

The Disease Carrier-Fraud. *P.L. CLARK*
B.S.S. M.D.

Health and Life

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JULY 1922



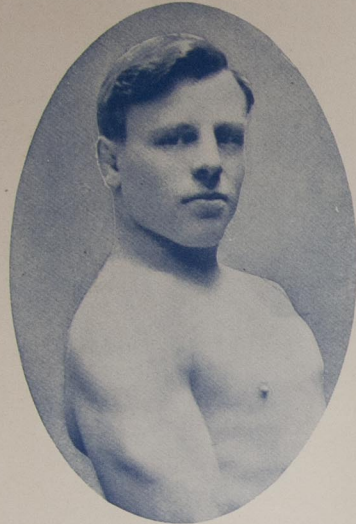
Charles Ray and His Exercises -- Hurdle Racing
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Next

Health and Life Month

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Editor of HEALTH AND LIFE

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THROWING THE DISCUS. By Dennis Carey, Ex-Champion and one of the greatest all-round athletes and trainers in the world.

THE DISEASE CARRIER FRAUD. Dr. P. L. Clark, B. S., M. D., Ph. Sa., will continue his plain spoken exposure of the disease carrier superstition, which has gripped the medical men and is leading them to persecute innocent human beings. If this fraud is not exposed it will lead to universal suffering. You need to know all about it.

SIMPLE TRICKS OF SELF DEFENSE. By Bernard Bernard. Some easy tricks by means of which you can overpower any assailant, no matter how strong or vicious he may be.

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Health and Life

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

Volume I. JULY, 1922. Number 2.

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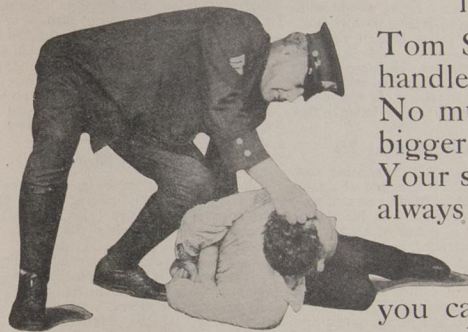
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Tom Shaw, New York Police Instructor Tells How To Manhandle Roughnecks

For the past ten years Tom Shaw has taught the 10,000 members of the New York Police Force the secret tricks of Attack and Defense that have made New York's "Finest" internationally known for their amazing ability to cope



with the "bad actors" and "hard guys" of the underworld. He has made it possible for a small, thin policeman to make a big gangster or tough literally get down on his knees and sob for mercy. Tom Shaw is teaching the public how to do the same thing.



Tom Shaw will teach you how to handle roughnecks, big or small. No muscular strength needed—the bigger they are the harder they fall. Your sweetheart, wife or mother is always safe with you. If a big, husky roughneck says a word — with a finger grip you can paralyze him. You can even handle armed highwaymen without danger to yourself. You will be taught secret *death grips* with which you could kill a footpad if necessary. No strength or weight needed—you are the master of men twice your size. Be a real protector to your loved ones. Command the respect of friends by your ability to handle rowdies and loafers.

Send No Money

Look the course over—if you are not satisfied that it is well worth the money. Return the lessons. No charge. If you feel as all others—that it's the greatest course offered—send check or money order for \$5.00 and we'll send the balance of the lessons.

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New Stomachs for Old In 48 Hours

By R. S. Edwards

THOUSANDS of people who suffered for years with all sorts of stomach trouble are walking around today with entirely re-made stomachs—stomachs which have been re-made in from 48 to 72 hours! They enjoy their meals and never have a thought of indigestion, constipation, or any of the serious illnesses with which they formerly suffered and which are directly traceable to the stomach.

And these surprising results have been produced not by drugs or medicines of any kind, not by foregoing substantial foods, not by eating specially prepared or patented foods of any kind, but by eating the plainest, simplest foods *correctly combined!*

These facts were forcibly brought to my mind by Eugene Christian, the eminent Food Scientist, who is said to have successfully treated more than 23,000 people with foods alone.

"Man Is What He Eats"

As Christian says, "what we take into our stomachs today, we are tomorrow." Food is the source of all power; yet not one person in a hundred knows the chemistry of foods are related to the chemistry of the body. The result is we are a nation of "stomach sufferers."

Christian has proved that to eat good, simple, nourishing food is not necessarily to eat correctly. In the first place, many of the foods which we have come to regard as good are in reality about the worst things we can eat, while others that we regard as harmful have the most food value.

But perhaps the greatest harm which comes from eating blindly is the fact that very often two perfectly good foods when eaten at the same meal form a chemical reaction in the stomach and literally explode, liberating dangerous poisons which are absorbed by the blood and circulate throughout the system, forming the root of all or nearly all sickness, the first indications of which are acidity, fermentation, gas, constipation, and many other sympathetic ills leading to most serious consequences.

And yet just as wrong food selections and combinations will destroy our health and efficiency, so will the right foods quickly create and maintain bodily vigor and mental energy. In my talk with Eugene Christian, he told me of some of his experiences in the treatment of disease through food—just a few instances out of the more than 23,000 cases he has on record.

Correct Eating for Success

One case which interested me greatly was that of a young business man whose efficiency had been practically wrecked through stomach acidity, fermentation and constipation, resulting in physical sluggishness which was naturally reflected in his ability to use his mind. He was twenty pounds underweight when he first went to see Christian and was so nervous he couldn't sleep. Stomach and intestinal gases were so severe that they caused irregular heart action and often fits of great mental depression. As Christian describes it, he was not 50 per cent effi-

cient either mentally or physically. Yet in 24 hours, by following Christian's suggestions as to food, his constipation was relieved, although he had formerly been in the habit of taking large daily doses of a strong cathartic. In five weeks every abnormal symptom had disappeared—his weight having increased 6 pounds. In addition to this, he acquired a store of physical and mental energy so great in comparison with his former self as to almost belie the fact that it was the same man.

Another instance of what proper food combinations can do almost overnight was that of a man one hundred pounds overweight whose only other discomfort was rheumatism. This man's greatest pleasure in life was eating. Though convinced of the necessity, he hesitated for months to go under treatment, believing he would be deprived of the pleasures of the table. He finally, however, decided to try it out. Not only did he begin losing weight figure in a matter of weeks, but all signs of rheumatism disappeared, and he found the new diet far more delicious to his taste, and affording a much keener quality of enjoyment than his old method of eating, and wrote Christian a letter to that effect.

A Remade Man at 70

But perhaps the most interesting case that Christian told me was that of a multi-millionaire—a man of 70 years of age, who had been traveling with his doctor for several years in search of health. He was extremely emaciated, had chronic constipation, lumbago, and rheumatism. For more than twenty years he had suffered with stomach and intestinal trouble which in reality was superaciduous secretions in the stomach. The first menus given him were designed to remove the causes of acidity, which was accomplished almost overnight. And after this was done he seemed to undergo a complete rejuvenation. His eye-sight, hearing, taste and all of his mental faculties became keener and more alert. He had had no organic trouble—but he was starving to death from malnutrition and decomposition—all caused by the wrong selection and combination of foods. Almost immediately after following Christian's advice this man could see results, and after six months he was as well and strong as he ever had been in his life.

Christian's Discovery Now Available for All

These instances of the efficacy of right eating I have simply chosen at random from perhaps a dozen Eugene Christian told me of, every one of which was fully as interesting, and they applied to as many different ailments. Surely this man Christian is doing a great work.

I know of several instances where rich men and women have been so pleased with what he has done for them that they have sent him a check for \$500 or \$1,000 in addition to the amount of the bill when paying him.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to

handle personally that he has written a little course of lessons which tells you exactly what to eat for health, strength, and efficiency. This course is published by The Corrective Eating Society of New York.

How You Can Try This Method Without Risking a Penny.

Much could be written about the cause and the remedy for stomach disorders, and Eugene Christian's methods. But that is unnecessary, for you can now test them out in the privacy of your home without risking a penny. These methods are not new and untried theories, for more than 200,000 people in all walks of life bought this course at \$3.50, and are using it and indorse it in the most enthusiastic terms. The publishers have left on hand only a limited edition of Eugene Christian's Course, which they wish to dispose of before the New Edition comes off the press. The price at which nearly two hundred thousand of these sets have been sold is \$3.50. But these few remaining sets are being offered at only \$1.97 plus postage for as long as they last, so if you act quickly you can get these wonderful secrets at a big saving.

Send No Money

Simply put your name and address on the coupon below and mail it NOW. Give the postman only \$1.97 (plus postage) in complete payment, when the course arrives.

Look the course over carefully. Put it to the test. Judge by results. If you don't notice a great improvement within ten days after starting, send it back and your money will be refunded. You can clearly see that an offer like this could not be made unless the publishers were confident that Eugene Christian's methods will produce remarkable results for you, as they have for thousands of others who gladly paid \$3.50 for the Course.

But immediate action is necessary. There is no need for you to suffer from stomach disorders any longer—and remember, this special price can be held only as long as the few sets last.

Cut the coupon now and send it at once so as to be sure to avoid disappointment. You will surely agree that health, happiness and comfort are worth the trial. Write today. Corrective Eating Society, Dept. 646, 43 West 16th Street, New York City.

If you prefer to write a letter, copy wording of coupon in a letter or on a postcard.

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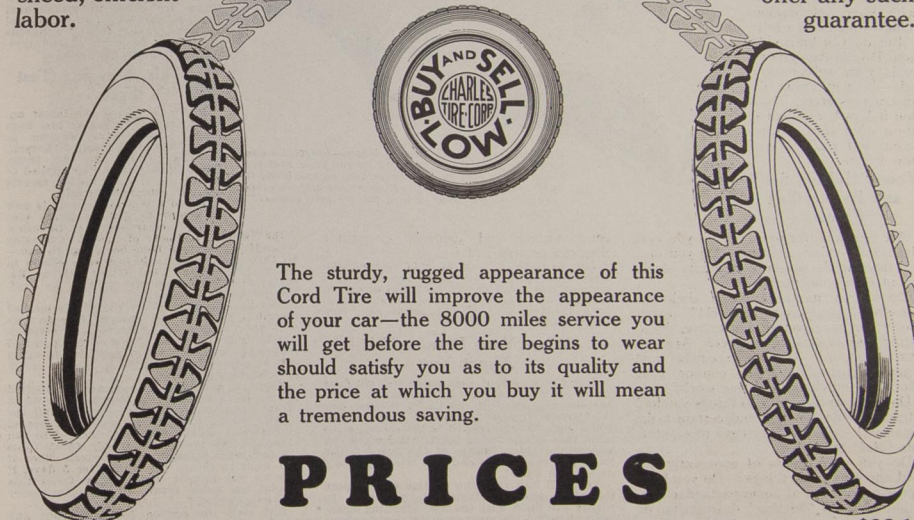
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At last Science has discovered this mysterious being within you! In many ways this is the most astounding revelation that has ever been made. You have heard of this amazing new discovery—you have heard it called Psycho-Analysis. And perhaps you know in a general way that Psycho-Analysis deals with your subconscious mind—your hidden self.

But do you know just how Psycho-Analysis reveals your subconscious self—do you know the amazing secrets about you it lays bare—do you know what your subconscious self really is and how it acts?

Your "Hidden Self" and Its Startling Powers

—Are you sensitive or shy? Do you ever blush with embarrassment? Do you ever feel timid in the presence of others—lacking in self-confidence?

Does your nature crave a sheltered, peaceful "away-from-the-world" existence? Or have you an aggressive, dominating, money-making instinct? Are you best fitted to be an executive and organizer, or should you confine your efforts to individual, creative work?

Do you ever forget to do things you had intended to do—do you find certain tasks distasteful? Do you ever have unaccountable "blue streaks"?

Do you ever dream of apparently absurd and impossible things? Do you have recurring dreams of some particular sensation such as "floating" downstairs, or being powerless to move when some danger confronts you? Do you ever have premonitions or "hunches" of some impending event?

Do you ever take a decided dislike to certain people you meet? Do you ever hate anyone? Is there a certain type of person of the opposite sex that is repulsive to you, or a type that has a strong fascination and attraction for you? Do you know why you fall in love with one particular person?

Are you inclined to be morbid—morose—unhappy? Are you nervous? Do you ever feel weighted down with some intangible and shadowy dread or fear?

To all these questions and to many more, some of them of the most intimate and personal nature, Psycho-Analysis holds the answer. For behind them all is your subconscious self—that mysterious being that lives beneath the mask of your

The amazing scientific discovery that lays bare your mysterious and astonishing "Hidden Self." How it is now made possible for you to Psycho-analyze yourself and come face to face with your startling, undreamed-of subconscious being.



Did you ever wake from a dream—startled—and wondering WHY you dream? Do you know that the ability to psycho-analyze these dreams will bring to light hidden secrets of your innermost self—secrets that show you how to turn failure into success?

consciousness and controls everything that you do, say and feel.

Let us take a look at this unseen, undiscovered being within you. You have read more or less about the subconscious or unconscious mind. You know that it lies submerged in a shadowy sort of way below your conscious mind.

What Your Dreams Tell About You

Sometimes, when the conscious mind is asleep or "off guard," we can discover the subconscious mind all by itself, without any interference from the conscious mind. When you dream, for example, it is the subconscious mind that is expressing itself. And when you understand the language of the subconscious mind you can understand and interpret every dream you have!

You will find that the dreams that appear ridiculous and meaningless to you now, in reality are filled with the most startling meaning and reveal the most amazing secrets about you. They show you what your subconscious self is thinking about! The result will astonish you and perhaps cause you to blush—for the subconscious mind knows no standards of right or wrong and is seeking only to express its own desires.

In countless other ways too, your subconscious self expresses itself, and once you understand its language you stand face to face with your hidden secrets laid bare. You will gasp in amazement at the things you will find out about yourself.

And this is exactly what happens when you psycho-analyze yourself. You look behind the veil and see the undreamed-of causes that make you what you are. There you discover buried memories of childhood, repressed sex instincts, emotional conflicts, shackled desires and all the other mysteries of your subconscious self.

Release Your Hidden Powers

But psycho-analysis does not simply strip the veil from your inner self to astonish you with the sensational secrets revealed. Once you discover your hidden self, you can direct its vast powers to accomplish almost any purpose you desire, things that have unknow-

ingly held you back for years when once understood lose their power to harm and can actually be made to help you to health, happiness and success.

You can free yourself from your subconscious shackles—you can banish fear, self-consciousness, timidity, nervousness—you can release wonderful new sources of energy and power within you—you can open the flood gates of the forces that lead to HEALTH—WEALTH—HAPPINESS.

Psycho-Analysis has accomplished seeming miracles in thousands of cases. Yet for years it has withheld from the public, largely because of the fact that the subconscious self is so strongly influenced by that most fundamental of all human instincts—the sex instinct.

But now people are learning of the wonders of Psycho-Analysis. It is being discussed everywhere. Many are going to professional Psycho-Analysts for personal readings, paying fees of hundreds of dollars to learn of the mysteries of their other selves.

Try This Amazing Test Free

And now comes the latest announcement, it has at last been made possible for anyone to psycho-analyze himself or herself in the privacy of the home. Psycho-Analysis can be applied to reveal the strange hidden secrets of your subconscious self.

To do this amazing feat is now as simple as A-B-C. Every step is made clear and easy to follow. The whole method of psycho-analyzing yourself is explained from beginning to end—all through a remarkable new easy course in six parts entitled "Your Other Self as Revealed by Psycho-Analysis" written by Prof. Eugene Victor Legaren.

You have only to follow the simple method described and you are brought face to face with your hidden self—that strange, mysterious being that lies submerged within you and shapes the whole course of your life, bringing you happiness or unhappiness, health or illness, success or failure.

Through a special arrangement a limited edition of this wonderful course is offered to the public. Send no money—simply mail the coupon below. "Your Other Self as Revealed by Psycho-Analysis" will be forwarded to you at once. Pay the postman only \$1.95 (plus the few cents postage) upon arrival. Then if you do not find it worth many times this special low price, return it and your money will be refunded.

But mail the coupon NOW, without any money. This sensational announcement will bring a flood of requests and the edition will quickly be exhausted. Do not miss this amazing opportunity to discover the strange hidden secrets about yourself revealed by the new wonder science of Psycho-Analysis. Address: MODERN RESEARCH SOCIETY, Dept. 136, 43 West 16th Street, New York City.

Modern Research Society

Dept. 136, 43 W. 16th St., New York City

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Health and Life

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

BERNARD BERNARD, Editor-in-Chief.

Volume I.

JULY, 1922.

Number 2

THE GLORY OF THE WATER.



Copyright—Underwood

On the left here is Robert D. Skelton, the National Breaststroke Champion and member of the Illinois Athletic Club. On the right is Miss Gertrude Artel, Philadelphia's famous girl swimmer. This photograph of her was taken while she was down at Miami, Florida. In the centre is a picture of the women of Los Angeles Athletic Club playing a water pushball match. This is a thrilling new water sport. There are six players to each team and the side which pushes the ball to their adversaries' goal the greatest number of times in 20 minutes wins the game.

The joys and delights of the water are without limit, and they appeal to every sort of temperament. If you want to lie lazily in the softest cushion procurable you have simply to throw yourself back and be rocked by the water's gentle undulations. If you want to show how much vigor and strength you possess you can test your swimming powers for any

distance you like. If you want to take one of the finest health exercises in the world, just swim along comfortably by the various strokes you know, and you will tone up every muscle in your body.

Those who miss the glories of swimming lose one of life's most enjoyable and healthy recreations; and a cleanliness that they cannot appreciate. Every year at this time there arise individuals of prurient mind who see only sensuousness in the sight of a beautiful body in a swimming pool. Open air bathing has done more than anything I know to dissolve the unhealthy mystery which attaches to the natural shape of the human body in those who are unacquainted with it. The human form is the most artistic and wonderful thing in the world, and open air mixed bathing is responsible for its growing recognition as such. Let humanity be cleansed physically, mentally and morally by the freedom of the fresh, clear water of Nature.

One Day's Ideal Menu.

Here is a menu for one day that you can be sure will provide everything necessary to the body's sustenance, and yet will not create poisons of any kind, providing you are in good condition and chew properly. You will notice that the starches and proteins are not mixed. This is one of the most important factors in a healthy diet. The starches require an alkaline medium and the proteins require an acid medium for their digestion, and it should be obvious to anybody that on this account proteins and starches are much better eaten at separate meals. Again you will notice no preponderance of starch or protein, and only food which contains the whole of its salts and vitamins.

BREAKFAST

Fresh fruit (one kind)
One pint butter milk or sweet milk
Six or eight soaked or stewed prunes

LUNCHEON

Cabbage salad (dressed with salt and two tablespoonfuls of any good table oil)
Corn bread
Two pats of butter
Stewed corn

DINNER

Roast lamb
Combination salad of lettuce, tomatoes and fresh mint leaves, dressed with salt, oil and lemon if desired
Spinach
Carrots and peas

The Disease Carrier Fraud.

By P. L. Clark, B. S., M. D., Ph. Sa.

[Dr. Clark this month exposes not only the absurdity of the disease carrier theory, but the inhumanity of a set of persons endeavouring to brand harmless men and women as unclean and unfit to have in our midst. There will be no need for such ridiculous and wicked theories when by common sense it is universally recognized that a body properly exercised and kept clean by right habits of living is resistant to all germs and ill conditions. What we want is a race of clean blooded, strong limbed and clear thinking men and women, with pride for their beautiful bodies, not weedy sickly individuals filthy with the serums and toxins with which "regular" medical ideas would contaminate them. Let us fight for the right to keep our bodies clean and healthy.—Editor.]

I want to call attention to a matter which is of the utmost importance to every family in the United States and, particularly at the present moment, to the people of Chicago.

There is now being prepared by the Health Department an ordinance for the regulation of so-called "carriers" of disease.

Now, a so-called "carrier" of disease is a person in whom it is claimed that there are to be found some place in the body the germs of certain diseases.

It is claimed by the "carrier" theory advocates that disease is transmitted to other persons by these so-called germ carriers.

When taken to its ultimate conclusion the carrier theory resolves itself into a grotesque absurdity, and clearly demonstrates that its advocates have no understanding whatever as to the cause of ill health, or so-called disease.

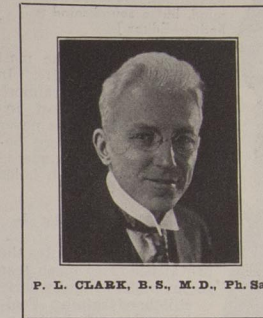
One of the cases resulting from this carrier theory is that of a woman now known as "Typhoid Mary," who has been persecuted by the Health Department of New York and kept cooped up most of the time in one of the so-called health institutions of New York City that the rest of New York may not be contaminated with the typhoid germs with which her body is said to be infested.

The Health Office of Chicago is now doing the same thing with Mrs. Barmore down on the south side, and the woman herself has never had typhoid fever nor has anyone ever had typhoid fever in her house.

But, after giving her a powerful dose of some cathartic medicine the typhoid germs were said to have been found in the stools which she passed.

Now, we pass about twenty-eight billion germs from the body every twenty-four hours, and as Dr. Rose now of the Mayo Clinic at Rochester, Minn., has demonstrated, germs take on a form in accordance with their environment.

Nothing is surer than if a person eats in the conventional way of the foodless foods and wrong combinations of foods that the large intestine will become infested with billions of germs, and if there is an undue amount of protein putrefaction it is absolutely certain that a soil filthy enough to harbor typhoid germs, or



P. L. CLARK, B. S., M. D., Ph. Sa.

almost any other filth germ, will be produced in the large intestine.

An excuse for the passage of this ordinance, giving the Health Office police power to hold you up and swab your throat and put you through any kind of paces they please, is, that it is done solely for your protection.

That these political doctors may seem to earn their salaries and secure further appropriations for more jobs and salaries for their political machine, people suffering from no greater degree of ill health than a systemic catarrhal condition due to acidosis and toxicosis will be branded "unclean," torn from their homes and friends and confined indefinitely, at the whim of these representatives of the "regular" school of medicine, and treated much as we now treat lepers.

The ordinary thinking layman will ask immediately if there are such a lot of typhoid and diphtheria carriers of infantile paralysis and many other diseases running the streets of Chicago, why is it shown by the records that these diseases decrease as the efficiency of sanitary measures increases?

"Efforts to secure the enactment of legislation providing for the examination, isolation and medical treatment of healthy persons, under the theory that they are carriers or are suspected of being carriers offers a striking illustration of the unwarranted interference with healthy persons that results from allowing

one profession and one branch of that profession such complete control over our public health activities."

Dr. Henry L. K. Shaw says the carrier theory is only a theory. "With the advance of scientific research our old set theories go on the scrap heap, while new theories are evolved. Now that transmission of disease through the air and by fomites has been disproved the present explanation is that communicable disease is transmitted only by means of infected persons, unrecognized cases and healthy carriers." By fomite is meant, bedding, clothing, etc., which in past time was supposed to transmit germ infection.

There are supposed to be carriers of cholera, diphtheria, typhoid fever, enteric fever, meningococcus meningitis, Poliomyelitis and certain forms of streptococcus infection as well as certain types of pneumococcus pneumonia.

It seems to me that outside of the job of drawing their salaries out of the trough that you keep filled by your taxes the principal occupation of these political doctors is to suppress and distort the truth. Major Ralph A. Kinsella of the United States Army says that the Pfeiffer bacillus which is now the most generally accepted cause of influenza has been recovered, from normal throats, in times when no epidemic of influenza existed. He says, "The report of the Pneumonia Commission at Camp Pike, written long before influenza appeared in this country, is of value. Sputums from 132 normal individuals were studied by injecting the sputum into white mice. Pfeiffer bacilli were recovered in 35 per cent of the cases."

Therefore, if 35 per cent of normal individuals (healthy soldiers) carry Pfeiffer bacilli in their sputum there are about 700,000 people running around the streets of Chicago every day carrying the Pfeiffer bacilli with them, if we concede that Chicago has a couple of million inhabitants.

Dr. Park estimates that one per cent of the people of New York city harbor virulent diphtheria bacilli in their throats and that it is not feasible to utilize throat cultures on a sufficiently large scale to discover all carriers in the community or to af-

(Continued on page 69)

Fear Psychology.

By C. Franklin Leavitt, M. D.

(In an Interview

[The psychology of fear is edge is most important to all best of themselves. Thousands thought, but they will be pleased just as easily as can most Determine at all times so to that fear cannot enter, then know you are competent, boldness any of your is essential to a sound also essential to a sound

I have just returned from an exceedingly interesting interview with Dr. Leavitt, who is doing one of the best works I can imagine in driving out fear from the public mind.

When I asked him for a message for the magazine, one especially that would be of help to readers in a fight for physical and mental power, he began with the statement: "Fear is man's worst enemy." The more you think this out the more convinced you become that it is true, and there is no doubt that Dr. Leavitt in devoting his life to the eradication of fear from humanity, is going to do a world of good.

It is Possible to Control Thought Life.

Then he told me that every individual limits himself by fear. He prevents himself from doing what he really could do because fear holds him back. Yet it is possible to control thought life

and the sufferer can, if he follows the laws of nature, overcome the fear thought which is assuredly preventing him from developing the best in himself. Fear is destructive, and the faith that would enable anybody to remove mountains of difficulties can be possessed by all of us.

This truth also applies to the development of physical strength, and success in athletics or physical competitions. If you believe you can't do a thing, you can't. Enter a boxing ring with fear of the blows you are going to receive and thinking of possible defeat, and you are not likely to win; but, enter full of confidence, concentrating entirely on the combat and on getting there first and you will make the best fight of which you are capable.

The men with the most brains

most interesting, and its knowledge those who desire to make the of people suffer from the fear to know that it can be beaten other morbid conditions. govern your own thought life Make yourself competent, and enter with courage and obligations. A sound body mind, but a sound mind is body.—Editor.]

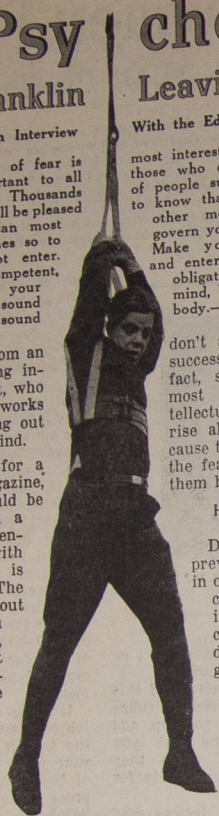
don't always make the most success in business life. In fact, some of the brainiest, most skillful and most intellectual men of genius never rise above the mediocre because they have not conquered the fear thought which holds them back.

How the Fear Habit Is Begun.

Dr. Leavitt attributes the prevalence of so much fear in our midst to faulty early childhood training. Foolish stories of ghosts encourage a fear of what does not exist. This begins the fear habit which develops, until finally it becomes so strong as to inhibit the development of talent. It is not that persons remain afraid of ghosts or the nonsense that frightened them in the beginning, but it is the fear habit which is cultivated in this way and should be guarded against very carefully by parents and guardians of children.

Each individual child has its own peculiar temperament, and everything should be done to educate the child in such a manner as to enable it to grow up fearless of anything, and without restriction in the development of its talents.

Dr. Leavitt referred to a man who was a patient of his and had been for an exceedingly long time afraid to go out of his own house, and could not trust himself a couple of blocks away from home. He thought that nothing could eradicate this fear thought from his mind. When, however, Dr. Leavitt convinced him that fear was a habit the man himself realized that habits can be broken and determined to break his habit of fear. The result was that he soon became strong in body and mind and able to do credit to his hitherto undeveloped ability.



HOOTS GIBSON,
UNIVERSAL STAR.

Absolute fearlessness is necessary to accomplish any great achievement in any sphere of life. Hoots Gibson is hanging from a parachute 1,000 feet above the ground. Beat the fear psychology and you can do anything humanly possible.



C. FRANKLIN LEAVITT, M. D.

As a parting shot Dr. Leavitt insisted that weakness is an expression of ignorance. One has but to gain knowledge and understanding, then fight and win.

The Health and Life Campaign.

At Elgin High School.

The great Health and Life campaign has already begun. Before all the students of the Elgin High School, by arrangement with Professor Gobel, Bernard Bernard, International Featherweight Wrestling Champion, and Percy L. Clark, Jr., A. B., Ph. D., expounded the gospel of health and right living. Dr. Clark, Jr., told them of the way we were going to eradicate disease from society, and, by his fund of good humor, kept the audience very interested. Bernard Bernard said he wanted to talk on the application of scientific law. He demonstrated his remarks by illustrations of wrestling holds and locks of self-defence, causing great appreciation and amusement. It was quite evident that the students of Elgin High School are going to be lovers of the healthy life.

Kiwaneans Join in the Cause.

On the same day they both addressed the Elgin Kiwaneans Club at luncheon. The unusual appearance of a lecturer in wrestling costume caused quite an amount of consternation. However, those business men witnessed a good physical education demonstration, which led most of them to give a few minutes a day in future to the care and exercise of their own bodies for health's sake.

The Elgin Academy.

The following morning, our two missionaries appeared at the Elgin Academy by arrangement with Dean Stofel. Here a complete lesson was given on physical education and the development of great strength. Good work was done, and the evidence that the seed was sown is that the young ladies were very busy practicing the ju-jitsu tricks on each other later in the day when the writer appeared on the scene (who, by the way, made a very speedy and noiseless exit.)

(Continued on page 72)

Strengthen Your Stomach.

By Arthur F. Gay.

[What are known popularly as the stomach muscles are the most important in the human body. If you cut off your arm at the elbow, or even above your wonderfully developed biceps, you would still live, but if you cut away the trunk you would die. The vital organs are contained in the trunk, and if they are to function properly their surrounding muscles must be kept fit. Undoubtedly the most important part of an athlete's training is to have these muscles tuned to perfection.—Editor.]

WHAT kind of a stomach have you? Are you simply existing here because of the unhealthy condition of your stomach which is responsible for the majority of human ills?

We all know how many people suffer constantly with disorders of the stomach, and who regularly pour medicines and drugs of all kinds into this vital organ in order to obtain relief from their sufferings. They are too lazy to help themselves. Pill feeders! That's what I call them, they won't give Nature a chance to help them.

A Good Stomach Shows No Signs of Its Existence.

The main organs of digestion are the stomach and small intestine, and while they are essentially muscular organs, they are not generally recognized because their action is involuntary. These organs go on working whether we are awake or asleep without our slightest consciousness of their efforts. The only sensation which we can experience in them is caused by eating too much or the pains of indigestion. A good stomach is one that gives no signs of its existence.

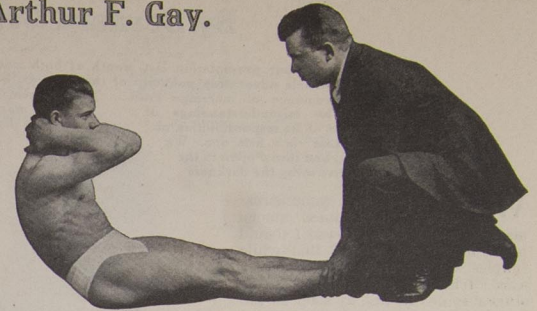
As soon as food enters the stomach the involuntary muscles, controlled by the sympathetic nervous system, starts a churning process, and keeps working until every morsel of its contents is expelled. It is this churning process that mixes the gastric juice and the food.

In the small intestine the same thing happens as in the stomach, only the movement is controlled by a long series of ring-like muscles that alternately contract and relax, forcing the partially digested food along through the intestine and mixing the bile and pancreatic juice with it.

Strength of Muscle Determines Digestive Ability.

One can easily see that if the power of these involuntary muscles is less than it should be normally, just so much is the digestive ability of the body lessened. For this reason one of the first steps to increase vital power, which is based upon good digestion, is to strengthen the muscles of the stomach and small intestine.

There is but one way to increase the strength of a muscle and that is by exercise. How can an involuntary muscle be exercised? It may occur



A STOMACH STRENGTHENER AND ITS RECORD HOLDER.
This sitting up exercise will strengthen the abdominal muscles and keep the stomach in order. George Weber, who is here seen performing the exercise, holds the world's record with 1700 sit ups in one hour. You need only do it a few times to feel its good results. Arthur F. Gay, also in the picture, the famous American Weightlifter of Rochester, is Weber's trainer.

to you that, in the case of the stomach and small intestine, these may be forced to increased effort by giving them more food than they are demanding by hunger. This has been advocated, but it is an unnatural and injurious practice.

Exercises for Strengthening Digestive Muscles.

The one and only way to exercise involuntary muscles is to exercise the voluntary muscles that are in close connection with them, thereby giving vital power to the particular region of the body and so stimulating the involuntary muscles to increased action. In the abdomen there are a great many muscles of the voluntary kind, ranging from those that are thoroughly under control of the will, to those that are partially under control, and which can be brought entirely under control by practice. This is proven by breathing deeply and rapidly and forcing your abdomen to rise and fall just as you wish. It is even possible to move these muscles while the breath is suspended if they are highly developed.

A little investigation and thought will show you what forms of exercises are needed for furthering the strength of the involuntary muscles of the stomach and small intestine. Any movement which calls into play the muscles of the abdomen and stomach, if performed vigorously, answers the purpose.

The man who is deficient in the development of this part of his anatomy is at a decided disadvantage. If he is not suffering from some form of rupture, he is subject to easily rupturing himself almost anytime, and from a preventive standpoint this consideration alone should be sufficient to warrant

measures for a vigorous development of muscles of this part of the body. If vigorously developed, the entire region of the stomach and abdomen is covered with muscular tissue, making rupture impossible, giving tone to the internal organs and preventing tendencies toward sagging and prolapsus.

I have been a teacher of physical culture and weight-lifting for the past five years, except that time I was in war service, and during that period I have trained scores of men ranging in age from twelve to sixty-seven years. My methods of building great strength and the body in general, consist for the most part of progressive weight-lifting combined with various free physical exercises. My Favorite Exercise and Its Champion.

The most important of all organs to have in condition, before attempting to do anything with any other part of the body, is the stomach. My favorite exercise, which is far the easiest to perform and at the same time most effective, is the "sit-up" as it is commonly called by athletes and physical culturists. However, for one who has never taken this particular exercise I advise him to proceed carefully. Don't go at it like a madman. The first step is to find a suitable place where you can fasten a strong strap to the floor, just allowing sufficient space under which to place the feet. After you have your strap all arranged you are ready to start practicing the sit up exercise, and to begin with let the arms extend far back over the head, lying flat on your back, feet being placed under the strap, and then sit up smartly and bend forward touching the toes with finger tips. Return to first position, inhale, and then, as you repeat the

(Continued on page 72)

Why Marriages Fail.

By Bernard Bernard.

[Following on our presentation last month of both sides of the birth control question, we are giving you an article advocating publicity of the best methods of conception control. Whatever remains; and conduct which prejudices it marriage are nearly always associated ligations and privileges. The position of shall stand fast for that which is pure light of day the information which we of unhappiness in marriage.—Editor.]

WHEN I was a boy I came across so much unhappiness among married people that I vowed I should never marry. It seemed that while couples were merely courting they were friendly and enjoyed each other's company, but as soon as the matrimonial knot was tied, a different attitude developed between them.

It was, of course, a tremendous misfortune for me to meet with so many ill-matched pairs, and when I became older, I found there were very numerous exceedingly successful marriages, and this made me change my mind, and my vow.

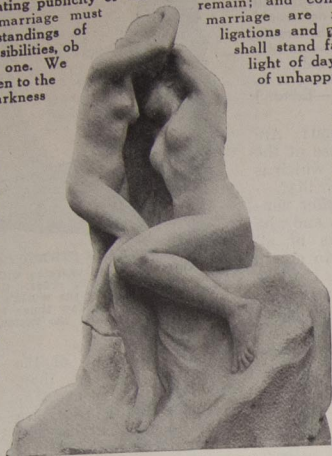
But, unfortunately, there are innumerable marriages which cannot be called anything but failures. Both parties merely tolerate each other, and the joy and happiness which should permeate their joint life, never shows itself—except in pretense before their friends and acquaintances.

I believe firmly that this need not be. Every marriage can be successful and bring forth the ideal life which was the dream of youth. There is no reason why each marriage should not be a life-long honeymoon, each day filled with the thrills of romance and love.

The causes of marriage failures are misunderstanding and ignorance. They lead to incompatibility, to senseless quarrels, apathy and coldness. How many lovers before they marry find out the many secrets associated with sex life? How many really prepare for the actual living of their earlier dreams? Until recently, it was considered most immodest to breathe the word sex in connection with love; and, especially as far as the woman was concerned, it was held that her innocence (which was used as a synonym of ignorance), made the marriage more beautiful.

Tragedies in Sex Misunderstanding.

If you study the divorce and separation cases very carefully, you will soon discover that behind each tragedy lies sex misunderstanding. Freud, whatever may be the errors in many of his theories, pointed out the fact that an abnormal sex life meant an abnormal mentality. It is because women have been taught that sex is degrading and indecent, while men have been allowed the full animal



CONSOLATION.
An expressive work of sculpture by L. D. Mather. Exhibited at the Palais des Beaux Arts, Paris.

use of theirs that there is so much incompatibility.

So the remedy for marriage failures lies in understanding and a sane view of the sex functions. Our young people must be taught the beauties and the seriousness of sex phenomena; they must be acquainted with the processes of sex conduct. This should be done, not so that they can obtain the maximum of sex expenditure, but on the other hand, so that there is a maximum of economy of sex energy. It is the mystery which surrounds these problems, which makes people unhealthily inquisitive, and leads them to make a god of their passions. Once there is understanding these have their rational place in life, and the energies can be concentrated on the production of other work, and the true friendship and companionship of man and wife can find their place.

One of the factors against much happiness in married life, is the absence of knowledge of the methods for controlling conception. Women who have undergone the pains of childbirth, and have perhaps two or three children which they find quite sufficient to give a proper upbringing, dread the advent of another offspring. The only philosophy they have been taught is to abstain from the sex act, which they believe to be wicked and lowering. When this is the case, irritability, bickering, quar-

rels, and all sorts of miserable conduct are inevitable. Moreover, the husband is extremely likely under these conditions to find or endeavor to find his satisfaction elsewhere, and so the mutual love and joy in each other's company begin to fade, and we have another tragedy.

My friends, I am not exaggerating. You know it is true, and if you do not know, then I say it is your place to find out. The evolution of human society depends upon our control of a great deal in Nature, and what I am telling you in this article may shock a great many people, but I wish you to know that I am actuated by the highest ideals and motives. I want to see a happy and beautiful humanity, healthy and strong in body and mind, clean in thought and action, and understanding the deepest things in life.

Sacred Communion.

The communion of man and wife is the most sacred and the most beautiful thing in the world, and this must be known and acknowledged openly and honestly. The consummation of this communion is the reproduction of humanity, to perpetuate Life. No family is complete or happy without this; and it is every man and woman's inmost ambition to be the possessor of beautiful children.

But the child has rights also which must be acknowledged. Every child has the right to be loved and wanted before it comes into the world. It is a sin against it if it is conceived by accident, or as the result of lust or passion. These influences will tell upon the child, and it will come into the world distorted psychologically and emotionally.

I feel very strongly that if only people knew how simple were the methods of the control of conception, it would go a tremendous way in stamping out marriage failures. The marriage communion can be lofty and beautiful, and express unity physically, psychologically and spiritually; and in this way it can make for the perpetuation, and even realization, of the dreams of youth, and allow the complete success of the married life and give the children the care, love and attention they require to make them all that is desired as a link between the parents and eternal human life.

Charles Ray and His Exercises.

By Theodore Moracin.

[One of the great secrets of Charles Ray's success as a film artist is that he always keeps himself in good physical condition. You will enjoy reading in this article about the way he does so. These pictures show you that he believes in all-round exercise—especially athletic exercise. Golfing, basket ball, and swimming, all in the fresh air, are great favorites of his; and, you will notice that he can be both serious and enjoy the fun of a good joke. He is indeed a master of physical, mental and emotional control.—Editor.]

the human body is an instrument from which either harmonies or discords may be invoked. If the strings are loose and flaccid, no music may

organism is different, and requires a specific regimen of exercise and diet"—according to Ray.

(Continued on page 73)

A fine drive on the golf links.



Up to every bit of fun that the water provides.

LIKE numerous sages who have lived in the obliterated past, or the recorded yester-years which pass as history, Charles Ray holds moderation to be both discreet and fruitful. Like most of his fellow mortals, he is not addicted to scaling steeples or hurdling high walls; he is not given to elevating ponderous stones, strangling eagles, or mistreating mountain lions.

Keep the Body Keyed in Harmony.

"Far too many of us are keyed either too high or too low," he told me one day recently; "forgetting that

be expected—and discordant, uncontrolled tones will fly off strings which are too taut."

Charles Ray does not believe that a man has to be a trained athlete to enjoy either a long or a full life. No ultra-difficult exercises for him! He places much reliance on faithful adherence to routine gymnastics of a lighter order.

The Value of Individual Treatment.

"Some of the exercises recommended by schools of physical culture are impracticable; I personally believe in individual treatment. Each

A vigorous basket ball player.



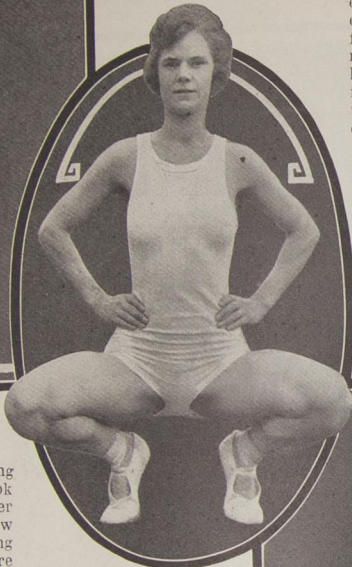
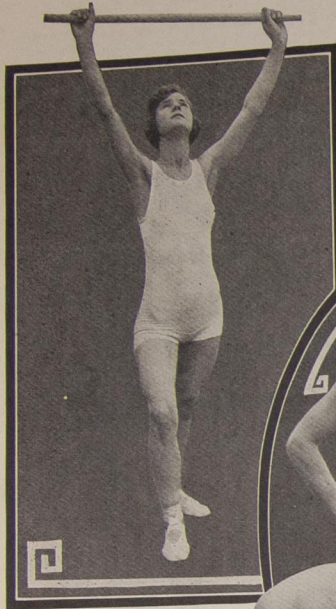
Exercise Lengthens Life.

Heredity Shows the Value of Continued Training.

By Casper L. Redfield.

[Casper L. Redfield in this article shows that continued training makes for a long and efficient life. His observations will come as a surprise to those who give up exercising their bodies after the age of thirty. Although his conclusions and his interpretations of his biological theory may be somewhat doubtful, it is quite certain that the majority of people kill themselves off prematurely by wrong methods of living and inactivity. The only way to keep well is to keep fit all the time.—Editor.]

Fifteen years old. . . 2:16 3/4
Sixteen years old. . . 2:16
Seventeen years old 2:14



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EXERCISES FOR REDUCING.

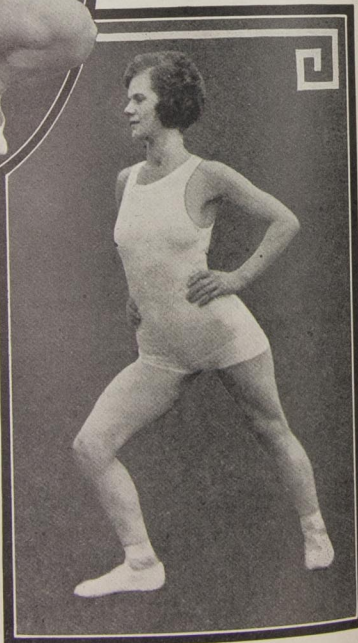
Miss Viola May, of New York, in three exercises useful in reducing weight and acquiring graceful carriage. The top exercise will look after the shoulders. The centre one will develop shapely thighs and calves. The bottom one is good for the body muscles, if you bend forwards and backwards alternately. Fat shortens life in direct proportion to the amount you possess of it.

When Goldsmith Maid trotted a mile in 2:17 as a fourteen-year-old she broke the world's record, and thus demonstrated that she had developed more trotting power than ever existed in any previous horse. As a fifteen-year-old she broke the

record again, and then once more, as a sixteen-year-old. As a seventeen-year-old she broke the record four times in succession. By continually exercising the powers she had, she continued to gain in trotting power from youth to old age, and made the most striking gains in the evening of her life. The powers she developed in that way greatly exceeded anything which ever existed in any ancestor.

Trained and Raced Horses Live Longest.

There are some statistics on the longevity of trotting horses born at various dates from 1804 to 1887. From those statistics it is learned that those horses which have been scientifically trained and raced live longer than do their brothers and sisters not trained and raced. (Continued on page 63)



It will be the purpose here to trace some of the effects of continued training, and as we do not have full records for the training of human beings, we will take a look at effects produced by training other living things. We will also follow the effects upon offspring of training the parent before the offspring are produced.

A Trotter Improves by Continuous Training.

Physical training is a training of muscles, and the training of muscles in the horse is the same as the training of muscles in man. Consequently we may look at the effects produced by continually training the trotter. The horse is full grown at three or four years of age. With that in mind, observe the gradually decreasing number of minutes and seconds required to trot a mile when continued training is applied to a really old horse.

HIGHEST SPEED OF GOLDSMITH MAID, One Mile.

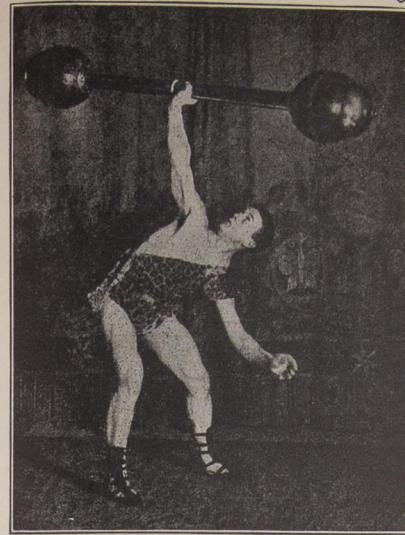
Eight years old.	2:36 1/2
Nine years old.	2:30
Ten years old.	2:24 1/2
Eleven years old.	2:22 1/2
Twelve years old.	2:19 1/2
Fourteen years old.	2:17

The Biography of Lionel Strongfort.

By Lord Douglas.

(MARQUIS OF QUEENSBERRY)

[The magnificent figure and gigantic strength of Lionel Strongfort have been the inspiration of athletes all over the world. Lord Douglas tells us in this article how it was that Lionel became the talk of the whole athletic and physical culture world. "The glory of a young man is his strength," and we hope that in reading this article it will appeal to all young men to find their strength and develop it.—Editor.]



A WORLD'S RECORD LIFT.

"Photograph (taken by flashlight on a stage) of Lionel Strongfort in his world-renowned act of lifting overhead in one hand a bar-bell weighing 312 pounds. This performance established a world's record, a record that has never been approached by any other athlete. It was given not once, but nightly for months at a time, in the leading theaters of Europe and America. When it is added that Strongfort continuously performed this feat at a weight of ONLY 175 POUNDS the achievement takes on almost a superhuman quality. Attempts (always unsuccessful) to approach this record were invariably made by men of far greater weight." From "London Standard," February 10, 1906.

pearance at the Koster and Bial's Theatre, which was then located at Thirty-fourth street, between Broadway and Seventh avenue, New York City, and was fully as prominent a place of amusement as the New York Hippodrome is today.

From the date of his first appearance before the



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

AS a child and boy Lionel Strongfort was no different from the ordinary healthy, normal boy, with a liking for sports and outdoor life, and it was not until he was quite fifteen years old that his attention became fixed upon muscular development, and that came about through seeing the performance of a professional strong man.

It was not very long before Lionel had outstripped youths of his age in feats of strength, and this speedily extended to those older, larger and heavier than he was. Very naturally, he became known as being very strong and well developed and was much admired and commended by many because of his persistent application and the methodical way he pursued in proceeding to build up still greater strength and symmetry.

When still in his teens Strongfort was induced to show his development and the ease with which he could handle heavy-weights and barbells. Being of a retiring and quiet disposition, it took considerable urging to bring this about. However, the effort was successful and he appeared before the Adelphic Masonic Lodge, in the Masonic Temple, New York City, where he attracted so much attention that it eventually led up to his making a professional ap-

pearance at the Koster and Bial's, in 1897, his time has been divided between personal instruction in physical development and health attainment and exhibitions of strength in the leading theatres of Europe and America. This has brought him a world-wide reputation and a broad experience, which, coupled with his studies in Europe and America, has made him far superior to any other athlete who has become a physical instructor.

Lifting 312 Pounds With One Hand.

At every performance he was accustomed to lifting, at arm's length, above his head, with one hand, a bar-bell weighted to 312 pounds. This lift has never been equaled by any other athlete. In connection with this exhibition of strength

and widely advertised challenge to the world, together with an offer of a considerable sum of money, to the successful one who would duplicate the feat. Attempts were often made wherever Strongfort appeared, but no aspirant was ever successful.

He is the only man who has ever accomplished the tearing of five packs of playing cards at one time, a thickness of 260

cards. A part of his act was the lifting of a large basket bar-bell containing two men, each weighing upwards of 150 pounds; the turning of a back somersault with a 56-pound bell in each hand he accomplished with ease.

Perhaps one of his most remarkable performances was the automobile act. In this he supported upon his chest a bridge of 1,500 pounds in weight over which was driven an automobile containing from four to six men. In many cities automobiles of 60 horse-power were used, and in some instances electric cars, which were always very heavy because of the metallic storage batteries which they carried. In such cases the combined weight of bridge, automobile and passengers approximated 8,000 pounds, or about four tons. The suspension of this weight depends entirely upon the muscular strength of the performer. At the beginning of his experi-

(Continued on page 76)

Her Great Enemy.

By Nobel Symkin.



"I could hold myself no longer. . . . Applying a wrist lock I literally threw him out."

CHAPTER II.

IN a few minutes we reached the camp safely. It was a wonderful night. Although the moon was quite a new one, the stars sparkled so brilliantly that it was half light. The air was laden with the scent of many wild flowers, and I was half determined, after I had said good night to my newly met woman acquaintance, to speed out along the beautiful winding coast in my auto. Somehow I felt that I ought not to go. Thoughts of that handsome woman worried me. She was alone in her hut. Where was Mickelson? And what exactly was his object? With these questions on my mind I told my chauffeur to garage my machine, and I hastened to my tent.

I went to bed, but not to sleep. I wanted to read—and to think. From where I lay I could see in the direction of Sylvia Landsmith's hut; but the hut itself was concealed by bushes. My attention was concentrated towards this point in spite of myself. I thought I could see something moving amongst the bushes and I half started to get up and go towards it. Then I decided that my fears were the play of imagination and I sank back to go to sleep.

After my eyes had been closed for a few minutes I felt a cold, clammy something sweep across my face. I jumped up and looked around but could see nothing. Suddenly, seemingly coming from nowhere, Mickelson stood in front of me.

"Well, what do you want?" I asked, "and what are you doing in my tent?"

[In this powerful serial story you will remember that the author, who is telling his own autobiography, was spending a vacation at a camp at Porwick Sound, when he swam out and brought to shore a woman, Sylvia Landsmith, whom he thought, mistakenly, to have been drowning. She thought the author that she was in danger of a great enemy from whom she asked him to protect her. This enemy she pronounced to be herself, but as they moved to go home the author discovered that a man—Mickelson—had been dogging her. Now read on for yourself.—Editor.]

"I'm sorry, old chap," he began, "I hardly liked to disturb you, but it is necessary." Then his voice changed and a cunning, vicious note came into it. "I wanted to let you know as early as I could

that you're to have nothing to do with Miss Landsmith."

"What is my conduct to do with you?" I asked. "I'll trouble you not to concern yourself about what I do; and you can clear out of my tent as quickly as you like."

"Well," he said, "I'm telling you," and away he went.

The matter seemed more mysterious than ever. The way in which Mickelson had come into my tent puzzled me. Why had I not acted violently towards him? Then I thought that perhaps I had behaved wisely and in a dignified way. But I was determined now to see that woman through safely, and find out all about her trouble.

As I looked out of my tent into the night, I saw the cloaked figure of a woman. "It surely must be she," I thought; and, true enough, it was.

I hastily dressed myself and s'ipped out to follow her. She made her way through an adjoining field to a huge store tent and went inside. I followed immediately behind, and went up to her. She gasped as she saw me, but kept quiet. A moment later Mickelson entered the tent, and began to act as if I had not been present, talking about nothing in particular in order to hold some sort of conversation. Gradually he wedged his way between the woman and me.

I could hold myself no longer. I just took him up in my arms, applying a wrist lock, and literally threw him out. I walked over to the woman, caught hold of her arm, and led her firmly back to her hut without

speaking a word; then I went off to bed.

The night was uneventful, although I kept half awake, prepared for anything that might happen. At length the morning came, and it was so bright with the sun glittering on the tents around, that all the world seemed full of joy and health, and one would have thought it impossible that in this very beautiful spot some sordid plot was being enacted.

This was the day that we were to have our sculling races. I will not mention the actual names of the competitors, but there were some internationally known men amongst them. I was suffering under what I thought to be a handicap, for I have always found that I needed a good eight to nine hours' sleep to keep me in condition, and I had not had any really good sleep during the past night. I appeared to feel the effects. However, I have frequently found that the extra determination put into a performance on account of any handicaps often enables one to do extraordinary things.

The whole party was taken to what we called the "Straights," which was a calm piece of water on the further side of the sound. The competitors went to prepare for their events, and the onlookers went to their yachts, punts, or canoes.

I was soon clad in my sculling costume and taking my place for the first race, which was a three miles prepared course, but I was staggered, as I turned round, to see Miss Landsmith walking arm in arm with Mickelson—and Mickelson in shorts prepared for the race. Until this moment I had taken this event as quite an ordinary affair, but now I braced myself, breathing hard, with grim determination to pull as I had never pulled before. Then I asked myself why this feeling should come over me. I do not mean that of mere desire to triumph in the race; but why should I want to show this woman that I was superior to this

(Continued on page 69)

Hurdle Racing.

By Dennis Carey.

(Superintendent Dublin Metropolitan Police)

[Dennis Carey is known all over the world as a most successful trainer as well as active champion all-round athlete. Those of you who are getting ready for the day that you will triumph in some great athletic event, will find his articles absolutely reliable, and a tremendous help to you to achieve your ambition.—Editor.]

IN hurdle racing the man over the average height has a great advantage. The champions are men of six feet and upwards.

There are ten hurdles, each 3 feet six inches in height placed 10 yards apart over a course of 120 yards. The distance to the first hurdle is 15 yards and from the last hurdle to the tape 15 yards.

The Hurdle Racer Must Be Good at 100 Yards.

I may at once say that it is waste of time for a runner to take up training for the hurdles unless he is a good 100 yards man. The beginner should practice with one hurdle until he learns the art of springing over it with ease. He should take the regulation 15 yards run at every try. When he is satisfied with his proficiency over one hurdle he should practice with three and so on until he is able to negotiate the full number to his satisfaction.

As the runner starts to rise over the hurdle the front foot should be pointed well up but

downwards so as to "clear" the hurdle completely. In fact the back leg should be at right angles to the body when the athlete is astride the hurdle.

Leg Manipulation.

It is well to bear in mind that the moment the back leg leaves the ground it should be brought forward and outward. The fault of jumping too high will be gradually overcome and con-



Copyright—Keystone.

EARL THOMPSON, the World's Hurdle Race Record holder, in action. This is how he takes the hurdle.

When he is able to keep his stride throughout, the runner should vary his training by sprinting 100 and 120 yards on the flat. Elastic bandages may be worn in practise if found necessary.

Important Points.

The athlete should not make any attempt to "jump" the hurdle but simply endeavour to glide over it easily or "take it" in his stride.

He must also keep the shoulders and body square to the front when facing the hurdles.

The less ground the runner covers from the "take off" to the landing over the hurdles the more satisfactory the result.

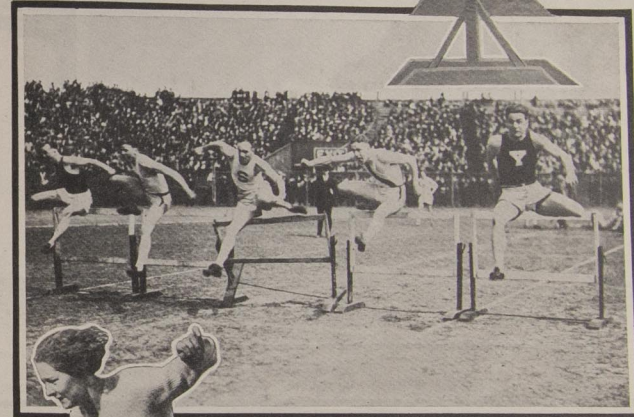
CANADIAN LIFTERS BUSY.

Oscar Marrineau, of Montreal, weighing 142 lbs., stripped, lifted 225 lbs. in the Bent Press.

Arthur Giroux, weighing 250 lbs., made a Two-Hand Press of his own body weight.

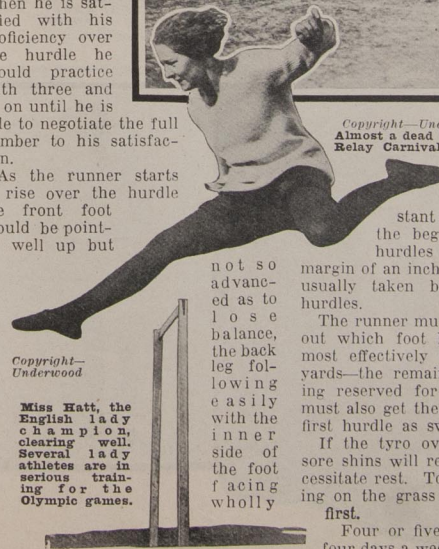
Latoux lifted a dumb-bell with one hand to the shoulder of 336 lbs.

E. Bailey, who is only 17 years of age, weighing 140 lbs., lifted 200 lbs. in the Two-Hand Jerk, and 235 lbs. in the Shoulder Press.



Copyright—Underwood

Almost a dead heat in the 125 yards hurdle race at the Penn Relay Carnival, University of Pennsylvania. Barron, seen wearing "S," won this heat; but Earl Thompson won the event in the 75 yards flat.



Copyright—Underwood

Miss Hatt, the English lady champion, clearing well. Several lady athletes are in serious training for the Olympic games.

not so advanced as to lose balance, the back leg following easily with the inner side of the foot facing wholly

margin of an inch. Three strides are usually taken between every two hurdles.

The runner must make sure to find out which foot he jumps off from most effectively after the initial 13 yards—the remaining two yards being reserved for the take off. He must also get the foot down over the first hurdle as swiftly as possible.

If the tyro overdoes his jumping sore shins will result. This will necessitate rest. To avoid this practising on the grass is recommended at first.

Four or five practises daily for four days a week are quite enough.

Miss Sussoft, a dancer of the Anita Peters Wright School of New York, in one of her flexible poses.

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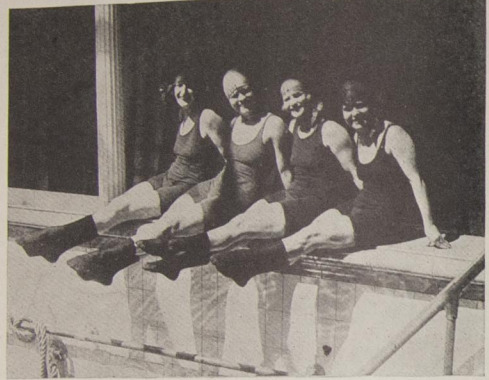
Jack Sharkey, contender for the featherweight boxing championship, making his neck strong, in his training at Freddie Welsh's Health Farm.

Copyright—Underwood.



McDonald, Univ. of California 440 yard star, breaking the tape.

Copyright—Underwood.



Below is Miss Wanda Frazer, who has entered the contest to find the "California Venus."

Copyright—Keystone.



Is not this centre picture a wonderful exhibition of the human male form? It is Earle Liederman and Chas. Atlas in one of their unique poses.

Loren Murchison, of the Illinois A. C., holder of World's Record 80 yard Dash, and has equalled many other World's Records.

Four mermaids who gave an aquatic exhibition in the pool of the S. S. Resolute. Left to right are Eva Levin, Ruth Vialor, Lillian Ballin, and Mary O'Loughlin.

Copyright—Keystone.

Champion Woman Javelin Thrower, Katherine Ager, of Oakmere High School, made a throw with both hands of 134 ft. 3 1/2 inches.

Copyright—Underwood.



The World's Greatest Swimmer, Johnny Weismuller, still smashing up records.

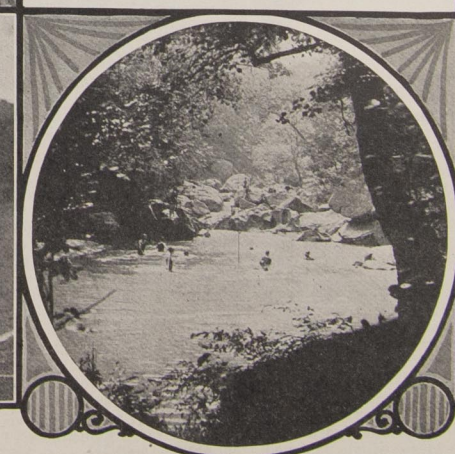
Ida Archwall, who has been called "America's Champion Woman Athlete". She is doing a good exercise for suppleness.



An exciting moment in the Ladies' International Lacrosse Match between England and Scotland.

Below is a remarkable photograph of Lloyd Osborne breaking the Intercollegiate Record with a Jump of 6 ft., 6 inches.

Copyright—Underwood.



This centre picture will make you want to plunge into this beautiful cool pool and gather health with the bathers there.



Health and Life

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

EDITORIAL

OUR THANKS TO YOU, FRIENDS.

First of all, friends, let us thank you most heartily for the way you have rallied to us and read our magazine. We regret that we should have had to disappoint so many of you through not printing a sufficient number of our first issue, but we shall try to remedy this for the future, and supply all increased orders.

Now that you have become readers it is our intention to keep you; and you will find that our pages will wax even more and more interesting each month. HEALTH AND LIFE exists as an expression of the great movement which is growing for the establishment of health and more joy in life. Every human being has the right to be well and happy; it is an easy matter to be so, and we intend to show the way.

KEEP ACTIVE AND YOU WILL KEEP HEALTHY.

Now that the summer is here, it behoves all of us to make the most of it. Sunshine and fresh air are two of Nature's best medicines. If you get plenty of these you need not worry yourself about pills or tonics. Do you know, it has been demonstrated on ever so many occasions that simple sunlight will kill the most powerful disease germs. Fresh air will burn up the poisons in the body; so when you take your vacation, just spend as much time as you can frisking about in your bathing costume, breathing in the glorious air of health, and putting your muscles into such action as will prevent stagnation. It is stagnation of the blood stream which allows time for disease germs to generate. Keep active and you will keep healthy.

GETTING READY FOR THE OLYMPIC GAMES.

The summer, too, is the time for all outdoor athletics. Enthusiasts are now in strict training for the championships that are being held this year, and the great Olympic Games Championships of the world which take place in 1924. Mr. Jos. M. Panesi, our Belgian representative, tells us that every where on the continent of Europe, great athletic festivals are being held, and the heroes of these events given strict training in the hope that they will be victors in the Olympic Games at Paris in 1924. It looks very much as if there will be a good representation of lady athletes, and this is a splendid thing. In spite of what a number of so-called authorities say about athletics being detrimental to women, it is proven conclusively that women need, and can take, just as much exercise as men, provided they are trained properly and the exercise suited to their needs. It is part of women's emancipation, to free themselves from the crude ideas which fastened them down to be the toys and slaves of men. Why should they refrain from the fun of a good game?



COULD YOU DO THIS?
Miss Jovita Dardon, a toe dancer of Chicago, raises and lowers her body while she is poised on one toe. Here is an exercise that will beat many of you strong men.

EXPLODING THE GERM CARRIER SUPERSTITION.

Dr. Clark's brilliant article on disease carriers ought to make us all think and judge as to efficacy of orthodox medical ideas. The carrier theory is, you know, that you may have disease germs in you and so be a danger to your neighbor, although you yourself may not be suffering from the disease. It is true that most people who do not follow the rules of health may possess all sorts of disease germs. But the orthodox medical men have yet to learn that the germ is not the cause of the disease, but only sometimes an accompaniment. Disease cannot attack a person whose body is fit and clean; germs only thrive in a suitable soil, and that suitable soil is a poisoned and clogged blood stream. HEALTH AND LIFE is out to preach prevention of disease, and realizes that, where men are concerned purely with picking around in the filth of disease and seeking to correct this filth by adding more, they are losing the trail.

LOOK AND BEHOLD THE POWERS OF NATURE.

A master artist once painted a picture illustrating a beggar with his whole attention engaged in sorting out rubbish in a heap before him. He is so engrossed in the rubbish heap that he does not notice that just above him is an angel holding over his head a golden crown. This picture is absolutely allegorical of the medical professors who are devoting the whole of their wonderful intellect to studying the superstitions surrounding germs, drugs, toxins and serums. They have but to look with open eyes to behold the wonderful powers of Nature. Nature will restore the sick and ailing if she is but given a chance.

A GREAT CONSPIRACY TO KEEP PEOPLE UNWELL.

Do you know, folks, that it is not only that these professors are dabbling about making ill people worse, they are ready and anxious to put their vile theories into practice on your clean bodies. Why do you think there is so much disease in the world? After 2,000 years of medical practice it is a disgrace to look at the death and illness statistics. Can we be blamed if we suggest that there is a great conspiracy on the part of these men to keep us all unwell, so that they shall have plenty of work to do and money to burn?

You will learn through the columns of HEALTH AND LIFE what is the only diet which can keep the body free of poisons; you will learn the value of exercise and fresh air and sunshine. Then read the medical propaganda in any ordinary newspaper and it will look to you, just as it does to us, that from the cradle to the grave mankind is the victim of the medical superstition—if it is not superstition it is malevolence.

CRUEL COMMERCIALISM COMPELS FRAUD.

But it is doubtful if any individual or set of individuals is to blame for this. There is a cruel commercial system which makes men slave only for material gain. What advantage would there be to the medical men if they did away with disease? They would have to take off their coats and do a bit of honest manual work. The Chinese, however, are wiser than we. They make sure of good medical service by paying their doctors only when they are well, and they suspend payment when they are ill. We ought to do this over here. If we did try to do it suddenly there would be one of the biggest strikes of the doctors that has ever happened. They would know that their time had come. It has come anyway, and they have got to start making people well or else quit business. The public is now becoming enlightened rapidly as to how to keep well, and noble-hearted men and women are devoting their lives to the study of health with most wonderful results.

NO QUESTIONS ASKED WHEN PEOPLE DIE FROM MEDICAL TREATMENT.

The day is not far distant, when it will not be possible for a doctor merely to sign a death certificate and be asked no questions when he kills a person. Ten physicians allowed little Gwendoline Armour to die, and they were never cross-examined, never reprimanded. Talking to Dr. P. E. McCullough, an eminent Sanitator, he told us of a woman who was dying rapidly from the poisoning of drugs she was taking for a weak heart. Dr. McCullough began to eliminate the poison and the woman started to get well. She, however, insisted on following her medical advice. Dr. McCullough told her definitely that she would die in three weeks if she persisted, but she would not listen to him. Sure enough, in three weeks she was buried. That medical man was never put into jail; he still goes on signing up death certificates and taking money from the diseased and helpless. But, as we have said, the time will come when men and women all over the world will be sufficiently enlightened to know how easily Nature can restore health, and how gloriously delightful it is to work and exercise for a fit body that will resist all disease.

AN ASSOCIATION OF STRONG MEN.

All you strong men will be pleased to know that there is an American Continental Weightlifters' Association in existence. Geo. F. Jowett, the Secretary, is alert and alive, and can be relied on to work hard for the benefit of strength lovers. There is a strange fascination about the lifting of weights. It is wonderful to see what extraordinary weights can be raised to arm's length by scientific lifting and to observe the beautiful muscles of the strong man. Weightlifting is one of the events at the Olympic Games, and there will be keen competition for honors. The Association will arrange for records, championships and matches, and it looks very much as if weightlifting will be as popular almost as running or swimming. It is for all those interested to stand by the Association and to work for it and make it so.

PHYSICAL FITNESS CAN BE INHERITED.

Casper Redfield's article "Exercise Lengthens Life", broaches some very fascinating questions of heredity. It chiefly upholds the view that the developments acquired by the individual may be passed on to the offspring. Charles Darwin in 1859 made his theory of the inheritance of acquired characters the basis of his general doctrine of the origin of the species by natural selection. But Weisman and other biologists sought to overthrow this theory—probably because Darwin used it so much in answering the difficulties of his doctrine—and,

(Continued on page 67.)



Latitudes.

By Warrington Dawson.

(Author of "The Gift of Paul Clermont.")

II.

ON FERTILITY AND STERILITY.

Nothing is negligible as a thought or an act, since everything plays its part in the universe to advance or to retard the march of material and moral evolution. The harm you may do yourself by ignoring the dictates of intelligence or the searching rays of conscience is not nearly so serious as the harm done to others whom you might have inspired or raised out of the mire.

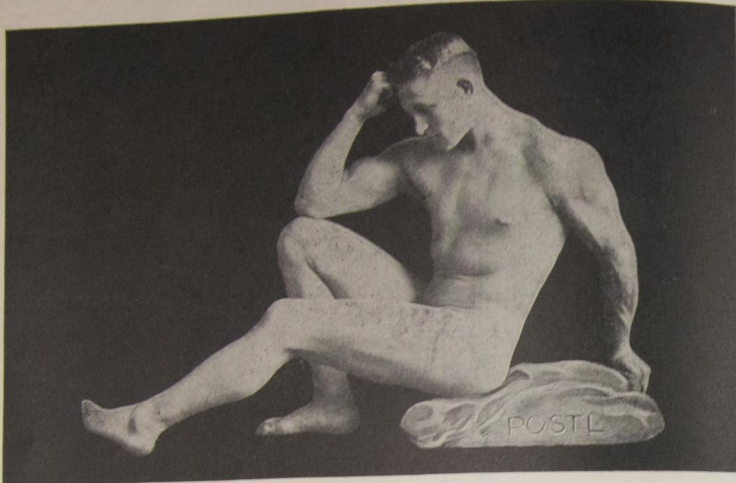
The active force which promotes and develops life without creating it in the strict sense of the word—(because there was one original creation from which sprang the principle of physical life, and it is that same principle which has since been increased and multiplied)—that active force, then, is partly mental, partly physical in its expression on the earth-plane.

By the mental it connects with the spiritual world, but even the mental has its material aspects. By the physical it becomes an active factor in the evolution not only of its immediate expression, but of the entire plane on which it is privileged to serve.

Hence fertility does not mean merely the generation of one species or kind in proportions such as to extend its number and influence. It means enriching an entire division of life which goes to establishing the present status, and preparing the future possibilities, of a world.

Keeping Fit Luxuriously.

By Richard Bonner.

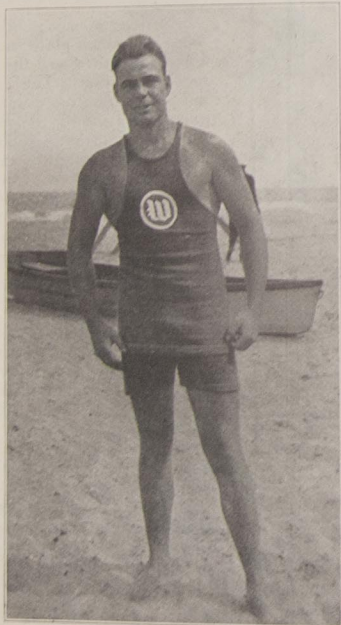


A magnificent pose by Charlie Postl. He was once Middleweight Champion Wrestler of America, but now is devoting his time to showing business men how to keep fit. His measurements are: Height, 5 ft., 9 1/2 in. Weight, 178 lbs. Neck, 17 in. Biceps, 15 1/2 in. Forearms, 13 in. Waist, 33 in. Hips, 41 in. Thigh, 23 in. Chest normal, 42 in. Chest, expanded, 50 in. Calf, 15 in.

It has been my pleasure to go through a physical training treatment at Charlie Postl's Health Club in Chicago. I can give you my word that it was the most luxurious training I have ever done in my life. There is no excuse in the world left to those who think exercise too much bother, for, not only was the activity most pleasurable but it just felt as if I were being treated to a thousand dollar clean up.

When I first entered with my guide, I was confronted with the request to walk up the stairs to the second floor as a preliminary to my training. This, I thought, is the beginning of my tremendous work out. But on arriving at the club I was ushered into a dressing cabinet with mirrors and combs and every conceivable convenience. Then, in my birthday dress, I was introduced to Mr. Allen Howell, who tested my heart beat, blood pressure, took my measurements, and gave me a thorough overhauling in every way.

He escorted me to a private apartment, and made me toe the line while he put me through a most complete set of exercises. Each movement was combined with deep breathing; and, I tell you, every bit of foul residual air was pumped out of me, and my lungs filled with fresh, clean air, which made me feel just fine.



A. H. Ward, an enthusiastic health and exercise lover. He built himself up from weakness into the fine muscular man you see, and now spends his time getting others interested in their bodies.

There was not a muscle in my body which did not come into action, and, although I could tell I was working, it was the most comfortable sort of work I had ever done. You see, I could not go wrong; for Charlie Postl sees that every member of his club has his own attendant who directs each movement.

Well, after this I went to the hot steam bath, where my pores were opened by an invigorating special sort of vapour, and I guess I lost any poisons I had generated in my body during the last few weeks. A cool bath followed; after which I had massage by an expert masseur, who loosened up my muscles and toned me up to concert pitch.

Then I dressed myself, and felt fit enough to challenge Jack Dempsey. Mr. Ward, one of Charlie Postl's representatives, showed me over the rest of the club; and now I can't wait until I can go again and knock the stuffing out of the punching bags, wrestle on the mat, play handball with the best of them, and create more records with lifting the dumbbells.

This feeling is not just imagination, or even merely physical. I have been back in my office hard at work for several hours, and I'm just as fresh as a daisy still, and feel fit for anything that comes along in the course of my business.

How the Mighty Gotch Was Stricken in the Prime of Life



FRANK GOTCH
Copyright I. F. S.

Gloriously healthy—a splendid body—powerful—intensely alive—full of vigor—never a thought of sickness and never a single indication of the swift fate that overtook him in a few short days. Then death! Yet had Gotch known, he might have been alive today with a prospect of many more years of life and health. You may avoid this untimely fate by the measures described in this article.

G. Soule.

EVERY reader of HEALTH AND LIFE Magazine must realize that if the wonderful human machine that Frank Gotch had developed could be so suddenly destroyed, that any man or woman may be stricken in the same way. Actually there is a real danger. Gotch's case is typical of thousands of cases where people in apparent good health—without warning—are carried suddenly away. To be informed on this important subject is your only protection.

It is not our purpose to alarm anyone. We wish, merely, to put the readers of this magazine on guard against a condition which today is coming more and more to be recognized as a growing menace to the health and life of thousands of Americans.

It is true that always, for months, even years, there are unmistakable indications in every man's system which show definitely what is wrong. But the pity of it is, that the diseases which cause these "sudden" deaths in the prime of life, are so insidious in their attack that there is no outward symptom of their presence until the victim has passed beyond all hope of recovery. In fact, an alarming feature of these diseases is that the very poisons in the blood which cause such "sudden" death often give a fictitious stimulation which give the victim all the appearance of good health. Yet all the time the body may be slowly but surely breaking down under the vicious influence of these unseen poisons.

Fortunately there is a scientific way to know when this unseen and

unfelt disintegration has started and there are many simple ways of checking the progress of the disease and restoring the patient to perfect health.

IS YOUR CONDITION SHOWN HERE?

A recent table which shows the figures of our twelfth yearly summary of results accomplished with our first 5,000 subscribers is remarkable for two reasons. Out of 5,000 subscribers only 5% were normal. Think of it!

The second remarkable feature of this summary is that out of 4,750 subscribers who were not normal, 87% were restored to normal condition through following our helpful suggestion sheet. The 13% which remained persistent probably was due to the fact that some people, even after subscribing, entirely ignored the unbiased advice of the Bureau or took up the Bureau's service too late.

Don't you think that it is time that you find out what condition prevails in your own case? "A little fire is quickly trodden out, which, being suffered, rivers cannot quench."

It is by the use of these scientific measures that Mr. Carl Laemmle, President of the Universal Film Company, George Ade, the famous humorist, Chick Evans, the golfer, Paul P. Harris, the founder of the Rotary idea, Justice O. N. Carter of the Illinois Supreme Court and thousands of other men at the heads of their professions protect themselves against the slow disintegration caused by sedentary living, lack of exercise and high pressure brain work.

These men—every ninety days—without leaving their offices and without spending more than four

minutes each year, obtain the most thorough and complete analysis of their physical condition ever made. They receive a detailed report showing exactly what is wrong. And a sheet of Helpful Suggestions for correcting the trouble and warding off the disease that might otherwise strike death into their midst, deprive their businesses of their guidance, their friends of their association and their loved ones of their protection.

A few years ago, a service such as this through its cost and inconvenience—was out of the reach of most men. But now, thanks to the corps of trained scientists and specialists maintained by the National Bureau of Analysis, this service has been put within the reach of every man at a cost which is insignificant.

Send for Free Book on Health.

Do not live in a fool's paradise of fancied good health. Accept the friendly warning of an unbiased and unprejudiced organization such as the National Bureau of Analysis and find out at once what is really happening to your body, unknown to you. Send at once for our brochure entitled, "Why People Die Too Young." It will not obligate you in any way. No solicitors will bother you. You will not be urged to subscribe to the Bureau's Service. But with this booklet in hand you will be better able to tell exactly whether you need such a life-saving service as the Bureau offers and exactly what it can do for you. Simply fill in and mail this coupon today.

National Bureau of Analysis,

Dept. 37, Republic Bldg.,
209 S. State St., Chicago, Ill.

NATIONAL BUREAU OF ANALYSIS
Dept. 37, Republic Bldg., 209 S. State St., Chicago, Ill.

Gentlemen: I am interested in learning how to prevent needless illness and how to prolong my life. Without any cost or obligation whatever to me, please mail a copy of your valuable Treatise on Health, "Why People Die Too Young."

Name
Address
City

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Health and Life

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

BERNARD BERNARD,
Editor-in-Chief.

JULY, 1922.

Number 2

Volume I.

Sending Health Through the Ether.

By Brewster Broeffle.

[Brewster Broeffle says we are going to have our morning physical education lessons directed by Radio. He is probably right, for already it is possible to dance to music brought by Radio; and organizations of all descriptions are being directed by means of this wonderful invention. Just imagine the millions of us who believe in caring for our bodies, exercising in unison every morning.—Editor.]

ONE of the most interesting developments that has grown out of the popular interest in Radio Broadcasting is the tendency toward community or group action.

One can readily picture multitudes arising shortly after early dawn at the call of a stentorian voice, echoing through dim sleeping rooms summoning the faithful to their morning muscle stretching and nerve stimulation with health and breathing exercises. Just fancy for a moment, a million people arising from their couches, and confronting the day's duties with sluggish and unwilling senses, and then see what would happen to this same million, if, under the magic goud of an alert and dominate master, whose voice they have learned to respect and hear with pleasure, they begin to shake off doubt and apathy, and as the result of a few minutes of vigorous and well-balanced exercises, step forth into the arena of the day's duties, refreshed, buoyant and full of hope. This is the new picture which we will doubtless contemplate in the very near future.

Undoubtedly such a development would be a national outgrowth of already existing exercise groups under local leaders, or new organizations to

be developed under the stimulus of Radio Broadcasting, and it is not too much to expect that HEALTH AND LIFE Magazine may have a great deal to do with organizing such groups over the country, and through its leadership, bring them and individuals composing them, into a much better

mentality of it, is the certainty of a hopeful stimulant to be applied to the mentality of millions not now united in any formal or even informal code of action relative to improved health conditions. This will be brought about through Radio Broadcasting of lectures and talks on healthful and happy living. Such concerted and mental activity will be healthful and invigorating, irrespective of direct physical training.

Before developing this thought in detail, it may be wise for the moment to speak of the effect that has already been produced throughout the country among those who have secured Radio Receiving Sets of the widespread broadcasting of musical programs. While much of this work so far has been of indifferent quality, nevertheless, it has brought to all those who have been "listening in" from the Atlantic to the Pacific, and the number has been far greater than a million, has been most

beneficial and encouraging. It has induced a more hopeful frame of mind and a greater interest in living. Coming at this time when the effects of the World War are still seen in the depressed psychological conditions—

(Continued on page 71)



Copyright—Underwood

Here are some couples dancing to the finest music in the world brought from thousands of miles away by Radio. Soon we can expect to have physical exercise lessons broadcast to millions of lovers of the strong and healthy life.

and harmonious relationship with the affairs of the world as well as their own special duties than has heretofore prevailed.

Far beyond this particular development and the possibilities growing out of it, or growing up independ-

THE HEALTH SCHOOL— Free Medical Treatment.

A free clinic of The Health School is held at Room 617 Kimball Hall, 306 S. Wabash Avenue, Chicago, every Sunday afternoon at 3:30 p. m. Free treatment will be given to those who desire it, and others interested may have an opportunity of seeing for themselves what Sanatology can do. Dr. P. L. Clark, B. S., M. D., Ph. Sa., conducts the Clinic personally, and delivers a short lecture on the Science of Health.

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We want all readers to help us make "Health and Life" the power it ought to be in the world for health and right living.

We are willing to make substantial offers to those who desire to help us in obtaining new readers. We have mapped out a plan by means of which it ought to be possible to earn good money by working two hours a day, and give the message to those who need it.

If you are interested in such a proposition write to the Editor and tell him so.

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Gentlemen—I am interested in your circulation proposition, and would like to know your offer.

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NERVOUS DISORDERS AND THEIR CURE

It has long been recognized that the nerves govern all the functions of the human body, and, consequently, when anything goes wrong with any of these functions, the nerves themselves become disordered. It may be reverse in order. The nerves may go wrong and upset the normal functioning of organs.

It matters little which it is, for one will positively affect the other. In order to put matters right it is necessary to detect the cause. This lies in the acid and toxic condition of the body. The nerves are bathed in irritating, poisonous blood, and the nerve cells are deteriorated and fail to send the vital spark at its maximum power to the organs governed, with the result that serious complications set in.

I have proved conclusively that the most serious attending evils of nervous disorder give way readily to scientific eliminative treatment. No drugs or toxins can do this, and that is why I have quit using them.

The following cases illustrate these points very well:

Nervousness, Stomach Trouble and Obesity.

N. S., Female, aged 66. Had been suffering for 20 years with nervousness, gastritis and enteritis off and on. Complained of violent pains in the stomach and sleeplessness. "Just feels as if something flopped in stomach." Felt sick, and was in a generally catarrhal condition, so that she felt useless and miserable. Was disturbed and worried by trifles. The gall ducts and gall bladder were infected, and she was 85 to 40 pounds overweight. Had taken medicines for stomach trouble.

This case is interesting because it shows that at 66 years of age, a morbid condition of 20 years' standing may be completely put right.

She was not only suffering from a bad state of acidosis and toxicosis, but the drugs she had taken had considerably aggravated her condition and thrown her organic functions out of natural order. Medicines were stopped, and for a few days she was put under special eliminative treatment. The acid condition of her stomach was neutralized by correcting the diet, and by not allowing starches or proteins to be eaten for some time.

After two weeks she began to feel the effects of her purifying blood streams, and the nervous irritability and fear and worry left her. The stomach ceased to have the heaviness, and all pains gradually disappeared.

A normal full diet was given in due course, and she became stronger in every way. Bowel action was forthcoming without aid twice each day. She lost 30 pounds of fat, poisonous and superfluous tissue.

In the spring of 1922 she is feeling perfectly well, and enjoys life more than ever she did in her younger days.

General Nervous Weakness and Mitral Regurgitation.

J. J., Male, aged 31. Was exceedingly enervated. Could not walk more than a few yards without feeling fatigued. Easily played out after the slightest exertion of any kind. The nervous system was so weakened that few organs showed normal response to nervous stimuli. The heart valves evidently suffered most, and there was mitral regurgitation, causing pain and heaviness in the left side. Complained also, naturally, of dizziness and rheumatism. Had taken much medicine for heart trouble and general nervous weakness.

The medicines were stopped immediately and Sanatological treatment substituted. As the acid and toxic blood became more normal, it was able to feed the nerves and take away their poisons which they had stored up in their years of existence upon contaminated blood. All the organs of elimination were thrown into the highest state of activity possible, and only such food allowed as would serve this end.

He improved slowly, but surely. The rheumatic pains disappeared, and he felt more able to exert himself without fatigue than formerly.

After two months the valves of the heart began to function much better. The whole nervous and physical condition became strengthened. Finally, the valve righted itself, and there was no regurgitation. This meant that the rest of the body was now able to secure its full blood circulation. Consequently, he soon became perfectly normal and healthy. At the beginning of February he was quite well. He could walk long distances or undergo any exercise without the least inconvenience, and followed his occupation of salesman for eight hours daily most efficiently and with no feeling of fatigue whatever. There is now no trace of any disorder having been suffered.

If you are troubled with Nervous Disorder of any description there is still hope for you. After the most renowned of practitioners of orthodox methods have failed to benefit patients they have come to my Health School and gotten well.

So write to me about your case.

P. L. Clark, B. S., M. D., Ph. Sa.,

THE HEALTH SCHOOL,
39 S. State Street, Chicago, Ill.

The Pathology of Immorality.

By T. W. Standwell.

[Mr. T. W. Standwell is a most successful "Physical Culture Consultant" who has done an enormous amount to establish the value of natural methods in curative science. We believe that there is a lot to be said for his general standpoint. There is not the slightest doubt that much of what is called immorality is a pathological condition which could be remedied by a scientific physical and psychological treatment.—Editor.]

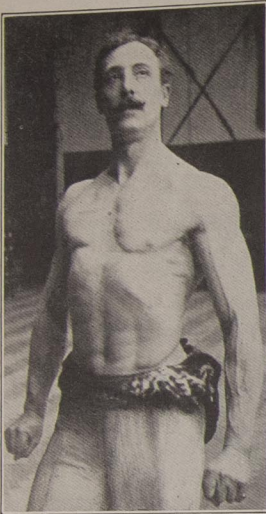
IT gives me very great pleasure to be allowed the honour of expressing my views in this excellent new publication which is edited by my friend Bernard Bernard. In England this gentleman and I co-operated a great deal in a fight for common sense and enlightenment on many of the problems of life. Although he has left our shores for the land of the Stars and Stripes, we shall feel that he is still with us, and we know that the influence he has left here will live for many years. If he does a small percentage for America what he has done for Great Britain, then it will not take long for his generous philosophy of life to permeate the great new continent.

On a large number of points Bernard Bernard and I disagree. He is an idealist who, by his sincerity and force of personality, inspires those with whom he comes into contact with the desire—and ability—to live in accordance with the laws of health and sanity. On the other hand, I am a matter of fact person, who sees in every mortal his physiological make up. I have absorbed the teaching of the esteemed Professor James that every mental action has its physical reaction. But I go further and say that every moral or immoral action has its correlating physical effect and cause.

Immoral Behaviour Aggravated by Bad Physical Condition.

Now you have a slight insight into my way of looking at things you will be able to follow my arguments a little better than you might otherwise have done. When I examine a person, I feel sympathy for his behaviour because I know that in most cases it has been aggravated by his physical condition.

But the greatest curse is that our civilization has kept our youth in ignorance of the great laws of life. The average person has had to pick up his information from the unrepugnant scabby conversation of the illiterate and vicious story tellers.



T. W. STANDWELL.

It is true! The hundreds of thousands of sex tragedies are proof of its truth. The great enemy we have to fight is ignorance.

It is not generally realized, that, during adolescence, a stage in evolution of the human race is passed through which corresponds with one when self-control was a negligible quantity. Our animal ancestors had not the human qualities which make for will power or self-control, and there existed the instinct for an expression of the sex powers which were used without the slightest restraint.

How Bad Habits Start

It is quite true that youths have will power and self-control; although the degree to which they use them—or are able to use them—varies in different individuals. But, let them be taught by some sex maniac the youthful vices, and be persuaded that there is no harm in them, they incline down which they are bound to descend can easily be seen.

The instinct is a new one; there is novelty; and natural youthful inquisitiveness may lead to initial tastes.

It is this from which we must save the young. My experience has taught me that in later life, the majority of the ills suffered result from these early indiscretions. There is left in the system the physiological condition which causes a continuous and unnecessary waste of vital life energy.

Most students of physiological psychology know that a nerve impulse takes the line of least resistance. That means to say that it takes the nerve path which has been worn by previous impulses. This accounts for the ready formation of vicious habits. But it also accounts for the physical condition becoming established which causes years of unnatural drain.

Again, the result is to drain the other bodily organs of the energy they require for their normal functioning. So we get the development of indigestion, constipation, a shattered nervous system, and, in fact, innumerable irritabilities.

The physical organism in this way becomes less and less able to withstand the onslaught of infectious diseases as well, and the person becomes rapidly weaker in every respect.

The Power to Will.

Now, it is useless, in my estimation for a moral reformer to come along and start bullying the victim. As a rule, the latter would do anything to rid himself of his morbid condition, but he finds he cannot. I have known this to be the case in many who had within themselves the strongest of religious desires to be moral. I forget the originator of the sentence, but some medical authority hit the nail right on the head many years ago when he said words to the effect that it is not that the patient will not, but that he cannot will.

This is where natural curative methods are most valuable. They are not like drugs which lower the vitality and physical resistance by a further drain upon them in general, but they assist recuperation by making the general physical organism sound and function normally, and therefore strengthen the nervous system and the power to will!

Physical Activity Aids Moral Effort.

The greatest hope for victims lies not only in strong moral effort but in physical activity and scientific exercises. Games of a physical nature divert mental and physical energy from undesired channels. They create new nerve paths for the expression of energy, and therefore they are good. I believe that without physical recreation there could be no true civilization. It is the means by which the wonderful forces which make for the best in human production are kept from being wasted. If you look around, you will find that those who play well are those who work well; and the greatest men of all time have been physically active in the

early years of their lives. Therefore, this great movement for the better understanding of exercise, for health and recreation, is the most potent and important of our time, and spells evolution to a higher form of human being.

I am sorry I have not been able to get down more to my subject, but I desired to introduce myself to you, so that there should be little misunderstanding of my point of view. With the Editor's permission, I shall on another occasion go more deeply and scientifically into the same topic.

EDITORIAL

(Continued from page 61)

although they succeeded in persuading the biological world that the crude inheritance of acquired characters is an impossibility, recent experiments have clearly proved that developments in individual parents have a decided effect upon the germ plasm and the offspring.

This means, then, that we can influence our children by the lives we lead ourselves. The man and woman who neglect exercise, and allow their bodies and minds to become foul and degenerated by wrong living, are positively handing on to their children a handicap in the battle of life.

THE BEST AGE FOR MARRIAGE.

Another question which arises from Casper Redfield's article is the age that is best for begetting children. While early marriages are desirable because they lessen the dangers of promiscuity, it must be obvious that the children who are born of young parents miss something that children of older parents gain. This is chiefly in regard to mental qualities. The children of young parents may have some sort of an advantage in being conceived while their parents are most physically fit. But, if Casper Redfield is correct, if the parents keep in training and become more fit as they get older they will give their later children the benefits of these improved physical qualities.

It is obvious, however, that today mental training is nearly always continued into middle life, and the man and woman at 35 are fitter mentally than they are at 21. If you will examine the parentage of the greatest men of genius you will find that most of them have come from parents well natured. Charles Darwin himself set the best age for marriage (obviously meaning the begetting of children) at 30 for the man and 35 for the woman. To produce the very highest quality of human being, it seems that it is best to beget children at a later age than has been conventionally recommended.

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(1) Dissolve or disintegrate tumors, goitres, gall stones, deposits of lime in joints.
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Notable Results:

- PARALYSIS. Age 61. Right hand and leg helpless three years; restored in three weeks.
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- CATARRH HAY FEVER. RESULTING DEAFNESS decreased from the first meal.
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- GOITRE. Collar reduced from 17 to 15, normal size.
- UTERINE HEMORRHAGE. Age 50. Three years in rolling chair; weak from constant discharge. Now does housework, including washing.
- ECZEMA. Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.
- BYORRHOEA. Age 65. Pus ceased on seventh day.
- PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet nor constipation as previously. Delivery painless.
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The greatest necessity to ensure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M.D., Ph. Sa., writing of this book says: "As regards sound principles and frank discussion I know no better book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

"I feel grateful but cheated" writes one man, "Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

SEX CONDUCT IN MARRIAGE

By BERNARD BERNARD
Editor-in-Chief of "Health and Life"

Answers simply and directly, those intimate questions which Mr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straight-forward explanation, unclouded by ancient fetich or superstition.

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Exercise Lengthens Life.

(Continued from page 54)

Also, the offspring of horses trained and raced live longer than do the offspring of their brothers and sisters not trained and raced. Further, the most pronounced cases of general improvement in longevity were in the offspring of those horses which were scientifically trained continuously for the greatest number of years.

Here is definite and precise information which shows that the benefits of continued physical training extend beyond those things observed by our medical men in our training camps. It reaches to the longevity of the persons trained, and to the longevity of the children of the persons trained.

The Exercise of Producing Babies.

When a woman produces a baby, she exercises a whole series of bodily organs during gestation and parturition which are not exercised by women who do not produce babies. The powers of the organs so exercised are built up by that exercise so that it is easier for a woman to produce her second baby than the first one, still easier for her to produce her third one, easier yet for her to produce her fourth one, and so on. With women the productive period ordinarily ends at about forty-five years of age.

There are two investigations into the longevity of mothers. One is by J. McKeen Cattell, the other is by Alexander Graham Bell. These both show that the women who produce the greatest number of children before the age of forty-five are the ones who live the greatest number of years after forty-five. I made an investigation into the longevity of the different children of large families, and found that if parents retained their health, the later children lived longer than did the earlier ones.

Life is Lengthened in Proportion to Exercise Continued.

These facts show that the physical efforts which build up powers in the organs of the person who exercises such organs extends to the lengthening of life in proportion to the extent to which such exercise was continued. They also show that the development of powers in the parent is transmitted to offspring.

Scientific training, such as that observed by the medical men in the training camps, is the best form of training, but it is not the only form. Men build up powers in exercised organs even when the exercise is in the form of productive work not intended for the development of powers. The same is true of the horse. Under scientific training a horse will develop trotting power more rapidly than under other conditions, but such training is usually limited to only a few years.

Less than one hundred years ago, American trotting horses could not trot a mile in three minutes. Now we have hundreds of them capable of trotting a mile in 2:10 or less. When we trace the ancestry of these very fast horses we find that they did not come from the choice animals which the breeders selected for breeding purposes two or three generations previously. They came partly from the scientifically trained horses of earlier dates, but principally from old horses which had worked continuously as road horses for many years. The lines of improvement came thru the progeny of old sires and dams and not thru the progeny of young sires and dams.

These facts show that the benefits derived from the kind of training recommended by the medical men extends to the offspring of the men trained,—to the improvement of the human race as a whole. This is something vastly more comprehensive and important than anything in the minds of those men when they passed their resolution in June, 1918.

Mental and Physical Results of Intensive Army Training.

The medical men noticed that there were mental benefits as well as physical benefits coming from the intensive training given in the army camps. These observable benefits were in the form of improved mental alertness developed by this form of training. In other words, mental powers are developed by mental exercise just as well as physical powers are developed by physical exercise. This is recognized by the Binet system which sets different degrees of mental development as being normal for children of different ages. We can also see the same thing from the fact that it requires mental power to carry things in our memories, and from youth to old age we carry more and more that way. Under normal conditions, the age of a person represents the extent to which he has developed his own mental powers by his own mental activity.

Different persons are born with different degrees of mental ability. We see that from the fact that not every one is capable of becoming a great poet, a great statesman or a great inventor. When we examine the pedigrees of men of remarkable mental ability, and carry that examination into the ages of the fathers, the grandfathers and the great-grandfathers as they appear in these pedigrees we find that they average more than forty years from birth of parent to birth of offspring. This is twenty-five per cent above the average age of parents in the communities in which these great men were produced. In other words, men of great inherited mental power come only from ancestors who developed their own mental powers by exercise before they produced their children.

The Disease Carrier Fraud.

(Continued from page 49)

fect the general incidence of the disease. Assuming that we could discover fifty thousand or more persons who are carriers of virulent diphtheria bacilli under this estimate, it is obvious that it would be impracticable to isolate so many.

Certainly it would be impracticable to isolate fifty thousand so-called diphtheria carriers to say nothing of the 700,000 or 800,000 of other different brands of carriers, but that is never expected or intended.

Now comes Dr. Rawlings of the Illinois State Board of Health going Dr. Park one better and informing us that two instead of one per cent of the people harbor virulent diphtheritic germs.

All this propaganda of guesswork has one end in view and that is to make the people believe that for their protection and safety there must be vested in the political machine of the "regular" medical profession police powers by which their particular brand of treatment may be forced on *all the people* when fully fifty per cent of the people do not believe in "regular" medical treatment.

It has been settled for some time that I have no right to run down your throat any particular brand of religion. Is it not of equal importance that I continue the right, guaranteed me under the Constitution of the United States, to regulate my body as well as my soul?

"Truth crushed to earth shall rise again," but history shows that sometimes the barriers erected to shut in the truth had to be drenched with blood before truth was liberated.

(To be concluded)

Her Great Enemy.

(Continued from page 56)

Mickelson, for that surely was the actual feeling passing over me. Was it that there was an affection beginning to grow—that I cared for her to think me accomplished—was it the primeval instinct of mankind which made men fight for possession of the female being, brought out because of the competition between Mickelson and myself for Sylvia Landsmith—was it that I desired to triumph so that I might guard this woman by moral as well as physical power against her great enemy?

(To be continued.)

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Dr. Sidney Homer Babin.

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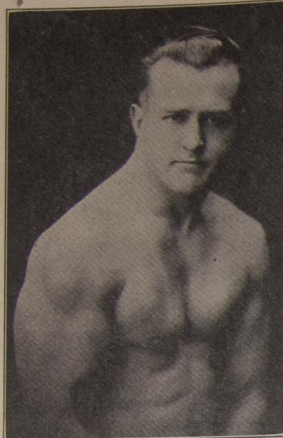
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Latest photograph of Earle E. Liederman
Taken Feb., 1922

A wild man once lived in the forest. He had no fear of a man or beast. He carried a mighty club with which he fought his enemies of the jungle. His rough and active life in the open gave him the strength of the beasts themselves. He was a superman in health and strength. But who wants to be a wild man?

The Modern Man

There are men in our midst today enjoying the same abundance of health and strength. They are not of the wild man type, however. They are men of intellect, who have become leaders of industry. They realize that brains are essential, but of little value if placed in a weak body with sluggish blood circulation, or troubled with various disorders of the vital organs.

The Miracle Man

The wild man took years of active out-door life to attain his strength. How then can a business man acquire this same strength when his days are spent in an office?

One year ago a famous musician traveled from Toronto, Canada, to see Earle E. Liederman. This musician was most popular throughout Canada. People came miles to hear him. He was wealthy, but he was unhappy. He was a physical weakling. He worked nine hours a day, so he had no time for exercise. He asked Mr. Liederman to help him. Mr. Liederman asked him to give twenty minutes time each day for three months in his own home. The musician went back with Mr. Liederman's famous apparatus and one week later the first lesson in "Progressive Muscular Development" followed him. Today he is the champion weight lifter in his county and his earning capacity has almost doubled.

What Kind of a Man Are You?

Do you arise in the morning full of ambition for the day before you? Do you feel the thrill of life pulsing through your veins? Can you finish a hard day's work still feeling full of pep and vitality? Do you have the deep, full chest and the brawny arms of an athlete? If not, you are not the man you were meant to be.

How would you like to increase your arms one full inch in just 30 days, and your chest two full inches in the same length of time? But that's only the foundation. From then on you build up an armour plate of muscle both inside and out that will fire you with ambition, giving the spring to your step and flash to your eye that only an athlete can know. This is what I promise to do for you. Come on, then and make me prove it.

Send for my book—

"MUSCULAR DEVELOPMENT"

It is chock full of photographs of myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus and inspiration to every tired blooded man. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. Don't delay one minute. This may be the turning point in your life today. So tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN

305 Broadway, Dept. 907 New York City

EARLE E. LIEDERMAN, Dept. 907

305 Broadway, New York City.

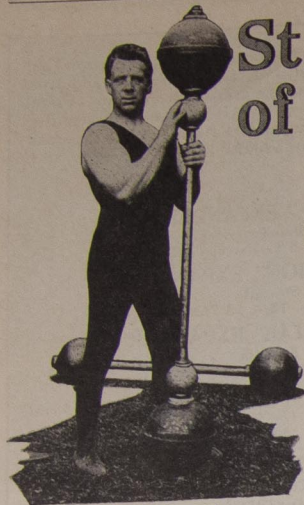
Dear Sir: I enclose herewith 10c. for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name

Address

City

State



GEO. F. JOWETT,
Secretary American Continental Weight-
lifters Association, Middleweight Champion
Wrestler and Weightlifter of Canada.

THE American Continental Weightlifters' Association is now established to look after the interests of weightlifters in every part of the American continent, and I, your editor, will act as President. Arthur F. Gay, of Rochester, is Vice-President, and Geo. F. Jowett, Secretary. We are going to do our utmost to set alight the flame of enthusiasm for weightlifting, but we can only be successful by having every one of you strong men with us, for it is your Association. Some of the finest weightlifters in the country are already in our ranks, and you can all look forward to some grim battles by champions with the weights before long.

Every state is to have its official representative, and already Mr. David P. Willoughby, of Los Angeles, is in office for California, so we can look forward to some record breaking meetings taking place in the west.

In the beginning of the new year it is hoped that we shall be able to arrange the first American Continental Championships. In the meantime we shall have to organize ourselves and then determine the championship lifts.

Up to the present the following is a condensed statement as to conditions:

Admission to membership \$3.00 per year, which will include subscription to HEALTH AND LIFE, the official organ of the Association.

The Association will include both amateurs and professionals, and diplomas will be granted for Records and Championships.

An object of the Association will be to establish Continental, National, and State Records and Championships.

Strong Men of America, Unite!

By the Editor.

The Association will endeavor to demonstrate that weightlifting is a good sport, and an excellent means of physical education.

It is proposed that as soon as arrangements can be made, prominent members of the Association will tour the country to further its objects and educate the public by demonstrations. State or city representatives should notify the Secretary of their ability to quarantee an audience sufficient to warrant the visit of the Association's demonstrators.

[I ought to mention here that these demonstrations will be of first-class interest, and, in addition to being a means of showing what the nature of the lifts are, would provide for the appearance of National and World Champion Athletes—men and women—in order to put weightlifting in its rightful place as a first class means of physical education.—Editor.]

The lifts will be those adopted by the British Amateur Weightlifters' Association, with the addition of harness, knee, hand, and back lifting, Jefferson and the Kennedy lifts.

An entrance fee of 50 cents is charged for each attempt at record, and is not returnable.

Each referee must pass a test, and must pay \$2.50 per year to hold office.

Next month there will be more news forthcoming as to the progress of the Association. What we need immediately is your support, so send in your admission fee now to the Secretary-Treasurer, Geo. F. Jowett, Inkerman, Ontario, Canada, and let us get started with some real exciting official weightlifting meetings.

TRUTH.

"I myself have now for a long time ceased to look for anything more beautiful in this world, or more interesting, than the truth; or at least the effort one is able to make towards the truth."

—From "The Life of the Bee," by Maurice Maeterlinck.

BEAUTY.

The beauty of the sun and moon, the pageant of the seasons, the music of daybreak and the silence of great nights, the rain falling through the leaves, and the dew creeping over the grass and making it silver.

—"De Profundis," Oscar Wilde.

Free Pose and Development Competition.

Competition for Best Photographic Pose and Development.

FIRST PRIZE—MEN
Sterling Silver Cup and Diploma
FIRST PRIZE—WOMEN
Sterling Silver Cup and Diploma
FIRST PRIZE—BABIES
Sterling Silver Cup and Diploma
CREDITABLE POSES
A "Health and Life" Diploma

Where Two or More Competitors Equal Each Other for First Place, Each Will Be Presented with a Sterling Silver Cup and Diploma.

Entries Close October 31, 1922.

[Competitors are entering quite satisfactorily, and some pretty good poses have been sent in. Next month some of these will be published in "Health and Life. Hurry up and send in YOUR entry.—Editor.]

In order to encourage a healthy love for the body beautiful, we are organizing a special posing and development competition to include men, women and babies.

All you have to do is to send in a photograph of yourself or your baby in an original pose, and fill in the coupon and measurement form below.

Points will be given for originality of the pose assumed chiefly, although the measurements will count heavily where two contestants are level.

Photographs should be taken to show your body to the best advantage. You are not limited to any costume, but you will, find probably, that a well-fitting bathing costume, without any trimmings, is the best.

Impromptu poses and snaps during action will be highly considered.

In each class, the contestant adjudged the winner will receive a HANDSOME SILVER CUP, specially engraved, and a diploma for development.

Every contestant who sends in a pose photograph of high merit will receive a HEALTH AND LIFE diploma.

Each month a number of photographs will be published in HEALTH AND LIFE, and the ultimate winners selected from them.

HEALTH AND LIFE POSE AND DEVELOPMENT COMPETITION.

TO THE EDITOR OF HEALTH & LIFE,
380 W. Monroe Street, Chicago.

Dear Sir—I enclose a photograph of myself which you are at liberty to use in "Health and Life." I agree to abide by your decision, which shall be considered final.

Name

Address

Measurement Form.

Neck.....
Waist..... Chest (normal).....
Upper Arm..... Hip.....
Wrist..... Forearm.....
Calf..... Thigh.....
Height..... Ankle.....
Weight..... Age.....

Sending Health Through the Ether.

(Continued on page 64)

this new stimulus to a nation's mental activity in the possible field of positive vibration, or if one may so put it, the plus sign, to use a technical term familiar to those who deal with electrical matters, is a distinct and marvelous gain. It comes to us out of the great reservoir of Nature's undisclosed bounties, quite suddenly. So far as the general public is concerned, this vast endowment of humanity, takes place as a great free gift of enjoyment, and is thrust forward into the eye of the world, like a magic prize. Unlike any other great gift with which we may compare it, it is approximately free to all in that its benefits can be enjoyed by all after the investment of a very few dollars, but without paying toll to anybody. Referring merely at this time to the psychological and even the physiological benefit to be gained by this free spreading of musical gifts to all music-hungry people, it may be said that the health of the nation in general betterment, will be plainly perceptible within the next twelve months.

Just as this issue of HEALTH AND LIFE Magazine is going to press there is attracting very widespread attention, the announcement of a very simple connection, which can be inserted in any electric light socket, and which will, without any danger of shock or other accident, offer an equivalent of the most sensitive and highly effective antennae connection for both crystal and tube receiver sets. This opens up the wider use of radio receiving sets to dwellers in the larger cities living in apartment houses and hotels, in a very remarkable way. The principle announcement in regard to the development was made recently by General George D. Squier at Washington, under the general description of "wired wireless". Since that time devices have been put on the market which can be purchased at a very small price, and which should operate as an "open sesame" to radio broadcasting on the part of all who are able to possess themselves of a very inexpensive receiving set. The difficulty of bringing up outside wires on apartment buildings for each individual receiving set is thus obviated.

It is the intention of the editors of this publication to answer inquiries with regard to the development of radio broadcasting in its relation to better health and better living conditions. Communications and earnest inquiries will be welcomed and promptly answered.



Grow Strong on WHOLE WHEAT—Send This Coupon

The steel-like muscles and hardy health that helped the ancients make history came from the mineral salts, bran and vitamins left in the most important part of their diet—whole wheat. Those same strength-building, health-making elements are left in the choice whole wheat that goes into

Wheatworth

The WHOLE WHEAT Cracker.

YOU can build strength and stamina by eating these delicious crackers. Sign the coupon today and get a generous sample package. Wonderfully flavored, healthful for the whole family. Don't delay sending the coupon—whole wheaters are world beaters.

Alfred W. McCann
Says:
"Eat Wheatworth Crackers"

FREE SAMPLE	6
F. H. BENNETT BISCUIT CO., 134 Ave. D, New York City	
I enclose 4 cents in stamps to pay for postage on Free Sample of Wheatworth Whole Wheat Crackers to be sent to me promptly at the address here given	
Name.....	Address.....

How to Live and Eat for Health

By P. L. Clark, B. S., M. D., Ph. Sa. Price \$1.50 Postpaid.

This is one of the greatest books on health that has ever been written; and no person can afford to be without it. Dr. Clark has compiled this work so that it contains a wealth of information which will enable you to make yourself well and keep well.

It is the first book giving the methods of Sanatology in the cure of disease, and the great physician has made the diet question so clear, yet scientific, that it is predicted that this book will be the text book for all future methods of healing.

Health & Life Pub. Co. 380 W. Monroe St. Chicago, Illinois

The HEALTH School Club MEMBERS WANTED

"The Health School Club is dedicated to the work of Dr. P. L. Clark, and is organized in recognition of his humanitarian work and as an appreciation for the service he is rendering suffering humanity; to assist to perpetuate The Health School, the World's First University of Sanatology, founded by Dr. Clark, and aid in the work of teaching health, the science of right living, the full enjoyment and prolongation of life by a more perfect co-ordination of effort of all concerned, and the adoption and practice of the Health School methods as expounded and interpreted by its founder."

Believers in the great work which Dr. Clark is doing are cordially invited to join the Club. Dues are 25 cents a month. Members receive "Health and Life" free each month, are entitled to free treatment at the Health School Public Clinics, and have numerous other privileges.

THE HEALTH SCHOOL CLUB, 39 S. State St., Chicago, Ill.

Health-Life Strengthen Your Stomach.

(Continued from page 51)



THOMAS INCH.

Have You Weak Nerves?

Are you easily tired?

Do you fail to carry out your ambitions?

Do you suffer from sleeplessness, the worry habit, heaviness of limbs, palpitation?

Have you indigestion, poor circulation, does everything seem a trial and a care?

If so, if you have any of the foregoing symptoms and if you are not the success you feel you ought to be, you suffer from nerve weakness. In which case you are cordially invited to write to me telling me your ailments and by return mail I will send you a remarkable book telling you how you can become fit and well by an inexpensive home method which has cured many thousands of sufferers, including many advanced cases of shell shock. My diagnosis and opinion free of all charge, results permanent.

Write **TO-DAY**, before there is danger of a breakdown and enclose a 3d. stamp to—

**THOMAS INCH,
Health Specialist**

(Dept. U. S.)
PUTNEY, LONDON, S. W. 15.
ENGLAND

HOW TO EAT FOR HEALTH

By P. L. Clark, B. S., M. D., Ph. Sa.

Dr. Clark has written a special pocket folder which is quite a complete health course in itself. The rules that govern a healthy life are clearly stated, and menus definitely compiled to guide one to health by correct eating.

It will be sent to you for 25c. Write for your copy now to

HEALTH & LIFE PUB. CO.,
380 West Monroe St., Chicago.

inhale and then as you repeat the movement, the second, exhale as you sit up. Put some "pep" into your exercise and have a sheet of paper on which you keep a record of your progress. When you can perform the exercise as described above, 25 times, you can begin with 10 repetitions in the following manner:—Clasp your hands together, elbows pointed toward each other, the hands being held behind the head, and when you come up in this fashion bend forward and touch the elbows to the knees. Gradually increase the number of repetitions and keep a record each time. It will surprise you the improvement you will notice throughout your entire system from regularly performing this exercise.

Weber Challenges Any Man in the
World.

On page 51 is shown a photo of my pupil, George Weber, 18 years old, showing his superb physical condition and marvelously developed abdominal and stomach muscles obtained from the sit-up exercise. When Weber started training at weight lifting and physical culture he was no stronger than the average boy of his age. He had a hard time doing 15 sit-ups the first time I tested him. Today he holds the world's record having performed the sit-up 1700 successive times in one hour's time. Weber could have done more.

I hereby issue a challenge to any man in the world to duplicate this record. Weber can do over 2000 if necessary. How strong is Weber's stomach? I leave that to your own judgment from his photograph.

MENTAL STRENGTH AND FITNESS.

Mental and Physical Ease and Supremacy. By Franklin Leavitt, M. D. Price \$2. Health and Life Publishing Co., 380 W. Monroe St., Chicago.

Dr. Leavitt is one of the students of mind who have maintained a balanced position in regard to it. He realizes that there is a unity of body and mind which does not permit us to discuss one to the exclusion or subordination of the other. Therefore his book, "Mental and Physical Ease and Supremacy," is one which can be relied on in all its details.

The book is written in the form of letters and is personally interesting as well as inspiring. It is, of course, fully accepted by all thinking people that the psychic side of any treatment is as potent as the physical side. Dr. Leavitt shows that there is no scientific basis for drugging and

other allopathic medical treatment, and points out the obvious conclusion that where patients become well it is mostly due to mental influences. One of his telling arguments is: "If the true potency of the remedy were in the drug, the vaccine, the electricity, or whatever is employed, the results should be uniform, no matter what the patient's mental attitude, and the treatment should win its way against innuendoes, the sarcasms and the denunciations of the patient and his friends." Well, we all know that there is nothing exact or scientific about medicine. There is no such thing as administering medicine and expecting a definite effect on the condition of ill health.

Every effort such as Dr. Leavitt's to understand the real nature of the human make-up should receive the earnest attention of every health student and psychologist.

The Health and Life Campaign.

(Continued from page 50)

A Public Demonstration in Elgin
Auditorium.

That evening a public demonstration was held in the Elgin High School Auditorium. Dr. Percy L. Clark, Jr., was in good form and told the audience of our great campaign to establish national health. Miss Melissa Bryant, of the American College of Physical Education, gave a delightful exhibition of a gymnastic dance known as "The Jumping Jack." She also showed the differences between the Swedish and German systems of physical education for the remedy of deformities. Joe Smith, possibly the best featherweight wrestler in America, and instructor at the American College of Physical Education and McKinley Park, had a 14-minute hard tussle with Bernard Bernard. In his address, Bernard Bernard made a stirring appeal for the gospel which HEALTH AND LIFE is out to preach, and asked the people to tell all their friends about the magazine. He said that HEALTH AND LIFE was going to be fearless and honest in its discussion of sex problems and would exist to help young people especially over the trials and difficulties of their early maturity.

NEW WEIGHTLIFTING RECORD.

Many congratulations to George F. Jowett, the Middleweight Champion Weightlifter and Wrestler of Canada, for breaking the One Hand Military Press Record, with a lift of 105 lbs. He did this, too, with the shoulder he injured some time ago in a tough wrestling bout.

So many letters of congratulation have come to us that we feel we must thank you all again. We know that you will stand by us in our early days of struggle and trial, and we shall win through because of you.

The Fountain of Youth—and How I Found It

By C. Frank Dilks

THIS is a true story of a weakling who became strong. A story of a man who at one time though he had to stay 'put' because he was told so and thought so.

"I had most everything that could be in the make-up of a coward. As a lad I was very timid, was always alone and, as a rule, did not have the courage to join other children in their games. If a would-be bad boy gave me a look I would quake within. I was afraid of everything. If I went swimming it was usually alone. At the age of 14 years I was a sick boy, and always had a headache from morning until night. I usually walked along like a dog; that is, always expecting to be kicked. I grew that way to manhood (if you can use that word).

"Then mother died and I was alone, for no one else understood me and this meant a struggle, for I was afraid to undertake a job. Rather than take a better job I would work for half wages. Being handy with tools I did a lot of various things. I would figure in my mind what I should charge for my work when I was to be paid, but when the time came I would always do it for nothing, then go hide and lament because I had not the courage and strength to ask for what was due me. Oh, the hell of it all! I was afraid to die, was afraid of the world, afraid of the dark, afraid of the water, afraid of a crowd and afraid to be alone.

"As I stated before, I had everything that makes a coward. And why? Because I was a weakling. Things dragged along until I was 30 years old. I had secured some courage by then, that is, courage enough to read a Milo catalog that was given to me, and after reading it a thrill ran through that weak body of mine. Could it be possible for a weakling such as I was to be a man? Trembling, and with about as much faith in what I had read as a Quack Doctor has in his dope, I bought a bar bell. Of course, I knew it would do me no good. Wasn't I 'put'?"

Wasn't the other fellow big when he started? He was born that way. "However, I started. I had a ten-inch upper arm. Imagine a man 5 ft. 10½ in. tall with a ten-inch upper arm! I went according to instructions and put in it every bit of enthusiasm I had. Then and there I discovered what I had always wanted—Strength and Poise. As if by magic my chest made a gain of five inches within six weeks. I then became like a man who had discovered a gold mine. I remember one evening going out into the yard. It was about dusk, and as I looked beyond the setting sun and away into space, I walked through the gates of a new life with a feeling of being well and strong. My breath came fast and a feeling came over me that I was master of the world. I had at thirty-two years what I did not have at twenty. I was old at twenty and young at thirty-two. I stood there, I don't know how long, with that joyful feeling surging through me.

"What the average man leaves behind at my age, I am just taking up; for instance, wrestling, throwing the disc, putting the shot, etc. There are lots of men who are strong and well when they read this and who will say that I am over-rating bar bells, but they were never the weakling that I was, and they know only one side of the question.

"Just one more word, a word to the weak; you, my sick friend, can do the same thing. I know what you think and how you feel. Get a bar bell and life will start anew."

Do you desire health and strength? We can help you as we have helped Mr. Dilks, who, in spite of a weak, unhealthy body, succeeded in developing health and strength far beyond the powers of two or three ordinary men.

During the past eighteen years we have developed thousands of men and boys. The experience we have gained during this time is yours for the asking. We do not ask you to take our word for what we can do for you. We give you an absolute guarantee of satisfactory results or your money will be refunded, without question. You owe it to yourself to be healthy and strong.

Remember, you can make more progress in one month with the Milo Method, than in a year by any other system. Our booklet, HEALTH, STRENGTH AND DEVELOPMENT—HOW TO OBTAIN THEM, will show you the way. It is free. Send for it today!

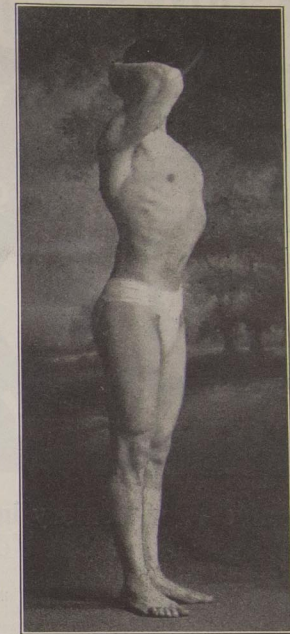
THE MILO BAR BELL CO.

Physical Culture Specialists and the largest manufacturers and distributors of Bar Bells, Dumbbells and Kettle Bells in the world

DIAMOND & THIRD STS.

Dept. A-1

PHILADELPHIA, PA.



C. Frank Dilks, of Bridgeton, N. J., the weakling who became strong, and who says: "I know that I got results, real results, with Milo bar bells."

**More Than 200,000
Have Paid \$5 and \$7
for This Famous Work!**

**—but now YOU get
the original complete**

ROTH MEMORY COURSE

for Only \$ **1.98**

**Improve Your Memory in One Evening
—or It Won't Cost You One Cent**

FOR a short time only, you can accept the most amazing offer we have ever made on the world-famous Roth Memory Course! We guarantee that this is exactly the same course for which nearly a quarter of a million people have paid \$5 and \$7. Yet through this astonishing new offer you can get the identical complete Roth course they bought and praised—at this ridiculously low figure—\$1.98—less than one-third of the price thousands of others have paid. And that isn't all.

You get the same money-back guarantee that has always been given with The Roth Memory Course. It must improve your memory in one evening or it won't cost you a cent. A single evening's fun is guaranteed to give you the whole secret. Is this big advantage worth \$1.98 to you? That is all it will cost you, while this special offer lasts!

**Good Memory Means
Keen Judgment**

Your prosperity depends upon your memory. How can you do the right thing at the right time—make the correct decisions that produce results and secure

INDEPENDENT CORPORATION, Dept. R-1946, 22 West 19th St., New York City

your advancement—unless you can recall all the vital facts and figures on the spot? If you can always remember clearly and accurately you have the priceless secret that will make your experience count for all it is worth every time. Just think what this will mean to you in dollars and cents!

David M. Roth's famous Memory Course shows you how to retain and recall a world of facts, figures, faces, addresses, telephone numbers, selling points and all kinds of other mental pictures—and shows you by means of such a simple system that even a 12 year old child can do it! In a single evening you may double your memory power by a method that is as fascinating as a game. You get results in the first few minutes.

SEND NO MONEY

Over 200,000 people have paid \$5 and \$7 for the Roth Memory Course. It has given them the key to financial independence and social position. It will do the same for you. And now you can get it for only \$1.98. What is even more astonishing, you can have the course to read and study on free trial! You send no money. Just mail the coupon. Then pay the postman \$1.98, plus a few cents postage, when he hands you the complete Roth Memory Course. Your money will be cheerfully refunded at any time within 30 days if you are not delighted.

No matter what position you occupy, or what your ambition, you need a leak-proof memory to attain success. Take advantage of this remarkable offer now. It may soon be withdrawn. Mail the coupon or a postal card at once. It is not necessary to send any money unless you wish. Simply pay on arrival.



Charles Ray and His Exercises.

(Continued from page 53)

His own mode of procedure is quite simple. He believes implicitly in much bathing and every morning of his life takes a cold shower. In connection with his home is a swimming pool, and there, in the late afternoons—after work and preceding dinner—he takes cooling dips. He is convinced that all muscles are brought into proper play through the movements of swimming.

As soon as he arises every morning, he goes in for setting-up exercises, U. S. A. model. He boxes occasionally, but not overmuch. When he feels in a mood for the padded mitts, he calls up the ex-heavyweight mauler, Al Kauffman—and they have at it for a spell. He spades considerably about his garden, and has erected a canvas backing on his grounds for golf practice.

Don't Go Too Hard At It.

He is emphatically opposed to violent exercise, but believes it well to keep the muscles constantly active by moving around considerably; by occasionally raising himself up on a couple of chairs; by sometimes getting a few actors together between "shots" and playing leap-frog—or throwing a baseball.

Charles Ray eats a hearty breakfast and dinner, but a very light luncheon. He invariably takes a short walk after dinner, and sometimes goes in for a healthy run with "Whiskers," his dog, before breakfast.

Regular sleep, of seven or eight hours a night, is a panacea for most ills, according to this young star. Complete relaxation as often as possible is another boon to health.

Always in Good Condition.

Ray is in such good condition right along that he can play in a football story, or a story requiring fight scenes with very little special conditioning or other preparation. But he does go in for the particular exercises which make for the proper "form" at such times.

Last but not least, Charles Ray believes that mental poise is necessary for physical poise and well-being. He says, apropos of this: "No man can go about nursing a grudge or undergoing any deep mental disturbance without it affecting his physical being. Therefore, every man has to 'lay the cards on the table'; he must endeavor to know himself and analyze his weakness, with a view to controlling and directing properly his activities."

Charles Ray is a believer in simplicity first, last, and all the time. His ideas for maintaining good health are neither complex nor vague. Probably, boiled down, his entire philosophy of health could be expressed in the words: common sense and moderate exercise.



Independent Corporation

Dept. R-1946, 22 West 19th St., New York City

Please send me 'The Roth Memory Course.' I understand that this is the same course which sold for \$5 and \$7 and is guaranteed to improve my memory in one evening. I will pay the postman \$1.98 plus postage, as per your special offer, when the Course arrives. But if I am not satisfied, I will mail the Course back within 30 days, and you are to refund my money at once.

Name
Address
City State
Health & Life 6-21

The World's First University of SANATOLOGY The Science of Health

SESSION 1922-1923.

The Choice of a Profession.

In the choice of a profession the thing to consider is the scope offered to make yourself of most value to the world. Before you begin studying for any profession ask yourself whether you want, above all else, to give your life for the work itself, apart altogether from remunerative considerations.

If you find such profession you can be quite sure that you will do well financially, because you will discover in the long run, that if you can offer something really good to mankind, there will be demand for you and good payment for you. But you can only master any profession by having an intense desire to follow it.

This is the first secret of success in any sphere of life.

Become a Member of the Noblest Profession.

There is not the slightest doubt that the noblest of all professions is the healing profession. To be able to go to the ailing and suffering, and lead them from their pain and misery to health and happiness is surely the greatest of all humanitarian work.

The Impotence of Orthodox Medicine.

It is realized by all the most eminent health students that the old-fashioned medical methods are practically useless for the establishment of Health. There is not a meeting of any medical association when a leading practitioner will not rise and prove the inefficacy of drugs and toxins.

You Can Become a Real Physician.

If this is the case it behoves all those who propose to give their lives to the noble profession of healing the sick, to consider thoroughly whether the training they intend to undertake

is going to enable them to do their life's work efficiently. If drugs and toxins are useless in the cure of disease, is it not foolish to make the future doctors and physicians study merely along the old conventional lines?

There is a great danger in such the student will develop along a groove that will prevent his thinking and working along any other lines than the orthodox ones. Consequently, he will find that he cannot do what he set out to do; he cannot cure disease; and so he loses the enthusiasm which led him to take up his life's work.

What Is Sanatology?

Sanatology teaches that all morbid conditions of the body are the result of acidosis and toxicosis. Acidosis is a lessening of the alkalinity of the body.

Toxicosis is a poisoned condition of the tissues of the body. Acidosis results from the absorption of the acid fermentation of starches and sugars in the alimentary tract from the eating of degenerated and demineralized foods, and from deficient neutralization of the acid products of ordinary metabolism.

Toxicosis most commonly results from the products of putrefying proteins, and from the faulty elimination of the toxic products of ordinary metabolism. Sanatology teaches and stresses the point that such progress as has been made in eradicating morbid conditions has been through external sanitation. Sanatology is the science to teach that most so-called "incurable diseases" are eradicated by internal sanitation, combined with external cleanliness. Sanatology teaches that all morbid conditions of the body are prevented by external and internal sanitation.

Sanatology is a science which has proved beyond a shadow of doubt how all morbid conditions of the body can be eradicated from mankind.

When you choose your profession, let it be that of Doctor or Physician of Sanatology. You will learn how illness can really be cured. You will be able to take up cases that have been the despair of all other curative and medical methods, and restore the victim to the Health he so much craves. Thus you will be respected and loved by those you attend. Instead of feeling perplexed and worried, and having to pretend that you know all about the case when you don't, you will be quite competent and confident in the methods of which you have become master.

Every Convenience for Students—Clinical Experience.

The University is situated in Chicago, which has every convenience for the student. Each student is given special coaching, and for the last six months of his study he will have the rare opportunity of treating personally in clinic.

A Huge Demand for Physicians of Sanatology.

There is a huge demand for doctors and physicians who can really make people well. There is good money waiting for those who actually know positively what will cure disease. The knowledge of Sanatology will enable you to lead the sick and unwell to Health. Be a credit to yourself and be honored among men and women, by giving them the greatest of all blessings—Health. Be a Physician of Sanatology.

Make your application now:—

P. L. Clark, B. S., M. D., Ph. Sa.,
Dean of the World's First University of Sanatology,
MENTOR BUILDING, CHICAGO.

TRANSFORMERS

Improved Kirk Transformers

give your motor more power—decrease gasoline consumption and reduce carbon deposits. Easily attached and from the moment you put them on, your motor will run smoother, perform better and start instantly.

End Your Motor Troubles

Oil Pumping Overcome

If your motor pumps oil, The Kirk Transformer will cure it. Transformers deliver at your plug points a spark of such intensity that all the oil and gas is consumed. Nothing is left to form carbon. Getting freedom from plugs fouled by oil pumping and a visible spark which enables you to quickly trace ignition troubles are only two of the many advantages to be gained from the use of Kirk Transformers.

Send No Money

Write us today and give us your name and address; also the kind of car you drive. We will send you a set of Kirk Transformers by parcel post. Pay the postman \$2 for a 4-cylinder set or \$2.50 for a 6-cylinder set and the Transformers are yours.

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HEALTH & LIFE PUB. CO.,
380 W. Monroe Street, Chicago.

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, paper, etc.

Name (Mr., Mrs. or Miss)

Address

Age Occupation

Complaint

Duration of Complaint

What exercise do you do?

What do you eat for Breakfast?

Lunch?

Dinner?

On another piece of paper state tersely, but in detail, the peculiarities of your case.
To the Editor "HEALTH AND LIFE,"
380 W. Monroe Street, Chicago.

Health and Life CONGRESS

[Reader's views and comments are invited, but the editor does not hold himself responsible for opinions expressed here.]

A VERY INSPIRING MAGAZINE.
"I find 'HEALTH AND LIFE' a very inspiring magazine because it is founded on the true principles of life."—O. C. W.

WHAT THE PEOPLE NEED.
Herewith \$1.50 for one year's subscription to "Health and Life" magazine of which I have just finished reading the first number. I want to congratulate you on putting out such a helpful, inspiring message. I know it will be a success, for it is what the people need. Sincerely,

Mrs. Wm. H. Dorson.

GATHERING IN SUBSCRIPTIONS—GO AND DO THOU LIKEWISE.
Dear Mr. Bernard:

I wish to congratulate you on editing such an excellent publication as HEALTH AND LIFE. I can see a very successful future for it. I have been able to secure a few subscriptions for you and enclose herewith check.

Please send me at once several subscription blanks and I will send you more orders.

Sincerely yours,

A. F. GAY.

WHY NOT A BODY CLEANSING WEEK?

Greetings to our city. May your pages be filled to overflow with enlightened, constructive and health-giving messages to mankind.

We were much interested in the splendid article by Dr. Clark, throwing the light of truth on the Armour child incident. This article stamps the doctor as a modern crusader, and he indeed deserves much praise for his manly and courageous treatment of the matter.

And, my dear Mr. Editor, since we have had all kinds of Weeks throughout the country, would it not be a splendid idea to have a "Body Cleansing Week?" We really believe it would add very materially to this modern movement.

Yours for health and success,
SIDNEY HOMER BABIN, Ph.D.

CAN'T WAIT FOR THE NEXT ISSUE.
Gentlemen:—With great pleasure I wish to inform you I was lucky enough to see and purchase your first issue of HEALTH AND LIFE. It is just what I have been looking for. I think it far superior to any other magazine of its kind on the market. I have read it thru once, but will do so again, as it is interesting, to say the least. I can scarcely wait till the July issue is out. I may be able to send you a photo for the July Development Contest. Will close with all sorts of good luck for an ever-growing circulation for HEALTH AND LIFE.
GEORGE O'KEEFE.

"PROBLEMS OF SEX"

By T. W. STANDWELL

Price 5/-. Post free 5/6.

DURING many years of experience, I have had the treatment of literally thousands of cases of sufferers of nervous disorders arising from sexual disabilities, I have been impressed by the number of treatises upon the matter of sex my clients have as these works are from the moral what eagerness knowledge of the subject is sought. Admirable as these works are from the moral point of view, they are sadly lacking in the practical and physical side of the question.

To supply an undoubted want; to help those out of the mire who have become enslaved by abnormal sexual impulses; to provide parents, teachers and guardians of the young with knowledge upon a subject in which there is such lamentable ignorance, is the subject of this volume.

Mr. Bernard Bernard, the well-known Editor, writes:—
"Another book which will be welcomed by thousands is 'Problems of Sex', by Mr. T. W. Standwell, who has devoted himself to the study and relief of those terrible sex habits which have caused and he has, in keeping with this, been able to restore morality and clean thinking and living in many Mr. Standwell's views and work on these problems will naturally be sought after and read with earnestness by all serious students of sociology. A great deal of nonsense and sensationalism have been combined with a discussion of sex problems by other writers, and it is a pleasure to note that his case in uncoloured language. This is the first time the problems of sex have been dealt with from the point of view of a Curative Expert in sex weakness. Mr. Standwell does not beat about the bush, but says plainly and bluntly what he means—yet without offence to anybody's sense of refinement and delicacy. Although not a moral treatise, this book will save thousands from moral and physical degradation by fortifying them with the knowledge of their own sex functions and the harmful results of unnatural tampering with them. Mr. Standwell shows quite clearly that most sex weaknesses are due to physical causes which can be rectified, and thus he gives hope and encouragement to sufferers where many so-called moral reformers have only aggravated sex victims already in the depth of despair."

WHAT THE BOOK CONTAINS.

CHAPTER I. "Sexual Rectitude." What is Sexual Morality? Is Sexual Abstinence an Offence against Nature? Continence in Primitive Times. Asceticism: Its Influence upon Sexual Knowledge. The Degradation of the Sexual Function.	CHAPTER V. "Neurasthenia." Nerve Tonics and Foods. The Cause of Lost Nerve Powers. Hereditary Predisposition. Anaemia and its Influence. A Complete Wreck. Neurasthenia in Women. Sexual Neurasthenia. Loss of Sexual Virility. Prematurity. Impotence—Temporary—Psychogenic. Sexual Hysteria. A Specimen Case of Sexual Neurasthenia.	CHAPTER VII. "Malnutrition." Peristalsis. The Effect of Drugs. Constipation. The Effect of Excess Indulgence upon Digestion. The Result of Excess upon Digestion.
CHAPTER II. "Had I Only Known." The Shame of Ignorance. The Voice of Despair. The Effect of Exaggeration. How to Instruct the Young. Help for the Helpless. Immoral Cowardice. Nerves the Slaves of the Will. Easy Victory over the Habit. A Mother's Love. Breaking Down Prejudice. The Love of Parents for Their Children. A Parent's Love Conquers Prejudice. Seeking Advice. If I could only be Clean-minded again. A Mother's Thanks.	CHAPTER VI. "Effects of Abuse." The Norms of Sexual Rectitude. The Sexual Impulse. The Development of Sexual Life. Sexual Perversion. The Finer Temperament Suffers Most. Conflict between Mind and Body. Increased Sexual Desire due to Determination of Blood and Nerve Force. The Baneful Effect of Drugs and Reducing Diets.	CHAPTER IX. "Menstruation." The Characteristic Female Function. Superstitions Regarding Menstruation. Anomalies which pass for Normal. The Female Reproductive System. The Anatomy of the Female Organs. Painful and Excessive Menstruation.
CHAPTER III. "Know Thyself." Wonders of the Human Body. The Value of Knowledge. Primary Facts Concerning Anatomy and Physiology. Existence and Reproduction. Functions of the Blood. The Organs of Sex. The Controlling Brain. The Nerves and Their Functions.	CHAPTER VII. "Sexual Excesses." Gratification of the Sex Impulse. Male Sex Activity. Inbreeding of Sex-lust. The Result of Sexual Excesses. The Advantages to Women of a Regular Married Life. Spermatorrhoea. Excessive Involuntary Emissions. The Effect of Over-indulgence upon Health. Specimen Case. The Effect of Treatment in Restoring Health and Vigour. Anomalies that lead to Sex Perversion. Brief History of Evolution. Embryonic Development. Homosexuality. Heterosexuality. The Development of Sexual Instinct.	CHAPTER X. "General Female Ailments." Derangement of the Vital Functions. Anaemia. The Influence of Massage. The Vascular System. The Lymphatic System. The Spleen. The Thyroid Gland. Weakness of the Sexual System. Chlorosis. Prolapsus Uteri.
CHAPTER IV. "The Nervous System." The Office of the Nerves. The Central Nervous System. The Sympathetic Nervous System. The Peripheral Nervous System. The Cells. Cell Colonies. Muscle and Nerve Cells. Metabolism. The Scheme of Life. Catabolism and Anabolism. The Processes of Digestion. Influences that Govern Circulation. The Effect of Exercise.	CHAPTER XI. "Health, Strength and Beauty." Nature versus Paint and Powder. The Parents' Responsibility. Skin Troubles. Rheumatism. The Lungs and Their Functions. The Kidneys. The Bladder and its Functions. The Menstrual Pause and Its Effect upon Health.	CHAPTER XII. "Treatment." The Effect of General Treatment. Diet. Sleep. Bathing. Clothing. Exercise.

"Do You Desire Health" } In England 6d
"Sexual Neurasthenia" } each, post free. } (5/6 in England.)
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Amazing Invention gives clients heat when you want heat. You turn it off instantly when you don't want heat. Cheaper. Burns 1/2 as much oil. Saves money, time, labor, health. No fumes, smoke, no soot, dirt, soot, odor, chopping, shoveling, carrying dirt, coal or wood.

Quick Heat

Don't let your coal-and-wood stove turn your kitchen into a roasting-room. Wonderful invention—**Oliver Oil-Gas Burner** gives quick heat at turn of valve. Fits in fire box without removal. Note how simply it works. No soot, no dirt, no fumes. Fine all seasons. No cooking, chopping, shoveling. Ready heat in summer kitchen. **FREE** literature about this new kind of heat. **FREE** literature about this new kind of heat. **FREE** literature about this new kind of heat.

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The Biography of Lionel Strongfort.

(Continued from page 53)

ence several of his bones were broken, for the reason that he depended too much upon the strength of his bones. This, however, was entirely overcome when he learned to fortify the bony frame to accomplish the feat. Strongfort is also an accomplished boxer, wrestler and bicycle racer and was engaged in almost every other variety of manly sport. His weight is about 175 pounds.

Louis Taillon, the noted Italian sculptor, was given a Government commission to model a statue in marble of Mr. Strongfort. This statue of heroic proportions is now in the National Art Gallery. Prof. Max Klingner, a European artist of marked ability and reputation, considered Strongfort the ideal of athletic symmetry and induced the athlete to pose for him. Several of this artist's pictures, that are considered masterpieces, contain the figure of Lionel Strongfort. The sculptor, Prof. Johannes Goetz, modeled a statue from Strongfort, which work was completed in bronze and exhibited at the St. Louis World's Fair in 1904.

A Model for Scientific Demonstrations.

At the request of Mr. Dudley Sargent, of Harvard College, demonstrations were conducted before the medical faculty to permit a practical study of the movements of all the visible muscles of the body, as well as to give a clearer insight upon the results of development of internal muscular tissue upon action of internal organs. Very rarely was such opportunity afforded the faculty, for very much of this study is dependent upon text-books and theory and experiment upon non-living tissue. The same series of demonstrations were also given at Brown University, Providence, R. I., and duplicated in the majority of the important seats of learning in Europe. They were always expressly for the purpose of permitting the professors and scientists to observe in reality what was before mainly considered through a theoretical source. In commenting upon these demonstrations a scientist said: "The rippling play of muscles under so perfect control not only portray the marvelous perfection to which the body can be developed, but forces upon us the realization of the wonderful structure given into our keeping and the folly of neglect and abuse of the same."

It is not everyone who is fortunate enough to know from his earliest years exactly what his mission in life is to be. To many the discovery of the work which they are peculiarly fitted to do comes after many trials and disappointments. It is only late in life that they "find themselves." These experiences Lionel Strongfort happily avoided. Realizing from earliest manhood that he had been

blessed with a physique far beyond the average in strength and symmetry, he determined to build upon this foundation and achieve a physical development as near absolute perfection as should be humanly possible.

I do not feel that I have been extravagant in this little talk about Lionel Strongfort. Those who know him personally bear me out. The evidence of his pupil graduates submitted to me prove his worthiness of their confidence and his ableness to guide and instruct rightly.

Diagnosing Paralysis by Naprapathy.

By OUR SPECIAL CORRESPONDENT

Since last month I have had the opportunity of being present at a diagnosis by Dr. Oakley Smith of the Chicago College of Naprapathy. The case was one of tosis, or drooping eyelids. Dr. Smith traced clearly and scientifically the history and cause of the complaint. He traced the circular muscle which closes the eye and the 7th cranial nerve which controls this muscle. He traced to its source—its center—the nerve which commands the muscle which opens the eye and showed that, while it was situated in the aqueduct of Sylvius, right in the middle of the brain, it could be worked at from the sympathetic nervous system near the first, second and third vertebrae. The ligaments causing the trouble will be relieved, the nerve allowed free play and the organs function normally once more. Very careful tests were made for the location of the shrunken tissue and the result recorded on charts; so that any Naprapath can give correct manipulative treatment.

In the private clinic I had a long talk to Dr. Leverance, and he introduced a most pertinent point. He referred to the enormous sums of money granted to the development of medical work, and suggested that a portion of this should be granted to the development of Naprapathy. I agree whole-heartedly with this. There is more reason for granting money to Naprapathy than to medical research, for, while 2,000 years of the latter has given no advance or hope in the cure of disease, Naprapathy has in innumerable cases proved its efficacy and efficiency.

I was given every bit of information I desired. Those tutors are not only practitioners, but are missionaries for their cause and filled with a spirit of enthusiasm which was a delight to witness. Dr. Albert B. Plater demonstrated specially on a patient to show me the technique of manipulation, and Dr. Anna Louise Kassa, has promised to do the same.

It will be the object of HEALTH AND LIFE to give to its readers the truth about Naprapathy and other cults of healing, so that their aid can be obtained by those who need it.

Shakespeare said "Throw Physic to the Dogs"

(Thus the greatest brain of all time anticipated MAXALDING)

Why Take Drugs? Why Remain Unfit?



Drug taking means the beginning of defeat. The whole Pharmacopoeia does not contain such perfect chemicals as those that are developed in your own body. Why weaken, upset and disturb them? **SURELY THE ARCHITECT OF THE HUMAN BODY KNEW HIS WORK!!! DRUGS DO NOT, CANNOT AND WILL NOT CURE ANY FUNCTIONAL DISORDER.**

DRUGS of average strength often have to be taken in ever-increasing doses, proving that they **ACTUALLY WEAKEN** the organs and do not cure. Self-dosing undermines the vitality of the body, and causes severe cases of the dreaded **NEURASTHENIA** which **MAXALDING ERADICATES UNDER STRICT GUARANTEE.**

FOR 12 YEARS MAXALDING HAS TAUGHT THE GOSPEL OF SELF-CURE THROUGH COMMON-SENSE KNOWLEDGE, NOT BY FAITH. MAXALDING HAS ACCOMPLISHED BY CORRESPONDENCE THE WORLD OVER what have been termed miracles, when DRUGS, the antiquated PHYSICAL JERKS and APPARATUS METHODS have alike FAILED.

During the last 12 years MAXALDING HAS PUBLISHED a greater number of testimonials, and **MORE WONDERFUL TESTIMONIALS** than all the other Physical Culture Teachers combined.

MAXALDING

READ THE OVERWHELMING EVIDENCE GIVEN BELOW, typical of letters that arrive by every Post and Mail.

- (1) Age 75. "I have not that tired feeling that I used to have when walking. I am feeling benefit from Maxalding."
- (2) Age 64. "I am able already, thanks to your exercises, to be sensible of an improvement in my general health."
- (3) Age 60. "I have mastered all the exercises, progress is exceedingly good, and I feel quite fit."
- (4) Age 56 (lady). "Progress is beyond my expectation. I was becoming a wreck. I have done—s exercises, but yours are far ahead of them. I recommend them to everyone I can."
- (5) Age 55. "I am much better; am scarcely troubled with the bowel flatulence; within the last three weeks have gained 4 1/2 pounds weight."
- (6) Age 51. "I desired to be relieved from Constipation from which I had suffered for many years. This result has been achieved. There is a marked improvement in general health, and even the muscular development is noticeable. The claims you make appear to be justified."
- (7) Age 49. "The exercises have given me zest and energy, which apart from health is a special benefit in these troublesome times."
- (8) Age 48 (lady). "Neurasthenia better. I feel more supple, less heavy in my movements, and walk straight without effort."
- (9) Age 47. "Appetite improved and steady. No attacks of 'sinking' as I used to have. Digestion improved and Constipation disappearing."
- (10) Age 44. "Much improved in health. Indigestion disappeared. Nerves are much better, and I feel more energetic."
- (11) Age 44 (lady). "I am progressing nicely. I gained 3 lbs. since the first lesson."
- (12) Age 44. "Constipation cured and indigestion much improved."
- (13) Colonel, Age 44. "I consider the exercises as laid down by you superb for the body. I have discussed your extraordinary system with my officers, and some of them propose enrolling as your students. They are interested in the wonderful difference in me already."
- (14) Age 42. "Neurasthenia cured. Great improvement in general health—absence of all attacks of depression, and great improvement in muscular power."
- (15) Age 41. "I have not been troubled with the constipation for the last two months, and that without adopting any special diet. When I took up the course I was sceptical, as I had been troubled with this complaint since youth."
- (16) Age 41. "Constipation cured. Sleep more refreshing, and I do not feel fatigued after undue strain as I used to."
- (17) Age 41. "I feel a great deal better, and have gained seven pounds in weight. The exercises are very interesting."
- (18) Age 39. "I have put on muscle and weigh 16 pounds heavier. Reserve energy has greatly increased, and I can indulge in my favourite sports without any ensuing feeling of exhaustion."
- (19) Age 39 (lady). "Constipation cured, and I am improving daily in general health."
- (20) Age 39. "I have gained 7 pounds in weight. Bowel action is now thorough and regular. Circulation has shown a marked improvement."
- (21) Age 36. "It is only three months since I started, and the development is great. Maxalding is the finest thing I know. Muscles have grown and developed beyond all recognition."
- (22) Age 36. "Health has improved wonderfully. I have gained five inches on chest and other increases in proportion. I shall always recommend Maxalding."
- (23) Age 34. "Constipation cured, and I have gained about 10 lbs. in weight. I am now able to lift and carry greater weight than before."
- (24) Age 32. "My confidence which was almost nil, is now great. I have not had a recurrence of mental depression for weeks. My Nervous system, to my great joy is getting stronger every day. Sleep better; health better, and step more buoyant."
- (25) Age 28. "Development is improving rapidly; mental concentration good; insomnia, depression and languor vanished and replaced by almost dynamic energy. You have my eternal gratitude."
- (26) Age 28. "Never felt so fit and confident all my life, and I have gained 10 lbs. in weight."
- (27) Age 26. "I am improving in every way, and now weigh 9 stone 8 pounds, an increase of 15 lbs., and enjoy much better health."
- (28) Age 25. "Neurasthenia cured. My friends ask me what has come over me. I am looking better and walk better."
- (29) Age 25 (lady). "Constipation is cured. Your course has made me feel stronger, alert and more energetic. Mind and body are improved immeasurably. I take great delight in carrying out the lessons."
- (30) Age 24. "I am surprised at the vast difference your Great Strength Course has made in me. My chest has increased six inches. I am sleeping well, and rising fresh and ready."
- (31) Age 23. "Indigestion has ceased; appetite increasing. I am beginning to lose that feeling of fear that I experienced so much. The head pains have entirely vanished."

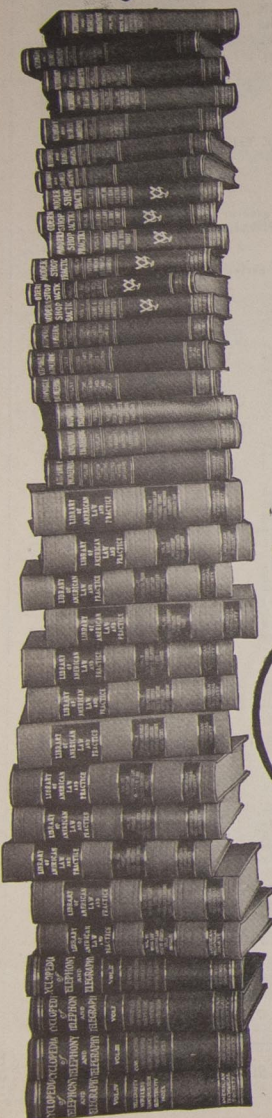
I desire to eradicate **CONSTIPATION, INDIGESTION, NEURASTHENIA, NERVOUS DEBILITY, LACK OF ENERGY, LACK OF SELF-CONFIDENCE, LUNG WEAKNESS, SUSCEPTIBILITY TO COLDS, SLUGGISH LIVER, DEPRESSION, LANGUOR, EMACIATION, THINNESS, OBESITY, OR**
I desire to develop great nerve control and vitality.
I desire to secure great strength and endurance.
I desire to develop great speed for sports.

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WHY DRUGS CANNOT CURE DISEASE

Disease as a concrete thing, does not exist. So-called disease is actually impaired health, the result of lowered bodily resistance brought on by the two basic causes of all disease, acidosis and toxicosis. When the bodily resistance is lessened the weakest link in the chain breaks.

People with a gouty diathesis, or tendency, suffer from rheumatism in any of its painful forms. Those with a catarrhal diathesis are the victims of hay fever, asthma, bronchitis, pneumonia, tuberculosis or other catarrhal diseases. In some, stomach trouble develops. Others suffer from heart trouble brought on by a deranged nervous system.

Drugs cannot cure disease. At best they can only palliate. Foods cannot cure disease. First the toxic condition must be overcome by thoroughly cleansing the system of its self made poisons. Then, by proper, wholesome foods, the alkalinity of the blood

must be restored. Correct the condition caused by the two factors, acidosis and toxicosis, and your health will be restored. Drugs, being only an additional poison which must be eliminated



P. L. CLARK,
B.S., M.D., Ph. Sa.

Bright's disease, arthritis deformans, gallstones or kidney stones, obesity, arterio sclerosis (hardened arteries), high blood pressure, neurasthenia, and nervous and some valvular heart troubles are cured in 6 to 12 weeks by the pure, wholesome, alkaline blood stream gained by Health School methods.

The Health School methods teach the pupil how to eliminate the toxic poison and restore the normal alkalinity of the blood and body. Then a brain and nervous system nourished with clean normal alkaline blood sends out the impulse which raises to their highest efficiency all the organs of the body, and no malady can exist in a normal body.

Read the following letter. It tells a story of relief after years of suffering. We bring this to your attention with the thought that you, in turn, may bring it before some suffering relative or friend.

from the body, throw extra work upon the organs of elimination.

Such incurable diseases as systemic catarrh, asthma and hay fever of years standing, diabetes,

Case of Hay Fever and Asthma

October 25, 1921.
I have been a sufferer from hay-fever for fifteen years or more, and from asthma for the last eight or ten years of my life. During this time I have taken both the serum treatment and medicine in an effort to gain freedom from asthma, but neither did much good.

Last August I was advised to consult Dr. P. L. Clark of Chicago in regard to my affliction, which I did. At the time I went to Dr. Clark I had a well-developed case of hay-fever. I immediately began taking treatment of him. During the first week after I began the treatments I had no recurrence of the asthma and hay-fever disappeared a short time afterward. A cough, which usually accompanies asthma in my case, made its appearance but quickly subsided.

I feel exceedingly grateful that I was directed to Dr. Clark, for I am in better health today than I have been for many years, at the close of a hay-fever season.

Ethel Shattuck,
DeKalb, Illinois.

Excerpts from Miss Shattuck's Daily Reports.

Sept. 4 (eight days after commencing treatment)—I think it is perfectly wonderful what you have been able to do for me in so short a time.

Sept. 5—Have had a strenuous day preparing for tomorrow's work. Have had sufficient strength for all I have undertaken. No hay-fever and no asthma.

Sept. 7—I feel as if a miracle had been performed in my case. One of my friends said to me: "What has happened to you? I expected to see you with your eyes swollen and your nose running." That has been my experience for years during this season. I can't tell you how thankful I am that I fell into your hands.

Sept. 10—I have the same story to tell each day, comfort and freedom from hay-fever and asthma.

Sept. 12—Freedom from hay-fever and asthma makes life worth living.

Sept. 18—It is a great comfort to have my eyes free from pain.

Sept. 19—I feel exceedingly well for this season of the year. I am absolutely free from hay-fever and asthma.

Sept. 20—I am not troubled with hay-fever or asthma in the least and have been thoroughly tested by some rainy nights and an automobile ride through the country filled with weeds.

Sept. 27—I feel so well I can't find anything new to say.

Write today for specific information desired.

THE HEALTH SCHOOL

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