

STRENGTH

NOVEMBER 1920

Olympic Number



Wrestling



Can We Build a
Reserve of Energy?



Strength Records

Price, Fifteen Cents

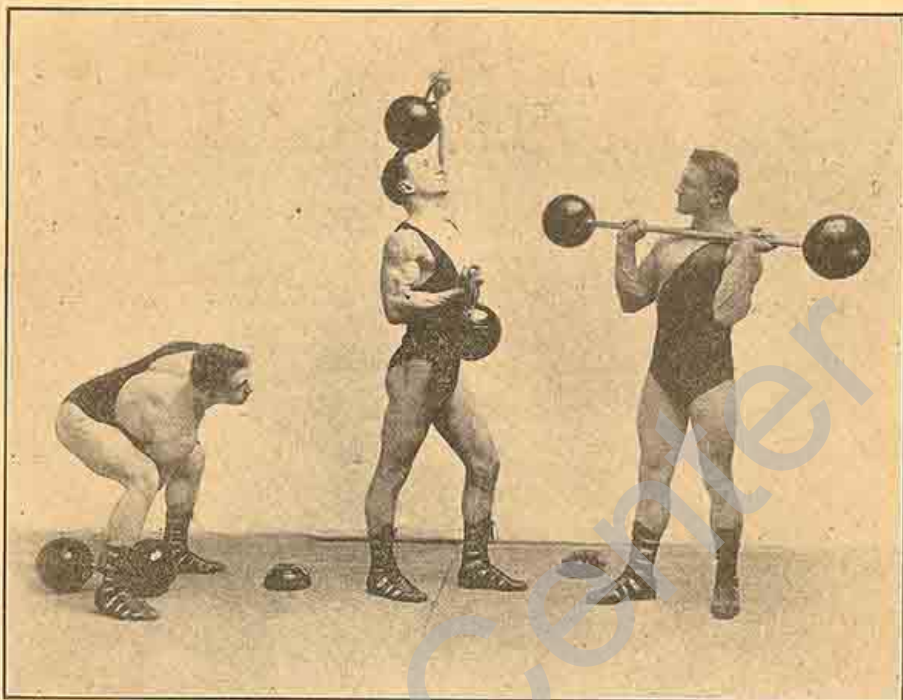


8/16/38
CH

JAN - 7 1937

D. C. ...

WHAT IS A BAR-BELL?



A bar-bell is simply a long handled dumb-bell, and is used for developing exercises. It can be made light enough to suit the needs of any beginner, and heavy enough to provide exercise for the strongest men. It is intended for home exercising, and can be used in your bedroom, no matter how small it is.

To be of any advantage, a bar-bell must be adjustable, in order that you may begin exercising with a moderate weight, and gradually increase that weight as your strength increases. Used in connection with kettle bells and dumb-bells, it is the most efficient exercising apparatus ever devised, and produces real health and strength in a remarkably short time. The bar-bell is used by men in every walk of life as a means of keeping in good health, and it has developed all the professional strong men of the country.

A REAL STRENGTH BUILDER

Why is it that the man who exercises with bar-bells can perform feats of strength far beyond the combined power of two or three ordinary men? Not alone because his arms are twice as strong, but because his back, hips and legs are four to five times as strong as those of the average man who uses a system of light exercise. Just having strong arms will not keep you in perfect health. You must be strong in all parts of the body.

Bar-bell exercises bring into play all the muscles of the body. That is why bar-bells users develop perfect health and phenomenal strength. They devote less time to exercises than the average physical culturist, but they get real results.

REBUILD YOURSELF

A bar-bell will help you to become the man you ought to be, the man you want to be. The reason so many people are weak and sickly is because they do not exercise all parts of the body, regularly. If you are troubled with indigestion, constipation, etc., it will not help you any to merely exercise your arms. You must exercise the entire body with sufficient muscular resistance, gradually increasing the resistance as your strength increases.

We are interested in you and can help you. Send for our Free Illustrated Catalog describing our bar-bells and courses of instructions.

The Milo Bar Bell Co.

Physical culture specialists and the largest manufacturers and distributors of bar-bells, dumb-bells and kettle bells in the world. Publishers of Strength.

Third and Diamond Streets

Dept. 17

Philadelphia, Pa.

STRENGTH

Vol. 5

NOVEMBER 1920

No. 5

TABLE OF CONTENTS



	Page
Editorial	2
"The Anvil Chorus." Drawing by Harry Barton Paschall	4
Olympics. By Robert W. Maxwell	5
Camping in Winter. By L. E. Eubanks	10
Can We Build a Reserve of Energy? By Norman Price....	15
America's Victorious Olympic Team, and Why They Did Not Win More Points at Antwerp. By Sherman Landers	19
Concerning Lifting Records. By O. R. Coulter	23
Chest Development. By Alan Calvert	27
Wrestling. By William J. Herrmann	30

Application for Entry as Second-Class Mail made at the Phila. Post Office
Published Monthly by The Milo Bar Bell Co.
Publication Offices, Third and Diamond Sts.

J. C. Egan
Editor.

Philadelphia, Pa.

D. G. Redmond
Publisher.

Subscription Price, One Dollar and Fifty Cents (\$1.50) Per Year.

Canada, \$1.75 per Year; Foreign Countries, \$2.00 per Year.

Copyright, 1920, by The Milo Bar Bell Co.

All Rights Reserved.

EDITORIAL

"The melancholy days are come, the saddest of the year—"

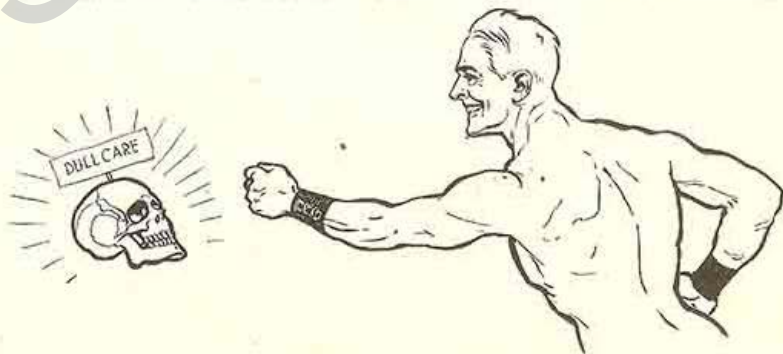
—Bryant.

While our friend Bryant may have known what he was talking about, I can hardly agree with his designation of the days of autumn. Perhaps they may be melancholy days to some, for instance the man who is contemplating the amount of his winter coal bills. But to most of us they mean an added zest in life, a new awakening to the possibilities of physical betterment, which is more or less of an impossibility under the scorching summer sun.

A few months ago, on a blistering, suffocating midsummer day, a friend of mine announced to me that he had adopted a new slogan for keeping fit in summer—"Sweat and be saved."

The hottest days in summer never kept him from his exercising period, in fact, he exercised more on the hotter days than he did on cooler ones. A few words about this gentleman would not be amiss. For absolute regularity and persistence he is unequalled. When he began exercising, he laid out a schedule for weeks and months in advance, figuring how many repetitions he would use on each day, and when and how his weights were to be increased. He has stuck to the schedule with absolute regularity, and will have some very interesting pictures to show the readers of *Strength* in the very near future. His motto was right, without a doubt. But how many are there who can muster sufficient courage on a hot, sultry day, to attempt even the mildest forms of exercise? Not very many.

But every one does feel the need of a new mode of living in the fall. We cast off our sluggish summer habits, and plunge



into new activities, and as a result feel more than ever the need of something to generate the pep, energy and vitality to carry on. It does take a certain amount of determination and energy to begin exercising, but energy expended in body development is never wasted—it returns with a rush of pep and endurance that carries all obstacles before it.

To the gentlemen of the "anvil chorus" and others of their kind, Bryant may be right. But for the rest of us "There ain't no such animal."

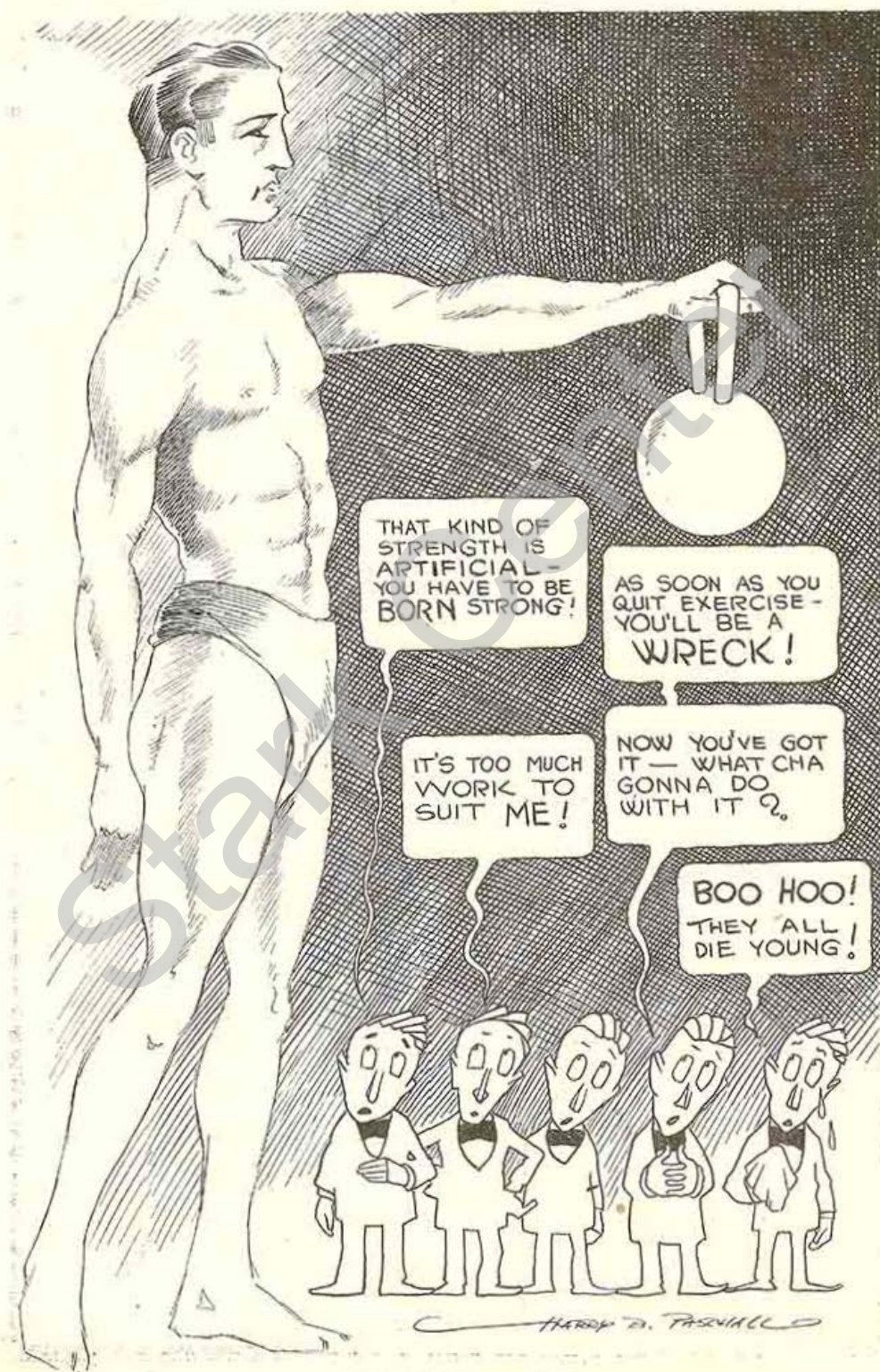
Harry B. Paschall, whose drawing appears on page 4, has the happy faculty of translating his ideas into pictures. We are all acquainted with the characters sketched by his able pen. The "Anvil Chorus" is always with us, but in steadily decreasing numbers, as most of them can be "shown."

Some of them, of course, never can be shown, and are content to seek their pep in the form of pills. The queerest specimen of this class I ever did meet, however, was a man who believed in prescribing his own pills. One day he was very sick, and his friends urged him to call a doctor. "What, call a doctor? Why I'd have to tell him what was the matter with me. Doctors don't know anything."

But quite often a member of the anvil chorus drops his hammers and grabs a horn and then becomes a very enthusiastic booster of all things pertaining to exercise and sport.



Drawings by
CLYDE NEWMANN



OLYMPICS

By ROBERT W. MAXWELL

ANOTHER American army has returned from a successful invasion of Europe. The United States Olympic team conquered the world at Antwerp and the usual hoorah and hoo-ray stuff has followed. The boys still are having their hands shaken and their backs slapped while the village orator tears off a speech about American spirit.

The games in Belgium were the seventh renewal of the historic Olympics and every revival has been an American victory. United States triumphs and international track games run as close as two fingers or something like that. They are as common as bell sleeves and flarebacks in Bowery fashion plates. American athletes always have outclassed the field, and, we hope, always will, but to the wise the recent classic came as a warning, a warning perhaps not of future defeats, but certainly of future hardships unless we awaken to preparedness.

America doubled the score on Finland, the second place team. This is no mean showing at its worst, but at its best it can't be taken as equal to expectations. We suffered in prestige at Antwerp. Not much to be sure, but a little and even a little cannot be afforded.

The athletes of this country had considerable to contend with from the time they left these shores until they landed at Hoboken on the return voyage. They were shipped over like so many cattle. They were packed in below decks in bunks that were little better than stalls. They were jammed in a schoolhouse in Antwerp, a schoolhouse that was inadequate for trained athletes and then they were shipped back like sardines below the water line. Three times a day they were forced to eat stuff that "wasn't fit for dogs," and for all this America says "hooray."

The Princess Matoika which carried the majority of the athletes to Europe was thirteen days on the water. There

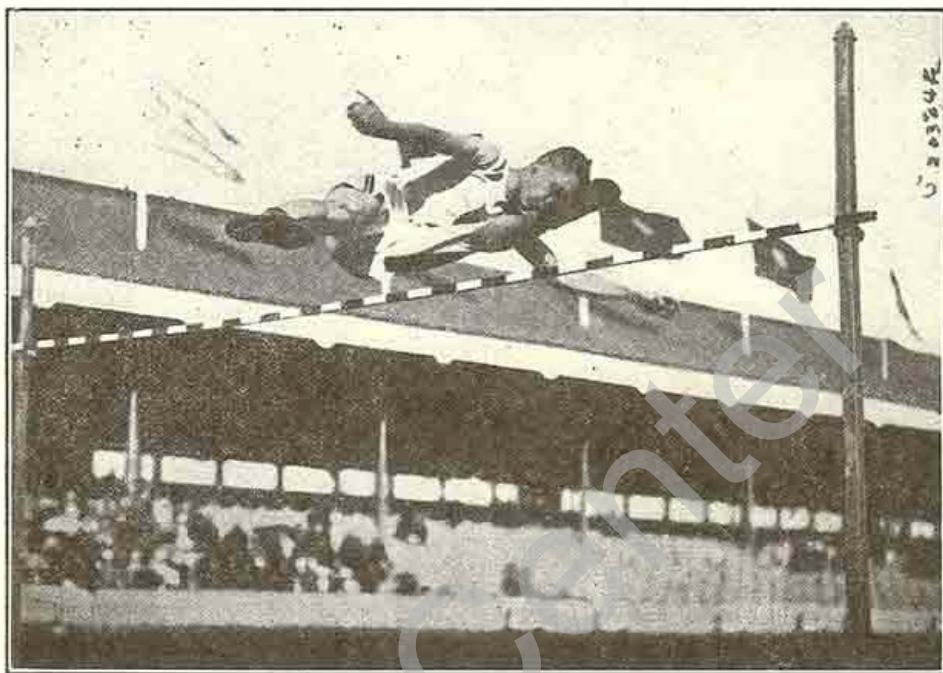
were no staterooms for the boys and they had to sleep in bunks below decks. The food was poor and the training accommodations were virtually nil. The result was that the men went stale and grew fat. This was overcome somewhat by concentrated training after their arrival, but the boys were not "in the pink of" when they were called upon to trim the rest of the world.

Several times the athletes threatened to strike and it was only love of country that made them carry on. Upon their return here they took out the hammer and socked it individually and collectively on the heads of the U. S. Olympic committeemen. The dismissal of this committee has been demanded.

The committee unquestionably is partially to blame, but not wholly. The main fault lies with the dear old public. Mr. Average Citizen enjoyed reading of the Americans cleaning up at Antwerp, but I wonder how many of the Messrs. Average Citizen contributed toward that general cleaning up. The Olympic committee was handicapped through lack of funds. They had to economize whenever and wherever possible. This accounted for the transports instead of the chartered steamers. The committee was forced to take the best it could afford. And the reason they couldn't afford anything better was because Mr. Average Citizen did not come through.

The fact that America did not come through again is partly the fault of the committee. The athletes claim that the campaign for funds should have been started earlier and it should, too, but there was a fat chance to collect money during the war for the Olympic games when it was not at all certain that they would be held this year.

However, as has been stated the games serve as a warning to the wise ones. Preparations for the 1924 games should be started now not in Janu-



Landon, U. S. A., clearing the bar at 5 feet 4½ inches. Setting a new record for the Olympic Games.

Copyright by Western Newspaper Union

ary, 1924. America has a long distance to fall before reaching the standard of any other nation in track athletics, but let us hope that if we are destined to be passed we will be beaten by athletes who have come up rather than by athletes below whom we have fallen.

Those who are familiar with the burdens imposed upon our youths marvel at the splendid showing they made. Even the athletes themselves were surprised. When the games first started all the world expected an American victory, that is, all the world except the little band that wore the stars and stripes. Confidence was not overflowing among those who had to fight the battle themselves. They knew their own particular abilities and they knew, too, that they were not meeting just the different athletes of the various nations, for the athletes of the world were combined against them.

The first step taken that showed that America was meeting the world came when the number of entries in each event for one nation was cut from

six to four. Heretofore it was not uncommon for six United States representatives to compete in the final of an event. The slicing of the entries meant that other nations would be sure of at least two men in the finals. This cut large figures off the American total.

Other methods were pursued to keep down our points such as using athletes in events where they were sure to beat one of Uncle Sam's boys instead of using them in competitions in which they would gain the greatest number of counters. A mythical example will illustrate my point:

Suppose Smith is a great Finnish middle distance runner capable of winning second in the 400 meters and third in the 800 meters if entered in both these events. This would mean that Finland would gain nine points. But if Smith is trained only for the 800 he is capable of winning and beating an American, therefore he is used only in the longer distance and therefore

points were sliced from America's total and the rest of the world giggles.

But such is sportsmanship. It happens in every athletic event. Everybody likes to take a crack at the fellow on top. It happens in intercollegiate track and field meets when coaches from the different colleges get together and pool their athletes against the favorite.

But in spite of all the teaming, politics and training burdens Uncle Sam's boys grabbed off nine first places. This is a comparatively poor showing, but the majority of the points were picked up by places other than first. The grand American total was 110 points, which was just twice as much as Finland gained. The Finns were the surprise of the games with 55 points and nine first places. At Stockholm the Americans won fifteen of the thirty-one first places and at London in 1908 they snatched high honors in fifteen of twenty-seven events. There were thirty events at Antwerp.

There were five new world's records and three Olympic marks set up during the games as well as figures for events that had not been staged at any previous Olympiad. These were the 3000 and 10,000 meter walks. Three of the world's records and two of the Olympic marks were made by Americans so that the United States accounted for five of the eight new standards.

Here are the record-breakers and their new high marks:

World's Records

Frank Loomis, Chicago A. A., 400-meter hurdles. Time, 54 seconds flat.

Frank Foss, Chicago A. A., and formerly of Cornell, pole vault. Height, 13 feet 5 $\frac{3}{8}$ inches.

United States 400-meter relay team (Charles Paddock, Los Angeles; Jackson Scholz, University of Missouri; Loren Murchinson, New York A. C., and Morris Kirksey, Olympic Club, San Francisco). Time, 42 1-5 seconds.

Earl J. Thomson, Canada, 110 meters hurdles. Time, 14 4-5 seconds.

Johnny Myrra, Finland, javelin. Distance, 215 feet 9 $\frac{3}{8}$ inches.

Olympic Records

R. W. Landon, Yale, high jump. Height, 6 feet 4 1-5 inches.

Pat McDonald, New York A. C., 56-pound weight. Distance 36 feet 11 $\frac{1}{2}$ inches.

Hannes Kolehmainen, Finland, marathon. Time for twenty-six miles, two hours 32 minutes 35 4-5 seconds.

Two of the record-breakers, Kolehmainen and Thomson, are virtually Americans. The Finn came over to this country many years ago and the finishing touches were placed on his condition and training methods by Lawson Robertson, one of Jack Moakley's assistants and also coach of the University of Pennsylvania track squad. Thomson is a student at Dartmouth College and has had all of his races in the United States, but he is a citizen of Canada.

At first Thomson, when he learned he could not compete for America, refused to enter the games, but he was urged to do so by his fellow countrymen and even coaxed by Americans who took the stand that the individual honor gained would be greater than the harm that he would be able to do America. Thomson, incidentally, is the first runner other than an American to win the hurdles since the revival of the Olympics in 1896.

But even without Thomson and Kolehmainen, America got nine firsts out of thirty events and five of the eight records set which isn't what could be called a poor showing for athletes who were "stale" and who had lived on food that "wasn't fit for dogs."

While there was considerable world-wide interest in the marathon the most spectacular and thrilling race of the entire games was the 800-meter run in which Earl Eby, the University of Pennsylvania runner, and B. G. D. Rudd, the famous South African, stood out as the odds-on favorites.

These two athletes had met before under different circumstances in the Pennsylvania relay games, but it was impossible to judge their relative ability in that meeting. Both were anchor men on their respective teams—Rudd was then running for the Oxford-Cambridge four—in the two-mile relay. Rudd got away to a good start ahead of Eby and it was beyond the power of the little Penn runner to catch his Briton rival.

Both had many backers abroad, Eby probably fewer than the South African but it was a foregone conclusion that they would finish one-two. They were off the mark fast and Eby, running his usual race, went out in the lead and set the pace. They were on each other's heels at the 600-meter mark, where Rudd jumped Eby and sprinted out in front. The American kept his easy pace, figuring his drive on the homestretch would be enough to carry him ahead. In this he was correct.

On the final straightaway Eby started the drive which had taken him to so many triumphs in other races. He knew just where to begin his sprint in order to catch the South African. He moved up on the shoulder of his rival. Rudd called his reserve into force and put on extra speed, but Eby stayed with him. The spurt cracked the Briton and Eby moved inches ahead as they staggered down the stretch to the tape. Both were running blind. Their sight was gone and neither saw another figure slip by and break the worsted. A. G. Hill, of England, won the race a hairline ahead of Eby and about a yard to the good over Rudd.

Rudd and Eby made the mistake of racing each other. They paid no attention to any one else in the event and to them it was like a match affair. However, Hill wasn't in the grind for his health. He picked the correct time when the leaders were cracking by fighting each other to pull his sprint and he had just enough to carry him through. The time, one minute 53 2-5 seconds, probably would have been two seconds faster on a fast track.

The race was somewhat similar to the Stockholm "800" eight years ago. In this grind Mel Sheppard of New York, and Braun, of Germany, were the favorites. These two stars raced each other and Braun, like Eby laid back on the homestretch and timed his spurt to get Sheppard. He didn't figure on Ted Meredith, then a schoolboy, and he was beaten out by the one-time peerless Ted in the new world's record time of 1.51 9-10.

Sheppard was leading when the pack entered the final straightaway, Meredith was second and Braun third. The German, paying no attention to the Mercersburg youth, timed his sprint for Sheppard. At the right moment he opened up and set sail. He got on Meredith's shoulder and in that position they passed Sheppard. Braun, then realizing that Meredith wasn't cracking, went after his new rival, but he himself wilted in the attempt and he finished behind Sheppard.

The name of Meredith recalls one of the saddest features of the Olympics. Four years ago the former University of Pennsylvania champion was at his zenith and he probably would have won both the 400 and 800-meter titles if the war had not prevented the staging of the Olympics. In May, 1916, he broke both the world's records for the quarter and half miles and on the same day shattered world's figures in the 440 and the intercollegiate mark in the 880. He was successful in his attempt to make the Olympic team, but he was unable to qualify for the final of the 400 meters at Antwerp.

It was pitiable to see Meredith trying to catch Frank Shea, the Pittsburgh flier, in the final of the 440-yard Olympic tryouts at Boston. When he called for his drive on the homestretch, the drive that was so familiar to his admirers and so deadly to his rivals in the past, he called on a different Meredith. The old heart and body, weakened by the toll of two years in the service in France, would not respond. He managed to get within two yards of Shea, but no closer. At the finish



Earl J. Thompson Canada, setting a new world record for the 110 meter hurdles. Time 14 $\frac{1}{4}$ -5 seconds.

Copyright by Western Newspaper Union

he was flat on his heels where he used to be up like a toe dancer.

Defeat alone will convince a champion that time does swing a running hand and today Meredith is convinced. His world's records of 47 2-5 seconds for the quarter-mile, one minute 51 1-5 seconds for the half-mile and one minute 51 9-10 seconds for the 800 meters and his intercollegiate mark of 1.53 flat for 880 yards still stand and are likely to stay on the books for some time. The world sees few runners like the Peerless Ted.

But Meredith was not the biggest disappointment in the Olympics. That position was reserved for Joie Ray, the well-known Illinois miler, who flopped like a tire after a blowout. Ray was considered the best bet among the Americans for a first place. He didn't even get in among the point winners. In all the years Ray has been running he saved his prize bone for the biggest race of his career. He was a victim of pace-setting.

Ray went out in front at the begin-

ning of the race and stayed there until he couldn't hold on any longer. Whenever any one tried to pass him he put on a little extra speed. Runners from other nations probably had definite orders to burn him out and they succeeded. They tantalized him with their little spurts and when he hit the final stretch he had nothing left. Larry Shields, of the Meadowbrook Club, of Philadelphia, took third place. In the Boston tryouts, Ray beat Shields by a good twenty yards. Such is the twist of the dope.

Jack Moakley and his corps of assistants, Lawson Robertson, in particular, are deserving of lots of credit. Under the circumstances they got the most out of the athletes and that was plenty good enough for victory.

The 1920 Olympics are over and America won. It's time to put away the hammer and pull out the horn for the 1924 Olympics.

Campaigning for funds should start NOW.

Camping In Winter

By L. E. EUBANKS

MANY of the year-round sports of today were a few years back confined to certain seasons. Indoor baseball, indoor rowing and stationary running are examples. And on the other hand, gymnasium exercises and parlor games have been taken outdoors in the summer. I know of a sanatorium where the outdoor gymnasium is more completely equipped and better attended than is the one indoors for winter use. In my home city summer boxing, staged in a baseball park, has become very popular. All this is the result of a natural desire to keep up a good thing. If a fellow's favorite sport is seasonal he laments the close of that season, and is apt to try extending the pleasurable period in spite of changing weather.

Such is the case with the sport of camping out. Until recent years living out in winter, that is voluntarily, had comparatively few advocates. The nature of their occupation caused some men to do so, but camping as a winter recreation and sport had not been seriously considered.

But hardy vacationists stayed out later and later each year, loath to give up what they had found to be the greatest of all elixirs. September, October, and finally November, were found to be delightful camping months, when one was prepared for the cooler weather. Then some courageous spirit came to the front and showed the feasibility of going right through the winter in a tent—and doing it as a sport, with benefit and pleasure.

It chills the uninitiated, the very thought of it; but we know why; we are too used to hugging the stove. It is significant that those men whose work requires wintering outdoors are especially robust, and even more convincing that the indoors worker improves immeasurably when he quits coddling himself and gets out as much in winter as in summer.

Naturally, winter camping is strenuous, make no mistake about that; it is no sport for invalids. A fellow must be in good physical condition and must "know how." In camping as in other things, experience is the best teacher, and the rudiments of living outdoors should have been learned in the

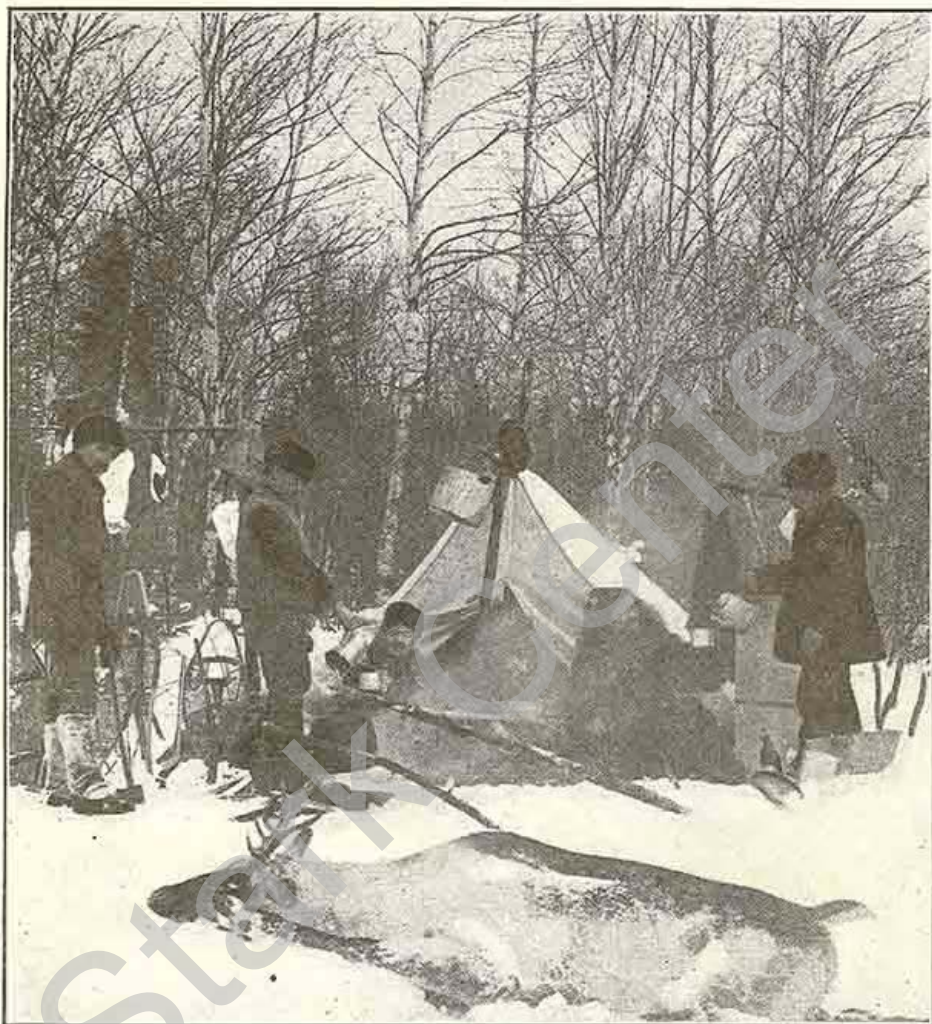
summer. Preliminary walking, porch sleeping, etc., backed up by other health-building measures you have found good, and by some reading on outdoor life and woodcraft, will soon condition any sound person for a winter camp or hike.

I have hinted that habituation, "training into it," is half the battle; the other half is equipment and knowledge of how to use it. Naturally, the first decision has to do with destination, length of stay, and number in the party; the nature and amount of equipment depended largely on these points. Further, much depends on whether the camp is to be a permanent one or a "one night stand." As I cannot cover every condition specifically in this article, my suggestions will have to be rather general.

There are plenty of winter camp resorts where a man can secure a guide and everything needed; cabin colonies, etc.; but to my mind these mean more money and less pleasure than when we rough it on primitive lines.

If you camp permanently near home, whence you can easily get to town for renewals of supplies, etc., your original pack will not have to be large; but if you go far into the wilds for a good stay great care must be taken not to forget important things. And remember this: do not take anything you can dispense with; weight will tell on the trail.

Assuming that you are going to depend on tent shelter, choose a wall tent of good waterproof 10-ounce canvas. Balloon silk is unquestionably the best material for tents; but it comes high; and the canvas if waterproofed thoroughly will be satisfactory for your purpose. If going alone (and this is not advisable, as it increases the dangers and decreases the fun), one may do on quite a small tent; but for two persons you should have one of 9 feet by 9½. Two summer campers can do on a 7 by 7, but it must be remembered that in winter we have a stove and a pile of fuel to accommodate. In the summer both the heating and the cooking fire can, and should be, outside the tent, but in cold weather this is not always practicable. For a party of three the tent ought to be 9½ by 12. With these dimensions it



No dull appetites here! An early breakfast, and several good meals in the foreground.

Copyright by Underwood & Underwood

will contain one double and one single bunk, your stove, and all else that has to stay inside. Four-foot walls are desirable in each case. Even the larger of these tents when compactly folded makes but an easy pack for one man.

There is an endless variety of camp stoves, and you can get nearly anything you want. Again, much depends on whether or not you are going to stay in one spot. If so it will pay to take a reasonably large stove. One I have in mind that has proved its value many times weighs but thirty or thirty-five pounds. It is eighteen inches high, with the legs:

eighteen inches wide, and twenty-seven long. Folded up it is 27 by 18 by 4 inches. It has four cooking holes and a good oven, and burns 16-inch wood. The pipe telescopes, and the whole thing can be put in a small canvas bag and carried on the back by a shoulder-strap arrangement. Be sure to sew a pad on the bag where it rests on the back.

For the lone camper there is a handy little sheetiron stove weighing about ten pounds. It is 26 inches long, 12 inches wide, and 11 inches high, and burns 10-inch wood. Then there are numerous oil stoves that have many virtues; they surely are less apt to

cause forest fires, because with them the camper never leaves fire behind him. As I have intimated, the selection of a stove need not be a big problem, because a dealer can supply one to fit any purpose.

Now for your bed. My advice to the winter camper is to sleep high and dry. Sleeping on the ground in summer is all right, but it's a bit too heroic for most of us in winter—and always more or less dangerous. Doubtless the best portable camp bed is the folding canvas cot, and if your camp is to be permanent and is not too far away you would be wise to depend on it. But you may with entire safety go without any kind of bed; you can build one in camp. A. T. Strong, a "shark" on camp-craft, gives the following method, which I heartily endorse:

"Construct a frame-work by driving four stakes, roughly, three inches in diameter, into the ground and nailing upon the tops of these, two cross poles of the same original size, but flattened on the upper and lower sides, and as long as the intended width of the bunk. (Thirty inches is a convenient width for a single and forty-two inches for a double bunk.) Small, straight, springy poles should then be nailed, lengthwise and about an inch apart until the bunk is entirely covered. A better job will result if the little poles are alternated, butt up, butt down, as most saplings are considerably heavier at the butt and laying them all one way would cause the bed to finish unevenly. Next put two more short poles about two inches in diameter across the ends of the long ones, nailing them in place; then on either side place a two-inch rail (to hold bedding in place), and nail these also. The bunk is now complete and ready for the 'feathers.'

"The browse or other softening may now be put into the bunk—which has previously been covered with an old blanket, strips of burlap or other available material, to prevent the browse from sifting through the poles—and topped off with the blankets. Or even better is a tick or sack of a size to cover the bunk, which may be filled with browse. But in either case, if care has been exercised in selecting only very small, lively poles for springs, a cozy, comfortable and exceedingly warm bed is the result."

If the camper could have just what he wanted in the way of bedding, I'd say take the rabbitskin blanket made by the northern

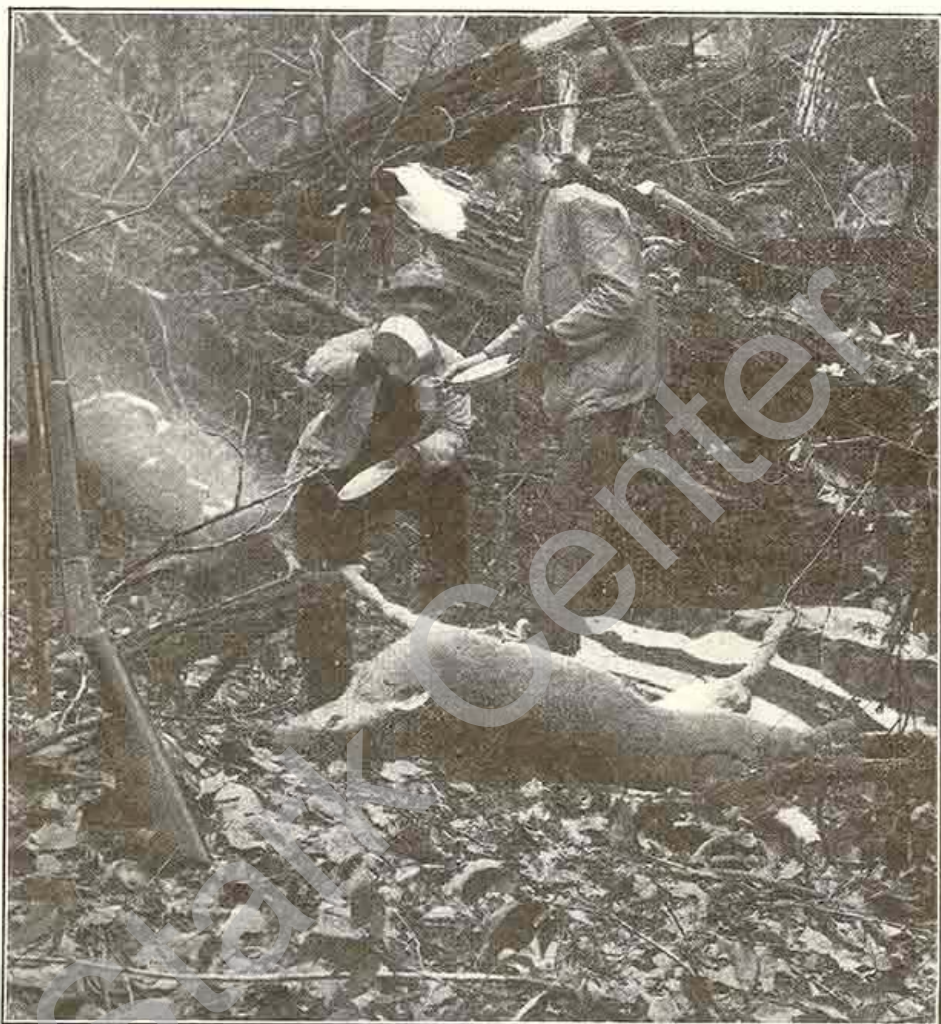
Indians. It is heavy, weighing some ten pounds, that's its main fault; but say, boy! it's warmer than a whole load of woolen blankets. Ordinarily, good woolen blankets will serve your purpose; the winter camp is no place for the common comforters nor for cotton blankets. The Eiderdown quilt is warm, but it can't stand rough usage. It is well to remember that two comparatively light blankets are warmer than one heavy one. Don't neglect to air the bedding every bright day.

The old-timer at camping can always be distinguished by his wisdom in the choice of cooking utensils—or perhaps I should say their rejection, since it is mostly a matter of elimination. If a prospective camper attempts to take every pan, pot and kettle that he could or might use, his outfit will be bulky beyond all reason. Even the put-up outfits are somewhat more complete than necessary for an experienced camper. They will cost you more too than pick-ups. Take just what you are going to need; you'll be surprised at your own resourcefulness when it comes to necessity, and this is a part of the fun and the woods' education.

Make 'em nest; that should be your motto in assembling the cooking tools. It is mostly a matter of frying-pans, kettles, cups, pails and pans, so fit them together to make the smallest possible bundle; and carry them in a clean cotton bag. Of course, you must take a knife, fork and spoon for each person.

In putting up the food supplies bear in mind that this is a cold weather outing. One's appetite not only calls for more food in winter but for different stuff from the summer diet. The vigorous exercise of tramping and the abundant oxygen of the keen cold air will put you in shape eagerly to devour some things from which at home you would turn in disgust. If you are out for long you will crave fats, and this bodily call is not to be ignored; but remember that there are other fats than meat; you would be ill advised to depend solely on flesh foods.

What can you get in the section you have chosen? If there is game, or other sources of supplies available to you, figure this in and reduce your pack accordingly. Try to do without the bulky heavy foods, using something in their place. Potatoes, onions, apples, etc., are better left behind. If you do take potatoes and they freeze, be sure



A Temporary Camp

Copyright by Underwood & Underwood

to use them before they thaw. The following list of a month's supplies for one man will afford a basis for your calculations. Of course, appetites differ greatly, but usually these staples form the main reliance:

Twenty-five pounds flour; 10 pounds cornmeal; $1\frac{1}{2}$ pounds good baking powder; 3 pounds salt; 10 pounds bacon; 1 pound lard; 2 or 3 pounds butter; 12 pounds beans; 4 pounds split peas; 5 pounds evaporated fruit (apples, apricots or peaches); 4 pounds prunes; 5 pounds sugar; 2 pounds tea; 1 tin of black pepper; a quart tin of maple or other syrup; 1 bottle of pickles; and a few

cans of condensed milk—though these will probably freeze and burst.

A good camp axe, and a stone with which to keep it in condition, is an indispensable; and a hammer, with an assorted lot of nails, will be needed if you fix up your camp for comfort. You must have a lantern, or preferably a camp lamp if you count on reading in the evening. Rope should not be forgotten, and a bit of wire comes handy at times.

Of course, there must be at least one gun in the party, for safety as well as for sport. Winter fishing (through the ice) is great fun,

and you might do well to carry some tackle, if your state laws permit the taking of fish in the winter. A compass is a prime requisite; and so is a simple first-aid kit, which most any druggist can put up on request. Try not to forget any of these apparently little things; if you are going far into the wilderness review your outfit repeatedly, adding here, eliminating there, etc., until you have it as perfect as you can get it.

Equally important with the outfit is the camper's clothing. No use to select heat-building foods then overlook the leak of insufficient or improper clothing through which that heat will escape. Use wool; cotton is cold because it absorbs and retains moisture. If going into really cold latitudes, wear two or three pairs of socks and two suits of underwear. The dead air between two garments is, of course, a poor conductor of heat, and warm for that reason. It is always desirable, where the winter camper can manage it. Wear a woolen shirt, and mackinaw coat and trousers. Needless to say, you must provide for a change of clothing.

For the head use something that will also answer for a "night cap". A sleeping helmet is fine for night and day; so is the knitted woolen toque. In the absence of something better, tie a silk handkerchief across your face as a protection against a freezing wind.

The footwear is vitally important. There are numerous styles of sporting boots, but all considered, the slipper-moccasins worn by Indians are the best for winter hiking. Wear them over two pairs of woolen socks, with light cotton hosiery next to the feet. Begin easily, as your feet may be sore for a few days. If you use snowshoes—and you will have to if you go into the deep snows—select the Chippewa moccasin; its cloth top assists in fastening the snowshoe strings. It is best always to have an extra outfit of footwear.

Transportation of your outfit to the camping ground depends on several things; na-

ture of the route, distance, size of the pack, expense, etc. If there are a number in the party the pack can be so divided that each man has just a nice load; this is the simplest, cheapest method, but conditions may make it impracticable. Train, automobile, wagon, pack-horses, dog sleds, canoes—select whatever means is best in your case; the main thing is to get there.

The summer camper in selecting a site for the tent has to think of elevation, drainage, firewood and water. In winter camping there is one point even more important than any of these, as failure to consider it may mean disaster the very first day. I refer to nearby trees; many a camp has been devastated by a falling tree, and the danger to life, especially at night when the camper is sleeping, is great indeed. Even if one could be sure no tree would fall, the roar of a storm in the tree-tops is not always conducive to sound slumber. Even on quiet days dead trees sometime collapse without the slightest warning, so the better plan is not to locate within reach of any large tree. A wind-break of small trees on your north is fine, if such can be utilized without pitching the tent in a sink. Even in winter some elevation is desirable; an unexpected thaw of the surrounding snow would make a low spot untenable. Face your tent to the south, and be particularly careful to stake down the side walls snugly. It is best to box them at the bottom with boards or small logs.

In setting up the stove do not let it be closer than eighteen or twenty inches to the canvas at any point. Elevating the stove will make it (most of them) easier to work on. Run the pipe through the side wall instead of the roof; the latter plan leaves a bad leak-hole in your tent top. Be sure to protect the canvas at the pipe-hole with asbestos or tin. Now get busy with the axe before it's too dark and lay in some firewood and construct a bed, as above described; then get supper. Barring accidents, you are billed for one of the finest times of your life.

Can We Build a Reserve of Energy

By NORMAN PRICE

WE are often struck by the fact that so many of our successful men were raised on the farm, and practically grew up on a program of hard work.

On the other hand, we know that many farmers and manual laborers break down before middle age, often shortening their lives by continued hard work. One may say that mistakes in diet and lack of hygiene lead up to breakdown in such cases. But bankers and clergymen make the same mistakes in their general mode of living, yet the figures show that they live longer than farmers and laborers. Pointing to the conclusion that while a proper amount of hard work in the physical sense is a good thing, too much of it for a period of thirty or forty years will wear one out.

And we know that from the standpoint of building strength and physical development there is no form of "work" that will compare with physical training through scientific exercise.

Our great, great grandfathers' great, great grandfathers used to say that "All work and no play makes Jack a dull boy." And we agree.

Nevertheless, we learn that our successful men often spent their boyhood in a combination of work and study, mostly work, that would certainly "jar" some of the children of today if they had even a couple of weeks of it. Of course none of these men grew up entirely without play. But they did so much work that they probably had a lot more fun when they did have a chance to play. They appreciated it. However, when they grew up into men they were strong, enduring, capable of working long hours into the night for year after year, and possessing a supply of energy that in some instances has seemed almost inexhaustible.

Well, then, where did they get this energy?

We read this story so often in the biographies of successful men that one naturally questions whether or not this unusual amount of hard work in boyhood and youth has any relation to working capacity and success in later life?

Of course we may as well admit, to start



The future successful business man on the farm as a boy stores up energy for future work.

with, that successful men have, in general, unusual qualities of mind and character that enable them to rise above their fellows. Other hard working boys of the same localities and periods did not so rise. Nevertheless in addition to these mental qualities successful men have, almost invariably, an exceptional degree of energy. On top of their supply of brains they have that capacity for hard work.

The question arises then, is it possible for others to acquire this unusual measure of energy? And if so, how?

I believe that the answer is just about as simple as the question. Is it not more or less obvious that these big, successful men obtained their capacity for hard work through the very fact that they formed the habit of hard work? Not merely the mental

habit, but the physiological habit. Their bodily systems developed the strength and energy for long hours of work simply by adapting themselves to the demands incident to working long days. The work was there and had to be done. They went at it, stayed with it, and so their nervous and functional systems responded and adapted themselves to the demands made upon them. It is the way of Nature to adapt herself, to respond to the demands made upon her. And so in the bodies of these men were developed the power to generate energy in proportion to the requirements.

Thus were developed those wonderful "constitutions" that we read about, or talk about, and which in later life, during their business or professional careers, enabled these men to work, work, work, and to gain reputations as fiends for work.

Now, what can we learn from this? How can we apply the lesson?

We may learn that energy, like strength, may be developed by effort. And we may assume that to a large extent the amount of energy that we develop depends upon the amount of effort.

And may we assume, therefore, that the lack of work or lack of effort means lack of energy? We may. Find a man who has lived an easy, care-free life, who has never applied himself to hard work of any kind, and you will find a man who lacks the capacity for hard work. His system has never learned how to generate energy in large quantities because it has never needed to. And so he is 'soft.' He lacks endurance.

Of course we must understand, in this connection, that there is a difference between strength and energy, even though the two usually go together. Strength, in the muscular sense, means the amount of power in the muscles as measured by the amount of resistance that can be overcome by them. Strength does not necessarily mean endurance. The fact that a man may be able to lift a hundred pound weight once means that he has that much strength, even though his system may not have adapted itself to the task, for instance, of working ten hours a day at some vigorous form of manual labor. A man may have the strength to run half a block at good speed to get a street car, but lack the endurance to run five miles at any speed. In the matter of endurance,

either in prolonged athletic tests or in long days of hard work, we are concerned with energy, or with that capacity of the human system to generate energy continuously for a period of time. If anything, energy is more important than strength for the practical affairs of every day life. But, as I have said, though strength does not necessarily mean the possession of energy, yet in actuality it usually does for the reason that they are both the expression of vital power, that is, of a vigorous quality of life. They usually go together. One may have functional health without a great deal of energy. Power, as represented by strength and energy, is not merely the expression of health. It is a sort of added possession, sometimes above and beyond mere health.

But how about being born strong? We may say that so long as we have functional health we may enjoy an inheritance of energy. Though if we fail to use it we will gradually lose it. To the extent that our ancestors have developed unusual energy we apparently inherit constitutions characterized by energy above the average. And fortunately for us, our ancestors have been obliged so often and so continuously to exert themselves that most of us have a pretty good inheritance in this direction. It remains for us to make the most of it.

An indolent, care-free life upon the part of our ancestors would have given us an inheritance of very flabby constitutions. And there is no doubt that some of us are by nature more "flabby" than others. But in general our "cave man" and "stone age" ancestors had to do some tall hustling in order to keep alive. Most of those fellows who were not able to step lively when occasion required were killed off. And so their branches of the race disappeared for the most part. Those who were able to run better, fight better and hunt better, yes, and especially to think better, survived and reproduced. And we are their descendants. And so we ought to be ashamed of ourselves if we are "descended" too far. We ought to try to be at least as good as they, physically speaking. They had periods of hunting and warring which taxed their strength and their endurance, and in that way they developed strength and endurance. Their systems learned to respond to the demands made upon them in each successive generation, and

so they acquired the capacity for generating energy to the extent needed.

An instance of the influence of the strenuous life in building energy is seen in that very vigorous race, the Maoris of New Zealand. They are a hardy, energetic people, capable and courageous in war, and far more powerful in every way than the South Sea islanders. And yet they are not only the distant cousins of these, but they are directly descended from them. It was probably about a thousand years ago that the people who are now the Maoris emigrated from the South Sea Islands and found a permanent home in New Zealand. Here they found a colder climate, and one in which the conditions of life were far from easy. The problem of survival made them hustle. And so they developed greater hardihood and strength.

The general principle that we are discussing may be formulated in the terms of a law, which has been referred to as the law of the conservation of energy, it being held first, that energy to be conserved or concentrated must be used, and second, that energy that is not used becomes dissipated and is lost. Mr. Casper Redfield, of Chicago, has applied this law not merely to the question of the development or loss of energy in individuals, but particularly to the development of powers in the race. He holds that the quality of "power" in some direction may be and is transmitted, provided it is developed in the parent in each generation for some time before the giving forth of offspring. Mr. Redfield points to race horses, hunting dogs, generously milk producing cattle and human beings having those powers which make for ability. He holds that if you rested your race horses for a few generations they would lose their capacity for unusual speed. We must not forget that power of any kind, including thinking power, is really a matter of energy, and that the development of energy is a matter of effort.

Of course we do not directly inherit energy, but we inherit the type of bodily machine that produces it; we inherit the kind of nerves and glands and organs that have been built up and perfected during the lives of former generations.

This does not mean that our ancestors were continually exerting themselves, constantly side-stepping dangers, everlastingly



Our heritage from our hard working ancestors—Strength and Energy. It's up to you to make the most of it.

struggling and striving. There were periods of rest, as we may see from the life of our American Indians, or any other people living a primitive existence. Truly, the "noble red man" is one of the finest loafers in the world. He can sit down in his heap big blanket and smokum heap big pipe and be as lazy as can be for days at a time. Meanwhile his squaw works. And then he can go out on the war-path or on the hunt and be as busy as a thousand bees and as tireless as a dozen wolves for days at a time. In other words, his life is like that of the cat or dog who is ever so fast and strenuous at play for a while, and thereafter is seen to lie and sleep and be as lazy as can be during a period of recuperation, so as to be ready for another spell of activity.

And this brings us to the question of re-



Truly the "Noble Red Man" is one of the finest oafers in the world

cuperation, one of the most important factors in training for any athlete to learn to understand; and yet one of the most neglected by many trainers and students of training. For there are two factors in building either strength or energy. One is exertion. The other is recuperation. In the matter of exertion one who continues his training will eventually arrive at a point such that a rest of twenty-four hours is no longer sufficient to enable him to recuperate. If he is foolish, as most professional boxers are, he will continue this program day after day, always without sufficient recuperation, until he finds himself going "stale." For just there is the reason for going stale. But if he must carry his training beyond certain limits in order to increase his endurance, then if he is wise he will learn to allow himself two days or even three days of recuperation after each session of effort. And thus gradually he will acquire the ability to generate in his system the energy for such unusual exertion.

This is precisely what occurs or should occur in the case of the marathon runner. The average athlete has not normally in his system the energy necessary for running twenty-six miles, or as we might say, the power to generate that much energy during a three hour period of effort. But during a long period of training, during which he makes it a practice to run many miles at a time, he gradually develops within his system the power to generate that much energy.

To make the matter concrete: Let us suppose that a man may be able to run five miles each day without going stale. That is, he can expend just that much energy in a half hour or more, and find himself capable during the next twenty-three hours of recuperating completely, storing up enough energy to run another five miles the next day. Now, by continuing on that plan he will never develop enough energy to run much more than five miles. If he now attempts to run fifteen miles each day he will find himself unable to recuperate satisfactorily. But suppose that he now allows himself two days to recuperate, training three days a week, he will find that he can gradually increase the expenditure of energy as his system more and more adapts itself to meeting the greater demand. And so in time he develops the nervous and functional power to generate the energy necessary for running a distance of twenty-six miles.

This means that our athlete has acquired a power not possessed by the average man, the power to store up that tremendous amount of energy in his system. It means that he has acquired a power to build a reserve of energy that is not possessed by the young man who has never gone into athletics. It is a reserve of energy like that acquired by the successful man who did long days of hard work on the farm in his youth.

Of course the case of the marathon runner is an extreme one. There is no advantage in taxing the system to that extent. It may sometimes overtax the organism. But it illustrates the point. The same principle holds true of athletic training in any other field, whether in the case of the tennis player, the boxer, the wrestler or the gymnast who does an hour's hard work at his favorite form of exercise. The very act of expending a large amount of energy in any gymnastic or athletic pastime develops the power of storing up in the system that reserve of nerve-force which is necessary if one wishes to accomplish a large amount of work.

And if one has this reserve of power, it may be expressed mentally and utilized for business or professional work. The man who would be successful through the power of clear, vigorous thinking and lots of it, needs this reserve of energy. The man at

America's Victorious Olympic Team and Why They Did Not Make More Points in Antwerp.

By SHERMAN LANDERS

Mr. Landers was a member of the U. S. Olympic Team, and his opinion is given from the viewpoint of a competing athlete.

AMERICA'S athletes have returned victorious from Antwerp, Belgium, where they won the world title in amateur sports for the United States. The public is pleased with their success and proud of the fact that in the eyes of the whole world we still hold the highest position in athletic strength and skill. Followers of sport are also glad of our victory but they cannot but feel that something must be wrong when the greatest team we ever sent abroad scored fewer points in comparison than their less balanced predecessors. Those fortunate enough to make the trip are best fitted to explain why our grand point total was not 250 instead of 210.

The Olympic Committee circulated athletic propaganda beginning January, 1920, to the effect that athletes would be chosen on their season's performance. It was later decided to hold sectional tryouts late in June which necessitated college and other athletes to continue training in order to qualify for the final tryout in Boston, July 17th. The terrible strain of a long season, caused by persons not athletically inclined, led our greatest athletes into the final tryout drawn or slightly overtrained. Many of them failed to make the team and all who had gone through a strenuous season failed to live up to expectations later.

It was not until scarcely a month before the date set for sailing that the Olympic Committee laid any real plans to gather funds. Consequently the team, instead of starting for Europe from Boston as planned, had to pay its own expenses to New York where Fort Slocum awaited training quarters. Head Coach Moakley pronounced the place not conducive to good training and most of the athletes left for New York City without any plans but with a good chance to get out of condition. Finally, a government boat was procured and the team sailed from Hoboken on July 26th.

The U. S. Transport Princess Matoika was a very small ship. The longer distance runners could not get the work needed to keep them in shape. Jumpers and weight men do not need much work but they, as well as others, got fat. Thirteen days on the high seas put everyone very much out of condition. The food aboard ship was bearable but a night meant that the athletes were to be crowded into the lowest quarters with no air, plenty of rats and too much noise for sleep. Violent protests were registered by the athletes but the Committee on board could do nothing, they said, until they reached their colleagues in Antwerp.

The Belgian Committee furnished a school house with canvas cots and straw mattresses for the American team headquarters. The food provided was at times eatable but not in sufficient quantity, and of such quality that men about to engage in strenuous athletic events could hope to win. Many of the athletes took their meals out and a few were fortunate enough to have the money to hire suitable sleeping quarters.

The Stadium crowd saw the first workout of Americans on Sunday, August 8th. Everyone worked as hard as the coaches would allow because the field closed for practice on Thursday. Thursday brought the strained relations between the Olympic Committee and the athletes to a climax. The Committee had suspended Dan Ahearne for a technicality that virtually amounted to grammar school obedience. The athletes objected and not only had their member reinstated, but laid open accusations against the whole Committee and threatened more drastic action. The Committee promised immediate relief but the games soon opened and they did not live up to their promises. The American athletes paraded before King Albert of the Belgians with a Committee leading them that not a man respected and everyone marched purely for the love of



Frank Loomis, U. S.; winning 400 metre hurdles
Copyright Western Newspaper Union

their country and their desire to see America well represented. Our team made up of mostly ex-service men shared the greatest applause with the Swedish girls clad in short blue dresses and blue stockings.

The psychological status of our athletes when the games opened insured anything but success. Putting up with unbearable conditions, receiving no co-operation from the Olympic Committee and with a feeling that they were out of condition, the athletes of the United States started to compete in the Olympic Games. Foreign athletes had been in Antwerp for weeks; investigation showed that their living conditions were very much better, and they were practically at home.

The first event was the javelin throw and resulted in a complete victory for the Finns and Swedes. They used their own sticks—two ounces lighter than our official javelin. Angier broke the American record by ten feet and did not even place, however, he did make a throw good enough for fifth place only to be judged foul by the officials. Frank Loomis of Chicago, was the first American winner. He won the 400 meter hurdle race and broke the old world's record of 55 seconds by a full second. Andre, the French idol now over thirty years of age, fought hard. Desch, another American, could have

been an easy second but for drawing the inside lane.

Lawson Robertson, the University of Pennsylvania Coach, had charge of the sprinters and under his guidance they proved to be the most effective unit of the team. Charley Paddock was pushed to the tape by Kirksey, a teammate, in the 100 meter dash. Edwards of England, a good runner who could not stand the heats, got third and Schloz and Murcheson, both Americans, placed. Alan Woodring, a substitute on the 200 meter team that was in some doubt of even starting, won the race by a clean victory passing two Americans, Paddock and Murcheson, twenty yards from the finish. Edwards, the English favorite, suffered leg trouble and could not do himself justice in the final heat.

The 800 meter race was the most thrilling of the games. Eby, America's only hope, suffered difficulty in the qualifying heats. Rudd, the Oxford runner now bearing the colors of South Africa, ran away from Eby in the first trial. Hill, an Englishman, clearly outclassed the American in the semi-final heat. Eby did not appear to be in shape and the track also seemed to give him trouble. The final race was entirely different from the heats. Don Scott, an American, led the field as long as he could with Hill and Eby in third and fourth positions. Rudd chose sixth and like Eby ran away from the pole. At the 600 yard mark Hill had dropped back and Rudd came forward with a burst to make his bid for the race. Rudd shortened his stride to gain speed and Eby followed. Hill picked up behind the two leaders around the final curve. When Rudd was forced to again lengthen his stride Eby and Hill jumped him and thereby threw him off form. Rudd held on but could not win, and Hill picked Eby up a few yards from the tape winning by a scant yard in the remarkable time of 1.53 3-5. This was three seconds faster than the winner had ever run and doubtless would have been a new world's record on a faster track.

Hill, a man of thirty-four years with a family, was not satisfied with victory in the 800 meters, but he went out after the 1500 meter title. Joie Ray, our star entry, was so sure a winner that almost every member of the team would back him against all-comers. It is true that Ray had a bad leg, but in all of his running the prize boner had to be pulled in the Olympic Games. Ray led out with a fast pace, so fast that he would not even be challenged, and with a lap to go the slow track had tired him so much that he did not even place in the race. Hill won with ease and Shields of America, ran a close third.

The longer the race the poorer our athletes performed. In longer races adequate training and a good bed and food is absolutely necessary and our boys did not have any of these and consequently did not show in the longer races.

The Olympic Committee further hindered our point total from soaring by selecting the wrong men in many cases. Eby was far better than any of our 400 meter men and Coach Robertson demanded he start the race. Watt, of Cornell, also outshined all of our high hurdlers but Barron and he was not even given a chance. By not following Lawson Robertson's advice to start the four best men in every event we lost at least twenty points. Head Coach Moakley lost the confidence of the athletes by being afraid to push his own choices upon the Committee. Mr. Moakley deserves much credit as a man and a Coach but in conditioning an Olympic Team his policies should have been with the athletes and not the committee because they were the breadwinners.

Earl Thompson, captain of Dartmouth College track team, represented Canada but in name only. He hesitated long before competing against his own countrymen, but all Americans urged him to do so. Thompson's record of 14 4-5 for the 110 meter hurdle race was a wonderful piece of work. Only a large powerful man could hurdle on such a track and this was proven by the victories of Frank Loomis and Earl Thompson and the excellent running of Andre of France. Barron deserves much credit for pushing Thompson to the tape.

Frank Foss created a new world's record in the pole vault by using his head. America started four men capable of vaulting 13 ft., all fell out but Foss on 12 ft. 5 in. because they would not use enough speed to the bar and consequently each got height enough to clear the bar but fell on the top of it. The pole vault competition was held on a cold rainy day at five o'clock in the afternoon, and that only goes to add to the glory of Foss' new mark of 13 ft. 5 3/4 in. Dick Landon broke the Olympic high jump record by luck. This statement should not take any credit away from Landon because the competition was held on wet grass and at times all American entrants threatened to be eliminated. Time and again the grass would give away with Murphy, the American favorite, and Landon, too, and so to say that he was lucky is not exaggeration.

Pat McDonald's thumb, hurt on the boat, shut him out in the shot put in which he was Olympic Champion, but he redeemed himself by heaving the 56 lb. weight 36 ft. 11 1/2 in., a new world's record. Wet grass was all that deprived Pat Ryan from breaking Matt McGrath's hammer record. McGrath suffered injuries on the field on account of poor equipment and had to retire, which cost us eight sure points in the weight events. Arlie Mucks did not make the trip and therefore the United States had to be satisfied with a third place in the discus throw. Sol Butler's pulled tendon cost America the broad jump but Carl Johnson would have won this event but for poor officiating. The hop-step and jump proved a bitter disappointment when we only land-

ed fifth and sixth places. Ahearne was interfered with by the officials to such an extent that his jumping was ruined and Landers had only one measured jump, the rest being judged foul.

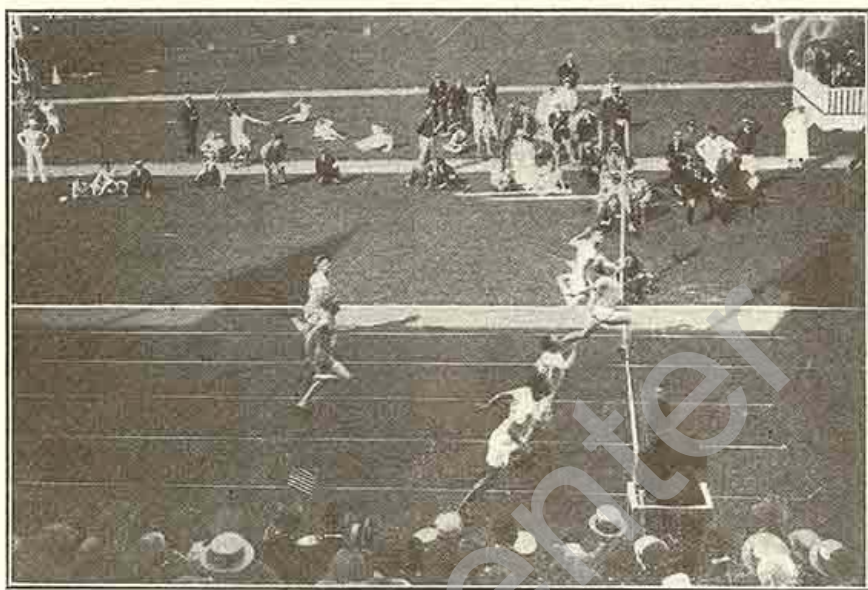
Brutus Hamilton lost the Decathlon, ten events by four points. This is equivalent to one-half inch in a jump or a fifth of a second in a race. Repeatedly the judges fouled Hamilton in jumps and weight events without cause. The games in Stockholm gave rise to many articles on the selection of competent officials, but those having been present at the last Olympiad and also in Antwerp say conditions have not changed. To beat the Champion is always the losing countries' slogan, and because our officials on the field were not sufficient in number America lost not a few points.

Hans Kolehmainen, the Finn on whom Lawson Robertson worked for years as an Irish American Club Athlete, went home to win the marathon and he did it. Hans' time for twenty-six miles was 2 hours, 32 minutes, 35 4-5 seconds, which is by far the best performance of its kind. The Finns bounced him up and down on their shoulders for such a long time that sympathetic American athletes interfered.

The American tug of war team was clearly outclassed by the British whales. The Britons outweighed our men at least fifteen pounds to the man and had been pulling organized for several years. Our team was composed of entirely Army selections, chosen by strength-pulling contests in the vari-



McDonald and Ryan, champions of weight and hammer throwing
Copyright by Frank Foss



Paddock, (America) wins 100 meter dash

Copyright by Frank Foss

ous army camps and posts. Team work is everything in a tug of war contest, and, although we were represented by the strongest men in the army, they did not possess weight enough to unlaunch their heavier rivals who had been pulling together for years.

The original theme of this story is why we did not make more points at the Seventh Olympiad. It should be clearly understood that America fell down because her athletes had too strenuous a season to make the team, inadequate athletic training after once on the team, poor food and shelter from the day they left our shores until they returned, unwise selections of those to compete and incompetent officiating. The whole responsibility must be shouldered upon the American Olympic Committee. They accepted the job, delayed the collection of funds, refused aid of professional athletes to raise funds and, from the athletes' standpoint of view, made it a personal transaction and a social trip for themselves. On one occasion when things looked bad a great American philanthropist agreed to take over the Olympic trip but the Committee refused his timely assistance.

It is a surprising fact that under abnormal conditions, such as our Olympic athletes competed under in Antwerp, we were fortunate enough to double the point score of our nearest rival, which happened to be Finland. The Finns and Swedes lost no man power during the war, they are aggressive, slightly jealous of each other, have plenty of money and are very skilled sportsmen. These two nations have sounded a keynote of warning to us by the producing of individual stars enough to outshine America in the collection of first places. In the future, with larger teams, we can expect real competition from the Scandinavian countries for the championship.

The present system of handling our team through an Olympic Committee has been a complete failure, and, before any American team will ever leave our shores again, it will have to be assured of proper financing and efficient management which can best be brought about by government appropriation for a representative body of people. Let us hope that the next Olympic team will be financed, managed and be taken completely over by the United States Government.

Concerning Lifting Records

By O. R. COULTER

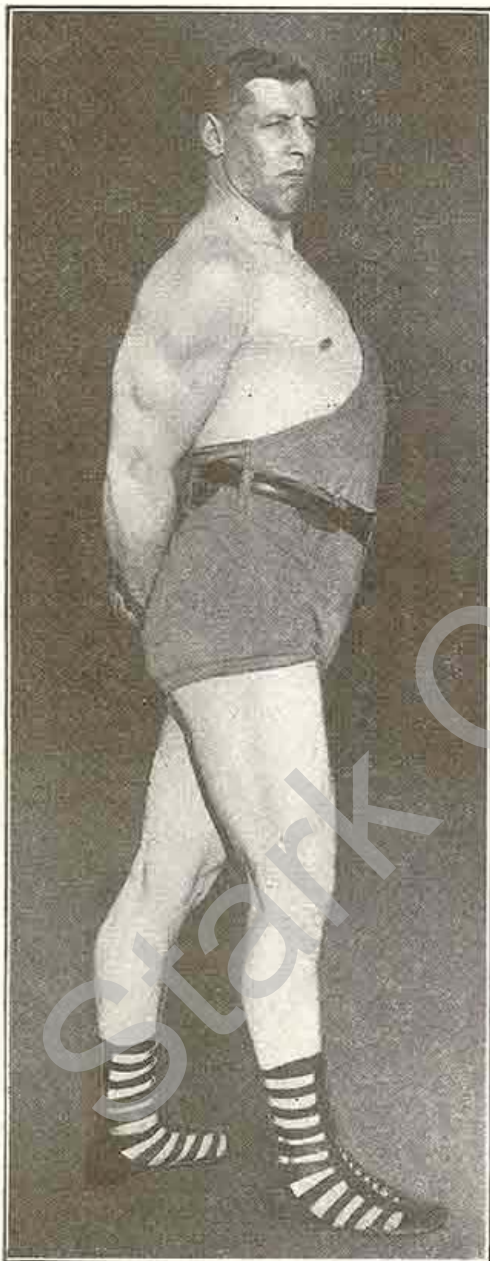
THE editor desires an article pertaining to world's records and he has wished the writing of it upon me. I write this with some hesitation, as I thoroughly realize the task that it entails. An article of this kind, to afford a correct table of comparison for the readers, must needs be absolutely accurate. The means for attaining up-to-date information on lifts are very inadequate. Previous to the war, I kept within about three weeks distance of records as they were made. I corresponded very frequently with Prof. Desbonnet, the leading French authority and also with Siebert and Stolz the most reliable German sources of record information. The great world war soon closed these channels of accurate lifting news and I did not receive any more copies of "La Sante par les Sports" and "Illustrierte Sportzeitung" after the war began. The communication with England was fairly good throughout the war, but weight lifting activities were practically suspended during the period of the conflict and furthermore the lifts made in England have with a very few exceptions been so far below the German and Austrian world's records that their study does not aid much in compiling a list of the best lifts that have been made.

By a perusal of the table following this article, it will be seen that the European authorities have kept the figures for a great many feats aside from the standard lifts that are used in the European amateur competitions. Some of these lifts are quite as meritorious as the records in the standard lifts and it is quite possible that some of our American lifters may have accomplished very good poundages in some of these same lifts or may have made other special lifts just as noteworthy. But who knows? Where is the final court of appeal in such matters?

If one desires to know the best British records, he has but to write to the British Weight Lifters' Association for the professional records and to the British Amateur Weight Lifters' Association for the amateur records. Now, some may question the practicability of having two separate organiza-

tions for the purpose of regulating lifting and placing it on an official basis, but I feel sure everyone will agree that it is far more satisfactory for the protection of lifters who do good honest work, and for upholding the principle of "Justice to whom justice is due" than is the condition that we face here in our own country. The German and Austrian records are easily obtained from their respective weight lifting associations and l'Halterophile Club of France, which so efficiently regulates lifting in that country, sends an official list of the French records to "La Sante par les Sports" quite frequently. I believe that the editor of "Strength" would gladly furnish space from time to time for an official list of American records if we had an official organization that could furnish an authoritative list of them.

I have felt for some time that one of the most urgent needs for the promotion of lifting in this country is a lifters' association and I wrote regarding the condition of American lifting and the needs of a proper organization for the regulation of this sport in the January, 1917, issue of "Strength" and explained how difficult it is for even a close student of lifting matters to find reliable figures for the various American lifts. Even the A. A. U. which has definite rules and regulations regards how track and field records are to be made, seem very much in the dark in their handling of amateur lifting matters. In fact, the only A. A. U. information pertaining to lifting that is readily accessible is listed under the heads of "Dumbbells" and "Weight Lifting" on pages 59 and 61, respectively, of Spalding's Athletic Almanac for 1920, and the records in this are practically the same as those published in earlier editions and do not designate clearly just how the lifts were accomplished and according to various clips that I have at hand, I am led to believe that they do not include all the lifts that have been performed under their jurisdiction. It is quite evident to the writer that the A. A. U. as an organization does not understand lifting. It takes years to acquire a thorough knowledge of



NOAH YOUNG

this sport; and that organization, while it has devoted a large amount of attention to track and field sports, has only given an extremely small amount of its time to weight lifting and consequently amateur weight lifting records as listed by the A. A. U. are both indefinite and incomplete.

But an organization composed of the weight lifting authorities and the weight lifters themselves would understand the sport and if they worked together, could regulate lifting so that it would give full honors to the men who have performed records and have unquestionable evidence to substantiate them as such. It would also give to American men, who may break either American or World's records in the future, a chance to receive proper recognition such as diplomas and listing on a record honor roll that such an organization could authoritatively publish. The forming of such an organization would be the biggest step possible towards world wide recognition of lifts made in America.

The matter is entirely up to the American lifters themselves. Will we or will we not take the step to form such an organization? Or will we plunge blindly into the future and allow weight lifting to stay in its present unrecognized status. Every well informed student of lifting knows that Europe leads not only on the standard lifts, but also in the most of other lifts because the European lifters knew what the poundages of the best lifts were and knew just how much they had to lift to hold the records, and as soon as one surpassed a given lift the rest knew that they must increase their lift just that much more, and this stimulated competitions and brought European lifting to its present standing. I really believe that America had a chance to be much further advanced in lifting than we are had we followed the proper course. There was a time when Louis Cyr was able to compete on equal terms with the best in Europe, as he could no doubt have beaten any European lifter of his time on either standard lifts or any series of poundage lifts. August Johnson of Sweden, was the first man in the world to lift 330 in the two-arm jerk and was considered about the best in Europe at the time. He was defeated in this country by Cyr, but unfortunately Cyr never got quite the world wide reputation that was due him, because weight lifting was not organized in this country and there was no association to uphold his honors as was done for Hans Beck and other European contemporaries of Cyr's, and every good American lifter has lost some prestige due him for the same reason.

I am very much interested in forming a weight lifting organization in this country as I feel that it means much to all of us and I will do all I can towards the organization and support of it. I would like to hear opin-

LIFT	AMATEUR				PROFESIONAL			
	European		American		European		American	
	Lbs.	Record Holder	Lbs.	Record Holder	Lbs.	Record Holder	Lbs.	Record Holder
Two Arm Continental Jerk	408.84	Swoboda*			392 $\frac{1}{2}$	Steinbach	347	Cyr
Two Arm Clean and Jerk	347.2	Gassler	217	Young	328.48	Anderson		
Two Arm Clean and Military (French Style)	245.81	Maspoli	245	Joe Nordquest	255.73	Bonnes		
Two Arm Continental Press	357.46	Swoboda			330.25	Steinbach		
Two Arm Snatch	264 $\frac{3}{4}$	Steinbach			255.73	Vasseur		
Right Arm Snatch	209.43	Vasseur	150	Young	220.46	Vasseur	188 $\frac{1}{2}$	Cyr
Left Arm Snatch	187.39	Vasseur			198.41	Vasseur	188 $\frac{1}{2}$	Cyr
Right Arm Swing	187.37	Schweitzer			202.82	M. Deriaz		
Left Arm Swing	176.36	Chevalier			192.9	Emile Deriaz		
Right Arm Continental Jerk			194	Foresman	266.75	Lurich		
Right Arm Military	154.9	Witzelberger			143.92	Mayer		
Left Arm Military	112.43	Silveira			121.75	Bonnes		
Right Arm Clean and Jerk	251.32	Gassler			254.63	M. Deriaz		
Left Arm Clean and Jerk	222.66	Gassler			222.66	Emile Deriaz		
Right Arm Bent Press	239	Pevier			336 $\frac{3}{4}$	Saxon		
Left Arm Bent Press					255	Aston	277 $\frac{1}{4}$	Joe Nordquest
Right Arm Side Press			154 $\frac{1}{2}$	Young	210	Stein	273 $\frac{1}{4}$	Cyr
Left Arm Side Press							258	Cyr
Two Arm Press in Wrestler's Bridge position	234.5	Roudi	255	Joe Nordquest	311.5	Hackenschm't		
Two Arm Press in Shoulder Bridge position					386	Saxon	388	Joe Nordquest
Pressing to Arm's Length while Lying Flat on Back					361	Hackenschm't	363 $\frac{1}{2}$	Joe Nordquest
Hands Alone Lift	371	Moniu			588.62	Gottschalk	638	A. Nordquest
Teeth Lift					469.69	Treu (hands on knees)	311 (hands behind back)	Travis
Back Lift	2315	Verhaert					3657	Travis
Harness Lift			3230	Curtis	4000	Sampson	3582	Travis
Hands and Knee Lift					1763	Lettle	1897 $\frac{1}{4}$	Cyr
One Arm Pull Over					317	Steinbach	61 $\frac{1}{2}$	Joe Nordquest
Two Arm Clean and Push (German Style)							301	Cyr
Two Dumb-Bells Continental Jerk	335.07	Steinbach			341 $\frac{3}{4}$	Steinbach		
Two Dumb-Bells Continental Press	308.7	Steinbach			314	Steinbach		
Two Dumb-Bells Clean and Jerk	297.62	Maspoli	210	Young	288	Emile Deriaz		
Two Dumb-Bells Clean and Press	213.84	Vasseur	200	Curtis	224.86	Vasseur		
Right Arm Clean and Bent Press	225	Pevier			243	Aston	190	Matysek
Left Arm Clean and Bent Press	214	Pevier			213	Aston		
Right Arm Anyhow					300	Aston		
Left Arm Anyhow					252	Aston		
Right Arm Anyhow with Dumb-Bell							273 $\frac{1}{4}$	Cyr
Left Arm Anyhow with Dumb-Bell							258	Cyr
Right Hand Holding out Square Weight to Side Balanced on Hand	77.16	Empian			83.77	Empian		
Left Hand Holding out Square Weight to Side Balanced on Hand	67.23	Fossaert			77.16	Poire		
Right Hand Holding out Dumb-Bell to Side	66.13	Schneidercit			70.54	le Breton		
Left Hand Holding out Dumb-Bell to Side	62.72	Schneidercit			55.11	le Breton		
Right Hand Holding out Kettle Bell to Side, Knuckles Up	66.13	Empian			66.13	Victorious		

* Not to be confused with the American of that name.

ions and suggestions for the forming of such an organization from the editor, from the contributors to "Strength" and from all other close students of lifting matters and I would further suggest that all lifters and lifting enthusiasts communicate with the editor and also with me personally that I may know just who will help and that we may make some definite steps towards an organization.

In compliance with the editor's desire and as a further evidence of the present status of American lifting as compared with the European, I append the following list which I believe to be nearly correct. In case anyone can offer any proven corrections or additions, I will give such acknowledgments and corrections in future issues.

Editor's Note: I am heartily in accord with the suggestions set forth by Mr. Coulter, and will be glad to do all in my power toward the formation of an American Weight Lifting Association. The non-existence of such an association in the past has no doubt been responsible for the lack of interest in weight lifting in this country. To my mind, the purpose of such an organization would be to properly certify and record lifting records, and to encourage interest in weight lifting by staging frequent competitions. This is the only way in which interest in weight lifting can be revived and kept alive.

To do this, it would first be necessary to form a central organization, and to follow it up by organizing weight lifting clubs and branches in all parts of the country. You cannot keep alive any real interest in the sport if competitions are held only at rare intervals. Local contests can be held frequently and national contests could be held once a year or oftener, and if enough interest is shown by lifters themselves, weight lifting can be assured of a place on the next Olympic program.

Such an association cannot be formed by merely dreaming of it. Mr. Coulter has started the ball rolling, and if every one gives it a push it will soon gather momentum. Weight lifting is growing more in favor in this country every day. We have thousands of good lifters who could become even better lifters if there were the proper interest in the sport to encourage them.

And apropos of the recent strong man controversy, how easy would it be to settle

such an argument with a weight lifting association to prescribe rules and regulations for such a contest. There would be no arguments as to just what lifts should compose such a program, and how the lifts should be performed. Then the real champion would obtain full credit for his lifts, and we would have real honesty in weight lifting, a thing that is absolutely impossible under present conditions. Not that I mean to infer that the recent claimants for the strong man title are insincere—such is far from being the case. But each one naturally wants to have the conditions of competitions as favorable as possible to himself, and the result is that real lifting competitions are very few and far between.

Mr. Coulter has compiled a very interesting list of records, the more important of which are reproduced on preceding pages. This list is in itself the best possible argument for the formation of an American Weight Lifting Association. You need only to look at the long list of lifts recorded—some of them standard, some not—to realize the need of such an organization to control and promote interest in the sport.

Such an organization would have to be formed by the lifters themselves. All those interested please write to O. R. Coulter, 407 Fourth Avenue, Pittsburgh, Pa., or to me personally, stating whether or not they approve of forming such an association, and any ideas they may have for the forming and conducting of the association.

There was a move made in 1917 to form such an association, but the war interfered. There are difficulties in the way even now, but with the support of all of our "Strength" athletes, these can be overcome. It isn't as if the sport were entirely unknown and unheard of in this country—we have something to start with. Personally, I will be glad to furnish my services in forming such an organization gratis, the offices of this publication as temporary headquarters, and the pages of "Strength" to give publicity to the matter.

Do we want such an organization? It's up to you. Let's have your opinion on the subject, and in the next issue of "Strength" we may be able to make some tangible suggestions for the formation of a weight lifting association.

J. C. EGAN.

Chest Development

By ALAN CALVERT

ALMOST everyone interested in physical culture rightly considers that a large chest is an indication of general strength. Public opinion, in this respect, is quite correct, but the surprising thing is that very few physical culturists seem to know exactly what the chest is, or how to develop it. I have conversed with hundreds of young men who were firmly convinced that the term "chest" applied only to that part of the trunk lying between the armpits and in the front part of the body. They confuse the terms "chest" and "breast." The chest, properly speaking, is the whole of the trunk from the armpits to the line of the lowest floating ribs; in other words, it is that part of the trunk immediately adjacent to the ribs. The chest contains the heart and lungs inside the ribs; outside, the ribs are covered by large and very powerful muscles. While many young men seem to suppose that the chest is only the front part of the body, nevertheless when they take their "chest measure" they pass the tape around the whole body—front and back. The resulting measurement shows the amount of muscular development a man possesses, as well as the size of the box, or compartment, formed by the ribs. The theory is, that the larger the rib-box, the larger the lungs contained therein, and many people frequently confuse size with quality. Large lungs are undoubtedly an advantage, but they are not INVARIABLY a sign of vigor. Nor is the amount of air a man can inhale much indication of the QUALITY of his lungs.

Theoretically, a man expands his chest by drawing a deep breath and filling the lungs with air. The resulting pressure from within distends the ribs and makes the chest larger. Unfortunately, practice and theory do not always correspond in the case of chest expansion. It is possible for a man to show an enormous chest expansion by the simple trick of flexing the large back muscles at the same time that he inhales a long breath. It is also possible for a man to take a tremendous breath by depressing the diaphragm, but without distending the ribs

to any great extent; and it is quite possible to distend the ribs and draw the diaphragm upwards without taking much air into the lungs.

Advocates of lung culture tell you that the only way to become strong is to develop the lungs, and that the best way to develop the lungs is to practice inhaling as much air at one time as is possible. Many men and boys, by constant practice, have become able to expand their chests two to five inches by pressure from within, and can inhale at one breath, and subsequently exhale, 350 to 400 cubic inches of air. I have tested many of these men and have found—surprising as it may seem—that some of those who could inhale 350 cubic inches and more, could not run a brisk quarter-mile without becoming completely winded. On the other hand, I have examined, and know, hundreds of first-class athletes who could not, at first trial, exhale more than 275 cubic inches, yet could run, row, or wrestle for half an hour at a time without exhaustion, or perceptible distress as regards breathing. This apparently indicates that the amount of air the lungs will contain is no indication of their effectiveness in performing their normal duty, or purifying the blood under forced pressure.

A young man who is anxious to conform with tradition and develop a round, capacious chest, will naturally ask, "Well, if you cannot develop the chest by expanding the lungs, how can you develop it?" The answer is: By paying special attention to the muscles of the upper back. It never seems to occur to the ordinary physical culturist that when he takes his chest measurement by passing the tape around the body, he is measuring the thickness of the back muscles as well as the thickness of the muscles on the front of his chest. In measuring the chest, the conventional method is to pass the tape around the body in a line passing across the chest at the nipples and directly under the armpits. The muscles of the upper back are fully twice as large as the muscles on the front of the chest. If by suitable work you can develop these upper-back muscles so that you increase their thickness one

inch, you therefore increase your chest measurement three inches, on the well-known rule that the circumference of a circle is over three times its diameter.

Anyone who has taken the trouble to carefully observe men with large chests will almost invariably notice that the big-chested man has broad shoulders and a flat, wide back. As a general rule, the stronger the upper back muscles, the bigger a man's chest.

Some physical culture authorities will solemnly warn you that if you develop the muscles on the outside of the chest, you will acquire such a thick muscular casing that you will be unable to expand the ribs and distend the chest. This is pure "tommyrot." If this statement were true, how could these authorities account for the fact that many professional "Strong Men" are able to show a difference of ten to fifteen inches between their contracted and expanded chests?

I do not desire anyone to draw the conclusion that I am attempting to belittle the value of large, high-quality lungs, or that I do not approve of breathing exercises. I think they all help but I do not think that the practice of breathing alone will develop a big chest. There are lots of Marathon runners with wonderful lung power, whose chests measure less than 34 inches, and who are able to expand their chests less than 3 inches. Musicians who perform on wind instruments are not noticeably big-chested men, as a class. Opera singers ARE generally big-chested men, but the mere fact of the possession of a strong, powerful voice is an indication of strength and vigor.

Personally, I have never found that breathing, WHEN UNACCOMPANIED BY EXERCISE, has been of much value as a chest developer. The lungs are not expected to work at a rate above normal, except when the muscles are working under proportionate stress. Light exercise will not wind one at all. Heavy exercise winds one very quickly.

When you are exercising vigorously, the more muscles you employ, the harder the lungs will have to work. Vigorous arm work is not much of a tax on the lungs. Vigorous leg work is a very heavy tax on the lungs. Climbing stairs at a run is probably the greatest of all lung testers, because in stair climbing, as in jumping, the muscles

of the back are called into action, as well as the muscles of the legs.

If you want to test the relative value of arm and leg exercises as lung developers, swing a pair of light Indian clubs vigorously for five minutes; and then go out and trot a quarter of a mile at a rapid rate. The running will wind you; the swinging of the light Indian clubs will hardly wind you at all. This will be an awful shock to those men who have been taught for years that Swedish movements and calisthenics with light dumbbells and Indian clubs are great lung developers.

To get back to the muscular development of the chest. Following the average idea that the chest is the front part of the trunk, physical culturists frequently try to increase their chest development by developing the pectoral muscles which are on the top and front of the chest. These muscles are triangular in shape, and the base of the triangle is attached to the breastbone, while the apex of the triangle (or the other end of the muscle) is attached to the bone of the upper arm, while parts of the sides of the triangle are attached to the collar-bone and to the ribs. These muscles help to throw the arm forwards and upwards, and to rotate the arm inward upon the chest. When the arms and shoulders are fixed, they help to throw the ribs upward. If, however, the muscle is over-developed, its tendency is to pull the shoulders forward, unless its pull is counteracted by the greater strength of the enormous back muscles.

Here is the proposition: Develop the pectoral muscles of the chest and neglect the muscles of the back, and the pectoral muscle will pull the shoulders forward and tend to cramp the chest.

If, however, without neglecting the pectoral muscle, you develop those enormous back muscles, you can hold the shoulders in the correct position, and then the pectoral muscle will lift the upper ribs.

There is a very important pair of back muscles known as the "serratus magnus." These muscles are attached at one end to the shoulder blades, at the other end to the ribs. Where they are attached to the ribs, they show like a set of fingers, or the teeth of a saw. When the ribs are in a fixed position, these muscles draw the shoulder blades forward. When the shoulder blades are in

a fixed position, these muscles help lift the ribs.

Covering the rear part of the serratus magnus muscles are the enormous latissimus dorsi muscles, which constitute the most of the fleshy part of the upper back. The outer edges of these muscles help to make up the side of the body. When these muscles and the "serratus magnus" muscles are properly developed, they hold the shoulders in the correct position, and they help to lift the ribs and give the lungs more room in which to work.

Almost everyone who has properly trained with moderately heavy bar-bells and dumb-bells has back muscles two or three times as large and powerful as in the case of the average man. The "Strong Man" is proverbially broad-shouldered, thick-backed, and full-chested. Professionals on the stage take advantage of their wonderful back development to make the chest expansion seem enormous. When demonstrating the mobility of their chests, they will stand facing the audience, let the arms hang limply at their sides, expel the air from the lungs, and depress the ribs. Then they will draw a slow deep breath, and while so doing distend the ribs as much as possible. If they allowed the arms to hang limply at the sides while inhaling, the increase in the size of the chest from pure lung expansion would have been only three or four inches, but by combining the lung expansion with the spreading of the shoulders and the contraction of the enormous back muscles, some of these men can show a difference of 12 inches between the contracted and fully expanded chest. When properly executed, this movement is quite spectacular. When the chest is inflated to its utmost, the athlete's body appears like a pink wedge of living flesh, tapering from enormous breadth at the armpits to an unusual slimness of waist.

I have often wondered why it is that the professors of light exercise pay so little attention to developing the upper back. As a point of fact, you simply **cannot** develop big back muscles by means of breathing exercises, or by the use of light dumbbells, or pulley weights, Indian clubs, or anything of that sort. These muscles are so extremely

powerful that it takes great resistance to develop them.

Broadly speaking, any movement that brings the upper arms backward and downwards will develop the muscles across the broad of the back. The more vigorous the exercise, the stronger the back can become.

Years ago, Blaikie wrote a book called "How to Get Strong," and he made the curious claim that oarsmen were a round-shouldered set of athletes, and that rowing tended to cramp the chest and make it smaller. He proved this point by one picture of a set of oarsmen who happened to be sitting in extremely slouching positions. I know dozens of oarsmen, and of all those athletes who indulge in outdoor sports I think that oarsmen have the best shoulders, the deepest chests, and the best carriage of the body. It would be hard to find a better looking lot of men than a dozen first-class single scullers.

In tests with bar-bells, I find that the oarsmen will lift 50 to 75 per cent. more to the chest than other athletes. I am convinced that Blaikie was mistaken.

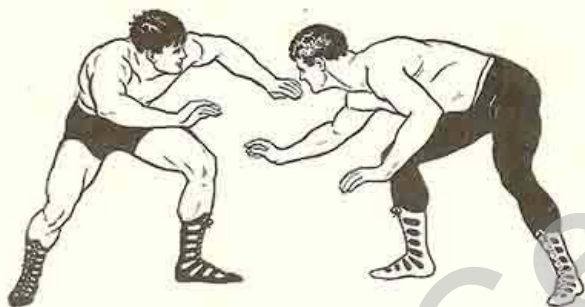
It is extremely easy to develop the back if you use moderately heavy bar-bells and dumbbells. There are two or three movements known to all devotees of lifting which will thicken and strengthen the back muscles and increase not only the development of the exterior muscles of the chest, but will also increase the size of the thorax.

In many cases I have had complaints from pupils who reported that their chests were not increasing in size as rapidly as their arms and shoulders. In such cases, I usually find that the pupil is spending too much time in pushing very heavy bells overhead. **BY PRESCRIBING TWO MOVEMENTS—ONE OF WHICH IS PERFORMED WITH A DUMBBELL OF MODERATE WEIGHT; AND THE OTHER WITH A BAR-BELL OF MODERATE WEIGHT—I HAVE HAD ADVANCED PUPILS INCREASE THEIR CHEST MEASUREMENT THREE OR FOUR INCHES IN SIX WEEKS.** The effect of these exercises on the beginner is very noticeable. The only drawback is, that the novice gets very sore for two or three days, owing to the unaccustomed use of muscles which have not been properly exercised for years.



Wrestling

by
WILLIAM J. HERRMANN
of Herrmann's Physical Training Institute
Boxing, Fencing and Wrestling Academy
 Philadelphia, Pa.

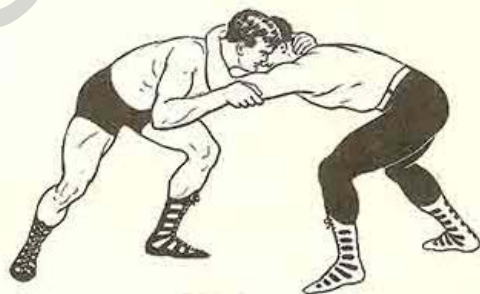


Sparring for a Hold.

Preliminary Positions.

Positions preliminary to catching hold usually assumed by both wrestlers at the referee's call of time—the signal for a bout to begin.

Be on guard and in readiness for instant action either for attack or defense as combat conditions may warrant. Don't stand upright—crouch. Bend forward from the hips. Play safe with your legs. Keep legs well away and wide apart to avoid getting tripped or reached with a leg hold. Be clever. Use your brain as well as your muscles. Learn to feint effectively with head, hands, feet and eyes in sparring



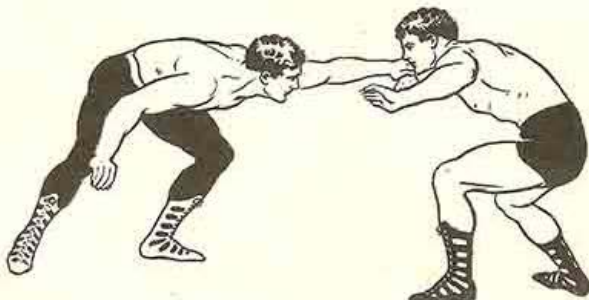
Referee's Hold.

the preliminary holds in their many variations as combat conditions may call for. The change of play may give you an advantage.

Preliminary Holds.

Holds more or less mutually taken by both contestants on catching hold at beginning of a bout. They give a slight advantage in position to the wrestler that holds them, but are about as fair for one as for the other if held by both, when men are well matched.

Preliminary holds are used not only at the beginning of a



A Feint for a Wrist Hold.



Neck and Arm Hold (Both on Knees).

bout, but also at times throughout a long drawn-out contest. Wrestlers resort to them often, especially in stubbornly contested matches. Both opponents after a series of unsuccessful moves and counter-moves may eventually break free of each other, only to again resume hostilities anew as before. In such instances both wrestlers after an unsuccessful phrase of



Neck and Wrist Hold.

preliminary sparring may close in and again take hold, probably with the same form of preliminary hold as originally used shortly after time was first called in the beginning.

Referee's Hold.

So called because given at times by the referee when contestants fail to take hold.

Generally applied by placing left hand around back of opponent's neck, while the right hand grasps adversary's left upper arm at the elbow or vice versa.

The most common of all preliminary holds. This hold is really the old "one over and one under" hold or "over and under" as it is generally called for short, because one hand (usually the left) is over opponent's shoulder at neck, while the other hand (the right) is under opponent's arm at elbow.

Neck and Arm Hold.

This preliminary hold is identically the same as the referee's hold. Often mutually played for by both contestants shortly after the call of time.

Undoubtedly used more often than any other one preliminary hold. Oft-times, both wrestlers, although still retaining their hold, will swing and sway each other to and fro, or force each other down to one knee, or even to a low crouched position on their toes and both knees, in their efforts to gain an advantage or secure an effective hold.

Neck and Wrist Hold.

A common preliminary hold in which you grasp your opponent's wrist with your one hand and his neck with your other.

Wrist and Wrist Hold.

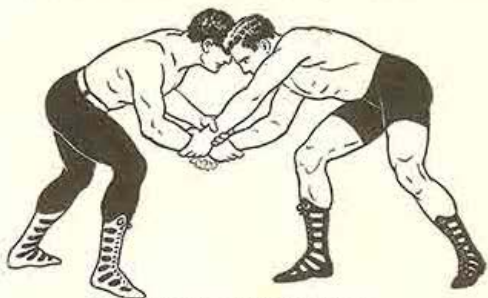
A preliminary hold often secured by both opponents in which each wrestler has a wrist hold on his antagonist's wrist.

Leg and Leg Hold.

A preliminary hold sometimes secured by both opponents near the beginning of a bout in which both wrestlers have a leg hold on each other.

Ringing Hold.

A more uncommon preliminary hold secured at times by wrestlers near the beginning of a bout in which each op-



Wrist and Wrist Hold.

ponent has one arm (usually the left) over the other wrestler's back, while grasping with the right hand the other's right upper arm above opponent's right elbow.

The following is a Glossary of Wrestling Terms omitted from the October issue through a printer's error.

ANY POINT DOWN TO WIN

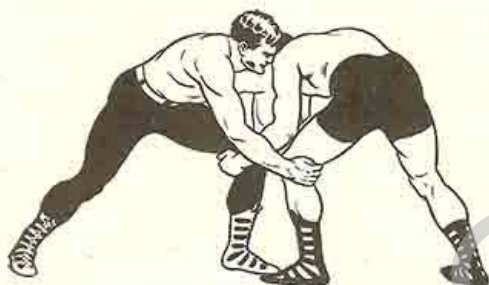
Scoring a fall against the man who first touches the ground with any part of his body except his feet.

ARM GRAPEVINE

The twining of your arm around opponent's arm.

ARM HOLD

Any hold on the arm.



Leg and Leg Hold.

ARM LOCK

The bending of the arm around an opponent's.

DOUBLE ARM LOCK

Locking both of opponent's arms above his elbows tight to your sides with your own.

BACK HEAVE

Throws in which you heave your opponent bodily over your head and shoulders.

BACK HEEL

To trip up your opponent by kicking his foot forward with the back of your heel or putting your foot behind his and bending him backward over it. It is both an offensive and a defensive chip.

INSIDE BACK HEEL

Back-heeling an opponent from the inside.

BACK HOLD STYLE

Popular name given in America to Cumberland and Westmoreland style wrestling.

BACK STRANGLE

A powerful strangle hold locking your opponent's neck with your forearms when in back of his body.

BAR STRANGLE

Strangle holds in which you use your arm as a bar against opponent's throat, your hand locked on your wrist of arm that has hand held at his shoulder.

BRIDGE

Supporting body with arched back on head and feet to save shoulders from touching to prevent what may otherwise result in a fall.

BUTTOCK HOLD

Swinging your hips and back under opponent's stomach and scoring a heavy fall by throwing him bodily over your head and shoulders.

CATCH HOLD

Any hold a wrestler may get.

CATCH HOLD STYLE

Same as catch-as-catch-can wrestling.

CHANCERY AND BAR LOCK

An effective chancery and bar lock combination.

CHIPS

Tricky moves to throw an opponent.

CIRCLING OUT

Working out from under by circling around.

COLLAR AND ELBOW WRESTLING

Contestants wear jackets with strong collars and sleeves. Each wrestler grasps hold of his opponent's collar with his right hand opposite opponent's left ear. Changing the grip on collar or moving the hand is a foul and loses the fall.

Two shoulders and a hip or two hips and a shoulder must touch at the same time to constitute a fall.

Ireland has furnished some of the best collar and elbow wrestlers that ever lived.

COLLARING

Grasping the collar of an opponent's jacket in certain styles of wrestling.

COMBINATION HOLDS

Holds composed of several holds in effective combinations.

CORNWALL HEAVE

A heave made by turning sideways to your opponent, grasping him around the body in front with the nearest arm, while your other arm grasps around him from behind. Lift him bodily and throw him over backward.

CROSS BODY HOLD

Grasping an opponent around the body and then turning him half-way round.

CROSS-BUTTOCK

Twisting an opponent around till you are almost back to back and then giving him a heavy fall by bodily throwing him forward over your hip.

INSIDE CROTCH HOLD

A crotch hold taken inside from below your opponent.

REAR CROTCH HOLD

A crotch hold taken from the rear.

CROTCHING THE ANKLE

A block to check a leg lift by raising and extending the leg held by opponent and throwing the foot in back of his hips, with the ankle at crotch.

DOUBLE BAR LOCK

Both arms under opponent's both arms on each side and across his back.

DRAG HOLDS

Holds that drag your opponent to the mat on "all fours" from the standing position.

FACE HOLD

Holding opponent's face in the bend of your arm and forcing opponent's head backward.

FAIR BACK FALL

Same as square back fall.

FAR WRIST HOLD

A hold on opponent's far wrist.

FIRST DOWN TO LOSE

Scoring a fall against the first man to be put off his feet.

FLYING FALL

A fall scored by a free lift and throw bodily dashing your opponent to the mat to a fall, but not pinning him there.

FLYING MARE

Throwing your opponent bodily over your head and shoulder by quickly swinging your back towards his body, keeping his straight arm over your shoulder. Both your hands grasp his one arm, the upper grasp well up at his shoulder.

FOOT HOLD

Any of the grasps on the foot.

FOOT TWIST

Catching an opponent's foot and forcing it around till he turns.

FOUR-POINT FALL

A fall in which both shoulders and both hips, or four points down, must touch the ground at the same time to constitute a fall.

FRONT CHANCERY

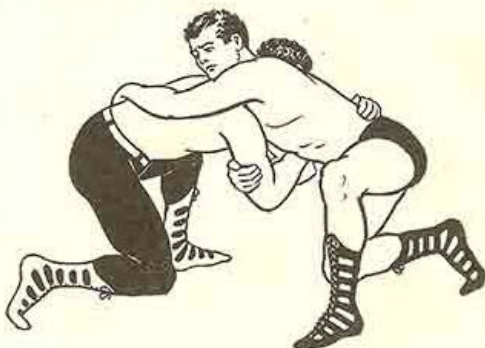
A chancery hold applied on your opponent while he is in front of you.

GETTING IN BACK

Wrestling moves that get you in back of your opponent. A go-behind.

A GO-BEHIND

A wrestling play that gets you in back of your opponent.



Ringing Hold (Each on One Knee).

GRAPEVINE

The twining of an opponent's arm or leg around your arm or leg.

LEG GRAPEVINE

The twining of your leg around your opponent's leg.

DOUBLE GRAPEVINE

A grapevine with both legs.

HALF-BODY HOLD

Only on arm around opponent's body at waist.

HEAD CHANCERY

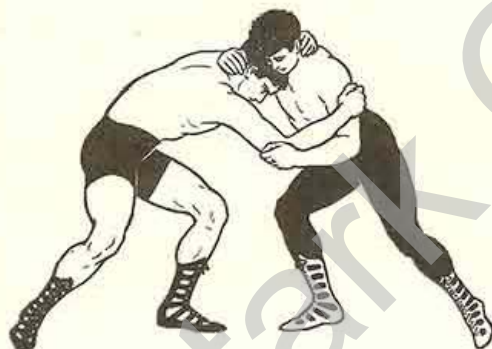
A hold that locks your opponent's head tight in the bend of your hand, wrist and arm. Front chancery, side chancery and chancery hold over the shoulder, both standing and when on "all fours," are popular forms of these punishing holds.

HEAD LOCK

One arm on back of your opponent's neck; the other under his chest; hands locked together tight at far side of his neck.

THE HIPE

A Cumberland and Westmoreland chip in which you lift your man and at the same time instantly turning him by pressing your knee against the inside of his thigh. Lift him quickly as high as possible the instant before you throw him.



Neck and Arm Hold.

SWINGING HIPE

Like the hipe, but that you swing your man around after lifting him before using your knee in the hipe itself. Difficult to block if a man is once swung off his feet.

HITCH OVER

A Cumberland and Westmoreland style wrestling chip. Curl your left leg around opponent's right leg from the inside very high and while he is standing on his left suddenly letting go his right leg and crossing him.

LEG HOLD

Any grasp on your opponent's leg.

DOUBLE LEG HOLD

Grasping opponent around both legs at back of knees.

LEG LIFT

Lifting your man from a leg hold.

DOUBLE LEG LIFT

Lifting your opponent from a double leg hold.

LEG LOCK

Catching an opponent's leg with yours so that your thigh is on the outside of it and your calf on the other.

INSIDE LEG LOCK

Slipping your leg inside of your opponent's and then locking it.

LEG HOLD AND SIT-BACK

Grasping opponent's leg at knee when he is in back of you, lifting his leg and sitting back on him to a fall.

LIFT

Raising your opponent bodily off the mat.

LOCK

A hold that is almost impossible to break if properly applied by a stronger wrestler.

MIXED WRESTLING

A wrestling contest in which superiority in a number of styles decides the match. As a rule, best two out of three falls wins the contest. A popular combination was first bout, collar and elbow; the second bout, side hold in harness, and the third bout, catch-as-catch-can. The late all-around athlete, Duncan C. Ross, was champion mixed wrestler of the world in 1880, when mixed matches were much in vogue in this country.

ON TOP

Popular name of the upper man's position in floor wrestling.

OUTSIDE STROKE

A trip applied by giving a sharp tap with your left foot against your opponent's right leg or ankle just as you have pulled him sharply to the left. If you are using the right foot, pull and twist him sharp to the right as you quickly tap his left leg just below his ankle.

PIN FALL

A fall in which both shoulders are simultaneously pressed to the mat for an appreciable period of time to avoid any possibility of doubt as to the validity of the fall.

PINNING

Forcing opponent's shoulders to the mat.

ROLLING FALL

A fall in which the shoulders only touch momentarily while the wrestler is rolling over.

REVERSE BODY HOLD

Holding your opponent around body with his head down and feet up.

SIDE CHANCERY

A chancery hold applied to your opponent's head while on your side.

SIDE ROLL

An effective chip, especially as a double for nelsons and in underwork.

SIDE STRANGLE

Its name tells its story. An effective strangle hold secured when opponent is on your side.

SQUARE BACK FALL

A fall in which four points, both hips and both shoulders, strike ground at the same time.

SQUARE HOLD STYLE

Collar and elbow wrestling. The most popular style of wrestling in this country between the years of 1860 and 1880.

H. M. Dufur, John Cudihee, of Denver, Colo.; Gus Lambert, of Canada; D. M. Flagg, of Mass.; Col. J. H. McLoughlin, of New York, and John McMahon, of Vermont, the champion collar and elbow wrestler of America, were notable exponents of this style of wrestling in those days.

STOPS

Movements made to check opponent's attempt to get a hold.

STRANGLE HOLD

Any hold that weakens, injures or incapacitates your opponent by partial or complete strangulation is a strangle. Not allowed in present day matches.

THREE POINTS DOWN

In three points down to win, two shoulders and a hip or two hips and a shoulder must be down at the same time to constitute a fall.

WAIST HOLD

Same as double body hold.

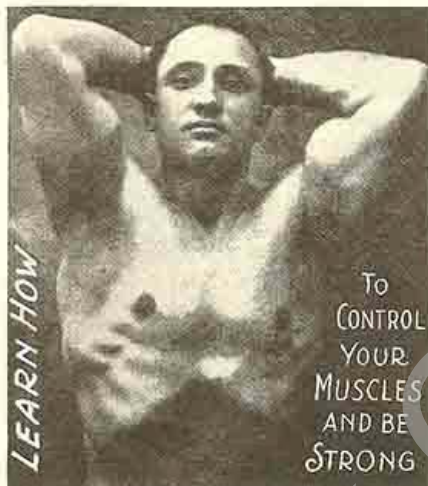
WRESTLING MAT

The padded covering for floor on which wrestling bout is held.



Keep this article. It will be followed by another one in the December Issue.

Invest in the Bank of a Cheerful Man of Co



ANTONE MATYSEK

the muscular phenomenon, the man who is offering to place you on the energetic strong-man map. When you find your place on this map you will always be full of pep, ambition and joy. You will be a REAL MAN and then will achieve your chief aim!

The tremendous success and consequent better development of thousands of men has prompted me to again offer every man and woman Matysek's
MUSCLE CONTROL COURSE
for but \$2.00.

**BECOME A MATYSEKER AND BE THE
MAN YOU SHOULD BE!**

NO MATTER what your position, environment, physical and mental development now is, you are being given a wonderful chance to get more satisfaction out of yourself and the world by this

**AMAZING OPPORTUNITY FOR
GREATER STRENGTH**

offered by Prof. Matysek, the man who, years ago, having resolved to become healthy and highly developed, has experimented and trained himself until he is ranked among the strongest men in the world. He, in order to accomplish this, has been secretly practicing on this

"Body Beautiful" Maker

Hundreds of men who have tested his "Muscle Control Course" say that it is the **SUREST AND QUICKEST "MUSCLE BULGING OUT" STIMULANT, A CURATIVE SYSTEM OF EXERCISES THAT PRODUCE REALLY ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY.**

These Muscle Control exercises aid me in performing the many herculean feats that hold all the so-called strong men **DEAF** from accepting my open challenge to the world's best. Yes, my Physical Culture Friend, these exercises are the **CHIEF SECRET** of why I am growing despite my age, day after day, stronger and better developed, as well. Do you blame me for offering to acquaint you with such progress making exercises that will bring forth the maximum results you are after and **NOW** are within your easy reach?

Matysek's Muscle Control Course Consists of

Two handsomely finished charts containing twenty-one beautifully produced pictures of myself, most of even larger size than the above specimen, 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. The following is but a part of what is embraced in the course:

Exercise and Become Commanding Personality

How To—quickly make respond the inactive bowels.

How To—easily correct the rounded shoulders.

How To—in no time expel the bothering gas out of the stomach.

How To—store up energy for feats of strength.

How To—strengthen the nerves and internal organs.

How To—control every muscle of your body—make them roll like the waves.

How To—promptly chase away the staleness of the body.

Other subjects of the course: Complete relaxation and contraction—Effective breathing—the best way to arouse your inactive nerves—creation of better blood circulation—easiest way to increase your chest circumference—the famous shoulder blade control—how to thicken the shoulders—how to learn the art of making your shoulders supple from only three days' practice—development and control of the neck muscles—spreading of the back—depression of the abdominal muscles and wall—control of the pectoralis (chest muscles), the biceps, triceps, thighs, calf and all other muscles—how to train the abdominal regions to be immune from rupture—how to master correct posture—simple yet positive cure for insomnia—how to pose for good pictures—Advantages of perfect co-ordination of muscles and mind through concentration which brings success and all the good things that go with it, and many other vital pointers you need every day, too numerous to mention.

Let My Muscle Control Exercises Mold Muscle on You Quickly and Solidly!

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience as well as the very large number of pupils I have successfully aided, I know that in less than five days your efforts will be realized to a most surprising extent. If you are already training on some good "system" these Muscle Control exercises will force your progress to be 100 per cent. faster! If, however, you do not exercise, then for your own sake and own happiness, start building yourself up into a real man. Do not merely drag on.

It Is My Sincere Wish To Assist Every Reader of Strength to Get Really Healthy and Strong

For this reason this Muscle Control Course is being offered you now at such a trifling price that YOU CAN WELL AFFORD IT. COSTS BUT \$2.00. I guarantee quick results and absolute satisfaction or money back. My honest reputation proves that I am no quack. Come, then, my friend, when I am reaching out to help you! I will place you on the real road; I will show you the main secret that helped me to get what I longed for and now certainly possess. In addition to this course you have the privilege to ask any questions pertaining to your physical training; to these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Better avail yourself of this heretofore unheard of splendid offer right now, for in the future the offer may be withdrawn. Matysek's Muscle Control will do wonders for you. You will be the envy of your friends. Learn how to get the most out of yourself. It is easy and YOU CAN DO IT! GET STARTED RIGHT—RIGHT NOW! Simply tear off the coupon below, mail with but \$2.00 and leave the rest to me.

Antone Matysek—523 North Charles St., Baltimore, Md.

----- Detach and mail NOW while it is on your mind -----

ANTONE MATYSEK

523 N. Charles St.

Muscle Control Dept. 201

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 I am not completely satisfied my money will be promptly refunded.

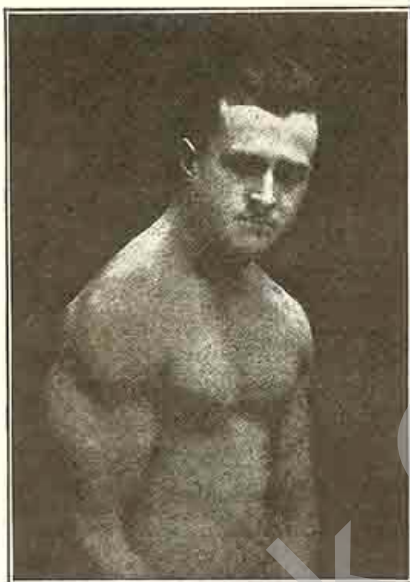
Write name and address plainly.....

City State.....

(Strength, Nov., 1920)

Are You a Real Man?

Do You Posses, Grit, Punch, Personality, Energy Supreme?
Are You Mentally and Physically Keen and Alert?



EARLE E. LIEDERMAN
the Acme of Physical Perfection

My methods will teach you how to become **FEARLESS—FORCEFUL—ALIVE—VITAL—POWERFUL—DYNAMIC—CONSTRUCTIVE—CREATIVE—SUPREME.**

They will teach you how to store up pep, energy, strength; how to attain physical ease and mental supremacy; how to build a conquering personality and overpowering character for the good of all with whom you have dealings.

I can do for you what others cannot attempt to begin to do, because my methods are original with me—they are the crystallization of my own broad and varied experience, and I practice exactly what I preach.

In my latest book mentioned above—"MUSCULAR DEVELOPMENT" you will find handsome illustrations with full page photographs of myself and of some of the world's best athletes whom I have trained.

I HAVE TURNED OUT MORE FINELY DEVELOPED ATHLETES DURING THE PAST NUMBER OF YEARS THAN ALL OTHER SYSTEMS COMBINED.

What my system has done for these world's greatest and best developed physical marvels, it will do for you, simply, sensibly, rationally, logically—no matter what your present mental or physical condition may be. **CONVINCE YOURSELF!** Send for my book of facts. For

FACTS SPEAK LOUDER THAN CLAIMS!

Let these facts plead their own case. And remember, that in the presentation of my facts for your judgment I do not clutter them all up and camouflage them with high-sounding, medical disease names, or the terms of other professional physical trainers. I talk plainly. Straight from the shoulder! I do not attempt to treat symptoms or so-called diseases.

I GO TO THE CAUSE OF THINGS

Place your case before me frankly, honestly, in confidence. And I will advise you the same as I would advise my own brother—for we are all brothers after all, when you come to think of it.

I have helped men when they were wavering, floundering around, when they were almost at their wits' end. I have helped them and brought them back to health, happiness and success. What I have done for them I can do for you, if you will let me. I will treat you according to your personal physical and mental requirements and apply my methods for your permanent peace of mind and body. By eliminating the causes the effects will take care of themselves. That you know, and you will become a re-educated, re-vitalized, re-energized, re-born mental, physical and spiritual being—healthy, happy, natural, strong, clean, thankful.

If you are anxious to get on your feet again, look the world in the face with a smile that won't come off, if you are ready to claim your own in the world of thought and deed, write me. Send for my book "MUSCULAR DEVELOPMENT"—the book that has brought light, life, joy and success within many a man's reach. Enclose 10 cents in stamps or coin to cover cost of mailing. Obey the impulse. Send for this book NOW.

If you are not, you need me most urgently. I can help you.

If you are weak, run down, discouraged, disappointed with your lot in life;

If you have overworked, underfed, or overfed, abused, neglected yourself;

If your life is a burden rather than a joy and pleasure to you;

If you have lost your grip on life and all its wonderful possibilities;

BRACE UP! DON'T GIVE UP THE SHIP!

For I can help you. But in order for me to help you, you must be willing to help yourself. Unless you are willing to help yourself by co-operating with me, I can do nothing for you. If you are willing to help yourself, and are willing to co-operate with me, you can be brought back to the path of attainment and success—to a life of PEACE, POWER, and PLENTY. You can again feel the thrill of exuberant health and energy coursing thru every nook and fiber of your being. Your mind and body and spirit can actually be re-invigorated by my UNFAILING MODERN METHODS OF MENTAL AND PHYSICAL READJUSTMENT.

This you can accomplish in the privacy of your own home without any unnecessary publicity, without brass bands; and you can begin gradually to take your place in the scheme of life just as you were intended to do by the Divine Plan.

All this can be accomplished for you with your help. I know this because I have helped hundreds of men and boys to become mental and physical marvels. My methods of training begin where others leave off, and the only way I can prove this to you and convince you, is for you to send for my latest book.

"MUSCULAR DEVELOPMENT"

This book tells in clear, concise, simple, understandable language how you can get strong, muscular development. It will explain to you just what real health means. It will tell you how to increase your stamina—your staying powers; how to re-educate your muscles of mind and body; how to make use of your innate—your latent powers, creatively and constructively for the benefit of self and all concerned.

EARLE E. LIEDERMAN

Dept. 4011

305 Broadway

New York City

(Continued from page 18)

the desk, engaged in hard, exacting work, whose fatigue at the end of the day is a form of nervous fatigue, needs this almost inexhaustible supply of nerve-force. He may build it through physical training. That, probably, is the chief value of athletics. In the case of those young men who did not have to do long days of hard work on the farm in their youth, some form of athletic or gymnastic training will serve the same purpose of building a reserve of energy. Whether your own particular program calls for a couple of hours of fast tennis, an hour playing with a bar-bell three times a week, a few miles of good hard rowing, four or five miles of

cross-country running, or a session at plowing or pitching hay, the result in energy building is very much the same. It will give you that physical foundation that we call a vigorous "constitution." And without that no one can hope to accomplish much, no matter what his ambition may be.

The young man who grows up "soft," who never goes into athletics, who fails to build up his body and to develop both strength and endurance, and who therefore goes about looking for an "easy berth" as a life job because he has never learned how to apply or exert himself, is hopelessly handicapped.

So here is the lesson. Have we learned it?

A PHILANTHROPIST

is a person who has worked hard to make his money, and now works equally hard to give it away. Which imparts the greatest pleasure, making it or giving it away?

You can combine philanthropy with business by obtaining subscriptions to Strength in your spare time. You will be making money for yourself and will be doing your friends and acquaintances a real favor by making them regular readers of the magazine of vim, vigor and vitality.

Don't keep a good thing to yourself—let your friends in on it. Clip the coupon to day for our special offer to subscription agents.

THE MILO BAR BELL CO.

Third and Diamond Streets.

Philadelphia, Pa.

THE MILO BAR BELL CO.,

Date

Third and Diamond Streets, Philadelphia, Pa.

Gentlemen:

Please send me your special offer for obtaining subscriptions to Strength.

Name

Address

City State

Who Wants to Learn Boxing at Home?

How would you like to give that chap who thinks he's a scrapper the surprise of his life? Wouldn't it be great if you could say to him, "Come on, I'll put on the gloves with you"—and then show him some really scientific boxing!

Or suppose you are attacked, without any weapons of defense except those two fists of yours; wouldn't you give anything to know how to disable your opponent with a powerful blow, or jiu-jitsu hold?

Wouldn't you like to learn these things at less than half the cost of the usual term of lessons?—and learn them right in your own home? Marshall Stillman is the first man to successfully teach boxing by mail, and his pupils now number 10,000. Many have written saying that, after the first few lessons, they're outboxed bigger and heavier opponents. The proof of the pudding for you is that the Marshall Stillman great new course (6 books) is sent free on 10-day approval. If you keep it, you pay only \$5; otherwise you return the course and that settles the matter. But you'll keep the course, all right, when you see how good it is.

THE GREAT NEW COURSE

The lessons are practised before your mirror. You start with simple movements such as holding out your hand for a coin, the breast stroke in swimming, etc., and before you know it, you are striking heavy blows, guarding, ducking, feinting, side-stepping, just as if you had a real opponent before you. Every move is illustrated with large pictures, and the type is large enough so that you can practise while you read.

SHADOW BOXING

After you've thoroughly mastered the fundamentals you take up shadow boxing. Here you are taught to go through lively rounds, combining such scientific blows as the Bennie Leonard Triple Blow, the Fitzsimmons Shift, the Jack Dempsey Triple Blow, etc.

Better Than an Instructor

"I think that your course is the very best that can be gotten for the money. I have been to some instructors who charged \$25 for a few lessons which were soon forgotten. If you forget something in studying the Marshall Stillman Course it is easy to refer to the lessons again and practice them. I heartily congratulate you on this perfect course."

BURT FORBES,

U. S. Coast Guard, Station 239,
Cleveland, Ohio.

Improved His Defense

"Although I have previously considered myself quite a boxer, after studying your course I have found that there was quite a bit to learn. It has improved my method of defense, which was my weakest point. I have knocked out two local boys, the best scrappers in town."

CHARLES P. BALL,
care of Pottatch Merc. Co.,
Pottatch, Idaho.



The Great New Course, Containing 246 Illustrations

BLOWS AND GUARDS
Then follows the book on "Boxing Blows and Guards." Every worth-while blow used in the ring is fully described and posed for by two experts. Following each blow is the guard for that blow. When you face your first opponent, you'll know what blows to use, when to use them, and how to guard against the blows your opponent is likely to send your way.

DAILY EXERCISE

Then there's a complete set of daily muscle-building exercises; also the "Colon Exercise," one of the best remedies for constipation, and "Synthetic Breathing," for developing the lungs and an aid in curing nervousness. Illustrated with 23 actual poses.

JIU JITSU AND WRESTLING

To complete your training in self-defense you're taught 15 jiu jitsu holds and 8 holds in standing wrestling for use against violent attack—how to disarm an opponent with pistol, dagger or club, how to release a strangle-hold, etc. This book alone contains 54 illustrations.

OTHER FEATURES

There's an illustrated article on Mass Boxing, showing how Y. M. C. A. physical directors, army instructors, etc., can teach boxing to large masses of men—an article on training—articles on mental, moral and physical development, a sharp, helpful criticism of such sports as baseball, football, swimming, tennis, etc.—a copy of the International Sporting Club boxing rules recently adopted—and a history of 69 great boxers with their pictures. This book describes their style, tells what made them famous, their principal fights, etc.

The fact that there are 246 illustrations in the complete course will give you an idea how complete it really is.

SEND NO MONEY.

Remember, send no money—we'll send the books on free approval. So simply fill out the coupon and mail it to the Marshall Stillman Association, Suite J-111, 461 Fourth Avenue, New York City.

Book I contains: 32 illustrations. Teaches how to hit straight blows, swinging blows and corkscrew blows, guard, duck, feint, clinch and how to use footwork. Mass Boxing, illustrated, for use in teaching boxing to large masses of men.

Book II contains: 35 illustrations, posed for by two experts. Contains every worth-while blow used in the ring. The description of each blow is followed by the guard for that blow. Also gives the fine points on feinting, ducking, clinching, breaking ground, judging distance and timing.

Book III contains: 35 illustrations. Shadow boxing, combining such blows as the Bennie Leonard Triple, the Fitzsimmons Shift, the Mike Twist, the Jack Dempsey Triple, the Mike Donovan Double Blow, etc. Complete instructions on how to train, with questions and answers. The International Sporting Club's rules of boxing.

Book IV contains: A complete history of 69 of the greatest fighters and boxers. 66 illustrations, including ringside views of the Carpenter-Beckett fight, the Willard-Dempsey fight and the Johnson-Willard fight. Tells the favorite blows used, what made the fighter great, his peculiar habits, etc. An article on Ring Psychology, and a list of the heavy-weight champions from 1790 until now.

Book V contains: Daily exercises and home development. 32 illustrations. Six sets of muscle-building exercises, the Colon exercise for curing constipation, and synthetic breathing, a remedy for weak lungs and nervousness. An article on sports such as baseball, football, tennis, polo, etc. Advice on how to walk, how to run, how to breathe, etc.

Book VI contains: Jiu Jitsu & Wrestling, 53 illustrations. Shows how to subdue an opponent with a dagger, pistol, club, how to break a strangle hold, the Stecher Scissor Hold, the standing crotch hold, etc.

FREE APPROVAL OFFER

Marshall Stillman Association,
Suite J-111, No. 461 Fourth Avenue, New York.

You may send me on approval your complete course in Boxing and Self-Defense as described above. I have always been faithful in paying my obligations, and I give my pledge that you may feel safe in trusting me as agreed and that I will either return the course or remit \$5 (Canada \$6, foreign countries \$7) in 10 days.

Name

Address

"Mizpah" Jock Supporter No. 44

Note the Patented Flap
Feature "A"



Note the Perfect
Pouch "B"

We invite your attention to a few points of advantage in the
"Mizpah" Jock Strap over all others, which are:—

- 1st The narrow understrap;
- 2d The small amount of material between the thighs;
- 3d The extra heavy webbing thruout;
- 4th The welt edges, making the webbing stronger;
- 5th Self-adjusting and perfect anatomical fit;
- 6th No buttons, buckles, hooks, snap fasteners or metal of any kind to corrode or hurt the flesh;
- 7th *Can be boiled to cleanse without injury to the rubber;*
Summing up, *the very best jock* that can be produced.
Ask for the "Mizpah" Jock Strap and take no other.

If you are unable to procure the No. 44 "Mizpah" of your dealer, send us \$1.50 with your waist measurement, and we will supply you with the same direct.

<i>Small</i> , to fit a person with a waist measure	-	22 to 28 in.
<i>Medium</i> , to fit a person with a waist measure	-	28 to 34 in.
<i>Large</i> , to fit a person with a waist measure	-	34 to 40 in.

Note the Perfect Conformity and Comfortable Fit

THE WALTER F. WARE CO.

Dept. J.

1036 Spring Street

Philadelphia, Pa.

THE GAL-FAR BATTERY

A New Department of
THE MILO BAR BELL CO.



We wish to announce to the readers of Strength that the Milo Bar Bell Co. has organized a new and separate department for handling the Gal-Far Battery—the only battery that develops both galvanic and faradic currents.

Galvanic current is largely beneficial to the nerves. It is of most value in cases of neuritis, neuralgia, hysteria, insomnia and kindred ills.

Faradic current's most valuable effect is upon the blood and muscles. It is particularly effective in cases of infantile paralysis and paralysis, diseases of the skin and blood, loss of hair and similar ailments.

You have only to ask your doctor to find out just what this battery will do, and what it will not do. The field of electro therapeutics is pretty well defined. Most physicians will agree that a battery, such as the Gal-Far, is of inestimable value in treating disorders of the class mentioned above. For several years it has been used and recommended by a considerable number of practicing physicians, and is used by nurses and in hospitals.

This battery generates its own power—absolutely no wires or currents needed. Recharges can be had at a very reasonable price, and it will last you a life time. It is particularly effective in treating the following:

Acne	Deafness	Glands (Swollen)	Neuritis
Ague	Debility	Goiter	Paralysis
Anaemia	Dyspepsia	Headache	Pimples
Asthma	Earache	Hysteria	Rheumatism
Boils	Eczema	Infantile Paralysis	Sprains
Biliousness	Eye Strain	Insomnia	Sciatica
Bronchitis	Felons	Lumbago	Varicose Veins
Cramps	Flatulence	Melancholia	Wrinkles
Dandruff	Drowning	Neuralgia	

A book of instructions, showing the proper use of the battery in treating the above diseases, is sent free with each Gal-Far Battery.

Naturally, we do not claim that this battery will enable you to develop great strength and big muscles. But just as the Milo Body Building Courses have won an enviable position in the physical culture field, the Gal-Far Battery also holds an undisputed place in the field of electro-therapeutics.

The Battery is guaranteed to be absolutely as represented. We are so confident that it will please you that we are willing to send it to you on approval. Try it for five days. If at the end of five days you are satisfied with it, send us Ten Dollars. If you feel that it is not what we claim it to be, simply return it to us. You are to be the judge.

The Milo Bar Bell Co.

Gal-Far Battery Department

Third & Diamond Sts.

Philadelphia, Pa.