

Are You Nervous?

★ Strength

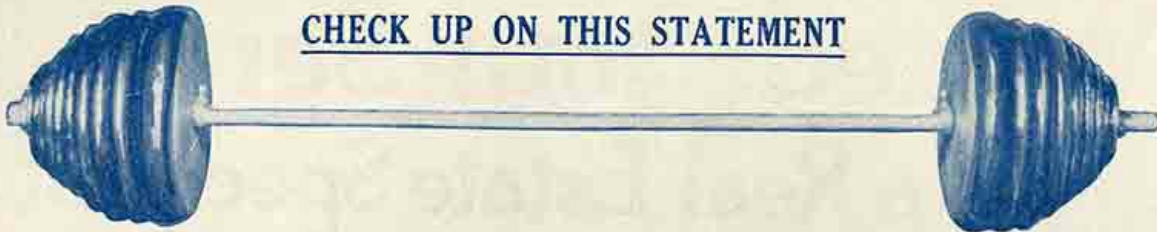
APRIL

25¢



Is Muscular Development Permanent?
Packy McFarland—The Phantom
How to Develop the Legs

CHECK UP ON THIS STATEMENT



UP-TO-THE-MINUTE PLATE-LOADING BAR BELLS

AT PRICES YOU CANNOT MATCH ELSEWHERE

The various weight adjustable plate-bells listed below in the coupon do not by far comprise the full line of bells the Milo Bar Bell Co. produces. If you are interested in a lighter or different make than is given you below, then send for our free booklet, using a coupon from one of our other two pages in this issue.

**DON'T WASTE TIME TRYING TO
DUPLICATE THE PRICES BELOW
—IT CANNOT BE DONE**

There are no other prices that touch the prices given on this page. Furthermore, you will get two kettle-bells, one dumb-bell handle, as well as the usual bar bell bar. Also, you get a thorough course of instructions and all the small accessories that go with a good bar bell set, such as four sliding collars, etc.

Prove to yourself, if you must, that these prices are not



duplicate by any other manufacturer; then use this coupon immediately.

WE GIVE YOU A COMPLETE BAR BELL SET

STRENGTH AND PHYSIQUE SHOW

Date—April 3rd
(1st Saturday)
Place—Milo Building
Location — 2745 N.
Palethorp Street.
City—Philadelphia
Time—8.00 Sharp

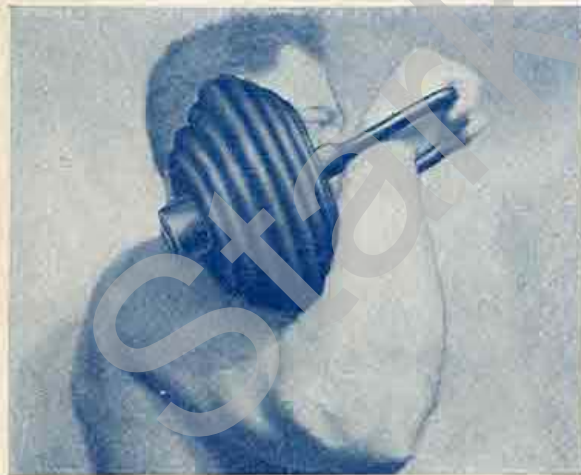
A bar bell alone is not a complete bar bell set. There are a great number of lifts and exercises that cannot be performed correctly, or at all, with a bar bell. That is where the kettle-bells and dumb-bells come into good use.

The Milo Plate-Bell plates are rounded on the edges, as you will see. This makes the plates easy on your flesh in lifts and exercises where the bell is liable to touch your person.

Besides, these curved plates add greatly to the beauty of a plate-bell.

HOW THEY ARE ASSORTED

200-POUND BELL		500-POUND BELL	
4.....	25 lb. Plates	2.....	75 lb. Plates
2.....	15 lb. Plates	2.....	50 lb. Plates
2.....	10 lb. Plates	2.....	25 lb. Plates
2.....	7½ lb. Plates	4.....	15 lb. Plates
2.....	5 lb. Plates	6.....	10 lb. Plates
2.....	2½ lb. Plates	2.....	7½ lb. Plates
4.....	1¼ lb. Plates	6.....	5 lb. Plates
5 ft. bar.....	15 lbs.	4.....	2½ lb. Plates
		8.....	1¼ lb. Plates
		5 ft. bar.....	15 lbs.



The Milo Bar Bell Co.
Dept. 129
2739 N. Palethorp Street
Philadelphia, Pa.

Gentlemen:

Please send me the bell which I have checked off below. I am enclosing a remittance to cover cost of same.

- 200 lb. Plate-Bell (with Dumb-Bell and Kettle-Bells) \$24.00
 300 lb. Plate-Bell " " " " 36.00
 400 lb. Plate-Bell " " " " 48.00
 500 lb. Plate-Bell " " " " 60.00

Name.....

Address.....

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

THE MILO BAR BELL CO.

Dept. 129

2739 N. Palethorp St. Philadelphia, Pa.

Wanted—Your Services As a Real Estate Specialist

Make big money—I made \$100,000 in less than 5 years. Learn how I did it. Use my amazingly successful system. Begin at home—in your spare time. Make money my way. Start now. Free Book Tells How.

ARE you in the same hole I was in?

Are you stuck in the rut of hard work and poor pay?

Are you dissatisfied with your job, your income and your prospects?

Are you having a struggle to make both ends meet?

Are you putting up with the crumbs of life while others are getting all the cake?

Then you are the man I want to talk to.

LISTEN!

When I made up my mind to get started in the real estate business, in my spare time, I was receiving a salary of \$100 a month.

I was doing work I was not fitted for and which I thoroughly disliked.

I was living in a gloomy boarding-house, wearing cheap clothes, striving to keep out of debt, and getting mighty few of the good things of life.

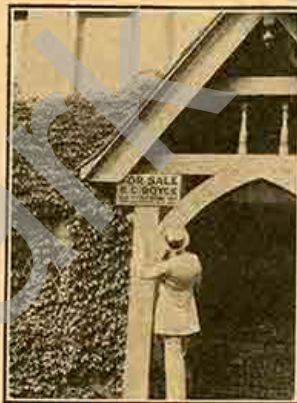
In less than two years after I started to specialize in real estate, I was making nearly one thousand dollars a month. And in less than five years, I cleaned up a net profit of over one hundred thousand dollars.

To get the whole story of my success in real estate, and how you, too, can succeed, write at once for my free book, "How to Become a Real Estate Specialist." It contains my history and your opportunity.

Follow In My Footsteps

I have studied real estate conditions in this country very carefully, and my investigations convince me that the next ten years are going to be banner years for real estate.

Furthermore, my experience satisfied me that there is no better business to get into. It is more healthful than most indoor jobs—you can start in spare time—you can begin with little or no capital—it does not require years of study like medicine, pharmacy, dentistry, law, engineering, electricity, architecture, etc.—the beginner is paid the same rate of com-



Put your name before the world

mission as old timers—the business is practically unlimited—it is estimated that there are thirty million properties in the country and that ten million of them are always on the market—it is a permanent business, not affected by fads or fashions—it is constantly growing as population increases—it puts you in touch with the best people—it is a dignified, pleasant and worthy occupation with great possibilities for big profits.

What Others Are Doing

As positive proof of the success of my modern methods read the following brief extracts of some of the letters that come to me from those who are using my scientific system—follow-

ing in my footsteps—making money my way:

"Your course fitted me for position as Sales Manager of largest contractors' and builders' real estate department in our city."—Henry J. Dwillard, Michigan.

"Your system is wonderful. Without giving up my job as stationary engineer I made \$900 the first three months in my spare time."—F. E. Stokes, Pennsylvania.

"Have been helped a great deal by your system. I have now a new car, two new typewriters, a stenographer, and a dandy office and money in the bank, all through my own efforts and without any capital to start with."—Mrs. A. Moore, Connecticut.

"One lesson has been worth \$3,500 to me."—C. J. Lewis, Virginia.

"I have made a little over \$1,200 since beginning your Course."—S. M. Ford, Florida.

"Have sold one \$5,000 lot and three houses so far."—Mrs. B. M. Morehouse, New York.

ACT PROMPTLY

There isn't room here for any more such letters, but mail the coupon now—before you lay this magazine aside—and receive, without cost or obligation, a copy of my new book, "How To Become A Real Estate Specialist." From it you will learn how you can use my successful system to make money my way—how you can get started right at home—in your spare time—without capital or experience—and establish yourself as a Real Estate Specialist, in a high-grade, money business of your own.

Be prompt! Your opportunity is here and now. "Wise men act while sluggards sleep." Write your name and address on the coupon and mail it at once to American Business Builders, Inc., Dept. 24-D, 18 East 18th St., New York.

Good For Free Book!

American Business Builders, Inc.,
(Authorized Capital \$500,000)
Dept. 24-D, 18 E. 18th St., New York City

Send me—without cost or obligation—your free, illustrated book, "How To Become A Real Estate Specialist."

Name.....

Address.....

Get Health and Wealth in An Out-Door Job



Strength



APRIL, 1926

Vol. XI

No. 2

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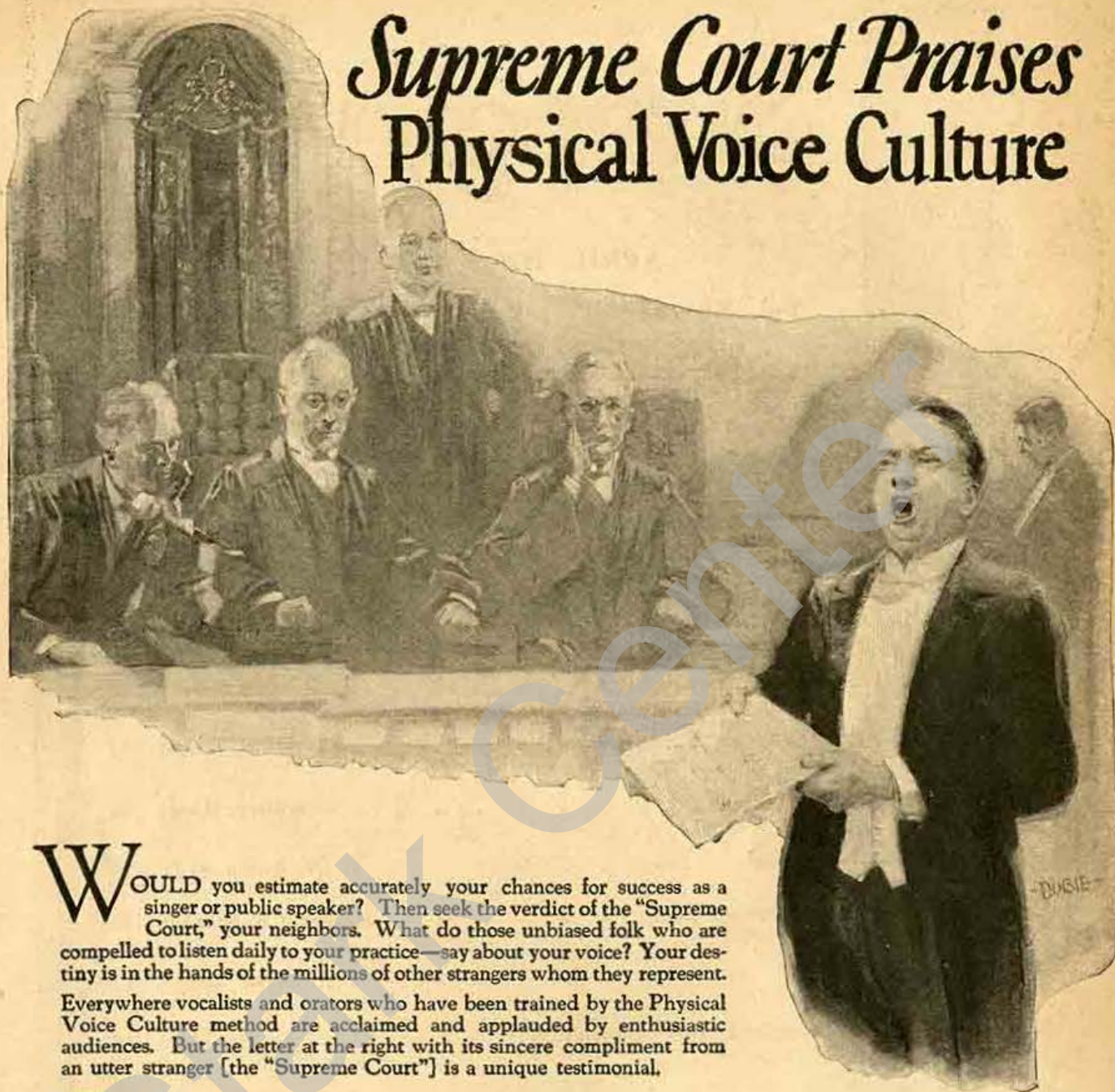
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Supreme Court Praises Physical Voice Culture



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

We Guarantee to Improve Your Voice 100%

Your vocal cords are the same in construction as those of Caruso, of Mary Garden or Galli Curci. But YOURS are under-developed. One muscle in particular of those in your throat has ever been used. No amount of singing will ever give to your Hyo-Glossus muscle the exercise it needs to strengthen it as does Physical Voice Culture, the amazing discovery of an eminent musician and physiologist.

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

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

Free Fascinating Book—Mail this Coupon

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

Perfect Voice Institute 1922 Sunnyside Avenue
Studio 57-74 Chicago, Ill.

To the Director, Perfect Voice Institute
Chicago, Illinois

Dear Sir:

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

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

Respectfully,

D. O'C., New York City

PERFECT VOICE INSTITUTE
1922 Sunnyside Ave., Studio 57-74 Chicago, Ill.

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

Name

Address

City

State

B.W. COOKE
Directing
Engineer

BE AN AUTO EXPERT

THE WORLD'S BIGGEST BUSINESS
NEEDS YOU

\$30 or \$40 a week
Million Dollars are paid in the World's Big-
gest Business every year to Auto-
motive men for upkeep **ALONE**.
TRAINED MEN are
badly needed
everywhere.

in ONLY 10 months

\$225 IN A WEEK FOR RUMPEL

Think of it—from \$33 a week to \$225 in a week a mere 10 months after enrolling. Pick the right training and the right line. "Cash in" Big and QUICK.

in ONLY 3 months

\$215 IN A WEEK FOR TUCKER

Mr. Tucker's big results were also amazing, quick. Just three months after enrolling—\$215. IN A WEEK. That's the kind of QUICK and BIG RESULTS you want!

in ONLY 2 months

200% INCREASE FOR SIEMENS

You TOO need "Job-Way"
B.W. COOKE AUTO TRAINING

I'll tell you about Mr. Rumpel. I'll tell you about Mr. Tucker and Siemens and dozens of others—I'll tell you all about them—their addresses, their ages, their education, everything about them. I'll give you proof, smashing proof, of how I can help you too, because hundreds of these common, ordinary men had no more advantages than you have. Big Jobs and Big Raises come quick to multitudes of B. W. Cooke students. I give you a \$10,000 lesson on the word QUICK. I'll tell you what it means. No school has ever dared do it as I do it. My book is daring—but honest and frank. It is now Free.

That no where else on earth can you get this training that shows such astonishing QUICK and TREMENDOUS RAISES IN PAY. For your Success, learn about this QUICK TRAINING in the Gigantic Auto Business, where tremendous sums are paid men making such astonishing Quick and Wonderful Big Results so plentiful.

Hundreds of my students start right in making money in the first few weeks of their training. Stay out of slow training in the slow professions. Make Money QUICK.

I GIVE YOU FACTS

you. Just read my book. There's a mighty REASON though, why I DO get such QUICK RESULTS for so many men. It is Practical Training from a Practical Engineer for practical men. I know what training you need, no matter whether you are YOUNG or OLD, EDUCATED or POORLY EDUCATED, EXPERIENCED or WITHOUT A PAWS AUTO EXPERIENCE. That training I give you. Just loan me a little of your spare time. I'll lead you up the road toward all the BIG MONEY you've dreamed of.

17 SMASHING GUARANTEES or your money back gladly. plus A.M. AZING PROOF, is what I give

"Quick" is THE VITAL WORD

To make \$1,000 SLOW. In say 5 years means FAILURE. To make \$1,000 QUICK in a month means SUCCESS. HOW QUICK is the dominating, all important word that is the Father of the word. Success. Get my QUICK training. Of course my Training includes ALL ELECTRICAL, ALL MECHANICAL—WELDING, BRAZING, VULCANIZING—it's complete. Of course, I give you LIFE-TIME CONSULTATION SERVICE and 4 BIG OUTFITS and EMPLOYMENT SERVICE—but on top of all this, I give you a valuable Business Course—Salesmanship, Advertising, Bookkeeping, Buying—everything. The best of Auto Engineers on my Pay Roll, help me help you, with backing of Auto Industry makes all this possible.

GO INTO BUSINESS

My Free Book "AUTOFACTS" shows how I've put man after man in the Auto Business for himself, QUICK—just a few weeks after enrolling. Amazing rewards are everywhere for men TRAINED MY WAY, to be their own Bosses—own their own Shops. Very little capital needed to start.

ONE MILLION AUTO EXPERTS BADLY NEEDED

Over a million trained men are needed, it is predicted, to replace "tinkerers" and untrained "guessers" within next two years. Farms, Villages, Cities in every Country offer BIG MONEY opportunities QUICK. Stay Home, Keep your job—I'll show you the way to fatten your present pay right away, in the earliest weeks of your training. Hundreds virtually get my training for nothing. See all this in my Big Book.

I HELP YOU TO THE GOOD JOBS

ALL YOUR LIFE, My Employment Department serves you as often and as long as you want a good job and absolutely at no extra cost. Our fine Automotive Magazine "POPULAR AUTOMOTIVE NEWS"—is also sent you free of extra cost.

Get My Free Book. I Train You In Your Spare Time, At Home

No other school has ever dared to urge you to look at their Quick Results, as I have. I want you to have SINCERE FACTS. Act Quick and I'll send you Free my remarkable book "Auto Facts" which has helped so many thousands in such an astonishing way. See my book—judge as your good judgment tells you. BUT ACT. ACTION MAKES DREAMS COME TRUE QUICK. Mail that coupon.

B. W. COOKE, DIRECTING ENGINEER
CHICAGO MOTOR TRAINING CORPORATION
1916 Sunnyside Ave., Dept. 456, Chicago

Clip coupon for Free Auto Book

I'll train you at Home

4 BIG OUTFITS INCLUDED FREE of extra cost

Not enough room on this page to properly show you the 4 wonderful Big Outfits I am including free of Extra charge. Includes Tools—Tool Bag—Electrical Test Bench and Radio Receiving Set, also 203 Wiring Diagram Charts.

Big Auto book Free. GET IT

MAIL THIS COUPON NOW!

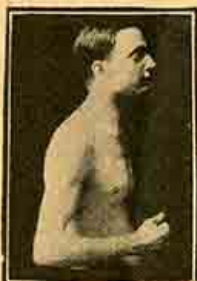
B. W. COOKE, Directing Engineer
Chicago Motor Training Corporation
1916 Sunnyside Ave., Dept. 456, Chicago

Send me your Free Book "AUTOFACTS" and PROOF that you'll show me the way to a QUICK RAISE and BIG PAY as an AUTO EXPERT, also Trial Lessons. Also send your new 4 Outfits Offer. It is understood that this obligates me in no way, and that no salesman will call on me.

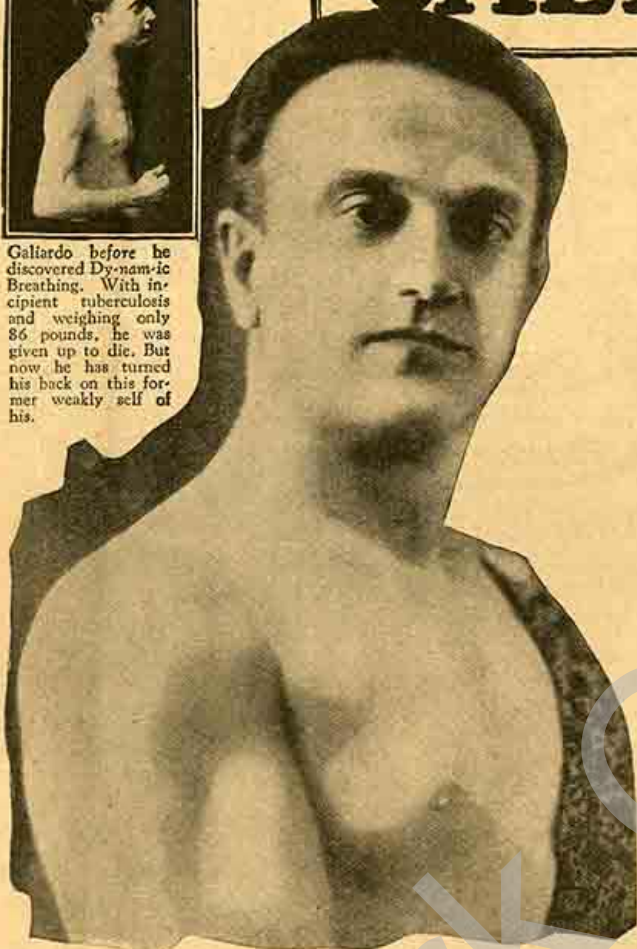
Name.....

Address.....

GALIARDO



Galiardo before he discovered Dy-nam-ic Breathing. With incipient tuberculosis and weighing only 86 pounds, he was given up to die. But now he has turned his back on this former weakly self of his.



Dy-nam-ic Breathing—
the master system of Vitality—which made Galiardo a man of Power and Magnetism—and saved his life!

Now YOU can know this strange secret that gives muscular force and driving, jubilant vitality.

This is the most astounding (and the most natural) system for health building and muscular development ever discovered. The discoverer—scientist, Galiardo (now 53 years young) is a remarkable example of youthful vitality, yet

once he was a weakling, a failure. Happy that his own life was saved, Galiardo is now devoting his energies to give his world famed health principles to the people. This is why he offers, for a short time, his famous book—FREE!



A New Life for YOU in 15 Minutes a Day

Learn the secret of GALIARDO, 53 years young!

BREATHING is the "steam of life." The Oxygen in the air we breathe is power. But nine men out of ten don't give their body enough oxygen—can't give their body enough oxygen, because they do not breathe correctly. And so they rob themselves of the health and strength they could so easily have, and they go down in vitality. Galiardo, too, went down, down till he was given up to die . . . then he found his master key to health. He breathed his way to strength—and now, true to a promise he made, he is offering his great system to the world.

His system is almost unbelievably simple. In fifteen minutes a day he teaches you to breathe dynamically, in nature's own way. Soon you feel that old pep coming into yourself; you get that feeling of fighting fitness; life has a new meaning.

You may think you breathe correctly; but the chances are against it. Unless you do breathe correctly, the oxygen in the air has no chance to do its wonderful work. When you breathe as Galiardo tells you, the oxygen does these definite things: (1) Purifies and enriches the blood. (2) Aids digestion and elimination. (3) Tones up the whole system. (4) Builds resistance and power. (5) Creates bone, sinew and muscle. Then Vitality and Power are added unto you, like A-B-C.

Health Reconstructive Society, Inc.
Dept. AF, 780 West End Ave., New York

GALIARDO'S Distinguished Record

No wonder he is called the "rapid-fire body-builder." His thirty years of astounding success has won him a fame that is world-wide. Here is his proud record: National Physical Director of American Boy Scouts; Director, Greco-Roman Institute, Fifth Avenue, New York; Director, Male Physical Department, New York Hospital for Deformities and Joint Diseases; Lecturer for New York City Board of Education; and Pioneer in Breathing Instruction for the New York City Police Department.

Now—while this chance is open, send for the master book. Learn how YOU can have that conquering physical force, that abundance of energy, that thrilling sense of mastery that comes from an erect, robust physique in tune with nature's laws. Read the secrets that are at last revealed—send the coupon **NOW!**

Free!

Today—start on a new life. Send now for this revealing book that opens the way to a new enjoyment of life through the blessings of glorious physical fitness. The book is FREE.

—and for Women...

Galiardo Pupil Wins Beauty Prize and Movie Part

Aida De Maris, who learned Galiardo's secrets of Health, Poise and Beauty for women, was chosen a winner in New York News Beauty Contest, with a part in a big moving picture. Happy over her success, she pays tribute to Galiardo for the wonderful benefits she received. Free Book tells of Dy-nam-ic secrets of Vitality and Charm, Slenderness and Grace.



Mail this now

Health Reconstructive Society, Inc.
Dept. AF, 780 West End Ave., New York, N. Y.
Without any obligation whatever, please send me, free of charge, your famous book "Power Through Dy-nam-ic Breathing." [Please PRINT your name.]

Mr. } _____
 Mis } _____
 Mrs. } _____
 Address _____
 City _____ State _____

A Page of Proof That Strongfort's Methods LEAD THE WORLD

HAJNOS, Navy Hercules

Says **STRONGFORTISM** Made Him What He Is

You won't scoff or doubt when you learn the truth about John J. Hajnos, the Navy Hercules. Hajnos is one of the thousands of pupils of Lionel Strongfort—followers of the methods of health and physical development embodied in **STRONGFORTISM**, who have been developed into superb physical specimens.

Hajnos first enrolled as a pupil under me February 2, 1922. From a youth of ordinary strength—I might say weakness—he was so developed that he now performs almost incredible feats of strength, such as are related in news articles appearing from time to time wherever Hajnos' battleship happens to take him—in Australia, Hawaii, California, Hampton Roads, Va., New York, and elsewhere.

*Hajnos repeatedly writes of his gratification and thankfulness that he took up **STRONGFORTISM**, and strongly advises others to take the course.*



JOHN J. HAJNOS
Pupil of Strongfort

Showing his superb physique after finishing the Strongfort Advanced Course.

"MY ONLY TEACHER"

"You know," says Hajnos, in a letter from the Battleship West Virginia, June 6, 1924, "that I am always in debt to you for what you have done for me, and I want you to know that I always look up to you as my only teacher and the man who has made me what I am, now nationally known as the 'Hercules of the U. S. Navy'."

STRONGFORTISM is a scientific system of internal and external bodily development unlike any other in the world of physical culture.

Thankful for Strongfortism Exhibits Before Big Audience
San Pedro, Calif., February 7, 1925.

Dear Mr. Strongfort:

I take great pleasure in dropping you another line to tell you I am getting on all right, still gaining in strength and vitality. I am sending you a clipping of the Los Angeles Illustrated Daily News, illustrating my recent exhibition there.

I have also performed in San Francisco, in the Civic Auditorium, to an audience of 7,000 people, and the performance was perfect and delighted everybody. I had personal congratulations from prominent people.

I am well satisfied with what I am so far, but I am still craving for more.

I am always glad to have you use any of my pictures or letters in behalf of Strongfortism, for I am always thankful to you for the great aid Strongfortism has been to me, and with your further aid and advice I will show the world what it has done for me and the good it will do. I remain,
Your pupil, JOHN J. HAJNOS.

Wants Other Young Men to Adopt Strongfortism

Dear Mr. Strongfort:

This little note is just to again let you know that I am always in debt to you for what you have done in helping me to acquire my physical development.

I hope that I may be the means of inducing other young men to avail themselves of your wonderful instructions and your wonderful ability to develop the human physique.

Very sincerely yours, JOHN J. HAJNOS.

Hajnos declares that not only have I piloted him to Herculean strength, but that I have brought out the best that was in him of mental and spiritual qualities. He is now a real 100 per cent. man inside and out.

Witnessed Hajnos' Feats of Strength

135 Bates St., Honolulu, T. H.,
September 20, 1925.

My dear Mr. Strongfort:

Enclosed you will find newspaper clipping which will prove to anybody that your Course gives great results, as I saw one of your pupils, Hajnos, pull with his teeth two Buick cars along the streets of Honolulu; breaking in two a number of six-inch spikes, and bending across the back of his neck a big bolt.

Yours truly,
GEORGE LUM.

HAJNOS' FEATS OF STRENGTH

U. S. NAVAL TRAINING STATION,
Hampton Roads, Va.

Dear Mr. Strongfort:

Being your pupil and having finished your preliminary and advanced course of physical culture, I would like to let you know about the progress I have made as a direct result of your course.

These photos may be used by you as an example of what your Course will do for anyone who will faithfully follow your instructions as I have done.

I am doing such stunts as heavy weight lifting, breaking and bending iron bars, any size steel spikes with my teeth or hands, with the greatest of ease.

Thanking you for the help you have been to me through your famous Course, I remain,
Yours for great Strength, JOHN J. HAJNOS
The Navy Hercules.



SUPREME STRENGTH
Is manifested in this photo of Hajnos which I proudly exhibit.

I'll Send More Testimonials

to anyone desiring further proof of the merits of Strongfortism and its man-building successes in every part of the world.

Letters pour into me daily telling of benefits to health and strength gained through my Course. Write for these testimonials if you want records of benefits bestowed upon Strongfort pupils.

Write me today for my Wonderful Book told of on next page, and start on the road to health and strength.

Let Me Build You Up—

What I have done for Hajnos I can do for you. No other system enables you to accomplish so much in so short a time and with so much ease and pleasure in the performance.

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

Dept. 140

Newark, N. J.

Now You Smarty You Are Paying the Penalty



LIONEL STRONGFORT

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

YOU were a wise guy. You were young, you were vigorous and peppy. Batting around nights until all hours of the morning didn't phase you in the least. Four hours sleep!—three hours sleep!—that made no difference. Oh, you were smart—and you did love those wild parties with the boys and girls—the wilder the better. You were always set—the sky was the limit. "Where will we go from here, boys?" Go! Go! Go! It was a great life! Nothing like it—"Wine, women, and song!" Pshaw! you couldn't feel any bad effects of the high speed at which you were going. You felt fine. You were strong and you loved to brag to your friends about the many "big times" you had. If you stayed up all night, so much bolder the boast. Oh! you were very smart!

NOW YOU'RE WORRIED—YOUR PEP IS GONE!

You awaken in the morning all tired out, sluggish, nervous, constipated, dizzy, with headaches and a nasty taste in your mouth. Your cheeks are sallow or sunken. Your eyes—black rings under them, bloated, bloodshot, and burning—in other words, you are bleary-eyed. You go to your work, not with energy and ambition, but with a slouch and a grouch. Work drags. Your head is befogged—you can't think straight. You feel miserable. You are wretched.

Why is it? Ah—you are paying the penalty for those wild days of youth. The terrible mistakes you then made, the terrific pace at which you traveled, the awful abuse of your body, have come in for a reckoning. Nature stood by you as long as she could.

But you insulted her, you fought her, you pushed her away. And, finally, she stepped back and you started down, down, down; and you haven't stopped going down since. You are dejected, hopelessly discouraged. Ahead of you you can see nothing but misery and despair, and unhappy married life.

Let Me Help You! Let Me Restore Your Health, Your Strength!

No matter how far down you have gone, I can and will help you. Only give me the chance. I am your friend, holding out my helping hand to you. I don't care how serious your mistakes of youth were, how much you dissipated, or how badly you abused your body. I don't care how miserable and wretched you are now—how weak and sickly—how wasted—I can and I will help you.

I Will Take Hold of You and Bring You Back

—not with medicine or dope—but with the aid of Nature. You cast Nature aside in those days of early frivolous youth. But Nature didn't cast you aside—she only stepped back and is waiting for you to beckon to her to come. And she will come to your aid if you will only follow a different path and do as she wants. I will show you how to work with Nature.

I will build you up inch by inch—internally and externally—until you are a robust, powerful fellow—a real He-man who will command respect and admiration wherever you go. I have done this for thousands of others and I will do it for you through my original and unailing methods of

STRONGFORTISM *The Science of Health and Strength*

A new life will dawn for you. A new energy will grip you. You will be chock full of ambition. Your head will be high, your shoulders erect, your eyes bright, your cheeks radiant with color. STRONGFORTISM has lifted thousands of weak, ailing, discouraged men such as you are out of the bog of hopelessness and despair and placed them on the straight road to health, happiness and prosperity. STRONGFORTISM has aided Nature in overcoming such ailments as Constipation, Nervousness, Rheumatism, Catarrh, Bad Blood, Poor Memory, etc., as well as the ruinous results of neglecting and abusing the body. STRONGFORTISM gave these men renewed confidence, vitality, ambition, success, and fitted them for the joys of a healthy, happy life. STRONGFORTISM will do the same for you, no matter what your age or occupation or surroundings.

SEND FOR MY BOOK

"PROMOTION AND CONSERVATION OF HEALTH, STRENGTH, AND MENTAL ENERGY." It will tell you frankly how I can make you over into a vigorous specimen of vital manhood. It is filled with astonishing facts about the body that will prove a revelation and give you new hope for a future joyous life. It is worth its weight in gold. Send for my book RIGHT NOW.

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Physical and Health Specialist for over 25 Years

Dept. 140,

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Mr. Lionel Strongfort, Strongfort Institute, Dept. 140, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I enclose a ten cent piece (a dime) to help cover mailing expense and have marked (x) before the subjects in which I am most interested.

..Colds	..Weak Eyes	..Vital Losses
..Catarrh	..Flat Chest	..Lung Troubles
..Asthma	..Despondency	..Poor Circulation
..Headachs	..Emaciation	..Round Shoulders
..Rupture	..Rheumatism	..Youthful Errors
..Thinness	..Nervousness	..Manhood Restored
..Pimples	..Constipation	..Skin Troubles
..Insomnia	..Night Losses	..Stomach Disorders
..Impotency	..Short Breath	..Increased Height
..Overweight	..Weak Heart	..Muscular
..Weak Back	..Great Strength	..Development

NAME

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STREET

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

Save Yourself From NERVE EXHAUSTION — Before It Is Too Late !

DON'T be deceived by appearances—heed the warning signs of sickly nerves now! Don't be misled because you seem to be healthy, because you eat well and get plenty of sleep. If you get excited easily, if you become fatigued after slight exertion, if your hands and feet are cold, if you suffer from stomach trouble or constipation, if your sleep is troubled by queer dreams, if you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells, if you often feel gloomy, pessimistic and depressed—**BEWARE**—for these are symptoms of unhealthy nerves—you are slowly but surely heading for Nerve Exhaustion.

The Cause of Sick Nerves

In women—overactive emotions, constant turmoil in domestic and marital relations; in men—worries, intense concentration, excesses, vices and the mad pace of present-day life—these are the causes of Nerve Exhaustion.

It is not a malady that comes on suddenly, but a gradual development that deceives scores of men and women who appear to be healthy. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire organism.

How to Strengthen Them

No tonics or magic exercises can ever restore the health to sick nerves. To regenerate lost nerve force requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.



Read This Book

Based upon many years of intensive experience and study, the famous Nerve Specialist, Richard Blackstone, has just written a remarkable book entitled "New Nerves for Old." In plain language, he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy. It enables you to correctly diagnose your own case and shows you how to bring back the glowing, vigorous health of youth.

"New Nerves for Old" is worth its weight in gold—and yet it costs only 25c, stamps or coin. The book will help you build a foundation of glorious health which is the first essential of true happiness. Mail coupon for your copy today. Address: Richard Blackstone, 24 Flatiron Building, New York City.

Have You These Symptoms?

Get excited easily? Become fatigued after slight exertion? Hands and feet cold? Suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability, gloominess—pessimism? Suffer from heart palpitation, cold sweats, dizzy spells?

Richard Blackstone,
24 Flatiron Bldg., New York City.

Please send me a copy of your book, "New Nerves for Old." I am enclosing 25 cents in coin or stamps.

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The rate for classified advertising in *STRENGTH MAGAZINE* is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., April 20th for the June issue. Address all orders or inquiries to Classified Advertising Manager, *STRENGTH MAGAZINE*, 104 Fifth Avenue, New York, N. Y.

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Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas; International Bookkeeping Institute, Dept. 6, Springfield, Mo.

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Used Correspondence Courses bought, sold, exchanged. C. Handling, 799 Broadway, New York.

Novelty Acrobatic Stunts—Ground Tumbling, Bending, Balancing, Clowning, etc. Easy method learning. Complete Illustrated Instructions, \$2.00. Jingle Hammond, Adrian, Michigan.

Complete Illustrated Course on Self Defense, Boxing, wrestling, Jiu-Jitsu, \$1.00 postpaid. Free Circular. Herb. Waddell, Champion Wrestler and Self Defense Expert, 44 Richland Ave., Bellevue, Penna.

Send for Free Folder "How to Stay Young." Liberty Company, Station D, Box 4177, Cleveland, Ohio.

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Great Strength quickly and easily obtained. Complete instructions and apparatus, \$1.00. Noticeable results guaranteed week's time, or \$1.00 refunded. Prof. Dryer, Box 1850-S, Chicago.

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California Gold Tokens, Quarter size 27 cents; half dollar size 53 cents. Coin Catalogue and Greek Coin 10 cents. Alexis Mengello, Colorado Springs, Colorado.

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ST-STU-T-T-TERING And Stammering Cured at Home. Instructive booklet free. Walker McDonnell, 169 Arcade, 1126 Granville Ave., Chicago, Ill.

Miscellaneous

Beautiful registered bull pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

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Strength in a juicy pipe takes the joy out of smoking. Scotch Clayschaum Pipes, made of special clay, absorbs nicotine, which conserves health. One dozen, a year's supply, one dollar, postpaid. Scotch Clayschaum Pipe Company, Dept 8, Laurel, Maryland.

(Continued on Page 10)

An Amazing Book on Sex

From the Pen of

The Man Who Is Astounding America!

Delicately but fearlessly, David V. Bush, the noted psychologist, author and lecturer, has attacked with his extraordinary vigor the problem of sex and its relation to life. Already his unusual book—*Psychology of Sex—How to Make Love and Marry*—has been hailed by authorities as the greatest single contribution to this important question—already hundreds of lives have been transformed by the teachings of this noted man. And now you have the opportunity to read this frank disclosure on five days' free examination. Read Dr. Bush's unusual offer.



David V. Bush
America's
Foremost Lecturer
and Author on
Psychology.

DR. BUSH and I have just returned from the Pacific Coast where his lecture work has met with greater acclaim than ever before. For the second time he has visited Seattle, Spokane, Portland and Tacoma. For the second time he has filled the largest auditoriums in these cities—filled them to overflowing and turned hundreds away—people who came the second time to receive his great new message on the relation of sex to every phase of life.

On the train Dr. Bush said to me, "It seems a shame that the truth about this question—the most important in life—should be denied all these people who are unable to attend the lectures. And I have decided to put all my knowledge of sex into a book to be distributed at cost among the people of America. Do you think they want it?"

"Great," I said, "you will be doing one of the greatest works of your life."

Now Available To Everyone

As a result, Dr. Bush cancelled an entire campaign of four weeks. He has sacrificed thousands of dollars in order to stay here in Chicago and put into writing his extraordinary discoveries on the sex natures of men and women. At last the work is done. I have just sent back to the printer for immediate completion the last of the proofs.

In going through these proofs I have found that every item given in his lec-

tures has been included. Dr. Bush has covered every branch, given every bit of information that is told in his public speeches.

Authoritative and Dignified

Every line, every word of this amazing book has stood the test. Every teaching and every bit of information has been examined and questioned by the greatest authorities in America. Every utterance has been passed as being not only true, but of the utmost importance to every man and woman—married or single. And the whole great work has been treated in a dignified, clean manner written for the student rather than for the seeker of cheap thrills. And it is only the serious-minded, earnest seekers after truth to whom Dr. Bush cares to send this remarkable book.

Contents of the Book

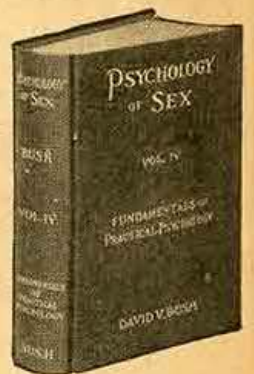
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How to Conduct Magnetic Courtship
How to Select One's Mate
The Art of Love
Should One Marry Likes or Opposites?
What an Unmarried Girl Should Know
What to Do During Courtship
Are You Temperamentally Fit for Marriage?
The Little Known Secret of Marital Happiness
The Five Planes on Which to Marry
Whom the Blonde and Brunette Should Marry
How to Keep Love
How Dying Love Can be Revived
How to Know the Difference Between Love and Infatuation
Why Many Marriages End in Despair?
How to Keep the Husband a Sweetheart
And other vitally interesting chapters.

Money Back Guarantee

If you have begun to realize the vital part that sex plays in your life—the importance of knowing how it affects every phase of living—mental, physical and spiritual, send the blank printed below and I will see that a copy of "The Psychology of Sex—How to Make Love and Marry" goes forward to you in a plain shipping carton. You merely pay the postman the special low price of only \$1.98 plus a few cents postage.

Examine this great book for five days. Read it. Think about it. Consider well its vital teachings. If, at the end of five days you feel that the book does not come up to your highest expectations—that it is not the greatest influence that has come to you for a fuller, more complete life—if you are not entirely satisfied with the book, then return it and your money will be refunded instantly and without question. Do not delay. Mail the coupon now.

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You may send me a copy of "The Psychology of Sex—How to Make Love and Marry. I will pay the postman the special price of \$1.98 plus a few cents postage. I understand that if I am not completely satisfied with this book, I may return it at the end of five days and my money will be immediately refunded.

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2000 Years Ago Aesop Said, "Opportunity knocks but once."

He was right. You must take advantage of this adage, else you will bemoan your negligence.

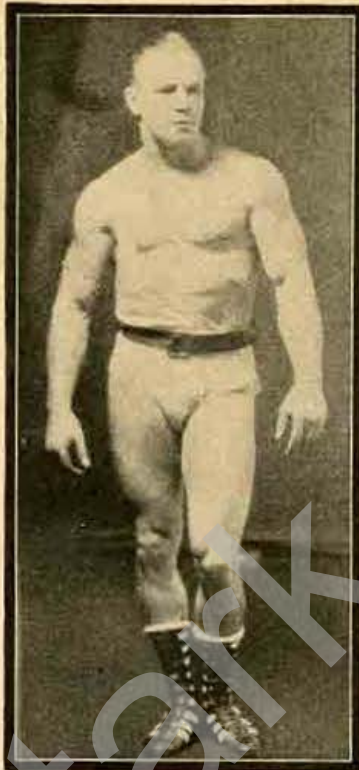
Yes! I know that you are cognizant of your condition, yet have not the time to devote to alleviating it. But you are sadly mistaken in the thought that you cannot spare one moment of your time towards the maintenance of your health and physical welfare. I don't care one iota what your occupation is. It is your duty to be healthy and strong.

Your Body Is Your House—and It Is a Dirty House That Harbors Ill Health

You have about as much chance as a snow-ball has in Hades if you do not wise up now, and take advantage of the opportunity I offer you to regain your good health. You cannot attain health by wishing for it. You must exert a little effort. To earn much money, to succeed in life you must exert effort, tremendous effort. Yet to gain health by my methods, only a slight amount of it is required. Do you know, that the man who is incapable of effort is dead? You may fool some of the people some of the time, but you can't fool some people all the time. Buddy! you are not fooling me. I know that you are not dead. And, furthermore, I know that you have guts. Guts enough to do your duty. Why not take up the challenge now? I dare you to do your duty.

Health is not to be purchased by sloth and idleness, for those are chief inconveniences of sickness; and there is no difference between he who thinks to enjoy his health by idleness and quiet, and he who thinks to preserve his eyes by not using them, and his voice by not speaking. For such a man's health will not be any advantage to him in the performance of many things he is obliged to do as a man.

Idleness can never be said to conduce to health, for it destroys the very end of it. Nor is it true



JACK RUSSELL, Physical Director
Originator of the
"RESPIRATORY SYSTEM"

that they are the most healthful that do least.

Why be weakly?

It has often surprised me that so many people are content to be weak and ill, when in reality there is only a slight effort required on their part for them to grow sound and well, and remain so. But certainly there is a general impression abroad that illness and delicacy are things that must be! A necessary evil, as it were. There are people who actually parade their ailments and labor under the impression that their pallid and sickly looks is an infallible index of an aesthetic and soulful nature. Did you ever hear such a crazy thing, such false dignity? Why! it is perfectly ridiculous. How about yourself? Are you lulling yourself in this false sense of security?

Buck up!

You are a man and must live out your life as a man. Why not be strong when it is as easy to be strong as weak? To be a strong man does not simply mean to be muscular. It means that you will have, in connection with a sound constitution, a wide-awake feeling that makes every task a pleasure, no matter how difficult or arduous it may be. Opportunity comes but once. Avail yourself of it now. Get my breathing system and realize your ambition to be healthy and strong.

Be a Man's Man! A 100 % Man! A Strong Man! A Healthy Man! Bouyant Health is Restored By My Respiratory Methods. Strength is Regained By My System.

You shall reap a munificent harvest of both physical and mental attainment through my breathing system. Take up the challenge, I dare you to! My respiratory course not only offers strength, vigor, robustness, but it offers the revived spirit of adolescence in an unusual form. Do not miss finding the greatest of prizes, health and revived youthfulness, because you do not recognize this opportunity in my appeal for your welfare. Opportunity is now knocking at your door. Take it, and imbibe of its advantages. The refreshing sweep of ecstasy that accompanies the benefits of my system is the very quintessence of joyousness. It is a joy to be healthy. It is wonderful to be strong. Avail yourself now of the opportunity. Sign while it still knocks on your door. Get out of the scorner's seat and give yourself a fair trial. Ambition will not mock your useful toil. He succeeds that takes advantage of his opportunities. I challenge you to let me be of some service to you. I merely want your name. And the rest will be easy. Are you on? Send for the Jack Russell "Respiratory System" before it is too late. It restores health, strength and happiness.

JACK RUSSELL

SCHUYLER BLDG., Room 1803-D,
104 5th Ave., New York City

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Drugless Physicians

Dr. J. Lambert Disney, Philadelphia (1631 Chestnut St.). Licensed Drugless Physician. 25 years a physical culturist; 20 years in practice. Graduate of three drugless institutions, including Bernarr Macfadden Inst., New York, 1905. Formerly on faculties of Bernarr Macfadden Institute and Neuropathic College, Philadelphia. Personal consultation letter, \$1. Personal appointment by phone or letter.

We teach you what to eat and what exercises to take to help retain or regain health and strength. Scientific analysis of each case. Write for particulars. Dr. Drew's Health School, 4610 Wayne Ave., Philadelphia.

Agents Wanted

Representatives Wanted Everywhere. A broad claim for exercisers. This has been proven. Send for salesman proposition. Big money for character salesmen. Easy sales with model and moviegraph for demonstration.

THE SUPERIOR EXERCISER COMPANY
Marletta, Ohio.

Big Money—fast sales: every owner buys gold initials for his auto. You make \$1.44 on \$1.50 sale. No skill needed. Samples free. World Monogram, Dept. 155, Newark, N. J.

Mirrors resilvered at home. Costs less 5 cents per square foot; you charge 75 cents. Immense profits; plating auto parts, reflectors, tableware, stoves. Refinishing metalware, etc. Outfits furnished. Write for information. Sprinkle, Plater, 213, Marion, Indiana.

Agents: Amazing new device! Sells to pile and constipation sufferers on sight. Biggest money maker on market. Send for details. Duplex Dilator Corp., 380 Chamber of Commerce Building, Los Angeles, California.

Help Wanted—Male

Be a Detective, Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective, 1968 Broadway, N. Y.

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Roman Chair Abdominal and Back Exerciser, specially constructed for beginner or advanced Physical Culturists, adjustable, strong and can be folded up to put away. For particulars, write W. McDowell, 258 So. Union Street, Lawrence, Mass.

Furnished Rooms To Rent

Furnished Rooms to Rent. Physical Culture People, 82 Indian Road, Toronto, Can.

Book on Health

There Never Was a More Concise and Comprehensive book on the prevention of disease by natural methods than "Be Your Own Doctor." It is a guide that will forever keep you well; a book that you will never part with. Price post-paid \$1.00. Write to William Utrecht, Zephyr Hills, Fla.

Songs

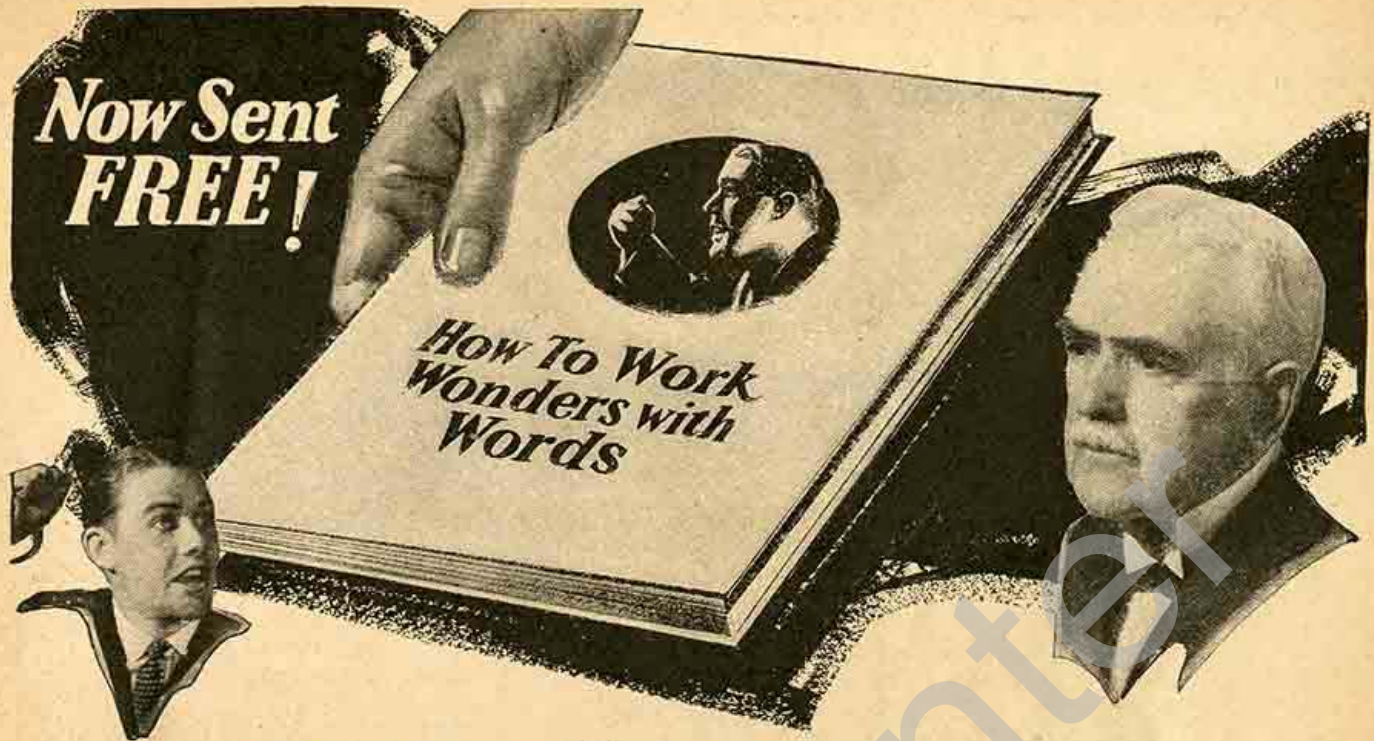
I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

Honey

Honey. Nature's most Healthful Sweet. Delicious White Clover Comb Clunk Honey, five pound pail \$1.60; ten pounds \$2.85. Best extracted Honey, six pounds \$1.75; twelve pounds \$3.00. Delivered fifth zone. F. L. Barber's Apiary, Lowville, N. Y.

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11 lbs. Pure Maple Syrup, \$3.75 per gal. Post-paid, Edgar Hunt, Barron, Wis.



Not Only Men Who Have Made Millions Send for this Astonishing Book ~but Thousands of Others!

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter O. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity, standing, power and real success. You can now obtain your copy absolutely free by writing at once.

TODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation. Another from a small, unimportant territory to the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-applauded after-dinner speaker.

Either You Become a Powerful Sheaker —or Your Training Is Free

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you silent when men of lesser ability get

what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you which will win for you advancement in position and salary, popularity, standing, power, and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

WHAT 15 MINUTES A DAY WILL SHOW YOU

- How to talk before your club or lodge.
- How to address board meetings.
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- How to tell entertaining stories.
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Easy for Any One. Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to raise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only

fifteen minutes a day in the privacy of your own home and you can accomplish all this in a few short weeks.

Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work Wonders with Words*. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

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Please send me FREE and without obligation my copy of your famous book, *How to Work Wonders with Words*.

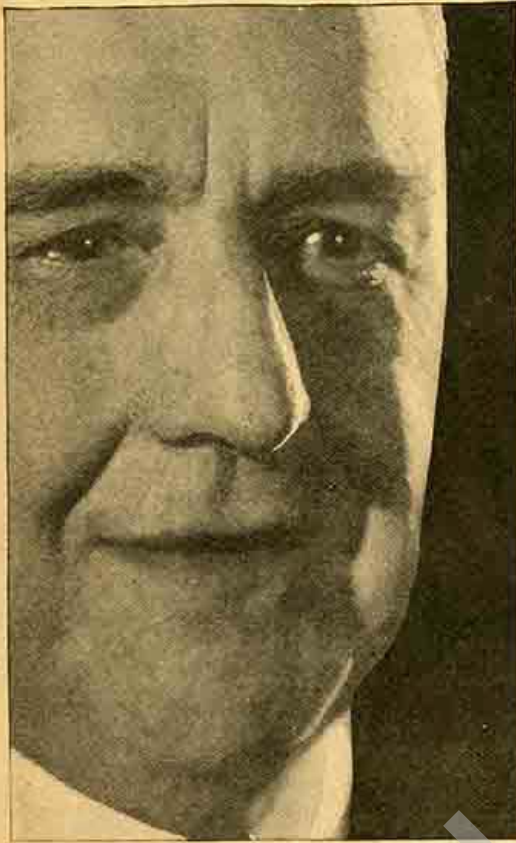
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This Little Gland Robbed Me of Sleep and Health

Until I Discovered a New Hygiene for Men Past 40



"Your prostatic treatment is a hundred years ahead of modern medicine—a thousand years ahead of the surgeon's knife."
LaVerne Barber, M.D., New York City.

"I now get a full night's rest; before its use I suffered so much that one hour of fitful sleep was a luxury."
H. H. McIntire, South Bend, Ind.

"It has wonderfully relieved my prostatic decline and bladder trouble, and simply routed constipation and piles. It also imparts an exhilaration and buoyancy that is indeed very gratifying. Life has taken on a brighter glow, and I am experiencing more vigor and vitality."
Martin H. Miller, Reedley, Calif.

"At that time I was a nervous wreck. I had enlarged prostate gland, had to be up ten to fifteen times at night. I had spent hundreds of dollars trying to get relief. On receiving your treatment I began using it according to directions. In about two months' time I was greatly relieved and have used it at intervals since, until I feel that the trouble is entirely cured, as I have not felt that need of treatment in the last three months."
Dr. J. F. McMichael, Union City, Tenn.



IT had been coming on for years, this devilish thing called "Prostate Trouble!" I gave it little thought at first, because I figured that all men experience a certain change about my time in life. That was my big mistake. I thought it was just the breakdown of oncoming age, and that I would have to put up with it. I did for a while, but a year later, my condition went from bad to worse at an alarming rate.

These Common Symptoms

My sleep was broken a dozen times every night. In fact, one hour's fitful sleep was a luxury. Pains had developed in my back and legs, and I was chronically constipated. I was run down in body and almost broken in mind, practically an invalid at 58. I talked to scores of men. In fact, I talked to practically every man I met or could get to listen. As I look back now I think I was nearly insane on the subject.

Faces Surgery

It has been my experience that almost without exception every man past 60—and a surprising number even at 40—had one of these distressing symptoms, but few men had it as bad as I did. I had seen my doctor, of course. But he

could offer me but little relief. I spent hundreds of dollars in an effort to avoid an operation, for I had learned that gland surgery was usually a grave operation. This insidious little gland that robbed me of health and sleep now threatened my very life.

The Turning Point

Then I read one of your advertisements. I admit I mailed the coupon without the slightest hope. There probably never was a more skeptical mind than mine. But this simple little act turned out to be the biggest thing in my life.

I can never thank you enough. I am now sixty. I can go to bed at ten o'clock and sleep straight through. My doctor has pronounced me in normal health. My entire body is toned up, and I feel almost like a youngster. I have had no return of the trouble, and now use your pleasant treatment just fifteen minutes a day, over one or two months, just to make sure that I keep my perfect health.

Millions Make This Mistake

When I was at my lowest ebb, I encountered so many prostate sufferers that I

know there must be millions of men doctoring for sciatica, pains in the back and legs, bladder and kidney weakness, chronic constipation, loss of physical and mental vigor and a host of other supposed old age symptoms, who should probably be treating the prostate gland!

My advice to these men is not to make the same mistake that I made. Send the coupon for that little book, "Why Many Men Are Old at Forty."

Scientist's Book Sent Free

See if these facts apply to you. Learn the true meaning of these common complaints and see why these ailments in men past forty are so often directly traceable to a swollen prostate. This book is sent without cost and without obligation. Simply mail the coupon to W. J. Kirk, President, 6456 Main Street, Steubenville, Ohio.

W. J. Kirk, President,
6456 Main Street, Steubenville, Ohio.

Please mail me at once, your Free booklet, "Why Many Men Are Old at 40", and full details about the new hygiene. I am not obligated in any way.

Name.....

Address.....

City..... State.....
Western Office: Dept. 64-Y, 711 Van Nuys Bldg.,
Los Angeles, Calif.



Amazing New Facts About Old Age

It is claimed 65% of men at or past middle age suffer with hypertrophy of the vital prostate gland, according to certain medical authorities. A prominent scientist's new home hygiene, without massage, diets, exercise or medicine of any kind, not only greatly increases the blood flow through the treated tissues, but stimulates the functional activity of the white blood corpuscles, which usually reduces the congestion promptly and effectively. The chart is an ideograph of how the blood flows through the treated tissues increased.

A Beautiful Art Album of PERFECT MEN and WOMEN for Lovers of the Body Beautiful (Vols. 1 and 2)

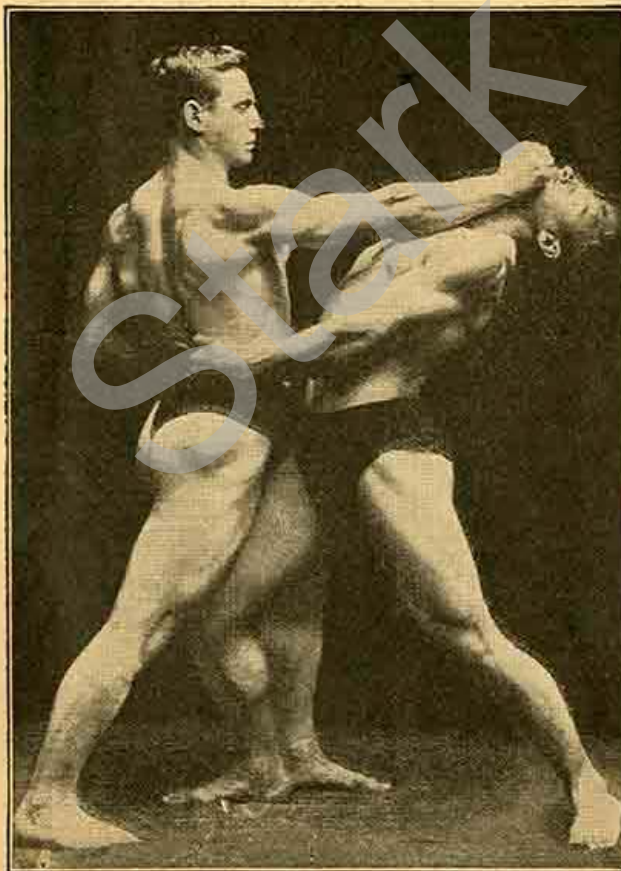
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 162 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men, and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

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

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

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

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



ATHLETIC CHAMPIONS

Ethelda Bleibrey
Charlotte Boyle
Ida Sehnall
George F. Jowett
Bernard Bernard
Charlie Post
Ray Johnson
Marie Curtis
Edward Aston
George Dimbinski
Laura Bennett
Mary Jane Lowe
Carrie Keeley
Marion Fletcher
Nursie King
Charles Shaffer
Al Treloar
Maurice Derias
Hilda Curtis
Strangler Lewis
David Willoughby
Al Bevan
Sam Clapham
Maxick
Stanislaus Zbyszko
Otley R. Coulter
Antone Matyssek
Sybil Bauer
Kohanomoku
Hackenschmidt
Steinborn
Joie Ray
George Calza

Arthur Saxon
Joe Stecher
Jack Dempsey
Mark Jones
Arthur F. Gay
Marin Plectina

PHYSICAL CULTURISTS

Marion Green
Peggy Joyce
Estelle Taylor
Alta Sterling
Estelle Bradley
Mrs. Earle Leiderman
J. Richmond
Earle Leiderman
Kronos
Sigmund Klein
Hyatt
Breitbart
Charles Atlas
Dorothy Knapp
Kathleen O'Connor
Olive Ann Alcorn
Lionel Strongfort
Jovita Dardon
Helene Chadwick
Joe Bonomo
Madge Merritt
Marjorie Barker
Rev. B. E. Brown
Gladys Walton
Priscilla Dean
John M. Herbie

and many others.

A. P. Hedlund
Rose Kinder
Polly Walker
Doris Wilson
The Vanities
Ann Hyatt

ARTISTIC

Strength and Beauty
Les Syrenes
Salambo and Mattheo
A Study of the Nude
The Slaves
The Vine
The Sundial
Ecstasy
Consolation
Le Baiser
The Tempest
Rising woman
Braccio Nuovo
L'Aurore et Cephalie
A Message of Love
Marguerite de Faust
A Mirror of Life
The Harmony of Love
Energy in Repose
Psyche Receives the
First Kiss of Love
The March of Love
Beauty and Development
Climbing up the Cliff
Hail to Life
Bacchante
Pygmalion and Galanthee
Devant La Mer

Physical Culture
Magazine may
your teacher

we are making a special subscription offer of five months for one dollar. Clip the coupon below and send it in today with a dollar bill before this offer is withdrawn.

Macfadden Publications, Inc., Dept. S-46
Macfadden Building,
1926 Broadway, New York City.

I am enclosing \$1.00. Please enter my name for a five months' subscription to Physical Culture, beginning with the April issue, this in accordance with your special introductory offer.

Name

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re
25c

I Can Make You Magnetic —Irresistible! Give Me 5 Days to Prove It—FREE

WHAT is popularity worth to you? What is business success worth to you?

Would you like to be forceful, self-confident, fascinating to men and women?

Would you like to step out of your old shell—gain new friends, astonish old ones—express your inner self—express the best that's in you? I have shown thousands, I can show you.

All over the country people have learned the secret—are learning it every day. These wonderful truths grip them, startle them! As they look back at the past, they realize what timid, colorless creatures they were. When they remember the worry, the embarrassments, the bitter disappointments that were theirs—they shudder!

But now—how changed they are! What happy, vigorous, confident people they are! Popular wherever they go—fascinating to both men and women. They are reborn. The dawn of a new day is theirs—a glorious sunrise, painting the world about them with new life—new color.

What Is Personal Magnetism?

Popularity — forcefulness — self-confidence—sex attraction—all these living, human forces have been found to be inseparably related; governed by the same elementary laws; dependent on one great, underlying force—a force which not only controls individual men, but which actually affects human destiny! This vital power is now recognized as *Personal Magnetism*.

Personal Magnetism is like electricity. It is invisible. You can't see it, handle it, or define it. You can only feel its effect, notice its influence, observe its startling results.

The greatest leaders in history are men who radiated this force—Caesar, Napoleon, Lincoln, Nelson, Roosevelt. These men had something, some inner force, that set them apart from ordinary men. Not courage, nor ability nor will power.

chronically constipated. I was run down in body and almost broken in mind, practically an invalid at 58. I talked to scores of men. In fact, I talked to practically every man I met or could get to listen. As I look back now I think I was nearly insane on the subject.

Faces Surgery

It has been my experience that almost without exception every man past 60—and a surprising number even at 40—had one of these distressing symptoms, but few men had it as bad as I did. I had seen my doctor, of course. But he



earthly bliss in the love life—heart of all human life. This potent force can perform wonders in the homelife—in the proper rearing of children. Sex Magnetism is truly Nature's amazing aid to every noble, virile man—to every sweet, lovable woman.

A Great Discovery

The secrets of personal magnetism I now offer you represent the work of a lifetime—the result of patient years of study and research by that great student of the human mind—Edmund Shaftesbury. In 1866 Shaftesbury quietly set out to find methods of setting free that dormant force which he called Personal Magnetism. He first applied his methods to his own circle of friends. Results were astonishing. His secrets seemed to have the magical power of transforming people into entirely new beings. Shaftesbury's fame spread. World celebrities came to him. He received fees as high as \$500 for personal instruction. Prices up to \$100 were gladly paid for one single book! Famous men and women such as Gladstone, Queen Victoria, Lord Beaconsfield, Edwin Booth, Henry Ward Beecher, Cardinal Gibbons, and others were among his students and friends.

Until recently Shaftesbury's teachings have been available only to the extremely rich. But now, I have brought these costly teachings within the price range of every ambitious, intelligent person.

Shaftesbury's fundamental principles of Personal Magnetism have been put into a beautiful extra large-size volume under the title of "The Cultivation of Personal Magnetism." This book gives you the key to a magnetic personality in only five days—or it costs you nothing. That is my free proof offer to you.

The study and scope of Personal Magnetism is as broad as life itself. "Fires of Magnetism," "Sex Influences," "The Magnetic Voice," "Physical Magnetism," "The Magnetic Eye," "The Road to Power" and "The Winning Personality" are only a few of the subjects covered in this amazing book.

Results Seen Instantly

There is no long waiting for results. You can apply Shaftesbury's secrets the moment you read them. You will be amazed at the ease with which you can accomplish things which formerly seemed difficult. You lose all fear. All timidity. All awkwardness. You gain supreme self-confidence. You are given an altogether different outlook on life—instantly. You quickly begin to realize your hopes and ambitions. You become a clear-cut personality—with an almost uncanny power to get people to do what you want. And with the great power of Magnetism—which you can make more powerful each day—you will be enabled to go thru life supremely happy—reaping the glowing rewards which Magnetism—and only Magnetism—can give you.

Remember My 5-Day Free Proof Offer! Send Off the Coupon Today

You must see this book for yourself—examine it—let it influence indelibly your own personality. Send no money—pay no C. O. D. Merely mail coupon below and this remarkable volume, with cover in handsome dark burgundy cloth, gold embossed, will be sent you by return mail for 5 days' free examination. If you aren't stirred and inspired in the 5-day free period, return it and it costs you nothing. Otherwise keep it as your own and remit only \$3 in full payment. You are the sole judge. You do not pay unless you are delighted. You simply can't delay! Clip and mail the coupon NOW.

RALSTON UNIVERSITY PRESS, Dept. 66-H Meriden, Conn.

RALSTON UNIVERSITY PRESS, Dept. 66-H, Meriden, Conn.

All right—I'll be the judge. You may send me the volume "Cultivation of Personal Magnetism" for 5 days' FREE EXAMINATION in my home. Within the 5 days I will either remit the special low price of only \$3 in full payment, or return it without cost or obligation.

Name
Address
City..... State.....

ence is that some men know how to use it—not consciously perhaps—but unwittingly. Magnetism simply emanates from them. In others it lies dormant, unused, unsuspected.

Have you ever felt irresistibly drawn by a leader—some dynamic individual who seemed more vital, more magnetic than the rest of the crowd? You enjoyed his company, felt flattered by his attention—even glad to be near him?

You too, can be vital, magnetic—a leader among men. You too, can radiate this irresistible attraction. You have the inner force. The magnetism is there, inside of you, whether you suspect it or not. I can teach you how to release it, how to develop it, how to control it—how to become the confident, popular, dynamic individual that Nature intended you to be!

What Magnetism Does for Men and Women

Once you master this power you hold the key to success you become a personality to be reckoned with. In

It is claimed 65% of men at or past middle age suffer with hypertrophy of the vital prostate gland, according to certain medical authorities. A prominent scientist's new, home hygiene, without massage, diets, exercise or medicine of any kind, not only greatly increases the blood flow through the treated tissues, but stimulates the functional activity of the white blood corpuscles, which usually reduces the congestion promptly and effectively. The chart is an ideograph of how the blood flows through the treated tissues increased.

ence it will be your I & — your manner — your o'cls that will dominate. thr will compel men to think you think. As an executive you will become a leader. hea will respect you—obey —try to please you. As a salesman your magnetic voice all confident manner will command attention. Your hearers tre be with you instead of inst you. You will be plecter fitted to close important deals. In any profession ons a lawyer, doctor, teacher, minister—your words will to y conviction. People will move in you—trust in you— on you.

Millions of Women, too, need this power, only because more and more women are entering business and professional fields because Personal Magnetism can bring the highest

Famous Athletes Value Their Health Beyond Anything Else

THE most famous athletes in the world, the men who are at the top in all branches of sports—boxing, swimming, skating, wrestling, golf, running, tennis—guard their health with religious care. They realize the importance of keeping fit because their reputations, and in some instances their livelihood, depend upon their physical condition.

These leaders overlook no method of keeping themselves in form. They cannot afford to, and it is a significant fact that almost without exception they are all regular readers of Physical Culture magazine. In their homes, their training camps, in gymnasiums, wherever men are engaged in developing their bodies and in keeping themselves physically fit, you will find Physical Culture.

Physical Culture has helped many men onto the road to success through teaching them the way to perfect health and it is helping many others to maintain their positions of leadership. What further recommendation is needed than the fact that the most famous athletes in the world look forward each month to the coming of Physical Culture magazine? What Physical Culture has done for them it can do for you.

Splendid Articles by Athletes and Great Health Authorities

Each month this internationally known magazine will come to you literally crammed from cover to cover with articles by the world's foremost health experts. In addition you will find in this magazine features by champions in practically every branch of sport.

Food articles, exercise articles profusely illustrated with poses, weight control, bathing, personal health problems, a superb rotogravure section showing physically perfect men and women, powerful editorials, short stories and serials. Everything that has to do with health is covered in Physical Culture magazine. The policy and the idea behind this magazine may be summed up in one short sentence: *Physical Culture teaches you how to take care of your body.*

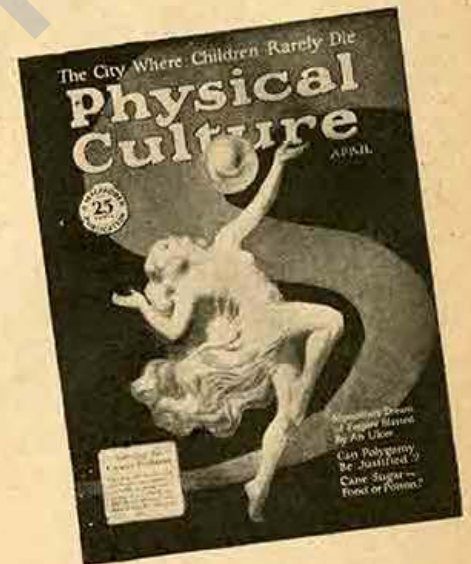
Physical Culture

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INTRODUCTORY OFFER

For a limited time, to introduce this magazine to those who are not acquainted with its message of health, we are making a special subscription offer of five months for one dollar. Clip the coupon below and send it in today with a dollar bill before this offer is withdrawn.

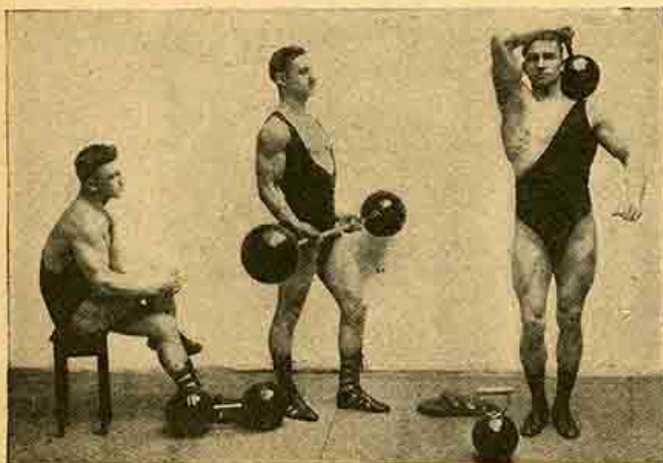
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DO YOU KNOW



every exercise, and to suit the strength of every person. The bar bell became

THE GREATEST OF ALL BODY BUILDERS

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise, which has proven to be the only way in which a man of below-average physique can gradually but steadily improve his build, his muscular development, and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

LOOK AT THESE PICTURES

and you will get a good idea of the kind of physical development which results from the use of bar bells. Most of our bar bell users succeed in getting 42-inch chests, 15-inch upper arms, 23-inch thighs, and other measurements in proportion; and a large percentage of our pupils do even better than that. It is not an unusual thing for us to take a man of average physique, and by a few months' training give him a 45-inch chest, 16½-inch upper arm, a 24-inch thigh; increase his bodily weight by anywhere from 20 to 50 lbs., and give him a physique which is a combination of the Hercules and Apollo types.

Space does not allow us to show many of our thousands of magnificently developed pupils at one time. However, if you will notice our other advertisements in various magazines of the physical culture class you will see pictures of many more of the Milo pupils. The great number and the superb physiques of these men will certainly prove the worth of bar bells in general and the Milo Bells and Methods of Instruction in particular.

(The pictures will also give you a good idea of the different size combination bar bells we manufacture, and show you the iron plates which fit inside the spheres, and which are used to graduate the weight of the apparatus.)

BY USING A BAR BELL YOU CAN BECOME A PHYSICAL SUPERMAN

With every bar bell we sell we give courses of training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender

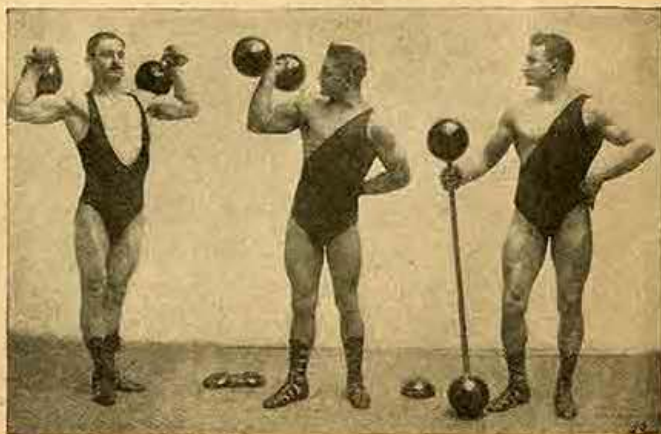
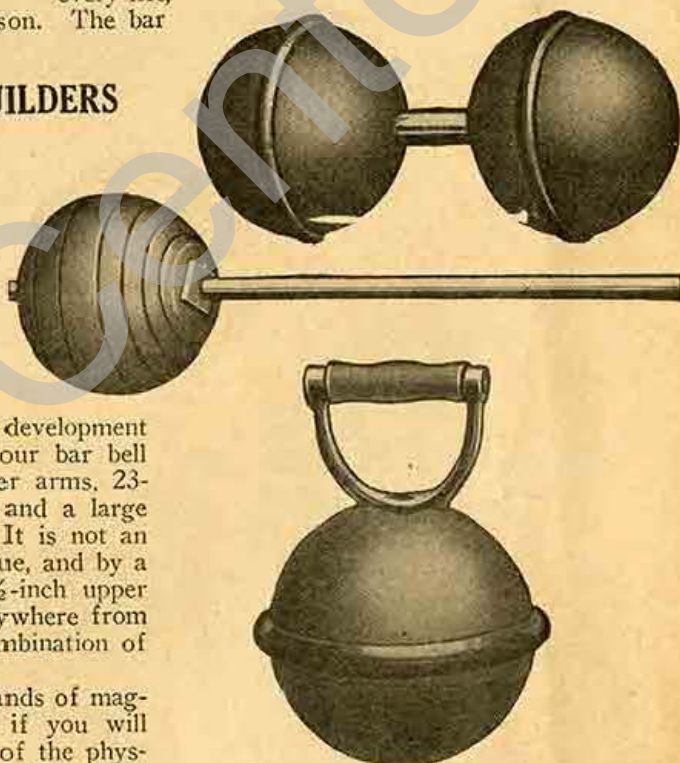
THE MILO BAR BELL CO.

Dept. 128

2739 N. Palethorp St., Philadelphia, Pa.

A BAR BELL is simply a long-handled dumb bell. It has many advantages over a pair of dumb bells. For instance, it is far easier to handle a 50-lb. bar bell than two 25-lb. dumb bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb bells.

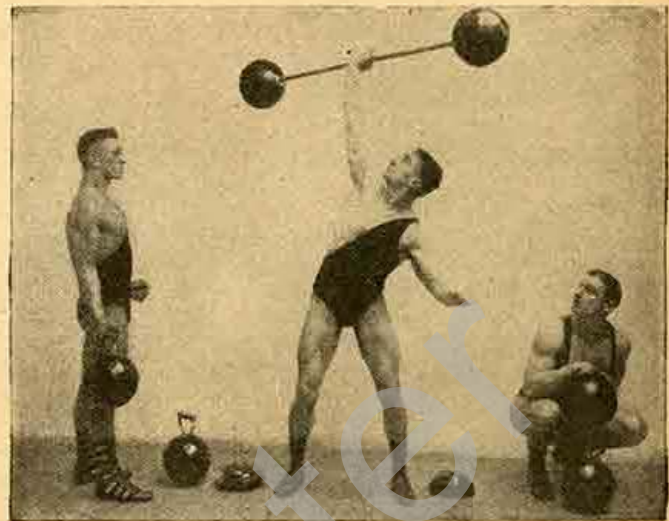
Because the bar bell is the largest of the set, the complete set is often called by this name. A complete set, however, consists of a bar bell, a dumb bell, and two kettle bells or ring-weights, as they are often called. The bar bell, or long-handled bell, is for two-hand exercises, but is also used in a few one-hand lifts and exercises, as shown in the upper right-hand picture. The dumb bell, of course, is limited to one-hand use only, as are the kettle bells. The numerous and varied weight plates that are a part of each set make possible the wide range of weights for every lift.



WHAT A BAR BELL IS?

young pupils gain as much as twenty pounds in weight and six inches in chest measurement in the first six weeks they were under our training. We have taken stout, middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent. of our pupils are indoor men.) One of our greatest delights is taking husky farmers, outdoor workers and gymnasium devotees and showing them what real strength and development is like. Every case is individual with us, and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers, that it is hardly possible your case would present any new problems for us.

You will find a set of Milo bells a real treasure to possess. Not only will you be proud of the physique and strength they will get for you, but the Milo bells themselves are perfect in workmanship, design and finish. You will like them so well you will hardly be able to wait for your next training period to come around.

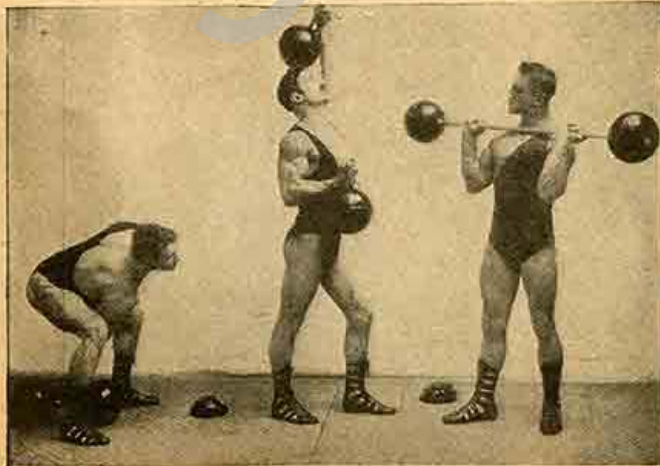


WE GIVE UNLIMITED SERVICE AND AN ABSOLUTE GUARANTEE

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions, and teach you how to accumulate a stock of reserve vigor and health? All of which is part of our job and what you pay us for. All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find that the proportion of return is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

WE MAKE ADJUSTABLE BAR BELLS OF ALL VARIETIES

Every outfit we make is a combination affair, which can be used as a bar bell, a dumb bell, or as a pair of kettle bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of *Different Styles—Different Sizes—Different Prices*, but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.



SEND AT ONCE FOR OUR BIG, FREE CATALOGUE

"Health, Strength and Development and How to Obtain Them" is the title of this catalogue. It contains a complete list of prices, sizes of bells we manufacture, weights of each type of bell, and also shows what physical benefits can be obtained from their use.

..... COUPON

The
Milo Bar-Bell Co.,
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2739 N. Palethorp St.,
Philadelphia, Penn.

Gentlemen:
Please send me without obligation on my part your free catalogue, "Health, Strength and Development and How to Obtain Them."

Name

Address

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

BECOME AN ACROBAT

My Course Teaches You the EASY Way



If you know nothing whatever about tumbling and hand-balancing, this is just the course you need. It will guide and teach you quickly from the very beginning to the sensational feats that you see performed in the circus or on the stage.

If you know little or much about acrobatics, you need this course just the same because it will teach you more advanced feats.

With This Course You Will Soon Be Doing Handsprings, Flips and Somersaults

You will be into the advanced work before you know it, with my plainly explained and illustrated course.

You will soon be doing routines with great speed; and there is no greater thrill to the performer or delight to an audience than the executing or watching of fast routines.



IT IS GREAT To Go Twisting Through the Air

always landing lightly upon your feet like a cat.

Maybe you don't think you can do it. But you can. If you will get this course and follow its instructions, you will be surprised how soon you will be into the advanced feats.

It is really wonderful how the body can be easily taught to actually defy the laws of gravity by staying in the air while a complete turn is made. You can do it, and this coupon will be the means of showing you how.

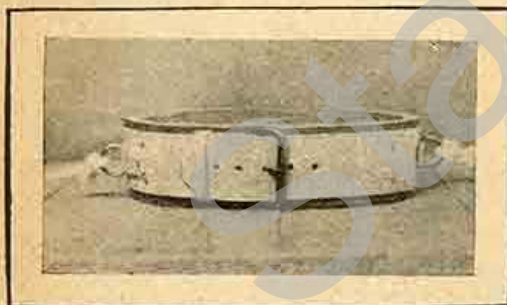


ACROBATIC DANCERS Will Also Find It Valuable

Those who are interested in acrobatic dancing will find this course a great help in perfecting feats that will make them better acrobatic dancers.

My belts illustrated below are used in many first-class gymnasiums for teaching tumbling and acrobatic dancing to beginners and advanced pupils in these arts.

These belts are now in use at the Gertrude Hoffmann, Ivan Tarasoff and Wm. J. Herrmann School of The Dance and Acrobatics, Tuxedo Building, New York City, N. Y., and many others just as reputable.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the price of \$5.00, which includes shipping charges.

See Coupon for Combination Offer

START LEARNING TUMBLING NOW

There is no sport more fascinating. There is an indescribable thrill in performing all tumbling and hand-balancing feats.

You will enjoy it from the simple handspring, snap-up, cartwheel, round-off, headspring, Tinsica, shoulderspring, etc., to the flip, somersault, twister, spotters, gainers, lay-outs, series of flips, somersaulting with weights, etc.

Furthermore, you will also enjoy the feats done with one or two partners. There are many of these.

In hand-balancing, you start with the easy feats such as the head-stand, two-hand stand, etc., and go up to the one-hand stand and all the hand-to-hand feats, of which there are many.

*You Need This Course Whether You Are An
Advanced Tumbler or a Beginner*

MAIL THE COUPON NOW

CHARLES MacMAHON

STUDIO A-43

180 W. Somerset St.,

Philadelphia, Pa.

CHAS. MACMAHON, Studio A-43,
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed { \$7.00 for Belt and
Tumbling Course
\$5.00 for Belt only.
\$3.00 for Course only.

Name

Address

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

Waist measurement.....

Charleston!

Why dance in the old-fashioned way when it's so easy to be up-to-date—when it's so easy to learn the Charleston, the new French Tango, the Ritz Waltz—all the steps that the smartest New York society people are doing?

NO one enjoys dancing with a "walk around" who thinks he's getting by because he knows a few old-fashioned steps. You simply can't dance that way to the new ballroom music. You must know the latest steps, the joyous modern steps that everyone is doing!

Those lumbering dances they used to do before jazz laughed its way into the ballroom—those awkward, old-fashioned steps—get rid of them! Learn to dance the new way and see what a difference it makes. Not only will you be more popular, not only will you be a favorite partner, not only will the girls like to dance with you, but—you yourself will get more joy out of dancing!

No longer will dancing be a ballroom duty, but a pleasure! At the end of a dance you won't feel tired but exhilarated. You can dance all night the new way, and enjoy each dance more than the one before. It's great!

Arthur Murray's Famous At-Home Method

Of course you want to dance the new way! Why don't you let Arthur Murray teach you—his fascinating, quick, at-home way—without partner, without music, in the privacy of your home? You'll get real pleasure out of it. Quicker than you'd imagine possible you'll learn how to do all the modern jazz steps that make a dancer popular.

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

You can become one of the most popular dancers in the ballroom. You can acquire an easy assurance, a grace and poise and confidence that will make you a most desirable partner. You can become skilled and clever in all the joyous new dance steps that everyone is doing.



Posed by
Anita
Stewart,
Famous
Movie
Star, and
Arthur
Murray.

To prove it Mr. Murray is willing to send his new illustrated book, "The Short Cut to Popularity," to anyone who requests it.

Send for This FREE BOOK—TODAY!

This free book describes Mr. Murray's unique method of teaching in detail, and also includes a special test lesson from his famous course FREE. Just send the coupon (with 25c to cover cost of printing and mailing) and this interesting book with the free lesson will be forwarded at once.

No, don't wait—you may forget—clip and mail this coupon NOW. Arthur Murray, Studio 628, 7 E. 43rd St., New York City.

Arthur Murray, Studio 628

7 E. 43rd St., New York City.

Please send me your 32-page book and Special Test Lesson. I enclose 25c to cover postage, printing and mailing.

Name

Address

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

Up Against A Stone Wall

—and with no idea what he can do!
Do you see yourself in this picture?

THIS is a talk to men and women who are UP AGAINST A STONE WALL in life, and who want to cut their way out.

It is a talk to men and women who have the courage to search their souls for their defects, ADMIT THEM, and start at once to lick the things that UP TO NOW have licked them.

Take stock of yourself—where are you? Once upon a time you dreamed of great things. You were going to DO SOMETHING worth while. You were going to BE somebody. You entered upon your career with burning hopes. Everybody thought highly of you. Your friends, your family, figuratively patted you on the back. You felt you were destined for great things.

Then—what happened? Your youthful enthusiasm oozed away. Your purpose for some reason became clouded. Instead of going forward, you found yourself UP AGAINST A STONE WALL.

Other men, aiming for the same goal as you, came up alongside of you and passed you. And now, here at last you are—discouraged, lost, PURPOSELESS.

When you think of the men and women whom you have seen succeed, you know that you are every bit AS GOOD AS THEY. You know you possess the same—possibly more knowledge, more ability, more intelligence. You believe that, if given the chance, you could PROVE that you're a better man.

Right here is the bitterest pill of self-confession, if you have the MANHOOD to swallow it. You must admit that those successful men and women were willing to make a real struggle for what they wanted, WHILE YOU GAVE UP THE FIGHT TOO EASILY—or else DIDN'T KNOW what weapons to use!

If there is any pride left in you, if you still possess a glimmer of your fine early ambition, YOU WON'T FOOL YOURSELF WITH EXCUSES. Nor will you admit that YOU ARE LICKED; or that you are too OLD now or too TIRED, to win out.

You will take a new grip on yourself. YOU WILL PLAN YOUR LIFE. You will acquire a new clear-cut purpose, instead of drifting. You will analyze the WEAKNESS IN YOURSELF that held you back, and you will STRENGTHEN IT BY TRAINING.

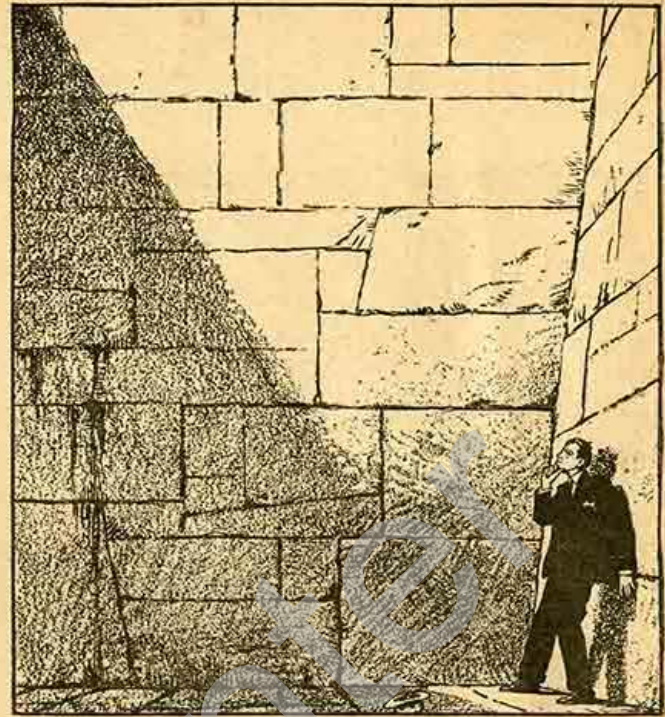
You can do it,—by means of Pelmanism, a system of training that has swept the world. Over FIVE HUNDRED AND FIFTY THOUSAND men and women, in every quarter of the globe and in every walk of life, testify that THIS TRAINING WAS EXACTLY WHAT THEY NEEDED. It is exactly what YOU need!

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The late Sir H. Rider Haggard, Famous Novelist.
General Sir Robert Baden-Powell, Founder of the Boy Scout Movement.
Jerome K. Jerome, Novelist.



Frank P. Walsh, Former Chairman of National War Labor Board.
T. P. O'Connor, "Father of the House of Commons."
Sir Harry Lauder, Comedian.
W. L. George, Author.
Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff.
Admiral Lord Beresford, G.C.B., G.C., V.O.
Baroness Orczy, Author.
Prince Charles of Sweden.
—to mention only a few out of THOUSANDS of men and women of distinction.

A fascinating book called "Scientific Mind Training" has been written about Pelmanism. IT CAN BE OBTAINED FREE. Yet thousands of people who read this talk, and who NEED this book, will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's probably tommyrot," others will declare cynically.

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Editorial

A New Department

IN this issue you will find a new department, "The Health Digest." STRENGTH feels that the general public has very little interest in health unless any individual member happens to be ill, and then until he is well again, "health" is his primary interest. "The Health Digest" will be edited from the viewpoint of health building and life extension work in general, and the material used will be brief and pointed. We hope that the material will cause readers who are interested in special subjects to go into the matter at greater length, and as an aid to our readers in doing this we are publishing the titles and issues of any magazines from which the articles may be summarized and the titles of any books used in preparing the material.

We want all of our readers to become interested in "The Health Digest," and we want any of them who may happen to have health problems to feel free to write to Dr. Mittleman for information and advice. Dr. Mittleman, of course, is not trying to prescribe for sick people by mail. He knows and we know that that is the work of a resident physician, but he is willing and able to help anyone interested in health building or strength building.

All health correspondence is handled promptly and thoroughly, and we want our readers to feel that they are at liberty to "Ask the Doctor" at any time and count upon getting a prompt, authoritative, and comprehensive reply.

When so much magazine and newspaper space is given to the faults and foibles of the day and so much more or less serious attention is given to the prevalence of crime all over America, it ought to be rather easy for the statisticians to prove that most of this talk is hysteria, or that there are real underlying reasons which have been growing in our country and causing us to become a lawless people.

Along in the nineteenth century when Buckle published "A History of Civilization in England," he stated that men's actions could be interpreted in terms of their surroundings playing on them. For his authority for this statement he showed the relationship between the number of marriages per thousand of population and the

cost of living. Everybody knows that there is the same relationship today. It is still true that in good times there is an increase and in hard times a decrease in the percentage of people marrying.

He also stated that there was a fixed number of crimes to be apprehended each year in every ten thousand of population in any given city taking the police statistics of several cities for his ground work.

Everybody knows the population of New York in 1850, and its criminal statistics for that year are still available. How do they compare with the population and criminal statistics of 1915 to 1925?

If they are worse, is this because of changed living conditions which have resulted in a highly strung, nervous, almost neurotic people, or is it the result of the evil effects of the well known war? Or is the cause the change from the farm to the city, from hard manual labor to machine labor, from twelve to fourteen hours a day to eight, with a resultant release of energy which was formerly all used up and which now has to find some way to burn itself out?

At any rate, if Americans are a less lawful people than they were, and if they are becoming progressively worse, it seems to us to be largely a physical matter going back to an increase in nervous tensions and a decrease in muscular activity, which combined have given us an explosive energy and no particular direction in which it can be released.

Certainly all the testimony in favor of various health and recreation centers for children can be read in this light, and if offering more normal and, when possible, more strenuous outlets for play in highly competitive games, has resulted in fewer boys swiping doughnuts from the grocer, we do not see why the growth of gymnasiums and athletic clubs, the members of which were actual competitors, not spectators, should not work to a similar good end among older groups.


No one wants to pass up the good things of this life because they have brought some evils with them, and perhaps the growing interest in sports will fully take up any slack that may

(Continued on Page 68)

The Lure of Beauty

How the Bloom of
Health can be

By Ralph



TAKING my pen in hand and looking back through memory's haze, I am reminded of the story about a ducky, Rastus by name, who is a trifle blacker than the ace of spades. On his return home from the battlefields of France, he met his long lost sweetheart for the first time, and when she beheld him limping painfully, she curiously inquired about the injury to his leg. Quite sardonically, Rastus told her of the episode, when the captain of his company called for volunteers to go over the top and demolish a Hun sniper nest. He pictured for her a vivid description of the horrors of war, and in the midst of his narrative, Liza, his sweetheart, became overly excited as most women generally do, and could not contain herself, so she interrupted him, insisting on knowing, if he had volunteered to go over the top. And with these words Rastus replied, "NO, AH DIDN'T VOLUNTEER — AH WAS APPOINTED."

So it is the same with me. I was APPOINTED to write this article on beauty, I did not volunteer to do so, nevertheless, since I have traveled extensively, and have met countless numbers of beautiful women, I feel that I am qualified to impart some secrets to you, and that I am justified in my appointment to speak freely upon the much discussed subject of beauty.

Many are the times that I have been entreated to give my viewpoints concerning beauty. And invariably I state that my ideals of beauty consist, firstly, of a beautiful and graceful form; secondly, personality; third, health; and lastly facial attractiveness.

Miss Lloyd poses her gorgeously, graceful form very strikingly. She radiates much personality and pulchritude.

and Personality

Youth and Radiant Maintained


Hale

Let me reiterate for your impression, that I have met many alluring women who have entranced me, and with whom I have become enamored. But the thing that is the outstanding feature of them, the most alluring, is not their beauty, their naivette, their natural charm or fascination. It is that indefinable something as yet unnamed that makes them the magnet, that yields so powerful an influence on those they come in contact with, and completely strickens them with awe.

And that something can best be explained by the pictures accompanying this article, where beauty and personality are exhibited to the quintessant degree of perfection. Yes! I daresay, it is the personality that I admire most in women. For without it, what is beauty? Nothing but something cute to look at and that is all. This is a bold assertion, but undeniably true.

BEAUTY! BEAUTY! BEAUTY! What moneys have been spent on it? Every day placards with bold type proclaim it. AND WHAT IS BEAUTY AFTER ALL? Well, dear ladies, I won't say come again next week, before I tell you, but hear ye, I will endeavor to tell you at the close of my lecture, for it will be indiscreet of me to attempt defining it to you now.

Next to the clamor for riches, beauty is the most sought thing in the wide world today. Columns after columns have been written about the success of Edna Wallace Hopper, Fannie Ward and others, who at the age of grandmothers still retain their youthfulness and beauty. Plastic surgery was instrumental in rejuvenating Miss Hopper. I do not know what Fannie Ward's secret is, but ladies, I am here to tell you that I, for one, am heartily AGAINST endorsing methods of restoring youth and beauty by scientific operations. There is too much clap-trap charlatanry and pseudo-science connected with the whole blasted "works" to suit me. Probably Miss Ward has some interesting secrets to divulge, but ladies, please be sane and accept my



The euharmonic molding of the body beautiful is like entrancing music. Doesn't Miss Maria Wusselle envoke an appealing strain?



The above pose combines not only beauty, but brains and personality. But the lure of her is the simplicity of feature that is so poignantly beautiful.

advice, keep away from the scientific beauty shops, where artificial means are employed to enhance beauty.

WHY, OF COURSE! Any woman is sensible in making herself as attractive as possible. But let me reiterate, I am against plastic surgery, as it has not been perfected as yet, but there are a good many natural ways in which a woman can retain the appearance as well as the feeling of youth. She can take care of her figure for instance. Being forty does not give her an excuse for being fat.

YOU ask what is this natural secret that I mention. Stay a while longer, LADIES, I have the natural methods classified under one heading. A heading that you think you know a lot about but in reality know the least. I'm going to give you some mighty good hints, I'm going to tell you a few things, but be calm, I shall not provoke your ire by chastising you. I would never do this. However, let us pretend that we are in school and I am a teacher in your school, and the subject that I will teach is BEAUTY. How it can be obtained and maintained is the thesis on which I will instruct you. Are you on? All rightee! I hope you will like me for I am liable to be severe and critical and may remonstrate with you occasionally, but, LADIES, just grin stoically for the ordeal will soon be over.

NOW LADIES, attention! Class will come to order. Before I commence the first lesson on "THE NATURAL WAYS TO OBTAIN BEAUTY" I shall recite a quotation. "Plato rightly exhorts us not to employ the mind without the body, nor the body without the mind, but to drive them equally like a pair of horses; and when at any time the body toils and labors with the mind, then to be more careful of it, and thus gain its well-beloved HEALTH, believing that it obliges us with the best of things when it is no impediment to our knowledge and enjoyment of virtue, either in business or discourse."

Let that quotation sink in and digest, for the ways in which I shall teach you to obtain BEAUTY are listed under that magnificent word, HEALTH. Everything that is of primeval interest to you, such as the care of the complexion, grace of form, poise and "what-not," are classified under this heading, so give me your undivided attention for a few moments longer because my harangue will aid you, both to attain and maintain beauty.

The subject of our first lesson on BEAUTY is AIR. Always have fresh air where you live and work. Open all windows wide before you use a room in which you live and work. Open one window at the top and one at the bottom. The good air comes in one window and the bad air goes out the other. Wear light, loose and porous clothes, for the skin should be kept clean and warm and should have air, thus clothes should not be tight. Always wear porous cloth, that is, cloth so loosely woven that you can blow air through it. Do not wear tight shoes or high heels. Get out in the outdoors as much as possible, and when you breathe, breathe deeply, slowly, regularly, through the nose. Do not breathe through the mouth. If you do not occasionally breathe deeply, part of your lungs may become useless, and by all means do not force yourself to breathe rapidly as this is very harmful; you must breathe slowly.

For the second lesson I have selected "FOOD." You must take infinite pains not to eat too much, even if you think that you should weigh more than you do. Weight may be gained by sleeping as well as by eating. Foods are of two kinds, REPAIR food and FUEL food. The repair foods are called "proteins." The fuel foods are called "carbohydrates" and "fats." You must eat a certain amount of "protein" or repair food each day to replace those parts of the body which are being used up. If you eat more of this protein or repair food than you

really need, the surplus food decays in the bowels and makes poisons. This works the liver and kidneys too hard, because they are the parts of the body which have to get rid of these poisons. There are two foods that we all use and which have this repair value in large amounts, namely "MEAT and EGGS." If we eat too much meat and eggs, we get more protein food than the body needs, so eat little of meat and of eggs.

Most people eat too much soft food. HARD foods, like crusts, toasts, hard fruits and nuts, that make you chew, are very good for you. Eat vegetables and greens in plenteous quantities. And lastly, remember to chew your food until you can easily swallow it and do not imbibe of much liquids during the course of a meal.

LADIES, one of the most interesting and lengthy subjects is the third lesson, entitled "HABITS." Under this heading I shall give you a comprehensive idea about the care of the skin, which I'm sure you shall want to hear much about, and then, too, there are a number of other subjects that need bearing out, so LADIES, prepare for a severe lesson as I shall be very demonstrative and critical, yet I hope to teach you much that you need to know.

YOU MUST move your bowels at least once in the course of a day. If your bowels move without effort, it is easy for you to keep well. If you can get in the habit of moving them twice a day, after breakfast and after supper, so much the better. Headaches are caused by the bowels not moving, and remember that food is best, to move them, not drugs. You must religiously avoid tonics that move the bowels. The natural way is the only right way. I make it a rule every morning upon rising to drink several glasses of hot water, and I must extoll this habit as it is one of the most wonderful things a person can do. Not only does it aid in elimination of waste but it clears the skin, and lends that velvety aspect to it. LADIES, if you want to do yourself a great favor, then drink hot water upon rising and retiring. Get into the HABIT of it, for the benefits derived from it are marvelous.

Lift your chest up, arch it forward and throw your shoulders back, stomach in. Do not slouch. One of the most common causes of constipation and nervousness is



Of all the beauties I have seen in the aggregation of the Gertrude Hoffman Girls, this girl, so exquisitely posed, is the outstanding one, and the most adorable of them all.

a slouching position. Walk and stand with heels apart and toes straight forward. "Toeing out" leads to weak feet and flat foot.

The best way to keep your mind and body strong is not to form HABITS of drinking liquids like spirits, wines, patent drinks sold at soda fountains and patent medicines. Smoking is injurious. Athletes find that it makes them short of wind and it dulls the brain. If you smoke at all do so in moderation and do not "INHALE." Clean your teeth, LADIES. If they become decayed they are apt to make poisons in the body. Be sure to clean your teeth, tongue and gums thoroughly each night and morning by brushing with a tooth brush. Move the brush up and down with a (Continued on Page 90)

Is Muscular Devel

Will that Development Obtained
Do Muscles

By Charles

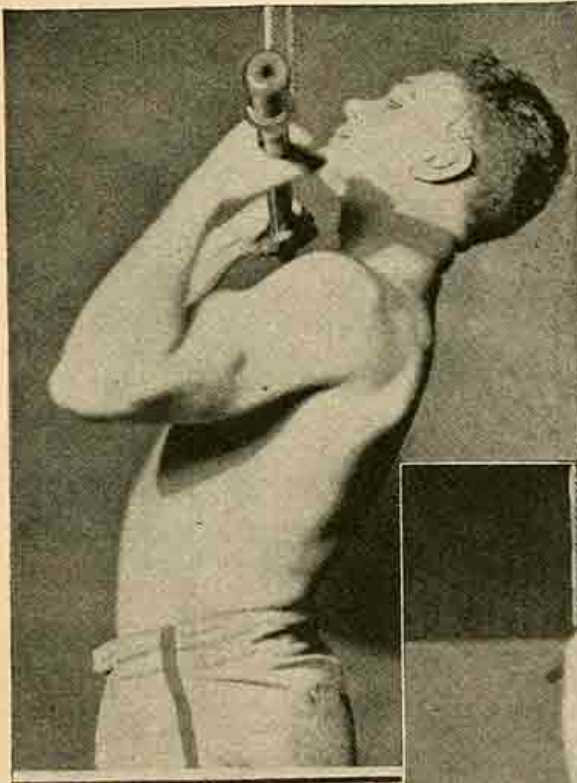


Fig. 1

THIS is not a new question. Nor is this the first time it has been discussed. Consequently, there has been much bantering, pro and con, as to whether muscular development obtained from systematic or other forms of exercise will stay with the possessor.

I am going to give you my answer in two words, and then I will go into detail. My only hope is that I can put it over to you as clearly as I see it, for misunderstandings, like booze, too much money, etc., will often cause a lot of unnecessary trouble.

My two-word answer, as I promised you, is this: "It will," meaning that muscular development obtained from systematic exercise will stick. Now I know full well that there are some who will question my answer, and others who will get up and rave about it, especially those who read no further than those two words and who have had about the same amount of experience. But I haven't developed my own body and hundreds of other bodies, and spent years in this line of work, without learning a few things that I can be sure of. Therefore, let them rave.

I recall, some years ago, a night when two friends, who are just as well developed as I am, and myself were having a swim in an indoor pool. At the particular moment this incident of conversation took place, we three were standing together on the tiled edge of the pool conversing. Presently



Fig. 2

two other young fellows that we knew very slightly oozed into the conversation. One of these two was the type of fellow who admired a muscular man and was not Scottish with his praise. Nor was he on this occasion, for he started right in to ask the usual questions concerning how we got such a development, and so forth.

But the other of the two was different. He was given to discounting muscular development, but, of course, not personal enough to allow any one of our crowd to work a demonstration upon him. His attitude was even more green-eyed than his words. You'll meet that type now and then when you get a well-muscled body for yourself, if you haven't



Fig. 3

opment Permanent?

from Systematic Exercise Stick?
Get Old?

MacMahon

met one up to the present time.

Well, I remember definitely only one thing he said, and that was, "Aw, muscles like them don't stay with you."

I am going to be just as frank now as I always try to be, and will prove it by saying that while this fellow was wrong, it's a matter of what he meant by the words "don't stay with you" that proves just how much or how little he was wrong.

Did he mean that such muscles do not stay with us until the coffin claims at, say, three score and ten



Fig. 4



Fig. 5

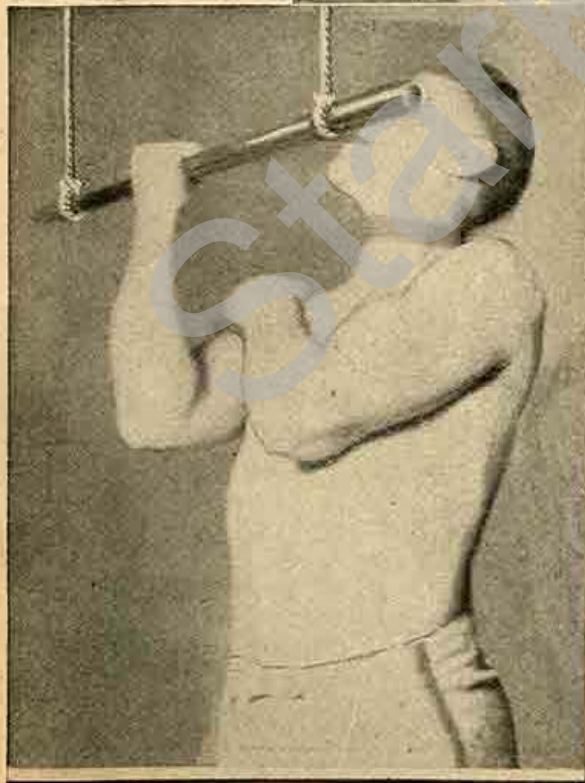


Fig. 6

years? Did he mean that muscles do not stay with you when you drop all physical exertion of any account and lead an easy-chair life? Did he mean that muscles leave you at a certain age, say 30 or 40 or 50, even though you keep up the training program that produced them? Or did he mean that they would leave you if you continued to exercise but let down considerably on the program that built you?

Again I'll be frank. I don't know to this day what he meant—what was in his mind. And I was too sure of my own development and too sure that he was at least somewhat

wrong to even bother asking him. I had met that type before, and felt more like swimming than arguing. So what I had to say about it I said to his friend, feeling that I could here do the most good and miss the smallest amount of swimming time in doing it.

That was that. I saw neither of them again. But the question still hangs unanswered or unsatisfactorily answered to those of this type. And I suppose it will continue to hang as long as the type prevails. I don't even expect what I say here to settle it with some for a minute. And I'm not really concerned about them, for if I succeed in pulling a few more than one of those who are on the fence in this question over to my back yard, I'll feel well repaid for my efforts.

I don't want to end this like most good stories—"Continued in our next issue"—so I'll have to write compactly from here on.

Let's suppose, then, that this fellow had our first suppo-

sition in mind. Assuming that, I am glad I didn't waste time trying to convince him, for who even pretends to believe that a good muscular development and a shapely physique will last one until the end of his life, when that life goes well up in years? I'll go one better and state that it cannot be expected at sixty years. And while there are plenty of well-muscled and well-built men at fifty, no one can hope to look the same physically, any more than he can look the same facially, at this age as he did between 20 and 40. The reason is that certain marked changes take place as one gets around advanced middle age that cannot be completely intercepted.

Proper care of the body with exercise will knock years off one's age, as far as appearance and energy is concerned. But the muscles and body as a whole will have a different aspect than that of those who are really young.

Of the elderly person who has taken good care of himself and led a physical training life, you will hear people say, "He doesn't look anywhere near his age." And this is satisfaction in itself, especially when you know you don't feel anywhere near your age.

After all, I don't believe this is what that fellow had in mind, for who expects to keep their present shape until he or she is 60 or 70 years old? Who cares about physical beauty at that age?

It may have been that he had our second guess in



Fig. 7



Fig. 8

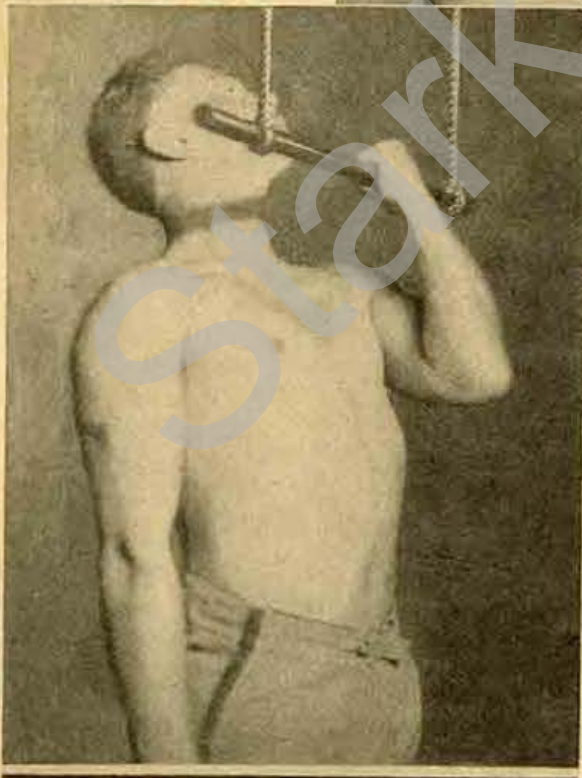


Fig. 9

mind; namely, if one gets a fine development, then quits all exercise and physical training rules and

lays back, so to speak, for years, will his muscles stay solid and well-formed?

Again it seems foolish to go into detail, for every one knows that in this case one's muscles will get soft and flabby from inactivity. Some exercise must be taken almost daily.

It is the same proposition as in any endeavor. The pinnacle is reached but never retained without some effort. If you are an expert piano player, you need almost daily practice in order to keep up your perfection. But it is not nearly as difficult to retain

that perfection as it was to get it, nor will the retaining require nearly as much time. So with physical development, strength and health.

A good development and strength will not leave one at 30 if exercise is continued. At 40 there may be, or will be, a slight change in the shape and texture of one's muscles; but the strength and good appearance will still remain if a good program is continued until this age. At 50 there, of course, will be further changes.

Finally, the fourth question is what I want to impress upon you. And this is it: Every one can retain their fine muscular build well into the years where you don't look for a man to possess real muscular beauty, provided you don't lapse into the easy-chair class and exercise more or less faithfully, although mildly, toward the original program that made you muscular and strong.

So muscles, strength and shapeliness produced by proper exercise and adherence to the laws of nature will stay with you until you get so old it (Continued on Page 83)

Pleasurable Exercises and Stunts on a Horizontal Bar

Developing Courage and Skill

By Jack Russell

FAR up in the topmast's rigging, at a perilous height above the deck, a magnificent built lad whirled gracefully in a succession of aerial feats, with the temerity and nonchalance of one accustomed to the great height. On the deck below an awed group of shipmates expressed apprehensions for his safety. Yet the lad cared naught and conducted his performance with singular boldness and dexterity. He exhibits marvelous control and rare judgment of distance as he whirls through space, his body spinning in the giddy gyros of the loop-the-loop. In fact his judge of distance as he spins from topmast stay to stay is the quintessence of perfection, for he has never erred in that judgment, nor has he ever made a slip that would probably dash him to his death. In the years that I have known him, when but a mere boy at school, prior to his enlistment on board ship, he always toyed with jeopardy, yet, he seemingly found great pleasure in performing the dangerous aerial stunts that furnished so many thrills.

I, too, have climbed aloft in the rigging and have endeavored to render some entertainment, with similar stunts, but when I essayed to emulate him, invariably I would lose my control and become terrorized from fright and would be forced to seek the safety of the deck below. Others sent aloft to do even simple work, either lacked nerve or control and thus they would cling to the rigging for "dear life" as it were, and dared not venture attempting to perform the duty assigned to them aloft. And when this lad nonchalantly took great chances with his life we gasped in sheer amazement at his indifference, which made our puny attempts look like an ignominious failure.

Day in and day out, the intrepid youth thrilled us with his death defying antics. Yet he never made one false motion. How he ever executed such amazing stunts was beyond me. It was uncanny. The more I witnessed his unrivalled feats, the more I was convinced that some indomitable power held sway over him and enabled him to defy death in such a manner. He would whirl sylph like, his body describing most beautiful arcs in the air, and thusly, it behooved me to investigate



"Whitey" Cranford, Temple University Football and Wrestling star, illustrating the front rest on the bar.



"Whitey" Cranford preparing to execute forward knee circle.

this peculiar youthful character and find out where he obtained his courage and ability to perform the thrilling gyrations he executed with his body at such great heights.

I learned that he prac-

tied daily on the horizontal bar and the flying rings at a nearby gymnasium which was the requisite foundation for the more difficult feats he performed up in the rigging. He had developed himself physically, and the co-ordination, speed and agility he derived from constant practice on the rings and high bar gave him a remarkable judgment of distance. The celerity with which he executed his appalling stunts electrified his audiences, who witnessed his thrilling demonstrations with palpitating hearts, praying that his marvelous control and courage would never fail him.

In the gymnasium he performed simple stunts, but I took cognizance of the fact that every move, every action, every stunt was done to perfection. He religiously took pains to execute everything correctly and would practice for hours to gain form in the simplest of stunts. He was never satisfied, though at times I thought he overdid things and became overly exaggerated in his grace and peculiar manner with which he executed his feats. Movements that were exceedingly difficult for me to perform, came naturally to him. His motions were free and untrammelled, executed without apparent effort. And when I summed up my investigation of him I dare to say that it was doing the little things right that counted, which enabled him to perform the greater tasks.

The horizontal bar is, from the consensus of opinion, the most popular piece of suspended apparatus in the modern gymnasium of today. Work performed on that apparatus is the very basis of which the proficiency and skill on other apparatus can be attained

quite easily. To perform stunts on the bar requires agility, balance, co-ordination rather than great strength. Although the lad mentioned in the story above was wonderfully built, just the same his muscles were not of the bulky kind seen on the average strong man. Instead his were long and smooth and lent the suggestion of femininity in the muscular makeup. Yet they did not detract from his ability or hamper co-ordination and his skill and nerve was inexplicable.

I have seen nothing in gymnastic work that pleased an audience more than the beautifully graceful, downward sweep of the giant circle or swing; the apparent ease to perform it and the seeming recklessness of the one above the bar, pivoting and pirouetting into changing directions of the circles. It is difficult to ascertain the origin of the bar, but doubtlessly the commencement of it involved from the early work performed on the branches of trees. The stunts and exercises given herein can be performed by any one who perseveres and masters the complication of the advanced grade of exercise. Although the elementary grade is ridiculously

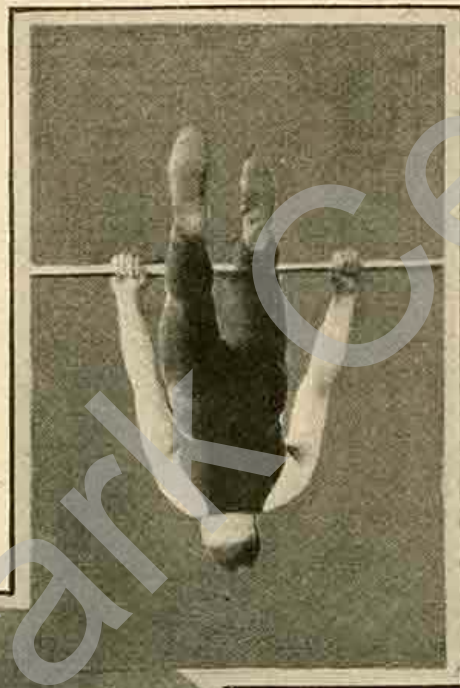
easy, it is a wise plan to play safe, if you have never performed on the bar before, and have ready assistance in the event that you should precipitate a fall.

If you have never been on a horizontal bar before, the first thing that you are apt to do is to swing vigorously on it. This is all well and good, since it is quite a natural thing for a novice to perform. But I would first practice the kind of exercises that developed arm strength, before attempting strenuous swinging. There are two exercises which are the best for developing arm strength and fostering muscle control in preparation for a course on the horizontal bar.

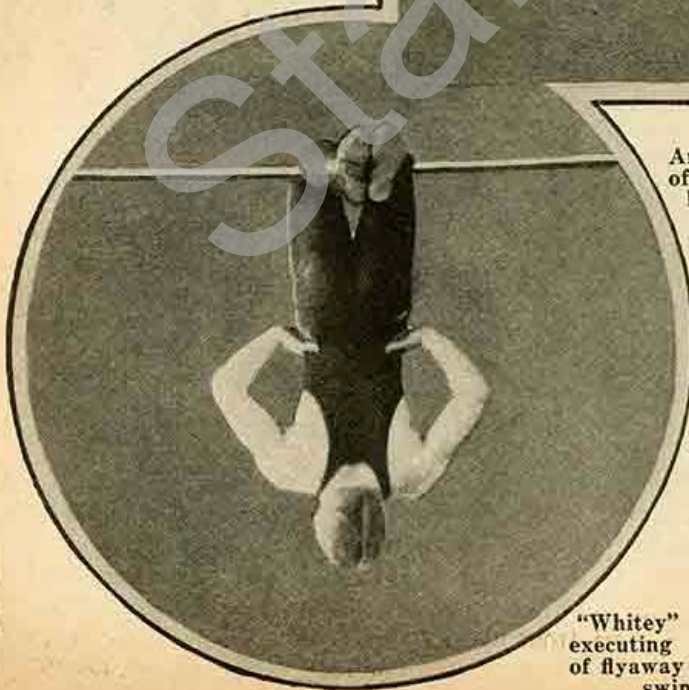
These exercises may not be new to you, but at least the manner in which you should execute them are, and if you conscientiously adhere to the principle of them, you will doubtlessly, in a very short while, commence to notice the benefits you have gained. You must execute them very slowly in order to do them right, as slow as the "eight times slower" motion picture demonstration of the movement. First leap up, grasping the bar with the over-hand grip, or the grip with palms away from you, and

hang at arms' length. Now slide the arms as wide apart as possible, and slowly, ever so slowly, endeavor to pull yourself up on the bar. As you gradually ascend to the bar, let your head droop forward with the chin resting on the chest. This will allow the head to pass under the bar to the far side, and the nape of the neck will rest on the base of the bar. Hold that position a moment whilst you expel the air which was breathed in deeply on the pull upward and then take in a fresh gulp of air prior to descending slowly, exhaling the air as you lower yourself again to arms' length. Repeat this wonderful exercise several

times and results will be guaranteed to you after faithful practice, for your muscles will rapidly gain in size and strength.



Another view of the forward knee circle.



"Whitey" Cranford executing the back of flyaway or "angel swing."

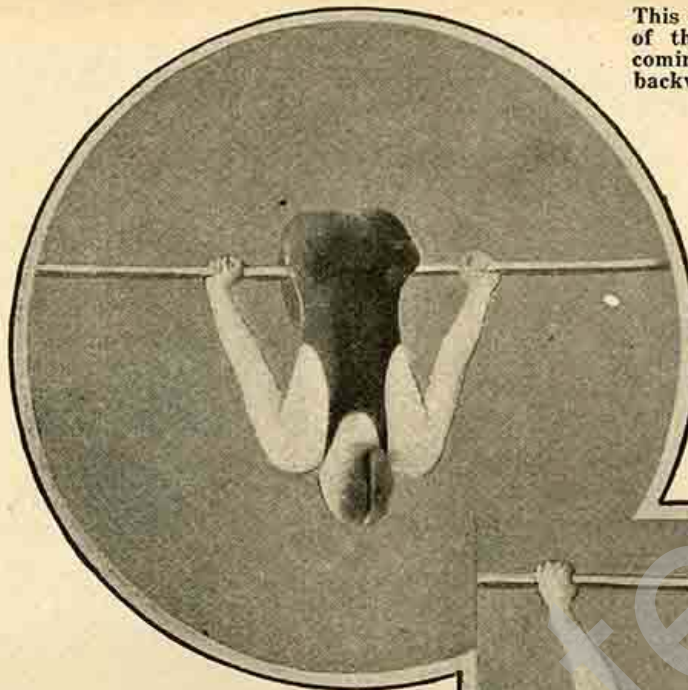
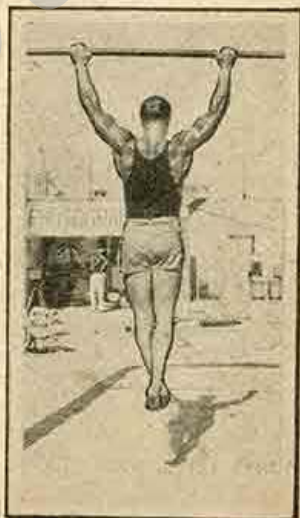
Take a look at the athlete at the start of the "slow pull-up" in the picture taken outdoors. Note how the muscles bulge into play as he slowly exerts a pull on the bar. I used to practice this exercise, and the other I shall describe to you, daily for over five years and I owe much of my muscular development to the faithful practice of them. And therefore I heartily approve of them as a conducive means to strength and development and recommend them to you as a preparation for your course on the horizontal bar.

The next exercise is a trifle more complicated than the former and is more difficult to perform, but it gives wonderful results, especially to the abdominal region and back. Jump to the bar and grasp it with the under grip, the palms toward you, and flex the thigh muscles by lifting the legs up horizontally to the floor, sitting in the air as it were. Rather hard to hold this position, is it not? Still, you are only commencing. Now pull up very slowly, taking pains not to let the legs lower even a trifle. Remember the slower the movement the better effect the exercise will have on the muscles brought into play. The lads in the camp where I was physical director last summer were urged to perform these exercises every morning, and after two months of daily practice, many of them showed marked development and strength by such a practice. I must emphatically state for your benefit that it is the slow motion execution of these exercises that counts, else their value to you is lost.

The first stunt is ridiculously easy to perform. All you have to do is jump to the hang position with the over-hand grip and pull up on the bar, at the same time swinging the feet over it and pulling yourself up until you come to a mount on the bar. Now return to the first position, by allowing the body to tilt forward on the bar and twist the wrist in such a position so as to prevent an accident by falling. The legs swing over the head again, but take care to control their motion by not letting them drop down forcibly, as you are apt to wrench your grasp from the bar, thereby precipitating a dangerous fall. Instead, try to lower them gracefully and gently and exhibit form in the execution of the stunt.

I used to think "that skinning the cat" was an exceedingly difficult stunt to do. All the kids in the neighborhood would laugh till the tears flowed at my comical attempts to perform it. I was rather fat when a lad, and to behold me vainly trying to get my legs through my arms in the twist that allows the body to straighten after revol-

Note the groups of muscles brought into play by this slow motion exercise executed by the author on the bar.



This illustrates the position of the body preparatory to coming to front rest after a backward circle on the bar.

This position of the body in "skinning the cat" is difficult, but "Whitey" Cranford executes it with ease due to his fine muscular development.



ving around the shoulder joints, must have been a sight for sore eyes. Nevertheless, I was a persistent kid and I kept trying till one day I succeeded and from that day on I became quite adept at performing on the bar. Surely you have seen the "skin the cat" stunt performed, where the legs come up through the arms and you twist the trunk and shoulders in such a manner as to allow the body to rotate about the shoulders. Not only is it a stunt but it is a wonderful exercise as well. The shoulders receive much benefit from it and the whole body becomes supple from constant practice of it.

When you can do this stunt with apparent ease, and have no trouble in getting the legs to go through the arms, then try the next stunt of pulling yourself over the bar, ending the stunt in the position lying on the back. You perform it in this manner:

Start from the hang position, pull up slowly on the bar, at the same time bring the (Continued on Page '83)

Muscular Proportions *You Can Build*

Irrespective of Age, Height, and Bony Structure,
There is No Limit to Your Muscular Growth.

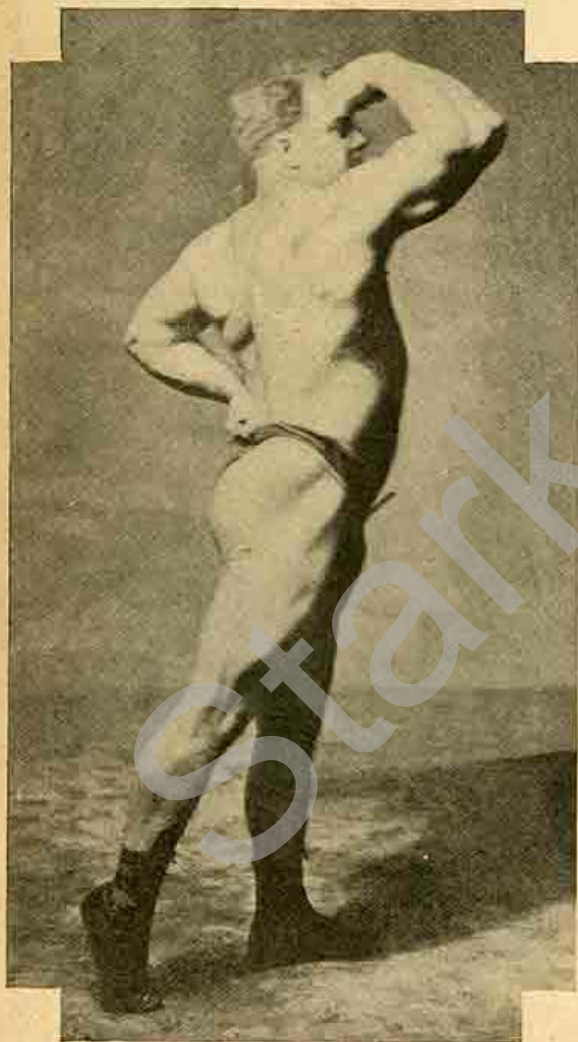
By George F. Jowett

“OH Boy! What arms and shoulders.” I had heard that same remark a thousand times, and long ago it ceased to have any effect upon me. In fact, I had heard it so

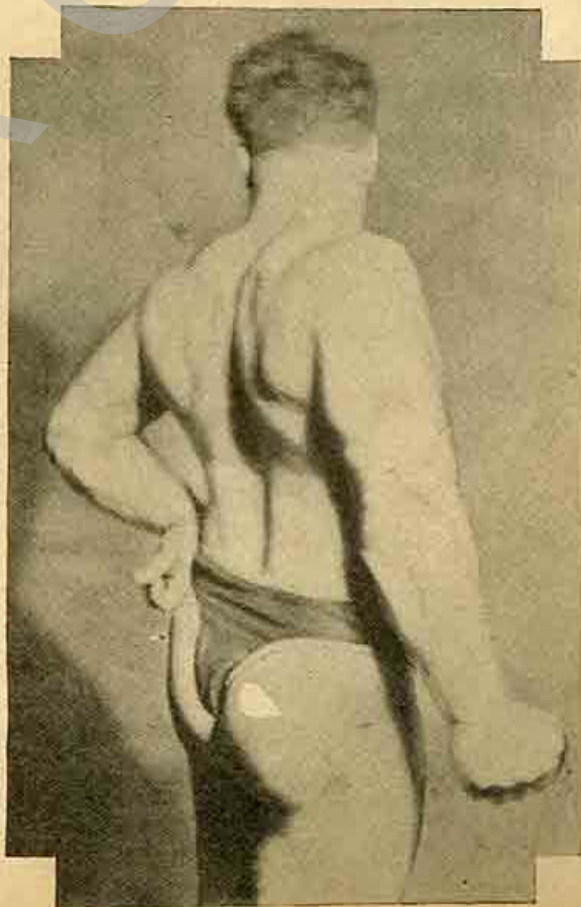
often that I, long since, viewed it as a polite expression of friendliness. However, this voice immediately arrested my attention. It rang with a fervor of enthusiasm that carried with it both appreciation and desire. It turned me immediately from the task of unlacing my shoes to gazing upon the owner of the voice. I saw a fairly tall, slimly built, young man framed in the doorway of the dressing room in which I was stripping. His fascinated sight was riveted upon my bare arms and shoulders. Naturally, they were displayed to their best advantage as I stooped over in the process of unlacing my shoes. He continued to watch, intently, every muscle displayed, as I proceeded further to undress. Not a single line or curve escaped his eager sight. He was enraptured.

This incident happened in a Brooklyn Studio a few years ago, where I had been engaged to pose for some studies.

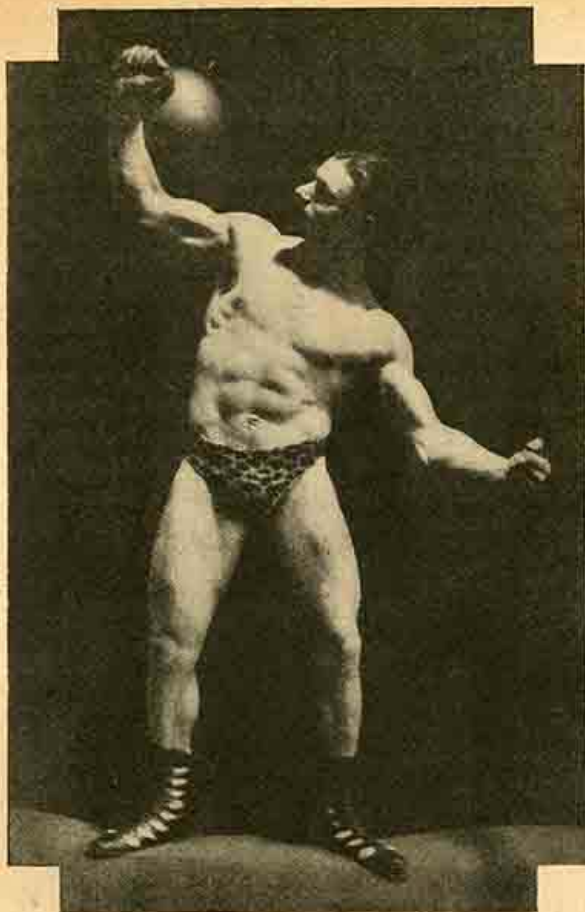
We talked a while, and when I said goodbye to him, he said, “I am going to build muscles like yours.” I knew he meant it, and I knew he would make good. He has. Today he is



The author as he is today. A fitting proof of his teaching and what can be accomplished by one who commences with ordinary proportions. Despite the author's enormous measurements he has retained the harmonious standard in his physique in representing the Herculean type of manhood.



The mass of muscle that composes this powerful back pose goes to show how a man can acquire a chest of $47\frac{1}{2}$, neck $18\frac{3}{4}$ and a $17\frac{3}{4}$ biceps and still retain his muscular separation.



Seigmund Klein, of the same height as the writer, has found the secret of balanced proportion that has enabled him to reach the efficient standard so seldom seen.

one of the finest examples of muscular development and symmetry that I have ever seen.

The uppermost thought in every body builder's mind, when he decides to take up body building, is how much development he can get.

Every week I receive hundreds of letters from young men who are anxious to build better bodies for themselves. Many letters read alike, something like this: "How much can I develop inside of a month?" "Will you guarantee me a seventeen inch biceps in thirty days?" If they don't build a seventeen inch biceps, whereas before it measured eleven inches, they become disappointed.

I never commit myself. Why should I? It would only be holding out a false hope, that in the end would defeat the purpose.

True, some people make remarkable gains inside of a very short time; but the majority must tread the only road that leads to success. We can't all be Sandows and Saxons. There would be no value attached to our strength if we could gain it so easily.

I once heard the remark passed that a woman's beauty palls with constant companionship. The sight becomes too familiar, and familiarity,

unfortunately, strips an ideal of its inspiration. Another parallel was spoken by a great bishop. He said, "We can not all be like Christ, but there is a great joy in working toward Him."

We physical culturists are more fortunate. Nature gave us the heritage of a wonderful physique. Unfortunately, certain numerous mechanical and conventional causes have deprived us of it to a certain



Klein at 148 pounds interpreting the Apollo form which he so well represents.



The herculean arm and shoulder of George F. Jowett, exhibiting the terrific development of the supinator longus of the forearm, the secret of his 15 1/4-inch forearm.

extent. But these attributes are still within us. They are there to get, to have and to hold, and it is up to you to reach for this natural gift and possess it in all its magnificent glory. Like a seed in the soil in winter, that only lies dormant, waiting for the spring, so lie your physical possessions. Study and experience has considerably shortened the road to health, strength and the perfect form. The rest is up to you.

My object in this article is to prove to you that if you are willing you can build for yourself proportions of any size you desire, over a period of time, and at the same time still retain development and great strength in proportion to your muscular growth.

I am not going to give you any unproportionate examples, which is done too often and only tends to mislead the beginner. What I mean is that I am not going to classify a man of five feet two inches, weighing one hundred thirty pounds with a man of five feet ten inches, weighing two hundred pounds. In a picture you cannot tell much about height, but you can see the difference in proportions. Some teachers try to expound this point as an example of relativity. It is wrong. I believe physical examples should be judged by their similarity of height and weight, and the progress that they have made.

Siegmund Klein and I offer ourselves, our experiences and achievements to any body culturist possessing the same desire to succeed as we. Another reason why I offer myself, is to let my readers see that they are not following my teachings blindly. That I am not one who expounds theories, but rather one who has proven the practicability of my studies and made them concrete.

Both Klein and I are about the

same height, and we commenced with nearly the same bony framework

when our bodyweights were similar. That is, our wrists measured seven inches, but my ankle was eight and a half inches, one quarter of an inch larger than Klein's.

From very ordinary dimensions, Klein has developed a form that possesses all the beautiful proportions of an Apollo. The classic features appeal to him the most, and he has moulded his physique in that cast. Klein showed his vision in the respect that he recognized the place where his proportions were displayed the best. I remember when he weighed ten pounds more than he does now, but much of his exquisite form was lost in the increased



Fig. 3

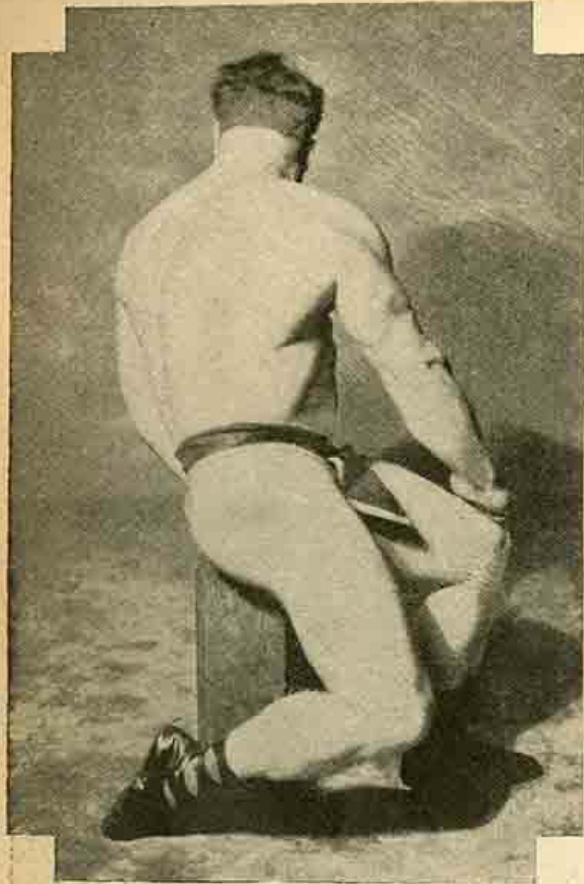


Fig. 1



Fig. 2

Three poses of the author in his transitory stages, from 147 pounds to the present day. Fig. 2 shows him as he was at 147 pounds, a rare specimen of muscle. Fig. 3 shows him in a graceful pose at 176 pounds when he won the "most perfect man" contest. Fig. 1 shows him at the present day at 200 pounds in a restful pose which shows off his herculean form. Note the great breadth of his back, the powerful arm and shapely legs. In the three stages he has applied the secret of uniformity—form with size—you can grow the same.

body-weight. He quickly saw that one hundred forty-eight pounds was the ideal shape as far as he was concerned, and he brought himself back to the poundage that makes him the finest impersonification of the Apollo form at the present time. His beautiful form is possessed of even more remarkable strength,

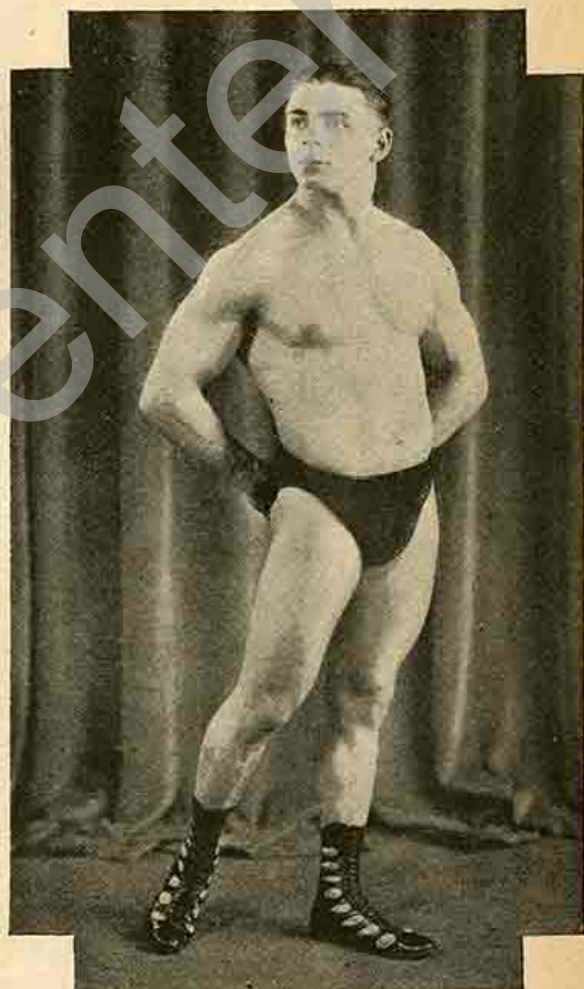
as proven by his splendid records set up recently on the various tests of strength. In other words, Klein has an efficient physique. It is beautiful in its construction, and efficient in demonstration. He has found the corresponding poles of balance where development and strength meet, which has made him what he is today—one of the most notable products of this age.

My case was different. Although Klein and I were of about the same bodyweight, we were entirely different. As I once explained, two men could be of the same proportions, yet look totally different. I had a larger head and hands than Klein. My hips were wider, which always made me appear more massive for my weight. I rapidly passed from Klein's weight to the middleweight mark of one hundred fifty-four pounds. It was at this poundage I achieved my greatest distinction in the world of weights. But certain things arose in my athletic career that compelled me to study body culture to a depth seldom cultivated. The facts were, that I was terrifically strong as a middleweight. My strength enabled me to star among heavyweight athletes, but I looked too small. That is, I did not look the part—capable of meeting heavyweight athletes. Then the wrestling game, at which I made my living, was on the decline, and only heavyweights were wanted. I had to do something. I loved the exposition of the body beautiful, and I decided to develop a posing cast; but on taking an inventory of my physical proportions, I found that wrestling had given me a larger neck in proportion to my shoulders. Through juggling block weights and kettle bells, my forearms had increased too much to balance with my biceps, and my calves were too small for my large thighs and hips. I was twenty-six years of age, and a resumé



Klein displays his beautiful torso which the author says is more perfect than the Grecian Apollo.

of what my measurements were at that time will show you exactly what I lacked in proportion. Height five feet four and a half inches, weight one hundred fifty-four pounds, neck eighteen inches, chest normal forty-one inches, waist thirty-three inches, biceps fifteen and a half inches, forearm fourteen and a quarter inches, wrist seven and three quarter inches, thigh twenty-three and a half inches, and calf fourteen and a quarter inches. Many of my friends said I was foolish. They admired my physique and said I looked great in my act. They argued that my small calves perfected my looks, giving a pleasing tapering off to the entire physique. To a certain extent, this may have been



Klein in repose. He knew his standard and found it. Because of large hips, hands and head, the author became the other standard, although of the same height. He says there is no limit to proportions—you can get what you want.

so, because I have very small feet. But the real student of the human body does not accept such a version. I figured how much better I would appear with a properly balanced physique. Then again, I wanted more weight, so I could look my part among the heavy athletes. You will notice my wrists had increased three quarters of an inch, due, as I have said, to playing with block-weights, spinning (Continued on Page 64)

Packy McFarland

—the Phantom

The Story of the Famous Chicago Stock Yard Boy's
Dazzling Rise to Fame and His Greatest Battle.

By Wm. Boone

WHEN the referee droned out his dirge in ten seconds over the prostrate form of Pete West, during the second stanza, in Chicago eighteen years ago, the ticket holders were not aware of the fact that their plaudits were the first greetings to a scrapper who was destined to write fistic history with gloved mitts from then on.

The young victor was a meat packer—just one of the thousands who made his daily bread in the stock yards of Chicago. Packy McFarland was often spoken of as the uncrowned king of the lightweights. He was a peer in his class all right, and if any man could have worn the crown, with honor, Packy could. I often thought the stock yard boy was decidedly unfortunate in meeting the wonderful British glove man, Freddie Welsh. The Briton was as fast as a flash of greased lightning, and as elusive as a free lunch, but the way the Chicago socker went after Freddie gave the Londoners a feast they have never forgotten.

The decision was handed out a draw, but judging by the storm of disapproval that swept through the famous

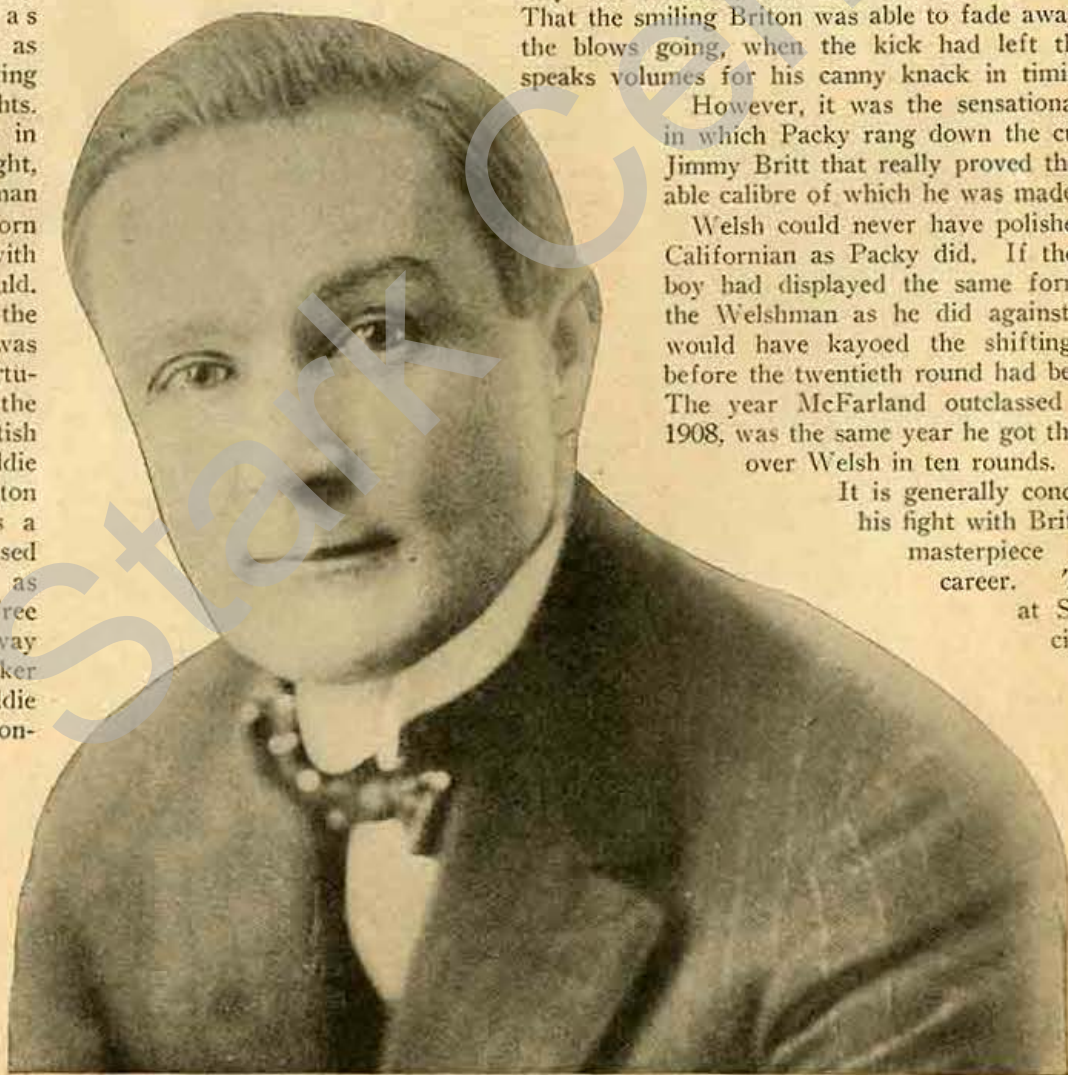
London sporting house, the visitor should have gotten the decision. They fought twenty rounds in a maelstrom of stabbing lefts, and dancing feet, that pierced the armor of the most stubborn critic.

Both men were determined. They had previously fought a no-decision bout of twenty-five rounds, and prior to that, Packy claimed a win over the elusive Welshman. One thing is certain. If the meat packer had landed squarely on Welsh, there would have been only one decision, and that via the knockout route. That the smiling Briton was able to fade away, or take the blows going, when the kick had left the punch, speaks volumes for his canny knack in timing blows.

However, it was the sensational manner in which Packy rang down the curtain for Jimmy Britt that really proved the remarkable calibre of which he was made.

Welsh could never have polished off the Californian as Packy did. If the Chicago boy had displayed the same form against the Welshman as he did against Britt he would have kayoed the shifting Freddie before the twentieth round had been called. The year McFarland outclassed Britt, in 1908, was the same year he got the decision over Welsh in ten rounds.

It is generally conceded that his fight with Britt was the masterpiece of his career. They met at San Francisco, eight-



Jimmy Britt, the pride of the Golden State. Conqueror of Kid Lavigne, Frankie Erne, and Battling Nelson.

een years ago this April in a memorable battle. Very few really believed that the lad from Illinois could thrash the conqueror of Kid Lavigne, Frank Erne, and Battling Nelson, despite the pace he had been travelling. But, when they saw Packy at the working end of that straight right, they received a shock that thrilled them to the very marrow. One of these shots from the shoulder, timed to a split second, crashed Britt from his pedestal and forever removed him from the field of serious title contenders.

Scheduled to go twenty rounds, the Californian dashed in with an attempt to clean up the Chicagoan with his deadly body punches. Packy fought warily, and completely outclassed his rival. Avoiding all his rushes, he landed two for every one, all the time playing for the jaw. When he did land, he shook Jimmy from head to toe, as if he was struck with a sledge hammer. But Britt, as game as they make 'em, continued to force the pace and tried his darndest to land his stomach blow. Even when they came to close quarters, Packy's arms worked in a fashion that dazzled the throng, and he administered a series of blows that that did not sound the least bit like love taps.

He absorbed the Californian's blows like a blotter, and rocked him around the ring with an assortment of ginger snaps that was bewildering. He was complete master of the situation, and Britt was entirely incapable of coping with McFarland's style of boxing. He simply became a moving target. The way Packy held his man at a distance, and outfought him at long range, was a revelation. At short range, he outswapped blows with the pride of California and had the crowd up on their feet, howling off the roof and yelling about the resurrection. A real rock'em and sock'em battler. Throughout the whole melee the boy from the stock yards fought with an aggravating coolness, that exasperated the Californian's admirers.

The way he hit and got away! Ye Gods! I doubt if Corbett could have shown such accuracy and speed.

In the fourth jazz, Packy crashed Britt to the canvas with a pile driver on the jaw. He got to his feet and shook off the effects, covering up until the sound of the bell. Towards the close of the fifth round, Packy

dropped his foe again, and only the call of time saved Britt from the count of the fateful ten.

Everybody realized that it was only a matter of time now, but the crowd was uproarious, urging the battered idol to carry on. If there was one thing of which Jimmy had plenty it was sand, and right here he showed it to the admiration of all. In the minute rest that preceded the commencement of the sixth round, Jimmy recovered enough to make a determined effort to stall off defeat. Desperately he fought to recover his lost strength, but the gruelling through which he had gone had taken too much out of him. Packy, as cool as a cucumber, stepped in and forced the fight, driving his foe before him with long feints that no boxer seemed able to analyze. Britt was cracking fast, but with the dogged gameness born of despair he rallied to meet his

insistent opponent. The crowd was on tip toes shouting themselves hoarse, but Packy kept calm, smothering Jimmy with a shower of boxing gloves that made him flounder worse than ever. He hit him with everything but the posts, whipping him around the ring in circles. A straight left

shot out to the point of the chin felled the boy from the Golden Gate like a log. The referee began to count, but Britt laid as though dead to the world. The counts seemed to penetrate his coma, and at the call of nine he staggered to his feet, a pitiful sight. He tried to stall, but in vain. Packy stepped right in and crashed his wicked right mitt again to Jimmy's jaw. The Californian sank to the floor, making another futile attempt to rise at the count of five. The Chicagoan stood by waiting, but the fight was over. Britt's father, who was seconding him, realizing it was only legalized murder to allow his boy to continue, tossed in the sponge and leaped over the ropes, waving Packy to one side to signify all was over. He then picked up his game boy and carried him to his corner.

It was a wonderful battle. Everybody received the Californian's gameness with a storm of approval. Their admiration for the talented stock yard boy was unlimited. He had given them the greatest educational lesson in the noble art ever seen in the sunny state, or anywhere else, as far as that goes. He proved that the qualities of a boxer and fighter could be combined together in the highest sense. Britt had been touted as one of the most brilliant lightweights that ever (Continued on page 81)



Packy McFarland, the uncrowned king of lightweights. One of the greatest fighters to ever don a glove.



H. H. Rubin, M.D.

WHEN a man or woman is actually sick it is too late for the benefits of physical exercise. Then is the time to see a doctor. For the health seeker as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.

Ask the Doctor

Department for Solving Your Health Problems

By H. H. Rubin, M.D.

QUESTIONS: What can I do for a bad case of prolapsed stomach and bowels of long standing? The X-rays show the stomach way down in the pelvis. This is causing indigestion, inability to assimilate food, thinness, nervousness, and the pressure is causing a more or less continuous—although hardly noticeable—prostatic or other discharge which has a lot to do with my nervousness. I have tried all the well-known remedies, slept with foot of bed elevated for nearly a year, etc.

In addition to this, I have, in the last three years, done a lot of vigorous bar bell work which has made me much stronger, but with no effect whatsoever on this condition. I have done every conceivable exercise for abdomen, sides and back. A specialist told me I had the best abdominal muscles he had ever seen. So you see it is not a question of building up relaxed and flabby muscles. The X-ray man said the stomach appeared to be freely movable. And how it can remain where it is after all this is a "misery" to me.

I am 5 feet, 10 inches tall, weigh 150 pounds, age 29, and unmarried; occupation, mail-carrier.

E. S. G., Kansas City, Mo.

ANSWER: Prolapsus of the stomach and the intestines is a very difficult condition to correct, and as you say, it has a tendency to disrupt the functioning condition, not only of the abdominal organs but of the entire body. Inasmuch as you are a letter-carrier and on your feet constantly,

I would advise a properly fitted abdominal support, so adjusted as to relieve the dragging on the abdominal organs. This is only a temporary measure, however, and should not be used after the muscles have gained in tone so that they can support the organs without artificial help.

Your bar bell exercises and all forms of exercises that develop the trans-abdominal muscles are extremely valuable. Try lying flat on the floor, hooking the toes in a bureau or some heavy object, and raising and lowering the body. Repeat this exercise five times each morning gradually increasing until you can lift the body from a reclining position on the floor to a sitting posture, twenty or thirty times. This will help develop the broad muscles of the abdomen and overcome this trouble.

When you start to do this exercise, it would be well to massage the abdomen pressing the fingers in deeply, raising the abdominal tissue toward the breast with strong tension, holding it in this position for a minute or so at a time. I would like to hear from you inside of two months as to how you are getting along.

QUESTION: I am a young fellow twenty years old and am writing to see if you can help me. I cannot stand any heat nor can I sit in a room where it is the least bit stuffy without my face becoming terribly flushed. It seems to flush at the least bit of exertion I put myself through. I am healthy and take regular exercise, but it seems that there is

something wrong with my skin. I am an ardent swimmer and spend a great deal of my time in the sun. My skin tans easily, except my face, which remains flushed even when I am not taking any kind of exercise.

M., Alameda, Calif.

ANSWER: Your condition is due to improper circulation which probably has its origin in a lack of functioning power of the adrenal glands. The thyroid is also involved in these conditions. Would suggest that you see some physician in your town who understands gland treatment and who can prescribe adrenal and thyroid extract for you in proper proportions to overcome this trouble.

QUESTION: My face is always pale, and I never have a nice complexion. I am only a youth of seventeen. Is there anything that I should do or eat to get that complexion on my face?

J. Z., Buffalo, N. Y.

ANSWER: You, too, have trouble with the glands, principally the adrenal gland. However, as you are only seventeen years of age, I would suggest that you eat meat at least once a day, preferably beefsteak or rare roast beef, or a mutton chop. Also, plenty of spinach, cabbage and other iron-yielding food. It might also be well for you, for a time, to take two teaspoonsful of Armour's Extract of Red Bone Marrow, stirred in a half a glass of milk, after each meal.

QUESTION: I have been enjoying good health all my life. Lately, I have noticed a slight pain on my left side, right on the heart. I am doing hard manual labor and I wonder if I have strained my heart. This does not bother me very much. Sometimes I notice a slight pain when I take a deep breath such as a yawn.

J. M., Chicago, Ill.

ANSWER: It would be well for you to have yourself thoroughly examined by some competent doctor, as your condition might be due to heart strain or to the effect of fermentation in the stomach and intestine, from some digestion. This latter explanation seems most likely to me.

QUESTION: Is Instant Postum a healthful drink. If not, is it as harmful as tea or coffee? Are cranberries a healthful fruit? Can you tell me anything that will make sparse hair on eyebrows grow thick? I am dark-haired, but my eyebrows are almost light—what little there is of them. Vaseline seems to do very little good and is extremely slow at best.

I. M. S., Huntington, Ore.

ANSWER: Instant Postum is a most wholesome and delightful drink. I understand that it is prepared from ground roasted cereal. Therefore, it can contain no caffeine or theine, or the astringent principle that makes tea a source of irritation to many people.

Cranberries are most wholesome, and are rich in mineral salts. The acid they contain is reputed to have an alterative effect which tends toward maintaining a pure condition of the blood.

You might try Lanaline, which is a fat from sheeps' wool, instead of Vaseline, in stimulating the growth of hair. This should be rubbed in thoroughly every night before retiring.

QUESTION: I am suffering from a very bad cough. I have tried all the remedies I can think of, but with no success. I generally get this cough after I have had a cold and have managed to shake

it off, but this time I cannot get rid of it. I cough more when I start to smoke. That is another thing. Can you tell me how I can stop this habit? I have tried hard many a time, but the craving is always there. One more thing, I have corns on the soles of my feet; have had them cut out four times and tried nearly every remedy but I still have them.

L. G. P., Manitoba, Can.

ANSWER: I have had very excellent results in these chronic lingering coughs by the use of Angier's Petroleum Emulsion, a teaspoonful every three hours, swallowed slowly without taking anything after it to wash the Emulsion away from the membranes. I have given the formula for overcoming the tobacco habit once before in these columns, but will repeat it here for the benefit of new readers who may not have seen it. It is as follows:

Argentum Nit.—1 dram
Pulverized Alum—½ dram
Hydrogen Dioxide—2 drams
Aqua Dest.—16 ounces

Sig., Use as gargle or mouth wash every time there is desire to smoke.

Corns on soles of feet are most always due to pro-lapsus of the arch of the foot or, as they are known, fallen arches. You will find that Scholl's or some other arch support will lift the weight off the metatarsal. Of course, you will find it necessary to have the corn removed, which should be done by some skillful chiropodist. The wearing of the arch supporters will keep it from forming.

QUESTION: I am writing you regarding a lump on the neck of my nine year old daughter. It is located directly below the ear and nearly on a line with the point of the chin. For some time, she has had a small goiter which is now nearly gone. But this lump on the side of her neck is very obstinate. Our physician gave her some tablets and said they would reduce the gland to normal. It became smaller for a time but seems to be increasing in size again. One doctor advises an operation but I am not in favor of it.

R. B. H., Plymouth, O.

ANSWER: If this glandular enlargement could be radiated with the Gamma Ray, I believe that it could be obliterated in a very short time. I should not care to express an opinion as to the necessity for an operation. Most emphatically, I should have the opinion from more than one man, however, before undertaking this measure. It would seem that Phytolacca (homeopathic) or some similar alternative remedy might be very helpful in overcoming this trouble.

QUESTION: I am a boy of sixteen and in good health, with the exception that I was stricken with paralysis when three years old. The part that was affected was my left leg and hip. I find that my right leg is considerably larger and stronger; also the affected leg is about two inches shorter and I have a decided limp. Can you tell me how I can lengthen, strengthen and build up this leg? Will massage, diet or exercise help?

A. N., Milford, Conn.

ANSWER: Electrical treatment, preferably by galvanism, offers the best hope for restoring the nutrition of your wasted leg. I have seen many cases where a really reliable degree of functioning has been restored by this method. Massage, diet and exercise are also helpful.

(Continued on Page 62)

Nature and Exercise— a Spring Tonic

How One Girl Acquired Health and
Shapeliness by Exercise and Fresh Air.

As told to Margaret A. Sargent

YES, Miss Sargent, I will tell you the story of my rejuvenation (I suppose you would call it that), so that thousands of other girls may benefit by my bitter experience.

"We lived in the country until I was about fourteen years of age—I being the only girl among five children. You can readily guess that I was spoiled from my earliest days.

"I never had to do any harder labor than go to the store occasionally or help mother around the house. Most

in the creek. I never knew what it meant to be sick—naturally, the fresh country air, the fresh fruit and vegetables, and pure water I got kept me in splendid health.

"At the age of sixteen my family decided to move into the city, and no one was more enthused over this than I. To live in the city—to be surrounded by all sorts of pleasure and neighbors, to be in a position to go to dances and theatres every night, what could be better!

"I was very robust at that time, not too stout—you know, just pleasingly plump. As soon as we moved into the city I began my round of shows, moving pictures, and dances. I soon found, however, that I was getting tired of this daily routine. Furthermore, when we moved into the city I took a position in an office, and at the end of the day, not being used to sitting around all the time, I was too tired to go out. I finally settled down to my old routine of reading or writing, or occasionally going out. Most of my time, however, I spent in reading or writing.

"As time went by I spent more and more time at home, shut up in an ill-ventilated room. I did not care to walk through the city streets like I did through the country, for I missed the beauty of the country. I became very disagreeable and always went around with that 'tired, drowsy feeling.' My ambition has been to become a short story writer, but I found that I could no longer concentrate on my writing.

"Passing by a scale one day I thought I would get weighed, and what a great surprise it was to me when I tipped the scales at one hundred and forty—away above my average weight.

"I went home disheartened. One of my brothers, noticing my brooding mood, said to me, 'What's the matter, Tubby, anything I can do for you?' 'Tubby'? What did he mean, Tubby? I remembered we had nicknamed a school chum, who was very stout, Tubby. Why he must mean that I was fat.

"This plunged me further into despair, and you might know what a shock it was to me when shortly afterwards I was told at the office that a more competent girl would take my place.

"I became nervous and ill-tempered, and it was some time before I found another position.



Fig. 1

of the time I would take a book and lie in the hammock out on the lawn and read, or take long walks through the country, or swim once in a while down

Fig. 2



I began my work with a dread that sooner or later I would be forced to give that up, too. Somehow or other I could not get right down to it. I would sit over my desk, and my thoughts would wander to some unknown places, only to be aroused suddenly by someone.

"In the office there was another girl beside myself to whom I did not pay any particular attention until one day she leaned over my desk and asked, 'What is the matter with you?' That was one of the times my mind had wandered a way off, and I replied with a jump, 'Why?' 'Well, I've noticed for several days that you did not have your mind on your work. Please don't get angry at me. I'm only trying to help you if I can.' I was not angry at her, and through my tears I told her my story. How I lived in the country, then moved into the city, my increasing stoutness and nervousness, lack of ambition. I told her everything.

"After I had finished my story, she said, 'Well, I don't feel sorry for you. It's all your own fault.'

"Then she went on and said if I hadn't realized what fresh air and exercise could do for me I was a hopeless case.

"Look at me. I never had the chance to live in the country like you did; yet today I am in the best of health and happy—how? Why, we have our parks, don't we? Now that spring is here there is no reason why anyone should sit home when they can go out and enjoy nature's gifts. And what do you do on Saturday afternoons and Sunday? Stay home—I thought so. For a few cents you can go right into the heart of the country. What is there to prevent you from taking your books and lying on the grass and read-

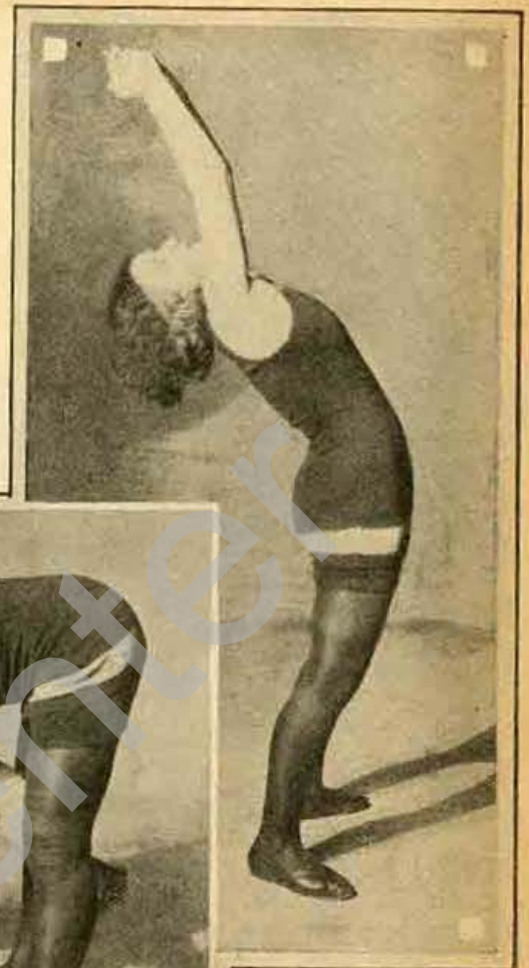


Fig. 3



Fig. 4

when you get up in the morning?

"I know what we will do—you come over to my house to-night, and I will show you the exer-

cises I do, and to which I attribute most of my health and success.'

"That night I went to her home, and as long as I live I will never regret it and will always be grateful to her, for I learned that to retain health and beauty you must go after it and keep after it.

"She showed me the exercises she did every morning and told me again of the value of fresh air. When I went home that night I resolved in my heart to bring back my rosy cheeks and clear eyes, my robust health, and to change my flabby flesh to hard muscle.

"I'll tell you, I worked as no girl ever worked before—I fully realized that my condition was keeping me back from a good position and that I almost failed in my writing.

"Every morning I would jump out of bed, and after drinking two full glasses of cool water, I did the following exercises before an open window:

"Stand with the back flat against a wall; the head, shoulders, buttocks, and heels should touch the wall and the arms held rigid at the sides, position No. 1. Now raise the arms forward and upward, keeping them rigid all the while, until the backs of the hands are flat against the wall overhead, position No. 2.



Fig. 5

ing or writing? What about all the gyms and swimming pools in the city? No, you never thought of them. What about doing a few exercises in your room before an open window



Fig. 6

Breathe in deeply as you raise the arms, and exhale when you lower them to their original position.

"This is a wonderful movement to promote correct carriage and poise. It also helps to build a beautiful chest and increases blood circulation. Repeat from 10 to 12 times.

"Stand with heels together, toes pointed, arms at sides. Now raise the arms until they are horizontal with the shoulders, and at the same time raise on the toes, stretching the body upward and the arms outward as far as possible, position No. 5. Now swing the arms in front of you, and lower your body by bending the knees until you are sitting on your heels (squatting) position No. 6. Now raise to the upright position and then to the first position. Repeat about six times.

"By doing this exercise correctly you will acquire control and balance and exercise the legs and entire body in general.

"Stand erect with feet about eighteen inches apart; clasp the hands in front. Now with somewhat of a sweeping motion raise the clasped hands forward and upward, bending backward at the waist when the arms are straight overhead. Keep the arms straight, and reach as far backward as possible, position No. 3. Now swing the arms forward and downward until the hands are between the legs, position No. 4. Bend forward as far as you can; then try to bend a little further until you feel the muscles on the back of the legs tighten. Inhale deeply as the arms are raised, and exhale as they are brought downward. Repeat this exercise about ten times. This movement will develop a flexible spine and also strengthen and reduce the hips, legs, and stomach.

"Stand erect with hands on hips; now rise on your toes, and at the same time extend the right leg as far to the right as pos-

sible, performing a deep knee bend on the left leg. Keep the right hand on your hip, and reach as far along the floor as you can with the left hand, position No. 7. Now return to the original position, and repeat the exercise until tired; then do the same movement on the right leg. You will find this exercise a little difficult to start with, but with a little practice you will soon master it.

"Clasp hands behind back, heels together; now bend forward, and at the same time raise clasped hands backward and upward. Bend forward from the hips as far as possible, and keep your eyes fixed on an object about the height of your eyes, position No. 8. You will not be able to bend very far while in this position, so take it very easy at the start.

"I lived quite a distance from my work but I decided that instead of riding I would walk. This necessitated getting up a little earlier but soon I got used to that and really enjoyed my morning walk. In the spring and summer when the days are longer, if I had no special place to go at night I would also walk home. Then on Saturdays and Sundays I would always endeavor to get out into the country and swim in the open. During the week, when the weather was warm and I felt tired after my day's work I would go to my local swimming pool where I would spend a very enjoyable hour.

"Inside of three months I was a new girl. My friends did not know me. My (Continued on Page 90)



Fig. 7

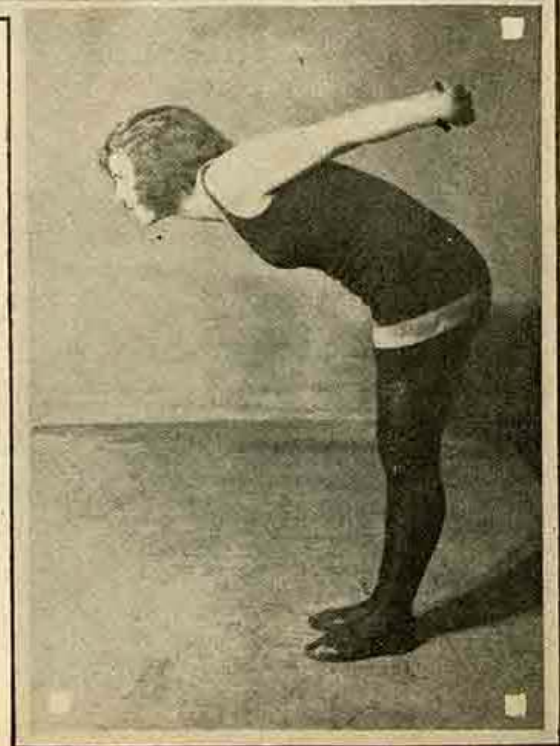


Fig. 8

The Story of a Bar Bell

Mr. Mason's experiences and the experiences of his bell are worth while reading.

By J. Leonard Mason

ALL-ROUND physical training has been my hobby since boyhood, and the thing which has impressed me most of all about these various kinds of sports and exercises is that the

I was once watching "Big Bill" Edwards, the famous Princeton football player, coaching some football line men. He illustrated a strong crouching position with legs back and shoulders set in the best position to charge, bringing all the big muscle groups into play in a single mighty effort. I noted the similarity of these positions to those I have seen athletes take when lifting heavy dumb-bells, and workmen moving heavy material in industrial plants. All feats and exercises involve certain

degrees of balance, timing, accuracy, speed, strength and endurance.

It would be interesting to discuss the theory of these underlying principles of physical action, but as this article has to do with a certain bar bell, I must proceed with that subject.

Like most young fellows, I once had an ambition to emulate the feats of strength performed

by the professional strong men. It was in the late nineties that I wandered up Broadway looking for a

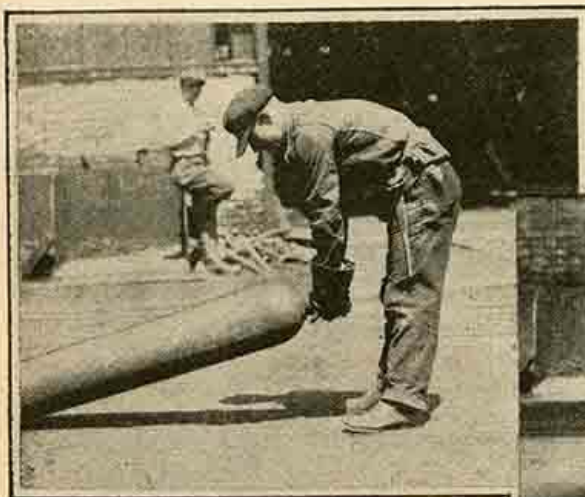


Fig. 1 shows a workman lifting the wrong way.



Fig. 2 shows a workman lifting the correct way.

underlying principles of perfect physical action are very similar in all of them. Physical education is: learning to use one's muscles, controlled by the brain, to the greatest advantage, in order to accomplish the end in view. This may involve a single supreme effort or a moderate effort continued over a space of time and calling for great endurance.

To be expert in any gymnastic or athletic feat, one must study the best way to perform it; to eliminate waste energy and use all of one's capacity of strength, speed and endurance. The instructor or trainer calls this "acquiring good form" or "mastering the technique."

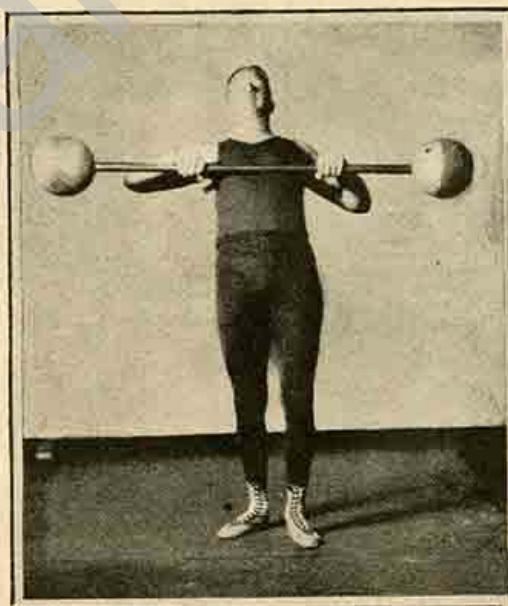


Fig. 3 shows the wrong way to lift a weight to the shoulders.

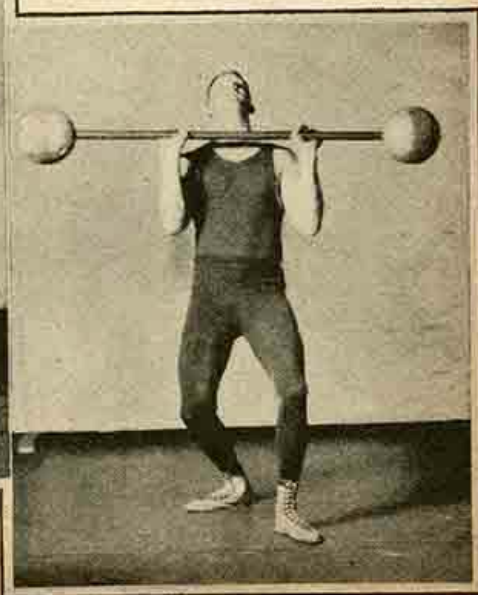


Fig. 4 shows the correct way to lift a weight to the shoulders.

Health Culture Institute, conducted by the well-known instructor, G. W. Rolandow. Having found the place, I immediately arranged for a course in weight lifting. Rolandow was a splendid specimen of physical manhood, and a fine fellow personally. How I did enjoy the evenings spent in his studio watching him go through his training stunts! I never dreamed before how much science was involved in the various "lifts and presses."

When my work took me away from New York, and I had to leave, Rolandow said to me: "I want to give you a bar bell to remember me by," and sure enough I received the "bell" a little later at a preparatory school where I was teaching. That was just twenty-five years ago, and Rolandow's bar bell has been traveling with me to schools, colleges, playgrounds and industrial plants ever since. At the Philadelphia Navy Yard, during the war, sailors and marines amused themselves with it, trying different lifts during their recreation hours. The bell weighs 100 pounds unloaded, there being nothing unusual about

Fig. 6 shows an easy way to raise a weight from the shoulders overhead.

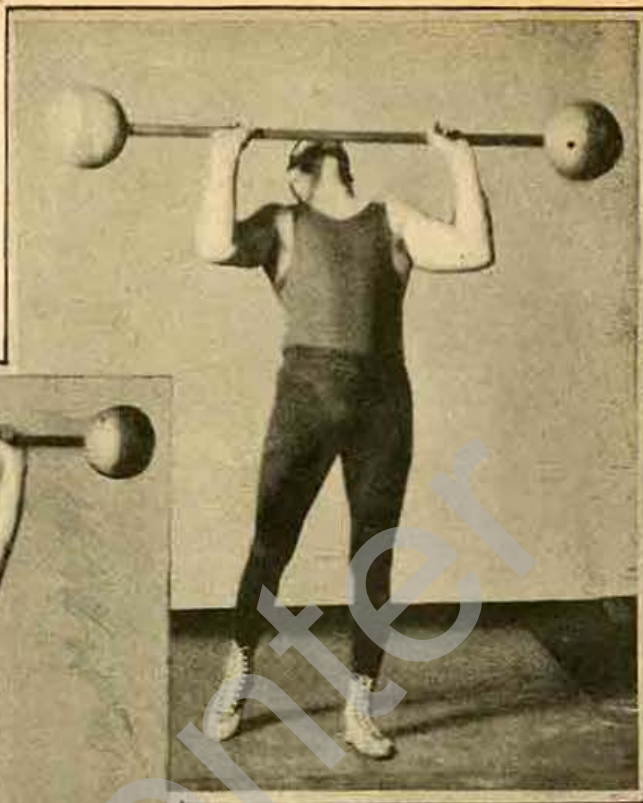
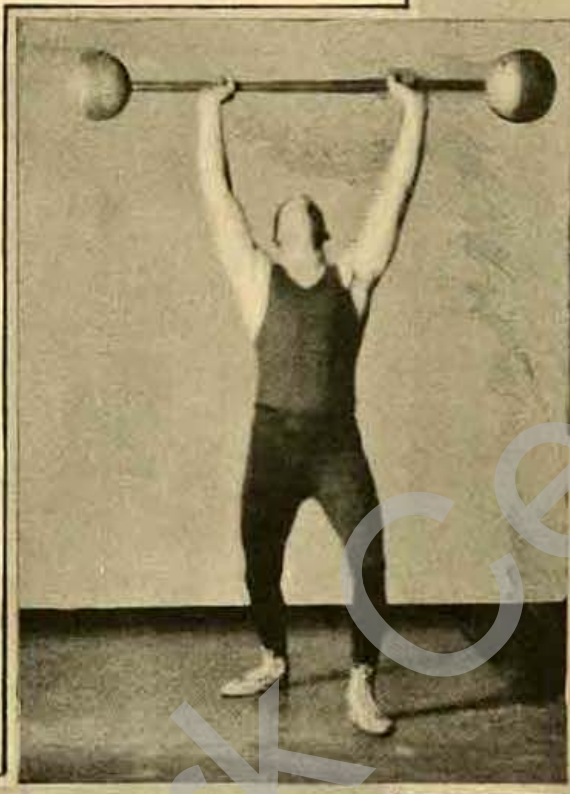


Fig. 5 shows a difficult way to raise a weight from the shoulders overhead.

bar bell lying in the front yard. "Wat's that fo?" one asked. "Oh, that's just to lift," I replied and proceeded to illustrate with a one-hand snatch-lift from the ground to overhead position. With great assurance, both men tried the lift, but not knowing the knack of getting under the bell, they failed to get it over their heads. Then they looked at me and back again to the bell, scratching their heads. Then one remarked, "They sho is something funny bot that baby. How he gets it pass his body, huh?" Being afraid they would ask me to lift the piano with them, I made myself scarce, leaving them to load the bell on the van.

At the University of Pennsylvania, in 1905, this bell was first introduced to the students. It was kept in one corner of the gymnasium, locked up except when in use under supervision. Mike Murphy, the famous trainer, used to come in the gym and watch us doing stunts with it. Many of the old football stars tried their hand at it, including Folwell, Hollenback, Doc. Draper and others. Dr. Elisson, now a noted Philadelphia surgeon, was one of the best lifters. Although he was not a heavy man, he was very strong and muscular; and even today can lift far above what the average athlete can. Dr. Elisson's favorite stunt was to raise the bell from the floor to overhead position

with his arms perfectly straight, while doing a wrestler's bridge. Dr. Elisson used his knowledge of anatomy and human mechanics to advantage and worked out some very unusual lifts. Then he would get some big fellows

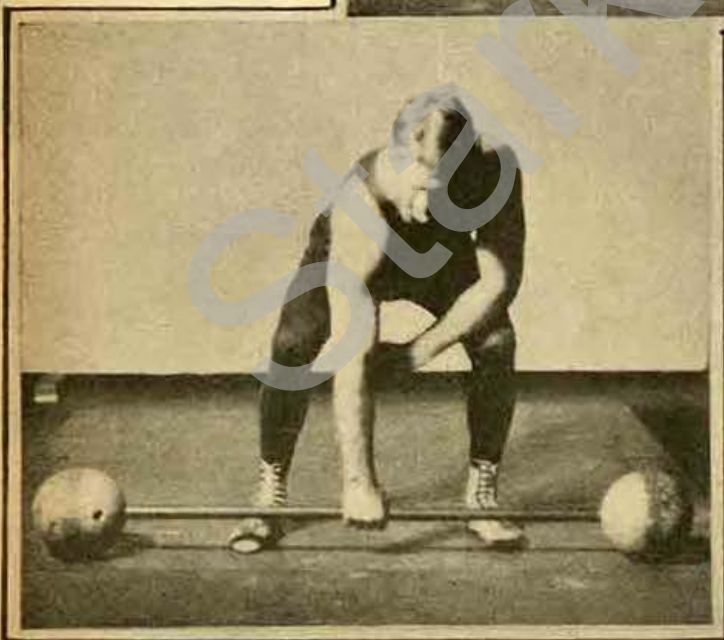


Fig. 7. Getting set for a one-arm snatch lift.

it except that it is a prized gift from an old friend.

An amusing incident occurred when our family was moving to a new home. Two big colored men, who looked strong enough to carry the moving van, spied the

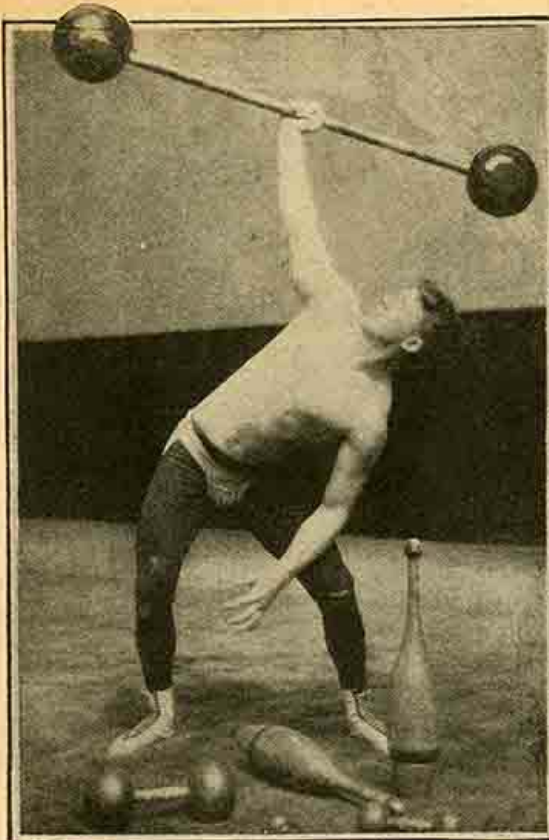


Fig. 8. Supporting weight overhead with one arm. (Photo taken of Mr. Mason in 1900.)

to try and duplicate his stunts, having great fun watching their ineffectual efforts. Finally he would disclose the secret of how to accomplish the feats. We gradually increased the weight of the bell by filling the balls with shot and strapping on small iron dumb-bells.

When I became Physical Director of the Brookline, Mass. Gymnasium and Baths the bar bell went with me. A number of famous swimmers frequented the baths and often "toyed" with the bell; but a swimmer's physique must be lithe and very supple, which does not conform to the more rugged development necessary to do much with the weights.

Personally, I believe a man is better off, from the standpoint of all-around physical education, to gain at least some experience in most all of the various branches of sports and physical exercise. Be proficient, at least to a degree, in gymnastics, boxing, wrestling and weight lifting. Become a good swimmer. Learn to row, paddle a canoe and sail a boat. Get out on the athletic field and try running the various distances in the track events. Acquire the proper form of the high and broad jump, the shot, hammer and discus. Learn to play tennis, baseball, handball and football. Of course, you cannot do all this at once, but during a man's active career, from boyhood to middle age, he gradually gets an opportunity to take part in many kinds of exercises and sports. You may specialize in some one event for which you are especially fitted by nature and experience, but don't neglect the benefits which come from all-round experience and development. I am not speaking from the viewpoint of the professional coach or trainer, but as an enthusiastic follower of all kinds of wholesome, vigorous, muscular exercise. The real test of the value of physical training is: how much of the benefits derived,

then, can be made use of in practical every-day life? If our exercise makes us feel better and gives us more ambition to succeed in whatever we undertake; if it helps us to do our work with more vigor and confidence and we experience the real joy of living, then our exercises and sports are serving their chief end.

While service manager in a large shipyard, I used the bar bell to illustrate the correct way for a man to lift heavy working material. The service office was located in the center of the yard,

and at noon many of the men would gather there to have some fun with the bell. They were exceptionally strong muscular men and were used to working with heavy tools and material, but they knew nothing about the science of weight lifting. At first, these

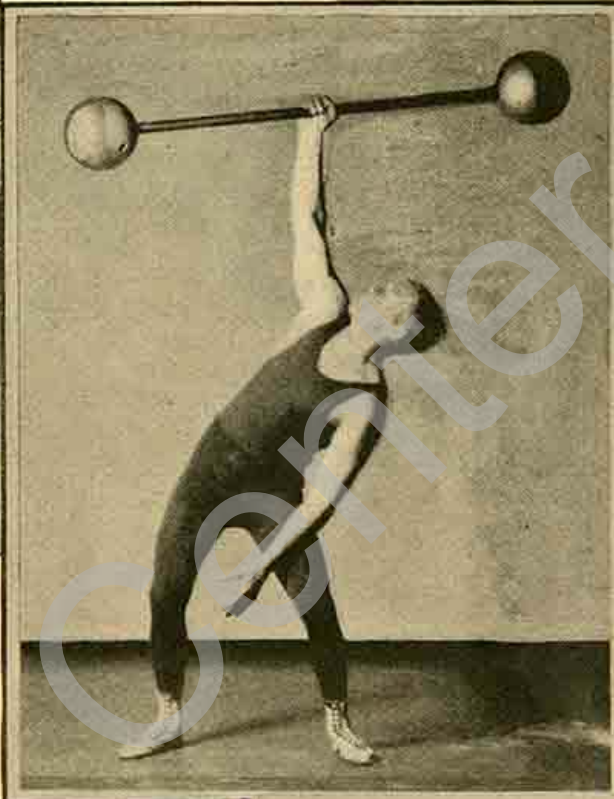


Fig. 9. Same as Fig. 8. (Photo taken of Mr. Mason recently.)

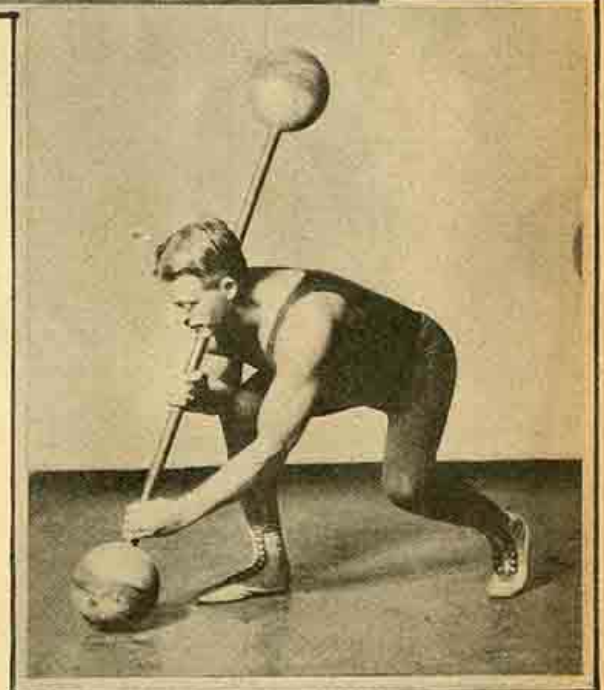


Fig. 10. Lifting a heavy weight onto the shoulders.

fellows always took the hardest way of lifting the bell. They were a jolly good-natured crowd. One day a big Swedish chap (Continued on Page 62)



American Continental Weight Lifters' Association Notes

By John Bradford

THERE was something peculiarly fascinating about the Philadelphia exhibition that Saturday night, January 9th, when John Y. Smith appeared before us. It was like turning back the pages of history and having one of the old interesting figures, whom we have admired, step out and do his stuff once again. John Y. Smith is a character who stood in the limelight thirty years ago. The followers of the iron game today have read of him as one of the great who have gone before, and never for a moment thought of him as a star who still shone with brilliance in the athletic firmament. Because of this, the majority of our regular monthly audience got a kind of a shock when our president announced, in his letters, that the star for this occasion was going to be the famous John Y. Smith, of Boston, who by the time these lines are printed will have passed his sixtieth birthday.

Interest mingled with curiosity showed on every face present, as the audience was more than satisfied by the splendid feats performed by this famous veteran during the evening's performance.

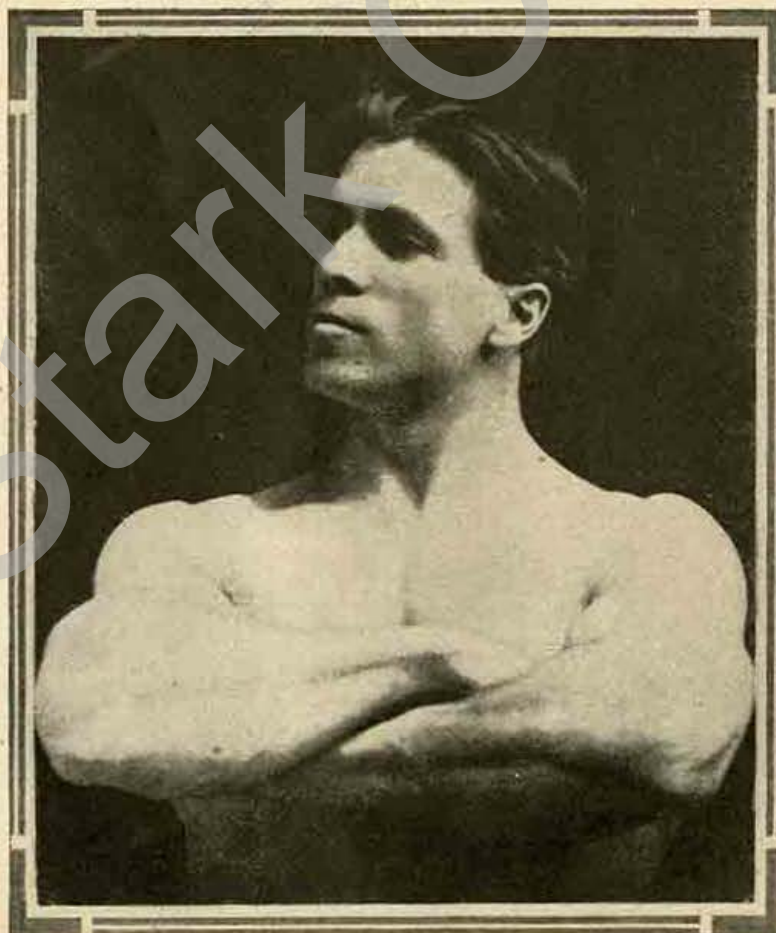
Frank Dennis started the ball rolling with a display of muscle poses and muscle control. This was followed by an attempt by Harry Hall on the Two Dumb-bells. Anyhow, Hall weighed one hundred sixty-two pounds and

showed better form than on any of his previous attempts. Both of his trial attempts were neatly performed, and on his third attempt he was successful in establishing a new record in the heavy middleweight class. He bent pressed the big weight overhead nicely, and did not hesitate in taking the smaller bell to the shoulder. He kept perfect control of the large bell at arms' length, and came to attention with heels together, as he pushed the second bell aloft. Hall tried hard to win this lift, and he deserves the credit of having the world's record in his name.

Piantone and Lilly gave a demonstration of suppleness, with many pleasing tumbling stunts. Both are splendidly developed boys and very clever performers.

Joseph Dettor, of Birdsboro, Pennsylvania, a young featherweight, who just makes the limit of one hundred and twenty-six pounds, created a new world's record in the Jefferson lift with six hundred and thirty pounds. It is a mighty fine lift for a little man, and we heartily congratulate the game little chap. Dettor used the new apparatus recently made by our president for this and several other lifts, which gives the lifter a legitimate advantage in special lifts.

The next act introduced a newcomer into our ranks, Thomas Hunt, of Philadelphia. This young man called the president on the 'phone, and told him he had a hunch that he could create a record in the Two



Arthur Dandurand, the Canadian Sandow, who at 50 years of age has retained his magnificent figure.

Hands Slow Curl. Mr. Jowett promptly invited him to come. He was not quite successful, but made a splendid curl with one hundred and sixteen pounds at a body weight of one hundred and thirty-seven pounds.

Our young wrestling friends, Bilotta and Fielding, gave us another spirited fifteen minute turn of mat work. They wrestled like young demons, but no fall was registered.

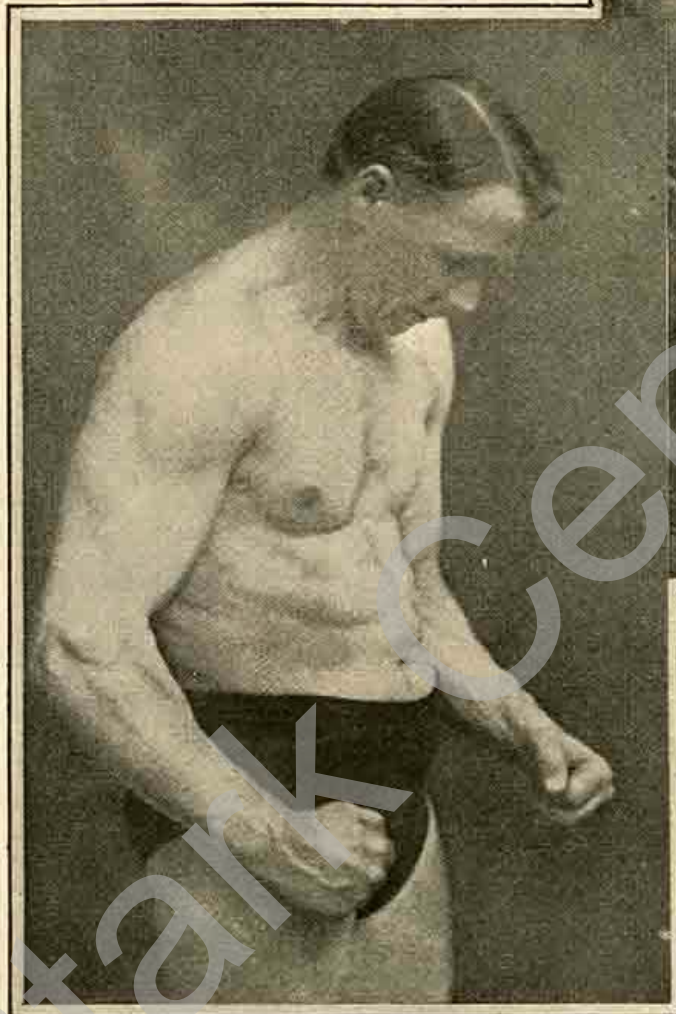
Frank Dennis followed with an onslaught on the wrestler's bridge. Frank was very ambitious this night, and meant to break the heavyweight records, but his ambitions were greater than his strength. He almost succeeded with two hundred and sixty-six pounds, but had to be satisfied with two hundred and forty pounds, which is a new world's record in the heavy middle-weight class.

Dennis is getting heavier, stripping at one hundred and fifty-eight pounds. This means that even if he intends to remain an amateur, he will have to compete in the heavy middle weight class, which leaves the middleweight title open for someone else.

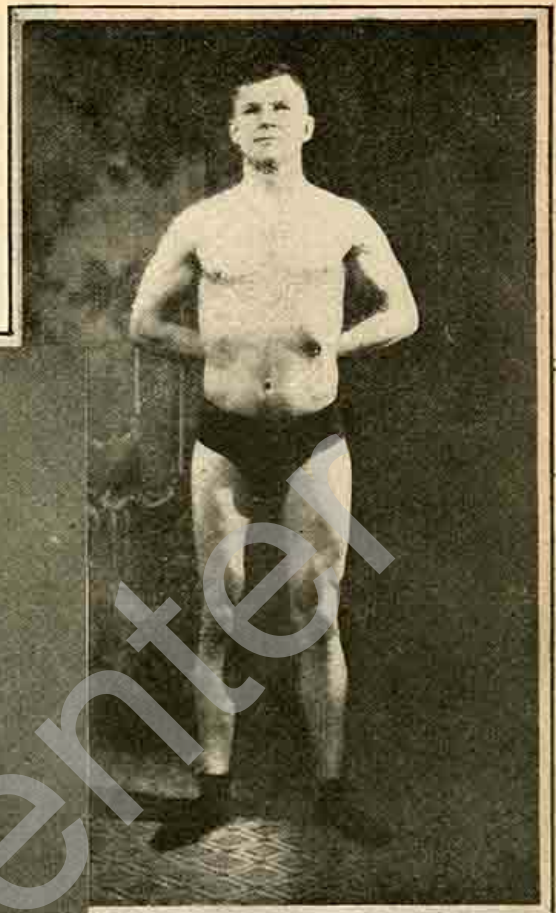
The feature of the night made his debut before the Philadelphia iron men in a storm of welcoming plaudits. President Geo. F. Jowett gave a brief recital of John Y.'s career, and a humorous talk on Smith's first meeting with Saxon.

Then the famous middleweight stepped out to do his stuff. He was a little light, under his average body-weight, tipping the beam at one hundred and fifty-three pounds. His first stunt was to clean a pair of one hundred pound dumb-bells to the shoulder, and, with heels together, press them alternately overhead. A very remarkable feat, irrespective of his years, and for a man of any body weight. He pressed the weights successively overhead no less than three times. Boys! how the crowd cheered the splendid old man. He told Mr. Jowett afterward that the reception just thrilled him through and through.

Following this stunt he took a bar bell of 100 pounds



John Y. Smith, the famous Boston athlete of 30 years ago, as he is today at 59, when he smashed all existing records in every class in the one hand dead lift.



E. B. Koons, of Grand Rapids, Mich., our popular Michigan representative.

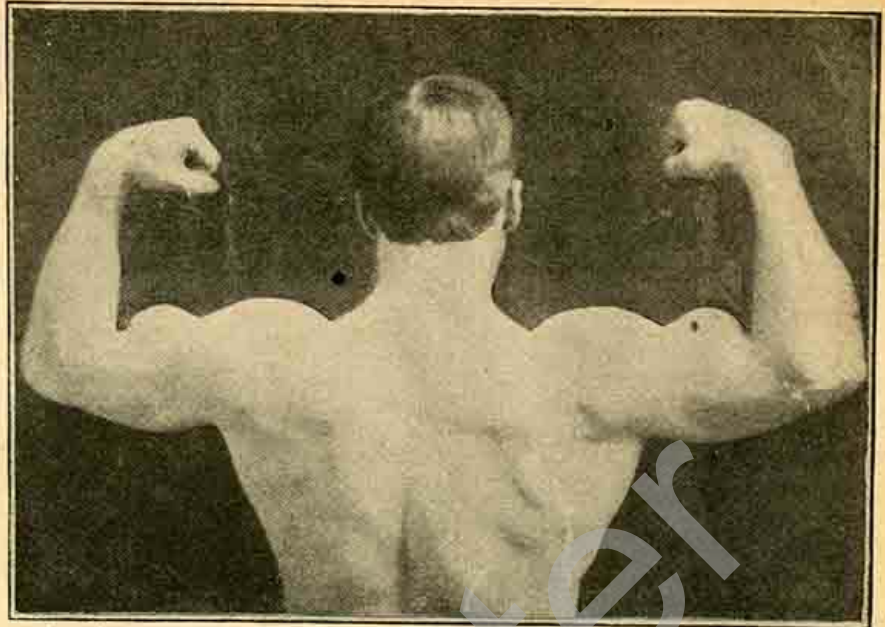
and performed a lateral raise, all the way to arms' length, overhead. He only leaned back a trifle to make the feat. It takes a lot of real man power to do this lift and the only one I have ever seen beat that poundage, in correct form, was our president. You ought to try it, and see how far you get, just to get an idea of how hard it is. You'll get a surprise all right.

His best performance was his right and left hand dead lift. Smith had never tried the lift before, but when told just how much constituted a record, he immediately exclaimed that he could beat it. The bell was loaded to four hundred pounds to commence with, and it went up like nothing. He raised the same weight with the left hand, which breaks all existing records, even in the heavyweight division. Ten pounds more were put on the weight and that went up. The bell was next loaded to four hundred twenty-five pounds, but the tape came off his grip as the weight was going up, and robbed him of victory. His three attempts failing, he said, "Next time I come to Philadelphia I shall do four hundred and fifty pounds." He made these wonderful lifts with the tendons of his middle finger pulled, which happened in a recent finger lift. We had to strap it back with a bandage, as it was crooked and useless. We were under the impression

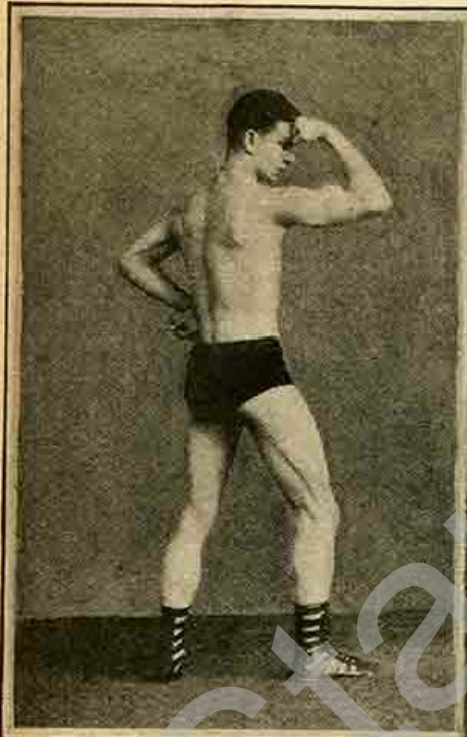
that four hundred eight and a half was the best heavyweight right hand dead lift record, and we were satisfied to see Smith do four hundred and ten pounds. Unfortunately, the following Tuesday, we received news that E. Cadine had recently done four hundred and eighteen pounds.

Anyhow, Smith's left hand lift beats all classes, his right hand record beats all up to the heavyweight division, but that record will not stay in France long. You can bet your boots on it.

The grand old man finished his performance with an exhibition bent press of one hundred and sixty pounds, which was nothing to him. Smith can do around two hundred twenty-five pounds in this lift, and is



Another pose of the veteran Dandurand, showing his fine arms and shapely back and shoulders.



C. L. Lasky, of New York, who recently established a new mark in the abdominal raise.

We have to thank Oscar Matthes, Smith's life-long companion and brother in sport, for Smith's appearance. Mr. Matthes, known to the world as "The Miniature Sandow," is a great admirer of George F. Jowett, and in writing to our president, he told him what Smith could still do, suggesting him for one of our exhibitions. Mr. Jowett grabbed him with joy, and we had the pleasure of seeing him perform. Can athletes come back? I'll say they can if they are weight lifters.

reserving his best on this lift to celebrate his sixtieth birthday this March.

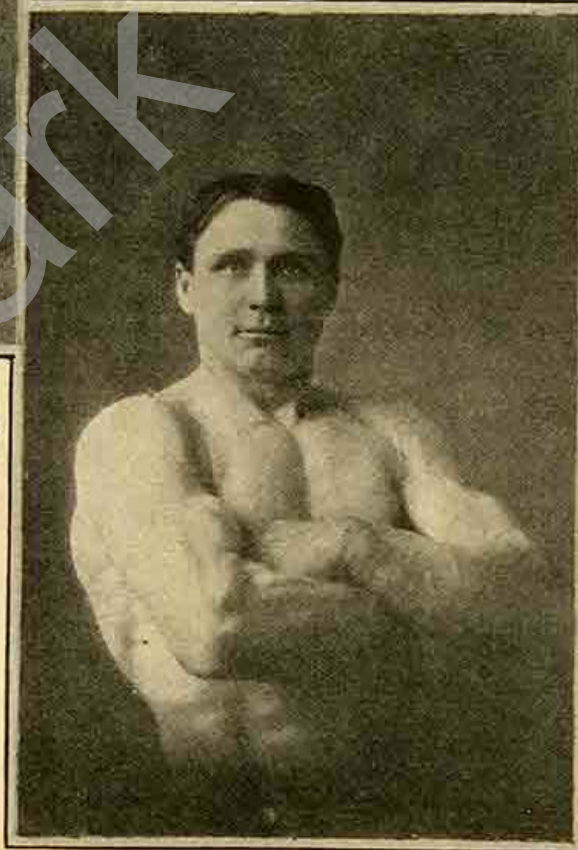
The star who appeared at our New York exhibition on January sixteenth was another boost for the longevity of the strength athlete. His wonderful physique was positive proof that the muscular tissues of a strength athlete have greater resisting qualities against old man Time than the tissues possessed by any other individual.

As usual, our popular friend Siegmund Klein opened the show with his splendid posing act. His wonderful interpretation of classic masterpieces always fills the spectators with immeasurable pleasure. Some of his casts are so beautifully original, I doubt if the late Eugene Sandow could have interpreted the poses as cleverly.

After this Mr. Kress, of New York, gave a demonstration of hair culture, by lifting two men off their feet while hanging on his hair.

C. Lasky, the seventeen year old lightweight next ruined the record in the Abdominal Raise by sitting up with eighty-five pounds. He started out with seventy-seven pounds and followed this up with eighty pounds, finally making the eighty-five pound record on his third attempt.

H. Lefkowitz came next with a demonstration of the One Hand Snatch, and the Two Hands Clean and Jerk,



John Y. Smith, the famous veteran lifter, as he was 30 years ago.

using a weight of one hundred and thirty pounds in the first named lift, and two hundred and thirty pounds in the second lift. He just about failed with two hundred forty pounds. There is no doubt this young man will be heard of considerably in the near future. He is only a boy in years, and has a very impressive, powerful physique. The muscle just lays on him in slabs. At the present time he lifts mostly by strength, which is proof that he will do much better as he masters the styles. His bodyweight was one hundred and forty-seven pounds stripped.

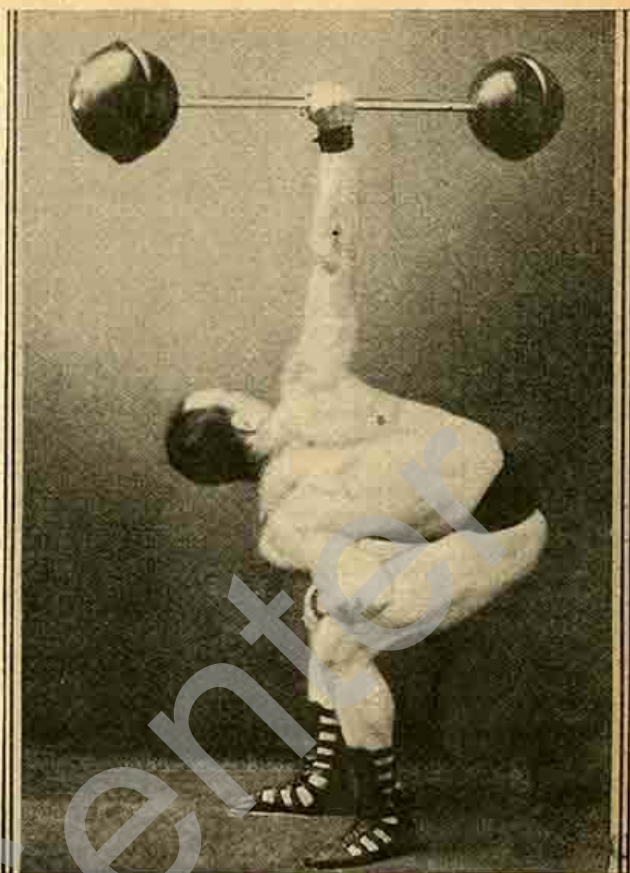
Another young husky by the name of Levani took a crack at the lightweight back press record and got away with two hundred and two pounds in the first attempt. In the second attempt he took too big a jump, trying with two hundred twenty-two pounds and failed each time. But his first lift constitutes a new record in itself. Levani weighed one hundred and thirty-seven pounds and is another member of the younger set who are liable to make lifting history in their bodyweight class. Powerfully built, we can understand how he came to make a Two Hands Clean with two hundred and twenty pounds.

Stanley Engle, at one hundred and forty-seven pounds, military press artist, pleased the throng with a beautiful Two Hands Military of one hundred and eighty pounds. He was so unfortunate as to be disqualified on his third attempt with one hundred and eighty-five pounds. The weight was held too high at the start, which did not allow the lift to pass. There is no doubt that he can handle that weight and more, with a little practice, as this was his first public attempt. The record is held by H. Hall at one hundred eighty-two and a half pounds, but according to Engle's form we can soon expect to see this old mark beaten.

Isaac Kaplan followed with a wrestler's bridge of one hundred and eighty-two pounds at a bodyweight of one hundred and forty, and broke the American record held by A. Sundberg of one hundred and seventy-five pounds.

"Sig" Klein came back with a juggling turn, tossing dumbbells and kettle bells around in many intricate spins. He finished up by writing his name on a board with a fifty pound kettle bell hung on his little finger. This is one of the old time stunts and is quite difficult, but Klein performed it neatly and by pure strength only.

The next act was a regular mix 'em and twist 'em wrestling match, between Levani and Kaplan. It went for about fifteen minutes before Levani finally clamped

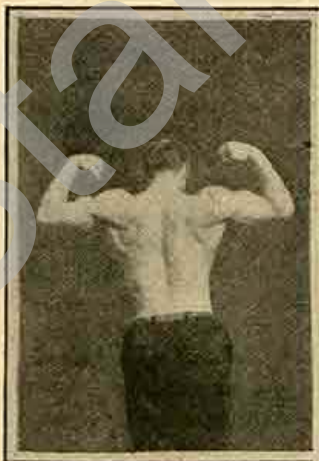


H. Hall, the splendid heavy middleweight, who set up a new record in the left hand clean and bent press.

Kaplan's shoulders to the floor. It was a fine contest, as both boys are very clever, and showed some real stuff.

Our old friend Warren L. Travis gave a short speech while the boys were loading up Roy L. Smith's bells preparatory for the Two Dumb-bells Anyhow. Roy had hard luck. Each attempt was carried out perfectly, and we felt sure he would set up a new mark over his previous best. The big bell was up, and he appeared to have perfect control of it; but just as he was completing the lift by raising the smaller bell to arms' length, he lost his balance and down it came. He tried again, but two hundred and fifty-five pounds unfortunately beat him.

Preparations were made for the final act, which had for its feature Arthur Dandurand, of Montreal — a man who is famed for his wonderful physique. Mr. Jowett gave a brief talk on Dandurand's life, (Continued on Page 76)



T. Kaplan, of Brooklyn, another doer of big deeds.

Alzin, the mighty Luxemburg strong man, whose staggering totals completely swamped Champions Rigoulot and Cadine.



The Health Digest

Brief Outline of Health Conservation and Health Building Methods.

The Prevention of Heart Disease

IT is timely to consider the possibility of diminishing further a disease which cripples so many human beings, inhibiting the enjoyment of life in youth, diminishing the earning power throughout the productive years of life, and in increasing the sadness of later years, and which is today the greatest cause of death at all ages in this country.

The movement for the prevention of heart disease depends upon finding the cause, and whenever our doctors find the cause, they will have immediately done two things: first, sought to apply their knowledge for the benefit of the individual and to cure the individual patient under their care; second, in coöperation with the organized endeavors of the state and city health departments, endeavored to prevent the recurrence of the cause, or bring about changes, through sanitation or otherwise, which might eradicate the disease itself.

Whooping cough, like measles, is gravely under suspicion as a cause of heart disease in early childhood. The main cause of death in the United States today is heart disease, and the death rate from this cause seems to be steadily rising in recent years. Cancer has also shown an increase in the death mortality, but in the near future cancer will be conquered just as tuberculosis has been conquered, so also can heart disease be conquered. As has already been said, heart disease is today the greatest cause of death in this country. Undoubtedly, the actual number of deaths due to heart disease have increased in the last few years, in nine-tenths of the cases the age being over 40, with an average of about 56 years. We must take into consideration, however, that the death rate from infectious diseases has enormously diminished, and the expectancy of life in general has thereby strikingly increased.

Scarlet Fever, Influenza, Measles, Pneumonia, and Rheumatism injure both the heart muscles and valves. Scarlet Fever and Diphtheria also produce diseases of the kidneys which, as a result, cripples and shortens life through hypertension and other defects of the blood circulation. Abscessed tonsils and teeth are frequently the portals of infection for both kidneys and heart. The disease "Syphilis" cripples both blood vessels, heart muscles, and valves. Tonsillitis may be followed by rheumatism in which the disease most commonly damages the heart in early life. The rheumatic infection, when it injures the heart valves, forms the foundation on which the streptococcic infections are grafted, and as a result it produces the lesions of heart disease.

Rheumatism is in greater measure the origin of heart disease in young people than in all other causes com-

bined; and up to 30 years of age, it is the chief cause of cardiac impairments. The mortality death rate in heart disease is over 150,000 deaths in the United States each year, and over 22,000 of these cases are under 45 years of age. One in every six or seven deaths is due to heart disease, although its greatest toll is taken in middle life and in later years.

Heart disease is preventable by continuing with, under application, through the various departments of health, measures for the control and eradication of the communicable diseases and especially the so-called children's diseases such as Scarlet Fever, Diphtheria, Measles, Mumps, and Whooping Cough. Prevention fails if the opportunity is denied to carry out its essential details. Rheumatism is preventable if we realize that the chief points of its entry into the body are through decayed and abscessed teeth and through diseased and abscessed tonsils. These foci of infection are at all ages sources of danger to the heart, and up to 30 years of age form the main sources of rheumatic infection. Incessant care of the teeth, therefore, and watchful attention to the tonsils, especially in children and young persons, will alone diminish the occurrence of rheumatism.

Rheumatism is a great factor in heart diseases, and if the rheumatism is cured, you then can rest assured that heart disease will not develop.

—*Atlantic Medical Journal, February, 1926.*

Constipation Causes a Rectal Disturbance

Constipation, coming on in adult life, always warrants diligent investigation, as it is very often due to the extrarectal causes. Herewith you will find an example of a given case: Male, married and aged 29 years, is employed as a truck driver. About 4 years ago this individual had a peptic ulcer which was cured by medicines. About 2 years ago the patient had a recurrence of stomach trouble, and as a result again responded to medical treatment. About a year ago the patient complained of a rectal ulcer and also constipation. After consulting a surgeon and responding to surgical treatment, the rectal ulcer was excised, but the constipation persisted and became intractable, and as a result nausea and vomiting occurred on the partaking of any food. A surgical operation was advised on the stomach, and on examination the colon was filled with hard fecal masses which could not be disintegrated between the fingers. The expulsion of the fecal concretions was facilitated later by the administering each night of an enema of equal parts of mineral oil and olive oil with the instructions to retain it as long as possible. This particular

patient usually retained it all night, and during his stay at the hospital the colon was thoroughly emptied of its old contents. Since his convalescence, he has had regular passage, and as a result of this he has had satisfactory bowel movements almost daily since his return home and is now in a normal state of health.

—*Clinical Medicine, February, 1926.*

Carbuncles

It is practically impossible to determine in most instances that a patient has a carbuncle. An apparent boil is likely to develop into several boils with several openings and become a carbuncle. Carbuncles are more likely to occur in men and in older men than in young men, and are more frequently found on the back of the neck than on any other part of the body. However, wherever a carbuncle is located, on account of the large amount of tissue involved, there is always more or less danger of enlarged veins occurring and the possible direct infection of some large blood vessel.

It should always be remembered that it is always possible for a boil or carbuncle to produce blood poisoning. In other words, while the individual boil is being treated, every possible focus of infection must be sought, and if one is found, means must be taken to eradicate it. A history of repeated boils and pustulations indicates a focus somewhere, and if it is not in direct evidence, all crowned and bridged teeth are under suspicion until the X-ray examination has proved them innocent.—*Ref. Journal American Medical Association, March, 1920.*

Backache

The therapy of backache may belong to the domain of the nerve specialist, the surgeon, the gynecologist or the genito-urinary specialists. Backache is a common symptom of innumerable disorders. It can be treated rationally only after the correct diagnosis is made.

By backache, it is usually meant lumbar pains beginning at the region of the first lumbar vertebra and extending downward, very often to the sacral regions. The pains which are very often complained of may be in the center of the back along the spine, or on either one or both sides of the spine.

Backache may be due to strain or lack of balance. It also may be due to the inflammation of the nerves or due to the changes of the bodies of the vertebra or in the intervertebral joints, and may also be due to infections of the different type of organisms. Abdominal conditions are a common cause, such as kidney and stomach conditions, also uterine and ovarian conditions found in females are a common cause.—*N. Y. Med. Journal, March, 1924.*

Hyperacidity

Hyperacidity is an excess of acid found in the stomach. Practically the term is taken to mean cases of increasing gastric disturbances, appearing at various intervals after meals, or the ingestion of the special kind of foods and which appears at various intervals after meals. Heartburn is usually associated with this condition.

Dr. C. H. Neilson, St. Louis, (*Journal A. M. A., February 7, 1915*) considers Hyperacidity a symptom of a disease rather than a disease in itself. It very frequently occurs in the sedentary and overworked, and in connection with other abdominal disorders such as appendicitis, gall stones, uterine displacements, etc.

Dr. Neilson divides Hyperacidity as follows:

1. Chemical hyperacidity with a normal quantity of gastric content after a Boas-Eswald test breakfast.
2. Chemical acidity combined with hypersecretion or with a continued secretion.
3. Chemical hyperacidity combined with hypersecretion and hyperesthesia.
4. Clinical or symptom hyperacidity with hyperesthesia.—*Journal American Medical Association, February, 1915.*

Headaches

Many individuals have wondered at times why headaches are such a common affliction. In the *Internal J. of M. and S.* for July, 1925, Dr. E. D. Allgaier, of Cincinnati, Ohio, sketches a typical case of chronic headache in which the woman, having been referred to her family physician, to an oculist, a gynecologist, a general surgeon and a dentist, finally returns to her own physician in despair without her appendix, gall-bladder, one ovary, tonsils, adenoids, turbinates and teeth, but with the same old headache.

Dr. Allgaier, in his writings, divides headaches into three classes: 1. Those due to direct irritation to the fifth cranial nerve. 2. Those due to toxins circulating in the blood. 3. Those due to reflex action, as a result generally of eye strain.—*Internal Journal of Medicine and Surgery, July, 1925.*

Body Building

There are as wide ranges of metabolic peculiarity in man as is shown between a razor back and a Berkshire pig. Dr. Davenport in his recent study of body build and inheritance finds that these peculiarities with their resultant product of slender or heavy types, or of leanness and fatness, are decidedly matters of heredity.

There is a marked tendency for persons of similar build to intermarry. Dis-

(Continued on Page 62)

THE HEALTH DIGEST

EACH month in the Strength Magazine we will print a brief summary of interesting and important Health articles which have appeared in the different Medical Text Books and Medical Journals.

Of course the author and the publication will be given full credit and any reader interested in any particular topic or subject will be able to get the complete article by going to the files of the Health Publication in which the article appears at any Public Library.

We hope that in this way the many readers of the Strength Magazine will be kept aware of the later developments in the health field and we also hope that many readers will in this way be introduced to the very valuable information given in the different Medical Journals, and apply the information to their own individual cases.

Very few people in this up-to-date, last minute day, with facilities for keeping in touch with all of the conditions of public welfare, realize the prevalence of ill-health and the enormous inroads it is making upon the vitality of our great civilization, and most people do not know the easiest and best ways of maintaining their own health. This department hopes to show them these methods.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

HOW TO DEVELOP THE LOWER LEG

I RECEIVE many appeals daily from my readers on "how to acquire a beautiful lower leg," and I have decided to give you two or three exercises which will develop your calf muscles and reduce the size of your ankle and knee.

Now the calf muscle is the most obstinate muscle when it comes to development. You have to work, work, and work! Girls give up too quickly. They do not realize that it took years for them to develop their undesirable condition, and they want results overnight. I get so impatient with them—for instance one girl wrote me some time back asking for exercises to reduce the calves of her legs, and after spending some time

writing her and giving her certain exercises, I received a letter the other day which read like this:

"I did not try those exercises you told me about in your letter. I am afraid it would be useless. The calves of my legs are quite flabby. Do you think I should do those exercises anyway? I really would like to reduce my legs."

Now I ask you, isn't that exasperating? If I thought those exercises would not give her good results I would not have bothered answering her letter.

When I write giving different advice and exercise I do it with the idea in mind that the reader will put into effect whatever I have advised her to do and that she will receive the results which I know she should get.

So pull yourselves together, girls, and get the idea into your minds that "beauty does not come over night." If you work you will receive results. Do not look at the following exercises, or practice them once or twice, and then write to me and say, "Do you think I can develop my legs—will you give me some exercises that will?"

Begin right now and work until you can see improvement, even if it takes six months. On the opposite page you will see a picture of Miss Jacqueline Saunders, motion picture star, doing an exercise which she claims will develop the calf muscles and strengthen the arches and ankles. You can easily set up a bar such as is illustrated and practice this exercise, and in a short time get surprising results.

An exercise to decrease the size of the knee is the following. Stand with feet together. Now swing the left leg backward, letting the toes touch the ground as though stepping backward. Transfer your full weight to the left leg. Now lift the right foot from the floor, slightly bending the knee. With all your weight on the left leg raise

Jacqueline Saunders, motion picture star, practices this exercise for ten minutes night and morning while repeating this jingle:

Heel to toe and back again,
Slowly over and over again,
Builds the arches, moulds the curves,
Strengthens muscles and steadies nerves.



and lower your body six times by bending and straightening the left leg. Reverse the movement, and as the exercise becomes easier gradually increase the number of repetitions.

Another exercise that will develop the calves and decrease size of the knee is raising on toes as high as you can, and lowering again but not letting the heels touch the floor. Repeat the movement ten times with each foot.

* * * * *

A LETTER FROM A "CIRCLE ENTHUSIAST"

"Hello, girls. Let's throw aside our flimsy dresses and high heel shoes and don a pair of knickers and sneakers. (Remember, we all wanted to be boys once). Gee! what fun to be a regular tomboy, to run, skate, jump, swim, etc. What if we do get a bruise here or a cut there, so long as that inner machinery is well oiled and greased with pep and energy. Oh! it's just great to be healthy, to indulge in the outdoor sports with Mother Nature and Father Neptune.

"Here's how I keep fit and full of vitality:

"Being a vegetarian, I eat anything in the vegetable line. I always eat my food plainly cooked, no sauces. Many folks think such a meal very tasteless, but on the contrary, instead of boiling my vegetables, I steam them,



Miss Alice Burri, whose letter appears on the opposite page. Her measurements are as follows: weight 125 pounds, height 5 feet 3½ inches, bust 33½, neck 13, chest 30, waist 27, hips 36½, thigh 23, calf 14, ankle 8, forearm 8½, upper arm 10, wrist 6.



Miss G. Wells, England. Another winner of the gold pin contest recently held in these columns.

and this keeps all the vitamins and strength intact, which is essential to a healthy diet. Of course, when we have company dining, I always relish my meals with gravies and sauces. If I didn't they would consider me a very poor cook. For dessert I eat stewed fruits, no pastry or candies at all. I always eat whole wheat bread with honey for my breakfast. I also eat plenty of fresh fruit and drink lots of milk and water.

"I do my outdoor exercises daily, weather permitting. I take a 2 mile hike every day, besides taking running and jumping exercises on the back lawn. I also go to a dancing school once a week, taking up æsthetic dancing to acquire grace and agility. For leg development my 'bike' and ice skates come in handy in the winter. I am also very fond of horizontal bar stunts, such as the kip-up, bend the crab, and the back flip. These are conducive to suppleness and strength. The exercises I like best are swimming and diving. I indulge in these mostly in the months of October and November. The colder the water, the better I like it. It tends to make the flesh firm and gives one that clean, healthy feeling. Swimming is ideal in rounding out the body in correct proportions.

"Some girls reading this might think I am one of the idle rich, having nothing to do but care for my body. That, however, is not so. I am just a housekeeper, taking care of a six-room house and four big brothers. I make it my business to do all my housework systematically, thus leaving myself plenty of time for building up my body. I find it essential to keep fit. If I were a weak, frail girl I could never do the work that is assigned for me daily.

"Strength, youth, and beauty are within the reach of every one. As long as we abide in our (Continued on Page 89)

Are You Nervous?

Complication of Diseases are usually due to Nervousness.
The Causes, Symptoms and Treatment of Nervousness.

By Dr. A. N. Mittleman

BECAUSE neurasthenia is not well understood, it has seemed to me to be a good plan to write an article in which we can give briefly and clearly a fairly comprehensive idea of the subject. More or less everyone is, at times, subject to something akin to nervousness, and an understanding of the symptoms, the causes, and the relatively easy method of avoiding real trouble, and of effecting real improvements in chronic cases, is, therefore, of value to the public.

Cases of neurasthenia are very often misdiagnosed as being due to other conditions, and the reverse is also true, I am convinced. An important matter at the outset is to avoid confounding the neurasthenic symptoms of various local and general organic diseases with the primary form by a careful exclusion of the latter.

If one could make a choice among the temperaments, it would be wiser to favor the nervous type of individuals above all others, even if this would mean a shorter life, for, after all, life is largely made up of, and lived for, experiences. Mental development, and soul growth, and the persons with a nervous temperament usually live two years in one, judged by the standards of the less impressionable and less emotional temperaments.

With the temperament found in a nervous individual there is a marked bias towards nervous disturbances and the more clean-cut the nervous temperament, and this is especially true of the neurotic type of people, the greater is the variety of possible disorders.

Neurasthenia, or nervousness, is defined as the exhaustion of nerve force and because of the exhaustion of nerve force there is a tendency to cause other nerve disturbances in the different parts of the body and as a result the nerves become shattered and cause a congestion.

The causes of neurasthenia or nervousness are divided into two factors: 1. predisposing or inclining to a disease. 2. exciting. Among the predisposing causes, heredity heads the list. A clear history of nervousness or morbid irritability in one or both parents, but very often the father, is at times obtainable. Ancestors who were sufferers from gout, rheumatism, syphilis, tuberculosis, chronic alcoholism, and all diseases that exhaust vitality, may have transmitted to their offspring a strong neurasthenic disposition. Other predisposing factors are: improper training, mental and physical. The character of the mental pursuits, those entailing strains, being espe-

cially deleterious. Age and sex are not without appreciable effect. Most cases occur between the ages of twenty and fifty years, when the work and worry of the life are at a maximum. They are more frequently found in men than in women.

The exciting causes are: traumatism or injury, though it is probably not the most frequent cause. Overwork is responsible for a greater number of cases than any other single factor, and in estimating its effects, the relativity of individual nerve capital must be carefully considered. Associated causes are to be observed in unpleasurable, emotional excitement, mental worry, particularly if dependent upon love affairs and sexual excesses. Abuse of the sexual organs, excessive venery, masturbation, coitus interruptus, and the like, are powerful in producing neurasthenia. Other functional and organic affections cause nervousness. Fright has also a great tendency toward causing an individual to become nervous. Chronic diseases and complications are also a cause. Disturbances of the Thyroid Gland, Suprarenal Glands, and the Pineal Glands are also a very common cause. Heredity, especially, plays an important factor. Business conditions, causing worry or excitement, are also a cause. Any disease or condition that lowers the general health predisposes to nervousness or exhaustion.

Neurasthenia or nervousness is known as a very common disease, occurring more frequently in individuals who live in large centers of population. Attention was first promptly called to this disease in the year of 1869 by an American physician named Dr. Beard, who applied the name of *neurasthenia* to a state of chronic nervous fatigue and to the symptoms that were caused as the result of a chronic pathologic exhaustion of the nervous system. The disease, of course, existed and has been recognized and described before this time. It would appear that under the stress and strain of modern civilization, this disease is occurring with much greater frequency than formerly.

A careful examination of the nervous system fails to reveal any organic changes. A consideration of the symptoms, course of the disease, and the results obtained by treatment, taken together with an examination of the central nervous system, leads one to the conclusion that in neurasthenia there exists a state of fatigue or exhaustion of the cells of the central nervous system and that these cells do not regain their normal state after the usual amount of rest, but in many cases a comparatively

normal state may be re-established as the result of prolonged rest combined with proper attention to nutrition.

If this conception of neurasthenia is true, the neurasthenic state differs only in a slight degree from the fatigue which everyone experiences as the result of overwork; consequently, the amount of rest required in the neurasthenic state must greatly exceed the amount that would relieve normal fatigue. The mental state of the individual suffering from neurasthenia is also very important. These individuals are usually depressed, introspective, anxious, and apprehensive. Mental rest is, therefore, very difficult to attain, as the unconscious mental activity is just as exhausting, if not more so, than conscious and physical unrest. A vicious circle is established whereby the nervous system is maintained in a state of exhaustion. It is the presence of this vicious circle that renders the establishment of a state of complete rest so difficult, and consequently makes the cure of this condition doubtful and sometimes impossible.

There is fatigue or an exhausted state of Cerebral Cells, and, as a result, their power becomes diminished and voluntary efforts are put forth only with difficulty. There is a feeling of deficiency, incompetency, and weakness. As a result of these feelings, impatience and irritability manifest themselves.

In many persons in whom there is a marked predisposition to the development of a neurasthenic state, physical peculiarities are present, the most common of which are scoliosis, gastro-optosis, floating kidney, flat and narrow chest, and an absence of muscle tone.

SYMPTOMS OF NEURASTHENIA

The symptoms of neurasthenia are practically innumerable. Every function of the body may become disturbed, and either may be reflected upon consciousness, giving rise to discomfort or manifest itself in some variation from the normal. All the symptoms of neurasthenia are due to a state of fatigue, involving the various structure of the body; consequently, when voluntary effort is made to use these various structures, the response is brought forth only with effort, and the resulting activity is usually incomplete and occasions dissatisfaction in the mind of the individual who feels his incapacity and inability to produce the desired results and, therefore, becomes impatient, apprehensive, and irritable. Being in a state of fatigue and irritability, the individual becomes hypersensitive to many forms of stimulation, and the fatigue occasions discomfort which manifests itself in the form of pain.

Owing to the fatigue and the irritable state of the mind, emotional disturbances have an increased influence on the mental activities and are also frequently reflected in an exaggerated manner upon the physical functions of the body.

In neurasthenia a rapid fatigue manifests itself in the disturbed activity of practically all the functions of the body. In many cases disturbed activity of some organ or system of the body stands out prominently in the diseased picture.

The mental state in this disease is one marked more or less by apprehension. The patient is irritable and introspective, and mental activity occasions a sense of discomfort. The individual complains of inability to fix his attention for any length of time upon any one line of thought, and there is a tendency for his thoughts to wander; he also complains of weakness of memory,

which, in fact, does not exist. This apparent weakness of memory is due to the inability of the patient to concentrate his attention upon one line of thought, and, therefore, the impressions are very superficial and soon disappear. There is an inability to concentrate thought and to accomplish work that requires prolonged mental application. The patient can come to no conclusion, indecision being a prominent symptom. These patients, as a rule, complain of difficulty or inability to think. The emotional tone in these individuals is generally one of depression. Thus they weep, either openly or with some attempt at repression, when relating their symptoms, or when contemplating their future. As a result of this physical and mental weakness, a sense of fear develops.

Among the common forms of fear is that of insanity; the patient notices that he has difficulty in remembering and fixing his attention, and that there is an inability to concentrate the thoughts and that these symptoms are the forerunners of a mental breakdown. When he has attacks of palpitation, shortness of breath, or pain in the chest, he fears heart trouble or tuberculosis. Pains in the back make him apprehensive of kidney or spinal trouble. Weakness and pains in the legs make him fear locomotor ataxia, etc.

Disturbance of sleep is a very common occurrence in neurasthenia. Many patients complain of inability to sleep, contending that they sleep for only a few minutes during the entire twenty-four hours; others have great difficulty in going to sleep and awaken early; some fall asleep soon after retiring, but awaken after a few hours and are unable to go to sleep again; with some sleep is very light, marked restlessness occurs, and they awaken upon the slightest noise. Not infrequently they awaken in a state of terror. Again the sleep is light and restless and is disturbed by terrifying dreams. In practically all cases the sleep is unrefreshing, and the individual awakens feeling more tired than he was upon retiring.

The most important symptoms of neurasthenia are: headaches, backaches, intestinal disorders, mental irritability, insomnia, pains, disturbance of sleep, restlessness. The eyes may be affected, evidenced by the patient seeing spots, etc. The pupils of the eyes are frequently widely dilated. Vertigo is a very common symptom, and the individual feels as though he were going to fall. These vertigo attacks are usually accompanied by a marked state of fear, and in some instances may so far influence the individual so as to prevent him from going out alone.

Cardiac symptoms frequently occur. Such attacks may come on after physical exertion or excitement or may occur without apparent cause. In nervousness, the pulse rate usually ranges from 90 to 120. Frequently, the taking of food or the use of coffee or tobacco, as well as sexual excitement, emotional disturbance, etc., will markedly increase the pulse rate. The blood pressure in nervous people, as a rule, is low.

In women, disturbances of menstruation are common; thus the menstrual periods may become too frequent, the flow excessive, or the interval prolonged and the flow scanty.

Early or excessive masturbation may be a cause of neurasthenia, and under these conditions the patient becomes depressed and alarmed. The urine contains an increased amount of phosphates and oxalates.

(Continued on Page 94)

The Mat

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

Conducted by *George F. Jowett*

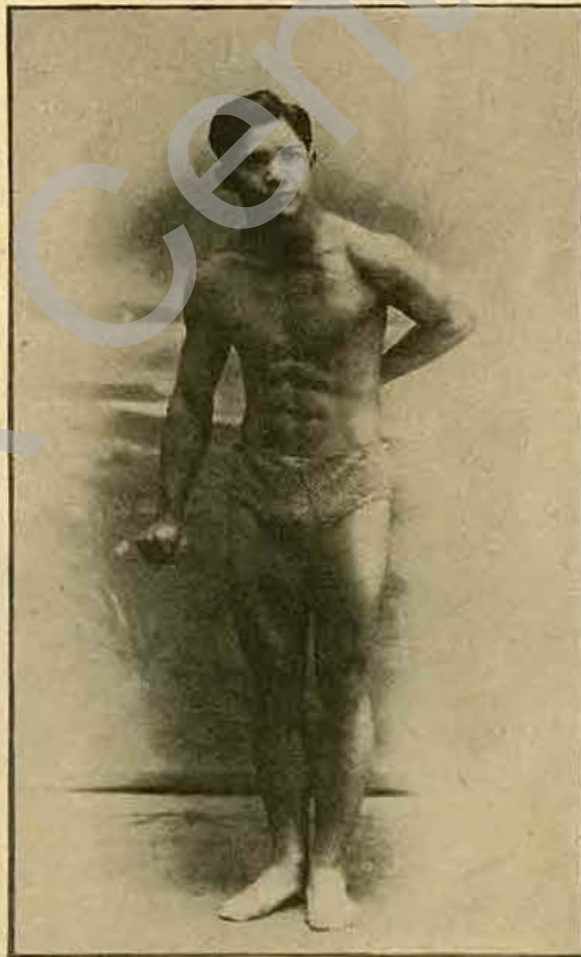
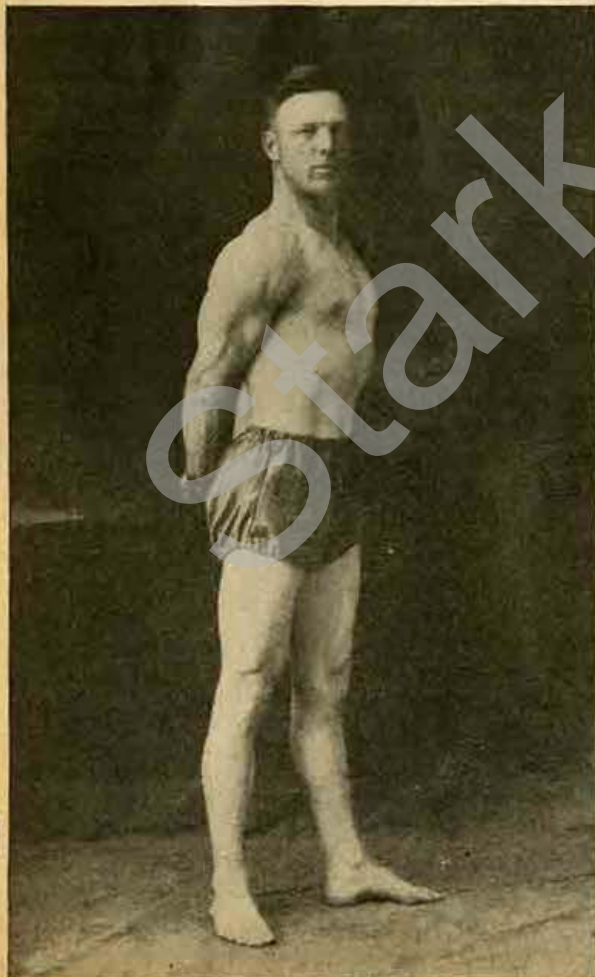
Development Versus Strength

EDITOR "THE MAT":
Are development and strength one combination?
If a man is fully developed will he be strong?
If he is strong, will he be fully developed? What
is the answer?
ERNEST GOODWIN.

At first reading, the above letter will appear to be quite singular, but it is not. As a matter of fact, it is quite a natural series of questions. Perhaps you have never thought of development and strength in the same light as our friend Goodwin. Straight to the point he puts the problem before us, without any explanation of why he seeks the solution.

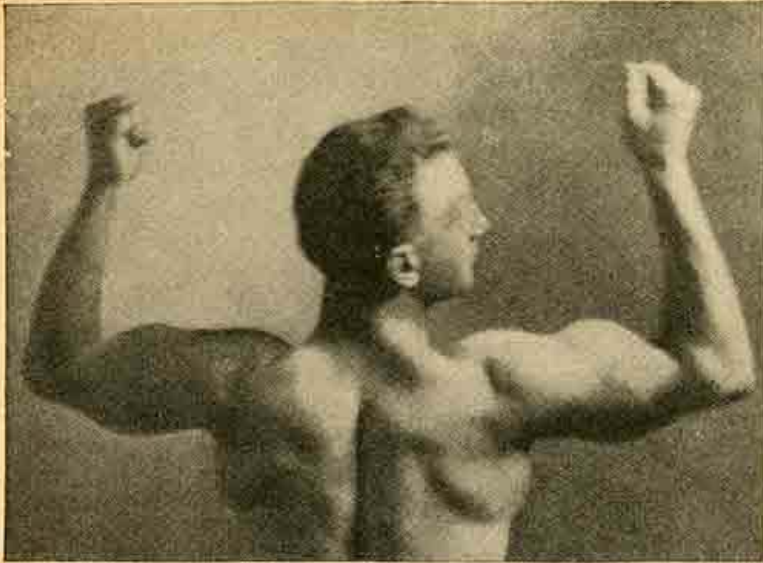
Apparently our brother Matman is a very keen observer, and has been confronted with various types of physical culturists who have all obtained different results, which brought forward the first question in his letter.

This question will seem curious to the average physical culturist, who believes that if one has acquired development, he will have acquired strength, and vice versa. But, that is not so. I knew a doctor in Boston who had a marvelous physique. His remarkably developed body was every bit the equal of the famous Max Sick or Professor Herold, with one exception—he was not one quarter as strong as either. In fact, I



I. H. Leong, Sarawak. An Oriental mat fan with classic lines. Look at those abdominals. Great!

Clyde E. Beedle, Chadion, Neb. What a shapely arm and chest he has. He's proud of them. No wonder.



B. L. Smotherman with a remarkable pair of triceps seldom seen.

do not believe he was any stronger than the average person.

As a contrasting example, I know a tall, lean young man, who resides in a small town in New York State. He weighs one hundred forty-three pounds, yet he is terrifically strong. He has no appearance, when dressed or stripped, that would give one the impression that he is in the least way strong. *But*, I have seen him raise some enormous weights.

Then, in contrast to both these types, we have men like Klein, Snyder, Burns and Manger—men who have both development and great strength.

I have often heard it said that what you go after is what you will get. That is not so in this case. Anyone giving such an answer is taking an easy way to put off a subject they find rather beyond them to answer. It is all in the system you practice. Lack of knowledge on the subject of body training has caused thousands of young men to spend many countless hours in wasted effort. Finally, they give up, discouraged.

There is no doubt that the primary reason for many people taking up physical culture is to improve their appearance. In other words, development is the objective. Some acquire a fine looking physique, but when they get it they feel ashamed of it, because their strength is nowhere in proportion to their appearance. On the other hand, some start out for development, and when they find they are making rapid strides in acquiring strength, they center their minds on developing greater

strength. When they get it, many feel that they have not the appearance to justify the strength they have. Many an ordinary person will size up members of the latter class, and explain that he himself is a bigger man, but admit he cannot lift as much. Right away he condemns the strength feats as trickery. If you have development that lacks proportionate strength, they will ask you what it is good for. Discouraging comments to both parties, I admit. What is the solution? Why does not everyone who exercises get the combined results?

The answer to all this is very much up to the person himself. If he believes that calisthenics or grip dumb-bells are the thing, you simply have to let



A. Alvarado, Cuba. Such a fine back means just one word. Strength. Yes, and plenty of it he has.

him go until he strikes a stone wall before he realizes his error, and that does not take long. There are others who will listen to reason at the start, in preference to popular opinion or widely commercialized beliefs.

You can practice until doom's day on calisthenics, and you will get little more than a healthy physical condition. Grip dumb-bells will give you a certain amount of resistance that will produce a better development, but a person practicing this method never learns to work out each group of muscles separately. His constant concentrative grip on the machine greatly minimizes the exercises. A rubber exerciser will give better results, and so will a certain group of exercises practiced with no form of apparatus. As a matter of fact, development will come more rapidly in the last instance than in any of the other three. But I do not approve of any of them, because too much time is involved, too many movements, and too much nervous energy is used up. In the end, like all the other methods so far mentioned,

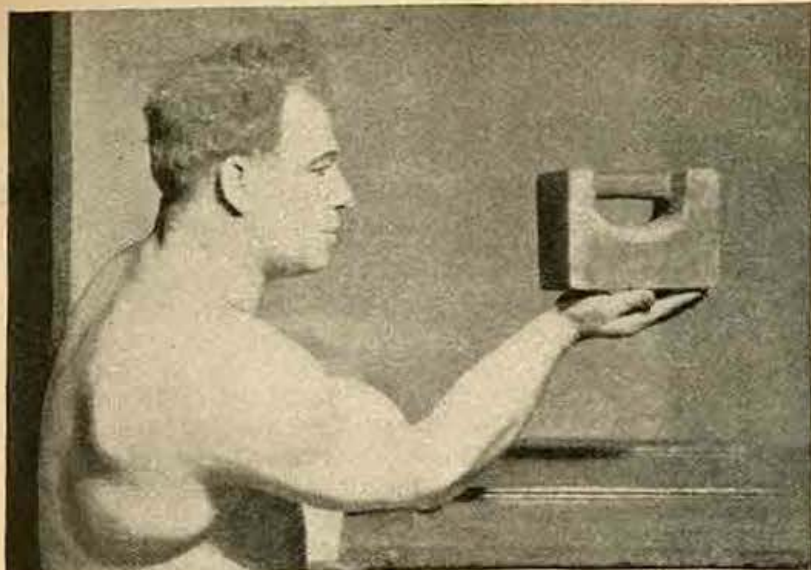


Fig. 1. Curling a 50-pound block weight as a test and developer for the biceps.

only inflated tissue is created.

Springs and rubbers are too artificial to actually fill the need, and to secure an all-round development with real strength.

In many of the exercises, just where you require the real tension, you lose it. Part of the exercise is easy, the next part is very severe, and the next stage is beyond you. The exerciser is too strong, and absorbs all of your resistance. Such unequal resistance is not natural. Then again, a short armed man has the advantage, and just when you feel you are much stronger, it is actually the springs or elastic cables that have lost their resistance, and have become weakened from use.

You may take up bar bell work, and apart from becoming a little stronger, find all your efforts in vain. It is all in the instruction you get—the difference between the right and the wrong methods.

Bar bells are the only form of apparatus that can supply you with the actual combination of development and strength, as possessed by men like Klein, Snyder, Burns and Manger. Their superiority rests in part on the fact that they never deteriorate from use. Throughout every exercise they compel a steady resistance of the muscles. You are able to maintain a better control over them than over any other apparatus.

With their use, a student will notice the appearance of strength before development. The reason for this is that during the first few weeks of training the whole



Fig. 2. How they used to curl in the old days. 150 pounds could not stop some of the strong armed brigade.

body passes through a state of conversion. All the old tissue becomes reconstructed into one hundred percent material. The coarse, weakened fibres of muscle acquire a finer texture, as they become stronger. I have had some pupils become alarmed because they have actually lost in measurements, yet they never fail to inform me that they are much stronger. In their case, the tissues were either very coarse, or they carried some surplus flesh which was absorbed in the converting process.

Do not be led away with the idea that because strength is the first noticeable thing that it is the easiest to get. It is not. During the first stages of the game only is the strength gained more noticeable than the increased growth and development, and then only while the conversion is taking place. Over the longest period of time, development out balances strength.

A one hundred and fifty pound man will have no trouble in raising overhead, with one hand, one hundred pounds, with only a quarter of an inch arm increase, but he will

not raise two hundred pounds with half an inch of an arm increase. Before he arrives at the two hundred pound stage, he will have become an entirely reconstructed person. Development and strength go hand in hand. To become a real orthodox strongman, you must have the physique. If you specialize in certain lifts only, in place of your bar bell for exercise, you will not get very far. You will become much stronger than the ordinary man, no doubt, but rarely ever a good second class lifter, as lifters go.

Between the two, I would choose strength before development, because I know with strength I would get development. But, when training for development only, I would be facing the fact of a greater expenditure of time, and when obtained what good would it be?

I have often been asked if it is possible to secure greater proportions more quickly by lifting only. Yes, it is, but only in the case where a person is capable of lifting weights of big poundages. Very few ever arrive at this stage, and I seldom advocate it. Practice the right kind of developing exercise with a bar bell, and your results will be grati- (Continued on Page 71)

"THEY USED TO CALL ME "WEARY WINIFRED"

The personal story of a woman who never was really sick, yet always ailing, always too tired to enjoy life—and how she made herself into a virile, vital being of super-health and strength.



In New York City there lives a woman who has such amazing vitality that she is the envy of all her friends. Yet not so long ago they used to call her "Weary Winifred." Winifred has asked us to publish her story for the benefit of the thousands of other women who may be helped by it. It is printed here in *her own words*, as an open letter to all women who are discouraged with the burdens that life has imposed upon them.

"The strangest thing," she says, "is that I never realized there was anything the matter with me. My life, I thought, was that of the ordinary wife and mother. I tried to be a good wife and mother, and at the same time to keep in touch with my social duties.

"But somehow, I never seemed to catch up with myself. If I stayed up late one night, I could hardly drag myself out of bed the next morning. I had to cancel engagements frequently, not because I was ever really sick, but simply because I was too weary to make the effort. I *looked* tired, *acted* tired, and *was* tired.

"My looks began to show the effect, too. My neck began to look stringy and hollow. My cheek muscles sagged, my complexion was 'pasty' and colorless. My figure began to look dumpty. My age—which was only thirty-five—began to feel like fifty. Life was becoming 'just too much for me'—and I didn't know why.

"Of course I did things about this state of affairs. I took headache powders. I tried various creams and lotions for my complexion. I tried, in various ways, to gain strength, and yet reduce my weight, changing from one thing to another. I 'fussed' with everything.

"Yet with all these little ailments I was not really sick. *There was nothing organic the matter with me.* And so it never occurred to me that I was not a normal woman. I just thought that I was the victim of ills that a great many unfortunate women were heir to.

"But one day, something happened that made me 'sit up and take notice.' I read an article, telling the story of Annette Kellermann's life—of how she, who is called the world's most perfectly formed woman, was once a puny ailing girl always in ill health. The story of how she dragged herself out of her misery and actually made of herself the lovely creature of glorious health and beauty that she is today was a revelation to me. Indeed, I was so lost in admiration for that wonderful woman that I wrote her. In response, I received not only a charming personal letter from Miss Kellermann, but, far more important, a copy of her book called 'The Body Beautiful'—a book which I can truthfully say led me to my present health and happiness.

"That little book opened my eyes to the fact that it is totally unnecessary for women to suffer as they do—totally unnecessary for them to be continually incapacitated by petty little ailments—totally unnecessary for them to look old and haggard and worn.

"I learned that every woman—unless she has a serious organic derangement—can live a life as vigorous and strong, and free from pain, as a man's. Every woman can live the life of youth and beauty that comes from health and vitality.

"I know that this is so because I have proved it. Today I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. I look fifteen years younger than



most other women of my age. My step is springy, my eyes are bright, my skin is firm and clear, and my body is slender and has the free, lithic grace of a young girl.

"And because I *know* that there are thousands of women who are now living as I did, miserable imitations of real women, and because I know that every one of them can actually be a new woman, with health and beauty such as they never knew existed, I cannot too strongly recommend that they take this simple way out of their troubles. *It is so easy!*"

FREE—The Body Beautiful

Annette Kellermann, in this book—which she will send absolutely free, upon request to any woman—tells exactly how she transformed herself from a cripple and an invalid into a woman world-famous for her health and beauty. Any woman by devoting only fifteen minutes a day to her methods can obtain a perfect figure *neither too stout nor too thin*, mould each part of her body to graceful, youthful lines; can acquire a clear, healthy complexion; and can overcome weaknesses and physical troubles that so many women suffer from.

If you would like to have a copy of Annette Kellermann's new book write for it. There is no charge or obligation. Miss Kellermann is anxious to give every woman the benefit of her simple 15-minute-a-day system and invites you to write a letter or mail the coupon below. Do it this minute—it may be the beginning of a new kind of health and happiness for you.

ANNETTE KELLERMANN, Inc.
225 W. 39th St., Suite 444, N. Y. City

Annette Kellermann, Inc., Suite 444,
225 West 39th Street, New York City.

Dear Miss Kellermann:

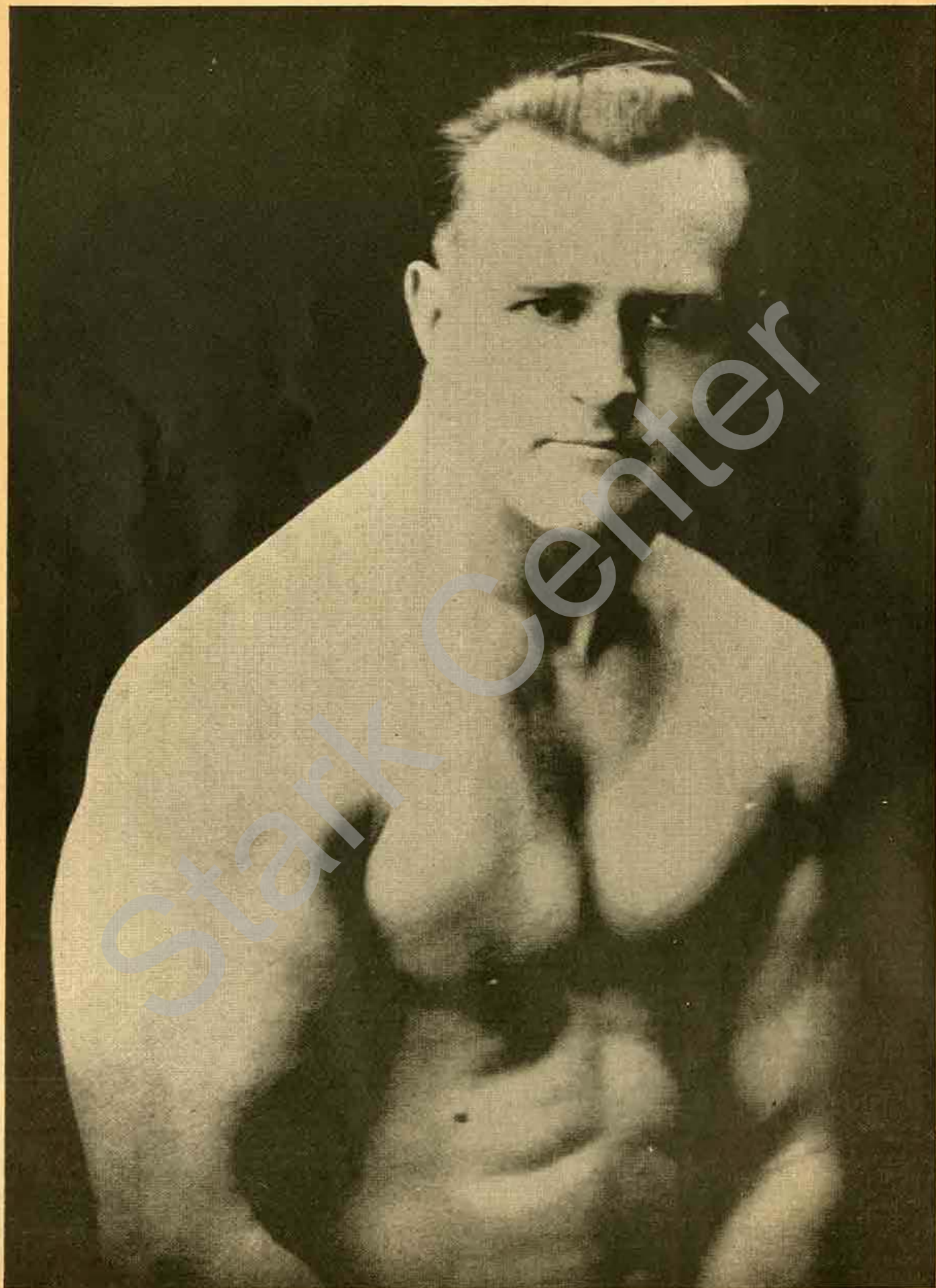
Kindly send me entirely without cost, your new book, "The Body Beautiful." I am particularly interested in:

() Body Building () Reducing Weight

Name.....

Address.....

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



EARLE E. LIEDERMAN
"The Muscle Builder"

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

MUSCLE GETTERS

Let Me Put YOU Into My Army of Muscle Getters



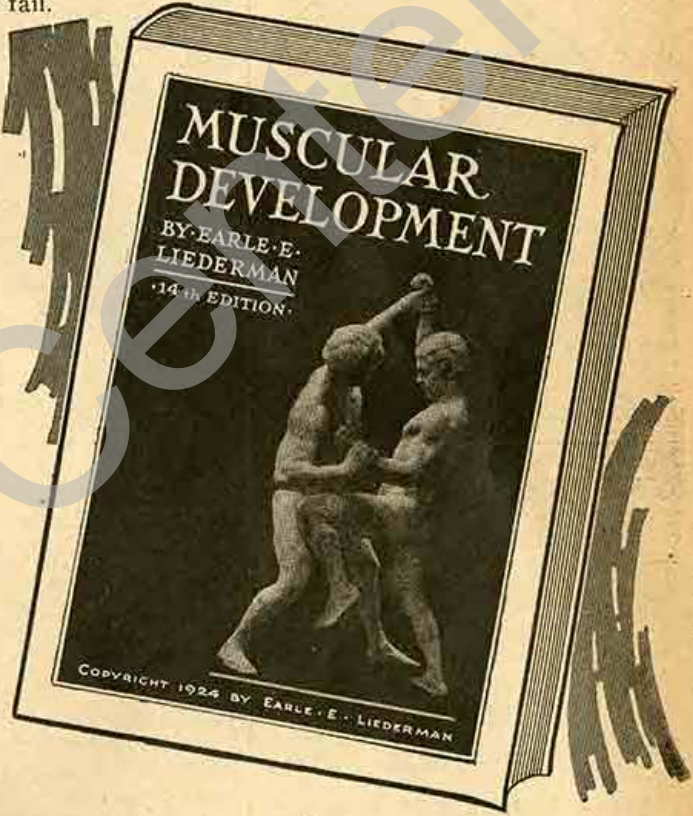
COME on, boys. Snap into it. Let's you and me get busy. You don't have to continue on with those jelly roll arms any longer. Did you see that bunch of prize winners in the December issue of Physical Culture? That was only a few of them. I had over a thousand last year alone and I've been doing this same thing for over ten years. It's a sure bet, fellows. You can't fail. I guarantee it.

What I'll Do For You

Remember, I don't say I'll cure sickness. That's a doctor's job. I don't claim anything that I can't do. My job is to build muscle; and take it from me, that's one thing I can do. I'll put one inch of solid muscle on your arm in just 30 days. Yes, and I'll increase your chest two inches in the same length of time.

A Real Man In Ninety Days

The first 30 days is only getting you in shape for the real works. I want 60 days more (90 in all) and I'll make you the huskiest lad you ever dreamed of being. I'll broaden your shoulders and deepen your chest. I'll increase your lung capacity so that every breath will bring in deep loads of oxygen, purifying your blood and shooting pep throughout your entire system. You'll develop muscles on your shoulders and arms that will round out like baseballs. Your stomach will have a ripple of muscle that will look like your mother's scrubbing board. You will have a broad, powerful back that will enable you to throw a scare into your friends when you start doing your feats of strength. And this isn't any idle prattle, fellows. I'm not just promising these things. I guarantee them. Do you doubt me? Well, come on and make me prove it. Atta boy! That's what I like.



Send For My New 64 Page Book -

"Muscular Development"

IT IS FREE

Can you beat that? I don't ask you to send me one cent. This is my party. I'm paying for this. There's a lot of things in this book I want you to read. To be sure you get it, I'm going to send it to you with my compliments. No strings attached to it—no obligations. This book has over four dozen full-page photographs of myself and some of my prize-winning pupils. Wait till you see them. If you like to see how weaklings developed into real strong men, this book will be a treat. And read the text. Real peppy stuff from start to finish—the kind that really gets you. It's the real works, so don't miss it. Just sign your name and address to the coupon and shoot it to the mail box. Or even a postal will do. Better make it snappy. It's something for nothing, so don't lose it. Sounds like your birthday—doesn't it? It is. You'll look back on this day and swear it was the start of a new life. Well, what are we waiting for? Pull out the old pencil. Sign the dotted line. Let's go.

EARLE E. LIEDERMAN

Dept. 704

305 Broadway, New York City

It Is FREE

DON'T SEND ONE PENNY — YOUR NAME AND ADDRESS ON A POSTAL WILL DO

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

Dear Sir: Please send me, absolutely FREE, and without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

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Address

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(Please write or print plainly.)

Massage Your Way To Health!

Dr. Edmund C. Gray, noted physical culture authority writes: "Massage is one of the greatest natural curative agents. It benefits in cases glandular sluggishness, rheumatism, anaemia, tuberculosis, constipation, banishes fat, builds tissue; in fact, has an almost magical effect whenever stronger circulation is desired."

The Bailey Rubber Bath Brush

enables health seekers to give themselves professional massage with ease and privacy—in the bath. For over 40 years, physical culturists have used the Bailey Brush instead of the harsh bristle brush. The Bailey Brush is molded out of a solid block of pure red rubber. The 2000 tiny rubber studs stimulate with a velvety touch. Pores are purged of impurities. Fresh red blood races through your body. You glow with fiery youth from head to toe. Writes a user: "After using Bailey's Brush 3 months, I feel 100 times better and would not part with it." Raymond Nava, Austin, Tex. **SEND NO MONEY.** Simply mail the coupon. Bailey's Brush is guaranteed for five years—but you need only deposit \$2 plus postage with postman, in full payment, when brush is in your hands. And that deposit is immediately refundable if you are not delighted.

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Send the rubber Bailey
Brush—guaranteed for 5
years. I will deposit \$2 plus
postage with postman, upon
receipt—deposit immediately re-
turnable if I am not delighted.

Name _____
Address _____

New Magnetic Discovery Builds Health



Read Amazing Results
secured with the
Vit-O-Net Magnetic
Blanket

Mrs. J. F. H., of Atlanta, Ga., had been in wheel chair for six years suffering from Arthritis deformans (chronic inflammation of joints). Two doctors said she would never walk again. After taking the Vit-O-Net treatments, she is now taking steps for the first time in six years. She writes "I am so happy my joy knows no bounds. I suffer very little now. Took steps today and did not hold anything for support! Am very much stronger and sleep fine at night."

How Vit-O-Net Acts

Decayed waste remaining in body kills life forces and causes untold human misery. The Vit-O-Net Electro-Magnetic Blanket eliminates more poisonous waste than any other method. The greatest discovery in recent years. Gives you new life—now power. Magnetic warmth soothes and strengthens. Relieves pain. Dissolves congestions responsible for scores of ailments.

Vit-O-Net Electro- Magnetic Blanket

Used by greatest hospitals
and physicians

For treatment of Rheumatism, Neuritis, Nervousness, Catarrh, Eczema, Blood Pressure, Kidney troubles, etc. Frequently successful after all other methods fail. Helps to restore health. Pays for itself over and over again.

READ THESE—"I can attribute my good health to the help of Vit-O-Net." "Received greater benefit from Vit-O-Net than from treatments costing \$1000.00." "No words can express my love for my blanket." "Would not take \$500.00 for it or do without it for nerves." "I am an entirely new man."

GET FREE HEALTH DOCUMENT Tells why 90 percent of diseases are caused by improper elimination. Reveals valuable health secrets you ought to know. Write for your copy today.

Representatives Wanted.

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4102 Ravenswood Ave. Desk 746
CHICAGO, ILL.

The Story of a Bar Bell

(Continued from page 45)

burst out with, "The tam' ting stops just ven I vant to push him up!" With instruction many of these fellows became quite proficient in the art of weight lifting, and several of them accomplished lifts which would do credit to any professional. Not only did we use the bar bell, but short sections of rails, steel shafting and various sized chunks of iron gradually accumulated about the service office for use at our noon time lifting parties.

During the war many "green" workmen took jobs in the shipyard. They were unskilled in handling their working material, and our yard hospital was filled with men getting treated for strained backs. These men had to be taught how to lift with a straight back, to use their legs and get under a load. They learned to use all the big muscle groups in perfect co-ordination, distributing the strain and so avoiding over-straining any one group of muscles, particularly those of the back. Photographs were taken of men in action showing the right and wrong way of handling material. These illustrations were posted on the yard bulletin boards and, no doubt, did a lot of good, for the number of strained backs decreased.

I came near losing the bar bell one day. It had been lying beside a lot of junk metal when the whistle blew

calling the men back to work. In fact, it lay out-of-doors rain or shine, summer and winter. Being a tough old bell the exposure never hurt it. On this particular day, orders had been given to the labor to clear up the yard. Luckily, I happened to be looking out of the office window when a cart went by filled with dirt and scrap of all kinds to be dumped into the river. Sticking out of the top of the pile was the old bar bell looking woe-begone enough. I raced to its rescue and when it was once more safe in its accustomed place, I looked lovingly at it and remarked, "Pretty near a watery grave that time, old fellow. Close call for you, Mr. Bar Bell."

The old bar bell is now back where it started from, more than twenty years ago, in my office in the University of Pennsylvania gymnasium. Another generation of students come in and slyly test their strength by lifting it a little way off the floor. They then decide about what they can do with it, and wager among themselves about putting it over their heads. Then I go over the same old story! "Bend your knees, keep a straight back, use all your muscles together and get under the bell when it reaches the highest point, etc., etc." So can you blame me for having real sentiment for that old iron?

Ask the Doctor

(Continued from page 39)

QUESTION: My health is very good, but I have been stoop-shouldered for about five or six years. This trouble was caused by my tendency to walk with my shoulders stooped. I see my mistake now and wish to correct it.

C. B. C., Mississippi.

ANSWER: First and foremost, I would suggest that you see some good osteopath or chiropractor and make sure that you have not developed any spinal condition that may cause you to stoop more or less permanently. If you have a course of treatment at their hands, combined with proper stretching and reaching exercises, it should, at your age, tend to restore the normal alignment of the spinal vertebrae.

QUESTION: I work in a plant that manufactures storage batteries, and the

lead dust gets in my face, arms, back and chest. My chest and shoulders are full of blackheads, and no amount of washing will get them out. I have also, lately, been getting large pimples on my back and shoulders. The blackheads mostly get in the skin at the root of a hair, and cannot be washed out, but must be squeezed out. Is there anything I can take that will cause these blackheads to disappear. Also the pimples.

C. H. F., Philadelphia.

ANSWER: The only remedy that I know for your trouble is to quit your job and get something to do in a place where there is not so much lead dust. Any form of treatment that you might undertake is simply trying to emulate all Mrs. Pardington's activities in trying to sweep back the sea with a broom.

The Health Digest

(Continued from page 51)

similar builds are selected against. Two slender parents of slender stock have rarely any progeny whose index exceeds 22 or just above the upper limit of the slender group. In general, the progeny of slender parents are relatively slightly variable.

The offspring of two fleshy parents are twice as constant as those of slender parents. The hypothesis is indicated that build is controlled by multiple factors with fleshiness tending to dominate slightly over slenderness.

The diseases usually associated with very slender and slender build are:

diabetes, nephritis, apoplexy, arteriosclerosis and diseases of the alimentary tract.

Whatever the fundamental cause may be, Dr. Davenport concludes the fact remains that in certain families there is a widespread inclination to the production of slender individuals, while in fraternities certain proportions of any fraternity are fleshy or may be fat. Perhaps the two kinds of individuals do not metabolize their food in the same way. In any case we cannot disregard the constitutional factors in build.

(Continued on Page 69)



A Radiant Bride To-day! To-morrow—What?

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

Is it right or proper to permit young couples just at the threshold of life, to stumble blindly into the sacred bonds of marriage without *FIRST* learning the real facts about themselves? Too many so-called "ideal matches" end in disaster—wrecked on the rocks of ignorance and false modesty. Can we permit this condition to go on? Every man and woman whether married or contemplating marriage owes it to themselves as well as the society in which they live, to tear away the veil of ignorance. Misgivings and doubt have been the cause of wrecking thousands of happy homes. Every self-respecting and intelligent man and woman should learn all there is to know about

one of the most important subjects now holding the attention of the entire civilized world—*Birth Control*—these two words are on everybody's lips—Margaret Sanger and other Birth Control advocates have fought an unceasing battle to overcome the deep-rooted prejudice that existed—but truth has triumphed!

Progressive, intelligent men and women refuse to be humbugged any longer. Sham, hypocrisy and false pride have failed to stem the tide. What was considered unbecoming yesterday is regarded as useful and necessary information today. Every year countless women are forced to make the most terrible sacrifices; forced to undergo the most untold suffering because they are kept in bondage and slaves to customs and conditions. But the day has come! Women are demanding their rights. Tradition can no longer rob them of that which they are justly entitled to.

ASSURE YOUR FUTURE HAPPINESS!

Five Years From Now Will They Still Be Sweethearts?



Yes, provided they had first learned the truth about Birth Control. Knowledge is power—intelligent people who know, experience no fear, they face life with a clearer, better understanding. The knowledge of Birth Control and its teachings are essential and necessary to insure future happiness and a more enjoyable wholesome life. Resolve now that you will not be among

those people who shut their eyes and ears and refuse to listen or discuss the subject of Birth Control. Help this noble cause—Read the two best and most widely discussed books on Birth Control. One written by a famous physician and the other by Margaret Sanger, the greatest Birth Control advocate of modern times. These two books will tell you all about Birth Control so you, too, can spread the Gospel of Truth.

What a Few Grateful Readers Have Written Us

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

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

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



Partial List of Subjects Discussed in These Two Famous Books

"Private Advice to Women"
* * * * *
Too Many Children
* * * * *
Birth Control
* * * * *
Prenatal Influences
* * * * *
Science of Eugenics
* * * * *
Sex Determination
* * * * *
Race Suicide
* * * * *
Plain facts cleanly stated
in simple terms.
* * * * *
Childbirth — Etc., Etc.

IMPORTANT NOTICE

These books have been specially written for adults. Kindly do not order these books unless you are over 18 years of age.

SINCERE PUBLISHING CO., Dept. 367,
24 East 21st Street, New York City.

Please send me in plain wrapper, Dr. R. E. Armitage's wonderful book "Private Advice to Women" and "What Every Mother Should Know," "What Every Girl Should Know," by Mrs. Margaret Sanger. When the postman arrives I will pay him only \$2.39 plus postage for the three books. (If you do not expect to be home when Postman arrives kindly send cash or money order in advance.)

Name:

Address:

(Orders from countries outside the U. S. must be accompanied by money order.)

To the readers of this magazine we are offering an unusual opportunity of securing three of the best and most widely read books on the subject of Birth Control. Both these volumes were dedicated to the Birth Control cause. For a limited time we will send Dr. Robert Armitage's famous book "Private Advice to Women"; also Margaret Sanger's wonderful book "What Every Mother Should Know," "What Every Girl Should Know." Margaret Sanger is the founder and President of the American Birth Control League. You can have these books for actual cost of publishing, two dollars and thirty-nine cents (\$2.39). Send certified check or money order and three books will be sent you postpaid in a plain wrapper. Should you desire, we will be glad to ship books C. O. D. You pay postman \$2.39 plus postage on arrival of three books. Don't wait. Place your order for these sensational books today. If you are not completely satisfied, you can return your books in 5 days' time and money will be refunded.

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24 East 21st St.

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DRAFTING PAYS BEST!

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Junior Draftsmen \$400 a Month; Chief \$800**



There's big money in drafting. Make no mistake about that! My former students are getting all the way from \$250 a month as juniors, to \$833 a month as chiefs. Here is your chance to take up drafting. Learn practical draftsmanship at home—but under the daily direction of Chief Draftsman Dobe—the man who has made finished draftsmen of thousands of men, young and old—men who had no previous training, or even the average amount of schooling. Give him your evenings for just a few months, and you'll be ready for almost any drafting job that offers. Begin in time to get all your tools without a dollar's extra outlay! Note offer:

Money-Making Tools



A Professional Drafting Set, and All Supplies Furnished!



Machine Shop or Mill

NO "TALENT" NEEDED Scores of engineering firms and manufacturers recruit their draftsmen from my classes. I haven't enough men now—and a busier season is coming. Therefore, I make this offer to get action: a beautiful set of imported drafting instruments, all rules and tools, and a drafting table, free of any extra expense to those who join up at once. You needn't decide now, but get your name in at once for this free offer! Clip coupon, and mail it! I want to caution you that this is a limited offer—it isn't one I can afford to keep on making!



Railroading or Radio

WHY DRAFTING PAYS It's in the drafting room that the big ideas come—and the big money. Have you ever known a draftsman who didn't like his work? Or one who ever had to look for work? If a hundred dollars a week sounds big—yes, or \$150—you aren't in the right line of business! Get into a broader field—the broadest of all. That's drafting. Investigate the tremendous field of drafting before you decide on any line of work or career. Drafting fits in with almost any kind of work you can think of.



Electric Companies

IN 1926 I predict a shortage in draftsmen. Last Spring, every sort of inducement was being offered men who could draft. Scores of our "boys" stepped right into fine jobs the week they had completed our course. This year will see still greater demand for draftsmen—with a big building boom and big production all over U. S. and abroad.



Building, Mining



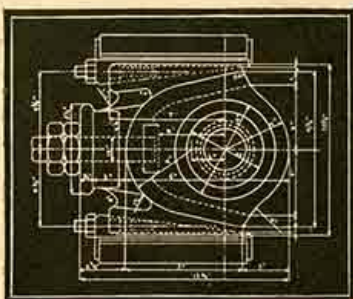
"My new chief says, Dobe must teach right; I can handle everything so far. They pay me \$20 a week."—LEO NIEDERBERGER (Pa.)



"Just been made chief and got a good boost in pay. Your course has the goods."—Wm. G. HAZLETT (Col.)



Engineering—All Need Draftsmen

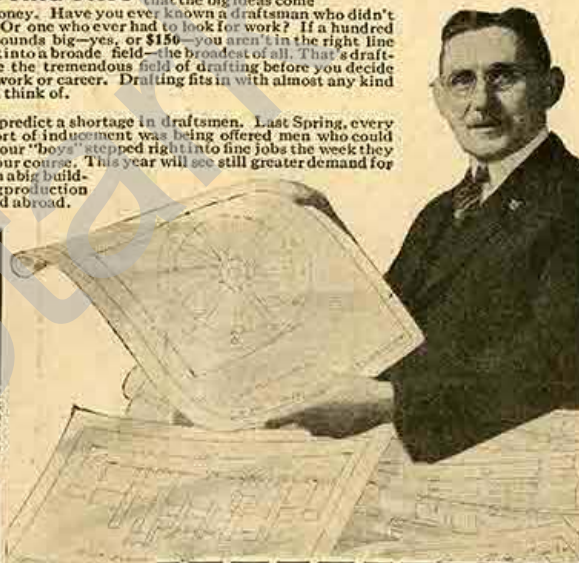


Above Drawing by a Two-Month Dobe Student

PAYING POSITIONS

loom up almost as soon as you are enrolled in a Dobe class! We receive requests daily for juniors—for men only partly through our course. "We'll take a beginner," some concerns write us, "so long as he is a Dobe trained man and has begun right!" Furthermore, a lot of our students are willing to carry on special work for pay, right while their lessons go on.

But why try to tell you here, all the wonderful facts you'll find in my new, big book, *Successful Draftsmanship*? Full of actual information, fully illustrated, the biggest and most fascinating book ever published on the subject! Send for it in time to get your complete, lifetime drafting outfit free of any extra cost whatever! Coupon below.



Good for Tools

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Please send FREE and POSTPAID, without obligation, your new, fully illustrated book, *Successful Draftsmanship*, complete information, terms, etc., in time for free tool offer.

Name..... Age.....
Address.....

Muscular Proportions You Can Build

(Continued from Page 35)

kettle bells and swinging the giant club and other stunts.

That winter I laid out my program, and by the end of February I had increased my bodyweight so that it varied from one hundred seventy-two pounds to one hundred seventy-six pounds stripped. I balanced all my measurements to such an extent that my friends, who before had been so critical on my attitude on proportions, agreed that I looked considerably better.

I recognized the fact that Klein's type was not for me. I had too massive an appearance and knew the Herculean standard was more my mark. The following were my measurements when I finished my winter program: Height five feet five and a half inches, weight one hundred seventy-two pounds to one hundred seventy-six pounds, neck eighteen and three-quarter inches, chest normal forty-five and a half inches, waist thirty-four inches, biceps seventeen and a half inches, forearm fourteen and three quarter inches, thigh twenty-four and a half inches, calf fifteen and a half inches, ankle ten inches, and wrist eight and a quarter inches. I had actually grown an inch in height. What impressed me the most, was that when I was stripped my proportions made me appear even taller than I really was. So much for balanced development; but this is not the end of my story. I dropped out of active athletics and went into business, after a serious injury to my shoulder. Instead of showing what I could do, I began to teach others what to do. I still continue my experiments, and the results of my recent training are as follows: Weight one hundred ninety-five to two hundred pounds stripped, neck eighteen and three quarter inches, chest normal forty-seven and a half inches, waist thirty-five inches, biceps seventeen and three quarter inches, forearm fifteen and a quarter inches, wrist eight and a half inches, thigh twenty-five and three quarter inches, calf sixteen and a half inches, and ankle ten inches. The fact that I have surpassed many records on pure feats of strength is proof that I have kept, throughout, the efficient physical standard.

Perhaps you would be interested to know the reason for this recent experiment. A huge athletic friend called on me one day, a man who had a wonderful arm. He asked me to measure it, passing the remark that I had a wrist equally as large as he. I replied that I thought not, but I was surprised to see my measurement was exactly the same as that of my friend, eight and a half inches. This was an increase over my former measurements, due again to my fondness for juggling weights. My friend laughed and said, "Why, man, you are still growing." Right then I developed an idea. So many believe that when they reach their thirties they have passed the point where muscular improvement is possible. I decided to

try it out for myself and at the same time see if my efficient standard kept apace, which it did. The photos of myself that accompany this article show me as I am today. They were taken at the conclusion of my experiment, just explained.

Klein and myself, both of the same height, have worked out our proportions according to our type. Klein, built for grace and physical beauty, has reached his goal. Nature and necessity required that I should attain the Herculean standard, and it was up to me to get there.

My investigations have proven that there are actually no muscles so obstinate that they will not develop at all, and that there are no limits to the proportions that can be acquired if a fellow wants them. The balance between strength and development is the vital point to always keep under observation, so that the efficient standard is always maintained.

I have always been satisfied that there is no set standard of measurements. The thing is to appear balanced. As I have so often said, every student should study himself with microscopic attention. The majority of body culturists refuse to think for themselves. The study of developing the muscles is one in which each person must take his own initiative. After studying each exercise, and absorbing the necessary advice, he should learn to apply it in a manner that he knows will be best suited for himself.

I can show any of my readers the way, and help them out of their problems, but I cannot do the thing for them. That can only be done by themselves.

You have two examples before you: the Apollo and Herculean types, as exemplified by Klein and myself, and the lesson I want to convey to you is, that although you may be of a different height, and nature may have made you heavier or lighter than your ideal, yet you can perfect your proportions by working towards the type of physique that you actually represent. But don't fool yourself. Don't try to become something you were not intended for. Be honest with yourself. You will succeed better for it.

You are clearly shown positive proof that no matter how small you are at the start you can build very large measurements without any danger of finishing burnt out.

Any course of exercise that does not conserve energy is of no use, and no one wants it. Recently I gave a demonstration of weight lifting science, and the spectators were amazed to see how speedy I was. My dips, squats, snatches and jerks were faster than many of the lightweights. I demonstrated a considerable number of lifts, and finished full of pep, because I have constantly a reserve supply of energy that allows me to pass safely through any physical ordeal.

I imagine a lot of young fellows, after reading this, will heave a deep sigh and say, "Darned if I can do it." Now, go with me a little further. You

\$30. Muscle Building Outfit \$8
with Complete Instructions Now Only



Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by My Methods and Apparatus.

—A New Invention.

These handles are the strongest ever made. Steel re-inforced all the way through. This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

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Think what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and muscles. Now you need only the right kind of regular daily exercise to develop them to their fullest capacity.

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will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart and lung room, vastly improve your blood circulation and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

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That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10-Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser. This device is the only one designed to develop the leg muscles.

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No man can claim to be a strong man, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck ONE FULL INCH in a few weeks. This apparatus is simplicity itself. It is adjustable, and will fit any man or boy.

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You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10-Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question.

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Patented Progressive Handles with 1,000 pounds resistance, worth....	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth..	3.00
12 weeks' Home Instruction Course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopedia, worth	1.00
	\$30.00

TOTAL WORTH \$30.00
COSTS YOU ONLY \$8.00
Any of the above can be purchased separately at the prices shown.

Fill out and mail the coupon below with \$8 for this marvelous muscle-building outfit. **DO IT NOW.** Delays get you nowhere. If you had ordered this outfit last month, you would at this time be well started on your career as a strong man. Don't wait another month—or another day! Start now by sending in your order. **AT ONCE.** Use the convenient coupon.

My guarantee is backed by a \$10,000 challenge.

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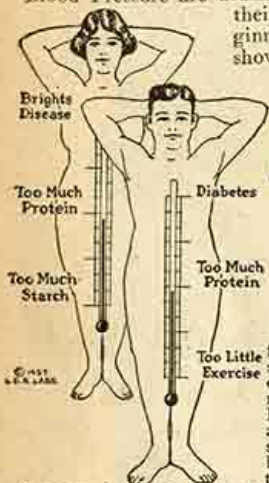
MICHAEL McFADDEN
103 E. 13th Street,
Dept. S-101,
New York City

Robinson's Urinalysis

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2,000,000 lives are being sacrificed to Heart Disease; hundreds of thousands are being cut short by Diabetes; unknown numbers of our finest people (supposedly in the pink of condition) are in the merciless grasp of Bright's Disease and other lingeringly fatal ailments. How about you and yours? Well? Sound? DO YOU KNOW?

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Now's the time to find out how you stand. It's worth \$2.50 of any man's and woman's money to KNOW THE FACTS as minutely and searchingly revealed by microscope and test tube. Catch this

joy-note from No. 5504, Atlanta, Ga.: "Analysis fine and satisfactory. Checked identically with my physician," and this prayer of gratitude from No. 5756, Washington, D. C.: "Your valued report to hand. I am gratified to know the condition of my health." In three months I shall require another test."

WHAT URINALYSIS IS

Urinalysis is an EXACT analysis of the excretion of the kidneys. It is positive, reliable. Exactly what the microscope, test tubes and chemicals disclose is given in our report which is divided into 25 different classifications. The meaning of each classification is explained in detail and in simple terms.

WHAT URINALYSIS DOES

Urinalysis helps to locate the place of disease. Reveals sugar or albumin in your system even to the slightest trace. If you are on the road to become a victim of dreaded Bright's Disease, Diabetes, Heart Disease, turn off before it is too late. No. 6007, Maidens, Va., says: "I thank you for the promptness and completeness of your work. You give a complete examination and results for a very reasonable price."

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We do not prescribe medicines. Where test indicates it is necessary, we recommend that you place yourself in care of your own physician. Report aids doctor (should anything be wrong) in making correct diagnosis and in treatment.

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know I am a teacher who takes the same medicine I offer you. Many of you have seen what I can do and most of you are familiar with my career. In other words, whether I am good, bad or indifferent, I am a living proof of my own teachings. I do not offer you a sop, or a theoretical grammatical version of exercise. I give you facts. Better still, I am here to help you, and that is what I want to do. So, starting off again, let me ask you to do a little heart searching. Are you satisfied that you study your exercises thoroughly? Do you put all your mental concentration into your efforts? Are your training periods regular? Be honest with yourself and buckle on your armor once more.

Don't be satisfied with following out just a few certain exercises. Develop your muscles from every angle. When I was first taking up my body culture, I did not have a soul to instruct me. In those days there were no such valuable aids as mail correspondence schools. I used to work out in a little attic with crude weights, and I would practice for hours before an old mirror with the light of a candle—practicing my exercises from every angle until I got the right kick out of every muscle. I never quit exercising, but weight lifting I did. I made a bent press record when I was seventeen years of age, but I never progressed further. In fact, I became worse, and finally got disgusted and quit this lift. It actually took me five years to find my trouble with that lift, before I really mastered it.

Klein and I have had our battles like you all. I found my biceps terribly difficult to increase over fifteen and a half inches, but by curling bar bells, kettlebells and dumb-bells, from every conceivable angle, I obtained the development I was after. My calves were terribly hard to develop. As stubborn as a mule, they seemed determined to stay where they were, and to make matters worse, I simply hated leg work. What I did, I forced myself to do, and here, I knew, was where my trouble lay. So I started out to find a solution, and found it. Tricks and stunts I always loved. Show me anything and I was willing to take a chance if I broke my neck. Music appealed to me tremendously, so I decided on a combination. A chum of mine was a real artist with a mouth organ, and he just worshipped me for my physical attributes. He entered the scheme with a willing heart. Week in and week out, he played martial tunes while I went through the gymnastic march all around the room with a kettle bell in each hand. I would then walk on my toes, up and down the stairs, with weights in each hand. Waitz stiff legged, balanced high upon the toes with a bar bell carried across my shoulders. I then practiced Kid McCoy's footwork. Making a circle, I numbered squares off in irregular numbers: taking up my position in the center of the ring I would assume the squat position, balanced upon the toes holding a light weight in each hand. My friend would call out any number that came to his mind and as quickly

I would leap to the square he named. Backwards, forwards, and sideways, he kept me going, giving the legs a wonderful workout. Rising on one foot with a weight held in the corresponding hand I would also practice changing the position of the feet in order to bring the muscles in action from every angle. I learned to juggle weights on my feet, for the benefit of the thighs, which developed talent as well as muscle.

If you practice developing the muscles with one set of exercises, they will get accustomed to the movements, and you will not get the fullest possible benefits. Versatility is the keynote.

In a recent issue of STRENGTH, I explained how to specialize in order to develop stubborn muscles. If you remember the article, you will recall that every other exercise, for the development of any one group of muscles, was different. Apart from this, it is a fine practice to add some stunts to your training program. It drives away the monotony of continual exercise.

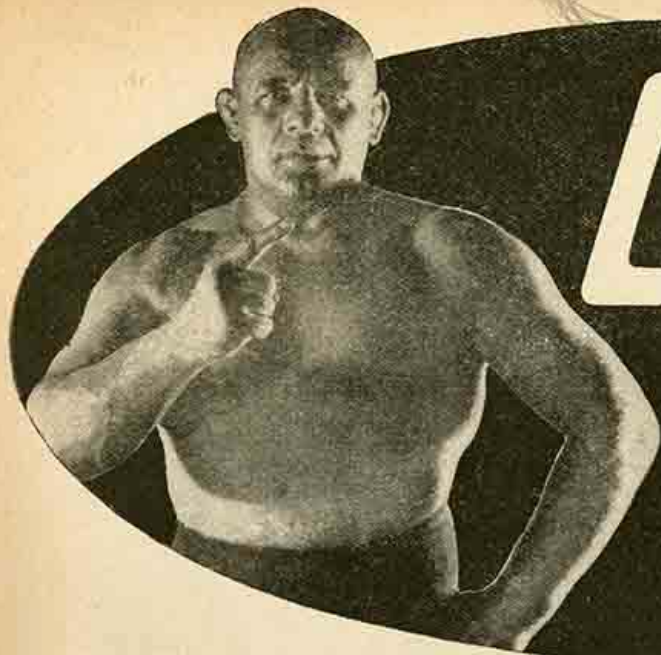
Klein is a very versatile athlete. He can do anything with weights. Tell him of any particular stunt and he will not give you a moment's peace until you show him. Then he trains until he masters it, generally elaborating the stunt with some novel idea of his own. That's what keeps him fit and youthful. He inspires you. Ask him to pose and you will find that every attitude he strikes shows off his body to a wonderful advantage. He knows how to pose, catering to the poses that are impressive and instructive. You can learn to cultivate your body, just as women learn to cultivate clothes.

Every body culturist should learn to know the muscles that give the greatest aid, in the most important movements. Without this knowledge a person is apt to work too much in the dark.

I don't believe that many of my readers realize the vast significance of the supinator longus of the forearm. It is the most important muscle in the forearm and it gives a wonderful appearance to the arm. Just examine the pose where I have the arm bent on the upper arm and note the great bulk at the outside of the forearm against the elbow. This muscle is so large that it has entirely covered the biceps from sight. If you place your thumb over the fist, you will obtain a better impression of the general bulk of the forearm.

I would like to draw your attention to the formation of my hips, at the same time remembering that earlier in this article I mentioned the fact that I have a very wide pelvis. Very few would believe that I measured forty-two inches around the hips, but it is so. However, the picture shows a hip muscle that is full and round, which harmonizes with the leg development. My waist is wider than most athletes' by reason of the unusual sized pelvis. It gave me muscles in the small of the back of great width and depth, as you can see. Despite my large measurements, the back muscles display themselves very clearly, as also do the arms and legs.

(Continued on page 68)



Listen! Men!

"You Too Can Now Have and KEEP Life-Long Health and Strength," says Zbyszko, World's Champion Wrestler at 54, "I Have Developed a System That Unfailingly Builds Muscular Power and Tremendous Energy Which I Now Give To You."

This is the chance of a life-time! You can now find out how to get and keep health, strength, and power. That's the secret—keeping it. There are a thousand ways to develop muscle although Zbyszko's is by far the soundest and most sensible, but the vital thing about Zbyszko's method is that he'll not only give you glowing health, a powerful muscular development and astonishing strength, but he'll show you how to KEEP this force for all your life.

There's red blood in your veins whether you're fifteen or fifty. And Zbyszko doesn't care how old you are, where you are, or what you are. Think of what this remarkable man has done. Champion of the World at 54. Matching his strength and skill today against men of 25. At it, day in and day out—winner in a thousand bouts in the most heart breaking of all sports and today—54 years young—ready for a thousand more. Why is it that one man can lift more, carry more, pull more than another? Why is it that one man is old at fifty and another is young at sixty? Why is it that the man who cares for his body—develops his strength—keeps his health and youth is a Success—and the man who doesn't is so frequently a failure? Why? Because strength, health and muscle make a man a bundle of vitality and energy—a power among men. Since the beginning, the world has been ruled by the law of the survival of the fittest. And today to be FIT means to succeed.

Surely the call to strength, power and health is in YOU—that desire is in the heart of every real man. Just as this urge for power comes to you now, it came years ago to Zbyszko. Then, he was a podgy overgrown weakling. But in a lifetime he has learned the most amazing secrets you have ever heard.

No Matter Who You Are, What You Are, Where You Are, or How Old You Are—You Want This Power All Your Life!

Of course you do. No need to ask the question. You want the sheer joy of living. You want to be the man who can lift more, bend more, crush more, stand more and live longer than the other fellow. Then let Zbyszko give you his secrets of life-long endurance, strength and health. Let him fill out your body with living muscle. Let him give you the inspiration to achieve. Let him give you the power in your own two hands to bend and break a horseshoe and in your own will to bat-

ter down all opposition to your progress. And let him show you how to keep this power as long as you live. Just let Zbyszko know you want what he can give you. Send for his book. Tear out the coupon, NOW, and mail to

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There's Nothing Like Zbyszko's Method

There is no system, course, exerciser nor anything else like this new method of strength, muscle and health building. Zbyszko is ready to give you. It is startling in its simplicity. It is quick, sure, effective. It is so practical it will make you wonder. Let Zbyszko himself show you.

It's All In This Book—Send For It!

It contains the dramatic story of Zbyszko's life. It shows the remarkable development of one of the World's most remarkable men. Dozens of specially posed photographs. A hundred hints and suggestions. It discloses the Zbyszko Method. It shows exercises that alone will develop muscles and achieve health. Just off the press. There's a copy for you, but don't wait. Fill in the coupon. Zbyszko asks you to send a dime to cover distributing cost, but the book itself is free. Fill in the coupon before you turn this page—tear it out and mail to Zbyszko. Act! Action is the test! Perform this service to yourself. NOW.

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ZBYSZKO

What is the First Question the Doctor Asks?

By DR. CHARLES D. PERCIVAL, M. D.

There is sickness in your home. You, or a member of your family, is ill. The doctor comes. Before he opens his satchel—before he feels your pulse—before he places a thermometer in your mouth—he asks:

"How are your bowels?"

Now why, Dear Reader, does the doctor *always* ask that question? And why does he ask it *first*?

I'll tell you. By knowledge, by practice, by experience and by the accusing finger of the post-mortem examination he has come to know that the intestinal tract is the great controlling factor in health and in illness.

No less an authority than the great Professor Foges, of Vienna, one of the most brilliant minds in the medical profession, says that 95 per cent. of all disease originates in the intestinal tract—95 per cent.; think of that!

And moreover, to prove it, he examined 27 women who thought themselves in good health and found that 25 were being slowly poisoned by absorption of intestinal germs into the system. Yet those 25 thought themselves in good health and were unconscious of any pain or symptoms of ill health.

Little Does Humanity Know—

The intestinal tract is called by medical men the colon. It is a tube about four feet long and shaped like the letter U inverted thus \cap . By muscular action it is supposed to contract and expel digestive waste. However, since we have come to lead such sedentary lives, the colon does not perform its function with the speed and regularity that Nature ordained.

Result: The waste clings to the intestinal walls, hardens and putrefies . . . creating millions of deadly germs and a regular witch's cauldron of poisons.

But the real menace comes in the next step. These germs do not remain confined. They penetrate the intestinal walls and enter the blood stream.

Onward they sweep to the vital organs. They fasten on. Soon they make known their presence to you in headaches, a face broken out with pimples, pallid complexion, anemia, dizziness, fatigue, rheumatic ailments, hardened arteries, chronic disorders and eventually a shortened life.

Now—

The Ounce of Prevention

It can be seen that if this intestinal tract is kept clean and pure bodily

poisons cannot develop. Pills won't keep it clean. Nor cathartics. They're too violent . . . strong emergency measures that weaken rather than help.

But there is a simple, common sense way. That is internal bathing. A bona fide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

Immediate Benefits

Taken just before retiring, you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—remade. That is not my experience alone—but those of 800,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health! To toss off the mantle of age—nervousness—and dull care! To fortify you against epidemics, colds, etc. Is that fifteen minutes worth while?

Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally," by Dr. Turner that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Dept. 276, 152 West 65th Street, New York City—Now.

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152 West 65th Street, Dept. 276
New York, N. Y.

Send me, without cost or obligation, your illustrated booklet "Why We Should Bathe Internally."

Name.....

Street.....

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

Muscular Proportions You Can Build

(Continued from Page 66)

The same methods I employ myself have been as successfully employed by hundreds of others who have come under my instructions. I often find that I have to vary some of the exercises according to the pupil, but nevertheless, these methods have been productive of such marvelous examples as Sloane, Dembinski, Shaffer, Manger, Dennis, and a host of others.

It is not that I have never tried any other means of developing the body. I have tried out and thoroughly studied every known method of instruction, from the simplest system to the most intricate, inclusive of the idea without apparatus.

They are all good for promoting health, but where increased muscular size of lasting construction is required, there is only one progressive method that will give results with a conservation of energy and a general strengthening of the vital organs—and that is the use of bar bells.

It is not just my voice that says so, but the voice of the greatest authorities of every nation. Professor Des Bonnet, of France; Professor Siebert, of Germany; Dr. Krajewski, of Russia; and Pullum and Inch of England. These men stand head and shoulders over all others on the subject of health and muscular development, and are men who obtained results for themselves as well as for others, which are facts that speak louder than words or theories.

A New Department

(Continued from Page 21)

exist in our outlets for spending energy. Certainly the results of unspent energy can often be disastrous physically even if they do not have such a bad effect on the general health and nervous system as to make bandits of ordinarily useful citizens. Perhaps it is even worse to make invalids of them, and certainly illness can be avoided only by some understanding of the care of our health and some intelligent effort to put what we know into practice.

We have always considered it part of the job of this magazine to give our readers information on exercise and its relation to health and body building, and we are confident that devotion to exercise from any cause is a guarantee of health and a good nervous system in itself. We know that there are health enthusiasts who go to great lengths in their willingness to subject themselves to living habits which may be beneficial in individual cases but are of doubtful benefit to the average person. We also know that there are health enthusiasts who have become so thoroughly embodied with the value of one particular means of health seeking, that they give it all credit, and nothing else receives any credit as a means of gaining health.

We have never maintained that any one man, diet, habit, or any one method of exercise had an exclusive way or was even an unqualifiedly best way for everyone to try in order to become healthy. For that matter very few other people ever have or ever will make any such claim. We have tried particularly in the field of exercise, to indicate what ends were best served by individual exercising methods, and we find we have been gradually broadening our interest and scope to take in not only the real strength seekers, but also the people who are interested in gaining health primarily. We have always maintained that no man could be really strong unless he was really healthy, and we have always held that for a healthy man to become strong was a rather easy matter, and the end once gained would much more than repay the effort expended to gain and keep real strength. We, of course, still hold that to be strong a man must be healthy, and that with health as a foundation, gaining strength is rather easy; but we have been widening our scope to include those readers who feel that they are more interested in gaining health first than in the possibility of converting that health to strength and health.

Furthermore, we have always recognized that there were exceptions to every rule, and for that reason we have tried to make all our readers feel that our various departments were more than pleased to hear from them and willing to help them at any time when they found that apparently they could not get the results that they should obtain if they were following any plan of health or body building.

We are interested in obtaining real results, and any of our readers who find problems which are apparently very stiff coming up will find that we can help them as we can draw on the experiences of our whole staff when this is necessary, and in addition have in all probability seen the same particular difficulty arise and be vanquished before.

Apparently, this month's editorial, which started out to be an introduction to a new department, turned into a talk on the policy of the magazine, and we hope you have understood the policy to be what we have stated that it is. At any rate, perhaps, the best way to describe the new department is to show the scope of the health building side of how it fits into our scheme of enlarging the magazine, a side which has, of course, been growing for years.

The Health Digest

(Continued from Page 62)

Looking at the matter broadly, we can see that no other theory than that constitutional differences as well as nutritional differences determine build can be sufficient to meet all facts.—*N. Y. Medical Journal and Record, November, 1925.*

THE DANGER OF NERVE EXHAUSTION

by PAUL von BOECKMANN

The high pressure, mile-a-minute life of today, with its mental strain, worry, anxiety, grief and trouble, is WRECKING THE NERVES of mankind. This applies especially to the people with highly active brains and sensitive nerves. Have your Nerves stood the strain?

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

First Stage: Lack of energy and endurance; that "tired feeling."

Second Stage: Nervousness, restlessness, sleeplessness, irritability, decline in sex force, loss of hair, nervous indigestion, sour stomach, gas in bowels, constipation, irregular heart, high or low blood pressure, poor memory, lack of mental endurance, dizziness, headache, backache, neuritis, rheumatism, and other pains.

Third Stage: Serious mental disturbances, fear, undue worry, melancholia, dangerous organic disturbances, suicidal tendencies, and, in extreme cases, insanity.

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

It is positive your nerves are at fault, if you feel generally depressed, tired and ailing, though repeated medical examinations fail to show definitely some organ is involved. In such cases the decline in organic power is due to subnormal nerve power.

I agree with the noted British authority on the nerves, Arthur T. Schofield, M.D., the author of numerous works on the subject, who states: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

I am a *Nerve Specialist* and have treated more cases of "Nerves" than any other man in the world. My instruction is given by Mail only. No drugs or drastic treatments are employed. My method is remarkably simple, thoroughly scientific and invariably effective.

Submit your case to me, and I shall tell you definitely the exact nature of your weakness, and whether I can help YOU, as I have helped over 100,000 men and women during the last thirty years.

Positively no fee is charged for a "Preliminary Diagnosis" of your case, and you will be under no obligation to take my course of instruction, unless you wish to do so. Do not explain your case in your first letter, as I shall send you special instructions on how to report your case and how to make certain "nerve tests" used generally by Nerve Specialists. I shall also send you FREE other important data on the subject which will give you an understanding of your nerves you never had before.

I have studied the health problem for more than 30 years from every angle. Far over a million of my various books on Health subjects have been sold all over the world during this time and as a result about 300,000 people have written me in detail describing their weaknesses and experiences with different methods of treatment they applied. I am more convinced today than ever before in my life, that nerve weakness (*Neurasthenia*) is the basic cause of nearly every ailment of civilized man and woman. Other weaknesses are simply the result of weak nerves. I have learned further that worry, grief, anxiety, mental strain and, of course, sex abuse



PAUL von BOECKMANN

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

are the basic cause of nerve weakness. You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body for the first time.

Read the Book at my risk; that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

"Your book did more for me for indigestion than two courses of dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

Another writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly, and am gaining weight. I can again do a real day's work."

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Can you desire great muscular size and power at a cheaper cost? I don't believe you do. Then let's you and I "go to" the pleasant job of developing, pepping up, and strengthening that body of yours. I am with you, as my very low prices prove.

It's great to be strong, well-proportioned and well-muscled. It is greater when it costs you next to nothing. If you were thinking of buying a cable exerciser, get one of mine now. If you weren't thinking of it, do so, for it is not expensive thinking at \$3.00 and \$5.00.

Health, Strength and Muscles From the Sandow Course and Exercisers Are As Easy To Obtain As the Course and Apparatus Are to Purchase.

Think of how your friends will be astonished at your physical improvement after a few weeks with my cable exerciser. Think of the great change for the better in your personal aspect. Think of your 100 per cent. better chances of a successful life when you are in robust health and bubbling over with energy.

Consider these vital things and then compare them with the price of my exerciser—then enroll without further ado.

A BARGAIN IN MUSCULAR DEVELOPMENT

My 12 weeks' course is made up of the best cable exercises that exist. You will find them pleasing to perform. You will see yourself improve by being compelled to add cables to the one or two you begin with.

That is where the real enjoyment and real development comes in. It is a fascinating, invigorating, muscle-building pastime. Get into it now—it is the pastime with the most valuable returns.

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The Sandow Course and Cable Exercisers Are As Good As Any Of Them—If Not Better—and Their Cost Is Ten Times Lower

Just Fill In the Coupon Below and Mail TO ME With \$3.00 or \$5.00 and LET'S GO!

Use the coupon below for that is what saves you money. No deluge of literature for you to help pay for, as you do with most spring and cable exerciser courses. Send your remittance with the coupon, and your exerciser and 12 weeks' course will be building muscles for you in a few days' time.

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JACK SANDOW

Room S-4, Federal Life Building

Michigan Ave. and Randolph St.,

Chicago, Illinois.

The Mat

(Continued from Page 58)

fyng in both development and strength.

I never knew of a well built man, with real strength, who had never touched bar bells. They all use them, but may keep themselves in trim afterwards with another form of exercise, simply because it is not always convenient for them to carry weights around.

I know there are some young men who have an earnest longing to own a beautiful body with proportionate strength. These same individuals can't understand why they never secured a development like Klein or Shaffer, when they have the same bodyweight.

Did you ever stop to wonder why the driver of a racing machine can outstrip other machines of the same horsepower in a race?

It is simply because he has learned what the engine will do under various conditions—and that enables him to get the most out of it. That is the way with Klein, Shaffer, Dennis, Snyder, and many others. They have been shown the way, but were never satisfied to follow instructions in the ordinary sense. They studied the movements and found the right means of application as adapted to themselves. Their own capabilities were tested under the microscopic inspection of deep study, and with proper coaching they got the fine results that they now enjoy.

Some super drivers, with smaller horse-power machines, occasionally out-ride other machines of a greater horse-power. Klein and Shaffer stand out as such super athletes, because they so easily displace anyone in their class, and many in the heavier classes.

Each person should learn to think a little for himself. Get the most out of yourself!

This physical training subject is just like school. Some do much better than others. Of course, we can't all be Sandows or Saxons. I believe the law of average has a lot to do with that; but, just the same, we can try. As the odds are, you can come closer to being a Sandow, or a Saxon, than you can to becoming a Rockefeller.

As I have already written, development is more readily acquired, over a period of time, than strength. Strength itself has peculiar qualities. Some are very hard to understand. You can take two good strong men with the same sized arms and the same bodyweight, but one will be better than the other, due to the quality of fibrous tissue. On the other hand, the very acme of combined strength and physical development is invested in the middleweight athlete. First class middleweights lift much more for their bodyweight than the very best heavyweights. And, at no time, has the heavyweight division turned out such phenomenally developed men as the middle class division has produced.

At some future time I will explain the reason for this, which I am sure my brother Matmen will find wonderfully interesting.

Rochester, N. Y.

EDITOR OF MAT:

I weigh one hundred and forty-seven pounds, but have poor biceps development. Will you explain how I can make them grow? I would like to own an eighteen inch biceps.

HAROLD FORBES.

Those biceps again! The magnetic charm that fascinates every young man, making him want to possess an imposing pair of arms, is just as strong as ever. I guess everybody admires a well shaped arm. I do! Sometimes I think that many of my readers will think I am opposed to large biceps because I have often laid much stress on the fact that too-much time is given to these particular muscles. My reason for that is to remind you all of your triceps. Don't get an overdeveloped biceps. Balance your arm with triceps development. Of course some find their biceps a little hard to develop, but ordinarily the average muscle builder gives the upper arm lots to do. As a general rule the biceps is easy to develop. Perhaps this is one of the reasons why some physical culturists specialize upon them more than on the other muscles.

These muscles have a different way of displaying themselves when developed. Some appear heavy and bulky, with all muscle separation congested. If they are very thick at the lower end of the humerus bone, against the elbow, they will be strong muscles. If not, they are not developed muscles.

The size is apt to be obtained from an accumulation of fatty tissue only. Some biceps bunch up in a ball, that looks good to the eye, and others are so clearly defined that a cloven separation is seen; that is, the biceps seem to be split in two, in much the same manner as a well formed calf muscle exhibits itself. This condition is often met, but where the size of the upper arm is great, the cloven biceps gives a remarkably impressive appearance. This latter condition, I have noticed, is found on the very thin skinned person. The skin, being much thinner than the average, shows up every line and separation as clearly as a reflection in a mirror. This is a circumstance controlled entirely by nature, and no matter how hard you exercise, if nature has not equipped you with a thin skin, you cannot make the same display.

The most popular form of exercise for the upper arm is a Two Arm Slow Curl with a bar bell. Even though this exercise is common, very few execute it properly. They either swing the body as an aid to get it started, or lean way backwards in order to conclude the performance. Some only make a half arm curl out of it, keeping the arms bent all the time.

Any of these methods are entirely wrong. To perform the exercise correctly, the weight should be held in the hands, with the arms hanging at full stretch by the sides and the bar laying across the thighs. Keep the body erect,

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Charleston With Me	Broadway Charleston
I Love My Baby, My Baby Loves Me	Charleston Love
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Let us send you this complete set of SIXTEEN selections for 10 days' trial. Just mail the coupon or a letter. When the package arrives, give the postman \$2.98 plus a few pennies for delivery charges, then TRY THE RECORDS. If you are not completely satisfied, SEND THE SET BACK, and every penny you have paid will be refunded AT ONCE. If you act promptly, complete illustrated instructions for dancing the Charleston will be included with your set free.

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A Few of the Subjects

Should man live to 120 years? What is the source of all energy? How does the Interstitial Gland shape our personality and dominate our life? Why did the old routes of Paris seek Brown-Sequard? What is Gland Transplantation? How sexual powers are intensified by science. After 60—what? We cannot promise another edition at this attractive price of \$1.00.

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with the knees rigid and the head held up in the air. Curl the hands towards you so that the distance from the elbow to the hand is shortened. Without allowing the elbows to rest on the hips, begin to curl in a slow movement. Keep the bell moving until it touches the chest. Don't snap the weight up—use your strength. Don't bend backwards, or allow the elbows to travel backwards like so many do. This shortens the distance, and only half completes the exercise. Make the movement a complete half circle, and let all the movements be made from the elbow only. As the weight is curled, be just as particular about lowering the bell as you were in curling it, and thus get your triceps into play at the same time. Breathe rhythmically with the movements, and keep the body perfectly still. You will find the exercise considerably harder than you did before.

Another fine exercise, that is even better than the one just mentioned, is to stand with a kettleweight in each hand. Adopt the same practice while making this curl as advised in the Two Arm Curl. The only difference is that instead of curling both weights at once you curl them separately. Greater contraction and greater extension movements are given to the upper arms in this exercise, than in the one first explained.

You will not be able to use as much weight in the Two Arm Kettleweight Curl as when using a bar bell. Cut the total weight down to five pounds less than you use in the Two Arm Bar Bell Curl.

Curling a dumb-bell, endways, while standing erect, with one hand only, is fine. It gets the biceps from an entirely new angle. Chinning the bar with the ordinary grip and with the reversed grip is also good.

I used to like to practice a little exercise which I thought was real good. I would tie a handkerchief loosely to a ten or fifteen pound plate and hang it on the right hand. My next move was to clasp the right hand with the left and force it downward, as I endeavored to curl the right hand to the shoulder. The plate seemed to supply the right resistance for this exercise, and I got good results from its use.

When you have practiced so that you feel capable of handling some real weight, you should try the feat practiced so much by old time strongmen.

They would place a heavy dumb-bell that weighed anything from one hundred pounds up, on a table, and grasp it with the under grip. The whole arm was held flat on the table. From this position they commenced the curl, but kept the upper part of the arm on the table throughout the test. Of course, keeping the upper part of the arm on the table made it possible to handle much more weight. But, at the same time, there are stages in this lift that take an enormous amount of strength, and when the weight is past the half-way mark you will have to learn to control it in its final stage, which is not always easy.

Henry Holtgrew, the one time famous Cincinnati strong man, was exceptionally good at this stunt.

When saloons were all the vogue, various strong men who became saloon proprietors, kept weights of different poundages for this feat. Many a bet changed hands in consequence, and many were the mighty curlers in those days.

I remember another curling feat, common with old timers, that was performed in much the same manner as the curling stunt just mentioned. Instead of using a dumb-bell they employed a block weight. This was laid flat upon the palm of the hand and then slowly curled to the shoulder. This is much harder than you might think. You must bear in mind that the block weight has to be kept on the hand as it is curled, and is in constant danger of slipping off. To counteract this, the hand must be allowed to gradually bend at the wrist, away from the body, so that a level surface is given to the block weight all the time. A severe tension is thrown upon the forearm muscles as well as upon the biceps, which is felt just as much when lowering the hand back to the table, as when curling. It gets your arm, both coming and going. In some instances a kettle weight was used, which is a little easier to handle than the block weight.

It is surprising, just by changing the angle of the exercise a little, how much harder the exercise becomes. Just for instance, bend over from the waist and grasp a dumb-bell as it lies on the floor. Keep the arm straight and don't allow the back to be straightened up in the least. Now begin to curl the dumb-bell. Keep the elbow pointed well forward in front of the body, and take the weight off the floor in a pure muscular movement. Instead of curling the dumb-bell to the right shoulder, when using the right hand, curl it to the left shoulder, and to the right shoulder when using the left hand. If you keep the elbow high throughout the exercise, you will feel a terrific contraction of the biceps. Try them out, and use the exercises from which you seem to obtain a greater kick, as a means to develop your biceps muscles.

In conclusion, let me draw your attention to the closing remark of our Rochester friend. He only weighs one hundred and forty-seven pounds, and yet he wants an eighteen inch biceps. It can't be done. Before he can secure a biceps of that size, he will have to increase his bodyweight considerably. When I decided to go out for a bigger biceps, to balance the size of my forearm, and for other reasons, I realized that I must become heavier all-round. By the time I had secured a seventeen and a half inch biceps, I weighed between one hundred and seventy-two pounds and one hundred and seventy-six pounds, stripped; an increase of over twenty pounds in bodyweight, which was made up of the tissue secured in increased measurements on every limb.

A student should always realize that in building up large proportions he

(Continued on page 76)

65 YEARS YOUNG

A Youth at 65—All Because He Keeps His Spine a Half Inch Longer Than It Would Ordinarily Measure

IMAGINE it—a man of 65 passing for a man of 40! Yet that is actually the case of Hobart Bradstreet, whose photograph, taken only last summer, you see here.

Look at the man! Would you ever guess him to be of grandfather age? Would you, indeed, put his age at 40? I, for one, guessed him to be under that mark.

Not only in appearance, but in every other way, Bradstreet is still in his thirties, even though his age is 65. In fact for "pep," activity and sparkle he would put most 30-year-olds to shame, I know, for I have seen Bradstreet in action, and I am only 35 and supposed to be a pretty fair physical specimen myself.

Almost three-score and ten, when most men are "through," Bradstreet, as he himself puts it, is "just beginning to enjoy life."

His job requires him to work like a horse, yet it never seems to tell on him. After an eight or ten hour stretch at work, he can go out and play for hours like a youngster. His recreation and pleasures are those of an active youth.

How does he do it? By living the "simple life"? Not so you could notice it! Bradstreet follows no "how-to-live-to-be-100" rules. You could never tie him down to any health institute regime. He eats what and when he pleases. As a smoker he has no choice between cigar, cigarette or pipe. And rarely does he get over seven hours sleep a night. Bradstreet—as I happen to know—likes a "good time" even though it runs into the wee hours.

How does he do it? I'll tell you the whole secret. *Hobart Bradstreet keeps his spine a half inch longer than it would ordinarily measure!*

What does that mean? You'll understand when you know something of the wonderful story of the spine.

The spine, the foundation of the body, is a series of small bones (vertebrae) placed one above the other. Between each pair of bones is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down—become thin and hard as the felt pads under piano keys do. One's spine, then, doesn't absorb the shocks sustained, but transmits them straight to the

base of the brain. You know what happens then. The whole nervous system is affected. Then we begin to feel "out of sorts" as a general thing. We develop headaches and backaches. A day's work—completely fags us. We go home at night with nerves apounding, unable to rest or sleep. We become cross and cranky, moody and morose. We begin to feel and look old and worn!

The secret of keeping young and alert and vigorous, as Bradstreet learned years ago in his study of the spine, is to keep the spine from "settling down"—to keep it normally long by giving it the peculiar motion, the flexing, the laxation it would get if we lived as naturally as we should, as early man lived. No amount of violent exercise will do the trick. As for walking or golfing, the spine only settles down a bit firmer with each step.

Judging from the results obtained in his own case and in the case of hundreds of others, Bradstreet seems to have in his method of "laxating" the spine the answer to the problem.

Bradstreet's method for "elongating" and "laxating" the spine is so simple as to be almost ridiculous. Just five movements to the whole thing—the whole five gone through in five minutes: Taking only five minutes a day, it is hard to believe that there should be anything wonderful about the results. But I know the surprise one session with Bradstreet's *SPINE-MOTION* gave me! I thrilled with a feeling of exhilaration that was altogether new to me.

Several people to whom Bradstreet referred me told me they had never known what it was to be fully alive until they had taken up his *SPINE-MOTION*. Among them were some who had suffered for years from some such trouble as headache, nervousness, stomach trouble or constipation.

There is a surprise in store for everyone in Bradstreet's *SPINE-MOTION*. The young learn that they have not been as young as they thought they were. And those who have been aging in any sense under 60, will come to the conclusion that there is, after all, something to Bradstreet's statement that a man's powers in every sense should continue unabated up to 65.

Without any payment whatever, would you like to try this way of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled. It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire and new capacities; you'll feel years lifted off mind and body. This miracle man's method can be tested without any advance payment. If you feel enormously benefited, everything is yours to keep by mailing only \$3. Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3 to the general public will have full appreciation.



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The \$3 which pays for everything is not sent in advance, nor do you make any payment or deposit on delivery. The trial is absolutely free. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

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

Name

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800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

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

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



BERNARR MACFADDEN

World famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

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

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

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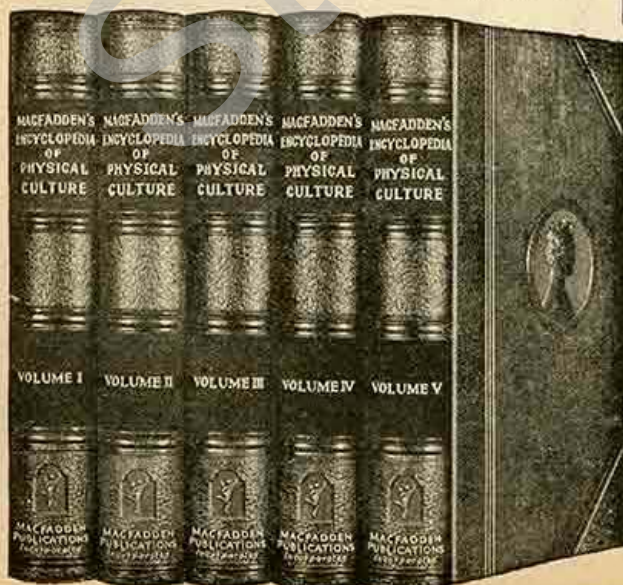
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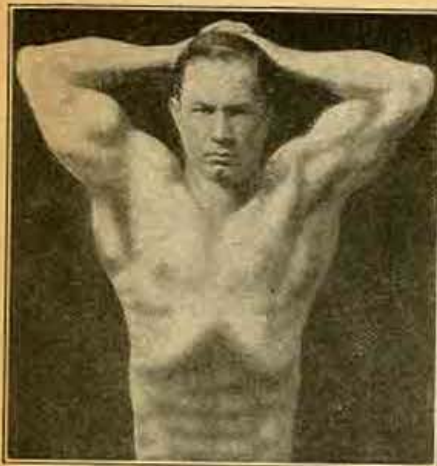
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Str., Apr., 1926.

The Mat

(Continued from page 72)

must also build up sufficient reserve energy to take care of them. Otherwise, it is all useless. Never try to build a sixteen inch biceps on a twelve inch forearm. Be proportionate, no matter what your dimensions.

Syracuse, N. Y.

EDITOR OF MAT:

Will the use of weights in jumping improve my jumping form? I am anxious to excel in this sport.

F. JOHNSON.

Twenty years ago this question would never have been asked. In those days, jumping was a professional sport. Every town and city had its great jumpers, but professional jumpers are not met with nowadays. In those days when matches were made, the stipulations were always made, whether the jumps would be performed with or without weights. They all trained with weights then, and some remarkable jumps were made.

Lancashire, England, the home of catch-as-catch-can wrestling, was also the home of jumping; that is, there were more reputable jumpers to be found there than anywhere else at one time; just the same as we mention the town of Reading, Pennsylvania, as famous for its remarkable tumblers, hand balancers, and gymnasts. Most of the biggest jumps were made by Lancashiremen. I was over in England when the American professional champion, Tom Colquitt, went over. However, he had no chance with the Lancashire jumper, although Colquitt did some real jumping. In five consecutive forward jumps, Tom cleared sixty-nine feet three and a half inches, using weights in each hand. This occurred in 1906 at a town named Bury. The greatest distance cleared in five leaps was made on May 28th, 1890, when that famous jumper, J. Darby, cleared seventy-six feet three inches, using weights, of course. I just don't remember whether Darby was an American or English. Colquitt beat Darby's record on three consecutive jumps, clearing forty-two feet nine inches, three inches further than Darby. Colquitt jumped against John Higgins, the crack Lancashire jumper, but was easily defeated. I knew Higgins personally, and let me tell you that boy could jump. He had a marvelous physique, and just by chance I have an old record book in which I kept all that kind of material. I dug it up just to give you an idea of the physique this little fellow got from handling weights. He stood five feet three and three-quarter inches, in his bare feet, and weighed one hundred forty-two pounds, stripped. A husky weight for a trained athlete of that height. Chest expansion was

forty-one inches, waist thirty inches, thigh twenty-two and a half inches, calf fifteen inches, biceps fourteen and a half inches, forearms twelve inches with a six and a half inch wrist. In one standing broad jump he cleared fourteen feet eleven and a half inches, beating the record set up by J. Darby, of fourteen feet ten and a half inches, with weights. In two consecutive standing jumps he cleared twenty-eight feet ten and a half inches, and in two running jumps he leaped over thirty-six feet three inches. With a dumb-bell in each hand he cleared, in a running high jump, six feet eight and three-quarter inches, which beat the record set up by R. Baker, at Leeds, of six feet eight and a half inches. Higgins cleared twenty-two feet two inches in two consecutive back jumps.

I have seen him jump over a billiard table lengthways, more than once. He was a remarkable man, and was very clever at jumping from one beer bottle to another without knocking one over. The bottles would be arranged in a row, or a circle a few feet apart, and he would leap from one to the other without a pause.

I also have seen him jump from one lighted candle to another, covering six in all, and just snuffing the flame. No doubt you will find this hard to believe, but people who followed this sport twenty years ago will endorse these statements. As a matter of fact, Colquitt performed this candle snuffing feat in his act.

On one occasion I saw Higgins leap from the back of one chair to another, covering twelve in all, and if my memory serves me correctly the chairs were spaced eight feet apart.

These jumpers have some method of recovering their leap before it exhausts itself, which allows them to perform such feats of recovery.

I remember how they got the laugh on me on this stunt. I had been watching them snuff candles, and jump, apparently, on delicate wine glasses, and it looked darned easy. I said as much, and they agreed, inviting me to try. I got ready and leaped at a candle, intending to go on to the next, but instead of rebounding off the flame, I promptly squashed the whole thing to the ground.

Using weights for jumping has the same effect on the athlete, as sprinters training over the century with clothes on, walkers with heavy shoes on, and weight lifters supporting huge poundages. When they strip down for action the supreme effort is easier, because greater endurance and sustaining power is acquired.

American Continental Weight Lifters' Association Notes

(Continued from page 49)

explaining his various physical qualifications. He went on to point out that although the Montfealer was fifty

years of age, he still retained his splendid physique. This was positively

(Continued on page 78)

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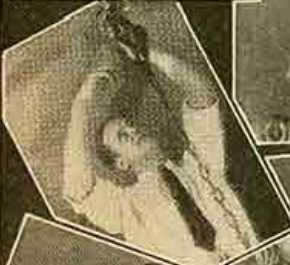
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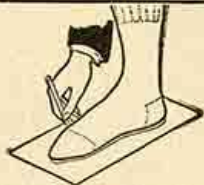
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American Continental Weight Lifters' Association Notes

(Continued from page 76)

proven as the curtain went up, and Dandurand was viewed, posed within a black draped cabinet—a magnificent specimen of manhood.

Mr. Jowett has often explained that muscular atrophy is always evident in the neck and forearm first, and then in the legs. Naturally we look for emaciation in those parts first when looking a man over; but there were none of these signs of weakness in this man's physical make-up.

He has a beautiful pair of arms that were shown off to a better advantage because of his small wrists. His torso, back, and legs were very well developed. If you study his measurements, you will get an idea of how he looks: Height five feet eight inches, weight one hundred eighty-four pounds, neck seventeen and a half inches, chest expanded fifty inches, waist thirty-three inches, biceps seventeen inches, calf seventeen inches, thigh twenty-four inches, and wrist seven inches.

Dandurand went through a succession of many poses that displayed his development to a good advantage. He next gave a demonstration of chest expansion, by passing a belt around his chest with Mark Berry enclosed inside. As Berry stepped out, Dandurand inflated his chest to such an extent that he completely filled up the space in the belt previously taken up by Berry. He afterwards burst a stout leather belt buckled around his chest. The other feats were performed with individuals. Picking up W. L. Travis with one hand, he bent pressed him. It was a case of one lifter giving another a lift. The next one to get a lift was Roy L. Smith. Bent pressing Roy, Dandurand laid prone on the floor and then stood up erect, holding the famous light heavyweight at arms' length throughout the feat.

His performance was greatly appreciated, particularly his posing, which completely settled any doubts in the minds of those individuals who believe that a strength athlete's career is brief and unfortunate.

We would like to see the New York boys step out a little better. Apart from the old reliables, very little talent presents itself; that is, for a town of its size. The group of young fellows who are showing such marked ability at the present time, should train a little more, in order to polish up on their form. They have the power and the speed, but each has considerable room for improvement. This fact should be a source of great encouragement to them, because they are already fairly good, and with a little persistent practice they would rank among the top notchers.

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graphs and many would welcome such an exchange. It will help bring members together, so get together, boys, and write to each other. If you don't know the address of any of your brother members whose photo you would like to exchange, send your request in a stamped envelope to me, and I will forward it.

Our indefatigable president was the means in stimulating the A. A. U. to weight lifting activity, and he is one of the A. A. U. officials covering this branch of sport. Owing to the fact that the International Federation of Weight Lifting has named the three lifts for the next Olympiad, it is only natural that the A. A. U. will adopt them for its championship schedule. As these lifts are one of the set of the A. C. W. L. A. double programs, president Jowett has advised the board of directors to change the A. C. W. L. A. program. Seeing the logic of this, the directors have consented; therefore, the A. C. W. L. A. championships will be decided on the three Olympic lifts, namely: The Two Hands Clean and Jerk, Two Hands Snatch, and Two Hands Slow Press. The other five lifts will be used in the same manner as the three Olympic lifts were originally intended to be used, to enable members to become more adaptable and efficient on all lifts.

The following is a list of members who have successfully passed their referee tests and received their official nomination: M. N. Campbell, New Orleans, Louisiana; A. E. Sundberg, Mayger, Oregon; R. M. Robinson, Springfield, Massachusetts; M. G. Ormeroid, Akron, Ohio; J. L. Dill, Portland, Oregon; E. O. Martin, Attica, Indiana; E. B. Koon, Grand Rapids, Michigan; D. B. Willoughby, Los Angeles, California; A. Gay, Rochester, New York; A. M. Losey, Bay Shore, Long Island; R. F. Kelley, Atlantic City, New Jersey; J. Webster, Pawtucket, Rhode Island; R. C. Lovel, Kansas City, Missouri; E. Domke, Rochester, New York; W. R. Mathews, Schenectady, New York; J. Dettor, Birdsboro, Pennsylvania; A. C. Delwarte, Denver, Colorado; J. Ayars, Wilmington, Delaware; L. Barnholth, East Akron, Ohio; E. J. Merton, Minneapolis, Minnesota; M. Berry, Newark, New Jersey; R. L. Smith, New York City; F. Dennis, Birdsboro, Pennsylvania; H. Furch, Jersey City, New Jersey; A. Parrotto, Philadelphia, Pennsylvania; J. Sloan, Chicago, Illinois.

The question is, are you satisfied with your knowledge of this sport? Why not be sure about it? So many lifters think they are performing a lift correctly, only to be disqualified in competition. For your own benefit, whether you ever referee or not, you should perfect your knowledge on this game by taking a test.

The same applies to the degrees. By forming these orders a greater fraternal spirit is developed, and we earnestly urge members to stimulate this splendid feature.

(Continued on page 81)



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Foods that cause premature old age and foods that keep us young



Are Americans doomed to become a race of short-lived weaklings; old and worn out at 30, subject to unnumbered diseases? Scientists stand aghast at the rapidly increasing spread of diabetes, constipation, cancer, hardening of the arteries, and other diseases of the digestive system. Read Alfred W. McCann's amazing revelations of American eating habits which are causing the decay of our manhood and womanhood.



WHAT is happening to America's people? Prominent scientists and reputable physicians point to facts which seem to prove that we are fast approaching physical decadence. It is no secret that nearly two-thirds of our young men, not yet 30, were found physically unfit for normal outdoor life. Statistics prove that half of all deaths are of persons between the ages of 40 and 60. No less grave is the report that cancer, tuberculosis, Bright's disease, arterio-sclerosis, diabetes, chronic constipation, anemia, and other ailments, directly traceable to a weakened digestive system, are increasing at an alarming rate. In plain words, *nearly all of America's population is suffering from premature old age.*

No less an authority than Alfred W. McCann, the famous pure-food crusader, asserts that one thing alone is responsible for all these things. He says that it is the food we eat which annually causes the death of 400,000 children less than one year old! He says that this same cause explains the almost universal prevalence of pernicious anemia and malnutrition among school children! He says that it is our unwise eating habits which have weakened the bodies of our young men and women, making them old before their time!

White Mice and Men

You have heard of *white mice* being used to prove that certain combinations of food can weaken, degenerate and kill them, so does Alfred W. McCann prove—through the unwilling examples of thousands of *men*—that these same food combinations act as deadly poisons upon the human system.

You will hardly believe your eyes when you read the tragic stories of these "poison squads," as Mr. McCann calls them. It will seem incredible to you that men, merely by confining their diet to the foods you eat every day, gave their lives, or walked on the rim of Death to prove that these foods slowly but surely undermine our vitality, lower our resistance, weaken our bodies until we become eventually the ready victims of deadly disease bacteria.

The Madeira-Mamore Poison Squad

One of the worst of these "poison squads" was the force of men employed by the Madeira-Mamore Railway Company. Al-

though attempts were made to hide the facts, from the diaries of two engineers, Alfred W. McCann revealed that 4000 men of 6000 employed died in less than fifteen months.

What happened? What was the reason for this terrific death toll? Remember that these 6000 men were selected because they were "huskies"—sturdy, strong-bodied men physically able to work as laborers in railway construction. From the diaries of the two engineers mentioned, it was proved beyond all doubt that it was *food alone that killed 4000 of these men in fifteen months.*

Facts So Startling You CANNOT Ignore Them

It almost seems inconceivable that the food these men ate, so nearly like those we eat every day, should cause such ravishing disease, untold misery, sure death! Yet if you knew the truth about many foods considered pure and wholesome, which have been devitalized, "refined" by processes which rob them of their health-giving ingredients, you would revolt at the thought of putting such deadly substances into your stomachs.

The amazing extent of malnutrition among children, the steady increase of digestive diseases, the lowered vitality and premature ageing of millions of people furnish startling evidence of this great food crime against humanity.

Let Alfred W. McCann show you the way to glorious new health, strength and youthful vitality through his revolutionary book, "The Science of Eating"—a book which will go down in history as the greatest expose of food crimes ever made. Of it Dr. E. S. Coleman says: "It constitutes the most important contribution of a hundred years to the literature of health and good living."

It is just as easy to eat the right foods as the wrong foods, and to enjoy all the benefits of the life-giving elements that Nature has put into them. By following Alfred W. McCann's principles of proper eating results are obtained little short of amazing.

Let Food Give You Health, Strength, Life

His methods are literally making men and women over. People, who previously were constantly run down, tired out, listless, are astonished to find themselves bubbling over with new energy, vitality and strength. Those who had been thin, anemic, emaciated, put on new, firm, solid

flesh while those who suffered from dangerously excessive fat quickly reduced themselves to normal weight.

Proper foods eliminate a host of disorders arising from impure blood. Skin eruptions, sallow complexions, pimples vanish like magic. Constipation—the most common ailment in America—is ended within twenty-four hours by Mr. McCann's methods. Other troubles of the digestive tract—indigestion, dyspepsia, acid stomach—are ended just as surely and easily when healthful foods replace harmful foods.

Send No Money

You owe it to yourself to know the truths about the foods you eat. The facts are so startling, so convincing, that you should not continue for one more day habits of eating that are a deadly menace to your health and life.

Do not think that Alfred W. McCann's remarkable book, "The Science of Eating," is for faddists. It is for everyone. It does not advise irksome diets. It simply shows you how to eat natural foods as Nature intended them to be eaten and how to avoid eating so-called foods that are merely disguised poisons. Once you start following this simple method you will be literally astounded at the improvement. You will find yourself possessed of new vitality, new energy, new physical fitness, new youth.

Prove to yourself without risking a single penny that Alfred W. McCann's amazing book is the one best investment in health you can possibly make. Send for a copy of this wonderful book, and, when it is delivered, pay the postman \$3.00, plus a few cents' postage. If, within five days, you are not thoroughly convinced that it will literally make a new person of you, return it and your money will be refunded. Order your copy NOW.

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Orders from outside United States must be accompanied by money order for \$3.50.

American Continental Weight Lifter's Association Notes

(Continued from page 79)

News from Europe filters through slowly, but we get it just the same. Of course, we get the news through other channels, but Mr. Jowett refuses to allow anything to appear in our columns without official verification.

Vandeputte, middleweight champion of France, and Vandegoten, middleweight champion of Belgium, both Olympic representatives in 1924, met in contest at Brussels on the three Olympic lifts. The results were: Vandeputte, Two Hands Military Press 176 pounds, Vandegoten 181½ pounds; Two Hands Snatch, Vandeputte 203½ pounds, Vandegoten 203½ pounds; Two Hands Clean and Jerk, Vandeputte 264 pounds, Vandegoten 264 pounds, Total, Vandeputte 643½ pounds, Vandegoten 649 pounds.

These boys are some hefty snatch and jerk lifters, all right!

At La Chaux-de-Fonds, Switzerland, Jacquenoud, lightweight champion, made the astounding total of one thousand and one pounds on the five Olympic lifts of 1924. Here are his figures: One Hand Snatch 154 pounds, One Hand Clean and Jerk 203½ pounds, Two Hands Military Press 192½ pounds, Two Hands Snatch 198 pounds, Two Hands Clean and Jerk 253 pounds.

Now, you lightweights and middleweights have an idea with what you have to contend. Make their limits your starting point, and determine to beat them, then we will be getting somewhere. George F. says you have the timber—why not develop it?

We are also informed that the Swiss middleweight champion, Aeschmann, has broken the world's amateur record of two hundred fourteen pounds in the Two Hands Military Press, lifting two hundred fifteen pounds. The former record was held by the Italian champion, Galimberti. A great feat, but it makes the German's (Woelpert) feat of two hundred and fourteen pounds, at one hundred and forty-two pounds stripped, a more astounding performance. Aeschmann is a remarkable lifter, which is proven by his other new records. In the Two Hands Clean and Jerk he broke the world's amateur rec-

ord of two hundred and eighty-four pounds, held by Treffny, of Austria, lifting the stupendous weight of two hundred and eighty-six pounds. We are informed that he made the lift correctly and just failed with two hundred ninety-one and a half pounds. He also made a wreck of the one and two hands snatch record, formerly held by U. Blaser at one hundred and sixty-five pounds, and two hundred and nine pounds, respectively. But Aeschmann put them up to one hundred and sixty-seven pounds and two hundred and eleven pounds. Gosh! I'm going to ask our president if this guy trains on Switzer cheese! Moerki told him he trained on sauer kraut!

It will be interesting to all of you to hear that A. Alzin, the former French champion, of whom so much was anticipated at the 1924 games, but who, for some reason, dropped out when he was leading the field, has challenged both Rigoulot and Cadine. Strange to say, neither seems anxious to meet the huge Luxemburg lifter. On his own hook, Alzin decided to try the same ten lifts on which Cadine and Rigoulot contested. Just to show how much better he was than either of the two named worthies, Alzin set up the staggering total of two thousand four hundred forty-six pounds, which is fifty pounds better than Rigoulot's winning total, that annexed for him the title of world's strongest man.

The following slipped me when I announced the lifts of the two Parisian lifters in our last issue. Mr. Jowett pointed out how low their totals were when contesting over a set of lifts, as compared to their record attempts on one single lift. Of course, it is natural that they would be lower, but George F. Jowett figures that their competitive lifting is below the average. I asked him what chance our brother member, Karl Moerki, would have against them. His reply was, that although Moerki's records on single lifts were not the equal of the two Parisians, yet he says the Frenchmen would have to do better on their totals to beat the A. C. W. L. A. boy in competition.

Packy McFarland—the Phantom

(Continued from Page 37)

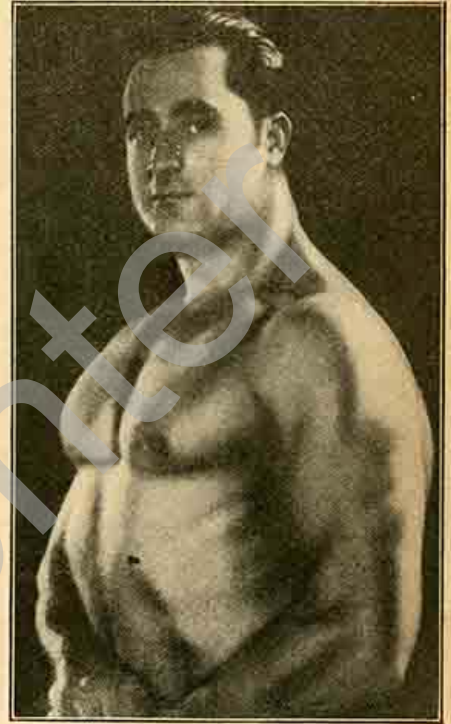
lived, by reason of his victories over Lavigne, Erne, and other crack lightweights. On this occasion, Britt was completely outclassed, while he was fighting in top notch form. McFarland was all over him. He beat him at short range and long range, outgeneralled him in strategy, in boxing, and swapping blows. From the beginning to the end, Packy was as unruffled as a parlor dude. This battle made the Illinois lad very popular, although he always had a host of friends. There was something about his sunny smile and general disposition that was contagious. He could fight twenty-five rounds from gong to

gong, better than a lot of present time touted cracks can fight half that distance. McFarland fought some great battles, and several no-decision affairs with many ring notables who were afraid to travel any distance with him to a decision. One of his last battles was a no-decision affair with the St. Paul Phantom, Mike Gibbons; but Mike was not able to do anything with the ex-meat packer.

Packy dropped out of the game when he was still travelling big guns, and devoted his time to business interests that have since made him a millionaire.

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This big, inspiring book is free, although it cost me thousands of dollars to print, but what do I care! Its vital message is of such stupendous importance and full of pictures of red-blooded men and soul-stirring facts, I'm eager to see every reader of this magazine have a copy. Rush the coupon for your copy NOW. You'll agree that here at last is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once to

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Are You a Physical Culturist?

If you are a physical culturist, I know you will be interested in everything that concerns the development of the body. You will be interested in what others do and naturally will welcome any possibility of bringing yourself and other body culturists together. This same desire exists with all people, no matter what their hobby; and to make their object possible, according to their likes they band themselves together and form organizations.

A few years ago a group of very enthusiastic physical culturists did the same thing. They formed a society for the one purpose of gathering together all interested in body culture. By this method they knew considerable help could be given to each other and all could enjoy the benefits of such an organization. They named the society the American Continental Weight-Lifters' Association, because they believed in bar bells as the best means of developing the body, and weight lifting as a sport. But, it does not mean that if you do not own a bar bell or are not a weight lifter you are not eligible.

As Long as Your Interest Lies in Your Health and Bodily Improvement, You Are Eligible

This association has grown to enormous proportions. Thousands from every part of America have enlisted in this cause. It has even outgrown America and has spread its fertile branches to many foreign countries. We continue to grow because we are idealists. We believe in what we preach and we live up to our altruistic principles. We want to secure a million members, and we earnestly invite you to join us. At the present time we are making a special offer in order to induce you to enter our ranks. Once you belong and see what we have accomplished, and what we can do for you, you will always remain a member.

The regular membership fee is \$7.50, which includes the initiation fee of \$2.50, and the \$5.00 is for the dues required annually. However, in order to secure the membership mark we have set for ourselves, we have cut the membership and initiation fee nearly in half. Instead of paying \$7.50, all you have to pay now is \$4.00. You will receive the same benefits as if you had paid the regular fee. For \$4.00 we will give you one year's membership into the Association; one year's subscription to the Strength Magazine; and your membership card, along with a beautiful lapel button, which is the insignia of our Order.



GEORGE F. JOWETT
Founder and President
of the A. C. W. L. A.

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There are many other ways in which we can be of service to you. We keep a service department that will help you with any of your physical and health problems. We will put you in touch with your brother members, no matter where they may be located. You are also eligible to enter any of the development and strength contests that are always running and entirely free to members. Medals and diplomas are given to the winners, and as there are three grades in each class, anybody can win one of these prizes.

Whenever your badge is seen by another member, you will meet a friend, one who is sworn to help his brother member. You will take a greater interest in your training because you receive co-operation and inspiration. Make up your mind to join today. Belong to the one institution that is considered by all the greatest in the land, and as the finest and fittest organization to represent the ideals of an A-1 Nation.

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Is Muscular Development Permanent?

(Continued from page 28)

doesn't matter to you or any one else whether they do or not. And even then you'll be a better man physically than most men of your age.

Perhaps I am making a mistake when I give the impression that elderly men and women have no pride. That, of course, is natural with young people, but when I think of it I can recall many cases where men who were up in years still prided their physical ability.

I have changed my mind on the type of exercises I will give you this month. I had in mind to give you a few exercises that were especially good for just keeping in condition after having obtained the pinnacle of development through a more strenuous program. But those of you who are that far advanced no doubt have your own ideas about exercise. Consequently, my time would be wasted.

So I have decided to help the beginner, as I usually try to do, by giving exercises that contain advancement. In other words, exercises that affect practically the same muscles; but each step is more advanced than the preceding one.

Some years ago in an article I touched upon this same feat of strength that I am going to give you step by step here. The reason that I am repeating it is because there are a great number of young fellows continually cropping up who are enthusiastically interested in learning to chin with one hand. The steps I give you in accomplishing this unusual feat are so finely graduated, you will have no trouble advancing if you follow instructions faithfully.

The illustrations will give you a very clear idea of each step, so look them over thoroughly. Fig. 1 is for those who cannot chin once with both hands. This exercise can be omitted if you are strong enough to start in on the second exercise, as shown in Fig. 2.

In Fig. 1 you jump up to the chin position by using your arm and upper-body strength. Soon you will acquire enough strength to enable you to take up the second step, or chinning the bar, as it is commonly known.

After you can chin with two hands repeatedly for about ten repetitions, then you are ready for the third step, which is shown in Fig. 3.

Pleasurable Exercises on a Horizontal Bar

(Continued from page 31)

legs up through the arms and over the back of the bar, pulling ever the while with the arms as you do so. At this juncture the base of the spine is resting on the bar, keep pulling with the arms until the small of the back lies across the bar. Finally when you have rested in this position sit up on the bar and reverse the grip, palms facing in the direction you are sitting. Now roll forward, and untwist the body, coming down to the hang position with reversed grips, or under grip (the palms facing you).

The free hand, as you will notice, grips the wrist of the chinning arm. By the combined pull of both arms, you can chin one-handed. After you have worked up to five or ten repeats in this manner, advance to Exercise 4.

You will see in Fig. 4 that the free hand is brought from the wrist to the inside of the elbow. Be sure this hand is as close to the forearm as is possible to get it. Now again, by the double pull of both arms, you go up to a one-arm chin. Observe that you are getting closer to the one-hand chin proper at each step.

Now when you are ready to go to the fifth exercise, you will see that you bring the free hand (the hand not gripping the bar) away from the elbow and that the closer you get to the shoulder, the more difficult it becomes. So don't bite off more than you can swallow when moving the hand toward the shoulder.

Fig. 6 shows the hand on the shoulder, or Deltoid Muscles. When you can chin this way, you have practically learned the one-arm chin.

Fig. 7 shows the free hand on the neck (or you can place it on the side muscles under the working arm, as in Fig. 8, and get a pull in that manner). While a pull of this kind does not directly help the other arm to pull the body up, it does act as a purchase or aid, just as clinching the fists seems to give more power and speed in running.

Fig. 9 shows the final exercise—a pure one-hand chin. There are quite a few who can chin one-handed if they start from a slightly bent elbow position. But this, to my mind, is not a correct one-hand chin. This slight bend is not allowed in two-hand chinning and, therefore, should not be allowed in one-hand chinning.

However, as it is very difficult to start from a straight arm, a quick twist or effort should be allowed in order to get started and counteract the tendency to swing around that prevails when hanging by one hand from a bar.

Now try this program and see how interesting it is. You can also apply this progressive step proposition to other feats of strength and exercises if you will think a little about the exercise or feat that is stumping you.

The "angel swing" is another easy stunt for the beginner to work up to. Hang from the bar head down by supporting yourself with the legs. To swing in this position raise the head and arms as high up as possible, and then bear down violently to set the body in motion. When you are swinging at a fair degree release the grip on the bar that the legs have when you come forward on the last upward swing. This will throw them out from the bar in a semi-circle, allowing you to land safely

(Continued on Page 86)

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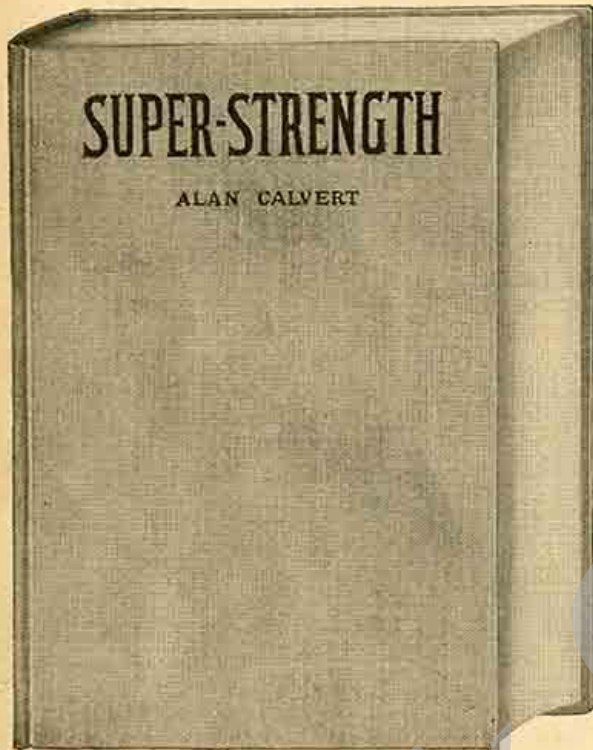
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In this book there are 95 plates—illustrated pages—bearing altogether 182 separate pictures. Each illustrated page is 5"x7½" in size. "Super-Strength" is attractively bound and printed throughout, and will be a magnificent addition to your library. It is positively the greatest book on the subject of body building.

While other teachers have been content to see their pupils gain 2 or 3 inches in chest measurement, and an inch or so in arm and leg-girth, the author has actually succeeded in making his pupils gain eight, ten and even twelve inches in chest measurement, and in making their arms and legs anywhere from three to five inches bigger, and all in a few months' training. In fact, there is one record case (described in this book) where a pupil gained seven inches around the chest in the first month's training.

Altho the book is called "Super-Strength," anyone reading it will quickly discover that its author is far more interested in the creation of perfectly proportioned and superbly built men, than even

in the development of great strength. He holds the theory that one's strength is largely dependent on one's shape and symmetry, and so a great portion of the book is devoted to a detailed teaching that will help anyone—no matter how weak and puny, or how fat and debilitated—to get a perfectly built body and the abounding health and incredible strength that go with it.

In "Super-Strength" the author gives most complete instruction for the remodeling—the making-over—of the entire body. The chapter which tells how to permanently increase the size of the true chest (the rib-box) with its accompanying gain in shoulder-breadth and lung-room, is matched in interest only by that other chapter in which he deals with the method of increasing one's vitality and bodily strength by developing the small of the back and the loins.

Many of the exercises given in the book are now published for the first time. Some have heretofore been trade secrets of professional "Strong Men," and others, devised by the author himself, are included because of their proved value as agencies in remodeling the bodily framework and in covering it with shapely, supple and powerful muscle.

"The book, 'Super-Strength,' is undoubtedly the most marvelous work on the subject of body-building that I have ever read. It was the best \$5.00 I have ever spent on Physical Training knowledge." WALTER DONALD (Kent House, Greenwich, Conn.)
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WALTER DONALD

"Everything so true to that particular type of genius on the subject of body-building that has made the author's name synonymous with real strength. From the first word of the opening chapter to the final word in the last chapter there is nothing but interest; and after all, it is the quality of interest that stamps a work as being really worth while. Every word, every sentence, every paragraph is full of information, and all of them are convincingly proved by beautiful photographs of men whose sculptural-like physiques stand out as immortal witnesses to the power of intelligent physical exercise, such as taught by the author."

B. H. B. LANGE, Litt. B., M. A. (University of Notre Dame, Notre Dame, Indiana)

"Having just read your book, 'Super-Strength,' I want to say that I consider it the very best that I have seen on this subject. It is interesting, comprehensive, and particularly well illustrated. Among the exercises described therein are the ones which you prescribed for me, and I attribute my present state of development to the following of your advice."

A. P. HEDLUND (2618 N. Hamlin Ave., Chicago, Ill.)



A. P. HEDLUND



JOSEPH NORDQUEST

"I received your book, 'Super-Strength.' It is a fine volume, and I treasure it most highly.
 "Of universal interest, 'Super-Strength' contains a rare collection of photographs of strong men from all parts of the world, with a fine description of their records.
 "Your volume, so ably written, is the most interesting book I have seen on this subject, and I feel sure it will be a great incentive to those who strive for physical betterment."
 ADOLPH E. NORDQUEST (7 Walnut St., Ashtabula, Ohio)
 "You gave us a great book when you compiled 'Super-Strength.' It is all its well-chosen title implies.
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 JOSEPH NORDQUEST (7 Walnut Street, Ashtabula, Ohio)



GEO. F. JOWETT

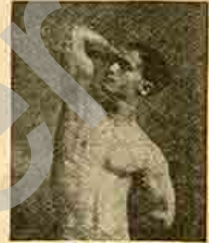
"'Super-Strength' is beyond a doubt the greatest book ever written in the English language on matters pertaining to physical power. The author is the greatest practical teacher in America—as is proven by this splendid book."
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"Everything that the author writes is instructive and interesting. I recently received his new book, 'Super-Strength,' and I was certainly pleased with it. I have read so many books on weight lifting and kindred subjects that I am a rather exacting critic.
 "The book is all the name implies. It tells what super-strength is, how to attain it, and gives a lot of interesting information pertaining to men that have attained it. The book is 'chock-full' of common sense pertaining to that greatest of body-building exercises, progressive weight lifting."
 OTTLEY R. COULTER (Uniontown, Pa.)



O. R. COULTER

"As a devotee of all that pertains to health-building exercises, it gives me great pleasure to recommend that magnificent book, 'Super-Strength.' Any man reading it will find within its pages the knowledge and information that will enable him to become as strong as any of the famous 'Strong Men' of the stage."
 ROBERT B. SNYDER, JR. (126 Potomac St., Hagerstown, Md.)



R. B. SNYDER

"In my library of several hundred volumes there is none that I value more than the book, 'Super-Strength,' of which you are the author.
 "After reading its contents I was fired with a new ambition to become stronger. So today I am ordering new and bigger bells from your factory, and you may expect to receive photos of myself (before and after) in the near future.
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 CHARLES W. DURNER (304 Priscilla St., Allentown, Pa.)

"Permit me to extend to you my heartiest congratulations for the excellent manner in which you have not only outlined, but delved into, the possibilities of superman-building.
 "Super-Strength' is well named; only an expert, familiar with the many phases of bodily development and the attainment of muscular strength and efficiency, could ever hope to achieve the recognition that this invaluable work is bound to bring to you.
 "Of all the books and articles I have read upon the subject, in furthering my own education along the same lines, I do not know of a single one that can in any way approximate the manner in which your subject is dealt with in 'Super-Strength,' both from the standpoint of the expert and the viewpoint of the ordinary layman.
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"'Super-Strength' is absolutely the best and most complete work on the subject that I have ever had the pleasure of reading.
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"I have just finished reading your latest book, 'Super-Strength.' I find it a great help to me. It gives me the one thing I have been longing for in the cultivation of strength and development.
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SIGNED to the foregoing letters, you will find the names of some of the strongest and best-built men of the present day.

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Pleasurable Exercises on a Horizontal Bar

(Continued from Page 83)

on the ground.

The last elementary exercise or stunt for you to practice before taking up the more difficult ones of the advanced group is "leg circle," in which you place one or the other leg over the bar, and using the over-hand grip, start swinging until you have momentum enough to permit you to circle completely around the bar. When plenty of momentum is attained, you can virtually circle the bar numerous times without even exerting much effort. The illustration shows the start of this exercise, with the grip shown reversed.

In the advanced grade of exercises on the horizontal bar I have picked out the ones that are less apt to violate the fundamental organic functions of respiration, circulation, nutrition, and nervous function. Interest is of primeval importance in graded bar work. And the most essential things are approach, smooth, natural combination of movements, proper form and a good dismount. Always measure the distance with the eye when approaching the bar, and measure that distance only when close to the bar, not when several feet away, as this tends to throw you out of form, making the approach "sloppy." You must avoid exclusive specialization upon the apparatus, a more rounded program is essential if co-ordination is to be maintained.

If you hope to become an advanced worker on the horizontal bar then you must practice, practice, practice. In the first exercise or stunt in the advanced grade I have chosen the Backward Circle from a Front Rest. To perform this exercise many things depend upon a knowledge of it, and nothing looks better than seeing it performed as it ought to be done. From a front rest, swing back with arms and legs straight and back hollowed. When the head is underneath the bar a sharp pull with the arms will shoot the body and feet over the bar. At this point a quick shift of the hands should take place in order to return to the position of the front rest.

The knee circles look very ungraceful unless done right. In the backward knee circle commence from a sitting position, knees pressed against bar, arms straight, chest out, back arched, head back and toes pointed. A vigorous swing backwards will bring you from the sit position around the bar to the starting position. The upstart is an exercise that requires more co-ordination than strength. Many strong men often wonder why a puny mere youth can perform the movement with apparent ease, while the possession of large muscles seems to accomplish nothing. The trouble is that the strong man is too strong, he exerts too much strength and not enough skill. Again the novice attempts the upstart too soon, and thus works against gravity. From the position swing hard, now bring the insteps of the feet to the bar, with the arms

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and legs straight. When at the end of the back swing, and about to start front, push the bar away, still keeping the arms stiff, and come to the position of the front rest. There are numerous combinations to be performed in the upstart exercise, but I think if you master the complication of the upstart or "KIPUP" as it is sometimes called and described above, it will be sufficient for the time being.

There are numerous dismounts such as the squat, layout, back somersault, and forward heel circle dismount. But the dismount I prefer you to do is the back flyaway and dismount. The back "flyaway" or the "backaway," as it is sometimes called, is a very graceful finish from the giant circle. This is one of the prettiest exercises in connection with the horizontal bar if done in the hollow back style. It is not a difficult exercise, but care must be used in learning it. Practice swinging many times before attempting the stunt. Lungers should then be used. The lunger is a wide belt around the waist to which a rope is attached at each side and an assistant at each side, holding the rope, will insure safety till the exercise is mastered. From the swing release the grasp when in the position of swinging out from bar and perform a back somersault in midair, landing on the feet facing away from the bar or landing with the back to the bar. Do not swing too high, as it tends to bring the feet upon the bar, and may result in a nasty fall.

It is the ambition of every gymnast to perform the "planches" or levers, which are seldom performed, because the prevailing fault is too much bend in the body. The body must be kept rigidly straight or the form of the exercise is lost. In learning the back lever keep the hands close together, so that the arms may get a good hold on the shoulderblades. The front lever is the hardest one to hold for any length of time, especially if the body is straight. Very often these levers will be performed at an angle of 45 degrees, and the performer gets so red in the face that spectators get the impression that it is the most difficult feat in the world. When a complicated, really hard exercise has been done well it looks smooth, rhythmic and easy. Practice with bent arms at first in the front lever: the hands should be over the center of gravity.

The various circles performed with the feet, like the instep, soles and heels, are very effective when well done. In the instep or toes circles commence by doing an upstart, hands reversed to front rest, bend from waist, raise feet upwards until insteps are under bar outside hands, then circle forward. From the position in figure swing over forward, keeping arms and legs very stiff and with the thumbs around bar. After this circle has been mastered commence to perform the effective and beautiful exercise of an instep circle followed by a giant swing.

The giant circle is one of those movements that appears more difficult than it really proves in practice. It either

(Continued on Page 89)

Great Strength



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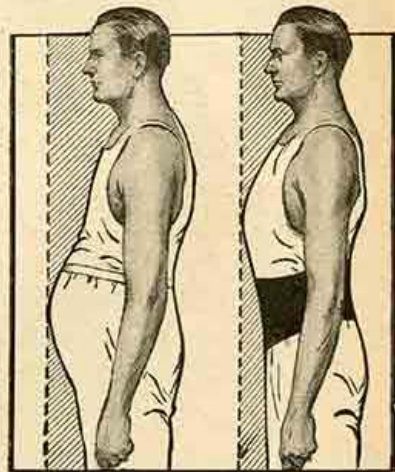
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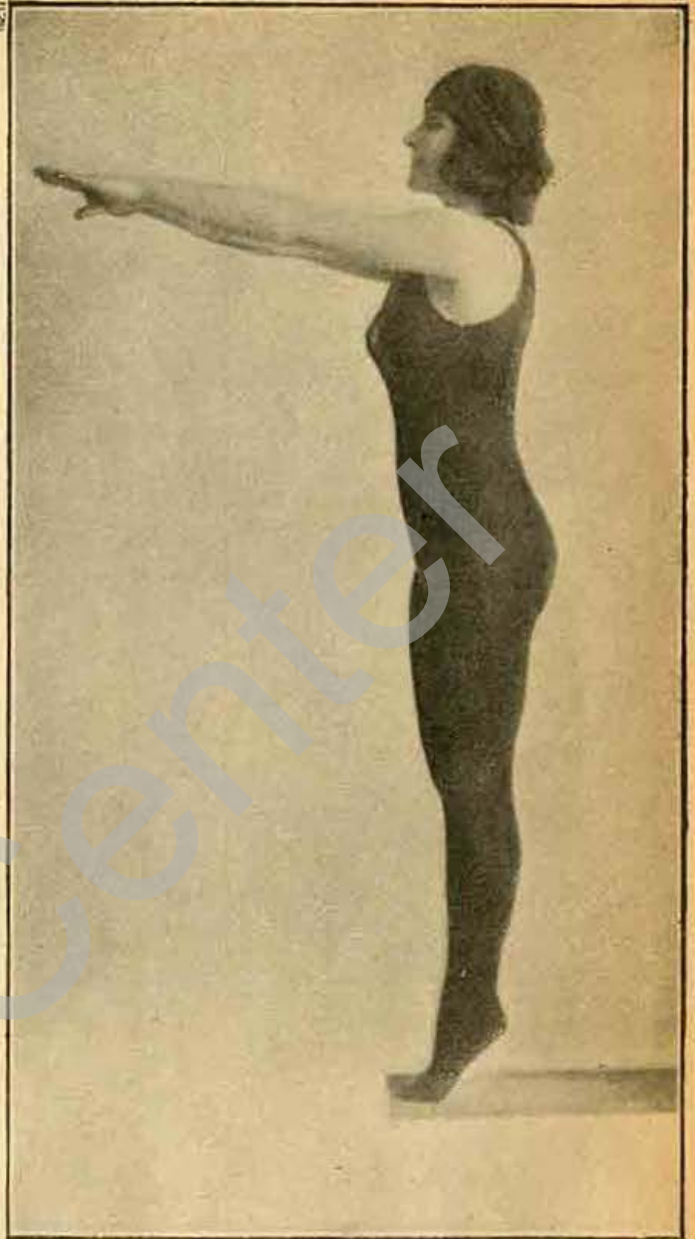
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Pleasurable Exercises on a Horizontal Bar

(Continued from Page 87)

frightens or fascinates the spectator; if poorly performed, it frightens, if well done, it fascinates. One should practice throwing the body in the hand balance from a low bar on the low parallels in order to become accustomed to this position. The greatest fault the beginner has in acquiring this exercise is the half-hearted way in which it is done, viz: arms and legs bent, which makes double work for the performer. Start from a front rest and throw up into the balance with the fullest extension of the arms and body possible. The higher up on the start, the more impetus one gets on the downward sweep. After one has passed underneath the bar and is on the front in a corresponding angle to that in which the start is made, it will be found that the hands are awkwardly held back under the bar. A sudden movement from the wrists to shift the hands is needed at this point, which will bring one above the bar as in the illustration. The essential thing to be remembered is to keep the arms and legs fully extended and to describe as great a circumference away from the bar as possible while circling.

You may have considerable difficulty in performing all these exercises according to the rules set down for them. But practice makes perfect and it is the man who diligently keeps at it that accomplishes his desires. If you desire to become a good bar performer then work, work, and if you strive hard, you shall have no regrets.

Health—Strength—Beauty

(Continued from page 53)

bodies we should strengthen them for our daily tasks.

"I also take pleasure in writing that my four brothers are all great swimmers."
A. BURRI.

Here is an appeal to my English readers. Miss Fowler is very anxious to meet any girl interested in body building. Write your letters to me, and I will forward them to her.

"DEAR MISS HEATHCOTE:
"As a regular reader of STRENGTH (I have taken it for over two years now), I am always interested in the 'Girls' Page' and have often noticed that, apparently, there are quite a number of English readers of the magazine.

"I wonder, therefore, whether you could put me in touch with any of the English readers known to you, preferably in my own district of Southern England.

"I am an enthusiastic physical culturist, and a pupil of the famous Annette Kellerman and should very much like to become acquainted with someone who is as interested in physical culture as I am.

"Probably you are aware that the physical culture movement is not anything like as widespread and popular in England as it is in America, and consequently it is difficult to find real enthusiasts among one's acquaintances.

"Hoping that perhaps you may know of someone who would be interested to have an introduction,
"PHYLLIS FOWLER."



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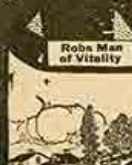
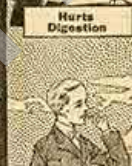
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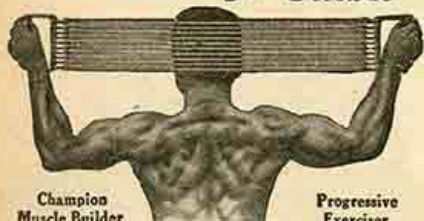
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"DEAR MISS HEATHCOTE:

"I am a girl 14 years of age, weight 102 pounds and am 5 feet 1 inch in height. I would like to know what my measurements should be. I also would like to know if I am too heavy or over-weight to start toe dancing.

"B. C."

I am in receipt of your letter and would state that your weight, 102 pounds, is not too heavy for your height. You should weigh about 106 pounds.

As you are only 14 years of age, you naturally are not developed to your fullest proportions. Therefore, I cannot give you the correct measurements for your height. A girl does not begin to develop until she reaches the age of 16, and then sometimes she does not attain her fullest development until she is 21 or 22.

You certainly are not too heavy to start toe dancing. This is a very beneficial pastime and exercise, and I would urge you to begin it at once. You will derive great results from it as well as becoming graceful and supple.

Nature and Exercise—a Spring Tonic

(Continued from Page 42)

work at the office was so much improved that I was advanced and at present I hold a very responsible and well paid position. I have also succeeded in selling my first story and I am sure that some day I will become a short story writer. All this I owe to fresh air and exercise and I wish that I could talk to every girl personally and tell her my story. It takes perseverance to stick to the schedule I gave you but if every girl who is in the condition I was would stick to it she would be more than repaid for her effort by developing a shapely, graceful and beautiful body and radiant health."

The Lure of Beauty and Personality

(Continued from Page 25)

circular motion, as well as across the teeth. If you can do so clean them after each meal. Fruits, especially apples, after a meal are good mouth and teeth cleaners.

Now, LADIES, I shall tackle the problem of the care of the skin, and perhaps enlighten you on some things you do not know. Personal charm is within reach of every woman. You can possess it by getting the HABIT. There is nothing which contributes so much to the personal charm as perfect grooming. You may possess wit, style, even beautiful features, but real charm will not be yours if a coarse, unattractive skin makes you ill at ease and self-conscious. Give your complexion the constant and proper care it needs to offset the ravaging effects of harsh, dry winds, dust and soot, and general conditions of modern life. A skin unprotected by these elements or subjected to indiscriminate treatment sooner or later gives evidence of the fact—blackheads, oiliness, sallowness

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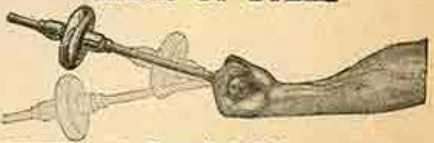
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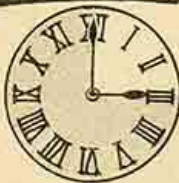


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and a coarsening of the texture results. Plenty of soap and warm water, therefore, is recommended for that SCHOOL GIRL complexion.

Not so many years ago the woman who used cosmetics was conspicuous in any gathering. At least, this was true in the smaller cities of this country. Of course, smartly dressed women of all times and countries have always used make-up. But American women were slow to adopt the fashion of their foreign sisters.

But nowadays, it is the rougeless and powderless woman who is conspicuous. And, unless she has a miraculously lovely skin, she is sometimes unpleasantly conspicuous. For modern tendencies and life in a big city are all factors that make it necessary for you to give your skin aid by artificial means. Women are divided on the subject of using water on the face. Some extremists believe that water is harmful and that cleansing creams are the only safe road to a beautiful complexion.

However, this is an extreme statement, although many women who never touch their faces with water have beautiful skins. Water, as a cleansing agent, may be abused. Never wash your face with strong soap. Use a light soap, preferably one rich in natural oil. Never wash with very hot water and never dry your face without first rinsing it—not once—but many times with cold water, or better still, rub it lightly with ice. But don't overdo the ice treatment; it tends to dry out the skin. It is therefore perfectly permissible to use creams that aid cleansing and make the skin appealing to the eye, for it is in the winter time, when the air is so invigorating and social life so gay, when the evergreens seem greenest and the joy of life is keenest—when every hour brings its sharp contrasts of heat and cold—that is when you must give your complexion the greatest care. There is a way to outwit the wintry winds and keep your beauty in bloom the whole year round—a way that will enhance and retain your natural loveliness; make even coarse, unlovely skin gossamer fine; that will counteract the effect of wind and exposure and keep your skin soft, smooth and fine textured.

Thus, use your creams and lotions, assuming that you know best what they are, for LADIES of my beauty class, ALL I can do is just give you the encouragement to repel these enemies that endeavor to destroy the loveliness of your skin. LADIES, the next and last lesson on beauty is the subject of **ACTIVITY**. This lesson is very important and it has more to do with the attaining and maintaining of **BEAUTY** than any of the other subjects that I enumerated. Read on further, you shall see why. "ALL WORK AND NO PLAY MAKES MARY A DULL GIRL."

To be healthy and happy we must all work, but we should also rest and play. When you come home tired out, as it were, lie down for a few minutes. Sleep for a few minutes if you can, as this will refresh you greatly, especially



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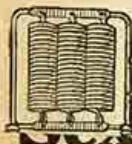
Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 193.



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At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life; Here are just a few of the subjects discussed—Love, Anatomy and Physiology. A Word to Maidens. Maternity, Parental Influences, Change of Life, Impotence, Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

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before eating. If you have been sitting in an office all day, your brain is tired when you stop. Your body needs exercise to make your brain forget work. Any bodily work like walking home, running, wrestling with your brothers, or swimming, is good. Exercising as a reducing medium and general health builder has been sponsored by beauty and physical culturists far and wide—and I might make mention that it cures insomnia, as I have seen the effect of it in hundreds of cases of people who would lie awake for hours after getting into bed, suffering with insomnia. There is nothing more annoying and nerve-racking than to be afflicted with it. Exercise gets your blood to circulating. When you lie awake you naturally start thinking and that pumps your blood to the head, where it remains, keeping you wide awake. Exercising drives it away again and puts you into perfect form for slumber. A good exercise is to touch the floor without bending the knees, and another is to kick the foot as high over the head as possible. LADIES, you might try them, they are also good for reducing the hips and abdomen and help you to attain that fashionable boyish figure. And one other thing, when your temper tempers your temperament intoxically, a syncopated jazz tune is a sure-fire antidote. Music in AMERICA is no longer a luxury, it is a necessity. The soul of our country is largely a soul of music. Its happiness and peace are very nearly in the ratio of music saturation of the land. LADIES, dance, dance, dance to the strains of music. For dancing conduces to the beautiful.

The human form is the sublime manifestation of nature's creative forces. BEAUTY can be expressed through many mediums, such as in the face, hair, etc., but the human form renders the artist an inexplicable inspiration. The wonderful modeled forms of the beautiful women illustrated in this article are both exquisite and marvelous, the last word in heavenly charm of woman.

It's a funny thing, but after you have attended a dozen or more curiously flickering panoplys, known pretty generally as the footlights, you get round to the idea that there is a pronounced prevalence of those curious creatures known pretty generally as CHORUS GIRLS, who spend a good deal of their time romping here and there about the stage, and some of whom adorn these pages with their pictures.

Be all this innocent foreword as it may, I should like to spend the next few minutes of your precious time, dear LADIES, in casting a critical eye over the sundry charms of the BEAUTIFUL GIRLS who at this moment are rampant before the public and exhibit much of those charms herein. Be it announced that I am no woman hater, but on the other hand, you must not be confused with the type of critic I shall portray, because as your BEAUTY TEACHER, I must define the subject critically to get you to have an understanding and an appreciation of ART,

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as exhibited to a perfect degree in the illustrations.

Let us for instance, turn our undivided attention to the beautiful GERTRUDE HOFFMAN girl, sitting so coyly in the picture. She is truly BEAUTY personified. Her charm is undeniable, being a mysterious concoction of dark hair, fully blown cherry red lips, broad, clear features which suggest a continental loveliness, nicely molded figure, a genuine grace and a pretty carriage to the whole ensemble, with a skin, oh, so deliciously pretty; the kind you love to touch.

Let us skip now to another beauty in the illustrations—the girl with the drapery over her shoulders. She combines with beauty a lot of brains with personality. She stimulates a wonderful depth of character, a quiet and sweet simplicity of feature so poignantly beautiful to the eye, and also the sweeping and graceful contours of her form evoke an appealing strain as she glides nightly in the show of LOUIE the XIV.

Do you, my BEAUTY CLASS, or don't you like pretty MISS LLOYD of the show "ARTISTS AND MODELS?" Of course, you do, or you may leave the room immediately. I am sure she is a most intelligent girl. For she certainly looks it. She radiates much personality and charm, and she is posed unusually well, her body reflecting gorgeously graceful curves that accentuate all her good looks. She has all the makings of a dark Venus.

Miss Maria Wusselle exhibits generous full features with a striking solidity of figure and besides she is what they call exceedingly attractive and appealing.

I wish there was space to go on and on, but I suppose you are tired of school now, so I guess I'll dismiss you, LADIES. Be good to yourselves and try to follow the hints set down herein and moreover I will be amply repaid for my efforts in your behalf if you will kindly pass my teachings on to those who were not fortunate to be in this BEAUTY CLASS.

Thus, suppose we call it a day, then in case you should get "hipped" about what I could further add on the subject of BEAUTY you must write teacher (ME) a nice long letter and I will possibly comply in the next issue if the request is accompanied with a box of raisins and prunes, for I like 'em, they keep me healthy. So don't forget to attend class regular, and now in closing, let me say in plain words, THE GIRL I LIKE HAS A LITTLE GREY MATTER, IF YOU PLEASE, AND NOT SO MUCH LIPSTICK AND FRIVOLOUSNESS AND MUSHING. SHE HAS PERSONALITY! A BEAUTIFUL FORM! A GOOD COMPLEXION AND SHE APPRECIATES THE NUDE FORM AS A MASTERPIECE OF ART.

For what is female BEAUTY but an air divine, through which the mind's all gentle graces shine. They like the sun, irradiate all between; the body charms because the soul is seen.

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Are You Nervous?

(Continued from page 55)

There is a loss of appetite, a sensation of constant hunger, pains or pressure over the abdomen, vomiting and digestive disturbances. Constipation and distress in the intestines are also frequently complained of. Diarrhoea may occur, and there is a marked loss of weight and strength.

COURSE OF THE DISEASE

In a vast majority of cases, neurasthenia develops very slowly, and new symptoms appear from time to time. The disease may manifest itself in early childhood. This predisposition is manifested either by the history of neuropathic taint in the ancestry, or by physical impairment of the health of the parent. The symptoms may be so mild at first that the individual does not heed the warning, or attributes them to a local physical condition, and if untreated and if the causative factors are not removed, neurasthenia displays a tendency to grow gradually worse and may last years. Neurasthenia does not run a regular course. The course of the disease is marked by periods of improvement and exacerbations of the symptoms. For example, there may be periods during which the patient feels comparatively well, and these may alternate with periods of marked increase of symptoms. As a rule, the individual feels worse early in the day. The symptoms gradually become more marked, the mental anxiety increases, the capacity of work diminishes, and in consequence, a vicious circle is established in which worry, anxiety, and decreased capacity for work are present.

If only a few of the symptoms mentioned apply to you, especially the type indicating mental disturbances, you may be sure that your nerves are at fault and that you have exhausted your own nerve force.

However, you may have consulted nerve specialists in order to seek relief, and each one tells you that there is nothing wrong with you and that every organ of your body is normal and functions correctly, but you know yourself that there is something wrong, because you feel it and you also act it. Your appetite is lost, you feel dizzy, lazy, and unable to sleep. You feel tired and cannot digest your food, complain of pains here and there, and things about the house do not look good to you.

The cure of exciting and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It also demands an understanding of certain simple laws in mental and physical hygiene, mental control, relaxation and how to develop immunity to the many strains of every-day life. Through the application of this knowledge, the most advanced cases of nerve exhaustion can be properly corrected.

Nervous, emotional people very often are sensitive and lacking in self-confi-

dence. They have a tendency to stay off by themselves; whereas, they need particularly to live a normal, social life with friendship and human contacts. A very reputable physician of my acquaintance recently said to me that many nervous women could get well if they would only stop being critical and suspicious and cultivate a sense of humor, learn to enjoy little things more and be friendly and generous. Ugly, overserious feelings have a tendency to take it out of us, while pleasant feelings refresh us, and as a result make us feel good.

Work, play, friendship, outside interests help us emotionally, because they cool our thinking and make it less violently personal. Our feelings are created by our thoughts. We hear a great deal nowadays about cultivating the right mental attitudes, about letting go of our discouraged, fearful way of looking at things and of considering our problems optimistically instead. This practice is valuable in that it tends not only to establish the habit of optimistic thinking, but of optimistic feeling in time.

Treatment of neurasthenia: In severe cases of nervousness, the treatment consists of rest in bed, warm baths and packs, cold spinal douches, drink plenty of water, avoid constipation, massage; light, easily digested food. Individuals should sleep in well ventilated rooms, and the regularity in habits as regards to playing, working, eating, resting, etc., should be cultivated. The bowels should be regulated. An occupation should be chosen that is agreeable to the individual, and excitement should be avoided. Exercise, in the acute cases, plays an important factor in the disease, and, if properly taken, it helps to aid in the treatment. The diet principally should be taken care of.

The prediction of the course of the disease is that, if properly treated, recovery is to be expected. The shorter the period during which the individual has been exposed to the harmful influences of overwork and worry, and the better the previous health, both mental and physical, the more favorable is the case.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on May 1, 1926. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

The American Continental Weight-Lifters' Association is devoted to the promotion of interest in weight-lifting and body-building in all corners of the world. It is not, however, solely devoted to weight-lifting; its officers and members are also interested in the promotion of health through diet and athletics.

The Most Important Thing In the World

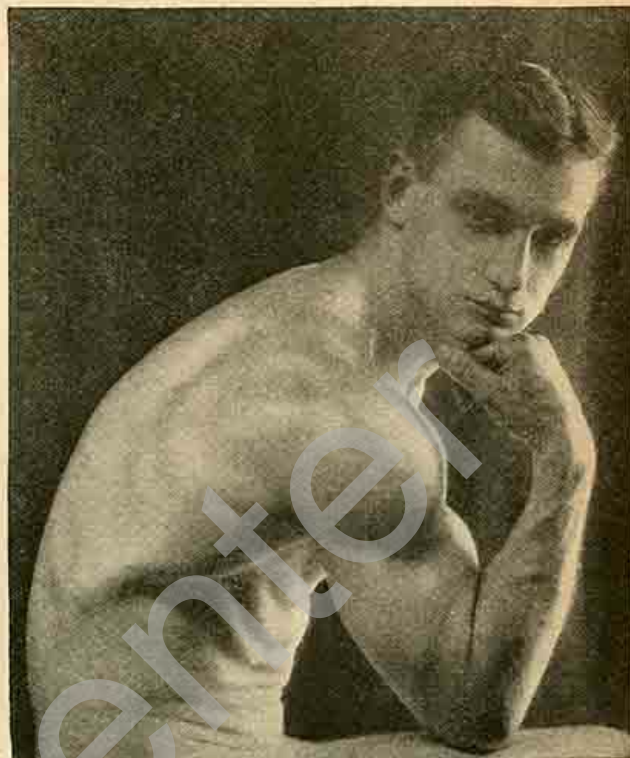
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE**, but that combination of all three which is the surest sign of real vigor.

I am looking for the man who wants to save time. The man who knows that he needs to improve his physical make-up, who has very little time to exercise, and who must have results.



CHARLES MacMAHON

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which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

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



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Don't let the word "selling" scare you, for it is remarkably easy for any man of average intelligence to become a first-class salesman. And then your future can be as big as you want to make it.

THE majority of men are shackled down to poorly paid positions because they are either afraid to strike out for better things—or they condemn themselves to a life of drudgery because of preconceived notions about what they can do.

Take salesmanship for instance. To the vast majority a salesman has to be "born" to his task. Nothing could be further from the truth; it is a vicious fallacy that has kept thousands of men from enjoying the good things enumerated in the panel above. Possibly, you, too, think that selling is a "gift."

You cannot be blamed for what you think—but you are utterly to blame if you do not investigate as to the soundness of your thoughts. For what you may think may be the thing that is tying you down to deadly routine and poor pay.

Proof That You Can be a Master Salesman

During the past eighteen years the National Salesmen's Training Association has taken men from all walks of life and made them into producing salesmen. There's a statement you should investigate—but look at a few typical examples of the thousands of success stories in our files and literature:

A. H. Ward, Chicago, earned better than \$1,000 a month within one year after he completed his training. Today

he is an executive of Postl's, Chicago. J. H. Cash, Atlanta, Ga., increased his earnings from \$75 to \$500 a month. F. M. Harris, a telegraph operator, increased his earnings to \$6,000 a year—and is now a Sales Manager. Warren Hartle, railway mail clerk, stepped into the \$10,000 a year class—so did O. H. Malfroot, of Boston, Mass.

You may think the foregoing are exceptional cases—but if you are seeking a real opportunity you will withhold your thoughts until you get all the facts.

Why You Can be Taught to Sell

You may think it remarkable that this Association can teach men at home during spare time to sell so quickly and easily. But there is nothing remarkable about it—for Salesmanship is governed by fundamental rules and principles. There are certain ways to attract attention, arouse interest and make prospects act—certain ways to overcome objections, batter down prejudices, outwith competition and get results. Once you know these secrets of master salesmanship you can duplicate any of the successes this remarkable System of Salesmanship Training has been responsible for.

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City and traveling sales positions are open in every line all over the country. For years thousands of leading concerns have

called on the N. S. T. A. to supply them with salesmen. Employment service is free to both employers and members and the fact that thousands have secured positions through this service is a glowing tribute to the thoroughness and practicability of our System of Salesmanship Training and Employment Service.

Send for Remarkable Book "Modern Salesmanship." It is Free

Naturally, you will want to investigate and find out for yourself what Salesmanship offers you, how it is taught by a method that gives you the equivalent of actual experience while studying, and what facilities are offered you by the Free Employment Bureau of the Association. Just mail the coupon below and we will promptly mail you a free copy of "Modern Salesmanship"—the book that has started thousands on the road to bigger pay. There is no obligation.

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How A Black Eye Saved Me From the Tragedy of BALDNESS!

If the fellow who landed that awful blow two months ago ever found out what a blessing it proved to me he'd probably come over and start another fight. But he'd never recognize me now because, well, here's how it all happened.

Even a blind man could have seen that Carey was safe on first! So when the umpire yelled "Out," I got boiling mad!

"You robber—get a pair of glasses," I bellowed across the field.

"G'wan, he's out by a mile," barked a big rough-looking fellow at my right.

The fans began to boo! The game stopped—the players rushed from their dugouts and swarmed excitedly about the umpire. It looked like a fight.

"You bunch of sore losers," shouted the man at my right.

I got madder than ever. "Say, brother," I edged over, "as a judge of baseball you'd make a fine truckman!"

The big fellow sneered. "Listen, Baldy, if you don't want that dome of yours cracked don't get funny with me,"—and his rough massive hand began caressing my head as if I were a child.

A blind rage came over me. I shifted to one side. "Don't try to scare me—you big bully!"

"Sock him one," yelled a youngster. "Show us how old Baldy fights!"

A Terrible Wallop

Every one around me laughed and started to kid me. I grew white with anger. A vicious desire came over me. My fists clenched—my teeth set—but before I was able to lash out—a hard fist crashed against my eye! I was stunned—but only for a moment. Quick as a flash I bounded back and drove two smashing blows against his chin that sent him sprawling across the seats.

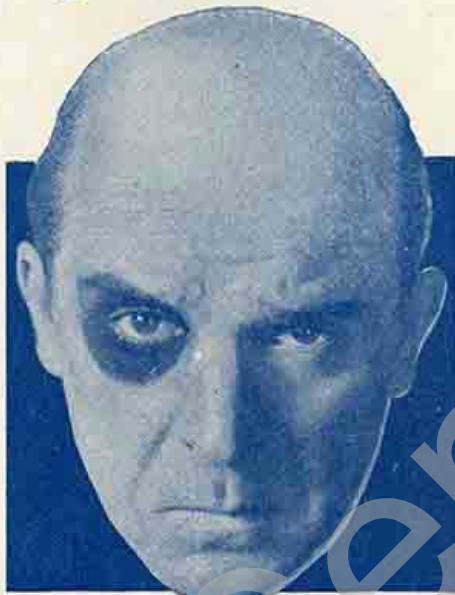
The crowd howled with glee and yelled for more—but a special policeman came up and stopped it all. I slipped into my seat and began soothing my battered eye!

The game continued—but I could hardly follow it—for my bruised eye was practically closed. So I arose and left the stand amid a great deal of applause.

But despite my victory—and it was a victory—I felt very unhappy that afternoon. I kept applying ice to the sore eye. But it didn't help much. The eye kept getting worse until it was a big ugly-looking black spot.

My brain was awl. I kept thinking about the taunts, the cruel jibes about my baldness. A queer sick feeling came over me. To think that I used to laugh at my rapidly thinning hair! I had tried so many treatments without success that I had practically resigned myself to baldness. And all the kidding by the boys at the office and by my friends at home used to roll off me like water off a duck's back. But now—

"Baldy"—"Old Man"—"Baldy"—"Old Man"—The names scared my brain. The whole episode—the argument—the fight—the blow—kept



recurring in my mind! And through it all I seemed to hear those sneering mocking voices, "Baldy!" "Baldy!" "Baldy!"

A Friend's Advice

It was just at this point that "Smiling" Tom Farrell burst into the room. He stared at me open mouthed for a second or two—and then he exploded! Good heavens, how he laughed!

"Go on now, tell me you bumped into an open door in the dark," he joked. "Where'd you get it?"

I told him the truth. And when I had finished he looked at me almost sorrowfully.

"Fred," he said, "your baldness is making you terribly sensitive. It's getting on your nerves. And now it's made you lose your self-control. Why don't you do something for it?"

"Do something for it!" I exclaimed hotly. "I've already thrown away a young fortune trying to end my baldness. And I'm not going to spend another red cent on any so-called remedy! Nothing can help me!"

"That's just what one of the fellows at our office used to think until he tried this Merke Treatment. Now he actually swears by it."

"It's all bunk," I replied, impatiently.

"Maybe so, but if it is you don't lose anything, because this man Merke guarantees to grow new hair for you in 30 days or no cost to you. Don't be so pig-headed—get his free book and read it."

Well, I sent for the booklet the very same day—and when it came I opened it with a silent prayer. But I needn't have doubted Tom—for almost right from the start I found that this was an entirely new method of making hair grow—a method perfected by Alois Merke, founder of the Merke Institute, Fifth Avenue, New

York. It is the only treatment I had ever heard of that actually reached right down to the hair roots and awakened them to new, vigorous activity.

But the thing that impressed me most in that book was the fact that Merke actually guaranteed a new growth of hair in 30 days or no cost to me. Well, I sent for the treatment without delay.

The first two or three days nothing happened except that my hair didn't fall out as much as it used to. But a little later, when I looked in the mirror I was startled! For, where my bald spot used to be, a fine downy fuzz had begun to break through!

And every day this new hair kept getting stronger and thicker. At the end of a month you could hardly see a bald spot on my head. And at the end of sixty days—well, I had regained an entirely new head of healthy hair. And to think that a black eye was responsible for it all!

Here's the Secret

According to Alois Merke, in most cases of baldness the hair roots are not dead, but merely dormant. Now to make a sickly tree grow you would not think of rubbing "growing fluid" on the leaves. Yet that is just what thousands do when they douse their heads with ordinary tonics, salves, etc. To make a tree grow you must nourish the roots. And that's exactly what the Merke Treatment does—for the first time, it provides a practical method of getting right down to the hair roots and nourishing them.

At the Merke Institute many have paid as high as \$500 for results secured. Now these same results may be secured in any home where there is electricity—at a cost of only a few cents a day.

Merke frankly admits that his treatment will not grow hair in every case. There are some cases of baldness that nothing in the world can help. But so many others have regained hair this new way, he invites you to try the treatment 30 days at his risk, and if it fails to grow hair then the trial is free. Your money will be instantly and gladly refunded.

Coupon Brings You Full Details

This story is typical of the results that great numbers of people are securing with the Merke Treatment.

"The New Way to Make Hair Grow" is a 32-page book which will be sent you entirely free if you mail the coupon below. This book tells all about the amazing new treatment, shows what it has already done for countless others, and in addition contains much valuable information on the care of the hair and scalp.

Remember, this book is yours free—to keep. And if you decide to take the treatment, you can do so without risking a penny. So mail the coupon now and get the surprise of your life! Address, Allied Merke Institute, Inc., Dept. 554, 512 Fifth Ave., New York.

Get This Free Book



Allied Merke Institute, Inc., Dept. 554, 512 Fifth Avenue, N. Y. C.

Please send me—without cost or obligation, in a plain wrapper—a copy of your book, "The New Way to Make Hair Grow," describing the Merke System.

Name.....
(State whether Mr., Mrs. or Miss.)

Address.....

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

Read This!

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in. I preach your system to everyone."—E. D. R., Washington, D. C.

"My hair was coming out at an alarming rate, but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—W. C., Great Neck, N. Y.

"I have used your system for eight weeks and, although the top of my head has been entirely bald for six years, the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—W. B., Kenmore, Ohio.

(Original of above letters on file at the Institute.)



Seeing is believing???

TEETH AND TONSILS SAVED. MEMORY IMPROVED. File 1885. "Pyorrhoea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since fixed all teeth without any extractions.

"Tonsils also saved. Sticky film and pimples disappeared. Joints reduced. Large lump on wrist, there for one year, disappeared in a few weeks.

"Can now memorize music, and accomplish in half an hour more than formerly in two hours."

PYORRHOEA. Age 65. Pus ceased on seventh day.

FALLEN STOMACH AND INTESTINES. Age 63. "Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

ECZEMA. Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.

CONSTIPATION. Three healthy eliminations daily.

(2) Real or Imaginary Disease

No testimony was admitted by us as evidence, unless it first stated the existence of disease and many previous diagnoses and treatments.

HEART OUT OF PLACE 2 1/2 INCHES. Physician, age 65, from sworn statement, File 4675.

"Serious doubts were expressed as to my recovery. Every particle of swelling has disappeared from my legs and I can now sleep all night in my bed, perfectly unconscious of this action of the heart and free from any smothering sensation.

"When I arrived at the Brinkler Institute I was compelled to wear shoes unlaced and two sizes too large. Within two weeks, I could wear shoes of my normal size. I can now spring upstairs two at a time, and am gaining strength rapidly.

"Such minor troubles as catarrh and dandruff also disappeared.

"Having diligently investigated all methods of healing that appeared helpful since graduating at Harvard Medical School in 1879, I can conscientiously say that nothing known to me in regular practice or in dietetic measures can approach the efficiency of the Brinkler System of Nutrition."

EPILEPSY. Physician, fits for 4 years, average every 10 days. Convulsions disappeared. Strength multiplied many times.

LICERS. Gained 30 pounds. Rev. G. S. B. Age 59. Retired. Minister returned to work. Had to use stomach tube every night for 7 years.

"Physicians had diagnosed my case as ulcerated stomach and enteroptosis or falling stomach.

"I had not taken the food three days before I felt like a different person.

"I have gained 40 pounds and have not had 2 years of such comfort and freedom from pain, or been able to do so much work in 20 years."

STONE IN KIDNEY. WEIGHT REDUCED. File M-4966. Mrs. A. D. "My illness was caused from stone in the kidney when one lodged near the uterus I was in such pain the doctor used chloroform.

"Through following your advice, the stone crumbled and passed out. I saved a dessert spoonful of gravel or stones that passed and could have saved more. I lost ten (10) inches in measurement around abdomen, in three months after commencing instruction."

TUBERCULOSIS. Age 24. X-ray showed spot on right lung. Hemorrhage. Antrum trouble in winter. Cough. Bedridden.

"After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucus almost gone."

(3) Long Duration

We accepted as evidence only statements representing disease of long and constant duration, not recurrent or intermittent diseases.

HEMORRHAGE. TOO WEAK FOR OPERATION. File B-2844. Mrs. S. H.

"For seven years I suffered terrible hemorrhages and none of the doctors could do anything to stop them.

"After taking Brinkler System two days the hemorrhages began to check, and by the end of third day had entirely ceased, and have not lost a drop of blood since; that is six years ago this May, 1914."

NEURASTHENIA. File B-1889. "The Brinkler System has cured me of 4 years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25% increase in salary."

ASTHMA, HAY FEVER. File B-979. Age 27. Stenog.

"Never had anything do me more good in all my life. First summer in eight years free from Hay Fever and Asthma. Never looked as well as now."

ARTHRITIS. All joints swollen with lime deposits. Knees and wrists looked immovable for eight months. Blind for two years. Can now see, walk and do home work.

EYESIGHT. A. L., age 59, wrote: "Before coming to the Brinkler Institute, I purchased two new pairs of glasses under an oculist's prescription to replace those already worn, as sight was growing worse. I had required three changes in three years."

"After two weeks I put away all glasses, and now, writing after two months have elapsed, I can say that I have never found the need of them, and can read the smallest print in a dim light, as well as anybody."

CONSTIPATION. Age 44. File M-14072. Mrs. —

"As last I have obtained the desired results, viz.: a natural movement of the bowels without an aperient. I look on it as equal to a miracle, as it is at least six years since I had a movement of the bowels without pills or salts or enema, etc. I feel fully rewarded for my money, effort and patience.

"Since my bowels are moving naturally and regularly I do not suffer so with my right leg, the sciatic nerve and varicose veins, nor with the pain in the region of the appendix. These pains have been part of my daily existence for years."

(4) Exclusive Methods

We prevented the possibility of mistake as to which method produced a result, by accepting as evidence only those cases which used our method exclusively during the period of restoration or recovery.

TUMORS DISSOLVED, SIGHT AND HEARING RESTORED. File 3610. Sworn statement. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had

difficulty with both sight and hearing, being compelled to wear glasses. I was troubled from my kidneys and bladder, lime deposits, also gotire, and suffered from hemorrhages each month. My physician discovered that I had two tumors.

"When I began the Brinkler System of eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff.

"To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased.

By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.

"This testimonial is entirely unolicited, and is given in the hope that some other sufferer may be benefited thereby."



(5) Reserve Force Minimum

To eliminate the possibility of the reserve force of youth being a factor in restoration to health, we admitted to evidence a large number of those who were over sixty years of age, and deficient in reserve energy.

AGE 73. PULSE OF YOUNG MAN. File 5915. Sworn statement. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm."

"Two year constant headache and pressure disappeared in five days. Memory improved. Could read and travel alone.

Prostate enlarged. Four doctors said no remedy but knife and that unsafe and unsatisfactory. No discomfort after seven days. Throat sore 40 years, now well."

ARTHRITIS. LEGS PETRIFIED. Mrs. D., doctor's widow, age 86. "In 1922 I sprained my ankle in Miami, Florida, and lime deposits caused legs to swell eventually to double size and to solidify from ankles to thighs. On the Brinkler System in spite of my bedridden condition my bowels acted normally two or three times daily. Deathlike pallor, hardness and swelling disappeared. Sixteen months later I could walk alone without help, due entirely to correct eating."

GALL STONES. Age 84. Bedridden, colic every week for years, but not one attack since institution over a year ago; now can do housework.

PARALYSIS. File M-14615. Age 81. Retired physician. Partial paralysis.

"Am doing very well. My hand, that was almost useless, has become much better now and can use it some. Can walk better."

NEURITIS. Giddiness, unable to walk three years. File 375. Age 70.

"Advised to give up business. But I can now take long walks, put in a full day's work. I owe my life to the Brinkler System."

(6) Remove and Reproduce

Ability to remove and reproduce symptoms at will was considered conclusive evidence of mastery of efficiency and disease, proving that the Brinkler System gives understanding of natural laws.

NEURALGIA, TONSILITIS, MENTAL FEARS. Mrs. A. R. Age 37.

"Removed all my complaints, neuralgia, pains in every joint, deafness, indigestion, skin troubles, fears of insanity. Also cured my children's complaints, adenoids, convulsions, eczema, etc."

"Would submit my person to a proper test. Have removed and reproduced symptoms of disease, for tests, at will, and in the period of a very few days."

410 Diseases From 1 Source

A Sick House. Water through a leaking roof produces: discolored wall paper (anemia), warped furniture (rheumatism, deformities), swollen doors (valvular heart), short circuit (blindness, deafness, paralysis, epilepsy, locomotor ataxia), fallen ceilings (hemorrhages, varicose), rotting materials (tumors, etc.).

To stop using Faulty Foods is like stopping a leak, but your body is also SELF-REPAIRING FROM RIGHTLY PROPORTIONED FOODS.

Replenishment. There are over 2,000 miles of capillaries (small, hair-like blood vessels) in you, and EVERY INCH IS AFFECTED BY THE FOOD YOU EAT. The difference between persons is ONLY proportion of elements. One person needs more nerve food, another needs more muscle food, etc., according to NATURAL FIXED LAWS which, of course, apply to YOU.

Over 6,000 pupils. Sworn Statements. Educational booklet, 10 cents.

BRINKLER SCHOOL OF EATING

Dept. 20 131 West 72nd Street New York

True or False. The tricks of magicians show that the eye is easily deceived. We can only BELIEVE when our MIND through the senses (hearing, sight, smell, touch, taste) after every conceivable kind of mental comparison and deduction receives the SAME impression of any proposition.

"Natural law is INVARIABLE." So wrote Humboldt. If a specimen of a rare four legged animal was brought to a zoo, you would, before seeing it, BELIEVE that it has two eyes, for you know that the need for two eyes for any two or four legged creature is INVARIABLE.

Sickness is Unnatural. Similarly you should reason that chronic sickness is NOT a part of the scheme of nature, since wild animals amid plenty are well. Chronic sickness is the invention of man, the only animal capable of planning his life wrongly.

It is Easy to be Well. Neither animals nor men require to use chemical laboratories and test tubes, to learn how to live efficient and healthy. They can learn by DIRECT TESTS.

Dr. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attributes the chief advancement in dietetics not to chemistry but to biology (experimental feeding of food entities to animals within the previous ten years). See "Newer Knowledge," etc., 1923.

Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured—e.g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affection, etc., in men.

Intensify:—Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities.

SIX RULES OF EVIDENCE

(1) Specific Results

We accepted only specific statements as evidence.

GOITRE. A. W. File M-709. Goitre 6 years. "My neck measured almost 17 inches before I began instruction; at this writing am wearing my old size collar, 15 ins."

CATARRH, BRONCHITIS, WEAK, HOARSE VOICE. File M-1743. Age 22. Clerk.

"Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."

PREGNANCY. Age 40. File M-5297. Mrs. A. F. Sworn statement.

"Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children.

"I have no very clear recollections of the births of my last two children, as the deliveries were so rapid. I consider it immeasurably far ahead of Twilight Sleep."

PROSTATE. J. O. C. wrote: "Prostate trouble, which consisted of severe irritation and inflammation, of which I was conscious every minute of the day, disappeared within 2 weeks; although I have suffered three years or more."