

# STRENGTH

MAY 1920

Perfect Measurements



The Difference  
Between  
Strength and Power



The Neck and How  
to Develop It



The Famous Bent  
Press



Vol. V

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No. 1

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## STRENGTH

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3rd & Diamond Streets

Philadelphia, Pa.



# STRENGTH

Vol. 5

MAY 1920

No. 1

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Application for Entry as Second-Class Mail made at the Phila. Post Office  
Published by The Milo Bar-Bell Co.

Publication Offices, Third and Diamond Sts.

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Editor.

Philadelphia, Pa.

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Issued Bi-monthly (Six issues per Year).

Subscription Price, One Dollar (\$1.00) per Year.

Canada and Foreign Countries, \$1.25 per Year.

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## EDITORIAL

We take great pleasure in introducing the new STRENGTH, and feel sure that it will meet with the approval of each and every reader. Many of you have repeatedly asked that STRENGTH be made bigger and published every month. The first step has been accomplished, and STRENGTH will continue to grow with each issue. Beginning September first, it will be published every month.

At that time we will be forced to do either one of two things, raise the price of STRENGTH or lower its quality. I think that you will all agree that the latter course is out of the question. At the present time STRENGTH is performing a valuable service to its readers in helping them to acquire better health and strong bodies. Most readers of STRENGTH would rather pay double the price than to be without it.

Although the subscription price will probably be raised to one dollar and fifty cents per year, it must be remembered that this price will be for twelve issues, and will really be cheaper than the present rate of one dollar per year for six issues. Those who have already subscribed, or who do so before September first, will receive one full year's subscription and will receive STRENGTH monthly after September first.

Those who are already readers of STRENGTH are no doubt keenly alive to the needs of exercise and the benefits of good health. But they can do their friends a tremendous service by interesting them in good health, which can be acquired only by sane living and a proper amount of exercise. There are thousands of men who are *apparently* in good health; but good health is not like beauty—only skin-deep. It not only concerns the muscles, which are, after all, only the exterior signs; but goes much deeper, and is dependent on every ramification of the human system. Just having a well-developed arm or chest will not do—you must have *real* strength in *every* part of the body. And the purpose of STRENGTH is to show each and every reader how he may develop a strong body.



The bill providing for universal military training is subject for much discussion at the present time, and should be of interest to the readers of *STRENGTH*, many of whom are ex-service men. One of the advantages claimed for this scheme is the physical development which the young men who are trained would acquire. This, of course, depends entirely on the extent of the training.

If this training is to consist merely of setting-up exercises or calisthenics practiced once or twice a week, I am afraid that many of the supporters of this bill will be very much disappointed with the results. Such training would, without a doubt, be better than none at all, but the results in that line would be almost negligible. For, had light exercise and calisthenics the virtues claimed for them by their supporters, the American race would have been a race of almost perfect men. If, on the other hand, the training is of a more vigorous nature, such as given our troops during the war, the benefits are more likely to be of a lasting nature.

Until recently, military training has been thought unnecessary. For years we had been deluded with that ancient myth of a million patriots springing to arms overnight. The late war exploded this myth entirely, for it was found that, while the million patriots were willing to serve, many were entirely unfit for service and others required months of training to make them fit to fight. Had it been possible to dispense with some of this training, which was required to correct physical shortcomings, it is pretty safe to venture that the war would have ended several months earlier than it did.

As to the physical training this system would give our boys, it is to be recommended. There are, however, other points to be considered, one of which is the cost of the project. It would no doubt cost many millions to finance, but the many benefits derived from it would probably offset the expense.

There are those who object to the bill on the grounds that it would make us a militaristic nation. This is far from being the idea of the universal training bill, which merely provides for the training of our citizens in time of peace in order that they may serve better in time of war, and to make a real democratic army. It is foolish to argue that there will never be another war, and even more foolish to enter it unprepared when it does come.



## The Difference Between Strength and Power

By Alan Calvert.

There is a great deal of difference between strength and power, which is not generally understood. The strength of a muscle lies in its ability to contract against great resistance. A man weighing 150 lbs. may have magnificently developed muscles and may be able to lift an immense amount of weight straight up from the ground, but such a man could never be considered powerful. Power is the application of strength or force in moving objects. The popular idea regarding power is the correct one. If you hear one man allude to another as being "powerfully built" you would at once understand that the man referred to is a big chap, weighing at least 200 lbs. A man can be large and heavy, and therefore powerful, without being exceedingly strong. To give you an example, we refer to the "backs" in a football game. A half-back weighing 200 lbs., running at an 11-second clip, is much harder to stop than a 160-lb. half-back running at the same rate of speed; that is, assuming that both men are equally skillful. You will notice that a good coach picks out a 200-lb. man to "buck the line."

Several years ago there was a great fuss made over the Japanese, and we were told that this race of men was very much stronger than Europeans or Americans. As a matter of fact, the Japanese, who are small in stature and light in weight, cannot hold a job in the lumber camps of our Northwestern States. The Japanese are not heavy and powerful enough to be used in moving heavy logs or timber, although most of them are very strong, muscularly.

In the vaudeville theatres we frequently see trapeze and flying-ring acts. The gymnasts who perform these acts are generally highly developed from the waist upward. Their upper arm and shoulder muscles are tremendous; the pectoral muscles on the chest and upper-back muscles are usually of great size; but these men generally have hips and lower limbs which seem puny when compared to their upper bodies. It is easy to see that the less weight a man carries below the waist the easier he can handle himself on overhead apparatus. When one of these men chins himself four or five times in succession with one hand, it is plain that his arms are very strong, but somehow or other this class of gymnasts never give the impression of being powerful. Their Herculean development in the upper body does not compensate for their slender legs. One of these men might be a wonder at such feats as rope-climbing, but put the same man in a football line opposite a good husky guard, or center, and the football player will simply toy with the gymnast. The men who play in the center of a football line are usually very strong in the waist, hips, and lower limbs, and this is just where the gymnast lacks strength.

Some of you may have heard of the wonderful feats of the 135-lb. George Lettl, in harness lifting and dead-weight lifting. The case of Lettl will illustrate just what I mean when I say that a man can be strong without being powerful.

Lettl is strong, but I do not think that he could ever be considered powerful. He is evidently able to concen-



trate an immense amount of will power on his muscles, and this perhaps accounts for his tremendous strength. I do not believe that Lettl would ever "shine" at dumbbell lifting, especially lifting bar-bells in two-hand lifts, as he is not heavy enough to raise heavy bells. Neither do I believe that Lettl would ever be able to make a respectable record in an event like throwing the 56-lb. weight. In order to lift a heavy bar-bell from the ground to the shoulders and from there to arm's length above the head with both hands, it is necessary for a man to have great bodily weight and activity, in addition to being muscularly strong. The same thing is even more true in throwing the 56-lb. weight from a 7-foot circle. In this last event it is absolutely necessary for a man to have a certain amount of bodily weight in order to nullify the pulling effect exerted by a 56-lb. weight as it leaves the hand.

In dumbbell lifting you will always find that the heavy man excels in two-arm lifting. In the single arm lifts most of the records are held by men who weigh between 190 and 210 pounds, but the seven best performers in the two-arm lifts weigh over 240 pounds apiece. The reason is as follows: In the single arm lifts agility and skill plays a very important part.

The lifter is generally allowed to raise the weight from the floor to the shoulder in any way he pleases and generally adopts the method known as the "bent press." In two-arm lifting the weight has to be lifted from the ground to the shoulder in a certain prescribed manner and only a very heavy man can bring to his shoulders a bar-bell weighing in excess of 330 pounds.

Good athletic trainers tell us that in all lines of sport a good, big man is al-



George Lurich

ways better than a good little man, and this holds true in dumbbell lifting. Theodore Siebert, a great authority on weight lifting, states that no man can be a world's champion lifter unless he is between 5 feet 8 inches and 6 feet in height and weighs at least 200 pounds. In a list of records given it will be noted that only one of the record holders weighs 190, and the record he holds is for a lift in which skill and agility are the most important factors.

Probably one hundred times a month I receive letters asking how much should be lifted by men of various weight. For instance, a young man who weighs 140 will write me and want to know the world's records for a man of that weight, and will also mention his own lifts and want to know whether they are good. The easiest way for me to answer these questions is to state here how much men of different weight



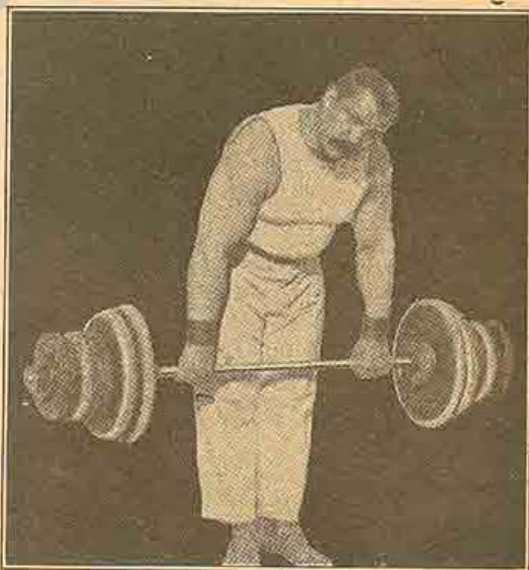
should be able to lift. A 200-pound man, who is well trained in lifting, should be able to raise 220 pounds in the two-arm jerk, 140 pounds in the one-arm press, 200 pounds in the one-arm jerk and 165 pounds in the snatch. A 180-pound man should be able to press 200 and jerk 275 in the two-arm feats, press 130, jerk 185 and snatch 155 in the one-arm feats. A 150-pound man should be able to press 175 pounds, jerk 250 pounds in the two-arm feats, and press 120, jerk 150 and snatch 135 in the one-arm feat.

The above feats should be easy for the average well-trained lifter. Of course, they are a long way below the performances of the champions, but nevertheless, they are much better than the average performance.

The average boy of 14 or 15 should, in three or four months' practice, acquire enough strength to raise 100 pounds above the head by either the one-arm bent-press or the one-arm jerk. For years ability to push 100 pounds above the head has been accepted by magazine writers as a sort of ultimate test of strength. Most writers seem to think that if a man can elevate a 100-pound bell by the strength of one arm, he is a lineal descendant of Hercules. If a novelist wants to create the impression that his hero is unusually strong he makes him lift a 100-pound bell in each hand. This is a real test of strength, but usually a novelist, instead of having his hero make one or two lifts, has him exercise for half an hour with 100 pounds in each hand. Some writers make very funny breaks when they attempt to invest their heroes with unusual physical strength.

The reader has probably noticed that the lighter the man the more he can lift in proportion to his own bodily weight. The explanation is, that the

smaller men are generally much more agile and have a greater amount of nervous energy than the large men. Some wonderful records have been made by European lifters in the 140-pound class. For instance, Max Sick, who weighs 145 pounds, actually succeeded in raising 310 pounds above his head in the two-arm jerk. Emile Von Mogyrossy, who weighs 155 pounds, lifted 320 pounds in the same manner. You will notice in each case that the bar-bell used weighed more than twice as much as the man who lifted it and such a feat is possible only to a comparatively light and very active man. The champion, Steinbach, who weighs 240 pounds, can only raise 390 pounds in the two-arm jerk, which is about 60 per cent. more than his own weight. If Steinbach was as strong in proportion to his weight as the two men above mentioned he would be able to raise the incredible weight of 500 pounds in the two-arm jerk.



Preparing to make a two-arm overhead lift of 352 pounds a feat possible only to a big heavy man. This lifter weighs about 250 lbs.



## Lifting: The Royal Road to Health

By Edward W. Goodman

To the average man, and especially the business man, who is pressed for time and claims to be unable to spare a little for exercise—though realizing that he will eventually arrive at those crossroads where a choice must be made, that of a better, hygienic and more healthy life with sufficient exercise, or an early grave, this article is earnestly dedicated.

Nature is constantly beset by two opposing forces; the constructive and destructive elements. Indeed, our whole fabric and system of life upon this planet is governed, more or less, by these two forces, which find expression everywhere. Some men are of the constructive, and others of the destructive type. We eat to live (though many live to eat!) and by eating, build necessary vigor, destroying the life of the animal or vegetable used for food. Battleships are built—to destroy life. The organism of Germany was practically destroyed in order to construct, safeguard and insure everlasting peace.

Improper living will destroy muscular fibre and (in some instances) replace it with fatty tissue. Proper exercise and correct living will destroy fatty tissue and replace the same with healthy flesh and muscle. In each case something is given or taken away, and something else takes its place. So, to gain strength, one must expend strength. The law of compensation thus finds its average for everyone and everything.

There is no doubt that every man can be made better, bigger, stronger, more cheerful and self-reliant, and he will be able to gain success more quickly, by a small amount of time devoted to the care and development of his body.

To "begin at home" should be the purpose of every one who is run down, nervous, dyspeptic, or otherwise ail-

ing, and by "beginning at home" is meant the cleansing and caretaking of one's "house"—for the human body is truly the habitation of the soul.

For most, it is not an easy road to attain that physical perfection of body which arouses in us such ardent admiration; but the average man who is organically sound and takes the trouble to observe a few simple rules of health, meanwhile adhering firmly to a concrete form of exercise, will gain much and lasting benefit thereby, both mentally and physically.

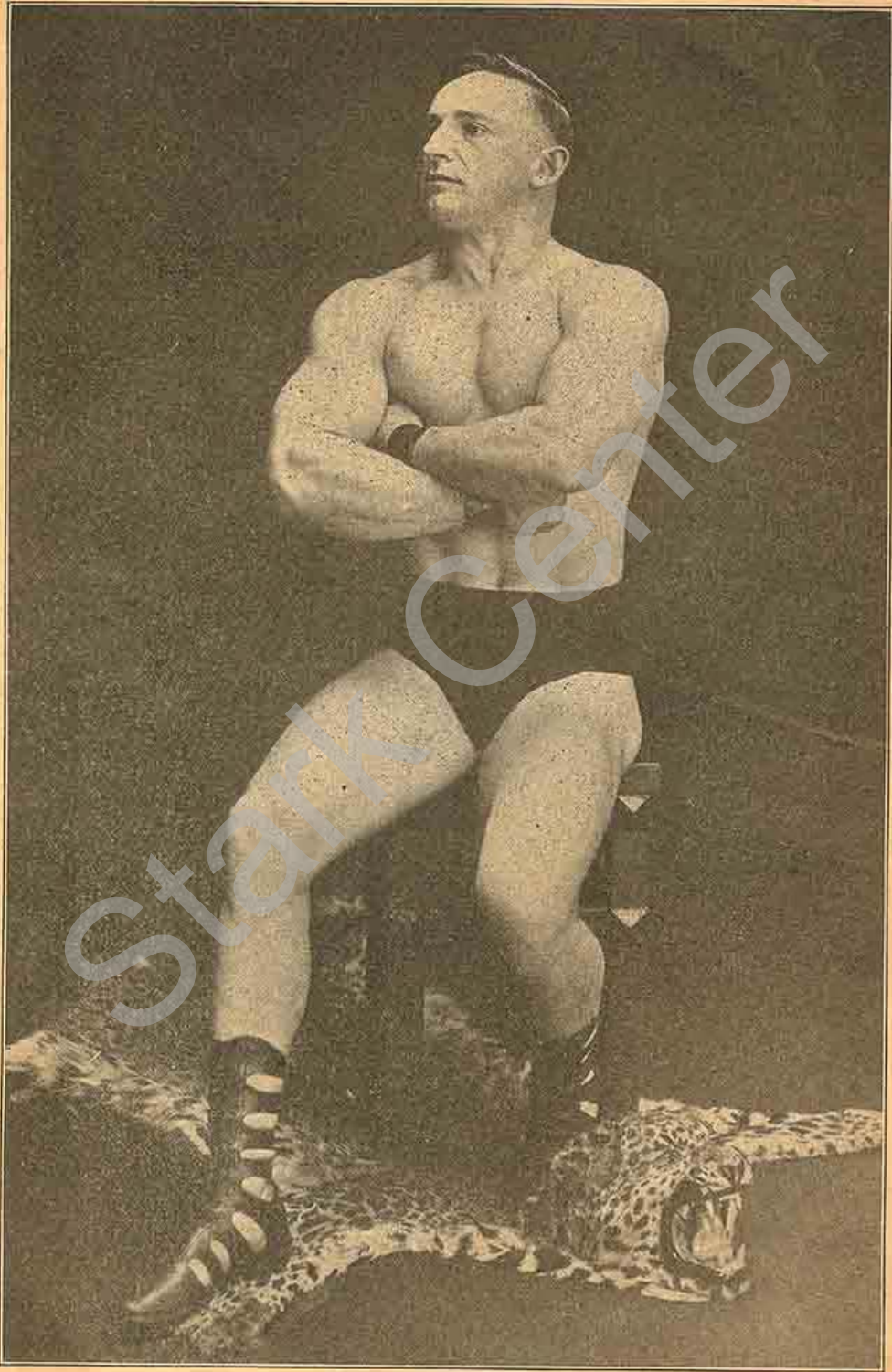
For the multitude, taken as a whole, there is no "exact science" of physical training; it is the individual who must, in all cases, be reckoned with. And for him, such exercises and health hints should be prescribed as will deal with and correct his own particular defective condition.

The physical culture enthusiast, that red-blooded man who cannot do without some form of exercise, does not know the meaning of illness. He is alert every minute of the day, enjoys his work, likes his food, loves his exercise and, when night time comes, turns in for the boon of mankind—a sound, refreshing sleep.

In fact, so closely allied is health with physical development that numerous authorities have asserted that **NO REALLY STRONG MAN IS BOTHERED WITH "NERVES," LOSS OF APPETITE, CONSTIPATION, OR ANY OTHER AILMENTS** which the average untrained man complains of so frequently.

Upon a number of occasions, it has been the writer's privilege to stand on the outskirts of a crowd, listening to the remarks of people witnessing the exhibition of a strong man. To a lifter, these remarks are most amusing. For instance the writer has heard exclamations such as: "He is a born phenomenon." "You can't get that way by do-





EDWARD W. GOODMAN



ing exercises." "He never drank or smoked in his life," and so on, showing that the general public is still amenable to education along these lines.

Don't let them tell you that it can't be done! Remember: NOTHING IS IMPOSSIBLE. Everything else being equal, the man who is possessed of a strong, unconquerable determination to improve his condition and who takes the action necessary to do so will win out in the long run. But direct action is as essential to success as breathing. One cannot become strong and healthy by merely sitting still and watching others work. True determination finds its outlet in action along the lines of thought. While thought creates the skeleton frame of the proposition desired, the action, or work, along the proposed lines fills in the whole scheme until an entire and completed structure is the result. Without action, mere determination is a misnomer and amounts to nothing.

Now, there is only one method by which all really strong men became strong, and that is PROGRESSIVE EXERCISE. Everyone knows the meaning of the word "progressive," applied to exercise or training; it means making the work harder, using up more nervous energy therein, advancing in the science of athletics, getting ahead.

A start is made with bells easily handled, gradually increasing the amount of weight and the number of repetitions for the first year, until a good, strong foundation of muscle has been laid, and the nervous system thoroughly invigorated by the stimulating effects of the exercises prescribed. Thereafter, nearly every tryout will be a revelation and it is a matter of short moment before the highest attainment of physical strength and perfection in development is reached.

THIS SYSTEM WILL PRODUCE RESULTS! It is the only method that will make weak men strong. Remember, that to afford to every individual a perfect system of training is not an easy task. Many things must enter into consideration, i. e., the timber of-

fered, that is, the age of the pupil, his temperament, present physical condition, ailments, etc., are all material factors in determining which particular exercises should be specialized in.

But ANY man who is physically sound, can triple and perhaps quadruple his strength in one year's time (in many instances six months, or even less) by proper exercises taken regularly. Such exercises, however, must be vigorous, stimulating, difficult and withal interesting; VIGOROUS enough to make the blood course freely through the veins, STIMULATING enough to feed the nerves and create a surplus store of latent energy, DIFFICULT enough to require the expenditure of a certain amount of muscular and nervous energy (according to individual requirements), and INTERESTING enough to be attractive all the time. If such exercises can be devised, no excuse remains for anyone to be in that half-dead condition of stagnation we hear so much about.

Weightlifting embodies the only exercises which conform to all of these requirements; indeed, it is more than a series of exercises, it is a genuine, high-class sport, as anyone who has ever tried it will testify. In addition to compelling that attention to the proper performance of a given exercise, its consistent practice will produce muscular vigor to a degree unheard of and unknown to any other form of exercise or sport. All the STRONG men of this or any other age have been weightlifters. Every boxer, wrestler, gymnast—even swimmers, distance runners, track athletes and others of recognized ability, know of its benefits and have practiced it at one time or another. And the more it is practiced, the greater enthusiasm is aroused.

At the outset, it is very necessary for the beginner to have someone, competent through experience, outline those lifts and exercises with weights as are best suited to his individual requirements; but it is not necessary to spend hours at a time laboring and working like a slave in order to achieve the best results in securing health and strength,



or physical perfection. On the other hand, a few minutes spent in the right direction, once every forty-eight hours, will work wonders for the run-down, tired-out, nerve-fagged business man, or, for that matter, anyone who seeks to improve their physical and mental being.

Compare such a system with the many useless hours usually spent in light calisthenics, wand drills and class work (as is generally done in the average gymnasium)—work that produces no discernible results, but, if persisted in too strenuously will actually accentuate a nervous condition! Again, the weights can be used at home, for very little space is needed if a modern barbell outfit is secured.

Experience has proven that weight-lifting exercises are more beneficial when practiced thoroughly every other day, because during the interim, the system relaxes completely and is able to recuperate to a high degree. The immediate results of exercising with a substantial weight are lasting, far-reaching, and mean more than a million exercises performed with light bells in the same old tiresome way. After a day's rest, the enthusiast becomes so full of "pep" that he literally "flies" to the weights on the next workout day. In other words, HE FEELS LIKE WORKING, and is, therefore, bound to do himself justice. And this energetic feeling is not limited to exercise alone, but extends and is unconsciously incorporated into the work of the business day.

Any physical instructor who is sincere in his purpose and who KNOWS the game, will take a personal interest in his pupils and avoid class work with light bells for development purposes; and everyone who has had experience with strong men and athletics realizes the absurdity and fallacy of that long-ago exploded "muscle-bound" theory. Slowness, if any there is, is purely a condition of the mind which can be made to respond to corrective treatment. The man who practices with weights becomes quicker than he ever was before. (This does not mean

that he will become as fast as a boxer who trains for speed—one can train for speed as well as for strength and can, just as well, train for both. Weight-lifting comes the nearest of any other form of athletics to giving a man both speed and strength). And, with that trained quickness will come good judgment, ability to judge distance, to endure fatigue, and HEALTH!

The best advice that can be given to the man who wants to be well and grow strong is this: Get a good barbell outfit with instructions for its use from a reliable concern which has had such experience as will enable it to render the beginner every possible benefit that can be derived therefrom. Cut out coffee, eat plain foods and take general care of the diet for the first year. Follow instructions and the improvement that will result is most astonishing.

The novice should be careful not to extend himself during the first year, or, at least, until a strong, solid foundation is laid by development of the muscular system. In fact, if particular stress is laid upon the development work, meanwhile practicing such lifts as can be easily accomplished, with a view to form alone, during this preliminary period, ability will result almost as a matter of course, and at the end of the period of early training, the lifter may give himself a thorough tryout without danger.

Is it not worth a few minutes of earnest endeavor every other day to attain that which many think impossible, and which IS impossible by the use of other methods, drugs, medicines and the like? Physicians who are sincere advise exercises in many instances; they admit that medicine never cures—that medicines are valuable only in some cases, and then as Nature's assistant. The real remedial agent on the job is Nature, and the ability to "start 'er going" lies within each individual!

Now, it may be asked: "HOW CAN NATURE DO IT?" That is exactly where the law of compensation comes in! As stated before, in order to receive, you must first give. Create a



## The Famous Bent Press

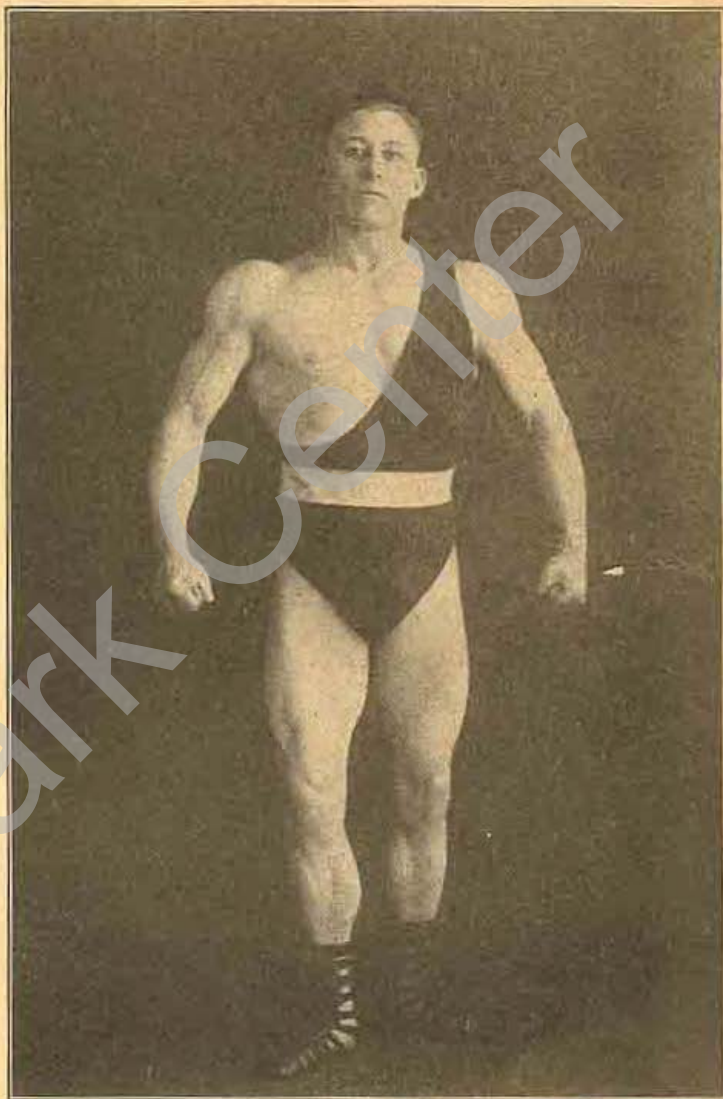
By Archie Gillespie

I hope that the following notes may be of interest to those who have not successfully mastered this famous and difficult press.

The bent press is the making of a lifter. It requires persistent practice, but once mastered your efforts will be well rewarded—not only in this particular lift, but you will gain a general increase in strength and development.

But, it is not everyone who will master it without some difficulty. Some do so with comparative ease, while others experience great difficulties, and many failures. Some cannot master this press on account of their build, but there are a good many others who have failed simply because they are not getting the movement right, or they are not using a bar of a suitable length, which is very important.

A common mistake is that of commencing to push the bell immediately



Archie Gillespie

it is brought to the shoulder, instead of leaning away lightly before starting the press. Some professionals recommend the use of a long bar of say six feet, but that would not suit everyone.



It is true that the long bar is easier to pull in to the shoulder on account of its spring and leverage, but the length makes it more awkward to turn at the should before commencing to press it aloft; whereas a shorter bar of about forty inches is more rigid to pull in, but it is easier to turn at the shoulder, and some lifters will find that this is quite an advantage over the longer bar. Personally, I prefer the forty-inch bar, and if I was lifting where a bar of this length was not available, I would choose a shorter one.

When a lifter is having trouble with the press, the only way he can find a remedy is to try out bars of various lengths until he finds one that suits him best. When Sandow made his record of two hundred and sixty-nine (269) pounds, the bell was fairly short as he stood it on end on a block about ten inches high, and rocked it on to his shoulder.

Some may prefer to bring the bell to the shoulder with two hands, by gripping the centre of the bar with the right hand and by placing the left hand on top of the right. Another style is that introduced by Aston for the one hand clean jerk:—

Pull the bell in as high as the hips, then take a big dip, placing the elbow on the thigh instead of bringing it up to the hip in the style most commonly used. Much more weight can be lifted this way. For instance, when Aston defeated Inch for the British Championship, he pulled in clean two hundred and thirty-three (233) pounds, while his own weight was only one hundred and sixty-one (161) pounds. Inch responded with two hundred and

ten (210) pounds, by placing the elbow on the hip. Aston used that style for one hand only. But it is also fine for pulling in a weight with two hands, placing the elbow on the thigh, similar to lifting with one hand. It is an easy matter to pull in as much this way as you can manage in the two hand jerk when you have mastered the movement of dipping. When standing over the bell preparing to pull in, the right foot should be about three (3) inches in rear of the left, thus allowing more room to dip the lifting arm.

A splendid exercise is to pull in more weight in this way than you can Bent Press, then hold it at the shoulder with one hand, for a few seconds. Then when you take a weight you can press. It will be surprising how easily it will go up. As your strength increases at this pull in, naturally your Bent Press record will improve.

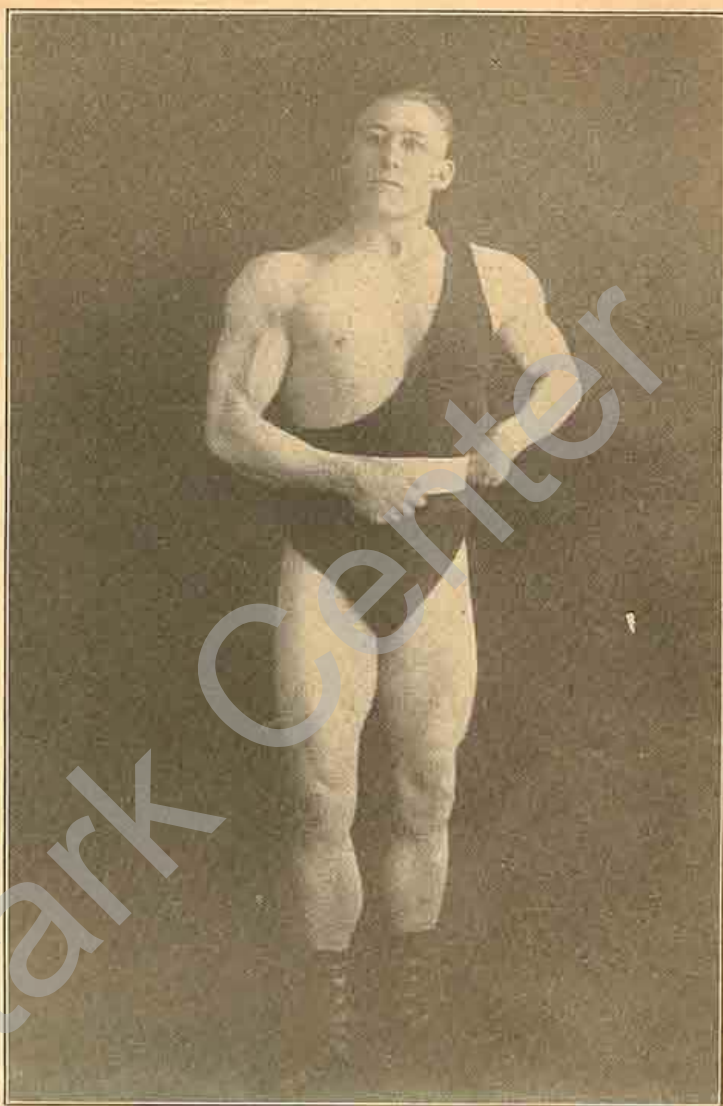
As every lifter knows, a good record in the two arm jerk requires real strength; this pull in is very much the same. Whatever progress you make at it, it will be genuine strength, and will assist you at all round lifting. Every lifter performs the Bent Press in whatever style suits him best, but Saxon's style of turning the bar until the rear sphere is at the back of the head before commencing to bend, is the most simple, and better in many ways; it does not put nearly as much strain on the left side as in the style of turning the bar and bending beneath it at the same time. In this way, the lifter makes three movements at once, which makes more room for mistakes. This is a severe strain on the left side. Those who practise this method will find that sometimes in hard training the side



will become so painful that a rest may be necessary. The style used by Saxon and others eliminates the danger of severe strain. I have personal proof of the foregoing statement.

Whilst serving Overseas I was wounded in the left side and am minus a couple of pieces of rib bone. The side is still numb, which impairs the contraction power of the muscles around the wound and makes it impossible for me to turn the bar and bend at the same time, as my side would not tolerate the severe strain caused by this method. The style I now use of turning the bar first and bending almost straight to the left is not the slightest strain on the affected muscles.

When Thomas Inch made the British record of three hundred and four and one-half (304½) pounds, he turned the bar whilst bending the body. He told me that while the bar was turning, he got his arm about three-quarters straight before he really began to exert himself, thus saving the most of his strength for locking the elbow and rising to the erect position. He suc-



Archie Gillespie

ceeded in making the lift on the thirteenth attempt. Another lift worth while practicing is what is known as the shoulder bridge, which would be of great assistance to the Bent Press.

It might be interesting to note that it took me but two months to go from two hundred and ninety (290) pounds to three hundred and seventy-five



(375), which was beyond my expectations. Saxon made a record of three hundred and eighty-six (386) pounds, while Lurich was credited with four hundred and forty-three (443) in this lift.

Some of Mr. Gillespie's best lifts are as follows:

Military press,  
right hand .100 lbs.

Ordinary side  
press ....160 lbs.

Two hand  
military  
press ....192 lbs.

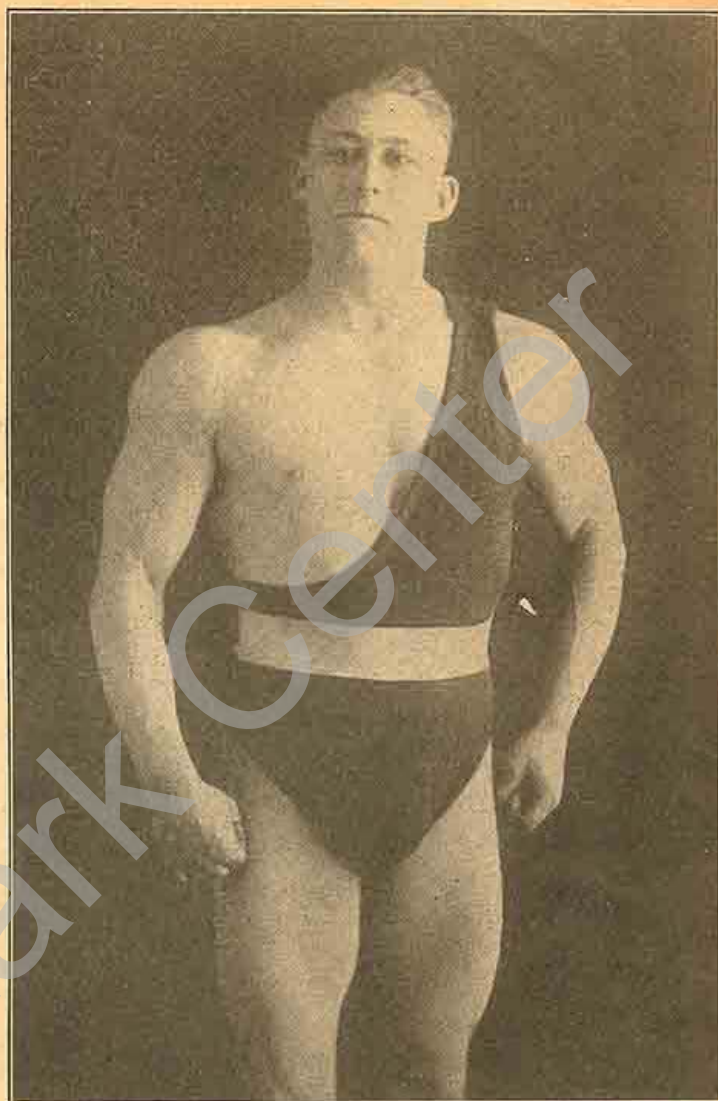
Bent press .215 lbs.

Two hand  
press, ly-  
ing flat on  
back .....275 lbs.

Two hand  
press, shoul-  
der bridge.335 lbs.

He was severely wounded while serving overseas, but is now almost completely recovered, and expects to be able to equal his best lifts in a few months. His present measurements are:

Neck .....	17 in.	Thigh .....	24 in.
Chest (normal) .....	45 in.	Calf .....	16¼ in.
Upper arm .....	16 in.	Weight .....	180 lbs.
Waist .....	33 in.	Height .....	5 ft. 7½ in.



Archie Gillespie





## On Measurements

By the Editor

In a number of books on gymnastics you find a heading, "How much you should measure," and under it, in tabulated form, "ideal measurements" for a man of 5 feet 1 inch, a man of 5 feet 2 inches, and so on, up to 6 feet. Apparently a man over 6 feet has no right to an ideal, for I at least have never seen any measurements given for very tall men. Again, the ideal measurements are supposed to be of fully developed adults—the growing boy is never considered.

Personally, I do not take much stock in such tables. Men differ too much in inherited physique. The only rule that applies, so far as I know, is that usually the bigger the bones, the bigger the muscles they will support. I say "usually" because some of the best developed athletes such as Sandow and Thomas Inch, have been rather small-boned men; and some very powerful athletes with very large bones have had comparatively small muscles.

Therefore, in figuring out how much you should measure, it is wise to consider the size of your bones. On the principle that the ends of a bone are in proportion to its diameter, it is considered that the joints—particularly the wrist—indicate the size of the bones. The average man's wrist is from  $6\frac{3}{4}$  inches to  $7\frac{1}{4}$  inches in girth.

Let us make comparisons in the case of a man 5 feet 8 inches tall, with a 7-inch wrist. Understand, my standard is merely my personal opinion based on results secured by my pupils. I have pupils whose height and wrist are 68 inches and 7 inches, respectively, who exceed my standard in every part of the body, so I am not exaggerating the effect of progressive weightlifting, nor am I selecting one isolated case, as a standard.

"Ideal" Table	My Standard
Height . . . . . 5 ft. 8 in.	5 ft. 8 in.
Weight . . . . . 155 lbs.	165-170 lbs.

Wrist . . . . . 7 in.	7 in.
Forearm . . . . . 12 in.	$13\frac{1}{8}$ in.
Upper arm . . . . . $14\frac{1}{2}$ in.	$15\frac{3}{4}$ in.
Neck . . . . . $14\frac{1}{2}$ in.	16 in.
Chest . . . . . 40 in.	43 in.
Waist . . . . . 31 in.	34 in.
Thigh . . . . . $21\frac{1}{2}$ in.	24 in.
Calf . . . . . $14\frac{1}{2}$ in.	$15\frac{1}{2}$ in.

I believe that any one of my adult readers can calculate what they should measure by the following rules.

Normal chest: 63 per cent. of height.

Waist: 8 or 9 inches less than chest.

Forearm:  $17/8$  times as much as wrist.

Flexed upper arm (biceps): 20 per cent. more than forearm.

Thigh: 35 per cent. of height.

Calf: 7 or 8 inches less than thigh.

It is not quite as easy for a lightly built man to acquire a perfectly developed body as it is for his heavier brother to do so. There are some men whose frames are so very light that even if they develop to the proportions I have given, they will be far from Samsons.

The average sized wrist is about  $6\frac{3}{4}$  inches. Occasionally I get cases of fullgrown men whose wrists are only  $6\frac{1}{4}$  or 6 inches; but even the man with a 6 inch wrist can develop an  $11\frac{1}{2}$  inch forearm, 14 inches upper arm, 39 inch chest, and other measurements in proportion; that is, he can do it if he takes progressive exercises with gradually increasing weights.

There are compensations in everything. The man who starts with a very slender frame, develops along very graceful lines, and presents a fine appearance when fully developed. Nowadays, the favorite type of Strong Man is Sandow, Carr, Matysek type—a build which combines maximum strength, with maximum agility, and, consequently, gives a maximum beauty of figure. In some lifts men of this type have actually raised more weight than the ponderous Cyr could raise at his best.



## Why We Should All Be Healthy and Strong

By Antone Matysek

To-day the struggle for existence demands more than in any previous era, people who are capable of doing things in a quick and efficient manner. The old myth of the tortoise and the hare may sound very well in a story book, but to-day the race goes to the swift—and the strong. No matter what your occupation or business, if you would succeed it is of vital importance that you have perfect health, and there can be no perfect health, without a strong and well-developed body.

Thousands of people ask me whether they can become strong. Most assuredly! You can all have great strength if you have the will and the proper guidance. You can become very strong and beautifully developed—but! simply wishing to be strong or reading about how it is done, will get you nowhere. You must select a good exercising apparatus; you must train on a good physical culture course; and with these you must exercise. You must use your own judgment, and you must not overdo the practice.

Why many physical culturists fail to obtain a good, strong physique is this—because they enroll for some sort of kindergarten course in physical culture. On this they practice two or three months, and when they see no visible results they become



Antone Matysek

discouraged and quit. This is not the way to get well developed and strong. Before one enrolls for a course in physical training, he should know what



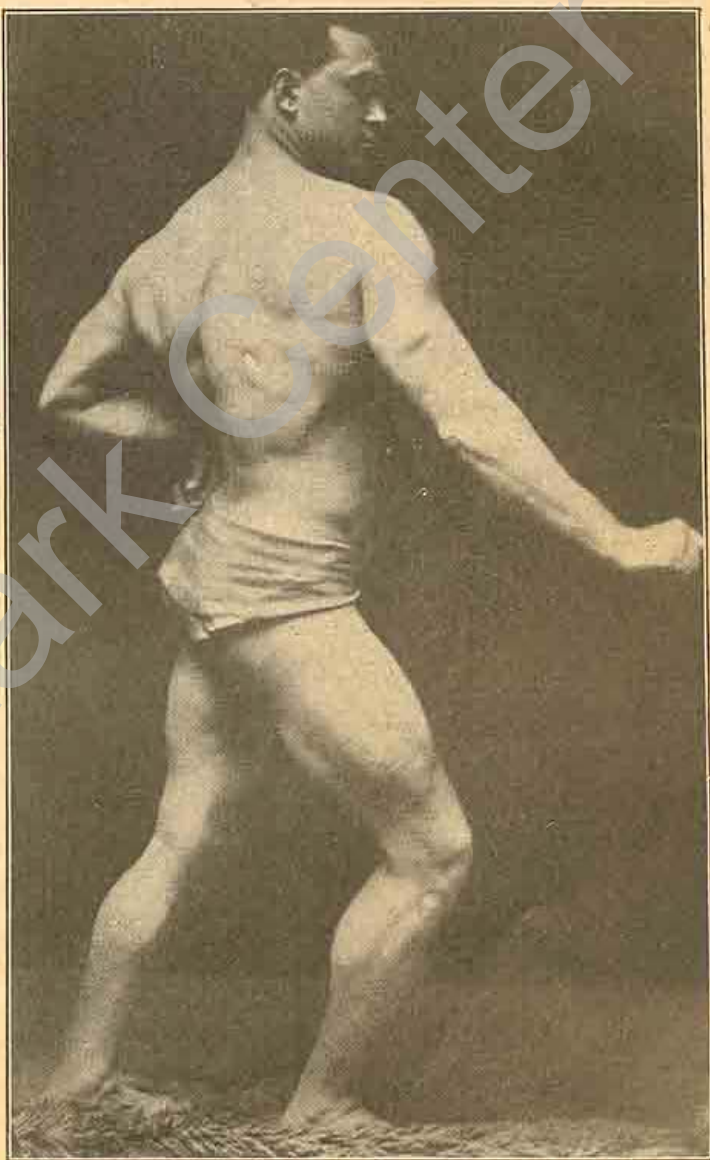
sort of apparatus he is going to exercise with. It is not at all necessary to use solid dumb-bells or bar-bells. If they are solid—they are no good. The apparatus must be of a type that will allow you to develop all parts of the body proportionately, and it must be adjustable, so one can start with a moderate weight, and increase the weight as the strength increases. I am not going to tell you with whom you should enroll. This you must decide for yourself.

In conclusion, let me tell you this: Those who think and want to grow must keep physically fit. I may add this: Twelve years ago, when I became interested in physical culture, I never dreamed that some day I was to meet in a match a world's champion in feats of strength. Well, Wilfred Cabana, the Montreal strong man, who holds the late Louis Cyr's championship belt, and I, had a match, and the sporting public was so very well pleased that another is scheduled for April, and if some of you Strength readers will be present you sure will see some lifting.

We hear a great deal about who is the strongest man in the world. There are many who style themselves as such, but when it comes to real matches, they are surprisingly few and far between.

Therefore I, Antone Matysek, hereby challenge any man in the world (makes no difference how big he may be,)

for a real and pure weightlifting contest. Each contestant to have five lifts, and the highest total of the lifts to declare the winner. Matches to take place anywhere within 1,000 miles of Baltimore. I hope that some of our so-called strong men see this and act accordingly. Just drop a line to Strain and McKewen, 2929 Mosher Street, Baltimore, Md., accompany it with \$100 as a partial forfeit, and we will





talk business. In case of disagreement, the money will be refunded. This is done just because we mean business, and can't waste time on notoriety seekers.

The readers of "Strength" may be interested in knowing that I have accepted Warren Lincoln Travis's challenge, the details to be arranged later. This will probably take place some time soon and I hope to be able to meet him; and also all other "strong men."

Many readers may say, "Why doesn't Matysek tell us something of his latest lifts?" To this I reply that just as soon as someone takes up my challenge, you will know all about my latest lifts. In the meantime, let us see more Saxons, more Sandows, more Hackenschmidts; in fact, more healthy and strong men. If none can be found, let us all exercise on a good system, and then we can produce some such stars. Only a few can become world's champions; those who cannot should be satisfied with perfect health and great strength, which is certainly within the reach of every one. If you have no desire for great strength, your self-respect at least demands that you be strong enough to meet the emergencies

of life, and to defend yourself should the occasion arise. Therefore, let us all get healthy and strong.

To the old readers of "Strength," Antone Matysek needs no introduction. For the benefit of new readers, I might state that Matysek is one of the best developed and strongest men in the country. His latest pictures show strength and development to an unusual degree. He is earnestly seeking matches with all the strong men of the country, the outcome of which will be watched with great interest by all physical culturists. His present measurements are:

Height .....	5 ft. 8½ inches
Weight, nude .....	178 pounds
Neck .....	17 inches
Chest, deflated .....	37 inches
Chest, normal .....	44 inches
Chest, expanded .....	48¼ inches
Waist .....	32 inches
Hips .....	38¼ inches
Thighs .....	24½ inches
Calf .....	16¼ inches
Forearms, straight ...	13¼ inches
Upper arm .....	17¼ inches
Wrist .....	7½ inches
Ankle .....	9¼ inches









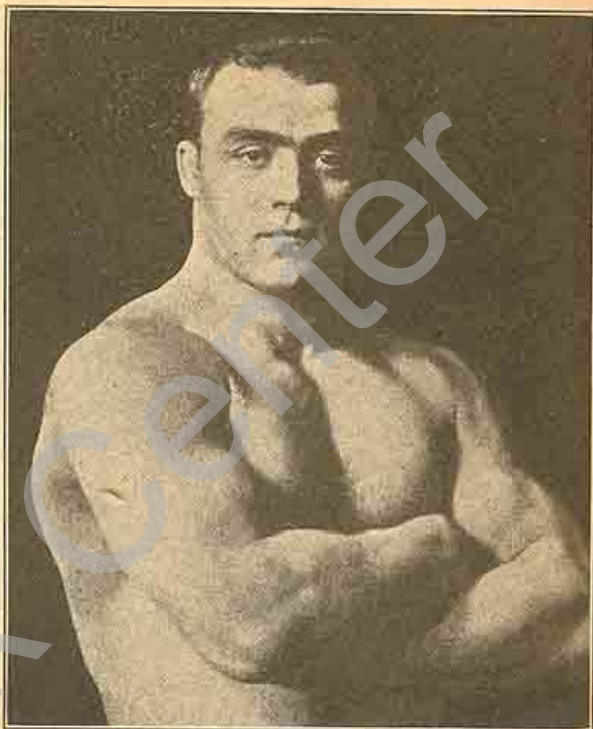
## The Neck and How To Develop It

By O. R. Coulter.

The development of the neck is given too little attention by the practitioners of body building. Even weightlifters, who as a class excel in all-around development, are often times lacking in a superior neck development, although it is one of the easiest parts of the anatomy to develop. True, many of them have neck measurements proportionate to other parts of the body, but this is due to the general body vigor that lifters usually possess, rather than to any real magnificent development showing contour as well as size.

The development of the muscles of the neck has a very active part in increasing the general vigor of the body. This is shown by the wrestlers who are known as the fellows who slip their collars on over their heads. They are famed for their lasting vitality and enjoy their ability much longer than boxers, bicycle racers or track and field men. In some cases their neck development may appear unsightly, but this is due to the lack of proportionate relationship rather than to any intrinsic unsightliness of a powerfully developed neck. Hackenschmidt affords us a fine example as a proof of this statement, for while he possessed one of the largest muscular necks on record, yet it was in such perfect conformity to his other measurements, that he was one of the finest specimens of symmetry ever depicted by a man of such a massive build.

Those wishing to secure a real noteworthy neck development would do well to study the arrangement of the various muscles that surround the neck. The muscles that we are chiefly con-



Maurice Deriaz

cerned with in developing the neck, are the Sternocleido Mastoideus and the Trapezius (upper). The Sternocleido Mastoideus, when acting simultaneously, carry the head forward, while one alone, acting in conjunction with the other muscles, draws the head to the shoulder of the same side. The Trapezius (upper) at the back of the neck varies considerably in its spinal attachments and portions of it are sometimes missing. When all of its fibers are in action, the scapula is moved upwards and towards the spine. The upper fibers in action with the other muscles elevate the scapulae.



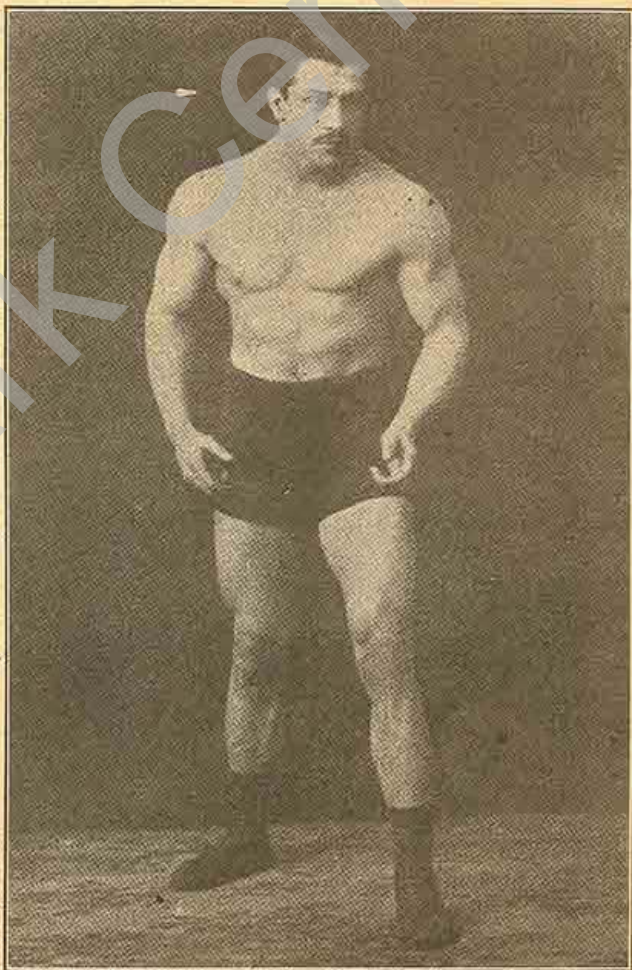
It is quite evident that in order to develop the neck efficiently that all parts of the neck should be exercised. Now we will decide the best means of developing it. From my reference to the neck development of wrestlers and the opinion that the reader may have formed from his observation, he will no doubt conclude that wrestling requires a vigorous use of the neck muscles, but on the other hand, lifting, where only the standard overhead lifts are used, has no direct effect upon any of the muscles of the neck, except the trapezius. If the progressive work with weights were given to these muscles, is it not reasonable that they would develop the same as the muscles of the shoulders, legs or any other part? Furthermore, if we make a close, practical investigation among wrestlers, we find that those who have the strongest necks are usually the Graeco-Roman wrestlers who, for the most part, do considerable lifting in the wrestler's bridge position. Hackenschmidt, with his 19-inch neck, is one of the most notable examples of neck development extant. He was a lifter for several years and ranked among the best.

His neck development was due to wrestling and to lifting in the wrestlers' bridge, and he holds the world's record for this lift at 311.5 pounds. In his book, "The Way to Live," speaking of this lift, he says: "A capital exercise for strengthening the muscles of the neck, nape and spine."

Another notable example is Alexander Aberg, who is quite well known in this country as a wrestler, but he is also a lifter. In fact at the early age of 17 he jerked 237 pounds

with one arm. He was trained by his foster brother, Lurich, who was a holder of the world's records, and a very efficient lifter in the bridge position. Giovanni Raicevich, the famous Italian wrestler and strong man, had a 19-inch neck and he was second to "Hack" on this lift, having done 140 kg. or 308.6 pounds.

Hans Schwartz, one of the world's most famous Graeco-Roman wrestlers and "perfect" men, had a beautiful neck, and he could do 257.9 in wrestlers' bridge style of lift. No doubt, former readers of "Strength" will remember that Maurice Doriaz has been referred to as a great lifter and fine model for herculean figures. He has



Hans Schwartz



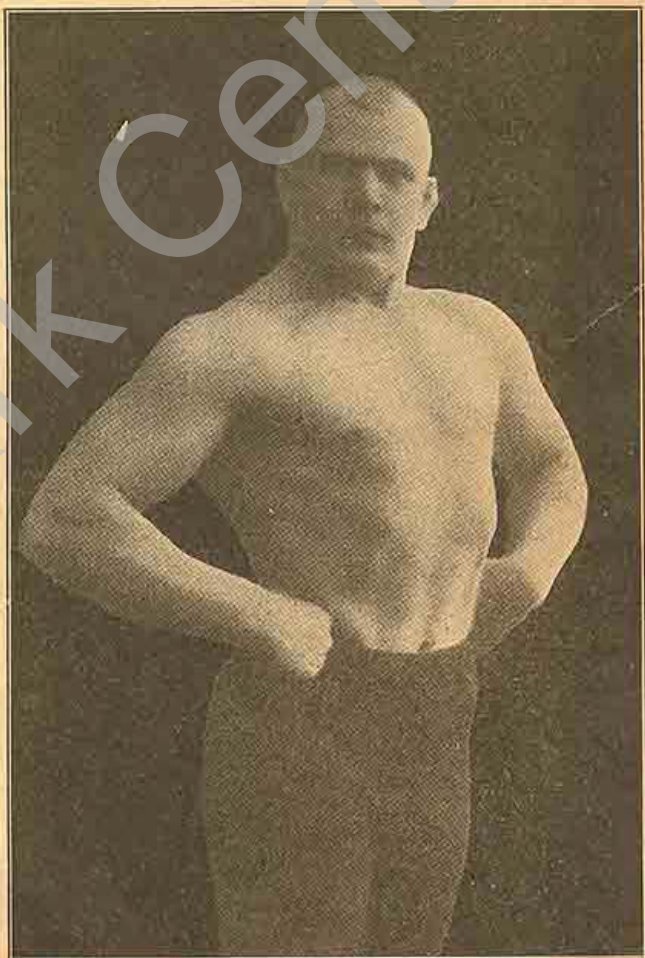
over 18 inches neck measurement and is very "hot stuff" on the bridge, having lifted 260 in Montreal, when touring United States and Canada a few years ago. He also practiced lifting weights from the ground with a strap around his neck. Joe Nordquest and Owen Carr have magnificent bridge necks and both excel at the wrestlers' bridge lift.

Men who practiced teeth lifting or lifting with a strap around the neck have large well-developed necks. Warren Travis and William Bankier excel at this work and have tremendous necks. Max Sick, a man who has done little if any wrestling, has an 18-inch neck, although he is only 5 feet 4½ inches in height and weighs only 147 pounds. I could quote many more examples as proof of the merits of the wrestlers' bridge and teeth lifts as developers of the muscles at the back of the neck.

In conjunction with the wrestlers' bridge, it is advisable to apply direct progressive resistance to the upper fibers of the trapezius, as depth in these muscles gives the sloping from the neck to the shoulder effect that is possessed by all very strong men. These muscles are exercised very vigorously in the two arm bar-bell lifts to the chest, in the bar-bell lift from the ground and in the hands and knee lift. It is noteworthy that all men I have mentioned here are good at either the dead lift from the ground or the pull to the chest and their neck development bears a close relationship to their proficiency in these lifts. Even quicker results can be obtained in developing the trapezius by simply shrugging the shoulders while holding a bar-bell in the hands, as this exercise gives a more complete movement

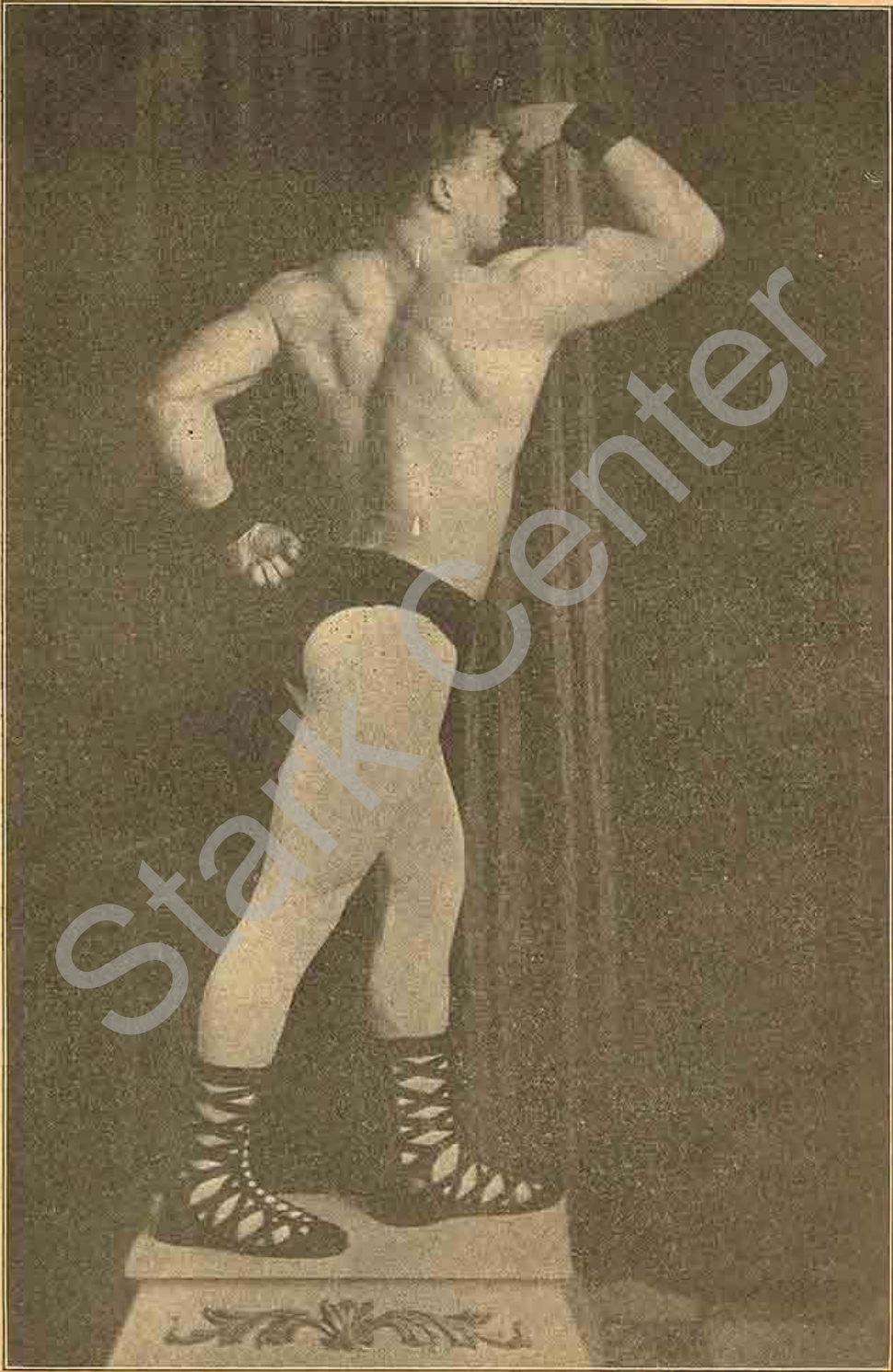
and localizes the effort to these muscles.

The progressive weight system can also be applied to the muscles of the front of the neck by fastening discs from the Milo Triplex to a towel or strap and suspending it from the forehead, and raising the head up and down while lying on a bench with the head projecting over the edge. The same can be done with the muscles at the sides of the neck by simply changing the position and lying on the side and raising the head as before. A diligent practice of the exercises herein described will unquestionably develop the neck to the limit of strength and size.



Alex. Aberg





FRED ROHDE



## Exercise or Exhaustion

By Fred Rohde

Every individual, after he has engaged in some strenuous form of athletics, such as running, wrestling, boxing, football, etc., or has done a hard day's work, will feel exerted—exhausted—or as we say, "all in." As this condition is unnatural, such exertion cannot really be considered as exercise. Not that such forms of exercise are in themselves harmful—on the other hand they are some of the most beneficial forms of exercise known. But in competitive games of this kind, there is always a tendency to over exertion. After such indulgence, you have not only used up every bit of your strength, but also your reserve power and energy, which should only be employed in an emergency.

Then what is exercise? Through the circulation of the blood, nature provides the muscular tissues with proteids. Through physical action caused by the contraction of the muscles, these proteids are dissolved into muscle and waste matter, the waste matter being absorbed by the kidneys, assisted by the pores of the skin. The more you sweat, the better it is for the kidneys.

When the muscular tissues are used little or not at all, the proteids are turned to fat, and permeate the entire body with inertia. If overworked or exhausted, the muscles are then induced by spasm; the veins cramp and the arteries harden.

But if the muscular tissues are used so as to dissolve every one of those cells to its least particular, perfect health and strength is maintained. This cannot be accomplished merely through our daily work or with competitive games alone. Therefore we must take to exercise, which is nothing more than exertion performed in so many different ways that it has its

various effects upon the entire human body.

If the exercise taken is too light in nature it will have little or no effect, and will result in weakness, backwardness and under-development. If the exercise is too strenuous, it will result in exhaustion, and will deal grave blows to some of the most vital organs of the body. It is necessary, in order to get any benefit from the exercises, that there should be a certain amount of bodily fatigue after exercising, but it should never be carried to the stage of exhaustion.

When exercise is taken according to Nature's demand, so as to achieve the aforementioned functions of the system, then one will gain health, strength and bodily beauty; which should be the aim of every man, and which can be attained only by exercise, proper food and rest.

To stimulate the entire body and to give the required work not only to the muscles, but also to every human band and strap; we must use weights, as has been done since the most ancient days of history. The cave man got his food and drove off the attacks of hostile tribes by the only method known to him—throwing rocks. Later he progressed to the stone axe, javelins and arrows. The Greeks practiced throwing discus, shot and hammer. In the middle ages the knights went forth to battle equipped with heavy swords and heavier armor.

We have all no doubt heard of the wonderful deeds of the knights of old, and have all admired the muscular development shown by statues of the ancient Greeks, but you can rest assured that none of these specimens



were produced by any system of light exercise.

In these modern times, when physical action is to a great extent replaced by machinery, we must follow the example of our ancestors. The most up-to-date apparatus is the adjustable barbell, which is made so as to suit every one, regardless of strength, age or occupation. The double progressive system is the simplest and most efficient ever put into practice, and gives a perfect figure, health and strength. What's more, you can quit when you are tired, which is Nature's law. She will punish those who neglect or misuse her property—the human body.

Fred Rhode's measurements:

Neck, expanded	.....	17 <sup>3</sup> / <sub>4</sub>	inches
Neck, natural	.....	15 <sup>3</sup> / <sub>4</sub>	inches
Upper, expanded	.....	15	inches
Upper, natural	.....	12 <sup>3</sup> / <sub>4</sub>	inches
Forearm, expanded	.....	13 <sup>1</sup> / <sub>2</sub>	inches
Wrist	.....	7 <sup>3</sup> / <sub>8</sub>	inches
Chest, normal	.....	37 <sup>3</sup> / <sub>4</sub>	inches
Chest, expanded	.....	42	inches
Waist	.....	32 <sup>1</sup> / <sub>4</sub>	inches
Hips	.....	35 <sup>1</sup> / <sub>4</sub>	inches
Thigh	.....	24 <sup>1</sup> / <sub>2</sub>	inches
Calf	.....	14 <sup>3</sup> / <sub>4</sub>	inches
Ankle	.....	8 <sup>3</sup> / <sub>4</sub>	inches
Height	.....	5 ft. 5 <sup>1</sup> / <sub>2</sub>	inches
Weight	.....	149	pounds
Age	.....	21	years



FRED RHODE

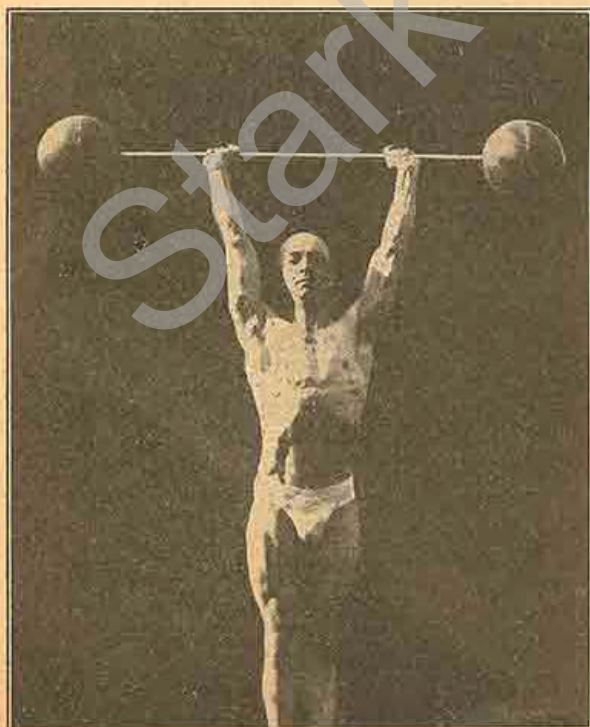
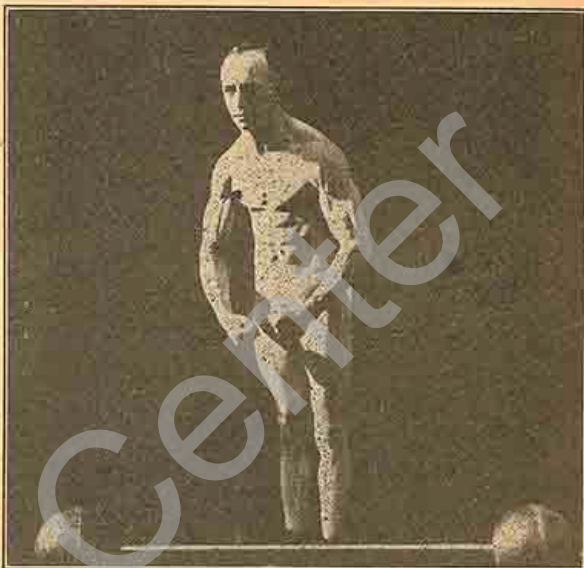


## How Much Can a Small Man Gain?

By the Editor.

There are many small men who long for perfect health and a strong physique, but who think that it is impossible to develop themselves to any extent on account of their size. While it is no doubt true that a man who is small in stature cannot become as powerful as a large man, the small man can develop great strength in proportion to his size.

Mr. Hyrum Lammers, a musician of Ogden, Utah, whose pictures are shown on pages 28



and 29, is only 4 feet 6 inches in height, and weighs 120 pounds. He exercises only for pleasure and development, and has never tried to make any "lifts." Yet he can press the 180 pound bell shown in the illustrations with ease (two hands), and can dip twenty times with 180 lbs. on his shoulders. His abdominal muscles are exceptionally well developed, and all his muscles are as hard as rocks.

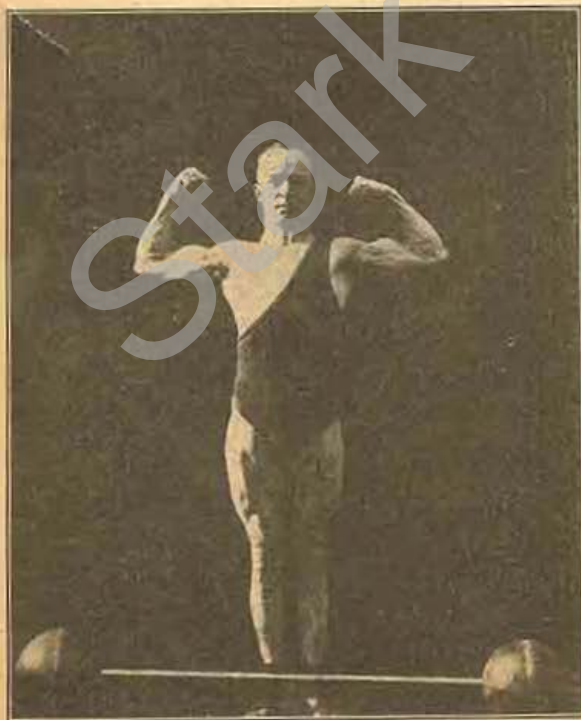
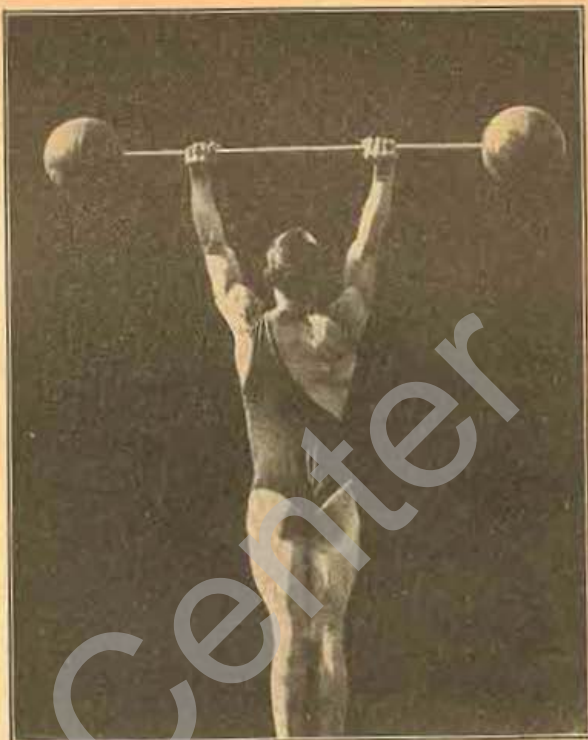
Considering his weight and size, Mr. Lammers' pictures show unusual development. Note in particular the well-developed trapezius—that sloping effect from the shoulder to neck



that you see in all well-developed men. In fact, it is almost useless to point out the well-developed muscles in Mr. Lammers' pictures, as he is exceedingly well developed in all parts of the body.

Mr. Lammers is an enthusiastic physical culturist, and has succeeded in interesting many of his friends in good health and development. His measurements are:

Neck .....15 inches  
 Bicep .....14½ inches  
 Forearm .....12¾ inches  
 Chest .....37½ inches  
 Waist .....28 inches  
 Thigh .....21 inches



Calves .....13 inches  
 Height .....4 ft. 6 inches  
 Weight .....120 pounds

Mr. Lammers' case furnishes an interesting example of the difference between strength and power. He has developed strength to an unusual degree; is very well developed, and compares favorably with any man of his size or weight. Yet it can readily be seen that he cannot be as *powerful* as a big man who is developed in proportion to his size.



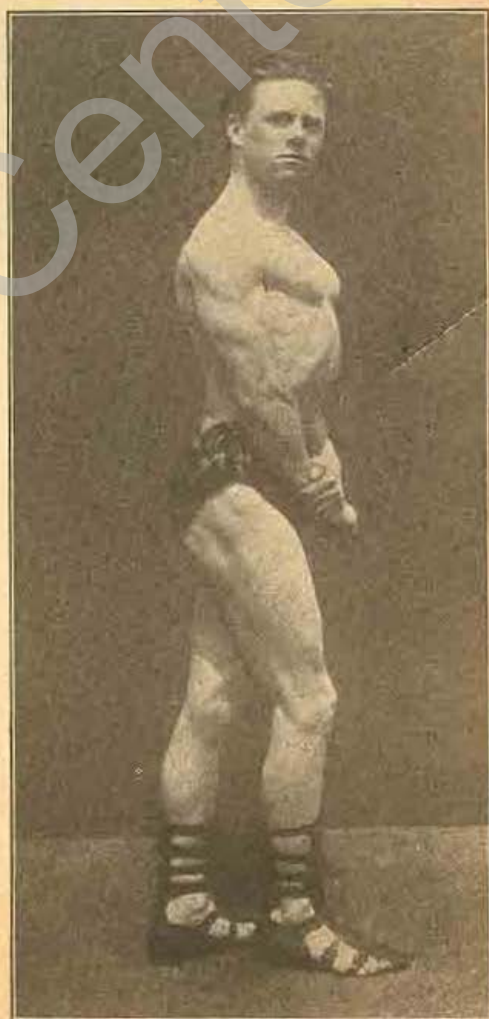


Above—Otto Rosen, Shelton, Conn.  
Measurements:-

Neck.....	16½ inches
Chest (normal).....	40½ inches
Upper arm.....	14½ inches
Forearm.....	12 inches
Waist.....	31 inches
Thigh.....	22¼ inches
Calf.....	14 inches
Age.....	19 years
Height.....	5 ft. 10½ inches
Weight.....	163 pounds

Lifts, one arm military press, right and left, 75 pounds; one arm snatch, right and left, 110 pounds; one arm jerk, right and left, 120 pounds; bent press, right 180 pounds., left 170 pounds; 2 arm press, 170 lbs.; 2 arm military press, 155 pounds; 2 arm snatch, 150 pounds, 2 arm jerk, 195 pounds.

Below—A. Reverdy, of New York City. Weight 116 pounds, height 5 ft. 2 in. Lifts—147 pounds in bent press; wrestlers' bridge, 175 pounds; supports 4 men in same lift, total weight about 550 pounds; supports a man weighing 225 pounds, standing on front part of his neck; lies on back and pulls over a bell weighing 200 pounds, pressing it aloft. He can tear a large New York Telephone book, and two decks of playing cards.





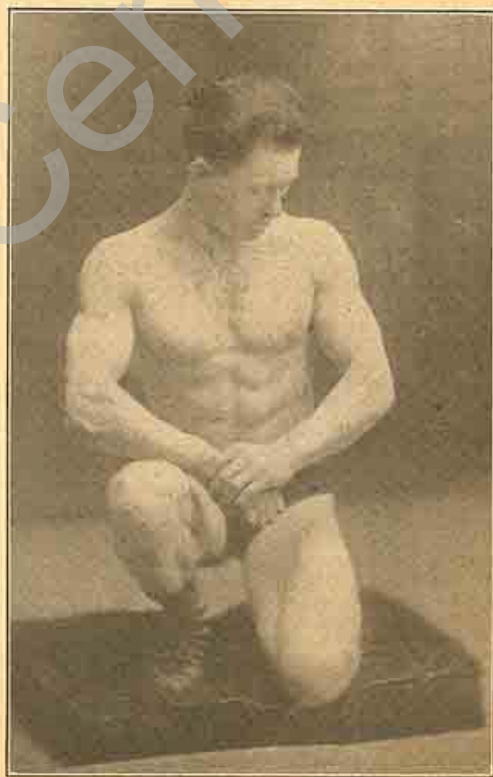


Lewis Pohlseno, Athletic Officer, Quantico, Va. Mr. Pohlseno is considered to be the strongest man of his weight in the U. S. Marine Corps. His measurements are:-

Neck.....	16 inches
Chest (normal).....	43 inches
(expanded).....	47 inches
Upper arm.....	15 inches
Forearm.....	12½ inches
Waist.....	31 inches
Calf.....	15 inches
Thigh.....	23 inches
Wrist.....	7 inches
Height.....	5 ft. 6 inches
Weight.....	156 pounds
Age.....	19 years

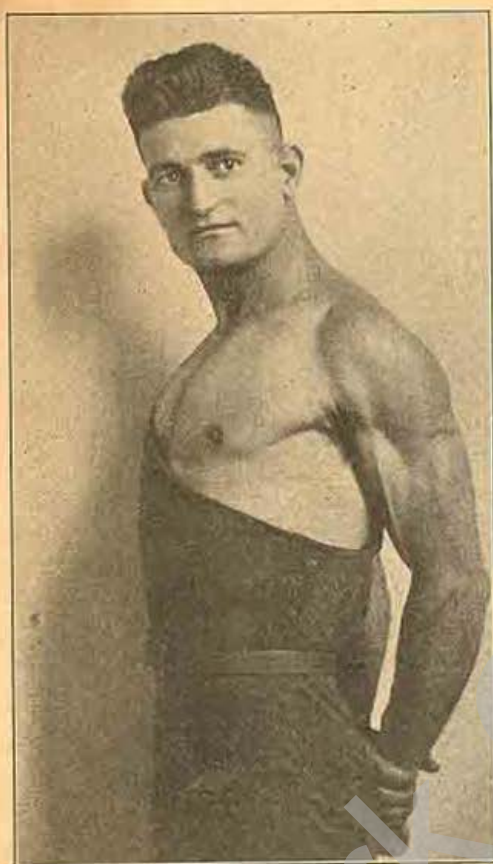
Although lack of space forbids publishing all the pictures received for Strength, we will try to publish all of those which may prove to be of interest to the readers. These pictures will make a very interesting study in development, and should be of assistance to all the readers.

It is desirable that such pictures be taken in trunks or leotards, and they should be accompanied by measurements.



Charles Glaske, of Shelton, Conn., a training partner of Otto Rosen; and Preston Smith, whose picture appeared in the last issue of Strength.





Arthur Ballas

408 Suffolk St., Lowell, Mass.

## Measurements:

Neck	.....15¾ inches
Chest (normal)	.....38 inches
(expanded)	.....42 inches
Bicep	.....13½ inches
Forearm	.....12 inches
Wrist	.....7 inches
Waist	.....29 inches
Thigh	.....21½ inches
Calf	.....13¾ inches
Height	.....5ft. 9½ inches
Weight	.....150 pounds

On March 3, Thomas Inch raised a bar-bell 356½ pounds in the 2 hands anyhow lift. Mr. Inch is 40 years old, and his present measurements are

Chest	.....48 inches
Waist	.....36 inches
Biceps	.....18 inches
Forearms	.....14¼ inches
Thighs	.....25½ inches
Calf	.....16½ inches
Height	.....5 ft. 10 inches
Weight (stripped)	.....192 pounds

Aston recently made a one hand swing of 170 pounds. Below are the records of Aston and Inch for the heavy-weight championship of Great Britain which took place in June 1911.

Aston—Right hand snatch, 178 pounds 3 oz.; 2 hands clean, 271 pounds 6 oz.; 2 hands anyhow, 293 pounds 8 ounces; one hand clean, 233 pounds 10 ounces; left hand anyhow, 238 pounds 6 ounces. Total 1215 pounds 1 ounce.

Inch—Left hand swing, 149 pounds; 2 hands clean, 264¼ pounds; 2 hands anyhow, 304 pounds 7 ounces; one hand clean, 210 pounds 10 ounces; one hand anyhow, 239 pounds 6 ounces. Total 1167 pounds 11 ounces.

On March 3, Inch made the following lifts—Left hand swing, 147 pounds; 2 hands clean, 240 pounds 14 ounces; 2 hands anyhow, 356 pounds 8 ounces; one hand clean, 200 pounds 8 ounces; one hand anyhow, 242 pounds 10 ounces. Total 1187 pounds 8 ounces. He beat his previous total by 19 pounds 13 ounces.

On the 8th of May the B. A. W. L. A. Championships will be held in London with the right and left hand swing, 2 hand snatch, 2 hand continental jerk, and the 2 hand dead lift. The 2 hand dead lift is called dead-weight lift to a cross in the book, "The Truth About Weight Lifting."

Charles Metz.



# Who Wants To Be a Good Boxer?

Suppose you are walking with your mother, sister or best girl, and someone passes a slighting remark, won't you be ashamed if you cannot take her part? Well, can you?

Or, suppose you remonstrate with a man for striking a smaller man, and the bully turns on you. Can you really hold your own?

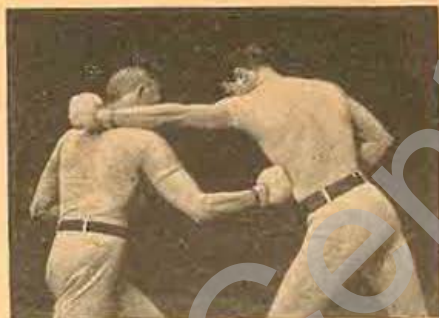
Can't you see that it won't be a question of how strong or brave you are, but whether you know how to box?

Less than 2% of all men and boys know anything about the art of self-defense. When the test comes, less than 2% are ready.

Wouldn't you like to learn boxing and self-defense easily and quickly, at half the usual cost?

Marshall Stillman has developed a unique "Shortcut Method" of teaching Boxing. You can learn the fundamentals in 5 lessons and can outbox older and stronger opponents after two weeks' study. This original principle has enabled him to teach professional boxers difficult blows and guards they could not learn by the old method. Professor Mike Donovan, former middle-weight champion of the world, who taught for thirty years at the New York Athletic Club, endorsed this "Shortcut Method," and helped prepare the lessons we send you. Boxing instructors and Y. M. C. A. Physical Directors are taking the course to use in their own work. Thousands of men and boys in this country and Canada—boys as young as 12 and 15 and men as old as 50 and 60—have taken the course both for the boxing instruction and to keep in good condition and develop confidence and self-respect.

It is the first time boxing has been successfully taught by mail, and it is only possible because Marshall Stillman starts with movements you are familiar with—holding out your hand for a coin, the breast stroke in swimming, etc. The first thing you know, he has led you into striking correct blows with both hands, putting the body weight behind them, guarding, ducking, feinting, etc. He teaches you the rudiments in front of your own mirror, before you face your first opponent. When you finally meet an opponent, you know how to hit him, what to expect in return, and how to guard against it.



When the test comes—to fight for your life or the safety of a loved one, it won't be a question of how strong or brave you are, but whether you know how to defend yourself. We will teach you.

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- 6th No buttons, buckles, hooks, snap fasteners or metal of any kind to corrode or hurt the flesh;
- 7th *Can be boiled to cleanse without injury to the rubber; Summing up, the very best jock that can be produced. Ask for the "Mizpah" Jock Strap and take no other.*

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