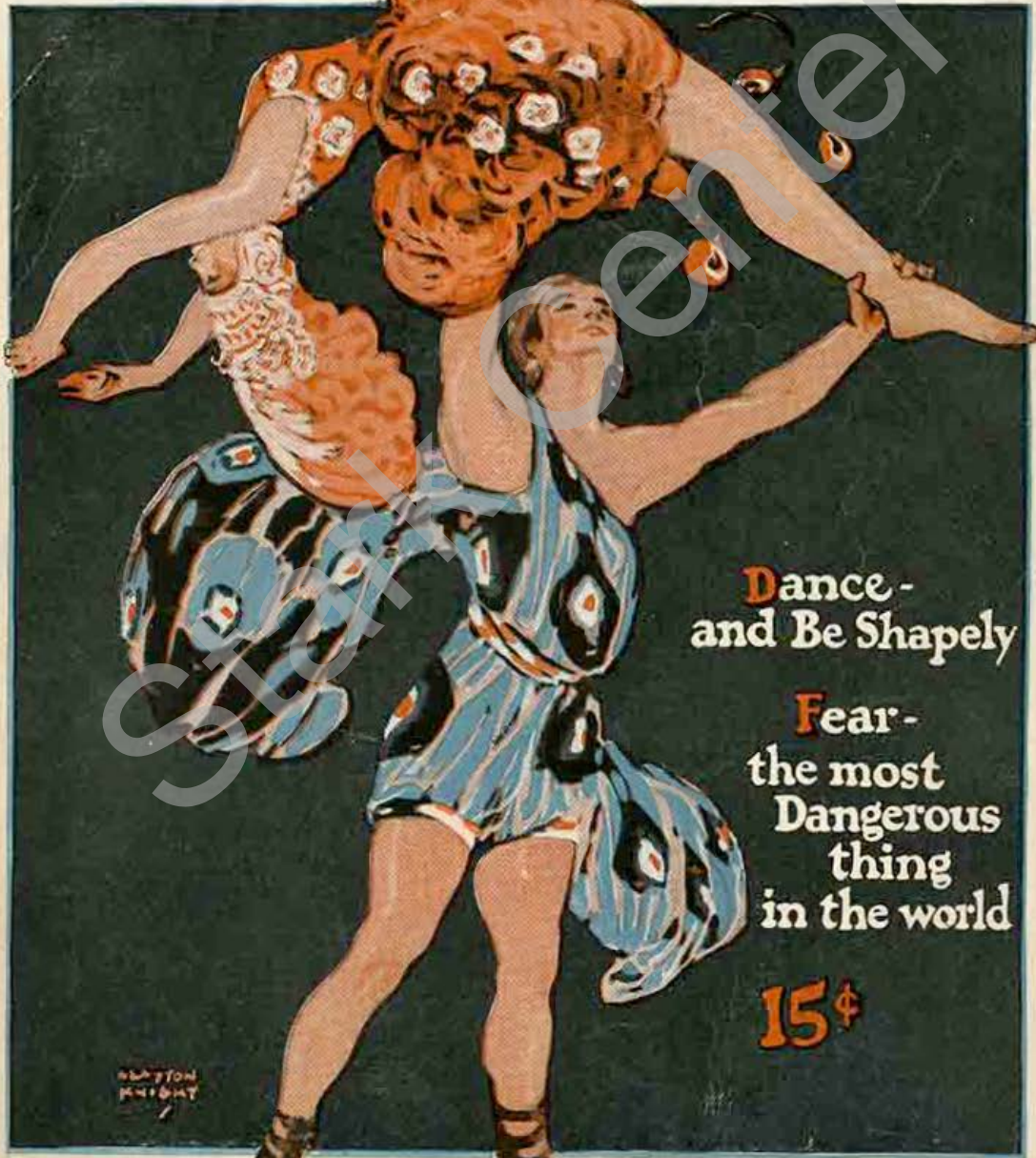


December 1922

Strength

The Magazine of Good Health



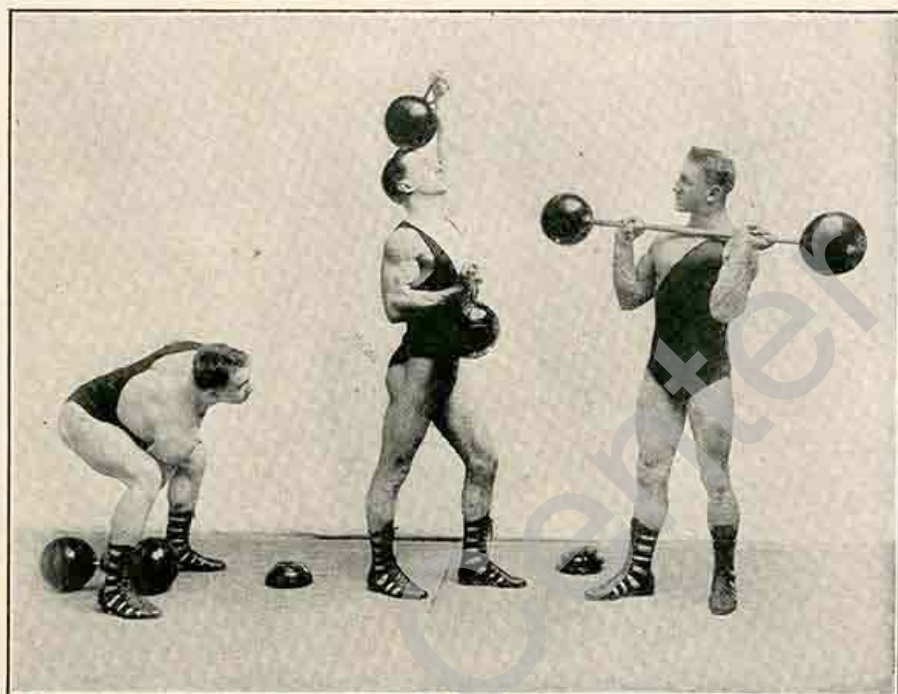
Dance -
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Fear -
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in the world

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A bar bell is simply a long-handled dumbbell, and is used for body-building exercises. In the above illustration three of our advanced pupils are shown using bar bells, dumbbells and kettle bells. In our combination outfits the bar bell is the greatest developing medium and is used in most of the exercises. The kettle bells and dumbbells are subsidiary parts. They are all adjustable, not in order that they be made heavier, but in order that they may be made light enough to suit your needs. That is the secret of our success—we adapt the system to your needs, instead of trying to make you fit the system.

Why is it that a man who has exercised with bar bells can perform feats of strength far beyond the combined power of two or three ordinary men? Not alone because his arms are twice as strong, but because his back, hips and legs are four or five times as strong as those of the average athlete.

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We Guarantee Results!

We do not merely promise results, we guarantee them. It makes no difference how weak or undeveloped you may be, we can lay out a course of instructions for you that will give you a strong, healthy, well-developed body of which you can be justly proud. We back this up with an absolute guarantee of satisfactory results within a period of three months, or your money will be refunded without question.

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The Milo Bar Bell Co.

Physical Culture Specialists, and the largest manufacturers and distributors of bar bells, dumbbells and kettle bells in the world.

Dept. 33, 301 Diamond St.

Philadelphia, Pa.



Are You Going to Miss All the Fun Again This Winter?

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to the
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City..... State.....

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- How to Gain Confidence
- How to Follow Successfully
- How to Avoid Embarrassing Mistakes
- The Art of Making Your Feet Look Attractive
- The Correct Walk in the Fox Trot
- The Basic Principles in Waltzing
- How to Waltz Backward
- The Secret of Leading
- The Chasse in the Fox Trot
- The Forward Waltz Step
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- How to Learn and Also Teach Your Child to Dance
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- Etiquette of the Ballroom

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STRENGTH

Vol. 7

DECEMBER, 1922

No. 4

Entered as second class matter at the Post Office at Philadelphia, Pa., November 20, 1920,
under the Act of March 3, 1879.

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Published Monthly by The Milo Publishing Co.

Alan Calvert Ralph Hale T. von Ziekursch, Editors
D. G. Redmond, Publisher O. H. Kosyk, Assistant Editor
Publication Offices, 301 Diamond Street, Philadelphia, Pa.
Subscriptions, \$1.50 per year. Canada, \$1.75. Foreign, \$2.00.
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W. T. EDGAR & CO., Ltd. B. P. MADON
51 and 52 Chancery Lane, London, W. C. 2 Health Home, Santa Cruz, Bombay, India
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Science Discovers the Secret of Caruso's Marvelous Voice



Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

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



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

We Guarantee — Your Voice Can Be Improved 100%

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

Prof. Feuchtinger's Great Discovery

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

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

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You do not know the possibilities of your voice.

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

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

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

Professor Feuchtinger's Book "Voice Culture" Free

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

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By

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SELF MASTERY THROUGH CONSCIOUS AUTOSUGGESTION

gives clear and simple instructions how everybody can use his methods to make themselves healthier, stronger, happier and better in every way. Many people, both in Europe and America, have proved his statements, after reading this book. Aches and pains of all kinds, chronic diseases of long standing, nervous troubles, even organic and muscular diseases have been helped and cured.

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And Begin Your Regeneration**

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The remarkable story of the first American woman to be cured by Coué at his clinic at Nancy.

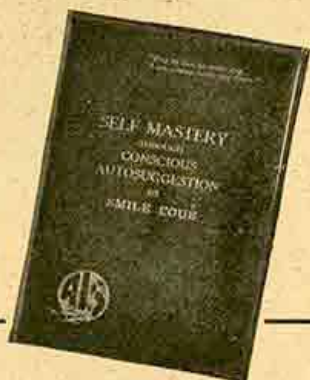
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BY ELLA BOYCE KIRK
Patient and Pupil of Coué

This book gives for the first time an intimate and comprehensive pen-picture of Coué, besides describing in detail the actual workings of his marvelous methods by which Mrs. Kirk was enabled to regain the full use of her limbs after all other means had failed.

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- How to acquire self-confidence.
- How to gain poise.
- How to overcome fear and worry.
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- Why Imagination is stronger than Will power.
- The simple secret of health and happiness.

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"In response to your question, I would say that Dr. Coué's book has given me a new life in every way."

Mrs. D. W. G., Greenwich, Conn.

"For years I had a spinal curvature and I had given up hope of a cure, two or three bones being misplaced, making a hollow in the back. I hardly know how to explain it. I am very thankful to Dr. Coué to find that my spine is straightening and the hollow has filled out."

E. C. D., Poplar Hill, Md.

"Have been greatly pleased with 'Self Mastery Through Conscious Autosuggestion.' It has a real and timely message and should mean better health for thousands of people."

Rev. J. E. K., Piqua, Ohio.

"I am most happy to be able to write you that I have had an almost complete healing from a chest pain that since February 10, 1913, has given me the most terrible suffering—almost a death agony—whenever I would go up steps or walk hurriedly. Oh, it was so very, very severe that I was forced to bend my head and shoulders far over and draw my chest to a crushed together position until the pain had ceased. I began to use the mental suggestion of the great scientist, Dr. Coué, as soon as your book came to me." Mrs. C. Hanson-Workman, Mansfield, O.

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In all Europe and now in America this famous formula is on every tongue. Read why in Coué's book.

LORD CURZON, Foreign Secretary of Great Britain, was cured after all other methods had failed, by Emile Coué. Lord Curzon personally makes this disclosure today.—Philadelphia Ledger.

COUNTESS BEATTY did not entertain much last year because of illness. It was only after undergoing Autosuggestion treatment under Emile Coué of Nancy that she again became one of the most active London hostesses.—N. Y. World.

LUTHER BURBANK says: "M. Coué merits our joyous admiration, universal love and immortal thanks for his wonderful emancipation proclamation set forth in his book."

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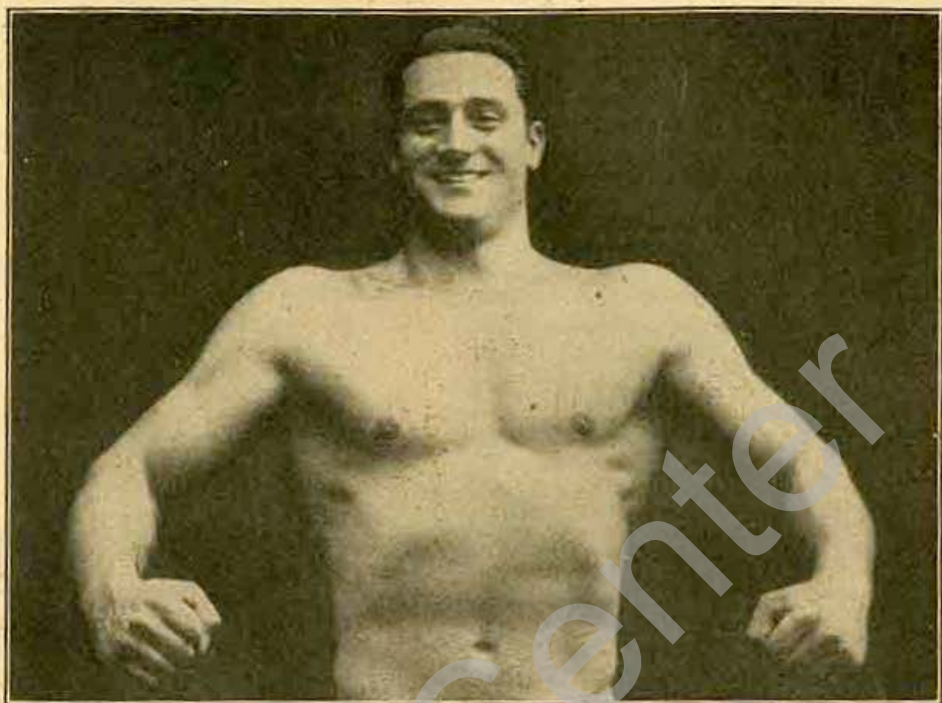
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Address.....

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

(Check here if you wish genuine leather, for which send \$1.75.)



CHARLES ATLAS AGAIN SELECTED AS THE PERFECT HUMAN MASTERPIECE!

For the second time in two years Charles Atlas wins the **FIRST PRIZE** for being the World's Most Perfect Man. Physical Culture Exhibition—Oct. 28.

NEVER before has there lived a man with such a beautiful body as Charles Atlas! Even those ancient Greeks, long considered the ultimate in manly proportions and strength, fade into mediocrity beside his superb physique.

Was it any wonder then, that five famous judges, men who really know, should decide unanimously that he was more perfect physically than any of the thousands entered in the Physical Culture Exhibition held at Madison Square Garden, New York? With tumultuous applause the thousands of spectators showed their appreciation of the judges' selection and the modest Charles Atlas was almost overwhelmed with the congratulations of his many admirers.

You readers of *Strength* can readily appreciate his perfection of form by comparing his magnificent proportions with those of the most perfect man that you ever heard of, saw, or read about.

You will not wonder then why the foremost sculptors and artists consider it an event in their lives when Charles Atlas poses for them.

Anthony de Francisci, the winner selected from America's best sculptors for designing the American silver dollar says, "*Modern Physical Culture has given the World a Living MASTERPIECE.*"

Here is what some other equally famous sculptors have to say: "*He possesses strength which is really phenomenal. His marvelous physique is so perfectly balanced, so evenly proportioned and beautiful, that all my professional colleagues unhesitatingly pronounce him more perfect than the Greek Gods.*"
James Earl Fraser

"*He combines in a remarkable manner the greatest beauty of line with a muscular development beyond compare. The Apollo and the Hermes seem reeklings beside him.*"
Duncan Smith

"*He is a magnificent, beautiful, perfect statue*

come to life—a living poem, a Superb Speciman of God's Handiwork." L. S. Filcher

Zbysko, the World's Champion Wrestler, has this to say of Mr. Atlas: "I have been all over the world a number of times and wrestled with and met all kinds of strong men, but I have never seen anyone with such a fine muscular development as you have. I thought my own physique was wonderful, but now that I've seen you I've got to change my mind—there is No question but what you possess the MOST PERFECTLY DEVELOPED BODY of any man in the World."

A Powerful Body

But Charles Atlas has more than merely a beautiful body. He has that radiant, vibrant health and inspiring personality which belong only to those who have learned the secret of proper living. He is enormously strong and, although he considers a beautiful, well proportioned body and perfect health of far greater importance than brute strength, there are few men who are stronger than he.

He tears in half a New York Telephone Directory (2 1/4 inches thick) with perfect ease in a few seconds. In thirty seconds he breaks with his fingers a spike of tempered iron twelve inches long and half an inch thick. He bends with his teeth a massive rod of solid iron twelve feet long and three-quarters of an inch thick in seven seconds. Think of it! He lies nude on a plank which has been pierced by 2500 sharp pointed nails, places another plank on top of his body and gets from six to eight heavy men to jump on it while his skin rests upon these thousands of specially sharp pointed nails. Yet, to look at him, one would think his beautiful satiny skin as sensitive as that of a woman. With any finger of either hand he easily lifts a 50 lb. weight and flexes his arm, back and forth, a greater number of times than any other living man. He has walked two full city blocks with a weight of 800 lbs. upon his shoulder. Charles Atlas not only performed these feats *once*—he did them all day long for four years at Coney Island, proving that his strength is not only tremendous but his endurance is nothing short of marvelous.

Formerly a Physical Weakling

Yet, ten years ago, Charles Atlas was a puny boy who longed to be strong, who worshipped at the shrine of a beautiful body, who valued good health more than anything else in the world. But he possessed none of these and, pitiful as it seems, there was no one to help him attain them.

One day he entered the Brooklyn Museum of Art and gazed with awe at the wonderful pieces

of ancient statuary and wondered if it were possible for a man in this generation to attain such marvelous strength and perfect physical proportions. They proved an inspiration to him. The longer he thought of them, the more he became obsessed with the idea of becoming like these wonderful specimens which the master sculptors of Rome and Greece had portrayed. He investigated how they lived so that he, too, might emulate them and strive to become as perfect as they were. How well he succeeded everyone knows.

Thousands of men, admiring his gracefulness, marveling at his strength and envying his beautiful proportions, have entreated him to help them attain his unequalled perfection. And, now at last, Mr. Atlas has consented. After careful study and with the assistance of his famous partner, Dr. Tilney, he can promise to make any man physically perfect, abnormally strong and beautifully proportioned. Thru following the instructions which these two super-experts lay out for you personally, any man will radiate glowing health, intense energy and supreme vitality in three or four months. The fact that Charles Atlas, thru following his unique system, made himself into a Perfect Human Masterpiece proves that his methods are as infinitely superior, as they are totally different from any other living man's. *What can you, who have a better body than Charles Atlas started with, attain thru following his personal instructions?*

"Secrets of MUSCULAR POWER AND BEAUTY"

He has written a new book explaining this most remarkable system for building muscular power and beauty. The book is a revelation to those who have seen it. It fills one with inspiration, new hope and ambition. You will be thrilled with the many rare artistic photographs revealing the wonderful symmetrical contour of Charles Atlas—The "World's Most Perfect Man." *It is worth a fortune to those who desire the marvelous proportions of the ancients' masterpieces.*

There are three things that mean more to you than anything else in the world—Perfect Health, Muscular Strength and Physical Beauty. "SECRETS OF MUSCULAR POWER AND BEAUTY" reveal how these many be attained by any one easily, quickly, scientifically.

It is too expensive to send out indiscriminately—it is only for those who really desire to attain those three requisites of earthly happiness, Health, Power and Beauty.

If you are interested send the coupon *today!* The edition is limited. It will prove the most beautiful, the most vital, the most wonderful, the most inspiring and above all, the most valuable book you ever read. Fill in the coupon NOW!

CHARLES ATLAS,

Suite 100, The Temple of Health,
Woodcliff-on-Hudson, New Jersey.

I desire to follow your example and become a radiantly healthy and physically perfect man. Enclosed you will find 25¢ for which you are to send me at once the "Secrets of MUSCULAR POWER AND BEAUTY," your lavishly illustrated book.

Name

Address

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

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N. B.—Charles Atlas, The World's Most Perfect Man, has no connection with any other system.

Measurements of CHARLES ATLAS

| | |
|--------------------------|------------|
| Chest (small) | 44 1/2 in. |
| Chest (normal) | 46 1/2 " |
| Chest (expanded) | 49 " |
| Neck | 17 " |
| Upper Arm | 14 1/2 " |
| Upper Arm (flexed) | 17 " |
| Forearm | 13 1/2 " |
| Forearm (flexed) | 14 " |
| Wrist | 7 1/2 " |
| Waist | 33 1/2 " |
| Hips | 39 " |
| Thighs | 23 1/2 " |
| Knee | 15 " |
| Calf | 15 1/2 " |
| Ankle | 8 1/2 " |
| Height | 5'10" |
| Arm Span | 5'10" |
| Weight | 175 lbs. |

(Charles Atlas has larger Pectorals (chest) muscles than any other man living.)

Measurements taken Oct.,
1922

Why Some People Are Never At Ease Among Strangers

PEOPLE of culture can be recognized at once. They are calm, well-poised. They have a certain dignity about them, a certain calm assurance which makes people respect them. It is because they know exactly what to do and say on every occasion that they are able to mingle with the most highly cultivated people and yet be entirely at ease.

But there are some people who are never at ease among strangers. Because they do not know the right thing to do at the right time, they are awkward, self-conscious. They are afraid to accept invitations because they do not know what to wear, how to acknowledge introductions, how to make people like them. They are timid in the presence of celebrated people because they do not know when to rise and when to remain seated, when to speak and when to remain silent, when to offer one's chair and when not to. They are always uncomfortable and embarrassed when they are in the company of cultured men and women.

It is only by knowing definitely, without the slightest doubt, what to do, say, write and wear on all occasions, under all conditions, that one is able to be dignified, charming and well-poised at all times.

How Etiquette Gives Charm and Poise

Etiquette means good manners. It means knowing what to do at the right time, what to say at the right time. It consists of certain important little laws of good conduct that have been adopted by the best circles in Europe and America, and which serve as a barrier to keep the uncultured and ill-bred out of the circles where they would be uncomfortable and embarrassed.

People with good manners, therefore, are people whose poise and dignity impress you immediately with a certain awe, a certain respect. Etiquette makes them graceful, confident. It enables them to mingle with the most cultured people and be perfectly at ease. It takes away their self-consciousness, their timidity. By knowing what is expected of them, what is the correct thing to do and say,

they become calm, dignified and well-poised—and they are welcomed and admired in the highest circles of business and society.

Here's the Way People Judge Us

Let us pretend that we are in the drawing-room and the hostess is serving tea. Numerous little questions of conduct confront us. If we know what to do we are happy, at ease. But if we do not know the correct and cultured thing to do, we are ill at ease. We know we are betraying ourselves. We know that those who are with us can tell immediately, simply by watching us and talking to us, if we are not cultured.

For instance, one must know how to eat cake correctly. Should it be taken up in the fingers or eaten with a fork? Should the napkin be entirely unfolded or should the center crease be allowed to remain? May lump sugar be taken up with the fingers?

There are other problems, too—many of them. Should the man rise when he accepts a cup of tea from the hostess? Should he thank her? Who should be served first? Is it good form to accept a second cup? What is the secret of creating conversation and making people find you pleasant and agreeable?

It is so easy to commit embarrassing blunders, so easy to do what is wrong. But etiquette tells us just what is expected of us and guards us from all humiliation and discomfort.

Etiquette in Public

Here are some questions which will help you find out just how much *you* know about the etiquette that must be observed among strangers. See how many of them you can answer:

When a man and woman enter the theatre together, who walks first down the aisle? When the usher points out the seats, does the man enter first or the woman?

There is nothing that so quickly reveals one's true station and breeding than awkward, poor manners at the table. Should the knife be held in the left hand or the right?

Do You Know

- how to introduce men and women correctly?
- how to word invitations, announcements, acknowledgments?
- how to register at a hotel?
- how to take leave of the hostess after an entertainment?
- how to plan home and church weddings?
- how to use table silver in the proper way?
- how to do at all times, under all conditions, the cultured, correct thing?



Many embarrassing blunders can be made in a public restaurant. Should the young lady in the picture pick up the fork or leave it for the waiter to attend to? Or should one of the men pick it up?

Should olives be eaten with the fingers or with a fork? How is lettuce eaten? What is the correct and cultured way to eat corn on the cob? Are the finger-tips of both hands placed into the finger-bowl at once, or just one at a time?

When a man walks in the street with two women does he walk between them or next to the curb? Who enters the street car first, the man or the woman? When does a man tip his hat? On what occasions is it considered bad form for him to pay a woman's fare? May a man on any occasion hold a woman's arm when they are walking together?

Some people learn all about etiquette and correct conduct by associating with cultured people and learning what to do and say at the expense of many embarrassing blunders. But most people are now learning quickly and easily through the famous Book of Etiquette—a splendid, carefully compiled, authentic guide towards correct manners on all occasions.

The Book of Etiquette

The Book of Etiquette makes it possible for you to do, say, write and wear what is absolutely correct and in accord with the best form on every occasion—whether you are to be bridesmaid at a wedding or usher at a friend's private theatre party. It covers everyday etiquette in all its phases. There are chapters on the etiquette of engagements, weddings, dances, parties and all social entertainments. There are interesting chapters on correspondence, invitations, calls and calling cards. New chapters on the etiquette in foreign countries have been added, and there are many helpful hints to the man or woman who travels.

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|--|--|--|--|--|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| bright radiant vivid brilliant glowing | white snowy chalky milky hoary | attractive pleasing charming magnetic enticing | active busy alert brisk lively | good fine splendid excellent prime | real true genuine sterling sincere | strong potent powerful keen intense |

Pick Out the 7 Best Words

Can you tell which is the most convincing word in each list? Try it. Learn to use words that win

STUDY the words at the top of this page. See if you can select the most effective word in each list.

It's a mighty important thing to do. For the ability to use the right words in the right way is one of the biggest money-making powers you can possess.

No matter *who* you are—*where* you are—or *what* your daily task—words are the tools with which you work.

The only way you accomplish anything is through the use of words.

It makes no difference whether you are selling goods, buying goods, applying for a position or asking for an increase in salary, you *must* do it with words.

Therefore, the knowledge of how to use *powerful, constructive, convincing* words instead of *weak, negative, ineffective* words is of the utmost importance to you every waking minute of the day.

One reason why so many people are less than fifty per cent. efficient in speaking or writing is because they use old, overworked, played-out, unconvincing words and phrases that have lost their power to interest and convince—words that no longer possess any real, forceful meaning.

To learn to use *right* words instead of *wrong* words get and read our new, free book, *The Secret of Making People Say "Yes."*

Wrong Words Are Costly

The mistakes you make in the use of words cost money.

You gain or lose your friends—your position—your customers—your practice—your trade—by what you say and what you write.

Knowing how to express yourself in words that attract, interest and convince, often means the difference between humiliating failure and triumphant success.

Why is it that some salesmen earn \$10,000 a year, while others, in the same line of work and with the same opportunities, make only \$3,000?

Why is it that one public speaker causes his

audience to cheer with approval and another speaker leaves them cold and unresponsive?

Why is it that one letter lands a good position while others only land in the waste-basket?

Why is it some people are popular in society and make hosts of friends, while others, equally deserving, make no social headway whatever?

The answer is simple. It is because some people know *what* to say and *how* to say it. Others do not.

The subtle knack of expressing ourselves in a way that immediately secures the attention of others—the power to use interesting, forceful language—*language that convinces*—is the secret of success in almost every walk of life.

How to attain this knack is clearly set forth in our free booklet.

\$10,000 a Year to Write Letters

Not long ago a business house advertised for a man to write their sales letters. The position paid a salary of \$10,000 a year. The man who got the job and earns that handsome salary does so simply because he knows how to use *persuasive, compelling* words instead of *ordinary, unconvincing* words.

There is an expert letter writer in New York City who prepares sales letters for some of the biggest business houses. It is said that he receives as high as \$500 for a single letter. This seems a big price. But when you know that one of his letters sent to a big list of names brought in more than \$150,000 in orders you can easily see that such a business-bringing letter is cheap at two or three times \$500.

Any man who can put words on paper—in letters, circulars, catalogs, etc.—in a way that attracts, interests and convinces his readers can charge a great big price for his services.

And remember this: The only difference between the successful letters, circulars, or catalogs, and the unsuccessful ones—the kind that fill waste-baskets—is the difference in the words they contain—the difference between *clear, positive, convincing* language and *hazy, negative, unconvincing* language.

You will be interested in this important point as set forth in our free booklet.

Overcome Timidity and Fear

One of the important things that a knowledge of words—a mastery of speech—brings to you is a total freedom from humiliating embarrassment and self-consciousness.

Men and women who are able to express themselves freely and fluently—who know what to say and how to say it—under all circumstances—never fall victims to the distressing influences of timidity and fear.

The ability to talk or write *clearly, readily and easily* at all times and under all conditions, produces a *poise and power* that can be obtained in no other way.

That quaking nervousness—that chilling fear—that overcomes most people when meeting strangers, when called upon to make a speech, or when they find themselves in any unusual position, is due almost entirely to the fact that they lack the power of self-expression. They do not know what to say or how to say it.

Why suffer in this way? Get our free book and learn how to get rid of this embarrassing difficulty.

Success Depends on Words

We are all salesmen—every mother's son of us.

Some of us are selling merchandise. Some are selling services. Some are selling only themselves. But every one of us is trying to sell something to somebody. In other words, we are trying to convince somebody of something. We are trying to get others to do what we want them to do. We are trying to get them to say "Yes" instead of "No." And we must do it with *words*.

So you see, we all need a knowledge of the right use of words, because we all want to become better salesmen, no matter what we are selling.

The only way we can sell is by talking or writing. Therefore, our success depends upon our knowledge of what words to use and how to use them.

Get this important knowledge and get it now.

What Right Words Will Do For You

Our free booklet—*The Secret of Making People Say "Yes"*—points out the quickest and easiest way for you to learn to express your-

self with the forceful effectiveness that persuades people to *do what you want them to do*.

It shows you how to gain a command of powerful English that enables you to get a good—or a better position

- secure an increase in salary
- successfully handle important business deals
- make bigger sales and more of them
- explain embarrassing mistakes
- collect money
- write letters that win
- secure financial and other accommodations
- attract worth-while friends
- win the admiration of those you care for.

A knowledge of the skillful use of words *doubles* your powers of accomplishment by *doubling* your ability to influence others. It gives you the *power to persuade*, which is the real secret of success.

Get this free book at once. It is the key to effective speech.

Do Not Delay

Send for this free book now. Do not put it off. Only 10,000 copies are now being distributed. They are sent to any one who asks for them—without cost or obligation of any kind. They will not last long. So, if you want one, be prompt.

You cannot possibly judge in advance of seeing it what this little book can do for you, but

—by showing you how to get the maximum results from the right use of words—by showing you how you can easily acquire the word power to attract, interest and convince others;

—by showing you just how to please people and persuade them to say "Yes" instead of "No," it will convince you, beyond a shadow of doubt, that you took a wise step in sending for it, and that it is the most fascinating and valuable little book of information you ever got for the asking.

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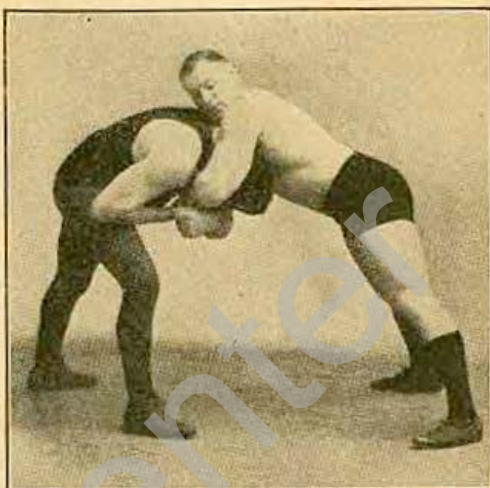
The Russian Lion has written a complete wrestling course which you can obtain for the ridiculously cheap price of \$2.00 postpaid.

"Hack" as well as being one of the best wrestlers of all time was and is one of the outstanding strong men of the world.

He can show you how to use your strength in wrestling and how *wrestling will help you to gain more strength than you ever had before.*

This book is by a man who knows. He was world's champion in both the Graeco-Roman and in the "Catch-as-Catch-Can" style of wrestling.

He is an *authority* on every phase of body building and he knows how to teach from the practical experience that he has gained.



Double Chancery Hold

The Complete Science of Wrestling

by the master-wrestler. The name of the book coupled with the name of the author is a full explanation of the book's contents.

"Hack" wanted to write a book that would enable the veriest novice to begin at the beginning and work up to a full knowledge of the game. He wanted to include in his book *complete information* which would be of the greatest value to experienced wrestlers as well as to beginners.

He has covered the ground thoroughly, starting with methods of cultivating the "Physical Realities" necessary to make you a successful wrestler.

After he begins on actual wrestling you will recognize the grasp of a master hand, holds and counters and given in such complete detail that you cannot fail to grasp

not only the details but also the theory of wrestling.

You will know the *best methods* used by the *best wrestlers*; the *secrets of champions*; the *proper moves* to make and the *proper moment* to use them.

Many wrestling courses give you details and only very few give you a working knowledge of wrestling. No one can teach wrestling unless they know how to wrestle and no one can teach wrestling simply because they know how to wrestle.

You must have ability to make the other fellow understand and you must know what you want him to understand. Of Hackenschmidt's ability to meet both these qualifications there can be no doubt.

The sixty-five illustrations, all poses by Hackenschmidt and his partner, are a course in wrestling in themselves.

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No appliances are employed; the exercises are all within the easy compass of every girl and woman *even up to the age of over seventy*—however unused to exercise—and can be readily learnt from the book.

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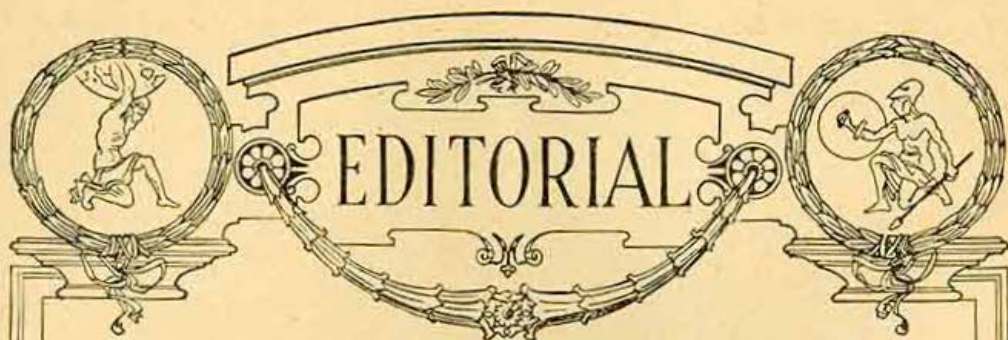
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Health Promotion Bureau

Room 402, 500 Fifth Avenue

New York, N. Y.



The Growth of Compulsory Athletics

THE complete education of the ancient Persian youth consisted in "Learning to ride, to shoot, and to tell the truth."

The school hours of an ancient Greek youth were equally divided between mental and physical education. Result, the most beautiful and intellectual race in history.

Under the Roman Republic every citizen was trained to bear arms. The main object was to create soldiers to defend the state. The physical training was merely incidental. But you must consider that most of the army were foot-soldiers, and that twenty-four miles in eight hours, in full equipment, was the accepted day's march.

In the middle ages, under the Feudal system, every grown-man was a soldier and an athlete. Book-learning was a monopoly of the clergy. Every one else, from King to lowest peasant, had to be prepared to fight for country, hearth and home. Force of arms was the one thing that enabled a man to keep his head on his shoulders. Felix Oswald says that "A company of foot-soldiers in the middle ages could produce more great athletes than an army of today."

The Introduction of Gun Powder

must have made for a marked decrease in the necessity for manly exercises. A skilful marksman became more valuable than the strongest man-at-arms. "The invention of the pistol made all men equal in size." Nevertheless, military necessity has always meant compulsory exercise for the young men of most European nations. Up to 1914 the young city clerk, as well as the farmer boy, had to put in his three years with the colors. That meant endless hours of drilling and marching; it gave the young men military knowledge and it hardened them physically.

Games the Salvation of England

IN the British Isles there was no compulsory universal military service, but the physique of the nation was kept up by its passion for games and athletics. Wellington said that the battle of Waterloo was won on the playing fields of English schools; a great

tribute to the physical powers and strength of character developed by competitive games.

Open air exercise is, and always has been, a passion with the English upper classes. It is said that men and women of the English leisure classes are, on the average, much taller and heavier than the members of the working classes.

Compulsory Exercise Almost a Necessity

TIMES change and we must change with them. When farmers reaped their own grain, labourers dug ditches and cellars, and hod-carriers carried hundred-weights of brick up ladders, no one would have been so rash as to recommend exercises to those classes of men. But in these days of mechanical reapers, steam shovels and elevators, it has become a matter of pulling levers and pushing buttons. A generation ago most children walked to school and practically all mechanics and factory workers walked to their jobs.

Now time is so valuable that everyone rides if possible. Country schools send busses to collect the pupils and Henry has made it possible for many mechanics to ride to work in their own cars.

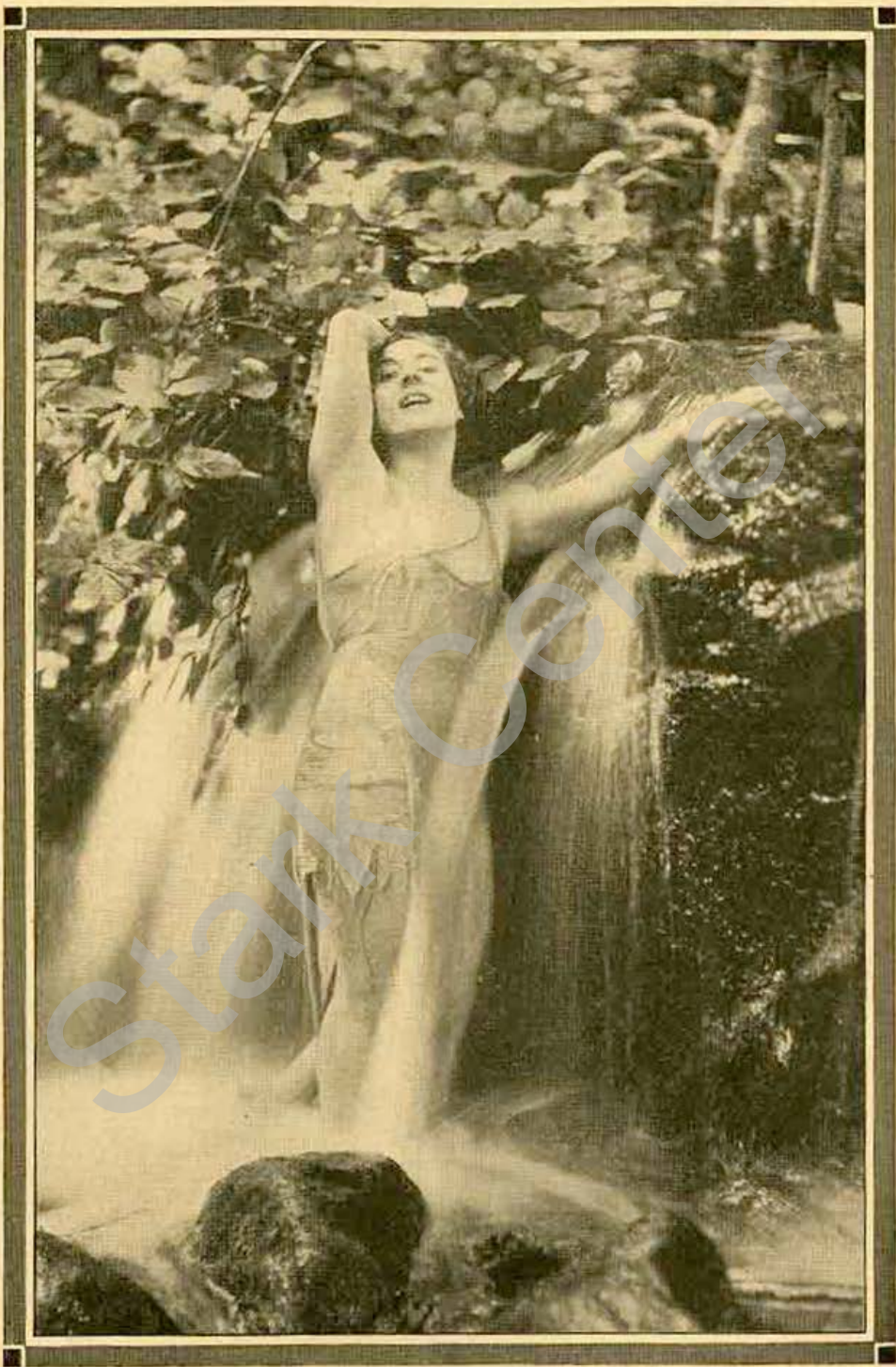
Factories Following the Lead of Schools

YOU all know what the schools have done. From a toleration of intercollegiate games as a bothersome interruption to studies, college and private-school heads have arrived at the point where they *command* every student to get at least one hour a day of physical exercise. Not only the team candidates, but every one. Public schools have increased the number of recess periods, introduced physical drills and thrown open the school yards as neighborhood playgrounds.

All because it is now fully recognized that physical health is as important as mental attainments to the future citizen. And exercise promotes health.

We have heard that some enlightened factory owners have instituted exercise and relaxation periods to break the hours of monotonous work. It has been found that the *recreated* physical energy more than makes up for the time lost. On top of that the dictum is that after you have trained an operative, it pays to keep him in health and working order.

We have become familiar with factory rest rooms, playgrounds and hospitals, but stopping work for exercise! Think of it! No longer will we be able to jeer at the English for stopping work and business for afternoon tea.



Sonia Serova—Nature Dancer

Michael C. Murphy

"Mike" Murphy lived on his nerves and trained men to run on their nerves. He believed in giving everything you have in any contest that you might be engaged in.

A comment he is supposed to have made to a defeated crew illustrates this: "When a Yale crew is beaten, no one sits up in the boat and gives three cheers for dear old Yale. They can't."

By Walter Camp

MICHAEL C. MURPHY, undoubtedly, made the initial steps in the development of the science of athletic training, and became the most famous man in that line of any of those who took up the problem of handling track athletes, as well as the men who went in for other college athletic sports. When the writer, soon after graduation, was in the medical school at Yale University, he engaged "Mike" Murphy at what then seemed to be a magnificent salary of \$1200 a year, to handle the athletes in college. His work was eminently successful and it was largely due, at that time when athletic work was in its infancy, to his phenomenal judgment of human nature.

But Mike did more than his job.

He worked outside and acquired practical knowledge of how to handle the injuries of athletes, but preeminently he had in his disposition a love of the psychological factor, and that was the keynote to his great success. He knew exactly what to say to a man to bring out his best efforts and to put him in condition to show his best when the time of

trial came. He had no single method but handled each man according to that man's own psychological factor. Quiet and unassuming, he had an incisive speech that could cut and lash when the time was necessary, could soothe when soothing was essential, and could stimulate when the whip was needed. Behind



Michael C. Murphy.

all this was a deep affection for boys and a sympathy in all their troubles which made him a consultant, not along the lines of athletic work only, but of the human problems which beset boys at the college age. Mike was never robust. The physique and constitution which he possessed had its limitations and the nerve strain of constant excitement, which comes to men who are en-

gaged in fitting other men for contests, was a continued drain upon him. Nevertheless he always kept up his spirits and no one would have dreamed of any of the struggles which Mike went through to keep from breaking down. He went to the University of Pennsylvania on a brief sojourn, thinking that the climate

(Continued on page 62)



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Dance and Be Shapely

If you are undeveloped, awkward, thin, fat, or ungainly, you can acquire shapeliness by practicing fancy dancing; a shapeliness that will be the result of developing practically every muscle in the body. And, on top of that, as you gain shapeliness, you gain in health, in strength, in agility and endurance at the same time.

If you wish to retain the "shape" of a kid of twenty, when you reach the age of forty, take up fancy dancing. It is a delightful form of exercise and a very entertaining pastime.

By Alan Calvert

WE Americans love dancing. Our vaudeville programs prove that. A big dancing number will be given the most prominent place on the bill; and sprinkled thru the evening you have a number of song and dance teams or "turns," where dancing is introduced to liven up the act. But along about quarter of eleven, when the curtain goes up and shows a couple of gymnasts ready to perform elaborate evolutions on the horizontal bars or trapeze, the audience groans, reaches for its hats and departs.

Dancing and gymnastics are both in a sense athletic, and yet theatre managers employ one to attract people into the show and the other to drive them out. It proves, as I have often said, that people like athletics that involve the use of the legs and merely tolerate athletics where the arms do the work. An afternoon of intercollegiate running races will draw thousands of people; an intercollegiate gymnastic meet will be attended by a few dozen spectators.

Speed, agility, lightness of movement and gracefulness, always command admiration, and these are prime requisites of the more difficult forms of dancing.

If we are to judge by the applause, then the more athletic the dancing the better the audi-



© Ledger Photo Service

Petite Adelaide, one of the most famous American dancers, in an effective pose with her partner.

ence likes it. Watch any good dancing turn and note how the performer works up from simple to complicated steps and evolutions. Mark the volleys of applause when the dancer pulls off the really difficult movements at the end of the dance. It may be only a clog dancer, but as the tempo is advanced, and he finishes up in a series of steps that sound like the rattle of a machine gun, "he gets his hand." That is speed, and the audience likes it. Or it may be a pair of acrobatic dancers, and if they finish off with some "low-leg stuff," or difficult cut-offs, the audience calls them out again and again.

In fact, we *like* all kinds of dancing, but we *love* dancing with real action in it. If a group of costumed players move thru the measures of a stately minuet, the feminine portion of the

audience murmurs that it is perfectly sweet; but when a pair of husky colored "buck and wing" dancers get right down to business, we all of us, men and women, whoop it up until the building shakes. And if a half-dozen shapely young girls come out and, with a fascinating rhythm, precision and abandon, do an elaborate step dance, we stop the show until they do it again.

America has its own school, or style of dancing which, apparently is a reflection of our popular taste and preference.

Our style of dancing was, in its way, just as national and distinctive as our syncopated music. Along our own lines we have developed wonderful dancers; artists of the very first rank. Like Bert Williams, for example, who was not only a marvelous dancer, but an interpretative artist of the highest degree. Or



Grace is controlled strength. The pose of the lady on the right is easy—for her. Try it and you will find it a feat of advanced athletics.

© Underwood & Underwood

like the Dixon and Doyle team, whose dancing is not only technically perfect, but actually tells its own story.

The growth in popularity of our own method of stage dancing was coincident with a steady decline in the popularity of the old school of French and Italian ballet.

We grew tired of the lines of umbrella-skirted girls, eternally bowing and prancing and kicking, while the Premiere Ballerina tiptoed and pirouetted her way down the centre of the stage. We admitted its excellence and politely applauded the artists, but we did not stand in line to buy tickets.

When the Russian dancers arrived their success was instantaneous. Here was something we understood. Brilliant individual work by great artists; dances that meant something to us, and an escape from the conventional steps and toe dancing of the Italian School to a more vigorous and unconventional style of dancing.

THE PHYSIQUE OF DANCERS

One of the great reasons for the popularity of the Russian ballet was the remarkable physical beauty of its star performers. I mean beauty of *form* rather than beauty of face. These dancers had wonderfully-made bodies with remarkably fine lines, and their costumes at once revealed and emphasized



© Ledger Photo Service

Pavlova, whose wonderful dancing aroused the enthusiasm of two continents.

their statuesque development.

When we go to an operatic performance we expect to hear not only fine singing, but also beautiful voices. An artist might have the most thorough knowledge of the art of singing, but if his voice was harsh or unmelodic the result would be displeasing.

In dancing the same rule holds. The artist must have more than the mere knowledge of the steps. He must have the shape. I deliberately say *shape*, in-

stead of physique, because shape implies condition, and physique does not.

To explain: A hammer thrower, when twenty years old, is magnificently built, and in addition is very shapely. At forty, thru lack of exercise, he has accumulated flesh around the waist

line, and weighs maybe thirty pounds more than he did when twenty. He still has his big shoulders and chest, his powerful arms and legs. He retains his physique, but he has lost his "shape." The funny thing is, that owing to his increased bodily weight, he is apt to throw the hammer further when forty than he could when twenty.

breath. In ballroom dancing you may occasionally trot, but you never spring, and you rarely raise the knee more than a couple of inches above its normal position.

WHEN IS A PERSON SHAPELY?

A man or woman is shapely only when

the general outlines of the whole body are pleasing in appearance. Some enthusiasts in gymnastics erroneously think that a pronounced development of the arms and shoulders is the sole requisite for what they call "a good build." The shape and proportionate size of the chest, waist, hips and thighs are the real factors in creating shapeliness, or the lack of it.

Occasionally you see a trapeze performer with enormous arm and shoulder muscles, big slabs of muscle on the upper chest and back, narrow hips and very slender legs. You may exclaim at his biceps development, but you never consider him shapely.

Broad shoulders may make a man impressive in street clothes but unless his waist, hips and legs are in proportion to his shoulders, he will not be shapely. Some fat men have very broad shoulders, and still resemble a bag-pudding in general outline.

And, as for a woman, how often do you consider her shoulder breadth in appraising her figure? No! the effect of shapeli-



Mikail Mordkin. A dancer of unparalleled agility. His "Indian dance" required tremendous strength.

ness is created by the shape of the limbs and body from the ribs down.

Take, for example, the figure of M. Nijinsky on this page. Here is one of the most celebrated of men dancers. At the same time he is one of the best built men there is on the stage or anywhere else. His chest is broad and deep, his waist is lithe and trim, his hips are broad. As for his legs, they are unbeatable. This photograph does not do justice to the development of his lower limbs, but it does show the general outlines of his body. And please notice that his arms are neither big nor very muscular. But people exclaim over his shapeliness and marvel at his strength, his agility and endurance. Now look at the lady at the right of the group on page 20. Her arms are rounded, but not at all large. Their slenderness does not alter the fact that she has a rarely beautiful figure.

Here are the physical characteristics of the great dancer. A full, round chest, tapering to a trim waist, well rounded hips (but never *fleshy* hips), powerful thighs, calves of marked development, strong ankles and unusually well modeled feet.

When we speak of a person's body having fine lines we usually mean *tapering* lines. All of a dancer's bodily lines are essentially tapering. The chest and hips *taper* to the waist. The legs are tapering. There is no undue prominence of any one set of muscles or of any particular part of the body.

WHY FANCY DANCING MAKES ONE SHAPELY

Put your hand at the right side of your waist and raise your right leg out sideways. Do you feel the side muscles



© Ledger Photo Service

Nijinsky, of whom one critic said, "He is supremely shapely," and another, "he has the finest pair of legs in the world."

tensing? Sure you do. Now put the hand on the small of the back and raise the right leg as high as you can *backwards*. You will immediately feel the muscles on the right side of the lower spine tensing. Put the hand at the front of the waist and raise your right leg straight out in front of you. This time the muscles along the right side of the abdomen will be tensed.

There you are. In fancy dancing the muscles of the thighs, the hips, and the

waist work in groups. You can't do a high kick to the front without involving a vigorous contraction of the muscles of the front of the thigh and the muscles of the abdomen.

You can't raise the leg to the side (like the lady on page 20) without vigorously using the side muscles.

You can't spring upwards or forwards without a vigorous contraction of the muscles of the back-thigh, the buttocks and the small of the back.

So, every time you spring or kick you are using not only the legs, but all the muscles that sheathe the waist.

A muscle that is used constantly will never accumulate fat, and as the dancer's waist muscles are brought into action with ever high leg movement, and also kept busy in all balancing and bending the body, it is no wonder that all first-class dancers have such beautiful bodies.



© Ledger Photo Service

Fokina. Another of the great Russian dancers.

If you wish to reduce your waist line, why not practice a few fancy dancing steps? It is really a very effective method, and much more interesting than the usual "lie-down-on-the-floor-and-raise-your-legs" stunt.

You never see a fat dancer. They may be plump, but fat, never!

A very fat person is mirth-provoking the minute he or she gets into a bathing suit, but a fat dancer is the limit.

Ask a very stout man to do a high-kick. When he tries you won't be able to keep your face straight. The poor chap can't kick as high as his waist. Ask a very stout lady to balance on one leg and hold the other leg straight out to the side. Or, rather, *don't* ask her if you want to keep her friendship.

While dancing reduces a big waist-line, it does not make the waist very slender. Women dancers do not have "hour glass" waists. Examine the pictures of the very beautiful and celebrated ladies on these pages, and you will notice that, like the Venus de Milo, their waists, tho supremely shapely, are *not* small.

The object of the modern corset is to "shape" the waist, but a corset is a positive hindrance to a fancy dancer—for it interferes with the free action of the muscles. Besides, the dancer does not need it. No artificial outline could possibly improve on the already perfect lines of her figure.

Just the same way, no man who has done much fancy-dancing, has to "belt himself in" in order to preserve his youthful figure.

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Football As a Body Builder

By Rev. B. H. B. Lange

Formerly Physical Director of Notre Dame University, and Now the Director, Dept. of Physical Education, at St. Edward's College, Austin, Texas

It is not difficult to recognize the man that plays football. Years later his bearing, his carriage and his confidence proclaim the heritage that is his because of football. There is no other sport that will give such visible and lasting results.

In this the second part of a two-part article on the physical effects and requirements for playing football the Rev. B. H. B. Lange takes up the ends, quarter-backs, half-backs and full-backs. In the October issue he dealt with the tackles, guards and centers.

THE ends! Here is an opportunity for a boy to develop speed. The game as played now requires speed of an end more than almost any other qualification. Why? Simply because an end *must* be able to get away from, loose from, clear from his opponent on offense, otherwise where will he be in case of a pass, especially a long pass? Where will he be when his punter kicks? And on defense, where will he be when the other side passes or kicks? Where will he be if the opposing back plays wide around his end? Speed, speed, speed! That is the thing for a good end. But that is not all. Just to be able to run fast is not enough. He must be able to do this, not just once or twice or three times, but many

times those numbers. That means endurance, grit and "never say die" spirit. He must, therefore, have strength, lots of it; he need not be a big lad, though if his bigness is strength then he has a decided advantage. He must also be able to leave his feet; that is, to dive at

a man in tackling and to go into the air for a pass. Consequently it will be seen that much is required of the boy for this position, much is asked of his physical make-up and much in return is given to the boy and to his physical make-up if he practices and does as his coach tells him. On defense, as well as on offense, an end crouches down somewhat like the sprinter on the mark. He leaves the ground with a bullet-like impetus; this corresponds to the procedure that the sprinter em-



George Gipp, 1918, '19, '20. Notre Dame Varsity. All-American '20 Half Back. Tall, medium weight.

loys in starting, in practicing starts and this very continual springing from a crouching position and pushing oneself forward throws a terrific strain upon the muscles of the feet, the calves, the thighs and the buttocks. The sprint down the field under kicks and punts and the attending and necessary swinging motion of the arms, calls into vigorous play the side muscles and the shoulder and front chest muscles and, to quite a degree, also the latissimus or back chest muscles. The repeated reaching up to grab forward passes also develops the deltoid-shoulder muscles, the triceps muscles and the extensor or outside muscles of the forearm. Tackling and holding the man carrying the ball develops the biceps muscles of the arm, as well as the trapezius or back and base of the neck muscles. The other neck muscles are developed by the constant turning and twisting of the head. There



"Eddie" Anderson. Notre Dame Varsity, 1918, '19, '20. Captain—1921. The ideal medium weight end.



"Joe" Brandý, Varsity 1917, '19, '20. Light, fast type.

is this to say, relative to the position of end, the boy with ambitions to star at end must always remember that he must be *continually* wide awake. He must *never* shirk work or let up, otherwise he may be called "yellow." It is no place for one the least bit lazy or the least bit non-courageous. He must stop, or at least try with all his strength, to stop the biggest man the opposing side hurls at his position—that is why he is an end. Get in there! Break up those plays! Get the man with the ball! Grab an armful of legs, but get 'em!

So much for the men on the line; now the back-field. The first man to consider is the quarter-back. Briefly, his duties are to run the team. He is the field-marshal. What he says goes. He *must* have a good head, that is, *good* judgment and *decisive* judgment. He must think *quickly* and *surely*. He issues the commands, he either does the forward passing or helps to receive them or tells another to do it. He must have

every play at his finger tips to use instantly if needed. To do all this means, what? To do all this *expertly* means just what? He must have a good physique—a build that is so developed that there is perfect co-ordination, harmony between mind and body. There are many boys, many youths who have fairly good quick-thinking minds but they cannot, could not be quarter-backs, because they have not the physical structure to go with the headwork. A boy need not be large for this position. To begin with he need have but the will to do or die, so to speak. With this to start him on his course the practice will do the rest. As practically everyone knows the quarter-back plays far back when on defense. This means that he is playing safe, he is put there to watch for kicks and to get the opposing runner should he get through or around the line or end, or past the backs; he must, in other words, guard the goal. This means that he *must* be able to run, and the speedier he is the better. He must be able to



"Gus" Desch, Notre Dame Varsity, 1921, '22. Medium height, very fast running type. Medium weight.



Paul Castner, Notre Dame Varsity, 1921, '22. Half-Back. Tall, heavy, fast type.

tackle surely, that is, bring down and hold his man. These varied *duties* call into action what muscles? The leg muscles are used extensively, that is obvious; his running will explain that, though it is chiefly the back of the calf muscles and the front thigh muscles that are most exerted. His side muscles are developed and also his abdominal muscles—constant practice in catching punts will bring about this development—as will also the incessant running backward and forward, this way and that. His arms, shoulders and neck, all around, are greatly developed by virtue of the constant and oft repeated looking up and reaching up toward and after kicks or punts. And his lungs and the muscles of the diaphragm are greatly developed through always shouting the signals. And of a certainty his hands, especially the fingers, are much strengthened and developed because of repeatedly making sure of safely catching the ball. This position does not tend to



"Pete" Smith, Varsity, 1921, '22. Wiry, fast, peppy Quarter Back. Medium weight.

develop a boy into a large man. It tends toward the slenderly built, wiry, agile type of young man instead. It is the position for the boy whose natural inherited physique would be slender, but it will build up and greatly strengthen and temper the slenderest of physiques.

The half-backs—the ambition of the great majority of boys—to be a star half-back! As was stated in the beginning of this article there are two half-backs, a right and a left. The duties of the half-back are to advance the ball. True the quarter-back, the ends, the full-back, even the tackles, sometimes, are used for this purpose, but the half-back carries the ball oftener than any other man on the team. His chief duty is to carry or advance the ball for great distances, for longer gains, therefore he must develop speed, dodging ability and strength. He must be able to shake off tackles, to tear himself free from their grasp. When one of the half-backs is

carrying the ball the other must help him; that is, he must run in front or at one side of him to act as a guard, to give or run interference, as it is called, to knock or put out of the play the threatening tackler of the opposing team. Half-backs are used on the majority of teams to do the forward passing, and while one does the passing, often the other has dashed through the opponents' line, ready to receive the pass. All these various activities call into play numerous muscles. The running of a half-back is not of the straight down the field sort, as is found in the case of the end going down under punts or for long passes. The half-back's running is a series of quick spurts, wiggles, dodges, abrupt turns and whirling twists. These diverse and varied movements have a very decided effect on the muscles of the legs, upon every muscle in the legs, front thigh, back thigh, and side thigh muscles. The muscles and ligaments of the ankle region are greatly used, developed and strengthened. The muscles of the foot



"Roge" Kiley, 1919, '20, '21. Left End, Notre Dame Varsity. The ideal type of a heavier end.



"Johnnie" Mohardt, Notre Dame Varsity, 1920, '21.
Short, stocky, dodging type. Half Back.

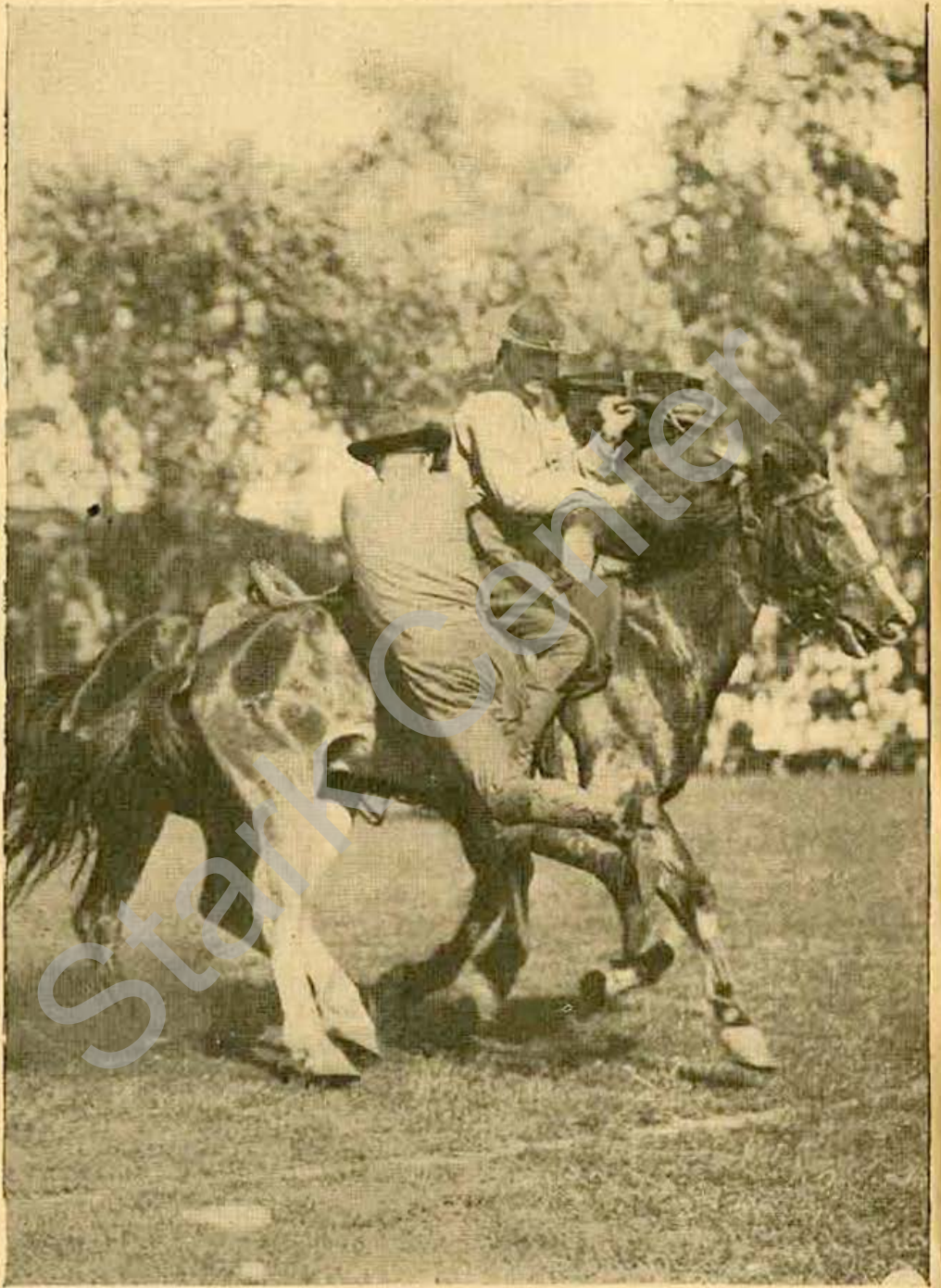
and its ligaments are beautifully and thoroughly developed. The muscles of the buttocks come in for their share of development because of the many twists and turns and rushes. All this twisting and turning and dodging and bumping call for vigorous contracting and relaxing of the muscles in the abdominal and side regions. The stomach muscles and the muscles over the kidneys receive a very strenuous workout and are consequently greatly developed. The muscles of the shoulders and arms and chest are not as greatly taxed as in the case of the youth playing a line position but they *are* employed enough to develop them well, because all the above mentioned activities call into play the muscles of the chest, arms and shoulders. In case where a half-back is used to back up the line, on defense, his shoulders and arms and chest are required to do still more and different work and, therefore, this new addition still further develops those muscles. His neck muscles receive their share of work and development

from holding the head up while in a crouching posture and from constant turning and twisting. As was the case with the quarter-back's, so also with the half-back's development. The boy and young man specializing in the half-back position will not develop into a heavy-limbed man. He will rather grow into a well-built, wiry, slender type of physique. The half-backs that are tall, that is six-footers, are rather rare, I mean outstanding good ones. The late George Gipp, Notre Dame's All-American half-back, was one of the extremely few six-footers who starred in that position. His ability was uncanny, "super-human," as all sport writers called it. Jim Thorpe, the greatest all-around athlete in the history of athletics, is another example of the large type of half-back, but he too, as is well known, was in a class by himself. There are few others, but the very great majority of half-backs average five foot eight inches in height

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"Chet" Wynne, Notre Dame Varsity, 1919, '20, '21.
Full Back. Tall, rangy, fast, medium weight type.
Open field runner.



This requires a supple body, active eye and mind.



Lieut.-Col. Frank E. Hyatt.

The Making of Real Men

By Lieut.-Colonel Frank E. Hyatt

Lieut.-Colonel Frank E. Hyatt is a patron of athletics, noted horseman and vice-president of Pennsylvania Military College.

PLEASURE that is purchased and artificial is helping to kill American sports.

When any boy and young man reaches the stage where he has to buy his entertainment he is hurting himself—is limiting his vision, blunting his imagination and stifling his soul.

Entirely too many of our boys and young men of today are spending their time mooning at the pseudo out-of-doors displayed afternoons and evenings on the motion-picture screen. Hundreds of thousands of them each day cramp their lungs in these motion-picture houses when they should be out in the real out-of-doors, participating in red-blooded sports that harden flabby muscles, calm

jaded city nerves, and give stamina to depleted bodies and build courage.

In other words, the American youth *must* give the great American out-of-doors a real chance at his body, his mind and his soul.

We, here in America, do not need to turn to the ancient Greeks as examples of fine physical prowess. It is only necessary to study and emulate the natives of this country—the American Indians. Our Indians, before they were sent into decay by the whites, were undoubtedly the finest race of athletes the world has ever known. They produced expert wrestlers, were incomparable as long distance runners and could throw their knives and axes with uncanny accuracy,

They were quick thinkers, superbly inured to hardships and possessed enormous resistance to disease.

From the very moment the Indian emerged from the papoose state he was trained in physical development. Thinly clad, he could withstand all kinds of weather and all manner of climate. His muscles were of steel, he was cool in the face of death and his mind was keen at all times.

It is not my wish to appear poetic in this respect; I am merely speaking of the Indian in an abstract way, as a sort of peak of development among the races. And the American youth of today needs some of the physical attributes of the original American Indian, needs some of his courage and alertness of mind; and if we could bring this about we would have a snappier nation.

The only way we can bring this about is to chase the American boy out-of-doors and *keep* him there. It will perhaps surprise many to know that most

of our American boys are indoor boys—boys who prefer to stick around to the house, the streets of the city. Thousands of them get the girl-calling habit entirely too young. Instead of wasting their time discussing silly nothings with girls, they should be participating in good, clean sports and thereby laying the proper foundation for the life struggle. They will have plenty of time later on to do their courting.

Unhesitatingly I advocate physical development for the boy where many parents and those who control the lives of our boys stand adamant for mental training without the physical.

It is necessary, a magnificent aid to the mental training. In reality long experience has proved conclusively to me that the boy who has the right kind of bodily training and plenty of fresh air is a far better student. He may not pore over his books as much, nor appear as studious, but there is a very definite reason—his mind grasps much more



If riding in the park is too tame, try this.



These boys soon learn to be alert and quick thinkers.

rapidly and it is not as necessary for him to "grind" in order to learn things. In plain words, the boy with the body that is brimming with vitality, health and life, finds his brain responding to his studies much faster than the one with a sluggish body. The same thing applies to men. I have had unlimited opportunity to observe from the standpoint of an officer, an educator and many years of mighty close contact with sports and athletics of all kinds.

Many will ask, what is the answer? How can we achieve real results? Easily enough. If the fathers of boys would take a wholesome interest in the interests of their sons, that would be fifty per cent of the battle. For the rest: We must have more football teams, more baseball teams, more swimming, more boxing and wrestling, more of everything that means better bodies and through them better minds.

It should be considered a disgrace for a normal boy not to know how to swim, box and wrestle. There is absolutely no need for him to devote time to these

things that should be devoted to other things. The time he spends at the motion-picture house or idling at the corner or visiting some girl because "it is the thing to do" would suffice amply for his sports.

Compared to the money that is actually spent, would it be any great expense for every community to have a good sized swimming pool with a capable instructor? Hardly, and when we consider the real benefits for our sons would it not be of enormous value to us to have community boxing and wrestling instructors and efficient coaches in the major sports such as football, baseball and basketball? In view of the fact that we are gradually accepting gymnasiums and coaches and physical departments in our schools, why not take one big step and make the thing general for every community?

It is certainly my belief that sports afford the very best medium for assimilating the vast conglomeration of foreign population in our midst. Just now we need a bit of sand-papering in this strangely assorted hundred million per-

sons if we are going to get the right sort of polish for decent and efficient citizenship. We cannot do much with the older folk, but with the proper application of sports we can take the young in hand and polish them most effectively.

Many will protest and declare that we already have our playground and recreation centers; but close students of American sports and our youth know that the surface has hardly been scraped. The missionary work that has been done is comparatively small—we need proper impetus for the work and we need it badly. We need public-spirited men—fathers who are interested in all boys through their own sons and others of us who are interested in the nation or in boys for their own sake—to take the matter in hand and enlarge the work that is already started. A few of us can do a great deal even though we are in small groups. We can establish sports centers in the thousands of communities that are now a minus quantity in the matter of sports.

Of course, appropriations of money are necessary to finance the work—to buy sites for baseball diamonds and gridirons, to buy equipment and pay proper

salaries to good coaches and instructors, but even without big appropriations we can achieve a great deal by some common sense directing of the boys we know who will rally to us and take our advice. Strange, but true, when a youngster finds you are really interested and enthusiastic it becomes very easy to direct him and give him the benefit of the things you have been taught or learned through experience. I recall a very noted football coach telling me of the method by which he got remarkable results. He makes every man on the squad believe that he hopes and expects to make a brilliant individual star of that man. Consequently, each man believes that when any instructions are being given they are intended mainly for him.

Outside of this personal aid on our own part, however, had it never struck you as most strange that municipalities can appropriate millions to build public buildings and boulevards, but can find comparatively little money with which to build good bodies for our boys and girls, too, for that matter?

As a patron of athletics of many years' standing, and one whose association with athletics and sports of all kinds has been



Football. No quitter can stand this.



The true horseman learns to think for himself and his horse and also develops a sense of command.

of a most intimate nature, I have had ample opportunity to see what proper sports will do for the boy. There are those who fear the results of football and basketball and even baseball. In my association with boys and men at Pennsylvania Military College and elsewhere, I have seen these games speed up sluggish individuals in a most surprising manner. I want to say a word for football. The whole idea of the game is to fight for a definite goal. Think of what that does for a boy. In addition it also instills in him the idea of obeying orders, and, finally, it gives him an inkling of leadership. Instead of frowning on this game we should have more of it, and many parents never stop to think of the fact that the science and action of baseball are conducive to quick thinking and the ability to snap into action immediately. The same thing for basketball. Now for boxing—a real sport and one

sadly neglected. It is safe to say that not more than one man in a hundred really knows how to defend himself with the weapons nature has given him. I think there is more to be said in favor of boxing than even its admirers usually accord it. Perhaps this is due to the fact that so many people confuse the actual sport of boxing with the professional fighter, which is all wrong.

Leaving out of discussion the sheer fun that is to be found in boxing, the means of an outlet for the animal spirit that we all have in some measure, and also forgetting the speed of eye and muscle that it brings, it has one other enormous value. It teaches self-control better, I think, than any other one thing.

I wish it were possible to bring horsemanship to every American boy. In England they teach boys to ride almost as soon as they can walk. I wish we

(Continued on page 60)

The Most Dangerous Thing in the World

By Bertha Hasbrook

Antidotes for Fear

Stand with your chin up, chest forward, shoulders squared, and *pretend* you aren't afraid. Pretty soon you'll find you're as brave as you look!

Drag your fears into the broad daylight and look them in the face. The most of them aren't there at all. Common sense and reason will turn them into shadows that flee before you.

Look at your alarms through the other end of the magnifying-glass.

Build a Castle in Spain. Don't loaf and waste time day-dreaming in it, but flee to it in time of trouble.

Live a day at a time. Tomorrow never comes.

Remember that the world and life are, after all, friendly to you and they want you to have a good time.

Be a sport.

THERE'S only one thing in the world to be really afraid of. That's fear.

Of course, like other unpleasant things, such as boiled cabbage and red flannel underwear, it has its uses. It wasn't put into this world for nothing. The psychologists can get away with whole chapters in telling you how it has aided in the evolution of mankind, in the survival of the fittest. Those species that knew enough to be afraid were the ones that got away safely when the enemy pounced from the bushes. It's a very good thing to cherish a wholesome respect for the bread knife that you've just had sharpened and the electric heating pad with a tendency to short circuit after you've got it comfortably applied to Johnny's tummy-ache. Such fears as these are no more than a wise word of warning that yourself whispers to yourself. Caution, within normal limits, is one of the factors that contribute to long and successful living. But the dangerous sort of fear is another matter.

The Fear I'm talking about is the one that comes right in and sits down in the rocking chair with you. It has come to

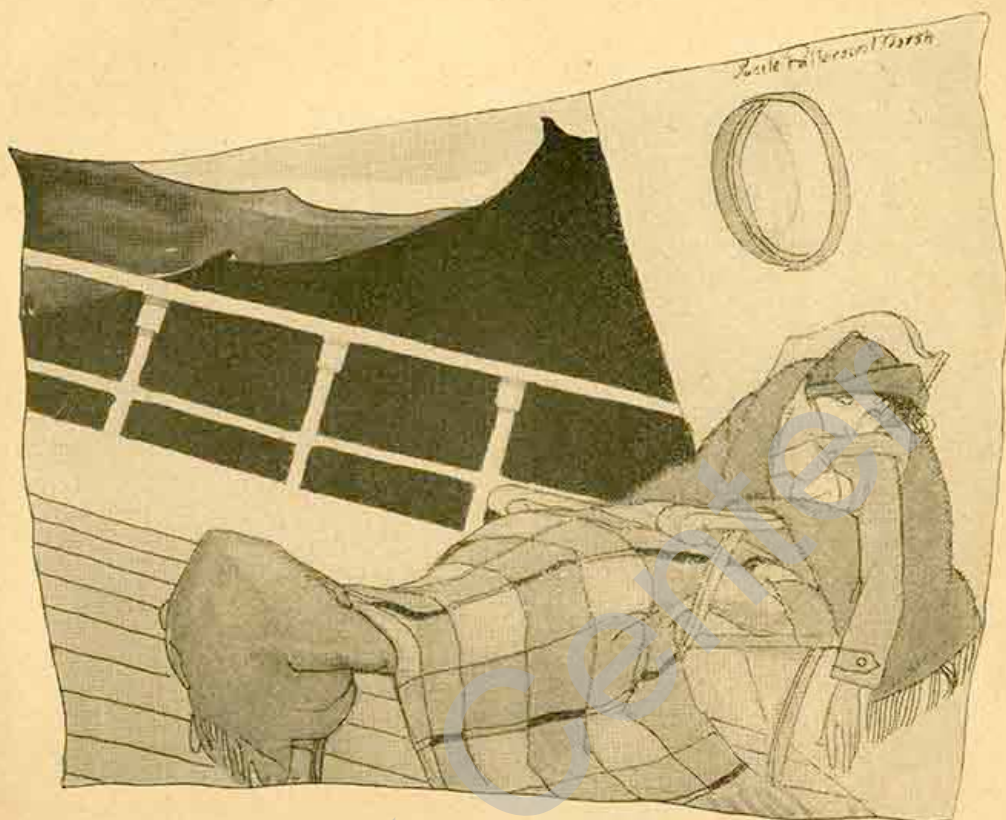
stay. It doesn't intend to leave, day or night. It says, "Now, here we are, together and all by ourselves. Let's talk it over. Let's think of all the terrible things that could happen. Why, if John *should* lose his position (the firm is letting out so many employees) we'd be absolutely stranded! No income but his salary! And the price of eggs and school books both going up! We should be on the town!"

The Fear rocks away in happy misery for awhile, then tries another tack.

"Dear me, what if darling little Betty *should* get measles? They say the disease is going around. I've heard of children who were left blind and deaf, haven't you? Of course, she's as sturdy as a little round rosy apple, but then—dear me!"

The Fear heaves a long, mournful, enjoyable sigh; then, prompted by some devil incarnate, it tries even this:

"Suppose John *should* take a fancy to that new stenographer of his! She's a fluffy blonde, and he always had an admiration for fluffy blondes, and I'm so dark! Of course, he never forgets our wedding anniversary, which is more than



Afraid of a slight gale when she's crossing the Atlantic!

any other husband I know remembers; and he brings me roses oftener than any twelve-year-wedded man I ever heard of; but such things happen to other people—why shouldn't they happen to me?"

And by this time the Fear has wrought you up to the point where you burst into a deluge of tears, and, later on, you go to bed with a sick headache; and John, who has brought you roses again this evening (a regular old spoon, his friends call him) can't imagine what on earth's the matter, and he racks his poor, dear brain to think whether he's said something wrong. And everybody's upset, and something that feels heavy and damp, like a wet blanket, hangs over the establishment. And you, dear lady, if only you knew it, are on the straight road to wreck. Wrecked physical health; wrecked mental health; wrecked happiness.

Won't you heed the red danger signal?

There it hangs, begging you to see it. It is warning you constantly, if only you will heed. It says to you: Drive out this Fear. Drive it from your home, your heart. It is a traitor. It is an enemy of the direst sort. In fact, it is your arch-enemy. There is nothing in the world to be really afraid of but Fear.

Do you know what happens inside your body when a panic seizes you? For actual things do happen—physical effects, not mere "feelings." Nature has provided for emergencies, and has given you a certain supply of reserve energy to meet danger. For instance, if the house were on fire, or if the new chauffeur were driving you straight over a bluff, you would need to call upon your reserve powers. They would act instantaneously; they would speed up the pulsing of your heart, hurry the action of your lungs. Energy would come forward, too, to make you hear more distinctly, see more

keenly—the sensitizing process, this is called. The digestive organs would halt their activities in order to loan blood to the muscles which are called on to help you jump from a window or pull yourself out from under the smashed car.

Now all these effects of sudden fear, or panic, are one of the most marvellous arrangements of nature's perfect mechanism to take care of you in great and sudden danger. You don't consciously bring them about; the danger presses the button and the mechanism acts of itself. There you are, ready to meet the crisis; eyes, ears, sharp as knives, heart working like a powerful engine, muscles geared up to a strength far beyond normal. You know it as a familiar phenomenon, the "unheard-of strength" shown by weak and even sick persons in great danger.

All very well. It's a wonderful provision of nature, and we should give thanks for it. But this stored energy is like your principal in bank; you can't keep drawing on it without the dickens to pay after awhile. It was meant for emergency, and emergency only; and you can't use it without paying the price.

Did you ever notice how tired you feel after a scare of any kind? More tired than after a day's work. It's because you have been through all the process described above—speeding up of heart and lungs, and the rest of it. You have drawn heavily upon your super-normal energy, and you are exhausted. Now if this was necessary; if it saved you from a burning house or a smash-up—it was well worth the price, and it won't happen again very soon. But if it was a needless waste of stored energy you are so much the poorer.

Panic after panic, is the record of many lives. Often these panics are so secret that those nearest and dearest never guess them. But the woman who only passes from one to face another, is a sufferer beyond compare. A sudden terror because disease is passing through the school that her children attend; news that her husband's firm is cutting its

staff; an admiring glance cast by John upon the fluffy blonde; the catching afire of a bit of paper in the waste basket; a slight gale when she's crossing the Atlantic—all these little incidents, or thoughts, or warnings, make up the bulk of her mental content.

Now, each time that a panic seizes her, the body goes through all the performance described above, just as much as if the danger were real. It doesn't discriminate; the heart, lungs, senses, digestive organs and muscles merely obey the orders of Fear. They prove to be all false fears; the spread of disease is checked; John is retained at a raise of salary; he discharges the blonde stenographer because she can't spell; the small fire is quickly put out; the gale blows over—but in every case the body responds with full use of stored energy, and in every case the victim is exhausted afterwards. This is the first chapter in the story of gradually breaking health, both physical and mental; the result, after years of suffering, is nervous invalidism.

Worry has been defined as "a succession of fear states." It is that sub-acute form of fear which, though less violent than panic, nevertheless snaps the vitality more constantly and sometimes even more disastrously. Dr. Eugene Lyman Fiske says, "Remember that worry is mental *work*. The man who worries a great deal works overtime." And he adds this remarkable scientific statement:

"There is reason to believe that fear or chronic worry causes relaxed and dilated condition of the bowels, and of the abdominal blood vessels similar to the condition of surgical shock. This condition favors stagnation of the bowels and absorption or infection from the intestinal tract." Constipation results!

Oh, there's no end to the list of troubles that will spring forth once you open the lid of Pandora's box of Fears. But it's no fair to hurl them all in your face, is it, without offering a cure? Let's see what the war has done to help us out.

For, you see, Fear was the toughest enemy that our soldiers had to tackle. A *boche* was nothing compared to it. Any doughboy will tell you that so long as he could keep his nerve, he was all right. But once let blue funk get the best of him—!

And then it was that psychiatry came to the fore and concentrated on these mental problems—nervous breakdown, shell shock, all sorts of neuroses and psychoses. And it was found that the method called *rationalization* cured many a case, and prevented many another.

What is this method? Why, in plain English, it's nothing more or less than the application of that precious drug, common sense! It's looking facts squarely in the face, *reasoning* with the problem and, in consequence, reasoning the fear away. It's exactly the same method that you apply to little Betty when she's afraid of the dark. You say, "Dear little Betty, there's nothing in the dark room to hurt you! Why, it's full of your friends—the Teddy bear, Angelina the doll, your funny old Golliwog, and the curly lamb on wheels! That noise you hear is nothing but the wicker rocker snapping in the cold! There aren't any ghosts coming to harm you! All these fears are just shadows, which the daylight will drive away!"

Try it on yourself, and watch the result. What are your own fears for the most part but shadows, which the daylight of common sense will drive away? Measles—well, it's usually a fairly light disease, given a healthy child to resist it—and maybe your children will never have it, after all!

Wait to cross that bridge when you come to it, and no sooner.

As for John's business situation—it turned out, after all, that he was to be raised instead of discharged; and even if the latter had come to pass, don't you realize that the wife who fears is a dangerous handicap to a man's success? He is struggling with his own anxiety; it is all he can do to fight this world for her and the children; will you let him come home to meet your state of panic, and so add to his difficulties? And in regard to that most corroding of all fears—jealousy—don't you see that apart from the self-harm you are inflicting, you are seriously wronging a good man? Such a lot of our fears are an injustice to our relatives, or friends or to life itself, when you come to *rationalize*—that is, to *reason* them out.

Go at every one of them this way—hammer and tongs. Look them straight in the face. Don't let them bluff you into



Suppose John should take a fancy to that new stenographer!

a state of whimpering cowardice. Remember that out of all the persons crossing the ocean or riding in the subways, or driving automobiles, only one in several thousand comes to any harm. One by one, argue sensibly with yourself over every fear as it approaches, and you will find nine-tenths of them to be causeless. The other one may have a cause. There may be a suspicious pain lurking about you. Very well; see a doctor, and probably the cause can be removed. If not, face the fact; it's better than a vague fear, in any event. You can always grapple better with an actual foe than a ghostly one.

Another aid in fighting fear is the assuming of the attitude of courage. No less a psychologist than William James lays stress on this. Stand erect, as tall as possible; square your shoulders, raise your chin, throw out your chest, make your abdomen taut, and say to yourself, "I'm going to *look* as if I weren't scared, anyway!" And presently, wonder of wonders, you'll find that you really are not scared any more! It's the direct working of auto-suggestion, and it's magic.

Another aid to which nerve specialists often resort is urging what Dr. Sadler calls "sensation neglect." Practice the ignoring of small alarms. "There's a queer, prickly feeling in my left arm—wonder if it's going to be paralyzed, like Mrs. Bobberson's?" You can find queer prickly feelings all over if you watch for 'em. Look at your alarms through the other end of the magnifying glass, and see how small they become.

"Be a sport." There's no more profound medical and psychological advice. Go high-heartedly into life's lottery—we've all got to take a chance, anyway, and we might as well hold our heads up, and laugh, and say good temperedly, "Wonder how this domestic difficulty will ever come out? Bridget leaving, and the baby down with mumps, and Aunt Minerva wiring that she's coming for a week—good gracious!" Yes, things are so awful that there's no way out except

to laugh! Be on your mettle to pull yourself out of the scrape somehow, and to make everybody else laugh, too! They won't mind a scatter-brained dinner if you all laugh over the situation together—John will probably tell you that he's especially fond of his roast beef burned to a crisp, for he's a good sport himself. And Aunt Minerva will say, "There, my dear, you must let me wash the dishes, and then I'll feel really at home." Being a sport is one of the most infectious things in the world—it turns everybody else into a sport, too. And suddenly you remember your terrors of the situation, and wonder what became of them!

When you find yourself assailed by vague dreads of the future—and this is a devastating form of fear—try the trick of replacing these thoughts with a definite interest in the future. Create a hope, and pin your thoughts to it. Whenever the thought, "What if we should lose our income!" arises, replace it with, "Won't it be fun when we can afford to build that eight-room Dutch colonial cottage with two baths! I'm going to plant pink hollyhocks and have rose-colored curtains." You've a right to your Castle in Spain, if you don't let it lead you into foolish dreaming and idling. Such a Castle, rightly lived in, may lead you forth from the slough of Despair.

Live a day at a time. Nearly always you will find that this one particular day can be got through somehow, no matter how difficult. It's worrying about tomorrow that's upsetting you. And you remember the old saw that says "Tomorrow never comes."

Worry, when you analyze it, is the dwelling on disagreeable things. Try a powerful antidote. Dwell on the most agreeable things you can think of. Your new tailored suit does hang perfectly—you've just been elected president of the woman's club—Johnny stood one hundred in arithmetic—Aunt Minerva's going to give you a beautiful lamp for Christmas, the one thing you most want.

(Continued on page 70)

Building Up the Lower Leg

Why do the Englishmen have well developed calves? According to Mr. Hale it is because of their national habit of heel-and-toe walking.

He says that the way you walk is more important than all the exercises which you do to develop your lower leg. He tells you how you should walk and if you follow out his instructions and walk that way for about two miles a day, you will need no exercises, and, what's more, you will acquire powerful, shapely calves.

By Ralph Hale

WM. BLAIKIE, author of "How to Get Strong," speaks of showing to an Englishman the picture of a powerfully developed man, and the Briton exclaimed, "I know he must be an American, because he has poor calves."

That was a generation ago, but I doubt if the fling was merited even then. It seems to imply that calf-development, or the lack of it, is a matter of nationality and not of individual physique and training.

It cannot be denied, however, that Englishmen, as a rule, have unusually fine calves to their legs, and it has long been claimed that the development was due to their national habit of heel-and-toe walking.

Of course there are such things as national or racial characteristics. The slant-eyes of the Mongols, the "goose-bill-noses" of some branches of the Slavs, the short stature of the Japanese, and, what is more to our point, the odd shaped calves of negroes.

Ethnologists tell us that physical characteristics are a matter of climate and environment. That if a people live for generation after generation in one spot, and subject to one set of climatic influences, they will develop well marked physical traits. They start with the negroes' black skin, acquired from centuries of exposure to the vertical rays of the sun, and work from that down to minor

and less noticeable effects and causes.

Such rules seem to work out when it is a question of skin pigmentation, shape of head, or cast of facial features, more than when they apply to the size and shape of the body or its parts. If it were true that all mountain dwellers have powerful legs, then we would find that every Swiss



Tom Leib, Collegiate discus thrower, whose calves are of stupendous size and power.

would have wonderfully large and shapely calves. As a matter of fact many Swiss have such leg development, especially those whose daily avocation takes them up and down the slopes. But even in the Swiss mountains you will find tall men and short men; heavy men and slender men; men with legs like the pillars of Hercules and men whose legs are no better than those of the average low-country city dweller.

If walking is the prescription for calf-development, then every nation who has to walk, should have fine calves. Is that a fact? Certainly not in all cases. Prior to the coming of the Europeans the North American Indians had no horses. Walking and running were their sole means of locomotion. Yet it is well known that our Indians are, as a race, of the markedly *lean* type. While many of them had, and have, wonderful bodies and are extremely strong, they do not have a pronounced muscular development. An Indian's upper arm muscles are as strong as piano wire but they are not big.

The Apaches' calves will carry them at a trot over leagues of broken country, but these same calves are lean and stringy compared to the huge rounded lower-legs of an Austrian mountaineer or a Scotch Highlander. Whether or not the Indian's habit of "toeing-in" as he walks has any effect on the *shape* of the calves is a fact that has never been proved.

Good sized, shapely calves are highly desirable. It is not merely that they are pleasing to look at, but because in some

mysterious sort of way they seem to be accepted as a sort of indication of all-round bodily vigor. A man may have wonderful shoulders, a big chest, wide hips and tremendous thighs; but if his calves are noticeably small or shapeless, he does not give the *impression* of being very strong.

Apart from all question of athletics there is an undoubted satisfaction in the possession of fair sized and shapely calves. A man who has such legs is almost always proud of them. And, as for the women and girls—well! *you* know!

The calves assume a more pleasing shape when the muscles are fully flexed. Some authorities claim that the high-heeled shoe for women came into use because it raised the heels, flexed the muscles and consequently changed and improved the appearance of the limb. It seems to be so. A girl on the bathing beach does not look as well in stocking feet as she does if she wears a bathing-shoe with a half-inch heel. It isn't merely a question of finish or style. Even

the half-inch raise to the heel improves the shape of the leg by making the ankle seem smaller in proportion to the swelling muscles immediately above.

It isn't only the women who are vain. Read any of the Victorian novelists' books and note how they *continually* mention the matter of calves. Footmen, who wore knee-breeches, were apparently selected entirely for their calf development. Any man of early Victorian times who looked well in "shorts" commanded the homage of women. If you don't believe me, read Dickens, Thackeray,



Pierre Bonnes. French champion lifter whose wonderful calves measure 17 inches around.

Meredith and their compeers.

ON DEVELOPING THE CALVES

The odd thing is that the calves are, for most people, the hardest part of the body to develop. I know men and boys who have, without much effort, acquired splendid figures *from the knees up*. But they are ashamed of their calves. It isn't because they have neglected them. Goodness, no! They have spent hours and days in trying to build them up. They have walked, run, jumped and faithfully performed the exercises known as "rising on the toes." And still the gains in the size and outlines of the calves are far smaller than the gains in the rest of the body. I have had men complain to me that it was a waste of time to try to develop the calves. They had fallen into the fatalistic attitude that either you had good calves or you hadn't. Some of them used the argument that they were on their feet so much that the calf muscles were too hard, and this hardness prevented growth.

That last is nonsense. There are letter-carriers of medium build who have slender legs and others of the same build who have thick ones. But the fact remains that, for some, it is easier to increase the thigh-girth three inches than to add one-half inch to the girth of the calf. In the upper limbs it is somewhat the same. It is easier to build up above the elbow than below it. The forearms, however, are an easier proposition than the calves.

THE LENGTH OF THE FOOT

has a lot to do with the shape of the lower leg. As a general rule a person



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Charles Paddock and his record breaking legs. Query—Do the legs make the sprinter or does sprinting develop the legs?

with a short foot has a rounded, shapely, good sized calf, and a person with a long foot has a calf that is flat, shapeless and small in size. Listen to this dictum of Mr. Arthur Thomson, an English authority on anatomy:

"We find the most marked muscular development of the calf associated with a short foot and a short heel, while a long foot and a long heel are the usual concomitants of a poorly developed calf. Yet it, by no means, follows that the latter type is less capable of performing feats of endurance and fatigue than the former; indeed, an examination of the legs of some of the best running men of the day goes far to prove that their success does not at all depend on an excess in the bulk of the calf, for many of them display, what an educated spectator might regard as, but a feeble development of these muscles."

Perfectly true! Did you ever see a picture of Stallard, the great Eng-

lish runner? Mr. Stallard is of the ultra-slender type, yet those wiry legs of his have sent him over a mile in just about the fastest time ever made by an English amateur. His legs may be thin, but they answer his purpose, and I doubt whether he would swap his mile record for the largest pair of calves in existence.

Mr. Thomson, like other anatomists, points out that women have better looking calves than men; partly because of the surface covering of fat (that rounds the limb) and partly because their feet are shorter.

IS IT HOPELESS AFTER ALL?

Are you up against the fact that the shape and size of the calf are *entirely* dependent on the length of the foot? If you have a long foot are you condemned to be forever spindle-shanked? By no means. I hope to be able to show you how you can make your calves shapely even if you are long footed. "But," you object, "you have already said that negroes have poor calves, and everybody knows that darkies have big feet. That

seems to prove the rule right there." So it does. But cheer up. By no means *all* darkies have long feet and poor calves. As a matter of fact some of them have big feet and equally big calves.

The length of the foot is only one of the factors governing the size of the calf. Others are the (a) size of the bones, (b) the consequent girth of the ankle, (c) the height of the arch of the foot (d) the development of the back of the thigh, (e) the general vitality.

Since it is a well known fact that small bones will not support as large muscles as big bones will, it is folly for a small-boned man to expect to develop as large a calf as his big-boned brother. A chap whose ankle measures only 8 inches is lucky to acquire a calf measuring 14½ inches, whereas a ten-inch ankle is frequently overtopped with a calf measuring 17 inches or more.

With women the rule does not hold as strictly. A girl with a tiny ankle may have a calf measuring twice as much as the ankle does, owing to the surface fat.

However, *size* is not the only consideration in a well-developed leg. Its shapeliness in man is dependent partly on the lines of the bones and even more on the proper development of the various muscles of the calf. I have seen men whose calves measured but 14 inches and yet were so perfectly proportioned and evenly developed that a more capable looking leg was hard to conceive. Similarly I have seen girls whose calves measured certainly not more than 11½ inches, and yet were models of slender shapeliness; the contours of the lower limb being exquisitely proportioned to the underlying bones.

A high-arched foot is usually topped by a trim ankle and a well rounded calf. It stands to reason. The bones of the foot do not maintain the arch of their own volition, but are held in

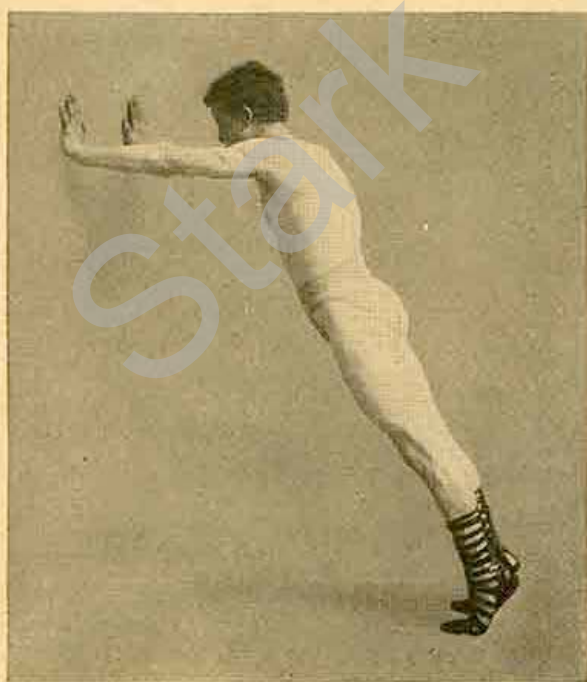


Fig. 1. Push forward and you will get better calf development than by merely raising on toes.

place by the tendons coming from the muscles of the foot on the calf. If these muscles lose their tone the arch will sag, or fall. And when the muscles do lose their tone they stretch and become flaccid. So when the arch falls, not only the foot, but the calf of the leg becomes flat. If you have trouble with your arches and go to a foot specialist, he will prescribe exercises which develop the muscles of the foot and calf and restore their tone, so that they will pull the arches back into shape. That, of course, is the logical thing to do. The illogical thing is to wear so-called arch-supporters, which provide a mechanical support, relieve the muscles of their proper work and aggravate instead of curing the condition.

The lower part of the calf (that is, between the ankle protuberance and the great swell of muscle half-way up the calf) is sheathed in a set of muscles which control the toes. These muscles are highly developed in ballet dancers, which explains why celebrated premieres are accused of having thick ankles. The same condition is noticed in many male athletes and in people who habitually go barefooted. Inflexible leather soles have prevented many of us from realizing the possibilities of real strength in the foot and lower leg. When consulted by people who wish to acquire powerful and shapely calves I am often tempted to tell them to don a pair of moccasins and walk for several miles across fields.

The next time you go the seashore note the remarkable calf development of many of the life-guards. I am convinced that this development comes from hours of walking barefoot over the soft sands.

At the largest part of the calf the great bulk lies behind the bones and is made up of two big muscles called the soleus and gastrocnemius. The soleus lies next

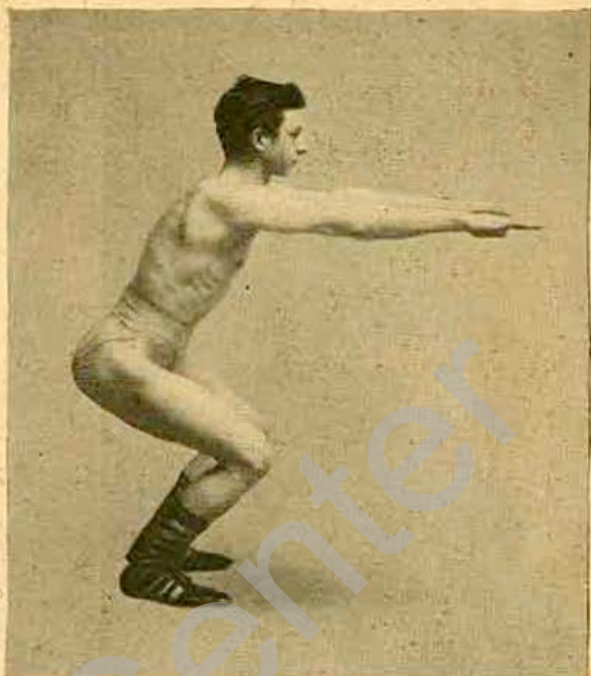


Fig. 2—If you keep your heels down as you squat, it will develop the shin muscles.

the bones and is fastened at the top to the upper part of the bones of the calf and at the bottom to the tendon achilles. But the gastrocnemius, which lies on the rear surface of the calf, is fastened at the bottom to the tendon achilles and at the top to the lower ends of the thigh bones.

Don't skip that simply because it is technical. It is the lack of that knowledge that prevents many a physical culturist from getting proper calf development. Why? Because practically every beginner is taught that all that is necessary to secure calf development is to rise up and down on the toes. What is worse they are never told anything else, even after they leave the novice class. The consequence is, that men so trained have odd shaped calves; wide from side to side but not deep from front to back.

In the case of men of very high vitality, there is always a noticeable outward swell on the back of the thigh and a corresponding fulness on the back of the calf. This seems to apply whether or not



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Wearing even a very low heel improves the appearance of the lower part of the leg.

such men are otherwise muscular. The condition is frequently seen in men of sedentary occupation, who take no interest or part in exercise, games or athletics. It is a sign of superlative physical condition.

HOW TO DEVELOP SHAPELY CALVES

There is no reason for discarding the familiar old stunt of rising on the toes, but it must be only *one* of your exercises. And you must vary it. Don't always stand in the same position. Use different positions. Stand with feet close together and parallel; then with heels

together and toes pointed out; then with feet far apart and parallel; then feet far apart and toes outward. You will get more benefit by doing each of these twenty times than by rising on toes eighty times in succession with the feet in one fixed position.

Then try the exercise shown in figure 1. Stand flat footed quite a distance from the wall. Lean forward, rest hands on wall and try to push it down by rising on toes. This is better than rising straight up, because it employs the forward thrusting power of the calf muscles. Practice rising up and down on one foot at a time; resting one hand on a chair back so as to keep your balance. Rise as high as you can each time. Fifty rises with each foot is real work.

Then try hopping. Yes, just plain, ordinary hopping. Hop just as far and as fast as you can on one foot, being careful that the heel never touches the ground. Then turn around and hop back again on the other foot. If you are soft, start in carefully, for hopping is real work, and too much enthusiasm may result in a pulled tendon. If you are in hard condition, hopping is not dangerous.

If you get a chance, do some work on one of these treadmill machines. (Some gymnasiums have them.) There you will get real exercise for the calf, and the kind that makes it deep from front to back.

If a treadmill is not available you must do a back exercise; that is, it is usually considered to be a back exercise, but it is just as beneficial to the under thigh and calf. Stand erect, keep legs straight and bend over and touch the toes. After two or three days' practice you must get an iron bar, or some other convenient object weighing about fifty pounds. Hold this in your hands and bend over until your knuckles are a couple of inches from the floor. Straighten up again and repeat as often as you comfortably can. Always keep your legs stiff and straight.

When you bend over it promotes flexibility in the muscles along the back of
(Continued on page 64)



R. P. Williams

The Greatest of Them All

By David Wayne

DID you ever hear of a ten-second sprinter who could win in the weight events. Very likely *not*; most high-class sprinters haven't the bulk to make good with the shot or hammer.

Did you ever hear of a big shot-putter creating sprinting records? Again it is not likely, for most of the weight-tossers are far from being speed marvels.

Here is a man, R. P. Williams, who has put the 16 lb. shot over 46 feet and has run the hundred yards, not in ten seconds, but in *nine and one-fifth* seconds.

In the history of athletics there are ten men (some of them professionals) who have run the hundred in $9\frac{3}{5}$ seconds. Williams' time of $9\frac{1}{5}$ seconds means that he would have led these men to the tape by 12 feet.

Mr. Williams is a professional, which is the reason why you have never come

across his records in Spalding's and other amateur record books.

T. S. Andrews, who issues a book containing both amateur and professional records, and who investigates every claim, credits Williams with having run the hundred yards in $9\frac{1}{5}$ seconds on *fifteen* different occasions—and—hold your breath—with once having done *9 seconds flat* in an exhibition race.

Williams is credited with a long list of professional sprinting records. In addition he has a record of 12 feet in the standing broad jump and 24 feet, 6 inches in the running broad jump. Some track athlete! you say. Wait, you have only heard part of it. He holds, or has held, records at eight different distances in the sprints; and he has made extraordinarily good records in eight different styles of jumping. But he doesn't stop here. His record in chinning the bar is 48 times and

he has "dipped" fifty-five successive times on the parallel bars.

The famous English sporting authority, Mr. W. L. Sinclair, editor of the *Sporting Chronicle*, of Manchester, after an examination of all authentic records, pronounced Williams to be the greatest all-round athlete in the world. He ranked Williams above such athletes as Howard Berry and Jim Thorpe of this country and Malone of Australia.

You might think that was enough honor for any athlete.

Listen again. Williams, while in Boston, became personally acquainted with Sandow. Like all others who associated with that famous athlete, he was seized with the idea of becoming very strong. He felt that his legs were good enough, but was quite dissatisfied with his arms and upper back. The standing pose



R. P. Williams before taking heavy exercises

shows Mr. Williams before he started to use weights. Certainly his arms were small in comparison to the rest of his physique.

He got the use of a fifty-pound dumbbell and started in to push it around. He soon graduated to a seventy-five-pounder and finished up his training with a 100-pound bell. He says that he still makes a practice of training with these weights and it was dumbbells that gave him the energy to make his world's records in sprinting, many of which were made after he was thirty years old.

What did he accomplish with the weights? Well, for one thing, he developed the back and arms shown in the picture on the opposite page, which does not do him credit at all. For another, he made the following records: Putting up dumbbell—

| | |
|---------------------------------|------------------------|
| 50 lbs..... | 85 times with one hand |
| 75 lbs..... | 39 times with one hand |
| 200 lbs..... | 1 time with one hand |
| 2-Armed jerk lift to overhead.. | 275 lbs. |
| Deadweight lift..... | 1,575 lbs. |

Mr. Williams does not claim to be a record lifter, but as he was over forty years old when he made those lifts he considers them to be pretty good for a man of his age and weight. "Pretty good"! Mr. Williams is rather modest. How many of you young Samsons can equal any of the above lifts, let alone *all* of them?

I have always been keenly interested in muscular development. Like many others, I started out with the idea that outdoor athletics produced long, flexible muscles and that weight-lifting made the muscles thick and short.

After all, what is a long and what is a short muscle? I think it was your editor, Mr. Calvert, who pointed out the fact that you could not alter the length of the muscle in an adult. That the biceps, for instance, is attached at one end to the bones of the shoulder and at the other end to the bones of the forearm. And that, unless there was an increase in the

(Continued on page 78)

BOXING

In this issue Major Biddle introduces to the readers of *STRENGTH* the "Strength Boxing Course" prepared especially for this magazine by Prof. Wm. J. Herrmann.

Chairman of the Army and Navy Boxing Board and first president of the International Sporting Club are but two of the many authoritative positions that Major Biddle has held in the world of sports.

Major Biddle was Amateur Heavyweight Champion of America and he has proven himself to have been the equal of most of the outstanding professionals in many friendly bouts.

By Major A. J. Drexel Biddle



Major A. J. Drexel Biddle.

BOXING has always been conceded to be one of the very best forms of manly physical accomplishments. It is now recognized as a necessary accomplishment for every healthy American man and boy, and the time is soon coming when it will be taught as part of the physical training course of every university, college and school in the country.

Already the demand for accomplished teachers of boxing greatly exceeds the supply. Realizing that there are thousands of eager young men and boys throughout the country who are ambitious to become expert with nature's weapons, yet who are unable to secure the personal service of competent instructors, the publishers of *STRENGTH* have decided to issue one of the most modern and complete courses on boxing ever published.

This *STRENGTH* series of articles on the art of Self-Defense has been prepared by William J. Herrmann, one of the best known teachers of boxing in America.

Herrmann, for over a quarter of a century, has been successfully connected with the leading schools, colleges, athletic clubs, military academies, Y. M. C. A.'s, etc., in Philadelphia and vicinity. He heads the teaching staff of the famous boxing, fencing and wrestling academy that bears his name, an institution that

has been the recognized leading training quarters of Philadelphia for over twenty-five years. Aside from the local amateur and professional boxer always in training there, both national and international fistic stars have made "Herrmann's" their training quarters during their stay in the Quaker City.

The *STRENGTH* Boxing Course is so clearly and plainly written that it forms a series of easy steps, toward rapid perfection, in the fistic art. The preliminary lessons are so arranged that by systematic study and practice the student can soon gain a good knowledge of the necessary fundamental principles of sparring which can be perfected through practice with a friend or companion.

The lessons should be read over very carefully. They are progressively arranged with the idea that each and every step or lesson is first thoroughly studied and then worked out and practiced before taking up the next. The pupil is advised not to skip or skim over the lessons, but to take one at a time and master it thoroughly before going on with the next. Don't bother with lesson two until you have thoroughly mastered lesson one. Such methods are more result producing.

Although the *STRENGTH* Boxing Course is primarily intended for those young men who are so situated as to be unable to secure personal instruction

from a good boxing teacher, nevertheless, its usefulness does not end there. For it will also be found of great service and assistance to those fortunate enough to be able to get personal lessons from an instructor. Even if under a good teacher, the novice should invest in a first-class instruction manual, because it will enable him to more thoroughly understand and appreciate the points his instructor is teaching him. As he can consult the manual both before and after each lesson, he in consequence is better prepared to get the most out of his course of instruction.

By having the **STRENGTH** Boxing Course always before him at home, club, gym, practice or training quarters, the student is always able to consult the printed pages or refer to the illustrations, which have been made from life photographs of noted modern boxers in action. Each drawing has been carefully worked out by the artist so as to more clearly illustrate the text to the readers. Little difficult points which the student has not perhaps found altogether clear may be better understood after a little additional review or study of "**STRENGTH's** Illustrated Boxing Course."

In addition to study, constant practice is necessary to make a good boxer. The pupil, no matter whether he is guided by the "**STRENGTH** Boxing Course" alone or has the added benefit of a good teacher, must bear in mind that only by intelligent practice, practice on recognized approved lines, can a really good boxer be developed.

Where the "**STRENGTH** Boxing Course" is the sole reliance of the pupils for their instruction, two boys or young men can, with the aid of the lessons, get a good knowledge of boxing by each first studying the lesson carefully and then practicing together what they have learned, first one taking the aggressive and the other the defensive side of the lessons.

In other words, one does the leading and the other the guarding, blocking, parrying, dodging, ducking, slipping, sidestepping, etc., as directed in the course, and then reversing the process, the one who has been on the defensive becoming the aggressor in turn.

As far as possible practice every day, being careful to preserve the temper and not to get angry in case a hard blow is accidentally struck and also being careful not to take advantage of a weaker fellow. The point that must be constantly observed and never overlooked is the important fact that both students are earnestly studying and intelligently practicing their lessons in boxing in accordance with the course and not fighting. Therefore, take no unfair advantage of your boxing partner. Be as careful in helping him as you wish him to be with you. You will both make much quicker progress if you mutually help and correct each other. Don't slug nor try to knock each other down. Let there be no bad blood between you. Bear in mind you are not enemies, nor settling a grudge nor indulging in a prize fight, nor even trying to gain the mastery over each other, but intelligently trying to more quickly learn the lessons by conscientiously helping and aiding each other. So play fair, be good sportsmen, do not lose your temper if accidentally hit nor ever permit your instruction and practice periods to degenerate into a rough and tumble scrap.

With half an hour's practice every day on the above approved lines the beginner will soon have such pretty thorough ideas of the best points in boxing as to surprise both himself and friends, and will in addition find much enjoyment, satisfaction and health-giving pleasure in the practice of this manly exercise of practical, as well as of physical value. Let "**STRENGTH's** Course in Boxing," by William J. Herrmann, be your guide.

Glossary of Boxing Terms and Phrases

Prepared by William J. Herrmann

of Herrmann's Institute of Physical Training, Boxing,
Fencing, Wrestling and Selfdefense, of Philadelphia.

A SHORT description of ring terms and phrases common in boxing parlance may not be amiss in order to enable the student to gain a quicker and better knowledge of the lessons that follow.

The Auctioneer. Old time fighters used to refer to a boxer's "right" as the "Auctioneer" because men were most frequently "knocked down" with that hand.

Breaking Away. Separating after a clinch, or on the referee's command to "Break" or "Break Away."

Break. Short for "Break Away"—the referee's command to separate when clinched or holding.

Barring. A term formerly used by old-timers in referring to defensive measures that protected that part your opponent struck at, by covering it with hand, fore-arm, upper-arm or shoulder. That form of blocking, in which the defending arm is close to or in actual contact with the defender's body.

Blocking. Defensive measures that render an opponent's blow ineffective by interposing hand, fore-arm, upper-arm or shoulder between your adversary's attacking fist and that part of the head or body he struck at. Catching the punch.

Back-Hander. A back-hand punch. Usually delivered on the return stroke after missing a hook or a swing, in order to bring the back of the hand in position to hit a back-handed blow. If hit with the hitting knuckles it is really a fair punch. If hit with any other part of the hand it is foul. Back-handed punches are barred in most cities where boxing is popular.

Calling Time. Indicating the begin-

ning and ending of a round by the vocal calling of "time" instead of the striking



© International

Jack Britton, Former World's Champion Welterweight.

of a gong or the ringing of the bell, or blowing of a whistle.

Corkscrew Punch. A modification of a left-hand hook made famous by Kid McCoy.

Counted Out. When a man fails to get up or come to the center of the ring while the referee counts off ten seconds.

Counter. A blow struck with either hand as your opponent strikes at you.

Cross Counter. A counter blow struck by delivering it over and across the hitting arm of your opponent.

Clinching. Although prohibited by the rules of boxing, holding an opponent is nevertheless resorted to, especially when sorely pressed or when tired or in order to gain a temporary advantage.

The Chopper. An old school blow given by elevating the elbow and raising the fist over the head and then striking downward with the fore-arm and fist in a chopping sort of fashion.

Cross Block. Blocking a right-hand punch with the right hand or a left-hand punch with the left hand. In contrast to the usual form of blocking, which blocks a right-hand punch with the left hand or a left-hand punch with the right hand.

Cross Parry. Parrying a right-hand punch with the right hand or a left-hand punch with the left hand. In contrast to the usual form of parry which parries a right-hand punch with the left hand or a left-hand punch with the right hand.

Cross Guard. Any cross block or any cross parry.

Ducking. A means of defense in which a punch at the head is avoided by lowering the head under the attacking blow of opponent.

Dodging. Same as head slipping. A means of defense in which you avoid a punch by shifting your head aside either to the right or to the left as necessary so as to let the attacking punch pass harmlessly by your ear.

Double Punches. Twin blows struck with the same hand to both head and

body or reversed to both body and head. A favorite of George Dixon, who made double punches famous.

Down. A contestant is down when any part of his body, other than his feet, is on the floor; when he is hanging helplessly over the ropes; when he is rising from the floor. When a boxer goes down through accident or from weakness he must rise at once. When knocked down he may remain down until referee counts nine.

Donning the Mitts. A slang phrase signifying to put on the gloves.

Foul Blows and Tricks. Clinching, wrestling, striking below the belt, hitting or flicking with the open glove, shouldering, butting with the head, using the knee at close quarters, roughing on the ropes, heeling, gouging, choking, kicking, hitting with the inside or butt of the hand, hitting with the wrist, hitting with the elbow, hitting a fallen opponent or striking him when he is attempting to get up, going down without being hit, holding an opponent or deliberately maintaining a clinch, holding an opponent with one hand and deliberately hitting with the other, or any unfair physical act which may injure a contestant.

Foot Work. A term referring to any approved action of the feet used in boxing either offensive or defensive.

Feinting. False motions made to deceive your opponent as to your real intentions. Used particularly in referring to deceiving moves made with the arm or arms.

Guard Position. A term applied to the preliminary position assumed ere "squaring off." "In position" ready to attack or defend when facing an opponent in boxing.

Gouging. Sticking thumb or finger end in an opponent's eyes. Another very foul performance.

Guarding. Blocking, parrying or any protecting move of the hand, hands, arm or arms.

Head Slipping. Same as dodging. To make your man miss your head by mov-

ing it quickly aside. Particularly useful as a means of defense especially against straight punches at the head. Getting the head out of the way by shifting it to the side of the on-coming blow.

Heeling. Using the heel or the butt of the hand or the inside of the gloves against the chin or face of any opponent. A foul trick.

Hook. A modification of a swinging blow. A curving blow that describes a smaller arc than a swing.

Hitting on the Break. Striking at an opponent as he breaks away from a clinch. Considered a foul practice in many places and forbidden in consequence.

In-fighting. Half arm hitting, usually short-arm punches with both arms when close to opponent.

Inside Right. A right-hand counter against a left-hand punch that hits inside the left-hand blow, not over and across it as when delivering a right-hand cross.

Judging Distance. Carefully estimating the distance a blow will have to travel in order to reach and hit the point aimed at with the most telling effect. Good judgment of distance is of paramount importance in getting the most out of a punch.

The Jab. A straight blow made with either hand but more often with the left than with the right.

The Jolt. A powerful blow, usually a short arm punch that travels but a short distance to land.

Jugular Punch. A punch directly over the jugular vein made famous by John L. Sullivan.

Kidney Punch. A blow on the back directly over the kidneys. Barred in many cities where boxing is popular.

Knocked Out. When a man is disabled and cannot get on his feet while ten seconds are being counted off by the referee or timekeeper.

K. O. Abbreviation for knocked out.

The Lead. The first attack. Making



Johnny Kilbane, World's Champion Featherweight.

the first blow in a bout, also the first blow following a pause or after an exchange of blows during a mix-up. Condensed from "to lead off, or to start."

Leading. Taking the initiative. Hitting at him first. The boxer leading is usually the one who is carrying on the fight. He who takes the aggressive or is forcing the fighting.

Lean Away. Avoiding a blow by leaning head and body to the side, somewhat similar to the head and body action in a side-step but without actually stepping aside with the feet.

Mittens. A slang boxing term often applied to boxing gloves.

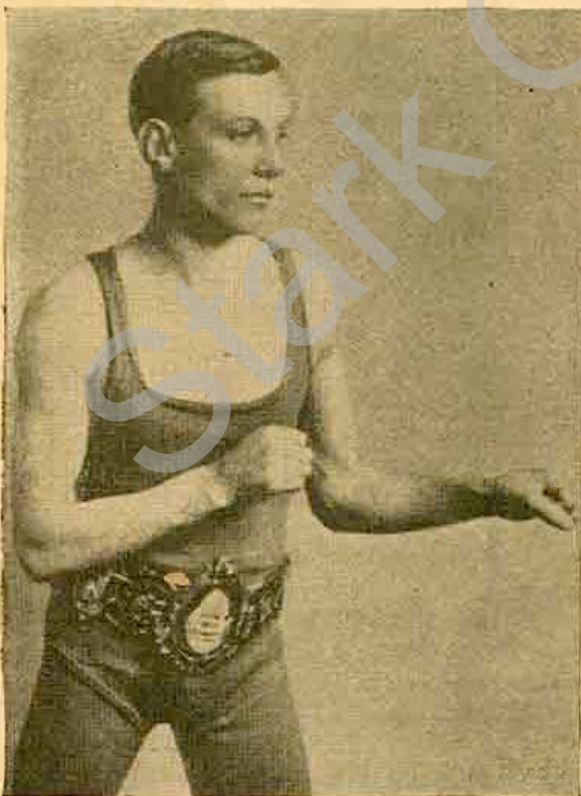
Mark. An old term used to designate that point on the body in front of the solar plexus.

Occipital Punch. A long overhand right swing that lands on the occipital bone just behind the ear. A favorite blow of Gunboat Smith.

On Guard. "In position." To be on guard in every sense of the word. Ready to attack or defend as combat conditions may warrant.

One-Two Punch. A straight left followed instantly by a crashing right. A favorite of both Willie Lewis and Georges Carpentier.

Out-fighting. Long distance leading, hitting and guarding. The term also includes any manœuvering for a hit while at distance coupled with a readiness to guard.



Jimmy Wilde, World's Champion Flyweight.

Parrying. An important defensive measure that protects against an opponent's blow by sharply knocking, beating, fending, cuffing or striking the attacking arm aside in contrast to "blocking," a form of defense which catches the punch by interposing hand, arm or shoulder, between the attacking blow and its target.

Pass By. Slipping a punch and then passing by your man.

Protecting yourself at all times. The act of being on the watch and always doing your best to protect yourself at all times, especially in breaking from a clinch. Many a contest is lost by a boxer failing to protect himself at all times.

Pillows. A term jocularly applied to exceptionally large sized boxing gloves.

Quitting. When a man deliberately refuses to continue a contest any longer or leaves the ring unauthorized.

Rabbit Punch. A blow struck in somewhat of a downward chopping fashion on the back of a man's neck. Used mostly in a clinch against an opponent who, while in a crouch, keeps himself constantly "covered up," instead of fighting.

Round. A term signifying that stipulated period of time during which boxers contest before taking the customary rest of one minute.

Rib Roaster. A term applied to any severe blow on the ribs.

Resigning. A term used in Europe when a man quits or leaves the ring.

Referee. The man who officiates as third man in the ring to see that rules are properly enforced.

The Return. Short for "return punch." The blow you strike at your opponent immediately after the completion of the blow he struck at you. It can be struck with either hand in any manner directly after an opponent has struck at you and be-

(Continued on page 58)

If You Don't Exercise— YOU DIE!

It's the plain truth, fellows, and you might as well face it. The human body demands exercise to keep it alive just as surely as it does food. If you doubt it, tie your arm to your side for one month and watch it waste away.

There's a RIGHT way and a WRONG way

Some say, "That's all right, but you can exercise too much." Right again. You can also kill yourself by over-eating, but you eat just the same. We have been taught to eat moderately three times a day and we get the best results. But what do you know about exercise? What exercise will do *you* the most good? And how much and how often should you take it? There is only one way to find out.

SEEK THE MAN WHO KNOWS—

When you are sick you go to a doctor for advice because he has devoted his life to the study of medicine and its effect on the human system.

I have made "muscular development" my life study. I have proven my system on both myself and my thousands of pupils who are now among America's leading strong men and directing big business enterprises.

A PROVEN SUCCESS

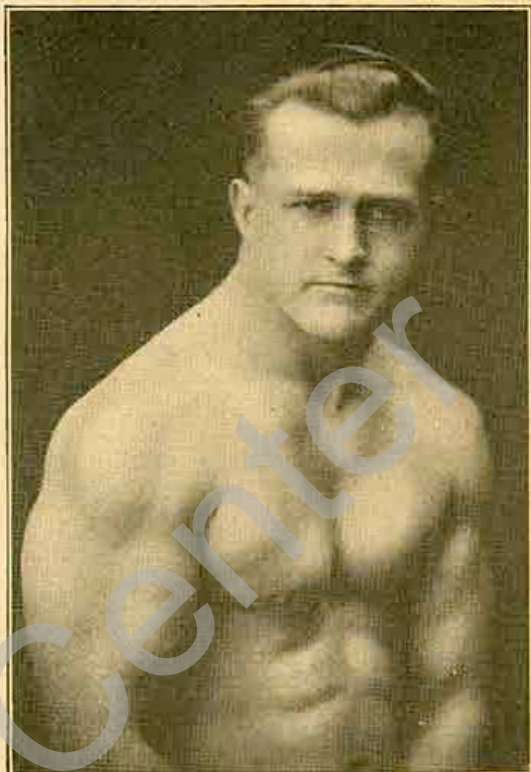
Why do leading physicians and physical directors recommend my system so highly? There is but one answer. *It never fails.*

I don't promise strength. I guarantee it. Inside of 30 days I will add one full inch to your arms and two inches to your chest. Meanwhile, I work on every muscle of your body—both inside and out. But that's only a starter. I want 90 days in all to make a real *he* man out of you. I give you a physique that will make your friends admire you and respect you. I put a flash to your eyes and a spring to your step that only come with abounding health and strength. I put real pep in your old back-bone and give you a clear thinking brain to handle any problem set before you. This is no idle prattle. Come on and make me prove it. Make me eat my words. I like it because I know I can do it. If you want to let your body rot away, keep on the way you're now doing, but if you want to be a *live* one,

Send for My Book "MUSCULAR DEVELOPMENT". It is Free

It contains dozens and dozens of full page photographs of both myself and my numerous pupils. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red blooded man. I want every man and boy who wants to be strong to send the attached coupon and the book is his—*absolutely free*. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. Don't delay one minute—This may be the turning point in your life to-day. So tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN
Dept. 712 305 Broadway, New York City



EARLE E. LIEDERMAN as he is to-day

EARLE E. LIEDERMAN,

Dept. 712, 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." Please write or print plainly.

Name

Address

City State

Dance and Be Shapely

(Continued from page 24)

THE EFFECT OF DANCING ON THE LUNGS AND CHEST

Of course, we know that most fat people are short winded, but even if you are fairly slender and pride yourself on your lung power, try and see how long you can keep it up when you try vigorous dancing steps.

After a short trial you will wonder how in the world some of these slender girl dancers ever manage to keep going for even three minutes without a rest. But they do it, and what is more, if they get encores they will do it again and again.

To cap that, some of them dance and sing at the same time, and that is perhaps the supreme test of lung power.

Dancing creates good sized lungs, and a consequent fullness of chest. Lung-power and endurance go together.

A DANCER'S LEGS

As I said before, a dancer's leg always tapers from hip to ankle. If the calf of the leg is large, the thigh is correspondingly larger. Another noticeable thing: A person who practices squatting exercises as a means of thigh development, will often acquire large and lumpy muscles right above the knee without increasing the size of the upper thigh. A dancer's legs are never like that. The muscles immediately above the knee are just as big as the other fellows, but they are overshadowed by the larger and more powerful muscles of the upper thigh. Witness the legs of Nijinsky and Mordkin.

The dancer's calves are unusually developed. I don't mean developed to unusual size, but in an unusual way. The dancer uses muscles in the lower part of the calf which are almost dormant in the ordinary person. People talk continually of the great value to the athlete of good hands and wrists. Physical culturists devote a lot of time on exercises to develop the hands and wrists, but never think of their feet and ankles.

The fancy dancer relies on his feet and ankles just as a fencer relies on his wrists. Long practice at toe-dancing has developed the muscles in the foot and ankle, and as a consequence the dancer has a kind of strength that is surprising to the uninitiated. Never enter into a pulling or pushing contest with a dancer of the first rank. So long as you both keep your feet he will push you and pull you around as tho you were a small child. His feet seem to grip the ground and the tremendous strength of his legs and lower-back makes it possible for him to advance against the greatest resistance.

A trained woman fancy dancer is considerably stronger than the average man. I once saw a girl dancer who weighed but 125 pounds, pick up a man, the way you would lift an infant, hold him across her outstretched arms and skip across the room with him. And she did not get red in the face or pant for breath.

DANCING AS A DEVELOPER OF SPEED

There is no such thing as a fancy dancer who is slow. Their training makes them fast. It looks simple when you see a dancer leap in the air and knock her heels together three times before she lands. Try it yourself and realize what a way you would have to travel along the road of nimbleness before you could equal this one elementary trick.

I am not writing all this with the idea of getting people to take up professional dancing. I am trying to make the undeveloped, the awkward, the thin, the fat, and the ungainly, realize that by the practice of fancy dancing they can acquire shapeliness. And that shapeliness will be the result of developing practically every muscle in the body. And, on top of that, as you gain shapeliness you gain in health, in strength, in agility and endurance all at the same time.

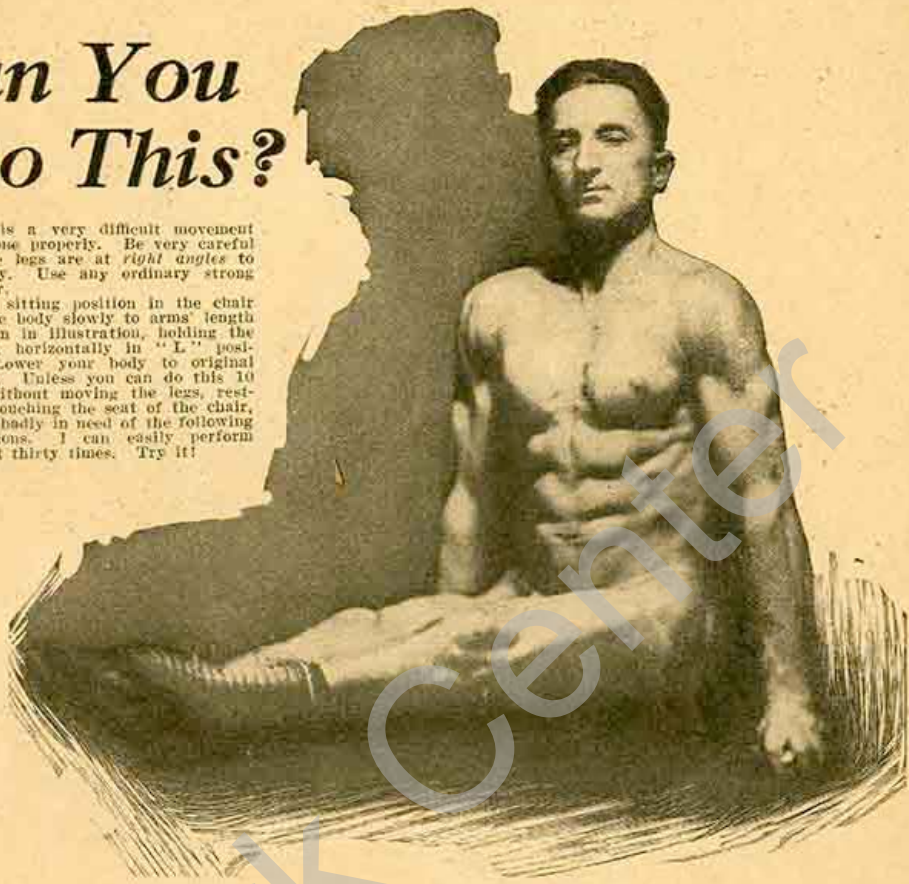
Again let me say, I do not mean ball-room dancing. Neither do I mean the so-called "aesthetic" dancing, which

(Continued on page 68)

Can You Do This?

This is a very difficult movement when done properly. Be very careful that the legs are at right angles to the body. Use any ordinary strong armchair.

From sitting position in the chair raise the body slowly to arms' length as shown in illustration, holding the legs out horizontally in "L" position. Lower your body to original position. Unless you can do this 10 times without moving the legs, resting or touching the seat of the chair, you are badly in need of the following instructions. I can easily perform this feat thirty times. Try it!



Are you making the most of your strength?

THOUSANDS of men and boys with powerful biceps, thighs and legs are not making the most of their Strength because they have not yet learned the secret of a powerful abdomen.

Science discovered long ago that the condition of a man's midsection had more to do with his all round strength and general fitness than any other part of his anatomy. Big bulking muscles are a wonderful asset to any one, but unless they cover one's entire body you cannot do them justice. Practically all feats of Strength require that the muscles of the abdomen co-ordinate with those of the legs and arms, yet very few courses of physical education pay them more than casual attention.

As you will see from the above photograph, which I had taken for one of my articles in *Physical Culture Magazine*, the muscles are developed to a remarkable degree. If you could meet me personally you would know how powerful they really are—how when contracted they appear just as hard as the ribs. It is to these muscles that I must give most of the credit for the many feats I perform.

Most people are surprised when I tell them how I attained this wonderful development. Yet, it's a simple logical method that will enable any one to increase their general fitness 100% and make their abdomen many times as powerful as at present. I used no weights or apparatus of any kind, and the only reason I ever go to a gymnasium is to practice "stunts" or meet friends. Yet, many mistake me for a finely trained boxer, when, as a mat-

ter of fact, the only training I do is a few minutes each night at my home.

The amazing development my method has enabled me to attain so easily and the great strength it has brought many of my friends, made it easy for the publishers of *STRENGTH* to persuade me to publish it for the benefit of their many readers. This advertisement is my invitation to you to find out just exactly how much stronger and healthier you will be thru following the instructions in my course, "ABDOMINAL CONTROL."

I honestly believe that "ABDOMINAL CONTROL" is better than any course of physical instruction ever published. It is so very easy to follow the instructions and they take up so little time that the results will surprise you. It will enable you to accomplish things which are now impossible, it will make you exceptionally strong, it will enable you to overcome indigestion, thinness, vital depletion, skin disorders, round shoulders, weakness and many other ailments.

Every one who really cares to have a strong, beautiful body and perfect health should take advantage of this opportunity to secure a copy of "ABDOMINAL CONTROL" at the present low price. It will be sent anywhere upon the receipt of \$2.00 cash, check or money order; all charges prepaid.

JOHN M. HERNIC

Room 101, 69 W. 52nd St.

New York City

Glossary of Boxing Terms

(Continued from page 54)

fore he is able to get out of your reach.

Slipping. Moving the head or body quickly aside in order to avoid a punch. Used mostly against straight punches. It can be performed to either side. When the slip is confined to a shift of the head it is termed slipping or dodging.

Stop. A blow struck with either hand just as your opponent attempts to strike you. Beating your man to the punch. Also used in referring to a well-timed punch that stopped a rush.

Stopped. A term used when an opponent is unable to continue, yet not strictly speaking knocked out. A technical knockout.

Shadow Boxing. A term applied to a feature of training in which the boxer visualizes an imaginary or shadow opponent and as much as possible brings into play every form of attack or defense as in actual combat.

Short Arm Punches. Powerful punches that travel but a short distance to land, as their name infers.

Solar Plexus. An important plexus of nerves between the front of the spine and the back of the stomach.

Solar Plexus Punch. A punch directly over the solar plexus region made famous by Bob Fitzsimmons in his fight with Jim Corbett at Carson City.

Shaking Hands. A good sportsman-like custom to show that there is no ill feeling between the contestants. It is customary to always shake hands previous to beginning to box. Although the formality of shaking hands is gone through just before the beginning of a bout, it nevertheless is also resorted to just before the beginning of the final round and also at the close of a contest.

Sparring. The practice indulged in, in order to further improve and develop one's skill in boxing.

Sparring for an opening. A term used in referring to the motions of the arms, feet and body incidental to manoeuvring for an opening.

Set to. A friendly exhibition or sparring bout usually divided into short combats called rounds, with periods of rest between.

Side Stepping. Avoiding a blow by stepping to either side of it.

Side Slipping. A form of side stepping. Slipping a punch in a manner to enable you to pass by your man if desired.

Time Keeper. Boxing bouts are usually of a stated number of rounds with a stipulated period of rest between each round. The time keeper usually indicates the beginning and ending of these periods by the ringing of a bell, the striking of a gong, the blowing of a whistle or the vocal calling of time.

Toeing the Scratch. In old-time fights on the turf, a mark was made across the middle of the ring and the contestants just before the actual beginning of the contest stood on either side of this mark or "scratch," as it was termed.

Tossing up the Sponge. A very ancient method of accepting defeat in which the principal second tosses a sponge into the ring.

Throw Across. A descriptive term applied to a form of parry that deflects opponent's attacking arm by fending it off, cuffing it away or brushing it aside in such a manner that the attacking arm is thrown across opponent's face or body, hence the term "throw across" in contrast to the usual outward parry which throws attacking arms outward and away from, not across the attacker's body.

Twin Blows. Double punches hit with the same hand to both head and body or reversed to both body and face. Introduced and made famous by George Dixon.

Timing a Punch. Deliberately timing and delivering a punch in order to land the hit just at the proper moment to get the most force into the punch.

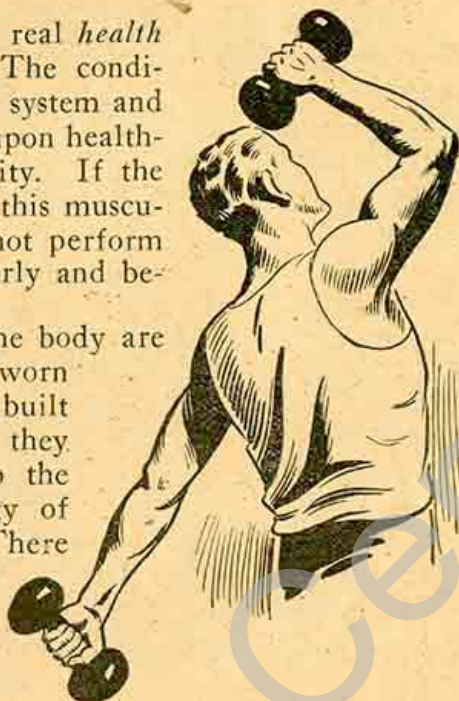
Telegraphing. A term used in referring to the serious error of showing your hit by first drawing back the hitting arm

(Continued on page 64)

Why We Should Exercise

There can be no real *health* without *exercise*. The condition of the nervous system and the brain depends upon healthful muscular activity. If the body does not get this muscular activity it cannot perform its functions properly and becomes inefficient.

The tissues of the body are being gradually worn out and must be built up as quickly as they wear out, to keep the health and activity of the individual. There is only one way to build tissue and produce firm and healthy muscles



and that is through exercise.

If you are constantly working your mind and body you need the beneficial results that are obtained through exercise. Particularly if you are a brain worker you should have some active exercise that will build up healthy tissue, sound nerves and firm muscles.

Give Yourself Fifteen Minutes Every Day

If every man and woman would practice a few simple exercises with a pair of dumbbells suited to your own physical condition for *fifteen minutes daily* you would greatly improve your physical condition. You would expand your lungs, invigorate your circulation, strengthen your digestion and nervous system and give every muscle and joint of the body vigorous action, thus keeping the body toned up and strong enough to be *free from danger either of incurring serious disease or any lighter ailments*. It would also increase their usefulness and, needless to say, happiness would be greatly enhanced.

Instead of getting up at the last minute and eating a hasty distasteful breakfast and

rushing off to work, get up fifteen minutes earlier. It will make only a slight difference to you at first and in time you will learn to enjoy getting up earlier and taking your exercise. After all your health is the most precious possession you have, and through it you either obtain or lose success and happiness.

We make the best quality dumb-bells obtainable. They are of the best workmanship and material, are evenly balanced throughout and are attractively finished in black enamel.

5-lb. Dumb-bells, per pair \$1.00
 10-lb. Dumb-bells, per pair 2.00
 15-lb. Dumb-bells, per pair 3.00

Sent on receipt of price, f. o. b. Phila.

FAIRMOUNT FOUNDRY CO.

Fifteenth St. and Indiana Ave.

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Philadelphia, Pa.

The Making of Real Men

(Continued from page 35)

could establish municipal riding schools in this country so that every American boy would be given an opportunity to learn something of horsemanship. It would do a lot for them—would teach them love for the best of dumb animals, teach them to be cool in the face of emergency and contribute to mental alertness. Generally, at Pennsylvania Military College, I have found the best horsemen to be the best students.

And now I wish to voice an opinion that I hope will be thoroughly considered, before anyone who reads it forms an opinion against it. I recommend military training for the American boy—not the sort of military training that made Germany dangerous, but the sort that is given at P. M. C. I refer to the kind of training that gives added manliness to the normal boy. It straightens back his shoulders, hardens his muscles, improves his bearing and keys up his mind. First, it teaches him to obey orders, and then it teaches him leadership. We ought to have some sort of military training in our schools. Our primary object is not, and should not be, to train men to be soldiers, but to be soldierly men in the best sense of the word—men who are actually capable of leading. Men with this ability are needed and always have been needed—men who have convictions and are not afraid to speak them.

There is much more that I would like to say as an advocate of military training for our youth, but I do not want it to be misconstrued as implying that I believe we should make soldiers out of our boys. No real army man wants to see a race of fighters with chips on their collective and individual shoulders. The world has too much of that. If there is to be any development of aggressiveness it must be spiritual and mental that aims to fight for better conditions in all things.

When you take a boy and teach him to march rightly and to maneuver and to use his wits in an upright way; when

you teach him how to handle a gun and to make camp and to ride a horse and to drill, you are doing things for his mind and body that no other kind of training can possibly give. The nearest thing to it probably is the football field.

Let us take each one of these things and see what the benefits to be obtained from them are. You are instructing him to march. How many men without military training are there who have the faintest idea of how to walk correctly? They cannot even walk in a straight line. Not one in ten assumes the easiest and most healthy position of body in which they can breathe properly and allow for lung development.

You teach him to maneuver. He learns how to handle himself, to get results, to overcome obstacles, to develop an eye and instinct for doing the right thing in the easiest way, to visualize the results to be obtained by changing this or that, to think for himself and still be able to figure out what the other fellow is thinking.

You ask what benefits are to be derived from knowing how to handle a gun. Let us not bother with discussion of the value of merely being familiar with firearms under any and all conditions. The man who is really taught how to handle a gun learns what concentration and control of nerves mean. His eye is sharpened, his muscles are steady in the nerve control over them and he learns some measure of alertness.

As for riding a horse; universally physicians know and admit the physical value of this. It makes for supple, strong bodies, for quick eyes and perfect co-ordination of mind and body, for alert senses, for everything that is valuable mentally and physically, and it also brings a sense of confidence and command.

In the matter of caring for himself in the open under any and all conditions it is entirely unnecessary to dilate on this. I doubt whether the human being lives who would not really like to be capable in this respect.

How to Make a Hit with Influential People!

SOMETHING about Richard Bradley made him attract unusual attention wherever he went. You would instinctively pick him out of a crowd as worthy of note. In a gathering of any sort—at the club, at dinners or business meetings—the most important people present could always be found around Bradley, eager to make friends with him. And as for the ladies—well, to use a colloquial expression, they literally “threw themselves at him.”

It wasn't Bradley's physical appearance, or the way he dressed or acted, that caused him to attract such favorable attention. In these things he was not unlike other men. But there was a vividness and charm about him which you felt the moment you saw him; and in his eye was the glint of steel acquired only by men who are doing things in a big way.

Yet he had started life as an errand boy with a grammar-school education. And now at 29 years of age he was making \$12,000 a year in a keenly-competitive business in which none but mature men of high education were supposed to be able to succeed.

BRADLEY and I saw each other often, and, naturally, I valued his friendship highly. One day he dropped in to see me with a “tip” on a big job he said I could get if I'd go after it. It was a big job—right in my line—but I felt it was altogether too big for me at that time. I doubted if I could get it; and even if I could, I didn't see how I could possibly be worth the large salary it paid. As I told this to Bradley a look of surprise, then of utter amazement, flashed across his face.

“Too big for you!” he exploded—“what nonsense! Nothing is too big, or too important, or too good for you—or for anyone else. Get that foolish nonsense out of your mind. The reason why you and lots of other fellows aren't getting more money is because you let the world bluff you. You've already got the ability—much more than many men holding high positions—but you haven't yet learned the knack of making people pay you big money for it.”

Bradley then told me some astonishing things about men and women, life, business and the world in general. I was utterly astounded at what he said. It seemed as though a curtain had suddenly been lifted from my eyes and I could now see clearly for the first time. Then he drew his chair close to mine and told me a mental knack to use in dealing with people so as to immediately destroy any advantage they have over you, and to gain the advantage yourself.

“And now,” continued Bradley, in a tone of friendly command, “telephone to the man I told you about and ask for an appointment.”

I SAW my man the following day, and did exactly what Bradley told me to do both before and during the interview. And I got that job! Yes, actually landed a job I was afraid to tackle until Bradley told me such astonishing things. You can well imagine my delight! It pays me three times more than I ever thought myself capable of earning! All my friends are wondering how I did it! I've the satisfaction of knowing I'm making good in a big way—got it straight from the president at luncheon. If it hadn't been for Bradley I'd still be asleep in a rut letting the world bluff me out of money which is rightfully mine. But now I know the knack of getting big money!

WHAT Bradley told me was this: “You know that until recent generations our ancestors, as a race, were oppressed, exploited and held down by the governing classes. They were bluffed into believing that kings and the ruling classes were infinitely better and altogether superior to them. The ruling classes forced this bluff on the people by means of artificial standards of society and a lot of flub-dub magnificence.

“Today you and the rest of us laugh at this. We know it to be bunk. But just as we inherit our type of body, so do we inherit our state of mind. Our ancestors had a high respect for—*even fear of*—people in authority. Recent researches in psycho-analysis prove that even today most of us have an *undue respect for, or actual fear of*, people in positions of authority. We may not realize it. *Consciously* we may not have this fear; but, nevertheless, we have it—planted deep in our subconscious mind—*inherited from our ancestors.*”

“That is why so few people get the rich rewards they are entitled to. They know they are worth more money, but they dislike to face the boss. They know they have the ability to hold a bigger job, but lack the know-how and the nerve to get it. *Tens of thousands of natural-born money-makers and leaders of men are today held down to underpaid jobs simply because they are bluffed by other men.* And many splendid men and women find themselves unable to enter high social circles, simply because of an *inherited state of mind.*”

“But there's a simple way to quickly overcome this inherited handicap,” continued Bradley. “It will not only wipe out your fears, but give you *invincible courage, dash and intrepidity* which sweeps everything before it, and makes people view you with amazed admiration. It will enable you to dominate other people instead of being dominated by them.” And then he told me the actual methods to use—the methods which enabled me to win and hold my big job which pays me three times more than I ever thought myself capable of earning.

THE whole of these astonishing facts, with all the powerful methods, are clearly and fully told in “NERVE,” a remarkable 6-volume, pocket-size Course by William G. Clifford. That is where Bradley got his information which enabled him and his friend to accomplish such remarkable things. Within one hour after you start to read this astonishing Course your eyes will be opened as they never were opened before! There is nothing to laboriously study or learn. You can apply at once the powerful methods it gives you—methods which will immediately thrill you with invincible courage and give you great power over men and women and the world at large.

Send no money. Merely fill in and mail the coupon. The complete Course, in 6 attractive pocket-size volumes, goes to you immediately in a plain package. Simply pay the postman \$1 plus postage and the complete Course is yours. If you are not delighted, return the Course within 5 days and your dollar will instantly be refunded. (If it is more convenient for you to remit with order, send \$1 with the coupon and we will prepay postage.)

You have always wanted to know how to forcefully assert yourself to command respect from other men; how to meet the biggest business and social leaders with the impressive manner that wins their admiration; how to feel at ease under all conditions; how to know if the other man is bluffing you and how to quickly turn the tables on him. All these things and more—including the secret of making big money—are clearly and specifically told in “NERVE,” as you will quickly see to your great profit and delight.

This is a Special Quick-Action Offer. We may be compelled to withdraw it at any moment. So send for “NERVE” now—before it is too late!

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And last, let us take up the matter of drilling. It instils fortitude, obedience, control under all conditions, quick thinking, good physique, readiness.

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To sum it all up, we do not have enough sports to meet the needs of our boys. We may think that sports are the leading thing in our national life, judging by the amount of it that the newspapers tell about, but they are telling only about the few, the experts, the specialists. We do not hear about the great mass that rarely get a chance to throw a ball and know nothing of the other branches of athletics.

It is being charged that we have become a "pussyfoot" nation—a nation of men who dodge responsibilities and issues. If we train our boys thoroughly in the sports, we will breed men who will not cringe at responsibility. We who have had ample opportunity to observe know that this is so.

Michael C. Murphy

(Continued from page 17)

there would be more beneficial, and later, under pressure, returned to New Haven only, however, to go back finally to the University of Pennsylvania, where, until the time of his death, he was beloved by all the athletes there. Incidentally he also handled the Olympic contestants and developed in his long course many of the champions and made thousands of men able to raise their standards in competition to a high point of excellence. He sent a son to Yale, who played on both the football team and the base-ball nine. Mike kept on with his work up to the last, until finally Nature, having given all, rebelled and he succumbed. He left behind him an everlasting monument in the affections of all with whom he worked.

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To learn this counter alone is worth many times the price of the book and yet it is but one of a great variety of intimate details revealed to you by "Tommy" Burns. He devotes a great deal of attention to clinching, both inform-

TABLE OF CONTENTS

1. Why the New Style of Boxing Is Better Than the Old.
2. Points Which the Boxer Should Cultivate.
3. Defense and Counter Hitting.
4. Some Hints on Offensive and Defensive Tactics at Close Quarters.
5. Training on Scientific Lines, with Advice as to Diet.
6. On How to Train to Scale, Together with Advice as to How to Recognize and Combat Overtraining or Staleness.
7. Ring Strategy and Tactics.
8. The Complete Second.
9. On Fouls.
10. The Boxer's Disease, Which Is Too Often the Cause of His Downfall.
11. Some Facts and Explanations.

ing you the steps that you should take against a man who persistently clinches himself and also explaining how you may use to advantage this method which is occasionally the only method by which a boxer can escape punishment.

Do You Know

that as a rule it is wisest to reserve all your offensive movements for fighting at close quarters? If you come to close quarters in the crouch you are up to your man with your shoulders rounded and your arms well placed both to cover up securely and also to give him all the digs for which the opportunity presents itself.

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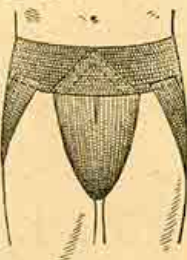
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Glossary of Boxing Phrases

(Continued from page 58)

and thereby unconsciously disclosing your intentions to your adversary.

The Upper Cut. A blow struck upward with either hand.

Wringing the Gloves. Unfairly bending, twisting and misshaping the gloves in such a manner so that the hair or padding is forced away from the hitting knuckles, in order to enhance the effectiveness of a blow. The rules forbid this practice.

WEIGHTS

| | |
|---------------------------|-------------|
| Junior Flyweight..... | 109 pounds. |
| Flyweight..... | 112 pounds. |
| Junior Bantamweight..... | 115 pounds. |
| Bantamweight..... | 118 pounds. |
| Junior Featherweight..... | 122 pounds. |
| Featherweight..... | 126 pounds. |
| Junior Lightweight..... | 130 pounds. |
| Lightweight..... | 135 pounds. |
| Junior Welterweight..... | 140 pounds. |
| Welterweight..... | 147 pounds. |
| Middleweight..... | 160 pounds. |
| Light Heavyweight..... | 175 pounds. |
| Heavyweight..... | all over. |

Winded. A term applied to a boxer sorely out of breath from the exertion incident to the contest.

Wind up. The last round of a contest. Also the final or closing bout of a number of contests billed on the boxing show program.

Building Up the Lower Leg

(Continued from page 46)

the whole leg, and when you stand erect it develops the same muscles, *the calf included.* The body itself does not furnish enough resistance, so the weight in the hands is imperative.

A man with small weak calves can push a heavy bell aloft, but it takes the man with big calves to lift heavy weights off the ground. Louis Cyr and Apollon had tremendous calves and I have seen amateurs with calves almost as large. I recall one gentleman, fifty years old, whose boast was that he had 18-inch calves and could lift 1,800 lbs. from the ground. Many other weight lifters are

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celebrated for lower-leg development. I recall that I once saw a lot of old prints showing gentlemen of Italy and France as they appeared in the seventeenth century. They wore doublets, full length hose and soft shoes. Their calves were so tremendous that I decided the artist had been trying to flatter his models, as it seemed impossible for any man to have such development.

Some time later I came across some photographs of Pierre Bonnes, for many years champion lifter of France (around 1900-1905). To my surprise I found that Bonnes had just such calves as were shown in the pictures of those seventeenth century gentlemen. Look at the picture of him on page 42. Some legs!

Sprinting, jumping and football playing or any other leg exercise where the exertion is momentary but strenuous, will develop big calves. Long distance running seems to make the calf wiry and small.

DON'T FORGET YOUR SHINS

Since the proper proportions of the calf are dependent on the equal development of *all* its muscles, you must not neglect the shin-muscle. The easiest way to develop it is to walk on the heels with toes up. Somewhat more strenuous is the exercise shown in figure 2, where you squat halfway down, pointing your knees forward and keeping the heels on the ground. Do this and your shin-muscles will work vigorously. Allow your heels to raise and its value disappears.

THE WAY YOU WALK IS IMPORTANT

More important than all these exercises is your manner of walking. A person who shambles along *never* has shapely calves. There are some men who actually keep their legs bent throughout the whole stride, and invariably they have legs like joined sticks. Even exercises won't help you if you walk in a sloppy manner. You must take a good free stride. Let the heel strike the ground first, instead of trying to land flat-footed. As your foot leaves the ground you should push forward—sort of feel the

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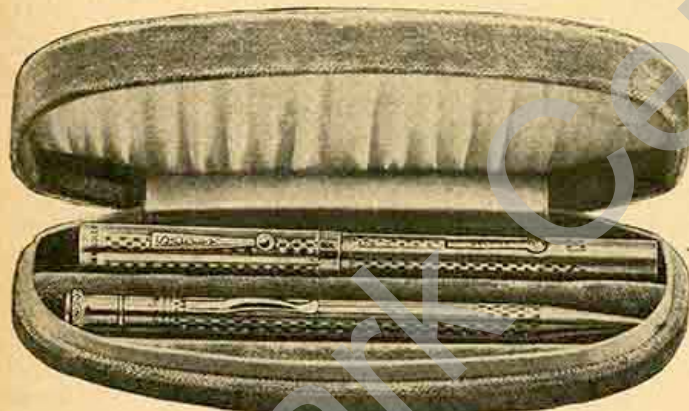
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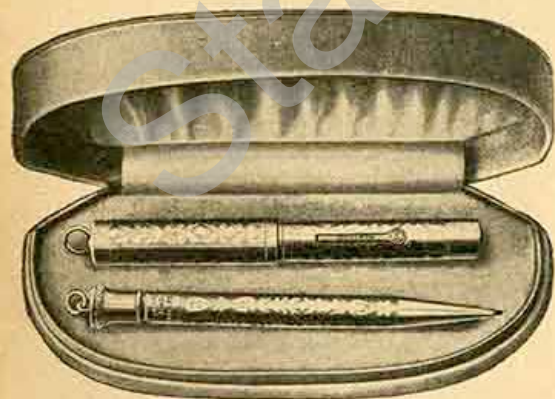
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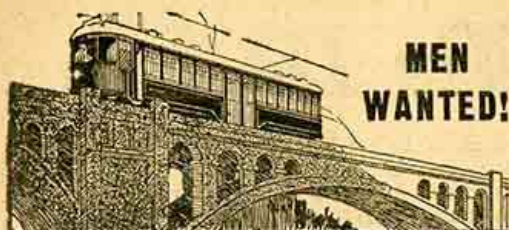
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ground with the ball of the foot just as it rises. The leg should be straight as the foot touches and again as it leaves the ground. Walk two miles a day in that manner and you can dispense with the foregoing exercises, and get a big shapely calf in the bargain.

Dance and Be Shapely

(Continued from page 56)

seems to me to be no more than mere posturing. It may be very pleasing as an entertainment, and I am willing to allow that it affords a certain degree of exercise, but I can't believe that you can become either a very shapely person or a very good dancer, by merely running around and striking attitudes. Posturing is *not* dancing.

HOW TO LEARN

If you wish to become a real dancer, there is only one way. You must go to a good teacher and learn the fundamentals of the art. This means real work and lots of it, but even if you never expect to be anything but an amateur, you will get real and definite rewards in the line of shapeliness, grace, strength and healthful habits.

If you are out only for the exercise, there is another way to learn. Every time you go to a show, watch the dancers. Pick out their simplest steps, and when you go home try and imitate them. And after you have mastered the easy steps, have a try at the hard ones. You will find it a most fascinating pastime and, incidentally, you will become intimately acquainted with a lot of your muscles with which you have not previously had even a bowing acquaintance.

But I warn you right now, if you get *really* interested, you will land sooner or later at the dancing school door. You will never lose your fondness for dancing, and when you are forty years old you will still have the figure of a kid of twenty. So, if you want to grow nice and round and plump in middle age, steer clear of fancy dancing.



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THE GREAT DANCERS

While I have taken the Russian dancers as a sort of text and tho the pictures are of such famous Russians as Mordkin, Pavlowa, Serova, Nijinsky and Fokina, it does not mean that there are no dancers except these. Every country has its great dancers. England, France, Italy and Spain turn out great artists in their respective schools.

We must, however, recognize that it was these Russians who are responsible for the present country-wide interest in dancing. At the present time hundreds of our young men and thousands of our young women are taking up dancing as a pastime and as a form of exercise.

On our vaudeville and musical comedy stage we have scores of dancers of great ability. Such artists as Bessie Clayton, Petite Adelaide, Ruth St. Denis, Gertrude Hoffman, the late Bert Williams and Dixon and Doyle are as good as they come, in their own particular lines. Until we have developed a definite and accepted school of dancing, an American method, it will be impossible to say which dancer is our greatest star.

THE REWARD OF A GREAT DANCER

A great dancer is a great personage, ranking along with the great opera singers and the great movie stars. Great dancers have a wider popularity than great actors, because, like movie stars, their art is not dependent on the spoken word. If music is a universal language, dancing is not far from it. The whole civilized world knew Caruso, it knows Charlie Chaplin and it knows Pavlowa.

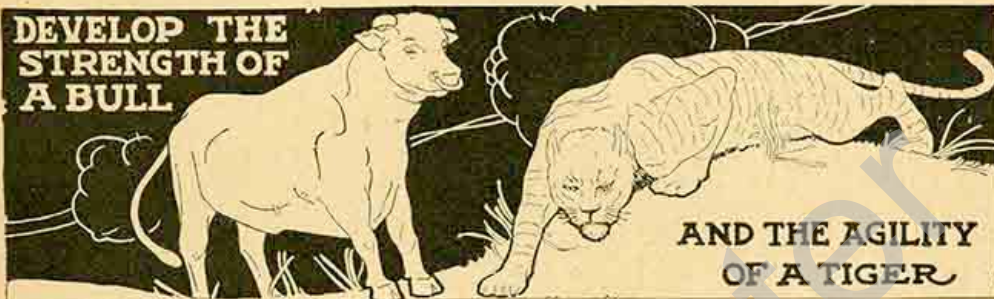
The Most Dangerous Thing

(Continued from page 40)

"Count your blessings," advises a quaint old hymn. It's good psychiatry.

The great Dr. Cabot of Boston sets forth four antidotes to worry, which he calls the four essentials to the real enjoyment of life. These are work, play, love and worship. We can't find better authority than a man of such wisdom and experience, a physician to both mind and body, and one who draws his conclu-

A Wonderful New Science Shows The Way to SUPREME LIFE!



**DEVELOP THE
STRENGTH OF
A BULL**

**AND THE AGILITY
OF A TIGER**

Start *Right Now* on the Road that Leads to Success—Health—Mastery of Men!

They said it couldn't be done! That heavy bar-bells, weight-lifting, strict dieting and all manner of "physical torture" was necessary for great strength and perfect health, but they're wrong. *It can be done and YOU can do it!*

And what's more, you'll acquire that inexhaustible pep, vitality, energy and agility that means even more to you than mere health and strength. A new outlook on life, the poise of a successful man, a beautiful physique are yours for the asking.

Our method is simple—natural—scientific. It has proven its tremendous worth to thousands. *We will return your money if it fails in your case.*

Wonderful Results

are being attained by everyone who knows the National Way. Increasing the chest two inches in one month is easy, developing the arms an inch or more in the same time can be done by anyone. Legs, thighs, shoulders—all quickly round into shape. It's commonplace for our pupils to put on 10 lbs. of solid muscle in only 30 days.

But you will feel other results even more important! A clear, alert mind, a spring in sciousness of energy and manly personality. These qualities if you want to be a real man.

LEARN HOW TO

OVERCOME: Constipation, nervousness, indigestion, stomach disorders, flat chest, headaches, fatty tissue, insomnia, thinness, loss of vitality, tired feeling, round shoulders, weak back, vital depletion, fear, bad habits, colds, short-windedness and many other ills.

DEVELOP: Great strength, perfect health, inexhaustible pep, beautifully proportioned body, manly power, mental keenness, vitality, endurance, etc., etc. **BE A REAL MAN!**

your step, a con-
power, a dominat-
ing qualities must be possessed

yours contains more real "meat" than any of the others. If this letter will help you, you may use it in any way you see fit. Arthur Keener, Pittsburgh, Pa.

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Altho very easy and simple, the results of this new science have amazed everyone. Doctors and leading physical culturists are recommending it to all their friends. Here is what one writes:

From an inventor and important railroad official: *Physical Culture is one of my hobbies. I have examined and taken many courses, some costing as much as ten times what you ask, but I honestly believe*

Begin at once on this

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For a short time these instructions will be sent you upon receipt of only \$2.00. This charge covers everything and everyone should have these instructions. Courses similar to the National to a certain degree are selling at from \$25.00 to \$35.00. This is your chance to save from 80% to 1200% and still get better results. This course is laid out to suit your particular needs. If after using it for five days you are not more than pleased, return it and get an immediate refund of your money. Start to-day to awaken the hidden possibilities within you! Let us help. Fill in and send the coupon NOW!

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NOTE: The National Health Institute is an association of specialists engaged in making better men through new, natural methods of scientific physical culture.

Strength
12-25

National
Health
Institute
Dept. 200D
2310 N. 5th St.,
Philadelphia, Pa.

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POSED ILLUSTRATIONS

Complete schedule of training, shadow boxing, road work, duties of seconds, how to reduce-develop wind and speed, bandage hands, etc., are treated in detail with specially posed photographs-shows how champions train. **YOURS FOR \$2.00.** Just pin a two dollar bill to this ad with your name and address and send it me personally, now!

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FREE WRITE TODAY for my FREE Booklet—"A Clear-Tone Skin"—telling how I cured myself after being afflicted for fifteen years.

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A SHAVE
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Improved

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SAFETY RAZOR



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sions from the study of thousands of sufferers. Say it over and over: Work, Play, Love, Worship. No need enlarging upon them. Your own thoughts will do that for you. Try studying those four whenever worry starts in.

The most intimate and inspiring book on this subject that I have found in many a day is "The Conquest of Fear" by Basil King. I wish every scared person in the world would read it. And I wish that this one sentence from it could take root in every scared soul:

"Little by little I came to the belief that the world about me was a system of co-operative friendliness and that it was my part to use it that way."

Football as a Body Builder

(Continued from page 29)

and around one hundred and sixty-five pounds in weight, a fine weight and height.

The man who in football corresponds to the pinch-hitter in baseball is the full-back, or perhaps the analogy would be better put if he were compared to the clean-up hitter. If a team needs anything from a half a foot to five yards, give the ball to the full-back. That, when it comes down to it, is what he is supposed to do; never fail his team the needed yards, and a good full-back will generally give his team the distance necessary, the distance he is asked to gain. The full-back, as a rule, gains his yardage, not by long runs, for his is not a position for that style of play, but by battering-ram methods. He hurls himself against either side of the opposing line, through center, guard or off tackle. It requires quickness, lots of it, combined with bent-over, low-charging driving power. True, he must pick his hole; he must use his eyes to see what his own linemen have opened up for him. Often it is only a small momentary opening, but if he is a quick-thinking, quick-moving, hard-smashing, low-driving fellow, he will be through and more than likely away for more than just a few feet or yards needed to make



The Invisible Menace

—Is Its Hand On Your Shoulder?

EVERY day in the year men and women apparently in good health are suddenly stricken with a fatal disease. Men and women who thought themselves in perfect condition are finding that Bright's Disease, Diabetes or some other dreaded malady has gained a running start in their bodies before a single symptom was noticed. Some of these victims live for years—broken in health and spirit. Others die quickly. You are shocked at the suddenness of their passing.

Why is this tragedy so common? Why may it soon be true in your case? Simply because these diseases are as luscious and deadly as murder in the night. They approach secretly, stealthily. There are no evident symptoms—no outward signs. By the time noticeable symptoms develop it is too late; nothing can prevent a fatal ending.

And the pity of it all is that ninety per cent of these cases could be prevented. Medical science has perfected a simple yet infallible test. A test that shows the very first tendency to Bright's Disease or Diabetes. A test that shows their presence long before any outward symptoms are felt. A test that enables you to win the fight because you know the facts in ample time.

How To Learn The Facts

Urine is the barometer of your health. It forecasts Bright's Disease and Diabetes many months before any outward symptoms are visible. It proves the strength or weakness of each organ. Urine analysis is employed by hundreds of America's ablest executives—men who consider the facts about their health just as vital as the facts about their business.

The Biological Department of The Louis G. Robinson Laboratories makes a specialty of analyzing urine. For years it has been giving this service to the medical profession in Ohio and Kentucky and now you yourself can secure this same service.

When you become a subscriber to the Robinson Health Service you will receive a complete chemical and microscopical examination of your urine every ninety days. These analyses give you the real hidden facts about your body and tell you exactly what to do about it. The work is done by expert chemists and biologists working under the supervision of a medical specialist.

If your case is serious you will be advised to take the report to your physician, and from the analysis

he will know exactly how to treat you. If the trouble is minor the report itself will tell you what to do.

In addition, every report will carry with it suggestions as to simple modifications of diet—modifications that will not only prevent disease, but noticeably improve your general health and feelings.

What It Means To You

Bright's Disease is second only to Consumption in the yearly number of victims. Yet the first indications are shown *only* by urine analysis.

Good health is absolutely necessary for your business success. Knowing the real facts and knowing them in time is the secret of good health. That is exactly what you get in the Robinson Health Service.

Perhaps you are as healthy as you feel. *Perhaps you are not.* However, you want to know—guessing is gambling against Death with your life as the stake.

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You can know exactly how you stand. Simply fill out the coupon below and we will send, without any obligation to you, full information about our service, together with details of our Free Trial Offer.

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Strong Hair

How to Save Your Hair And Grow New

You can have a fine head of hair. I am close to sixty years of age and my hair is stronger than it ever was. A short time ago my hair started to get thin and fall out. I did not want to get bald, because a bald headed man always reminds me of a house without a roof. So I started to exercise and massage the scalp. Very soon I noticed new hair growing and I tried my discovery on some of my pupils in my new gymnasium. Their hair also got new life and started to grow thick, strong and luxuriant, so I decided it was my duty to let the public know of my new discovery. My book "Strong Hair" will show you how to keep your hair and grow new hair. Every reader of this magazine should have a copy of "Strong Hair." The first edition will be sold at the special price of 25c in coin postpaid.

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SAFETY RAZOR

it "first down." If a young man possesses dodging ability and speed besides the other above named powers, then he will make a fine "running" full-back also. That sort of a youth never stops at just "first down"; that is, he is not stopped until he has put twenty or more yards behind him. No other position on the team calls for such strenuous leg work. It is all fast-starting, fast-starting, and more fast-starting. This continual repetition and constant hurling of the body against the opposing line places a severe tax upon the driving muscles of the leg, those of the front side and back of the thigh, especially the under thigh muscles. The calf is most affected along the back part. The boy who practices faithfully at playing full-back will easily develop into a good broad jumper. His characteristic position in hitting the line hard while running or driving low greatly affects the muscles of the lower back, sides and abdomen. Constant crashing into his opponents' line tends to harden—that is, toughen and develop—the shoulder and upper-back, chest and neck muscles. If he is used to back up the line, on defense, then his triceps muscles and shoulder muscles are greatly and uniformly developed. The full-back types in use today are practically of two kinds: the heavy, fast and hard-hitting kind, or the light, fast, slippery and open-field running sort. These are the two kinds that are the most effective. One is the big, fast, smashing lad, the other is the light, fast, elusive lad. As was said above in describing the ends, the quarter-back and the half-back positions, if a boy wishes to develop into a light-looking, not too heavy type, rather than the equally good-to-look-at but heavier physical type of the lineman, then he should persevere in the full-back position. The full-back position, if carefully and intelligently played, rewards the boy with a physique midway between the half-back and the lineman in weight. It develops a kind of light heavyweight type of build, unless through heredity the boy has naturally large bones, in which case he will develop into the larger kind of full-back, a

Do You Want a Bulging Biceps

OR A SYMMETRICAL, WELL-DEVELOPED BODY?

The desire for strength as a safeguard for health is spreading so rapidly today that it is wise to stop and consider what strength really is.

It certainly is not merely the acquisition of bulky, protruding muscles, although they are apparently accepted as an indisputable evidence of strength.

On the contrary the really strong man is the man whose body is symmetrically developed and who has not developed one part at the neglect, and in all probability, at the expense of his body as a whole.

THE BEST METHOD OF DEVELOPING PERFECT PROPORTIONS

is to set, for yourself, an ideal.

Do not decide that you want to have a sixteen-inch biceps! Do not decide that you want a fifty-inch chest! Do not decide that you want great pectoral muscles!

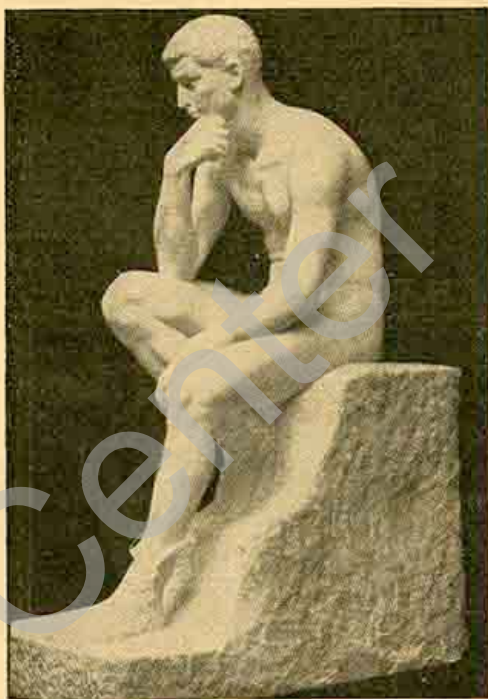
Make up your mind that you will have a well-developed body. Decide to acquire a good build!

ABOVE EVERYTHING "LEARN TO POSE"

And when we say learn to pose we mean learn to pose with discrimination. Use your knowledge to assist you in developing your body to the physical perfection that you desire.

We all know any number of men who would be a laughing stock if they attempted to pose after any of the old Greek statues, and yet we all know that the figures on these old statues come very near to being physically perfect. We all know that a man who is well developed and has a slight knowledge of posing should be able to approximate these works, at least.

"How To Pose," by Monte Saldo, contains thirty-six illustrations of classical examples, actual poses and explanatory diagrams. Anyone who hopes to develop himself symmetrically should not be without this book.



It is a practical text-book on posing and is the foundation on which you must build if you care to really make the most of yourself physically.

No one has developed a good body unless they can see for themselves that it compares favorably with the generally accepted standards of physical perfection.

No one can tell how well they compare unless they know something about posing their bodies. It is not easy to take and hold any pose unless you really know how.

To denote action in posing you must have not only the necessary physique, but also the ability to use it and the knowledge of how to use it.

When you know how to pose you will instantly recognize your bodily defects as well as your real achievements and you will know how and why you want to build your body for the future and to assure yourself of obtaining "Physical Perfection."

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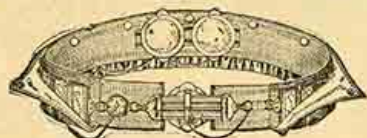
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hard, very hard, man to stop and good for at least a yard through or against any line.

This, in substance, and as briefly as justice to the subject would allow, is what football will do for the boy's physique. The positions are numerous enough to afford variety to suit any inherited type of bodily framework, and, as has been repeatedly mentioned, if the aspirant, the candidate for this or that position, plays that position faithfully and according to the instructions of his coach, at the end of his high school, college or university course or courses, he will have gained for himself not only an education mentally, but he will have acquired a build and health to be envied. True, football has its accidents, but the accidents that do happen, if the reader will take pains to notice, are usually to boys and young men ignorant of the game, youths uncoached and careless. If properly entered into there is no more danger in football than in baseball, in golf, in tennis, in swimming, in boxing, and not nearly as much as in riding in or driving a car. It is not difficult to recognize the young man who plays football. Even after a decade or two or more years have passed since his football days, his bearing, his carriage, his confidence proclaims the heritage that is his because of football. Others will ask, "What did you play on the team in your day?" Or some similar question. There is no line of athletic endeavor that will give such apparent, such visible and lasting results as football, and this because it is a game for the growing, the developing boy. It is not a game for those beyond the quarter century mark. To get the *real* results out of football one must learn to play it while young, as the growing body naturally lends itself to adaptation, to the gradually increasing rigors of a sport like football. I have yet to meet the man who regretted playing football; the man who started to learn the game at an age when his bodily framework was young enough to profit by the far-reaching, red-blooded, pure-muscle-building exercise that this out-of-doors *Man's* game is.

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With radiant health, rare poise and grace, and a perfect figure you will be more attractive than you ever dared hope. Men will admire you. Women will envy you. You, yourself, will feel like a different woman—a happier, prettier, more carefree one with that pleasing personality which always becomes part of such a woman.

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My instructions may be taken in the privacy of your own room at the expenditure of only 10 or 15 minutes daily. You will quickly notice a wonderful improvement in your figure and a new grace to your movements which come with perfect health. *Supreme bust development can be acquired.*

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If after examining "Womanly Charms" you are not completely satisfied, return it within 5 days and I will cheerfully refund your money. This is your opportunity to become a happier, healthier and physically better woman. Accept it to-day by sending a money order, check or \$2.00 in cash (registered letter) to

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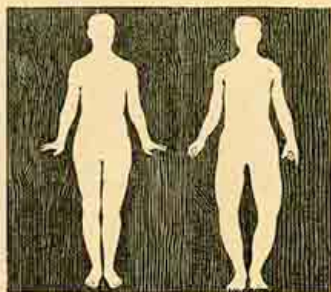
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The Greatest of Them All

(Continued from page 48)

length of the arm bones (as in childhood and youth), there could be no alteration in the length of the biceps.

Surely this must be so. If you actually shortened the biceps, it would mean that the forearm would be held permanently at a right angle to the upper arm, and if you lengthened it, the muscle would hang like the loosened string of a bow.

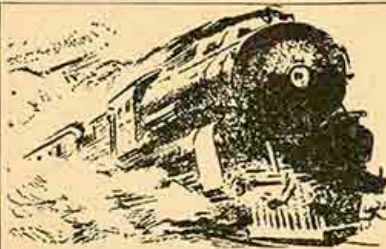
Anyhow, Mr. Williams' case is an eye-opener to me. His muscles cannot be called "knotty" or "lumpy," and yet they possess extreme power. He still conforms to the long, rangy type which we associate with our best track athletes. His use of the weights does not seem to have tied him up in knots. He is more than interesting. He is phenomenal. Surely he must be the greatest combination of strength and speed (the American ideal) known in modern athletics!

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Will Relieve Sciatica

Are your legs skinny, too fat or weak, and are you troubled with sciatica rheumatic pains in the legs? Do you get tired when you walk upstairs? Do your legs get a cramp or become numb at times? The instructions in my book, "Strong Shapely Legs," will give you a strong pair of legs. Thick ankles, weak ankles, flat feet and other bad physical defects in the legs will be improved. The results are quick and permanent.

Every man and woman can have strong, shapely legs. Price 25c in coin postpaid.



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MY \$1.00 ENCYCLOPEDIA NOW 25c

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The most complete work, in concise form, ever published on physical culture. It explains all the phases of physical training. Here are some of its topics: Diet—Constipation—Drinks—Outdoor Life—Bathing—Clothing, Air Baths—Sleep—Breathing—In Case of Sickness—Normal Weight—Truth About Fat—How Not to Be Thin—Exercise. SEND STAMPS OR COIN.

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Earn Big Money

Travel. Great demand everywhere. Fascinating work. Experience Unnecessary. Particulars Free. Write Dept. M. 19.

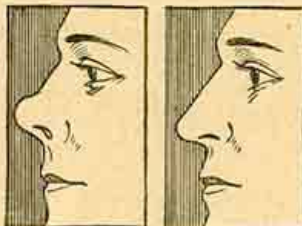
AMERICAN DETECTIVE SYSTEM

1968 Broadway New York

YOU HAVE A BEAUTIFUL FACE

BUT YOUR NOSE?

IN THIS DAY AND AGE attention to your appearance is an absolute necessity. If you expect to make the most out of life, not only should you wish to appear as attractive as possible, for your own self-satisfaction, which is alone well worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks," therefore it pays to "look your best" at all times. Permit no one to see you looking otherwise; it will insure your welfare! Upon the impression you constantly make rests the failure or success of your life. Which is to be your ultimate destiny? My new **Nose-Shaper**, "TRADOS Model 25," corrects nose ill-shaped noses, without operation, quickly and safely and permanently. It is pleasant and does not interfere with one's occupation, being worn at night.



Write today for booklet, which tells you how to correct ill-shaped noses without cost if not satisfactory.
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Railway Mail Clerks
\$1600 to \$2300 Year

MEN—BOYS OVER 16

SHOULD WRITE IMMEDIATELY

Steady Work. No Layoffs.

Paid Vacations

Common Education Sufficient
Send coupon today—SURE



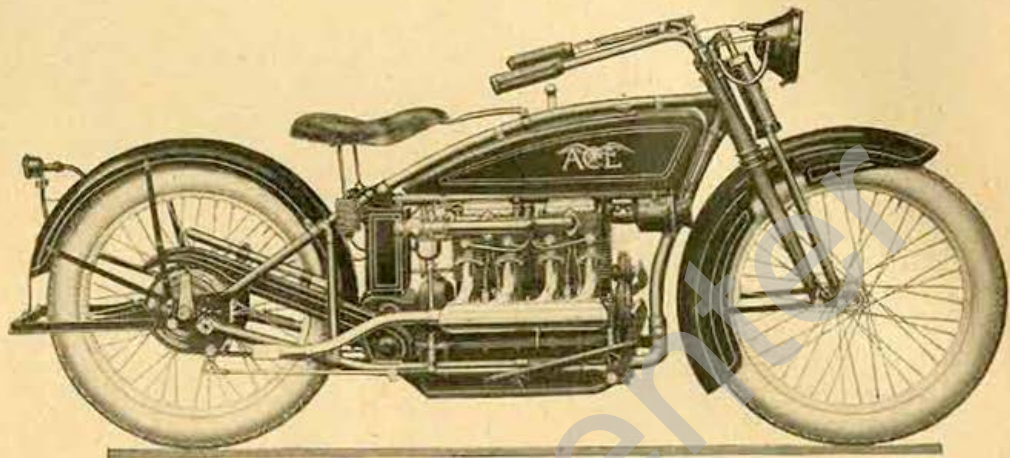
FRANKLIN INSTITUTE, Dept. L-183, Rochester, N. Y.

Sirs: Send me without charge (1) Sample Railway Mail Clerk Examination questions; (2) Schedule showing places in all coming U. S. Government examinations; (3) List of many government jobs now obtainable.

Name

Address

335.⁰⁰ ACE Given Away



The only American Motorcycle backed by ten years engineering experience in designing and manufacturing four-cylinder models.

Join the thousands of satisfied Ace users, at no expense to yourself. Clip the coupon shown on opposite page and you start to win the ACE now.

The ACE Four-Cylinder Motorcycle

A machine that will give you magic freedom of the great outdoors—that places the distant mountains, the seashore, the lake, the deep woods or the open fields within easy reach at any time you wish.

Get better acquainted with Nature—with this machine you can visit spots that you have never gone to before—can travel remote mountain trails or wooded paths that no four-wheeled vehicle could traverse at all—and can enjoy the benefits of outdoor life in surroundings that would be inaccessible in the time you ordinarily have to spare if you had to depend on the usual means of transportation.

You'll enjoy riding the Ace. It's a man's mount. Riding this motorcycle is like riding a spirited horse—by comparison it makes any automobile seem like a tame old-time phaeton. Instantly responsive to throttle like a thing alive; brimming with triumphant power that thrills your every cell as it sweeps up the steep hill or long mountain grade; smoothly silent and steadfastly dependable with the quality that marks the thoroughbred—a machine that you will find to be a friend and a companion as well as a means of transportation.

The four-cylinder Ace motor is a tremendous reservoir of giant power under your complete control. It will glide you smoothly along at a mere walk in downtown traffic if you wish—or rush to express-train speed if you call for it on the open road. Swift acceleration, quick getaway, wonderful flexibility and absence of vibration are distinctive of this four-cylinder engine.

Unit power plant with three-speed sliding gear transmission and multiple-disc clutch operated by foot lever like an automobile. Electric Lights. Low-hung, splendidly-balanced—easier to ride than a bicycle, for the Ace fairly "balances itself." Comfortable, safe, simple.

An Ace just like one that you can win was recently ridden from Los Angeles to New York City by "Cannonball" Baker in less than a week, breaking the best previous transcontinental motorcycle record by 17 hours 24 minutes. The Ace covered the 3,332 miles from ocean to ocean without an instant's motor trouble, over mountains, desert, plain and prairie, Kansas ruts and Missouri clay.

It is characteristic of Strength Magazine's generous policy that this finest type of motorcycle is offered as a reward for hustlers. Only the best would be good enough for the winners in this contest, and the four-cylinder Ace is a machine that will delight the most critical. Clean, quiet, capable and dependable—a mount that will multiply your enjoyment of outdoor life and bring health, vitality and renewed vigor.

Mail the coupon to receive the special award of 500 points and we will send you an illustrated folder containing detail specifications of this machine—it's a prize that will richly reward your utmost efforts to win.

— HOW TO WIN THE ACE —

1. The campaign closes at 12:00 o'clock noon on Saturday, Dec. 30th, 1922.
2. Votes will count as follows:

| | |
|------------------------------------|------|
| Official entry blank..... | 500 |
| Entry blank and 1 subscription.. | 1500 |
| (Your own or one of your friends.) | |
3. Regular Vote Schedule:

| | |
|-------------------------|-----|
| 1 Yr. Subscription..... | 200 |
| 2 Yr. Subscription..... | 500 |
| 3 Yr. Subscription..... | 900 |
4. Subscriptions for longer than 3 years will not be accepted.
5. Subscriptions may be taken to start at once, or any future time desired, or to extend unexpired subscriptions.
6. Your friends may help you by securing subscriptions for you, but all subscriptions must be sent in with your name signed at the bottom of each blank, as candidate, for the votes to count for you in the campaign.
7. No territorial restrictions except that the candidate must live in the United States. (This does not include Hawaii and the Philippine Islands.)
8. Votes are not transferable and cannot be bought, sold or transferred from one candidate to another.
9. No employees of STRENGTH or any member of their family will be allowed to compete in this campaign.
10. Awards made immediately at close of campaign and the candidate securing most votes will receive the wonderful ACE.
11. New, renewal or extension subscriptions all count the same number of votes in the campaign.
12. In the absence of any rule to govern any point not set forth in these rules that may come up during the campaign, the Campaign Manager's decision will be final.
13. Remittance in full must accompany all subscriptions before the candidate will receive credit for them.
14. In case of a tie for the award, an award identical in all respects will be given to the candidate so tying for it.
15. Make all money orders, checks, etc., payable to the order of STRENGTH.
16. STRENGTH's reputation is back of this campaign which will guarantee all its readers and friends a square deal.

HERE'S OUR EASY PLAN—EVERYBODY WINS

We want our candidates to be amply rewarded. Of course, you will bend every effort to win the \$335.00 Ace, but as further assurance that you will be well repaid for any efforts you put forth, to all candidates a cash commission of ten per cent on all subscriptions they send in will be paid at the close of the campaign, if they do not win the prize.

Campaign will be conducted to get more subscribers to STRENGTH. We want you to help us and in that way get a handsome motorcycle for yourself. If you sell enough subscriptions to have the most votes when the final count is made, you'll get the \$335.00 motorcycle.

You have nothing to lose and everything to gain. Possibly you'll never again face an offer like this, where you can get a brand new motorcycle free of cost with the honors of a winner. Make the resolution now and the motorcycle may be yours.

OFFICIAL ENTRY BLANK

500 Votes

1500 Votes

STRENGTH MAGAZINE,
301 Diamond St., Philadelphia, Pa.

It is understood that I will obtain 500 votes if I simply fill in this entry blank. If this entry is accompanied by one subscription, either my own, or that of a friend, it is understood that I will receive 1500 votes to apply towards the Strength Subscription Contest as outlined above.

Contestant's name

" Street address.....

" City or county.....

" State.....

Subscriber's name

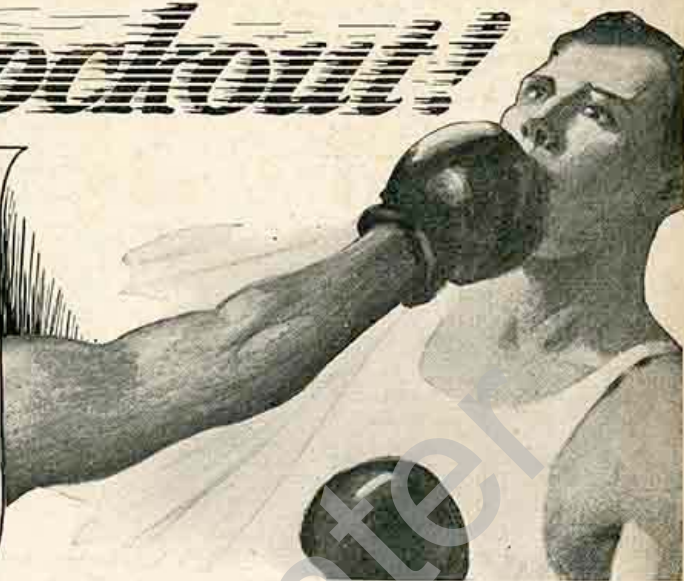
" Street address.....

" City or county.....

" State.....

A Knockout!

~~\$5.00~~
\$3.85



The famous Marshall Stillman BOXING Course \$3.85 with Jiu Jitsu & Wrestling—85 lessons —over 200 illustrations

Here it is—the famous Marshall Stillman Course in Boxing, Jiu-Jitsu and Wrestling, now at the extraordinary price of \$3.85 instead of \$5.00—85 lessons, 381 pages, 246 illustrations. You can have it on 10 days' trial right in your own home—send no money!

Marshall Stillman will teach you how to box in true professional style—just as he has taught over 30,000 others—right in your own home. You will learn all the fundamentals of boxing and the blows and guards developed by the top-notchers—the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, the Mike Donovan Leverage Guard, etc. In a short time you will be able to put the gloves on with any of your pals at the club or gym and box rings around that "fellow who thinks he knows it all." You will learn all the secrets of the ring, all the fine points of feinting, ducking, clinching, breaking ground, judging distance and timing. In short, you will become a good boxer in a very short time, and for only \$3.85!

Jiu-Jitsu and Wrestling.—You will also learn Jiu-Jitsu and wrestling—how to subdue an armed opponent, how to break a strangle hold, how to throw an opponent who grabs you from behind, and the best wrestling holds—the Gotch Toe Hold, the Stecher Scissors Hold, the Head-lock, etc.

It's just as though you had several teachers, each one an expert in his part of the game.

Easy to Learn

It would take you months to learn all this by old methods of teaching. But in the Marshall Stillman system each lesson is reduced to the simplest movements; each movement is described in detail, and posed for by two experts.

You start your boxing lessons before a mirror, practicing movements you are already familiar with, such as reaching out your hand for a coin, the breast-stroke in swimming, etc. From these familiar movements, Marshall Stillman subconsciously leads you into striking heavy blows with the weight of the body behind them, feinting, ducking, side-stepping, etc., just as though you had a real opponent before you.

When you've mastered the fundamentals you're taught every good blow and guard used in the ring, with three rounds of shadow boxing cleverly combining these blows—great exercise to develop wind, speed, and confidence.

A complete set of muscle-building and breathing exercises, with advice on what to eat, how to train, etc., is included to build you up physically—though the boxing exercises themselves will improve your health and physique wonderfully.

History of Boxers.—With the course we will include free a History of 69 great prize-fighters, including all the new champions—Pancho Villa, Siki, Joe Lynch, etc.—with their pictures and "inside" stories about them.

10-Day Trial. Send No Money

Simply fill in and mail the coupon. When you have the course in your hands, deposit one dollar with the postman. Then examine the course for 10 days—try it out thoroughly. At the end of 10 days either send us the small balance of \$2.85 in final payment or return the course, and we'll send your deposit back.

This offer is good for a limited time only. So mail the coupon now to Marshall Stillman Association, Dept. 1722M, Forty-second Street and Madison Avenue, New York.

COUPON

MARSHALL STILLMAN ASSOCIATION
Dept. 1722M, 42nd St. & Madison Ave., New York.

You may send me on approval the Marshall Stillman Course. I will deposit \$1 with the postman, with the understanding that if, after 10 days, I wish to return the course I may do so and my money will be refunded. If I keep the course I am simply to send you \$2.85 in final payment.

Name

Address

Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds) subject to money back if not entirely satisfactory.