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Health and Life

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AUGUST, 1924



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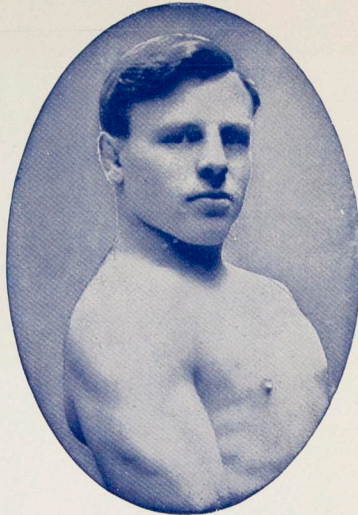
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BERNARD BERNARD

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General Principles of Food Combination—A Day's Ideal Menu.—How Diseases Are Caused by Bad Food Combination.

Chapter II.—Vitamins
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The Science of Nutrition.—The Calory Theory Criticized.—How to Ensure the Right Quantity of Food Without Over our Under Eating.

Chapter IV.—Food Classification
A New and Scientific Method of Classification.—The Foods and Their Classifications.—Food Tables.—Table of Food Values.

Chapter V.—Scientific Food Combination
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How Babies Are Killed.—The Right Way to Feed Baby.—Foods at Varying Ages.—How to Keep Baby in Good Health.

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Chapter VIII.—The Art of Full Mastication
How to Chew Properly.—How to Take Cheese and Milk with Full-est Benefit.

Chapter IX.—Curing Various Ailments by Scientific Dieting
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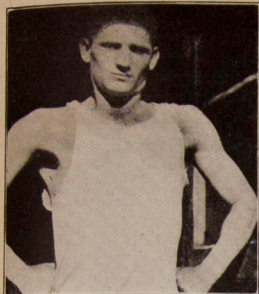
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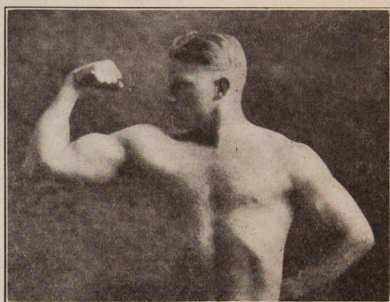
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Health and Life

The National Monthly Magazine for
Health, Physical Education
and Right Living
AUGUST, 1924

Vol. IV Number 8

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HEALTH AND LIFE MAGAZINE

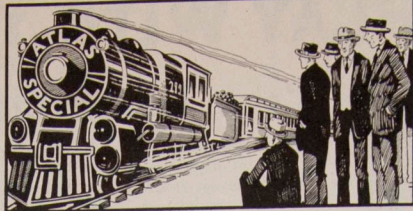
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MARIE CURTIS

She was once a puny weakling, but swam her way to physical perfection. Read how she did it, in this fascinating article by her father, Carl Curtis.

THOUGH Marie prizes very highly the medals, cups and championships she has been awarded during her five years of competitive swimming, the thing that is far more gratifying to her is the health, strength, endurance and, yes, happiness and contentment that have come to her from the regular and consistent indulgence in the finest and cleanest of all outdoor sports, i. e. swimming.

When Marie first saw the light of day, she weighed just three pounds and had to be carried about all wrapped up in cotton for many anxious days.

A Weakly Child

At six years of age she contracted a severe attack of diphtheria, and, after physicians had given up all hope of saving her puny life, specialists were called in and in some miraculous manner succeeded in maintaining a spark of life and finally defeated the dread disease. The malady, however, left her a mere shadow of what a six-year-old girl ought to be. In the following six years she grew, to be sure, but not into a normal, robust girl, but the type that seems to be all knees

Swimming to Health and Happiness

FEATURING MARIE CURTIS

By Carl Curtis

Physical Director, Urban Military Academy and
Curtis-Casey Institute, Los Angeles.

[The following is a story told by Mr. Curtis about his daughter, Marie Curtis, one of the Nation's foremost swimming champions and known as America's prettiest and best formed girl athlete.—Editor.]

and elbows. Her friends good naturedly called her the "string bean". Her mother and myself were very much concerned regarding her very poor physique and

anemic condition, and I being a physical director tried all manners of physical drills and stunts in an effort to bring to our daughter her rightful heritage of health and strength.

Nothing seemed to improve her condition.

(Continued on Page 323)



AN AMPHIBIOUS BEAUTY

Recognized by authorities as one of the world's most perfectly formed women, Marie Curtis paddles about at every opportunity. When not in the water, she is basking in the sunshine, gathering in health and happiness.

Breath, the Vibration of Life

By Prof. Dr. B. M. Leser-Lasario

["Breathe and Be Well" is one of the healthiest slogans anybody could adopt. Professor Leser-Lasario in this article talks about a most interesting type of breathing. He calls it the "Vowel type of breathing". In this system one inhales and exhales, at the same time forming vowels with the lips, also maintaining a mental uplift and inspiration while inhaling, and in exhaling blows out the waste body forces to make room for more life and energy. It will interest you.—Editor.]

Most human beings today do not realize the importance of conscious breathing, nor do they understand what controlled breathing means. They think that because breathing is a natural function, and costs nothing, it is not worth worrying about. They are, in consequence, entirely ignorant of the harm they cause themselves, for breathing is the first and most important function of the human body.

In most cases difficulties are noticed only when some disease arises, such as asthma or catarrh. It is, then, important to learn to breathe correctly while in health, so as to maintain that health, rather than to wait till disease occurs, and then have to counteract all the damage that has been done.

A great many diseases could be prevented and cured by sensible and correct breathing. Many volumes have been written about breathing, but I want to tell you about a new kind, which I have called "Vowel Type Breathing".

I discovered this kind of breathing by experiments on my own suffering body. I was born with inner malformations and tuberculosis; I was a crippled infant; I had everything but health. My mother took me from one physician to another, and from specialist to specialist. All their treatments turned out failures, but many agreed that "only Mother Nature could help."

I was a boy of twelve years when I heard those words, but they struck me forcibly and went right in.

So I began to study animals, wondering about their bodily balance, and asking myself why my own body lacked this balance. Through long years of research and experiment with my disease I obtained little by little the knowledge that each breath, in combination with a certain individually formed psycho-physiological vowel gesture, immediately produces new effects in the body, with a remarkable influence upon inner elasticity and energy which is absent from a sick body. In this way Vowel Type Breathing is attuned to the conditions of the body, and the circulation of the blood can be strengthened and regulated.

It is well known today that "deep breathing" gives youth and health. But how many persons are really capable of full deep breathing? What is the use of trying to breathe deeply ordinarily if the organs are congested and therefore cannot perform their functions correctly? Even if you take many of the gymnastic exercises of the various systems, the result is that the body does not get the necessary relaxation, breathing is a strain, and the lungs, and even the heart, may be worked into an unhealthy condition because of the strained breathing which does not allow the lungs to expand to their fullest degree because the body is held too rigidly. The ideal is to allow the lungs to expand to their fullest degree, without any pressure from contracted muscles. Many singers, instead of singing "bel canto" use the forced power of their vocal organs.

Full, deep, breathing ensures a maximum of supply of oxygen to the blood, nourishing it and counteracting disease in the body. In fact all breathing methods have this one purpose: to increase metabolism through the supply of oxygen. So you can see that a man who just breathes with the top of his lungs cannot hope to get full efficiency out of his body.

In the Vowel Type Breathing this complete and corrective inhalation and exhalation is obtained by the correct shaping of the lips. This is the chief part of the secret, but there are also other important factors, such as the expression of the face and the concentration on sympathetic uplift and rejuvenation. Every portion of the lungs comes in for its share of functioning, so that there are no congested areas; and this is the normal condition. If there is congestion in the lungs then the body and mind in general cannot be healthy. To breathe in fully and correctly is to breathe in life and health; to exhale naturally and normally is to blow out the gases resulting from the body's metabolism. So when you breathe in always know that you are taking into your body the elixir of life. Enjoy your breathing. Feel its uplifting and rejuvenating influence as you draw in your breath, and when you practice breathing exercises blow out the waste body forces to make room for more life, more energy, more oxygen, to keep body and mind balanced, healthy, and efficient.

Health in Marriage Depends Upon Love Life

By Bernard Bernard

MY article this month will be taken up in large part by a letter I have received from a correspondent who, thinking his case an individual and unusual one, has really outlined the general incompatibility that exists between so many married people.

It is a very interesting letter and a depth of feeling that I think brings out very clearly the importance of an understanding in the vital matters concerning marriage, and also the fact that education in these should be free to all those anticipating matrimony.

As I have repeatedly pointed out, most of the incompatibility in marriage is due to the lack of understanding and appreciation of the vital part of married life. As this correspondent also points out, there should be some method of ensuring future compatibility before the marriage is contracted. Well, the only way to do this is for the prospective husbands and wives to come together and discuss matters, and thus be sure that a harmony exists in the understanding of the obligations, as well as the privileges, of marriage.

And even in marriage where there are aggravations, nagging and bickering, and petty squabbling, resulting in nervousness and general ill-health, as explained by my correspondent, this condition can still be remedied if only both sides are willing to come together and look at important questions in a common sense way. Of course, it is obvious that it is during courtship days that the foundations are laid for a happy married life. There must be love to begin with. If a marriage is merely a matter of convenience then it is very difficult to get the harmony that will bring happiness. Sometimes love will develop as time goes on. A great deal depends on whether there is an effort to develop this love, but it is a sure thing that if there is not love in marriage, sooner or later it will break down. And this love must be free and beautiful in its expression, recognized in all its sacredness and beauty.

I could go into a long scientific physiological discussion to show how

the nervous system is injured by disharmony or lack of love life in marriage. But even in doing so there is the danger of implying love to be merely a physiological function. Certain it is, however, that thwarted love involves a disturbance of the nervous mechanism. It is undoubtedly in this way that the petty bickering comes to be a part of married life.

On the other hand, where love is expressed as love dictates, the influence on the nervous system, and, as fre-

quently pointed out before in this Magazine, on the internal secretions of the ductless glands, is of such a nature as to promote efficiency in physiological functioning. Every man knows that if he falls in love with a woman, and then he is separated from her, try how he will, he cannot exclude her from his mind. Every woman knows that if she has given her heart to a man, and then she loses him, nothing will satisfy the craving of her soul. Time alone eases these mishaps, if they are mishaps. But it must be remembered that in marriage the same longing for oneness, unity in mind, body, and soul is ever dominant. To hold it back, to degrade it, to prevent it, to look upon its expression as anything but sacred, is not only to pave the way to ill health and a nervous breakdown, but to deprave the highest and most sacred of all human relationships.

Here is the letter from my correspondent:

Bernard Bernard:

I have been an ardent admirer and thoughtful reader of HEALTH and LIFE, and congratulate you on the wonderful ideal educational work you are doing. The thing one regrets is that this work was not started long since. There seems one line not directly touched upon in your articles, viz., advice to the unmarried as to how to avoid the selection of the wrong mate, and to convince them they should not mate regardless of apparent physical fitness.

I am a young man, 28, married almost three years, have recently read your books,

"Sex Development" and "Beginning Marriage", and consider the expression inadequate to say they are wonderful works; regret that I had not read them and attained the present outlook five years ago before meeting my wife, although intuitively from ideals of womanhood and manhood created by association with my mother and an uncle, I did practically follow methods outlined in your books and magazine articles and married for love and a girl who worshipped me, but neither comprehensively understood sex nature, and with all my forbearance, charity of mind and earnest endeavors to apply the technique outlined in "Beginning Marriage", our marriage is a farce and two lives are probably ruined. For the past year I have particularly studied the lives of a lot of acquaintances, and find that at least 95 per cent of them are obviously nearly or quite as bad, from various causes.

One pair is a childless uncle and aunt married 24 years, to the public an admirable couple, but the old uncle is going to an early grave very shortly, due to a nagging wife. He and I have been the most intimate pals since my early boyhood, taking our recreation together, reading the same books, and discussing every topic with the utmost candor and intimacy; he has been an amateur athlete, physical culturist, lover of the great outdoors, gunning, fishing, swimming and rowing, and an expert with rifle and pistol, and from admiration of him and love of that life I have followed his footsteps.

We cannot show possibly the muscular development of a few of the "strong men", but do show the examples of muscular development and physical manhood; and if photographed nude with the head excluded, you could not tell which body was the uncle and which the nephew. My aunt is also a remarkably preserved specimen of woman at 49. Except for almost a white head of hair she retains her girlish appearance, but she has never cared for outdoor life, the country, athletics, or the things which appeal to uncle and me; while she is a remarkable woman, possessed with ingenuity to make a home artistic with small money outlay and likewise to keep herself tastily attired, the publications which appeal to uncle she does not like. Sex studies and health publications are almost taboo in her house, and uncle gets abused roundly if any are found in his possession; likewise our time and small expenditures for hunting, fishing, etc., receive the severest criticism, so that uncle

(Continued on Page 326)



"THE WOMAN HE MARRIED"
Anita Stewart taking the part of "the woman", in the great Universal film drama.

What Is the Strong Man's Diet? What Atlas Eats

By Fred W. Tilney, N. D., D. C.

[It is always interesting to know what a professional Strong Man eats, because there is certainly a relationship between food and muscular power. If a man works hard he must eat to supply the necessary energy. On the other hand, if a man is of sedentary occupation it is senseless to overstack his engine with fuel. I am going to refrain from further comment on the Atlas diet, and leave you to enjoy Dr. Tilney's story for yourselves.—Editor.]

FOR the past fifteen years I've been trying to discover what is the ideal diet to develop the body to its maximum with no possibility of bad after effects. I read books galore, magazine articles by the dozen, experimented with all kinds and almost every variety of foods and all the while I seemed to be getting weaker and thinner. How is one to be guided aright when given so different opinions? When one so-called "authority" says you should only eat one meal a day, and positively not more than two daily, and if you take two, the first one should be fruit and the second vegetables—how can one get strong on that? That was what I was trying to do. Then another "food scientist" claims that canned food if eaten is sure and certain death. Another expert says canned foods are allright to eat; he has been eating them for years, so have his children and they are perfectly healthy. An editor of a popular health magazine says conclude your meals with fruits. The other day I read an article by a well-known doctor saying that fruit after meals is very bad.

The leading men in the Chiropractic profession say—eat what you like, if your spine is "en rapport" it will enable your stomach to function normally and digest and assimilate whatever you put into it. And so it goes. I've come to the definite conclusion that most all the talk about diet is a lot of bunk. Each one has his own pet theory, which is so easily smashed by the arguments and demonstrations of the other.

I Don't Believe in Fasting Any More

For more than a decade I was an abstainer from flesh foods. I had it dinned into my ears it was the "Ideal Diet" and I gave it a reasonable trial, balancing the diet as carefully as was

humanly possible. I almost croaked. During this time I fasted for long periods in accordance with the advice of the Editor of the health magazine already referred to. He himself often fasted for ten days and longer at a time. I don't believe in fasting any more, except in rare cases of serious blood poisoning diseases, or abstinence for a few meals only. It's like trying to run a locomotive without fuel. There was another writer (now dead) whose writings I followed, definitely asserted that if your "digestion ash" was larger

erful development, who are simply wearing themselves out, because they are not eating sufficient and the right kinds of foods. One fellow in particular is right now training like a beaver—working with might and main to acquire a powerful, muscular body. Yet the other day he told me he lost ten pounds and couldn't understand why when he was exercising so hard and faithfully. I saw at once the quality of his muscles were impoverished, starved, and when I told him to eat more he merely laughed at me! I did the same thing years ago.

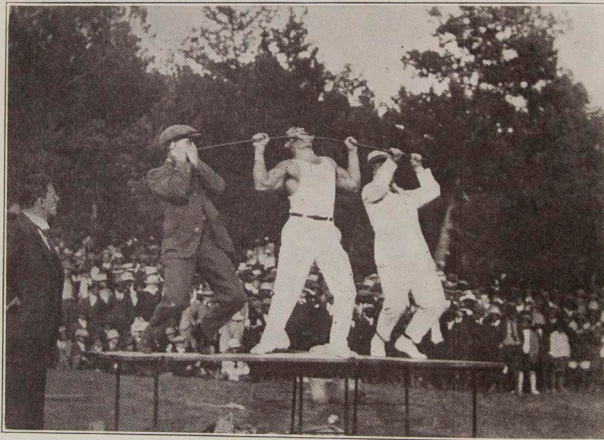
Good Quality Food for Good Quality Muscles

Now, I'm going to tell you the diet of CHARLES ATLAS—The WORLD'S MOST PERFECT MAN, winner of two \$1,000.00 FIRST PRIZES and a Diploma for his Perfectly developed body and radiant health. Before I mention this diet I want to tell you about the quality of his muscles. They are rich looking and appear of a very fine quality, or as one sculptor puts it, he has a soft, luminous skin. Many strong men have drawn, haggard faces, in supplying their muscles

with blood they have robbed it from their faces. Not so with Charles Atlas. In fact, the contests that he won were for the "most handsome face and figure". So we see the texture of his skin and muscles is as perfect as it could be, which surely indicates his food must be entirely satisfactory no matter what the theories of others might be. After all, demonstration counts. Facts speak louder than mere words.

Mr. Atlas has for breakfast a good sized plate of oatmeal with cream, and then a couple of glasses of milk. Here are two ideal foods that will thoro-

(Continued on Page 324)



CHARLES ATLAS, the world's most perfect man and winner of two \$1,000 physical culture prizes and diploma, is here seen bending a steel rod with his teeth and two men hanging on at each end. This photograph was taken in front of an audience in Bermuda in co-operation with the Bermuda Athletic Club.

than the size of a walnut, you were eating to excess as well as wasting energy trying to assimilate food that the body didn't really need. These things sound alright and perfectly logical in theory. But that's as far as they go.

For the average person three good square meals are necessary. This information does not apply to anyone who is fat or above normal weight. The instruction offered here is the result of many years' hard-earned experience as well as close observation of the world's strongest and best-built men.

I have seen young and ambitious men keen on seeking a massive, pow-

"The Culture of the Abdomen"

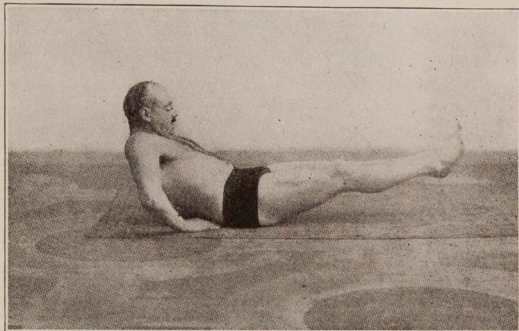
Review by the Editor

"The Culture of the Abdomen". By F. A. Hornbrook. With preface by Sir William Arbuthnot Lane, Bart., C. B., M. S. 8vo. Cloth bound. Gold embossed. 26 Illustrations. Price \$2.25. Published by William Wood Co., New York.

LAST month I promised you that I was going to review Mr. F. A. Hornbrook's new book, "The Culture of the Abdomen". Mr. Hornbrook is, in my estimation, one of the best informed of Physical Culturists that I know. In his younger days he was an athlete of distinction, having rowed as a senior oarsman in Ireland, won prizes at putting the 16-pound shot and throwing the 56-pound weight. In New Zealand, Australia, and Africa, he has practiced as a Physical Training Instructor, and, even as late as 1922, at the age of 45 years, broke the British professional "Crucifix" Weight-lifting record, by holding out 132½ pounds, viz: 69 pounds in the right hand, and 63½ pounds in the left hand. I was one of the judges at this performance, so I know he did it.

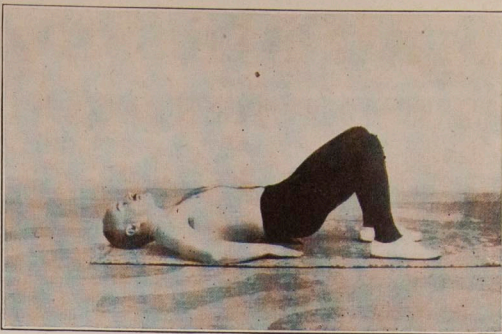
One would therefore expect Mr. Hornbrook's book to be a good one, and it is. It specializes in the culture of the abdomen, and the

cure of obesity and constipation. Some of the exercises he gives are unique, and have undoubtedly-



EXERCISE 2. TENSING
The body is balanced on buttocks and hands, the hands being placed backwards or forwards so as to regulate balance. Try to bring the head and feet as near together as possible, without jerking and without bending the knees, until complete contraction of the abdominal muscles is obtained. Then lower the shoulders and feet simultaneously to the floor, keeping the knees stiff on the downward movement.

ly been evolved by him during the course of his many years of experience.

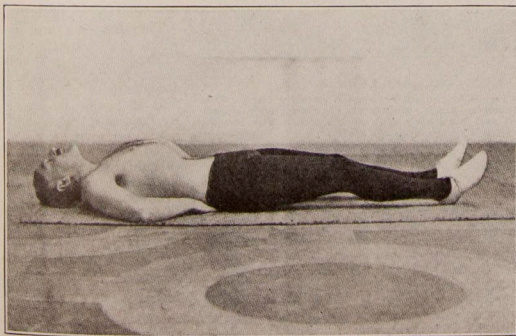


THE HAMMOCK SWING
Exercise 1. Position for Hammock Swing. The hips are raised from the floor about 5 or 6 inches. The body-weight will then rest on the head, shoulders, and feet. Vigorously swing the body from side to side, keeping the shoulders flat on the floor, so as to throw each hip upwards alternately.

As I pointed out last month, Mr. Hornbrook insists throughout upon the importance of cultivating correct posture. So many people walk about with their shoulders up and their abdomen protruding that the body comes to assume this position, with the result that masses of fat develop on the abdomen, and obesity is the result. Not only this; organs become prolapsed and inefficient. Mr. Hornbrook points out that walking about in the correct posture, with shoulders down naturally, the abdomen held properly, and not allowed to protrude, will in itself assist in the counteraction of obesity.

Mr. Hornbrook has studied this subject of posture in great detail. Having mixed a good deal with Pijians and Polynesians, he has observed the natural posture of the body. In his book he shows that the ordinary military position, with its pouter pigeon chest and hollow back, and often the raised shoulders, is a bad and unnatural one. As he points out, the military commander has to give the order occasionally to "stand easy" in order to give the body a rest from this unnatural position. On the other hand, a picture is given of a Polynesian native warrior, in which the body is posed beautifully. There are no contracted muscles preventing full breathing, but there is an ease of attitude which allows the maximum of efficiency in general bodily functioning. Of course, the usual attitude adopted by civilized man, that is, with contracted chest and rounded back, and with protruding abdomen, is even worse than the military position. It assists in the development of obesity and constipation and all the ills that go with them.

Thinness, flat feet, exercise after
(Continued on Page 322)



EXERCISE 2. RETRACTING
This is the second position of exercise 2.

Gymnastics on the Bathing Beach

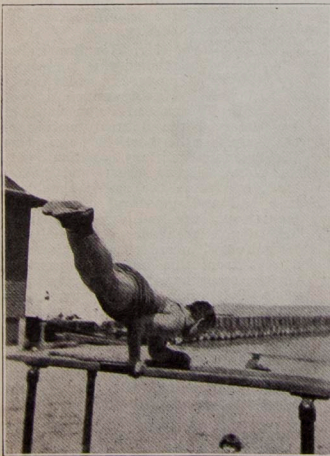
By the Editor

MOST folks think that the winter is the physical culture season, while the summer is the time for getting slack. But the summer gives more opportunities for keeping fit, and in the best possible way; that is, out in the fresh air, where you can breathe in a chest full of the greatest and most important food of the human body.

About a couple of miles away from my sanctum is a Municipal Bathing Beach, which has a fine stock of gymnastic apparatus. I go at least five times a week and get my work out there. I do my free exercise on the beach, frisk and jump about like a boy in the sand, then practice apparatus work to give my muscles full use, and finish off with a splash into Lake Michigan.

If you have a bathing beach, or any sort of gymnastic apparatus outdoors near you, find it and put in a few days a week having a work out. Not only will it give you fun and amusement, but it will make you feel as fit as a fiddle for your other duties.

I am illustrating a few exercises which you can practice. They are rather of an advanced nature, but practice is the secret that will enable you to perform them. In my opinion gymnastics is a most spectacular art, and it is a muscle and strength developer par excellence.



PRELIMINARY TO ONE ARM PLANCHE
From the above position the left hand is released from the bar and held straight in front, and the body balanced on the elbow of the right arm only. A fine exercise, accomplished with a little practice.

The Double Shoulder Stand

In the center illustration on this page is what is known as "The Double Shoulder Stand." First of all you come to the Front Rest at the bars, that is, hands on the end of the bars, jump up, and hold your body perfectly vertical, arms straight, toes together, and pointed. Now place your shoulders on the bars, and raise your body to the Shoulder Stand, as illustrated. Get the position nicely and correctly, as shown, feet together, toes pointed, back hollowed. That's the way to make it look well. There should be no fear of toppling over, because you are easily able to maintain the balance by gripping firmly with your hands, and the shoulders



THE SHOULDER STAND

A very simple exercise on the parallel bars. The balance is easily maintained because both shoulders and the hands rest on the bars. The importance lies again in the rigidity of the muscles of the body, and this is maintained by the control of the muscles.

should be at least a foot in front of the hands, so that you have good firm support.

The most important part of gymnastic work is in making it look smart. Positions must be maintained correctly throughout. Never allow your legs to flog about anywhere. Keep the toes pointed, and do every movement smartly and gracefully. A simple exercise done smartly and correct-



THE HAND STAND

Another name for this is the Long Arm Balance, one of the most spectacular exercises on the parallel bars. It is quite easy to do if you know the trick, which is mainly keeping your muscles under control, back hollowed, legs stiff and straight.

ly looks much better than the most difficult exercise done in a ragged fashion. Just bear that in mind, and whether you learn to do any very difficult tricks or not you will become a good gymnast.

The Short Arm Balance

If you have a good deal of strength, you will be able to change from the Shoulder Stand to the Short Arm Balance. In this the balance is maintained with bent arms, the body kept vertical, stiff and straight, as in the Shoulder Stand.

Now, if you have still greater strength—and it sure is a feat of strength—straighten your arms until you are in the Hand Stand, as illustrated in the top picture of this page.

The Handstand

The Hand Stand is easily held, once you get the knack. Perhaps before you can expect to press up to it, as I have done in the picture, you will find it easier to swing up to it, from the other end of the bars, or even try it on the floor bars first. The balance is held by stiffening the back and holding the whole body and the legs perfectly straight and stiff, with back hollowed. Don't be afraid to go well up into the balance; don't try to hold it only half way up; get right over; then grip hard with the hands. As you find yourself, so to speak, you will know by the pressure on your grip whether to press on the front of the hand or the back of the hand, so as to maintain the balance. But you will find it very

(Continued on Page 322)

Knowledge Everybody Should Have

SOME COMMONSENSE POINTERS IN SEX HYGIENE

By Roger I. Lee, M.D.

(Professor of Hygiene at Harvard University)

["Health and Disease: Their Determining Factors*"] is a complete volume written from the Medical Man's standpoint for the layman. Although in opening the book he apologizes for "talking shop", and practically offers his book as a condescension, the book is very well worth reading. Of course in matters of vaccination, inoculation, the germ theory, Dr. Lee is quite conventional, but his various chapters on hygiene are most useful and efficient. The book is a very complete one, covering many diseases, and the way to combat them, not treading on anybody's toes. Dr. Lee's book should have an immense sale. I have edited a few pages from his chapter on "Sex Hygiene", which I am giving you here. They give a good idea of the general commonsense, cool headedness and efficiency with which the whole book has been written.—Editor.]

NATURE has taken care that the human race shall continue by implanting in each individual the instinct of sex to which, at some time or other, he will respond. The instinct of self-preservation is the only one which is more strongly a part of human nature, and it is a question whether the desire for existence is not, in a sense, secondary, in that it enables the individual to live and propagate his kind. But the presence of this powerful instinct does not necessarily mean that it must be gratified. Experience demonstrates conclusively that, contrary to the teachings of the licentious, continence is detrimental neither to mind nor body.

The fulfillment was intended for the purpose of propagation, and our social structure depends for its protection on restriction of relations to family life. General unrestricted relationship would completely revolutionize the foundations of life—foundations on which depend the purposes of Nature. As a result it is necessary to regard irregular living, in part at least, from the so-called moral viewpoint.

For the normal man or woman with the normal appetite it is, perhaps, more convincing to look at the sex problem from the viewpoint of health, not only the health of the individual, but also the health of the partner in the marital relation and of posterity. First and foremost of these considerations is the fact that gratification of the appetite outside of wedlock involves exposure to disease. One can safely generalize by saying that the man or woman who breaks through social conventions by illicit intercourse for one partner, will break through for another partner. Such a generaliza-

*"Health and Disease: Their Determining Factors." By Roger I. Lee, M. D., Professor of Hygiene at Harvard University. 378 pp. \$vo. Cloth bound. Gold Embossed. Price \$2.50. Little, Brown and Co.



BACK PLANCHE ON THE ROMAN RINGS
The secret of holding this is in contracting the Latissimus Dorsi muscles, and gripping them tightly with the upper arms, while holding the body perfectly rigid.

tion, often indignantly denied, especially for the duration of a particular "affair", is frequently proven true by the man by the contraction of disease as well as by his own promiscuous conduct.

Various methods of medical prophylaxis have been suggested to prevent disease in the male, and their use has been carefully studied in the navy. Without question the use of medical prophylactics has markedly reduced disease, always a large problem in navies the world over. Yet conditions obtain in the navy which make the use of the prophylactic unusually effective.

But what the final attitude will be concerning the use of prophylactics is not clear,

and this aside from any questions of mortality. It is certain that under the special conditions of the navy, a considerable amount of disease is prevented for the time being, Prophylactic measures on a wide scale, however, cannot be accounted of real value even in prevention, the conditions of the prompt thorough use of such prophylactics are not easily obtainable or carried out. It is at least open to question whether general knowledge and use of prophylactics would actually decrease the mass of disease. The disease actually prevented would in part be compensated for by additional disease acquired through an increase in irregular living inevitably favored by the sense of security from venereal disease, however false or difficult of attainment that security may be.

(Continued on Page 326)



HIGH BAR FRONT REST POSITION
It is important in all gymnastic movements to hold the body correctly, legs together, toes pointed, back hollowed, and head erect.

"Had I Only Known"

By T. W. Standwell

[Mr. T. W. Standwell is a Physical Culture Consultant who has had a very wide experience in setting Physical Culture Courses for counteracting the "results of ignorance". The following article is an excerpt from his splendid book, "Problems of Sex", which can be obtained from HEALTH and LIFE Publications, 508 South Dearborn Street, Chicago, Ill., for \$1.50. Most of the misery, ill health and unhappiness would never occur "if young people only knew."—Editor.]

MY reason for using the above phrase for the heading to this chapter is that I meet with it so very frequently in letters addressed to me by those who have appealed to me for help. Many thousands, I may say, of my correspondents express this heartfelt wish both when applying to me in the first instance and also at the conclusion of a course—but with what a difference of impulse behind it in each case!

At the conclusion of a course, I say it with justifiable gratification, it is invariably the outcome of gratitude for recovery, the regret being that application to me had not been made several years before, for the shame which is born of ignorance keeps nearly all victims of a certain habit reticent until despair forces them to seek help. But it is when the phrase appears in a letter to me for help that its poignancy

is the most moving. It is the voice of despair that knowledge had not come to the writer in time to save him from contracting a habit from which—as the tone of the letters I receive always reveals—the victim deems himself a hopeless captive with no chance of escape.

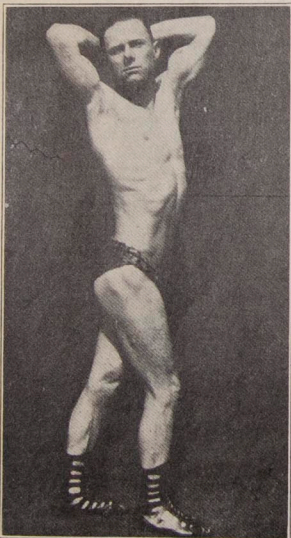
Now, I wish most earnestly to impress on all who read this—parents, instructors of the young, moralists, and the young themselves—that an inestimable amount of harm is being done by exaggeration of the ill effects of these habits. It would be well if parents, firstly, were to acquire sound knowledge of facts, and then, armed with facts and not illusions, to instruct those under their care, warning them most seriously against this evil into which, it is no exaggeration to say, only a very insignificant percentage of young people do not fall.

Approach the child, not as if holding a sword of Damocles above its head; and not with reproach, if suspected of having contracted the habit, that moral turpitude was the cause of it. Evince sympathy that in innocence the boy, or

girl, has yielded to a natural tendency, awakened, in ninety-nine cases out of a hundred, by temptation coming in the guise of false information from another. It is the nadir of folly to try and terrorize a victim into relinquishing the habit—fear only aggravates the nervous debility and weakens the power of resistance consequent upon the deleterious effects of the evil.

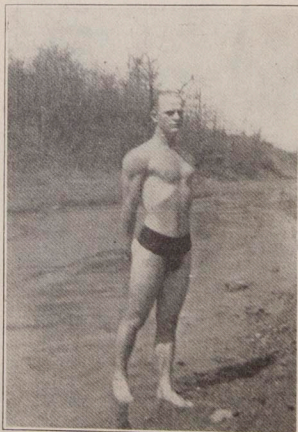
I may lay claim to speak with the advantage of an enormously wide and varied experience, and that experience convinces me that the shame and sense of degradation felt by sufferers, because of the condemnation they fear should the truth about their condition become known, force nearly all victims of the habit to keep it secret until utter despair in some—only in some, I am sure, for there must be thousands who wreck mind and body before the

(Continued on Page 320)



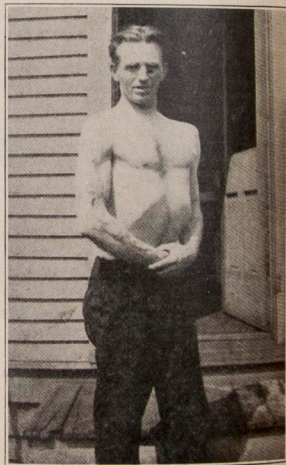
HE CLAIMS TO BE THE STRONGEST 115 POUNDS MAN

A. Reverdry, of New York City, claims to be the strongest man of his weight, 115 pounds. His lifts are, bent press: right hand, 147 pounds, left hand, 140 pounds; lying on the back, pull over and press, 210 pounds (Saxon's style). Right hand military press, 72 pounds; left hand military press, 65 pounds. He tears the largest New York telephone book, and recently tore two packs of cards in halves. Are there any Challengers?



ALMOST A CRANK

Robert Summers, of Kicksville, Miss., says that he took up the physical culture life only almost a crank. It is fine to be a "crank" when it means that you've got a healthy, strong, and well-developed body, and are enjoying every minute of life. Mr. Summers had his photograph snapped while he was on a hike, enjoying the "peace of Nature." He says: "I cannot say too much for your Magazine, and the book, 'Correct and Corrective Eating.' They have done a world of good, and I would recommend them any day." He finishes by saying: "I am, and hope to remain, a HEALTH and LIFE Enthusist."



THE DOCTORS TOLD HIM HE COULD NEVER GET WELL

Oscar C. Bivens, of Fort Wayne, Ind., is a HEALTH and LIFE Enthusiast, who writes that four months ago he was in a very bad condition; had heart flutters so badly that he could hardly sleep, and had neuritis so bad that he was in pain all the time. These troubles have now left him, and he has got an old enemy, in the form of cataract, ready for the knock out. When he started he could handle only 45 pounds in the over-head lift. He had a 31-inch chest, but now it measures 37 inches, and he can handle 120 pounds in the two-hands over-head lift. He gets up at 4 A. M., and hikes two miles to work. He doesn't pretend to be a Samson or Samson, but he is just delighted with what four months' training can do with a sick man that the doctors said could never get well.

With the Men of Iron

Southern California Weight-Lifting Championships is Held at San Diego

By David P. Willoughby,
Vice Pres., A. C. W. L. A.

The annual So. Calif. A. A. U. Gymnastic and Weight-Lifting Championships were held at the San Diego Y. M. C. A. on Saturday evening, May 21st. Weight-lifting contestants from the Los Angeles Athletic Club were M. P. Betty, Jere Kingsbury, E. W. Goodman, and the writer. Mr. Moore and Ted Burns, both of San Diego, also entered the competition. With the exception of the National Contest, which was held in Los

Mr. Kingsbury, as both these men lift in the 168-lb. class; Betty, however, managed to secure third place against Mr. Goodman and myself. Mr. Moore also came in the 168-lb. division, his bodyweight being but a pound over the 154-lb. limit. His best lift was a "Two Hands Military Press" of 151 lbs. Mr. Burns was the lightest man in the competition, but made a good showing for a beginner. Only the first three of the Olympic Lifts were used on this occasion, in order to save time. Below is a tabulated list of the lifts made by the Los Angeles Athletic Club boys.

Lifters will be interested to know that at the HEALTH and LIFE Publications, 508 South Dearborn Street, Chicago, Ill., can now be obtained real, genuine, honest to godness weights for record breaking. A man who tries to break a record with any old weights stands no chance. Weightlifting has advanced to a nicely as a science, and with the advantages of modern equipment lifters are able to increase their poundages considerably. In fact, if you really want to know what you can lift it is absolutely necessary to lift with good weights.

Dozens of letters have come in from enthusiastic lifters protesting against Johnson, because they thought that his letter in HEALTH and LIFE was a slur on the integrity of Jowett. Many letters have come in from various officials who witnessed Jowett's records, and I hope Johnson will write to say that he is satisfied, and that his doubts have all gone.

Two Who Witnessed the Record

Johnson talks about Mr. Jowett not lifting 310 lbs. I was one of the witnesses. I loaded the weights along with the other boys, and I was the one who weighed it. No one knows Mr. Jowett better than I do. I followed him through all his contests and his record lifts, and I have seen him do more on some lifts than he claimed, in training.

I am letting another fellow see this letter, so that he can sign his approval. He was a loader on that night and signed the certificate.

On the 24th of that May we swear that Mr. Jowett lifted 310 lbs. properly. Yours truly,

DONALD REDMOND,
GEO. MACINTOSH,
Inkerman, Ont., Canada.

Jowett's Two Hands Military Press a Great Lift

The Editor of HEALTH and LIFE,
Dear Sir:

I would like to know why Johnson singles out one single lift, and that one in particular, when according to lifting annals Jowett's feat of 230 lbs. in the T. H. M. P. is a much greater lift, and also when his gung lift in the O. H. M. P. was done after his shoulder was injured.

As a member of the Association I am perfectly satisfied with Mr. Jowett, and know that he has all data appertaining to all these feats, and I deeply resent the insinuation thrown at him the one who first made lifting an organization, and who has done so much for it. Yours truly,

JOHN SLOAN,
Spring Lake, N. J.
(Continued on Page 318)



Fotograms.

GOOD EXERCISE FOR STRONG PEOPLE

Tearing a telephone book may not mean anything with some 'phone books, but when you try to tear a New York City directory, that's a different story. It is a feat of genuine strength then. This photo shows Lucile Kaswell, who is another "world's strongest woman", accomplishing the feat on Governor's Island, N. Y.

Los Angeles on April 19th, the A. A. U. Weight-Lifting competitions have not recognized a segregation of lifters according to bodyweight.

In next year's contests this classification will probably become effective, although on May 21st such was not the case. This arrangement made it unfair to Mr. Betty and

A FAVORITE feat of strength is to tear a New York Telephone book in halves. Those who can't do it say it is a knack. Those who can do it say it is strength. It is both, a good showing with any audience, because if you pick out any man in the street, he won't be able to do it. So if you are running a show learn how to tear packs of cards and telephone books, the latter the size of that of New York City.

Tearing telephone books in halves is child's play next to the feats that are reported of Sigmund Breitbart, who has been going the rounds of Vaudeville in this country doing feats of strength. Mr. Raymond G. Lyman was present at one of his performances, and was so enthused at what he saw that he sent me the following letter, which I will reproduce for you, and give the feats performed by Mr. Breitbart:

Dear Mr. Bernard:
Last night at our local Keith's Theater, it was my privilege to see a "strong man" for the first time. Sigmund Breitbart, billed as "The Iron King" and "Sensation of Europe".

I have been looking over my file of "HEALTH and LIFE" and have not seen any reference to this man and, of course, I have no way of telling how he stands among others of his profession. The manager invited those in the audience who were particularly interested in physical culture to act as a committee on the stage and get a close view of the proceedings. About a dozen, including myself, accepted the invitation.

Mr. Breitbart drove a nail with his fist through a 2-inch plank and a piece of heavy galvanized tin on top of it, all in one blow. Then he drove another nail through two three-quarter-inch boards with three pieces of tin between and one on top of them. He tore a piece of the same tin in two as though it were cardboard. He wound iron bars in a spiral around his arm with comparative ease. He bent a bar of iron over an inch wide and nearly half an inch thick into a very complicated pattern which he previously drew on a blackboard and showed to the audience, all in about fifteen minutes. The manager said that he had once entered into competition with a blacksmith who took an hour and a half to make the same pattern with the aid of forge and anvil. He supported a "merry-go-round" on his chest with six full-grown men on the horses, playing the hand-organ at the same time. The final feat was the familiar one of leading a horse up a gangway and over his body as he lay on a mat of nail-points.

What interested me and called me to the stage to witness it, was when he bit a link of a chain, both chain and link selected by the audience. In two with his teeth. To show me just how he did it, he bit another link in two, while I watched his teeth very closely. His teeth look very much like any other person's teeth, the particular tooth with which he bites the iron is the first lateral on the left side. That tooth on the upper jaw, I found to be slightly broken on the edge, the cause of which I had no time to inquire. He certainly has the most powerful jaw of any man in the world that I ever heard of. One of the committee said it was doubtful in his mind if even a horse could bite that chain in two. Mr. Breitbart gave me the link that he bit for my benefit and I find it to be three-sixteenths of an inch thick.

My curiosity on this point was not due, as you might think, to professional interest, for I am neither a dentist nor a dental student, but I have had so much dental work done on my own teeth that I was somewhat skeptical as to the ability of human teeth to stand such a tremendous strain.

If you have an opportunity, I hope you will meet Mr. Breitbart and give him a write-up in "HEALTH and LIFE".

RAYMOND G. LYMAN.

I hope to be able to give you an illustrated article featuring Breitbart in an early issue of HEALTH and LIFE.

SOUTHERN CALIFORNIA CHAMPIONSHIPS RESULTS TABULATED.					
Lift:	David P. Willoughby	Edward W. Goodman	Marlon P. Betty	Jere M. Kingsbury	
Left Hand Snatch.....	158 1/2 lbs.	121 lbs.	131 lbs.	116 lbs.	
Right Hand Clean and Jerk.....	190 1/2 lbs.	150 1/2 lbs.	161 lbs.	150 1/2 lbs.	
Two Hands Military Press.....	155 1/2 lbs.	186 1/2 lbs.	140 1/2 lbs.	150 1/2 lbs.	
Totals	504 1/2 lbs.	458 lbs.	432 1/2 lbs.	417 lbs.	

Using the Mind and the Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

(Author of "Opportunity and Theodore Roosevelt")

FIRST SERIES: THE FACULTIES OF THE MIND

Article II

MEMORY

(Continued)

HAVEN'T you been prompted by circumstances to tell an anecdote you haven't thought of for years—and you suddenly realize you told it to precisely these people present, who will go away thinking you have but one story on your string? Nor would they readily accept your statement that you have never told it in the interim—any more than you are disposed to acknowledge that your "happening before" was a kindred memory-parallel.

To revert to the question of memorizing. I shouldn't like it to be supposed, from what I wrote last month about "parrot memory", that I deny its utility or fail to respect it for accuracy. I criticize it mainly where accuracy fails, because then it's actively harmful. If you don't know how many pies must be stacked up to reach the moon, you can make a legitimate guess, as you can take part in any other absurdity. But if you risk slapdash guesses at facts, figures, quotations, and the like, you are not foolish but a fool. If you are interested in them you can learn them properly; and if you're not interested then you can be honest about it with yourself and with other people.

So the parrot memory is not only useful but estimable in its way. But there's a more valuable quality of memory. If you have no occasion to blush for being accurate at texts or dates, you have still less occasion to blush for the ability to recall exactly the things you yourself have said or done. If you furthermore possess the form of co-ordination known as "presence of mind", you will find this form of memory a priceless asset in emergencies. You will know what to say or what to do, where your safety may be involved, where your honor may be at stake, where it may be a question of your life and the lives of others. Facts you have observed, facts you have remembered, will flash before you in serried throngs bringing to your mind the solution you need. It's over in an instant, and before taking conscious thought you have spoken the word or done the deed which retrieves the desperate situation. You may then say you acted "automatically". You may bless your "subconscious". You may modestly admit that you don't know how or why the solution came to you. There are cases in which I am prepared to allow of miracles or inspirations. But as a rule it's just your

own observation, your own memory, your own co-ordination: well-trained observation, well-trained memory, well-trained co-ordination.

All things aren't equally easy to remember. Even where it's not a question of figures or of technical terms, there are things which the mind seems to absorb naturally, and others which

it rejects unless compelled to retain them by an effort of will or by the stress of circumstances. This irregularity in the functions of one of our most important faculties may prove to be very inconvenient, when we have imperative reasons for keeping in mind what the mind objects to retaining.

A Compelled Memory

Of course we can compel ourselves to remember a phrase or a figure or a proposition by setting to work and studying it both hard enough and long enough. But we can save time and effort and needless wear and tear by observing first of all how the mind usually operates in remembering; and then by adapting to our own case the ways best suited to ourselves, as we have already done for matters affecting the faculty of observation.

We remember most readily: (1) Whatever fits into a pattern familiar to our thought or experience; (2) Whatever impresses itself vividly upon the mind either because of its own force or peculiarity, or because of our mood or of attendant circumstances.

Under all these conditions, the mind must adjust itself to the focus, and go through the mechanical process of memorizing, whether or not we make a conscious effort for a deliberate purpose.

If we stop to reflect, and to compare past experiences in remembering, we perceive that our faculty of memory operates normally in one of two ways. There is what might be called the artistic or literary way, strongly intuitive and having the advantage of natural selection; there is the business or scientific way, strongly willed and having the advantage of systematic choice. If both ways are based on sound observation, neither is better than the other. But one way will be better than the other for you individually, according to the category into which your type of mind can best be fitted; and if you combine something of both ways, however much or little, you alone can combine a method for yourself. It is for you to see clearly the use you make of your faculties, and then use the right way instead of distorting your thought to the limitations of Mr. Anybody's "system." There is but one test for you, and you need but one. It is the precision and the duration of your memory-pictures. If all's wrong you

(Continued on Page 316)



F. H. BEHNCKE, WHO HAS OPENED A PLACE FOR "CONSTRUCTIVE VACATION"

Mr. F. H. Behncke, so well posed in the above picture, is a Chicagoan who is well known in body culture, psychology, and health circles. His excellent book, "Pioneer Teachers", was described in an Editorial in *HEALTH and LIFE* about six months ago.

Mr. Behncke has now opened a place where business and professional men and women, housewives and mothers, may take a constructive vacation, from which they may return not only feeling fit but knowing better how they should live. This place is on the beautiful shores of Lake Chataqua, at Hill Crest, Bemus Point, N. Y., and if you've not yet taken your vacation, you should certainly investigate it. Mr. Behncke is one of those men in whose company it is impossible not to enjoy yourself. He has that spirit of cheerfulness that is absorbingly catching. And not only this. He has a keen eye for health and happiness building, and has been Amusement Director of large institutions, so really knows what people want, and how to make them feel at home.

He is running the place on the "help yourself" plan. Everything is simple and easy. Arrangements are made for boating excursions, sun, air, and water baths, walks, exercise, and all amid a beautiful environment.

We certainly wish him success. When your Editor pays a visit to him, as he surely will before long, you can expect an account of his stay that will interest you.

Among The Grapplers

NOTHING MUCH DOING.—A TRUE WRESTLING STORY

HERE is very little doing among the professionals of the Grappling Game; a few scrap matches here and there, another Lewis-Romano match, and a few excitement, and a promise of re-matching Johnny Meyers with Joe Parelli; otherwise both grapplers and fans are resting up till next season.

In view of the fact that there is so little to tell you of the current history of grappling, an attempt is being made to give you a story of old time Heavyweights. The story is a perfectly true one, and some of you will remember the principals. The names I have disguised. I know you will enjoy this story, and it also points out a good moral for Grapplers, especially Champions. Well, here it is.

History Repeats A True Wrestling Story

I.
Old Bob Allen was sitting in his garden one evening, watching the setting sun throw its last great golden beams over the valley that covers Kansas.

Great and glorious scenes often bring up memories of great and glorious times in our lives; and so it was with Bob. He was dreaming of the times when, to the chord of the orchestra, he would step out, clad in leopard skin costume—looking like a veritable leopard—and bow before the admiring masses of humanity, all brimming over with excitement to see him.

He was thinking of his visits to England, Scotland, France, Russia, Spain, Portugal, Sweden, Denmark, Australia, and so on. Then his face clouded. While all his memories seemed the sweetest there was one man he could not eradicate, who seemed to dog every thought. The reason was simple. The same man had refused to be eradicated from Bob's life when he was enjoying his greatest success.

It was Claud Dagenst, now enjoying the greatness that once was Bob's. Claud Dagenst had, while the great Bob Allen was challenging the world, come on to the stage, fit as the proverbial fiddle, trained to concert pitch, and insisted on wrestling him then and there. The conditions of Bob's contract were clear. He was to take on all comers. But Bob was brave; and set his teeth and took on this comer—Claud Dagenst.

Bob was not up to concert pitch. There comes a time in the lives of all champions when they get stale. Bob had reached that stage; and the result of the contest was that he was rushed all over the mat by the fit young Hercules.

Another match was made and the inevitable result. The old had to give in to the new. Staleness to fitness. Claud Dagenst was proclaimed the new champion and unbeatable. And he had since been carrying on in that role that Bob had once held.

Bob suddenly rose as if he had seen something going on in those great golden bars of sunset. He smiled and then sat down, and thought:

"If Claud Dagenst had gone that same great path that he had, too, could he get stale; and young blood could be found?"

II.
Bob Allen began to be a regular spectator at wrestling matches in the States; although he had not been to any for years. The lack of science in the matches had annoyed him, and he did not go on that account. But having been a great wrestler himself he knew that there was more than science needed for a champion. Pick, wit, determination, strength, intelligence. Given these in a man he could give him the science; but these he could never give a man. They form his character and are part of his heritage. Every day he chanced on a match between two quite mediocre men. One seemed to know quite a good deal about the game, but

he was no match for his opponent who was as strong as Allen himself had once been. He had a clear, high forehead; and it was plain to see that he would have to be a dead man before he would give in. Giving in was foreign to his character. Determination showed itself in his face—determination to win.

He was not heavily built. Of medium height, weighing about 180 pounds; but the character of the man gave him the strength he needed, and also the skill; and he held his opponent's shoulders flat with a toe hold and croch.

On leaving the hall the winner felt a tap on his shoulder.

"You won that match," said Bob.

"Yes," said the winner modestly, "I had that honor."

"What's your name?"

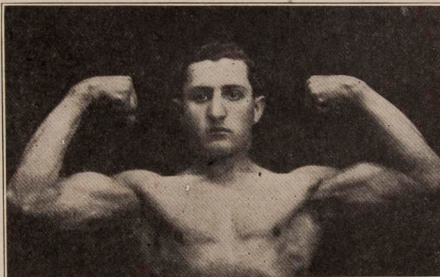
"Jack Moss."

"Who taught you those holds?" asked Bob.

"Why, nobody," answered Jack, "I always do the simplest and most effective thing when I'm wrestling. I've been unfortunate in not having a good tutor; but I've seen a few good matches."

"Inventive genius and natural ability," said Bob to himself, "he's my man."

III.
A short talk on the first principles of the



WHAT CONSCIENTIOUS TRAINING DOES Soter Economid, a HEALTH and LIFE Enthusiast, who has been working conscientiously for those wonderful muscles of his. He has taken both the Earle E. Liederman and the Strongfort Courses, and says of both trainers—"They have done a great work for me."

game greatly interested Jack Moss; for he was always out to learn; and when he found out the standing of his companion he showed a fair amount of excitement.

Jack Moss went through some strict training for the next few months; and also met a few supposed promising heavyweights in matches; all of whom he overpowered and beat. He was just about as fit as Bob Allen could make him; ready to wrestle for a whole week if called upon; and he felt it, too. But Allen gave him a surprise when he told him he was to go and wrestle Claud Dagenst.

This was at a time when Dagenst had traveled all over the world; had defeated everybody; and had been taking it a bit easy. Bob Allen knew where to find him; and he brought his unknown along ready to pounce out on the man who was wearing the shoes of popularity he had worn years ago.

So one night, when the great one was having challenges thrown forth for him Allen pushed Jack Moss forward; and a hasty match was made; to come off early.

When the match was held; oh, boy, what a surprise—to all but Bob Allen; he was watching history repeat herself. Claud Dagenst was literally torn to ribbons by his young opponent, and after about an hour and a half he refused to go on any more, and the referee declared Jack Moss the winner.

I shall never forget the surprise and consternation on all people's faces when they saw the newspaper headings: "Dagenst Defeated." It was frankly unbelievable. Every body thought such a thing impossible. Yet there was the newspaper report; and I must

confess I had to see several myself before I could be convinced.

Of course, excuses were made that the old champion was not fit; was suffering from the effects of an old accident, and so forth. So it was settled by making another match.

But the old form was no longer in the old champion. Once athletes go thoroughly out of training they seldom come back; although they say they can come back. Dagenst knew before he went on the mat he was a beaten man; but he intended to see it through.

Jack Moss in the meantime kept up to the topmost rung of fitness, practicing holds, mostly of his own invention and specialization, and not used by the old champion; being assisted in every detail by Bob Allen.

The day of the great match came and the foregone conclusion enacted. It did not last long. The old bent before the new, fitness to staleness. Those who are only newspaper sportsmen, of course, thought their old favorite would win; but those of us who have had the practical sport and sportsman to deal with expected what happened.

It lasted a few minutes; torn from his feet, banged about, bewildered, yet game, the old champion had to retire. It did not seem a fair match; something was wrong; something was wrong with our old hero. Yes, something was wrong, friends, and I've told you what it was.

A look of satisfaction and pleasure lit the eyes of old Bob Allen. He knew better than anybody. He had lived to see this day. He had lived to make this day. He went back to his old shack that evening and watched the setting of the sun again.

"Every sun must set," thought he, "I shone once, but set long ago. Claud Dagenst shone then, and now has set. Jack Moss now shines; one day he'll set. It just depends on how long he keeps it."

Orthodox Feeding

"Food and Health." By Inez McFee. 324 pp., 800. Cloth bound, gold embossed. Published by Thomas Y. Crowell Company, New York, N. Y.

Mrs. McFee's book, "Food and Health," is undoubtedly one of the best of conventional diet books. As she herself remarks in her introduction, she has nothing to say, but she has gathered the best of what orthodox authorities on food have already said on food in books not suitable for the housewife. Mrs. McFee has compiled her book with special understanding of the need of housewives to have plain, simple statements relating food, tables of food values, and the preparation of food.

However, it is only fair to say that, while the diets Mrs. McFee gives are those responsible for much ill health, she does plant in one or two sentences she must have gotten from Alfred McCann, where she insists on whole foods, correct mastication, moderation, and simplicity in diet. If these sentences, which are mostly in italics, were taken out the book would read as though they were never intended to go in. But it is certainly something to be thankful for that she does give a little showing to the conclusions of advanced dieting. But it is certainly knows absolutely nothing about the combinations of the various foods, or what effects they have on each other. In one part of the book she does point out, or rather she allows a doctor to point out, that a huge variety of foods all mixed up make a leathern mass; yet she herself advises every kind of food at each meal of the day.

Another compensating portion of the book is that given up to a corrective diet, in which Mrs. McFee tells how the fresh vegetable diet, followed by the milk diet, has cured some obstinate cases of ill health.

Where There Is Love

A PLAY IN FOUR ACTS

By Bernard Bernard

[I am giving you a play instead of the usual story, and I trust you will enjoy it just as much.—Editor.]

(All rights reserved. Permission to produce this play must be obtained from the author.)

CHARACTERS:	{	FRANK HARDART	GERTRUDE
		GEORGE GOODFELLOW	GERTRUDE'S MOTHER
		LEONARD SANDAL	GIRLIE—GERTRUDE'S DAUGHTER
		GERTRUDE'S FATHER	MABEL—A MAID
		A DOCTOR	MEN AND WOMEN
	{	JOHN—A PORTER	

Act I. Scene I.

(Scene: A room in which several women are lounging in settees and easy chairs and in evening dress and scantily clothed; well painted and powdered. A few men are also present; one or two have women on their knees and making a fuss of them. Drinking and smoking at tables. Frank Hardart is present. Light jolly music.)

1st Woman (entering): Here's my old darling (goes to Hardart and embraces him, and gives him a smacking kiss). Sit down, my dear. Now we're all right.

Frank Hardart: Well, my love, and how are you tonight? Feeling fine? That's right. Oh, you needn't start making a fuss of me, I've come to say good-bye; good-bye to you, and good-bye to the old life. Yes, its good-bye to the old life, and good-morn to the new, for next month will find me a married man.

All (suddenly): What!

2nd Woman: Our dear old Frankie about to turn serious. H'm, perhaps it's as well. I suppose he can't look after himself any other way; it's his high temperature. (Goes over to him.) He, he, he; you young rascal; you'll have a nice honeymoon, I'll warrant.

1st Woman: So really, my dovey, you're going to get wed,—and leave me here to mope and pine for you. Well, you're no good to me now (pushes him away). I suppose you want all your money for a nice little home. Ah! I dreamed of a nice little home once; but my love was my undoing.—But let us be happy tonight. Here's to your last fling (drinks.) Oh, dovey (hugs him and gives him a kiss.) You're a gay young dog. Still its oats, and you've a right to sow them; its only us women who mustn't sow oats. We'll have a nice last honeymoon tonight.

Hard.: I've told you I have only come to say good-bye. I'm not about to turn serious, I have turned serious.

1st Woman: Oh, you simpleton, do you think you've come here and are just going to run away without making a fuss of me? Don't you think I don't know a man's weak nature? (She begins to make a fuss of him.) Look, it works like magic. Magnetism, love, passion. Oh, you men; who boast of your strength (he responds.) And now we'll just enjoy another little dance—the dance of passion—and then—and then my ducks—

a last honeymoon. (Music and dancing. Hardart and his partner after a few bars dance to exit; the others keep aside the while to allow them to be conspicuous to the audience. Some wave their hands and cheer.)

(Curtain.)

Act I. Scene II.

(Scene: Ordinary reception room. Gertrude (a girl of 16) and her mother present examining a trousseau.)

Gertrude: Oh, how lovely. (Claps her hands with glee.) Mammy, you are such a dear, kind Mammy to make such a beautiful, beautiful dress for me. I'll give you a nice big kiss. (Does so.)

Mother: Save those, my dear, for your Frank.

Gert: Oh! He gets plenty; and I won't have my Mammy with me next week to kiss—at least I hope not—so must make up for it now.

Mother: This afternoon you will be Mrs. Hardart; just think of that, my dear.

Gert: That's what Frank tells me; but I don't care what they call me. What a lovely nice holiday it will be! Only just Frank and I, all alone, to enjoy ourselves. We'll go in the sea to bathe every day; and we'll go to the Theatre every evening; and dancing, and oh, how lovely it will be. What a time we shall have; all happiness, all enjoyment. Only 9 o'clock. I wish I could make the time speed along as quickly as I could turn those clock hands round. I haven't the patience to wait until we are safe and sound in the train. Oh, what a lot of chocolate I'll have. Frank has bought a great, big boxful. Oh, my Mammy (fondles her mother), don't you wish you were me?

Mother: I am glad to see you so happy, my child. But, as I keep on trying to impress upon you, it is a serious, a very serious matter—is marriage. Mind you keep the house spick and span, and never forget to send the washing to the laundry. Always examine Frank's socks and never let him wear "holey" ones. Always keep out of debt—do not run up a big bill with anybody—the grocer, the milkman, the coalman, the butcher, or anybody. And don't have a boarder.

Gert: Our marriage, Mammy, is going to be one long, long honeymoon. Oh, joy; think of the jolly evenings at the theatre, and the dinners we shall have, and the supper parties. You're a dear old Mammy, but you do take

life so seriously. (Enter Hardart. Gertrude runs to him to be greeted with a kiss.)

Hardart: There you are, my darling. Now we'll soon be man and wife, and then we'll have some fun. Now, you dear one, its getting late; and I know what a time you ladies take to dress; so just get that beautiful trousseau to cover your dear little self, and we'll not miss the parson. If we do miss the parson it will be indeed a miss. You will be Miss instead of Mrs.; that is, you will miss being Mrs. and people will say I missed you instead of Mrs.'ing you. In fact, it will be a series of misses without you being Mrs. So, my pet, if you want to avoid that confusion you'll just run and get dressed at once.

Mother: Frank is quite right. Come along, my Gerty, dear. We'll just make you look a princess. (Exit Mother and Gertrude.)

Hard (to himself): Well, its good-bye to the old life now, for good. I suppose the old doctor's right. I ought to marry. Its the best way to look after myself. Still the old life's a thing of the past, now. "Let bygones be bygones."

(Enter George Goodfellow.)

George Goodfellow: Ah, so you are here already. Frank, for God's sake, man, can't I do anything to persuade you not to—even now—its not too late, you can say you're ill, faint,—anything—but don't, for God's sake, man; you know what it means.

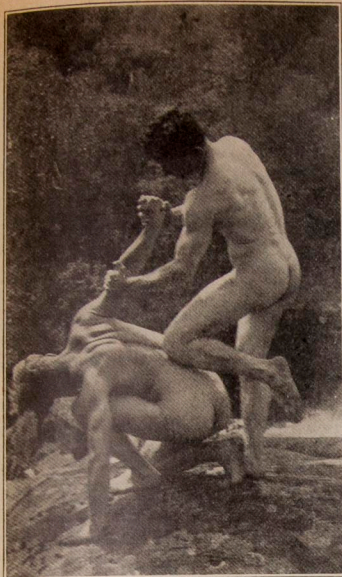
Hard.: Fool! Do you think at the last moment you're going to stop me? Why, you're the madman.

George: Before a month is out, she—the pure, wholesome, dainty child—a child so innocent and chaste, barely 16 summers—she may perhaps be an invalid for life as a direct result of this marriage.

Hard.: Now, look here, Goodfellow, I've told you that all the old life has been dropped. You'll see in me a model husband.—And then, again, its on the doctor's advice.

George: More shame on him. But don't be too unfair on that man. He told you to wait for another six months—and then—good God—you have no right to marry. To take a pure, beautiful creature—fresh as the morning; innocent and chaste as the new-born babe; and thrust on her the chances of a life of agony and suffering.

(Continued on Page 314)



STATUESQUE POSING OUT OF DOORS
 This picture shows Mr. V. Travis, standing, and Mr. R. Wood, the under man, both lovers of the body beautiful. They hail from Australia, where they go out into the Bush, far from muddling civilization, and there, amid all Nature's glories, they themselves glory in the beauty of the human body.



THREE OF A KIND, MERMAIDS WEAR THE VERY LATEST IN BATHING ATTIRE
 Kadel & Herbert
 At the fashion pageant recently staged for the benefit of starving children, these three mermaids were pictured in the very newest beach attire, New York. Left to right: Madeline Mackey, Mildred Ball and Ethel Dale.



AMERICAN GIRL OLYMPIC SWIMMERS WHEN THEY GATHERED FOR TRIALS
 This picture shows the cream of the country's women swimmers who gathered at Briarcliff Lodge, Briarcliff, N. Y., for the Olympic trials. Back row, left to right: Sybil Bauer, Chicago, Ill.; Ida Schultz, Detroit, Mich.; Ethel Medgany, N. Y.; Doris O'Mara, N. Y.; Peggy Williamson, Milwaukee, Wis.; Minnie DeVry, Chicago, Ill.; Ethel Lackie, Chicago, Ill.; Gertrude Ederle, N. Y.; Frances Shroth, San Francisco, Calif.; Mariechen Webselan, Honolulu; Agnes Gerraghty, N. Y. Front row, left to right: Caroline Smith; Alma Mann, Panama; Florence Briscoe, N. Y.; Kathryn Brown, N. Y.; Carol Fletcher, Los Angeles, Calif.; Betty Beeber, Atlantic City, N. J.; Helen Meany, N. Y.; Alice Riggins, N. Y.; Lillian Stoddard, N. Y. This photo shows more of America's greatest swimmers than any previously taken.

Fotograms

Health and Life

The National Monthly Magazine for Health,
Physical Education and Right Living

EDITORIAL

(Written by the Editor)

FIGHTING SIX PHYSICIANS

As I write these Editorial notes Mr. and Mrs. Coolidge are bowed down with grief at the illness of their son, Calvin, Jr. Everybody will extend to them a heartfelt sympathy in their misfortune. At the moment I cannot help seeing that the boy is not having his fair chance. While in a terribly weak condition, with his body trying to fight the poisons, he has to resist the interference of about six physicians, who are taking blood tests, making experiments, and performing operations which render Calvin Junior's body weaker and weaker. One physician, in an effort at being very learned, says that the disease was present in the boy long before it showed itself, and that the lymphatic system had taken care of it and eliminated the poisons. Yet, as far as I can find out, Calvin, Jr., is having no hot baths, enemas, or other important eliminative treatment that would assist the natural functions of the body. Moreover, his condition grows graver and graver. If the boy does happen to pull through we shall read wonderful newspaper accounts of the remarkable powers of medical science. If he doesn't, the physicians will draw their pay for their services, and will wait for the next opportunity to draw more pay through some other afflicted person.

MAKING TESTS INSTEAD OF GIVING PEACE AND REST

In considering various other cases of prominent people, and the effect their physicians had on them, one cannot help thinking that never before was there a time when it was so dangerous to call in a doctor. And yet doctors should be healers. They should come to the sick and give them peace and rest, and help Nature to throw off the disease if possible. What they do today is to take blood tests, make experiments, and practice what any scientifically-thinking person must know to be quackery. Many writers who know very little of biology have constantly lauded "medical science." If only they could open their eyes and know, perhaps it would not then be long before we had a real science of healing, and a doctor would be one who helped the sick instead of one who experimented upon them. Today the medicine man has control of the power of the law, and inflicts his superstitions and fads upon an unwilling public, at the same time endeavoring to put in prison and exterminate those other physicians who base their treatment upon Nature, the healer of all diseases. "How long, O Lord? How long?"

HOW A POISONED LEG WAS HEALED

Some time ago my wife was bitten in the leg by a poisonous snake. What was done for it might interest you; so I will tell you. She prepared for herself a basin of fresh cabbage and onion stew, just made by putting the water, fresh cabbage and onions together and boiling them. This she ate at intervals, slowly and carefully. She took enemas every four hours; at each session two successive enemas. After each session of enemas she took a hot bath, at a temperature of 108-110°. All else she did was to rest quietly in bed, taking a little of the onion and cabbage water occasionally. The first day her temperature went up to 100°. The second day it mounted by degrees until it reached 103°. The third day it hovered around 104°; but by the evening it had gone right down to 97°. The following day it was 98.4°, normal, and all pain and swelling and inconvenience had gone. She took good nourishing food and was as right as could be in another two or three days. It may pay you well to remember this.

THE A. A. U. HELPS U. S. TO LOSE THE OLYMPIC GAMES WEIGHTLIFTING

The A. A. U. refused to send Dave Willoughby, the weightlifter, across to represent this country at the Olympic Games. Willoughby won the Olympic trouts held at the Los Angeles Athletic Club, and was entitled to go. But for some reason or other the A. A. U. did not think that he stood sufficient chance, although there was already the proof that he had beaten the Englishman's poundage by 40 pounds on the lifts.

A LESSON FROM ICELAND

The A. A. U. did wrong. Willoughby should have been sent, even if he had no chance of winning, because there he would have learned many things that he could have handed on to other weightlifters in this country, so that at the next Olympic Games they would have stood a good chance. I competed in the last Olympic Games, and while there I met three athletes from Iceland. They did not compete, but they were sent there by the athletic governing body of Iceland so that they would be able to learn sufficient to send a team with a chance to win points at the next Olympic Games. If little Iceland could do this the least the A. A. U. could have done for weightlifting in this country would have been to have sent Dave Willoughby.

DYING FOR LACK OF COMMONSENSE

Why do we say "commonsense"? As some wise man pointed out some years ago, "commonsense is the most uncommon thing in the world." But what we imply by commonsense is good sound reasoning. It is the lack of this sound reasoning or commonsense which causes so much trouble in the world today. People look for complex reasons where the simple ones are obvious. News just reaches me that Calvin Coolidge, Jr., is dead. It is really not to be wondered at. A little commonsense may probably have saved him.

YOU CAN'T BEAT NATURE

Commonsense would have us know that the body has within itself the power to throw off poisons. The physicians attending this poor boy wanted to beat Nature. They were continuously making tests of the poor boy's blood, and washing out his bones. In an effort to throw off the poisons the temperature of the boy's body went up to fever heat, so that not only had he no desire for food but he simply could not take it. The physicians, still thinking how they could beat Nature, called in a specialist to find out how they could push nutriment into the boy's body. The consequence was that nourishment was thrust in hypodermically, adding still more shock and strain to be borne by the boy, who, according to their own report, "battled bravely against tremendous odds."

THE DANGER OF THE DOCTOR

For over ten years I have been Editor of Health Magazines. I have been called upon to give advice and help to many many thousands of people. The most obvious advice in many instances has been "Go to a physician". But the point has now come when I can't conscientiously give this advice, for it appears to be dangerous to have a physician in when a person is sick. Think of Harding, Bill Brennan, Calvin Coolidge, Jr., and any of your friends who have been stricken. Some people think that it is because the medicine men have banded themselves together in a strong organization, and, in my opinion foolishly, these people condemn the organization. It is not the organization that is to blame, but the fact that it is used to force ignorant fads and superstitions maintained by these medicine men upon an unwilling public. Any organization has a right to exist. The wrong begins when this organization seeks to break the law, or to enforce practices harmful to humankind upon the public.

MEDICINE MEN THEMSELVES HOLD BACK THEIR PROFESSION

But what is chiefly wanted is commonsense. I do not believe that these medicine men really want to kill off their patients. It is merely that they refuse to budge out of their conventional groove. They have made it criminal for any of their fellows to follow the laws of Nature, and to heal the sick with Nature's help, and according to sound laws of reasoning. Medicine men look only to vaccines, serums, and artificial experiments to overcome disease. If they just remembered a little of their biology, and realized the gap between highly developed living substance and

inorganic matter; if they simply bore in mind the facts of evolution, the millions of years that it has taken to develop the human body, and that the process has been a natural one; they will soon learn that the real advance they will make as physicians will be in applying the laws of Nature to their own professions, in stimulating the natural functions for resistance to disease, and for the prevention of disease. This is the line along which advance will be made. It is not a speculation, but a truth which is acted upon with success by drugless physicians, and by a huge number of M. D.'s who have risen above their medical superstitions.

DON'T LET YOUR CHILD GET DEAF

A report reaches me that 1,250,000 school children are partly deaf. Many of these children undoubtedly will be

hauled before medical officers to have their ears probed about, looking for the cause of their deafness. I do not think—I know—that this deafness is caused by catarrh. Catarrh is so general in this country because these children are being fed on demineralized and devitalized foods, especially starchy and cereal foods. The bread they eat has been proved in scientific laboratories to be poisonous to animals. Yet children are forced to live on it. Medical officers do not raise their voices against the use of white bread, polished rice, pearly barley, nor against the over-indulgence in candies. However, don't let your child get deaf, or go through life with a snuffle. Give it good wholesome food, and at least one meal a day composed of fresh fruit and fresh vegetables only. Just commonsense, that's all! And if only commonsense were not so uncommon, these poor 1,250,000 school children would have their normal senses.

THE GREATEST FEAT OF STRENGTH EVER PERFORMED

What is the greatest feat of strength that has ever been performed? Undoubtedly you will be thinking of Samson tearing down the pillars of the Temple, or some other character lifting a steam roller. The late Arthur Saxon was the strongest man of whom we have definite authentic record. He raised with one hand in the bent Press as much as 336 pounds. The following was his strongest feat, and he challenged anybody else to do it. He would take two 56-pound weights, tie a piece of string to each, and then, his arms out-

stretched, parallel with the ground, holding each string between his fingers, the weights on the floor, he would raise his arms to the vertical, bringing up the weights with him. He himself looked upon that as his greatest feat of strength. Have you ever heard of anybody who could approach it? It doesn't sound so very terrible. But let any modern Strong Man try it. Arthur Saxon would do this at any time. He would even get up from a hearty meal to perform this feat. It is interesting to imagine what he might have done with practice and training along this particular line.

SAXON ONLY WANTED TO BE KILLED "PROPERLY"

Weightlifting develops fine muscles. But you don't want muscles for muscles' sake. But then weightlifting de-

velops not only good muscles. If it is done properly it develops speed and agility, and, above all, character and pluck. There seems to be nothing in just raising a weight, or standing there being strong. Arthur Saxon, when rehearsing for one of his vaudeville performances, was acting as a bridge while an enormous engine ran over a board placed on his body. The engine began to run up the board, while Saxon's body was at the middle. The first few boards used splintered to pieces, injuring Saxon severely. Then they had a special re-inforced board made, and Arthur Saxon got beneath it. But before he did so Thomas Inch, the great British Weightlifter, who was present, suggested to him that he should have supports on each side of his body, so that if he gave way he would not be crushed to pieces. "Oh!" would not be crushed to pieces. "Oh!" would not be crushed to pieces. "I don't want to be half killed. If I have got to be killed, I want to be killed properly". There was always humor in his tragic earnestness. But on this occasion the huge engine passed over Arthur's body

BRITAIN CONSIDERING CONCEPTION CONTROL EDUCATION AS GOVERNMENT OBLIGATION

The British Parliament has been considering giving conception control information and clinical service to all married people and those about to be married, with a view to making all parenthood voluntary, instead of being inevitably thrust upon married people without desirability or fitness for parenthood. The British Parliament turned it down by but a small majority. But it is a significant fact that in England the best physicians, ecclesiastics, and educators are united in advising and educating in the method of scientifically controlling conception.

The law not only permits this, but it protects those who are carrying on this work. The fact of the Government's not taking it upon itself to give this education and take this responsibility is perhaps very regrettable, but British people ought to feel highly gratified in knowing that there is a real tangible effort to make women the owners and controllers of their bodies and their functions.

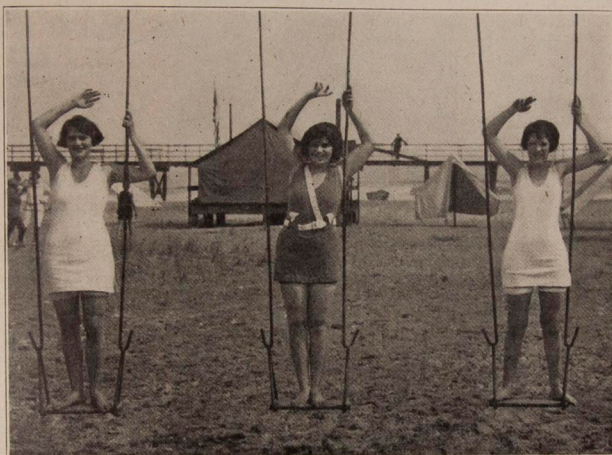
KNOWLEDGE THE KEY TO ALL ADVANCE

The voluntary conception problem is a national problem. The family is the unit of Society, and each family should be the best possible. Every child born into each family should be loved and desired before its conception. Its conception should be the outcome of love between its parents, and an intense desire to beget it. Absence of the knowledge as to how parenthood may be made voluntary results in a haphazard reproduction, and, yes, children of luck instead of children of love. Not only this, the love between husband and wife is not so possible while there is the constant fear of a child being born that may not be wanted. Knowledge is the key to all advance. Knowledge of the laws of voluntary conception is the key to a healthier, happier, more virile and advanced humanity.

BRAVO, U. S. IS WINNING

HEALTH and LIFE goes to press too early to comment on the results of the Olympic Games. To all appearances, however, it looks as if U. S. will come out on top. We certainly have the finest team of athletes ever sent across, and if we don't win,

(Continued on Page 314)



Atlantic AND THE SWING WENT A LITTLE BIT HIGHER These little darlings from Cincinnati, Ohio, were having a wonderful time at The World's Playground. The Atlantic City visitors were Joan Llewelyn, Marie Murphy and Lottie Denver.

The Junior Athlete

Conducted by Dr. M. N. Bunker

ZOWIE, it's hot!
This is what many of you are writing in your letters, but so far I have seen very few hot days this season. How many of you fellows have been going without your hats and caps this summer? Except under the direct rays of the sun on the hottest days you will find that being bare-headed gives you a feeling of coolness that is delightful. This is especially true if you have done as advised last month—had your hair cut short. It is only a month now until September, and school, and everything you do that will help you think more clearly, and cause you to feel better will be shown up in your studies later.

Many of you will, I am sure, be interested in the National Rifle Matches at Camp Perry, Ohio, beginning August 28, and ending September 6. These Junior Matches were inaugurated last year and proved popular, with something like 40 boys and girls participating. This year at least four times as many are expected. You can be one of them if you are a good shot, and you will find the time spent a splendid outing. Special rates are going to be available over the railroads, and your only expense at Camp Perry will be for what you eat. The Government provides tents, blankets, wash basins, etc. Camp Perry is located 60 miles west of Cleveland, and 30 miles east of Toledo, and has not only the finest rifle range in this country but also a dandy bathing beach.

During the Junior Matches a school of instruction in rifle shooting will be conducted, and be under the supervision of United States Senator Smith W. Brookhart of Iowa. Any fellow desiring instruction in rifle shooting can get it at this time.

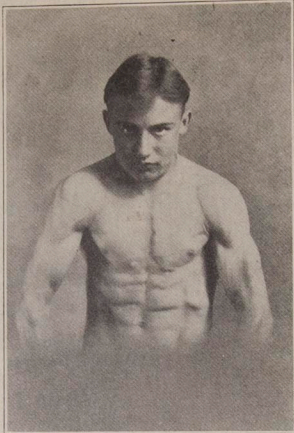
A great many of you fellows are interested in hunting and trapping, and if you wish to attend the matches you should act at once, getting in touch with your local rifle club or writing the Director of the Camp.

Now for some letters from real fellows. They are making themselves into champions and you will enjoy reading what they say. Let's go!

"I already belong to the I. A. L. but am going ahead just the same. I want to be a booster for this wonderful work of making every boy strong and healthy, and I have already been giving the exercises that I publish to three boys who do not have the money to subscribe. I also gave the physical director of our school some of them which he gives to the school. When I finish reading my magazine I pass it on to another boy who in turn reads it and carries the good work on, and I believe we have some new readers secured in just this way. I am trying to be a master of balance and so far I have succeeded. I can stand on my hands now, without any trouble at all. I am also very fond of swimming, and have been swimming many times this summer. I won the Merit Badge of the Boy Scouts for swimming, and Life saving, and also a Junior Life Saving Emblem and pin to go on my bathing suit. I almost forgot to tell you how during the Annual Boy Scout Basketball Tournament my training helped me to captain a team that won the Silver Loving Cup. "I was in the pink of condition and gave

the other boys exercises that I had been taking to build endurance and strength and also quickness and accuracy, and in the last game were called upon to use all these." This is part of a dandy letter from Joe Leith, Jr., who is making real headway in athletics. Don't let Joe get ahead of you on letter writing, but come on in.

Here comes a letter from Oregon that you will enjoy: "Every night before going to bed I exercise for at least thirty minutes—hard work. Sometimes in reading athletic magazines I learn of new exercises and if



A BUDDING ATHLETE AND GYMNAST

Milton Page, of Wausau, Wis., Warren E. Johnson, himself a HEALTH and LIFE Enthusiast, is training Milton Page, and writes that Page is also a HEALTH and LIFE Enthusiast. He spends most of his time out of doors, is an excellent diver and swimmer, winning points for his team at High School this year. Milton is only fifteen years of age, and is 4 feet 9½ inches in height. He can do the push up from the floor 41 times, abdominal sit ups from lying on floor 402 times, and chinning on high bar 21 times. He weighs 91 pounds, and is also a good sprinter. If he keeps on going he will arrive at Championship form before he's done, and you bet we're proud of him as a HEALTH and LIFE Enthusiast.



MORE HEALTH AND LIFE ENTHUSIASTS AT PLAY

On the left is Morris Bricker, who is eighteen years of age, but has some good muscles, and he is trimming them into shape. In the center is Sam Levin on the right, and Morris Bricker on the left, snapped while sparring around. In the right hand picture is Harry Cohen, Realizing the importance of good lung expansion, he is filling his chest with good fresh air. He has a long way to go before he resembles Earle Liederman, but he'll get there. He is only sixteen years of age yet.

they are good I add them to my 'string' of exercises. I have a small book in which I have copied all of the important exercises. I now have several pages of muscle building stunts. I have a good trapeze that I work on every day, and as a result my arms are increasing in size, and the muscles are growing hard as nails.

"Just completing my first year in High School, I did not have much of a chance to find out what I was good for, but went out for track and pole vaulting. One day in practice I vaulted nine feet but sprained my wrist badly when I came down. I also intend up vaulting until next season. I have given up going out for football when school starts. I am considered as one of the huskiest freshmen in school. When I graduate from high school I expect to enter some southern college where a person going in for athletics can train the year round. I am sixteen and extremely interested in all athletic events in school but I try to be a good student as well. I don't drink, smoke, or do anything that will injure me." This letter is from Grant Van Doren, and if he keeps on he will certainly be "going some" when he gets out of high school.

These two letters, fellows, fill all the space we have this month, for I want to tell you something about the I. A. L.

This is an organization founded for boys and girls, but especially for boys who are interested in athletics. There is only one requirement—that you try to build a strong, clean, healthy body, and that you try to get other fellows interested. At this time the League has an Advisory Board made up of some of the best physical directors in the country as well as business men who are interested in boys and their success. Plans are now in process to have Assistant State Physical Directors selected from among the boys themselves. Wouldn't you like to belong to such a League? If so write me now.

Commencing Training

This month we might just as well get started on training for football for even if school hasn't opened, the sooner you commence to get ready the better you will be when the time comes.

For this reason we will begin the first of a series of simple exercises which you can do at home, and which will prove very effective in keeping you in perfect trim. As your lungs are so important in getting speed as well as in keeping the body healthy, we will take a couple of lung stunts this month. Practice them daily for five or ten minutes and watch the results.

Exercise 1

This is in reality a "strong man" stunt, but which will prove very effective. (Continued on Page 321)

If You Had A Face Like a Monkey

you would try to change it. But just because you wear a pair of pants and a coat to cover the rest of your body you don't seem to care a rap what you look like from the neck down. Come on out of it fellows. Get wise. Don't you know you can't keep this up? It's only a few years and **ZOWIE** it's too late. Your body is clogging up with all kinds of poisons. The only way to get rid of these poisons is to drive them out. Exercise wears off the worthless tissue, the blood carries it to the surface and then you sweat them out through your pores. That's simple enough. But if you don't—your blood will absorb all this poison and soon you're nothing but a human wreck.

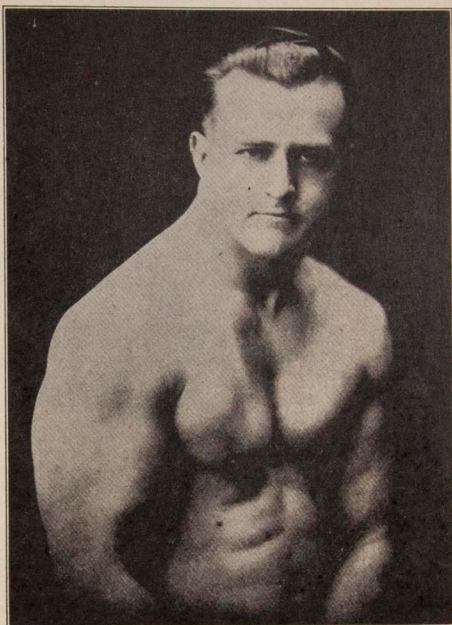
I Make Strong Men

No one likes to look at a narrow-shouldered, flat-chested dyspeptic. Such a man is no good to himself or anyone else. It's the strong, robust, energetic man who gets ahead. He is admired and sought after in both the business and social world. No matter where you find such a man, he is the whole works.

Come on then—snap into it. Right now—this minute. This is your day. This message was meant for you or you wouldn't be reading it. I'm all set and waiting for you, and oh boy! what I do to you will sure open your eyes. I'm going to push out that chest of yours, broaden your shoulders and put a pair of arms on you that will carry the kick of a mule. I'm going to build up your whole body with good, solid muscle. I'm going to strengthen every vital organ and shoot a quiver up your old spine that will make you feel like a jack rabbit.

I Can Do It

Just because a man is built like an ox doesn't mean he can show you how to be the same way. There are plenty of strong men today who couldn't tell you how they ever did it. I made my reputation teaching and building others. And my biggest achievements have been made during the past year—not ten years ago. My instructions are modern and up-to-date. When you come to me your success is assured. I don't promise strength—I guarantee it. Are you ready? Let's go.



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The Muscle Builder

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It will show you what I have done for others and what I guarantee to do for you. It contains forty-three full-page photographs of myself and some of my many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Just look at them now and you will marvel at their splendid physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. All I ask is 10 cents to cover the cost of wrapping and mailing and it is yours to keep. This will not obligate you at all but for the sake of your future health and happiness, do not put it off. Send today—right now before you turn this page.

Earle E. Liederman

Dept. 908, 305 Broadway - NEW YORK CITY

EARLE E. LIEDERMAN,
Dept. 908, 305 Broadway, New York City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me without obligation on my part whatever a copy of your latest book "Muscular Development".

Name

Street

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

(Please write or print plainly)

Health and Life Fellowship Notes

By the Secretary

Dear Friends:

This month I want to take up these notes in talking about a most remarkable book that has come into my possession. I believe that it was sent to HEALTH and LIFE office for review purposes. It is called "Around the World Without a Cent", and is by the Rev. Henry Spickler. The price of it is \$2.25, but no address is on the book. However, if any of you would like a copy, I've no doubt I could somehow get into touch with the publisher, and get a copy for you.

Mr. Spickler started his journey from Polo, Illinois, with just a push bicycle, a camera, a puncture outfit, and a great love of adventure, but no money. On his journey he earned little sums by working at every conceivable occupation.

Mr. Spickler makes no effort at literary style. In fact, his book is one long paragraph from beginning to end. But it just holds you enthralled with excitement as he passes from country to country, explains their customs, and gives his particular adventures. It was a brave journey, and by the time you get half way through the book you are following each word with an enthusiasm that makes you think you are taking the journey actually with the author.

It took Mr. Spickler three years to do his journey round the world, but when you get to the end of the book you wish it had taken him thirty, so that you could go on reading his adventures, and so be with him continuously.

There is one thing that stands out in Mr. Spickler's story telling, and that is his love for the healthy, the strong and the beautiful. He was a first class athlete in his college days, and it was his well-trained athletic body that enabled him to carry through the adventure with success. But he has something even greater than this; that is a mind that is capable of absorbing the good and the beautiful in all around him, and when you read his descriptions of the mountains and canyons you really do live every bit of it with him. And then at the end of the book you find out why he is such a likeable character; he is strong intellectually, physically, and morally. There were two paragraphs at the end of his book that impressed me so deeply that I decided to take up my notes this month by talking about his book, and to quote this page for you. Read them earnestly and carefully, just as he wrote it.

"I want to be physically and morally able to win the girl God has for me. My chances for doing this will be best if I live a true life. I have felt the indescribable thrill of 'falling in love', and I know there is no other joy or force so overwhelming, so commanding, so uplifting and so superior to the mere physical attraction on which it is based. Innocence in love is the most inexpressibly wonderful of all earthly joys. Since the course of true love does not seem to run smooth, I have been tempted, with all others, when the higher seemed unattainable, to accept the lower. But I have refused the

one, if I may not have the other, the higher. The girl and boy who steal their gains, for just lose infinitely more than they gain, for just lose that fine flower of modesty, substituted a tricky countenance of suspicion for the frank openness, takes much of the one of frank openness, and power from the voice, and sweetness and power from the vision, and weakens the imagination, reasoning and warps every sinew of life. It deprives of the supreme quality of leadership, intellectual and moral initiative, and brings the victim down to the level where desire for higher things becomes too weak to gain them. The most disgusting of all sinners is the libertine or adulterer. "Miracles of achievement are possible only to the pure. They can do the impossible, the right kind of man, seals him from temptation by lower desires. If he isn't the right kind of man and his love for her does not transform him with her as his only object of feminine affection, he is unworthy of her."

Very sincerely yours,
SECRETARY.

Where There Is Love

(Continued from Page 308)

Hard: I tell you it is on the doctor's advice I am getting married. I can't keep clear without some means; its in my blood—hot as the lava from a flaming volcano. Its all very well for you goody-goodies to say "resist" and all that nonsense, but when the passions are fired, there is but one course—satisfaction. I want to leave the old life, and this is the only way; and the doctor admits it.

George: The doctor said that six months must elapse first. Don't you realize, man?—If I had my way, you would never marry. You have forfeited your right to marry—

Hard (excitedly): Now look here, I don't want you to talk to me any more about this matter. Do you hear? I am responsible to myself, not to you. It is only our long friendship, that stops me throwing you out at that door.

George: You are responsible, you say, to yourself. Listen here. You are responsible to the World in such actions. You have no right to that girl. The state, the law, gives you right; but in the light of your conduct, of your condition; you have no right. I don't care for your threats; you know you dare not. Have you thought of the possible condition of your children?

Hard: Children? I'll have none; that's simple; and I don't care that (snaps his fingers) for your sentiments. Now just be quiet; for there's some one coming.

(Enter Gertrude's Father).

Father: Ha, Frank, my good man; you don't intend to be late. The girl's just coming down; and the guests have arrived; so put on your best expression, for you are looking blue. People would think you were going to your funeral, not your wedding. I'm glad you've invited your friend, Mr. Good-fellow. You're right welcome, Sir. (George bows).

(Enter Gertrude, Mother and Wedding Party).

George (aside): What can I do? I'll stop it! I must stop it! It is a sin, a sin against the poor infant, a sin against her parents, against the unborn, against all mankind.

Hard: Ah, my own petsy (Gertrude and Frank embrace and kiss.) Laugh, bright eyes, today your honeymoon begins.

George: I will stop it. (Shouts.) Ladies and Gentlemen; I have something most serious to say. This marriage is false, wrong, mad, a sin—(Several men take hold of him and eject him. Great consternation.)

Mother: Whatever's the matter? What has come over Mr. Goodfellow? He's mad, surely. Such behaviour!

Hard: Its his nerves; he suffers that way. He'll apologize tomorrow, poor chap.

Mother: Most extraordinary behaviour.

1st Gentleman (aside to Hardart): It's all right, Frank, they have bundled him into a taxi; and he's well out of it.

Hardart (aside): Thank goodness! (Aloud): Well, let us away; and make it a real, great wedding day. (They all lead out to light music.)

(Curtain).

(To be continued next month).

Sanitation First

Home Sewage Disposal. By W. A. Hardenbergh. 274 pp., 8vo., 82 illustrations. Cloth. J. B. Lippincott Co., Philadelphia.

HARDENBERGH'S HOME SEWAGE DISPOSAL is, as the author states in his preface, a handbook for use by health officers and health workers in the field. It fills a still more urgent need in providing a readable and yet authoritative manual of information for single homes, summer camps and other small units.

The need of scientific management of house wastes is forcibly presented in such chapters as "The Need for and the Results of Sanitation" and "Fishes and the Filth-Borne Diseases". The appeal to the intelligent inquirer is increased by a chapter on "Chemical and Bacteriological Processes during Sewage Treatment"; and constructive measures for community control are stimulated by an appendix containing model ordinances.

In this book Major Hardenbergh shows himself thoroughly conversant with rural conditions and has brought together in a helpful comparative way much of the valuable but scattered material prepared by various state health boards as well as the U. S. P. Health Service. The illustrations are clear and varied, and contain enough constructive details (working drawings, etc.) to aid the worker and to give him an idea not only of the cost but the work demanded by the methods suggested for the various situations.

It is the only general text available in this field, and we have already found it most valuable in our rural public health classes here at Teachers College.

JEAN BROADHURST, Ph. D.

Editorial

(Continued from Page 311)

well, then, the athletic status of the whole world has been raised by leaps and bounds. In a few instances U. S. might have added a few more points, if a little more wisdom had been used by the A. A. U. However, let us get ready to cheer our heroes when they return, because there is one thing sure, and that is that they are all working their darnedest for the honor of their great country. As I told you before, HEALTH and LIFE has its representative present at the Olympic Games, and his special article will appear in next month's issue.

The Realities of Marriage

If only those married or contemplating marriage faced the realities of marriage, there would be far fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!



"PSYCHE RECEIVES THE FIRST KISS OF LOVE"
A painting by Baron Gerard, exhibited in the Louvre, Paris.

It is every married person's right to have the knowledge that will secure ability to express love freely and beautifully; and it is also every child's right to be born of love. Therefore, it is essential that the laws governing conception be known thoroughly, so that love in marriage may continue and children be forthcoming as the voluntary fruition thereof.

"BEGINNING MARRIAGE"

By **BERNARD BERNARD** (Editor of "HEALTH AND LIFE")

Deals frankly and openly with the ideal conduct of marriage. It is indispensable to those who really want to know facts. It is a book for idealists and realists.

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THE ART OF COURTSHIP IN
MARRIAGE
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Artifices to Maintain Love

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Senator Henry Cabot Lodge, the intimate friend of Ex-President Roosevelt, writes to Warrington Dawson of this book:—"I read it last evening with very deep interest and enjoyed it thoroughly. I was glad to see how well you understood Colonel Roosevelt, and

that you had the comprehension which affection gives."

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President, The Editor of HEALTH AND LIFE.

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Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

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Using the Mind and the Soul

(Continued from Page 306)

can correct it; if all's well you can improve it.

Memory by Repetition

We can make ourselves remember a fact or a rule or anything else by making a conscious effort of memory in repeating it to ourselves a sufficient number of times. If we are observant and really try to retain as we read, twice or three should be enough. Otherwise two or three score of times will do. But even if we had to repeat it two or three hundred times, what is that, even as a matter of trouble, as compared with the nuisance of being constantly unable to recall a given name or number or condition to which we must frequently refer—or else just the spelling of a word in ordinary usage? I have no patience at all with the type of persons who say they "never" can spell such a word or "never" can remember" this, that, or the other. They are simply making up themselves a merit of a lax state of mind. They are like those who say comfortably that "a person can't change his nature" (nor can he if he talks that way), or those others who allege with a contented smile that "everything they eat goes to fat"—as if it were virtuous to let unselected food into a body whose functional balance is disturbed.

Don't overlook the basic condition, however, and effort the impulse upon the mind whatever you wish to remember. "The essential factor in memory is observation." If it's an object or a printed word or line or figure, you must observe it accurately. If you can't remember it accurately, if it's a verbal message, you must listen attentively to the exact words used or you can't repeat them with exactness. If it's an event or a condition, you must straighten out the facts for yourself, you must visualize them clearly and concretely, stripped of complications and impediments, or you can't carry away a perfect and unalterable mental picture. Don't generalize, don't approximate, don't interpret, don't even seek to explain prematurely. Generalizations, approximations, interpretations, explanations, have great value when applied to established facts, but they are the deadliest things in the world when substituted for facts. Indeed, they lead to most of the dissensions and quarrels and litigations among units and to most wars between nations. If everybody were accurate in observing and remembering and repeating, liars would disappear from society by the very force of things, because all evidence would be united against them.

Two examples will suffice.
Suppose you are traveling and have a reason for wanting to remember the precise time at which something happens. You must stop to ask yourself what the standard time is in that locality; then repeat to yourself that is 2:10 P. M., Eastern time, say, and you will remember it. But if you think vaguely that it's now 2:10 P. M. here, but would be such another time at home, you will not be sure, later, whether you reckoned the hour by Eastern time or by some other local time. An element of hesitancy has been allowed to creep into your mental operation, and having deflected your observation will blur your memory.

Again, supposing you must write tomorrow or next week Mrs. Simpkins to thank her for a present of oranges. What you want to remember is not that you must write to somebody, and not that you have something

to write about to Mrs. Simpkins, and not that you have a letter of thanks to write about oranges. Your first proposition should be your only proposition, and if you put it to yourself plainly and resolutely in that way and no other, you won't forget.

Observe, and Memory Takes Care of Itself

If, in a thing to be memorized, there is any aspect which vividly arouses the faculty of observation, then the memorizing almost takes care of itself. Mind you, I say "almost", for unless a slight effort is added, you may not be quite sure of your result. This then is memory in its most useful form. This then is memory in its most useful form. This then is memory in its most useful form, because it is lastingly engraved, and, carrying associations with it, is readily available. That question of association is important, though for remembering minor rather than major incidents. I once read a "memory" system by which you were taught to remember that Henry VIII had six wives by thinking of a hen with six chickens. Since I have been acquainted with hens having as few as one chicken or as many as eight, and some hens having no chicks at all, the system cannot help me. I know the number of King Henry's wives because I learned them properly at school. But by associating him with relations more natural to him than barnyard fowls, I am helped to put many events in their place. I associate him with the Field of the Cloth of Gold, and that led me to Francis I, and Charles V, and the Renaissance in Italy; I associate him with religious reform in England, and that helped to triangulate for me contemporary events in Germany, and Switzerland, and the Netherlands.

(To be continued.)

Vitaloxing Going Strong

The "Vitaloxing" system of Physical Culture is doing well. A recent letter from a pupil shows that this system will do all that is claimed of it if given a chance. Here is the letter:

Gentlemen:
You will learn by referring to your files that I began my training on "VITOLAXING" one month ago.

In regard to this system I wish to say that after thoroughly testing it out, and putting one month of enthusiastic work into these exercises, I am convinced that this is one of the best, if not the best, Courses of Physical Training available today. I can truthfully say that of the half dozen different systems that I have practiced for the last six years I have definitely decided that "VITOLAXING" holds more benefits for my particular needs than any other. Such being the case, it is my opinion that many another man who has experienced only failure and disappointment in the practice of other courses will find in "VITOLAXING" what he seeks.

I have been subject, for the last few years, to frequent bad headaches. Can happily state that I have not had a single one since beginning "VITOLAXING".

My tongue was heavily coated at the time of beginning my training with you; today it is clean, rosy, and of a healthful sweetness.

My digestive apparatus was on strike a large part of the time, and specialized in periodic upheavals that racked and distressed my whole system. Now I am rarely conscious of even possessing a stomach.

I have been underweight for years, and no amount of exercising ever enabled me to regain any of my lost weight. It is a fact, however, and a rather wonderful one to me, that I have gained just 2 pounds on one month of "VITOLAXING".

I find my constipation greatly improved, and do not doubt that in the course of a few more weeks I shall be able to eliminate it for good.

I have experienced quite an increase of Catarrhal discharges in the last few days, and am encouraged in the belief that I may, under your system of training, eventually cast it out of my system also.

Your grateful pupil,

(Signed) W. W. Fulcher.

THE BEST BOOK ON THE SUBJECT

"I have a copy of 'Correct and Corrective Eating.' I think it is about the best book on the subject that I have ever read. I have read several on the same subject, but after reading new ones I always get back to the same opinion. Bernard Bernard seems to know the subject thoroughly, and also knows how to explain it."

T. S. Caro, Fla.

MENTAL POWER

THE FIRST OF A SERIES OF BOOKS ON MENTAL POWER IS NOW READY. IT IS CALLED

The True Art and Practice of Auto-suggestion
By BERNARD BERNARD

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"I like your booklet on 'The True Art and Practice of Auto-Suggestion,' and, as a consequence, to control others. This is the greatest and richest country in the World. You can be enjoying its wonders and wealth if you only learn the secret of attaining that Mental Power that knows no defeat or master.

This wonderful book, "The True Art and Practice of Auto-Suggestion," by Bernard Bernard, Editor in Chief of HEALTH AND LIFE, will point the way towards the achievement of this remarkable Mental Power. It will tell you the innermost secrets of the mind, and reveal to you the laws which give powerful thinking.

Let me know when you get out the other series."—A. A. Miller, Atlanta, Ga.

What is most valuable in this book is that it is written clearly. There is no mysticism, and there are no meaningless phrases. Every word is pungent with rich thought, explanatory of some great law, which it is necessary to know in order to achieve success and mental perfection.

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The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, office expenses, paper, etc.

Name _____
 Address _____
 Married or Single _____ Occupation _____
 Age _____ Weight _____
 Height _____
 Complaint _____
 Duration of Complaint _____
 What exercise do you do? _____
 What do you eat for Breakfast? _____

 Lunch? _____

 Dinner? _____

(Please print plainly.)

On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor "HEALTH AND LIFE"
508 S. Dearborn Street, Chicago

Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

D. C. F.—Don't eat white bread. Eat only wholesome. Get much more fresh fruit and fresh garden vegetables into your diet. Get a copy of "Correct and Corrective Eating", and learn how to eat. Then you will have no need to fear appendicitis. Continue with exercises conscientiously. But, above all, eat correctly. Knock out parasites. Make your diet simple, and be sure and get plenty of fresh fruit and fresh vegetables. Your head condition suggests catarrh. This is due to your mixed-up diet. Exercise, eat right, and you'll soon forget your trouble.

M. E., BOSTON—Thanks exceedingly for your very kind remarks. Your best plan and would be to get circumcised. No, you are not too old for this. It is quite a minor operation, a local anaesthetic, and a few days care. Go to some reliable surgeon and ask his opinion of it.

A. F., CANADA—The former idea you mention is the one. Although it may seem incredible, control is obtained fairly easily by normal people. Diet, if properly used, though the continent communion may supersede the other as you suggest, but it need not necessarily do so. It is, as you say, a more advanced condition. I do not think that it is necessary for the body to be covered. It is developed with practice, and a normal functioning.

M. M., PA.—The treatment of your case requires very radical elimination. For some time you must take out all proteins and starches from your diet, eating only fresh fruit, fresh vegetable salads, and fresh vegetable stews and soups. Lemon juice and orange juice are good for you. For complete instructions regarding a case like yours it would be best for you to get a copy of "Eating to Correct Ill-Health", and follow the diets there given in detail. At the end of a month or two go to a doctor, and have an examination made to see what has become of the gall stones. From your letter I see no reason why they should not be entirely gone. This radical eating is really the only way to enable Nature to get rid of the poisons which have accumulated in your system, and which are giving evidence of their presence in the form of gall stones. Your diet at the moment is very badly combined, and "Correct and Corrective Eating" will explain to you. You are mixing your starches and proteins at the same meal, and do not get nearly enough fresh fruit and fresh vegetable foods even for the normal person.

H. B., TEX.—Yours is evidently a case of very persistent mal-functioning of the skin. It is due to the fact that the pores themselves become choked with small lodged particles of dirt that are not thrown off sufficiently actively by the skin and stay there, forming the boils. Sponge the whole of the body twice a day, necessarily with hot water, and followed by brisk toweling so as really to clean the pores of the body. Massage occasionally with a little Nujol will help considerably. Do not use too much of the liquid, only sufficient to assist the massage by keeping the hand and skin soft. The coating of your tongue shows that an amount of poison is being thrown off from your body, and that the skin has also too much work in the way of taking it out, and this it is not active enough to perform, hence the accumulation of the dirt in the pores. There are one or two little points about your diet that need attention, though it is well planned on the whole. At your starch meal you appear to be taking more than one form of starch. Take only one form at the meal at which starch is the basis—wholemeal bread, or potatoes, or bran, not all three. Include more variety of fresh garden vegetables in your diet, more spinach, onions, and other green vegetables. Also, you need a good form of protein food occasionally. Have one meal a day at which protein food is the basis; at this meal take eggs, or nuts, or fish, if you like it, occasionally, one form of protein only at the one meal, and take also fresh fruit and fresh vegetables, plenty of them.

DR. M., CALIF.—I appreciate your kind remarks regarding my work, and am pleased to have been able to help you with your

trouble. The all fruit and vegetable diet appears to be doing you a deal of good. You should persevere with it until all the symptoms of which you complain have disappeared. I hope you are including plenty of fresh vegetable soups and stews in your diet. They will help you so considerably, freely while you are taking this eliminative diet. Even if they appear to be acting well, it would be good for you to take an enema at least once a day, and a hot bath occasionally, to encourage perspiration, a valuable means of elimination. Fresh vegetable soup will help the kidneys in their work of elimination. Your first consideration is to get all the organs of elimination into a high state of efficiency, so that your body can throw off the poisons which have been at the root of your trouble. "Eating to Correct Ill-Health" would be very helpful and interesting to you, as there are given full and exact details as to the course of elimination you are giving yourself when you return to normal diet, eat strictly in accordance with the principles of food combination as explained in "Correct and Corrective Eating", in order to avoid any return of your trouble, and the extremely catarrhal condition which is the cause of your trouble. (MRS.) A. CAN.—I understand your position and appreciate your feelings with regard to same. Make the best of things, and prepare yourself to go through it, and do your very best you can. You owe it to yourself, and what is more important still, to the child that is to be. If you do not do anything, you would not succeed, and would be liable to harm yourself, and it, very considerably. You would be making you, and would gain nothing in the end. From what you say with regard to your diet, I can see that you are eating very badly, and that will not help you to get through the ordeal as well as you might. You should get a copy of "Correct and Corrective Eating", and learn from there how to combine your foods so as to get from them the maximum of nourishment without allowing them to poison your blood. It is very doubtful, I should think, if you combine them as you are doing at the moment. For instance, your starch food should not be taken at the same meal as your protein food, as you should not be taking so much starch as you are doing, and you require much more fresh fruit and fresh vegetable with it.

M. W., ILL.—It just takes time for the two of you to become adapted to each other. I describe a course in "Eating to Correct Ill-Health" that prevented normal functioning. For some time this may be the case, but it is chiefly a matter of learning control. Read "A Course in Marital Conduct", \$2.75, published by HEALTH and LIFE Publications. If you follow the details outlined therein, and get to them at the earliest convenience, it ought not to take very long before you function normally, and in any case you can be very sure that parenthood is possible to you.

(MRS.) J. N. L., COLO.—It was indeed unfortunate for you, in regard to the vaccination. It is evident from what you say that the poison has got into the whole system, and that the various functions of the body are retarded in consequence. I feel sure, however, that if you persevere with the good treatment you are giving to your little girl that your patience will finally be rewarded. The thing is to eliminate those poisons which are hindering the efficient functioning, and at the same time to give sufficient nourishment to the body. Continue with the orange juice, and the vegetable soup. In fact, make her staple diet of orange juice and of soup made from all fresh garden vegetables obtainable (not including potatoes, as these are starch). In addition, give her a spoonful of junket. If you find that one spoonful agrees with her, the next day you can make two spoonfuls and so on. She really needs the strength that she can get from this food, if only you can get the organs strong her cereals, or starches of any kind, for the time being. Just concentrate on the fresh vegetables, etc. The pyelitis is due to the fact that the kidneys have tried to get rid of the impurities in the system, and so have been overworked. This condition will improve. This is also the body generally to improve. This is also the body generally to improve. This is also the body generally to improve.

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With the Men of Iron

(Continued from Page 305)

Himself Challenges Johnson

The Editor of HEALTH and LIFE,

Dear Sir:

It has been my pleasure to lift on the same occasions as some of Mr. Johnson's record performances, which were all done under regular official ruling. I can say that all his feats are genuine, and I am convinced that we never saw Mr. Jowett extended, as he always seemed to do his feats within his powers.

Mr. Jowett has positive proof of his abilities. I am much lighter than Johnson, and would like the opportunity to meet him in a contest, and let him prove himself, as I have so often seen Geo. F. Jowett prove his powers.

Jowett is beyond doubt the best friend of the athlete after Johnson, and when anyone throws mud at him, they throw it at the game's best friend.

In conclusion let me repeat that there is no doubt, and never will be, that Mr. Jowett could lift, as he proved himself on the scales of justice, and was never found wanting.

Sincerely yours,

JOHN CHILE,
Erie, Pa.

Less Backbiting

Dear Mr. Bernard:

In the June issue of HEALTH and LIFE Mr. Joe Johnson of Muskegon, Mich., has made an assertion that I fear will be very difficult for him to prove. The statement to which I refer is this: that George F. Jowett has claimed a Two-Hands Continental Jerk of 310 pounds, but (according to Mr. Johnson) has never actually accomplished more than 286 pounds.

I have known Mr. Jowett for some time, and can therefore state that Joe Johnson is all wrong, and made the above statement after a good deal of reflection. Mr. Jowett has loads of evidence to substantiate his claims, so, as I said before, Mr. Johnson's assertion has been full in attempting to "expose" a man who is an honor to the Iron Game.

Yours for less backbiting,

DAVID P. WILLOUGHBY,
National A. U. Olympic Champion
Weightlifter, Los Angeles, Calif.

De Pew Defends

The Editor, HEALTH and LIFE Magazine.

Dear Sir:

I, as an active member of the American Continental Weightlifters Association, vigorously protest against Johnson's unwarranted aspersions towards Mr. Jowett.

I consider it my duty to uphold one who has material proof that he was the first man on this Continent, and, as far as I know, the first man officially recognized, to lift double his own body weight, lifting 310 pounds, Two-Hands Continental Jerk, on Victoria Day, May 24th, 1920, at South Mountain, Ontario (his own weight being 154 pounds), which was well within his capacity.

I for one can personally testify to his lifting ability, and I challenge anyone at any time, to submit incontrovertible proof that he claimed more than he officially performed.

Why does Mr. Johnson so carefully refrain from referring to the name, date, date, etc., of this "Strength" Magazine, of which, by the way, I have a complete file, from the date of its inception, and including the current number?

Please permit me to inquire of you, Mr. Editor, just why does Mr. Johnson, at this very late date, bring a pupil of Mr. Jowett for so long a time, select this one lift above all others, when there is a still greater one, and one of pure strength, a Two-Hands Military Press of 230 pounds, which was made officially, at a much later period, and also for which he still can show tangible proof.

Personally I have seen Mr. Jowett do over 290 pounds, Two Hands Continental Jerk at different times.

I earnestly request of you, in all kindness and fairness, solely for the purpose of this great cause, to publish this defense of Mr. Jowett. We must at all times utilize the Titanic force of publicity.

WM. HENRY DE PEW,
Bittsburg, Pa.

Has Seen Certificate

Dear Sir: Mr. Johnson always claimed he owed so much to Mr. Jowett, and knowing him so well it is strange that he never questioned...

E. G. ALEXANDER, Pittsburgh, Pa.

Walsh Waxen Wrath

To the Editor: The old story of the ages—the crucifixion of a leader by the untutored masses, or by an individual, is exemplified par excellence in your Magazine...

W. J. WALSH, Newark, N. Y.

Dennis Indignant

Dear Mr. Bernard: Anthony Pellicciotti, my partner in our health-reviving and strong man act, and I have been George Jowett lift, and we know that Mr. Jowett can toy with weights that the only way Mr. Johnson could lift would be a dead lift...

FRANK DENNIS, Birdsboro, Pa.

Anthony Answers

Dear Mr. Bernard: I was surprised when I read Mr. Johnson's letter in HEALTH and LIFE. Mr. Dennis and the writer saw Mr. Jowett lift, as also did a few others whose names I withhold...

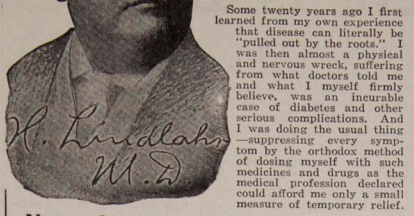
ANTHONY PELLICCIOTTI, Birdsboro, Pa.

THE RECORD FOR THE TEETHLIFT

Dear Mr. Bernard: I am a reader of HEALTH and LIFE and of physical culture magazines, being a pupil of Earle E. Liederman. In your June issue of HEALTH and LIFE you ask for Mr. Pradier, who held the championship in the teeth lift...

PAUL J. YAGER.

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"Had I Only Known"

(Continued from Page 304)

truth reveals itself—urges them to seek help for their helpless selves. I know this to be a fact, because of the swift change in tone of the letters I receive from those who have appealed to me.

Most of the initial letters received writing the heart with their revelation of the pathetic struggle which has been going on between the restraining force of shame and words of encouragement. Yet a few statements of a few facts, a little rational argument, and shame and despair leave the victim realize that he is not so much a moral criminal as others would have denounced him to be, if they had known of his weakness; he learns that, even if his courage to appeal for help was born of despair, still, virtue which does not flourish in the barren soil of immoral cowardice. Hope, faith and courage work such wonders that the sense of relief at rescue from the clutches of what has been a terrible nightmare encourages the belief that a miracle has been wrought. Such is the variable result of the enlightenment which comes with a little real help, which, but for our misguided forefathers, would have been an open book for the young of to-day to read.

I say, therefore, to all those to whom my words have a direct appeal: You are not damned body and soul, because you are plagued with a habit which you feel has obtained an invincible mastery over you; you are not to accept blame beyond that for imprudence which was doubtless the result of ignorance, and possibly of innocence. If you have striven to overcome your weakness by force of will, and have failed, do not conceive the idea that resistance to the habit is only to be achieved by mental effort. If this is not strong enough, it argues that the nerves, the slaves of the will, cannot perform their office—that the nervous system is in such a state of debility that the mind has been deprived of its power to control the body. With the restoration of health to the nervous system, which can be effected by a judicious course of diet, exercise and other hygienic measures, the mind will not only be reinvigorated, but with the consequent increased and well regulated supply of nerve force, the servants of the mind, the nerves, will resume their functions, and the mind will regain its authority over the body. Victory over this habit will thus appear as easy as before it seemed impossible of attainment.

A Mother's Love

It is a hard battle we have to fight if we wish to break down the wall of prejudice which stands between civilization and the light of knowledge of sex matters. Of my years, books by the score have appeared on the subject, and it would seem that a few breaches in the wall have been made. But the average attitude of mind is so strongly entrenched behind the wall of prejudice that we must bring more to bear against it than mere argument, if we wish to make any real impression.

There is another force to which we can appeal—and that is, to the love of parents for their children. Let me place before all parents who read the following pathetic incident of a mother's love for her son. Here, indeed, is a noble instance of love conquering prejudice.—The letters reproduced below, and try to imagine what the mother's feelings must have been before she made up her mind to write to me—how the false ideas installed by inherited and bred prejudice crumbled before the growing intensity of love for her son. The struggle that must have taken place is evident in the tone of her first letter to me. Note the agony of it, and contrast it with the joyful final letter:—

"Dear Sir,—Forgive the liberty I, a poor woman, now take in writing to you upon such a subject, but the truth is I do want your advice and help. I want you to advise me concerning my boy. I am sorry to say I have found out he is a slave to his passions. On morning last week, I just took him in my arms, as a mother should do, and asked him to tell me what was troubling him so, and making him ill. I heard him sigh so many times, and even heard him fret. He completely broke in his sleep he frets. He completely broke down, and told me all. Poor boy! He begs me to turn from him in disgust. He asks what agony he has gone through! I tried

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to comfort him, and I want you to help me give him back his health and rest, as he has been looking dreadfully ill now for a long time. He works under terrible conditions among men who really should utter such trash as the boy listens to. Believe me, the boy is broken-hearted, and will do anything to better his health. Do, will you send back word as soon as you possibly can! Health and cleanliness are the sweetest gifts a man can have. The boy says: "Oh, mother, if I could only be a clean-minded lad again to have comfort; my life is a hell!" I at once replied to this pitiful appeal, instructing this good mother to encourage her boy to write to me himself, and tell me frankly everything he could about his case and himself. This the boy did, and following my instructions, he was soon in possession of his manhood again. I conclude from the final letters received from the boy that from his mother. They are more eloquent than anything I could write:—

"Dear Sir,—I am indeed fit and well, and propose joining a good sporting club, and I feel life is worth living. I shall never forget your kindness to me. My mother now seems to be so happy now that she sees an interest in games. I am going to join a football club next season, so you can tell for yourself what great progress I have made."

The Mother's Thanks

"Dear Sir,—I wish to thank you for your kindness to my boy. He seems a different being. Oh, how different now! Always bright and full of life; so much so that he has hardly time to rest his food; his mind on sport, football, boxing and club-swimming. I cannot thank you enough, for you can understand my feelings. I have been. Now, thank God, it seems like an unpleasant dream that has passed away. If only all mothers knew, it would save their boys very much misery. One cannot help but notice what surprising ignorance there is in sexual matters. Why cannot they teach in the school how wonderfully made we humans are?"

I need hardly add that I was very touched when I received this letter. I would like to draw the attention of all concerned in the education of children to the question in this mother's letter:—

"Why cannot they teach in the school how wonderfully made we humans are?"

The Junior Athlete

(Continued from Page 312)

tive as a developer, provided you already have some foundation. Deflate your lungs until it seems that you have no air left in them. Then slowly inhale, filling the lungs full, deflate and repeat several times. Then take a reasonably stout leather strap, wide enough that it will not be uncomfortable, and buckle it tightly about your chest, well up under the arms. Draw it tight with your chest deflated, and then slowly inhale, at the same time expanding the muscles across your shoulders. You will be able to break the strap. This is impressive, and you can cause a great deal of favorable comment among your friends if you practice it until you can do it every time.

Exercise 2

This will help to get your lungs ready to perform Number One. Clasp the hands back of the head, throwing your elbows well back; throw back your head, purse your lips as though about to whistle, and draw in the breath sharply until the lungs are filled to capacity. Inhale through the mouth, close the lips and exhale through the nostrils. Repeat this a dozen times once or twice a day, and you will find that you show improvement. Then keep it up.

Write me a post card, a letter or something today—not tomorrow—but today while you are thinking about it. Simply address it Dearborn St., Chicago, Ill., and to H. E. Lahn. I want to hear from every fellow who reads this page, for next month we will be ready to have a real pep, pictures, and letters and all. Come on all you fellows. Last month we had letters from Montana and Virginia, and this month from Oregon, and Alabama, so keep them coming. Tell your chums, take HEALTH and LIFE and show it to your baseball team, and if possible interest them. It would be great to have a whole team made up of Junior HEALTH and LIFEERS, wouldn't it? Why not? If you will get such a team I'll publish your pictures.

WHAT IS SIN?

Two Chicago young men have committed an atrocious crime. From the trickeries of morbid philosophers, and also by the apparently common sense of brilliant thinkers, they had come to the conclusion that what is ordinarily termed crime can be looked upon as neither sin nor virtue if they so philosophize about it long enough. Thus, they lost their moral sense and standard, having nothing left to guide their conduct. This resulted in loss of character, and finally the committing what is probably the most atrocious crime on record.

What we need more than anything else today is to understand exactly what we mean by sin, how a sin can be manufactured from virtue and glorified until it becomes a vice. Thus today the unconventional or irregular virtues are looked upon as sins, whereas that which is really harmful to the individual and to society is glorified into popularity.

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"The Sin" is labeled on the fly leaf as an "Allegory of Truth", but that doesn't tell much. It is really a keen satire, but genial, withal. It packs many morals in its brief space and its pages are crowded with subtle ridicule of the artificialities of morality and customs and laws. All this is read between the lines.

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People do not get ill only through overeating. They get ill through overeating certain classes

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Gymnastics on the Bathing Beach

(Continued from Page 302)

easy to maintain it if you keep your body stiff. Follow the back, and contract the muscles of the back. The Hand Stand is a trick that ought to be learned to get real. Sometimes you may try for a long time and not accomplish it; but suddenly there will come a time when you master it, and then you can have some rest.

The One Arm Planche
From a Shoulder Stand, or any sort of balance, you can lower the body into a One Arm Planche. This is done by lowering the body over the side, as you see it being done in the lower picture, page 302. The body there rests on the right elbow. From the away and held straight in front. When you can do that trick you can say that you are a gymnast. It merely requires practice and a little strength. The more attempts you make the sooner will you develop the strength to do it.

Do not think that in this, as in the other exercises, the contraction or control of the muscles of the body is a most important factor. If your body is all loose and held anyhow you can't do this exercise.

The Back Planche

The Roman Rings offer splendid exercise. All kinds of swinging movements are good, and they bring out the Latissimus Dorsi muscles as well as develop and keep in condition the abdominal muscles.

Illustrated on page 303 is the Back Planche. To obtain this you lower your body from a vertical position to that illustrated. The main secret of holding this Planche is to contract the Latissimus Dorsi muscles and grip these with the sides of your arms. I have explained this to several budding gymnasts who had never been able to do this Planche before. But once they grasped the secret they were able to do it. However, the Back Planche is a real test of your strength, and if you want to show your chums an exercise that, ten to one, they can't do, here is an opportunity.

Horizontal Bar Exercises

The high bar or horizontal bar offers magnificent exercise, especially if the exercises are performed correctly. If they are done roughly they are of their benefit. Horizontal bar exercises are especially good for the abdominal muscles. You can't do much on the high bar unless you have your abdominal muscles in good condition. In the Hang Position just circle the bar. If your abdominal muscles are strong you can do it; if they are flabby and weak you can't. Then come to the Front Rest, as illustrated in the lower picture on page 303. From there you can do Front Circles, Back Circles, Upstarts and all manner of movements that will give you all the exercise you want, and it won't take long to make you feel that you've had enough for the day.

On another occasion I want to explain in detail a few more gymnastic exercises. I know that there are many gymnastic enthusiasts amongst you, and you will appreciate knowing a few inside tricks I shall be able to tell you.

"The Culture of the Abdomen"

(Continued from Page 301)

operation, golf as exercise, abdominal control, eating and evacuation, rules of exercise, are all dealt with by Mr. Hornbrook. But of course the star feature of his excellent book is the system of exercises for the culture of the abdomen.

The two exercises I am illustrating from the book on page 301 will give you a little idea of the value of this book, and certainly every individual with a tendency to obesity or constipation would do well to practice these exercises, and follow the other exercises and instructions in Mr. Hornbrook's book.

The Hammock Swing

"Place a folded blanket on the floor. Lie flat on back on the blanket. Bend both knees, soles of feet on the floor; feet about 12 inches apart. It is advisable for a stout person to put a small pillow under the head (not under the shoulders) to prevent the head from tilting to the head. Place both hands flat on the floor. Now raise the hips from the floor.

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about 5 or 6 inches. The body-weight will then rest on the head, the shoulders, and the feet. Vigorously swing the body from side to side, keeping the shoulders flat on the floor, so as to throw each hip upwards alternately.

Repeat 20 times—10 each side. Lower hips to floor. Rest for three seconds.

This constitutes one complete cycle. Raise again, and continue six cycles of 20 beats each; that is, 120 swings with six rests.

This exercise from beginning to end will take about 1½ minutes in all. At first it is best to make each of the cycles consist of six beats, and gradually work up to 20 beats to each movement. With practice the beats will naturally be done more rapidly.

Don't hold the breath.
Rest between each cycle.

Tensing and Retracting

Position as in Exercise I. Place both hands under the small of back, palms downwards. Simultaneously raise the head and shoulders and the legs, keeping the knees stiff, and the feet coming up about 12 inches from the floor. The body is balanced on buttocks and hands—the hands being placed backwards or forwards so as to regulate balance. Try to bring head and feet as near together as possible, without jerking and without bending knees, until complete contraction of the abdominal muscles is obtained, then lower shoulders and feet simultaneously to the floor, keeping the knees stiff on the downward movement. When body and feet resting on the floor retract the abdomen fully.

Swimming to Health and Happiness

(Continued from Page 297)

dition into which she was introduced to the Dayton, Ohio, Y. W. C. A. swimming pool. From the very day she took her first dip in that splendid pool, I have noticed a steady improvement in her whole physical make-up, until today I am happy to say, that physicians pronounce her about 100 per cent perfect physically, not only as to body measurements, but vital organs as well. I wish to add here that the only occasion she has had to visit a physician since she started swimming has been to have a general physical examination to ascertain whether the heart or any vital part of the machine had suffered from the strain of several hard races.

On each of the mentioned visitations the verdict has been "perfect condition."

Paddled About at Every Opportunity

During that first year as a junior member of the Y. W. C. A., she swam, or rather paddled about at every opportunity and just rocks in the water added quite an appreciable number of pounds to her wasted little frame. Then she started in earnest to learn to swim and by the end of the second year succeeded in being placed on a young girls' relay team. Then came the day of the race. Marie's team won. I am quite sure she will never forget it. Think of it, skinny Marie Curtis, "the string bean", being publicly greeted with a gold paper seal pasted on a neat little piece of cardboard. You can well imagine she still has that little trophy, and prizes it more than almost any medal or cup she possesses.

After this she settled down to real systematic training under my own personal direction. There was very little competition for girls at this time and it was not until we had moved to Detroit, Michigan, a few years later, that she had an opportunity to compete in a real race. This was the City of Detroit 100-yard A. A. U. Championship. This she won, and incidentally lowered the existing record by 12 seconds. She was now swimming under the colors of Northern High School, Detroit. This race brought her a great deal of publicity mainly on account of the fact that nobody had ever heard of Marie Curtis, and she was styled the new swimming sensation, etc.

A Bundle of Championships Marie Has Won

I will not go into the many races she has engaged in during the past five years, but will mention a few of the more important championships won as a member of the Detroit Athletic Club and Los Angeles Athletic Club 1918; Central A. A. U. one-mile classic; 1919-20, Michigan State All Round Championship; 1920, National A. A. U. one-half-mile championship; 1920, National A. A. U.



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2358 Lincoln Ave., Chicago, Ill.

life and vitality in it, not the fancy, delicate kinds.

A Healthy Man Instinctively Likes Good Food

It will be seen then, that he instinctively likes and craves these foods that are beneficial, muscle producing, health building. There is actual nourishment in every bit of food he eats. No French pastry, no fairies food, no "cheap" foods. Mr. Atlas very, very seldom eats candies. If he finds it convenient to get home for his evening meal he always has a Horlick's malted milk, requesting the soda fountain clerk "to make up heavy on the malted". Dropped in this is a couple of eggs. And that sure is a meal. It's like a pudding and when that's in your stomach you know you've got something there, and you can count on it sustaining you for several hours afterwards.

Mr. Atlas was telling me one day of an Italian strong man he knew who ate for breakfast every morning six pounds of spaghetti, and for dinner four pounds of steak, but this man weighed almost 250 pounds, while Mr. Atlas tips the scales at 180.

Another Russian or Polish strong man (forget which, but it doesn't matter) used to get ten pounds of beef and boil it and eat it until the meat just fell apart and practically nothing was left except the goodness in the juice, and this he would take like beef-tea.

All these strong men eat, and eat well. They've got to. You can't get energy and strength by living on a glass of water and a split pea. Muscles and muscular tissue must come from somewhere. They don't come merely by exercise. We are what we eat, and you will observe that these strong men select good nourishing foods naturally. Few of them study dietetics. They eat what they like, but this "what they like" is very beneficial. And they eat enough. If you want to grow big and strong and muscular it is essential that you get sufficient food. Don't stint yourself—EAT and enjoy what you eat. This does not mean formalize, no one advocates that, but don't pick and fiddle with your foods—EAT them.

Proper Mastication Is Half the Delight of Eating

Another important consideration is the vital fact of proper mastication. Mr. Atlas always takes plenty of time over his meals. Eating is a delightful experience with him, and so it should be for everyone. Chew your food well before swallowing it. Get all the goodness, all the taste, the delicious flavor from your foods before sending them down to the stomach. Eat slowly and don't let the stomach do what the teeth were provided for, or you tax the digestive system until it wears out and finally breaks down. Just when you can least afford it. The most vital part of an automobile is its engine, one of the most vital parts of you is your stomach and digestive system. It is the "human engine", so feed it with the right sort of fuel, then it'll function properly. You cannot expect your auto to run by throwing mud and grit into the engine, and that, remember, is made of steel and can stand a certain amount of abuse. But your bodily engine is made of delicate, living tissue and must be treated with due care and respect. There's a reason for Charles Atlas' great strength and perfect development. It comes largely from eating right foods. Don't abuse your stomach if you are searching for health and strength.

While the diet that Mr. Atlas eats daily cannot be adapted to everybody, the average young man seeking strength and great muscular development can profit by it. Thousands of his pupils have gained health and strength by observing these dietetic instructions. As for myself, I know they work, for I have been living and eating with Mr. Atlas for almost two years, and when I knew him I weighed 123 pounds. Today I weigh 155 pounds, and this is all hard, solid, muscular flesh. I'm still gaining and growing more and more muscular and healthy.

Many business men have paid Mr. Atlas as much as \$5 to as high as \$30 just to have lunch together, so that, by seeing him eat, they can be encouraged and induced to eat a man's sized meal. Don't pamper yourself, don't baby your stomach with all kinds of junk, eat normally and heartily of good, wholesome, nourishing foods and you will find it will go a long way towards keeping you healthy. Most diseases originate in the stomach and by observing the advice here, more than relying upon the instructions of mere theorists you can avoid a lot of trouble and enjoy the radiant health and great strength of a strong man.

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Let Us Help You

No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvelously quick; thoroughly reliable.

Not a Substitute

Tobacco Redeemer contains no habit-forming drugs of any kind. It is in no sense a substitute for tobacco. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It makes not a particle of difference how long you have been using tobacco, how much you use or in what form you use it—whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff, Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This is absolutely guaranteed in every case or money refunded.

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Adjust Your Own Spine. Cures Constipation and Indigestion

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Do you wish to live as long as you desire?

Do you wish to perpetuate mature manhood?

Are you aware that man may live as long a time as he wishes?

Are you aware that the ravages of time may be defied?

Are you aware that man may generate a healthy body CONTINUALLY?

A complete course of instruction in the art of INDEFINITE LIVING is now available. NO OPERATIONS—NO DRUGS. A clear, concise set of lessons by following which men and women who are capable may continue to live INDEFINITELY.

You May HAVE THIS CAPACITY

It is an art that is taught and learned just as one learns music or sculpture. Not everyone has the capacity for music. Not everyone has the genius to learn to

Live Indefinitely

If you want to be immune from OLD AGE.

If you are "well on" and want to arrest decay and return to maturity, get my questionnaire. Answer the questions faithfully, I will tell you frankly if you have the ability to learn the art of living the

Indefinite Life

This is no child's play, but a serious undertaking. I want only sincere determined pupils who see some vision of the SUPERMAN. Years don't count. The instruction leads you to a point where you say I AM MASTER OF MY FATE.

Write for Questionnaire

Charles Ferris

Box 326

Victoria, B. C., Canada

Health in Marriage Depends Upon Love Life

(Continued from Page 299)

could not be a member of any clubs for promotion of outdoor sports or indoor athletics. He is also accused and abused as aspiring for the admiration of other women (every woman except a limited few of her friends are "cats" to her) and there never was a man more true to his mate.

With all his vitality, amiability, and determination to live up to acknowledged ideals, he has never acquired financial success.

He confessed to me that his falling health is due to his incompatible marriage, and that the incompatibility was due to his not having inherited an ardent sex nature, which seems to be the allurements womankind find in men. In other words, she still feels the influence left in her blood from her mother of the stone age, who worshipped their mate who conquered his rivals by brute physical superiority and his woman by his strong sex nature; for my aunt taunts uncle by telling him she was even cheated in her mate lacking sexual development and a ruthless sex nature; which prompts uncle to confess to me that Nature's method of permitting the survival of the fittest is best, and that he has no regrets that he is childless at the end of his life.

The opposite contrast is the story of a young man who died six years ago at the age of 32, leaving a young wife, physically wrecked, one legitimate child and the number of illegitimate offspring unknown; he had unlimited money, was a drinker and a rake among women, infected his wife with venereal diseases and died himself from his excesses, but was a lion among his women acquaintances of all classes; and his disilluminated wife, the cultured daughter of an U. S. Senator still is inconsolable over the loss of her mate.

My own experience is taking definite shape after that of my uncle, but beginning early in the wedded life due to my wife falling under the influence of my aunt and an older woman in whom she believes implicitly; unfortunately this older woman, now nearly 70, left a widow at about 35 with two sons, bitter against all men because she was disappointed in her husband and her wealthy father-in-law who, undoubtedly because of her sharp tongue, withheld financial assistance until his estate was inherited by the grandsons upon reaching maturity.

Those of us who seek for high ideals cannot but be forcibly impressed with the great educational work you and others are carrying on to enlighten the coming generations on the very vital importance of healthy sex development along with healthy vigorous bodies, and the vital bearing of an intelligent understanding of sex relations upon the contentment, happiness and success of those who aspire to mate. Healthy, virile, well developed males are essential, but I would seem the female in her girlhood should not only have the care and attention necessary to develop a robust, healthy constitution and a clear understanding of the part she takes in the reproduction of the species, but even more essential that she might be trained to comprehend how and what bearing her sexual nature has upon her own contentment and happiness as an individual and a wife, as well as the mother of posterity. Your books in a way convey this knowledge to those who understand and who can be induced to study them with an open mind seeking for truth; but I believe unfortunately they do not as yet reach the hands of those by whom the greatest benefits to the larger number might be realized.

Yours sincerely,

Not only health but success in life depends upon a satisfactory and happy love life in marriage. Most of the difficulties and trials of my correspondent and his friends would have been avoided if their love life had been normal and all that it ought to be.

In these particular cases, however, the importance of knowledge for women is brought out. The marriage relationship must hold more for a woman than just partnership with some man. This must merely be an adjunct to the great impulse for motherhood, but a motherhood which is the outcome of voluntary parenthood. Although on the surface it appears to have very little to do with these cases,

the fact remains that where the possibilities of voluntary parenthood are understood, where the fear of unwanted children has been eliminated, the desire for motherhood becomes intense. But it brings with it also an intense love and tenderness for the father of those children.

As I have so frequently tried to point out, the best parenthood depends not merely on the conduct towards the child, but on the parents' conduct towards each other. If they love each other wholeheartedly, understanding at all times, appreciating the difficulties of each other, believing in each other, and able to respond affectionately as love dictates, bearing children only when both husband and wife ardently desire them, family life becomes the uplifting unit of society which it is supposed to be.

Where there is not this understanding or sympathy between husband and wife there cannot be a love life in the true sense of the term. There can be a relationship which has but the semblance of love, but the general partnership is one of convenience, and, as in the cases above, health often breaks down, failure in social and business life follows. The remedy is, as my correspondent states, knowledge, and knowledge coupled with an idealism that will render love the dominant factor in the marriage relationship, making life one long sweet dream of happiness and contentment. Following this, the realization of ambition, of the dreams of youth, of life, and of love.

Knowledge Everybody Should Have

(Continued from Page 303)

The Worry and Strain of Illicit Indulgence.

Disease is not the only penalty of irregular living that is paid in terms of damage to the human system. The man may pay the penalty of the court room if his indiscretions in the publicity of the court room are filled with disclosures of private lives, but in reality very few get into print. As the general standards of morality have been raised step by step, the greater is the possibility of the man and woman of irregular lives being brought face to face with a dilemma of their own making, public disclosures and the results of worry and indecision. None are immune, but they are none the less frequently serious. Irregular living inevitably means worry, and worry may be the determining factor not only for health but for actual material success in life. And this is quite apart from the effect of irregular living and the breaking of moral as well as legal laws upon the vital.

Sex Habits

Irregular living with its attendant evils of disease and worry may rightly be attributed to faulty sex habits. Habits of sex are formed as are other habits. There is the habit of continence as well as the habit of indulgence. The habit of gratification, once established, usually makes serious inroads on time and energy. Even business, or at least serious business, is subordinated to this on a sexual plane. Furthermore, the habit of gratification has evil attendants, on moral grounds, we find ample justification for such restraint on the grounds of health. Prophylaxis does not solve the problem of sex hygiene and, as a matter of fact, at least thus far, promises little for the prevention of disease. Irregular living affects health quite apart from disease. The associated worry and other bad habits of body and mind which arise from faulty habits, while incapable of statistical proof, are ca-

pable of producing much harm to body and mind. The solution of sex hygiene is the acquisition of sound sex habits. Sound sex habits mean the exercise of the natural instinct in the marital state and, under all other conditions, sex continence.

Sex Perversions

There are other forms of sex indulgence and sex habits than those of intercourse and these are grouped under the name of perversions. The most common of these perversions is the solitary habit. On account of the prevalence of this practice a habit is easily established. Those who practice the solitary bad habit either sporadically or regularly are the particular prey to weird superstitions. The insane and feeble-minded practice it because of an account of their insanity or feeble-mindedness, no appetite is strained while there are means of gratification at hand. This habit is the result and mindlessness. There is no question that the desire for sexual gratification, if indulged over this unnatural and self-degradation may entirely disturb the mental and nervous balance of the individual. This disturbance is greatly increased by ignorance, gross excess, and deliberate perversion of the facts of sex hygiene. The victim usually fears insanity, loss of will power, impotence, and inability to marry.

Sex Education

The feeling is growing that ignorance is the cause of many of the irregularities and of disease. In order to be effective this ignorance must be dispelled before the age of eighteen in the majority of cases. The facts of sex, of disease, and of habits should be put before all young people. But education will not eliminate the practice of sexual life. Even with all the available information, there will always be those who will deliberately choose to violate moral standards and to expose themselves to physical and mental damage of irregular living. And there are only a few who do not bitterly lament when they incur the penalty which they knew in advance they were liable to incur.

It is highly important that these facts of sex and health should not be colored. A young adult, made suspicious of the truth of statements about sex, not infrequently decides to trust only to his own experiences. In the young adult it is to learn by the experience of others, the account must be accurate and convincing. With the best intentions in the world estimable people feel justified in perverting the truth about sex matters, only too frequently with disastrous results. Much excellent literature has been published on sex hygiene, but too often it is easy to misinterpret the opinions advanced. The material for the education of the young men must be on the parent, the guardian, and the doctor. Pamphlets, books, and lectures are often valuable, but the problem varies in each boy and girl and the individual difficulty is better and only solved by a personal interview. The pamphlet read in secret may only serve to inspire or exaggerate morbid thoughts. Indeed, one of the greatest difficulties in the instruction on sex hygiene is to prevent the subject becoming unduly prominent in the minds of the youth.

Sound habits of living inspire wholesome habits. The boy and girl with sound health habits usually need little encouragement to develop a sound habit of sex. Likewise, unwholesome habits of mind and body furnish a favorable soil for the development of a faulty habit. Thus, overstudy, fatigue, insufficient exercise, as well as many other mental and physical conditions contribute to the formation of bad habits.

The encouragement of out-of-door recreative exercise and athletic games finds an important justification in contributing to a healthy mind and body. Many a boy and girl find that physical exercise and sound physical condition eliminate the disturbance of the sex problem. Education and other wholesome health habits contribute the best basis for the formation of a good sex habit. Marriage, and particularly early marriage, represent to many people the best solution of the sex problem. While marriage permits the exercise of the natural instinct for its original purpose, namely the procreation of children, yet sex problems are greater when the condition of marriage and marriage per se does not solve the sex problem in every instance.

A MONTH'S VACATION

Visitor: So you give your employees two weeks' holiday?

Employer: They have a month. Two weeks that they are away and the two weeks that I am away.

Knowledge Is the Key to Marital Happiness

YOUR special attention is drawn to "A Course in Marital Conduct," which is now ready. It has been specifically compiled to give facts, so that the expression of love in marriage may remain a beautiful and real thing always.

Most of the misunderstandings and difficulties amongst married people today would be totally done that idealism essential for refined human beings.

Most of the marital misunderstandings and difficulties arise, however, because husbands and wives do not feel free to express themselves as they have the right to do. There is usually some fear present, fear that it is wrong, fear of unwanted pregnancy, fear of pain, or of a hundred and one other things that disturb what should be the most sacred holy of holies of married life.

In this "Course in Marital Conduct" are laid down for the first time the rules of conduct for what the author has termed a "communion of love," also "continuing communion." It is similar to what has been termed the "Karezza," but it is a communion that is based on love, ensuring the highest spiritual satisfaction.

This is the highest communion that a husband and wife can possibly conceive, because it gives absolute control of the sex forces, preserving the secretions to build up the health, strength, and vitality of the body, while permitting spiritual satisfaction and expression of love.

Of course, there are many other things of a very vital nature dealt with in the course. The complete function and woman in order to assure success and happiness in marriage.

You will consider this course the very cream of Bernard Bernard's work. In it he has given something with which you will be more than satisfied.

LET LOVE GUIDE YOUR MARRIAGE

Love should be the guiding principle in marriage. But it can only be this when knowledge of its privileges and responsibilities is possessed by both husband and wife.

Any good physician or judge will tell you that serious marital misunderstandings are always caused by incompatibility. This can be remedied by reliable information that will allow both husband and wife to be free and natural in the most sacred and private experiences.

A COURSE IN MARITAL CONDUCT

By BERNARD BERNARD, Phys. B., M. P. C.

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

Contents of "A Course in Marital Conduct"

The Course is written in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard).

LETTER 1—To Husband and Wife.
The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husbands and Wives' Equality.—Equality of Privileges and Responsibilities.—The Beautiful Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

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The Determination to Agree.—Reciprocity.—How to Avoid Misunderstandings.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

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When Communion Should Be Indulged.—Position.—No Danger in Conservation of Forces.—Asylums Filled With Sufferers from Over-Expenditures.—Neurasthenia and Impotence Caused by Lack of Control in Expenditure.—The Habit of Too Frequent Loss.—The Habit of Conservation.

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The Course is absurdly low, considering what it contains. Send your check or money order or currency for only \$2.75, and the Course will be despatched to you.

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Please send "A Course in Marital Conduct." I honorably declare that I am married (anticipating marriage). (Cross out words not required). I enclose herewith \$2.75 in complete payment.

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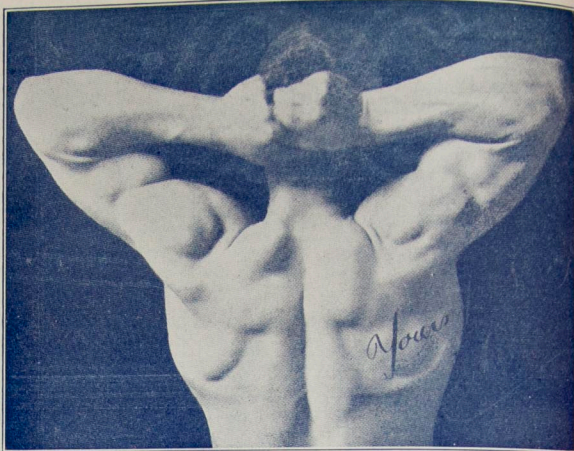
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VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful development that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the systems of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the methods, not always made public, used by most of the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel "down and out." However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arm bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of a weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the upbuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionate increase can be made all over the body where desired. Thus a superb body may be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set into order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instruction. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore, only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact, originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know too that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER and BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, Caxton Bldg., S. Dearborn St. Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME _____

CITY _____

STATE _____

(Please Print Plainly)