

FACTS ABOUT BIRTH CONTROL

Health and Life

20 Cents

OCTOBER, 1924



The Evil That Men Do

Where There Is Love

With the Men of Iron

How to Harden the Body

Pole Vaulting

The Junior Athlete

The Future Diet of Mankind

A Course in Applied Psychology

A Story of the Flying Mare

Diseases Which Are Destroying Mankind

Exercises for the Business Man

BEAUTY WINS THE WORLD

Fotograms

Inset is Lucienne Herval, formerly of the Folies Bergere, Paris, now in U. S.

SAVED FROM MY CURSE

Health and Life

The National Monthly Magazine for
Health, Physical Education
and Right Living
OCTOBER, 1924

Vol. III Number 10

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HEALTH AND LIFE MAGAZINE

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376-380 West Monroe Street



MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which very few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated if it does not come from wholesome sources.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development".

It is a very human document, being, as the author himself says, the knowledge which carried him through successfully to clean manhood.

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

WOMANHOOD

Every woman ought to know the passage in this book that could in-
fluence the susceptibilities of the most
refined young wo-
man, yet all that is
necessary is con-
tained in it.

Read This

Dear Editor, Dec. 14, 1923.
Some miraculous Providence
guided me to an old number
of your magazine a short time
ago. I immediately subscribed
to it, and sent for your book:
"Sex Development." I am en-
tranced. For months I have
hesitated about marrying a
man who is devoted to me
and I to him.

I am enclosing a check for
further books. Your wonder-
fully sweet and pure idealism
as expressed in your magazine
and books has made life all
over for me. And I know the
new life will be beautiful and
happy.

Do hurry these books to me.
Sincerely yours,
D. M.
Ithaca, N. Y.

Written in Ber-
nard Bernard's
own style, bearing
an abundance of
knowledge, it also
has that intense
sympathy with the
struggles that we
all have to face.
This book is a
masterpiece. It
gives light and
understanding and
you need to read
it.

SEX DEVELOPMENT

(Love, Birth and Development)

By BERNARD BERNARD,

Phys. B., M. S. P., M. P. C., London

THE BOOK THAT REALLY TELLS MEN AND WOMEN THE THINGS
THEY OUGHT TO KNOW

A FEW OF THE HEADINGS ARE:

The Principle of Reproduction.	Comparative Sex.	Sexual Selection.
What is Birth?	Why Two Sexes?	Heredity.
Love.	Male Organs.	Cell Development and Reproduction.
Development.	Female Organs.	Fertilization.
The Sex Apparatus.	The Correct Use of Sex.	Recapitulation.
The Embryo and Its Development.	The Ovum.	Assuring Happiness.
Evolution of the Brain and Nervous System.	The Spermatozoon.	Success.
	The Origin of Altruism.	The Secret of Human Success.
	The Urogenital System.	

Listed by the National Educational Association

Written in popular language, it can be read and enjoyed by young
or old.

It fills the long-felt want of a truly reliable and scientific yet popular
work of sex education.

The book is fully illustrated with diagrams. Only \$1.25 Postpaid.
Send check or money order for \$1.25 for your copy now to make sure
of one.

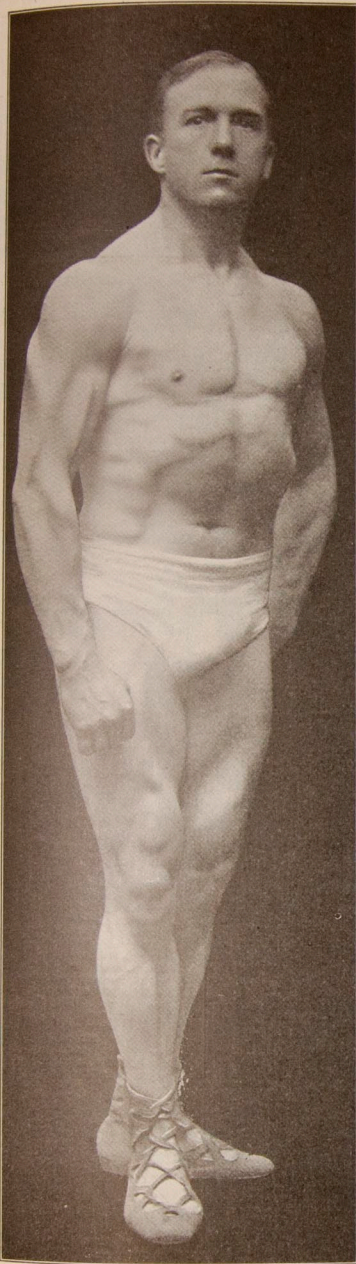
SPECIAL HEALTH AND LIFE COUPON

To the Publisher, Health and Life Publications,
508 S. Dearborn St., Chicago.

Please send me a copy of "Sex Development." I enclose \$1.25.

Name

Address



Don't Commit A Crime Against The Woman You Love

No amount of love will ever atone for the crime you will commit, if you make some pure, trusting young girl your wife when you are UNFIT to assume the duties and responsibilities of a husband and a father. Her whole future life, her body and soul, will be in YOUR keeping; no one will be able to help her if YOU prove faithless to her trust in you. **Don't put the matter aside**, you can't get away from it; you can't make any girl happy, if you are weak, impotent, sickly; grouchy with dyspepsia or biliousness, poisoned by constipation, or suffering from any other degrading ailment. **Stop and think, right now**, for HER sake, if not for your own, What CAN her marriage to you bring her, but lifelong regret and sorrow, if you are only an apology for a man, with your muscles flabby, your blood like water and your brain woozy as a result of your condition?

She Thinks You Are a Man

She trusts, admires, and loves what she THINKS you are—a real MAN, mentally, morally and physically, whom she can respect as well as love. She believes you to be a man who can look any other man in the eye and hold your own with him; who is able to protect her under any circumstances; who can make his way in the world and give her the comforts she has a right to expect from her husband; and finally who will ultimately make her the mother of healthy, happy children, a blessing to you both. Think of the kind of children you will make her the mother of if you are one of the great UNFIT! Think of the weak, ailing, rickety, defective boys and girls such men bring into the world—pitiable, little creatures, with no chance in life, living reproaches to the father who begot them. Don't close your eyes to these things. They are **Facts**; facts thoroughly understood by every breeder of dogs, cattle and horses; facts recognized by the legislators of several states, who would make it a **LEGAL**, as well as a **MORAL**, crime to marry when unfit.

Make Yourself 100 Per Cent Fit

Put your past behind you. What if you have led a gay life and sowed a big crop of wild oats? Start NOW to root them out. What if you have burned the candle at both ends and feel now like a human wreck, with your strength of body and mind dissipated and your vitality ebbing away? All the more reason why you should begin now, **TODAY**, to stop that steady loss, build up your strength again, regain your lost vitality and make a manly, red-blooded man of yourself. It's the **ONLY** thing to do—the only way to have any more happiness in life—the only way to keep from slipping down into the scrap heap of the hopelessly down-and-out—and you can do it, if you go about it the right way.

STRONGFORTISM The New Science of Health Promotion

No matter what your work or business or occupation, you can build yourself up in my way without interfering with it in the least. I'll help you strengthen your heart, lungs, stomach, and every other vital organ; I'll help you free yourself from dyspepsia, biliousness, constipation, catarrh or other chronic ailments; I'll help you steady your nerves and clear your brain and send the rich red blood of life and vital energy coursing through your arteries again, so that you will be **THE** man your wife believes and expects you to be. I haven't any patented dope or bottled physic to sell you. I haven't any iron-bound, muscle-fatiguing, tiresome routine of exercises or straight-laced, ascetic living to recommend. I am a **Builder Up of Men**, and I build them up in Nature's way—the way that was successful in making me the strongest man in the world; the way that is succeeding with my pupils, thousands of them in every country of the civilized world.

Send for My Free Book "Do It With Muscle"

You'll find in it some of the well-being of the Human Body. It will show you **HOW** and **WHY** a well-developed **MUSCULAR SYSTEM** means Health, Strength, Vigor—a happy marriage and healthy children—the ability to Enjoy Life to the full. Don't be an under dog any longer. Get rid of the ailments and impotency which bad habits or ignorance have fastened on you, and **DO IT AT ONCE**. My book will show you how. I **GUARANTEE IT**.

Just mark the subjects on the consultation coupon on which you want special confidential information and send with 10c (one dime) to help pay postage, etc. Send for my free book **Right Now, TODAY!**

amazing facts about the all-important part **MUSCLE** plays
Mail This Coupon in to Me Today

ABSOLUTELY CONFIDENTIAL

FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Dept. 1616, Newark, N. J.—Send me **FREE** my private copy of "DO IT WITH MUSCLE" for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (X) below, without obligation.

- | | | |
|-----------------|-------------------|----------------------|
| Colds | Anemia | Increased Height |
| Catarrh | Debility | Despondency |
| Hay Fever | Fear | Gastritis |
| Asthma | Vital Losses | Heart Weaknesses |
| Obesity | Nervousness | Poor Circulation |
| Headache | Short Wind | Skin Disorders |
| Thinness | Flat Feet | Vitality Restored |
| Rupture | Constipation | Falling Hair |
| Lumbago | Vitality Restored | Stomach Disorders |
| Neuritis | Biliousness | Round Shoulders |
| Neuralgia | Torpid Liver | Lung Troubles |
| Flat Chest | Indigestion | Weak Back |
| Insomnia | Nervousness | Drug Addiction |
| Bad Breath | Impotency | Weaknesses (Specify) |
| Bad Blood | Poor Memory | Muscular |
| Youthful Errors | Prostate Troubles | Development |
| Weak Eyes | Rheumatism | Great Strength |

Name

Age..... Occupation.....

Street

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

If you have taken my "Regular" or "Advanced" Courses, kindly indicate same by making a cross in box for this purpose below.

I have taken your "Regular" Course

I have taken your "Advanced" Course

I have received your book "Promotion and Conservation of Health, Strength and Mental Energy"!

Date

LIONEL STRONGFORT
Dr Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

LIONEL STRONGFORT

Physical and Health Specialist over 25 years
Department 1616 Newark N. J., U. S. A.

You Want the Best Course of Physical Culture

YOU value your health. You want strength. You want your muscles to ripple with that fitness which means pep and energy, enough and to spare. In other words, you want the best Course of Physical Culture, because it is results you are after.

There is no need for you to be weakly or soft. VITOLAXING can put inches on your chest, arms, and legs, and every bit of tissue that is put on will be valuable, vibrant with health and life.

Our pupil, W. W. Fulcher, whose address we give, so that you can ask him for yourself what VITOLAXING did for him, writes us the following letter:—

Gentlemen:—
You will learn by referring to your files that I began my training on "VITOLAXING" one month ago.
In regard to this system I wish to say that after thoroughly testing it out, and putting one month of enthusiastic work into these exercises, I am convinced that this is one of the very best, if not the best, Courses of Physical Training available today. I can truthfully say that the half dozen different systems that I have practiced for the last six years have definitely decided that "VITOLAXING" holds more benefits for my particular needs than any other. Such being the case, it is my opinion that many another man who has experienced only failure and disappointment in the practice of other

courses will find in "VITOLAXING" what he seeks.

I have been subject for the last few years, to frequent bad headaches. Can happily state that I have not had a single one since beginning "VITOLAXING".

My tongue was heavily coated at the time of beginning my training with you; today it is clean, rosy, and of a healthful sweetness.

My digestive apparatus was on strike a large part of the time, and specialized in periodic upheavals that racked and distressed my whole system. Now I am rarely conscious of even possessing a stomach.
I have been underweight for years, and no amount of exercising ever enabled me to regain any of my lost weight. It is a fact, however, and a rather wonderful one to me, that I have gained just 2 pounds on one month of "VITOLAXING".

I find my constipation greatly improved, and do not doubt that in the course of a few more weeks I shall be able to eliminate it for good.

I have experienced quite an increase of Catarrhal discharges in the last few days, and am encouraged in the belief that I may, under your system of training, eventually cast it out of my system also.

Your grateful pupil,

(Signed) W. W. Fulcher,
701 E. Jones St.,
Raleigh, N. C.

A Description of Vitolaxing by a Pupil

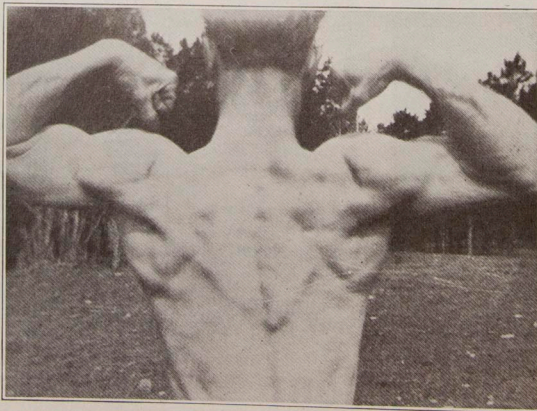
THE following is a letter which Mr. Fulcher wrote in answer to an enquiry from a prospective pupil as to what VITOLAXING could do, and what the system entails. It is such a splendid description of the system that we have determined to reproduce it here, a copy of this letter having been forwarded to us by Mr. Fulcher:—

My Friend:—
It is with pleasure that I reply to yours of the 17th, inquiring into the merits of "VITOLAXING". You certainly came to the right guy, as I am sure an enthusiastic booster of this system. And I have good right to be, for it has proved of more value to me than all the other different Courses that I have worked on during the last six years. I have definitely and conclusively proven to my own satisfaction that "VITOLAXING" is superior to them all. I am speaking, you understand, from my own personal experience with this system, and while all of us are not benefited by the same things or affected the same way under the same conditions, it is, nevertheless, my honest opinion that here is one system of health-and-body building that is more nearly applicable to all types and classes than probably any other system yet devised. The fact that it has done more for me in the six weeks I have been training on it than all I got out of six years on other systems is good evidence to that.

In regard to the questions you ask: No, you are not required to follow any special diet, except the suggestions regarding corrective foods in treatment of any special ailment you may have. Any Physical Culturist, however, is informed on the point of proper, natural foods, and I am assuming that you avoid any that are recognized as harmful. No restrictions in this direction are imposed.

It is best practice to exercise five or six days in the week, and rest one. This system is recommended for practice twice daily, morning and evening. It has never been convenient for me to exercise but once a day, and that is all I get. While it is possible to go through the drill in half an hour or so, I always take my time, and do full justice to every movement.

This system is largely mental in practice, so it is up to the pupil himself as to whether he strains or not. The amount of physical effort you expend is optional with yourself. I put plenty of pep in my work, but I think a fellow can get full results from "VITOLAXING" if he merely allows his mind to direct his muscles and pays proper attention to performing each movement faithfully accord-



W. W. FULCHER—Vitolaxing Silver Medalist
A photograph of Mr. Fulcher showing the way his back muscles are developing, as a result of Vitolaxing, of which he is a booster.



A VITOLAXING BOOSTER

W. W. Fulcher, of Raleigh, N. C., is an enthusiastic booster for Vitolaxing, which has given him a healthy and muscular body. He is the latest winner of a Vitolaxing Silver Medal.

ing to instructions. You may start very mildly and as you go on you will find yourself unconsciously putting more and more effort into the work, as your strength increases, without any more conscious strain than in the beginning. I really cannot speak with any authority on the question of trouble about this exercise helping your nerve trouble. I was slightly nervous at one time, but I am sleeping sounder at night now than I have done before in years. I suggest that you ask "VITOLAXING" about this. They can doubtless give you valuable advice on this point, and I hope you will find it helpful.

Will say that instructions are easy to follow, and you need not anticipate any difficulties in this direction. It is, in fact, rather a source of wonder with me that methods so simple can give such splendid results. I suppose you realize, however, that it is always unwise to judge a thing commonplace just for the reason it doesn't happen to appear unusual. The simplest things are largely the most valuable.

Results in my case were noticeable from the third and fourth week. I have been able to observe a gradual growth in muscular tissue since. My muscles have become more clearly defined, are slowly growing broader as the angles surrounding them gradually fill out, and are acquiring a depth that is beginning to give them a rather impressive appearance when contracted.

It has been a pleasure to write you on this subject, and I hope that my recommendation will be the means of encouraging you in taking up this Course, as I am confident you will be as delighted with the results in your own case, after a few weeks' practice, as I have been. Through all your disappointments with past-tried Courses I know that your hope of finding one which would give you all you have been working for, has endured. I know it has been so with me, as I worked for years on so many systems that I failed me. I didn't lose hope, and continued to experiment—now I am beginning to reap my reward, and have good reason to believe that your search will end right here with success in "VITOLAXING" even as mine has done. Dig into it, boy, and see!

In closing I will say that I would strongly advise that you take up the work. By reason of the perfect satisfaction it has given me, I can never, recommending it to others, make my endorsement less than strong or forceful enough. I honestly hope that you decide to take it up; and could not be more delighted than to have a report from you in the course of a month or so recounting splendid results obtained. I am confident that those results will be yours, if you will only go after them now. Go to it!

With best wishes,
Yours for health and strength,

W. W. Fulcher.

Get going on your Course now. You have nothing to lose, but everything to gain. The "money back" guarantee protects you. Fill in the coupon on opposite page, and get started right now.

Muscles Like This In a Month

Guaranteed and money back if you are not satisfied. Never was there a fairer or greater offer made.

VITOLAXING

The greatest discovery of modern times. Health and strength are obtained in an incredibly short time by this astounding new system.

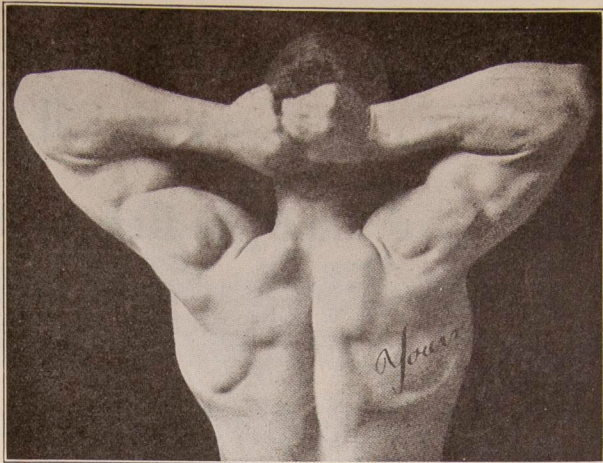
A Wonderful Discovery

Indigestion, Constipation, Nervous Debility, Sleeplessness, Rheumatism, Obesity, Sciatica, Dizziness, Headache, etc., etc., disappear like magic.

It is Nature's own method of developing the body and any organs in particular, and

RESULTS ARE GUARANTEED.

VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful development that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the systems of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the methods, not always made public, used by most of the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel "down and out." However, it was because of my condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arms bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the upbuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body may be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set into order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instruction. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, the power of mind is developed to a remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore, only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact, originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know too that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER AND BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, Caxton Bldg., S. Dearborn St. Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME _____
CITY _____
STATE _____
(Please Print Plainly)

A Beautiful Art Album of PERFECT MEN and WOMEN for Lovers of the Body Beautiful

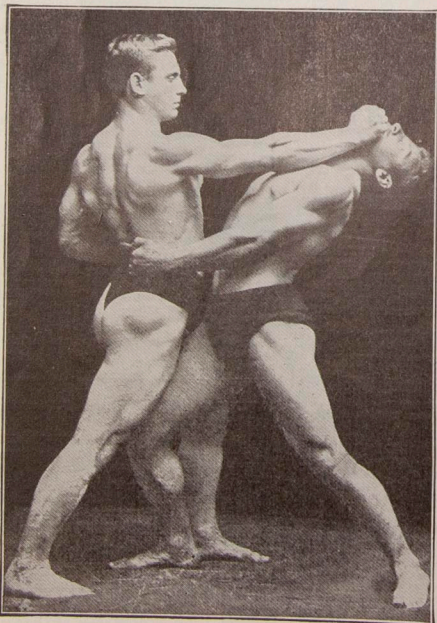
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

This beautiful ART ALBUM is one you will never tire of looking through again and again. Each picture is an inspiration and a joy to behold.

If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$2.75.

The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

Ethelda Bleibrey (several poses).
Charlotte Boyle.
Ida Schnall (several poses).
George F. Jowett.
Bernard Bernard (several poses).
Charlie Postl.
Ray Johnson.
Marie Curtis.
Edward Aston.
George Dimbinski.
Laura Bennett.
Mary Jane Lowe.
Carrie Keeley.
Marion Fletcher.
Nursie King.
John G. Paine.
Charles Shaffer.
Al. Trelour.
Maurice Derias.
Hilda Curtis.
Strangler Lewis.
David Willoughby.
Al. Bevan.
Sam Clapham.
Maxick.
Walter Klee.
Stanislaus Zhyzsko.
Captain Johns (several poses).
Ottley R. Coulter.

Antone Matysek.
Sybil Bauer.
Joie Ray.
George Calza (several poses).
Arthur Saxon.
S. V. Bacon.
E. H. Bacon.
Sergeant Swimmer.
Joe Stecher.
Jack Dempsey.
Mark Jones.
Arthur F. Gay.
Marin Plectina.

Dr. C. B. Severn.
John M. Hernde.
A. P. Hedlund.
Mrs. Hedlund (several poses).
Rose Kinder.
Polly Walker.
Doris Wilson.
The Vanities.
Ann. Hyatt.

ARTISTIC

Strength and Beauty
Les Syrenes.
Salambo and Mattho
A Study of the Nude
The Slaves.
The Vine.
The Sundial.
Ecstasy.
Consolation.
Le Baiser.
The Tempest.
Rising Woman.
Braccio Nuovo.
L'Aurora et Cephalie.
Apollo.
Energy in Repose.
Psyche Receives the
First Kiss of Love.
The March of Love.
Beauty and Development
Climbing up the Cliff.
Hail to Life.
Bacchante.
Pygmalion and Galanthe.
Devant La Mer.

PHYSICAL CULTURISTS

Mrs. Earle Liederman
—(Miss Alaska) (several poses).
J. Richmond (several poses).
Earle Liederman.
Charles Atlas (several poses).
Dorothy Knapp (several poses).
Kathleen O'Connor.
Olive Ann Alcorn.
Lionel Strongfort.
Jovita Dardon.
Helene Chadwick.
Joe Bonomo.
Madge Merritt.
Marjorie Barker.
Rev. B. E. Brown.
Gladys Walton.
Priscilla Dean.

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BERNARD BERNARD
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"Laugh and the World Laughs With You"



Fotograms

"HOW is the world using you?" is quite a popular greeting. The answer would usually be the same if the question were asked, "How are you using the world?" For you will find that as you use the world so the world will use you. As has been so often remarked, "Laugh, and the world laughs with you."

Our physical expressions are governed by our mental dispositions, and these may be shaped again by our de-

termination to be cheerful, or our carelessness in allowing ourselves to become morose. Professor James, the eminent psychologist, demonstrates "Laugh, and you will be cheerful; cry, and you will be unhappy."

There may be things that come to us that make us feel that we alone in all the world have the hardest lot. But you will find that the next fellow has just as hard a battle as you have, and meets just as many obstacles. If you brace yourself up to it you can get

pleasure out of the surmounting of your difficulties, and there is no greater feeling of elation than that which comes after you have fought and won a real tough battle.

The picture on this page is a snap of the Berlo sisters enjoying themselves on the beach at Arlington, Va. This picture is certainly expressive of the motto, "Keep cheerful." So surely as you keep cheerful, so surely will the world you live in appear to be a cheerful place.

The Right Way To Harden the Body

By Benedict Lust, M. D.

As a rule people have a wrong idea of "hardening"—an idea which is calculated to do a great deal of harm; they generally conceive it to be merely an inuring of oneself to cold.

This idea is entirely wrong. By hardening we must understand a successful resistance against morbid influences; hence a mode of life "hardens" when it fulfils the conditions which develop the body's power of resistance, and endow it, in professional language, with an "immunity" from disease.

The materials which chiefly compose our organism are—albumen, fat, and water. Albumen is the foundation of all its living parts—the nerves, the blood, the muscles, etc. Water and fat, though indispensable, are subsidiary elements. When these three ingredients are found in their proper proportions in the system the activity of the body is normal and healthy. The more albuminous substance the animal body contains, the more vigorous and healthy it is. If, on the other hand, it contains too large a proportion of water and fat, its energy and power of resisting disease are lessened (Jäger).

The sensitiveness or "irritability" of the nerves and muscles is closely connected with this proper distribution of the living substance of the body. And on the irritability of the nervous and muscular systems depends the mobility, or moving capacity, of the body; on the nervous system, in particular, depends the power of the mind. Even what is called the extensibility or elasticity of our skeletons and its several elements—the sinews, ligaments, blood-vessels, etc.—plays a very important part in keeping up the normal activity of the body. As soon as the flexibility and firmness of our framework are diminished, our organism loses in vigor and power of resistance.

Insufficient exercise, idleness, voluptuousness, monotony, and other defects in food, impeded circulation of substance, neglect of the skin, wrong heating, and enervating clothing and bedding, continuance in bad air, much smoking, physic, and many other things cause—more or less rapidly, according to the individual constitution—an alteration of the chemical proportions (albumen, fat, and water) and of the physical properties (the irritability of the nerves and muscles and the elasticity of the skeleton) of the substance of the body; and this condition of departure from the normal proportions is called "enervation."

In order to cure this state of enervation—for in the unnatural conditions of modern life we are all more or less enervated or degenerate—it is necessary to effect a change in the proportions of the component parts of the system, in other words, to increase the proportion of albumen and reduce that of water and fat. It is a question, then, of ridding the body of a certain amount of water and fat, and this is what we mean by "hardening" the system.

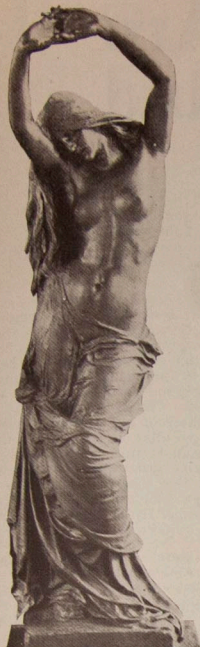
"It has been determined by accurate experiments," says Jäger, "that stout people have considerably less blood than thin, and so it is quite wrong to call a fat man 'full-blooded'; on the contrary, he suffers from poverty of blood, and that is a disease in itself. . . . With regard to capacity for work, it is well known that poor-blooded people can do less than full-blooded, because the capacity of an organ depends on the richness of its supply of blood."

If, then, you want to harden your constitution, dear reader, you must first of all devote your attention to increasing the circulation of material in your body, and breathe plenty of good, pure air, so as not only to permit, but to intensify, the combusive process; in that way your fat will be lessened (burned) and the superfluous water from your tissues will be removed by your excretory organs (the bowels, kidneys, and skin).

Therefore, keep your skin clean and try to harden your body by promoting a free perspiration by athletic and gymnastic exercises in the open air (cycling, rowing, cricket, running, etc.); by porous clothing and bedding, which will give free passage to the exhalation, and therefore the moisture, arising from your skin, by eating food which is rich in albumen, and, in general by a kind of life that will reduce the proportion of fat and water in your system. Hardening is the same thing as creating force to resist morbid influences; it affords you protection against disease and epidemic by ridding the body of the germs of disease; it helps you to bear trouble, hardship, and suffering more lightly—for it is synonymous with health, just as enervation is the same thing as disease. By hardening you get a firm, compact flesh, rich in albumen and poor in fat and water, and, feeling a greater mental power through your bodily improvement, you will be able to make such progress in your profession or business as you found impossible in your former enervated condition.

Facts About Birth Control

By Bernard Bernard



MARGUERITE DE FAUST
Sculptured by Tony-Noel.
Exhibited in the Palais des
Beaux Arts, Paris.

It was for Marguerite, you will remember, that Doctor Faust surrendered his immortality, in order that he might love her. How many people are there who do this in actual life, surrendering a lifetime of happiness for moments of fleeting passion?

THERE still lingers in the minds of many people the idea that everything of a sexual nature is necessarily wrong. They hate any discussions concerning sex, and they are frequently the great opponents of conception control education.

However, this does not say that they themselves are without a love life, but it usually does mean that every indulgence brings to them a mental persecution by their consciences, and this often causes a great deal of irritability and ill health.

It is, of course, a legacy of by-gone days when everything sexual was looked upon as wicked, and beneath it all there is the atrocious idea that a young man can "sow his wild oats," even commit acts of loose moral behavior with serious consequences upon an innocent and chaste virgin whom he would take as his wife. The law granted him this; convention did the same, *sotto voce*.

Abolition of the Double Standard of Morality

Today among a great many people there is a much broader, a much more sensible and more moral outlook on these matters. It is now recognized by all sincere thinkers, teachers, and mor-

alists that the sex life is essential to happiness and health in marriage. At the same time it is beginning to be recognized that there must be one and the same standard for men as for women. If it is right for a man to indulge extra-maritally then this right must be accorded to women. Those who are free from the old fashioned conceptions regarding sex are far from wanting to extend the ancient privileges of men to women, however, but are rather bringing both men and women to a level where sex becomes a means to an end, to be indulged as an expression of love in marriage only.

I want to show, if I can, this connection between an opposition of conception control and an improper view of sex. The general opposition says that sex should be indulged for the one purpose of procreation only, all other indulgence being essentially wrong and harmful. Now, if that is correct, then practically every individual in the world is a wicked person, either in fact or in desire. But human beings are not wicked, not so positively immoral, and the fact that their emotions call for a positive sex life should be in itself sufficient to show that sex in human life plays a very different part from that which it plays in animal life. The animal indulges as an instinct, the human being as an expression of love. Sex binds man and wife together as father and mother, making a unity of the family. It maintains unison and happiness in marriage, and if it is not allowed to do so, there is sure to be shipwreck ahead.

The trouble is that there is so much hypocrisy and pretense in the world. While people pretend, for an absurd reason, that they have no sex feelings, and openly declare their opposition to birth control, they themselves indulge in a sex life which cannot help being utterly degrading to them. For they themselves believe it to be degrading. Would it not be far better for them to realize the right place of sex in life, their right to the joys and privileges their love may give them?

Maintaining Natural Expression

Without the ability to control conception it is very difficult to obtain this normal and natural love life, and those unfamiliar with this subject are apt to wonder, when they hear physicians talking about the frequency of expression, however this can be done. If they give expression freely to their emotions they are going to bring into the world children who will not only be undesired, but who will not have a fair chance to make good when they do arrive in the world.

So the object of a scientific system of conception control would be to space children at such intervals as would be most healthy for the mother to bear them, so that they could be brought up

properly and cared for to the best advantage, and so that they should be given the best qualities as a heritage from their parents.

Everybody knows that it is this inability to express love freely, without the fear of unwanted children, which causes a great deal of unhappiness in marriage. Women do not feel that they should be called upon to be mere breeding machines, for that is all it can be when a woman is pushed into unwanted parenthood, in spite of the number of children she already has. If conception takes place under these circumstances it is usually an unwilling sacrifice, and what can be expected as the result for the child? Is it given a fair chance? It comes into the world not as the result of love and desire, but practically the reverse.

It is, of course, only a matter of time before all married people will be familiar with the best means of controlling conception. Practically every other country but America has made such education general and respectable. Extraordinary as it may appear, U. S. lags behind in this matter, and also, be it noted, America leads the field with regard to divorces.

The Effects on the Next Generation

But all this need not be. There are very simple methods, which are harmless, advised by the most noted gynecologists and physicians that would, if made general common knowledge, mean not only more happiness to the average family, but would make the next generation of far higher quality than will otherwise be the case.

It stands to reason that if a child is loved and wanted before birth, if it comes when its parents are prepared and anxious for it, it is going to be worth much more than if it just "happened" into the world unwanted and unloved.

There are those who think that the giving of this education would be the committing of race suicide. This has not been proved to be the case in those countries where this education has been generally given and the methods adopted. On the other hand, the result has been an increase in the race, because while the birth rate has been lowered to some degree, the death rate amongst infants has been lowered to such an extent as to make the numbers of surviving children actually in excess of those previously growing up.

Break Down Prejudice

We must break down prejudice in this direction. So much depends on it. Let us not think that because some day people will be enlightened in these matters that therefore there is nothing to worry about now. As a matter of fact there are thousands of women dying in childbirth, thousands and thousands of

(Continued on Page 406)

Diseases Which Are Destroying Mankind

By T. J. Allen, M. D.

[What are known as "Social Diseases" are those which have in times gone by destroyed civilizations, and would, if not curbed, finally destroy mankind. No fight against these diseases can be too fiercely waged. Yet they are the result of ignorance, that ignorance which prudish prejudice makes it so difficult to destroy. This is the second of Dr. Allen's series of articles on a very important subject.—Editor.]

WHAT a magnificent specimen of manhood he could have been if that had been done for him in childhood!"

That was the remark of one physician to another referring to the results of a course of treatment that had been given to a young man who had innocently acquired a serious "social" disease in childhood that is much more common than is generally understood. However, both physicians agreed that the treatment would make the man safe from the development of that form of paralysis that commonly results from the infection, although it could not restore the wasted brain cells, the defectiveness of which had resulted in a serious reduction of mental capacity. Prevention is better than cure and early treatment is better than late.

The largest cause of unfitness for duty in the late war was found to be bad sex hygiene; and the largest cause

for the startling conditions that have lately been reported as existing in our schools is bad sex hygiene, due to ignorance. The policy of silence and secretiveness that has prevailed has proved to be most unfortunate. The revelations made during the war prove now to be not even the most serious results of this unfortunate neglect.

The Need For Systematic Instruction

Three years ago, the vital necessity of systematic instruction in social hygiene was nationally discussed in the newspapers. Opinions differed as to how instruction should be given. The superintendent of schools of Chicago and the commissioner of health, with other educators and physicians who had given this problem much study, agreed that the best method of instruction is the teaching of parents by specially qualified physicians. It was announced in the Chicago Tribune, in December,

1922, that I would begin a course for parents through the Friends Social Service organization, but it was finally decided that the matter should be left entirely to the board of education, and so the original fatal policy was again resorted to—"nothing doing."

The editor of a local paper where I am now residing has suggested that I might promote this much needed work by the same system that has done more than all other means combined for public health education in general—the Daily Health Hints which I originated about 20 years ago.

The Cause of Half of Women's Abdominal Operations

Physicians know that about half of the abdominal operations on women are made necessary by infection with the other "social disease" than the one above referred to. Many cases of blind-

(Continued on Page 406)

EXERCISES FOR THE BUSY



FIRST POSITION
Stand Firm



SECOND POSITION
From position one repeat four to sixteen times.



THIRD POSITION
From position one repeat four to sixteen times.



FOURTH POSITION
Stand firm and erect.



FIFTH POSITION
From position four repeat four to sixteen times.



SIXTH POSITION
From position four repeat four to eight times.



SEVENTH POSITION
From position one repeat four to sixteen times both sides.



EIGHTH POSITION
Bend forward from position five, four to sixteen times.



NINTH POSITION
From position one repeat four to sixteen times.

How To Live Up To Your Best Moments

By Harry Berkman

(Director, Berkman Health Gym, Chicago)

Why We Eat

A FOOLISH question best answered by saying that we eat to live. There are people, however, who eat for the sake of the mere pleasure of eating and to save themselves the disagreeable pain of hunger. Nature has given us good reasons for eating, but behind them all stands this fact—we eat in order to build strong bodies.

So, in order to build strong bodies, it is important to exercise the muscles so that they may better care for the nourishment we give. Good food, taken at regular intervals does its best work when aided by systematic exercise.

Why We Sleep

Unlike other machines, this body, which is infinitely more intricate and delicate than the finest machine, has a unique faculty. It sleeps. It sinks into unconsciousness, reduces the number of parts used and allows these parts a chance to build up, assimilate and re-adjust themselves to food, exercise and the wear and tear of every day life.

So, don't force nature to put you to

sleep. Take the proper rest. By the same token, don't force nature to lay your worn out, sick body aside—help her maintain it through systematic exercise which will keep you fit.

We Go to the Theatre

After a day of tiring and harassing problems men need diversion. The theater transforms the tired man sitting out there in the darkened play house into one of the characters. The part of his brain used during the day rests, while another part frolics through the play. He leaves the theatre refreshed.

So, we can't take the body to the theatre for refreshment, but we ought to take the body to a health gym, a place where all of the muscles are systematically brought into play, a place which we leave refreshed.

We Read Books

We all think our own thoughts. The thoughts we think form a path. As the path becomes deeper, we say it becomes a rut. Growing still deeper it becomes a grave in which we bury our possibili-

ties. We read books to think in different paths.

So, if a man would be alert, he must read. He must not stay within the narrow confines of his own thoughts, but must branch out. The same applies to the body. We cannot rely upon the ordinary exercise of everyday moving about, but go out for systematic training.

Lunching With Friends

We lunch together to exchange ideas, exercise our brains, broaden one another, to make us better people. We require mental stimulation in order that we do not rust out and therefore we use our friends as a means of prodding sleepy brain cells. Being ready is the essential of today's business life.

So, use the health gym to stimulate your body. Just as your mind would grow sluggish without the contact with other minds, your body too will gradually become weaker without the health gym. The health gym in turn, will make you enjoy your friends more.

(Continued on Page 404)

BUSINESS MAN, By Harry Berkman



TENTH POSITION

From slitting position repeat four to eight times.



ELEVENTH POSITION

From position ten repeat four to eight times.



THIRTEENTH POSITION

From position twelve repeat four to eight times.



FOURTEENTH POSITION Stretch.



FIFTEENTH POSITION

From position fourteen repeat four to sixteen times same with right knee and both knees.



SIXTEENTH POSITION Stretch.



SEVENTEENTH POSITION

Repeat from four to eight times from position sixteen.

Saved From My Curse

By J. F.

[This is a story of a boy who was a victim of ignorance through his own parents' prudery. He fought bravely for the best in him to come uppermost. He won. How he did it he tells in detail in this article.—Editor.]

I AM, or was, a victim of prudery; my parents, doubtless under the impression that a schoolboy should have his thoughts fully occupied by studies, hobbies, and games, left me in ignorance of the vital facts of life and the dangers of youth.

In my boyhood I had been just a healthy, happy schoolboy, fond of games and keen at work.

But when I reached adolescence, at the age of 14, I was unfortunate enough to receive tainted knowledge from my schoolmates, and in ignorance I fell into bad habits.

I was completely unaware of the danger and terrible effects of what I did, and what was first indulged in as an experiment became an irresistible craving and a frequent habit.

The effects soon manifested themselves; dark rings appeared under my eyes, which were lacking lustre and heavy; I became pale and listless; my mind was dulled and my body enfeebled.

All the pleasure and "joie de vivre" was gone from my life; I had lost all the keen zest, vigor, and "pep" of youth.

Consequently, I lost ground both in lessons and games, as I lacked concentration and will power, and gave up my time to reading erotic novels.

Determined to Find Out Facts

I will not dwell on this period of my life, which I look back upon with shame and disgust; suffice it that after some eighteen months of miserable existence, I began to realize that I must pierce the veil of ignorance and find out the facts of the matter.

I hesitated to approach my parents, who should have broached the subject to me and thus have saved me from moral degradation; but one day I came into possession of a copy of **HEALTH and LIFE**.

Feeling dull, depressed and enervated, I was fired with a desire to become a big, strong, energetic man, glowing with health and vigor, as described in its pages.

Among the advertisements I noticed "Sex Development" by Bernard Bernard, and I bought this at a bookstall.

Here I learnt the ghastly truth; I learnt what a fool I had been, heading for disaster, robbing myself of health, strength, vitality and all that makes life worth living.

I resolved to become a real man, not to endure a living death in a miserable, enervated hulk; but I found that bad habits, once contracted, are most difficult to shake off.

However, in accordance with its suggestions I found my salvation in a régime of Physical Culture and mental discipline.

I kept my mind occupied with work, and decent, clean matters; I was careful and temperate in diet, took plenty of hard exercise and frequent cold baths, water inside and out, and fresh air.

I drew up a daily program, and stuck to it day in and day out, whether I felt like it or no; and here's how I got rid of the demon of impurity.

My Daily Program

I got out of bed about half-past six in the morning, and took a cold sponge bath fol-

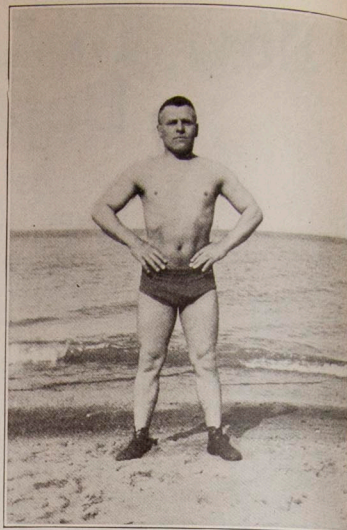


FIG. 1.

lowed by brisk rub down with a rough towel.

This freshened me up, and kept my skin clean and healthy, an invaluable aid to purity.

Then I had ten-minutes' exercise, wearing no clothes to allow my skin to receive the benefits of light and air.

I first performed the following ten exercises, which keep the digestive organs in good order, and are invaluable to all desiring health, and fitness. This set of exercises was originated by Bernard Bernard and explained in greater detail in one of his books:

EXERCISE 1. Stand at attention, hands and chin drawn in.

Inhale slowly through the nostrils, at the same time bringing the arms forwards and upwards, palms inwards, and hands width of the shoulders apart. While in this position force the arms well back and the chest well forward. Do not alter the position of the head. Then lower the arms sideways and downwards to the sides, at the same time exhaling through the mouth as completely as possible, forcing the arms slightly inwards and forwards.

EXERCISE 2. Stand with feet apart, hands on hips and chin drawn in. (Fig. 1.)

1st Movement.—Bend the body well backward from the waist, keeping the legs and hips stationary, body inclined to the left side. At the same time turn the head so as to look over the left shoulder, but in an upward direction. (Fig. 2.)

2nd Movement.—Return to starting position.

3rd Movement.—Repeat exercise on other side of the body. Perform whole exercise eight times. This exercise stimulates the kidneys and liver.

EXERCISE 3. Lie flat on the back with arms fully extended above the head.

1st Movement.—Bring both legs up

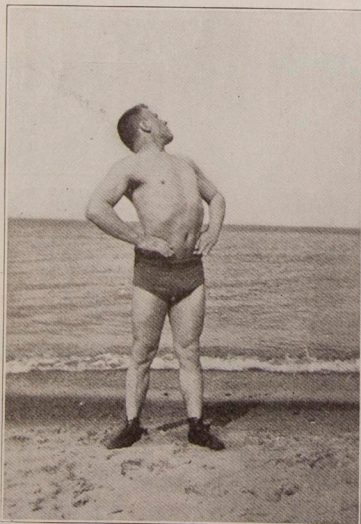


FIG. 2.

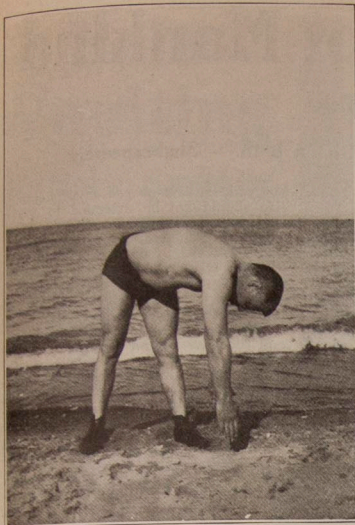


FIG. 3.

into a vertical position; then bring the knees as close to the face as possible.

2nd Movement.—Lower the legs to the ground again. Repeat ten times. This exercise massages the viscera and prevents constipation.

EXERCISE 4. Stand at attention.

1st Movement.—Squat, placing hands on floor, just in front of feet and knees outside the elbows.

2nd Movement.—Spring legs back to extended position, keeping the body straight from the head to the heels.

3rd Movement.—Bend the arms and lower the body until it nearly touches the floor.

4th Movement.—Raise the body to straight arm position.

5th Movement.—Spring to squatting position.

6th Movement.—Rise to attention. Repeat whole exercise eight times.

EXERCISE 5. Lie flat on the back with the arms by the sides of the body. Raise the legs to an angle of 30 degrees and stretch the legs apart. Then with vigorous movements cross the legs and open again. Repeat leg crossing 20 times.

This exercises the abdominal muscles and helps digestion.

EXERCISE 6. Stand with feet apart; arms extended to the sides at shoulder height; palms downwards.

1st Movement.—Bend the body forward until at right angles, keeping the knees stiff.

2nd Movement.—Bend down and touch the ground between the feet with the right hand, left arm vertical.

Then assume a similar position on the other side, touching the ground with the left hand, right arm vertical, keeping body bent the whole time. Repeat twelve successive movements on each side.

This exercise is splendid for viscera massage. Digestion and bowel action are stimulated by its performance, and the liver and kidneys toned up through using the back muscles.

EXERCISE 7. Lie flat on the back, with arms extended at right angles to the sides, palms downwards.

1st Movement.—Raise the body and bend forward, touching the feet with the hands.

2nd Movement.—Lower body to first position. Repeat ten times.

way through the circle you will be in the position shown in Fig. 3. Continue the circle, bending backwards to the utmost limit, until you arrive at the front again. Do eight circles in each direction.

EXERCISE 9. Sit on the ground, hands placed on hips and feet held down by an article of furniture or by straps. Proceed to revolve the body so that as large a circle as possible is described, with the head held firm in the center of the chest. Describe ten circles to the right and then to the left.

EXERCISE 10. Repeat Breathing Exercise I.

These exercises massage the viscera so as to stimulate their natural action, thus keeping the body healthy and fit, and conducing to physical righteousness.

I then performed the following massage exercises:

EXERCISE 1. Take a seat and rub the whole of the foot with both hands from toe to ankle; repeat with other foot. (Fig. 4.)

EXERCISE 2. Stand at attention.

1st Movement.—Reach down to the ankle of the left leg, and bring the hands upward to the groin, letting the hands massage the leg in transit.

2nd Movement.—Start from the ankle again, and instead of merely rubbing, knead every part with the fingers and thumbs.

3rd Movement.—Start from the ankle again, and pat briskly every part with each hand.

Repeat the whole exercise several times on each leg.

EXERCISE 3. Lie flat on the ground.

1st Movement.—Place the hands on the abdomen and massage in circular movements.

2nd Movement.—Pat every part of the abdomen.

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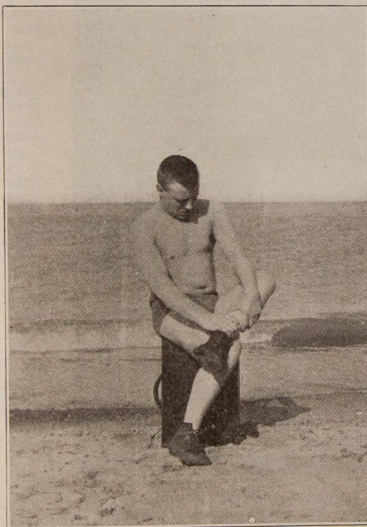


FIG. 4.

EXERCISE 8. Stand with feet apart, arms raised above head, width of the shoulders apart and elbows straight. Now bend and reach to the toes, keeping the knees stiff. From here, starting to the left, describe the widest possible circle with the body and arms. It is a twirling and twisting movement of the whole body. Half-

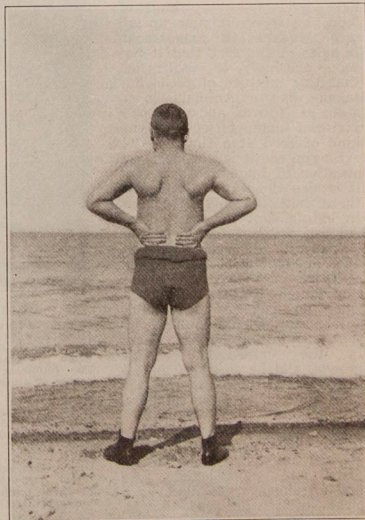


FIG. 5.

The Future Diet of Mankind

By the Editor

("May good digestion wait on appetite, and good health on both."—Shakespeare.)

EVERY student of biology or physiology learns that the food we eat has to be built up by the body into human tissue. Yet it has not been until quite recently that people have been convinced of the fact that diet is such an important factor in the preservation of health and in the restoration of health in cases of ill-health.

In spite, however, of the fact that people are now convinced of the importance of correct eating, we have still a long way to go to establish a general understanding of what is meant by correct eating. The diet experts all differ according to prejudicial education they have received. Thus the medical doctor and the medical professor will look forward to a time when food can be digested—pre-digested—in the laboratory, and then put into the body. I am not exaggerating, for Professor J. Arthur Thomson, in a recent article, actually suggests that this will be the line of progress. He admits that food as eaten today goes wrong in the alimentary canal, and is responsible for most ill-health. His way out, however, does not commend itself to the well-balanced thinker.

The Fate of the Mixed Meal

Other students of diet, recognizing that the body should have some of every kind of food, insist on mixing up all these kinds at the same meal, in spite of the fact that it has been due only to civilization that this mixture of foods has taken place. Animals in a state of Nature, and even pre-civilized man, took only one kind of food at a time.

So you see it is not merely a question of knowing facts, but it is also the way we interpret these facts, not only, of course, in eating, but in every other subject. Professor Arthur Thomson is, in my estimation, one of the most learned of scientists now living. He has contributed to the world scientific knowledge of inestimable value. But Sir Arthur Thomson's mental mechanism works in the orthodox scientific groove, and he seeks to impose artificial methods where the natural ones, to later thinkers, are obvious.

So it is that not only in Professor Thomson, but in the general run of orthodox biologists and physiologists, we find an endeavor to discover a means of treating food, that is, pre-digesting it, instead of encouraging the organs to digest food in its most natural condition, and in a way suitable

to the natural processes of digestion.

Metschnikoff's Discovery

Professor Metschnikoff gave his whole life to the study of longevity. His chief discovery was in the fact that human life terminated purely through putrefaction and consequent auto-intoxication in the alimentary canal. He said, and proved, that by cutting out the human colon he could extend human life ten years. He did this in many instances, and his researches led him even to state that if only man had no alimentary canal, that is, if putrefaction and poisoning in the alimentary canal could be

stopped, he saw no reason why human life should not be extended to double the present average length.

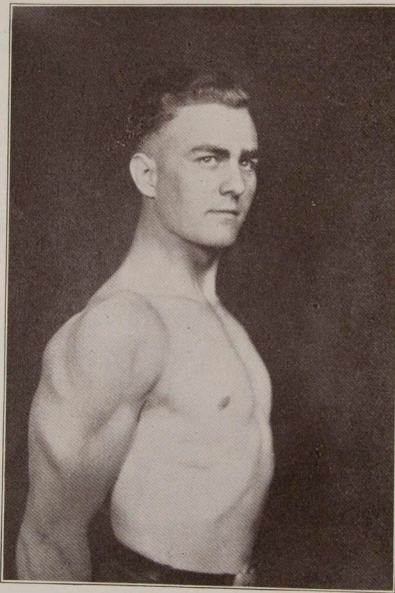
Again, you see, Professor Metschnikoff wanted to impose artificial conditions. He wanted to cut away the alimentary canal, and did in fact take away parts of it. He saw no other use for the large intestine than as a "receptacle for putrefying poisons," and that the human body is far better without it.

The same kind of reasoning is responsible for operations of cutting away glands, especially the appendix, and also other glands which have more or less changed their functions during the course of human evolution.

Why Cut Out the Appendix When You Can Eat Vegetables?

Professor Thomson, for instance, in his article points out that the appendix in anthropoids, living chiefly on vegetables, is situated at the end of an enlarged caecum. But, he goes on, as human beings have ceased to use vegetables the appendix worries them. A child in the first grade would say, "Why not eat vegetables?" Professor Thomson also says this, but the majority of his colleagues would say, "Cut it out!" They are of course not children, but "advanced and learned scientists." However, Professor Thomson is right when he says that the whole plan of conventional eating will be changed, and before very long. But the lines along which he suggests it should be changed are completely wrong. His idea for obtaining a pre-digested food has been tried out many times. In fact, half a century ago there was a craze to obtain a concentrated pre-digested food, which would do away with meals, so that all you would have to do would be to swallow a few pills daily. Your food for the day would not exceed half an ounce in weight. In this way it was thought that all work and energy of the digestive organs would be saved, and also the energy expended by other functions of the body. The reasoning was unbalanced, because the only way to keep the human body in good order is to maintain its functions by natural means. Those who tried out this living on concentrated food soon suffered from disease, and the idea was put aside not because its faulty reasoning was detected, but merely because experience proved that it was useless.

With regard to all the functions of the human body you
(Continued on Page 396)



HIGH TRIBUTE TO EARLE LIEDERMAN

The above picture is of Cameron Bopp, and advanced pupil of Earle E. Liederman, and a HEALTH and LIFE Enthusiast. Mr. Bopp is full of praise for this trainer, and no wonder. The following are his measurements, before and after a course of training with Earle Liederman.

	Before	After
Chest—Contracted	31 ins.	32 ins.
Chest—Normal	35 ins.	41½ ins.
Chest—Expanded	36 ins.	42 ins.
Neck	15 ins.	15¾ ins.
Waist	28 ins.	28 ins.
Upper Arm (right)	12 ins.	14¾ ins.
Upper Arm (left)	11 ins.	12 ins.
Forearm (right)	10½ ins.	12 ins.
Forearm (left)	19 ins.	21 ins.
Thigh	13 ins.	14 ins.
Calf	12 lbs.	150 lbs.
Weight	142 lbs.	142 lbs.
Height	5 ft. 9½ ins.	5 ft. 10 ins.
Shoulders (around)	41½ ins.	45 ins.

and still improving.

Pole Vaulting

By Nobel Symkin

IF you want to get a real thrill, try pole vaulting. If you like it, and acquire the knack, you may become a champion, for the record creeps up almost yearly. At one time a vault of 10 feet claimed the championship. Today a 10 feet vault is first class; but to expect a championship you have now to do over 13 feet.

However, don't let the fact that you can't be a champion in a week deter you from taking up this thrilling sport. It will give you strength and agility, and will provide exercise of a nature that will stand you in good stead.

Some people get the knack of pole vaulting the first time they try. A great deal depends upon what exercise and form of athletics they have done previously. It really amounts to getting control of the body. People without good control of their bodies seem somehow to have great difficulty in mastering the vault.

If you belong to a gymnasium or good athletic club you will have apparatus for pole vaulting, but if not you can still enjoy the exercise out in a field or somewhere. Get a good long pole of wood or bamboo, making sure that it will be strong enough, and fix a spike or plug at one end. You will be surprised at the progress you will



THE POLE VAULT
This picture shows D. Miller, of Anderson, Indiana, about to throw his body over the bar and relinquish his hold on the pole. Notice how his body is well in the air, and yet so balanced that he has absolute control.

make as you learn to vault properly.

You have to be a good sprinter to vault properly. The initial run is of great importance. Both the run and the take off should be made from the toes. Running on the heels is absolutely useless for pole vaulting.

You will note from the top picture on this page of D. Miller, of Indiana, how the hands should be held. The right one holds with the under grasp, the left one with the over grasp.

Find out exactly where it is best for you to place your hands, because no movement is allowed by the rules. You are not allowed to move either of your hands, nor to change one above the other. So you can see that a great deal depends on knowing exactly where to place hands, for if you place them too low, you simply cannot vault high enough, whereas if you place them too high you balk your vault.

The effect of the sprint will be that you plunge the point of your pole into the ground. Use the pole as a balance. Thus in erecting the pole from a nearly horizontal to a vertical position you hoist up your body.

Probably the most important part of pole jumping is the ability to balance, and control the balance of the pole, for, while the pole is rising from the horizontal to the vertical, you will have to twist your body round to the right, throwing it up in the air, so that you are

almost upside down, as shown in the picture of D. Miller, at the top of this page.

It is a good plan first of all to perfect the vault before trying for any really high vaults. If you can maintain your balance, and you have the strength and agility to hoist yourself, you can then improve your vault by placing your hands higher up the pole.

Just prior to allowing your body over the bar, you should be exceedingly careful to see that your pole does not fall against the bar, for this disqualifies the vault. At the same time, you want to take full advantage of all that the pole will give you. So don't discard it too early. Leave it as long as you possibly can, and when you find that you are actually getting over the bar, without touching it with your body, you can release the pole.

The lower picture on this page is of Norris, of California, descending to the ground after the pole vault. Of course, you will be careful to have a sand pit, or something soft to fall on. By the time you get to the ground you ought to be able to fall carefully. If you can't, don't simply come down on all fours, but endeavor to come down with legs, bent, and then fall forward. This the writer has found the best means of falling without injury, and without disturbing the immense effort necessary to make a high vault at the moment of throwing the body well up and over.

There is a real thrill in being able to do a little pole vaulting, and you can take it from me that if you do from sixteen to twenty vaults you will find it quite a good evening's exercise, and certainly excellent training for any other form of athletics you take up. But don't forget there are honors still to be made in pole vaulting, and maybe you are a potential champion.



IF YOU WANT A THRILL, DO POLE VAULTING
This wonderful action photograph shows Norris, of the University of California, having made a successful pole vault, descending to the ground.

Using the Mind and the Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

(Author of "Opportunity and Theodore Roosevelt")

FIRST SERIES: THE FACULTIES OF THE MIND

Article III

IMAGINATION

IMAGINATION is a quickening, invigorating force which brings with it the spirit of Eternal Youth and which truly changes base metal to pure gold. It is the grace of civilization by which a spade may upon certain occasions be a qualified shovel, but may also be the instrument of gardening which speeds on the flowers to gladden our senses sharpened by the zest of spring. Imagination is the supreme gift of the mind considered as a mind; it is a faculty so important that without it observation is but stock-taking, memory is but a catalogue, co-ordination is but an operation, understanding is a fraud, and will-power a failure. Inspiration itself falls into barren stretches unless the magic key of imagination opens the gateways of thought leading to Elysian Fields which are more than an illusion.

In a child, the faculty of imagination probably arouses next, after the initial faculty of observation, but since both are of little use to him until memory is exercised, I have treated memory as second in order of importance if not of development. The "phenomenally intelligent" baby is the one who at a very early age co-ordinates his observation, his memory, and his imagination. The "phenomenally stupid" adult is neither more nor less than the man or woman whose observation, memory, and imagination have all become atrophied from disuse or from defective co-ordination.

Constructive Imagination

Without imagination, no constructive work is possible on a big and generous scale; but on the other hand imagination itself, to be effective, must have a constructive quality. The imagination which consists of piling one fancy upon another is and remains an incoherent assemblage of fancies. There's no construction possible without solid materials. A difference between constructive thought and constructive imagination is to be marked here, however. For whereas constructive thought may mean but a reunion of dry facts, and may have utility as such, constructive imagination needs facts which subsist as facts when the waters of life have swept away their dryness and their deadness alike. Then, and then only, do they become of living use to us, in an emergency or in our mental development. A column of figures can never be more than a column of figures, it serves as such and we let it go at that. But a geo-

metric design lies at the base of every masterpiece in music and painting and sculpture and literature, and at the root of every great discovery in science.

I shall give two examples, one for the operation of imagination in emergencies, the other in mental development.

Hysterical Imagination

You are alone in your house at night, and you are awakened in alarm by an unexplained noise. Your imagination has got to work even before you are thoroughly roused.

If you are hysterical (i. e., lacking in co-ordination) you will be seized with panic, you may yell for the police, you may die of fright if you have a weak heart, and if a burglar has really broken in you will probably be killed in your bed—or if it's a fire you stand a good chance to break your neck by tumbling downstairs or foolishly leaping out of a window.

But if you are well-disciplined, your co-ordinated thoughts will marshal up at one and the same time: (a) your observation of the new sounds which may come and a sort of retrospective analytical observation of the sound which reached your sleeping or half-asleep senses; (b) your memory of any more or less similar noises ever heard before—a rat in the wall, or a hand on the door, or a chair moved on the floor, or a banging window, or a picture falling from its nail, or a locksmith forcing a broken lock. If your co-ordinated observation and memories confirm the first impression that something both unusual and alarming has occurred and is still in progress, then and then only is your imagination justified in setting to work, sensibly to work for a safe and practical solution.

Meanwhile, by keeping calm, you have allowed yourself time to think. You won't foolishly flash on a light so as to make a better target of yourself; you won't call out for help if you have no neighbors; you won't seize a revolver and blaze away at shadows in the darkness. You will know what you are about, and what resources you can use, and all the chances will be on your side against the intruder—or the fire, or earthquake, or whatever the nature of the emergency.

Now for my second example.

Balanced Imagination

Suppose I am reading a work on astronomy, not as a matter of dry-as-

dust education, nor for tabulating lists of stars, but for the purpose which inspires me when I study astronomy: to get a better knowledge of our own world by having at least an elementary conception of other worlds, on the principle that a sailor who had never left his boat could not really know his boat.*

Reading about the constellations, I shall learn that some stars we see as single points of light are composed of two or even three suns turning together or one around the other; and I shall be surprised to realize the variety which exists in their coloring. The star known as Gamma in the constellation of Andromeda is a triple system composed of a great orange star of the fifth magnitude which has a small dark-blue star turning round it. Beta of Cygnus is a double system, a golden star of the third magnitude and a sapphire star of the fourth magnitude; and Alpha of Hercules which we see as one brilliant star is two stars, one ruby, one emerald.

I may just absorb this as statistical information, if I have that kind of an intellect; or else my imagination may get to work on it to make it of living interest to me.

There is every reason to believe that those suns are each of them the center of a planetary system, and that life in some form exists upon every planet. (Did not Christ Himself say, "In my Father's house there are many mansions"—and is any waste energy or of opportunity seen even upon our own little world, except in the wilful laziness of certain men and certain women?) My first thought will be, "I can't imagine a world lighted by red and blue and green suns." Then I shall want to try to imagine it, for the very reason that I am accustomed to the pale gold of our own sunlight and the steady silvery sheen of our moonlight.

Keeping a Check on Imagination

But how am I going to imagine it? By leaping into extravagant fancies having no foundation even in the science of our earth? That is probably what many persons would do; it is certainly what the authors of a widespread type of novels would do. But my method would consist in putting a

*Warrington Dawson is a Foundation Member of the Astronomical Society of France—Editor.

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With the Men of Iron

REORGANIZATION OF A. C. W. L. A.—WILLOUGHBY DEMONSTRATES HIS STUFF BEFORE "HEALTH AND LIFE" STAFF.—KLEIN A PROMISING LIFTER.—COULTER'S CREDENTIALS.

THE official body of the A. C. W. L. A. has had a shift round of officers, with the following results: President, George F. Jowett; Vice Presidents, David P. Willoughby and Otley R. Coulter; Advisory Board, Bernard Bernard, Alan Calvert, Charles MacMahon, Earle E. Liederman, Bernarr MacFadden, Charles Atlas, and Henry Titus. Some real action and enthusiasm are promised.

David P. Willoughby, American Amateur Weightlifting Champion, walked into the editorial sanctum of HEALTH and LIFE and had a talk about weightlifting, demonstrating that he was a real Iron Man. He took a 60 penny nail and bent it round so that it resembled a staple. He left some fine muscular poses, which you will see published later.

Willoughby recently made lifts of 194 lbs. R. H. C. & J. and 182 lbs. L. H. C. & J. His weight was 182 lbs. These constitute new American Amateur Records.

George F. Jowett, in a letter, is full of appreciation of the splendid physique of Siegmund Klein, of Cleveland, Ohio, looking upon him as a perfect a specimen as Charles Atlas himself, and as a real Iron Man, too.

Klein did a two-hand push of 203 lbs.; a one-hand side press of 147 lbs., with straight legs. His body weight is 147. He did a one-hand jerk from the shoulder of 173 lbs.

Adorning this page is a photograph of Otley R. Coulter. Really, you could call him a wonder man, for he excels with the weights and hand balancing, while it is doubtful if there is a greater exponent of muscle control. His credentials, which follow, give an idea of what he has actually done.

Holder of World's Record and several American Records.

Never defeated at all around lifting from the ground.

Recognized American Authority on Lifting and Training with weights.

Wrote the first two articles advocating the formation of a lifters' association for the promotion and regulation of lifting.

A professional lifter for over a dozen years and featured with well-known circuses.

Recognized as America's Foremost Exponent of Muscle Control and used as a model by some of the best known artists.

Versatile athlete, gymnast, wrestler, hand balancer, top-mounter for hand

The following article by George F. Jowett will be appreciated by you all.

How To Prepare for a Contest

By GEORGE F. JOWETT

WHEN a lifter attempts a record he usually trains only for that lift. Sometimes he may include two or three others. Those people who see him in training know actually what he can lift, and it may be noised abroad. When the contest comes, for some reason or other he fails to lift according to form. The critics will call him "faker," while those who know him will wonder why he did not do justice to himself.

With regard to preparing for records there are several things to bear in mind.

First go over the lifts, and analyse your abilities, finding out exactly what you can do. Then get to know, if you can, what your opponent can do. See where your deficiency lies, or where you have an advantage over him.

Thus, you will know exactly how to lift on the day of the contest. On some lifts, just one attempt will be enough, that is, where you are absolutely sure of being able to lift the poundage. For those you are not so sure of the best thing is to work up to the poundage. Use the full three

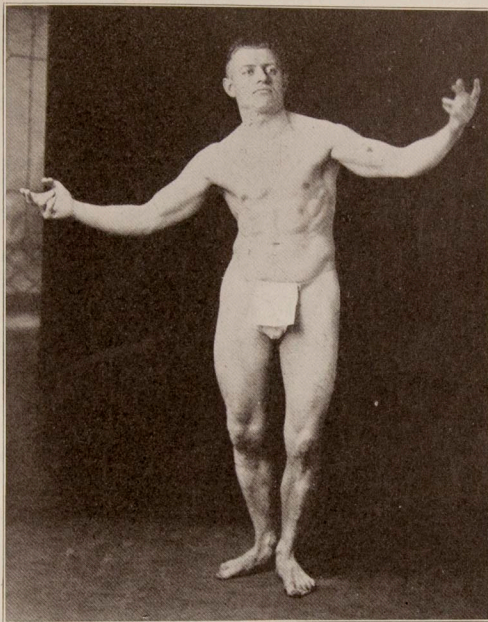
lifts permitted, but conserved power, remember, is most valuable. So don't waste attempts, where such are not needed.

When I have lifted in contests or competitions I have never used more than two attempts on the Two-Hands Jerk, and have only made one attempt in Pushes, Presses, and Military Presses.

Be sure that you have competent seconds. They can easily win or lose you the contest.

No weightlifting performance should drag out too long. This was one of the big troubles at the recent Championships at Los Angeles, and was undoubtedly responsible for Willoughby's not having approached his

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OTLEY R. COULTER—WONDER MAN

to hand and can lift nearly 3,000 lbs.

A well known artist made the following comment concerning the artistic pose adorning this page:

"He is a fit model for students of art. Observe the beautiful lines and curves of his body, the restful pose and the remarkable oblique muscles of the torso, which compares favorably with the statuary of ancient Greece."

* * *

TO WRESTLERS

Next month's "Among the Grapplers" Section will be of especial interest to all wrestlers. Don't miss it.

"The Evil That Men Do Lives After Them"

By A Physical Culture Consultant

[This is a very important article on a subject that worries many men. Unfortunate habits leave their marks behind them. The author shows how and why.—Editor].

I HAVE taken a quotation from Shakespeare which fits the acts of men not only after they are dead, but during their actual lives. Many aged, middle aged, and often young men suffer for deeds, for indiscretions, of earlier days. It is these that leave footprints behind, causing distress and weakness.

Many a young fellow, starting boldly forth on life in all ignorance, imagines that he can spend his powers indiscriminately without any after effects. Let him not delude himself. You cannot draw on the capital of your forces without feeling the loss later on.

In this article I want to explain why this is. I shall delve just a little into the physiology of the matter so as to make myself as clear and as explicit as possible.

Most of the habits above referred to are first of all accomplished by conscious endeavor. In fact, for the first few times, it is only by wilful concentration and much trying that they are accomplished. This is because they entail a completely new nervous action, in other words, an action unaccustomed to these nervous workings.

Let us follow the mechanism by which this is accomplished. In the first place there is an action in the brain. There is a volition, and a molecular action in the brain cells. The

result of this action is to transfer energy to the spinal nerves. From the spinal nerves the action is transferred to the sexual nerves. There the action is transferred from nerve to nerve until there is a complete functioning. There is, however, also an ascending nervous action, this in order to accomplish sensations. This complete circle of nervous action is accomplished by what MacDougall, the famous authority on physiological psychology, has termed the nervous "arcs." The first nervous arc is the reflex or the simple nervous action confined to the peripheral, and the first nerve centers. The second, third, and so on, in their order of ascendance to the brain.

In any nervous action, say where the nerves have never been used before, the path of the nerve energy is likely to go in any direction. It is just as easy to do one thing as another. But as the nerves are used, that is, as various paths are established, they become accustomed to action, and there is set up what is called a path of least resistance. Thus when a child first begins to walk, it does so with great difficulty, but as the paths get worn walking becomes an easy matter.

It is just the same with regard to the action involved in the early accomplishment of unfortunate habits. At first, the path is new, as I have explained; but after a time the path gets

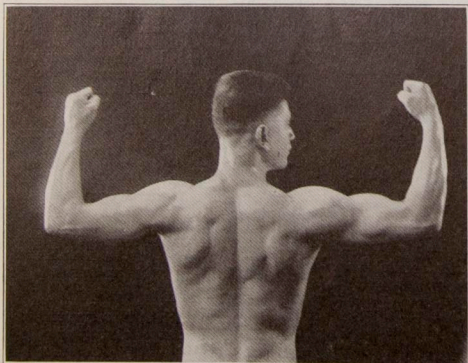
worn, it becomes the line of least resistance, and the habit is formed. This is really the physiology of habit.

But now for the important part. The more worn the path gets, the more wear it needs. The nerves have become accustomed to stimulating certain functions, certain glands, certain secretions, and in serious cases the whole nerve energy of the body is devoted to the production of the secretions which, through the unfortunate habit, only end in waste. It is obvious in such a case that other organs of the body suffer, while the victim may be a sufferer from a hundred and one complaints, his thinking and his general bodily powers being handicapped because the nerve energy is confined to a production which inevitably ends in waste.

For it must be remembered that the production of these secretions necessitates the most important nutrition of the body. Nature has ordained it that only the very finest quality of blood available in the body, and the cream of the body forces, should go towards the building up of these secretions. It can be seen that if these are wasted in the unfortunate habit there must be disastrous effects.

But let me explain, or rather finish my explanation, as to why it is that after the habit may have been given

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A WELL BUILT DOCTOR

Dr. A. Beck, of Chicago, Ill., is a HEALTH and LIFE Enthusiast, for, as a doctor, he knows the value of having his muscles fit and in good condition. Muscles clogged by fat and soft, useless tissue entail a serious drain upon the vital organs. Doctor Beck knows that the healthy and fit condition of the muscular system is an indication as to the condition of the vital organs.



A NEW YORK HEALTH AND LIFE ENTHUSIAST

Angel Paschos, of Endicott, N. Y., is a fellow of whom we are very proud. He has developed his muscles by running, wrestling, boxing, and all round athletics. He is twenty-five years of age, and has been in this country since he was nine, when he came from Greece. He certainly has a splendid physique.

A Story of The Flying Mare

By Clifford Thorne

[You will enjoy this story, especially if you are a grappler, or a lover of sea stories. The hero of this story demonstrated that the flying mare was not confined to horse racing.—Editor.]

"ALL ready for sea and no cook," said the mate of the schooner Osprey, gloomily. "What's become of all the cooks, I can't think."

"Some ship on as mates now," said the skipper, grinning.

"The rest I sent to the hospital," rejoined the mate on whose bullet head satire could make not the slightest impression.

"That's just it," cried the skipper, "between your beatings and your beatings, you don't know when to let up either."

"What's the harm in a little bet on the horses," growled the other; "and as to some of the 'vittles' these would-be cooks put up, it would kill a horse to eat them."

"You might try nettles yourself," said the grinning captain warmly.

"Nettles! never heard of them,—what are they good for?"

O, for certain kind of horses," laughed the skipper. "Think it over," he added.

"Well, I know all about horses," replied the burly mate, "but never heard of feeding 'em nettles."

"Just it, Mr. Carlson, if you could get horses and beating out of your head, there might be a chance to get something else in," said the skipper coldly, and added: "A little beating now and then won't hurt much, but you seem to have an ambition to lick the whole crew."

"Could do it, too, Mr. Johnson," proudly replied the other, stretching out his mighty arms and doubling up two hammer-like fists.

At this point a waterman's boat shot alongside the schooner and several of the crew came aboard, carrying a man between them—and all were partly drunk.

"What is it?" roared the mate, glaring.

"Cook, sir,—first class one, too, he says, sir."

"He don't look it," said the doubtful skipper, "but he'll have to do."

The mate of the Osprey had two great passions: fighting and playing the ponies,—and it would be hard to say which he enjoyed most. There was quite a difference in his method, however, for in fighting he was able and willing to play on any of the crew, but played nothing without a feminine name on betting on horses. The Fleet Princess, Queen Catherine, Lady Aubrey, or the Soubrette,—all were his favorites with many others, and his pay was always pledged long in advance.

The next morning the new cook, who did not even know how to boil water, started on his duty. Upon the result

of his first efforts, he got a cussing from the skipper and his first beating from the mate. The crew also would have rebelled, but so much did they hate their first officer that they were willing to be sick, if only the hated first mate would be sick also.

The new cook, a man of beautiful muscular development, but evidently not yet recovered from his carouse of the day before, received the support and sympathy of the entire crew. He showed a dandy pair of blackened eyes, but had nothing above many of the others, as the mate was not stingy with his blows, but had passed them freely around.

The terrible cooking went on, and so did the regular beatings, and so some of the men, to save themselves, gave the new man some lessons in the culinary art; as the meals became better, the first officer's temper improved somewhat and he even addressed a word or two to the cook now, as some of the crew had told him he knew something about horses.

"Heard you know a thing or two about the ponies," growled the mate one day. "What you think of the Soubrette?"

"Don't know her, sir," coldly replied the other, "where does she dance?"

"Dance!" yelled the officer, "she don't dance, darn you,—she runs."

"Never saw her run and don't want to," answered the cook, now glaring at the mate.

The mate's reply was a smash to the face, and the cook went down with a crash.

"Don't seem to bother you much," said one of the men as he stood talking by the galley.

"You're husky as a bull, too," said another; "why don't you soak him back?"

"Afraid to, on ship," replied the bull-throated cook who, as he stood there with the neck of his shirt opened, seemed to be made of a mass of muscles. His neck muscles seemed to start to bulge out from the ears down to his sloping shoulders,—the sign of great strength.

"However," added he. "I'm going to introduce him to the Flying Mare of mine as soon as we hit a port."

"Don't tell me you got a race horse!" exclaimed one of the crew.

"Going to try and warm up to him?" added another, "thought better of you, darn me if I didn't."

"Introduce him to the Flying Devil himself if you can take any of his money," said a shrewd member of the watch.

"Don't care about his money, but



THE FLYING MARE

Learn the Flying Mare. It may come in useful some time. Note that you get your shoulder well beneath the armpit of the man you intend to throw. From the illustration above, all you do is to bend your head quickly, and throw him clean over your head. He simply cannot help being thrown, if you do this properly.

know he can't win against the Flying Mare," answered the cook whom the crew had nicknamed Cheffé in honor of his vastly improved cooking.

"Well, Cheffé," said the husky voice of the interested mate who had overheard the last few words. "So you really play the horses?"

"Like to talk to you," he added, and motioning the cook to the side, he tried to get the age, weight, and time of the mysterious Flying Mare. Cheffé would not be pumped, however, and left his officer puzzled over a horse he had never heard about.

"Might be something good," thought the thick-skulled man; "the minute I get ashore, I'll either get some news out of him or trim him plenty."

The Osprey was expected to make harbor soon, and Cheffé kept the crew in great excitement by telling them he would show them his Mare the minute they hit shore.

Even the skipper, ever skeptical of horses, had agreed to be on hand. As for the mate, he was excitement itself and even forgot to hand out his daily cuffs.

Next day the schooner ran into a small harbor and tied up alongside a stone quay. The crew and cook finished work in record time, and paid off, at once went on shore. The mate, followed by the captain, came as close after as his dignity would allow.

Quite a few in the crowd seemed to know Cheffé and were about to run forward and address him, but to all of these he waved to stay back, or, if they came close, whispered something that must have been funny, for as soon as told, they broke into gales of laughter and followed the crowd.

The cook, with a happy smile on his

(Continued on Page 399)

Where There Is Love

A PLAY IN FOUR ACTS

By Bernard Bernard

(THIRD INSTALLMENT.)

[Act I. began this play by Frank Hardart, a man of the world, not yet free from the results of his evil living, marrying Gertrude, a girl of sixteen, despite the protests of George Goodfellow, a former acquaintance of Hardart's. Disastrous results follow in Acts II and III.—Editor.]

CHARACTERS:	{	FRANK HARDART	GERTRUDE
		GEORGE GOODFELLOW	GERTRUDE'S MOTHER
		LEONARD SANDAL	GIRLIE—GERTRUDE'S DAUGHTER
		GERTRUDE'S FATHER	MABEL—A MAID
		A DOCTOR	MEN AND WOMEN
		JOHN—A PORTER	

Act IV. Scene I.

(Scene: A country lane. A gate; against which Gertrude is seated with opened book as if reading. Leonard Sandal walks by, glancing at Gertrude as he passes. He stops.)

Leonard Sandal: I am sure that is Miss Higgleton. I'll make bold to ask. Excuse me, but you are Miss Higgleton—I had the honor of making your acquaintance last summer—perhaps you remember. 'Twas just such a glorious day. The sun was shining just as brightly, and everything was looking gay and beautiful—like you yourself.

Gert: I am not Miss Higgleton, but your remarks make me wish I were.

Leon: Madam; I apologize; and trust my most humble apologies will be accepted. You bear a striking resemblance to the lady of my acquaintance. I beg your pardon.

Gert: Oh, please don't be so profuse in your apologies. I feel glad you made the mistake. Your manner pleases me very much.

Leon: I thank you, Madam, for the compliment; and since my lack of introduction to you has introduced me to you so well, it will give me the greatest of pleasure to converse with you. My card, Madam,

Gert: (Aside.) Mr. Leonard Sandan—a nice name—agreeing with its owner.

Leon: (Sitting beside her.) I have the misfortune—if you care to call it such—to be unconventionally unconventional. It is the fashion or conventional, now-a-days to be unconventional. Anybody who does not fall in with the conventionally unconventional is looked upon either as an ignorant, respectable and conventional booby, or, as a very terrible creature, for overriding accepted unconvencionality. I belong to the latter category, if anything.

Gert: I am afraid I am neither conventional nor unconventional. I am forced to views considered—well, I suppose a lot of people would call them immoral—I am forced to these views by circumstances in the hard experience of living. There is a great deal of wrong in the world; and innocent people have mostly to suffer for the guilty. When one experiences these things, it is difficult to agree with the prevailing and most popular views of

such a state of affairs. I was thinking—(She looks around her, as if examining the scenery.)

Leon: (Looking in the same direction.) You are thinking of the beautiful country, and the happiness and harmony of Nature. I am also a great lover of Nature. See how the young lambs are sporting with their mothers. And look at that grasshopper, there (pointing.) Listen, he's singing love songs to his mate. I believe many animals are more sincere in their love-making than the majority of human beings. You never find, for instance, a grasshopper husband running away from his wife and little ones while they need his protection! (Gertrude sighs.)

Gert: Yes, I was thinking of many things like that, especially the love-making of that grasshopper. I am under the impression that grasshoppers have a very romantic and beautiful love-making. Since you seem to be so independent in your views of the world, I would like to ask you one question, if you will permit me.

Leon: It will give me more than pleasure to endeavor to answer any question you desire to put to me, Miss Hardart. You will forgive me for saying so, but you have greatly impressed me; you seem to see things from the same basis as I do myself. Well, ask your question.

Gert: A man and woman make a compact for life in marriage; one of them does not keep the compact; the union becomes an unholy bondage for the other party, while popularity scorns the abused party. Has such love abused party a moral right to ignore the compact?

Leon: Your question is vague; but in any case whatever, I hope I would trust my moral standard, even to that extent.

Gert: I am satisfied with your answer. (Rises.) But it is getting late and I must be going.

Leon: The day is drawing on; and if I am detaining you, I again apologize. But your sweet company has afforded me very great pleasure. Good-day, Miss Hardart.

Gert: Good day, Mr. Sandal. Good day, may the peace and joy of Nature always be with you. (Exit Leonard.) Oh! what a pleasure must a woman find in obeying the wishes of the man she loves! to minister to his requests

and desires, when love is reciprocated. But what a curious meeting? Yet how greatly has he interested me—more than interested me—influenced me? Even now I feel his presence; and his strong face and figure are vividly impressed upon my mind. But I must not ponder so. I am wedded and the matter is closed for me. I must bear my lot; bear it as the thousands of others in precisely my position have to do. Such a chance meeting! However, I shall never see him again so I suppose there is no wrong in thus pondering.

(Enter Hardart with a woman on his arm. Both in conversation. They pass across the stage, not noticing Gertrude, who sees them, and weeps silently.)

(Curtain.)

Act IV. Scene II.

(Scene: A tea garden. Men and women at tables partaking of tea, etc. Gertrude alone at one table. Light music.)

Gert: What a most remarkable thing. On at least four occasions, without premeditation or prearrangement, have Leonard Sandal and I come into each other's company. Strange fate, or strange something, it seems, intends to play tricks with our fortunes. Leonard, pure, good, honest man, finds more than friendship in my company. But it is wrong; it is wrong of me to let him wander on to hopelessness. I must tell him all and this shall be done the next time strange fate brings us together. I pray I may not be too late; for when once love exerts itself past a point, there is no going back. I pray I may not send Leonard, dear soul, to his destruction. But here, I talk and know not even when again we shall meet. (Enter Leonard.) Talk of an angel—

(Leonard:) Gertrude! Again we meet. Were we strangers to the great laws of Nature and of life we would talk of fate thus to be drawn to sweet companionship.

Gert: It is fate, Leonard. There is no other way to account for it; and fate intends to play strange tricks with us.

Leon: My dear. There is another way to account for it; the simple way. Do not even two pieces of iron attract as magnets; pulling continually to establish that unity which they both

(Continued on Page 399)



HONEST-TO-GOODNESS BATHINGS GIRLS

Kadel & Herbert

Many of the photographs taken on the beaches show pretty girls in bathing suits, that are not made for the water. This group of beauties are attired in the very latest bathing suits, and are taken at Ocean Beach, Fire Island, where they really swam and frolicked in the water.



BEACH BILLIARDS

Atlantic

Kitty Ryan and "Pat" Lucas are both lovers of the fresh air and billiards. Most billiard tables are contained in stuffy rooms, so Pat and Kitty took their cues and balls, made a few holes in the sand, and played their game of billiards on the beach. Not a bad idea!

Health and Life

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

EDITORIAL

(Written by the Editor)

RECORDS ARE MADE TO BE BROKEN

That Super-Champion Athlete, Paavo Nurmi, of Finland, created five new records in one race. He made the 10,000 metres in 30:06 2/5; 4 miles in 19:18 7/10; 5 miles in 24:13 2/5; 6 miles in 29:07 4/5; and 9,957 metres in 30:00. There is encouragement in that for you fellows who have athletic ambitions. Most of the old records were thought to be unbeatable, even if tackled one by one. Along comes Nurmi and smashes the whole lot together! Perhaps a young enthusiast now reading this paragraph will one day make Nurmi's times take second place.

NURMI EATS WELL

It is interesting to note that Nurmi—as well as many another great athlete—takes a great deal of interest in his diet, and makes it as light and simple as possible. No heavy mixtures for him; but the plainest and simplest of food, and, mind you, pure food, the purest food available.

SOME VEGETARIAN CHAMPIONS

Young Stribling, the phenomenal schoolboy Champion Boxer, who has made many an old hand at the game look like a novice, is a vegetarian. Freddy Welsh, in his time one of the greatest light weight boxers, was a vegetarian. You see, vegetarianism is not merely a humanitarian movement, but many an athlete has proved that he can get more out of his body by abstaining from the flesh pots. The general rule about animal and vegetable foods is that for immediate, flashing strength take meat, for endurance be a vegetarian. It is said of Freddy Welsh that he was a vegetarian, and so developed remarkable powers of endurance, but that just before a contest he would have a big rare steak to give him immediate flash and stimulation. Meat taken in this way is a stimulant.

MRS. DELANEY SPEAKS GOLDEN WORDS

Mrs. Jeremiah J. Delaney, former president of the Catholic Women's League, said this: "Decency begins at home, and it is up to the mother to inculcate standards of morality and right living in the child." She said this as an answer to those who thought that the segregation of the sexes at swimming pools and beaches was necessary. Mrs. Delaney has spoken a great truth. The best fortification a person can have against wrong doing is the inculcation of high and noble ideals in youth. That is the lesson we are trying to teach in HEALTH and LIFE.

DO YOU USE YOUR IMAGINATION?

You will be interested in Warrington Dawson's article this month on "Imagination." He points out that well-balanced, controlled, and powerful imagination means success, and will make the world a place worth living in. People who lack imagination simply trundle along in one groove through life. Nothing really moves them, at least nothing worth while. They take things just as they come, as ordinary things without soul or meaning. By applying a little imagination steam was harnessed to drive wheels, gasoline was made to explode and turn more wheels. In the evolution of man from the animals it turned sticks and stones into tools. That last bit of imagination was probably the greatest factor in the whole history of human development.

ARE YOU CAPTAIN OF YOUR SHIP?

Cultivate imagination also for the beauties of life. Open your soul to music. Don't let a matter of fact tempera-

ment get hold of you. Imagination makes "tongues in trees, books in the running brooks, sermons in stones, and good in everything." But remember, that unless controlled, unless kept in check, as Warrington Dawson expresses it, it may lead on to absurdity. If not governed it may bring about ill-health. People who allow their imagination to run riot, picturing all sorts of morbid conditions and ill-health in themselves, become morbid and unhealthy. So, you see, even if you have thought that imagination is something that you cannot control, develop, or govern, you will know now that you can become "master of your soul, and captain of your fate."

MISCHIEVOUS VACCINE ADVERTISING

A regular doctor, anxious to advertise the commercial vaccines, said that if people are "protected by vaccination they can be utterly indifferent to what kind of sanitation or hygiene prevails." Probably he didn't mean that, but to have written it in a public newspaper is exceedingly mischievous. It has been proved conclusively by physicians and laymen having no interest in the sale of vaccines, that the wiping out of small pox and other contagious diseases has been due to improvements in sanitation, and not to vaccination. It has been proved that the most completely vaccinated countries are prone to suffer more from small-pox than the less vaccinated. This may be due to the feeling which the above mentioned doctor voices, that, as long as you are vaccinated, you can do as you like. That is the idea, as a matter of fact, that the person in the street gets of vaccination. In Germany, in 1871, there was probably only one in many thousands who was not vaccinated. Yet there was a dreadful epidemic of small-pox from 1871-'73. Don't depend on vaccines or viruses, but keep the body clean inside and outside. You will then have less to fear from small-pox, or any other contagious diseases, because they won't get a chance of getting at you.

NO POLITICIAN TAKING ADVANTAGE OF BIRTH CONTROL

Just now all the politicians are busy thinking up promises they can make, and break. In fact, there isn't much time left to live and do ordinary affairs or business. The candidates for various offices are promising anything and everything without regard to practicability. Yet there is not one of them who is making a bid for the votes he would get if he pledged himself to give married people birth control. As I have pointed out in my article this month, this matter is not, and should not be, a political or religious party problem. It concerns every married person, and those who want it are of widely varied views in all matters of politics and religion. Nevertheless, if a referendum in this country could be taken on this matter, you would get at the real desires of the people. You would find that ninety-nine per cent of married people would vote in favor of it. It is extraordinary that the small clique desiring popular ignorance with regard to this matter can get their own way

CAN WE LOVE ONLY ONCE?

Is love of such a nature that a man can fall really in love with only one woman during the whole of his life, and vice versa? That is a question that used to be asked very often years ago, and one that one is frequently confronted with now. Those in love will of course say emphatically that you love truly only once. Yet those deeply in love frequently have unhappy marriages, and, as one such who was a pessimistic humorist once put it for himself, he "married the only woman he never loved." Sometimes a man who is deeply in love with a woman loses her. Instead of moping for life, he marries another woman "out of respect" and liking. He frequently gets on with this woman much better than he would have done with the other one. Ellen Key, the great writer, may perhaps explain it when she says that a woman loves first, and gives her all afterwards; a man takes his all, and learns truly to love only afterwards. The above may suggest, however, that Ellen Key's sentiment applies only to the second case, and not to that where a man has a true and ideal love for a woman before he marries her.

TRUE LOVE DEMANDS A FIT BODY

There is one thing certain. No man or woman can be deeply and truly in love, and express that love, unless in a healthy condition. Not only can no man with an unfit body pretend that his affection is of the soul, but he simply cannot know the deep, true, all powerful love that comes to a man when he is as fit as the proverbial fiddle and finds his

affinity. Without health there is no full appreciation of life and all that goes to make up life, and the fellow who marries with his body in an unfit condition is really committing a sin against the woman he swears to love. The same reasoning, of course, applies to a woman entering the sacred threshold of matrimony with her body, the temple of her unborn children, in a neglected condition.

THE PASSING OF LUCY GASTON PAGE

We ought to bow our heads respectfully to the passing of Lucy Gaston Page. She devoted her life to the abolition of the cigarette. We think she did wrong, very wrong, in trying to force by law her views upon others, but the individual work she did in trying to show men and women that the cigarette is poisonous was real good work, worthy of a life work. It is ironic, however, that Miss Page should have died from cancer in the throat. She maintained that cancer of the throat was brought on through cigarette smoking. This shows that it does not do to be too one sided or faddy. Miss Page lived most frugally, almost solely on biscuits. These biscuits were made partly of degerminated flour and refined sugar, and were probably equally as poisonous as the cigarettes she condemned so whole heartedly.

DON'T EAT LESS, EAT CORRECTLY

Another thing it shows is that it is not merely refraining from eating a great quantity of food that matters. Most of the doctors who write on diet simply tell their readers to eat less. If you eat less, and still eat bad foods, and combine them badly, it is just as injurious as eating a great deal of food. If foods are combined scientifically, and are not themselves poisonous, you can eat just as much as you like, without injury. In fact, you will find that you simply cannot overeat, because your own appetite will stop you from so doing. It is only the chef's skilful mixtures that lead to overeating.

DEEP BREATHING EXERCISES

There are Sanitariums where breathing exercises and fresh air constitute almost the sole treatment for various cases of ill health. This may seem strange. But when you consider that the function of the oxygen of the air we breathe is to burn up poisons in the body you will easily see that if sufficient deep breathing is indulged in, especially where the patient has been unused to breathing properly, the results must be good. One of the best things you can do when you first get up in the morning is to take in a few deep breaths. Do the same last thing at night. Another remarkable thing about deep breathing is that if you have to do any feat that requires concentration, or even if you have to make an important interview, take a few deep breaths, they will have a wonderful effect.

DON'T MISS NEXT MONTH'S MAGAZINE

Next month the issue of HEALTH and Life is going to be a real bumper one. At least I hope so. There are, at any rate, some sterling articles to come, and some most fascinating features. A new serial story begins and a short story of absorbing interest will

also appear. I am also trying to make arrangements for a different sort of cover of a more artistic nature which will involve a good deal of extra expense. But I am hoping that with the new jacket more people will be induced to take a look into its contents.

UNDOING OUR GAG

Those of you who protested against the ruling out by the Mailing Authorities of our best books will be pleased to know that, in great measure due to your assistance, both "Beginning Marriage" and "Sex Conduct in Marriage" are now allowed mailing privileges. That is why we are able to announce them on other pages of this issue, and send them to you by

cerely in the belief that it is doing a good work. It is not puffed out with a great deal of heavy matter. Each article, in fact each paragraph, is carefully selected to give something of real value to its readers. As HEALTH and LIFE increases its size it will do so maintaining, and even improving, its standard. You can help, and help a great deal, by telling your friends about HEALTH and LIFE. Never mind if there are some things in it with which you do not agree, if you think its general policy is good. There are thousands of people who owe their health in body and mind to it. If you have been in the habit of throwing away your read copy, don't do so in the future. Think of some other fellow who would like to have it, who will profit by it. Give it to him when you have done with it. Of course, I know that most of you value the magazine to such an extent that you keep every copy on file and treasure it, for many of you have written to me to that effect. If this is the case, it would not be a tremendous thing to do, as Frank Dennis, Champion Weight Lifter, of Birdsboro, Pa., suggested, to buy an extra copy, and give that away. You cannot estimate the amount of good this may do.

STIR THE INTEREST OF YOUR NEWSD DEALER

Another thing you might do is to ask your newsdealer to give HEALTH and LIFE a fair display. Most newsdealers are good sportsmen, and have been athletic at some time of their lives, and therefore are themselves interested in the contents of HEALTH and LIFE. In fact, we have a great number of newsdealers to whom we are especially thankful for the sporting show that give us. If you could tell these fellows how you appreciate it, that will be doing the magazine a good turn, and if the magazine has done anything for you, well, one good turn deserves another.

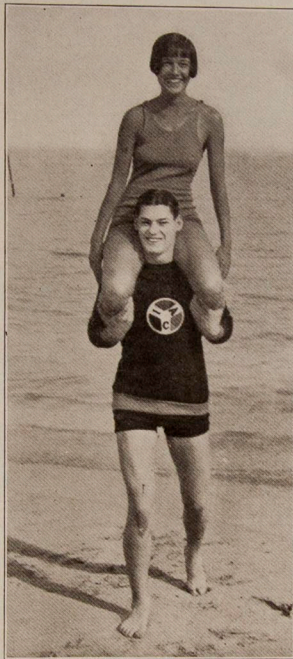
Ideals

Far away, there in the bright sunshine, are my brightest aspirations. I cannot reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.

Character groweth day by day,
And all things aid it in unfolding,
And the bent unto good or evil may be given in the hours of infancy;
Scratch the green rind of a sapling, or wontonly twist it into the soil,

The scarred and crooked oak will tell of thee for centuries to come;
Even so mayst thou guide the rind for good, or lead it to the moorings of evil,
For disposition is builded up by the fashioning of first impressions.

—A Thought from a Great Mind.

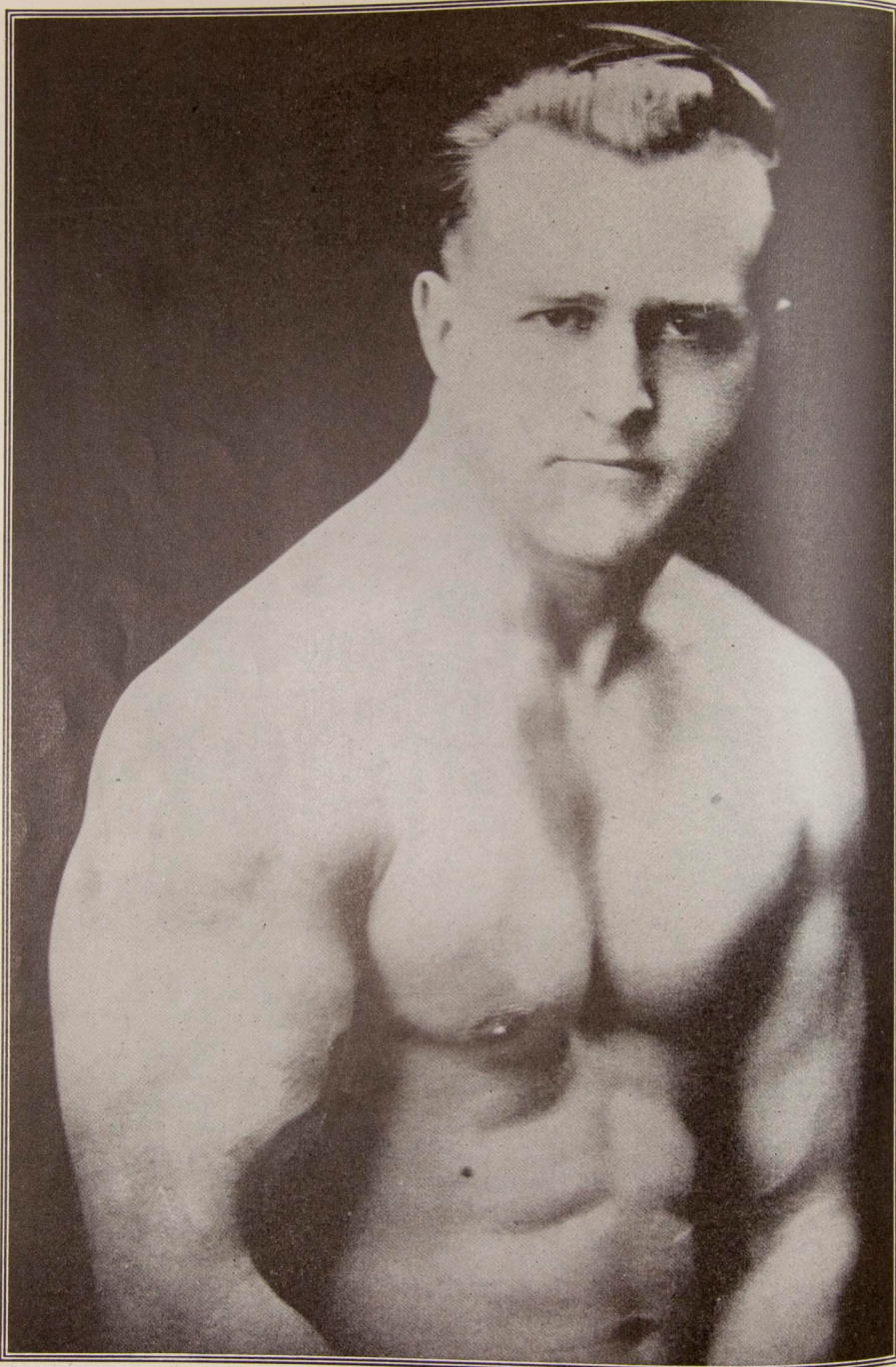


Photograms
JOHNNY WEISMULLER, WORLD'S GREATEST SWIMMER, AT PLAY
Johnny Weismuller, world's champion swimmer, with Genevieve Lubis of 74 Quincy Street, Brooklyn, N. Y.

mail if requested. There is an old saying that one cannot keep a good man down. One certainly cannot keep a good work down.

A SPECIAL APPEAL TO YOU

I want to make a special appeal to you this month to help forward with this push. There are struggles and trials connected with this work which I cannot tell you about, and which you would probably not want to hear anyway. I want the Magazine bright and cheerful, and not to display its worries before you. HEALTH and LIFE is different from other Magazines. It has a cause, which it represents un-



EARLE E. LIEDERMAN
The Muscle Builder

Pills Never Made Muscles Wishing Never Brought Strength

NO one can paste muscles onto your arms and shoulders. If you wish a strong, healthy body, you must work for it. And if you don't have one, you are doomed to a life of misery.

Modern science has taught us that we must keep our bodies physically fit or our mental powers will soon exhaust themselves. That is why the successful business man resorts to golf and other active pastimes.

Examine Yourself

Do you have the strong, robust body that keeps you fit at all times to tackle the daily tasks confronting you—always looking for bigger things to do? Do you jump out of bed in the morning full of pep; with a keen appetite and a longing to enter the day's activities? Do you finish your daily tasks still thrilling with pep and vitality? Or do you arise only half awake and go through a languid day?

Pep Up!

Don't let it get you, fellows. Come on out of that shell and make a real he man of yourself. Build out those skinny arms and that flat chest. Let me put some real pep in your old backbone and put an armor plate of muscle on you that will make you actually thrill with ambition. I can do it. I guarantee to do it. I will put one full inch on your arm in just 30 days and from then on, just watch 'em grow. This is no idle boast. It's the real works. A genuine guarantee. Come on now. Get on the job and make me prove it.



Send For My New
64 Page Book—

"Muscular Development"

IT IS FREE

It contains forty-three full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. All I ask is 10 cents to cover the cost of wrapping and mailing and it is yours to keep. This will not obligate you at all, but for the sake of your future health and happiness, do not put it off. Send to-day—right now, before you turn this page.

EARLE E. LIEDERMAN

Dept. 910. 305 Broadway, New York City

EARLE E. LIEDERMAN

Dept. 910, 305 Broadway, New York City
Dear Sir: I enclose herewith 10c. for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name

Street

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

(Please write or print plainly.)

The Junior Athlete

Conducted by Dr. M. N. Bunker

(Address all letters to Dr. M. N. Bunker, care of "Health and Life",
508 S. Dearborn St., Chicago, Ill.)

PHEW-E-E! If letters mean anything the young athletes of the country are going to show some of the old timers a lively pace this winter. Right off the first of the month we get two letters from Cecil DePew, whose challenge we published last spring. He says that he's been out in the hay-field swinging a fork, and feels his muscles just tingling for something to do on the mat. What is more he asks about our old friend Patlech, of Chicago, about whom Harry Starrfield wrote last spring. The very next mail brought a letter from Starrfield telling more about Patlech, while from other corners of the country other fellows are lining up, so if you want to get right into the thick of things among the younger crowd, you'd better get in—right now!

Here's Starrfield's letter which looks as though Patlech is eager to meet DePew—just as eager as DePew seems to be to meet Patlech. You fellows in Chicago should get together and make this match worth while. Starrfield says:

"Several months ago you printed in your column a challenge by Cecil DePew. I wrote an acceptance which you also published. Now after several months have passed, I have not heard further about the matter although I faithfully read 'The Junior Athlete'. I would like to know whether he desires to wrestle, or if he has withdrawn his challenge.

"Also kindly tell me if any of the following are like records for 140 pounds, 17 year old boy: One hand Continental style, 225 pounds; chin, one hand, six times; muscle out 83 lbs. Also tear five Blue Book Magazines at one time. These records were made by my friend Ben Patlech of whom I wrote you in a previous letter. We take up Vitolaxing as a

major part of our exercise and if you desire we can send a copy of our routine that does not take in Vitolaxing to help your readers in development."

I have written Starrfield to send us not only the routine but a picture of himself, and another late one of Patlech. The one I have, and which will be published soon, is more than a year old, and will not do him justice. Watch for what Starrfield has to say next month, but above all watch for the meeting of DePew and Patlech.

* * *

At the same time we want to hear from any fellow who can do better on lifts and other tests of strength than these reported ones of Patlech. Come on, fellows, show your speed and strength. This is going to be a wonderful season, and you want to get in early. Get your replies back to me for the November issue; the only way to do it is to write me the day you read this page for even then I shall have to work fast to get you in before time to print.

Who'll Win the Clipped Hair Contest?

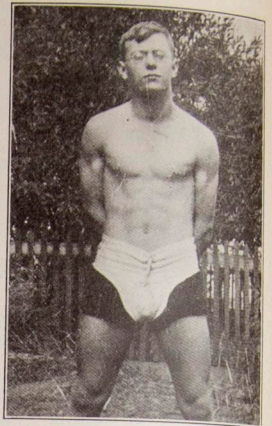
This is a question—and one that we cannot answer as yet. On an average guess at least a half million, possibly more, boys learned of the contest, and there are going to be some mighty fine looking fellows send in their pictures. I cannot make any promises on what kind of taste the judges might have so I urge that you get into that contest right away. It isn't too late, and as I have already said, there is no counting for tastes. You might win, even if you do think you're not good looking enough to win the favor of the judges.

I am counting on your coming in on this, and winning a prize. Will you do it? All that is necessary is that you send a good photo with your hair clipped short. It is going to mean fifteen dollars for some fellow—and some good second and third prizes, too, follow up.

* * *

Buz and Fury

If you haven't read "Buz and Fury," I wish you would do so. I'm quoting from the author's foreword, a preface, but he calls it, "Something About It All" which is possibly a little better. In this he tells how the story came to be. "Two



CECIL DEPEW

of the brightest and most delightful broths I ever knew asked me to write a book specially for them—'Something all new,' they said, 'not like anything we ever read before.' That was a tall order. They had had pretty much every boy's book ever written that was worth reading, and they had dipped into many things for grown-ups. 'I'll tell you what I'll do, boys,' I said, 'I'm not sure I can write a book you'll think new, or even a book you will like. But I once had as friends a boy and a dog who might interest you, and I'll begin to write their story for you. I'll write it a chapter at a time, and you will come to lunch with Buz and Fury and me each time so I may read the chapter to you. Whenever you say 'Nuff' we shall snuff it out right there.' That's how the story came to be—and you'll not be willing to say "Nuff" one minute before the end of the story.

* * *

Another Book

A number of years ago I read a book that I've told thousands of boys about since. Many of them have bought it, and they have all approved my choice. This was "Boy Scouts in the Wilderness," by Samuel Scoville, a Philadelphia lawyer. Two boy scouts, to prove the value of their training, go into the woods stripped of their clothing, and spend the most adventurous month two boys ever had. They have an exciting, but a wonderful time, and come out in fine shape, winning a cabin for their troop. It is one of the greatest boys' stories ever written, and I recommend that you get it.

* * *

Exercises

Several of the fellows have approved the idea of having exercises on this page each month, and this time we have two simple ones that are good for the spine, and hips. You have seen a fellow bend clear over and put the palms of his hands on the floor. Well, this month's stunts lead up to that, as well as to a broad, deep chest.

Exercise 1.

Stand as in the first figure, your feet doubled up on your chest. Then with all the

(Continued on Page 405)



EXERCISE 1

EXERCISE 2

Do Your Exercises to The Music of Health and Strength

Set to the most exquisite music is a series of twelve exercises that will bring you health and strength.

It has always been conceded that if exercises can be done in conjunction with really good music, then we have a perfect method of physical culture.

You can now get this perfect physical



THE SOWER, By Albin Polasek. This beautiful work was sculptured from the body of Joseph Richmond, who is famous the world over for his artistic physique.

culture system on gramophone records in a series known as the

RICHMOND PHYSICAL CULTURE RECORDS.

(Three records with music and instructions on both sides and containing twelve complete exercises lasting thirty minutes.)

A beautiful orchestra plays the most charming music while you go through your movements. The instructions are so clear and so simple that you cannot go wrong. You can invite your friends and other members of your family, and you can go through a most pleasant thirty minutes gathering health and strength in the most enjoyable manner yet discovered.

These exercises are really efficient, very carefully thought out, and complete.

The price will commend itself to you. It is only \$8.75 for the complete set. If you wish to pay for this wonderful course by instalments you can have four exercises sent to you at a time, at intervals of two weeks, making three instalments of \$3.00. The records will be sent C. O. D. So do not send any money. Simply pay the postman \$8.75 for the complete set, or \$3.00 for the first four exercises, as the case may be. And if you are not perfectly satisfied, you are welcome to return them immediately in good order, and your money will be refunded.

This is the lowest price of any Physical Culture Records now on the market, and these records undoubtedly contain one of the best systems of Physical Culture in existence.

Send a Postal Card or letter now with your order, and your records will be dispatched to you by return mail.

HEALTH AND LIFE PUBLICATIONS
508 S. Dearborn St. Chicago, Ill.

Become a Drugless Physician

This startling announcement affords the very opportunity you have hoped for—a chance to master Drugless Healing—to learn what is admittedly the best of all systems taught today and to receive **actually two courses for the price of one.** Not in all the years that the Lindlahr College has been established have prospective students been given this unique privilege. Here is OPPORTUNITY such as may never come again—opportunity for ambitious men and women not only to become financially and socially independent but to enter a field of humanitarian service that is so highly respected. By all means send for complete information at once. Offer is limited—do it today.

Combination Course Grants Two Degrees

Get the best points in all the systems taught by availing yourself of this remarkable offer. Lindlahr College is not a "single track" school. Its methods are greatly diversified as the subjects below bear out. And ours is the only school whose theories are daily verified by a large sanitarium practice. Remember that our students have preference for internships (as spinal doctors, hydro-therapists, electro-therapists, etc.) in the world-famous Lindlahr Sanitariums. Also

bear in mind that here in one of the world's greatest medical centers, clinical facilities afforded in connection with this special course are positively unrivalled.

Now, this special combination course, obtainable nowhere else, equips the graduate with the knowledge and actual experience to enter this profession of boundless opportunities. By special arrangement, the two best schools of their respective kind in the country—

The National College of Chiropractic and the

Lindlahr College of Natural Therapeutics

have combined to afford the student the most complete training in drugless work. Besides the comprehensive course of Chiropractic, graduates of which are recognized by all State Boards, you are given the Lindlahr Course, embodying—

- Dietetics
- Chiropractic
- Hydrotherapy
- Electrotherapy
- Osteopathy, Orificial work and other manipulative methods.
- Diagnosis—physical, Laboratory, X-Ray, and Iridiagnosis.

These methods have attained success in thousands of cases where other means have utterly failed. A thorough knowledge of these subjects therefore assures both technical and financial success.

A Big Saving In Tuition

The aim of the Lindlahr College is to attract more enthusiastic and capable students to the field of drugless healing. That is the reason this extraordinary inducement is offered. But enrollment for this wonderful combination course is limited. It means an actual saving of \$125.00 to every student, but you must act quickly. Be sure to get the facts before you decide to enroll anywhere. While this offer is before you, at least send for full information. No obligation—do it today.

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Don't wait until you are in the field to learn by bitter experience the weaknesses and limitations of "single-track" systems. Take advantage of this course backed by 20 years' hospital experience. Learn physical diagnosis; also the use of instruments such as the polygraph, sphygmomanometer, stethoscope, auriscope, otoscope, etc., and watch your practice grow. Our graduates not only report 95% successful results but incomes of \$10,000 to \$20,000 annually. Send for complete facts—today!

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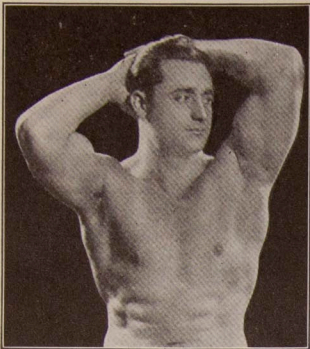
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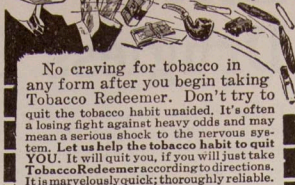
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Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc. Name and Address must be given for purposes of good faith. These will not be printed.

M. J. CALIF—You ought to exercise, but you should refrain from deep breathing exercises. I would very strongly advise you to get the "Vitolaxing" Course, because that entails no strain, and you cannot over exert in any way. Above all, it is the cheapest course on the market.

(MRS.) G. FLA.—You need to tone up your general health, as that is in great measure responsible. Don't eat so many fried foods. At present your food is not doing you as it should and the consequence is that you have not the vitality necessary to normal expression of feeling. Another thing, you absolutely must exercise. I wish you could take a good course of Physical Culture. That takes a lot more good than anything. Both you and your husband should read "A Course in Marital Conduct". If you read this carefully, both of you, and get the ideas, I am sure that it will mean a great increase in happiness for both of you.

J. L. MISS—I am positive that you would get good results from the "Vitolaxing" system. It is particularly good for putting on weight, because it increases muscle tissue. Of course at the same time it digests fatty tissue, but it is extra muscle tissue undoubtedly that you need, and that is only of use to the body. There is not the slightest doubt that "Vitolaxing" would tone you up, and would relieve your other troubles to a great degree, and persistence on your part, especially if coupled with proper dieting, would result in the end in getting you quite right. Read "Six Weaknesses (Their Cause, and Remedy)", which will point out another way towards your recovery. Dr. Rubin's book is published by the Medical Science Publishing Co., 7 East 43rd Street, New York City, N. Y., and you could get a copy of his book from them.

W. M. LA.—Deep knee bending is a good exercise, and will tend to improve the leg muscles. Other exercises such as the trunk to the toes up and down while sitting are also good. Stretching the legs for all you are worth, and then relaxing, is also good. Turn your feet outwards. Bring the knuckles as near to the forearm as you can, then straighten out again. Clenching the fist and then opening the hand alternately is a good exercise. It is not necessary to have a large wrist to be well developed. Some of the best developed men have small wrists. For gym suits and tights write to A. C. Spaulding & Bros., 211 S. State Street, Chicago, Ill. Weight, 136 pounds; chest, 38 inches, biceps, 13 1/4 inches, is something to strive for.

M. R. WASHINGTON—The subjects are not purely theory. In fact, for nearly a century that conduct was lived by a whole community, with distinctly advantageous results. I am a great admirer of Mr. MacFadden, but not responsible for his views or writings. I am sure that he is responsible for mine. A kiss is a preliminary. It acts as an excitement or stimulation. But that does not mean to say that it should be taken without going through to the end. This "Course in Marital Conduct" will help you more than anything. Have you tried a course in "Vitolaxing" would help you to put on weight and muscular development, and give you more vitality, so that you could go ahead quite conscientiously with your plans for marriage.

L. B. PENNA.—It will be quite alright to take the exercises after the bath. Don't have absolutely cold water. Have it with the coldness taken off, so that it is pleasant to your body.

M. F. ARIZ.—Best to let well alone. Why leave the joys you have for those you get not of? The communion of love means far more than is contained in the idea you appear to have gained of it. It does include that and in spite of what other people have said to the contrary, if done as described in "A Course in Marital Conduct" it is stimulating and health giving. But it must be as an outcome of love, never of mere indulgence. It

is only as a result of love that there should be communion. The opponents of Continentment communion might just as well say that a kiss is injurious, unless it is followed to its conclusion. The communion as expounded in this discussion, "Beginning Marriage" is the outcome of a study and biological research, great deal of study and biological research, and confirmed by the recent investigations of the Stomach and other scientists studying the internal secretions and ductless glands.

MRS. V. N. Y.—Your trouble lies in the way you are eating. You simply must reform your diet, if you wish to get rid of your tiredness, lack of energy, etc. Get a copy of "Correct and Corrective Eating" and learn how to combine your foods so that you will get the maximum of nourishment from them without allowing them to poison your system, as they have been taking starchy food at practically every meal, and also mixing proteins and starches together. Both these practices are bad for you. You should be extra careful as your period approaches as to your diet. For a day or so beforehand, and also for the first day, take mostly fresh fruit and fresh vegetable, very little if any starch or protein food. See that the bowels are acting freely. If at this time you have any difficulty, take an enema morning and evening. A hot bath will also help you considerably. But if you reform your diet generally, and be extra careful at your periods, you should not be worried by the sickness or headache. You should, of course, get some regular exercise. As you have a copy of "Health and Fitness", I trust you are doing the exercises there given. They are excellent for you, as they involve the use of the vital organs, which is what you need.

W. C. CALIF.—Your wife is tired before she begins because of her day's duties. Is she strong and healthy? Perhaps her general condition needs toning up. She should exercise regularly, and live generally according to HEALTH and LIFE principles. Could you get her to do the exercises in "Health and Fitness"? They would be excellent for her. You cannot expect a woman who is tired out from her day's duties to be full of pep and life. The cause may be psychological. If this is so, get her "Beginning Marriage" and "A Course in Marital Conduct"; these are a little points there that would give her some hints on the way to restore the condition she and you desire.

J. J. MO.—Stick to it, and you will win the fight. You cannot expect to make the headway you would if you were able to have detailed instructions as to how to go along, having the attention of an expert on your case. But, nevertheless, I sincerely hope that you will fight your way through victoriously. Have you read "Sex Development"? If not, do so. Also get a copy of "Health and Fitness" and do the exercises there. They will be of particular help to you. Get as much fresh air as you can, and bathe parts in cool, not cold, water. That will help you.

M. O. S. D.—Campbell's vegetable soups, and others of like kind are not deliberately robbed of their vital elements, as are white flour, sugar, etc. But, all the same, any process of canning, etc., by excluding the air, takes from the fresh fruit, vegetables, etc., a certain amount of their vitality, and therefore are not so good as the fresh garden products. The best is to take fruit and vegetables as fresh as is possible, at all times, and not resort to canning, if it is at all possible to avoid it. Provided the instructions given in "Eating to Correct Ill Health" are really faithfully and conscientiously carried out, to the letter, six months or so would be sufficient to cure up a case such as you mention. Yes, the catarrhal condition would disappear at the same time, by the same method of dieting.

J. P. MD.—It seems that the widow had a slight mal-formation before the birth of her first child, and it is unlikely that she practiced contraception. That is also probably one reason why she experienced little sensation. Sensation has nothing to do with conception, which may take place in spite of its lack of it. No reason why she should suffer during future confinements, even though she has suffered in the past. A lot depends on whether she keeps herself fit and well by exercise, right living and right eating, especially the latter. Yes, it is possible for her to be in love without direct desire. The latter will come if the man she is to marry is a real good, clean honest man who really loves her, and will look after her. The best thing she could do would be to get a copy of "A Course in Marital Conduct", price \$2.75, from HEALTH and LIFE Publications, 508 S. Dearborn Street. There she will find the information that will help her to the assurance of a happy marriage, both for herself and for her husband.

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Partial Contents

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CHAPTER 1.

Sex Tragedies In Childhood.—The Consummation of Marriage.—The Art of a Beautiful Conception.—The Conservation of Sex Energy.

CHAPTER 2.

Anatomy and Physiology.—Female Sex Apparatus.—Male Sex Apparatus.—The Rock on Which Many Marriages Founder.—The Spontaneous Expression of Love.

CHAPTER 3.

Those Who Should Practice Conception Control.—The Husband's Function to Woo.—The Wife's Function to Respond.—The Complete Confidence of Man and Wife.

CHAPTER 4.

Desirable Sex Conduct.—Life and Sex Energy.—Sex Fear Destroyed.

CHAPTER 5.

Initiation to Matrimony.—Men Who Marry in Ignorance.—Should Married People Occupy the Same Bed?

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Eating to Correct Ill-Health

By BERNARD BERNARD
Phys. B., M. P. C. (London)

(Containing 240 pages)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes

of foods, and by going without the necessary ones. They will get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indisposition, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

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High Temperature.
Cancer.
Diabetes.
Anaemia.
Acidity.
Sex Weaknesses.
Bad Breath.
Headache.
Kidney and Bladder Trouble.
High Blood Pressure.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

We are absolutely positive that you will be perfectly satisfied, and if you are not, we are quite prepared to give you back your money in full. No offer could be fairer than this.

It is your right to be healthy, fit, and strong, able to enjoy life, and able to enjoy good meals.

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Health and Life Congress

(Readers' views and comments are invited but the editor does not hold himself responsible for opinions expressed here.)

MEDICAL ILL TREATMENT OF EX-SOLDIERS

Dear Sir:—I have just finished reading your HEALTH and LIFE and as usual find it intensely interesting. I am always especially interested in the personal experience of readers who have regained their lost health and vitality by natural methods; cases the medicals have pronounced as being hopeless.

It seems strange beyond understanding that so many who really know of the wonders worked by the drugless and other natural methods of healing will still go to the dispensers of dope for the cure of their ailments; practitioners whose whole practice has been nothing but a succession of blunders and "mistakes". But it seems that no matter how many times their false "diagnoses" and medical humbuggery are brought to light and aired (which, by the way, is never done, if they can help it) there are a certain percentage of the public who are willing dupes, ready to guzzle down their dope and submit their bodies to be loaded with poisons (powders, pus, and pills).

The other day I had the extreme pleasure of reading of the court decision in favor of a boy of your city—Lester C. Burroughs, Jr.—who had refused to submit his body to the pus-punching edict of the Public Health Board, the latter being more of a supposition than a fact; more of a dream than a reality with the medicals, as the court politely informed them.

Young Burroughs, who, after being refused admission to school even after the doctors had admitted their mistake in "diagnosis" by displaying a "Smallpox" banner instead of a "Chicken Pox" on the residences of the sick children. Each day young Burroughs presented himself at school, and each day he was refused admission until he should submit to vaccination for the prevention of a Smallpox epidemic—which was not. He brought suit against the school authorities and the Supreme Court handed down the decision that "Vaccination is not a condition precedent to the right of a child to attend Public School, and cannot be made such a condition either by the Board of Education or by a Board of Health."

And further, that: "The superintendent or any other official may not arbitrarily exclude a child who has not been vaccinated and who refuses to be vaccinated."

Notice that the doctors, after virtually acknowledging their mistaken diagnosis by changing the Smallpox banner to that of Chicken Pox, still insisted on the children accepting vaccination or staying out of school. If that isn't usurping a tyrannical power, then I'll treat.

There's a lot of putrid cow pus in Illinois and elsewhere that isn't going to poison pure blood streams and there's a lot of pus-punching hardware that's going to rust in the cases of the A. M. A. wizards.

This all brings me to another, and much more graphic topic, gleaned from the same source as that above, and which I cannot refrain from speaking of, concerning the further damnable treatment accorded ex-soldiers in government hospitals.

This special case concerns one Charles Culbertson who was confined in the Fitzsimons Hospital at Denver, Colorado. After prolonged medical treatment he saw his condition was gradually growing worse, and following the example of some of the other patients, he went to one Dr. Spears, a chiropractor, and like them—much to the medical buzzards' disgust—was improving under the outside treatment.

But what happened when they were found to be taking such treatment; and likewise circulating a petition to be sent to Washington, begging that they be allowed to choose the kind of treatment they wished? They were promptly kicked out of the hospital, of course. And because of lack of funds, said Charles Culbertson languished and died in a cheap boarding house; kicked out of the government hospital by the very officials of the government which he had served in war-ridden Europe; denied the right to take the only treatment that ever did him any good—CHIROPRACTIC. If that isn't a blot on THE LAND OF THE FREE AND THE HOME OF THE BRAVE, then what would you call it? And all by the same bunch of medical bigots, who are too thick-headed to be touched by reason, and

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to ungentlemanly to admit their mistakes when they make them. The reason is because they seldom make anything but ably clear—they're seemingly the only promistake. They're seemingly the only reason who can bury their mistakes and reason who can say nothing about it. That is, have little or nothing said about it. That is, it used to be that way, and is to too great an extent even today, but times are changing. More and more people are coming to see that medical dobery is a rotten farce and finally, they'll all be within the fold of natural living and healing. GOD SAVE THE DAY! Until then, I insist that ours is the stand: "The Land of the Fee and the Home of the Knave."

Well, it's not all over in Colorado yet either. It was no more than natural for Dr. Spears to call the doctors to account for their treatment of the patients in question, and the information he spilled concerning the treatment accorded the ex-soldiers set them on edge to such an extent that they attempted to haul him before a "State Board of Examiners" to show why his license to practice should not be revoked. But when he went there one better and hailed them before the them one better and hailed them before the and the grievous wrongs accorded patients in Fitzsimons Hospital at least, will be redressed, and the guilty weasels who have sucked the blood from more than one war here for the mere spots gained thereby, will receive their just dues.

Respectfully yours,
A. H. McFARLAND.

Health and Life Fellowship Notes

By the Secretary

Friends:
October begins the season in earnest. Are we all ready? That is, are we going to make the most of it? Never mind what handicaps we have suffered during the summer! Let us make up our minds that what others are pleased to call "the season" is going to be taken advantage of by all of us.

HEALTH and LIFE, our official organ, is going to make a big push. The Editor is organizing a big sales force, and there isn't the slightest doubt that the circulation will be increased to a great many times its present amount. But all of us should lend a hand in this push, because it is only by combined efforts that we can attain success. We are members of the Fellowship because we believe in the healthy, the strong, and the beautiful; and we want this not only for ourselves, but for every other person living in this world of ours. After all, there is no fun in keeping a good thing to oneself. The miser, who hoards up his money in a cupboard, counting it out and admiring it, gets nothing out of it. So it is with regard to the man who has a beautiful picture. If he keeps it in his own room, and gloats over it, he may get some little satisfaction. But when that picture is given to the whole world, so that all may enjoy its beauties, then the painting becomes a thing of great value. And so it is in our cause. We know how to keep ourselves healthy and strong, so as to make life worth living. If we keep this knowledge to ourselves we are selfish. But there is no need for this, and we shall get much more fun and appreciation out of our cause if we try to let the other fellow know all about it, so that he may get the benefit we ourselves have gotten from it.

In addition, HEALTH and LIFE will make a special appeal to the young fellow. We all know only too well that many a young fellow is paving the way towards the misery that attends ignorant behavior. He would not wander there if he only knew, and it is up to



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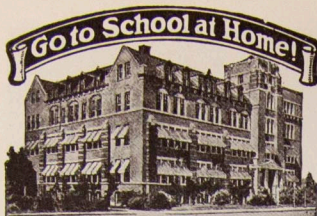
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every one of us to do our little bit to help him, in order that he may know, to caution him of the dangers and pitfalls that will inevitably beset him, and to point the way to a life really worth living. We want him to know that the only way really to enjoy life, to get the most of it, is not to slink around, dodge responsibilities, become soft and dissipated, but to face life's struggles, live cleanly and wholesomely, and, above all, actively. Every person in this world has some potential greatness; whether it comes to the top or not depends upon the energy put into self development. Those who slink around, and allow others to walk over them up the rungs of the ladder of success cannot hope for the good things of life. But he who takes life in both his hands, with his shoulders drawn back, chest forward, chin in, and head erect, will meet the battles of life as they come, conserving his energies for right uses, developing the best within himself, and will finally reach the goal of his ambition.

May that thought remain with you throughout the coming month, and may you also be the means of helping some brother along the right road!

Yours for the healthy, the strong, and the beautiful.

SECRETARY.

The Future Diet of Mankind

(Continued from Page 378)

will find that progress will be along the lines of bringing us back to Nature. H. G. Wells' idea of the very advanced human beings on the planet Mars, as composed of a quivering mass of brain only, and that this is likely to be the future human being on this earth, is absolutely absurd, and Wells would have done well to read Warrington Dawson's article this month on "Imagination," in order to learn how to hold his imagination in check and confine himself to common sense.

It is only of recent years biologically speaking that the preservation of health has demanded physical exercise. Physical exercise is merely a scientific adaptation of the movements obtained during the course of evolution, while man was in a pre-human condition. Man is not normally provided with exercise by his civilized environment. Yet he simply cannot do without exercise. Just because civilization permits a man to sit down, have his food brought to him, and have himself taken about by auto, it does not do away with the necessity for muscular exercise. Nor would the fact of the discovery of a concentrated food containing everything necessary to the human body be feasible. In addition, if it were possible to make such a food, we should still be compelled to eat those articles of natural food in order to call into exercise the digestive and eliminative functions of the body.

Science is Common Sense

Science and the advance of science mean everything to the human race, but a man who vivisects animals, who has degrees after his name, is not necessarily scientific in his reasoning. Herbert Spencer, the great philosopher, said that science was simply sys-

tematized common sense. Well, when it ceases to be common sense, it ceases to be science. So it is that we must use a little common sense with regard to further discoveries as to the correct methods of human diet. The method which has been found to exercise the digestive and eliminative functions, and especially to keep the human alimentary canal in a sweet and healthy condition is the one that is going to be the conventional method of eating for human beings in the future.

That method I believe will be extremely similar to the one I have set down in my "Correct and Corrective Eating," because it is an adaptation of food combination to the processes of digestion, giving them their best opportunity of keeping the alimentary canal in good condition consequently, and stimulating excretion and elimination.

In any case, you will find that the future conventional eating will exclude all devitalized and demineralized foods. It will exclude drugs and inorganic concoctions. It will include all foods in a natural condition. Another thing that you can be sure of is that all starches and proteins will be recognized as heavy foods, each being eaten at a separate meal. The simplest and most elementary lesson in chemistry shows that these two foods should be kept absolutely apart, that is, eaten at separate meals. While an acid digestive ferment is necessary to the digestion of a protein, an alkaline one is necessary to the digestion of a starch. The whole idea of calories will become less and less important, its place being taken by the recognition of the importance of fresh fruit and fresh vegetables, and whole foods eaten in such a way as to supply all the necessary mineral salts and the general chemical components of the body, while keeping the alimentary canal free from any putrefaction and auto-intoxication.

Professor Metschnikoff of the orthodox scientists was the nearest to being right when he stated that the great problem of longevity and health was to keep the alimentary canal free from putrefaction. His method was wrong, however. But the fact that alimentary putrefaction is responsible for premature death and most ill health, ought to be blazoned forth from the house-tops. Accompanying it should be some simple instructions as to how you can keep the alimentary canal free from putrefaction.

"The Evil That Men Do Lives After Them"

(Continued from Page 382)

up there still remains that drain, the manufacture and waste of these important forces.

I explained that the nerve path becomes worn. The more it is worn, the more it dominates. That is characteristic of habit. Each time an action is performed the more difficult does it become to stop its further performance. This is not for any directly immoral reason, but almost purely a physiological one, as I have explained. Thus it is that the organs and nerves have become accustomed to the production of these secretions and to their

has eaten wrongly and lived wrongly, because he has been ignorant, in other words, of the correct way to live and eat in order to avoid disease, we do not call him immoral. We might extend the same reasoning to any other disease. So we may often extend it to what is called weakness, a pathological reality sex. Until we realize this, we are not going to help the sufferer. You will not help to cure a man of tuberculosis by raving at him because he did not know how to live. The best way is to teach him, to educate him, and so show him the way out. So it is with regard to the distressing abnormalities of sex functioning. They should be fought against heroically in youth, for a clean body and mind are the most valuable possessions that any person can have, and prevention is always better than cure.

The Story of The Flying Mare

(Continued from Page 383)

face, surveyed the scene, sniffing with joy the smell of the fumes from the fresh and sweet from the hills at the crown of the town. At a grassy little plot of ground he stopped and, walking up to the mate, said "Now you dirty cur, I live I would show you the Flying Mare and I also said you would lose it and I keep my word, you beat me up on the ship, but try it here," and then brought his hand with a crash against the officer's face.

But the mate was no coward, whatever his faults, and, drawing back his leg-of-mutton fist, he let fly at the watchful former cook.

Never to this day, although the delighted and amazed crew talked it over for months, could they tell what followed—so swift was the movement. Chaffs seemed to make a half turn, and, seizing the mate's arm over a shoulder, threw him at least ten feet into the air—and still holding the arm guided the flying body so that the officer lit with a crash upon his head. A Flying Mare indeed, an old famous wrestling hold, and when worked by an expert, the most dangerous throw of all.

"That's my Flying Mare," said he, "how do you like her?" But Mr. Carlson did not know or care anything about Mares for some hours after, and for weeks after could not turn his neck.

"And to think all the time he was a champion wrestler," said one of the happy crew later to the rest, and only took a punching because we bluffed him; he could be hung for hitting an officer on a ship. The next cook I hope will be a shot putter in disguise and use his stunt on the mate."

The skipper, overhearing the remark, grinned wisely and said nothing.

All was at peace on the Osprey.

Where There Is Love

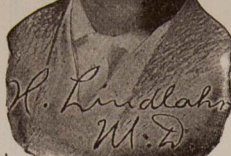
(Continued from Page 384)

do form—both of one nature—One. How much more, then, should two human Souls, ever pulling and striving for their Unity, attract and find that Unity? Were two such human Souls to set out in opposite directions they would as inevitably meet as Nature herself is One. There is nothing strange or supernatural; two parts in close affinity act eternally in harmony and Unity. This is the law of Nature, to be discovered in her every sphere. You and I are two parts of a Unity. Don't you understand? (The other people leave the stage gradually.)

Gert: Oh, how I love to hear you talk so, Leonard. To others such language may be dry. To me it is life, and life I love. I hear my own thought expressed in your every word. Leon (puts his arm about her shoulder)

Pull Your Disease Out by the Roots

Some twenty years ago I first learned from my own experience that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.



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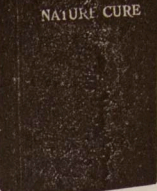
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What we need more than anything else today is to understand exactly what we mean by sin, how a sin can be manufactured from virtue and glorified until it becomes a vice. Thus today the unconventional or irregular virtues are looked upon as sins, whereas that which is really harmful to the individual and to society is glorified into popularity.

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To the Editor

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ders): What sweet, sweet joy there is in those few words for me. There is no greater joy than being in your sweet company.

Gert: Please continue with your conversation, Leonard. Every word is a pearl. Tell me more of Nature and her wonders. We are children of Nature, and delight in her beauties and her peace. I love to hear her profundities made so clear and simple. Tell me more about the Unity of Nature.

Leon: Sweet one. We all are unities. Nature, herself a Unity, is a unity of countless unities. Unity is the principle of all being. There is Unity in the flowers, and Unity between us and the trees and the flowers. It is because of this Unity that they are apparent to us; that we know them at all. And, then, dear heart, it is because of this fact of Unity that you and I can hold sweet converse, laden with joy and happiness because Nature's Unity is realized when we are together; when you and I are One. Oh, sweet, sweet soul.

Gert: Leonard, the joy and happiness of our sweet unity is merely what would be, but such cannot be. I ought to have told you before, and not to have left it until the strong bonds of love were so developed. Hear the worst, and then grant pardon for my delay in telling you.

Leon: What do you mean, sweet one? I do not understand.

Gert: I mean that I am married—bound by the law to one of your sex already. Little Girlie, the fresh, sweet child you saw when last we met—is my daughter. Now you know everything. I could bear to go no further with you in ignorance of my position. I could discern your love for me growing in intensity, and have done what I consider best to put you on your guard.

Leon: Gertrude! (Takes his arm from about her neck, and hangs his head.)

Gert: Now you know all—not all. You will never know all; you never can know all. I am married and have no husband; I have a husband, yet have him not. Perhaps, some day, if you care to hear, you shall know more about him. Still, no blame is attached to him; it is man's privilege to do as he will in life, to sow wild oats, to tear the woman he has sworn to love; and it seems to be woman's lot to suffer, for did not Eve, the mother of all women, fall, and through her fall we all must suffer.

Leon: Fiddlesticks, and blasphemy! What had Eve's fall to do with women's suffering? That is a doctrine taught to get women to suffer silently for the sins of man. To hell with such blasphemy!

Gert: And what rights, as a woman, belong to me? Freedom is impossible without filthy scandal. Freedom, freedom is all I want; freedom from the tyrant who should have been my life, my guide, my protection and my happiness. All these years have I suffered in silent agony, agony of mind and body. But I must not torture you with recitation of vile cruelties and vicious passions to which I have been subjected; worse than all, the hopelessness and separation and loneliness that I have had to bear. You are naught to me now, and I am naught to you, so I do no wrong in thus exposing my life to you. But you must know; for there

is no freedom from the Hell for me, and so must I bear it to the end of my days. I have told you enough. I could not bear to let your passion ripen and love go unrequited. Why have I not told you before? I sought friendship, I sought kinship, and companionship, I sought the communion of another Soul with my own. Could you but obtain one tiny morsel of the experience through which I have passed; there would be no need for question. And I saw in you a king, a god, a helper, my Soul itself; and my heart left itself for you. Gladly would I give myself to you, dear heart, but you must know the truth. Do not bow your head, my boy (*puts her arms about him*). Bear up against it. I will go my way and you shall go yours. Let me but soothe and comfort you. Let me do anything which will assist you and be for your own good. Oh, God, that mortal Souls should be so frail, that the passions and love implanted in our natures should be so much stronger than ourselves.

(Enter Girlie.)
 Girlie: Mother, mother; quickly, quickly.

Gert: Yes, my child. What is it?
 Girlie: Come over here, Mammy. (*Aside to Gertrude*, Daddy is home; and he's—mother, I'm ever so frightened—he's breaking all the chairs and tables.

Gert: I am coming, Girlie, my child, run on ahead (*exit Girlie*). (*Gertrude goes to Leonard, who has his head still bowed, and plants a kiss upon his forehead. He takes her hand and kisses it. Exit Gertrude.*)

(Curtain.)

(To be concluded next month)

Using the Mind and the Soul

(Continued from Page 380)

check on my imagination while I try to co-ordinate memories of various sorts to discover if anything I have seen or read or heard of can establish a suggestive parallel, however remote. Several suns in the sky—suns of different hues? Casting shadows, then—but of what color? Perhaps intersecting shadows?

Associated Imagination

To answer these questions, imagination may run riot. But somehow, before I fully realize it, memory has got to work. There's an association in my mind, if I could grasp it. Then, suddenly, a scene flashes before me: a scene I have lived.

A night in Egypt—a clear, deep, moonless Egyptian night, the sky rich with stars above streets filled with people. There are blazing lights, there are shrieking flutes and wailing horns. But the people are silent. This is no fair. It is the Feast of Ramadan.

I had not known it. Indeed, I had little idea of what it all meant, until later. I had just been led there by the luck which watches over all sincere seekers after adventure.

Not wholly friendly were the faces about me—the dark-skinned faces of an alien race—whose rights to that soil were supreme. But there was a species of courtesy in the movements of the rabble as they parted to let me pass—

(Continued on Next Page)

The Realities of Marriage



"Psyche Receives the First Kiss of Love"
 A painting by Baron Gerard, exhibited in the Louvre, Paris.

If only those married or contemplating marriage faced the realities of marriage, there would be far fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!

It is every married person's right to have the knowledge that will express love freely and beautifully; and it is also every child's right to be born of love. Therefore, it is essential that the laws governing conception be known thoroughly, so that love in marriage may continue and children be forthcoming as the voluntary fruition thereof.

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me, the stranger of whom they knew nothing save that I was white of face; and under the courtesy there was suspicion, and under the suspicion lurked menace.

From the temple a procession filed into the open; horsemen on superb Arabians fine of head and of limb, sleek of coat and long of tail, lithe and direct in action though compelled to move at the slowest pace; young boys clad in their long white slips, carrying great flaring torches; musicians playing a dirge in a soft wailing minor, as pure in line and simple in form as a statue from an Egyptian tomb; high-priests burdened with a precious flower-laden cloth, and priests, and acolytes, and priests; and the faithful, scores of faithful cleaving the throngs hundreds strong.

And as the procession passed, lights blazed from latticed balconies on either hand, red lights, blue lights, white lights, between us and the sky. Lumps of flame dropped ever and anon to the street, often grazing shoulders and sometimes striking them; the crowd, seeming not to mind, beat out the flame and trod stolidly on.

It was a barbaric scene—dusky men in shirts or nightshirts or dressing-gowns, women in shawls and facecloths; flickering candles burning slowly, uncertainly, until blown out, when they left patches of strange grey semi-darkness in the dazzling pictures; fires ablaze overhead, red and blue and white fires, spitting down their burning message; the wail of horns and flutes in the ancient dirge, the thump of unnumbered feet in a silence otherwise complete—

The moon, now risen, was an uncanny, two-thirds moon, with her under side flattened out, as she watched us, cold and pale and ghostly, from a sky dimmed by our earth-glories of flaring, flickering flame. The air was filled with the taste of ages—old dust for which neither still waters nor pale moons could bring relief and which humanity must brave and accept. It was the painted sea and sky and land of Egyptian opera scenes, and the tangy atmosphere of Egyptian lore, and the depressing life of Egypt struggling to exist,—all surrounding a rite of Moslem name which from its nature might have honored Isis or Osiris.

But the shadows—the shadows? As I saw them, I stared as though I had seen a thousand ghosts. For lights of a peculiarly vivid red and green were casting shadows no longer grey but red and green too, only more red than red and more green than green, aping me in my every movement, pursuing me like evil spirits—myself, and my evil red shade—and my evil green shade—and all others, themselves and their shadows in green and in red, vivid, brilliant red and green for each form that was human and dark, shadow-like itself as the red and the green gave chase—

Yes! Stirred by that memory, I can "imagine," constructively, life on a planet lighted by two suns, one red and one green, or three suns, orange I might again flatter my fancy with the conceit of a red shadow from a ruby sun and a green shadow from an emerald sun, I would of course know, by co-ordinating my thoughts, that where my shade is marked on the earth in a semblance redder than red,

it is because my body cuts off the rays of the different-colored sun or suns, so that the red, untainted by the surrounding green, shines its reddest.

Have Animals Imagination?

It is sometimes said that imagination is the quality which distinguishes man from lower animals. Those who say this can't have observed animals closely. A dog watching another dog through a fence is filled with imaginative pictures of what he would like to do to the prowling, interfering brute. A cat in front of a mousehole is tense with imaginative pictures of what it will do to the mouse when caught. The dog experienced in dog-fights, the cat experienced in mouse-catching, will have a clearer vision, based on observation and memory, in these imaginative pictures than the puppy and the kitten thinking the whole world is theirs to play with and to dominate—just as children think.

Watch a dog sleeping on the hearth-rug, see his paws twitch, hear his smothered barking and whining. His imagination is working so vividly in a dream that if you are yourself observant and imaginative and if you know your dog well, you can trace his thoughts and picture to yourself the adventure into which he sees himself plunged.

There are characteristics common to all dogs. There are hereditary characteristics more or less proper to each race of dogs. There are variations in the degree of intelligence and understanding noticeable by comparison of any one dog with all other dogs. But what differentiates one dog from any other in respect to his character is his quality of imagination, just as his nature is differentiated by his degree of fidelity and affection.

Dogs can even train their imagination under the influence of their master or mistress, just as their fidelity and affection can be developed. In "Buz and Fury" I told the story of a phenomenal dog who belonged to me when I was a boy, a dog of very vivid imagination. As the book was written for young people, I didn't feel justified in entering into an interesting aspect of this dog's psychology. Fury was remarkable only when in constant touch with myself. Many persons might allege that this was because I read into his thoughts or his actions what I wanted to read there. But the phenomenal events in Fury's career were known also to my family and to our neighbors, and to many persons in Charleston, as was evidenced by efforts to steal him and by the offers I received from those wishing to buy him.

There were times, however, when Fury lost all traces of remarkable attributes. Two old pensioners had been given free lodgings by my mother in the kitchen building which stood to one side of our garden at the rear of the big house. This old couple developed an almost fanatical adoration for Fury and would seek all pretexts for keeping the dog with them as much as possible. Daily visits did Fury no harm; but Fury, if allowed to remain with them for a number of days consecutively, would become an ordinary, unimaginative little dog, almost (though never quite) on the low intellectual level of that pathetic old couple. (Thrown again with me, he would

(Continued on Page 404)

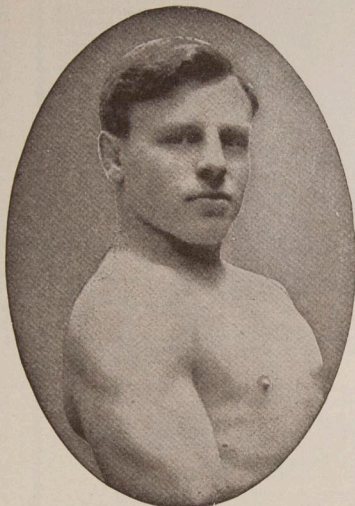
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General Principles of Food Combination—A Day's Ideal Menu.—How Diseases Are Caused by Bad Food Combination.

Chapter II.—Vitamins
What Are Vitamins?—How to Secure Vitamins.

Chapter III.—How Much Should We Eat

The Science of Nutrition.—The Calory Theory Criticized.—How to Ensure the Right Quantity of Food Without Over or Under Eating.

Chapter IV.—Food Classification
A New and Scientific Method of Classification.—The Foods and Their Classifications.—Food Tables.—Table of Food Values.

Chapter V.—Scientific Food Combination
How to Combine Foods.—Some Scientific Menus.

Chapter VI.—Infant Feeding
How Babies Are Killed.—The Right Way to Feed Baby.—Foods at Varying Ages.—How to Keep Baby in Good Health.

Chapter VII.—How to Secure the Maximum Nourishment From Food

How Food is Ordinarily Wasted.—Scientific Food Preparation.—Food Combination to Secure Maximum Nourishment.—The Importance of Vegetable Salts.—How to Increase Weight.—How to Reduce.

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How to Chew Properly.—How to Take Cheese and Milk with Full-est Benefit.

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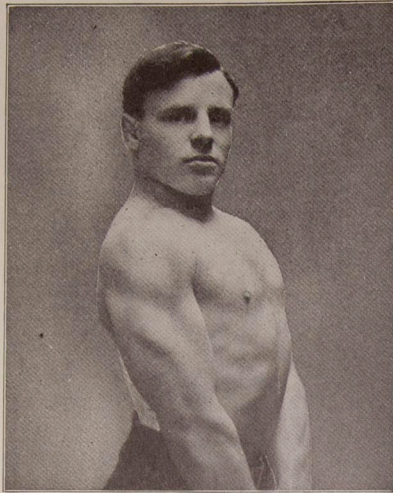
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Compiled by Bernard Bernard
Editor of Health and Life

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again become imaginative, and in ways entirely his own, as readers of the book know.

I have taken dogs as an example of the imaginative quality in animals because I know dogs best and most people know dogs best. But the same law applies to wild as well as domestic animals, and to birds as well as insects. In the course of my varied career in different lands I have come across innumerable instances of this. I even retain in mind certain dramatic episodes with super-imaginative motifs which came so near to suggesting constructive imaginations that I hesitate to deny even that quality to animal life.

Nevertheless, the great dividing line between imagination in man and imagination in lower animals is that while the imagination of animals has an unquestionably accumulative character, it lacks the distinctively co-ordinate character which is generally peculiar to man.

(To be continued next month)

How To Live Up To Your Best Moments

(Continued from Page 375)

Baseball Sports

The man who sees a baseball game puts himself in the place of one of the players. As his mind goes through the plays, his body tries to struggle along. True, this being relaxation, is a sort of exercise, but it would be far better for the man to get into the game, be it baseball, volley-ball, handball or tennis.

So, if you want to get the most out of life, don't sit around on the bleachers watching others play the game. Get into the game yourself at the health gym, and you will find it will benefit your entire existence, put zest into your work, and good digestion will then wait on appetite.

We Worship

Regardless of a sometimes callous front everyone of us has a soul. Usually a man goes to church to feed the soul. But whether it be church, the great open spaces, the groves,—some where he drinks deep draughts of spiritual vigor and thus gets into touch with limitless sources of strength.

So, when the soul is not developed, it slowly dies, and man loses one of the most powerful attributes of his character. Our bodies, when we do not systematically exercise, slowly become weakened, the prey of disease, we lose the enjoyment of life, we invite premature death.

Why Exercise

Your body is trying to tell you, by the strongest means in its power, that it wants exercise. When you feel yourself dull and foggy in the afternoon, it isn't the brain, it's the body talking to you. You can give yourself quicker thoughts, brighter eyes and a quicker step if you want to. Some of the biggest men are keeping fit that way, and they wouldn't be big men if they didn't.

Regardless of your age or weight there are exercises for you.

The Junior Athlete

(Continued from Page 390)

force you can bring to use, drive the flats straight ahead, arm's length in front of the body, but without halting, bring them back again. Do this with real force ten times, and again. Do this until you are breathing a little you will find that you are breathing a little deeper; that your blood is circulating faster. Then change to the outside, driving your arms out from the sides, and back. Keep arms up until tired, and do it every day—this up a day—three times will not hurt.

Exercise 2.

Take two flatirons, two dumb-bells, or any other weight of a few pounds that you can hold in each hand easily. Straighten the arms full length in front of your body, and then bending quickly touch the ground with the weights. Bend only at the hips, and give yourself swing sufficient to carry you over, but without tipping forward and falling. From the ground bring back to position, arms straight ahead. Repeat fifteen times at least.

Your Measurements

Every member of the I. A. L. wants to wear a button, and wants to earn an I. A. L. Certificate. You can have one of these. Send 15c in coin or stamps and your button, and letter of instruction will go back to you at once. At the same time you will be furnished a complete measurement blank which you will find out and send to Headquarters. Why not get your button now? Other fellows are getting theirs. Come on in and be among the first of the "H. & L." boys to wear the I. A. L. button. We should hear from 500 boys this month. If you haven't done so take your copy of the magazine to school with you, or if you are working, take the magazine and show it to your friends. They will be interested.

About Your Picture

You can write a good letter, and you can take a good picture. Prove this, by sending in yours now. As usual a brand new book worth \$1.25 to \$1.50 goes to the best letter and picture. You'll enjoy the book, so come on and —do it now.

Questions

I invite your questions. Not necessarily for me to answer, but for other fellows to talk over and answer. We have readers all over the world and there is no reason why some of you chaps in England cannot tell boys in this country things they want to know, while, maybe, they can do the same.

Business Boys' Club

The Business Boys' Club about which I told you last month, is getting things going for the chap who wants to make some money in spare time. They have some good suggestions, and if you need any athletic equipment or need money for anything else you had best write them, Business Boys' Club, 443 S. Dearborn St., Chicago, Ill.

Next Month

All together—now fellows—ALL TOGETHER, let's make the November a live month. Here we have two challenging wrestlers, but in November let us have ten; and let's have some new pictures and letters. Your football team will be organized then. Send us their pictures—and send in your own picture. All together—let's go!

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Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

By becoming a member you make a pledge to keep your body healthy, strong and beautiful. This in itself is a great help to you personally to follow out the rules which mean everything in life to you.

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Senator Henry Cabot Lodge, the intimate friend of Ex-President Roosevelt, writes to Warrington Dawson of this book:—"I read it last evening with very deep interest and enjoyed it thoroughly. It was glad to see how well you understood Colonel Roosevelt, and

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Facts About Birth Control

(Continued from Page 373)

children born each year to live unhappily, inefficiently, very often deformed, because their parents had not this knowledge.

We must have birth control, or conception control, as it ought to be called. It is one of the most pressing and urgent problems of the day, and no preconceived ideas or prejudices should be allowed to prevent it. It is not a political party problem, it is not a religious problem, it is not even a moral problem; it is a human problem. It centers upon no prejudice of any kind of an outside nature. It means ability for married people to express their love freely and as their emotions dictate, as it is healthy and wise for them to do. Above all, it means that children are able to be forthcoming at such intervals only as they will be welcomed by their parents and so given every opportunity to be brought up in love and enlightenment.

It is difficult to see how any married people can get along together without this knowledge. Even those who oppose it want it. They really only oppose other people having it. No person nowadays would think of undergoing an operation without an anaesthetic, in spite of the fact that this letter was once so heartily condemned. In the future no sensible person will think of undertaking matrimony without knowing the scientific government of conception. Absence of knowledge in this matter means both pain and danger. Knowledge in most instances, and the use of that knowledge, means a great deal to mankind. So the wise, humane person does not oppose it, but recognizes its boon to mankind.

Diseases Which Are Destroying Mankind

(Continued from Page 374)

are also caused by this. The instructor in this class of diseases in a Chicago medical school, twenty-five years ago, who had large experience in their treatment, used to say in lecturing to students, "Remember that eighty per cent. of the patients who come to you for treatment for other diseases, have been infected by this." More exact diagnosis recently devised now shows that these diseases are very common, being communicated in a variety of ways, besides being inherited. Such infection makes recovery from other diseases much more difficult.

About fifteen years ago I was asked to address the Federated Womens' clubs of the state of Oklahoma on legislation that would reduce the serious consequences to women of these diseases. On my return home from this convention, at Chickasha, Okla., I found a letter in Clinical Medicine from a family physician of that city asking whether it were his duty to tell the mother of a second child who had just been born, seriously handicapped as a result of infection, the real nature of the trouble. Since then, several states have, properly, adopted laws requiring a cer-

tificate of health as a condition of marriage and these diseases are now commonly required to be reported, like other infectious diseases, as of course they should be.

Most well informed people believe that "the bad disorder" is acquired only by immoral conduct, but, there are many other ways in which it is acquired, including kissing, the use of common towels and vaccination. About twenty years ago, a neighbor of mine at Aurora, Ill., lost an eye as a result of infection from a common towel, in a factory.

Sunlight the Enemy of Disease

Sun light is the natural enemy of all disease germs, and especially of this. In a dark place, however, it may live for several hours and may infect several after its deposit on a towel, the hand or elsewhere.

Of course, there are people who don't believe in germs. That is perhaps a more serious extreme than that of a writer in a recent issue of the American Magazine who says, "Don't worry about worry; worry about germs. Whatever your trouble, it probably comes from infected tonsils, teeth or other center of focal infection." Infection is a cause of much of our chronic disease, but it is far from being the only cause. Everyone should, however, have a proper examination by the best means of diagnosis to determine what infections are present and then have the proper treatment to eradicate them, not next year, but now. The treatment of this disease has, in perhaps a majority of cases, in the past, done more permanent harm than good, but that is not sufficient reason for denying oneself, and especially for denying one's children, the benefit of eradicating, as far as that is possible, the ill effects of "the iniquities of the fathers, that are visited to the third and fourth generation"—to the nth, I would say, in the light of the newest knowledge of the diagnosis and treatment of these diseases.

In subsequent articles I shall have more to say of prevention, the true cure for all disease.

Saved From My Curse

(Continued from Page 376)

EXERCISE 4. Apply the previous exercise in a standing position.

EXERCISE 5. Clasp the right wrist with the left hand.

1st Movement.—Slide the left hand up the right arm to the shoulder, rubbing vigorously.

2nd Movement.—Grip the wrist again, and, gradually progressing towards the shoulder, grip each part in transit, so that all the flesh of your arm is kneaded between the fingers and thumb.

Repeat whole exercise several times on each arm.

EXERCISE 6. Stand at attention; place the hands on back.

1st Movement.—Knead with the fingers and thumb every part of the back you can reach.

2nd Movement.—Rest the backs of the hands on the back, as high up as possible. Bring each hand downward alternately, so as to rub every possible part of the back. (Fig. 5.)

EXERCISE 7. Place the hands on the back of the neck.

1st Movement.—Bring hands downwards to the chest, massaging the neck.

2nd Movement.—Cover the same parts, kneading between the finger and thumb.

3rd Movement.—Pat the same parts.

Good for the Nerves

I found these massage exercises splendid for the nerves, and just what I needed to repair the ravages to my nervous system caused by my youthful errors.

The above exercises, though they take only a few minutes each day to perform, are wonderfully effective in toning up the health and increase the vitality, and I urge every American boy who wishes to become a strong man and to get the best out of life to perform them regularly.

The next item in my program was walking, real brisk walking, and plenty of it; then came swimming, and games, including football, cricket and tennis; these work off all superfluous energy and thus help to maintain purity, and prevent morbid sex feelings.

My Diet

As for diet, I just ate moderate quantities of plain, wholesome food, including brown bread, vegetables, fruit, porridge and milk; I avoided highly seasoned foods, meat, sweets and pastries.

I kept up this régime for some weeks, and then compared my condition, physical, mental, and moral, with what it had been before taking up Physical Culture.

I had driven filthy humors out of my flesh, and was now full of vigor and vim, enjoying radiant health, attacking work with zest, excelling in games, scorning all that is low and unworthy, and striving after all that is pure and noble and good.

Now Bubbling Over With Joy and Pep

My heart seems bubbling over with joyous feelings, the old expression of care and uncertainty, which was ever present during my mental suffering, has gone, and has given place to light-hearted confidence.

How different am I from the laggard, despondent boy who took up Physical Culture a few weeks ago!

Eyes that were downcast, dull, and surrounded by the tell-tale rings, are now bright, sparkling with joyous feeling; the rings are gone and the pupils are full of expression. My step is quick, and my chest expanded to make room for the increased vitality.

I feel as though I have just escaped from a dungeon in which lurks misery and death, and I want every boy to know the means of my escape, that has enabled me once more to face my fellows as a man among men; and that means is—Physical Culture.

With the Men of Iron

(Continued from Page 381)

best lifts. This is where seconds come in. I always trained my seconds as seriously as I trained myself. Therefore I never had to worry about them, as they worked swiftly and smoothly, and I never had time to cool down and get stiff. There is nothing like waiting to get devitalized.

Use your own bars if you can, and become absolutely familiar with the rules that will govern the contest. Then you will not be come embroiled in any arguments, and will have no doubt of what you have to do.

Knowledge Is the Key to Marital Happiness

YOUR special attention is drawn to "A Course in Marital Conduct," which is now ready. It has been specially compiled to give facts, so that the expression of love in marriage may remain a beautiful and real thing always.

Most of the misunderstandings and difficulties amongst married people today would be totally done away with if only the vital facts concerning marital conduct were made known in such a way as to maintain that idealism essential for refined human beings.

Most of the marital misunderstandings and difficulties arise, however, because husbands and wives do not feel free to express themselves as they have the right to do. There is usually some fear present, fear that it is wrong, fear of unwanted pregnancy, fear of pain, or a hundred and one other things that disturb what should be the most sacred holy of holies of married life.

Most of the "Course in Marital Conduct" are laid down for the first time the rules of conduct for what the author has termed a "communion that is based on love, an almost continual communion." It is similar to what has been termed the "Karezza," but it is a communion that is based on love, ensuring the highest spiritual satisfaction.

This is the highest form of communion that an idealist could possibly conceive, because it gives absolute control of the sex forces, preserving the secretions to build up the health, strength, and vitality of the body, while permitting spiritual satisfaction and expression of love.

Of course, there are in many other things of a very vital nature dealt with in the course. The complete function for the purpose of procreation is also dealt with in detail, and all the numerous functions which ought to be known by every married man and woman in order to assure success and happiness in marriage.

You will consider this course the very cream of Bernard's work. In it he has given something with which you will be more than satisfied.

LET LOVE GUIDE YOUR MARRIAGE

Love should be the guiding principle in marriage. But it can only be this when knowledge of its privileges and responsibilities is possessed by both husband and wife.

Any good physician or judge will tell you that serious marital misunderstandings are always caused by incompatibility. This can be remedied by reliable information that will allow both husband and wife to be free and natural in the most sacred and private experience.

A COURSE IN MARITAL CONDUCT

By **BERNARD BERNARD, Phys. B., M. P. C.**

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

Contents of "A Course in Marital Conduct"

The Course is written in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard).

LETTER 1—To Husband and Wife.
The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husband's and Wife's Equality.—Equality of Privileges and Responsibilities.—The Beastly Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

LETTER 2—To Husband and Wife.
The Determination to Agree.—Reciprocity.—How to Avoid Misunderstandings.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

LETTER 3—To Husband and Wife.
Is Sex Vulgar?—The Realization of Unity.—The Dangers of Bad Practices.—Sex Not Merely the Means of Reproduction.—Uniting Mind, Soul, and Body.—The Tool of Passion.—Sex Communion.

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When Love Begins.—The Marriage Thrill.—Physical Relief or Soul Communion, Which?—The Dearest Friendship in the World.—Courtship Dreams Realized.—Winning Each Other by Love.—Why Some Wives Cannot Respond.—Why Some Husbands Cannot Respond.—The Sacred Act.—Mixing the Substance of Body and Soul.

LETTER 5—To Husband and Wife.
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LETTER 5—To Husband and Wife.
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LETTER 7—To Husband and Wife.
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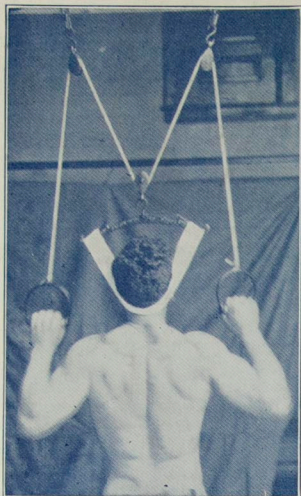
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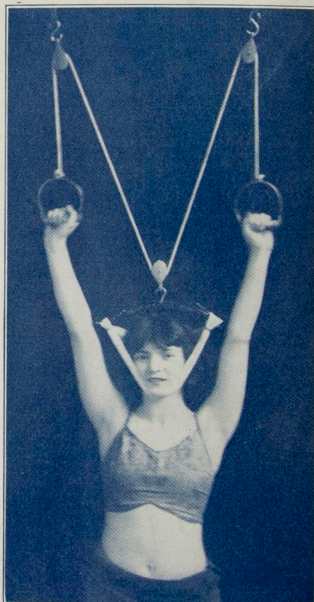
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