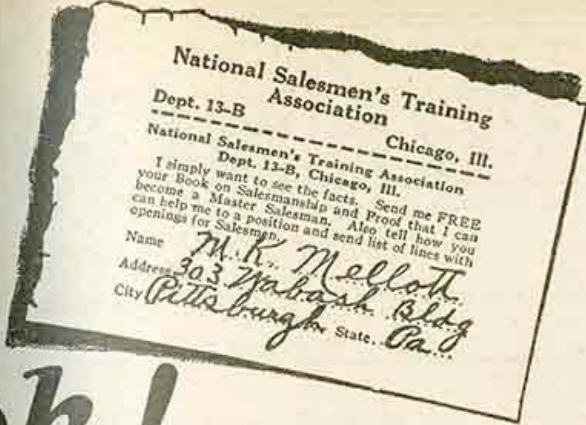


April, 1922



# Look!

## This is the Coupon that Put Me in the \$10,000 a Year Class

That little slip of paper wouldn't cash for a penny at a bank teller's window. The \$10,000 wouldn't begin to express what it has been worth to me.

I had been looking upon \$10,000 as a pretty good salary. To me it looked almost like a fortune. Why I was just a young fellow, yet somehow or other the figure "10,000" always stuck in my mind. I used to think of it every time and again. I used to dream of it with an amount like that each year. I could have a beautiful home in the city, a car, and do about everything I wanted.

It happened! To-day—not so long ago—I find myself in the \$10,000 class. I am a little amazed myself that just a couple of short years ago I was plowing. And I had never dreamed that \$10,000 a year was waiting for me in a field in which I had no previous experience.



M. K. Mellott

at a salary ranging from \$900 to \$1,200 a year. As a salesman his earnings were \$1,000 in thirty days. These men had never sold goods—had never known they could sell. But that hadn't mattered a bit. They learned of this great organization formed for the express purpose of fitting men for the great opportunities in the field of Salesmanship and to help them to positions in the lines that most appeal to them. Step by step—in their spare time at home this Association took them thru every phase of selling. Then almost before they realized it they were in the big-money class.

That very night, even before I had supper, I mailed the coupon that you see reproduced above!

### I Leave the Farm for the \$10,000-a-Year-Class

The rest seems like an amazing dream to me. Right at home in my spare time I was taken through every phase of selling. To-day—and it is just about three years since then—I am the Branch and Sales Manager of one of the large brush manufacturing companies of Philadelphia. I had been with them only seven months when I began to make the money I had once dreamed of earning. When an organization has done that much for you wouldn't you want to help them too. And that is why I am telling my story here. Because I have no doubt that there are hundreds of others who realize that selling is the real big-money field. But they have never realized that they could easily get their share of this big money regardless of whether they had ever sold a dime's worth of goods before in their lives.

M. K. Mellott.

### Why People Laughed

When I mentioned the word "Salesman" at home with a laugh from everyone in the family, "What a farmer boy making good as a salesman!" that I knew there was a way to do it. I knew I had stepped down from bookkeepers' stools into the big world of salesmen. I knew that clerks who were getting a dime's worth of goods in their lives had become successful salesmen at large. And what is more, I knew HOW they had done it.

One day I happened in a rather commonplace way. I had a hard day out in the fields and was sitting on the fence resting and waiting for supper. I saw a man and there I read how a great organization and sales managers had banded together to succeed in this great field. I read of their methods; I read how a man named F. Wynn, had stepped from a clerk's position to a salesman's with earnings which were as high as \$550.00 a week. I read of a fire-organizer before had earned more than \$600.00 a week. The organization made a salesman out of him and he was now getting up to the \$300.00 a week figure. His name was George W. Kearns and he came from Oklahoma as a farmer like myself, Charles Berry, of Oklahoma. I read about W. Hartle, of Chicago, who earned \$1,000 the very first month he became a salesman. I read about W. Hartle, of Chicago, who spent ten years in the railway mail service

### Send for This Free Book

The same opportunity that has brought Mr. Mellott and hundreds of others their good fortune is open to you. Whether or not you have ever thought of becoming a Salesman, you should examine the facts about the tremendous possibilities for big earnings in this fascinating field. This will not cost you a penny and places you under no obligation. It simply means that you will receive, entirely free, a remarkable book, "The Knight of the Grip," full facts about how the Free Employment Service of the N. S. T. A. will assist you in securing a sales position as soon as you are qualified and ready; and the personal stories of men in every part of the country who to-day are enjoying splendid success and earning five, ten and fifteen times as much money as ever before.

Make a start now! Mail at once the coupon that can put you into the \$10,000 a year class too. National Salesmen's Training Association, Dept. 21-D, Chicago, Ill.

National Salesmen's Training Association,  
Dept. 21-D, Chicago, Ill.

I simply want to see the facts. Send me, free, your Book on Salesmanship and proof that I can become a master salesman. Also send list of lines with openings for salesmen.

Name .....

Address .....

City .....

State .....

# STRENGTH

Vol. 6

APRIL, 1922

No. 8

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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# Science Discovers the Secret of Caruso's Marvelous Voice

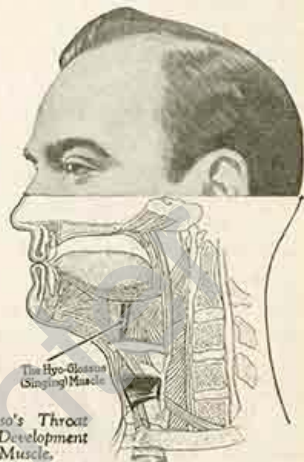


The Hyo-Glossus (Singing) Muscle

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.



The Hyo-Glossus (Singing) Muscle

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. — discoverer of a long line of musicians — was born in the music centers of Germany, Munich, Dresden, Berlin, Brunswick, 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 masters of the Continent who went one year after year blindly following old-time 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 further into the Science of Singing.

He perfected a system of voice training that will develop your Hyo-Glossus muscle by simple, silent exercises right in your own home.

### Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day. The exercises are silent. The results are sure.

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

### A Beautiful Voice for YOU

You do not know the possibilities of your voice.

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

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

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

### 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.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

### Perfect Voice Institute

Studio 5774 1922 Sunnyside Ave., Chicago

Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

Singing  Speaking  Stammering  Weak Voice

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_

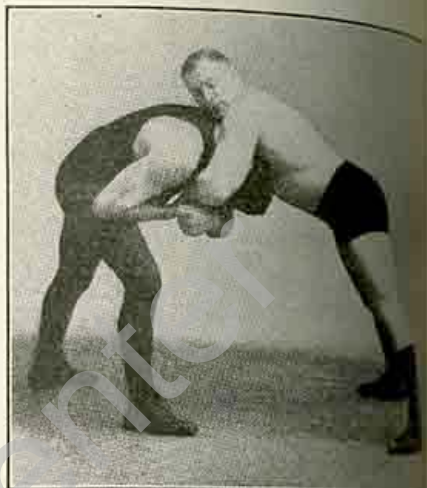
**Perfect Voice Institute**  
1922 Sunnyside Ave., Studio 5774, Chicago, Ill.

# You Can Find Health In Sports

## Develop a Splendid Physique Wrestling

Of course you are interested in your health and strength. You want broad shoulders, a deep chest, and a powerful back. More than that, you want the good health and the strength that will enable you to play a man's part in this life.

You can't play your part while you are in poor health. Why give the man who keeps in condition a handicap? You can build a fine, healthy body and keep in good condition at all times by spending a little of your spare time in wrestling. It isn't like dull, tiresome exercises that you do day after day. You will take as much pleasure in wrestling itself as you will in the big improvement in your health and general strength.



Double Chancery Hold

# Complete Science of Wrestling

## By George Hackenschmidt

The name of this book is sufficient explanation of the contents. This is not an ordinary course in wrestling in which the writer explains the offensive and defensive moves in wrestling. Any wrestling course has that. Mr. Hackenschmidt not only explains the practice of wrestling in a clear and concise manner, but also explains thoroughly the theory of wrestling.

### HE EXPLAINS

to the student the best holds and counter holds—how your defensive moves may be used to secure an opening for a fall—holds in up-standing wrestling—holds for

ground wrestling—scissors holds—counters and breaks for them—Nelson and Chancery holds—many other holds and hints on training.

### Muscle Control By Maxick

A remarkable book describing a new scientific principle of extreme importance which marks a new epoch in Physical Culture. In this book Maxick, for the first time, makes public his wonderful method of securing maximum muscular power and development and bodily efficiency with extreme economy of effort—by means of mental concentration and brain control of each muscle separately.

Illustrated with 54 exceptionally fine full page reproductions of special photographs. The contents of the book are as full and as detailed as they could possibly be made and the novice will have no difficulty in understanding the course.

SENT POST-PAID FOR \$2.00

### IT'S UP TO YOU

Do you want health and strength? You can become strong through wrestling or through many of the systems of daily exercise. Do you rather want health and physical perfection or find that in a fine, pleasure sport? Try it out on your friend. Surprise him with the strength and speed you have obtained. Strength or weakness is up to you.

Send \$2.00 Check, Cash or Money Order to

**THE ATHLETIC BOOK COMPANY**  
2100 N. Third Street, Philadelphia, Pa.

April, 1922



# Are YOU Old at 40?

What You Should Know About  
the Glands of Your Body

Some men of seventy are younger in vitality than other men of forty. A common cause, perhaps the most common cause, of loss of strength and vitality in men past forty (and some of younger years) is PROSTATE GLAND DISORDER. Men whose lives have been the heartiest and most vigorous are not exempt from the attacks of this disorder. We have published a little book called

## Prostatology

which will tell you much you wish to know about the prostate gland and its functions—and how a disorder here may cause sciatica, backache, painful and tender feet, disturbed slumber and other painful disturbances. It will tell you of a Thermalaid, a simple means by which the essential of a new hygienic principle, done into convenient form corrects this prostate gland condition and its attendant health faults,—a method that is being endorsed by prominent Physicians, Physical Culturists, Chiropractors, Osteopaths and other leading health authorities.

**Thermalaid**

## Here Is the Proof

The Electro Thermal Co.,  
Stuebenville, Ohio

Lawrence, Kansas

The Electro Thermal appliance is an EXCELLENT INSTRUMENT FOR THE TREATMENT OF RECTAL AND PROSTATIC CONDITIONS, and the most satisfactory rectal appliance I have ever used. The instrument itself is HIGH GRADE and simple to operate. I am well pleased with the results produced through its use.

Yours truly,

Dr. R. C. Albright.

The appliance I bought from you some time ago for enlarged prostate saved me from an operation. It also helped my digestion and rheumatism. It is a god-send to suffering humanity, a trial will convince the most skeptical. You may use this as you see fit with my signature.

Yours truly,

R. F. Cox.

The book will be sent free without obligation upon receipt of your simple request. Address

**The Electro Thermal Company,** 6404 Main Street  
Stuebenville, Ohio

---COUPON---

THE ELECTRO THERMAL CO.  
6404 Main Street, Stuebenville, Ohio

Please send me, without obligation, a copy of your free book—PROSTATOLOGY.

Name.....  
Street.....  
City.....  
State.....

# Secrets of Glorious Daily Health

Bernarr Macfadden's Encyclopedia of Physical Culture Reveals Nature's Methods and Secrets of Perfect Health. A Wonderful Service for Those Wishing to Banish Sickness From Their Lives and to Gain Glorious Health That Never Skips a Day, a Powerful Physique, and Vitalized Energy Unlimited—Don't Fail to Read About This Special Free Offer

**W**HY should you "feel great" only some of the time? Why have only half health, half energy, half life? The state of your health is up to you. You can be nervous, weak, and sickly—or you can be strong, healthy, and sick-proof.

You rule your health as surely as you rule your actions. If you are not enjoying the 100 per cent. health which makes life so much worth the living it is merely because you haven't employed the methods provided by Nature to keep you well. "But what are these methods?" you say. "How can I learn these secrets of glorious daily health?"

These methods and secrets of perfect health are now unfolded to you. The lifetime experience of Bernarr Macfadden, America's greatest health advisor, is now put before you. In his wonderful five-volume Encyclopedia of Physical Culture are the methods which have brought perfect health to thousands of sufferers from all manner of ill-health.

## Why Lose \$4,100?

\$4,100 is about what sickness costs the average person during his lifetime. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his lifetime. Suppose that person earned the very moderate salary of \$20 a week—his total loss would be about \$3,700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about \$4,100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness all because they do not know how to build health?

## Feel 10 Years Behind Your Real Age

The way you feel and not the number of your years is the real barometer of your age. Why catch up to your years?

### A Complete Education in PHYSICAL CULTURE

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—

- (1) A complete work on **Anatomy**, fully illustrated.
- (2) A **Physiology** in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on **Diet**.
- (4) A complete **Cook Book**.
- (5) A book on **Exercise in Its Relation to Health**.
- (6) A **Handbook on Gymnasies**, with full instructions on drills and apparatus work.
- (7) A book on every form of **Indoor and Outdoor Exercises**, Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for **Developing a Powerful Physique**.
- (9) A most complete and extensive work on **Fasting**.
- (10) A comprehensive work on **Hydrotherapy**, including water treatments of every variety.
- (11) A book on **Mechanical Therapeutics**, giving full details, many illustrations of physiotherapeutic treatments.
- (12) A thorough work on **First Aid** with drugless methods.
- (13) A complete work on **Diagnosis**, giving plainly written instructions for detecting diseases and finding their cause.
- (14) A comprehensive, illustrated book on **Home Treatment for All Diseases**.
- (15) **An Anatomy of the Sexual Organs**.
- (16) **Sexual Weakness and Disease, Their Cause and Cure**.
- (17) **Rules for Happy Marriage and Parenthood**.
- (18) A complete work on **Child-birth**—how to make it safe.

Nature's methods of keeping you young will keep you young, too. Look at you. You can look and feel at least ten years behind your real age. The great secrets Sanford Benedict brought himself physically back to you, too, can apply the same methods of bringing back youth, vitality and bodily vigor. The methods hundreds have been practicing since Bernarr Macfadden's revelations and wonderful health that never skips a day.

## The Daily Guide to Perfect Health

Guiding health seekers for the last 20 years—this has been Bernarr Macfadden's preparation for the most valuable work, the Encyclopedia of Physical Culture.

This great work is a complete "natural-method" doctor. It tells how to build health, vitality and strength, every member of the household, young and old. It describes the symptoms of every known disease and gives the instructions for treatment. It contains invaluable information on last-minute exercise and hydrotherapy for beauty building. A thorough intensive treatment is given of every ailment of sex, the attainment of youth, hood and womanhood, and the essential parenthood, together with the diagnosis and treatment of sexual diseases. Handsomely illustrated charts on anatomy and physiology given.

A reading of the two parts of this work here will give you a better idea of the vast scope of this Encyclopedia of Physical Culture. In it is contained the equivalent of at least twenty books. The Encyclopedia contains more than 3,000 pages and 1,200 illustrations besides scores of color plates.

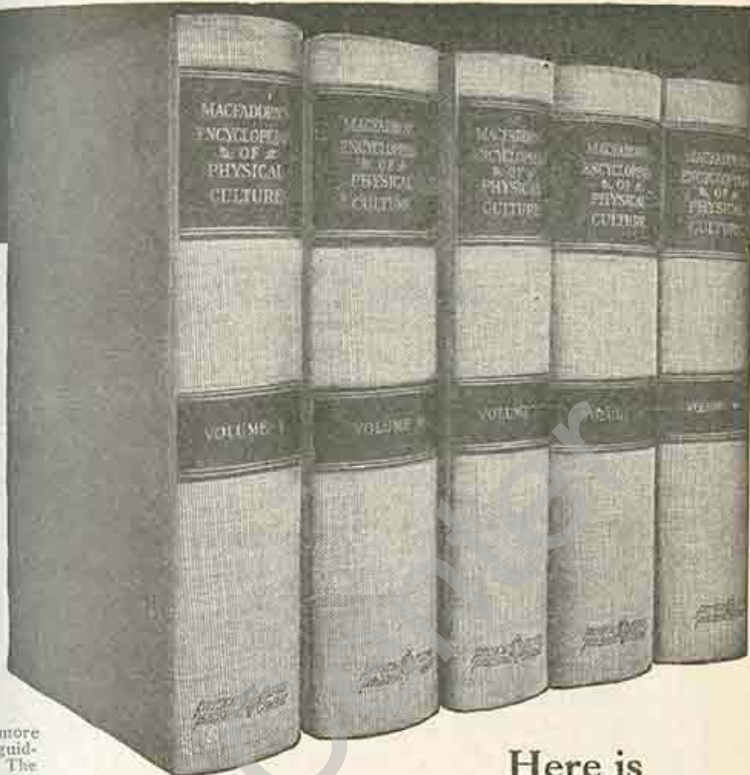
Because it is impossible to explain adequately about this work in this space, we therefore invite you to mail the coupon on the next page so that we can send you a volume of the Encyclopedia for free examination. Read the details of this offer and mail the coupon.

April, 1922

# A Complete Guide-Course to Perfect Health by Bernarr Macfadden

Read About  
**OUR OFFER**  
to Send for  
Free Examination  
any Volume You  
Select.

If this Offer is Accepted  
the Price Includes  
a Year's Subscription to  
**Physical Culture**  
The Most Valuable Health  
Course Ever Prepared



## Here is OUR OFFER

### How to - -

possess exhilarating health every day in the year  
know your own body  
cat for health  
know for the cure of disease  
know the art of food preparation  
build a powerful physique  
correct physical imperfections  
become a physical director  
avoid unhappy marriages  
avoid disease  
fast as a curative measure  
cure by hydrotherapy (heat by the use of water)  
apply all methods of drugless healing  
give first aid in emergencies  
apply home treatment for disease  
recognize diseases by manifestations  
build nervous energy  
treat the common forms of disease  
understand the process of reproduction  
benefit by laws of sex and marriage  
treat diseases of women  
diagnose diseases  
have healthy and vigorous children  
treat female disorders  
treat male disorders  
obtain virility and manhood  
care for the complexion  
manoeuvre: care for the hair and feet  
cultivate the mind

These are only a few of the matters explained in the Encyclopedia

Decide which volume of Macfadden's Encyclopedia of Physical Culture you wish to examine. Then fill out the coupon and mail it at once. The volume you select will be sent to you prepaid for five days' free examination. Then if you decide that you want the Encyclopedia send a deposit of \$2 and the other four volumes will immediately be sent prepaid. Then pay only \$3 a month until the total cost of the Encyclopedia, \$35, is paid. If you care to pay cash, the price is only \$31.50. If, on the other hand, after 5 days' examination of the one volume you select, you decide that you do not wish the Encyclopedia, return the volume and the matter will be considered closed. If you decide to retain the volume and purchase this Encyclopedia, a full year's subscription to Physical Culture is included. No offer could be fairer than this. Pick out the volume you wish to examine and mail the coupon now.

This offer is confined to persons residing in the United States or Canada.

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CORPORATION**

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CULTURE  
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Send me for inspection  
Volume..... of the Encyclo-  
pedia of Physical Culture. I  
agree to return the volume in five  
days or pay \$31.50 cash for the  
entire Encyclopedia or \$35 on the  
easy terms mentioned in this offer.  
My acceptance of this offer includes a  
year's subscription to Physical Culture  
Magazine.

Name .....

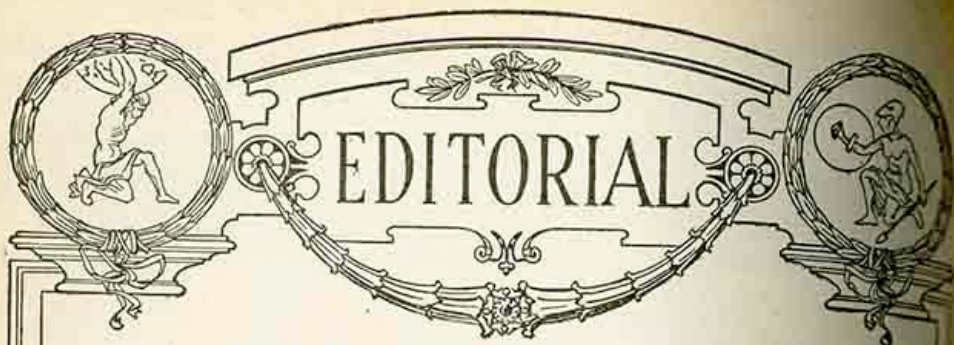
Occupation .....

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Business Address .....

Bernarr Macfadden has had more than 20 years of experience in guiding thousands to renewed health. The methods that have brought exhilarating health and physical power to others will be made available to you. If you want to enjoy perfect health every day in the year, you want your family to enjoy perfect health, which makes home life more joy and happiness—if you want to live a few years from your age with more success-winning energy, more vitality than ever before—send for the volume of the Encyclopedia which you wish to examine, and mail the coupon for it to-day. The general contents of each of the five volumes are as follows:

- Vol. I. Anatomy, physiology, diet, food preparation.
- Vol. II. Physical Training, gymnastics, corrective exercise, physical culture, exercises for women, sports, athletics.
- Vol. III. Fasting, hydrotherapy, first aid, manual manipulation, mechanical diet and regimens.
- Vol. IV. Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. V. Sex Hygiene, physiology, motherhood, pregnancy, marriage, baby care, disorders of men and women, beauty culture, mental culture.
- Do not let the word "encyclopedia" give you the impression that it is dull or uninteresting. This is the only word that describes the completeness of the work. It is the very latest edition and is the result of Mr. Macfadden's 20 years of experience. Its worth is underestimated unless you will understand the glorious results it will show you how to



## *Keep Up Your War-Time Training*

**T**HERE must be at least four million ex-service men in the country. Men who, even if they did not "get across," spent weeks and months in some training camp on this side.

Talk to any one of these men, officer or private, and get him reminiscing about his experiences in camp. Nine chances out of ten he will say something like this: "The work was hard, but I tell you! I never felt so well in my life, before or since. At first my feet ached, my legs and back were sore and I felt tired all over. But after a week or two I commenced to toughen. Toward the end we would go on long hikes with a gun on shoulder and pack on back. Yes! We'd sing 'The last long mile' and think we were pretty near all in. But eat? Nothing ever tasted so good as those evening meals. And sleep? Like a top." And so they go on and try to re-capture that rapturous feeling of absolute physical fitness.

In the camps there were thousands of city men who got their first real exercise since their school days. The training was not for sport, but for cold efficiency's sake. The object was not great strength, but endurance; a certain toughening of all the fibers, moral as well as physical. A training that would make the soldier's muscles carry him for twenty miles, and give him, on top of that, the grit to march five miles more—uncomplaining though foot-sore. Foreign military observers always remarked the physical and mental buoyancy of the American troops.

If the physical training of the camps was considered necessary to fit men for the extraordinary emergency of war—why is not the same training (in reduced quantity) equally valuable as a training for the less hazardous but equally arduous duties of peace? Physical fitness, endurance and energy are prize possessions. Why not profit by that particular lesson of the war? Don't drop your exercise. If you are so fixed that you can play golf—do so by all means. Join a gym—play basket ball or tennis



in season, and above all walk. You can usually find fellow hikers, but failing that, walk either to or from your work. We know a suburbanite who owns three cars, but who twice a week walks eight miles to his city office, merely to keep himself from getting "loggy." He got the walking habit in an officers training camp.

### *Athleticism and Woman's Dress*

**I**N a newspaper interview the Medical Director of a woman's college stated positively that the present-day college girl was larger, stronger, shapelier and altogether more vigorous than the girl of a generation ago. She ascribed this improvement to the liberation from the shackles of the old-fashioned corset and the old-fashioned long skirt.

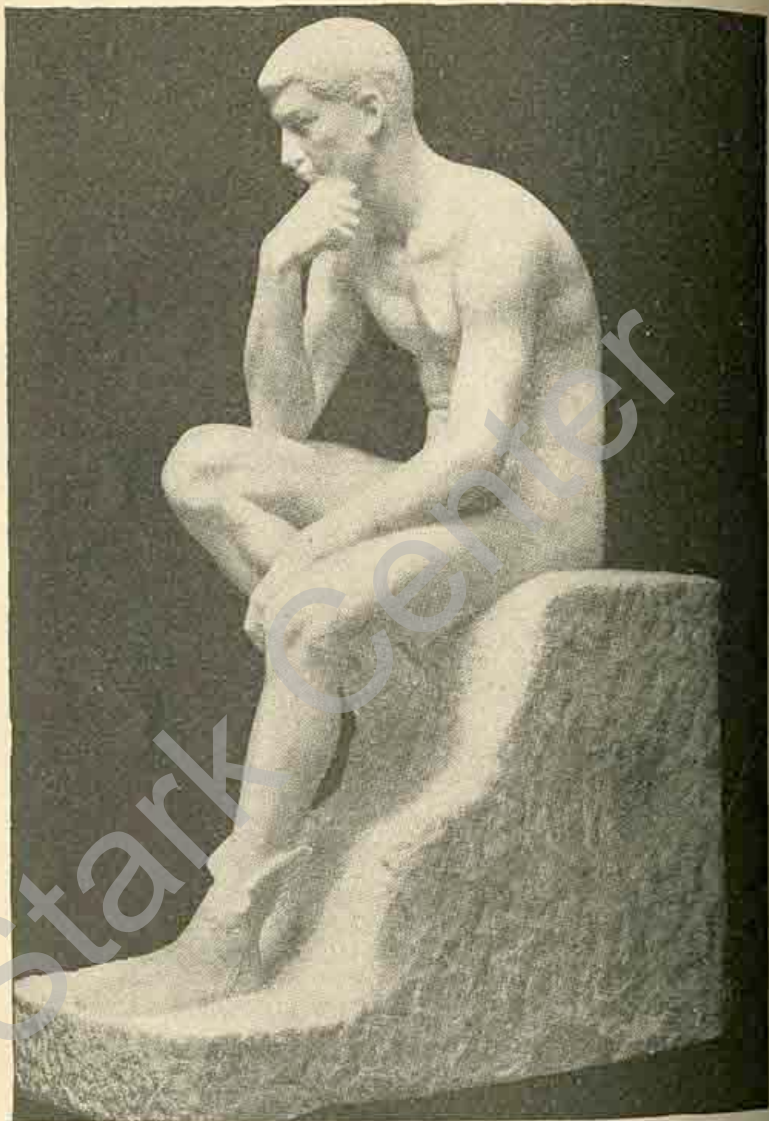
Is it not true that the prevalent style of easy fitting clothing and short skirts is really an effect of the enthusiasm of women for athletics?

The Modern Girl is an extremely efficient person. In sports she no longer asks for handicaps from men. While watching a game of mixed singles, we saw the man purposely make a soft return; whereupon the girl equally deliberately knocked the ball out of the court, losing the point, and then walking to the net called over, "Look here! I want competition, not chivalry."

The girl who goes into sports in that spirit knows perfectly well that she cannot put up her best game unless she is dressed so as to give herself the greatest freedom of movement. Hence the short skirts in tennis and golf. The knickerbockers for riding, mountain-climbing and winter sports, and the one-piece suit for swimming.

And having once enjoyed the real comfort and ease of movement of such costume, the athletic girl very sensibly evolved a street costume which would give her the nearest possible approach to the freedom of her athletic costume. "Sport suits," which were a curiosity five years ago, are commonplace to-day. It is not the athletic outdoors girl, but her would-be imitators, who go in for extremely short and tight skirts.

We recall when low-heeled shoes for women were advertised as "reform footwear." The reform has been accomplished. To-day the sensibly clad girl with her short, loosely-fitting dress, her woolen stockings and her low-heeled shoes, is ready and equal to any activity. She can walk, dance, play golf or stand on her feet for hours if her work demands—all with comfort. Certainly an all-round costume—as practical as a man's street clothes, which is more than you could say of woman's costumes in the days of universal French heels, wasp waists, and street-sweeping skirts.



*The Statue of Mercury*

# Golf—the Great Health Builder

By Walter Camp

**G**OLF has probably done more for the health of the men of our nation who class as middle aged than any other sport. But unfortunately it has been too much limited to the well-to-do class. We are developing municipal courses but not enough of them, and we are making the private course altogether too expensive, at least for the younger men who are starting out in life.

The recent meeting of the United States Golf Association, held at Chicago, presented an unusual amount of food for reflection, as it brought out two prominent facts; first, as stated by President Byers, the great need of harmony in the ranks of all golfers in the world upon the points of the rules; and secondly, and by far the most important, the pressing necessity of debasing the cost of the links. W. A. Alexander, of the Old Elm Club, of Chicago, pleaded for action that should remove the "stigma," as he called it, now attached to golf of being "the rich man's game." This was especially convincing when coming from a man from Old Elm, one of the most exclusive clubs in the country and one whose membership includes mostly men who do not have to think twice of any expenditure connected with the game. It is therefore a wholly unselfish plea.

If it were necessary in order to develop players or even to enjoy the game that all courses should be of standard championship quality, or that continual changes should be made that render the sport unusually costly, then there might be some excuse for limiting the game to the rich men. But that is quite the contrary, as facts will show. But of this a little later.

A generation or so ago no prominent business man would have thought of taking a day off in mid-week for any sport, much less for a golf game. More than that, mid-week vacations were for him an unheard-of thing and there would have been questions cast upon his character as a sound and reliable man had he spent a month in the South, unless on account of ill health. In fact, from that very thing there sprang

up among this type of men years later a sort of self-deception, for a man had to have an excuse for getting away in either his own health or that of some member of his family. He was shame-faced about it. Now all this has altered quite a little. There are still excuses made, but the outside world is rather inclined to credit the man who does it with a profitable and well-managed business.

Unfortunately, all this again shows that golf is too much limited to the wealthy. The very fact that such men can afford it tends to their advocating the expenditure of too much money upon their home courses, where the ordinary rank and file play through the season of the year when the game is possible without the necessity of a long southern trip. We are beginning to see this fault more and more, and thousands are thinking about what must be done to prevent the game becoming too costly.

Probably no body of sportsmen in this country follow the happenings in their own particular branch with more interest than do the golfers. This may account for the fact that both the British Amateur Men's Tournament and the British Amateur Women's Tournament, with American entries in each, held the front page of the newspapers as long as the Americans had a chance. It is worth while then to draw some conclusions from these two contests. If anything was proven by these matches, it was most emphatically that it does not need costly courses to make good golfers. We undoubtedly sent the best team of amateurs that could be picked in this country among the men, and that is probably equally true of the women. Our representatives played at times some brilliant golf, but we did not win. Many of the professionals on the other side and some of the amateurs have commented upon the tendency to "pull the ball," which seems characteristic of our American players. And criticism is worth reading, and certainly in these cases worth considering. This characteristic applies even more to men who are brought up on expensive courses than to those who play upon the cheaper links, because to them a

lost ball is not so serious as it is to a player of more limited income.

Bernard Darwin, one of the British golfers who lasted well down, and who is noted as a writer and critic of the game, said of Jesse Guilford: "He putted gloriously. I think his driving beat him. That hook of his lost two or three holes." Wright, who went the farthest of any of our representatives, in the match in which he went out, hooked his drive at the 17th and at the 19th, the critical hole, again pulled his tee shot into the rough, putting him hopelessly out of it. Walter Travis, the only American who ever won a British Amateur Championship, won by his straightness and his putting. Jack White, of Sunningdale, the same year and on the same course, having stated that he was going to follow Travis' tactics, not only won the Open but was the first man in fourteen years to better the mark of 300. He finished in 296 strokes!

It is interesting, too, in view of this, our recent contest with the British on their golf links, to go back to the first rounds of our previous invasion when Byers, Walker, Finley Douglass, Stewart Stickney, F. C. Newton and Frederick Wheeler got into action on the first day at Muirfield. Byers was defeated by Manford, 5 and 4. Walker was defeated by Phillips, 3 and 2. Finley Douglass was defeated by Smythe, 3 and 2. Newton finished all square with Caldwell but was beaten on the extra hole. Frederick Wheeler did not win a hole against Captain Carter, the Irishman, but Stewart Stickney defeated Bannerman, 7 up and 5 to go. It was indeed a dismal downfall for American hopes. Now certainly that set of men had had every advantage of playing over the best courses we have.

"Consistency, thou art a jewel."

If any veteran golfer in the gallery at Greenwich at the Intercollegiate a year or two ago had followed Mitchell (not Abe Mitchell) in his first nine holes and had seen him reel off a 39, he would have been willing to give long odds to anyone who said that this young collegian, in spite of this start, would not be able to finish inside of 100. And yet this is what happened. Mitchell took 61 for the last nine holes. This goes one better than the achievement of Barry, who won the British Amateur

Championship at Prestwick and then a month or two later, in playing a 18-hole match as No. 1 on his team, won the 18-hole match and then lost the match. The professional who many times begins as a caddy with a borrowed club learns accuracy before anything else. He cannot afford to lose balls, and the very circumscribed consistency on which he starts his game develops

Our amateurs lack consistency more than do our professionals and they certainly vary more in their tee shots. This is not at all caused by cheap courses—in fact quite the contrary.

The qualifying round of the Open Golf Tournament at Toledo, on the Loveland Links, had many interesting features, but none more illustrative of the general consistency of professional play than was evidenced in the comparison of the two first rounds. Of those who qualified, 22 or practically one-third had rounds within one stroke of each other. That is, these 22 played the course each day with a variation of only one stroke between their rounds. If we move it up to two strokes, we have ten more—that is, 32 of the qualifiers played their two rounds with a variation of not more than two strokes. Of the balance, those who did not qualify, there were 31 who played their two rounds with a variation of only one stroke, and there were 42 who did not vary more than two strokes. This is probably the most marvellous part of the professionals' game—the average amateur. Of course, when it comes to the highest class men among the amateurs, this does not seem remarkable, but to the man who plays his home course in from 90 to 100, such consistency seems really uncanny.

In the first and second rounds of the championship play, a similar consistency could be noted. Eighteen of the competitors' rounds showed only a variation of one stroke, but the total was increased to twenty-eight when we take in those showing a variation of only two. Hagen, Ross Vardon, Loos and McFarlane showed a variation of only one stroke and Deane and Chick Evans only two strokes. In most all the British professionals began in a very limited way—not as rich boys at

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# Health and Strength thru Fun

By A. W. Marsh

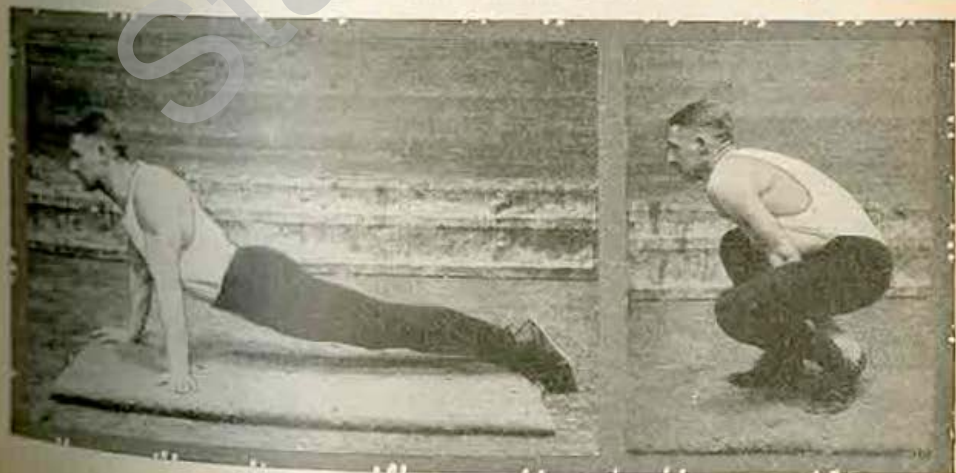
*Associate Professor of Physical Education, Amherst College. Instructor in Tumbling, Harvard Summer School of Physical Education. Formerly Athletic Officer, 12th Division, U. S. Army.*

**Y**ES, we all want to Live! Some of us say we want to be strong. Some of us say we want to be healthy. Some of us say we want to be efficient. We all really mean we want to live! We want to bound—we want to laugh—we want to do something—we want to be somebody. We want to feel that every part of us is doing its share in expressing us. We want to feel that the heart and lungs run smoothly, the glands are secreting and all the functions of the body are normal. Then we call it health. We want to know that our muscles are firm, are well supplied with blood, can carry loads. Then we call it strength. But when we see the things we want to do and can summon courage—exercise judgment, and use control over the powerful body, then do we hold up our heads, throw back our shoulders, and say, "This is living." Then we respect ourselves. We make more friends. We are able to do more.

For some time many have known that health, strength, all-round physical ability, and probably mental alertness, courage and initiative, have been developed through different kinds of physical activity, through many forms of muscular exercise. First

comes the strengthening of muscles through exercises with weights—through special systems of free-hand exercises to develop certain muscles and parts of the body. If these exercises are carried on with general bodily activity, such as jumping and running, which require the use of many muscles and deep breathing, we get increased heart and lung efficiency, and we approach our second desired goal—health. But when we realize that muscular strength does not necessarily assure us of health, and when we stop to think that with health and strength we may still lack the third goal—agility and ability to do many things that require clever combinations of muscle action—and do not have courage and confidence to do many things, then we say, "Let us practice exercises which will help to bring all of these things."

But before we go on to describe such exercises we should know one more important thing. That is when exercise is sport, is good fun, it does more than build muscle and bring health. When we laugh and frolic we expand—our muscles work better, our blood flows more freely, and the brain is clearer. Then it is a recreation. We are made over—we forget the effort



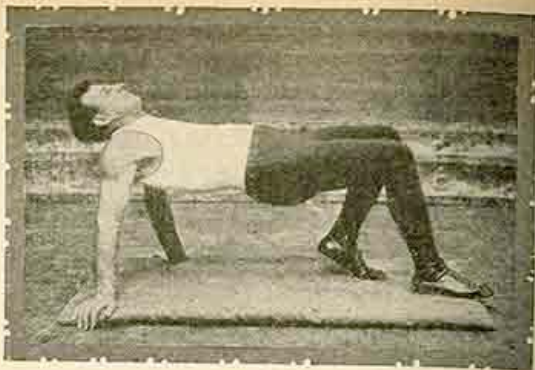
The Walrus

The Duck Waddle

put forth, and the little daily worries slink away. Just stop to think of the best times you ever had. How about the tearing off of the overalls and the flop into the "ole swimmin' hole?" Then to see how many different ways you could tumble into the water. How about the "rasling" on the grass or the somersaults and hand-springs into the old hay mow—on the grass or in the sand? How we got bumped, and laughed and tried again. Yes, these were about the best, because every bit of us was in it—body—mind and soul.

"But," some say, "only kids can do these things." "Why," I reply, "I know of several men fifty years of age who do most all of the kid stunts, and I know one man over sixty who does more than most of us did as kids." But the trouble is we don't keep at it right along. Instead, we begin to get heavy and lazy. Then we listen to one man who says, "Take my list of exercises and be strong and healthy." But that's hard. It isn't fun. Then we hear another who says, "Get into athletics—play games, such as golf and tennis." This is very good advice for those who can afford them, can get the time and can join clubs and reach gymnasia.

The exercises which I am describing can be done at practically all ages. Some of them can be done by women. They need but little space. The only equipment necessary is an old mattress or two, or hay, or



The Crab

same time they're fun. One can start simply and go on indefinitely to the more difficult. As each one is mastered, how good it feels to test the progress and feel the increasing confidence to control the whole body, and to feel that the body is developing as a whole and one part naturally in relation to the other parts.

Here are some of the exercises, with a description of the parts of the body strengthened.

The preliminary exercises are to strengthen the various parts of the body as well as the body as a whole, and are selected from the movement of animals where there is specialization of valuable muscular acts. These are known as Animal Walks and were popularized by Hebert and used largely in the army physical exercises.

1. BEAR WALK: Walking forward on hands and feet. The legs should be still and back high. At first just the tips of the fingers should bear the weight of the forward part of the body and later the whole hand can be placed on the floor. In this exercise the legs and back are stretched and the arms and back of the neck are strengthened.

2. FROG JUMP: Take deep squat, with hands between knees just touching floor. Jump forward and up, extending legs and alight in the starting position—a deep squat. See how fast you can travel forward, and how high and far you can jump. This develops the legs tremendously.

3. THE LAME DOG



Double Forward Roll

grass, or sand on the seashore. They can be done alone or in groups of two, three and more. They strengthen individual parts of the body—they demand that the body shall work as a unit, the whole body taking part in it should. Some require nerve and courage. At the

same time they're fun. One can start simply and go on indefinitely to the more difficult. As each one is mastered, how good it feels to test the progress and feel the increasing confidence to control the whole body, and to feel that the body is developing as a whole and one part naturally in relation to the other parts.

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3. THE LAME DOG

Take position on all fours, then lift left leg and left arm, so that the weight is supported by the right arm and leg. Then move rapidly forward. This develops as in the Bear Walk, with the added value of requiring excellent adjustment in the way of balance.

#### 4. THE WALRUS:

Fall forward to support on hands, legs extended straight behind. Travel forward, dragging legs straight behind. This develops remarkably the arms and shoulders.

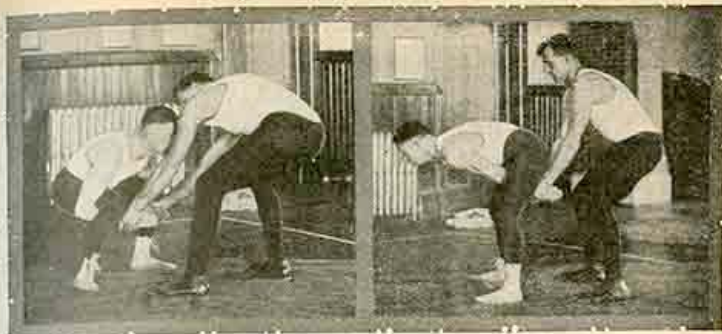
5. THE DUCK WADDLE: Take deep squat—hands between thighs and grasping ankles, thumbs in. Travel forward with short steps, keeping the deep squat, body erect. This is a powerful exercise for the legs.

6. THE CRAB: Sit down, placing hands behind. Then push up off the floor with hands and feet underneath the body, so that the body is horizontal and not sagging at the waist. Then move forward, sideward and backward. Here the abdomen and back are developed as well as the arms, shoulders, neck and legs.

Somewhat to be done singly to develop agility:

#### 1. FORWARD

ROLL or somersault on the ground: Roll forward, placing hands first, then the head, then the feet at the base of the neck at the back, curving the back so that the roll to the rump is even. Have the feet under close to the rump so that you can come up standing. This can be done very quickly and several more added to it in a row. This develops elasticity of the spine and quickness. Then try it diving up and forward, but be sure that the head is bent forward on



The Unwind

to the chest and that the hands strike first and ease the back on to the mat. This can be done over one or more persons on hands and knees.

2. BACKWARD ROLL: Take a half squat, then sit back quickly, placing hands by rump and push back by extending legs. When on the back, shift hands over to near the head, double up the legs and push to stand. This should be done quickly and the head kept bent forward with the chin close to the chest. Several can be done in a row. Later, by pushing off of the mat with the head and by arching the back and pushing more with the hands, you can roll back nearly to a stand on the hands and then push down to the feet. This is excellent for the back and neck.

#### 3. HEAD AND

HAND STAND: Place the hands shoulder-width apart about two feet in front of the feet. Place the head, just above the forehead, about a foot in front of the hands. Then push up the legs until the weight of the body is evenly distributed between the arms and head, and stiffen the neck, arms and spine. To finish bend the neck and roll quickly, feet under the rump to standing position. This is fine for arms and shoulders, and



Knee and Shoulder Stand

particularly for the neck and spine.

**4. FOREARM STAND:** Place the hands with forearms bent, elbows out, about ten inches in front of the feet. Tip the body forward so that the inside of the knees rest on the extended elbows, feet about six inches from the floor. Stiffen the arms at the wrist and balance. This is very good for strengthening the arms and developing the shoulders to a sense of balance.

**5. CARTWHEEL:** Start with a little skip, placing the right hand about two feet in front of the right foot and in line with it. Then, with the feet in the air, and as the body is turned one-quarter to the left, place the left hand two feet beyond and in line and push from this hand to the left leg, then the right leg to stand. Several of these can be done in a row either to the right side or the left, either straight forward or in a circle. This is fine for the development of a sense of balance and strengthening the arms and shoulders.

When these stunts are learned, with the exception of the stands, they can be done in competition by racing with your partner or partners.

Here are some of the stunts which can be learned and enjoyed with a partner:

**1. DOUBLE FORWARD ROLL:** A lies on back, feet in direction of roll and raised over body, hands grasping ankles of B, who stands with feet on either side of A's head. B grasps A's ankles. B then dives forward as in the single forward roll, placing head bent well forward between A's legs. A is dragged after and repeats. This can be done rapidly. Races can be held with other teams.



Hand Stand Pull Over

**2. BACKWARD DOUBLE ROLL:** At the end of the forward roll the end of the body sits back quickly, pulling the feet of the under man down to him. As he sits back, however, he must remember to curl up his legs in order to keep the circle shape. Both of these can be done with three persons.

**3. (A.) THE UNWIND:** A, the lighter and shorter of the two, squats facing B with both hands through the space between the legs from rear to front. B grasps both wrists. At a given signal, A jumps and B lifts straight up, holding A high above. A must quickly to stand on his feet. This should be done only when A is much lighter than B.

**(B.)** This can be reversed by having A back to B and his hands through the space from front to rear. This is easier.

**4. (A.) KNEE AND SHOULDER STAND:** B lies on his back, knees up and hands about a foot from shoulders and over chest. A places hands on B's knees and pushes up to arch the stand, with shoulders resting on B's hands. A should arch and

main stiff. B balances A, whose head should be over B's. A good exercise for back and arms.

**(B.) THE SPRING OVER:** Through the same position as in (A). A starts with one step and a spring from B's knees, forming an arch of the back through the inverted vertical position. After he has passed the vertical, B pushes his shoulders and A who has held his arch throughout, lights on the

(Continued on page 62)



# What to Do for Tuberculosis

*This is the second of a series of articles by Dr. J. Madison Taylor, an eminent physician and Professor of Physical Therapeutics and Dietetics in the Medical Department of Temple University.*

*Dr. Taylor, a former college athlete who still maintains the top-notch condition of his college days, is a recognized authority on body building and human conservation.*

*Each article will present one phase of the subject in an interesting and non-technical manner, together with rational suggestions that should prove helpful to any reader in building and conserving health, strength and vitality.*

By J. Madison Taylor, A. B., M. D.

ONE of the first and most urgent questions that comes up when a man or a woman is found to have the beginnings of tuberculosis is, "How much may I do? May I work, or exercise?" No subject can be more important or absorbing, because action, doing, exercise is life; anything short of full power to do what one chooses is mere existence. Inaction, absolute idleness of a part, or of the whole body, leads to atrophy, to loss of structure, in short, to destruction just as much as an unchecked infectious disease undermines all structures, even to the point of disintegration. The question is: Where and when shall one (idleness) end and the other (performance) begin?

The true answer can only be given after considering several vital points, and success depends on how each one deals with a number of urgent aspects of the problem. I will endeavor to set forth the chief points fairly but briefly, then anyone, patient or physician, can use his own judgment and choose his own course. A large responsibility is involved, partly medical, partly social, industrial and economic.

There would be little difficulty in anyone answering the question of exercise properly definitely who had been wise enough to seek medical advice early enough and carefully enough, thus allowing the expert to recognize the first danger signals. When a man determines to go into a new enterprise or business, he must show a certain amount of common sense or it will not be a success; he can easily defeat himself at the start. The sooner he becomes thoroughly familiar with two groups of facts the better he is able to adjust himself to the new conditions: If, on the one hand, he plunges ignorantly into a new

course of life, he will make a mess of it unless he first carefully appraises his own fitness, and adjusts himself wisely to meet new conditions; or, on the other hand, he is safe if he takes pains to learn the bed-rock facts about the enterprise. To omit either is to run big risks of losing his capital, either the money or time he invests, or the health and strength he has to put into the enterprise. He has a good chance or a poor chance just in proportion as he learns where he stands and how he can meet, and continue to meet, new and changing requirements.

Now, when a man is called to face such a grave situation (which may come any day, and to any one of us) of being infected with that insidious and progressive disease tuberculosis, he is compelled suddenly to take on the new enterprise of getting out of a bad scrape. He must change his whole manner of life, whether he wishes to do so or not. He is not doomed either to death or disability, as once was thought; he is merely compelled to change, or greatly modify his customary conduct. Not only can he get along well enough, but can even greatly increase his health and capacity for happiness, by adopting more and better health measures, also quite agreeable and often more remunerative forms of work. Of course, the knowledge comes as a shock, but when the plunge is once made and unfamiliar conditions being courageously met, he will often be surprised to find how vastly greater can become the joy of living, which in all cases should be more in the open air than before, with plenty of exercise, rest, good food, and variety of incidents. At first he may not make as much money. Unfortunately, a man of limited capabilities can often make

the most money by trudging along in whatever routine he has become accustomed to. He at first may make less in an outdoor job, but soon or late he may make as much or, often enough, a great deal more.

This capability of bettering one's self by giving greater attention to new enterprises is demonstrated by the reconstruction of crippled soldiers and sailors. They are now taught new trades, and they often develop vastly greater earning capacities by the social education and training supplied.

We may continue the parable as to the need for changes in personal conditions of life and how they must be met in order to render one's self fit to satisfy these new demands. Let us suppose this new business undertaken requires some special physical fitness, dexterity, agility, strength or endurance, and suppose that heretofore this man worked for years in a close, overheated, and stuffy room, making little or no use of free motions; his work monotonous, with long hours and fixed or strained attention. Of course, he has become soft, weak, easily tired. Anyone can infer how much this new form or amount of effort ought to tire, fatigue being in proportion to sudden demands on energies long disused. When a healthy man becomes naturally tired he will feel all right the next day after the powers have been renewed by food and sleep.

Now, however, if the fatigue carries over, the weariness hangs on or grows gradually worse, and tuberculosis is suspected or demonstrated, there is only one wise course of action and that is to consult a good doctor, make a clean breast of all the facts and conditions, have many heart-to-heart talks with him, get him to examine the circulation, urine, lungs, etc.; in short, get a full appraisal of where one stands in the scheme of physical life.

The one disease which produces most constantly and markedly a progressive loss of strength and endurance, out of all proportion to adequate causes, is tuberculosis. When this disease is found to be present, or is gravely suspected in its early stages, it is every bit as curable as typhoid fever, pneumonia, measles, or any other acute disease. The right thing must be done and in the right way; then the right course must be pursued for so long as may be necessary. This course of action must be

radical and complete, too, and then the results will be entirely successful.

Anyone with common sense (and that is merely common sense fortified by knowledge, expert training and special experience) will realize that one thus afflicted must take rest; must quit work, take things easy, as he would naturally do if he suffered from a fever disease. The fact is, tuberculosis is a fever disease, perhaps the worst one, certainly the most idiotic, surprising and dangerous one, though it may be, and often is, "latent." No other disease more deceives the victim till it has gone too far for cure. You may lose your strength, your power to cover, your very life itself, in proportion as you play the game of life fairly, as you do your part faithfully to overcome any adversary.

To return to our subject of exercise in this first stage of the game all one requires is to change the nature, form and degrees of activities, giving one's self longer hours for sleep, also a nap during the day, using carefully prepared nutritious and abundant diet, and adequately protective clothing. At this period or stage a life in the open air of almost any kind provided the work be not too exhausting may be all the treatment necessary. The various points and details must be settled by an agreement between one's self and one's physician. Here we are face to face with a plain business proposition and must ourselves decide in our own best ultimate interests.

However, let us suppose you have been "too smart" to consult a doctor, depending on the advice of some friend too confidently, some busybody who gives liberally fool advice. Or maybe you are "afraid" the doctor will take you off your job, so you may obstinately hold on to your job just a little bit too long, until the first stage has begun. Get one point clear: It costs lots of money to get clear of tuberculosis. It cost about five times as much if you begin a little too late. Pay you must, anyhow. Better one-fifth than five-fifths. No matter what you wish to do, or what some kindly doctor may have weakly permitted at this point you must absolutely and fully rest for weeks or months till the fever (or inflammatory) stages subside.

(Continued on page 59)

# How To Run The Hundred

By Mary Morgan

*Miss Morgan formerly jointly held the world's record in the 100-yard dash for women, and now holds the American record. She also holds the record for the 100-yard hurdles for women.*

It was Atlanta of the golden apple who first plunged the fair athletes into running fame. As to the distance and the exact time of her race with the Greek youths, that isn't stated. However, it seems that the tradition of this race has credited many of the fair sex with being speedy runners. In fact, many of them compare quite favorably with the men, not necessarily the record-breakers, but the average girl and the average man.

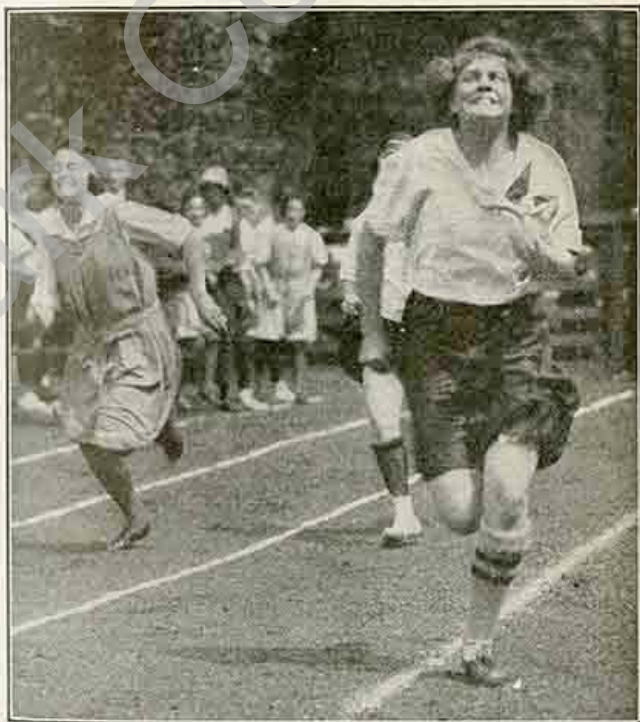
The first record of track work among women in America is given in "The History of Physical Training at Vassar College," by Harriet Ballantine, director of physical culture at Vassar College:

"Following basket and battle ball, a demand was made for other out-of-door activities. The students became interested in hurdling, running and jumping. They organized an athletic association, and in November, 1895, the first field day was held. This was the beginning of track and field sports for women. Before this time there was no record of girls taking part in such competitive events. In 1896, at the Harvard Summer School, a course in athletic training was opened to women. The first class was composed principally of teachers from schools and colleges whose students had asked for instruction in athletics. After Vassar's first field day many schools and colleges became interested in such contests. Previous to 1896 a course in athletics had been offered to women at the Chautauque Summer School, but there was no demand for it. The Harvard Summer School was, therefore, the first school to give systematic instruction to girls in track

and field sports. The first class in athletics for women was in charge of Mr. James Lathrop, for many years athletic trainer at Harvard and instructor in the theory and practice of athletics at the Summer School. He ordered for Miss Eva G. May, then an instructor in the gymnasium at Vassar, the first pair of spiked running-shoes ever made. Association provided these running-shoes for every student who entered field day."

The interest in all these sports has continued, and track and field work are now leading sports at many schools and colleges.

Running in particular is a favorite with feminine athletes. There are many distances that they essay—thirty, fifty, seventy-five, one hundred and two hundred and twenty yards. All these distances have



International Girl Athletes of Three States in Track Meet  
Miss Edith Van Norden, on the right, winning the second heat of the 50-yard dash.

much to be said in their favor, but the hundred, in my opinion, is the ideal distance for a girl to run.

It is of sufficient length to enable the real sprinter to make up for a bad start—and few girls, to my knowledge, make a clear getaway. Then, too, it gives opportunity for the runner to pull away from the opposing runner—that unknown gift which the real sprinter has and the one which the runner herself appreciates and which makes the race a good one from the point of view of the spectators.

It is this very feeling of the power of speed which makes the hundred the best-liked of all by the true sprinter. The thirty-yard dash requires a quick start and a burst of speed, and in much the same way does the fifty; while the hundred affords the opportunity for both these and an increasing of the first speed. The seventy-five is still a little short, in my estimation; but it is, like the hundred, a very interesting distance to run. The longer distances require more sustained power than the average girl is physically able to expend.

The hundred, too, is usually a straight-away, while the two-twenty is run on the circular track, which is harder to run and to make time on. Another reason for my preference for the hundred is that it is my belief that there is less nerve strain in this distance than there is in the shorter dashes. The mile is not encouraged by American authorities, although the European fair athletes think but little of running this distance and even twice this length. One of the most recent notable French races for girls was a Marathon of two and one-quarter miles, with sixty entrants, the winner covering the distance in sixteen minutes and forty-seven seconds.

It would be quite an affair in America to have such an event as this, for the majority of these athletes are from the ranks of the working girl of varied professions. They not only take an unusual interest in such races as these, but they train with a great deal of care and strictness for all those affairs, with daily workouts and exercises of all sorts as part of the preparation for the great event.

The American colleges, schools and camps all foster track events to a large degree, but the girls rarely have an opportunity for other than intra-mural competition. This,

of course, is quite a handicap; for naturally the girl who can always come in ahead of all her college or schoolmates rarely tends herself and therefore does not in all probability do as well in making time as the European girls do when they meet unknown competitors.

Last season, that of 1921, a most successful combined track meet was held by a small group of schools of New York, New Jersey and Connecticut. This from all accounts and from the results in time in track events was most successful, and it is to be hoped that this example will be followed in all parts of the country. Such meets would certainly do a lot toward developing girl runners of the country.

There is many a track coach who is of the firm opinion that a runner is born and not made, though there is a lot of polishing off to be done before such a runner may become a record-breaker. The majority of girls do not know how to run; they are often turned loose with the general direction to go and to go with as much speed as possible. Indeed, fortunate is the girl who is coached in the fine points of running. How to hold her head, her arms; how high to raise the knees; how to place the foot on the ground; how to point the toe; how in many little ways to make the best of her running.

Most girls to-day run with more grace than speed; but, alas! 'tis also true that many girl runners are entirely lacking in grace. Nothing is prettier than the runner who has perfect control of head, arms, body and legs and moves as a united whole, rather than the runner with arms flying awkwardly or she who is running gently but firmly on her heels.

There are those people who instinctively run correctly, but there is a great need for special coaches for track work among girls. Every girl cannot be trained into a record-breaker; but everyone can be taught to run correctly.

Even for those who know how to run and run fast it is difficult to make a good start, and many a race has been won "at the start." The "crouching" start, as it is termed among girls to distinguish it from the "standing" start, is difficult for girls to master. Ten years ago the "standing" start was used in the big women's colleges, but more recently the girls have imitated them

brothers and adopted the "crouching" start. This to me is the most difficult part of track work. You can learn to hurdle and jump and throw the javelin, but to make a good start is a constant grind to overcome a thousand things; combined with this is the tension of getting away at the pistol. Coaches spend hours perfecting a swimmer's racing turn, just so ought a track coach for girls instruct them in starting. It is so easy in the excitement of the moment to raise the body too far, to push too hard on the front foot, to come to an upright position too quickly.

Then, again, it is my opinion that the pistol is hard on the majority of girls. They are admittedly more nervous than a man, and the starting of a race by a pistol detracts from a girl's speed more often than it spurs her on to a quick getaway.

It is an odd fact that while swimming records fall, and golf, tennis, hockey and basketball all improve, many track records stand for years.

The American record for a hundred-yard dash, made in 1911 and equalled in 1912, has not been touched since then. The record for the seventy-five-yard dash has stood since 1913. For the fifty-yard-dash, no one

has done better than six seconds, which time was made in 1910. In 1920 a record was made in the thirty-yard dash; but then this, the shortest dash of all, is a comparatively recent addition to the track events.

The American record for the 100-yard dash is 12 seconds, first made by Marie Thornton, Lake Erie College; for the seventy-five-yard,  $8\frac{3}{4}$  seconds, made by Louisa Haydock, Bryn Mawr College; for the fifty, 6 seconds, made by Eleanor Macbeth, New Haven Normal School of Gymnastics; for the thirty,  $3\frac{3}{4}$  seconds, made by Betty Brown, New Haven Normal School of Gymnastics. These are likewise collegiate records.

The preparatory schools have records of their own. For the hundred yards,  $12\frac{3}{4}$  seconds made by Francesca King Wykeham, Rise School, and Elizabeth Swift, Rosemary Hall; the seventy-five yards,  $9\frac{1}{2}$  seconds, by Louise Edwards, Rosemary Hall; the fifty yards,  $6\frac{1}{2}$  seconds, by Phoebe Downs, Rosemary Hall, and Violet Ball, Long Beach (Cal.) High School; the thirty-yard, 4 seconds, by Maggie Stevens, Atlantic City High School.

These records have been compiled through  
(Continued on page 50)



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Speediest Women Runners of Germany  
Miss Furchheim, left, and Miss Kiesling, right, off to a good start in the 100-metre race at the International Sport Fest in Berlin. Miss Kiesling, who won the race, is champion of Germany.

# A Talk to the Average Man

*Not the story of a weakling who became strong, but a talk to the average man—by an average man*

By Frederick A. Fullhardt, A. B.

**T**HIS will not be the story of how a weakling, who always was called "skinny," suddenly took up regular exercise and became a strong man. I was always possessed of a modicum of extra strength and never worried about shallow cheeks and bony limbs. The reader will kindly be indulgent to this personal description, for it serves my purpose in describing the beneficial results of regular exercise, and especially weight-lifting.

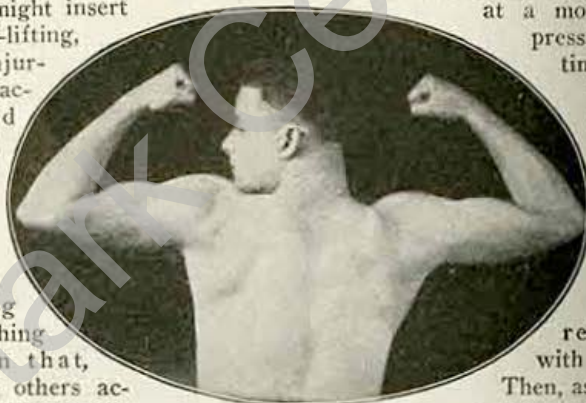
From early childhood I studied the piano with a view to the concert stage, and because of that I never dared handle any object that might stiffen my fingers or wrists. When a senior in college I decided to study law instead of continuing music. (Incidentally, I might insert here that weight-lifting, while far from injuring my hands, actually bettered my technic.) Consequently, I went to college and attended law school simultaneously, thereby doing double work. Nothing remarkable in that, though, as many others accomplish their aim in the same way. Now I am teaching high school and still studying law. You see, then, that my work leaves very little time for exercise, that as far as exercise is concerned I am a very average person, with the time-worn plea—"no time to exercise."

Fortunately, when I undertook the study of law I fell in with a bar-bell enthusiast. He explained the value of bar-bell work, saying that it was necessary to exercise only *one-half hour* every other day. This meant that by exercising every forty-eight hours I would keep fit. Being convinced, I bought a bar bell and went to work.

Eighteen months have passed since then,

and, although I was very irregular in exercising, nevertheless I added an inch of muscle to my neck, put two inches on my biceps and five on my chest. Yet I am not a strong man by any means, as my chest measures but forty inches normally. But I now am what every average man should be.

The schoolteacher and office worker especially feel the need of heavy exercise which forces the blood through the whole system and refreshes the brain. My work is entirely mental. Many a time I feel a drowsy sensation at the base of my head, caused by mental application for too long a time without an intervening relaxation. Immediately I go to that ever-ready bar bell at a moderate weight and press it aloft several times. Remarkable is the result. The brain is bathed as it were by fresh blood; you sense that tingling feeling as the blood courses through the body, and you resume your work with renewed vigor.



Frederick A. Fullhardt

Then, as regards the health—how good it feels to have the body composed of supple muscles, which at will can be made as tense as steel. And all without being a "picture-book strong man." Your carriage becomes erect; the internal organs receive their proper massaging by the stomach exercises; fresh blood is ever replenishing and building up the tissues, and you always feel *just great*.

In addition to all this, weight-lifting exercises breed confidence. That "peppy" step and healthy stride take you to your work which becomes a pleasure to tackle. You are then ready to eat up your tasks and to take real and genuine pleasure there-

# How to Use the Gymnasium

By Rev. B. H. B. Lange, C. S. C.

*Physical Director, University of Notre Dame, Notre Dame, Ind.*

**A**NOTHER exercise for the calves is the practicing of "starts." To practice this procedure, one must have access to a running-track, either of wood or of dirt. In the spring and summer and pleasant autumn days, this exercise may be easily practiced out of doors wherever you can find a good, level stretch of smooth ground, whether regular track or closely-cut lawn. Supposing, however, that an indoor wooden track is to be used. This being the case, the usual method to follow is this:

Get two blocks of wood, about two by two inches square and six or more inches long. Cut off the end of each piece at an angle of about ninety degrees or perhaps less; that is, you sort of bevel the end of each block. Now nail one on the floor, beveled and pointing in the direction you are going to run; then nail the other

back of the first one, about from eighteen to twenty-four inches, but not directly on a line back of it; rather about four inches away from this imagined direct line. It all depends upon one's length of legs. On a dirt track you simply scratch out a pair of holes and "get set."

Now to describe the "getting set." Assuming you start with the left leg ahead, if the right leg is ahead you must arrange your blocks accordingly; you place the left footsole on the first block, the right footsole on the right knee. You now get down on the right knee, place your thumb and finger tips on the floor or ground, lean the weight as far forward as keeping your balance will permit, putting a lot of weight on the finger and thumb tips. Rise up off the right knee, get perfectly well balanced, then push off with a combined effort of leg and finger push. Sprint as fast as you are able for about twenty-five yards,

then slow up gradually, never suddenly. All this must be done on the toes and ball of the foot; not flat-footed. This practicing of starts is the greatest calf developer there is outside of bar-bell work. Try a dozen starts every day.

There is another exercise, the most ordinary and common one and the one known to everybody for developing the calves, and that is the simple movement of rising as

high as possible upon the toes, even to the very tips if the best results are to be gotten. Every reader of this article has at one time or other seen the wonderful calves that professional or even amateur toe dancers possess, all due to constant practicing of rising high on the toes. To learn this last movement requires a lot of practice. First stand with the heels together, toes about five inches apart, hands at the side or on the hips.

Now rise up on the toes, mostly on the great toe as far as possible, slowly, not in one jerk; now lower, repeat about ten times to begin with. That movement widens the calves from side to side.

To deepen the calves, practice this movement: Stand with the heels together and toes about two inches apart. Now, without bending the knees at all, stoop over and try and touch the floor. Rise up to attention position, stoop over again, etc. About ten times. This stretches the backs of the calves, also the under thigh and buttock muscles, the muscles along the spinal column and gives the kidneys and intestines a good toning up.

Now, if a gymnasium, if an apparatus-room is to be known as a fully and completely equipped one, it should, it must, possess at least one set of adjustable bar bells; and if it has such a set, then, indeed, is it, and can it be said to be, fully equipped.

**T**HIS is the third and last of a series of articles on gymnasium apparatus and how to use it.

The photos illustrating this article were posed by "Bill" Hayes, of Notre Dame, who is a consistent performer at the 100 yards in  $9 \frac{4}{5}$  seconds; and a joint holder of the  $4 \frac{2}{5}$  seconds world's record for 40 yards indoors. His best time in the 220 is  $21 \frac{3}{5}$  seconds. Hayes is 5 ft.  $11 \frac{1}{2}$  in. tall, and weighs 185 lbs. stripped.

Because, after all, all the apparatus just described in this article can do but one thing, and that is, put the muscles of one's body in a fairly good condition. They will, no doubt about it, develop the dormant and highly inefficient muscles of that species of human being so unpoetically but nevertheless aptly termed "Lounge Lizard" and "Tea Hound," a species that is quite numerous; but such exercises will not develop to absolute and ideal perfection muscles that are already thoroughly well developed, and why? Simply because the resistance offered to a physique made up of already fairly developed muscles is not strenuous enough to give such muscles a workout worth while. All development, all true development, no matter what the thing to be developed may be, is nothing more or less than a series of *progressions*. It is not a series of *stand-stills*. As soon as a muscle or a group of muscles have become accustomed to the strain of a certain exercise, to the extent that it can be done without an appreciable amount of exertion, an amount sufficiently strenuous to bring the red glow of blood to the skin, then it is time to make the exercise just a little bit more strenuous; just coax the muscle more and more, just teach and persuade it to just a little more effort, and after this new step in effort has in turn become easy, then add just a wee bit more weight, just inject a wee bit more of the strenuous element into it, and so on. That is progressive exercise! That is the only ideal exercising system! That is the only way in which you can acquire an ideally perfect physique.

For the individual seeking to improve his blood, his general well-being, but who does not care greatly to develop a perfect set of muscles, and who does not wish to develop himself to the muscular limits that *should* be his, why, the ordinary gymnastic apparatus exercises are all fine. But for the red-blooded, clear-think-

ing man, the adjustable bar bell is the only piece of apparatus that will infallibly produce results. These last remarks are written with the intention of discouraging light exercises. Light exercise has no place in the athletic world; it holds a very important place in fact; but the point is this, that after a certain fair degree of development has been obtained, and only a fair degree *can* be obtained as a result of using light weight, one can gain no further development unless he takes up bar-bell work, or progressive exercising pure and simple.

For the business man, for the man the other side of thirty who intends suddenly to take up some form of exercise, simply and solely for the purpose of just toning up the blood, just to get a few minutes' workout daily, and who does not care to really develop a fine muscular body, why, the light weight or gymnastic exercises are the best, for the reason that he does not want, does not care for anything else. Finally, there are many bits of more or less incidental apparatus that need not be described because the muscles they call into play are put in a more strenuous motion by most of the apparatus already mentioned. Such things as the Swedish boom, swinging boom, vaulting-box, trapeze, etc., are nice to have but not necessary. Wooden dumb-bells, Indian clubs, wands, etc., are beautiful, but that is as far as they go. By "beautiful" is meant that they look nice when used in drill work for a crowd or class of a hundred or more working simultaneously. It is stupid to suppose that a one-pound wooden dumb-bell or Indian club can give a muscle or group of muscles work enough to increase, say, a ten-inch biceps to a fourteen-inch biceps. Or to suppose that an Indian club of that weight will put four or five inches of muscle on a person's chest.

The person who will spend from one-half to one hour ex-



"Get Set!"

"Bill" Hayes, of Notre Dame, ready for a fast hundred



exercising every day, using the ordinary apparatus found in any ordinary gymnasium, apparatus described in this article, is bound, however, to obtain good results; the results that the average man, particularly the average business or professional man, desires. Many such men enroll in some gymnasium class just because they will thereby enjoy the advantage of such facilities, just because they will be made to work under the direction of an instructor who is competent to teach them the best use to which this or that piece of apparatus can be put. For those boys, young men, or men nearing middle age, who are fortunate in living in a city or town possessing a gymnasium or an athletic club which possesses a first-class gymnasium, there is no reason why they should not enroll in a gymnasium class.

The advantages, excluding the big ones of full muscular development, that such an opportunity offers are many, chief among which are good blood, good digestion, clear, straightforward looking eyes; clear, firm skin, good health. You don't just move along the streets, you don't just proceed with a slovenly, ambling motion, you really walk, you *delight* in walking, people will turn their heads to see you walk. They will admire your graceful, springing, light stride. They will wonder how you achieved such an athletic, swinging stride. They will envy you your finely set-up figure.

Everybody admires the sharp, alert and decisive way a man carries himself. There is something soldier-like in the way an athlete carries himself. He can, and he does, make his way through life, looking everybody straight in the eye because he feels fit. Fit to enjoy the best that life can offer; fit to enjoy all things that are really good, because he himself is blessed with the greatest gift life has to offer, perfectly good and soundly perfect health.

Is it not worth while? Think what it means; remember what it costs and compare that cost to all the possible costs of mostly useless medicines. A few moments every



Raising on toes as a calf developer

day is all that is required to get good health and to keep it. A few moments of what, if entered into with the proper spirit, is nothing more than recreation; and recreation the value of which cannot be estimated in terms of money. To the reader of these words the writer would like to say that if it is the reader's good fortune to live near a gymnasium, said reader should take advantage of the splendid opportunities thus offered and immediately see that his name is placed upon the class register. It is very especially true that in the larger cities, cities which possess gymnasiums, municipal playgrounds and swimming-pools, there are many young men living within a mile's radius of such great opportunities; young men who are greatly in need of just such a golden chance and who yet throw such a chance away. These lads would rather spend their time, their money and what little health they may have left whiling away the hours in some ill-smelling, ill-ventilated poolroom or bowling-alley.

To the man past thirty, to the modern business man, to that type of modern business man who begins to feel a bit drowsy about the middle of the afternoon or just before lunch, it would be, it *is* a good sign, it *is* a good time to look for a gymnasium. To the modern business man who feels that his waist line is taking on architectural lines not quite in accord with his age, looks or state of health, it is also a good hint to begin stooping over and bending from the waist, joining a reducing-club. To the business man who feels that his skin is not quite as pink, not quite as clear, not quite as firm, as it was ten, fifteen or twenty years back, it is again a pretty good omen that perhaps a few moments daily devoted to some little system that brings red blood running through his lagging and sluggish canals, would not be a bit unwise.

To the professional man, the lawyer, the doctor, whether dental, medical or surgical; to the architect and the clergyman; men

whose eyes demand extra strength and clarity of vision; whose fingers and hands must be painstakingly steady and exactly careful and sure; the one thing, the only thing that can and that will assure them of more successful days of splendid achievements, is a few moments spent in the pursuit of exercise.

To the boy, the growing boy, especially the anemic, thin, pallid, pasty-faced boy, there is nothing better than an hour spent in the trying out of this or that bit of apparatus, especially those pieces of apparatus that will affect his spinal column and those that will influence his digestive apparatus. The traveling rings or the Swedish Stall bars are best for this purpose. If you are of this type of individual and should you go to a good physician, a good diagnostician, you would be told, in all probability, that your trouble is due to poor circulation and a bad stomach. He will tell you that by taking one or two before or after each meal you can be made to feel better, for a while, temporarily, but that if you want real results, if you want to be able to enjoy a man's-sized meal and to enjoy it fully and appreciably without worrying about after-effects, then there is but one way out of your difficulty and that is to join a class in gymnastics.

Pills, no matter how prettily tinted, no matter how daintily rolled, no matter how cunningly disguised, are just pills. If you happen to taste them at all, they may taste alluringly candylike or they may taste bad and ferocious enough to scare away whatever one's ailment happens to be—and being pills, their effect, whether mild or drastic or fulfilling, are nevertheless in all cases just temporary. As soon as you cease taking them your old trouble returns, usually aggravated—and if you continue to make a regular diet on pills—well—*dope fiend!* And *dope fiends* are such beautiful-looking ornaments of humanity; they are so universally useful, industrious and trustworthy, and the world

could not *possibly* revolve without them. It is good to be a fiend; one kind of a fiend, and that is a fiend in regard to the proper state of your health. Every man, woman and child owes it to his city, state and country to seek health, if without it and to keep it when blessed with it. Why people will insist on remaining unwell is a question beyond understanding. And the queer side of it all is that it is precisely the very people who need exercise most, people who are the least health-conscious, who are thrown into a state bordering on hysterics at the mere mention of the word exercise. There is not a person living who does *not* need exercise, who would not benefit by it were he or she to take it. Exercise should be as much a part of every individual's life, his or her daily life, as are his or her meals.

Then why load up on pills? Why do we do it? About the only reason that borders on truth is that of the more or less ease and lack of effort involved in absorbing a pill. But no one should regard exercise as an effort, any more than sitting down to a splendidly inviting dinner is considered an effort; like the latter, exercise should be looked at in the light of something to be enjoyed, something enjoyable and when viewed it will bring the best results. Most of the things we do, we do not because their doing will make for the good which is best for us, but because somebody else is in the habit of doing them, forgetting all the time that the things which may be *not* quite harmful for this or that individual will ultimately prove very harmful to our particular selves. We always like to do those things which are apparently good, so pleasant, pleasurable and knowing the time that they are in reality dangerous and will exact a telling toll finally; nevertheless, we persist in going about just the same, comfortably deceiving ourselves with the smug thought and resolution that "it's just for the time being; just till I find out what



Back view of raising on toes as a calf developer

(Continued on page 38)

# Apollon—Super-Athlete

By Alan Calvert

THOSE who regard the French as a small, unathletic race of men will be surprised to know that the two strongest men of modern times have been of French blood.

You have all heard of Louis Cyr, the French-Canadian, but how many of you know about the other Louis, the French giant, Louis Uni, better known to the athletic world as Apollon?

Professor DesBonnet, the great French authority on "strong-men," placed Cyr and Apollon in a class by themselves. He called them "super-athletes," the "demi-gods of athleticism."

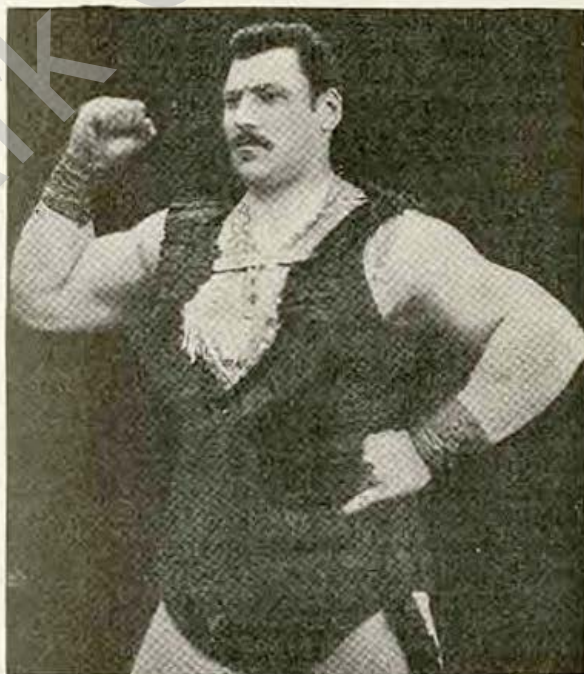
Few men have had the weight-lifting experience of DesBonnet. He was a devout believer in big dumb-bells for developing strength and improving the physique. He was one of the prime movers in standardizing lifting, and was himself one of the most scientific lifters of all time. He numbered his pupils by the thousands, and his gymnasium was the meeting-place for all the professionals. No foreign "strong-man" ever visited Paris without paying his respects to the famous professor. His testimony regarding feats of strength is absolutely unimpeachable. As this article on Apollon is largely based on the accounts of Prof. DesBonnet, you can accept it as literal truth.

His theory was that every once in a while there would appear an athlete who, by virtue of gigantic physique, inherited strength and love of the game, could, without training, far outdo the performers of other champions, no matter how long and arduously they trained. Hence, DesBonnet considers that Cyr and Apollon were miles ahead of Sandow, Saxon, Hackenschmidt and Zbyszko, both as lifters and as "strong-men." You must not ascribe this to a natural partiality for his countrymen. His opinion regarding Cyr and Apollon is subscribed to by every old-time "strong-man" I have met.

Apollon was a "strong-man" at the age of fifteen. His grandfather was a giant standing about 6 ft. 8 in. His father stood 6 ft. 4 in. and was famous for his strength. Apollon himself was 6 ft. 3 in. tall, and when in condition weighed about 265 lbs. When studying his pictures bear his height in mind. He does not appear to be as heavily muscled as some men you have seen. His arms and legs were long; and extraordinary as are his measurements, he does not appear to be heavy or loggy. His bones were enormous. His hands were tremendously large and strong. His forearm is absolutely the largest on record, especially when you consider that Apollon's arms and legs were never fleshy, but were sheer masses of muscle.

At the age of 38 his measurements were as follows: Normal Chest, 50½ in.; Waist, 40 in.; Biceps, 20⅞ in.; Forearm (straight), 17½ in.; Forearm (flexed), 19¼ in.; Calf of leg, 20⅞ in.

His forearm was bigger than Sandow's



Apollon at the age of 30.

upper arm. Fortunately we are able to reproduce a photograph which will give you an idea of what a  $17\frac{1}{2}$  in. forearm looks like. At the left is the arm of an athlete named Wolff, who measured  $16\frac{3}{8}$  in. around the flexed biceps, and  $13\frac{1}{2}$  in. around the forearm. At the right is the mighty arm of Apollon. His forearm is almost as big as Wolff's shoulder-muscle. Wolff was standing immediately behind Apollon when the picture was taken. I cannot find out what Apollon's wrist measured, but it surely must have been at least 9 in. around; that is, as big as the average man's ankle. Having thus surveyed his arm, and remembering his tremendous height and weight, we can readily believe the feats of abnormal strength related of him.

At the age of fourteen he ran away and joined a circus. When sixteen years old he made all other "strong-men" appear feeble. DesBonnet frankly regards him as a phenomenon, a colossus who made other men look like pigmies.

Apollon never trained systematically. Apparently he didn't have to. His methods were simple. He would watch a crowd of lifters, and when the best one of them swung aloft a weight of 150 lbs., Apollon would swing aloft 175 lbs. and call it a day.

He was at his best from 1880 to 1900. After that, while still supreme, he no longer had the dash and fire that had formerly impelled him to outdo any feat of strength he saw performed.

In 1880 the French specialized on a few lifts. They practiced the "snatch," where the weight was raised from floor to full arm's length overhead in one motion; the "swing," in which the weight was also raised overhead in one motion, but with straight arm; they did a little two-arm lifting.

The great popular feat was "muscling out," which they did in two ways: either with arm straight out in front, and knuckles up, or with arm out at side and the weight on the palm of the hand. For this purpose they used square weights, with a ring in top and a slightly raised edge.

There were thousands of lifters, both amateur and professional. A lot of lifting was done in spring and summer at open-air fairs, where the wrestlers and lifters were the great sporting attractions.

All the vaudeville theatres had lifting acts. Apollon loved the weights. He lived by them and for them. There is no mention of his ever having engaged in back-lifting or harness-lifting. There was more strength in one of his arms than in the whole body of an ordinary man, and he never had occasion to call his legs or back into play to convince one of his strength. Other lifters when making a one-handed "snatch" "swing," would pull the bell up quickly until it was level with the face, and then by a sudden bend of the knees, lower the body so far that the lifting-arm could get straight under the bar. That is the approved method to-day. Apollon scorned such arts. When he made a snatch, he would stoop over, grasp the bell, and with one mighty heave bring it to full arm's length overhead.

French weight-lifting authorities have always claimed that if Apollon had put himself in regular training and had adopted the methods of other and more scientific lifters, he would have established records that would have stood forever unbroken.

The trouble was that nobody could tell out how strong Apollon really was. No lifter of his time could make him exceed himself. Many men challenged him. The competition would start, and after Apollon made one lift, the challenger would hurriedly acknowledge himself beaten. Professional "strong-men" are, as a rule, a jealous lot. But the men whom Apollon defeated always became his devoted admirers. They knew that he was so far ahead of them that any claim of equality would be ridiculous.

Apollon was of a very easy-going disposition, but at the same time very proud of his title as "the strongest man in the world." If a rival seemed to make an impression on the public, or if another lifter claimed a record, then he would, in a sort of reform feats of strength that would leave the spectators stupefied with amazement.

His friends knew his weakness and played on it. They had but to tell him that "so and so" had made a lift, and then sit back and watch the Hercules at work.

For example: DesBonnet had in his school at Lille a bar bell weighing 225 lbs. which he handled so thick that few men could lift it from the floor with one hand. The

## Apollon—Super-Athlete

bell was famous throughout France. Visiting strong men tried it. Cyclops (who could break coins with his fingers) could not lift it half an inch from the floor. Leon See and Vandernocke were the only athletes who had lifted it at the first attempt.

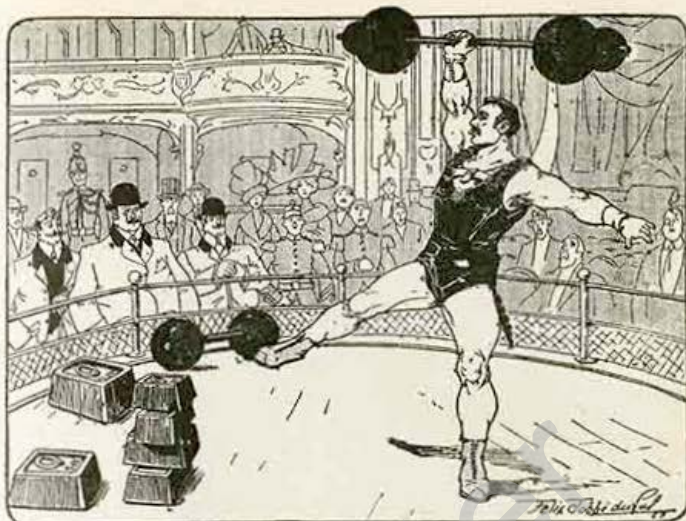
Apollon turned up at the gym, and DesBonnet showed him the bar bell and told him that to lift this bell from the floor was equivalent to obtaining the title of "strong-man." Apollon, who thought he was being kidded, smiled incredulously:

but finally, being convinced that the professor was serious, he bent over, grasped the bell with his right hand, lifted it three feet from the floor and calmly transferred it to the left hand. He replaced it on the floor, and while DesBonnet and his friends were still gasping with astonishment, the giant roared out in his tremendous bass voice, "Watch me snatch it." He tore off his coat, rolled up his sleeve and displayed his mighty forearm. Then grasping the bell again, he gave it such a mighty heave that it fairly shot to arm's length above his head, slipped from his grasp and flew ten feet behind him. (No other lifter has ever snatched 225 pounds, even with the  $\frac{7}{8}$ -inch-diameter handles they now use.—A. C.)

Apollon once paid a visit to a celebrated back-lifter named Paris, and found Sandow at the house. Naturally, the talk was of lifting, and Paris, who had heard that Apollon could snatch four square weights, each weighing 44 pounds, requested Apollon to make the lift. Naturally supposing that the weights must be tied together, and having no rope, he said to Apollon, "Have a handkerchief?"

Apollon, insulted, replied, "Am I a dandy that I should need a handkerchief?" and bending over and hooking a finger through the ring of each of the four weights, he gathered the weights together in his super-human grasp and swung them easily aloft.

Of course, the weights banged together and bruised Apollon's wrist and forearm,



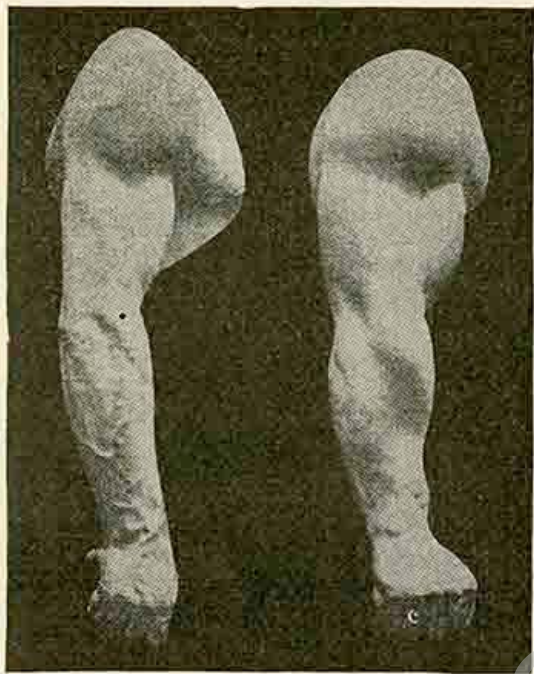
Apollon and the Rassos

although he took little account of that. Sandow hastened to congratulate Apollon, although he and Paris were awestricken by the strength displayed. The feat was so unheard of, and required such a hand and arm, that they knew no other man in the world could accomplish it.

Again at DesBonnet's gymnasium. A pupil had brought there a bar bell weighing 154 pounds, with a very thick handle. It was intended only for two-arm lifting. DesBonnet, who could readily snatch 143 pounds with one arm, confessed that he could not lift this bell from the floor unless he used both hands. Apollon was invited to snatch the bell. Regarding anything as light as 154 pounds with the utmost contempt, he grasped the bell but lightly, and it slipped from his fingers and fell to the floor. Furious, he hurled himself at the bell, snatched it aloft as though it were a feather, and then slowly lowered it until his arm was horizontal, and held it there three seconds. In other words, he "muscled out" a 154-pound bar bell. "It is true," says DesBonnet, "that his arm was not quite straight, and that his body leaned back a trifle at the waist, but think of the muscles and ligaments of an arm and shoulder capable of withstanding such a strain."

(Cyr's record of 129 pounds is the only one that approaches this feat.—A. C.)

France at that time boasted many noted "strong-men." Athletes who would have been world-famous except for the over-



The arm of Apollon is shown at the right.

shadowing presence of Apollon. Two of the most noted were Batta and Victorious. Batta had once competed against Apollon, but after the inevitable defeat had become Apollon's intimate and disciple. Batta was a beautifully proportioned man of the Sandow type, and fully as strong as Sandow; and was, moreover, famous for the strength of his grip. DesBonnet had a pupil named Briancon, who kept at the gym his own special bar bell, which weighed 202 pounds. The handle weighed 22 pounds, and at each end was a round disc weighing 90 pounds. The discs were 3 inches thick at the edges and slightly thicker at the center. They resembled lozenges, and in the gym they always referred to the bell as "Briancon's lozenges." Briancon decided to give up lifting and made a present of the bell to Victorious, and wrote DesBonnet and asked him to have the bell packed for shipment. The professor directed his assistant to dismantle the bell and pack the discs in a box at the far end of the gym. Just then in came Batta and Apollon. The latter, always curious, asked, "What are those things?" "Oh," said DesBonnet, "those are Briancon's lozenges."

Apollon relaxed into silence and gravely

watched the assistant as he picked up the first disc in both hands and laboriously carried it the length of the room. When the assistant returned for the second disc, Apollon pushed him aside, saying, "I will carry this one." Grasping the disc by the edge, he extended his arm straight in front of him, his knuckles of the hand upward, carried it across the room, and gravely handed it to DesBonnet, saying, "Have a lozenge." Batta and DesBonnet, if they would not have believed it if they had not seen it with their own eyes, Batta tried in vain with both hands to lift the disc by the edge, and then, after regarded Apollon almost with veneration.

One of the most amusing stories about Apollon concerns a happening at Lille, in 1892. Apollon was at the Variety Theater. Batta was at the Hippodrome, while at the Franco-Russian Circus was the famous Rasso trio, composed of three German lifters—Neumann, Hertzog and Von Paar. The Rassos had never seen Apollon, but had heard large tales of him from other lifters, and they determined to profit by the occasion and attend one of Apollon's matinees.

They made a preliminary trip to the Variety at eleven in the morning, and reached there just as Apollon came in, accompanied by his wife, Batta, DesBonnet and the gigantic wrestler, Paul Pons.

Someone told Madame Apollon who the visitors were. The Germans all wore heavy overcoats, with what were called "American shoulders" (a mild slap at us), and the wife became alarmed as the huge Godfrey Neumann, thus dressed, looked even larger than Apollon himself. Hastening to her husband, she informed him that the Rassos were coming that afternoon to wrest from him his title of "Strongest Man."

Apollon at once became terribly excited and commenced to prepare against the threatened invasion. He had with him a freak bar bell, with two hollow spheres at each end, one large and one small. The bell, empty, weighed 143 pounds, but as the handle was twelve inches in circumference, few besides Apollon could lift it aloft. A boy was sent out to get some sand and Batta was delegated to fill the hollow spheres.

(Continued on page 56)



*Robert W. Southerland of Mobile, Ala., doing a One-hand Stand*



*Leo C. Irby of Marionville, Mo., in a Two-hand stand*



*Lawrence Hadden and Joseph Fehrenbach of Kansas City, Mo. learned to do this from reading Strength*

*British girls  
practice High  
Jumping for  
Women's Olympic  
Games*

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PHOTOS BY WADEL & HERBERT  
NEWS SERVICE

*Miss Hatt  
taking the hurdle  
at Paddington, Eng-  
land for the coming  
Women's Olympic  
Games at  
Monte Carlo*

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Alfons Kurtze,  
a Brooklyn YMCA  
physical director,  
doing stunts  
200 feet above the street  
with the thermometer 5 below

PHOTOS ©  
UNDERWOOD AND UNDERWOOD

Honestly Now, —  
after seeing this, do  
you still yearn to be  
a movie actor??  
Monte Banks,  
earning his salary



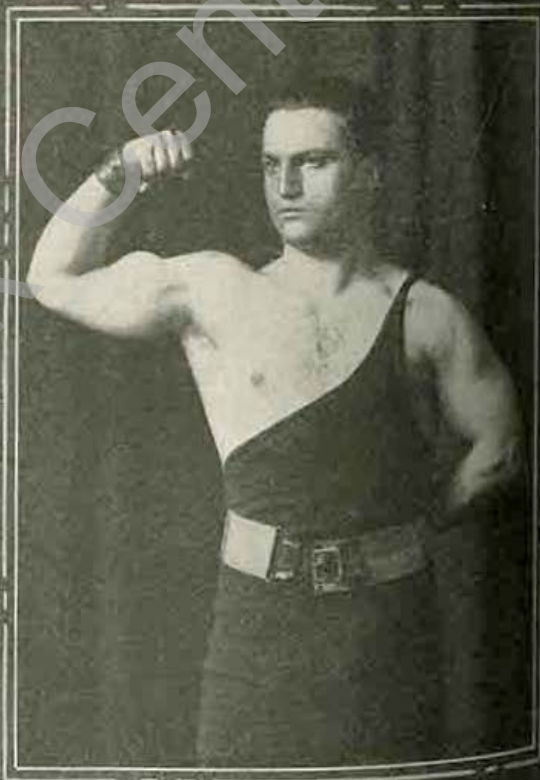


*W. Harris*

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# How to Develop the Muscles of the Abdomen

By O. R. Coulter

*(Continued from the March issue)*

LAST month I dealt with the possibilities afforded by various gymnasium apparatus as a means of developing the abdominal muscles. This month I am going to write about further indoor exercises and show the parts played by wrestling, tumbling, hand-balancing and weight-lifting as developers of the abdominal muscles.

Wrestling brings all the muscles into play. Many of the positions assumed during the course of a wrestling contest bring severe work directly upon the abdominals. It requires tremendous strength in these muscles to withstand the effects of the body scissors. The late Hugh Leonard, former wrestling instructor at the New York Athletic Club, had magnificent abdominal muscles; and he owed them to wrestling alone, as he never followed any other sport and never did anything else for a living. He is one of the most noteworthy examples of abdominal muscle development attained solely from wrestling. Nearly all wrestlers are well developed in the abdominals, but I have noticed that their abdominal development does not average as good as their neck and pectoral development. Furthermore, I have observed that those wrestlers who have taken special pride in their physique possess by far the best abdominal muscles to be found among followers of this sport. Lurich, Carl Busch, Oscar Snyder, Starn, Otto Arco and many others might be mentioned as proof of this, and all of these men practiced lifting before they took up the mat sport. Wrestling is certainly an excellent exercise and is a good developer of the abdominal muscles, but in my opinion, it is not the best.

Tumbling is one of the best of exercises for our purpose. In fact, a large part of the work involved in this branch of acrobatics is accomplished mainly by the strength and proper control of the abdominal muscles. Many tumblers develop these muscles to such an extent that they appear out of proportion to the rest of the physique. This is due to the demands of the

sport almost entirely, as tumblers as a class do not make any especial attempt to train any particular muscles. I do not mean to imply that they are necessarily unaware of the merits of a well developed physique; but the work invariably develops an all-around physique, as it trains about all the muscles with perhaps the exception of the biceps of the arm; and tumblers as a class are primarily interested in the attainment of difficult evolutions and take the development of their physique more as a matter of course. Unfortunately for the majority of enthusiasts in muscle building, tumbling is out of the question, as it requires long and tedious practice; and without the personal direction of an expert and use of a "safety," is an exceedingly arduous form of training. Tumbling is an accomplishment for a professional or highly trained amateur, but is not a practical exercise for the majority.

Hand-balancing affords opportunities for developing the abdominal muscles if the right stunts are practiced. The ordinary hand stand performed on the floor, however, requires about the same amount of effort, so far as these muscles are concerned, as does the simple calisthenic movement of bending backwards while standing on the feet. Some equilibrists have flexibility enough to hollow their back while performing a hand stand until their feet can touch their hands. This is quite a common stunt among expert Japanese equilibrists. It is a prime movement for developing flexibility in these parts. Some few hand-balancers of marked ability for contortion work, as Nadje, for example, lower the body over from the hand stand until it is back downward and is nearly horizontal. They perform the bend mainly by dislocating the shoulders. This gives more contractile work to the abdominals than the other way, as the position is more like the scale, but only a few can attain to such stunts, and they indicate and promote flexibility rather than strength and development.

By the use of a table or two pedestals of

sufficient height, a hand-balancer has a means for very vigorous exercise of the abdominal muscles. The movement of lowering from a hand stand on a table until under it with the body and legs in a straight line and parallel to the floor has all the advantages of the scale on the rings or horizontal bar in addition to the benefit to the pushing muscles of the arms and shoulders. However, so far as the abdominals are concerned, they can be given practically as vigorous exercise by the performance of the scale alone without the expenditure of time and effort necessary to become a hand-balancer.

Hand to hand offers about equal possibilities for abdominal development as does the work performed on pedestals or table, but the under-stander is afforded exercise for these muscles in a different way than is possible from anything aside from lifting weights. The stunt sometimes called the "Slow Get Up," which consists in the under-stander arising from reclining flat on the floor to a sitting position; with the top-mounter holding a long arm balance on the under-stander's hands throughout the movement, is very good for abdominal development. This does not have as great possibilities for developing these muscles when performed on the floor as it does if a table is used and the under-stander hooks his feet under the table legs. In the latter way, the strain can be made as severe on the abdominal muscles as desired by holding the top-mounter farther back when sitting up.

The "sitting-up" stunt performed on the floor, however, requires a very complete contraction of the abdomen in order to carry the body far enough forward to enable the under-stander to sit up without his feet being held down and is more difficult of accomplishment than when the feet are secured. Perhaps some of you may have witnessed the act of "D'Amore and Douglas" in one of the Keith vaudeville theaters and remember the way they performed this "sit-up" feat by using a Roman chair. D'Amore's feet were secured to the seat of the chair, and the backs of his legs rested against its back at just below the knees so that the leverage to overcome was very great. This is carrying the exercise of the under-stander's abdominals by hand-to-hand to the extreme limit, and its practice is sure to give great lifting strength to these mus-

cles; but only a few under-standers can attain to such feats, and they give the top-mounter no abdominal developing exercise whatever. The man working top must get his exercise for this purpose by holding scales or performing some of the "roll ups" with head or shoulders against the under-stander.

The scale performed by the top-mounter holding to the under-stander's head, with his shoulders against the under-stander's chest, requires vigorous abdominal action by the top-mounter if he performs it in good form, body and legs horizontal to the floor and toes pointed. The scale requires as vigorous abdominal work as any possible cise.

Exercise with weights, properly applied, I consider the most efficient means for attaining real strength and development of the abdominal muscles. If one limits himself to the practice of the standard bar-bell lifts alone, he can never attain the maximum development of the abdominal muscles, as these lifts, while excellent for most purposes, do not require complete contraction of the abdominals and use these muscles only indirectly. Any exercise or group of exercises that does not involve a muscle to near the maximum of its contractile power cannot develop that muscle to near the maximum of its size and strength. Further, my experience with many pupils has led me to the firm belief that no athlete, regardless of his capabilities or the quality of his abdominal muscles, has reached the limit of his abdominal development unless he has practiced systematic abdominal exercise on a Roman column or Roman chair.

Many weight-lifting followers believe, because of their general weight-lifting capabilities, that their abdominal muscles are exceedingly strong, when, as a matter of fact, they are, comparatively speaking, very weak. I remember one of my pupils who had a dislike for abdominal exercise, and although he lifted over 220 in the two-arm jerk, he could not raise the weight of his body alone on the Roman chair. Many other pupils with considerably less capabilities in other directions, who practiced abdominal exercises on this apparatus, were able to perform the exercise fairly easy.

In arriving at the best methods of attaining development of any muscles of the body.

(Continued on page 54)

# Head Locks and Chancery Holds

By William J. Herrmann

Of Herrmann's Physical Training Institute, Boxing, Fencing and Wrestling Academy, Philadelphia, Pa.



Stanislaus Zbyszko

The line cuts illustrating these wrestling lessons were especially made from original drawings sketched direct from life by "Strength's" special artist. Einar Johansen, of Norway, the light heavy-weight wrestling champion of America; Charles Olsen, of Sweden, the well-known professional heavy-weight wrestler; Joe Lustig, of New York, the former middle-weight wrestling champion of America; Cyclone Green, of Philadelphia, the popular light-weight wrestling champion, and William J. Herrmann (himself) have posed for the drawings which illustrate this wrestling course. This aggregation of wrestling stars will also collaborate with William J. Herrmann in presenting these lessons.

Dear Herrmann:—

June 3rd, 1921.

Advance proof sheets of "Head Locks and Chancery Holds," also proofs of "NELSON'S—How to Take and How to Break Them," are the most thorough and instructive articles on these wrestling holds I've ever seen in print.

STANISLAUS ZBYSZKO,

World's Champion Catch-as-catch-can Wrestler.

(Continued from last month)

## The Head and Arm Chancery

As its name implies, a Head and Arm Chancery is a form of Chancery Hold in which not only the head but also an arm of its victim are both trapped and imprisoned at the same time in what is commonly termed a Head and Arm Chancery Hold.

Either your opponent's *Far Arm* or his *Near Arm* may be trapped and held in what is commonly termed a Head and Arm Chancery Hold.

If the Head and *Far Arm* of opponent are both held in chancery at the same time it is termed a Head and *Far Arm* Chancery Hold.

If the Head and *Near Arm* of opponent are both held in chancery at the same time it is termed a Head and *Near-Arm* Chancery Hold.

As a general rule both head and arm of opponent are more readily trapped simultaneously in either a Front Chancery or in a Side Chancery Hold. Nevertheless, Head and Arm Chancery Holds can also be held in a Reversed or so-called Back Chancery, Chancery over the Arm, Chancery over the Shoulder, Double Chancery, in fact all forms of Chancery Holds, even at times in Double Chanceries, a wrestling situation which develops when both wrestlers hold

Chancery Holds on each other at the same time.

In consequence, an analytical description of Head and Arm Chancery Holds possible to secure may not be amiss.

The distinguishing characteristics of Head and Arm Chancery Holds obviously depends on the particular form of Chancery Hold directly used, and whether the head

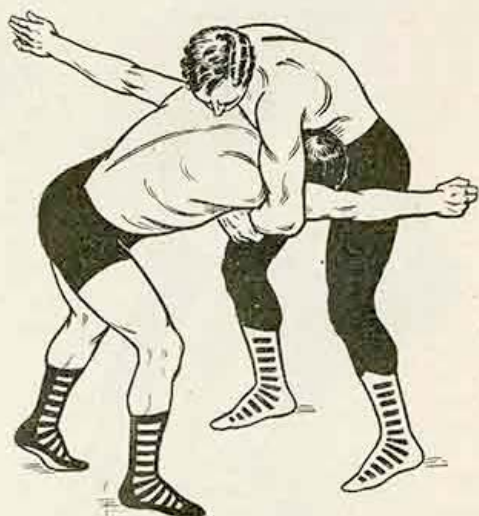


Fig. 86

Head and Far Arm Front Chancery.



Fig. 87

Head and Near Arm Front Chancery.

and far arm or the head and near arm of its victim are trapped and imprisoned together in a Head and Arm Chancery Hold. Should both arms as well as the head of its victim be imprisoned and held in chancery at the same time, it is termed a Head and Double-Arm Chancery Hold.

A Head and Arm-Chancery Hold is rather an unusual form of Chancery Hold. This is due to the fact that opportunities to secure a Head and Arm Chancery are not likely to present themselves while in



Fig. 89

Head and Near Arm Front Left Chancery in Combination with a Back Heel.

wrestling up-standing on their feet as well as when both wrestlers are working down on the wrestling-carpet in position on their hands and knees on "all fours." However, opportunities to secure Head and Arm as well as Head and Double-Arm Chancery Holds are more likely to present themselves while working in front of your man, when he is on the wrestling-carpet on "all fours," than when he is wrestling up-standing on his feet.

A Head and Far-Arm Front Chancery is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held impris-



Fig. 88

Head and Far Arm Front Left Chancery in Combination with a Back Heel.

oned in a Head and Arm Front-Chancery Hold as illustrated by Fig. 86.

A Head and Near-Arm Front Chancery is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm Front-Chancery Hold as illustrated by Fig. 87.

In holding either a Head and *Far-Arm* Front Left Chancery or a Head and *Near-Arm* Front Left Chancery, be sure you encircle with your left-chancery arm both the head as well as the captured arm of your opponent, in the same manner as when holding a regulation Front-Chancery Hold, with the addition of imprisoning captured arm as well as head of your opponent.

In using a Head and Arm Front Left Chancery, hold your man's head and arm

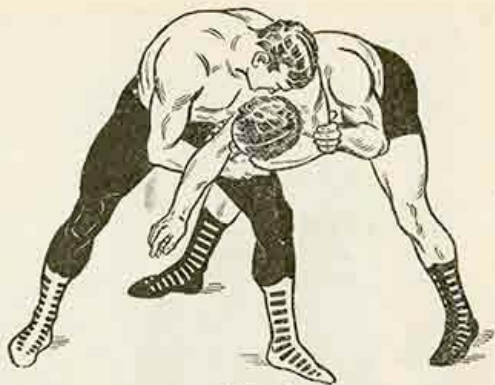


Fig. 91

Head and Near Arm Side Chancery.

ditions may warrant. You can either force your man down to the mat, without any other additional assisting hold or holds, or you can instead combine your Head and Arm Front-Chancery Hold with a Back Heel. In this case you use the Back Heel in order to more readily bring your man down to the mat.

If holding a Head and *Far-Arm* Front Chancery under your left arm, you can overstep your man from the outside and Back Heel your opponent's right leg with your right heel. This is precisely the same manner of back heeling as previously de-



Fig. 90

Head and Far Arm Side Chancery.

is a vise-like grip. Pull your chancery arm close into your body in order to tighten and strengthen your hold. Re-enforce your left-chancery arm in exactly the same manner as when re-enforcing a regulation Front-Chancery Hold by grasping your chancery arm, so as to still more securely and effectively pull your chancery arm close in to your body, so as to more securely imprison both the head and the arm of your opponent and weaken his position.

Hold his trapped head and arm as firm as you can in order to prevent your opponent from freeing either his head or his arm or both. Don't relax your hold in the least. Be sure you work tight and avail yourself of the hold's punishing possibilities.

Follow up your advantage as combat con-



Fig. 92

Head and Far Arm Chancery Over the Shoulder.



Fig. 93

### Head and Near Arm Chancery Over the Shoulder.

scribed in a Front Chancery, Far-Arm and Back-Heel triple combination.

If instead of a Head and Far-Arm Front Chancery with your left arm you hold a Head and Near-Arm Front Chancery under your left arm, back heel your opponent's left leg with your left heel. Precisely the same manner of back heeling as previously described in the Front-Chancery and Back-Heel Double Combination.

Fig. 88 illustrates a Head and Far-Arm Front-Left-Chancery Hold in combination with a Back Heel with your right leg acting against your opponent's right leg.

Fig. 89 illustrates a Head and Near-Arm Front-Left-Chancery Hold in combination with a Back Heel with your left leg in action against your opponent's left leg.

### Head and Arm Side-Chancery Holds

A Head and Far-Arm Side-Chancery is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm Side-Chancery Hold as illustrated by Fig. 90.

A Head and Near-Arm Side-Chancery is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm Side-Chancery Hold as illustrated by Fig. 91.

### Head and Arm Chancery Hold Over Its Holder's Shoulder

A Head and Far-Arm Chancery over the Shoulder is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm Chancery over the holder's Shoulder as illustrated by Fig. 92.

A Head and Near-Arm Chancery Hold over the Shoulder is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Chancery Hold over the holder's Shoulder as illustrated by Fig. 93.

(To be continued)

## Prize Contest Announcement

*Here are the winners of the February Contest.  
Put your name on the list for April*

**T**HE most popular article in the February issue of STRENGTH was "Louis Cyr—the Daddy of Them All," by Alan Calvert. This article received almost twice as many votes as "A Fool-Proof, Keep Fit System," by John Madison Jones, the second best article in our readers' judgment.

For third place, "How to Use the Gymnasium," by Rev. B. H. B. Lange; and "How to Develop the Muscles of the Abdomen," by Ottley R. Coulter, was tied.

Any reader of the February issue who is not satisfied with this line-up should be sure to send in his criticism to-day and to assure his favorite author of his vote now.

The prize criticism, which is selected on its merit as a criticism, and not on the fact that the prize-winner's ideas agree with those of either the greatest number of readers or of the editors, was written by Mr. Lopper. The editors believe that his letter speaks for itself:





# "He Deposits \$500 a Month!"

SEE that man at the Receiving Teller's window? That's Billy King, Manager for the Browning Company. Every month he comes in and deposits \$500. I've been watching Billy for a long time—take almost as much interest in him as I do in my own boy.

Three years ago he started at Browning's at \$15 a week. Married, had one child, couldn't save a cent. One day he came in here desperate—wanted to borrow a hundred dollars—wife was sick.

"I said, Billy, I'm going to give you something worth more than a loan—some good advice—and if you'll follow it I'll let you have the hundred, too. You don't want to work for \$15 a week all your life, do you?" Of course he didn't. "Well," I said, "there's a way to climb out of your job to something better. Take up a course with the International Correspondence Schools in the work you want to advance in, and put in some of your evenings getting special training. The Schools will do wonders for you—I know, we've got several I. C. S. boys right here in the bank."

That very night Billy wrote to Scranton and a few days later he had started studying at home. Why, in a few months he had doubled his salary! Best thing I knew he was put in charge of his department, and two months ago they made him a manager. And he's making real money. Owns his own home, has quite a little property besides, and he's a regular at that window every month. It just shows what a man can do in a little spare time.

Employers are begging for men with ambition, men who really want to get ahead in the world and are willing to prove it by training themselves in spare time to do some one thing well.

Prove that you are that kind of a man! The International Correspondence Schools are ready and anxious to help you prepare for something

better if you'll simply give them the chance. More than two million men and women in the last 30 years have taken the I. C. S. route to more money. Over 130,000 others are getting ready in the same way right now.

Is there any reason why you should let others climb over you when you have the same chance they have? Surely, the least you can do is to find out just what there is in this proposition for you. Here is all we ask: Without cost, without obligating yourself in any way, simply mark and mail this coupon.

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Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada.

## CONTEST EDITOR:

"Some articles are interesting, others are instructive, and still others are both instructive and interesting. To the third class belongs 'A Fool-Proof, Keep Fit System,' written by John Madison Jones and printed in the February number of STRENGTH.

"Mr. Jones cites the value of living in the country. He deals with the subjects of exercise, diet, sleep and recreation in a comprehensive manner that shows that he is speaking from experience.

"The article is valuable and enlightening in that it explains in a clear and intelligent manner a system of keeping fit that works and is not based on theory alone. Everybody who wishes to get the best out of life should read this article.

"Some articles should be tasted, others should be chewed, but Mr. Jones' excellent article should be digested.

"ISAAC LOPPER,

"336 S. Washington Ave.,

"Columbus, Ohio."

The article which was least popular was "Fencing For Women," by Wm. J. Herrmann. Second to it was Ottley R. Coulter's article which, strangely enough, also tied for third place as most popular article and third place went to Ralph Hale's "The Boxer's Training."

The winner of the prize criticism, however, selected Mr. Calvert's article, "Louis Cyr—the Daddy of Them All," as the least interesting article in STRENGTH.

"Calvert's treatise on Cyr was the most dramatic thing in the February issue. Since Cyr was a success, it follows that any biographical sketch would emphasize those characteristics which chiefly contributed to his success. But the writer had no chance to enumerate 'Cyrisms' for the emulation of future lifters; there were none. Cyr, we are informed, was born a lifter. At fifteen, 'his destiny was plain.' This leads us to infer that the indispensable qualification for a strongman is not training, but simply great strength. Lifters! behold the unwritten law: Go to excess—but, like Cyr and Milo.

"This article is replete with tributes to Cyr. But a word of caution should have been inserted where, 'having created all

the lifting records, he turned his attention to eating records.' The last thing a lifter will do is think. Cyr thought he was 'only a little overweight.' An honorable life is claimed for Cyr. The poor massedon never beheaded a fly! But with a little attention to diet (which Mr. Calvert should have emphasized), Cyr might have lived longer and established unapproachable records. To weigh three hundred pounds, or prevent one's self from dying is not living.

"JOSEPH SALATNAI,

"2112 E. 29th St.,

"Lorain, Ohio."

Although this is certainly not the judgment of the editors, we must confess that as a straight criticism, Mr. Salatnai's letter was distinctly the best received and he must, therefore, be awarded the prize.

We take exception to his criticism and to the meanings which he had read into the article. Mr. Calvert had developed too many strong-men to even vaguely imply that one can only become strong through inheritance. Nevertheless, we must recognize the merit of Mr. Salatnai's criticism and to him we award the prize.

**B**EGINNING with the February issue we are awarding each month two prizes of Five Dollars (\$5.00) each for the best criticisms, in under 200 words.

1. Of the article in this issue which you believe to be the best and most worth while.
2. Of the article in this issue which you find least interesting and informative.

*The Best and the Worst.*

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticism and send it to us.

The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. This is, the contest for the April issue will close on April 20th; the prizes will be awarded on April 25th, and the prize-winning criticisms will appear in the June issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential. The reasons why you

# Why We Should Bathe Internally

ADDS MANY YEARS TO THE AVERAGE LIFE

By R. W. Beal

**M**UCH has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but strange as it may seem, the most important as well as the most beneficial of all baths, the "Internal Bath," has been given little thought.

The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct.

To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them.

Unfortunately, however, it is not possible to do this, profitable as such an experiment would doubtless prove to be.

There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how a little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease.

For instance, that universal disorder from which almost all humanity is suffering, known

as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable, through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day is only fifty per cent. efficient." Reduced to simple English, this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary for the attainment of happiness, but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five or ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth-while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your head keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practice internal bathing, and begin today.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind.

You will probably want to know **WHAT** an Internal Bath is. **WHY** people should take them, and **THE WAY** to take them.

These and countless other questions are all answered in a booklet entitled, "THE **WHAT, THE WHY** and **THE WAY OF INTERNAL BATHING**," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose life-long study and research along this line has made him the pre-eminent authority on the subject.

Not only did internal bathing save and prolong Dr. Tyrrell's own life, but the lives of multitudes of individuals have been equally spared and prolonged.

No other book has ever been written con-

taining such a vast amount of practical information to the business man, the worker and the housewife. All that is necessary to secure this book is to write to Tyrrell's Hygienic Institute, at 152 West 65th Street, New York, and mention having read this article in **STRENGTH**, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but *send for the book now*, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well?—Advertisement.

## Prize Contest Announcement

(Continued from page 42)

like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest—there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in **STRENGTH** the articles you want

and feel the need of.

Let's hear why you like or dislike the articles, and the reasons for your preference.

The contest will be held each month, but remember, the April contest will close on April 20th. Address: Contest Editor, 301 Diamond Street, Philadelphia, Pa.

## Reader's Service Department

**I**F you want any baseball, football, golf, tennis, soccer, basketball, skating, track or other sporting equipment and do not know either where to obtain it or how much it will cost, get in touch with us and we will send you full information at the earliest possible moment.

If you would like a sweater, jersey, leotard, pair of Roman sandals, trunks or any similar athletic clothing, we can obtain prices and full information for you.

If you want Indian clubs, chest-weights,

rings, parallel bars or any gymnastic equipment, let us know.

Before getting equipment for camping, canoeing, automobiling or outdoor trips of any type, try our service on equipment.

We will get the information you desire quickly and let you know at the earliest possible moment full details as to size, price, specification and manufacturer's name. Write to: Readers' Service Department, Milo Publishing Co., 301 Diamond Street, Philadelphia, Pa.

# How I Increased My Arm $6\frac{1}{2}$ Inches

When a youngster, I was a thin, frail boy who showed little promise of being anything but a weakling. I always envied my robust companions and wished that I could be like them, but I had been told the old story that strong men are born, not made. What a terrible falsehood this is. And to think of the thousands of people who have been robbed of their ambition by these false teachings. When I entered High School I was fortunate enough to meet an instructor who was willing to work with me and who started me on my road to success. By faithfully following his teachings and by hard work, I gradually developed myself to have an average-sized body so that I at least need not be ashamed. My arm measured 10 inches in circumference and my whole body had developed into fair proportions.

## THE SECRET DISCOVERED

I was so pleased with these results that I decided to make this my life study, so I bought all the books I could obtain on "human anatomy" and tested out various forms of exercise to see what their effects would be on my body. I finally discovered the real secret of progressive exercise and I want to say right here that a man discovering a gold mine was never more happy than I. I knew at once my fondest hopes would be realized. I could feel real vim and vigor thrilling my veins, and I was soon able to accomplish feats of strength which hitherto I had thought impossible.

Friends who met me on the street began to look at me in astonishment. The boys started to call me the strong man, and you can imagine how delighted this made me.

## THE RESULT

As I mentioned before, my biceps had measured but 10 inches before I made this discovery. To-day they are exactly  $16\frac{1}{2}$  inches. This is not only far beyond that of the average strong man of to-day, but is conclusive proof to me that my secret method far surpasses that of any other system.

Numerous demands were soon made of me to appear in public displaying my wonderful development and also to perform the numerous strength tests which I was able to accomplish. After traveling throughout the country, having my name as the headliner in the various theatrical houses, I decided to become a public benefactor and impart this knowledge to others. To-day my pupils run into the thousands, and I receive letters from other men who have sprung into prominence like myself by following my guidance and instructions.

## WHAT THIS MEANS TO YOU

You, too, can have this powerful physique and abounding health if you wish it. I don't care how weak you are, I will broaden your shoulders, deepen your chest and give you the same powerful arms and legs which I have developed for myself and thousands of others.

## DON'T DELAY

If you only knew what perfect health meant, you would not hesitate one minute. And the joys of a strong, muscular body can never be described. Don't waste your time with foolish methods that cost both time and money. What you want is guaranteed results, and you want them in the shortest possible time. Don't take my word for it, make me prove it.



EARLE E. LIEDERMAN  
The Acme of Physical Perfection

Send for my new book  
**"MUSCULAR DEVELOPMENT"**  
 IT IS FREE!

It tells the secret, and is handsomely illustrated with 26 full-page photographs of myself and some of the world's best athletes whom I have trained. The valuable book also full particulars of my splendid offer to you. What you want is guaranteed results, and you want them in the shortest possible time. Don't take my word for it, make me prove it.

EARLE E. LIEDERMAN,  
Dept. 704, 305 Broadway, N. Y. City

Dear Sir:—I enclose herewith 10 cents, 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.....

EARLE E. LIEDERMAN  
 Dept. 704, 305 Broadway, New York

## The Question Box

**A. G. S.**—To stimulate sluggish liver, practice this exercise: Stand with arms behind the head and bend body from side to side. Jumping up and down on a spring-board is also beneficial.

**T. S.**—Your cold hands may be caused either by poor circulation or a sluggish liver. Would suggest that you also practice forearm-developing exercises.

**P. H. B.**—How to develop the muscles of the shoulders was fully explained in the Question Box of the March issue. Copies may be had from this office.

**J. D. K.**—Bovril, a favorite with British athletes, is a concentrated beverage which corresponds very closely to the beef cubes sold in this country. Do not know where it can be obtained here.

**L. R. T.**—Leg exercises are the most beneficial for overcoming short wind. Also practice running, preferably trotting. The best exercise for developing the forearm is the two-arm curl, with a moderate weight bar bell.

**P. E. R.**—The shoulder bridge is performed as follows: Lay flat on your back

on the floor, with a bar bell placed across the abdomen. Elevate the body to the "bridge" position, supporting the weight of the body on the heels and the head and shoulders.

Now dip down until the hips almost touch the floor, then by springing up with the body and simultaneously pushing the bell with the arms, the bell is tossed to arm-length overhead. This is known as the "belly-toss."

**R. F.**—Bar-bell exercises and body-bending exercises can be combined advantageously. No harmful effects can possibly follow, provided that neither is overdone.

The headaches you experience after doing a hand-stand, or after back-bending exercises, may be caused by an apoplectic tendency. If such a condition exists, omit the hand-stands. Better consult your doctor.

We do not know where you can obtain a book on contortion work.

**Subscriber.**—The practice of allowing heavy sandbags to strike against the abdomen, in order to toughen it, is dangerous and is not to be recommended. The best method is to develop the abdominal muscles through progressive exercise. Read O. K. Coulter's article on page 35 of this issue.

## Records and Weight Lifting

*To the Editor:*

Joseph Fehrenback and I, 16 and 17 years of age, and 122 and 130 lbs. in weight respectively, are devout readers of your STRENGTH magazine. To show you the benefits we have derived from hard practice in hand-balancing, etc., which ideas we received mainly from Robert Snyder's articles, we are sending the enclosed snapshot, which, if you desire, you may publish in your magazine.

Very respectfully,

Lawrence Hadden,

6219 E. 12th St., Kansas City, Mo.

(The snapshot will be found on page 31.)

*To the Editor:*

I shall appreciate your advising through STRENGTH the amateur light-

weight record for the two-arm press of this country.

I have accomplished in this lift 170 lbs. at a bodily weight of 136 lbs. stripped. I do not consider this very good, but if there are any light-weight lifters in St. Louis readers of STRENGTH, whose records in the above lift are better, would be glad to hear from them.

Yours very truly,

Otto Stolz,

Care of S. W. Freight Bureau,

1050 Century Bldg.

St. Louis, Mo.

(There is no recognized amateur light-weight record in this lift.)

# If I Had But \$2.00 in the World I Would Pin Them to the Coupon On This Ad!

Because this is YOUR opportunity to get your full share of life. Realize all its joys through practicing

INSTANTANEOUS FATIGUE RELIEVER




**PROF. MATYSEK'S**

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**MUSCLE CONTROL COURSE**

**COSTS BUT \$2.**

REJUVENATION THROUGH NATURAL METHODS

## Be a Pride to Your Sex

This course teaches the scientific system of control of all the physical functions. You can cure yourself of any functional disorder. You will be independent of all medicines and drugs which you know cannot bring health and are always debilitating. When physicians fail in getting results they suggest Matysek—the Maker of 100% Men.

## What \$2.00 Will Bring You

Two handsomely finished charts containing twenty-one large, beautifully produced pictures of myself showing every detail as to how to perform the movements with absolute correctness. The instructions are "straight from the shoulder" such as only an expert who went through the mill himself could ever possibly produce.

In addition to the above you have the privilege to ask any questions pertaining to your physical training and to these I will gladly write a personal reply. This feature alone is a mighty valuable one as I give you the benefit of my many years of experience and you will find it worth much more than the price paid for the full course.

## Some Subjects of the Course are

- How To—quickly make respond the inactive bowels.
- How To—correct the rounded shoulders.
- How To—expel bothersome gas out of the stomach.
- How To—strengthen the nerves and internal organs.
- How To—control every muscle of your body.
- How To—store up energy for feats of strength.
- How To—completely relax and contract.
- How To—breathe effectively.
- How To—arouse your inactive nerves.

- How To—create better blood circulation.
- How To—increase your chest circumference.
- How To—learn the famous shoulder blade control.
- How To—thicken the shoulders.
- How To—make your shoulders supple.
- How To—broaden your back.
- How To—depress the abdominal muscles and wall.
- How To—control the chest muscles, biceps, triceps, thighs, (calf and all other muscles).
- How To—assist in training the abdominal regions to be immune from rupture.
- How To—master correct posture.
- How To—overcome insomnia.

and many other vital pointers you need every day, too numerous to mention. The exercises in this course cause no strain on the heart and do not create nervousness.

## Prof. Matysek

Muscle Control Dept. 219  
523 North Charles Street, Baltimore, Md.

Detach and mail NOW while it is on your mind.  
PROF. MATYSEK, Muscle Control, Dept. 219,  
523 N. Charles Street, Baltimore, Md.

I want bulging muscles and yet I want them to have fine outlines. I desire to increase my strength, my internal activity, my energy. I want to be more than I am now and I want to achieve my "chief aim" in a short and efficient manner. For these reasons, send me your wonderful Muscle Control Course, illustrated with 21 high-grade pictures of yourself. If after 3 days of honest practice I am not completely satisfied my money will be promptly refunded upon return of course at expiration of that time.

Name .....

Address .....

City..... State..... Strength, 4-22  
Canadian and Foreign Orders \$2.20.

To the Editor:

I am sending you some of my photographs. They were taken by an amateur, an essayer, the first he had ever taken of these kind of pictures and the first ones that I have had taken. I am an enthusiastic STRENGTH magazine reader. I have been reading STRENGTH for over 7 years, and am also a subscriber. I would not miss taking it at any price.

I am 52 years of age. The photographs were taken three months before I was 52 years. They are snapshots with a small camera.



I was past 52 years of age before I started to try to do any of these stunts, as I call them. I was always a shade below the average in strength. Of course, being a quartz miner, that is an occupation detrimental to health. Also, my parents both died with consump-

tion when I was very young.

I was looking over some of the old copies of STRENGTH magazine and saw in one of them a picture of Robert Snyder chinning a horizontal bar with one hand. I said to myself, "I sure would like to be able to do that." I also saw in one of the back numbers of STRENGTH about Clevio Massimo Sabatino. It stated about him standing on a box 10 in. square, with his legs close together and rigid, and bending forward and touching the floor with his fingers. This picture I am sending you, standing on a box, is 10 in. high and 10 in. square. Since the picture was taken, I can stand on a box 11 in. high, with legs close together and rigid and touch the floor with my fingers and hold them there.

Thanks to the STRENGTH magazine. It gave me the incentive to exercise and try and see if I could do those stunts. The picture where I am chinning the bar with one hand, I thought, would look best in that position. Of course, I could hold the attitude longer with my chin level with the

bar, but I was trying to do it similar to the picture of Robert Snyder. It may be easy for some people to chin the bar with either hand, but it sure was hard for me to learn. It took me 19 months to be able to chin once with a straight arm with either hand, and I had to be able to chin myself 28 times with both hands before I could do it with one hand. Now I chin twice with either hand with a straight arm and thirty times both hands, and I don't intend to try any more repetitions than that.

I honestly think if I had a Milo bell to practice with I could have learned to chin the bar in half the time that it took me. I have never been in a gymnasium. I have never had hold of a dumb-bell or bar bell, but I am going to order a Milo Standard Size Bell just as soon as I ship a bunch of ore that I am taking out.

Eighteen months ago I could do only the deep-knee bend two or three times on my right leg, now I do it ten times either leg and could do more. I also do a lot of abdominal exercise, back, forward and sideways with a chair. That I learned from STRENGTH.

Very truly yours,

Frank Jolls,  
Rawhide, Neb.

To the Editor:

I am sending you two pictures that I have had taken with my partner, Mr. Joe Okin. He weighs 115 lbs. My weight at present is 148 lbs.

We are giving exhibitions in Cleveland and are making quite a hit. I would like to correspond with other lifters here in town.

Sigmund Klein,  
2195 E. 86th St.,  
Cleveland, Ohio.

(These pictures were published in the March issue.)

To the Editor:

It's about one year and a half now since I became acquainted with your magazine STRENGTH, and since that time I've made such progress that I thought I'd send you some of my pictures to show you my development. As I am a reader of *Physical Culture*, one day I took heed of one of your ads and bought a copy of STRENGTH. I liked it very much, for the articles were "short and sweet," full of interest, and



**WORTH \$100!**

I think your course is better than a trainer, because it covers so many methods of offense and defense. It is worth \$100 to any man who wants to get by without getting beaten up and hold his own among men.

P. W. WILLIAMS,  
Box 667, Virginia, Minn.

# It costs you only \$3<sup>85</sup> to become a GOOD BOXER

Only \$3.85 to make you a good boxer—able to put the gloves on with the best man in your club or gym and more than hold your own.

Only \$3.85 to learn all the blows and guards developed by the top-notchers—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Short, the Stanley Ketchel One-two Blow, etc.

Only \$3.85 to get the same system of training famous Professor Mike Donovan used when he was boxing instructor at the New York Athletic Club.

All the fine points in feinting, ducking, clinching, footwork and timing used by the best professionals. Training in Shadow Boxing. The best holds in wrestling and jiu-jitsu, showing how to disarm an opponent, how to use the French Scissor Hold, the Gotch toe-hold, etc. And a complete system of breathing and muscle-building exercises to develop you physically.

It would take you months to learn all this by old-fashioned training. But in the Marshall Stillman "Short-cut" System, the lessons are reduced to the simplest movements, each movement is described in detail, and every blow posed for by two expert boxers. You don't even need a sparring partner at the time. Only 15 minutes a day with this professional instructor will make you a good boxer in a very short time. Many people have outboxed older and bigger opponents in only two weeks of training!

Marshall Stillman lays special emphasis on the fundamentals. For instance, to have force, a blow must be thrown with the entire weight of the body behind it. You learn how to do that in the very first lesson. Then we teach how to land the different types of blows, such as swinging blows, corkscrew blows, etc. The fundamentals of guarding, ducking, clinching and footwork are mastered before you're taught the more complex blows and guards. No detail has been overlooked. I've even taught the correct way to make a jab—a jab that few men do right without proper training.

In the Shadow Boxing, Marshall Stillman has cleverly combined the best blows and guards into three lively rounds. You'll get great fun out of this work, and it develops wind and speed wonderfully.

The training in jiu-jitsu and wrestling is designed especially for self-defense. If you are attacked by a thug, any one of these bone-breaking holds may prove invaluable—especially if your assailant is armed.

The value of this course cannot be measured by its price. The testimonial above says it's worth \$100. Others have told us it's worth \$50; some say \$25. Surely you will admit that it's worth \$3.85 to become a good boxer and a master of self-defense! We make this liberal offer:

## SEND NO MONEY

Simply fill in and mail the coupon. The course will come to you at once. On its receipt hand the postman \$1 merely as a deposit. Then use the course for 10 days—try it out thoroughly. At the end of that time either send us \$2.85 more, or return the course, and we'll send you your dollar back.

Mail the coupon now to Marshall Stillman Assn, dept. 1017-D—42nd Street and Madison Avenue, New York.

## Mail this Coupon Now

Marshall Stillman Association,  
Dept. 1017-D, 42nd St. and Madison Ave., New York.

You may send me on approval the Marshall Stillman Course, price of which is \$3.85. Upon its receipt I agree to pay the postman \$1 as a deposit. It is understood that I am to pay the balance (\$2.85) or return the course within 10 days after I receive it. If I return it, you are to refund my dollar.

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

Name .....

Address .....



**ONLY \$7.75**

## Yankee VIOLET RAYS

The wonderful disease-destroying action of these marvelous rays has been endorsed by the foremost physicians in the treatment of **Rheumatism, Colds, Gout, Lumbago, Gaffre, Catarrh and other diseases.** YANKEE VIOLET RAYS impart a gentle flowing life-giving stream of vital energy and this healthful and stimulating action reverberates throughout the system giving that snap and dash enjoyed by the young. The rays penetrate to the innermost recesses of the body and are powerful factors in stopping and benefitting tissue that is giving way to the ravages of disease.

This health-giving agent never gets out of order and can be used indefinitely. As first aid to aches and pains, it has no equal. At all the large clinics and hospitals it is used extensively as a curative agent of recognized merit.

**A Remarkable Home Outfit at a Remarkable Price**

The YANKEE VIOLET RAY OUTFIT is a complete apparatus small and compact. It works on alternating or direct current. Packed in a neat box with cord and plug which fits any lamp socket and includes a book of detailed instruction. The outfit will last a lifetime with ordinary use.

**5 DAYS' FREE TRIAL**

Send no money—just mail the coupon. \$7.75 does not have to be paid until Home Outfit is delivered. If dissatisfied after 5 days return it and your money will be refunded.

**BOOKLET ON REQUEST**

**CLIP AND MAIL COUPON**

To Yankee Laboratories, Inc.,  
307 East 43rd St., New York, N. Y.

Gentlemen—Please send me the Yankee Violet Ray Outfit by mail or express collect—\$7.75. I am to use this outfit 5 days and if not satisfied you are to return my money upon receipt of the outfit in good condition.

Name .....

Address .....

ing just what was necessary to know. Since then I haven't missed a single copy and don't expect to in the future.

As I am only sixteen years old and under no one's direction, except reading the magazines **STRENGTH** and *Physical Culture*. I think my development is remarkable.

Another reason, being that I am a high school student, and most of the time studying, which caused one to be round-shouldered, pale, etc., instead, I am robust and full of health (thanks to **STRENGTH** and *Physical Culture*) and possessing a body rarely found among high-school students.

I hope you will do me the honor of publishing my photographs. I will greatly appreciate whatever you do and I hope you all success in your future work.

Yours for Strength and Health,

Joseph Melia,  
203 E. 101st St.,  
New York.

To the Editor:

My measurements and lifts are as follows:

Weight, 130 lbs.	Neck, 15 in.
Height, 5 ft. 5½ in.	Calf, 13½ in.
Chest, 37 in.	Forearm, 11½ in.
Chest Ex., 40 in.	Wrist, 7 in.
Waist, 29 in.	Ankle, 8 in.
Upper arm, 13½ in.	Thigh, 20½ in.

Lifts—Two-Arm Clean and Jerk, 150 lbs.; Two-Arm Press, 140 lbs.; One-Arm Military Press, 60 lbs.; One-Arm Jerk, 120 lbs.; One-Arm Bent Press, 120 lbs.; One-Arm Snatch, 100 lbs.

Thanking you, I remain,

Yours truly,  
Wm. A. Many,  
611 Livingston Ave.,  
Albany, N. Y.

## How to Run the Hundred

(Continued from page 21)

the splendid work of Dr. Harry Eaton Street, of New Haven Normal School of Gymnastics, who is chairman of the National Women's Track Athletic Committee. All claims for new records must be judged by the committee. Certain conditions are by this committee which standardize track work throughout America. These, with the records, are printed yearly in the Spalding official almanac.

## HAVE YOU HAD YOUR EXERCISE TO-DAY?

If you are aiming to gain health and strength, do not neglect the daily systematic exercises. There can be no real health without exercise. The condition of the nervous system and the brain depends upon healthful muscular activity.

Fifteen minutes a day, exercising with dumb-bells, for the busy man or woman, will keep him or her in good condition and will give them the development that will serve their particular scheme in life. Exercise with dumb-bells will make you feel fresh, vigorous and ready to tackle anything that comes up; will make your muscles firm and healthy.

### IT IS THE SIMPLEST THING IN THE WORLD TO BE STRONG AND SOUND IN EVERY WAY

In spite of this fact there are men and women who throw their chance away daily. They should bear in mind that *there can be no real health without exercise*. Men and women who are constantly working their minds and bodies are sorely in need of the beneficial results that are obtained from light dumb-bell exercises. Particularly does the brain worker need some active exercise that will build up the healthy tissue, sound nerves and firm muscles.

Why not purchase a set of dumb-bells to-day and start the good work. Dumb-bell exercises are being practiced in all private gymnasiums, both for men and women, and in all Y. W. C. A's and Y. M. C. A's. They are praised highly by leading physical directors. **DUMB-BELL EXERCISES ARE SO SIMPLE THAT FEW INSTRUCTIONS ARE NEEDED.** The short time that you will spend in exercising will do wonders for you and you will be more than satisfied with the results.

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. " " "	- -	2.00
15 lb. " " "	- -	3.00

*Sent on receipt of price, f. o. b. Philadelphia.*

## FAIRMOUNT FOUNDRY CO.

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Fifteenth and Indiana Aves.

PHILADELPHIA, PA.

# YOU Can Possess a Perfect Figure and be Radiantly Healthy



MISS VERA ROEHM

world famous Physical Culturist and Fascinating Stage Beauty who has just completed the most effective woman's course ever conceived.

### You Can Become THE WOMAN You Have Always Wanted to Be

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.

### Results Easily Attained

All the above can easily be secured through my body beautifying and health-promoting course, the most effective condensed course ever gotten out for women. The exercises and other methods used by famous stage beauties, not only to retain their attractiveness, but to increase it, are now revealed for the first time.

### In Your Own Room

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.

### "Womanly Charms"

is the title of my wonderful, copyrighted course. It is lavishly illustrated with beautifully posed pictures of myself (large size) and treats fully the following subjects: Proper Breathing, Advantages of Systematic Stretching, How to Acquire Perfect Waist Line, Overcome Rounded Shoulders and Weak Spine, How to Acquire Shapely Neck and Shoulders, How to Increase or Reduce Weight, Bust Beautifying, How to Secure Graceful Hips, Development of Thigh and Calf, How to Acquire Poise, Splendid Stomach Exercises, Elimination of Constipation and Insomnia, How to Secure Proportionate Development, etc., etc. A better personality is assured you.

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2. The officials of the meet must sign and file a statement with the committee covering the following points:
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  - (b) Start fair and timed by flash of gun.
  - (c) No wind at back and track level.
  - (d) That regulations for each event were complied with.

The world's record for the one-hundred-yard dash was recently reported lowered by an English girl, the time being 11 4/5 seconds, one-fifth of a second faster than the best American time.

There is a great contrast between the European and the American girl athletes. In the majority of cases the former seem to possess a harder physique. To be sure, the runner here is, in the majority of cases, a school or college girl. But with the French, English and German, it is frequently the working girls who indulge in the track and field events. This is particularly noticeable since the war, as the habit of "keeping fit" has still kept up. These working girls are, as a rule, older than the American girls who indulge in track sports, and as I have said before, there is more chance of meeting unknown competitors which undoubtedly helps a lot.

In running, as in all branches of athletics, experience counts for a great deal, and there is no better way to get this than in various meets. At the present time the status of girls' track work in America is such that there is perhaps one meet a season, sometimes with a rival school or college, but more often an intra-mural affair.

The men's colleges, for instance, have a number of meets on their schedule, with the biggest one in mind as the ultimate goal toward which all efforts are pointed. In addition to this, there is the indoor track season for men. Of course, there is no thought of contrast between the men's and women's track events; for the men's is organized perfectly throughout the country, and the women's is just in the process of being organized perfectly. It is to be hoped that some time in the near future the United States will have entered in the Olympic Games a women's track and field team which will perform just as creditably against

foreign women athletes as did the American women's swimming team in the last Olympic Games.

But before that it will be necessary for the American girl to reach the fine physical state of the European girl. In the training of English girls, folk dancing plays a great part. Many athletic authorities believe there is no other one thing that makes for quickness of movement, lightness and a muscular control more than does folk dancing. English girls are trained in this thoroughly when but youngsters, and the results can be seen in such games as hockey, lacrosse and soccer. The Americans do not play the latter two to any great extent, but in hockey the quickness of the English girl makes the American seem slow, particularly at the start of a run. The English get up speed right away, while the Americans have to work up to full speed.

Another phase of English athletic life, which is excellent training for the runner, is the walking. English girls have the habit of hiking, and that is one of the reasons for their physical superiority.

There are two other points of difference between the American girl and the European girl runner. That is in training and costume. The European girl takes the training as a serious matter. She follows the example of her brothers. The French girl, for instance, for weeks ahead of the race she is intending to run, begins to get in condition. Not just practicing starts and running the distance until she is really worn out, but with the other girls who are preparing for races, she has a daily calisthenic drill; she plays a little soccer, she hikes (much like the road work of the boxer), and, of course, she runs. However, it is not only of speed that she thinks, but of her general fitness.

The American girl who takes up track work, perhaps, sprints, hurdles, jumps and throws a basketball. In her interest in all these events, she often fails to concentrate on the one in which she ought to be a record-breaker.

The foreign women have another advantage over the Americans—that is the matter of costume. The English, German and French women all wear much the same sort of short running-pants and light jerseys that their brothers do. The Americans wear full bloomers and middie blouse, the



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accepted costume of the American athletic girl. Just as the one-piece suit has been adopted by girl speed swimmers, it is only a question of time that the full bloomer and the heavy middy blouse which, for all its apparent comfort, quite often does not give the absolute freedom needed, will be discarded for a newer costume. Some of the American hockey girls have adopted the short tunic such as the English use for this sport, also lacrosse, and have found that the lightness of weight and the perfect freedom of action it affords have been responsible for a marked improvement in their playing.

The American girls at home have always held their own in the past in track and field events, and there is no doubt that were they to enter into competition with the European girls they would acquit themselves most creditably.

## How to Develop the Muscles of the Abdomen

(Continued from page 36)

It has been my custom to study the exercises used by those who attained noteworthy results in developing the muscles under consideration. There are many magnificent examples of abdominal development, but I have been unable to learn what exercises were practiced by many of these men. Some of those who attained fine abdominal development did not practice any direct abdominal exercise at all, so far as I can ascertain. I know that the application of direct abdominal exercise increases the development of those parts of those who have previously performed special work for their abdominals; so I reason that to attain better development of the abdominal muscles than possessed by the average lifter, one must practice some exercise for the purpose than used by the average trainer with weights. This is one of the reasons why Sandow's abdominals were better than nearly all other lifters, although some of them were stronger than Sandow in other ways at least.

Sandow was very thorough in all of his training and never hesitated to devise special means whenever he considered such measures necessary to the attainment of his magnificent physique. Sandow practiced the "sit-up" exercise. He would place a bell over his feet and would raise to a sitting position from a full-stretched position on his back on the floor. He kept his

straight behind his head and held dumb-bells in his hands. He increased the weight of the dumb-bells as his strength increased. In his stage exhibitions he used more advanced measures for abdominal development. At one time he used a Roman column, and at another period he used a horse in place of the column. He had the stirrups securely fastened to the horse by strong straps and he leaned straight backwards over the horse and raised a stage assistant from a reclining position on the floor to a sitting position on the horse in front of him.

Hackenschmidt at his best also possessed magnificent abdominal development as a result of practicing exercises with weights directly involving his abdominal muscles. He practiced the "sit-up" exercise with his feet under a bar bell and held a heavy dumb-bell in each hand close to his head.

Another exercise that he used was to keep his body rigid on the floor and raise the legs up with weights strapped to his feet. So far as I know, "Hack" never went to any further trouble to develop his abdominals, and if he could obtain such good results in this way, it seems quite reasonable that most anyone else by the use of a home-made Roman column or Roman chair could obtain an abdominal development proportionately as great as "Hack's."

If you really desire to get the best possible results from abdominal exercise, build a Roman column or Roman chair to use in your training. The Roman column makes the most impressive appearance for exhibition work, but the Roman chair is more practical for home use and has equal advantages for abdominal exercise. In fact, the Roman chair affords a more advanced means of abdominal exercise than does the Roman column, as the position of the legs on a Roman chair requires one to bend back farther to reach the floor. The Roman chair should be built as strong as possible for this reason; 2" by 4" is about right, and should be secured together by bolts instead of nails. The back of the chair from the seat to the top should measure the same as from the ankle to the knee of the pupil. The top of the chair back should be padded. Across the seat from side to side, fasten a strong strap sufficiently loose to allow the feet to pass under the instep. The chair should also be fastened to the floor with bolts if possible, but if not by several long screws.

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"sit-up" on the floor with a 50-pound weight at the back of the neck, you are advanced enough to try Roman chair work. At first have some one at hand to assist you if necessary. When you can lower to the floor and raise up fairly easy, hold a very light weight at the back of your neck. When this becomes easy increase the weight. Here you have an exercise that will develop anyone's abdominal muscles to the limit, and you need not practice any other abdominal exercises unless you care to do so for the sake of variety. As this gives a large radius of action, there is but little danger of any stiffening in the abdominals accruing from the use of the Roman chair. Although the writer increased his waist nearly two inches by developing his abdominal muscles through the use of the Roman chair, yet these muscles are flexible enough for the performance of a "back bend." Persevere with this "worth-while" abdominal exercise and you will attain real abdominal development that will easily adapt itself to display by static contraction or by the central relaxation as your choice may be. Muscles developed by this chair always possess strength in proportion to size and are, therefore, muscularly efficient.

## Apollon—Super-Athlete

(Continued from page 30)

took all the sand (55 pounds) to fill the two large spheres. Apollon tested the bell and declared it still too light, and told Batta to send for more sand and fill the small spheres also. Then he returned to Batta. Pons said to Batta, "Why bother with sand? Here are two solid spheres. Slip them over the bar. The big fellow will never know the difference." Batta, who loved a joke, assented with glee. The substitution was made, the bell weighed and was found to now scale 341 pounds. Batta attempted to lift the bell from the stage, but, notwithstanding his celebrated grip, was unable to budge it. He thought that for once his friend Apollon would be stumped.

The performance began at 2 P. M. Apollon sat in a box until his turn arrived, his wife alternately taunting and encouraging him. When his time came, he sprang on the stage and said, "I understand there are some men present who wish to try my weights. I will give 1,000 francs to any one who can do one of my lifts. I can



ance by snatching 187 pounds, that is, three weights of 44 pounds each, and one of 55 pounds. Come on, you sports!"

Grasping the bunch of four weights, he first snatched them, and after allowing them to descend almost to the floor, he swung them back between his legs, and then with a straight arm swung them again aloft. He looked at the Rassos, but they kept their seats.

Next he took a 55-pound square weight by the edge, held it out in front of him, and keeping his arms straight out, passed it from right to left hand several times in succession, always by the upper edge. Still the Rassos kept their seats.

Next he took a square weight of 176 pounds, snatched it, lowered his arm and snatched the weight out for a couple of seconds. The Rassos came on the stage. Each lifted the weight an inch or so to test its belt, and returned to their seats with an expression of dismay on their faces.

Finally Apollon approached the big bar bell. Batta and Pons hugged themselves with glee, and prepared to make a speedy exit. Apollon never realized that the bell had been changed. Grasping it with both hands, he pulled it clean to the level of his eyes, jerked it aloft, slipped his right hand along until it was in the center of the bar, let go with the left hand, and to cap the climax, raised his right leg out straight. Allowing the bell to drop, he caught it in the bend of his elbows, dropped it again, grasped it in midair and replaced it delicately on the floor.

DesBonnet says that Batta and Pons regarded Apollon as though he were some curious primeval beast, and all three agreed that no one would ever learn how much strength the giant really possessed.

The Rassos again came forward, and the huge Nordmann essayed to lift the bell. He made several attempts, but each time the bell slipped from his grasp before he got it as high as his knees.

And so I could go on telling you story after story, all vouched for by Apollon's declared rivals as well as by his friends. You men who think that he was strong only in his arms, consider a feat that he performed daily while he was still only six feet tall. He would stand on his right foot on the edge of a table. In each hand he held a weight of 44 pounds. The toes of



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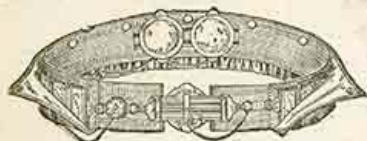
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Strength

his left foot were hooked into the ring of a 100-pound square weight.

First he would muscle out the 44-pound weight sideways. Then he would slowly bend his right leg and sit on his heel, lowering himself until the 100-pound weight dangling from his left foot, would lightly touch the floor. Then he would slowly straighten the right leg, coming again to the upright position, always with his arm out to the side. His legs were just as strong in proportion as his arms.

You might think that the exploits of men like Cyr and Apollon would discourage other lifters. The contrary seems to be the case. There must have been something inspiring in the work of these men. Quite since Cyr's time, has become a great cause of lifting. Dozens of Cyr's countrymen are forever trying to get somewhere near the "old man's" records.

In France, the name of Apollon is one to conjure with. He is the hero of athletes of France. Lifting is one of the major sports of France, and all over that country the name of Apollon is familiar to all, and his feats are recounted again and again. They class him with the Greek Hercules and the Hebrew Samson, and firmly believe he was the equal of either.

EDITOR'S NOTE: All the illustrations in this article are reproduced from DesBoisnet's book, *The Kings of Strength*.

## How to Use the Gymnasium

(Continued from page 26)

it's like and then I'll stop and take up an exercise."

That attitude is all wrong! The time to begin taking up exercise is not when you have just about made a wreck of your physical and mental organism; the time to take up exercise is right now. Don't do to-morrow what you can do to-day, is a very short sentence but contains a mountain-sized wealth of wisdom. Remember this! If you live near a gymnasium, if you are in poor health or in good health, join that gymnasium. Spend at least an hour every other day in that gymnasium apparatus-room. If you are not so fortunate in location, buy an adjustable bar that, along with your room, an open window

and your own good will and your ability to stick to it, will just about double your days here on earth, and, instead of going about with a snarling countenance and a grouchy disposition, you will smile and enjoy life!

Everybody loves the bright, sunny disposition, nobody cares very much for the cross-looking, gloom-spreading, pessimistic grinch. Why be the latter when a few minutes spent in daily exercise will make you all the former and a lot more! It is surprising the large number of people that the world contains who imagine that it is natural for them to be weak and grouchy and sickly; people who really believe that they were brought into the world to be that way; people who think, who are firmly convinced, that they cannot possibly be any other way, and being in such a poisoned frame of mind, every time they see someone else enjoying life and splendid health, their own very diseased state, mental and physical, just adds more misery to their already overloaded pessimistic condition. Rather than be enlightened and optimistic and try and gain that self-same optimistic and healthy spirit and body of their more fortunate neighbor, they snarl and grumble and only make their own condition worse than before.

If your own condition resembles the picture here painted, reader, just remember this: that no one is to blame for your condition as much as you yourself! If you wish to get out of the quagmire of pessimistic poor health, if you want a really healthy body and mind, then *brace up*; join a gymnastic class; if not that, purchase a set of Winstable bar bells and spend a few minutes exercising the *greatest medicine, the most beneficial pill ever invented, i. e., EXERCISE!*

## What to Do for Tuberculosis

(Continued from page 18)

The fact is not to be denied that the only way to control an infection of any kind, whether a contagious fever or an infection by extension, is by putting the whole body, or the infected part (by strapping the lung with Z. O. plaster) at complete rest. This is true also of open wounds as military surgeons have found, in order to prevent blood poisoning.

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So, too, of a tubercular joint disease, or of a joint inflammation from pneumonia or rheumatism; the sufferers must always be kept at absolute rest so long as necessary or the joint will be lost. So also of the lung, it must be put to rest, and the lung, mind you, is far more important than all the joints put together.

When this fever stage is pretty well over, or under good control, and the doctor decides it is entirely safe, then a certain amount of activity, of work, or of exercise is permissible. Even then the utmost care and judgment must be used to regulate the kind and degree of exercise. This question has been studied at the Brompton Hospital in England, and at many other sanatoria here and abroad. It requires the greatest care of experts to determine whether the arms may be used or the legs only, whether one may do *stooping*, or *arm stretching*, or *rapid or slow movements*, or whatever the state of the lungs or the joints or other affected parts permit. One good rule is while convalescing, to do any work on alternate days (St. Lewall). Another is later, to take rest periods of equal length to the time of exertion.

Remember, tuberculosis may infect any part of the body, the brain, nerves, bones, joints, abdominal organs, kidneys, peritoneum and the like, or only the lungs, which are most commonly attacked, and there may be an all over or general infection.

Volumes have been written on the details of the subject, of rest and exertion in tuberculosis. No one can judge for himself in this matter of exercise; he must have an expert adviser, and not all physicians have given the subject enough attention to become expert. Only those who are dealing with tuberculosis all the time, and who have large, varied and constant experiences, are competent to speak the word. There are always qualified experts whom the attending physician can and should consult from time to time.

There comes a time of course, when the patient must go back to his home, or to earn his living, or a part of his living. This is the grave sociologic problem, whether he shall become a hopeless wreck, or a laborer, or a dependent on charity. And the mind needs constant expert treatment as well as the body. The will, the deter-

nation, requires guidance so as to control the goings out and comings in; in short, adjustment in the domestic, social and communal life.

It is also true that rest and feeding and open air is by no means the only means of cure, although it is by far the most important part in the cure of tuberculosis, as it is in many other diseases, such as typhoid fever or pneumonia. When one has recovered from these acute diseases, or has gotten beyond the fever stages of tuberculosis, it becomes imperative to make active use of the body, or motor parts, or they will deteriorate, atrophy, or become eroded, or in various ways go to the bad. Here we come finally to the question: Who shall determine when and how much one with tuberculosis shall exercise? I answer: This is absolutely the jurisdiction of the expert in tuberculosis, of one who has devoted his life to the subject. It is suicidal folly to go contrary to such expert counsel.

The final word about prevention of T. B. Infection is in proportion to vital resistance. This can now be measured with mathematical accuracy. (See G. Dreyer, *Lancet*, Aug., 1919. Also Wittich, Meyers and Jerening, I. A. M. A., Nov. 6, 1920.) The one object is to raise the coefficient of resistance, in order to render the individual refractory to infection. The muscles of respiration should be trained in childhood by ample play and lung hikes, also by respiratory exercises at an open window. All personal hygiene counts.

## Golf—The Great Health Builder

(Continued from page 12)

sons of rich fathers, but with a single club used on any practice hole they could find. If we wish then to further the real interests of this great health-giving sport we cannot stress too strongly the great need in golf of more municipal links, and of calling a halt in the wild extravagance of private clubs in experimental lines, which is one of the reasons for the marked increase in dues. This increase in dues in the private clubs is surely barring out the poorer man who has made a start in life and who, when he figures out his own and

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his family expenses, cannot see how, without extreme selfishness, he can continue his membership in the private golf club. Public links, while of great value to the citizen, have been looked upon formerly by the golfer as merely in the light of a playground and not as a real golf, but such products of these municipal or public links as have developed within the last year or two have shown that even the ragged courses, cluttered with players, still developed real golfers like Bockenkamp at St. Louis, Manion, Loos and several others. But the main feature is the opening up of courses for those who are unable to afford the private club. And the private club must take to heart the fact that experiments that cost thousands of dollars in the way of changes in the layout of courses ought to come to a halt. Nine out of ten of the courses that have made these experiments would have been good courses without them, and one-tenth of the money if expended on the development of good putting greens, would have been far more serviceable. If the game be the great health-giver that we are sure it is, its benefits should be more widely distributed; and the first step toward that millennium is to check the tendency toward increased expense and bring it more nearly within the means of all.

## Health and Strength Thru Fun

(Continued from page 16)

feet back of B. A fine exercise for back and for developing snap.

5. HAND STAND PULL-OVERS: stands facing direction of progress. stands about three feet behind, facing same direction, then does a hand stand, slowly moving A's back, hands about one foot back of A's feet and feet coming to rest easily over A's shoulders. A grasps B's feet, and bearing well forward, rolls B over his back, making sure to place B's feet on the floor about one foot in front of himself. A then does the hand stand against B's back and the same is repeated. This can be done quickly after the other. This is excellent for the arms and back.

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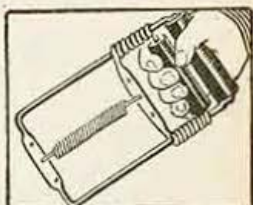
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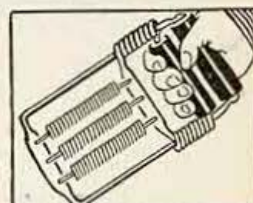
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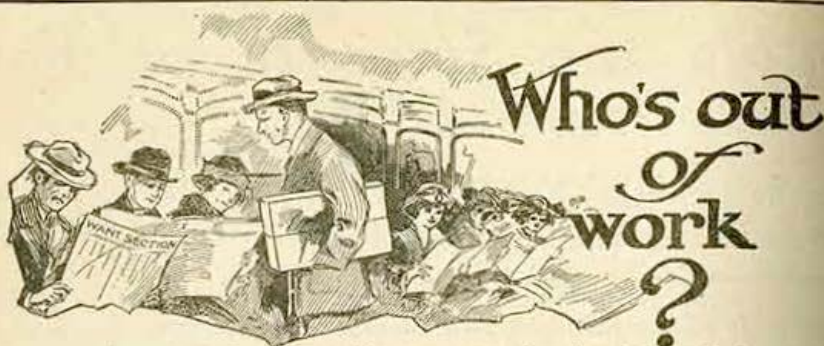
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