knew existed. You are to be commended on distributing such splendid instructive books. Disseminating literature of this sort will help to make this a better world to live in.

Mrs. I. K., New York City.

To the readers of this Magazine we are offering an unusual opportunity of securing two of the best and most widely read books on the subject of Birth Control. Both these volumes were dedicated to the Birth Control cause. For a limited time we will send Dr. Robert Armitage's famous book "Private Advice to Women," also Margaret Sanger's wonderful book "What Every Mother Should Know." Margaret Sanger is the founder and president of the American Birth Control League. You can have both these books for actual cost of publishing, two dollars and fifty cents (\$2.50). Send certified check or money order and both books will be sent you postpaid in a plain wrapper. Should you desire, we will be glad to ship books C. O. D. You pay postman \$2.50 plus postage on arrival of both books. Don't wait. Place your order for these sensational books today. If you are not completely satisfied, you can return your books in 5 days' time and money will be refunded.

Read These Two Famous Books

Tells all you should know on Birth Control. The following is a partial list of subjects discussed in detail:

Partial List of Subjects Discussed in These Two Famous Books

"Private Advice to Women"

"Too Many Children"

"Birth Control"

"Prenatal Influences"

"Science of Eugenics"

"Sex Determination"

"Race Suicide"

"Plain Facts Cleanly Stated in Simple Terms"

"Childbirth—Etc., Etc."

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SCIENCE has made a startling discovery about foot and leg pains. It is found they result from the weakening of a vital set of muscles in the forward part of the foot. Bones are displaced, thus crushing sensitive nerves and tiny blood vessels. Natural balance is destroyed. Soon the foot breaks down completely. Burning, aching feet and legs—pains in the toes, instep, ball or heel—dull ache in the ankle, calf or knee—shooting pains, flattening and spreading of the feet—all are symptoms to warn you.

Now science offers you a positive and quick way to end these pains and restore the foot to its naturally strong and healthy condition. It is a light, porous band called the Jung Arch Brace. Its secret lies in its correct tension, in its scientific contour and design. The results it gives are astounding—2,000,000 people.

So confident are we that it will bring instant relief that we let you test a pair for 10 days. Then, if you're not delighted, return them and every penny will be refunded.

If your druggist, shoe dealer or chiropodist cannot supply you, use the coupon today. With a half-inch strip of paper measure around the smallest part of your instep, where the forward edge of the brace is shown in the circle diagram, or give size and width of shoe. We will send you a pair of "Wonder" Style. Simply pay postman \$1 and postage. "Miracle" Style, extra wide, for more severe cases, \$1.50.



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movement until the parts exercised are comfortably tired. Whenever you exercise the back and employ the spine, you will at the same time build up other parts of the body, such as the legs, hips, shoulders and neck. Therefore it is an advantage to one aspiring for all around physical development to follow this set through.

Try some tumbling and hand-balancing. It is a conducive means to strength. By practicing this fascinating sport you will create great bodily development, particularly strengthening

the small of the back. To hold a stand a certain amount of balance required, so if you practice balancing you will soon master the and strengthen your back.

In conclusion I wish to state following out the stunts and exercises have outlined for you, for the build up and strengthening of the small back, "known as the weakest man," you will improve your health, increase your vitality and fortify against all hazards of life.

The Health Digest

SINUS TROUBLE

Whenever one boards a public conveyance nowadays it may be with confident expectation of overhearing an enlightening conversation concerning sinus disease. Rare indeed is this confidence misplaced either on the event or on the interesting information that the subject evokes.

Two or three decades past, sinus disease was unknown, as such, to the public. Today but casual mention is given the occurrence even in one's immediate household. "Sorry I can't lunch with you today," or "Afraid I'll fail your foursome this afternoon; you know John has to be operated on at 2 for his sinus." The details follow.

One wonders where all this sinus trouble came from and what it really may be. Some say its prevalence is an aftermath of the World War; some say it is the doctor's new fad; and some satirically declare that what with the high cost of living, there are not enough appendix operations to keep all the doctors prosperous.

But while they have their jest at the expense of the physician, few have not had sufficient personal experience with sinus trouble to realize the actuality of the condition and to ponder on its serious and extensive spread during this generation. Much is yet to be discovered concerning the diseases of the bony sinuses of the head, but the medical sciences have advanced their knowledge of this malady so rapidly that the general interest in this puzzling subject may be satisfied by a clear and reasonably accurate description.

The sinuses are bone cavities in the skull and are lined with a living membrane, delicate in structure and ultimately continuous with the mucous membrane of the nose and throat. In one way or another the special senses are in intimate relationship with the head sinuses, and for this reason one or more of these senses is frequently affected when sinusitis develops.

Five pairs of sinuses will be discussed here. Above each eyebrow there is more or less prominent ridge, the superciliary ridge. This is the tubercle that is popularly supposed to indicate mental development. Those who are so fortunate as to possess a marked expression of this anatomical landmark are apt to pride themselves on this Napoleonic feature. As a matter of fact, it is in reality the outer wall of the frontal sinuses, a cavity filled with gray matter but with air. The frontal cavities are not present in the newly born and develop like the rest of the thin wall of bone separates them from the brain behind and the eye in front. Through a minute opening in the wall of each is a canal into the nose.

It is difficult to picture the location of the ethmoidal sinuses, or labyrinth as they are now so well termed. They lie in a space between the eye socket and the forward attic of the nasal passage. The ethmoidal sinuses have a cellular structure much like a honeycomb, each cell being separated from its neighbors and from surrounding structures by the thinnest imaginable membrane. This ethmoidal labyrinth communicates with the frontal, sphenoidal and ethmoidal sinuses and with the nasal cavity. Communication with these sinuses is in proximity to the brain and eye, and the lining membrane and cellular structure unite to render the ethmoidal sinuses peculiarly difficult to wrest from their material occupancy once infection is established.

Just back of each nasal attic is the sphenoidal sinus. This sinus opens into the nasal cavity so that complete drainage can be effected only when the owner assumes the posture of a quadruped. Its intimate relationship with the brain, the optic nerve, vital vessels and other structures and its direct communication with the nasal cavity and other sinuses render it like its next door neighbor, the

...a frequent abode of serious infectious mischief. The three pairs of sinuses described may be visualized as a honeycomb structure extending backward between the eye and the nasal attic and separated from the brain by the shelf of bone on which that organ rests.

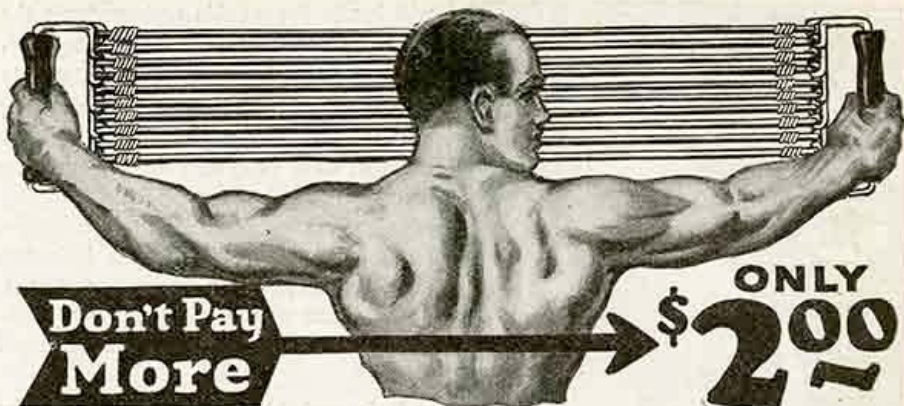
On either side of the nose and squarely below the eye is the antrum, or maxillary sinus. It also has an opening into the nasal cavity and is separated from the mouth by its floor, which helps to form the hard palate, or roof of the mouth. Thus the roots of the forward grinders and the canine, or eye, teeth are directly below this sinus. When these teeth are abscessed they may discharge into it or infect it.

The remaining sinus is the mastoid, which is located just behind the ear and is separated from the brain above and from the delicate organ of hearing in front by a thin wall of bone. Inflammation of the middle ear often involves this sinus. Such infections may proceed from the throat to the ear by a channel called the eustachian tube.

It is manifest then that all of these sinuses have in common the following features: proximity to vital structures of the brain and special senses; direct communication with the respiratory tract and indirect communication with each other; delicate lining membranes; and minute openings for drainage, which are readily shut off when the membrane becomes inflamed. In short, they have everything necessary to start and continue serious trouble, once the bacterial invader penetrates their defenses. Small wonder that the specialists who treat these conditions are said to have found a plentiful and lasting harvest.

Nearly all sinus trouble originates with an infection, that is to say a bacterial invasion of the lining membrane. This infection is usually secondary to successful bacterial attack elsewhere, as for example of the nasal passages, the tonsils or teeth. The infection may travel to the sinus along the membrane from the nasal or throat passages or through the lymphatic or blood vessels, but this is immaterial to the patient.

The first thing that happens is that the lining becomes congested or swollen, shutting off the natural outlet for discharge. Then, if the invader gets the upper hand, dead and dying body cells pile up forming that ugly white matter called pus. Usually by this time the person has definite and distressing symptoms, and he is fortunate if he consults a competent specialist, who



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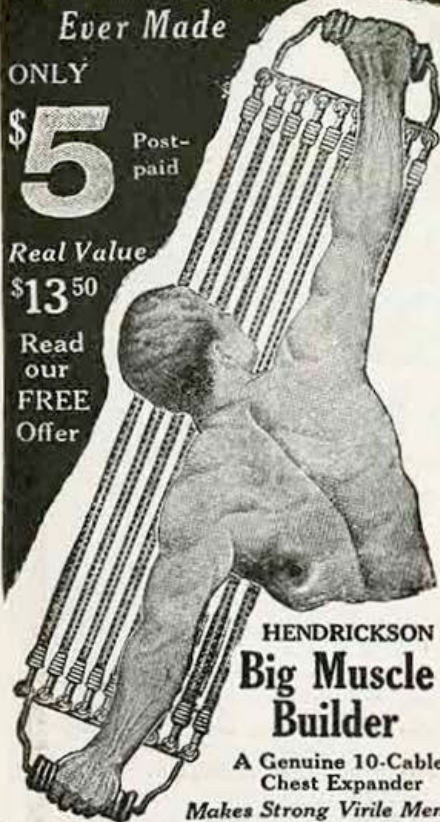
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will locate the trouble and evacuate the septic purulent matter from the sinus.

If the condition is untreated, the body cells may gain the mastery, the swelling of the membrane may subside and the mass of dead cells and bacteria may be discharged. If the cells of the lining membrane are defeated in this struggle, an abscess may form or the infection may spread to other sinuses or organs, may induce septicemia, or may gradually subside into a chronic localized process.

It is probable that until recently the majority of cases of sinus infection were unrecognized. Changes in the habits and living conditions of the nation are also responsible for the rise of sinus disease. Among these is the trend from rural to urban life, so that the latest census reports reveal the fact that the majority of the people of the United States now live in cities. In these cities what mighty hosts are massed together in the complicated association of modern life. Millions are crowded each hour in public conveyances, millions herded each night in motion picture and other amusement halls, millions fed daily in public eating places. A generation ago this massing of human beings was scarcely 1 per cent. of present day conditions. Is there any wonder then that there is widespread dissemination of these highly infectious diseases of the respiratory type?

For every hundred persons who acquire an infectious respiratory disease, such an influenza, a fraction will have a complicating sinus infection. In fact the opinion is growing that the major portion of persons who have one of these influenzas or grip colds also have at the same time some inflammation of one or more of the head sinuses. Fortunately, however, the patient usually overcomes this local sinus infection, as he does the constitutional disease. Those who do not overcome it join the vast army of sinus victims.

The symptoms and treatment of sinus disease may have only a melancholy interest to the public, but avoidance has real and practical value. I shall accordingly leave the dolorous story of symptoms and the difficult subject of treatment to the practitioner in a praiseworthy endeavor to escape both. From the point of view of preventive medicine the sinus diseases belong to the infectious respiratory group, of which the most infamous member is influenza. Sinusitis is usually the resultant, primarily or ultimately, of one of

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this respiratory group of infections. Sometimes sinusitis develops immediately following one of these infections; sometimes long afterward from a residual focus that may have established itself in the crypts of the tonsils, in the adenoid tissues of the respiratory tract or in the infected root of a tooth.

Manifestly then a person should take every reasonable precaution to avoid constitutional infections of this type, which so often bear numerous and unwelcome progeny. Should one be unsuccessful in this effort, he should treat such infections as serious affairs.

Almost invariably these respiratory infections result from direct contact with infected persons or from contact with things that such persons have recently contaminated. During the season when influenza, grip or, in the common parlance, flowing colds are prevalent, one should be on the lookout for and should avoid direct contact with the sufferers. One should seek to avoid touching the intimate personal articles used by them. Of these, food, eating and drinking utensils and personally used articles will suggest themselves as especially to be avoided.

A cook or waiter in a public eating place or clerk in a confectionery or delicatessen, when suffering from one of these infections, may do incalculable harm to the general public. Not infrequently have I observed the dispenser of candies in a sweet shop filling the candy boxes of customers by hand and stopping from time to time to assuage with her handkerchief the flooding infectious discharge from an acute nasal infection. Of course this is not only disgusting, it is terribly wrong. Such conduct, which should be a criminal offense in view of the incalculable injury that will certainly result, proceeds from ignorance and lack of care or thought for others.

The education of the public will some day provide protection from such outrageous disregard of the general welfare. For the present, when there is personal handling of candies or other foods to be eaten without the sterilizing benefit of cooking, one will do well to consider the risk, particularly when the handlers are sneezing or sniffing over their task. I give this one example which any one may observe in the daily metropolitan life during the winter season when coughs and colds are epidemic. Although no rules can be provided to cover all of the various ways in which food and eating utensils become infected, refusal of service at the hands

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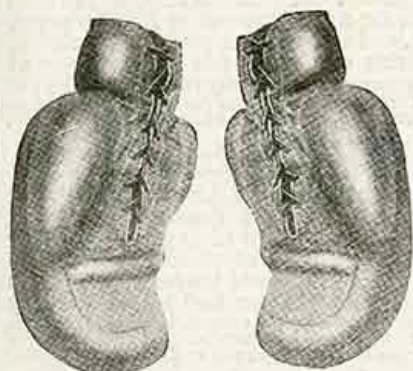
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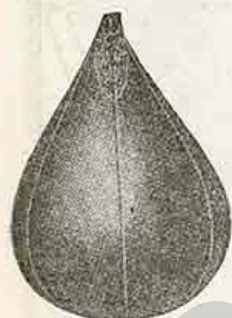
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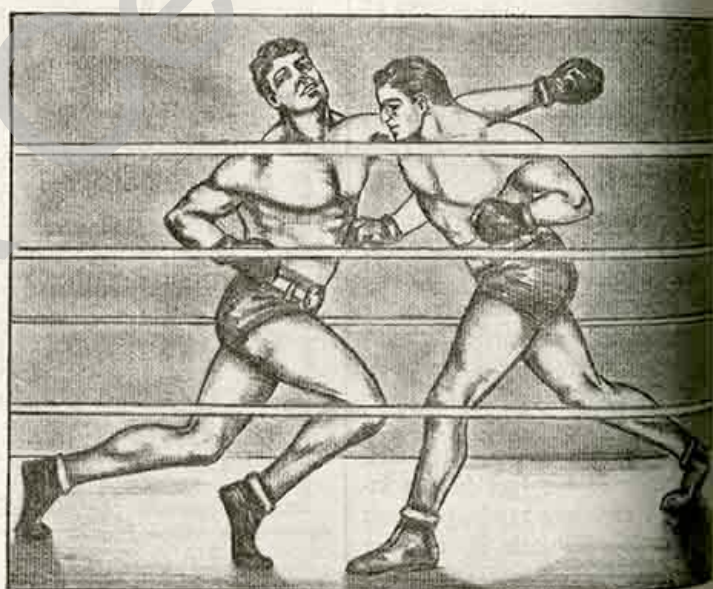
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manifestly infected cooks and table attendants is an excellent general rule. Making even more generally, it is of course clear that avoidance of infected persons and things in the extremely complex civilization of our congested cities can only be relative and will depend on individual judgment.

Extreme consistency in such avoidance is not practicable and endeavor to practice it may develop phobias, which make a person a curse to himself and to others. A certain doctor in whom this phobia had attained absurd proportions, having been left alone in a public room, remained there a prisoner to his fear of touching the door knobs.

Utter disregard of reasonable precautions represents the other extreme. The Golden Mean, so long ago extolled by Aristotle, should be the guide of rational conduct in this as in other habits of life. During the prevalence of epidemics of influenza or other respiratory infections which afflict our cities each winter, the use of gloves in public conveyances and similar places appears rational. So, the careful scrubbing of the hands after exposure and always before eating. Above all else is the consistent avoidance of persons who give evidence of the prevailing infection.

A fruitful source of the spread of these infections other than that of physical contact with infected people or things is through atmospheric transmission. The opinion of hygienists varies as to the relative importance of this factor. Manifestly it is reasonable to believe that a person who has a severe, lingering respiratory infection may transmit this by coughing or sneezing in the immediate vicinity of others.

Just to what extent the air of a crowded hall becomes the vehicle of infection from one person to another is a relative and debatable matter. Many believe that the atmosphere only carries these contagions as a personal transmission from one to another as by the particles forcibly projected by cough or sneeze. If this is granted, the fact remains that children and susceptible persons will not entirely escape such personal exposure in crowded halls. For this reason prolonged assembly of these groups in ill-ventilated, overcrowded rooms is perilous, especially when a respiratory disease is prevalent.

Water is another medium for the con-
 veyance of disease when numbers of persons bathe in swimming pools in which every possible precaution has not been taken for the protection of the bathers. Sinus specialists attribute a

great deal of their practice to the iniquities of such places. It is not at all sufficient that the water entering these pools be free from infection or that the bathers soap and shower their bodies before entering the pool.

The contamination usually comes from the noses and throats of bathers who delight in hawking and spitting prodigiously into their bath. Just why, I cannot understand. No one would dream of contaminating his daily tub in this way, but in the swimming pool, into the waters of which every one dives, gurgles, spits and hawks, it is quite *de rigueur*. If the sinus specialists were wholly commercial, I am sure they would be the largest contributors to the subscription lists for these enterprises, but to their credit be it said that they never cease to proclaim the perils of improperly conducted pools.

Swimming pools can be rendered relatively safe places of amusement if suitable provision for their operation is made by competent hygienists, especially if the bathers can be educated to the point at which they cease wilful pollution of these giant common bathing tubs. Without doubt when this provision is maintained, the gain in general benefit to health and in the education in swimming offsets the relative peril inherent in any public swimming pool.

Fortunately for humanity there is another factor in the transmission of disease besides the contact of the infected with the noninfected. That factor is immunity. Were it not for the relative immunity of healthy persons to infection, the human race would no doubt have perished long since. Because of this factor a person is able to survive in spite of the exposures and the mortal risks he daily runs in the movies, the swimming pools, the restaurants, the crowded cars and corridors of our great cities.

But this blessed immunity is only relative. One man may possess immunity to an infection to which another may succumb, or a man may possess immunity to a particular culture of a certain organism when a more virulent type of the same will flatten him out. He may be immune to exposure at 9 of a sunny morning when possessed of a good breakfast and mind free from carking care, while the same exposure will overcome his natural resistance if the attack is made when he is tired, disheartened, worried, cold or famished. Clearly the moral is to keep the body fit and to avoid great mental or physical depression, which will reduce the inherent resist-



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ance of the body to infection.

Should efforts to escape a prevalent respiratory infection fail, what then may a person do to avoid the hateful brood of consequences that such diseases so often engender? In the first place, it is the part of wisdom to regard and to treat these infections as serious affairs from the start. Without question the majority of pneumonias, sinus infections and many other alarming involvements that develop as a result of exposure might be evaded were the person put to bed in suitable surroundings and with proper care at the onset of infection.

The analogy between modern military tactics in attack and the methods of a bacterial invasion is strikingly close. In both cases the enemy makes a mass attack on the line of defense and, if a weak point is discovered, breaks through this line and establishes himself within the defenses. He proceeds to organize the seized position and, if the defender does a counter attack, to expel him by again advancing from his vantage point within the line of main defense. The contest is in fact a battle between the body cells and the invading bacteria. The host is by no means an unconcerned spectator. His life is at stake, because no man can tell to what extremity the bacterial enemy will go if he can overcome the defending elements of the body. One would expect the body host to give the defending cells all the aid he can summon—rest, warmth, elimination of traitorous intestinal poisons and suitable nourishment; in short, aid and comfort. More often than not, no aid is given these brave defenders at the critical moment. On the contrary, quite often the host does everything he can to harass and impede them and to favor the enemy attack. Through his own ignorance or stupidity the patient succumbs to the attack and becomes ill.

Passing over the period when this hypothetical patient is under his physician's care, we come to the stage of convalescence, when the patient is restive to resume his usual pursuits, although still manifestly below par. No doubt he still harbors in the mucous membrane of the upper respiratory passages, in the crypts of the tonsils or in one or more of the sinuses, virile germs of the infection that so recently laid him low. Evidently he is still in that state of physical and mental depression that lowers his general resistance and invites local operations by the still present enemy.

Therefore the convalescent should

take great care of himself, a tigue, anxiety, cold and Exposure to cold winds, especially sure from driving in an open fairly certain way to change ing and recessive inflammat sinuses into an active and attack. This is an excellen remain under the doctor's ge to assume toward life the attitude attributed to the mo

Sinus disease is an exp worth avoiding. To that should exercise every reason caution to keep away from sons or from things recent with any of the so-called infectious diseases. He maintain the normal body infection by keeping the bod mind equable, and the spirit He must, when practicable, pressants.

If a person succumbs to he should place himself prom care and conditions favorable ment. During convalescence guard himself with unusual should make sure that he nated local foci of infection ered the normal immunity before he chanches the exp former routine. These are along the fairway of health in *Hygeia*, January, 1927.

THE MALNOURISHED

Since the war, with its realizations of the unfitness number of our boys—3 out of 18—2 out of 4 fit at 23—turned to remedy the situation. tion is turned to the child find the condition of our America is as startling as the boys during the War.

Of the 4,000,000 school the public schools in the first than one-half pass into the sec due to some physical or me and when we realize that 4,000,000 90 per cent. are birth, the facts are appalling.

Weighing school children class rooms has helped to mark ent think. When Johnny and says his name is posted star after it because he is then his mother begins to Probably she has not real underweight—or probably into the class who say "Oh, is delicate and always will be like his grandfather," etc.

ately for poor Johnny, if she is this of mother he will grow up to be one out of the 4 unfit at 18 and one the 2 out of 4 at 23. That is mother's. If Johnny's mother is the other and realizes that those school rights are of some importance, she comes to you as family physician rather biologically—she does not wish you think that she is looking for trouble, but Johnny is a little below weight, down, nervous, etc., and adds, "he growing fast," etc. You examine his rt, lungs, urine, blood, spine and find thing organically wrong. You may him a few treatments, advise about more nourishing diet, and add, "he is growing fast but will be all right."

Then you are adding the other one of 4 unfit at 18 and one of the 2 at 23—and it is a greater crime for you add it than Johnny's mother. As a general practitioner you should know ed by the neglect of the physician is. You may think as a physician as any's mother thinks—that a child is really ill when he had no appetite, is ate, anemic, thin, pale, below par, y small, growing too fast, very sensi- e, skinny, etc. Personally, I think it more serious than pneumonia—be- in pneumonia he will be cared for. ut just as long as he can manage to be ut, go to school and keep going, he will be neglected.

A normal child is not skinny, is not sensitive, is not small, anemic or ate. Those are just the things that is not which make him normal.

Now then, when Johnny comes to us, besides the general physical examination to ascertain the organic defects, we could first strip him of all clothes, a he may be rosy and plump, when others cover a delicate, structurally defective body. I have a structural let I fill out, which consists of stand- posture, sitting posture, shoulder ed, pelvic level, general spinal condi- na, then separate areas, cervical, lumbar areas, width of shoulders inches, of pelvis, etc., besides age, ight and weight. This is separate ma my ordinary history. I go by ight and weight and not age and ight, as I find age and weight very definite, and we are always allowing a chart here and there. I give the mother chart to follow up and mark actual ight in inches, then normal. I draw mark his actual weight. Then I at the child that I shall tell his mother what foods to give him—the rest



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That's What Most of You Are Doing Daily. Sooner, Rather Than Later, This Sort of Dining Will "Get" You.

Learn From This Book How to Dine With Health, Instead

The American people were shocked by Alfred W. McCann's scientific discoveries. He proved by analysis and investigations that most people are eating foods and food combinations which are causing disease, pitiable suffering and early death.

Doctors, health officials and all others interested in the public health were stunned by his startling exposures. Mothers and fathers began to realize they were feeding their own children foods and food mixtures that were actually poisoning them.

YOU ARE PUTTING YOURSELF IN DANGER

Heart disease, diabetes, colds, catarrh, rheumatism, pyorrhea, constipation, cancer, high-blood pressure, tuberculosis and hundreds of other diseases are caused by eating improper foods. You are dining with death when eating highly adulterated or refined foods which poison your system, instead of adding strength, vitality and brain cells.

"THE SCIENCE OF EATING"

In this book Alfred W. McCann lays bare before your eyes all the fraud food specialists; the ignorance of so-called scientists; and the lies physicians have circulated about foods. He plainly shows you what is wrong with the dangerous theory of the calorie. You will be taught, by this great book, the proper foods to eat, and then your dinner table will not represent a layout of poison vials as it does without this knowledge.

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You cannot purchase a vigorous body and a sound mind from a drug store. Powders or pills cannot put iron into your system. Iron must come from the food you eat.

Avoid the drug store and read this book. Then you will be through poisoning your entire system. Furthermore, you will save money, health, time and misery.



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**SOME
GRIP**
TO SQUEEZE
EITHER
HAND OR
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periods he is to have, etc., line up to normal, whereby time he will have the gold his name. Children generally the spirit and co-operate, all out the chart, or something show their gain, it is something to get their interest and help.

After Johnny is charted and he is dismissed from the into the reception room, are story books, while I mother. The results in these depend on the correction of takes made by the mother fully, one has to go into all.

There are twelve common causes of malnutrition, recovery from acute diseases, enlarged or diseased tonsils, adenoids, etc., which you first diagnose and exclude.

1. Fast eating.
2. Improper food.
3. Too many sweets.
4. Irregular meals.
5. Not enough food taken.
6. Uneven amounts at various times.
7. Washing down with liquids.
8. Milk to quench thirst.
9. Too long a time between meals.
10. Insufficient breakfast.
11. Lack of sunshine and exercise.
12. Structural defects.

Then the five real causes of malnutrition, barring the organic, are lack of, or improper food-discipline — structural defects and lack of fresh air.

The food habits are fair and the amount of food taken each day is generally accurate. To give a physician a working basis, much food a child is getting. Variably find an underweight child eating too little food and an overweight child eating too much.

I take the above three-day figure out roughly the calories that the child is taking. Add enough, preferably to fast, to bring it up to 1500 calories a day for an underweight child from 5 to 14 years of age.

In a breakfast alone, one can double the calories has the following:

Cereal, 4 tablespoons
Sugar, 2 teaspoons
Egg, boiled
Roll
Butter, 1/2 pat.
Tea (weak)

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City _____ State _____

To double have:

	Calories
Cereal, 4 tablespoons.....	100
Cream, 3 oz.....	150
Sugar, 2 teaspoons.....	50
Egg, scrambled, cream and butter	250
Roll or toast.....	50
Butter, ½ pat.....	50
Cocoa	200
	<hr/> 900

Or slice of bacon (100 calories) may be added; or a fruit such as apple sauce (100 calories). Candy after dinner may be given and quickly adds 100 calories.

I do not go on this calorie method alone, as I realize the vitamin content of food is more essential. Both must be well balanced in the diet. And again, many overweight children are malnourished.

In speaking of foods, of course cod liver oil is essential and should be given as early as the first month. Orange juice and tomato juice, also, are foods rich in vitamins and should be given early. I use cod liver oil in all malnourished cases, also juice of an orange with it. In this way the taste is overcome and two good foods are taken daily.

HABITS

I procure from the parent a 48-hour record of Johnny's doings. For example, one boy's mother brought the following:

Son arises at 8 A. M. Breakfast at 8.15; school 8.45; stays in at recess for singing; too late for lunch; 12.15 dinner; 1 to 3.30 school; 3.30 to 4.15 plays out of doors generally; 6 supper; 7 to 9 carpenter work in cellar; 9.30 bed.

Tuesday—practically the same, only to Scout meeting and to bed at 10 o'clock.

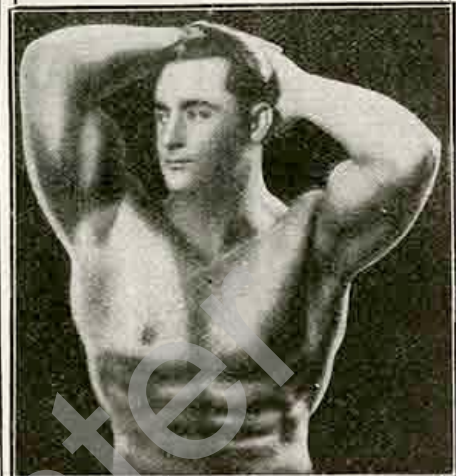
Only 1½ hours in fresh air and sunshine for a boy 11 years old and 7 per cent. below normal weight.

Example.—Girl of 12 years.

Arises at 6.30; practices piano ½ hour; breakfast 8.30; school; dinner 12; 12.30 back to school until 3; 4 to 6 French at home; 6.30 supper; 7 to 10 home work; 10.30 bed. This child has dancing one afternoon, 2 afternoons French, 2 afternoons she stays later at school and plays games until 4.45. Sixteen hours of activity, and mostly mental, besides parties, lectures, etc.

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Old at 23

OLD AGE depends on OSSIFICATION or hardening of the arteries. An excess of starchy foods such as oats, wheat, rice, potatoes, etc., is one cause of the ossifying of the inner walls of blood vessels, producing malnutrition, HIGH BLOOD PRESSURE, homeliness, OLD AGE and DEATH.



DOMESTIC animals, horses, cattle, sheep, etc., eating grains (herbivora) are SHORT lived. WILD animals, eating mostly animal food (carnivora) are frequently LONG lived, (100 years).

Observe the deposits inside old water pipes and kettles. Similarly an excess of calcareous substances from starchy foods with earthy matter from water, clog the arteries.

Watch the people who consume large quantities of starchy foods, bread and water! They look HOME-LY and precariously old, are STUBBLY and AWKWARD in their movements, and their skins are often rough and scurfy. Suitable animal food, fruit and vegetables produce an appearance of youthfulness, grace, and refinement in coarse-looking starch-eaters.

For quick proof try only aged persons, who have exhausted their reserve power. Send for statements of ELDERLY people who have experienced a wonderful change to youthful activity after only 10 days' trial of the new system of UN-DILUTED water-free nutrition.

The injurious effects of water, table salt, cereals, fat, butter, sugar, etc., are explained in our booklet; also the one common underlying cause of all disease.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected e. g., paralysis, blindness in hens, rats, etc.; beriberi, skin affections, etc., in men.

From sworn statements:—**PARALYSIS.** Age 61. Right hand and leg helpless three years, restored in three weeks. **ARTHRITIS.** All joints swollen from lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, do home work. **CATARHUS,** hay fever, and asthma, improved from the first meal. **GALLSTONES.** Age 80. Cholice every week for years, but not one attack since instruction over four years ago. **TUMORS.** Age 48. Dissolved within a year. **GOITRE.** Collar reduced 17 to 15 inches normal size. **UTERINE HEMORRHAGE.** Age 50. Bedridden three years. Now does housework. **ECZEMA.** Age 69. Skin cracked, scaling, normal in three months. **PYORRHEA.** See Reprint from "Dental Digest." **PREGNANCY.** Age 39. No nausea, no swollen feet nor constipation, delivery painless. Water-free Meals. Educational Booklet 10c. **BRINKLER SCHOOL OF EATING,** Dept. 20P, 136 West 72nd St., New York.

No one at home realized how much these children were doing; therefore the habits of each child must be investigated and corrected and made proper and suitable for the child's endurance.

I often take a child out of a school a half day until he begins to gain, keeping at home one morning and the following day the afternoon to prevent losing the same lessons, which worries a child. Music, French and dancing are suspended and rest in bed or quiet reading replaces it. The energy output must be decreased. I am frank with the children—to the boys, Roosevelt's life as a delicate boy that developed into a physically perfect man is a good example to use.

DISCIPLINE

It is necessary that a child eat to live and grow, and each child has to be handled differently. It seems it is harder for mother or father to discipline their own child than a stranger, but yet it must be done. To hear mothers say "Johnny won't do this" or "just won't eat that," etc., is displaying the height of folly. You have got to have it out once with Johnny and that once might as well be now. At my camp last summer, where I had 14 children, no dislikes were ever mentioned. We all ate what was put on the table, and many a surprise Mother received to see her children eating things they never touched at home. One rule that each child had to follow was to eat one serving of cooked cereal each day. Several older children asked why cooked cereal (as oatmeal) was better for them and so that day we had a health talk. I showed them pictures of rats fed on corn flakes and shredded wheat as compared with oatmeal. And that was enough—everyone wanted cooked cereal. When you know of children who do not eat cereal, eggs, or never drink milk you wonder what is wrong with the parent.

A girl in the camp aged 12, gained 6 lbs. in five weeks when she was told she should eat those things and the why of it. The taste for all foods must be developed and I explain to the child the funny face he made when he first ate a piece of bread, etc., and with each new taste he must learn to like it, otherwise he will always be a baby and take his milk from the bottle.

Discipline in the manner of teaching the child to like every known vegetable is essential, and if this is done before the age of 8 or 9 it is easiest. After that age it is difficult and mighty



WHICH IS YOUR LADIES

Which of these figures resembles your own? You choose the style if you are overweight as fashion designers, somehow never figure on the type of woman is too large around the waist. She isn't considered at all. If you to wear fashionable clothes attractive, you must make yourself more slender.

DON'T STARVE ON

Drugs are harmful and benefit anyone. My course is to follow. Every movement and easily practiced by anyone whether too stout,

OR UNDERWEIGHT

Let me prove to you that my way is true. If you are too thin are a few things you need to know in order to regulate your system to ideal proportions.

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My course for women includes information pertaining to regulating increasing weight, improving the firmness of your body and limbs, beautify the complexion, and hints for becoming more beautiful. It includes the best exercises for the body and is a complete educational course for a woman, in physical culture.

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

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At least a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forbidden—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Marriage; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life; X. Sex; XI. Sex Hygiene; XII. Sex Hygiene, Anatomy and Physiology. A Word to Maidens, Maternity, Venereal Infections, Change of Life, Impotence, Fighting Doctors Etc. You owe it to yourself, to your happiness and your health to read this wonderful book.

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strenuous for the parent. I tell each parent to have a talk with the children and explain what their duty is as a mother and how in order to be a 100 per cent. mother they must help. Teacher's duty is to teach children to read, write, etc., and mother's duty is to teach children to eat all foods, to rest, to retire at proper time, to keep them well mentally and physically. It must be told in five or six minutes as a child is capable of concentrating only five minutes at the age of 8 or 9. After that, advice is mere words—noise, to them.

STRUCTURAL DEFECTS

I always look for structural defects. Curvatures and group lesions, spasms, contractures, etc. They reduce the function of the internal organs and add to the nervous tension and irritability of the child. If lesions are in the dorsal area, they have direct bearing on the digestion and malnutrition. I have had definite cases that I could positively say were due to a group lesion of the dorsal area. One, a child of 6, vomited about three times weekly and generally at the end of the week when tired. Structural examination showed a group lesion of 2-3-4 D moving as one vertebra. Instant relief was given when this was adjusted, with no recurrence. The child was 7 per cent. underweight and was difficult to build up. He was under supervision for six months. The osteopathic treatment was only to obtain motion in the dorsal area. Contractures anywhere must be corrected and proper balance is so important.

I find it difficult to change a child's posture after it has become fixed. I think marching by music is an excellent way to get and keep erect and good posture. When a young child is marching he actually is a soldier and that posture is indelibly written in his mind. He is not conscious that it is corrective or helping to prevent curvature, stooping shoulders, etc.

The long mirror aids in correction after the child has developed defects. Even a lad of 4 or 5, as a general rule, wishes to look well. Postural conditions can be changed only by co-operation and interest of the mothers.

Exercise in fresh air and sunshine is essential. No one gets enough sunshine. Finlay of Scotland, in his research in rickets, showed that dogs who did not have direct sun rays did not develop and were puny and developed rickets. He also thinks exercise essential, and dogs

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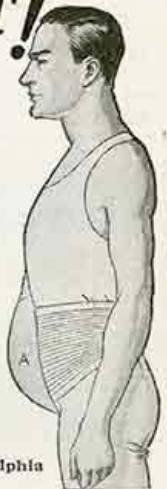
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M. TRILETY, SPECIALIST

1337 L. W. U. Building Pinghamton, N. Y.

that were put in small pens where no romping was possible did not grow to normal size.

The value of cod liver oil is the sun's rays absorbed by a little plant called diatom, which in turn is eaten by small fish. The cod feeds on the small fish and stores vitamin in its liver. We extract the oil and use it. A long process for us to go through to receive the sun's rays.

The Alpine light is helping out in malnourished cases efficiently. I use it in all malnutrition and rachitic cases.

If mothers in this climate would forget customs and what Mrs. Jones would say, and bare their children in the warm weather to the sunshine, their children would be better off and more healthy.

In summing up, to have success in malnourished children you must know exactly their habits of living, the food—amount and kinds, their physical condition—their school life, etc. Then you, as their physician, must alter, differently perhaps in every case, to suit that child's endurance.

—Journal A. O. A., December, 1926.

ADEQUATE VENTILATION PROVIDES FOR SOUND SLEEP

With the beginning of cold weather the problem of making homes and working places comfortably warm arises.

In January we require our buildings to be heated to a temperature that averages that of July. In other words, we artificially raise the temperature indoors about 50 degrees. This provides warmth but not necessarily comfort. Particularly during the night is the discomfort noticed in the form of dryness of nose and throat.

In summer during the night Nature seems to adjust atmospheric conditions in two ways that promote rest. The air is usually cooler and not so dry as during the day. The coolness and softness are favorable to relaxation of the body tissues and to sleep. To approximate this condition in winter is not easy, for the problem of raising the temperature indoors is a simple one as compared with that of giving such air ample water vapor, observes Dr. Paul W. Goldsbury in *Heating and Ventilating Magazine*.

In summer as the air is heated by the sun it picks up moisture and dew from the lakes and streams, foliage and vegetation. In winter indoors, the artificially heated air has no such surfaces

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The Secrets

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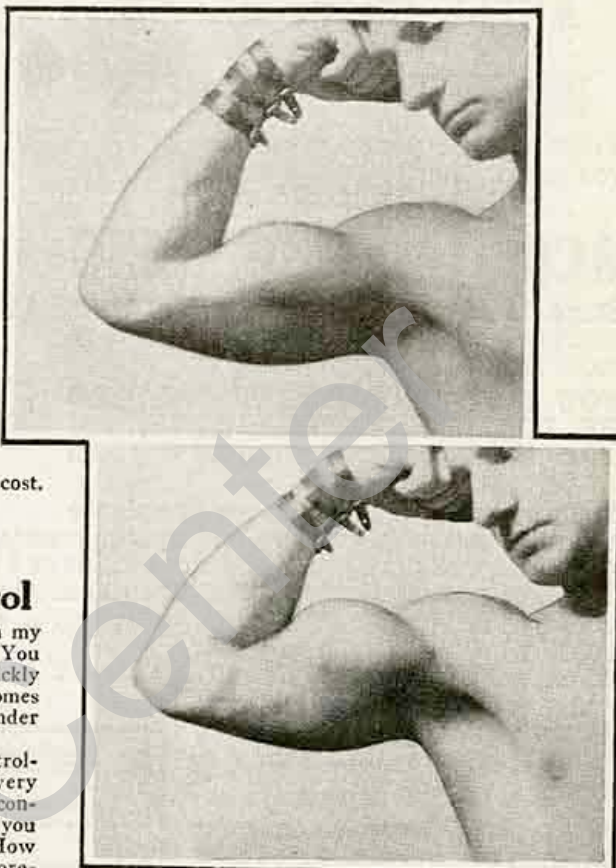
are thoroughly given you in my Muscle Control Course. You will be surprised how quickly the abdominal isolation comes to you after a few trials under my supervision.

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Figs. 3 and 4—Biceps Control.

Note the difference in the contracted Biceps (lower) without moving the arm.

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ATHLETICS AND OSTEOPATHY

Does humanity at large benefit by feats of human skill and endurance like Miss Gertrude Ederle's, in swimming the English Channel? Of what value are "Red" Grange's accomplishments on the gridiron to the progress of civilization? Are these United States being aided in any way by Babe Ruth and his famous home-run bat?

The youth of the land aspire to be like them. They train with the hope that some day they will be as famous. Not many of the thousands who aspire to be Gertrude Ederles, Red Granges and Babe Ruths will ever be known outside of their own neighborhoods, but while they are training their bodies with the hopes that some day they will be famous, they are building a foundation for health. They desire to attain fame by swimming great distances, to make touchdowns or to hit home-runs. Health is a negative consideration at the time, but will be paramount when this future generation comes into its own.

ARE SPORTS TOO ROUGH

Parents naturally are anxious about their children participating in the more

from which to take up moisture. The air must take this moisture where it can be found, from walls, woodwork, furniture, furnishings and from the delicate tissues of human occupants.

For short periods of time such dry air may do little or no harm. It may even stimulate persons working indoors by the contrast to the chill, damp air outside. The varied activities of the day make one insensible to many discomforts, and there is no desire for rest or relaxation. At night, with no lessening of the artificial heat and without the many movements and distractions of the day, the irritations to the skin and mucous membranes caused by the dry air become acute.

Wholesome sleep demands a reduction of whatever may be irritating, including unnecessary abstraction of moisture from the body tissues. To approximate Nature's arrangement of temperature, an outdoor sleeping chamber can be arranged. The head of the bed should be placed between open windows, avoiding, of course, strong drafts. Then, by reducing materially the heat in the rest of the room, satisfactory conditions for sleep may be obtained.—Printed in *Hygeia*, January, 1927.

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strenuous competitive athletics these sports too rough, too rough? But, is not the game of life rough? While the muscular may be lacking in later life, the learned from these sports is to chin up and fight back against hardships. The youth who engages in sports is not adding new risk merely changing the nature of he takes. In avoiding one peril run into another moral or physical that is worse. His natural body, mind and spirit, if not outlet through vigorous games run into some form of mischief would lead to moral danger and deterioration.

But what of the over-ambitious who wishes to convert all of to the preparation of the profession has chosen? To be bromidic and no play makes Jack a dead man. And then all of his intense strive avail him nothing unless it be by good health. This is true careers. The special study and will reap nothing unless the person is in able physical condition.

The people of these United States athletically inclined. Of the that make for bigness, greatness, morality, love, and other humanities, there is no force that exerts a wholesome influence than athletics.

Athletics are not new. Accustomed games, dances and various athletic activities are found in the early and folklore of all nations and The Greeks were the first great to recognize the importance of as a health and educational After the fall of Rome, the prowess which that nation had from the Greeks fell to the North. From Greek, Roman and Norse the spirit of athletics was transmitted to the Anglo-Saxons who brought it to Virginia and New land. Here it is today being practiced in baseball, football, basketball and other athletic sports.

MODERNISM DECREASES STRENGTH OF RACE

Modern athletics, as with the first is fundamentally based upon development and the maintenance of health. This need of physical culture is greater today than ever before. Science and invention of advanced civilization have been almost entirely against the promotion of physical being and physical condition.

PARENTS YOU OWE

children a proper start in life, that they may grow to maturity with sound, healthy bodies and normal, straight-thinking minds. Raising children is a science; giving them healthy requires knowledge. The children's course I am offering you is written by an authority on child life and health. He is the father of two boys and two girls, and they are living proofs of the merit and practicability of his teaching.

Following the instructions of this course, you will know how to

KEEP THEM HEALTHY



START THEM YOUNG

Teach children good habits when they are young, and the fundamentals of clean living will be indelibly impressed on their minds for life. Give them proper instruction in daily physical exercise and general hygiene, and the practice of such healthful methods of living will become second nature with them later in life.

CHARACTER CAN BE FORMED EARLY IN LIFE

Just think what benefit it would have to you, had you started the practice of physical culture when you were small. You could have been nearer to perfection today.

The price of this course means nothing. The immense business makes it possible to sell it at a low figure.

CHILDREN ARE EXPENSIVE A SICK CHILD IS DOUBLY SO

CLIP THIS COUPON

Enclosed I am enclosing \$1.00, for which please send me immediately one of the Children's Courses.

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Address _____
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masses. Modern methods are affecting adversely the physical fitness, physical hardiness, and sturdiness of the race. We live in an age of specialization. Everything is done by the most improved and efficient methods, which means doing it with the least expenditure of physical or human energy. All this today makes it imperative that we take the best care of our physical mechanism that the body capacities may be developed and maintained. Periodic examinations by skilled physicians are essential.

Too many people wait until definite symptoms which cause distress or inconvenience occur before consulting the physician. Often lesions in the spine may be detected before symptoms appear and corrective measures instituted before damage occurs. Periodic health examinations by the osteopathic physician together with the application of common sense and the doctor's advice in regard to exercise, diet, and hygiene will result in much benefit.

In seeking advice from the doctor, a parent often asks if competitive athletics are not carried too far, and that as such, are they not detrimental to a youth's physical well-being? Certain opinionated people hold that an athlete's life is shorter than that of the average man.

The popular notion that athletes die younger than other people is not true. An athlete lives a longer and fuller life than does his sedentary neighbor. There are exceptions and these exceptions are often due to a sudden cutting off, instead of a tapering down, of exercise. It is dangerous to stop all exercise immediately, as many athletes do upon entering business. The dangers that might accompany an athlete's later life are these: Having accustomed himself to physical activities, abrupt cessation of muscular activity is sure to be followed by over-nourishment and under-elimination. This gives rise to irregular stimuli that are carried back to the cord. The nervous system becomes upset. The weak link in the chain is the one most used up by wear and tear. The weak links in the nervous system of the athlete are those areas supplying the heart, lungs and stomach. Lesions appear in these areas. The arterial blood supply to the corresponding organs is diminished and the venous drainage becomes sluggish. As a result, these organs suffer in function. The vicious cycle is now established and disease processes occur, usually manifesting themselves in digestive dis-

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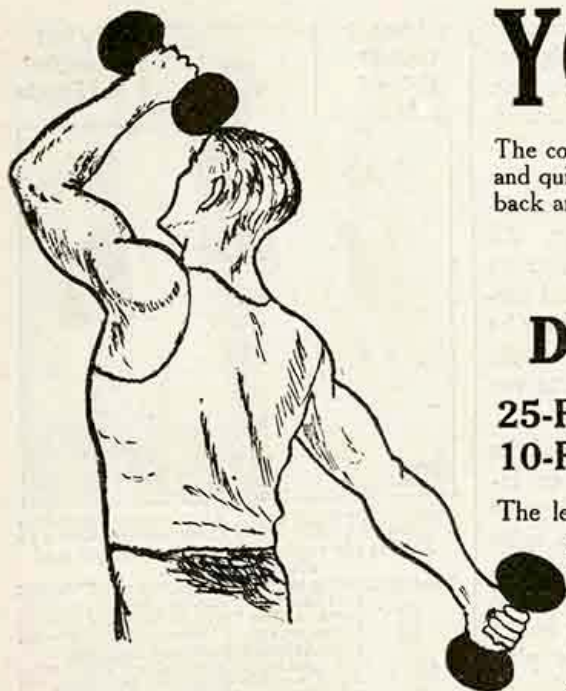
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orders and palpitation. Former athlete visits his osteo- time to time, these "lesions of will be recognized and correct pathological processes set in, mizing these dangers.

ATHLETICS FOR LONGER
Newspapers often publish men who have died suddenly, ing the fact that these men were athletes. The causative factors sulted in the sudden death are. The paper devotes perhaps a to the death itself, but the ad- tory may usurp a column or conclusion formed by the reader is obvious. The star athlete the limelight. Should he die press and the talking public over it. "Steve Brodie, the bridge jumper, is a fixture in day slang, yet very few people that John Roebling built the "An eastern newspaper recent seventy-five persons to name the sity for which Red Grange plays seventy-five answered correct University of Illinois.' The seventy-five were then asked to distinguished educator at the iversity who had achieved inter- fame as an economist and a thory on money systems and science. Not one could answer

There are thousands of people die young that were never heard the public remembers those heard most often. Some for- letes die when attacked by some contract tuberculosis, but jority of people contracting seases never were athletes. remembered that all cases of and tuberculosis, as well diseases, are caused by bacter is through lesions that the sue resistance is lowered. The ing of tissue resistance, in may be caused by a subluxated ever-ready bacteria, through of entry, finds a fertile field velopment. The more fertile the more virulent will the grow, and the older the lesion resistant will be that area its nerves. Hence the impor- early recognition of these les- mortality in these cases is the amount of exercise the had, but to the lack of resistance many people wait until defini- tions occur before consulting sician.

ATHLETIC HEART
The greatest dangers res

TOO BUSY

MR. MAN?

YOU NEED

TIME TO EXERCISE

MY COURSE for men is arranged particularly for the man with limited time, whose business and social duties make it utterly impossible to spare any part of his overcrowded day. You realize the importance of daily exercise and wish you had the time to keep fit, but you believe that all physical culture systems are alike, taking at least an hour a day, and then leaving you so tired from exertion that you can't think straight. I have specialized in the profession of training overworked business men, which enables me to lay out a course to keep you healthy with the least expenditure of your precious time.

MY COURSE FOR MEN TAKES BUT A FEW MINUTES DAILY

IF OVERWEIGHT, I can reduce your excess girth and give you firm flesh and hard muscles.

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allowing boys to compete in athletics when a damaged heart contra-indicates such strenuous exercise. These hearts usually are damaged by toxins formed in the body from some focus of infection or by toxins created from some previous illness. Tonsillitis, rheumatic fever and St. Vitus' dance are a triad that should be looked upon suspiciously when found in the early history of an adult. If a focus of infection be found, it should be eradicated. The patient should live down to his heart when it is damaged. If the heart be compelled to live up to the body it must of necessity carry an additional load to that excessive burden it already carries, and dilation associated with hypertrophy results. Intelligent examinations and supervision by the physician is a necessity in these cases. The osteopath, by correcting the upper dorsal lesions with the associated ribs, tends to break up the vicious cycle and establish cardiac compensation.

"Athletic heart" is a term very much over-used. Whenever this so-called condition occurs, and it is rare, it is most often the result of a too heavy load being forced on a heart that is not sufficiently strong to carry this unnatural and unexpected burden. The reserve force, its accommodation, its capacity, is cut down. There is no excuse for such a condition when the person is healthy and has been properly prepared to carry on strenuous exercise, providing he uses good judgment in living after he is through with competitive athletics.

ATHLETICS INCREASING IN POPULARITY

The growing number of large gymnasiums, field houses and stadiums is evidence of this fact. The real value will come in the building up of the bodies of the youth of the nation, thus raising their resistance to disease processes. In this respect, osteopathy and athletics work hand-in-hand. The athlete is learning the value of the healthy body. He no longer waits until the distress and inconvenience of definite symptoms force him to the physician. His athletic coach teaches him the value of discipline in preparing him for competitive athletic games. But, in that one big game—the game of life—the osteopath should be his coach. Periodic examinations together with the application of common sense and the physician's advice in regard to exercise, diet and hygiene, will keep him in condition for the battle.—G. H. MEYER, LL.B., D.O., *Osteopathic Magazine*, November, 1926.

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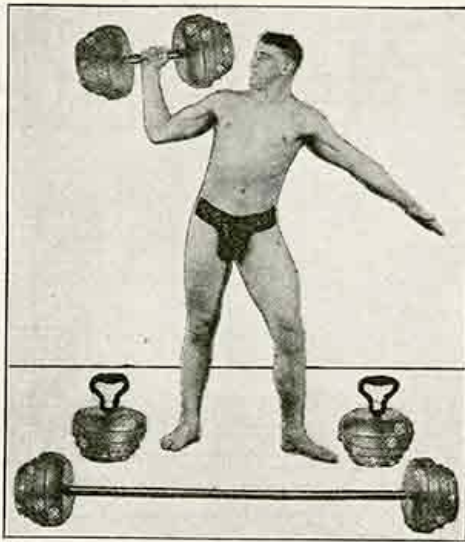
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MENTAL HEALTH FOR MIDDLE AGE

Many persons who have managed to get through the years of childhood and youth fairly well find that their habits are not adequate for the changes and changes of middle age. Many happy are always wrong, says E. Johnson in *The Survey*. He finds oneself middle aged and the only thing to do is to change mental habits.

Of course, this is easier done. Yet it is not impossible. Childhood is the ideal time to get right habits of thinking and the laws of mental hygiene are all ages and need only be Frankness and courage will be for the task. Sentimentality must be thrown overboard worn-out ideals. One must learn to discriminate between reasons and to discard the excuses. This way can a life of reality be stituted for one of mere wishes.

To aid in this readjustment of life, four rules may be followed. Rule 1 is "Do not say yes and no at the same time." The wobbler is always a failure and so are his friends. It is better to make mistakes than to do nothing. A person can learn to see a thing whole, he will easily decide. Good. He should remember that nothing has its price and that it is self-indulgence.

Rule 2 is "Do not allow a problem of unfinished business. Questions that are postponed and repressed return in a day to destroy one's peace, and to develop into the excessive fear neurotic.

"Keep your mind open to the truth" is rule 3. By the time age is reached, the hypercritical finding attitude of childhood is left behind. Freedom, that of the middle years of life, is achieved by letting go of the open mind sees the good in everything and looks for the meaning of things. Those regard this rule live a narrow life with the prospect of an unlovely old age.

"Disregard what is merely emotions such as fear, hatred, and envy are personal, and is lived alone, these should be. The same is true for ground moodiness. The reason for this is not temperament but self-interest. There is no excuse for it. Learning can be translated into use. It need not be considered.

By following these rules, if one cannot get what is accept cheerfully what comes, yes to life, one may be free from uncertainties of youth and catastrophe in the passing of life.—Printed in *Hygeia*, January.



Fig. 74. Double Arm Hold

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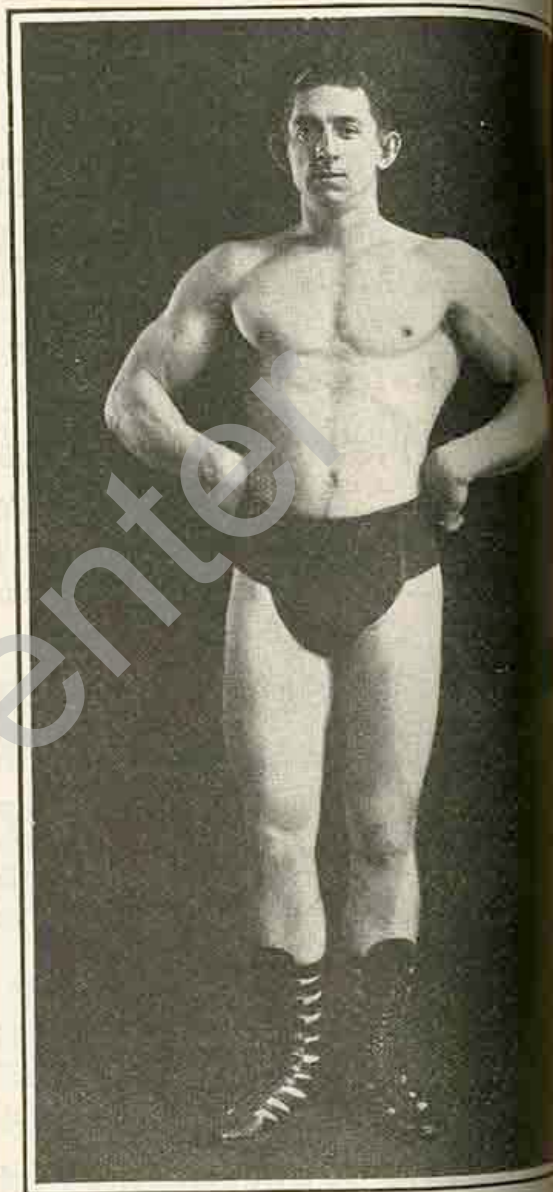
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