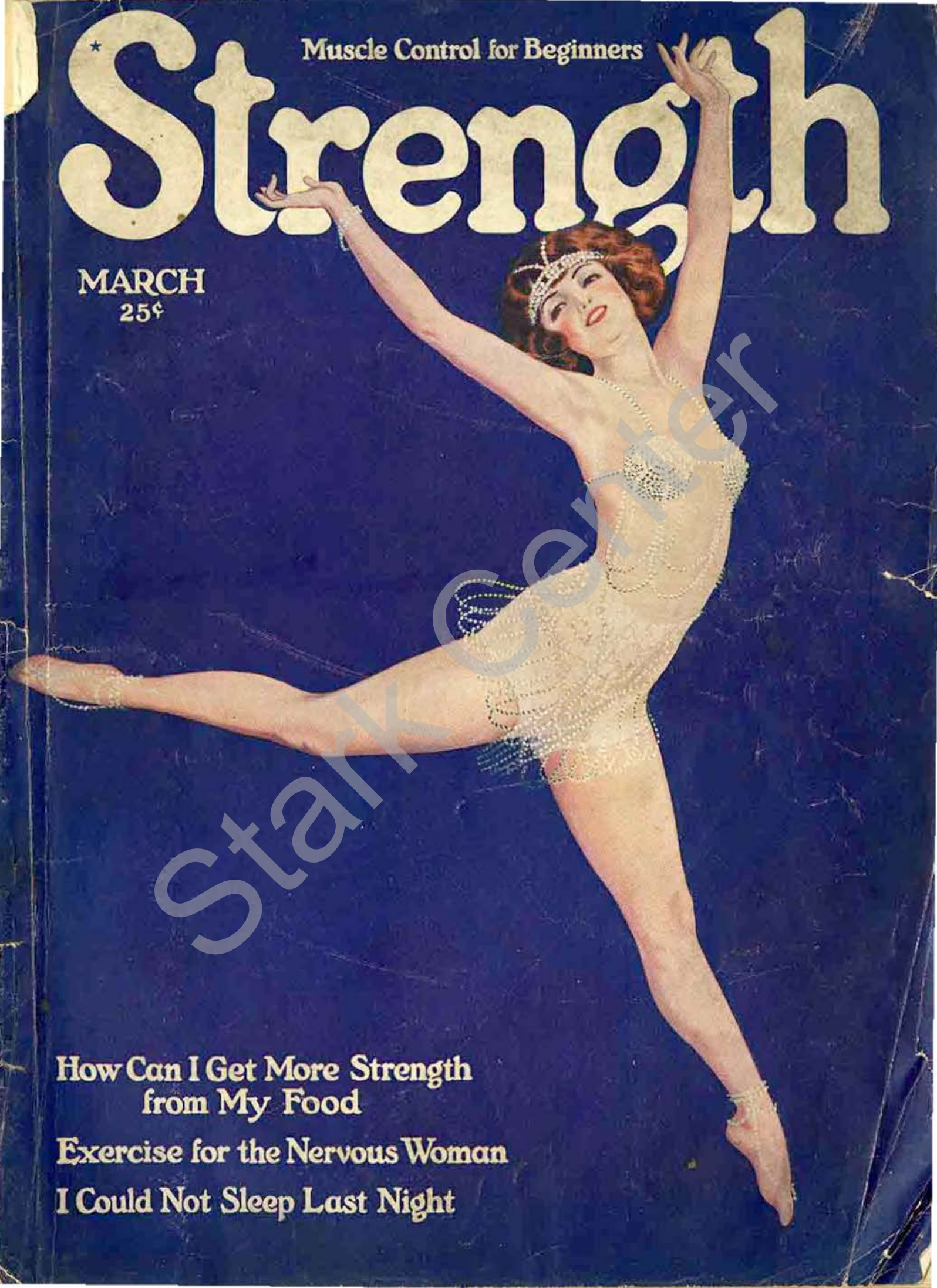


Muscle Control for Beginners

Strength

MARCH
25¢



How Can I Get More Strength
from My Food

Exercise for the Nervous Woman

I Could Not Sleep Last Night

The Most Important Man in the World— Who Is He?

After all is said and done, the most important person in the world to you—is *yourself*. If you are seeking better health, more strength, a more shapely figure, or a combination of all three of these things, then it seems more important to make *yourself* a physically perfect specimen than to read about the results obtained by others.

Nevertheless, you should bear in mind the motto of the Milo Bar-Bell Co., which is

“What We Have Done For Others, We Can Do For You”

We have created health, strength and development for so many men who thought their cases were hopeless, that we know we can give you the results you want.

Dismiss from your mind the idea that bar-bells can be used only by those who are already strong. Get rid of the idea that handling bar-bells will give you knotted muscles, make you slow, or cause you to overwork yourself. We can show you how to use bar-bells in a way that will bring you nothing but benefits.

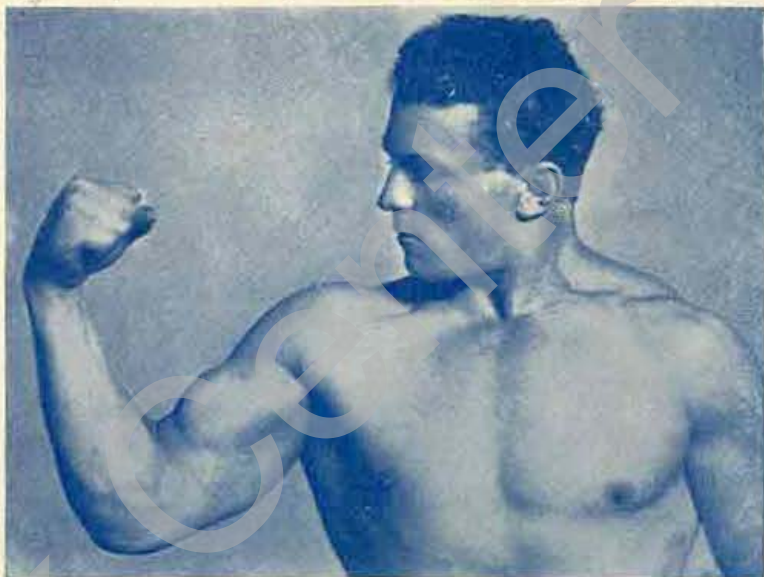
If you are thin, narrow-shouldered, flat-chested, and have spindly arms and legs, we can give you a progressive program of graded developing exercises to be performed with an adjustable combination bar-bell, which will, in an amazingly short time, convert you into a healthy, vigorous, shapely, and enormously powerful specimen of athletic manhood. If you are middle-aged, fat, run-down, and shapeless, we can put you on a training program that will not only banish all your surplus flesh, but which will give you a better shape and more pep and energy than you had as a young man.

If you think your present build interferes with your possibilities of development

Why Not Change Your Build?

We have original methods that will not only develop the muscles on the outside of your body, but which will entirely alter the proportions of your body. We are not satisfied just with putting muscles on the outside of a man's chest; our idea is to make the chest itself six or eight inches larger, and at the same time add three or four inches to the breadth of the shoulders. If, when a pupil enrolls, he is top-heavy in build, we are not satisfied until we enable him to develop a splendidly shaped and muscled pair of legs which will harmonize with the magnificent upper-body development he gets from using bar-bells.

The upper right-hand picture on this page is a sufficient answer to those who claim that the use of bar-bells is bound to produce muscles which are knotted in appearance and slow in action. This man is the famous Henry Steinborn Milo, who got his magnificent development by continued practice of bar-bell exercises and lifts. He holds several world's records, and is stated by many judges to be the fastest man of his size in any branch of athletics. Where are his knotted muscles? This picture shows just as smooth a development as any one could desire. *But what marvelous proportions!*



The “Health-Lift” Which Creates Back and Leg Strength

You, who read this advertisement, have no idea of the strength which is at present lying dormant in your own body. The lower left-hand picture shows a bar-bell user doing a leg-developing exercise with a weight of 100 lbs. The point is that if you learned the principles of position, and method he is using in making this lift, you could lift 100 lbs., not once, but several times in succession. (You would not start with such a weight; perhaps 200 lbs. would be enough to afford you sufficient exercise the first few days.) The practice of this particular exercise builds up the size and strength of the thighs and the lower part of the back in a way that cannot be matched by any other form of exercise. It is just as safe to start an exercise like this with 200 lbs. as it is to start a one-arm “push-up” with 25 or 30 lbs. This particular exercise has a marvelous effect in increasing not only the size and strength of the leg and back muscles, but in increasing the virility which one always associates with a strong-backed man. We have many other exercises which give results just as startling.



We Make Combination Adjustable Bar-Bells of All Sizes, Kinds, and Prices

Every outfit we make can be adjusted to a light weight which will not overwork the weakest muscles of a fourteen year old boy, or to a heavy weight that will properly exercise the strongest muscles of a Hercules or a Milo.

We suggest that you send for our catalog, and the pamphlet mentioned below. We know they will interest you, because many others have told us that they get more helpful information out of our advertising matter than they do out of some courses. Don't forget that if you buy a bar-bell you get two or more of our unequalled courses of instruction laid out to suit your particular individual needs, and that you will be given unlimited service in the way of personal advice.

Write at once for our big booklet

“Health, Strength and Development and How to Obtain Them”

and the pamphlet

“How Much Can I Improve At 20—At 30—At 40 Years?”

Both free on request

THE MILO BAR-BELL CO.

2739 No. Palethorp St., Dept. 29., Philadelphia, Pa.



A. H. Ward, Chicago.

\$1,350 a Month

"Last month I earned \$1,350 as a salesman. Have averaged \$1,000 a month the last year. Couldn't have done it without N. S. T. A."



What This Amazing Book Did for These 8 Men

It would be just as easy to tell the same story about thousands of men—but what this book brought these eight men is typical. If you do not get a big salary increase after reading this message you have no one but yourself to blame. This amazing book is



\$1,000 in 30 Days

"After ten years in the railway mail service I decided to make a change. My earnings during the past thirty days were more than \$1,000."

W. Hartle, Chicago, Illinois.

First Month \$1,000

"The very first month I earned \$1,000. I was formerly a farmhand."

Charles Berry, Winterset, Iowa.



\$524 in 2 Weeks

"I have never earned more than \$60 a month. Last week I cleared \$306 and this week \$218."

Geo. W. Kearns, Oklahoma City.

City Salesman

"I want to tell you that the N. S. T. A. helped me to a good selling position with the Shaw-Walker Company."

Wm. W. Johnstone, Jr., S. Minneapolis, Minn.



\$554.37 in One Week

"Last week my earnings amounted to \$554.37. This week will go over \$400."

F. Wynn, Portland, Ore.

\$100 a Week in Only 3 Months

H. D. Miller, of Chicago, made \$100 a month as stenographer in July. In September, 3 months later, he was making \$100 a week as a salesman."

\$10,000 a Year

O. H. Malfroot, of Boston, Mass., stepped into a \$10,000 position as a SALES MANAGER—so thorough is this training.

NOW FREE

IT seems such a simple thing—but the eight men on this page who did this simple thing were shown the way to quickly jump from dead, monotonous routine work and miserable earnings to incomes running anywhere from \$5,000 to \$10,000 a year.

They Sent for the Book, "Modern Salesmanship," That You Can Now Get—Free

Possibly it is just as hard for you at this moment to see quick success ahead as it was for A. H. Ward, Chicago. When he was a soldier in France, he hated to go back to small pay. And \$1,000 a month seemed a million miles away. But read what happened after he had read the book we want you to send for. Almost overnight, as far as time is concerned, he was making real money. Last month he earned \$1,350.

There is nothing unusual about Mr. Ward, or about his success. Thousands after reading this book have duplicated what he did—Mr. Ward simply was willing to investigate.

The only question is—do you want to increase your earning power? If so—this book will quickly show you how to do it in an amazingly easy way:

Success Inside Twenty Weeks

There is no long, drawn-out wait after you have sent for this book before you begin to do as the men on this page did. Within twenty weeks you can be ready to forge ahead. This may sound remarkable—but after sixteen years of intensive investigation the National Demonstration Method has been perfected—and this means you can now step into a selling position in one-fourth the time it formerly took to prepare for this greatest of all money-making professions.

Men in every walk of life have made this change—farmers, mechanics, bookkeepers, ministers—and even physicians and lawyers have found that Salesmanship paid such

large rewards and could be learned so quickly by this new method that they preferred to ignore the years they spent in reading law and studying medicine and have become Master Salesmen.

Simple as A B C

There is nothing remarkable about the success that men enjoy shortly after they take up this result-securing system of Salesmanship training. For there are certain ways to approach different types of prospects, certain ways to stimulate keen interest—certain ways to overcome objections, batter down prejudice, outwit competition and make the prospect act. Learn these secrets and brilliant success awaits you in the selling field.

Make This Free Test at Once

You don't need experience or a college education. And if you are not sure of yourself, you can find out at once whether you can make big money as a Star Salesman. Simply send the coupon for this Free Book. Ask yourself the questions it contains. The answers you make will show you definitely whether a big success awaits you in this fascinating field. Then the road is clear before you. This amazing book will be a revelation to you. Send for it at once while this free offer is open.

NATIONAL SALESMEN'S TRAINING ASSOCIATION

Dept. 21-C.

N. S. T. A. BUILDINGS

1139 N. Dearborn, CHICAGO, ILL.



National Salesmen's Training Ass'n
Dept. 21-C, N. S. T. A. Buildings
1139 N. Dearborn, Chicago, Ill.

Gentlemen: I will accept a copy of "Modern Salesmanship" with the understanding that it is sent me entirely free.

Name

Address

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

Age..... Occupation.....



Strength

MARCH, 1925

Vol. X.

No. 1



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Published Monthly by THE MILO PUBLISHING CO.
 Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.
 under the Act of March 3rd, 1879. Additional entry at New York, N. Y.
 D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
 Advertising Offices, 104 Fifth Avenue, New York City, N. Y.
 R. L. HUNTER, Advertising Manager.

Chicago Office: 162 East Ontario Ave., J. A. HISEY, Manager.
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
 Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

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man out of me, than I do, then
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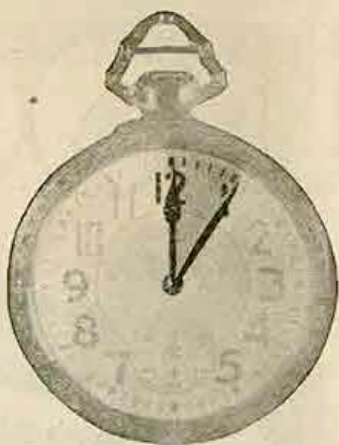
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MAIL COUPON TO-DAY!



Just give me 5 minutes of your time and I will prove to you that almost every man possesses the natural gift of powerful speech. A gift which brings money, advancement, popularity, and success in an amazingly short time. I will show you how to bring out this "hidden knack" and to overcome stage fright, self-consciousness, timidity, bashfulness. You can do all this quickly, easily and surely by giving me only 15 minutes a day in the privacy of your home.

AMAZING 5 MINUTE TEST PROVES 7 Men out of 9 have this "Hidden Knack"!

TESTS have shown that seven men out of every nine possess the natural gift which makes men rich. But few realize that keeping this knack hidden is the thing that holds them back when others, of lesser ability, get what they want by the sheer power of speech alone. I'll show you how to bring out this powerful "knack" and use it to quickly gain advancement in position and salary, popularity, leadership, success.

A Secret That Has Made Men Rich

Opportunity follows the man who can talk impressively and convincingly. Things invariably come his way. When there is a big, important, high-salaried position to be filled, he is the man who is asked to take it while often men of greater ability are passed by unnoticed.

In every line of business the big jobs go to the man who can dominate and control others. The man who can sway others and bend them to his will, whether it be one man or an audience of thousands, is the man who is constantly being sought for positions of power and leadership.

Now Easy for Anyone to Become a Powerful Speaker

Thousands of men have found it amazingly easy to quickly become powerful speakers.

You do not need a college education, nor previous voice training. A few surprisingly simple, easy-to-remember principles can readily be grasped in a few minutes each day. There is no mystery about becoming a powerful speaker. Anyone can do it. You have

often felt something rise up within you and demand expression. That is the "hidden knack" which, when brought out in this new and easy way, causes an unknown to jump to the head of a great business; an obscure salesman to suddenly rise to the desk of salesmanager; a bashful, timid man to become a popular after-dinner speaker and platform lecturer.

It Takes Only 15 Minutes a Day

I don't care how embarrassed you are when called upon to speak, I don't care how timid or bashful you become when in a social gathering. Give me fifteen minutes a day for only a few weeks and I will guarantee to make you a forceful, convincing and impressive speaker—or it will not cost you a single penny. I'll show you how to make yourself the dominating figure in any gathering; how to speak with confidence and force in business conferences, at banquets, in the lodge hall, at public gatherings, on the lecture platform. I will show you how to bring out your "hidden personality" and turn it into a dominating and

commanding one through the power of speech alone.

This FREE Test Will Measure Your "Hidden Knack"

There is a simple, easy, five-minute test by which you can discover whether you possess this "hidden knack" that has made men rich. It will show you how this natural ability can be brought out by my unusual scientific training. How it can be used to quickly win you salary increases, business advancement, popularity and recognition. If you will fill in and mail the coupon below, I will send you this astonishing test FREE. Test your own ability—the results will astound you. But, send today before this offer is discontinued. It may be the biggest step toward advancement and success that you will ever make.

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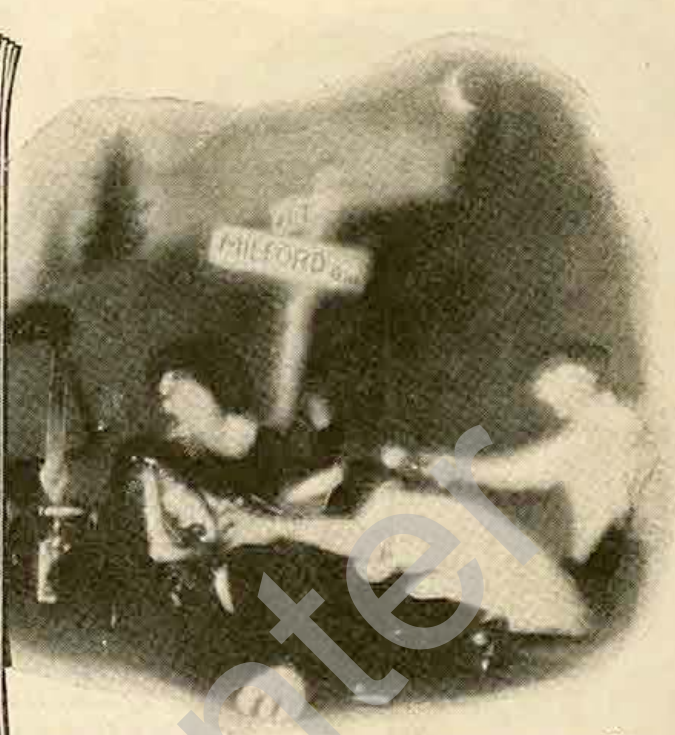
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What 15 Minutes a Day Will Show You

- How to talk before your club or lodge.
- How to address board meetings.
- How to propose and respond to toasts.
- How to make a political speech.
- How to tell entertaining stories.
- How to make after-dinner speeches.
- How to converse interestingly.
- How to write letters.
- How to sell more goods.
- How to train your memory.
- How to enlarge your vocabulary.
- How to develop self-confidence.
- How to acquire a winning personality.
- How to strengthen your will power and ambition.
- How to become a clear, accurate thinker.
- How to develop your power of concentration.
- How to be the master of any situation.



Read "The Ghost of Death's Gap" on Page 15 of the new book "Finger Prints." Thirteen thrilling detective stories and every one true. Everyone showing how it is possible for trained men to capture desperate criminals and earn big rewards as finger print experts.

Send for this Free Book!

A FASCINATING BOOK of Detective Stories that shows how ordinary boys and men have won nationwide fame, thousands of dollars in rewards, and important official positions by solving finger print mysteries!

... shortly before midnight a young couple slipped away from the dance. They sought out a long, low, rakish roadster. With powerful headlights picking out the path, it moved cautiously through the parking space and out onto the high road. Youth, joy and love occupied the front seat. Sinister peril, lawlessness, brutality crouched behind. "Early next morning — a farm boy found the girl's dead body crumpled in the wayside ditch. Concealed in the bushes at the side of the road lay the boy's lifeless body, also shot from behind."

Who had committed the murder? Who had killed those gay young lovers? Who were the brutal, mysterious occupants of the back seat?

Read the rest of the story on page 15 of our new Finger Print book. Find out how the murderers were traced, tried and convicted, and how a certain finger print expert solved five murder mysteries and secured 97 convictions in less than a year!

Find out how you can become a Finger Print Expert.

Thirteen Thrilling Stories of Mystery and Achievement

Thirteen stories of crime, daring robberies, mysterious murders, thrilling escapes. You'll be thrilled and inspired by every one. You'll enjoy "Snowflakes," a great dope story—"The Invisible Finger Print," a blackmail mystery—"The Handwriting on the Wall," a tale of bold robbery. Every one of these stories is true.

In "Folled," a true account of a great political coup, you'll read of the astounding rise of a young country photographer who saved the Mayor of his city and was later appointed to the most important identification position in the state.

You'll read of men under twenty and men over sixty who started the study of finger prints and achieved fame, big rewards and important positions in a short time.

Any man who can read and write can become a finger print expert.



- PARTIAL LIST**
 Graduates U. of A. S.
 Recently appointed
 Finger Print Ex-
 perts of these
 States, Cities and
 Institutions.
- State of Iowa
 - State of Idaho
 - State of Colorado
 - St. Paul, Minn.
 - Columbus, Ohio
 - Detroit, Mich.
 - Pittsburgh, Pa.
 - Great Falls, Mont.
 - Idaho Falls, Idaho
 - East Lansing, Mich.
 - Schenectady, N. Y.
 - Lorain County, Ohio
 - El Paso, Texas
 - Galveston, Texas
 - Houston, Texas
 - Lincoln, Neb.
 - Everett, Wash.
 - Ogden, Utah
 - Butte, Mont.
 - Pueblo, Colo.
 - Albany County Peniten-
 - Albany, N. Y. (City)
 - Wilkes Barre, Pa.
 - Livingston, Mont.
 - Alhambra, Calif.
 - Tulsa, Okla.
 - Havana, Cuba
 - Pensacola, Fla.
 - Fort Collins, Colo.
 - Calgary, Ala., Canada
 - Indiana Reformatory
 - Jeffersonville, Ind.
 - House of Correction
 - New Haven, Conn.
 - Birmingham, Ala.
 - St. Joseph, Mo.
 - Marquette, Mich.
 - Waterloo, Iowa

Finger Print Experts Needed!

More and more the detection of crime resolves itself into a problem of identification. Trained men are needed every month to fill the new positions that are created and to handle the new bureaus that are established. Records show that University of Applied Science graduates get first choice at the big positions. Listed below are some of the city and state bureaus to which U. of A. S. men have been appointed.

You can learn finger print identification in a few months in your spare time—at home.

Send the Coupon!

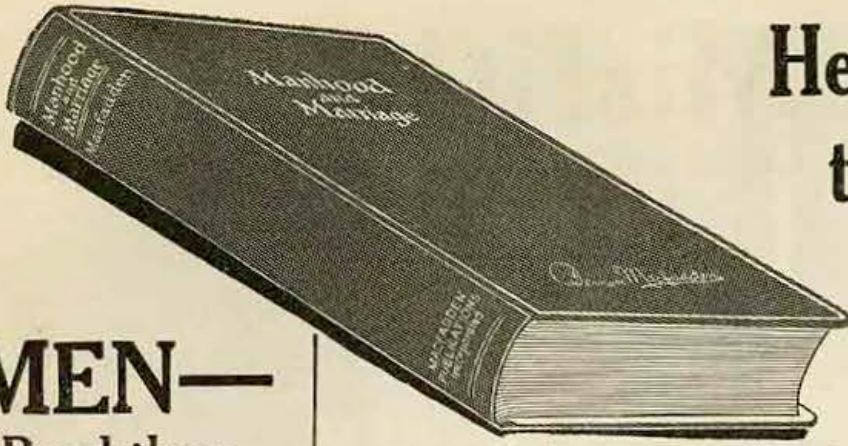
This book cannot be bought at any newsstand or bookstore — but it will be sent to you FREE if you write to us at once. New edition just off the press. Thirty-two pages, illustrated in color with weird crime pictures. This book explains in full your opportunities in the finger print world—shows how you can get your training in a few months—tells how you can get a professional finger print outfit free. Write for this book today.

University of Applied Science
 1920 Sunnyside Ave., Dept. 57-73 Chicago, Ill.

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Please send me free your 32-page illustrated book "Finger Prints." I understand that there is absolutely no obligation. Also tell me how I can become a finger print expert by studying a few months in spare time—and how I can get a professional finger print outfit free.

Name _____
 Address _____
 City _____ State _____



Here is the real truth about the sex question!

MEN—

Read these chapter headings!

- 1—The Importance of Virility
- 2—Am I a Complete Man?
- 3—Is Marriage a Necessity?
- 4—The Age to Marry
- 5—Selecting a Wife
- 6—Love Making and Its Dangers
- 7—Establishing the Intimate Relations of Marriage
- 8—Marital Mistakes and Excesses
- 9—Regulating Marital Intimacies
- 10—Should Husband and Wife Occupy Separate Beds?
- 11—Conserving Love — The Basis of Marital Happiness
- 12—Should Husbands be Present at Childbirth?
- 13—Are Children Always Desirable?
- 14—The Crime of Abortion
- 15—Divorce Physiologically Considered
- 16—Can a Wrecked Marriage Be Reclaimed?
- 17—The Erring Wife
- 18—Jealousy — the Green-Eyed Monster
- 19—Quarreling and Making Up
- 20—Sowing Wild Oats
- 21—How Virility Is Destroyed
- 22—The Truth About Masturbation
- 23—Seminal Losses
- 24—The Plain Facts About Varicocele
- 25—The Troublesome Prostate Gland
- 26—Impotence and Allied Sexual Weaknesses
- 27—Sterility
- 28—How to Build Virility
- 29—Exercises for Building Virility
- 30—Foods that Help to Build Virile Stamina
- 31—Diseases of Men—Their Home Treatment
- 32—The Prevention of Venereal Disease
- 33—Various Problems of Young Men

question be hidden away as a thing to be ashamed of. People are demanding the truth about these things.

And so Bernarr Macfadden has lifted the veil. He has told the truth about mankind's most vital problem in a frank, straight-from-the-shoulder style that will appeal to every man who reads his remarkable book.

MANHOOD and MARRIAGE

by Bernarr Macfadden

THIS book is a fearless, ringing challenge to prudery and ignorance. It contains the fruits of Bernarr Macfadden's lifelong study of one of the biggest problems confronting the young manhood of the world. In writing it he has dared condemnation to tell people what they really needed to know about themselves.

He has had to surmount extraordinary difficulties in the preparation of the book. Many of the topics discussed had never before appeared in a book intended for popular consumption.

But the truth is mighty! It can neither be ignored nor suppressed! There was an overwhelming need and demand for a fearless, plain-speaking book on sexology. The wall of ignorance that was wrecking millions of lives must be broken down!

The book was written, published and placed on sale. Today in tens of thousands of homes this great work is one of the chief factors in promoting health, strength and happiness.

The Author's Message

"Manhood of a superior degree is of truly extraordinary value. It is an asset beyond price. Thousands of young men, and those that are not young, can be wonderfully benefited by carefully following the instructions to be found in the pages of this volume. May it go out and carry its important truths to every human soul struggling for the light so sorely needed amid the pitfalls of life's pathway."

Bernarr Macfadden.

A book that solves the vital problems of men

"**M**ANHOOD AND MARRIAGE" enters the sanctuary of the most sacred phases of your inner life. It grips you with suggestions that are personal and confidential. It furnishes definite and practical information on vital subjects, pure in themselves, that are frequently surrounded with vulgar mystery.

The problems of men frequently assume tremendous importance. They often become the source of worries that ultimately assume a tragical nature. And the need for the answer to the query, "What shall I do?" often grips the victim with terrifying intensity. It is well, therefore, that conditions and problems of this sort should be clearly and emphatically presented, for the outcome may mean success or failure, health or disease, or even life or death.

This book solves practically and definitely some of the most tremendously vital problems that confront the manhood of today. It talks plainly. It conveys invaluable body-developing, mind and moral-building, life-saving truth. It will enlighten you as no other book has ever done on these important vital topics. It goes right at the "heart" of the needs of men of today. Whether married or single, you will find this book a proverbial gold mine in information that is needed every day of your life.

All the material secured by the author through more than a quarter century of careful study and experimenting is found in the pages of this new book.

Send no money—just the coupon!

THIS remarkable book, so new in scope, so fresh in viewpoint, is crammed full of information neglected by old-fashioned sex hygiene. And so convinced are we of its almost priceless value, so sincerely do we feel that it should be in the hands of every man, that we offer to send it to you on approval.

Send no money. Just fill out the coupon and mail it and the book will be shipped promptly. When it comes, deposit the price of the book, plus delivery charges, with the postman. Then take five days to examine it thoroughly. If at the end of that time you are not entirely satisfied with it in every way—if you are not ready to agree that the book is worth ten times its cost—just send it back to us and your money will be refunded immediately without question.

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You will gain in vim, and vigor; your muscular power will increase in flexibility and strength, your nervous system fortified to renew its energy, not bolstered up for the time being, to fall back below the level it was, as it does when you resort to drugs or medicine.

You men come across to yourself—get the pep and ginger and tingle of life into you. You are not living for yourself alone; you need dash, spirit, the enterprise you used to have. Regain and maintain your vigor; I'll show you how.

You business man—overworked did you say? You are not doing half as much as you ought with your experience. Never mind, there is a way to get back your aggressiveness, to be right in the fight and enjoy it. You can double your percentage of real worth as a man, and enjoy life as you ought to be able to do.

You young man—think of your future—how about it—are you qualified—do you feel it in your soul—are others sliding by you doing more—getting more than you are? Do you want to be a failure or even worse than a failure? If not, then come to me; I have helped thousands; physically, mentally, morally. I will help you; I will make you the kind of young man that is a credit to any community—I will make you so that your progress in any undertaking will be easier. Just be frank and above board—tell me your troubles. I will guide, direct and point the way; the natural way for you to achieve what I have said—Nature's way. Gain muscular tissue, be strong, virile, erect in carriage, courageous and likable to all you meet. You can make yourself over from head to foot with

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Under my methodical system and the plan of practicing Strongfortism, you men can build your body in symmetrical proportions as nature intended you to be. You will gain greater confidence in yourself; and compel others to have more confidence in you—it, best of all, brings you success—that you can call success, capped with the glow of health and the supreme joy of living. You can keep your youth with you, no matter what mistakes you have made, or what your present physical condition is, or what ailment or disorder you have—devitalizing habits, poor memory, constipation, rheumatism, no matter what.

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It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood. It's free. Just check the subjects on the free consultation coupon on which you want special information and send to me with a ten cent piece (one dime) to help pay postage, etc. Send for my free book *Right Now—TODAY.*

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Mr. Lionel Strongfort, Dept. 1767, Newark, N. J.—Send me Free my private copy of "Promotion and Conservation of Health, Strength and Mental Energy," for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (x) below, without obligation.

Colds	Bad Breath	Vitality Restored	Poor Circulation
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Obesity	Anaemia	Indigestion	Stomach Disorders
Headache	Debility	Nervousness	Round Shoulders
Thinness	Fear	Poor Memory	Bad Habits
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Name.....

Age..... Occupation.....

Street.....

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



Illustrations Showing the Different Stages of a Back Somersault with Weights

YOU DON'T REALIZE WHAT YOU ARE MISSING WITHOUT THIS GREAT COURSE



hundreds know it through actual experience.

Hundreds have already purchased this course and consequently, I am now getting letters from them telling me how they found this course — how it has made really competent tumblers and hand-balancers from those who knew little or nothing of this fascinating and beneficial art—how it advanced those who were only fair at this sport to the most difficult and spectacular feats.

That is why I am telling you how wonderful the course is—not because I think it so, but because others by the

When performed without weights, when the hands are free, this "tuck" further speeds up the turn. The remainder of the photo shows the body completing the turn and the feet coming over to the ground or mat.

It is great to be able to walk along on your hands or to hold a one or two-hand stand on any object even if small and unsteady. And you can learn with this course.

Study the Picture of Myself Holding a Perfect Hand Stand

That is the way you are taught to perform all the feats in this course of mine—perfectly. No dangling legs or unsteadiness in hand stands and no tumbling stunts without good form and snap. That is what makes them good to look at and a real pleasure to perform. I'll teach you correctly.

There are lots of fellows who can manage to stay up on their hands, but their feet are left to dangle in the air. These same fellows also do a hand spring landing with their legs doubled up, etc., and yet they imagine they are good. Don't fool yourself this way. If you like tumbling at all, why not get the course that teaches you to do the numerous feats in such a way that you would not be ashamed to perform before the best of tumblers and hand-balancers.



These physical assets alone are worth many times the price of this course. Don't you let the insignificant sum of \$3.00 stand between you and enjoyment, achievement and health. Send for it immediately.

And Why Is This Course So Good?

The consensus of opinions of those who have used this course is that it is good because it was written by one who has an excellent practical knowledge of the subject. No one, except one who is himself proficient, can give clearly all the tiny details that make a back somersault, flip, one-hand stand and the many other feats comparatively easy to master. Look carefully at the pictures showing the back somersault at the various stages.

Isn't It Wonderful When You Stop to Think of It

how the human body can remain in the air unsupported long enough to make a complete turn? It is wonderful to see it done and imagine the thrill, but it is doubly wonderful when you can do it yourself.

Starting at the right of this strip of photos you will see the first illustration depicting the dip from which the mighty spring upward is obtained. In the second illustration you will see the completion of this spring, the force of which is just about to carry the feet from the ground. This photo also shows the start of the turn. In the third the feet have left the ground, and the fourth photo shows the start of the drawing up of the knees which speeds up the turn. The "tuck" (or the grabbing of the shins with the hands) is not used in tumbling with weights.

CHARLES MacMAHON
180 W. Somerset Street, Philadelphia, Pa. Studio A-30

Please find enclosed \$3.00 for which send me immediately your course in tumbling and hand balancing.

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

You Can Give Exhibitions and Vaudeville Acts

Many of those who have purchased this course are already giving exhibitions at entertainments in their home towns. Others are starting out in a professional way. Everyone who takes up tumbling cannot go on the stage, but everyone who takes this course can get great enjoyment and keep healthy, strong, active and happy. Just fill in the coupon at the bottom of this page while you have it handy and send it in to me with your remittance of \$3.00, either in cash, money order or check.

Access to a Gym Is Not Necessary for the Practice of This Course

You don't have to join a Y. M. C. A. or turngemeinde, nor purchase paraphernalia of any kind in order to practice and learn to be a tumbler and hand-balancer. Practically all the hand-balancing feats and a great number of the tumbling stunts can be rehearsed in your own room or cellar. When the weather permits, the remaining feats can be done out-of-doors. For the somersaults and flips, a grassy plot, soft dirt or a sandy spot make a safe landing place.

This Course Has No Connection Whatever With My Body-Building Course

If you are interested only in building your body and muscles to their greatest extent and in gaining exceptional strength, you need a Body-Building Course. Tumbling alone will not get you the greatest development. But it will make you supple, enduring, energetic and healthy.

CHARLES MacMAHON

Studio A-30

180 W. Somerset St. Philadelphia, Pa.

Let Me Convince You of the Worth of This Course and After You Have Practiced It You Thank Me for Urging You to Get It

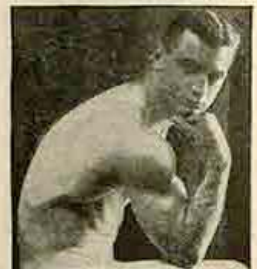
When you can astonish your friends by performing a row of flips ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.

It is not my sole desire to simply sell you this course. What I actually want to do is to make a proficient tumbler and hand-balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.

So now that you have my assurance that you can and will become a tumbler and hand-balancer,

MAIL THE COUPON NOW

with your check, money-order or cash



CHARLES MacMAHON

WANT A U. S. GOVERNMENT JOB?

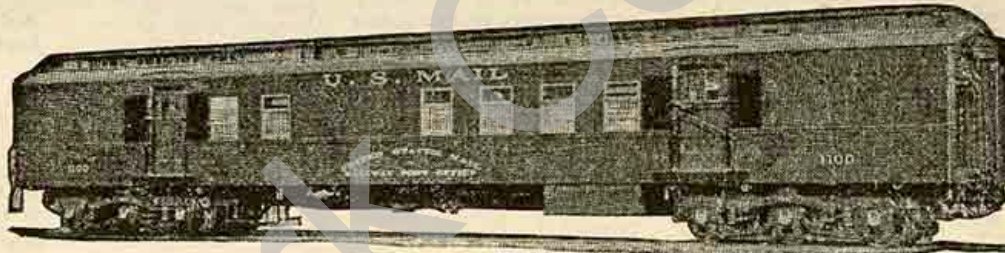
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Common education is sufficient—pull is not required.

Every man or woman, over 17, should mail coupon—at once—today sure.

Don't Delay Every day you delay reduces your time for coaching.

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Kindly send me, without any obligation whatsoever on my part, and entirely free of charge: (1) A full description of the position checked below; (2) Sample examination questions and free sample coaching lessons; (3) Free Copy of illustrated book, "Government Positions and How to Get Them"; (4) A list of U. S. Government Jobs now obtainable; (5) Schedules showing places of the coming examinations in my locality.

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- Post Office Clerk... (\$1400—\$1800)
- City Mail Carrier... (\$1400—\$1800)
- Rural Mail Carrier... (\$1800—\$2600)
- Customs Positions... (\$1140—\$1860)
- Clerk at Washington, D. C. (\$1140—\$1860)

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Use This Coupon Before You Mislay It—WRITE PLAINLY

Special Limited Time Offer

Now is Your Chance to Join
The American Continental Weight-Lifters' Association



GEORGE F. JOWETT
Founder and President
of the A. C. W. L. A.

THIS organization is the finest of its kind because it can do for you 75 per cent more than any other association does for its members. The A. C. W. L. A. has for its officers and board of directors the very best men in America on physical training and in the sport of weight-lifting, and every one of these great members are bound by his brotherhood to help every member to reach the top in his class, no matter how physically poor or good he is. Every man is eager to help because we have the stimulus of national pride behind us, and the results our members have accomplished in surpassing the best of other nations, has inspired us to keep forging ahead until we can beat the world in the sport of weight-lifting and physical development.

We have Made Scores of American Record Holders and Champions and can do the same for you, because we have instituted Strength Clubs in many American cities that will gladly welcome you, and become a great help by the advice and coaching they can give you. You are given a beautiful diploma that you can frame and hang on the wall of your den or club as a lasting testimony of what you have accomplished in your body-weight class. You can secure one of these by performing a state record, national, continental or world's record for physical development, or any meritorious action that will have helped the cause of the health and strength seekers of this country. For special merit and performances we present the member with a handsome medal or trophy that will always remain his.

How much more impressive it is to show your friends the positive proof of your accomplishments rather than just talking about them. Therein lies the true value of official recognition.

The Philadelphia Exhibition a Huge Success

Many spectators who witnessed the New York A. C. W. L. A. demonstration at Klein's gymnasium last December 11th, enrolled in order that they could receive the benefits and witness more exhibitions of that order, but the exhibition held in Philadelphia, January 3d, broke all records, scores enrolling right there. Members came from all parts of America, and members wrecked records galore. The overseas nations who said that America would never be a weight-lifting nation are rubbing their eyes in astonishment at the way we are equalling the foreign records and setting up new world-record marks. Come in on it, boys. Don't sit back there till it is all over. Be one of the boys who are fighting in the front line, and when we have got to the top and gained world supremacy, you can sit in the club corner and inspire others with the stories of what you saw, and how you have helped America to get the foothold that beat the world in the sport of weight-lifting and physical fitness.

We Are an Organization that Is Growing

Our ideals are your ideals. We believe in the body beautiful, the crystallization of health principles, the war against drugs and disease, the nationalizing of weight-lifting as a sport, and the promotion of truth and justice in all these subjects that will go to build a nation for physical fitness and best of all, we have backing the cause of the **Strength Magazine**, which has always stood for truth, and has made it possible for us to make the following splendid offer to you. Do not hesitate. Jump into the game.

What We Give to You

The diplomas, medals, trophies, open exhibitions and clubs to members are only a few of the benefits we can give to you. You are given a full-year membership with your pass card and a lapel button with the design of our order inscribed to wear on your coat. The sight of this button will point you out on the street to your brother members, and to all others who have read magazines on health and physical culture, while your membership card will be your passport in meeting all the celebrities in this profession, so popular is the movement. To those who want to build new Strength Clubs in their locality, we give a present of a 400-pound Plate Bell and photographs of President in some of his marvelous muscular poses. We place you in touch with other enthusiasts, answer your problems and give you a year's subscription to the finest magazine in America, which is the official A. C. W. L. A. organ of expression. We have for each state a representative to whom you can appeal on any difficult problem. We promote contests and competitions of all kinds, and are recognized by all the weight-lifting organizations abroad, which gives recognition to the feats of our members as official. No matter how good you are, if you do not belong to the A. C. W. L. A., and are not able to produce your record diploma as official recognition of your feat, your name and feat is not accepted or placed on the record books of America or any other country. We protect our members.



A. C. W. L. A.
Lapel Emblem

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The regular initiation fee is \$2.50 to a new member, and a yearly subscription of \$5.00, a total of \$7.50. This entitles you to the lapel button insignia of your order, membership card, one-year subscription to **Strength Magazine** and all the big benefits of this organization.

All This Is Offered to You for the Low Fee of \$4.00

Our hearts go out to the **Strength Magazine** for making possible this splendid opportunity as their share in helping us to reach the one-quarter million mark.

I Know You Are Interested

so tear off this coupon and write for all details concerning this organization, which will be furnished you by its founder and President, **George F. Jowett**, care of **Strength Magazine**, 2741 N. Palethorp Street, Philadelphia, Pa.

GEO. F. JOWETT, President A. C. W. L. 3-25
c/o STRENGTH MAGAZINE,
2739 N. Palethorp St., Philadelphia, Pa.

Dear Mr. Jowett:
Allow me to take advantage of the **Strength** offer, by enclosing \$4.00, which entitles me to one year's subscription to **Strength**, the lapel insignia of the A. C. W. L. A. with membership card, paid up for one year, and all its benefits. Kindly forward same at once.

Name.....
Address.....
Town..... State.....

How a "Crazy Invention" Ended My Baldness

Sixty days ago they called me "Baldy" Now they're amazed at my new growth of hair

"GEORGE, don't be foolish. You ought to know there's no help for baldness. You're just throwing your money away."

"But listen, Bill—" "Nothing doing. You can't convince me that anything will grow hair on that bald head of yours. And especially that crazy invention! Take my advice and hang on to your money."

That was how my friend, Bill Jenkins, felt. I had been telling him about a new treatment for baldness I wanted to take. He just wouldn't listen to me. He was all against it. And in a way I didn't blame him. For I certainly had wasted an awful lot of money on other treatments with no results. I had tried countless tonics and salves. I had tried singeing and massages. I tried crude oil and even mange cures. But every new thing I tried actually seemed to make my hair thinner.

Still, this new treatment was entirely different from anything I had ever tried. Other methods treated only the surface skin. This one consisted of a new invention which provided, for the first time, a method of getting right down to the dormant roots and nourishing them. The results it was bringing seemed really astonishing. Men who had been partially bald for years, who had long ago given up hope, were getting brand-new growths of hair in surprisingly short times. Women, too, were using it with equally remarkable results.

But the best part of it all, as I later learned, was this—I didn't risk a penny in taking the treatment. The discoverer of this new method—Alois Merke—



At the theatre I always felt that the people behind me were doing nothing but giggling at me

founder of the famous Merke Institute, Fifth Avenue, New York—absolutely guaranteed an entirely new growth of hair in 30 days, or the trial would cost me nothing!

I just couldn't resist such an unusual offer. I had nothing to lose, and perhaps a lot to gain. So I sent for the treatment.

The Biggest Surprise of My Life

When I first saw this new invention I laughed out loud. My friend Bill had called it a "crazy invention." It almost looked the part. But that didn't keep me from trying it.

The first two or three days, nothing happened. True, my scalp felt very much invigorated. And I didn't see anywhere near the amount of hair on my brush that I used to. Then, a few days later, I looked in the mirror. What I saw almost bowled me over! For there, just breaking thru, was a fine downy fuzz all over my head!

Every day I spent 15 minutes taking the treatment. And every day this young hair kept getting stronger and thicker. At the end of a month you could hardly see a bald spot on my head. And at the end of sixty days—well, my worries about baldness were ended. For I had regained an entirely new growth of healthy hair.

Here's the Secret

According to Alois Merke, in most cases of baldness the hair roots are not dead, but merely dormant—temporarily asleep. Now to make a sickly tree grow you would not think of rubbing "growing fluid" on the leaves. Yet that is just what I had been doing, when I used to douse my head with tonics, salves, etc. To make a tree grow you must nourish the roots. And it's exactly the same with the hair.

This new treatment, which Merke perfected after 17 years' experience in treating baldness, is the first and only practical method of getting right down to the hair roots and nourishing them.

At the Merke Institute many have paid as high as \$500 for the results secured thru

personal treatments. Yet now these very same results may be secured in any home in which there is electricity—at a cost of only a few cents a day!

New Hair in 30 Days or No Cost

Merke very frankly admits that his treatment will not grow hair in every case. There are some cases of baldness that nothing in the world can help. But so many others have regained hair this new way that he absolutely guarantees it to produce an entirely new hair growth in 30 days, or the trial is free. In other words, no matter how thin your hair may be, he invites you to try the treatment 30 days at his risk, and if it fails to grow hair then he's the loser—not you. And you are the sole judge of whether you pay or not.

To be bald is certainly a real misfortune. In my own case, it was more than embarrassing. Most of my well-meaning friends called me "Baldy." At the office they were always "kidding" me. And at the ball game or theatre, I always felt that the people behind me were doing nothing but giggling at me. I never felt comfortable. So when I saw Merke's offer of new hair in 30 days or no cost, I determined to give it a trial, anyway.

And without a doubt in the world, I will always consider the day I sent for the Merke treatment one of the luckiest days of my life.

Coupon Brings You Full Details

I was once skeptical. And I suppose you are, too. But no matter how fast your hair is falling out—no matter how thin it is—no matter how little hair you have left—I certainly advise you to at least learn more about this treatment.

This story is typical of the results that great numbers of people are securing with the Merke treatment.

"The New Way to Make Hair Grow" is the title of a vitally interesting 34 page book describing the treatment. It will be sent you entirely free, if you simply mail the coupon below.

This little book explains all about the treatment, shows what it has already done for countless others, and in addition contains much valuable information on the care of the hair and scalp. Remember, this book is yours free—to keep. And if you decide to take the treatment, you can do so without risking a penny. So mail the coupon now. Address Allied Merke Institutes, Inc., Dept. 553, 512 Fifth Avenue, New York City.

Get This Book

Allied Merke Institute, Inc.,
Dept. 553,
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Please send me—without cost or obligation—a copy of your book describing the Merke system.

Name

(State whether Mr., Mrs., or Miss)

Address

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

Read This!

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in. I preach your system to everyone."—F. D. R., Washington, D. C.

"My hair was coming out at an alarming rate, but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—W. C., Great Neck, N. Y.

"I have used your system for eight weeks and although the top of my head has been entirely bald for six years, the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—W. B., Kenmore, Ohio.

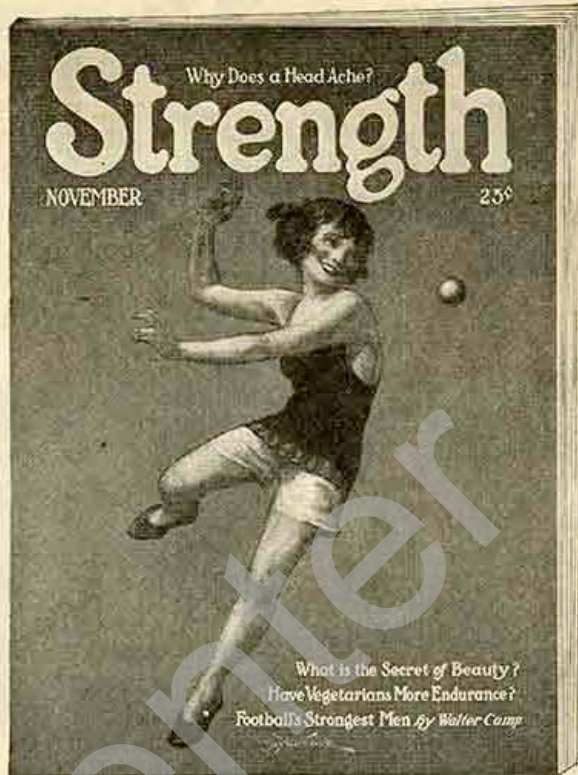
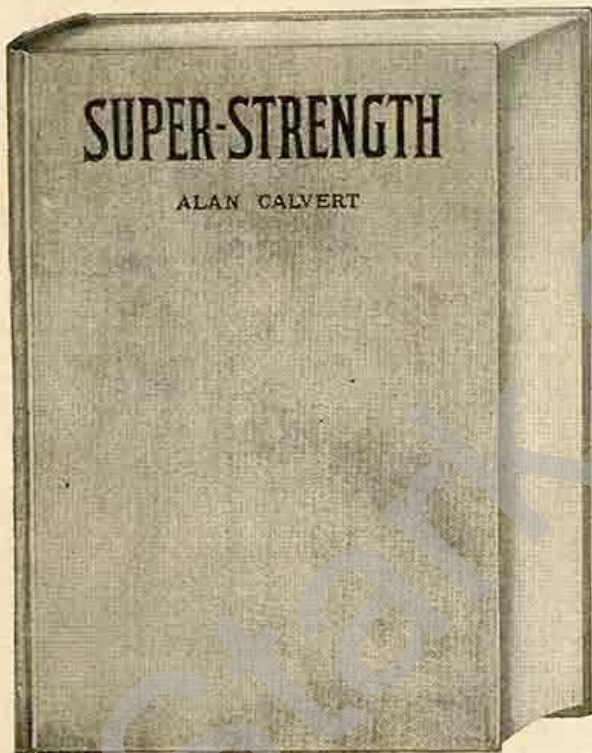
"The top of my head is almost covered with new hair. I have been trying for last five years, but never could find anything that could make hair grow until I used your treatment, and now my hair is coming back."—Tom Carson, Ohio.
(Originals of above letters on file in the Institutes.)

Special Combination Offer
"Strength" and "SUPER-STRENGTH"
At a Reduced Price

The Milo Publishing Co. is now offering its patrons an unusual bargain. They are giving you a chance to get a year's subscription to the "Strength" Magazine, and a copy of Alan Calvert's book, "Super-Strength," both at a reduced price.

(See details of offer at bottom of this page)

As a reader of the "Strength" Magazine, you are familiar with its steady growth in size, popularity, and influence. You can be assured that its editorial staff will continue to fill the pages of the magazine with helpful and inspiring articles, written by the highest authorities on **BODY-BUILDING, WEIGHT REDUCING, AND CORRECTIVE EXERCISE—DIET AND FOOD PROGRAMS—GYMNASTICS—ATHLETICS—OUTDOOR SPORTS—OSTEOPATHIC TREATMENT** and all other subjects connected with the preservation of health and the promotion of bodily vigor.



Few books have been as warmly welcomed as Alan Calvert's latest work on body-building and muscle-culture. Although the book is called "Super-Strength," any one reading it will quickly discover that its author is far more interested in the creation of perfectly proportioned and superbly built men, than even in the development of great strength. He holds the theory that one's strength is largely dependent on one's shape and symmetry, and so a great portion of the book is devoted to a detailed teaching that will help any one—no matter how weak and puny, or how fat and debilitated—to get a perfectly built body and the abounding health and incredible strength that go with it.

In "Super-Strength" the author gives most complete instruction for the remodeling—the making over—of the entire body. The chapter which tells how to permanently increase the size of the true chest (the rib-box) with its accompanying gain in shoulder-breadth and lung-room, is matched in interest only by that other chapter in which he deals with the method of increasing one's vitality and bodily strength by developing the small of the back and the loins.

Many of the exercises given in the book are now published for the first time. Some have heretofore been trade secrets of professional "Strong Men," and others, devised by Mr. Calvert himself, are included because of their proved value as agencies in remodeling the bodily framework and in covering it with shapely, supple and powerful muscle.

"Super-Strength" is handsomely bound in cloth. It contains 95 illustrated pages bearing 182 superb pictures, and 220 pages of closely printed text; about 75,000 words of instruction and information.

Special Offer

The Regular Yearly Subscription Price of the "Strength" Magazine is \$2.50
 The Regular Price of the Book, "Super-Strength" is 3.50

Total \$6.00

If you order before March 24, 1925, you can get both for **4.50**

Thus saving \$1.50

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Are You Afraid To Love?

Is Sex a Mystery To You?

Has true love come into your life — or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Then clip the coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.



Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 199.

Life's Mysteries Revealed

YOUR QUESTIONS — all of them, the most intimate — all are answered in simple, straightforward fearless language. Here are the real facts about the so-called mystery of sex—the things you should know about YOURSELF, about YOUR BODY, your DESIRES and YOUR IMPULSES.

At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512 page book, "Safe Counsel", written by Prof. B. G. Jefferis, M. D. Ph. D. and Prof. J. L. Nichols, A. M. contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. In this remarkable volume are answered all the questions that brides want answered on the eve of their weddings—that youths approaching manhood demand of their elders—that married people should know. The naked facts are told. Ruthlessly! Daringly! But truthfully!

"It Might Have Been Prevented"

How pitifully often do we hear this pathetic phrase. Glorious young lives are wrecked by ignorance and falsehood. Innocent children suffer as a result of prudishness and "modesty." We think we are an enlightened, civilized people—but we will continue to be in the dark ages until every adult knows the truth about the functions and purposes of his body, and about that great powerful invisible force, the Life Urge.

Would You Like to Know:

- The secrets of a happy marriage?
- The mistakes every couple should avoid?
- What true love really means?
- How to perpetuate the honey moon?
- Law of mutual attraction?
- If continence is desirable?
- How to control your impulses?
- Answers to sex problems?
- Dangers of ignorance?
- Advice to the newly married?
- Signs of excesses?
- What every girl should know?
- The reasons for marital unhappiness?
- How to hold your husband's love?
- The prevention and cure of social diseases?
- Mistakes often fatal?
- Ethics of the unmarried?
- What every young man should know?
- Advice to expectant mothers?

These are just a few of the questions answered truthfully and authoritatively by "Safe Counsel"

The Truth At Last!

Safe Counsel contains nine startling sections: 1. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are just a few of the subjects discussed—Love, Anatomy and Physiology, A Word to Maidens, Maternity, Parental Influences, Change of Life, Impotence, Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

Nobody can escape sex problems. Men and women—rich and poor—all face the sex question. Do not let ignorance blight your life. Do not allow fear and superstition to mar your happiness. Knowledge will free you—give you security, self-confidence and courage to face life without the shadow of fear and doubt threatening your peace of mind.

Send No Money— Simply Mail the Coupon

Ignorance perverts the mind. Don't stay ignorant any longer. Send for this invaluable book today—and settle your problems now.

Just clip the coupon. Send it in today. No money is required. In a few days when the postman brings you "Safe Counsel" (in a plain wrapper) you can pay him \$1.98 and postage. If you are not thoroughly satisfied after examination, return the book and we will refund your money. Send the coupon immediately. Mail it today to the Franklin Association, 186 N. La Salle St., Dept. 7601 Chicago.

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Please send me your amazing 512-page book, "Safe Counsel" in a plain wrapper marked "Personal." I will pay the postman \$1.98, plus postage, upon arrival. If I'm not satisfied, I'll return it within 5 days and you refund my money.

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GAINS 12 LBS. ON THE FIRST 2 LESSONS

That is what Mr. L. Shea says in a letter to me in regard to his improvements from my methods. Read his letter and what others, who have actually tried my course, say below.

Gains 12 lbs. on the First Two Lessons
December 10, 1923.

Mr. Chas. MacMahon.
Dear Sir:—

Since starting the course I have gained twelve pounds, that is, on the first two lessons only. And I feel 100 per cent better and look it also. I consider that worth the price of the entire course.

L. SHEA.

50% Stronger from First Lesson Only

Chas. MacMahon,
Philadelphia, Pa.

Dear Sir:—

The reason I didn't give you any report of my condition is that I wanted to surprise you later, as I am progressing more than I ever expected. I feel fifty per cent stronger right now, since I started the first lesson, so you can judge how I'm getting along. My upper arms have increased one-half inch more, besides other developments of the body which are to be noticed already. By the time I get through with all the lessons, I will be just where I wanted to be.

Respectfully,
ERNEST HUBER.

His Internal Organs Stimulated and Strengthened

Mr. Charles MacMahon.

Newark, N. J.

Dear Sir:—

I wish to state that I know you have not one of the best, but the best course on the market today. I especially like your first and second lessons, because those exercises are sure good for the internal organs and put one's system into condition for the more advanced lessons.

Your pupil,
FRANK OLLENDARSKY.

Finds My Course the "Real Stuff"

Mr. Charles MacMahon.

Dear Sir:—

Your course is the real stuff! I already feel much better and have gained about five pounds. I know that if I work faithfully with your exercises I shall gain the goal I so earnestly desire—that of putting on about 30 pounds, not flab, but honest-to-goodness hard muscle.

Yours very truly,
HERMAN MUELLER.

Mr. Geiser's Pictures Will Show the Remarkable Improvements He Has Made

Camden, N. J.

Dear Mr. MacMahon:—

I am enclosing a few pictures of myself and hope you will like them. I certainly am well satisfied with the physical development and strength that I have received under your instructions. Your course has given me a real development, where other courses I have practiced failed. I cannot thank you enough, for I now have a figure I can always be proud of.

E. GEISER.

Cured of Skepticism

Mr. MacMahon,
Philadelphia, Pa.

Dear Sir:

I am going to make a brief report on my improvements which I am very proud of, considering that I have been exercising but twenty-two days. I have gained six and one-half pounds in weight. My normal chest has increased two inches. I am planning to give myself a big surprise in a month. These gains may not seem much to you, but if you remember, I was very skeptical about getting results at first, as I thought myself in splendid physical condition.

Yours very truly,
A. Y. CARTWRIGHT, JR.

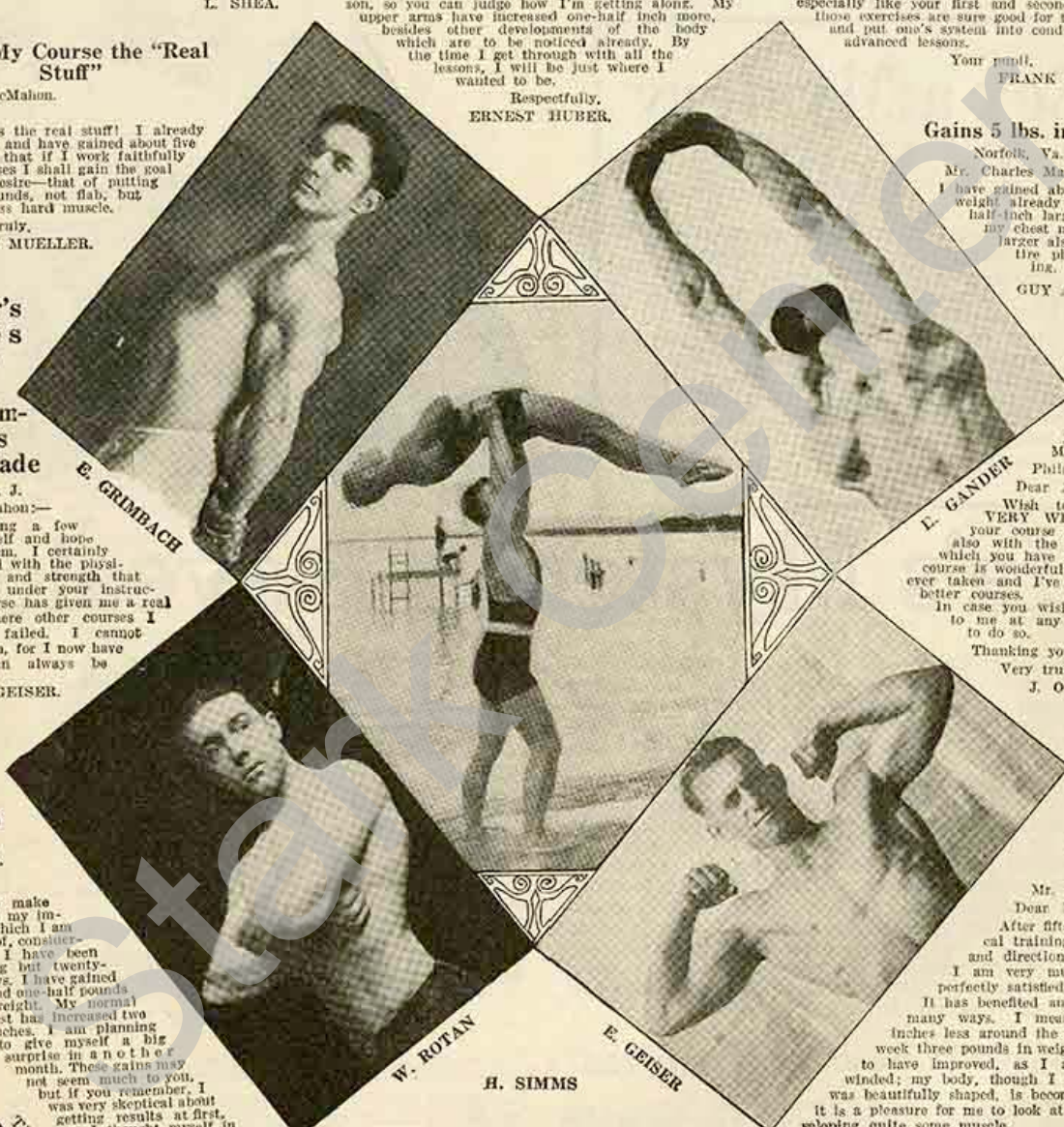
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Studio A-2,
180 W. Somerset St.,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "THE ROYAL ROAD TO HEALTH AND STRENGTH," which you are to send me without charge in accordance with your special offer.

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City and State



Gains 5 lbs. in 20 Days

Norfolk, Va., Feb. 24, 1924.

Mr. Charles MacMahon.

I have gained about five pounds in weight already and my arm is a half-inch larger. I notice that my chest muscles are getting larger also. In fact, my entire physique is improving.

GUY A. SINGLETON.

Calls My Methods Better Than the Best

Mr. Charles MacMahon,
Philadelphia, Pa.

Dear Mr. MacMahon:—

Wish to say that I'm VERY WELL pleased with your course in every way, and also with the courteous way in which you have treated me. Your course is wonderful and the best I've ever taken and I've taken all of the better courses.

In case you wish to refer anyone to me at any time, don't fail to do so.

Thanking you, I am,
Very truly yours,
J. O. CARPENTER.

Reduced Large Waist 3 Inches in 15 Days

Lock Haven, Pa.,

Nov. 8, 1923.

Mr. Chas. MacMahon.

Dear Mr. MacMahon:—

After fifteen days of physical training under your care and direction, I must say that I am very much delighted and perfectly satisfied with your course. It has benefited and improved me in many ways. I measure almost three inches less around the waist; lost in one week three pounds in weight; my heart seems to have improved, as I am not so short-winded; my body, though I always thought it was beautifully shaped, is becoming more so, that it is a pleasure for me to look at it, and I am developing quite some muscle.

Your enthusiastic pupil,
JOHN B. BENDER.

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MY INTERESTING AND ATTRACTIVE BOOKLET

It tells you more about the many other pupils of mine, and gives you further proof that my System of Physical Training is interesting, time-saving, result-producing, and all and more than I claim it to be.

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TEAR OFF—FILL IN—MAIL NOW

Margaret Sanger Dares to Speak Frankly About Birth Control

HAPPINESS is a birthright of every human being. Woman, not less than man, is entitled to live a life unmarred by unnecessary pain and deprivation. When she confidently entrusts her future to the keeping of a man in the companionship of marriage she has not forfeited one jot or tittle of her right. And yet, tens of thousands of women are doomed to lives of hopeless, helpless drudgery—and their children are condemned to privation and neglect because the mother simply cannot give to any of them the proper care and support.

For centuries the world has turned a deaf ear to the pleadings of tortured women for relief from those horrible conditions. For centuries mothers have been denied the knowledge that would drive away the clouds of misery and degradation and allow the sunlight of marital happiness to shine on every household.

A gigantic conspiracy of silence has robbed woman of her inalienable right.

Words alone cannot picture the resulting terrible sacrifice in wasted bodies and blasted lives that is being exacted from women every year. Words alone cannot express the untold suffering tens of thousands of women—and children—must endure every year.

That is why Margaret Sanger, herself a mother, and President of the American Birth Control League, has dared to raise the banner of the new freedom for women and proclaimed their emancipation from slavery of ignorance.

Will You Ever Write a Letter Like This?

Only these agony-laden letters can tell the story of woman's sacrifice in all its anguish. These are but a few of thousands sent every day to Margaret Sanger by unhappy mothers who have turned to her for help in their greatest need, revealing to her the nameless fears and terrors that clutch at their hearts. Read these letters, and know for yourself what women still suffer.

"It is terrible to think of bringing these little bodies and souls into the world without means or strength to care for them. I know that this must be the last one, for it would be better for me to go than to bring more neglected babies into the world."

"My baby is only 10 months old, and the oldest of my four children is 7. I am so discouraged I want to die. Ignorance on this all-important subject has put me where I am."

Why Margaret Sanger Dares to Advocate Birth Control

Margaret Sanger considers it a slur upon the intelligence of American womankind to deny to them the knowledge which has brought freedom, health, happiness, and life itself to the women of other nations.

That is why she has braved the storms of denunciation, why she has fought through every court in the land in her advocacy of woman's right to the knowledge that will break the chains of slavery.

Woman and the New Race

Margaret Sanger's courageous new book should be read by every married man and woman in America

In this revolutionary book, Margaret Sanger, internationally famous for her ceaseless activities in behalf of women and hailed as the

liberator of her sex, points out the path that tired, suffering womanhood must travel in their struggle for emancipation. With utter frankness she sweeps aside the mist of sophistries in which the subject of birth control has been enshrouded by its enemies.

In her wonderful book Mrs. Sanger shows that women can and will rise above the forces that have ruined their beauty—that drag them down—that wreck their mental and physical strength—that make them an easy prey to death—that disqualify them for society, for self-improvement.

In blazing this revolutionary trail to the new freedom of women, this daring and heroic author points out that women who cannot afford to have more than one or two children should not do so. It is a crime to herself, a crime to her children, a crime to society.

Send No Money

Now Margaret Sanger's message to all women, contained in "Woman and the New Race," is made available to the public. A special edition of this vital book has been published in response to the overwhelming demand. Order your copy of this wonderful book at once, at the special edition price of only \$2. Then if after reading it you are not entirely satisfied, return it to us and your money will be refunded.

It is not even necessary to send a penny now. Just the coupon will bring your copy of "Woman and the New Race." It is bound in handsome, durable gray cloth, printed in clear readable type on good quality book paper and contains 234 pages, sent to you in a plain wrapper.

When the book is delivered at your home, pay the postman the special low price of \$2 plus the few cents postage. But mail the coupon at once. Tear it off before you turn this page.

Eugenics Publishing Company

Dept. 93, 1658 Broadway
New York City



Margaret Sanger

Partial List of Contents

- Woman's Error and Her Debt
- When Should a Woman Avoid Having Children
- Two Classes of Women
- Cries of Despair
- Birth Control—a Parent's Problem or Woman's
- Continence—Is it Practicable or Desirable
- Are Preventive Means Certain
- Contraceptives or Abortion
- Women and the New Morality
- Legislating Women's Morals
- Progress We Have Made

Is the Husband or Wife to Blame?

Whose is the blame for the tragedy of too many children—husband or wife? Margaret Sanger, the President of the American Birth Control League, comes with a message vital to every married man and woman.



Eugenics Publishing Company
Dept. 93, 1658 Broadway
New York

Gentlemen: Please send me, in plain wrapper, Margaret Sanger's book, "Woman and the New Race." I am enclosing no money, but will give the postman who delivers the book to me \$2.00 plus postage. (Orders outside U. S. must be accompanied by money order for \$2.50.)

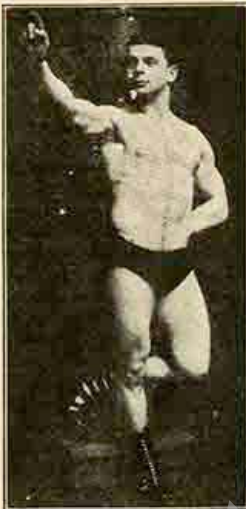
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If you wish in addition to "Woman and the New Race," Margaret Sanger's celebrated pamphlets, "What Every Girl Should Know" and "What Every Mother Should Know," place an X in the square at the left. We now offer these two famous pamphlets for only 50c extra to each purchaser of "Woman and the New Race."

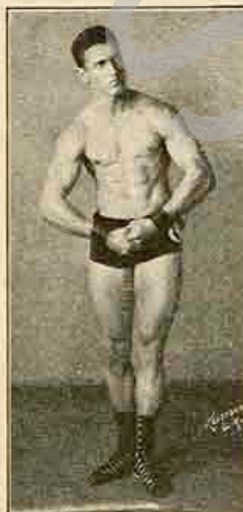
The Super Men of Milo



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American Light-weight
Champion.



SIGMUND KLEIN
American Middle-weight
Champion.



D. P. WILLOUGHBY
American Amateur
Heavy-weight Champion.

EVERY man on this page is a Super Man. He is either a champion, or a record breaker. They represent every bodyweight class, and every one of these champions and record breakers were made by us. It is true that Milo pupils hold all the official titles in America in the sport of strength, and they all got their great power and physical perfection by using bar-bells as they were taught by us. The gains these men made in strength and increased body proportions is remarkable. Many of them were physical wrecks before we took hold of them, and most of the others had just the normal physical strength and proportions, but the results were the same. They all made tremendous gains in size and power, that made them full of vigorous manhood, and we are eager to demonstrate to you, by actual results upon your own body, that we can do the same for you.

Let Us Put You in Their Class

There is nothing in the world to prevent you from becoming in the same class as these men. You can put anywhere from 4 to 10 inches on your chest, 2 to 4 inches on your neck, arms, and legs, accordingly, and by straightening your spine you can increase your height, as well as increase your bodyweight considerably. You will acquire the man power that will enable you to pick the end of an automobile out of a rut, climb a mountain peak, play with a 200 lb. bar-bell, and tear decks of cards in two and all without any undue physical exertion. With the progression of your physical appearance, you will accumulate an exceptional degree of confidence that makes a man always feel sure of himself, which is the reason why physical training has made so many men successful in life.

Make Health and Wealth Balance

The greatest majority of people accumulate wealth at the expense of health. That makes it impossible for them to enjoy their good fortune after acquiring it. The balance should always lean towards the side of health, but the body culturist succeeds best in making both balance. We have been the most successful teachers in America in balancing the scales for the success of our many pupils in health, wealth, and strength. We give the best results, because we are the only people who can teach you the true secrets of the double body progressive method, which we originated. The great value of this method lies in the fact that in a minimum of time you secure the highest maximum of results. This is only made possible with the use of bar-bells taught with the double progressive system, and the most practical set of exercises ever devised, exercises that are founded on reality, not theory. Much depends upon your receiving the right kind of exercises, and instructions which can obtain the best results from your muscular and organic system and so more than multiply your muscular power and capacity to function. We are able to give this information because we employ the most authoritative experts in America to take care of your physical instructions. Life-long experience has proved them to be most capable, because they are essentially practical people who practice what they preach, and have secured for themselves and their pupils the best results. Therefore, we do not waste your time by teaching you to perform movements that have very little value. Body culture is a science, and the results of our practical experiments of over twenty-five years are at your service.

Our Services Unsurpassed

With your enrollment you are entitled to all the advice you desire from our experts, no matter on what question it is relative to, health, strength, or body-building. Once you are a pupil, you always are a pupil. By this we mean you are at liberty to make an appointment with our expert in charge at our offices, with whom you can consult, free of charge, at any time, or to write personally for advice. This offer is not duplicated by any other system in America, and in itself is worth the cost you pay for enrollment.

We are the largest maker of bar-bells in the world, and with your enrollment we give you a complete outfit which you will be proud to own. If you are interested in body-culture, you will own a bar-bell no matter what other system you take first, for experience teaches the pupil that in order to obtain the lasting results with all its benefits, he must own a bar-bell. So why waste time? Get in on the ground floor, for we positively guarantee you results, and this means you will be taking a short cut to gain those wonderful physical proportions and that enviable man power at a saving of both time and money.

Let Us Prove Our Claims

Take us up at our word, and immediately sit down and write to us, asking us to send you, free from any obligation on your part, our illustrated booklet that explains all about our system of teaching and apparatus, or write personally to our expert health consultant in charge, explaining your physical condition and desires, and he will personally reply after analyzing your case, telling you the truth of your condition, and what we can do for you.

Send for this wonderful piece of literature Now.

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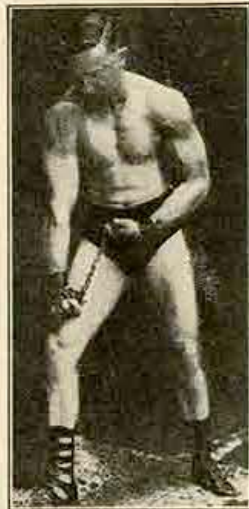
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The World's Most Scientific
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When I Overheard What She Said -I Learned Why I Was Unpopular



It was only a whispered remark. Momentarily it stung me. Yet surprising as it may seem, it taught me the real secret of popularity. For now I have a host of friends and I'm actually getting some real fun out of life. Here's how it all happened:

"I'M sorry, Dick, but I really should help Evelyn to prepare the refreshments—I know you won't mind."

It was the same old story, I thought bitterly. But why—?

Doris was one of the few girls at the party whom I knew real well. We had been brought up together—went to the same school—yet even *she* avoided me. Perhaps it was my imagination.

I went out to the far end of the hall, sat down by myself, lighted a cigarette and thought.

The orchestra was playing a catchy, irresistible melody. Laughter filled the air. No wonder I felt blue. Others seemed to be having the time of their lives. Yet here I was all alone—just an "outsider" looking on. Was it because I was a poor mixer—a bit more backward than other fellows? I would answer that question for myself right away.

I crushed my cigarette and walked towards the party room resolved that I would join right in with the rest of the crowd, and have just as much fun as—

I stopped short. It was Doris's voice.

"Well, thank goodness, Evelyn, I was able to duck that dance with Dick Mitchell—why, he can't even fox-trot."

At that moment every nerve in me jumped. I wanted to say something—tell her just what I thought. Yet that would have only created a scene. No, I would not let them know that I overheard their conversation—and after all Doris was right. So *that* was the reason why I was unpopular.

Suddenly an idea dawned on me. I had read and heard of other fellows doing such things. I didn't know how true they were—but why not try it out and see, especially since I risked nothing?

I Sent for the Five Free Lessons

The very next morning I mailed a coupon to Arthur Murray, America's foremost dancing instructor, asking him for the five lessons he offered free. I would show them that I could dance—not only the fox-trot but all the latest steps.

The five free lessons arrived promptly. I mastered the fox-trot in one evening. I learned without music or partner all the wonderful

steps that had always been a mystery to me. It was fun to follow the simple diagrams and instructions. Why, I was so tickled that the very next week I attended a "frat" party and I didn't miss one single dance the whole evening.

I never dreamed that knowing how to dance well could make any one popular so quickly.

Send today for the five free lessons. They will tell you the secret of leading, how to follow successfully, how to gain confidence, how to fox-trot and how to waltz—and are yours to keep, without obligation. Arthur Murray wants you to send for them at once, today—so that you can see for yourself how quickly and easily dancing can be mastered at home.

Clip and mail this coupon NOW. Please include 25c to cover the cost of handling, mailing, and printing. Arthur Murray, Studio 437, 801 Madison Avenue, New York.

Arthur Murray, Studio 437
801 Madison Avenue, New York.

To prove that I can learn to dance at home in one evening, you may send me the FIVE FREE lessons by Arthur Murray. I enclose 25c to pay for the postage, printing, etc. This does not obligate me in any way.

Name

Address

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

Pelmanism Awakes the Giant Within You

From England, France, Australia, Scandinavia, Africa, India, Holland, and now from America Comes the Indisputable Testimony of a Living Avalanche of a Half Million Pelmanists

By B. C. McCulloch

AWAKE to your powers, be the man or woman you ought to be. Beneath your every-day self lies a giant—an unsuspected self of infinite possibilities.

It is this unrealized self that sometimes awakes at a critical point in your life, and makes you outdo yourself. Sometimes when you were at the point of despair it has made you grit your teeth and go in and win. And often after the victory is won your every-day self wonders and says, "How strange, I didn't think I had it in me."

But you *do* have it in you. All men and women who can read or write have the giant of reserve-power within them. But very few discover how to scientifically train this master, bigger, inner self—and use it to their own advantage.

650,000 Pelmanists have discovered that way. Resolve to be one of them. Resolve now to discover your unsuspected self.

Pelmanism Discovers and Trains for Action

Pelmanism can and does develop and strengthen such qualities as will power, concentration, ambition, self-reliance, judgment and memory. Pelmanism can and does substitute "I will" for "I wish." I know that Pelmanism will do these things, because I have seen men and women turn from despondency to hope—from hope to accomplishment—all through the discovery and training of the master-self by Pelmanism.

I have seen the influence of Pelmanism turn poor jobs into good jobs; small salaries into large salaries; make home owners out of the homeless. I have seen it work miracles in character growth.

Increases Incomes

Talk of quick and large salary raises suggests quackery, but with my own eyes I have seen bundles of letters telling how Pelmanism has increased salaries from 20 to 200 per cent. With my own ears I have heard the testimony of employers to this effect. Why not? Increased efficiency is worth more money. But Pelmanism is bigger than that. It also makes for a richer and more wholesome and more interesting life. The advantages of Pelmanism touch life and living at every point.

It was because I had seen how Pelmanism had reached down into the very roots of individual beings and made over the lives of men and women of England and France; it was because I knew the whole glowing story of the successful accomplishments through Pelmanism, starting in England, breaking

through national boundaries, sweeping over Europe to India and Australia, that in 1919 I brought Pelmanism to America.

America's Answer

Pelmanism, brought to America by Americans, for Americans, captured the imagination of men and women in every walk of life. As in England its followers included Statesmen, Generals, Authors, Lords, Ladies, down to the humblest laborer who wished to better himself, so in America all classes, from states-



men, captains of industry, executives, jurists, down to street cleaners are training themselves in Pelmanism. Pelmanists like General Sir Robert Baden-Powell and Sir Rider Haggard are matched by Judge Ben Lindsey and other leaders in America. For all big men—all ambitious men, realized that Pelmanism was what America needed—in political, industrial and farm life.

All Trades and Professions

Successful men who felt themselves growing stale, ambitious men eager to get the best out of their minds, men and women who have "lost their nerve" cured their faults and are attaining their ambition. Thousands and thousands of letters, telling of individual self-mastery, full of glowing, enthusiastic appreciation of success, are proof of the power that Pelmanism is exerting in remaking and developing lives.

A secretary and treasurer of a famous corporation became a Pelmanist. The results were so definite that his five sons are now enthusiastic Pelmanists.

Pelmanism is practical. Its results are not intangible, vague—but positive—definite. It takes the negative qualities—purposelessness, indecision, timidity, mental lethargy, changing them into positives—purpose, decision, courage,

mental activity and keenness. It puts interest and joy into living and working—it gives the true key to successful accomplishment—right thinking and right acting.

Pelmanism has values for women as well as for men, for the woman who works in the office, and for the woman who work in the home. It develops close reasoning, quick thinking, intelligent decision and executive facility. It has social as well as material values, opening the door to a richer, more interesting life.

Drive—Don't Drift

What are you doing today? What will you be doing twelve months from today? Are you in the hands of fate, or do you direct your own fate? Are you drifting or driving?

Remember, thought is fire. Thought is your best friend or worst enemy. Un-directed or misdirected thought burns up purpose, character, hope. Directed, mastered thought is the fire that creates the steam to drive the wheels of progress. Know this hidden sleeping giant—train it—develop it—master it. Make it save you, don't let it destroy you.

How to Become a Pelmanist

"Scientific Mind Training" is a book which throws the searchlight of truth on Pelmanism. It shows clearly why and how Pelmanism has positive benefits for both sexes, all classes, all ages from the boy of 14 to the man or woman at the end of life.

In its pages will be found the testimony and experience of men and women of every trade and profession telling how Pelmanism works—"stories from the life" showing actual applications of Pelmanism, and its bearing on success.

Your copy is ready for you. It is absolutely free of charge and free of any obligation whatsoever. Don't hesitate. Don't put it off. ACT NOW—Send for "Scientific Mind Training" today. Now is the time—this is your opportunity. The booklet "Scientific Mind Training" is free, but within its covers thousands are finding the key to financial, intellectual and social success. Use the coupon below.

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Suite 343, 2575 Broadway, New York City, N. Y.

Approved as a correspondence school under the laws of the State of New York.

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Name.....

Address.....

Editorial

What Does Strength Mean To You?

NONE of us denies the value of health and the greater value of strength. Some of us do not know the best methods to obtain health and strength in our individual cases. The editorial staff of STRENGTH is more than ready to help any of our readers so situated. Questions addressed to Dr. Rubin, Mr. Jowett, Miss Heathcote and Mrs. Randolph are all promptly answered, and in addition are printed in the magazine when we feel they are of interest to the bulk of our readers.

Every month we print in STRENGTH the story of from one to half a dozen people who have sought health and found it, because such stories are of great value to those of our readers who are seeking health and strength for themselves. What one man can do, can be done by thousands, and the men or women who have been successful in this quest can help many others by showing them the methods that have been beneficial in their cases.

We are always anxious to hear from our readers, whether they tell us of their success or whether they ask us for information which will aid them in attaining success. STRENGTH is not a magazine published to enable its readers to entertain themselves during an idle hour. It is published to act as a clearing house for information which will enable its readers to become healthier and stronger and to be an inspiration to them by keeping before them the desirability and the possibility of attaining health and strength.

The Doctor's New Book

Dr. Rubin has met with so great a response to his department that he has decided to write a book, "The Mysterious Glands," which will be of immense interest to those of our readers who have been following the doctor's work so closely. His book will be ready for publication about the time this issue of STRENGTH is published. The book is supplementary to his work in the magazine, which will, of course, continue in the future as it has in the past. No greater service can be done by us than to put at the call of our readers the information which a thoroughly competent physician with the preventive, rather than the curative viewpoint, has and can pass along to you.

Future Weight Lifting Contests

The A. C. W. L. A. held the best attended weight lifting contest we have ever seen in our building early in January. A detailed description of the event is given by Mr. Jowett in this issue. Here was one occasion where the "old timers" and the young blood really got together, and no one was more interested in the success of the young fellows than were their predecessors in this great sport. If they did not join in the lifting they assisted in some other capacity.

The contest was so great a success that they have decided on two more this winter, the first to be held on March 7th and the second on April 4th. Mr. Jowett is trying to arrange a contest between Henry Steinborn and Joe Nordquest on one occasion.

This is something to look forward to, as all who are familiar with both men will realize. Joe Nordquest has always been accepted by the A. C. W. L. A. as the strongest man in America, while Henry Steinborn was the former German National Champion and is out with a challenge to meet any man in the world. He is particularly anxious to eclipse the records made by Joe Nordquest in Philadelphia a few years ago.

"Joe" has been out of active competition for some years, but reports that he can quickly get into as good shape as he has ever been in. Should they be able to arrange a satisfactory set of lifts, and a satisfactory date at which both men could meet, we believe that the result would be the finest contest ever staged.

Although Henry did not succeed in breaking any records on January 3rd, we all know what he can do and what may be expected of him. Joe, too, is a tried performer, and will be sure to do himself justice; so the winner will have to do some record breaking.

An effort is also being made to bring the famous Canadian Middleweight, Fournier, who succeeded Jowett in the Championship titles when he relinquished the game three years ago, to Philadelphia at our next meet.

The Association hopes to be able to make these weight lifting contests regular events, and next year should see them run off in New York and at least in one other city as well as in Philadelphia. Eventually we will find weight lifting taking its place as a recognized sport.



Lovely May McAvoy
"has everything."
She has beautiful
bones, shapeliness,
health, complexion
and a true beauty
psychology. And, in
this author's opinion,
"the most beautiful
eyes in the world."
Metro-Goldwyn
Pictures

Peach Skins and "Peachy" Skins —for *BEAUTY*

How Can You Glorify Your Complexion, with Satiny Texture and Lovely Coloring?—Fourth and Last Article in this Author's Analysis of Beauty

By Florence Whitney

WHEN you think of beauty, whether in flowers or sunset skies, in autumn landscapes or interior decoration, or in—what even surpasses any of these—the beauty of lovely womanhood, one of the first elements that occurs to your mind is that of color. There is some curious quality of glory in exquisite coloring.

That is why this fourth and last article of our analysis of beauty is devoted in part to this matter of good color and what goes with it—especially, what is the basis of it. We have discussed other essentials, the underlying beautiful bones, the always dominating beauty psychology, and the shapeliness of strength.

But the biggest thing of all, which not only is the

basis of glorious coloring but has everything to do with these other fundamentals, is health—robust, active, red-blooded health.

There is another factor—correct weight, but that is covered fairly well by the requirements of ideal health and of good muscular development. Build up the body to its best, through sufficient activity, and your weight will inevitably be what it should be.

But are all these things within one's own control? Can any woman who so desires, by her own efforts and good self-management, acquire these various elements of beauty that go to make up a complete whole?

Well, to illustrate that, I'll tell you the story of one woman who did just that—to show what you can do. This woman made herself over in all respects except one, that of her bony framework—but she made the most of that, and built upon it. And this is not the story of a flapper, for one doesn't "flap" at fifty, which is an age of loveliest womanhood, as this lady proved. And if this doesn't appeal to you, Young Folks, remember that you will be fifty some day.

Our friend is an opera singer. Twenty years ago her name was among those most prominent in the Metropolitan Opera Company and in Europe. But it was then quite the fashion among prima donnas to be fat, as some of them are yet. And so, living as the others lived, the heroine of our story—I think "heroine" is exactly the right word



There is nothing in Eleanor Boardman's features that would give her the distinctive beauty she possesses through a charmingly feminine personality.



With her small bones and dainty features, the beauty of Claire Windsor is not unlike that of Dresden China, a delicate type. Hers is a delicateness, however, suggestive of refinement rather than of weakness, for she possesses both health and vitality.

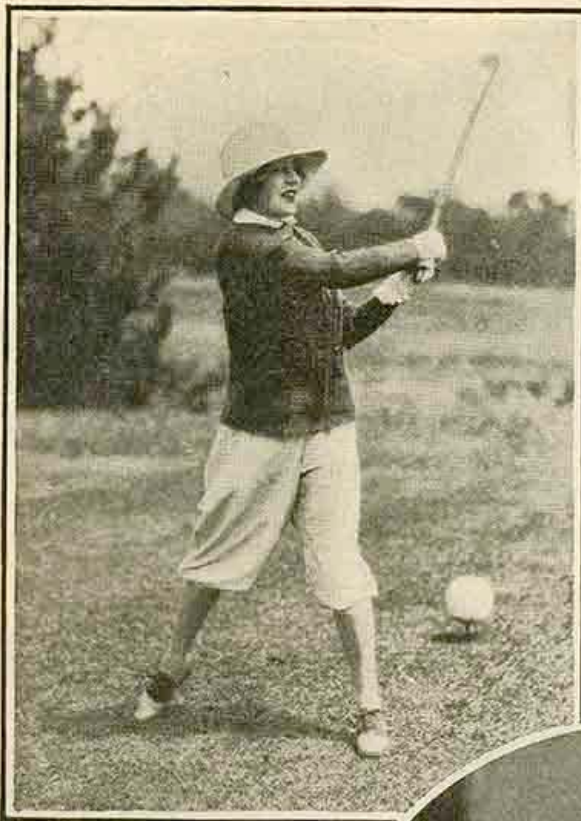
Norma Shearer's loveliness is built first of all upon a shapely head and beautiful underlying bones, to which is added the ingredients of much vital strength and grace of spirit.

Also a Metro-Goldwyn Star



—gradually came to look like the others. Her weight went up to a hundred and eighty-three pounds; she suffered from throat trouble, colds, headaches and digestive disturbances. Not only because of her condition of health but partly because of her appearance she eventually retired from operatic work, but being a woman of intelligence and great penetration she commenced the study of her health and the requirements of beauty. She swore that she was not "through."

The result was that when I saw her last she was, at the age of fifty, at her very best. Her weight was now about one hundred and thirty-five pounds, just right for her stature of five feet six inches. Her skin was of perfect texture and color, the flesh of her face and throat was firm, her body wiry and strong and her figure perfect in every part. You will realize how much so when I tell you that this woman of fifty had a daughter of twenty-five, of the same height and weight, and that the two could wear each other's clothes, interchangeably, with faultless fit. The figures of mother and daughter were



No wonder Mae Murray has "shape" and keeps it. As if her wonderful dancing were not enough to maintain her perfection of body and health she pursues the outdoor life when opportunity offers.

identical. The lady had gone back into public work with combined lectures and concerts, even playing her own accompaniments in programs that represented a great drain upon her energy.

How did she do it? One of her ideas was to eat one meal a day, arranged so that she could give her concert-lecture on an empty stomach. Having a robust natural appetite, she found that by eating once a day she could then eat heartily and without restraint, and at the same time avoid gaining superfluous weight. Likewise her digestion on this plan was perfect, and she utilized every ounce of food that she ate. Besides, she ate healthful foods, in endless variety, with considerable fruit. She never had a cold.



Dorothy Dwan, shapeliness itself from her nose to her toes, exemplifies every requirement of feminine beauty as laid down by this author. She is easy to look at in "Sinners in Silk."

Metro-Goldwyn Picture

Patsy Ruth Miller, rapidly winning favor in Universal Pictures, cultivates health, vitality and beauty through outdoor life. She has obvious poise and strength.



Her symmetry of figure was the result of a daily dozen that she had devised for herself, adapting good vigorous, standard movements for all parts of the body. She did them every day, energetically, and of course produced results. Also she took a walk of one mile every day, irrespective of the weather.

The improvement in health due to this scheme of diet, this daily walk and the special exercise, would in itself have insured good skin, one would think. But this lady had an interesting theory about the need of water on the skin, since all life started in the water, and our tissues contain so much of it. She held that dryness was the great trouble with many persons' skins, especially since indoor living rooms with present heating methods are drier than deserts. And so, apart from her daily shower following her exercises she made it a point a number of times each day to wet the skin of her face and neck, with cold water. I still believe that this is one of the best "beauty hints" that I have met, and certainly our friend had the skin of a girl. Also, she had beauty psychology, with a vivid personality. I can hardly convey to you an adequate impression of this woman's personal magnetism, quick-fire intelligence and vitality, all contributing to her charm.

You will recall that in our first article we said that the two main pillars of beauty are strength and cleanliness of spirit, mind and body.

That combination means health. Strength and clean blood spell beauty not only because of the clear skin and the fresh and wholesome look that express them, but also because they mean vitality and energy of mind and spirit, thus emphasizing personality. If personality is the color of one's mind, that color may be faded or clouded under conditions of feebleness or ill-health, or it may be brilliant under con-



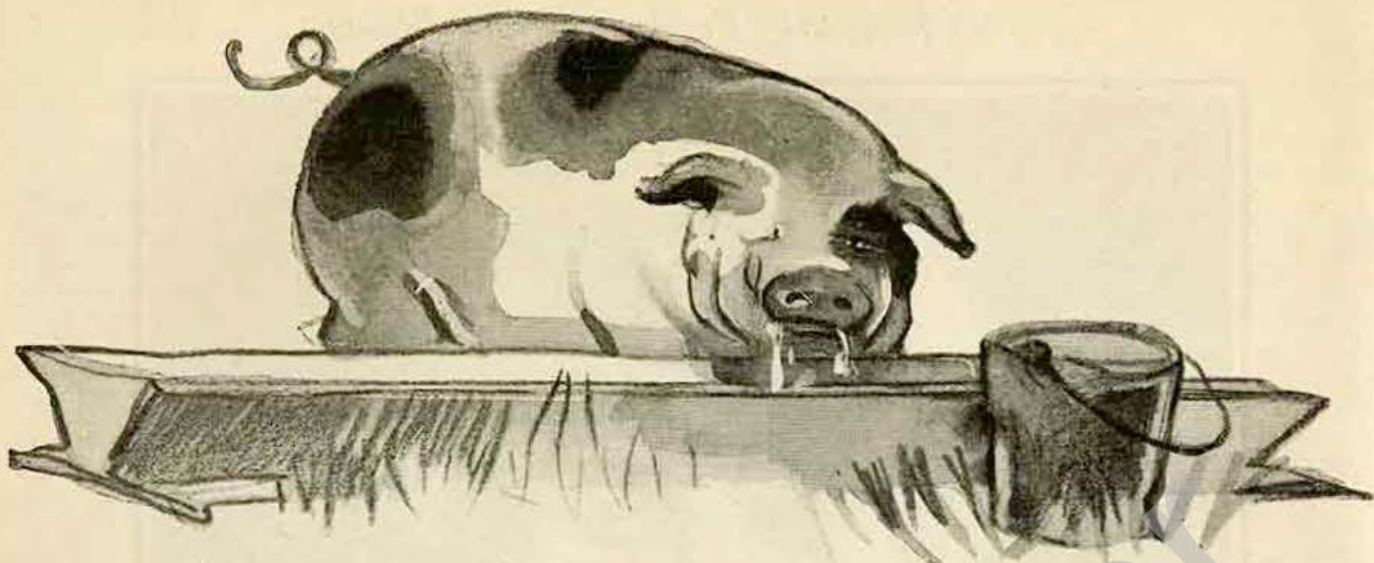
In all the world there is nothing more beautiful on stage or screen than exquisite Alice Terry. Good bones, features, health, shapeliness, complexion and a serene mind, combine to give her an utterly queenly beauty. She was recently featured in "The Arab."

ditions of vitality. Stagnant bodily functions are likely to mean stagnation of thought. You cannot express much beauty of spirit with a sour stomach. An outraged liver may easily lead to outrageous conduct. But clean blood and energy are expressed in serenity, enthusiasm and joy, all making for beauty. Cultivate your beauty psychology, but remember that health and strength will make it easy to do so.

Truly, health is supreme. Even where shapeliness is concerned, robust health and clean blood make bodily development easy to attain. Clean blood, free from poisons and charged with nutrition, even makes for healthy bone growth during childhood, thereby building a beautiful frame, that is, a frame upon which you can build beautiful lines and graceful contours. And, very obviously, clean blood is the basis of a lovely skin.

Suppose that a woman is not satisfied with her features. These features, as we have seen, are determined by the facial bones and cannot be radically changed. Yet faces are different in sickness and in health, in youth and in age, in pain and in pleasure, in anger and in joy. You can accomplish such changes, though the bones remain the same, according to what you build upon them. Firm flesh, lovely skin, shapeliness of body and the radiance of a kind and gentle spirit will make any woman beautiful, even if her nose does not quite satisfy herself.

Of course part of this matter of color is your pre-determined type, your inherited color scheme of blonde or brunette, in their many varieties. There is no reason for wanting to change one's fundamental color scheme, for each one has its own (Continued on page 70)



The characteristic human hog may live to eat; the rest of us prefer eating to live. But how many of us know how to eat in order to get the best mental and personal efficiency from our food?

How Can I Get *More Strength from My Food?*

The Problem of the Man or Woman Who Is "Tired" Without Having Done Anything to Make One Tired—The Problem of the Athlete—The Basis of Energy and Endurance

By Carl Easton Williams

I KNOW a professional man whose work just now is in great demand, but who, unfortunately, was born with a very delicate constitution. It seems that there has not been much strength in the family, and inasmuch as several of his brothers and sisters died young, my friend seems to have been fortunate in having had sufficient strength to hold out until middle life. Having now achieved a brilliant success, but having by very hard work overtaxed his vital resources to achieve it, he finds himself in a situation in which he could earn fifty thousand dollars a year, which is roughly ten times as much as he was earning a few years ago. "If only I had the strength, I could do it," he says.

And yet his problem is not essentially very different from yours and mine. For who needs strength? I know that I do. Probably you do. Practically everybody does. Strength is the one thing by, with and through which we live. Strength is energy, or power. It means not only the muscle strength of the athlete but the nervous energy of the business man. The artist, the musician, the public speaker, the salesman, the executive, the business girl, the mother caring for her little ones—every one needs strength. For it is the quality of the life that we have in us, the intensity of life, that makes us capable. It is the basis of personal and mental efficiency.

"How can I get more strength from my food?" That is my friend's problem. And that is in large measure

the problem of the rest of us, or at least it becomes so just as soon as we realize that there is any relationship between food and strength, a matter that one should think would be obvious.

What's wrong, if anything, with our foods, that we do not get enough strength out of them?

What's wrong, if anything, with ourselves, that we cannot make better use of our food?

When your car is not working right, laboring on easy hills and lacking her usual surplus of power, do you assume that there is something wrong with the gasoline? Or do you figure that there is something wrong with the car itself? You find that good kerosene oil in your lamp does not burn well if the wick is out of place. But to what extent does the parallel hold good in reference to our use of food? Coal will not burn well in your furnace if the chimney needs cleaning or the grate is choked with clinkers and ashes. On the other hand, the coal itself may be of poor quality, full of slate, rock and goodness knows what, and of a nature to produce a disproportionate amount of clinkers.

The point is that there are two factors in this business of gaining strength from food—first, the character of the food itself, and second, our ability to utilize it. It is a matter of what we eat, and also of how we eat—mostly the former, but to some extent, also, the latter.

I am thinking of a typical case, that of a young fellow who was always tired. He went to bed tired, and he got

up even more tired. How he hated to get out of bed, always wondering why it was that his night of sleep which was supposed to rest and refresh him left him so hopelessly listless in the morning. He was tired at his work and he was tired as he walked to and from work, for his bones almost ached as he did so. He was always looking for a place to sit down when he was on his feet, or better yet, to lie down. But the one thing that he accomplished with unflagging energy was—to eat. He not only ate—he stuffed; a characteristic human hog. He ate enough food for two or three persons.

No wonder he was tired. He placed upon his digestive system, upon his eliminative system, and upon his functional system generally, an enormous burden which was a never ending tax upon his energy. Plainly, he had no energy for anything else. How could he divert much of his blood supply to his muscular system, or to his thinking system, for that matter, when it was constantly required to be on duty along the course of his digestive system? And like most of his kind, he was not particular as to what he ate. It was not that he had any special leaning toward harmful foods, although he rather favored fried stuff. However, he would eat anything so long as it looked like food and tasted like food, and so he consumed a greater excess of the things most abundantly supplied on the average "civilized" table. Of course, the meat would have been all right if he had not eaten so much of it. And the potatoes would have been all right if they had been baked, but instead of that they were usually boiled, with the water drained off to render them tasteless and to make of them little else than demineralized starch. And the trouble with the white bread was that it was white bread. And the young man ate second portions or more of cake, pie, pastry, pasty cornstarch puddings, rice puddings, bread puddings (of

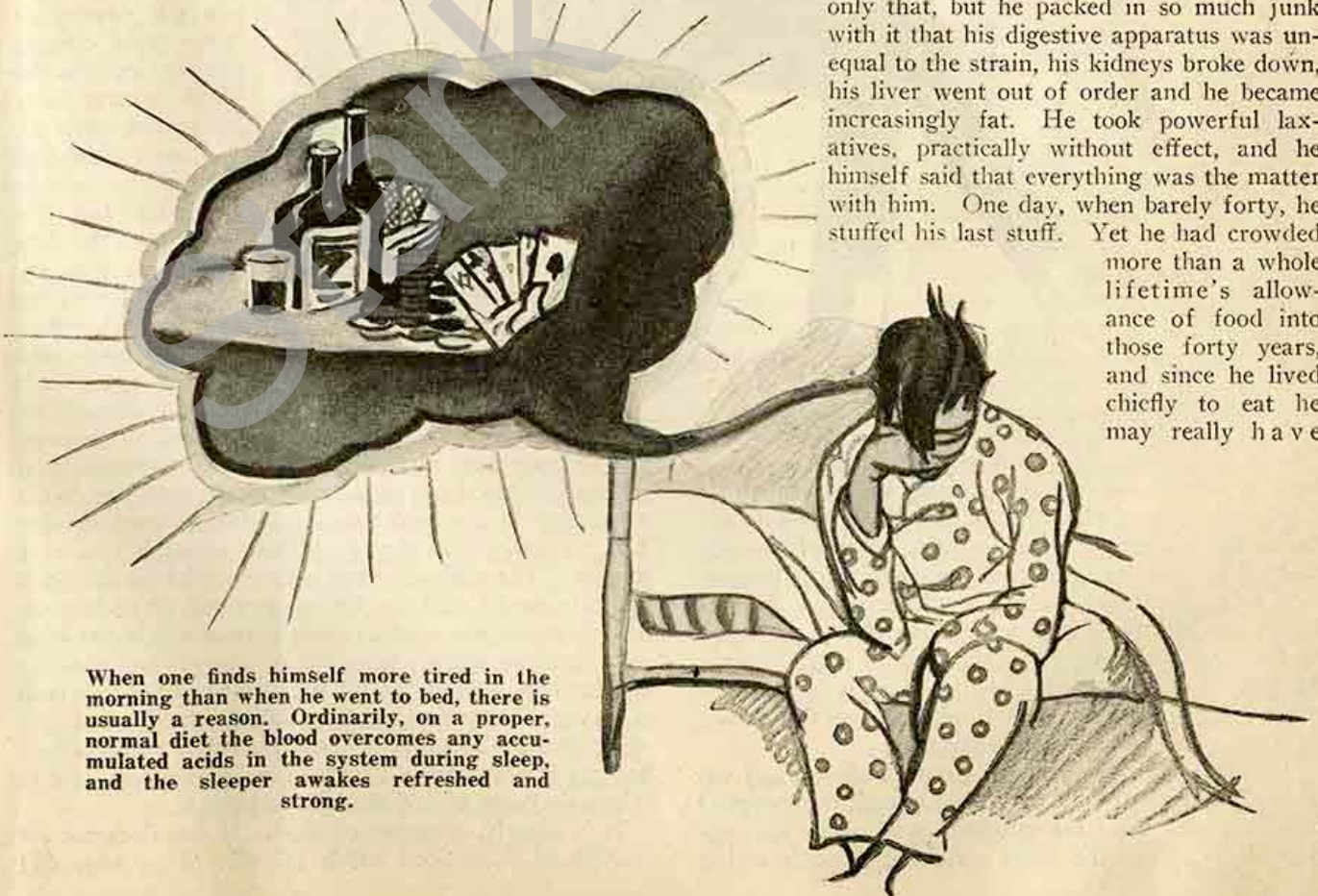
white bread), tapioca and what not.

Now, it is true that just because he ate so much this young man ate some "compensating" food in the way of fruit and vegetables, though the vegetables lost much of their compensating value by reason of having their natural juices drained off. However, his diet was more or less unbalanced on the whole, which in itself would account for his tired feeling, and then he made matters worse, "added insult to injury" by his over-eating. Put this lad at the table and he just naturally started to stuff, while his mother looked on beamingly, regarding his appetite as a wonderful and beautiful thing, and in the notion that all that food was giving him strength. Which it didn't.

When he reformed he decided on eating only two meals a day, omitting breakfast, since it was so hard to restrain himself when once he started. There was an immediate increase in his energy. One thing that surprised him most was that instead of being more ravenous at his first meal, at noon, after so many hours without eating, he found himself "filled up" more quickly than usual, and could not eat as much. So that on the whole he did not eat much more than half as much as he did before. Also, by the time he had learned the wisdom of reducing his rations he had also found out a few elementary things about correct eating, so that he ate more raw foods. And he found wholewheat bread more substantial than his former white bread, and did not eat so much of it. Gradually his tired feeling was forgotten, and he eventually went into athletics.

As a parallel case, but with a contrasting ending, I have in mind a man who did not reform, and therefore went on and ate himself to death. He ate enormously. Along with all the trash he also consumed a quantity of good food probably sufficient to sustain life, if he had eaten only that, but he packed in so much junk with it that his digestive apparatus was unequal to the strain, his kidneys broke down, his liver went out of order and he became increasingly fat. He took powerful laxatives, practically without effect, and he himself said that everything was the matter with him. One day, when barely forty, he stuffed his last stuff. Yet he had crowded

more than a whole lifetime's allowance of food into those forty years, and since he lived chiefly to eat he may really have



When one finds himself more tired in the morning than when he went to bed, there is usually a reason. Ordinarily, on a proper, normal diet the blood overcomes any accumulated acids in the system during sleep, and the sleeper awakes refreshed and strong.

lived his life out—in that sense. But not in relation to his professional work. He had substituted the means to live for the end.

I have in mind the case of another business man who was always tired, indeed, tired and sleepy. He ate plenty of meat to give him strength, but he didn't get the strength. He allowed himself plenty of sleep, usually about nine hours, to rest himself, but he was never rested. In his case the great fault lay in the unbalanced nature of his diet, as a result of which his bodily chemistry was unbalanced. Just as soon as he learned the nature of his difficulty and changed his diet the chronic tired feeling disappeared, and he was able to build strength.

Instead of his former nine hours of sleep he now finds that six or seven are ample, and if he occasionally gets to bed so late that he does not get more than four or five hours of sleep, he still does not feel the effect of it in the way of fatigue. It is true that with his change in foods he has also practiced a daily walk and taken some special exercise, but even this would not have been of much avail without a change in diet.

Most people naturally assume that fatigue, or being tired, is simply the result of work, the aftermath of effort—which in a normal way it is. But they do not realize that one may be tired—as tired as can be—without having done any work at all to deserve that fatigue. Take a case of fever, an attack of the grippe, for instance, in which there is a bacterial invasion of the body, productive of poisons with which the body is temporarily charged. The effect of these poisons is not unlike fatigue, for the victim feels tired, his legs feel heavy, his bones ache and he has no strength.

However, you don't have to contract disease and develop a fever to become fatigued through other causes than exertion. You can produce—and often you actually do produce—the same condition through eating

those foods which constitute an unbalanced diet.

Now, normal blood is alkaline, as are most of the secretions of the body. And the reaction of healthy muscles, fresh and ready for action, is also alkaline. When you have worked your muscles so hard that they are tired, stiff and unable to exert their usual

strength, you would find, if you could test them, that they are acid in their reaction because of the waste-products that have accumulated in them during your efforts. Naturally, in a state of health, this acidity is soon overcome by good circulation through them of fresh, alkaline blood, restoring the muscles to normal strength. If you are a physical trainer or familiar with athletics, you know that this process of restoration can be quickened by the help of massage, which promotes more rapid circulation and enables the blood to carry away faster the carbonic acid, uric acid and other acid products,

leaving the muscles alkaline again, and ready for more work.

But—when the blood is lacking in alkaline salts you cannot neutralize these acids in the muscles or overcome such fatigue. Indeed, with an acid state of the blood due to an acid-forming diet, you do not even need to use your muscles to bring about fatigue. Chronic fatigue is already present through this very acidity. The sufferer from scurvy, which is merely a radical case of acidosis, has no strength or endurance. But there are many who merely approach this condition who have no active symptoms of scurvy, but who are not far from it, who have in their blood and tissues such a very small margin between alkalinity and general constitutional acidosis that they quickly reach a point where fatigue is accomplished with little or no effort, and in which they can with difficulty overcome it.

It is, clearly, a matter of food. If one does not eat enough of those food which (Continued on page 66)



The artist needs strength as much as the day-laborer.

Stop Catching Cold

What Is a "Cold?"—Learn How to Avoid
the Most Common of All Complaints

By Paul Von Boeckmann

COLDS are contracted through becoming chilled. What part certain disease germs play in the matter need not be discussed here. The main point I wish to emphasize is the fact that most colds are contracted through chills brought about by dry air coming in contact with moist skin, and the mucous membranes being exposed to extreme changes of humidity. Therefore, in order to avoid colds, avoid rooms where the humidity is very low. Keep your rooms well humidified. If this advice is followed, colds will be avoided, and in time the mucous membranes of the air-tracts will become normal, meaning that catarrh, asthma, bronchitis, etc., will cease to exist. There is positively no medicine that will counteract the evil effect of excessively dry air, notwithstanding the fact that there are hundreds of various "sure cure" remedies for asthma and bronchial trouble.

Colds are often contracted by wearing too much or too little clothing. Clothing serves two purposes: first, to prevent too rapid radiation of heat from the body; second, to prevent too rapid evaporation of perspiration. If too much clothing is worn, perspiration cannot freely evaporate. The result is a skin temperature of 98 6/10 degrees and a humidity of about 98 degrees in between the clothing and the skin, a combination that is entirely too high for comfort and health. It is a good rule to wear just enough clothing to be comfortably warm and not so much that one feels sticky and clammy under the clothing. No definite rule can be stated pertaining to the amount of clothing that must be worn, as this depends in a great measure upon the bodily characteristics of the person. Some people perspire very freely and others do not. Some people have an ample coating of fat on the body, which prevents too rapid loss of heat, whereas other people have little or no fat under the skin, and therefore lose heat very rapidly and must consequently wear heavier clothing to keep warm. In winter it is well to wear as light clothing as possible while indoors, and when outdoors, add a warm overcoat. Do not wear an overcoat unless you feel uncomfortably cold, and when walking rapidly it is well to carry it on your arm, even if you do feel a little cold. This is far less dangerous than becoming overheated because of too much clothing. Do not be afraid that you will catch cold when you walk rapidly, as the rapid heart action and increased blood circulation will, for the time being, make you immune to colds. Beware of becoming chilled when your heart beats sluggishly, as would be the case when you are at rest. At such times it is better to wear too much clothing than too little. In case you should become chilled when at rest, exercise immediately to stir up your circulation. If you cannot exercise at the time, practice forced breathing. This is an excellent form of vigorous exercise and will prevent congestion of the upper air tracts where colds usually begin.

If you become chilled and have the least fear that you have contracted a cold, especially if the exposure has led to repeated sneezing, it is well to counteract the chill at once by taking a hot bath and retiring to bed. A hot water bag may be applied to the feet, and a hot drink taken.

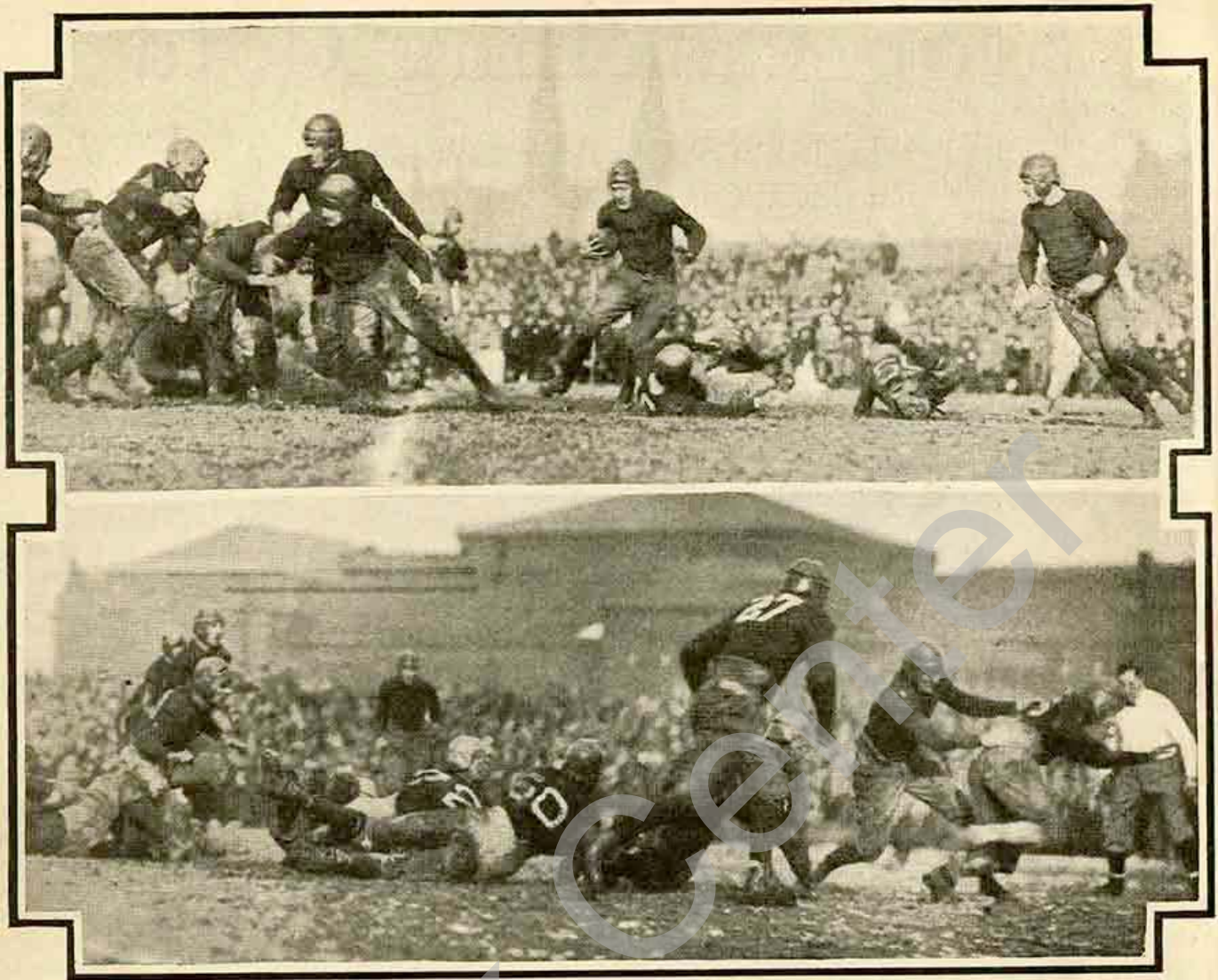
Colds are very often caused by mouth breathing. Always breathe through the nose, in winter, summer, daytime and especially at night. Even when speaking breathe through the nose when taking in air, but this is rather awkward and this rule may be broken, except in extremely cold weather. Zero air breathed through the nose is warmed to about 80 degrees by the time it reaches the bronchial tubes, whereas zero air breathed through the mouth remains below the freezing point when it reaches the delicate bronchial tubes. It can be readily understood that this is dangerous.

Colds are often contracted in bed during sleep. There are several causes for this. In the first place, during sleep the vital functions are extremely inactive, therefore at that time the power of resistance is very low. The most common cause of contracting colds in bed is the use of too much clothing, which causes the body to perspire. At such times the slightest draught of air, as may be caused by the suction when the bed cover is lifted a little, will cause a chill. Another cause is the exposure of the head to undue cold. This applies especially to bald-headed people. In winter a heavy suit of pajamas should be worn and the head should be covered with a soft, warm cloth, with the face exposed, of course. Special sleeping garments are made which have a hood attached to draw over the head. When a heavy suit of pajamas is worn it is almost impossible to become chilled by an "under cover" draught.

As is the case with clothing, only as much covering should be used as may be necessary to keep the body warm. By all means avoid perspiring in bed. Keep an extra cover at the foot of the bed in case it is needed. In other words, keep the extra cover "on your arm," so to speak, as you keep an overcoat on the arm in walking, to be used when necessary. Woolen clothing is best for warmth. This applies as well to clothing for the body as it does to bed clothes.

A sleeping room should be cold and well ventilated, even in the coldest weather. Do not sleep directly in a draught. It is well to protect the bed from draughts with a screen, which will serve also to exclude excessive light. Dressing in a cold room may be a little uncomfortable, but it is not likely to cause a cold, because of the exercise derived from dressing and moving around. It is better, of course, to dress in a warm room.

Fight a cold with warmth and avoid becoming chilled. Hot baths are excellent for combating colds. Let the bath be as hot as can be endured, and stay in until profuse perspiration begins. A hot (*Continued on page 73*)



The Notre Dame Football Team in Action.

The Four Horsemen of Notre Dame

Great Players, All of Them, They Comprise the Most
Invincible Combination in the History of Football

By Prof. B. H. B. Lange

NOT so very long ago the above title would have elicited no interest. When the football season of 1924 closed, every follower of the national collegiate game of football knew exactly what it meant. Grantland Rice, the dean of inventors of phrases and titles and adjectives in the Sport World, certainly gave that world a classic when he turned loose the Ibanized biblical expression upon the sport-loving American public. It is a far cry from the Apocalypse of St. John to the sporting sections of American newspapers, but in this age of jazz and crossword puzzles nothing is impossible. Ibanes and Grantland Rice have made more people wonder about the Four Horsemen in a few months than many a minister of the Gospel has in a lifetime. The world, at any rate the American world, knows of the cathedral of Notre Dame, the Hunchback of Notre Dame, and now its latest bit of knowledge concerns the Four Horsemen of Notre

Dame. Certainly, whatever else may be lacking, variety is not—and all three titles represent masterpieces in their specific fields. One is an architectural masterpiece, another a dramatic gem, and the third a symphony of physical and mental coordination.

The writer has known the young men comprising Notre Dame's famous back field ever since they registered at the University as Freshmen. Illustrating this article are pictures he has himself taken of these lads, also of Mr. Barry Holton, who coached them when they were Freshmen. During the past remarkable season they have been under the master tutelage of that genius of football, Mr. K. K. Rockne.

The writer has often heard people ask why it is that Notre Dame has had such consistently successful football teams since Mr. Rockne has assumed the work of coaching those teams. Many and varied have been the

reasons put forth in an attempt to explain their success. Personally, the writer is of the conviction that it is not due to one reason, but to many, chief of which are the following:

Mr. Rockne is a product of Notre Dame. He is a real Notre Dame man. He, himself, learned his football at Notre Dame. The Freshman coach is a Notre Dame man, having the all-important duty of introducing the newly arrived high and prep school graduates to the Notre Dame way of playing football. Notre Dame is not characterized by certain influences, social in name but snobbish and narrow in reality. It is a man's school where antecedents count for nothing. A boy is taken for what he is worth, for what he proves himself to be, not for what his Dad or his big brother happen to be. Reputations are purely personal, not relative. And last but by no means least, since Notre Dame is professedly a Catholic institution, there is the element of prayer and religious devotion. Men that are men are never ashamed to pray. Wars and times of crises have repeatedly proven this. Football, *real* football, is a man's game. It fits the boy for life's battles. It tests his courage as war tests it—and the recent World War has shown that real men pray. So why not boys; young men, serious with the business of a serious game, preparing for struggles that call upon all that is best in men, physical and mental? The physical sluggard or the mental dullard does not play football. He cannot. He is not prepared. He lacks that something which only perfect coördination of physical and mental attributes can give. He may be strong, strong with the strength of the brute, but unless he possesses, too, the quality of mental keenness and nice perception, he is in the way. He is a hindrance rather than a help. He must learn to obey, to subordinate his mind, if he has any, to that of his coach. He must be ever ready to seek his advice, to get his information from one who knows through tried experience what should and what should not be done. He must learn to give credit where credit is due. He must realize that selfishness is not a means to success. He must bear in

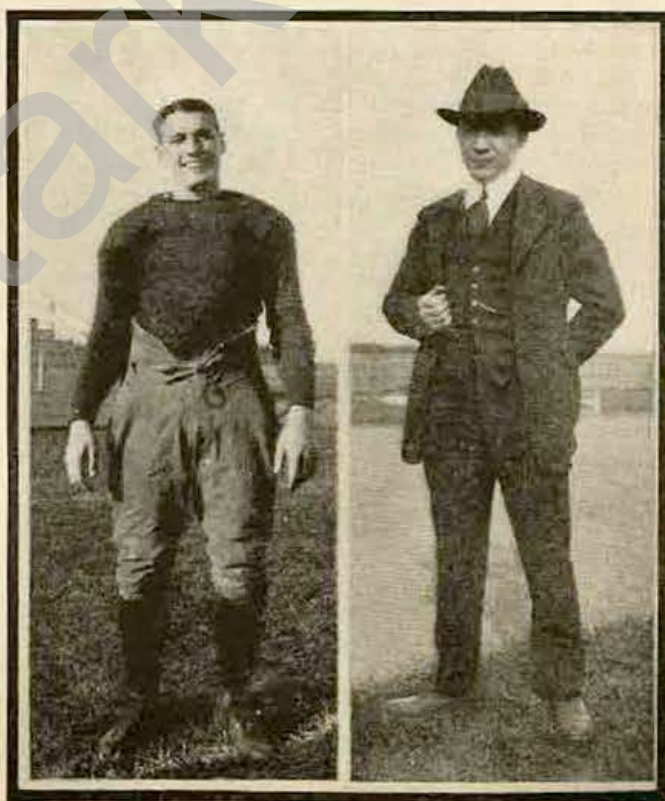


Here they are, the four who have ridden through, around and over great teams from every region of the United States

mind that no matter how good he himself may be, he is so, largely because there are at least ten other men helping him to star. And when a young man is able to pray for help to do his best, then that young man *will* do his best because he has learned what obedience means; what subservience demands; what tried wisdom represents; what acknowledgment and thanks and gratitude symbolize. These are, in the writer's opinion, the reasons why Notre Dame's football teams have been so regularly successful. There may be others, but the foregoing seem to answer correctly a rather critical analysis of the metamorphoses and successes of Notre Dame's football teams.

The young men coming in contact with Coach Rockne cannot but absorb some of his quick thinking, ready decision and positive personality. Rockne wants boys who are capable of thinking, thinking all the time and thinking very exactly in emergencies; and while he trains them even down to details, he also trains them to think for themselves. These young men, the youths learning football at Notre Dame, are made to realize that it is something more than just a sport, that it does more than merely advertise the school. They are shown that football is a tremendous factor in education—physical, mental and spiritual. They are taught that football, *real* football, football played in such a manner that it necessitates

the complete and decisive use of more than just brute strength, is without a doubt the finest preparation for life's battles. Rockne wants his boys to develop and to possess character, not just a body on which to drape clothes. Rockne demands that his lads be above such irregularities of mind as personal petty dislikes. Rockne insists that a gentleman is a man who is always a man, even under the trying exigencies of the football field, and it is his firm conviction that no matter how good any one is, on the football field or in the business of life, some one else has helped that one to achieve success. In other words, every back field has its line; nothing, no one succeeds alone; credit should never be monopolized; there is always another party con-

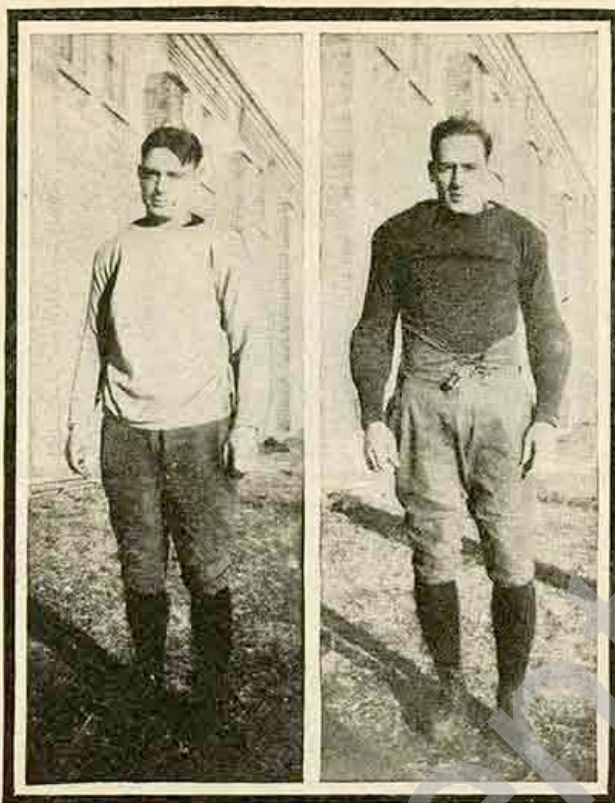


Quarterback Stuhldreher, one of the Four, and Coach Rockne, who trains the famous Notre Dame Teams.

cerned, and selfishness never begets real success.

The tremendous success of Notre Dame's nationally famous back field, the Four Horsemen, has been achieved because the young men comprising that back field have wholly absorbed the theories and practices of Coach Rockne. Their greatest charm lies in this, that they are entirely free from egotism. Their greatest happiness lies in this, that they have been chosen to be knights of Notre Dame, that they have helped to spread the glory of their school. Their greatest pleasure lies in this, that they have tried always to please their coach and those in authority over them, and their greatest reward lies in this, that they have earned the love, admiration and esteem, not only of the student-body but of all those with whom they have come

in contact. They have forgotten egotism, selfishness and pride. They have gained honor, confidence, esteem and friends. Their place is unique in sportdom's hall of fame. Some Eastern newspaper man wrote, "In years to come, professors will cite the case of the Four Horsemen of Notre Dame as an example of perfect coördination." Coördination is an acquirement difficult to achieve. Medical men, men expert in the fields of neurology, physiology and psychology, will attest to the truth of that statement. Their experiences all prove it to be so. Many individuals are lacking in the attribute of perfect coördination of mind and muscle, of nervous tissue and muscle tissue. With this fact in mind, one can begin to appreciate the real triumph of perfect coördination as exemplified in the Four Horsemen of Notre Dame. This triumph is further magnified when one realizes that they, in turn, harmoniously function with the other seven members of the team, the unsung but equally efficient line, climaxing what has been truthfully proclaimed the greatest example of complete coördination in the history of football. It has been asked, "What sort of lads are these who have ridden through, around and over the representative teams of the various sections of the United States?" The schedule of 1924 as compiled by that expert tactician of modern football, Coach Rockne, embraced games with nine well-coached teams—Lombard, Wabash, Army, Princeton, Georgia Tech, Wisconsin, Nebraska, Northwestern and Carnegie Tech. Any one conversant with the football activities of these schools knows that their teams play representative football. It would be markedly unfair to label their brand of the great college sport as "mediocre." The coaches of each of the aforesaid teams prepared a special defense for the offense of Notre Dame's back field. Perhaps therein lay their weakness. They prepared a defense when they should have prepared defenses, for the Four



Don Miller, right, and Jimmy Crowley, left halfback. Crowley is known as the "human eel."

Horsemen were trained in more than one style of attack. Was it a driving, smashing, boring assault upon the line that happened to be desired? There was not just Layden the fullback to call upon, for Crowley, Miller and even Quarterback Stuhldreher, each took his turn at the battering game, and each of them did it well, quite well. If slices off tackle were the order, then any one of the four could be relied upon to gain. Should their code be interpreted as meaning a journey around either end, it made little difference whose particular horse was saddled for the ride, they were all ready and "rarin'" to go. Or perhaps a bit of variety would add zest to the fracas. Perhaps the saddles were getting warm, perhaps a little air would give a dash of vigor to the contest; then General Stuhldreher would issue commands for an aerial

barrage. The horses would rest, and their riders transform themselves into "air Magellans." That being the case, it again made very little difference which of the Four did the passing or receiving, just as long as it was done, and each one of them was worth at least a commission with the rank of captain for the way he executed the orders given him.

The man directing the destinies of Notre Dame football teams is Knute K. Rockne. The lad who so ably executed Coach Rockne's tactics on the field during the last three seasons was Harry Stuhldreher, quarterback extraordinary and trick-wealthy in his own right. Stuhldreher has been variously and prolifically named *Rockne the Second*, *Little General*, *Field General*, and the *Napoleon of Football*. These names at once indicate his mental qualities. He was a thinker, the thinker of the team because a quarterback must first of all possess brains and then the ability to use them. Stuhldreher was thinking all the time and thinking faster than those team members opposed to his own team. "Out-guessing" them, as it is put in sporting language. Judging him from his work during the past season he never seemed to be at a loss as to just what sort of play to use. When seemingly impossible situations arose, when everybody, those of the opposition as well as those in the stands, were speculating as to what he would "pull," Harry would do the unexpected. And after all that is the greatest attribute a real quarterback could have, the knack of doing the unexpected. Otherwise he would not get very far. Most men carrying the ball have little time for anything *but* advancing that ball. Stuhldreher, on end runs, or when returning punts, often directed his interference and told them what to do. It seemed rather odd to see a man advancing the ball, using his free hand to gesticulate and all the while shouting directions; yet that was a common thing for Stuhldreher to do. It only

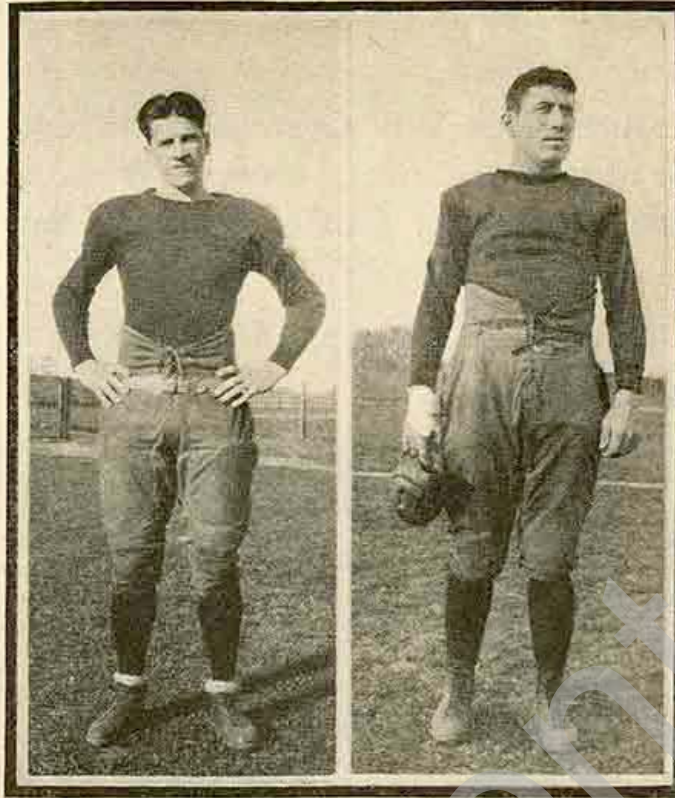
proved that he was always thinking, he always had his wits about him, and he never "got up in the air."

Physically, the *little general* was the smallest man on the team, being about five feet six inches tall and weighing generally in the neighborhood of one hundred and fifty-five pounds in his playing uniform. While short of stature, Harry was very stocky, having a remarkably well developed pair of legs and arms. When running with the ball, he depended less on speed than he did upon his peculiar trick of changing pace combined with side-stepping. A favorite trick of his was to suddenly reverse and swing from the right to the left or vice versa. He was an adept passer and receiver. He was good at

pegging short passes or at hurling long ones, and while seldom used as a kicker, he was likewise an adept at both punting and drop-kicking, a phase of the game which afforded him much amusement while warming up each day before regular practice.

But Stuhldreher's outstanding characteristic was the perfection with which he fitted into team play. He was primarily a team player, not a "grand stander." He never sought to star by himself. He always thought *Team, Team, Team*. And it is this great quality of self-effacement that has caused him to be universally recognized and acclaimed by football experts one of the very greatest field generals in the history of the game.

Don Miller, who performed at right halfback, was the "mystery man" of the Four Horsemen. By temperament he was an extremely quiet lad off and on the field. He was always all eyes. Very little that the opposing men did or tried to do escaped Miller's sensibilities. Alertness was his forte on defense, which accounted for the number of tackles he made, the number of passes he spoiled or intercepted, and the number of fumbles he recovered. On offense Don made his gains by virtue of his amazing speed and tremendous drive. Miller was the second lightest member of the Four riders. He weighed approximately one hundred and sixty in his playing outfit. Like Stuhldreher, Miller was powerfully built. He possessed a very strong pair of thighs which accounted for his incessant and successful driving through tackle or running around end. He seemed to be tireless and always eager to be in every play. He was the fourth of a family of boys that starred for Notre Dame, and like those who preceded him, he will always be remembered for his speed and his tireless energy, his unconquerable spirit and his indomitable courage. He was a fighter from beginning to end.



Elmer Layden, the great fullback, and Barry Holton, Freshman Coach at Notre Dame in 1921, who gave the Four Horsemen their first lessons in football.

Crowley-James, Jimmie, Sleepy, Crowley the colorful, Crowley the deceptive, Crowley the elusive, Crowley the human eel—such were the titles bestowed upon one of the super-great halfbacks of Notre Dame. Crowley delighted the crowd. He was sensational. One man never seemed able to stop him; two generally failed; three had an even chance; it usually kept the entire opposing eleven busy halting his whirling, zigzagging, hopping advances. Crowley's movements combined those of an oriental dervish, a Morgan dancer, a Fokine ballet expert, a Charley Paddock, and a buck and wing, with a few others, more or less original, mixed in. But to the football expert Crowley was all that and much more. There was an artistic finish to his sensationalism.

That finish was the result of study, of careful calculation; while the sensational in him was merely the expressive outburst of his natural personality. Men who know football appreciated Crowley's poise. They did so because they knew he was always speculating, always studying, always concluding. They knew Crowley never guessed. His defensive play was perfectly planned to meet the offense. Crowley starred on both defense and offense. He was splendid in giving interference. His ability to take men out of a play was masterly, and whether on defense or offense, whether carrying the ball or running interference, Crowley never wasted time or energy. Why? Because he knew exactly what to do; he was a thorough student of football. This remarkable left halfback was a beautiful example of perfect coordination. Crowley was taller than Stuhldreher or Miller. He stood about five feet eleven in his cleats and tipped the scales at about one hundred and sixty-eight in his fighting togs. Numerous and various appellations have been given Crowley, and all of them suited exactly. He has been called "Sleepy Crowley"; and to strangers, to men unfamiliar with Notre Dame campus life, such a name seems, well, quite misapplied. To have seen Jimmie making his way from one class building to another would have cleared up the mystery. He never wasted energy. He was an artist at applying it, when it was needed. As President Walter Dill Scott of Northwestern University said, speaking of the work of a truly successful athlete: "It is his ability to exert his maximum energy at will." Coordination is the ability to make mind and muscle work quickly, or slowly, or harmoniously, at will. Crowley possessed that sort of ability, and possessed lots of it. Like his fellow halfback, Miller, and like Stuhldreher, Crowley owned a remarkable pair of legs, legs he (Continued on page 72)

The Prevention of Cancer

Measures That Will Overcome Irritation,
One of Its Fundamental Causes—What the
Spinal Lesions of Cancer Patients Show

By Ira W. Drew, M. D., D. O.

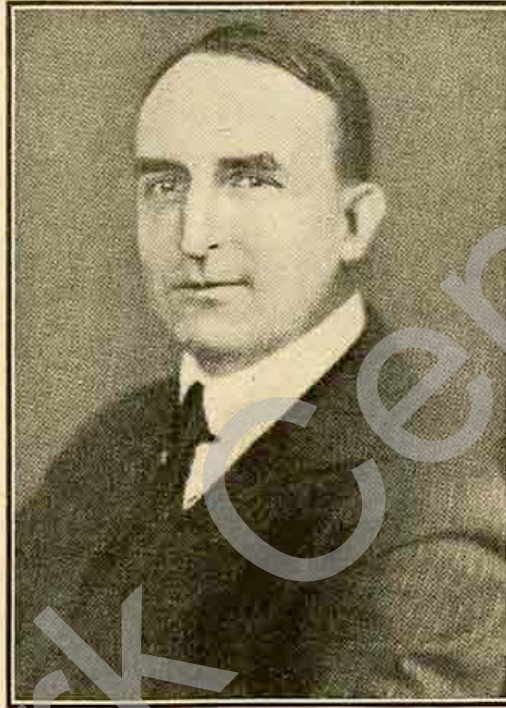
PROBABLY no message which could be delivered to the world at the present time would be received with greater welcome than the announcement that a method of curing cancer had been found. Just what such a method would mean, were it really true, may be imagined when the staggering reality of the extent to which this scourge has spread, is considered. During the past generation the percentage of those who die from cancer in the United States has increased 32 per cent, bringing the total yearly deaths to 90,000. The world has turned to science, as it almost invariably does when beset by some great evil, for aid, and the world very little appreciates the heroic efforts that science is making at the present time to find some method of stopping this insidious thing.

In this fight science faces a terrible handicap. Science does know how to combat the menace of tuberculosis because the causes of tuberculosis are understood, but the causes of cancer are not understood, although some of us believe that we are on the threshold of discoveries, indicating that the doom of the cancer scourge is not very far distant. We believe that somewhere right ahead of us there is a corner to be turned, and, having turned it, a new era in the treatment and possibly elimination of this disease will be given to the world.

So far as we are concerned at present, the pressing need is in the prevention of this evil. Just how great its menace is, may be further impressed by pointing out that such an amazingly large number of the victims are cut off in their prime. And women especially are the sufferers.

To start with, we cannot think of cancer as being other than a disease of civilization, and it may be that by consideration of that fact and all it means we may arrive at the method of prevention.

The great handicap that faces all investigators is that we cannot say definitely how it is produced—what causes it. Its start is insidious. It is extremely difficult to diagnose even with the X-ray. Unfortunately there is no pain at the beginning. It seems doubt-



Dr. Ira W. Drew

ful whether it will be stamped out as a menace to humanity until we have found some way of recognizing it at its start or the conditions that lead up to it. That is the aim of scientists.

In this article, however, we are chiefly concerned with methods of cancer prevention. The most logical theory that we have worked out up to the present and the one that seems to be borne out by every method of research, every bit of deduction and our observations of patients, is that irritation is the primary cause of cancer.

The principal parts of the body subject to the evil are the breasts, the uterus and the digestive organs in women, the lips, throat and digestive organs in men. Of course, in men it is believed that the constant irritation of smoking is responsible for the prevalence of

cancerous conditions of the throat, tongue and lips. But in both sexes it is the digestive apparatus that suffers most. Many of us believe that if we could eliminate the irritations which are most common we could greatly reduce cancer.

But to return a moment to the symptoms which mark the early stages of cancer, the subject has no definite way of knowing and neither has the physician. The patient or subject just doesn't feel well. There is constipation. We have gone back in order to stress the fact that constipation is a tremendous evil and to point out that there should be two or three bowel movements each day to maintain normal health. But these symptoms do not always denote cancer even though they are always present in cancer cases.

Cancers are most frequent at what is known as the duodenal cap. This is located where the stomach empties into the small intestine, and the condition is called cancer of the stomach. To sum up the condition which we believe is responsible is merely to state that we have irritated the stomach by giving it extra work that Nature did not intend it to perform.

The fact that we have taken from our food the bulkiness which Nature meant us to have and designed our digestive systems to handle, and have removed from

this food in the processes of preparation, certain elements which Nature placed there, results in overwork and irritation.

Perhaps that needs some explanation before we go further. In the first place, the stomach is a muscular organ—really nothing more than a churn. Its duties are to accept the food and mix it thoroughly with certain juices which are fed into the stomach from the glands in which they are stored. After the food has been thoroughly mixed with these juices it is passed on into the intestines, where the real process of digestion takes place.

By a strange working of Nature certain elements are needed in our food to start these secretions or juices to working, and in taking these elements out of our food in its preparation we have taken away the things that caused these secretions, such as pepsin and hydrochloric acid, to be on hand when needed.

For instance, in ordinary wheat flour there are sixteen mineral substances. When that wheat flour is reduced to the white flour from which white bread is made, it is necessary to take from it most of the minerals or to subject them to a great change, which eliminates their value. As a result the secretions in the human body dependent on those minerals are not forthcoming, and the stomach has to overwork itself to try to produce something that will take their place. It does the best it can, although its heroic efforts fail to provide adequate substitutes. Then two alternatives remain. Either it can hurl out the food by the process which we know as vomiting, or it can merely do its best to start the digestive process and pass the task along to the small intestine. As the stomach will not vomit back the food if it can possibly avoid it, the job is usually turned over to the small intestines.

In the process the stomach has been overworked, including every part of it, and then the duodenal cap gets some extra overwork in pushing the unready food through to the small intestines. The little muscle in the duodenal cap begins to fail under this constant tension. It gets so that it doesn't do its work properly and irritation is set up. Long continued irritation produces cancer just as the holding of a pipe constantly in one position so often causes smoker's cancer of the lips.

At the beginning this irritation from which cancer may spring sets up a nerve reflex which finds manifestation in the muscles along the spine. Although the subject would very likely have no idea of this condition, these muscles become tense and create what we know as a lesion. Proper adjustment of this condition in the spine has a tendency to normalize the wrong digestive condition and help to overcome the irritation. This does not imply that mere adjustment of the lesion in the spine will prevent cancer, but it will help to remove the irritation, and the discovery of such a lesion is the discovery of a danger signal. The skilled osteopathic physician,

finding such a lesion, would recognize it and direct a campaign by the patient to remove the faulty habits and modes of living which caused it.

The real purpose of this article is to explain that there are right methods, to observe which, many of us believe, will prevent cancer, and to point out that one of the earliest methods of finding any disturbance in the entire digestive system is by a careful examination of the spine, where all such disturbances are very soon revealed. As has been pointed out, these digestive disturbances are largely due to improper types of food. They can be placed in three classes as follows: De-vitalized foods, such as the ordinary cereal foods, in which little of the essential nourishing qualities remain; de-mineralized foods such as canned vegetables and often fresh vegetables, so cooked and served as to be of little value; denaturalized foods such as white bread.

In this connection it must be pointed out that many of our fresh vegetables are of no great value the way we eat them. For instance, when we boil vegetables and throw away the water in which they were cooked, we are throwing away a large part of the value. Many of the mineral qualities are boiled out and thus wasted. And then in our treatment of certain vegetables we throw away the best part, such as the tops of the beets and similar vegetables.

Thus it is easy to comprehend the reason for terming cancer a scourge of civilization. The half-civilized and the savage obtain bulky food and eat it with all its nourishing value retained. Also, in many of what might be termed the peasant regions of civilized countries, this holds. In parts of Europe where the poorer farmer folk boil their cabbage and consume the water,

where they eat the beet tops as well as the beets, where they make soup of the potato water and eat the turnip tops, you will find cancer rare.

In this article we have taken one specified region as an example. Cancer does affect other parts of the digestive system as well as the duodenal cap, but this is where it is most frequent, and serves as an illustration of how irritation is brought about. As has been pointed out before, many of us believe that by overcoming or eliminating this tendency to irritation we can prevent a large percentage of cancer.

During the past two years there has been a heated discussion over the possibility of adapting radio energy to the diagnosis and treatment of cancer. Dr. Albert Abrams' electronic theory has been championed and condemned. At the present time his conclusions lack scientific confirmation, but that there may be a germ of truth in his theories no one who has made a full investigation can deny. Research work along this line is being conducted in many laboratories, but what the results may be time alone can tell.

The electronic theory, pretty well proven and accepted by the great scientists of the world, is that all matter is composed of electrons. These (Continued on page 76)

Have You a Problem?

ARE you in doubt as to what is the proper course for you to pursue? Do you wonder whether heavy exercise is the thing for you and feel that your case needs individual attention?

From time to time questions on the subject of diet or exercise will come up, that you may find impossible to answer. We are always glad to be of service. It is our wish to help everyone who is interested in obtaining health or strength.

Don't hesitate. Drop us a line, enclosing a stamped, addressed envelope and we will see that your query gets the attention it deserves.

—The Editor.

"Strong Men" of 1925

Giving a Detailed Account of the Great Weight Lifting Exhibition Held in Philadelphia and Some of the Super Strength Displayed

By George F. Jowett

THE new year dawned full of promise for the lovers of weight lifting in America, which crystallized in the exhibition of the body beautiful and the demonstration of remarkable feats of strength by members of the A. C. W. L. A. on the night of January 3rd, at the Milo Bar-Bell Company headquarters in Philadelphia.

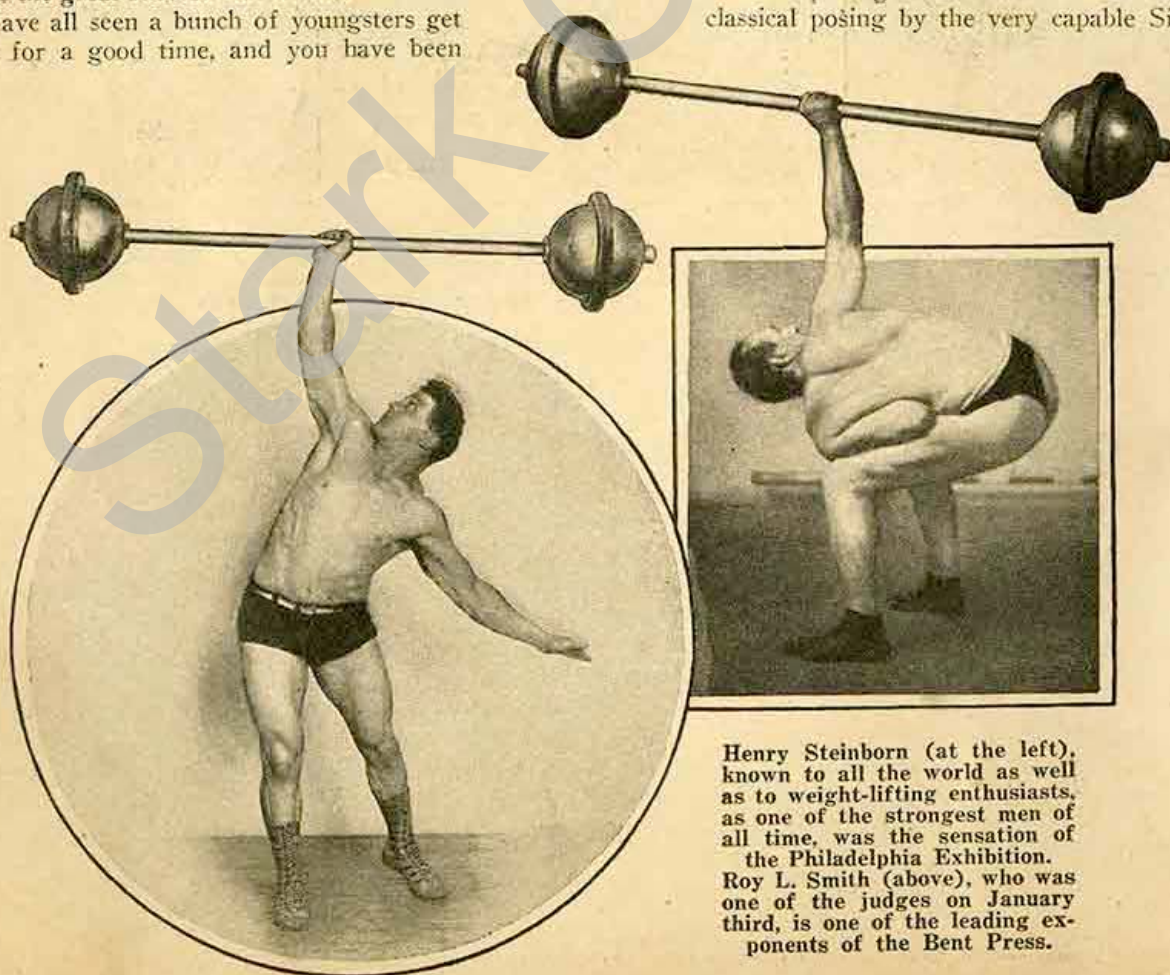
The association made elaborate preparation to build up a program that would be both distinctive and attractive. Once this was arranged, all the members in the states of New York, New Jersey, and Pennsylvania spread the news, and the result was a much greater attendance than was anticipated. Many spectators came from more distant states, among them being our old friend, Dr. Campbell, who journeyed all the way from Georgia to be with the boys on this occasion. To say we enjoyed the presence of our many friends and bar-bell enthusiasts would be putting it mildly, for their appreciation did much to make the night's performance the great success that it was.

You have all seen a bunch of youngsters get together for a good time, and you have been

impressed with the great enthusiasm displayed. The air seems to be charged with conviviality and good fellowship. So it was on the night of January 3rd, everybody was happy and true sportsmanship prevailed. Never before was there such a number of weight lifting celebrities gathered together on one occasion. They came from all over, great old timers like Paulinetti, Otto Arco and Teddy Mack; stars of the present day like Steinborn, Snyder, Klein, Weber, Smith and Gay, and the new generation of young strong men who are destined to go a long way in the manly sport of weight lifting. A few who stand out in my mind are Dennis, Losey, Berry and Rottan. The physical beauty of Davis and Levine would impress any one as being a proof of what systematic training with bar-bells will do to develop and physically perfect the human body.

The evening's entertainment opened with an introduction of all the celebrities and performers, who received a great ovation from the enthusiastic spectators.

The opening act was a demonstration of classical posing by the very capable Siegmund

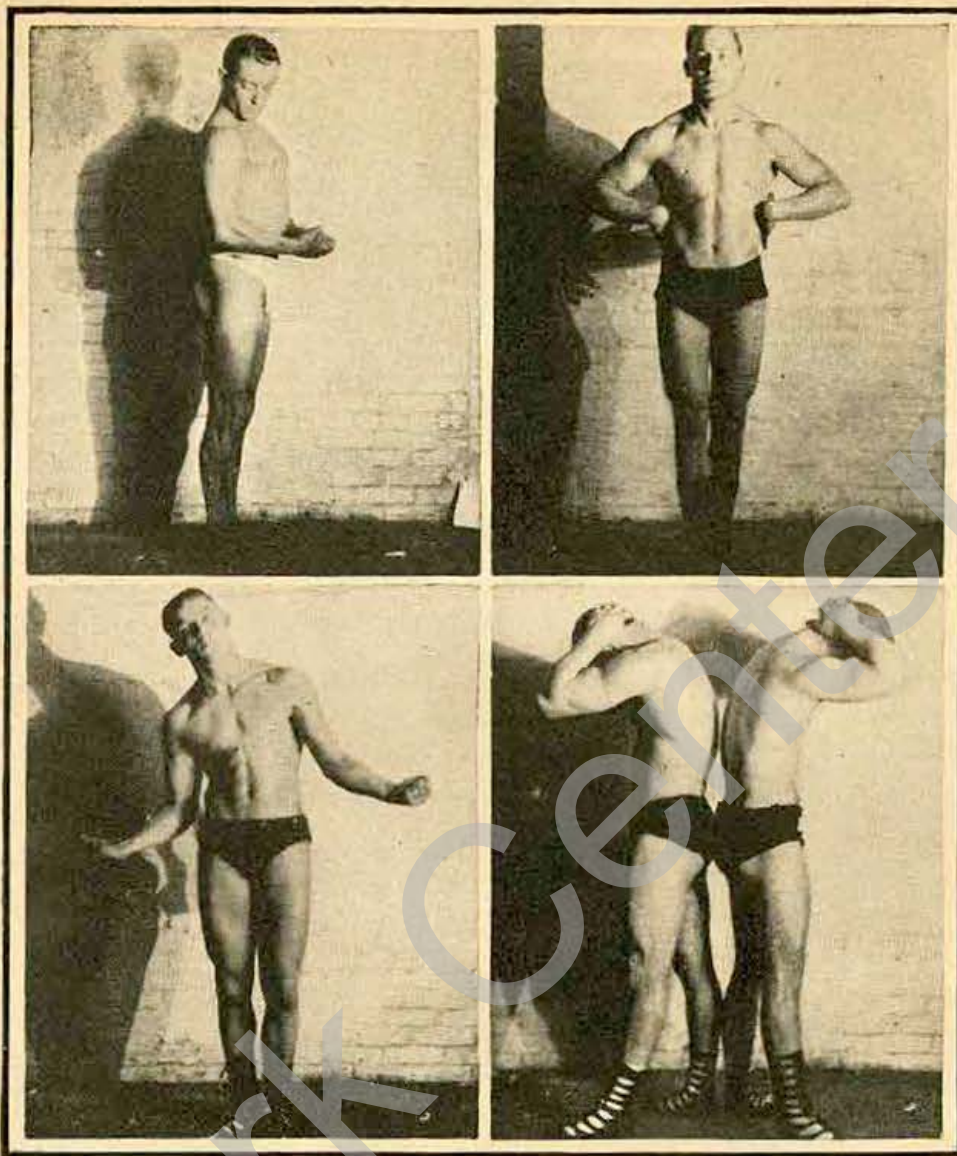


Henry Steinborn (at the left), known to all the world as well as to weight-lifting enthusiasts, as one of the strongest men of all time, was the sensation of the Philadelphia Exhibition. Roy L. Smith (above), who was one of the judges on January third, is one of the leading exponents of the Bent Press.

Klein. The lights were turned out, darkness shrouded every nook and corner, and the strains of soft music began to echo through the hall as an overhead arc light was turned on. The still form of Klein stood out like a marble statue against a black background. The murmur that passed through the crowd expressed the enraptured admiration with which the pose filled them. From one pose to another Klein passed with the graceful rhythm displayed only by one who possesses harmonious co-ordination of mind and body. Every muscle stood out in bold relief and the construction of the poseur's torso was a revelation to all. Like reefs bounding a beautiful scene, the external oblique muscles stood out in such prominence as I have seen equalled only by Maxick, Arco and Saldo. From the classical poses of famous statuary, Klein passed on to an exposition of muscle control, each muscle responding with clock-like precision to his poseur's demand. Klein concluded his performance amidst a storm of applause that continued until the poseur came back to acknowledge the appreciation.

It was a sight that delighted my senses, for I saw the art of the poseur displayed in the fullest meaning of the word.

You will notice that I use the word "poseur." It is the first time I have ever used this expression in writing for any of our American publications. I simply cannot bring myself to use the word "poser" in this case, for we all connect the word "poser" with faker in America. In Europe, Britain and in Canada they always use the French word "poseur," which means to represent truly, and I feel sure all who were present on this occasion, and you who can see the pictures of Klein, will agree



Lou Schwartz (upper left-hand photo) established an American record in the one-arm Side Press. Levine (to the right) and Davis (below) were close competitors in the posing contest, Davis winning first place and Levine second. Back to back, Snyder and Klein, who contested for championship honors on January third.

with me that the French word has a better and deeper significance than the word "poser."

The posing act was followed by some hand-balancing stunts by Mr. Russell of New York, who finished by dancing on his hands in perfect waltz time, a stunt that was very favorably received.

The representatives of the "Iron Game" now began to take the platform, and the attempts to establish new records in the various classes by the different weight lifters, was begun by Marquis Losey of Jersey City, who essayed a new mark in the

two-hand Military Press with a bar-bell. He did well.

The rules and conditions were explained to the audience before the lifter made his first official attempt. The lifter, after making a few warm-up lifts, signified his readiness, and was immediately placed under the official ruling of the A. C. W. L. A. by the two judges, who were Roy L. Smith of New York City and Arthur F. Gay of Rochester, N. Y., with myself officiating as referee.

Losey, who is the A. C. W. L. A. state representative for New Jersey, prepared for his first trial of the three attempts allowed, and the weight was certified as being 170 pounds by T. Mack, who acted as the inspector of scales. The weight was taken to the shoulder in good style, and the second period of the lift was commenced with the bell under good control 'till the weight reached the "sticking" point, when it looked as though the young lifter could not handle it. As the bell hung at the sticking point, the crowd sensed the struggle, and with hand and voice encouraged the boy from Jersey City to fight it. Losey responded gamely, and finished the lift perfectly amidst the plaudits of the spectators, creating

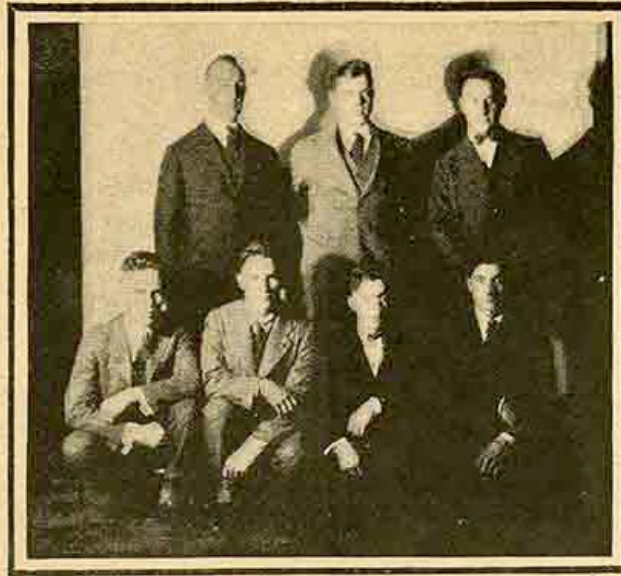
a new amateur record in the lightweight division of 170 pounds that totally eclipsed the former record of 140 pounds made by Charles Swift of Pittsburgh.

Losey then made an attempt to surpass the new British record of 173 pounds that was made at the recent British lightweight championship, but failed twice with 175 pounds. This was very hard luck, as I have personally seen him lift in correct style 175 pounds, and in training he has beaten that mark.

This was his first appearance before a large attendance, and he was rather nervous, and he lingered too long over the weight before he commenced to pull in. This always has the effect of shaking the confidence of a lifter. I noticed he was trained a little too fine. He should have carried a little excess weight, but he trained hard to come inside of the lightweight limit, and scaled at 138 pounds. He is to be congratulated on his fine showing, and I know he will go far in the game, as he is full of enthusiasm.

The center of the stage was next claimed by Lou Schwartz of New York, who was out to establish a record on the right-hand Side Press in the middle-weight class. He made his first official attempt with 125 pounds, which he side-pressed with ease. The bell was then loaded to 136 pounds. Schwartz got the bell to the shoulder with ease, but lost control when completing the lift, and failed on the attempt. Gamely he came back for the last try, and after a splendid struggle he fixed the weight to arm's length while the count was taken, which established an American record in the right arm Side Press of 136 pounds, which was received with a rousing ovation.

Wm. Weber, of

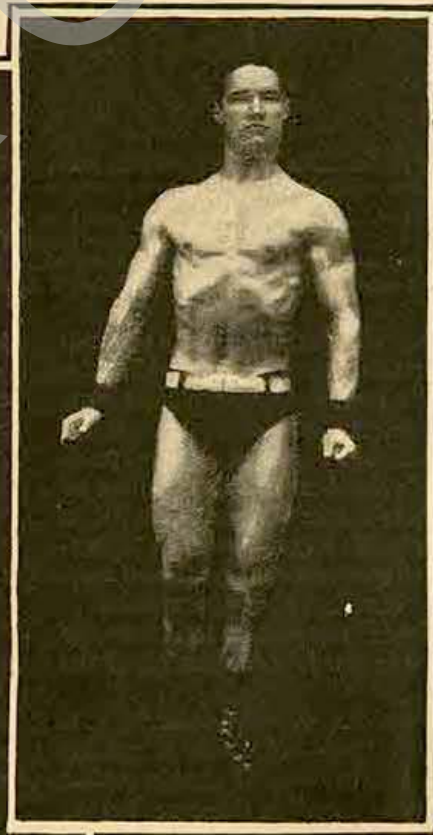
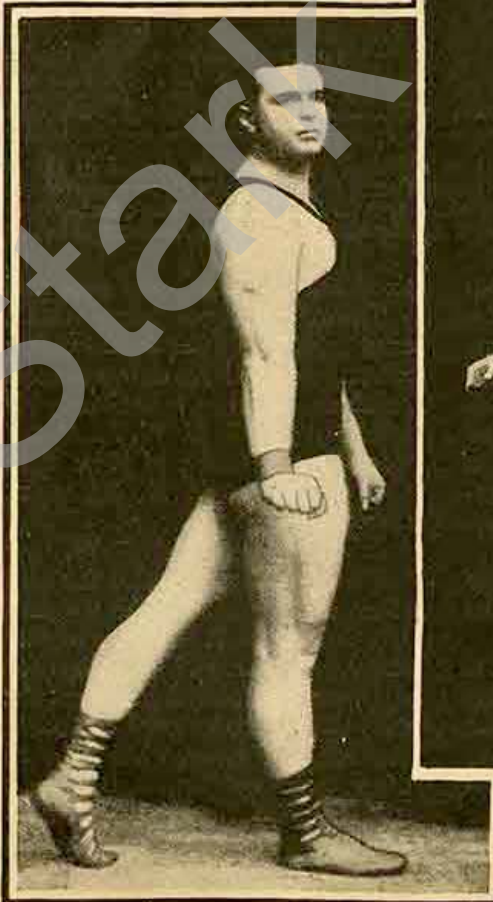


Some are officials and some judges, but all helped by their enthusiasm to make the occasion a success.

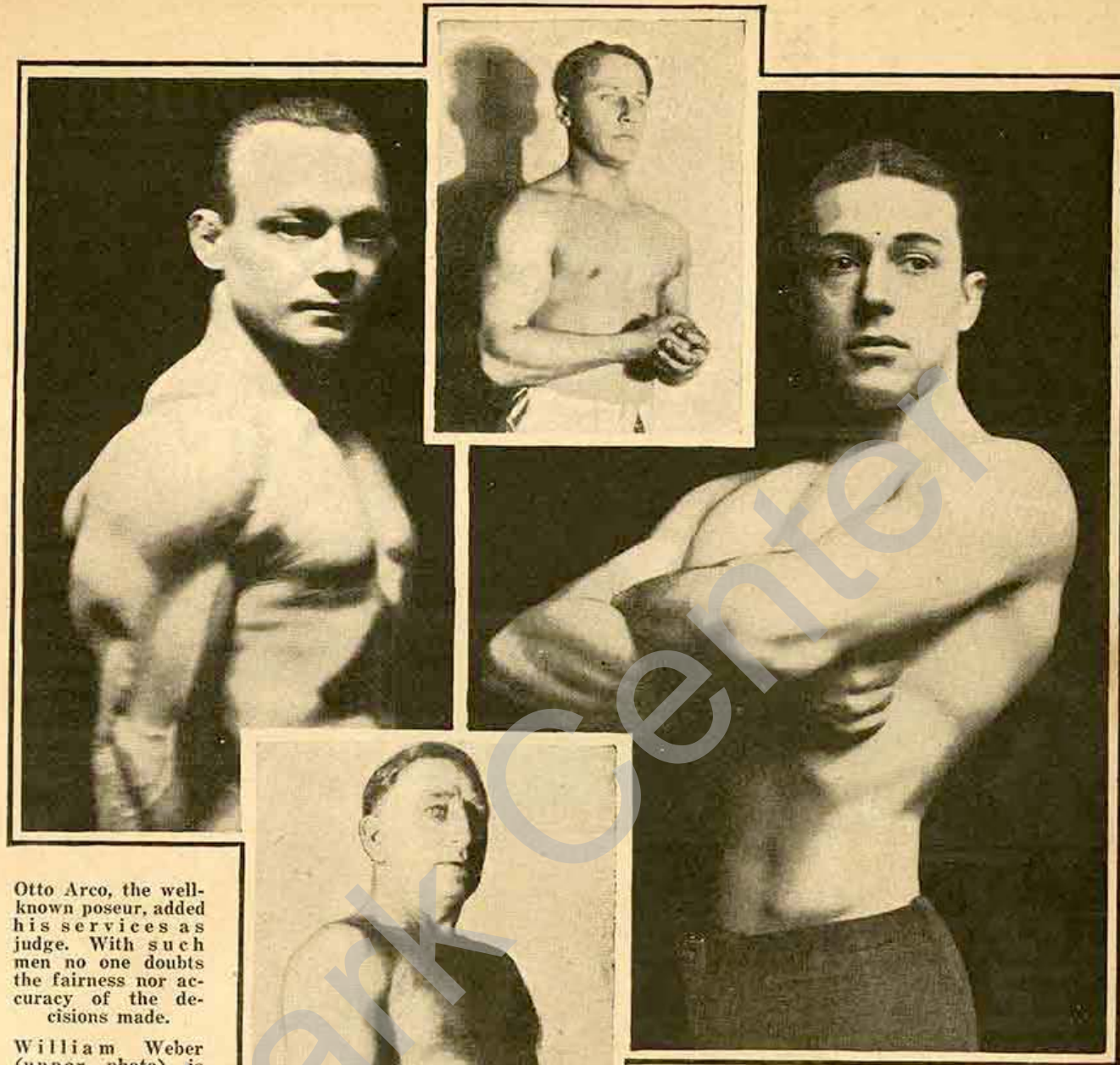
New York, followed with an attempt on the right hand Bent Press record in the heavyweight division. In the first place Weber came as a spectator, and really was in no shape to make any big attempt, as he works all night, and in order to be here, he forfeited his sleep, but he responded to the occasion like a true sportsman, and succeeded in lifting 195 pounds in his first attempt. The bell was next loaded to 212 pounds, and the fact that he was using a strange bar of cambered design, which was the exact opposite to what he was accustomed to, began to have an effect, as Weber was compelled to

waste a lot of strength with the weight at the shoulders in order to control the balance. He fought the weight hard, but it carried too far away from him, and he was unable to stand erect with the bell after it was pressed to arm's length. The struggle with the strange bar had visibly tired him out; so he was induced to change bars and use the type with which he always practiced. This he did, and after a fine struggle, he succeeded in completing the lift with 212 pounds. He has done better.

In an article I wrote in STRENGTH a long time ago, I gave much advice to young lifters participating in contests and record performances, and I laid stress upon the value of always lifting with the same costume and bars as have been used in practice. When this is not done, the penalty must be paid in wasted strength and extra effort and even with failure. Of course, there is an excuse for Weber, as he did not intend to lift in the first place, but lifted because he was pressed by his friends among the spectators. The results prove my statements, as the poundage he lifted



Arthur Gay, one of the judges, and Marquis Losey (above), who made a new American record.



Otto Arco, the well-known poseur, added his services as judge. With such men no one doubts the fairness nor accuracy of the decisions made.

William Weber (upper photo) is one of the most promising in the heavyweight division. Everyone is watching his records with interest and hoping for something big from him.

Teddy Mack (at the left), who assisted at the Exhibition, will be remembered as one of the old brigade who has done much to make the Bent Press popular in America.

Rottan (above), another assistant, displays a physique of which any athlete might well be proud.

was way below his best. He gave us the finest exhibition of gameness possible. He tackled the lift aware of the handicap, but was good sport enough to do his best, thus winning the admiration of all present, who appreciated his fine spirit.

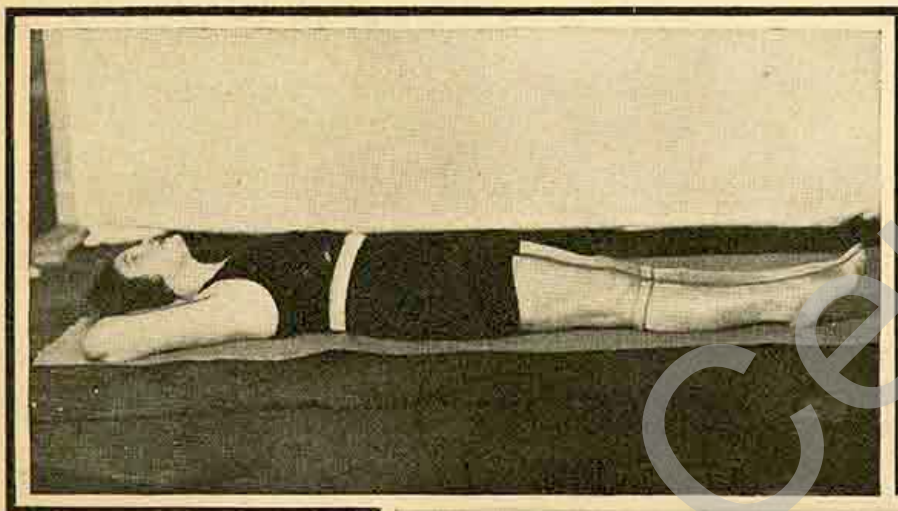
The next was one of the feature events of the night, a match between the two best little men in the country, Siegmund Klein and Robert Snyder, who contested on the three following lifts, the two hand *Continental Press*, right hand *Snatch*, and the one hand *Continental Jerk*. The match was intended to be for the lightweight championship of America, but the match resolved into a catch weight contest, as Klein failed to make the lightweight limit. Snyder weighed 139½ pounds against

Klein at 148½ pounds. The contest commenced amidst great enthusiasm with Snyder winning the toss, and making the first lift by setting the pace in the two hand *Continental Press* with 165 pounds. Klein commenced with 198 pounds, with Bob following with 185 pounds. Klein made his second attempt amidst silence when the weight was announced at 215 pounds. Such a poundage by so small a man had never been witnessed in this country but once, when Klein made 220 pounds in New York last December 11th. The weight was pulled in in good shape, and Klein pressed the 215 pounds in perfect style. The first man to congratulate him was his opponent, who is always a sportsman. Klein used his third attempt to break his (*Continued on page 79*)

Exercises for the Nervous Woman

Giving a Few Helpful Hints to the Woman Who is *Rundown*, Tired and Overworked

By *Madeline Mulvey*



nervous person does not do. On retiring she is apt to take her difficulties with her and spend the night as well as the day solving problems in a drowsy, headachy manner. Naturally the effort of a new day jars upon her nervous system.

That word *system*, by the way, in the very nature of things implies harmony, an attribute that is quite as essential to our nervous systems as it is to every other system under the sun and to the great solar system itself. The insidious thing which creeps into any system, gradually

FOR the woman who is just a "bunch of nerves," vigorous, snappy, gymnastic work sometimes does more harm than good. With the same deadly determination which she puts into everything she does, she is apt to swing into the movements, breathing unevenly and working with a vengeance, when what she needs more than anything else is relaxation. The work of reconstruction goes on while we rest, and for the nervous woman there is no rest. Nine times out of ten she falls—literally *falls*—into a troubled, dreamy sleep from which she wakes more tired than when she went to bed. And this is her only attempt at relaxation.

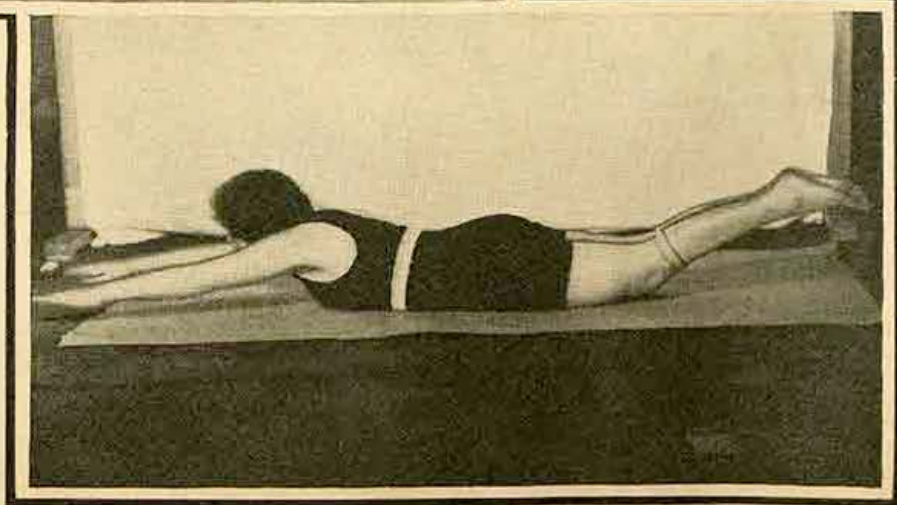
Now, resting does not necessarily mean sleeping. In fact, when one has reached the state of great nervous strain there is little chance that sleep will mean relaxation. In the first place, in order to rest properly one must drop all worry—just what the



Begin with the plain stretching exercise shown here, clasping your hands behind your head and reaching as far downward with your toes as possible. Then relax.

Lying in the same position stretch your feet above your head and back as far as possible until you assume the second position. This stunt may require a little practice.

In the bow position by raising the hands and feet simultaneously and holding your knees rigid, you stretch your back thoroughly from head to heels.



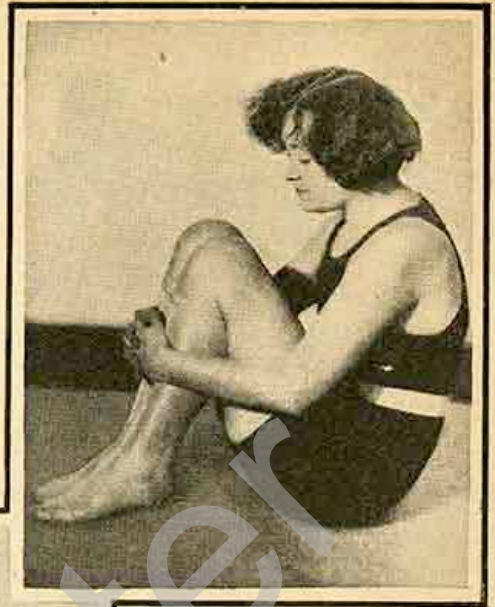
undermining and destroying it, is chaos, disorder, confusion, and the same thing creeping into our daily lives soon reacts upon our nervous systems. The only way to overcome, or to avoid, the evil is to preserve mental calm, and that calm comes only from resting at the proper time and in the proper manner.

Now, resting properly is an easy matter for some people. I know those who can relax instantly and forget all about the task at hand; but they are not nervous people, or should we say, *so* they are not nervous people? They are folks who seem to have a great deal of mental and physical harmony and who finish one thing and always come back looking for more. They have learned how to live and how to rest from living when they are tired.

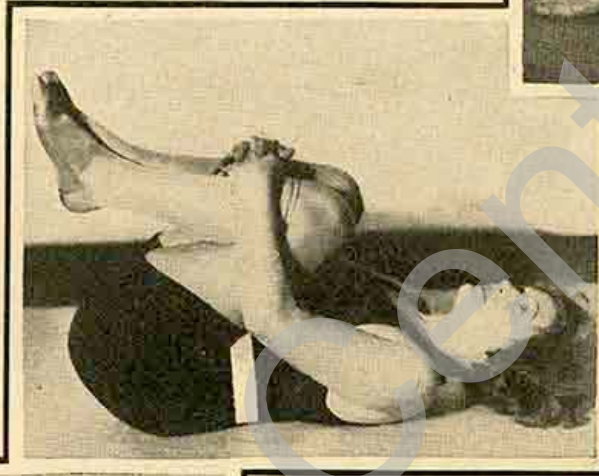
Not so with the nervous woman. The work keeps driving her until she reaches that strained state where everything annoys her, and this is usually the forerunner of a breakdown. About midway between the time when the work starts driving her and the breakdown, she usually thinks of exercise, adopting it not as a pleasant reaction which will prove beneficial, but as a necessary evil that will help her to accomplish more in one day. Right from the start she considers it a bore, a great deal of exertion and a

tive nerves.

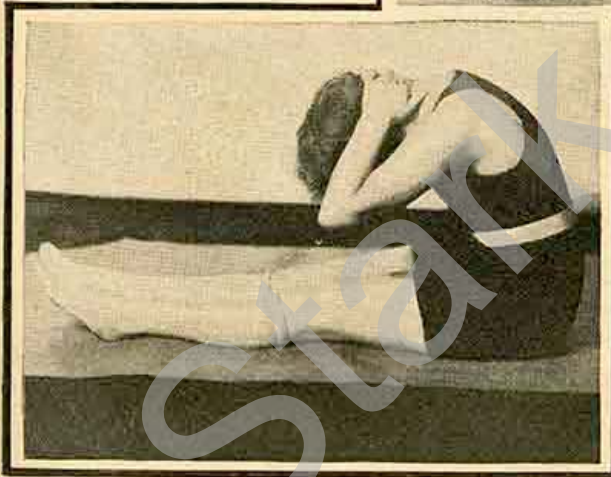
Now, this does not presume to be a discourse on nerves. The nervous woman is often underweight, and what proper diet and nutrition will do for her we will not discuss



Starting position is at the left. Rise to a sitting position without moving your hands. This will require a little momentum at first, but will come easier. Repeat the movement five or six times at the start. A splendid exercise for overcoming constipation.



Hands clasped as shown, bend forward, bringing your head down as close to the knees as possible. Resume the first position and repeat nine or ten times, endeavoring to bring the head a little lower with each movement.



loss of valuable time. With such a beginning the cure becomes worse than the disease, being merely one more burden added to an already overcrowded existence.

It is this woman who must learn to make rest a positive factor in her life. She must learn to rest not because she simply *can't go on*, but because she is preparing herself for further effort. Here we see the difference between the positive and the negative states of resting, the difference between relaxation and collapse. In the former we rest willfully, knowing that we are restoring mental and physical harmony; in the latter we find rest forced upon us because we are incapable of further effort and "all in," as we humorously put it. The woman who learns how to rebuild as she goes along will never be in danger of collapse and will always be possessed of a harmonious nervous system instead of a bunch of sensi-

here, except to state that the most common error into which the underweight fall, is that of loading the system with fattening foods and not eating sufficient cellulose to balance them. (Cellulose is that substance found in whole grain foods, fruits and fresh vegetables.)

It is the exercising program in which we are now interested though, and the

first rule of that must be that the nervous woman rest as soon as she feels so inclined, and that between every exercise she take sufficient time to recuperate before she begins on the next. She must not, above all things, tie herself down to a set schedule and decide that so many exercises must be done every day and that these must be completed in ten, fifteen or twenty minutes. If she begins that way she defeats herself at the start.

The purpose of all her exercises must be to induce rest. We all know the value of that to the nervous woman, and yet to tell her to relax is the most illogical thing any one of us can imagine. Nervous people "simply can't be quiet." Any one of them will tell you that. Their nerves won't let them, and nerves are such frail, imaginary things that we can't get hold of them ourselves and have small chance of telling any one else how to get hold of theirs. No, if we are going to help our nerves by exercise it must be in an indirect way. There, however, Nature offers a suggestion that will help us out.

Of course, Nature has no particular, visible way of resting nerves. She has given us sunshine and air, two factors outside of ourselves which restore to health

a neurasthenic who is no longer able to do much but enjoy them. They will prevent any one on the borderline of a nervous collapse from 'crossing over'; but *sunshine and air in large daily doses* is a rather expensive tonic for the working woman. Of course, she may get them on her week-ends, and should do so. No matter what exercising or dieting she may adopt, she should add sunshine and air and one complete day's cessation from work to her program. The value of these tactics cannot be replaced by any other means. However, as was stated before, sunshine and air in sufficiently large doses to cure the average neurasthenic would require most of us to give up our daily work, and is, therefore, impossible. After all, Nature has shown us another way of relaxing taut nerves and loosening tightened muscles.

There's our cue—*muscles*. Have you ever seen a

way of loosening tightened muscles, we shall probably have discovered its secret for relaxing taut nerves.

If you want to find out Nature's way of relaxing cramped muscles, watch some one who has been confined to close work for an hour or so. When she has finished she instinctively leans back over the chair, yawns, tenses all her muscles and *stretches* as far as she can. Then she relaxes. Oh, what a glorious feeling! You can feel it as you watch them. That's what we are going to ask the nervous woman to do, just to stretch and then to relax, and, when she relaxes, to stay that way and drowse like a kitten drowns in the sunshine. She must prolong that restful feeling as long as she can and keep the work up until she feels limber from head to foot.

First of all, she may lie perfectly flat, clasp her hands behind her head, close her eyes and stretch. Let her feet reach just as far as they possibly can, and she can point her toes to make it a little farther. All the while she must inhale naturally and deeply. This movement in itself will induce rest, and the inhaling and exhaling will clear her lungs and give her a new supply of oxygen. The result of the movement will be that if done several times it will make the average person rest, and the state of rest must be prolonged in the case of the nervous woman as long as possible.

Here her program must differ from that of the fat woman. When the latter exercises she works in vigorous, snappy movements which burn away the flesh; but when the nervous woman works she must take it easy, working slowly, rhythmically.

Still lying down, she may raise her legs as high as she can, aiming to get them back over her head until her toes touch the floor. If she has never done physical culture before she will probably have to work on this for a while before she gets it right; but any one can do it with practice.

For the next exercise she may turn over on her face, but she must



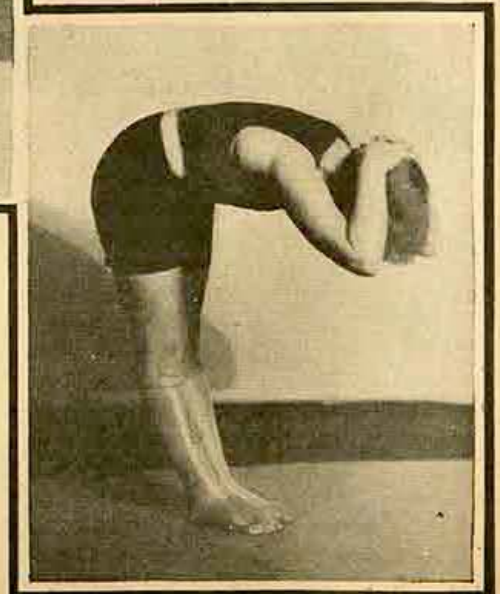
Standing, feet apart, stretch your arms as far as you can above your head, swing down to the floor and then bring them out between your legs in back. This stretching movement is a splendid one. Go at it with a zest, putting all your enthusiasm into it and forgetting everything else for the time being.



From a standing position, knees stiff, bend as far downward as you can, bringing your head in as close to your knees as possible. In all these exercises you can begin with a few repetitions and gradually increase, making it more strenuous as you improve. This is the most important part of any exercising program, the gradually increasing strenuousness.

nervous person whose muscles were lithe and flexible, whose body was supple? Can you even visualize a "nervous wreck" whose whole body isn't tightened like a violin string and just ready to break? Don't we all instinctively associate taut nerves with tight muscles, while free, flowing gestures are mentally linked with harmony of mind as well as of body? By the peculiar affinity of the mental and physical, when our nerves become strained our muscles grow tight—or is it the other way around?

At any rate we have seen enough of this law to have faith in its activity either way, and if we find Nature's



still stay lying down. Holding her knees rigid she must stretch out and upward with her hands and feet at the same time. This is a sort of bow position and is excellent work for all the back muscles.

There is another movement which the nervous woman may well add to her program. This one is particularly good for constipation and by helping the nervous woman to obtain better digestion, it will help her to obtain more nutrition and, naturally, better nerves. It is begun lying down. When you are ready to try it, clasp your hands around your legs as illustrated and pull them down toward your chest. Now rise to a sitting position without removing your hands. At first you will need a little impetus or momentum to the movement, but work until it can be done easily and naturally. If it so happens

ready for it. They are also stretching movements, stretching the spine, the waist muscles and



Bend back as far as you can with your knees stiff before attempting to bend the crab. Begin climbing down the wall or adopt this position, going back until you feel the pull on the muscles.



This combination of the back bend with the side bend will bring into play muscles often ignored in exercising—those at the side of the waist. You may do it as shown here, or you may stand with one foot in front of the other and bend back over the rear leg. Add it to your program if you have neglected these muscles.



those neglected muscles on the sides.

Begin by standing with your feet apart and stretching your arms as far upward and backward as you can. Now bring them down with a swing and reach back between your legs. You may repeat this movement a number of times. Then back in the first position, bring your knees together, clasp your hands behind your head and bending over, endeavor to force your head

into your knees. Of course the idea is to bring it *toward*, not necessarily *to* your knees, as this is a rather difficult feat.

Then start your bending movements. Do the back bend with your knees stiff, hands clasped behind your head. When these muscles are tired, start bending back and to the left side and vice versa. Let your bending work be done without straining, bending a little further as you progress and working rhythmically.

Keep your mind always on the movement in hand, and if you get an idea that it is going to be hard work, forget it for the time being and lying there just *stretch* until you are tired. Then after you have had a good sleep, tackle it again. It will probably be a pleasure to you instead of a disagreeable effort. Try to cultivate this attitude of enjoyment toward your work.

that you can do it with apparent ease the first day, don't do it for more than five or six times at once. Wait until the next day to find out whether your muscles are going to feel tired or not. Not that it will hurt your muscles to feel tired, of course, because that is the best thing in the world for them; but it would be a good idea to do it five or six times the first week and gradually increase to twelve or fifteen times. That would take care of the average case of constipation.

Still in a sitting position, your legs out straight in front of you, clasp your hands behind your head and start bending forward, aiming to touch your head to your knees, and going a little further down each time you try it.

The rest of the movements may be done with a little more vim. Well, by this time you should be

Muscle Control for Beginners

How Concentration and a Knowledge of
the Proper Positions Make It Possible
for Any Athlete to Practice This Sport

By Charles MacMahon

DO you know that every person, whether they know what muscle control is or not, can perform a few simple feats of this art without practice? Well, they can. And the only reason you didn't realize this before or don't believe it now is because the mere contracting and relaxing of a muscle is rarely, if ever, connected with muscle control as it is known by the masters of this art or by those who have not as yet developed this natural ability.

As I am writing this strictly for those who know little or nothing about muscle control, I will first explain just what it is, or rather how it can be accomplished. Muscle control is nothing more than the power, knack, ability, or whatever you care to call it, to contract and relax a certain muscle *without* any movement whatsoever of bone. Get that straight—movement of muscle without movement of the bone is muscle control.

We all know that the nerves are responsible for all our movements. The desire for a certain movement sends a message along the nerves to those muscles which cause the contemplated action. It is hard to say whether the nerves or the muscles make the movement. But it is safe to say that one without the other would accomplish nothing. The muscles are, as I view it, nothing more than the powerful servants of the nerves. They are useless without their masters, the nerves, to direct and drive them. While, on the other hand, the nerves themselves have not the physical power to move bones without their slaves, the muscles.

In the preceding paragraph I said that thought directed the nerves to send the message to the muscles. But as I think it over it seems to me to be more than mere thought that does really direct

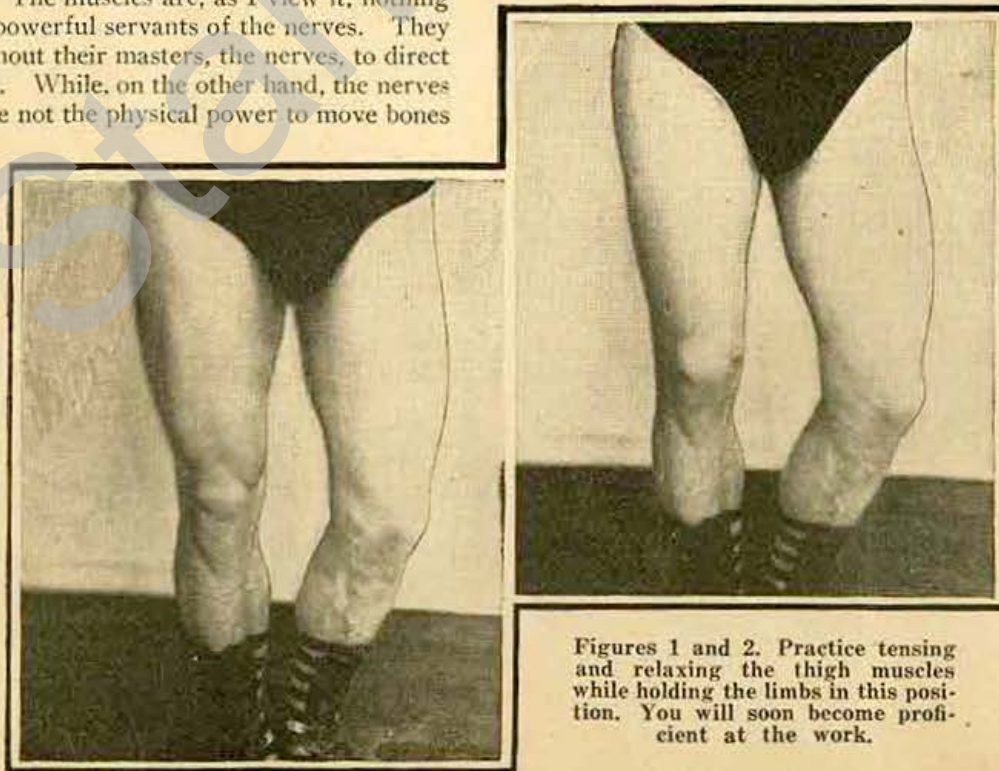
the nerves. One could lazily sit in a chair for hours and all the while have thoughts of getting up and really be desirous of doing so, but never make a move. If thought alone were responsible for our movements, then the many thousands who read this and other magazines of exercise would all be going at it with a will, for there are not many who read this class of magazine who do not fully believe that there is something substantial about physical training and who often have thoughts of beginning a system of training. But there are many, I am sorry to observe, who never do begin, regardless of resolutions in the form of thoughts.

If, then, thought does not actually make our movements through our nerves and muscles, what does? The will is the subtle thing which, after all, actually makes the nerves move the muscles and the muscles and tendons move the bones. This is further proven—a subject for thought—by the fact that many of our activities are unconscious, and it is only those that are unusual which require real thought.

So we must first have thought and desire, which do not alone move muscles; then we must have the will to

make that movement; next we must have nerves as a "go between"; and last, we must have power in the form of muscles in order to create motion.

Muscle control does require the four above-mentioned necessities, and added to them, a great deal of concentration. Then you must use a



Figures 1 and 2. Practice tensing and relaxing the thigh muscles while holding the limbs in this position. You will soon become proficient at the work.

great amount of concentration until each feat of muscle control becomes so perfect and customary that it is nearly second nature.

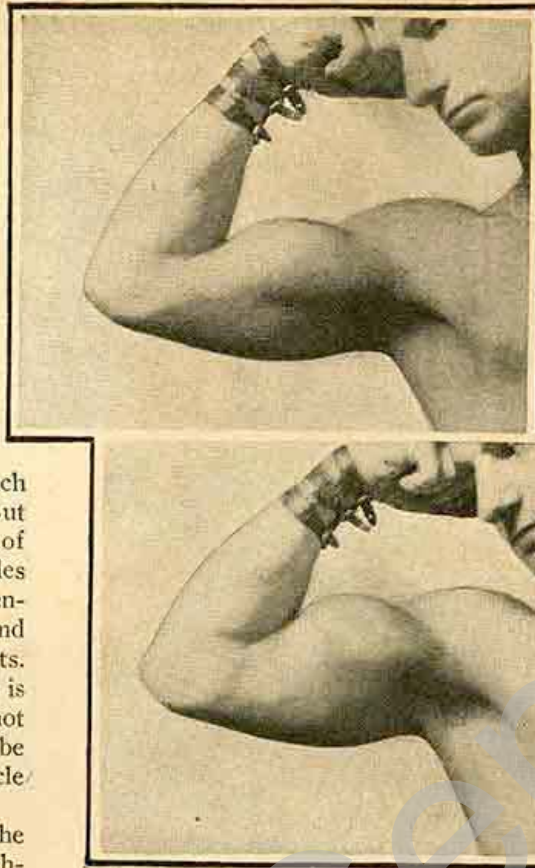
Some people are born with a greater power over the muscular system than others. This is partly proven by the child five or six years who, without previous practice, can wiggle his ears and move his scalp, thus showing remarkable mental control over the tiny muscles that perform the movements. Most people, much older, cannot do this offhand. But I believe that such contractions of these otherwise inactive muscles can be learned by rigidly concentrating on the ears and scalp, and by practicing these movements. While moving the ears and scalp is actually muscle control, I do not mean that these stunts should be included in the recognized muscle control feats.

Contracting and relaxing the muscles of the forearm by clenching and opening the hand is not muscle control because the bones of the fingers are moved. But by resting the under part of the forearm several inches below the elbow on a chair arm, clenching the fist tightly and keeping it so, you have a position in which a little concentration will cause these muscles to contract and relax. This will make the whole arm raise and lower, or jump, according to the speed of control. This is muscle control if you keep the arm rigidly straight and the fist tightly clenched without the slightest semblance of relaxing. If you cannot do this at all, you can be sure that you lack one or both of two requirements in muscle control, namely, concentration and some muscle.

One of the sets of muscles that are easiest to contract and relax without moving the bones of the leg is the thigh-muscle set. In doing this, it is true, that the knee cap is lifted or moved and that the knee cap is bone. But this bone is one of only two exceptions to the rule of muscle control "that no bones shall be moved." The other is the shoulder blades. And the reason for the knee cap exception is that the knee cap is really part of the tendon that runs from the lower ends of the thigh muscles and fastens to the upper end of the shin bone.

Illustrations 1 and 2 show the difference between the contracted thigh muscles and the relaxed set. Note that the bones are in the one position in both figures.

Of course, the fact that you can concentrate on these muscles so that they will contract and relax, does not mean that you have accomplished what is generally recognized as muscle control. The slow and uncertain tensing movements of a beginner are only the beginning, while the master of this art can roll and jump these muscles very rapidly, either both thigh muscles in unison or alternately.



Figures 3 and 4. Everyone tries muscle control on the biceps; but not many know that resting the hand against the forehead makes the stunt much easier.

At first your jumping of the thigh muscles will be hesitating and irregular. This holds good for all your muscles. Later on you will find that you can flex and relax them with gradually increasing rapidity and as regular as the time in a piece of dance music.

The calf muscles can be tensed and relaxed too, but they are not counted in with the regularly controlled muscles because their movement is almost imperceptible. However, you can try it both in the standing position and while sitting with the knee bent. You will notice that in the sitting position most of the jumping is performed by the inside calf muscles.

While the calves are not good muscle control parts, there are other muscles on the body that are even worse in this respect, or which are capable of almost no movement through concentration alone. A few of these are the Serratus, Neck and the External Oblique muscles. You will find that if these muscles do move it will be in conjunction with some

other set of muscles. The bicep of the leg can be controlled if you bend the leg at the knee. This will bring that set of muscles into the contracting position, as explained further on.

The biceps of the arms are very easy to move separately. Figures 3 and 4 will show the best position for controlling the arm biceps. The fist or hand is rested against the forehead to be sure there is no movement of the forearm. Figure 3 shows the relaxed biceps and Figure 4 shows the same muscle contracted. Probably no muscles can produce a greater difference between their relaxed and contracted positions than the biceps. This makes them a very desirable starting point for the beginner. With practice these muscles can be compelled to move so fast that the movement resembles an exaggerated shiver—something like the manner in which a horse chases a fly from his leg when he does not feel like stamping.

There is a fact in connection with muscle control in general that you should know before beginning. And that fact is that all muscles must be in the flexed position in order to produce the best results. To make that plainer, I will say that you could not get the biggest movement and best control over the biceps of the arms if they were held straight instead of bent at the elbow, as illustrated. That is what is meant by the flexed position.

But while the rule that all muscles to be controlled must be in a flexed position holds good in all cases, it does not mean, for instance, that the arms must also be bent when you desire to flex and relax the triceps of the arms, or the legs bent when you wish to flex the

fronts of the thighs. Why is this? Because these two sets of muscles are contracted only when the arms or legs are straight. And when bent, these muscles are stretched the same as the biceps are when the arm is straight. Thereafter, always remember that to practice muscle control you must first assume the position in which the muscle to be controlled is flexed.

In Figure 5 you will see a position, or rather the best position, for practicing on the triceps. You can see by the illustration how this set of muscles is contracted to its fullest extent. And even though the tension shown is let go, the triceps will still remain somewhat bunched, though soft looking.

Well developed abdominal muscles (those on both sides of the naval) are easy to flex and relax, providing you lean forward slightly, bending at the small of the back.

This compulsory bend further proves our rule that the muscles must be in a flexing position. There are very, very few men who can noticeably flex the abdominal muscles while standing perfectly straight from the hips up.

The buttocks, or those muscles toward the back of the hip joint, are easily flexed but are rarely

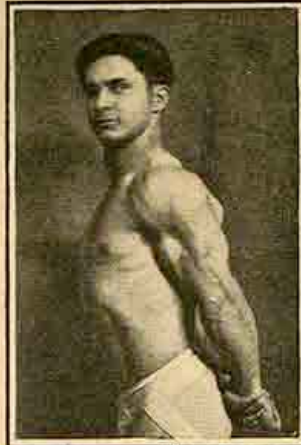


Fig. 5. Here the athlete has tensed the triceps to the greatest possible extent. The proper position and good muscular development combined make a fine display.

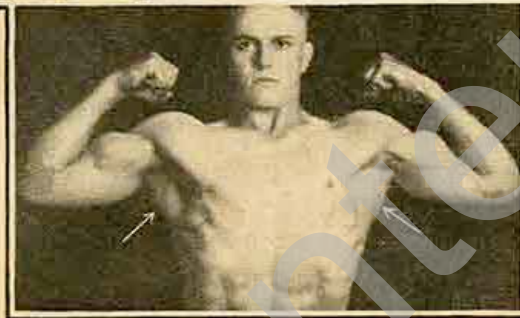


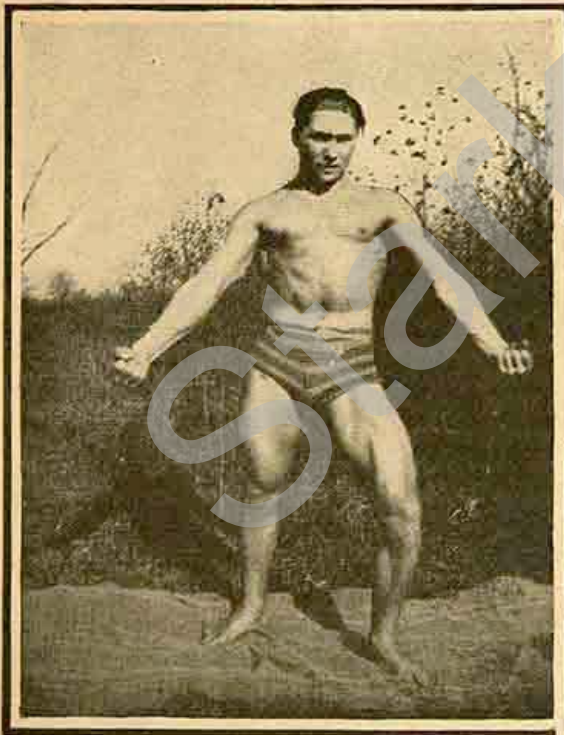
Figure 6. The feat so often performed by muscle posers,—that of pushing the latissimus muscles out to the sides. It is much more spectacular than simply flexing them by concentration.

controlled in its advanced stage. There have been several men who made a specialty of the particular feat of having small bells stuck to certain muscles of the back by means of adhesive plaster and playing a very simple tune on these varied toned bells by means of their control over these muscles, moving each muscle separately and correctly. This is a wonderful feat when performed by the back muscles.

Figures 7 and 8 will give an idea of how the pectorals are controlled. The positions shown illustrate some difference in the contracted and relaxed pectorals, but they are not the best for a beginner. As you know, these muscles are flexed to the fullest extent only when the arms are brought together or

crossed in front of your chest. The best way, however, if you cannot seem to move them both, is to place your left hand lightly on your right pectoral letting the right upper arm go straight down by the side with the elbow bent so that the forearm is at right angles with the upper arm and across the abdomen. Place your right hand lightly on your left side to steady it.

Now concentrate on your right (Continued on page 76)



Figures 7 and 8. A remarkable display of pectoral muscles which would be very difficult for the beginner. He would do better to start by tensing and relaxing the muscles as described by the author and later advancing to the control shown in the upper photograph.

Sunshine, Fresh Air and Whole Grain Wheat

Brought Me Back From the Grave

By Mrs. C. R. Crary

AFTER what has occurred in my life, I believe it is possible for any one to come back if he has sufficient of these three curatives, sun, air and proper foods. Not many are reduced to such a pitiable condition as I was. Following a nervous breakdown, I found myself unable to eat any solid food, and so weak that for three or four days at a time I was unable to raise my head off the pillow. Finally, my condition became worse and I began to vomit blood. I had a pain and a sensation of a lump in the stomach continually, and was so constipated that it became necessary to take cathartics and enemas every day in order to overcome the discomforts from gas in my stomach and intestines.

I tried one sanitarium after another, one doctor after another, one diet after another, and finally resorted to operations. There were nine of them, and at the ninth they decided that they had found the cause of the trouble. I was filled with intestinal adhesions, and the doctors assured me that as soon as these were repaired I was going to be as well as ever. During this time I had spent enormous sums of money, one year my nurse's fees alone costing me \$1,500.

Imagine my discouragement, then, when as soon as I resumed eating the usual foods I found that the trouble returned as bad as ever and the X-ray showed just as many adhesions as before. It was around this time that I met with an accident which, miraculously, it seemed, did not quench whatever little life there was still left in me.

I had been—well, just about crawling around for a few days, as I often did between the severe attacks to which I was subject. It was on May 13th, 1919, that a



Mrs. Crary, today, with her healthy, happy, two-year-old son and, at the right, how she looked a few years ago when the doctors gave her up and even she despaired of recovery.

plank from the side of a heavy truck which was passing fell and struck me. My neck was broken, and I was thrown on top of a very large rock that at one time had been used as a hitching post, injuring my stomach and causing a bowel rupture. Naturally, they took me to a hospital and put me in the isolation room, and there they left me to die.

In the long, weary weeks afterward I often wondered why I did not die. But I didn't; I came through somehow. Five weeks after the accident they put me in a plaster paris cast, and after it was thoroughly dry they cut a hole in the side of it and operated under local anaesthetic for the rupture. Unable to even drink water, I went without food for thirty-six days, at the end of which time I weighed 80 pounds, and that for a woman five feet six inches tall is thin,

you will admit. For twenty-seven months I slept only when they mercifully used the hypodermic needle.

There wasn't much else that could be done for me. Mentally and physically I was a wreck, and the only hope for me lay in the natural curatives, sun and air. So they sent me away from the hospital to a cottage by the river. I am sure, however, on looking back now, that sunshine and air would have done nothing for me if some interested friend hadn't stepped in and presented me with a miracle worker in some real, natural food which I had never before eaten.

It was whole grain wheat that was given to me, and I began eating it, a few grains at a time. After three weeks' use I had the first natural bowel movement I had had in five years, and after the second month the vomiting stopped and has not returned since. And the marvelous thing is that whole grain wheat acts as a laxative only for those who need a laxative.

Do you wonder I am anxious (Continued on page 94)

"I Could Not Sleep Last Night"

Are You Deep or Shallow, as a Sleeper?—Quality More Important than Quantity of Sleep—Your Problem of Building a Surplus of Strength and Energy

By Charles Thomas Hicks

I NOTICED that L. had rather a wild-eyed look when he came into the office, but then he always did have considerable nervousness concealed about his person, occasionally revealed.

"Well, how are you, and how are things going?" I asked him, after he had briefly concluded the business purpose of his call.

"Oh, my God!" he burst out, in the manner of one gasping for breath, "I could not sleep last night. Not a wink. I have not slept for a week. I don't know what I'll do. I'll go mad."

"No, you won't," said I, consolingly. "Where do you get that stuff? What's the big idea?"

"Oh, I just can't sleep, I can't sleep, I can't sleep."

"Hold on; no wonder, if you talk like that. What have you done?"

"I've done everything. I've counted sheep—and put cold water on my head—and drunk warm milk—and not a wink of sleep—haven't closed my eyes for six days and nights."

He was not really asking for help. He had the manner of one who felt terribly sorry for himself. What he wanted was sympathy.

"Wait a minute," I said, "you think you haven't closed your eyes. You have simply not been conscious of your lapses of consciousness. You'd be about dead after—let's see—a hundred and fifty hours without sleep."

"Well, I'm pretty near dead."

"Do you know what I'd do if I couldn't sleep? I'd write a play—or something."

"Oh, I couldn't—I just can't think."

"Why not get good and tired?"

"Oh, I am tired—I'm all used up—but I can't sleep."

"Ever try reading Herbert Spencer's 'First Principles'—putting your mind to work to tire it?"

"Oh, I couldn't."

"Ever try a ten-mile walk?"

"Oh, I wouldn't have the strength. I couldn't do it."

"Oh, yes, you could. Now listen. You live near Central Park. It is six miles around Central Park. Prize fighters run around it for training. You can walk around it twice in three hours. That's twelve miles. If you are still sure that you cannot sleep, then just keep on walking—if necessary all day and all night—until you feel tired enough to drop in your tracks. Wait a minute, that will be better than going mad, as you're talking of doing. I think once or twice around that park will do, but anyway just keep walking until you go to sleep standing up. Like any other good thing, you've got to earn it."

"I believe you're right," he said. In his weakness he was like a baby; he could not even fight my suggestion. Then he stuck another cigarette between his lips, as his

hand trembled. Both hands trembled as he fidgeted for a match.

"Wait," I said, "you've had too many of them. That's largely what's wrong."

But he wouldn't stop. Feverishly he got his light, as though dying for it and unable to get it quickly enough. He inhaled the smoke deeply, two or three times, and then, as a concession to me, threw the cigarette on the floor and put his toe on it.

"I know a man," I continued, "who says that when he is hunting and camping or cruising through the woods, which he does a great deal of, he finds that smoking does not seem to hurt him noticeably, as if the exercise and the oxygen neutralizes it, or enables him to stand it better. But when he is in the city, confined with work very much like your own, smoking makes him nervous. Perhaps everything makes him nervous. Anyway, you need that air and exercise to counterbalance the smoking you have been doing. Walk home from here now, don't drink tea or coffee, and don't smoke. You'll probably be able to sleep when you get home."

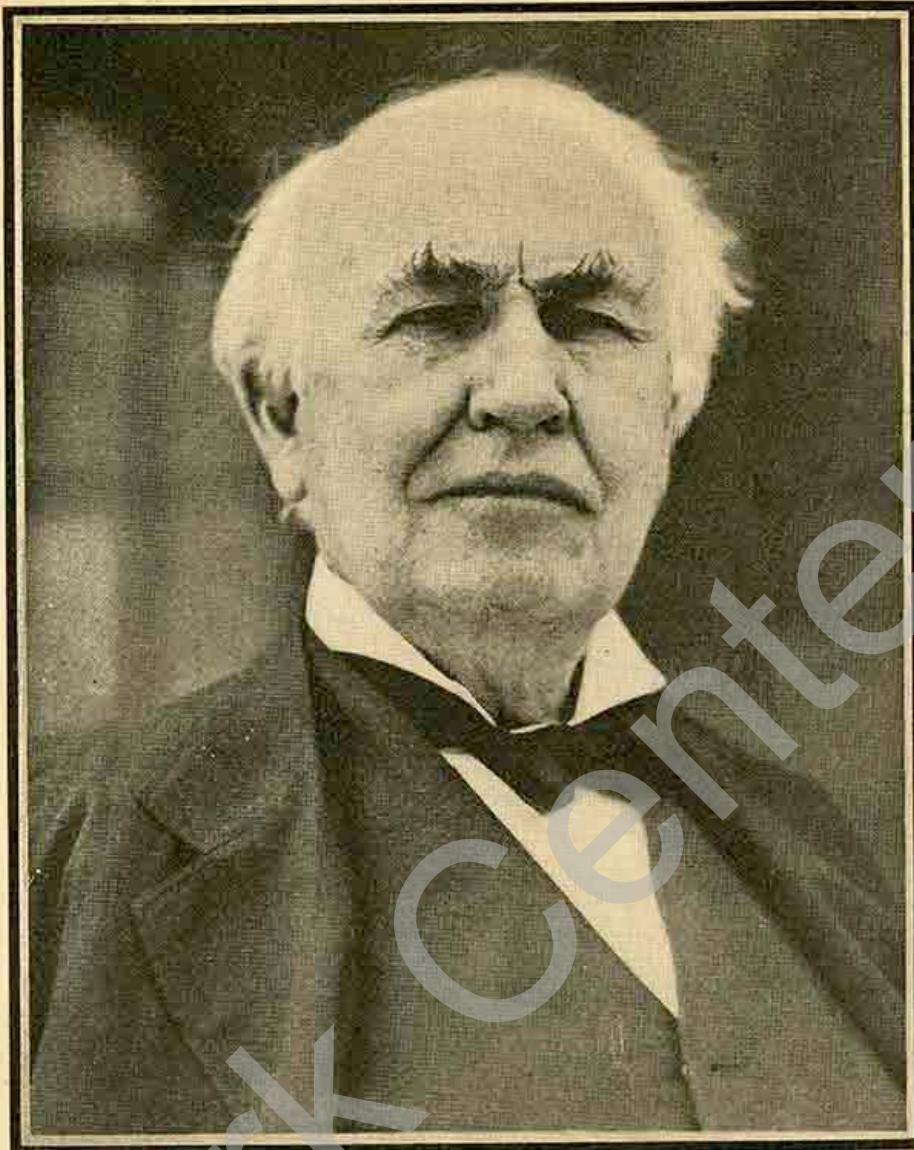
What L. actually did, after his talk, was to leave the city entirely that same afternoon, going with his boy to a camp in the country, where he found good opportunity for much walking and open air life in general. And the ability to sleep was no longer a problem, as he told me some time later, looking like a different man.

Now, the case of L. does not exactly parallel all cases of sleeplessness and lack of strength from lack of sleep, because the cigarette habit played a large part in this instance. And yet many other cases are closely identified with tea and coffee excesses, undermining nervous stability. But in the matter of the neglect of outdoor exercise as the underlying cause it is typical. The average insomniac will lie awake all night counting sheep and worrying about being unable to sleep, rather than spend a couple of hours in shaking a couple of legs up and down the broad highway. Rather than spend eight or nine hours in tossing restlessly upon a sleepless bed, one might very wisely spend the first two hours of that time putting distance behind himself—or herself—at something like three feet per stride, and then spend the other six or seven hours in deep, restful sleep. But who would ever think of doing such a thing? No one—except a sensible human being.

Much of this worry about the inability to sleep is baseless, anyway. Just because many other people sleep eight or nine hours does not mean that we all must. Some people need more sleep than others. You may happen to be one of the kind, usually of a nervous and mental type, who need only five or six hours. I do not speak here of a "nervous type" in the sense of one with weak nerves, but in the sense of the nervous tem-

perament, as contrasted with the phlegmatic temperament. People of nervous temperament, in health, are stronger than the phlegmatic—they have more energy. Any way, if this is you, then you have nothing to worry about if you remain in bed for eight hours and lie awake a part of the time—nothing except the fact of worrying about it. I wouldn't. If I had extra hours of wakefulness and could not use them in my regular work, then I would cultivate some hobby, possibly of a profitable nature, but in any case of an interesting nature, such as studying science, reading history, writing plays, studying languages—something that would enable me advantageously to use those hours.

However, any decided and chronic inability to sleep is a serious matter. For not only do you build strength by means of sleep, but sleeping well in itself is an expression of health and strength, the same as is capable digestion. The capacity to sleep soundly, like the capacity to do a lot of hard work, is something of an index of one's strength, from a nervous and organic standpoint. For you are not "doing nothing" when you are asleep. You are doing *something*, very important, and how well you are able to do it depends upon your strength and general condition. Sleep is not a passive state—it is an active process. It is the most positively constructive form of activity that we know or experience, paradoxical as that may sound. Because sleep is a process of building energy, storing up nerve-force, building new cells, whereas wakefulness is a tearing down process. So that while a sleeping man may be "dead to the world," he is really very much alive, and engaged in the process of storing up more life.



Thomas A. Edison, who for forty-five years found four hours' sleep sufficient to enable him to do a prodigious amount of work in the other twenty. Did he sleep so fast that he could get the job done in those four hours as thoroughly as the average person does in eight? The phrase "fast asleep" may then have a deeper significance than we attribute to it.

Which brings us to the reason why some of us need less sleep than others. And who are the people who can get along on four hours of sleep, or roughly half of what others need? Why, naturally, those of unusual strength or energy. Thomas Edison, for instance, a man of such unusually vigorous make-up that he is guaranteed for a lifetime of probably ninety years of the very hardest kind of work. Edison says that for forty-five years he did not sleep more than four hours out of the twenty-four. Which was one of the things that enabled him to do such a prodigious amount of work and to accomplish so many things.

In more recent years Mr. Edison has slept something like five and a half hours out of the twenty-four, indicating that he is not quite so strong as he was, but perhaps still stronger in a vital sense than the average citizen in this respect. Edison says that the important thing is depth of sleep, explaining that four hours of deep sleep will do one as much good as dreamy sleep of twice that length. Which touches the very heart of the whole subject. And it is the person of strength, from a vital, organic and nervous standpoint, who has the capacity for this deep sleep, because he can *sleep faster*.

We use curious expressions to designate deep sleep, for instance, the term "sound asleep." As if one could hear the sleeper. Well, one sometimes *can* hear the sleeper, as travellers in Pullman cars well know. But that is not the sense in which the word is used. It is like sound health. And then we say that one "is fast asleep." But that, in truth, has a good basis. Because when one is sleeping deeply the reconstructive process of storing up energy is going on rapidly. Edison, for example, used to sleep so *fast* that he got the job all done

in four hours. Napoleon Bonaparte was another of these energetic fast sleepers.

You can even measure an individual's depth of sleep in a rough way by experiments which will show how much is needed to awaken him—whether he wakes up easily or reluctantly, and whether you can do it by calling him or if you have to take hold of him and shake him, and how much. For, you see, some of our senses go to sleep sooner than others. And the mind, even the conscious mind, does not always wholly sleep, inasmuch as our experiences with dreams are really a form of half-consciousness. You do not dream when you are completely asleep. You only dream in the lighter degrees of sleep, when you are not far from being awake and usually about ready to wake up. This means that most of your dreams are enjoyed—or otherwise—toward morning. We reach the deepest sleep, as a rule, within a couple of hours after dropping off, and therefore are least easily awakened at that time. For instance, if the king goes to sleep at eleven o'clock, and you wish to assassinate him in his sleep, the best time would be about one o'clock, when his ears are asleep and you would be the least likely to disturb him by what you do. This is also, for good reason, the preferred hour for burglary, as all prowlers of the night well know. (Now you will be unable to sleep!)

I was going to ask if you knew which part goes to sleep first. Of course the eyes sleep first, but even after that, when you have gone some distance into slumberland, your ears are still more or less awake, ready to catch unusual sounds and to wake you all up in case of any kind of alarm. Then, after a little while, as you get still further into slumberland, your ears go to sleep along with your eyes, and ordinary sounds do not reach you at all. But even yet your sense of touch is more

or less awake, and though your friend may not be able to rouse you by calling to you he can get you quickly by taking hold of your toe and shaking you. But after a while, if you are really a good sleeper, even your sense of touch dozes off, and then you are truly in a deep sleep, in which it takes a lot of shaking, perhaps shaking and calling and shouting, to wake you up. Our sense of touch, of course, is the most primitive of our senses, and therefore the most awake. It is closer to our subconsciousness, and the subconscious part never sleeps.

The practical application of this will be more or less obvious to the lady, for instance, who wrote that she was half awake when she was asleep and half asleep when she was awake, a sort of half-way kind of life. You might expect that one who reaches the deepest kind of sleep when he goes to bed would also be the most wide awake when he gets up and goes to work—and so it is. We all know as a matter of experience that we have varying degrees of alertness on different days, and different degrees of strength. The track athlete knows that even though he feels about the same, he can run faster one day than he can another. Business and professional men

know that some days they are more on their toes, more alert, quicker, more capable than on others. One day one thinks quickly, easily, clearly; another day slowly, clumsily. And while it is true that variations in food and possible abuses in eating may have something to do with that, it is quite likely that this experience is accounted for partly by degrees of restedness, determined by the quality—not the quantity in terms of length in hours, but the depth or quality—of one's sleep the night before.

The whole matter, therefore, assumes importance not only to those who sometimes find that they cannot sleep at all, but to all who are looking for a better standard of

(Continued on page 68)



As another evidence of the author's belief that it is not the quantity but the quality of one's sleep which matters, we have Napoleon Bonaparte. While handling problems under which the average man would quickly break, he managed to get his sleeping done in a few hours and remain energetic and healthy.

Strength Posing Competition

Closing Date for Voting—May 10th

This is the second group of photographs published in STRENGTH, the other being shown in the February issue. Every reader may vote by mailing in the coupon below and to those who renew their subscriptions before May 10th, two votes will be granted.

The last of the poses will be published in the April issue of Strength. All votes must be in by May 10th and the winner will be announced in the July issue. The prize to be given is a beautiful loving cup, suitably engraved, and should it so happen that two competitors receive the same number of votes, each of them will be given a prize identical with that offered. After the contest is closed all those whose photos have been published will receive one year's subscription to STRENGTH free, said subscription to start when the present one has concluded.

- 2 Leslie Powell, Grants Pass, Oregon.
- 9 Sid A. Johnson, Ignace, Ontario.
- 10 James H. Thomas, Boston, Mass.
- 12 Leo Allain, Minneapolis, Minn. *
- 14 Harold G. Sams, Millfield, Ohio.
- 15 Redman Finlay, New York City.
- 16 Mauro, Mt. Vernon, N. Y.
- 18 Mathew Brown, Henderson, Ky.
- 20 Alex. A. Root, Yonkers, N. Y.
- 21 Albert Desantels, Biddleford, Me.

Editor STRENGTH,
2741 North Palethorp St., Phila.

The best developed man in your contest is.....
.....and the second
best is.....
Name.....
Street.....
Town.....State.....

Is There a Reason for Nerves?

Alcohol, Nicotine, Coffee, Tea—
Overwork, Overplay, and Overeating—
How Do These Affect Our Nervous Systems?

By Edwin F. Bowers, M. D.

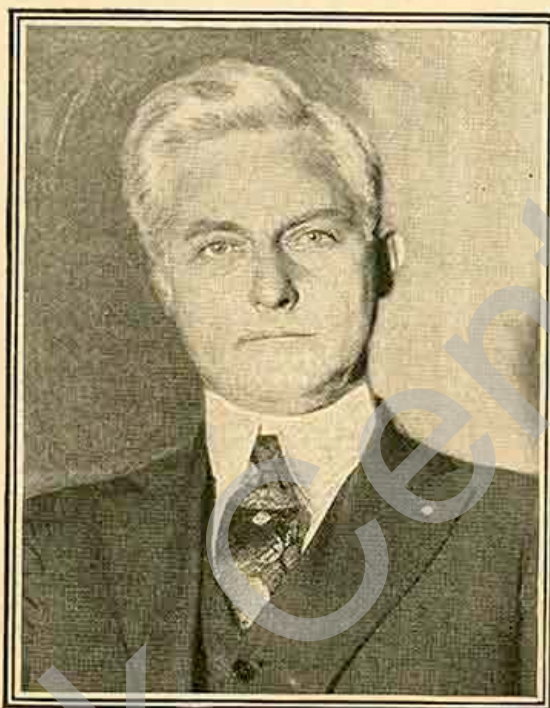
THERE are as many causes for "nerves" as there are things that happen to the human body. Any one of these, if harped upon long enough, may be sufficient to fray the cord and spoil the physical harmony that exists between sound nerves and healthy bodies. An unseasonable haircut may bring about an attack of neuralgia that will leave the entire nervous system shaken and unstable for weeks. An outstanding and obstreperous bunion, trying the patience and endurance of old Prudence Patience herself, will ravel and tangle more nerve fibrils than Horatio ever dreamed of.

Everything between the hair and the toes that rubs the fur of life the wrong way, that makes two irritations grow where none grew before, and that puts undue strain and stress on any part of the complicated electro-chemical machine we call the body, may develop a more or less aggravated attack of "nerves."

The most frequent cause for "nerves," however, is poison—poison of the most deadly character—generated as a result of fermentation and decomposition of food products, and because of failure to get rid of the broken-down and worn-out organic material through the skin, kidneys and bowels.

No cure of the trouble is humanly possible unless this cause is first corrected. But to correct this cause requires the most careful regulation of the diet, and of everything that has to do with the feeding habits. Those who are accustomed to cry "Hold, enough!" only when they cannot possibly hold any more, will have to learn that "feeding" doesn't mean "stuffing." Also, that every particle of unnecessary food taken into the system acts only as a handful of ashes would act if carefully sifted into the running gear of an automobile.

What a man's gorges cost him in extra strain on his digestive apparatus and organs of elimination, he little reckons. But what it may ultimately cost him in a skidding, frazzled set of nerves, he is in a fair way to find out. A limited diet, containing a proper balance of milk, meat, eggs and whole wheat bread, together with plenty of green vegetables and fruit, and not too much sugar,



Dr. Edwin F. Bowers

pastry or starchy food, is the ideal diet for anybody, but it is indispensable for one who has played fast and loose with his balance in the nerve bank. Also, a dozen glasses or more of hot or cold water should be drunk daily to prevent poisons from accumulating in the system and to help wash out those which have already accumulated.

Old John Barleycorn Still On the Job

It must also be admitted, tearfully, and with a liberal showing of the whites of the eyes, that old John Barleycorn is still as busy as ever at his old tricks of picking the fringes from nerve endings.

Since the well-known and not infrequently mentioned prohibition went into effect, he has probably concentrated his

efforts on a slightly more scattered army of followers, but his efforts with these few millions have been noteworthy.

So, notwithstanding the fact that we are technically supposed to be enjoying prohibition, it cannot be too strongly reiterated that to blunt the edge of nerves with "hooze" is a most effective method of inviting nervous disaster. For alcohol has the same effect upon "nerves" that a red rag has upon a bull. The delusive "kick" of a cocktail or a shot of "Scotch" is merely a pleasant way of poisoning a hard-worked set of nerves that already have too many troubles to contend with. The lamentable fact in connection with this particular cause of "nerves" is that it is the woman nowadays, much more than her tougher nerved brother or husband, who pays and pays and pays. But there probably isn't any cure for this disease of drink—except death or a couple of hundred more centuries of evolution.

Lady Nicotine Isn't Plastered Full of Medals, Either

And what we said about booze goes double for tobacco. There isn't a nerve specialist in the country who will not tell you that since all the folks, from grandma down to Baby Nell, have taken to rolling their own, or smoking yearly a few billion cigarettes that Carmencita and her

cousin, Manuel, have rolled, business in the nerve line has been simply great.

Things are very rapidly getting no better in this respect. So much so, in fact, that within a few years, not to have a well-developed case of heart palpitation, high-blood pressure, nervous dyspepsia, insomnia, or nerve irritability, brought about by the excessive use of cigarettes, will be considered a disgrace—just as wearing woollen underwear or high shoes now are. "Whom the gods destroy, they first make mad."

Coffee Another Splendid Help

Another great little help to that "sweet bells jangled out of tune" state, is coffee and also its seductive sister, tea.

When you remember that our annual consumption of coffee is about a dozen pounds for every man, woman and child in this nerve-racked country, not to mention goodness only knows how much tea (even more nerve-racking than coffee), you will cease to wonder at the nerve decadence of so many thousands of American men and women.

Remember that coffee contains 1.23% of caffeine. This means that each cup of coffee of average strength carries from 2 to 3 grains of caffeine—a very fine drug where indicated, but a very definite source of danger, where it isn't needed, as any well-informed doctor will tell you. Think this over.

You Need Your Sleep

Insomnia is another persistent and aggravating cause for "nerves." In fact, insomniacs are almost invariably neurasthenics, and vice versa. All the King's horses and all the King's men cannot put a batch of scrambled nerves together again unless they can first be put to sleep. So necessary is sleep to the knitting of the raveled sleeve of care, that almost any means resorted to to secure it, short of actual drugging, is good means. Perhaps one of the best of these is the protracted warm bath—at about body temperature—used for a half-hour or more just before retiring. This has a remarkable tendency to equalize the circulation and to relieve the hot heads and the cold feet that are frequently at the top and bottom of an attack of sleeplessness.

It must not be forgotten that most humans who have become softened by civilization cannot sleep quietly in a bed that refuses to be quiet. Or that doubles them up in the middle like a jack-knife.

In fact, we are only now beginning to realize the importance of what might be called the "technic" of sleep. This has been brought about in large measure by the

recently developed and ultra sensible cult of the "separate bed," and its manifest advantages for the promotion of health, comfort and sound sleep. Also, with some nervous individual, a light, easily digested meal, taken just before retiring, sometimes helps to coax the drowsy god into camp. But bromides, veronal, hypnotics and nerve sedatives should never be used unless the family physician has sanctioned and advised their use.

A Few Practical Points

Persistent overwork is another frequent cause of "nerves." Overwork throws into the blood stream an excessive amount of waste material which irritates and depresses and causes hardening of the arteries and of blood pressure conditions, which, in turn, are a prolific source of nervous troubles.

Overwork is often responsible for food bolting, one of the most pernicious practices that ever cursed civilization. For no one can be the happy, healthy possessor of a noiseless, frictionless nervous system who feeds himself in five minutes and then rushes back to the job, fatuously believing his stomach is full of teeth to chew all the unchewed food. Heaven knows the poor stomach bears up marvelously well under its perennial outraging, but even a worm will turn. So why wonder that occasionally the insulted gastric organ will throw up both hands with a despairing moan and become an anarchist?

Washing Away Your Stomach Catarrh

GASTRIC catarrh cases rarely get well when treated by medicine. Perambulating from one doctor to another, taking one treatment after another and consuming barrels of patent medicines, they finally wear out their relatives and friends with their complaints. By the sternest necessity they are forced to sacrifice all those foods which make life really worth while to a healthy person.

The enormous sale of medicines intended to correct digestive disorders, proves that no great progress has been made in curing these conditions. What few of us realize is that the stomach is the one vital organ that permits of direct local treatment, and that its functioning is directly under our control. Next month Dr. Bowers will explain the cause of gastric catarrh and tell you how, by a simple process, you can overcome this disease and prevent its recurrence.

—The Editor.

How Exercise Overcomes Nerve Troubles

Yet the lack of exercise is also a prolific source of nervousness. Nature gave us muscles and cells to use, and if we don't care to use them she tries to store them full of fat, or slough them off, or shrivel them up. A judicious amount of exercise brings about a better nutrition, not only of the muscles, but also the nerves that control the muscles and of the involuntary activities that are back of all living processes. In other words, nerves are nourished not by the food alone, but by the amount of nerve-forming material brought into contact with them through a brisk, healthy circulation and clean blood.

Also, nerves should be thoroughly aired in order to be sweet and wholesome. For if the body is poisoned with carbon dioxide and other "end products" of cell decay the nerves are the first to suffer by it. Oxygen is the fire that burns up the rubbish, and it is the one thing we take into the system of which we can never get an overdose. Pure air breathed deep into the lung cells day and night will sometimes perform veritable miracles in the cure of neurasthenia, especially if it be taken away from home, in new surround- (Continued on page 82)

Our Girls' Circle

Conducted by

Marjorie Heathcote

From time to time we publish photographs and measurements of our women readers sent in for our Gallery of Well-Formed Women, ranging in height from 4 feet, 11 inches to 5 feet, 10 inches. To every girl whose photo we find good enough to publish will be given a silver pin, and to the winners a gold pin appropriate to the occasion.

SO many of our readers are interested in the proper proportions of a woman's figure that we are going to bring the topic up once in a while and give them some information in which we believe they will be interested. Hips, being the most talked-of thing today, we will begin with them. Right now the question seems to be whether they should or should not *be*; so let's look into the matter and find out whether they are or are not—naturally.

To begin with, the popular idea that hips are a sin against fashion may be but the popular reaction against the tendency toward overfleshiness there in the feminine figure. There is a tendency toward overfleshiness and even toward overdevelopment of the hips, both of which need explanation.

Where the male athlete naturally tapers from the chest down, the female athlete will have a chest measurement several inches, four or five perhaps, smaller than her hips. Some authorities have claimed that perfect symmetry requires the hip measurement to be that of one arm plus the chest measurement; but that is a matter of opinion. In reality, however, the hip and thigh bones are thicker, proportionately, than any other bones in a woman's body or than any bones in a man's body. From the hip to the knee they take on an accentuated angle, tapering down toward the knee and giving the greatest width to the hips.

Naturally, these larger

bones are protected by larger buttock muscles than are developed by man. This explains the tendency to overdevelopment of the hips which severe work might possibly bring on. Overdevelopment, however, is not nearly so great a danger to the average woman as is the tendency toward fleshiness.

Between the skin and the muscles, in the feminine figure, there is a layer of fat that adds to the smoothness of the contours. Probably you have wondered why the muscular development so prominent in the male athlete is not apparent in the girl athletes you have known. The layer of fat, natural to the girl athlete, very effectively prevents such muscular display. But this flesh, being thicker at the hips than in any other part of the body, creates a tendency to take on weight quickly, and the woman who, through indifference, has permitted this flesh to accumulate will never have a symmetrical form until she has done some vigorous hip and thigh reducing work.

If your hip measurement goes away up in inches past the chest you had better start leg raising and leg crossing work right away. Make the movements snappy, vigorous and burn up the flesh. Then, when you have brought your measurements to normal, you can work more easily and keep normal.

If you have no hips at all, then, sorry to say, although you may look "natty" in the latest sport clothes, you can never



Miss Marie Millard Mock of Winter Haven, Florida

boast a symmetrical form until you have brought the measurements up a little. Make your exercises smooth and even.

Just a word of warning to all of you. While you are about developing or reducing your thighs, don't forget that there are muscles on the inside, as well as on the outside, of your thighs. There are muscles on the inside of your calves, too, that you have probably forgotten, but we will take that up some other time. However, while we are talking about thighs, remember leg crossing movements are something absolutely essential to proper proportions. Cross your left leg in front of your right and raise it as high as you can, holding the knee straight; swing it back smoothly and almost touch the foot to the floor, immediately swinging back to the right side again. Keep this up until you feel it hurting, and you will know that there really are muscles on the inside of your thighs.

Now to refer to our first question, whether or not hips are essential to symmetry, I suppose there is only one way of answering it. Symmetrical development means the proper, natural development of each part of the human body, and as we are neither serpents nor elephants it would seem rather natural to us to have hips and to develop them.

* * * * *

Letters from our readers so far seem to favor dancing as the most popular form of development for girls. Miss Marie Willard Mock has attained marvelous symmetry and agility through this form of work; but one could scarcely call it *work*; so we should say this form of *pleasure* or *recreation*. She wants to tell the girls in our Circle what she thinks of dancing.

"I began dancing when I was seven years old," she writes, "From my earliest years Nature had endowed me with nimble, restless feet that just could not keep from showing my love for self-expression. The two essential factors of dancing, it seems to me, are rhythm and muscular

movement, and the combination of these have a wonderful influence upon all people.

The variety of dances are many, but there are three distinct types more or less favored in different parts of the world; first, dancing with the feet or legs; second, with the arms and upper body; and third, chiefly with the trunk of the body.

Before I start to dance I toss aside my restraining garments and don my drapes to move about in freedom to the joy of dancing, to feel my muscles and joints draw and give in satisfying harmony, to feel my skin tingle with intoxication and to see and feel and express the beauties of the world through the rhythmic movements of the dance. That is my delight.

"One way to acquire muscle is swimming. It develops the entire body and keeps the muscles in trim. Last summer I spent a couple (Continued on page 83)



The *body beautiful* is exemplified in these poses by Miss Mock. It is her opinion that one cannot be beautiful unless one is strong, and one cannot attain strength without obtaining a measure of beauty. She has found an ideal program which has given her an abundance of both.

THE MAT

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

Conducted by George F. Jowett

Developing the Chest

I wish to call your attention to the three photos shown this month of James F. Brenner, of Clairton, Pennsylvania, for various reasons which will be explained later.

Mr. Brenner is an ardent disciple of body-building, and states that he owes all his physical development and strength to the conscientious practice of progressive exercise with the use of bar-bells. This, I know, is correct even without his telling me, as no other system or practice of physical exercise can create the muscular development which the use of bar-bells can and does produce.

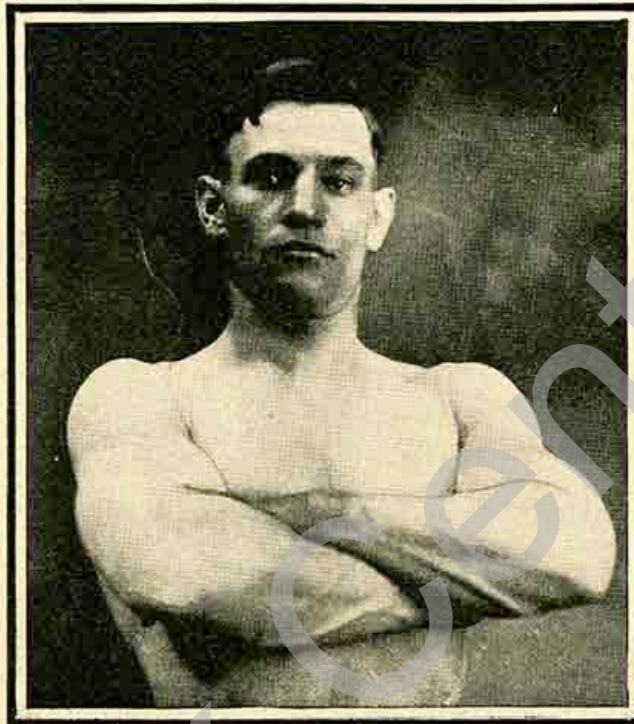
I know many of my readers will wonder how I can tell what the difference in muscular formation and appearance may be if the development has been produced in different methods of body-culture. To the experienced teacher in these matters there is a great deal of difference, but as I am only interested in the object lesson given by the example of Mr. Brenner and in the use of bar-bell training, I will confine myself to an analysis of these two subjects.

To commence with, I will take the measurements of Mr. Brenner and compare them with the physique which his pictures portray. His height is 5 feet 7½ inches; weight, stripped, 162 pounds; neck, 16 inches; chest, 42 inches, expanded 44½ inches; biceps, 15½ inches; forearm, 13 inches; waist, 30 inches; hips, 36½ inches; thigh, 22 inches; calf, 15½ inches; wrist, 7¼ inches, and ankle, 9 inches.

When I first examined the pictures I was struck by the even balance of his physique, and this impression was quickly reinforced by reading his measurements.

The fact became more accentuated as I examined the poses, which are absolutely devoid of that strained tensing, so commonly seen in muscular poses, where the poseur endeavors to make his appearance more impressive by the sometimes excessive amount of contraction that he puts into his muscles.

Every muscle depicted here looks natural and capable, showing the physical proportions of the owner to a splendid advantage, displaying a rugged power that is more manifest because of the restful attitude his postures



James F. Brenner of Clairton, Penna., who is an ardent disciple of body building.

assume. Particularly have we a fine view of the Serratus Magnus, and right here we come to the point of greatest interest to the fellows who are striving for larger chest development.

Did you ever stop to consider how important the development of the Serratus Magnus is, in acquiring increased chest size? I doubt if you ever did. I can safely say that 99% of the letters I receive, and 99% of the men who consult me personally on chest development, never mention these important muscles. Few of them seem to know that they exist, and fewer appear to know the value of their existence; but these same muscles play a very important part in chest development.

In the case of every person who has an abnormally small or sunken chest, or who is subject to lung trouble, the Serratus Magnus muscles cannot be seen. They exist in only a rudimentary condition; but in the person who has a fine chest these muscles are very pronounced. The reason for this is that the Serratus Magnus muscles fit in between the ribs like fingers, and the more they are allowed to degenerate the more the walls of the chest are allowed to roll in, which results in a "sunken chest." And the more pronounced the chest development is, the stronger do the Serratus Magnus appear. By their power the chest is held up. This allows for greater volume of lung capacity, and the more these muscles become developed the bigger chest you will have. The increase you obtain in chest size will be retained by these powerful muscles. Without them your chest will act more like a balloon.

By this I mean that the chest is only large when it is expanded, but when normal it sinks away below the size that it should be.

The person who thinks that great chest expansion is a sign of chest strength is laboring under a delusion. The man with the powerful chest seldom has more than three inches of expansion, and more often less, simply because the Serratus Magnus muscles are generally so superbly developed that they constantly hold the chest up in place according to the increase gained. In other words, they hold what you get.

Of course, you will hear of strong men who claim tremendous chest expansion, but the phenomenal size is gained by the flexing of the big latissimus dorsi muscles. The larger these are, the greater difference in size will the tape measure show from normal to expanded.

Personally, I have only an inch and a half actual chest expansion, but by flexing the latissimus dorsi muscles I can secure an increase of 6 inches.

The value of the Serratus Magnus muscles are very apparent in the case of Mr. Brenner. We see here the splendid formation of these muscles, the results gotten from the pronounced development of the Serratus Magnus.

The second photograph clearly shows the remarkable development of the rib-box. If you examine the pose you will note that the depth of the rib-box seems to exceed the depth of the upper-chest. Such an example is not often seen, and it usually depicts strength. The man with the deep chest is always the man with great strength and vigorous action under physical stress. This type of man is spoken of by the man on the street as the "thick-set man." The term used by men of strenuous action, such as lumberjacks, prospectors, hunters and seamen, is that such a man built with a deep chest is "soggy built," which means in both cases that the owner of such a chest is heavily built and invariably has broad shoulders. It also means that when a body-builder has acquired a chest with pronounced rib-box depth, the size of his upper-chest and breadth of shoulders will increase correspondingly, but he must see that the Serratus Magnus muscles are built up at the same time in order that all the other work should not be in vain.

Apart from specializing on the two-arm pull-over, the aspirant for larger chest should include pressing a bar-bell to arms' length overhead, as this exercise calls into action more forcibly the Serratus Magnus muscles.

If the reader examines the development of any strong man, he will see that these muscles that hold up the

chest are magnificently developed. The neglect of these muscles, I think, is the reason why some do not hold the gains they actually make when practicing the two-arm pull-over.

In the case of Mr. Brenner there will be no trouble at all for him to increase his chest measurement at least three more inches, as the development of his rib-box is remarkable.

Increased size of rib-box means something else that is very important. It means that the owner develops a wider diaphragm. This means greater organic space in which to function, and the advantages of such an important development are apparent to all. The value of the specialization on chest development is all-round; larger shoulders, greater lung capacity and greater organic stimulation result from a widened diaphragm.

There is cause and effect in everything we do, and I would caution all my readers to analyze any subject in body-development before they commence upon it. Find out why you do a thing, and what results are to be gotten from doing it. Do not just look forward to the results and be disappointed if you do not obtain them. Study every feature of the subject. This will always strengthen your motive and make you more certain to get the best results. Train yourselves to analyze your physical problems at every given opportunity, and remember the

answer will always be supplied as to why you do the certain thing.

* * * *

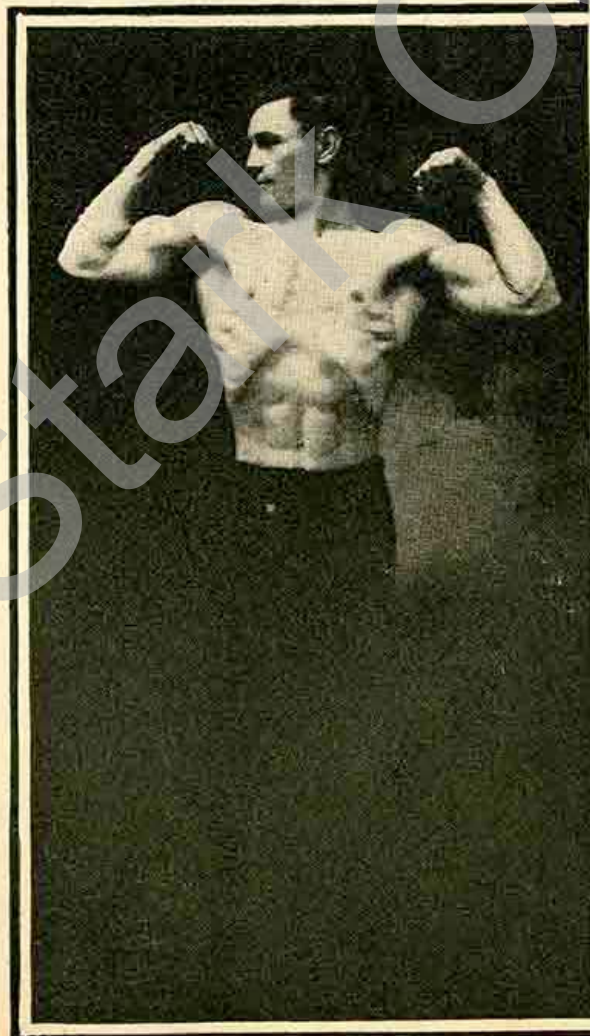
Does Bar-Bell Lifting Cause Hernia?

Editor of "The Mat"

Dear Sir:

Your discussion in "The Mat" of this month's STRENGTH certainly hits the nail on the head.

I, too, have come in contact with that class of people who, having no development to speak of, will try to dampen the ardor of the body-building enthusiast. Since I took up weight lifting, these croakers have predicted all sorts of dire consequences for me. One tells me that there is great danger of hernia. Another of the danger of (Continued on page 88)



Would you have a good chest? Don't neglect the Serratus Magnus Muscles. Note the fine development displayed here.

Ask the Doctor

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

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

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



H. H. Rubin, M.D.

“Will a Fruit Diet Cure Skin Disease?” and Answers to Other Queries

By H. H. Rubin, M. D.

Dear Doctor:

Can a fruit diet persisted in for a period of two weeks cure a stubborn skin disease of long standing?

A. W.

Rochester, N. Y.

Such a fruit diet may be the direct cause of skin disease, instead of a cure. With many people the taking of fruit in conjunction with the meal inhibits or prevents the normal secretion of hydrochloric acid and pepsin. Food lies in the stomach without sufficient peptic juices properly to convert the albumen into peptones. At the same time, a decided fermentation is caused in the starchy and sugary particles of food, as well as in the cellulose material found in vegetables and fruit.

This mass, at the expiration of two or three hours, when ordinarily the period of peptic digestion should be completed, is passed through the pylorus, or lower opening of the stomach, into the small intestine. The heat and moisture of this part of the alimentary tract unite in causing putrefactive changes in this mass of insufficiently digested food. The result is that great quantities of poisonous material are generated and absorbed into the blood. In the effort to get rid of this poison, especially when the bowels or the kidneys are not sufficiently active, the lungs and the skin are called upon to perform extra work. The throwing of this extra burden upon the skin causes the development of eczema, pimples, boils and other evidences of improperly functioning skin excretion.

On the contrary, a diet deficient in fruit, and which contains too much nitrogen or albumen, may cause skin eruptions because it permits the development of acidosis,

or a lowered alkaline state of the blood. We would require some special knowledge as to exactly what your diet consists of, and how you react to it in order to answer your question more adequately.

Central Islip, L. I., N. Y.

Dear Doctor:

A few days ago I walked seven miles, and had to go to bed that night at 7 o'clock. I was weak on lower legs. I have to go to bed at 8 o'clock each evening in order to get up at 5:30 A.M. After taking exercises, I get exhausted and have to lie down. I am suffering also from indigestion and constipation with no appetite at meal time except for fruit, of which I am very fond. If I stand for a few minutes my feet and hands get cold, and I take very hot, weak tea in order to prevent a cold or sickness.

When I raise the left leg there is a strain above the knee, and if I hold it for a minute or more I get a cramp which holds the toe next the large toe stiff until I lay the leg down, and the circulation of blood is normal again. I lie on my back when I take the above exercise. My blood pressure, taken a few years ago, was 130-140. Had an attack of bronchitis last September, which I got after I took a cold water sponge at 7 o'clock in the morning. Was up all night doing duty as attendant and was not able to work for a month after the above illness. I have been told to ask my doctor about glandular extracts, and I feel that the substance known as adrenalin would be very helpful in my case.

I could succeed as a salesman, but I lack confidence in myself, so I have to work in a hospital until such time as I can get rid of the mentioned ailments.

W. L.

Depletion of the adrenal glands is the principal cause of your trouble, although the thyroid and the sex glands are also involved in conditions similar to yours. It might be helpful for you to have some of the physicians in your institution give you a little course of adrenalin, although I fear that adrenalin alone is not sufficient for

your case. Of course, regulation of the diet and free daily movements of the bowels are very essential. These measures, together with regular exercises, should be very helpful to you.

Fargo, North Dakota.

Dear Doctor:

About two years ago I got a breaking out of psoriasis from some cause or other, perhaps from a swimming pool. A local doctor gave me some internal medicine and a lotion. The spots went, all except a few, and they itched so that I scratched them. Ever since, I have had a few spots on my arms and legs which would not yield to this lotion. I have tried several things. They sometimes get sore and red after a hot bath, and sometimes they are dull and scaly. Can you tell me anything which might aid me in getting rid of them? Is it due to a system full of toxins? By way of enumerating symptoms I might say that I have catarrh and colds. Bowels function pretty regularly, and there is nothing seriously wrong with me.

P. A. R.

If you could have gland stimulation by radiation, it would be of immense help in this condition. As you cannot, however, I would suggest that you increase the alkalinity of the blood by the use of a bottle or two of kalak water every day. If you have any man in your neighborhood using the quartz lamp, I would suggest that you have him expose the psoriatic surfaces twice a week, commencing with a minute and a half exposure and gradually increasing to the erythema skin dose, that amount which will occasion definite sunburn. This treatment will also help your tendency to catarrh and recurring colds.

Dayton, Ohio.

Dear Doctor:

I have just read your article in the *STRENGTH* magazine regarding the Chang-Chinese giant individuals.

I am a young man 23 years of age and only five feet three inches tall. I am healthy and strong and otherwise perfect excepting for my subnormal height. Reading of these glands inspired me to write to you asking if it is possible for any medical man to force the growth of the bones artificially so that the man operated upon may gain in height. It seems that something of this kind ought to be easily accomplished.

I am anxious to add a good many inches to my height so that I would no longer be embarrassed and the object of ridicule.

Any advice you may give, sir, will be appreciated, but don't say "take stretching exercises," because that won't help to the extent that I want it to.

L. C. L.

After the skeletal framework is thoroughly formed, which it would be at your age, there is no possibility of developing any appreciable increase in height by any form of gland stimulation or any other treatment with which I am familiar. The stretching exercises which you deprecate are your only salvation. By persistent stretching, as I have seen with men who were somewhat undersized for army requirements, you will increase the height from one-half inch to one and one-half inches, which is the maximum possibility.

Exercise and Nerves

THE largest percentage of nervous wrecks who frequent physicians' offices and sanitariums, is gleaned from the ranks of "brain" workers while an almost negligible percentage comes from the ranks of manual laborers. This constitutes an important factor in the study of nervous conditions.

Dr. Bowers, a physician of repute, who has been writing for *Strength* for some time past, considers lack of exercise a prolific source of nervousness. "Nature," he writes, "gave us muscles and cells to use and if we don't care to use them she stores them full of fat or shrivels them up. A judicious amount of exercise brings about a better nutrition, not only of the muscles but also of the nerves that control them and of the involuntary activities that are back of all living processes."

See Page 50—*Is There a Reason for Nerves?*

Holyoke, Mass.

Dear Doctor:

I am addressing my question to the above department, but it possibly contains a suggestion for an interesting and helpful article which I would like to see.

Will you make up a list of qualifications for a person to use as a self-examination standard? The idea being that a person may examine himself and find out what his condition is and later check up on the same list and find his degree of improvement as compared with his first condition and how far he is from the perfect. This examination should be very comprehensive, including the physical and mental sides of life.

A good many articles are abstract and say "Do this" or "Don't do that," without giving information for one to judge whether he does or does not do enough of whatever is talked about.

I would like to be able to examine myself with a standard so that I can say I am 25% or 50% healthy and later on check up and know how much I am improving.

A. R. M.

I do not believe it would be possible to make up a list of qualifications for a person to use as a self-examination standard. There are so many technical matters entering into this that no layman could possibly examine himself and inform himself accurately as to his physical health. It would be necessary to go over the lungs, heart, vital organs in general, take blood pressure, have urinalysis made, etc., etc. You appreciate that this requires years and years of practical experience and study.

Brooklyn, N. Y.

Dear Doctor:

It is about ten years since I developed a curvature of the spine, and have been wearing a plaster jacket ever since. I am 19 years of age, height 5 feet 2 inches and weight 118 pounds, stripped. I walk, run, box and exercise regularly with a 50 pound bar-bell. My arms and legs are very long, but my body, that is, from neck to hips, is very short.

Is there a safe way of exercising for strengthening and lengthening the spine? If there is, do you believe it would help me any?

A. P. Mc.

A curvature of the spine, developed ten years ago, is as nearly permanent as any anatomical condition well can be. If I were you, I would continue my very excellent system of exercises, eat a carefully balanced diet consisting of plenty of good nourishing food, keep my bowels open, drink plenty of water, get plenty of sleep, and live as nearly a normal physiological life as is possible. This, in my opinion, will give you all the results that can be expected.

West Helena, Ark.

Dear Doctor:

On my arm between the elbow and wrist there is a place the size of an ordinary teacup, which is at times red and scaly and itches so that it is most unbearable. At night I am awakened by numbness of the entire left arm, which is affected by this itch. I have tried most all eczema remedies I know or have heard of; in fact, I have done all I know how to do, and my local physician has treated me, but to no avail. My physician
(Continued on page 87)



The DINNER TABLE

— Conducted by Jane Randolph

Grandmother's Soup Kettle

WHEN I was a little girl, Monday was the event of the week. It was in the good old days when the cook also did the family wash and Grandmother rolled up her sleeves and came into the kitchen.

Although she probably didn't know it, Grandmother was a philosopher. She did not believe in Blue Monday, but neither did she believe in doing a lot of unnecessary, hard work, and so she chose soup for dinner. Now soup for dinner in those days did not mean a tiny bouillon cup filled with clear liquid with a flavor of flesh and condiment, a sort of before dinner joke to whet the appetite for the square meal that was to follow. It meant a dinner composed entirely of soup, and a dinner that was an honest square meal at that, with perhaps a more than usually substantial dessert to complete it.

One of Grandmother's ideas for making a red letter day out of the traditional Blue Monday was to begin with the china. If she must do the cooking herself, at least she would make the meal as inviting to the eye as possible. And so out came the wonderful old red dinner set. It had an ancient platter big enough to hold a roast pig, and the enormous plates had red pictures of Chinamen in boats and rickety bridges over streams that looked like cement highways and cedar trees hanging in the sky. But besides there was a huge soup tureen and soup plates wide and deep enough to hold twice as much as any small girl could eat. How I used to admire that red landscape while Uncle John ladled out the steaming stew and I waited my turn for my share of the feast. There was always enough for a second helping for everybody who wanted it—and they generally wanted it. Nobody ever went hungry away from Grandmother's table.

But the feast itself was made doubly festive for me by the extra special treat of being allowed in the kitchen to watch the making of the soup. There were perhaps bones from the Sunday roast. If not, a soup bone arrived from the butcher's early that day. In either case it was cracked in small pieces, for the nourishing part of the bone is on the inside, and it must be broken up if the best of it is to be extracted in the cooking. The meat was cut in small pieces so it could be served in the plates. There was a big soup kettle of iron—aluminum is better these days—and into the bottom of it went the bones, the meat being reserved to be added after the vegetables were put in. This, Grandmother explained, was in

order that the bones might be a buffer between the heat and the meat. They would prevent the heat from cooking the meat so rapidly as to close the pores and prevent the juices from escaping into the soup.

Next she put in any or all of a collection of what might be generally termed starch foods to thicken the soup as well as to make it more nourishing. Perhaps it was a cup of rice or steel cut oatmeal, sometimes macaroni or spaghetti, barley or cracked wheat.

Always there was potato cut in little cubes like dice. The vegetables were of the homely everyday sort, two or three carrots, a turnip, cabbage and onion, a good-sized beet with its top if fresh, and tomatoes, fresh or canned according to the season. All were cut fine or diced, and sometimes she let me amuse myself cutting them up into fancy shapes, much to the amusement of the family when the soup came on the table.

After the vegetables came the part that Grandmother enjoyed most, for it was the part the success of which depended upon her own ingenuity and good sense—the addition of whatever she might happen to have that would improve the soup or add to its nourishing qualities. Usually there were outside pieces of celery left from the Sunday dinner, and always there were celery leaves and tops which were never wasted but carefully dried for this express purpose. And there may have been a bit of left-over spinach or cauliflower, or at least the liquor left from the cooking of these vegetables. Grandmother had never heard of vitamins, but she knew what tasted good, and her New England conscience forbade her to throw any vegetable water away. It always went into the soup pot. And so did any outside leaves of lettuce that were still fresh but not quite whole enough for the table. These were always carefully scrubbed, chopped and put in the soup.

For a final flavor there were herbs on the pantry shelf. Bay leaf, wild thyme, green or dried parsley, and sometimes a dash of mace; each took their turn in giving a different character to the dish.

When all was ready, the kettle was filled with cold water and put over a slow fire to simmer, never to boil hard, and tightly covered to keep the flavors in. Two hours of cooking will make very good soup, and is quite enough for the vegetables. But to get the best flavor from the meat four hours is not too much. The time of cooking all depends on what materials are being used and how much time there is to spare. In any case the soup should have time to cool, so that the grease

can be skimmed from the top. It can then be reheated.

The point about Grandmother's soup was that although she never gave a thought to the matter of a "balanced" meal, yet guided by her experience as to what would satisfy the appetites of a healthy family, and her good judgment in considering what would both look and taste good, she did achieve a perfect meal. The soup alone contained all the elements of a balanced ration, but it was also accompanied by substantial bread and butter. In the old days it was very apt to be made of whole, undegerminated corn-meal. Today it would probably be easier to use whole-wheat bread, toasted perhaps, and cut in strips or croutons. And to it might be added a substantial dessert, a shortcake made with fresh or stewed fruit, or whole brown rice pudding, made with raisins and whole milk.

There is another thing worth noting about Grandmother's soup. She did not strain it. She removed the bones when the soup was done, but she left all the meat and vegetables to be served in the plates and chewed. It was not a liquid meal and it was not served as an accessory, but was placed on the table in its own tureen and served by the head of the house like a chicken or any other kind of a dinner. We literally ate our soup. Also it was not cooked to death. In preparing the soup a great deal of judgment was used about the time for adding left-over cooked vegetables and green things. These were added about half an hour before the soup was done to avoid overcooking them.

The proportion of vegetables, meat and water to be used in making soup is very largely a matter to be decided by the materials on hand and by the exigencies of the occasion. We are all familiar with Mrs. Wiggs' practice of adding more water to the soup when unexpected company arrived at dinner time. The practice may be hospitable, but it will not improve the nourishing qualities or the flavor of the soup. The general rule is:

- 1 pound of meat.
- 2 pounds of bone.
- 3 cups of prepared vegetables.
- 4 quarts of cold water.

I call it the One, Two, Three, Four Rule, and that makes it very easy to remember.

I have had many letters

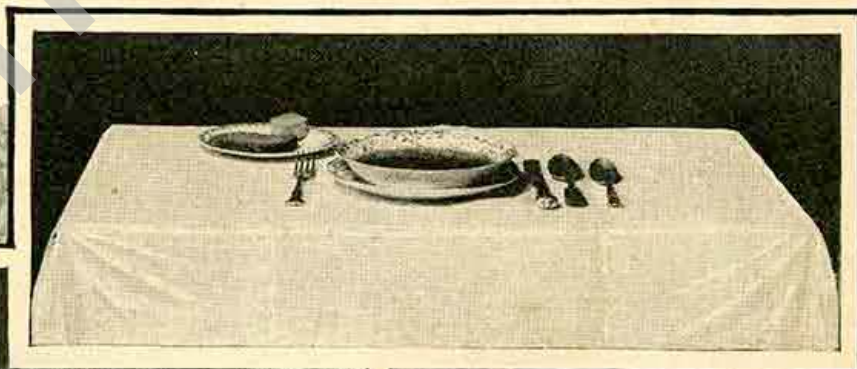
lately asking how to use the liquor from cooking vegetables, and my answer to them all is that I think this soup kettle of Grandmother's is the easiest way I know to get the family to consume every last scrap of mineral salts and vitamins in the vegetables. Of course, if the vegetables are properly cooked, there will be very little liquor left, and that little ought by rights to be served with the vegetables in deep dishes and eaten with a spoon. But it does happen that this is not always practicable; and then the soup pot is ever so much better than the wasteful way of the kitchen sink.

From a dietetic standpoint a good nourishing soup is one of the most valuable meals a mother can provide for her family. Thousands of European children were kept alive on soup during the World War, and it has always been considered a bill-of-fare for the sick and the invalid. But what is not so generally known is that, when properly made and accompanied with good whole-wheat bread and butter, it furnishes food enough for the hardest kind of labor, and is at the same time easily digested and assimilated. In a word, good soup sticks to the ribs.

What is also to the point with a busy housewife, it is easy to make, simple to serve, and will keep in cold weather or on ice, so that one operation of soup making can be made to do duty for two meals with a reasonable variety between times.

So the next time you are very busy, don't feel that you are cheating the family by giving them soup. Make it the way Grandmother used to make it, leaving all the vegetables in, and serve it, knowing that you are giving them a good square meal. Add a substantial dessert and they won't kick. Nine chances out of ten they will be more delighted with this than with anything else you can serve.

There is nothing more conducive to a good appetite anyhow, than the aroma of vegetable soup, all fresh and warm and made the way Grandmother used to make it.



Photos by Wm. H. Tripp



Here is a picture of the soup Grandmother used to make. Unlike the weak, strained liquid we now serve as a promise of something better for the next course, that soup was a meal in itself. There were vegetables and plenty of them, and they were all left in the soup. Grandmother was a great cooking expert, although she had never heard of a "well balanced meal." She discovered the one way in which the family will enjoy eating the liquor from the cooking of vegetables.

My Conquest of Rheumatism

How Years of Suffering and Doctors' Bills
Ended When I Discovered the Way to
Make My Crippled Body Strong Again

By Mary Haskell

I AM going to make a sweeping dynamic statement at the start of my dissertation on the cure of rheumatism, and I make it with truth back of me.

It is this: No one ever need have rheumatism. No one ever need remain rheumatic once one has acquired the disease.

And I who make this drastic statement have spent years of agony with rheumatism racking me from end to end, for this terrible disease had me for a victim so long that I never expected to be free from it. I only expected a little relief now and then, for that is all I had gotten for a number of years.

Without being egotistical in relating so much about myself, I want to say enough about my own case to let you see that this tale about rheumatism is told by one who has passed through the valley of the shadow of death, and yet is now a happy woman in abounding health and absolutely free from all traces of this dread disease.

In the years of my torture I went from specialist to specialist (oh! how little they know) and I spent time and money at all kinds of cures and baths in all parts of the world. I lay for hours in hot mud, drank bitter waters of many springs, underwent all sorts of treatments, bakings, electricity, strange diets, drugs, massage, but to no avail. The brutal disease still went on in my body, allayed a little from time to time, but never cured. I had settled into being a chronic rheumatic, having to endure periods of intolerable pain and suffering and to be a wheel chair invalid with the joys of life shut away from me, while other people found me an old nuisance.

That is one picture.

Now here is another at the age of fifty-two.

I am utterly free from rheumatism or any tendency towards it. My muscles and joints are elastic and youthful, my agony is all in the past and I am full of youthful spirits, enjoying life to the full, and feeling as if I were living in youth with long years of delight before me.

There is only one reason for rheumatism—IGNORANCE!! Ignorance of self, of one's own body. And under the head of ignorance come all sorts of minor headings, chief of which is acid. Rheumatism is acid; acid is fermentation; fermentation is a matter of wrong food, or combinations of food, wrong habits of exercise, or rather, lack of exercise and lack of proper clearing out.



Mary Haskell

First of all, of course, comes food for consideration, because food is the main cause of the whole trouble, or rather, ignorance about food. One has got to remove the cause before getting anywhere with the disease. One has got to stop making acid in the body, and as acid is made with food as its basis, one has got to understand all about the food one eats.

In the first place, with my miraculous cure, I took up the milk cure as the initial step. I took it for eight weeks; lived on nothing else but milk throughout that time. This milk washed out the acids, neutralized them and kept me from making more.

And let me say right here that at the beginning of the milk cure I had a most severe recurrence of my old troubles. I had rheumatism and had it terribly. The nurse in charge, however, explained the matter so perfectly and so inspired me to go on that I did not lose my courage. You see, it is this way with the milk cure: when you have a recurrence of some old ailment it is a sign that the cure is really working quickly and successfully. You must remember that I was partaking of two gallons of milk a day. All that liquid, full of marvelous curative powers, must all go through the circulation. The heart starts up with new and powerful activity, sluggishness is thrown off and the new blood is forced over the whole body with the power of hydraulic pressure, and into all sorts of crooks and crannies that have been unused for years, flushing out atrophied veins and muscles and capillaries and nerve tissues, and when the pressure of this life-restoring blood is very great, as it persistently pushes its way into dead places it causes pain; but this condition soon clears up, and the cleansing-out process continues and the old cells and tissues are torn down and washed out of the body.

I just endured the pain and waited for the milk to do its work, and it was like something magical.

The great amount of calcium in the milk, powerful in its alkali, ate up the acid in my veins, and I soon commenced to pick up and get better: to feel for the first time in years a real limbering up of my poor stiff joints and a new sense of well-being all through me, and gradually, day after day, the rheumatism melted away.

I went by the directions of the nurse at the milk cure and took up the right kind of diet. You see, for years I had been eating all wrong. The various doctors I had had all told me to give up meat. That was all right as far as it went, but they left (Continued on page 86)

He Doesn't Know It Yet But He's a \$6,000 Man

"DO YOU SEE that earnest-looking fellow talking to the President?"

—It was the General Manager speaking; he and his guest were taking a turn thru the main offices.

—"That's the man I've got picked to take Short's place, as Auditor of the Company, when Short goes East. I've had my eye on him for more than a year; he's the kind of fellow who's bound to get ahead. I learned the other day that he has been studying evenings at home for the past six or eight months. He's one of the few men who really seem awake to their opportunities. A fellow like that is too good to lose, and we're going to make it worth his while to stick. He doesn't know it yet, but he's a six-thousand-dollar man!"

* * *

"Studying evenings—working out problems—taking an interest in the business"—if the men in subordinate positions could only read the minds of the men directing them, what surprising things they would learn about themselves!

—How every day, for example, those who show promise are being appraised for bigger jobs. —How their capacity is constantly being measured by the readiness with which they grasp the larger problems of the business. —How they are being gauged by the foresight they show in preparing for greater responsibilities.

For, after all, the extent to which a man is willing to prepare for bigger things is a mighty good index to his fitness to control them—isn't it?

The boss, you see—if he is a real executive and not a figurehead—put in many years equipping himself for his present position. Is it likely that he will overlook the chap who shows the same habits and tendencies which helped him to get ahead?

Then, too, when a man undertakes home-study training, he proves that he has good common-sense—and that's an asset!

For consider the logic of his undertaking—

For a comparatively few months—a year or two, at most—a man agrees with himself to give up a certain proportion of his "good times." He weighs them against his ambition to increase his income, and he deliberately chooses the bigger salary, the larger future. He knows that training is what he needs, and he values his self-respect so highly that he cannot be happy to drift any longer.



The point to all this is very simple. In making a decision of this kind, he is demonstrating his ability to discriminate between the values that are worth while and those that are no values at all.

And inevitably that kind of shrewdness makes a real hit with sound business men.

He Learns by Solving Problems —and It's a Fascinating Method

But there's another phase to home-study training which we have neglected to mention.

While it takes courage to map out a course for oneself and to make the start, it is only a short time after one has got under way when it becomes no task at all, and instead of regarding his studies as a burden, a man gets to really looking forward to his periods of training. Under

the LaSalle Problem Method, he works with actual business problems, and they fascinate him. He is conscious that he is growing in business power. He sees the results of his increased ability in the promotions that he gains.

Consider, for example, such simple statements as the following, all susceptible to ready proof:

"Salary and earnings have increased over 183 per cent. Your course has given me the position I wished for, the salary I looked for, and has broadened my knowledge and vision so that I have perfect confidence in my ability to do any job in the accounting field."

FRANK B. TRISCO,
Minnesota.

"Instead of a factory store-keeper, I find myself at the end of three years head of a department, with an increase in salary of 230 per cent."

F. H. LAWSON, California.

"Led the list in the Maine bar examination."

GORDON F. GALLERT,
Maine.

"From a salesman in the ranks, in two short months my sales have shot up nearly 150 per cent. I am now a district manager, with eleven men working under me."

C. RUTHERFORD, Canada.

"—a total of 90 per cent increase in salary in two years. I saw this promotion in advance and was preparing myself for it, altho it came six months sooner than expected, which goes to show that it pays to be prepared."

R. L. REEVES, Alabama.

Make Yourself a \$6,000 Man

Of course no amount of WISHING can get a man out of a mediocre place and put him on the right road to success.

But what astounding things a man can do if he changes his wishing to WILLING—if he really sets up a goal for himself and steadily bends his energies toward REACHING it!

What is YOUR goal? Is it symbolized by one or more of the courses listed on the coupon just below?

Then, for the sake of your future, take out your pencil NOW—check the training that appeals to you—sign your name and address—and put it in the mail.

There is, of course, no obligation—but there's a great big OPPORTUNITY—and it's automatically set aside for the man who ACTS.

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The World's Largest Business Training Institution

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Please send me catalog and full information regarding the course and service I have marked with an X below. Also a copy of "Ten Years' Promotion in One," all without obligation to me.

Business Management: Training for Official, Managerial, Sales and Departmental Executive positions.

Modern Salesmanship: Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling.

Higher Accountancy: Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.

Law: Training for Bar; LL. B. Degree.

Commercial Law: Reading, Reference and Consultation Service for Business Men.

Traffic Management—Foreign and Domestic: Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc.

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Banking and Finance: Training for executive positions in Banks and Financial Institutions.

Modern Foremanship and Production Methods: Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc.

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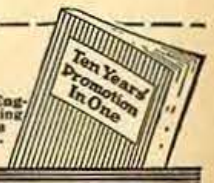
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Name..... Present Position..... Address.....

SANDOW

*The Most Famous Strong Man
the World Ever Produced —
Says:—*

*"Your (Liederman) system of Physical
Culture is a perfect health and muscle
building system."*

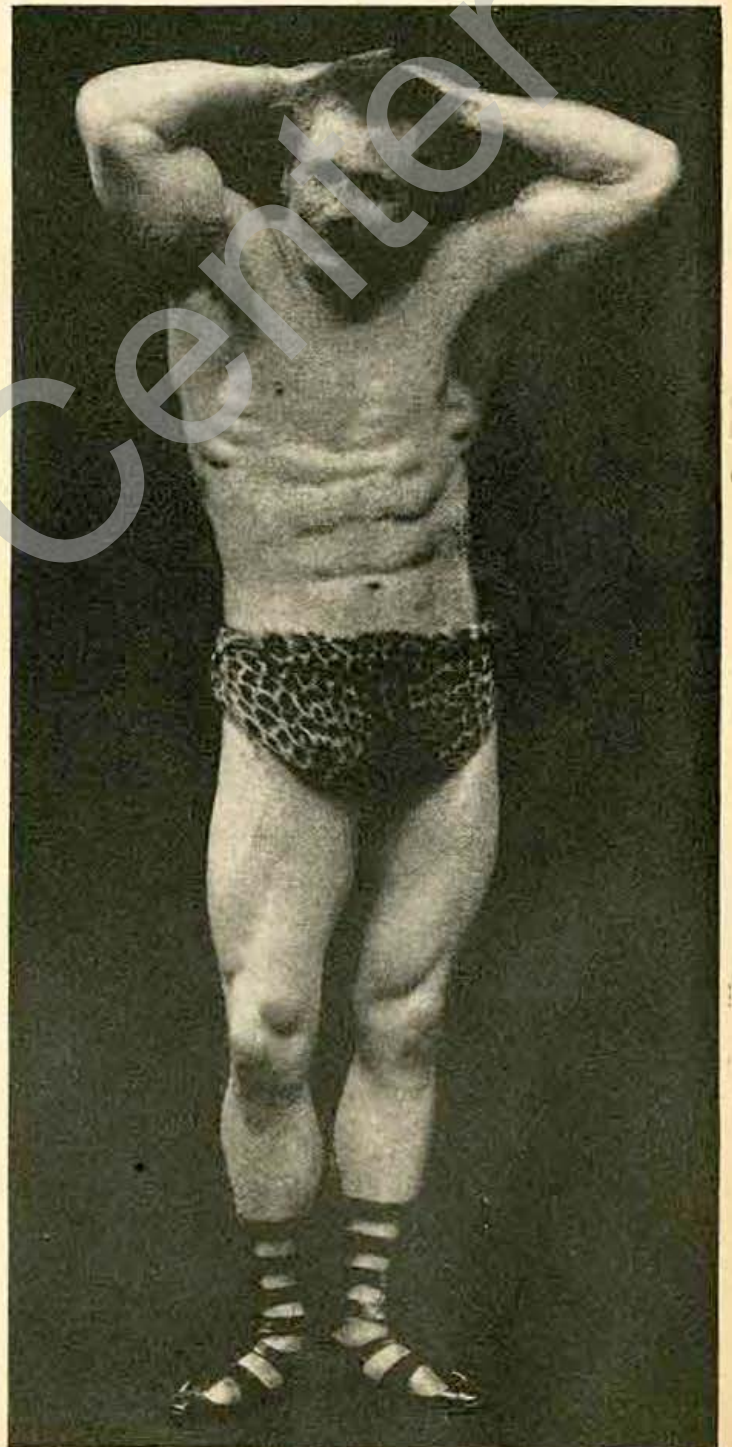
ASK the average person, "Who is Eugen Sandow?" and the reply will be: "The strongest man in the world." Sandow did accomplish some most amazing feats of strength when he last toured America, but he is far more than a strong man. He is known the world over as one of the greatest instructors in Physical Education. Not only has he been recognized as an authority on this subject, but he has been officially pronounced the finest physical specimen of manhood that the world has ever known.

It is now 25 years since Sandow toured America, performing unbelievable feats of strength and lecturing on the development of man's physical powers. Since that time he has been personal advisor to a number of Presidents of our own country, the President of Switzerland and twelve of the crowned heads of Europe.

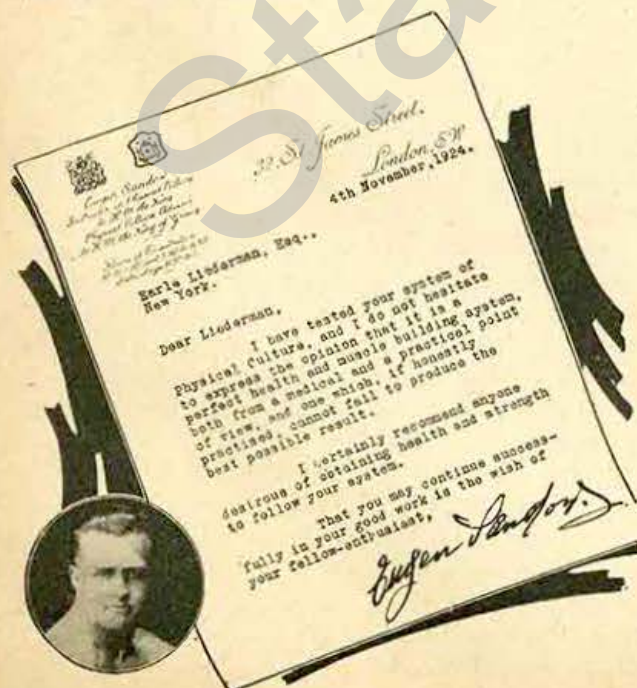
Mr. Liederman has always been a great admirer of Eugen Sandow and knew of the great work Sandow was doing in Europe. In the spring of 1924 Mr. Liederman and Sandow met to discuss this great subject of Physical Education. Sandow asked that he receive the Liederman course of instruction so that he might test it, as he had already done with other courses.

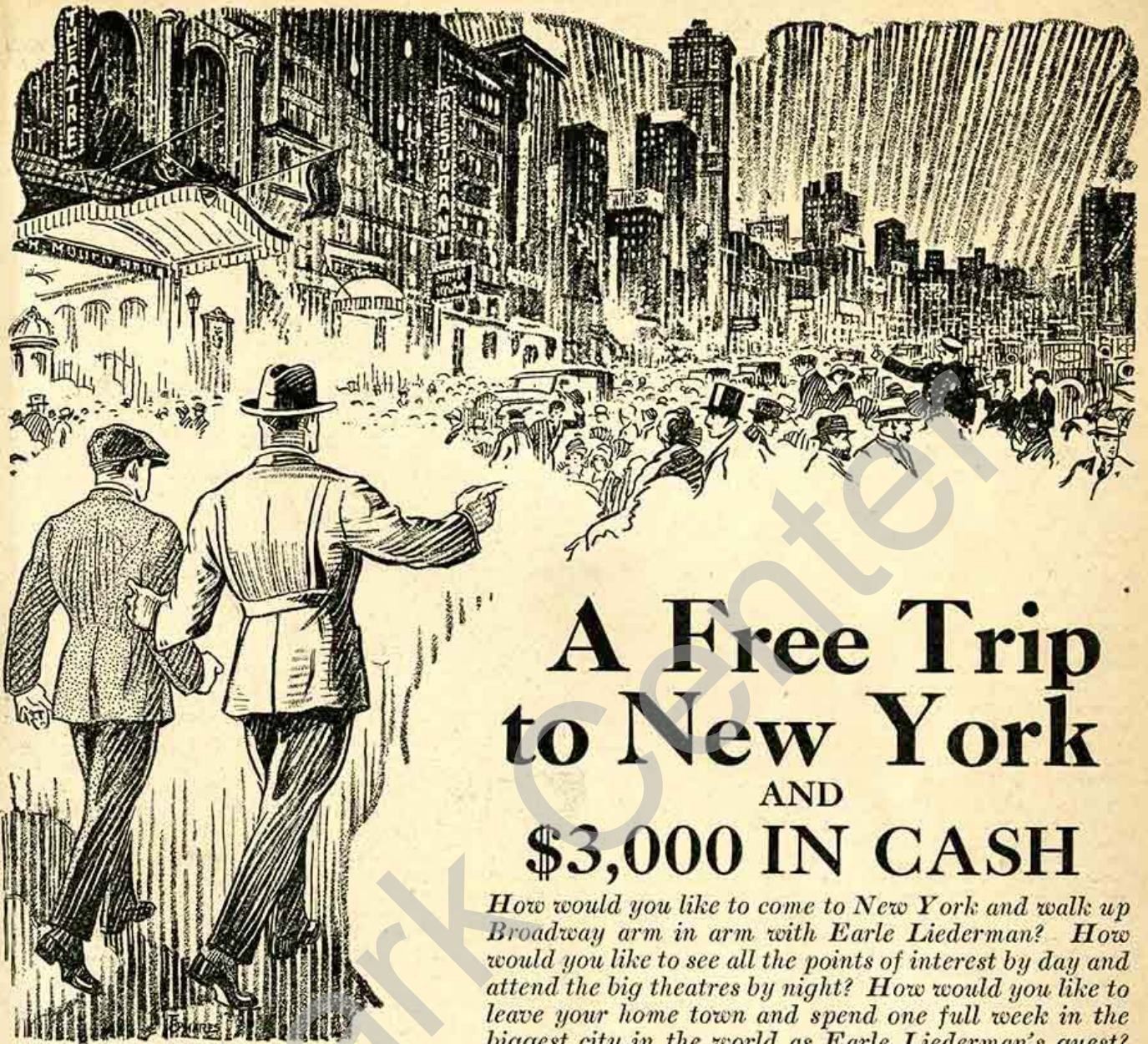
Read letter below and see what Sandow now says of the Liederman system.

When such a man as Eugen Sandow, who is physical advisor to kings, will say what he does of the Liederman health and muscle building system, the final word has been spoken. Can there be any higher authority?



EUGEN SANDOW
Instructor to H. M. the King





A Free Trip to New York AND \$3,000 IN CASH

How would you like to come to New York and walk up Broadway arm in arm with Earle Liederman? How would you like to see all the points of interest by day and attend the big theatres by night? How would you like to leave your home town and spend one full week in the biggest city in the world as Earle Liederman's guest?

THAT'S what I'm going to do for two of the prize winners in my 1925 contest. I'm going to buy the railroad tickets and Pullman. I'm going to meet them at the station and pay all their expenses while they are in New York. I'm going to show them the best time they ever had in their lives, and it's *all on me*. And beside that I am going to give one of these chaps one thousand dollars (\$1,000) and the other fellow five hundred dollars (\$500) in cold cash.

The Earle Liederman 1924 contest was a grand success. The improvement shown among my pupils was unbelievable. The \$2,100 which I gave as prize money has not only made happy hearts, but it was the means of spurring on thousands of men and boys in their endeavor for physical perfection. As I sat at my desk and looked over the photographs and read the letters telling how faithfully my pupils have

worked, my heart filled with deep emotion. It has made me the happiest man in the world. These letters told me how some of my pupils who were physical weaklings transformed themselves into strong, sturdy men. They told me of such men as Mr. Curren, who, at the age of 60, had given up all hope of ever having a strong, healthy body and then, through his own efforts, had suddenly realized his life-long ambition. As I read these letters, I could not help but wish that I could grab each and every one by the hand and say, "Atta boy, keep it up; you're doing fine!"

Of course, such a plan is impossible, but I have decided that next year I will do this very thing with the first prize winner in each contest. Yes, there are going to be two separate contests in 1925. I'll tell you why. There were a great many photographs received from pupils whose muscles were far greater developed than

those who won the prizes, but these better developed boys and men had not shown as great gains during the period which I allotted. And beside this, there were pupils who enrolled in 1923, and further back, who were not entitled to any of the advantages of the 1924 pupils. However, these pupils will have a show in my 1925 contest, for I am offering an additional \$1,000 to be awarded to the pupils showing the best muscular development, regardless of when they enrolled.

Do you get what all this means? Twenty-eight fellows are going to get cash prize money in amounts all the way from \$1,000 down to \$10, and two pupils will get in addition to their

cash prize, a free visit to the wonder city of the world. These two pupils will select their own time to come. Just notify me long enough in advance so I can get the scenery ready. I am going to stand all expenses, railroad tickets, hotel bills, amusements, etc. It will give us a chance to become friends—get better acquainted. Where you live won't make a bit of difference. I don't care if you live in China. The judges will pick out the winners, then I will write and send them their necessary money, tickets, etc., for whatever dates they select.

And remember, the colored boy has just as much chance as his white neighbor.

NOW READ CAREFULLY WHAT THE CONTESTS ARE

The first contest for 1925 is as follows: To the pupils showing the greatest improvement from whatever time they enroll after receiving this notice until October 1, 1925, I will award prizes totaling

\$2,000 in Cash

First Prize . . .	\$1,000 and gold medal
Second " . . .	500 " " "
Third " . . .	300 " " "
Fourth " . . .	100 " " "

To the next ten in order, each \$10 and gold medal.

In case of tie for any of these positions, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The first prize winner also gets the *free trip to New York*, to spend one week here at whatever time he selects. I am to pay all expenses from the time he leaves his front door till he is safely back again.

TO THE BEST DEVELOPED MAN

The second awards will be given to the pupils showing the finest looking muscles regardless of when they enrolled. This will be open to old and new pupils alike. It will give everyone a chance to develop herculean proportions. These prizes will be as follows:

\$1,000 in Cash

First Prize . . .	\$500 and gold medal
Second " . . .	250 " " "
Third " . . .	100 " " "
Fourth " . . .	50 " " "

To the next ten pupils in order, \$10 each and gold medal.

In case of tie for any of these positions, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The winner of first prize in this contest will also be given a *free trip to New York* to spend one full week at whatever time he selects. The same conditions holding true as in the other contest.

1,000 SILVER MEDALS

In addition to all the prize money given to the winners in these two contests, I am also giving at least one thousand solid silver medals to all those who have worked up to my standard.

Now, fellows, who are to be the prize winners? Who is going to get all this money? And who are the two lucky ones that I am going to pal around with in New York? Is one of them going to be *you*? The answer is within yourself. Think of it! Follow pleasant exercise under my guidance, build up a powerful, robust body that will be yours for your life time and, besides all this, spend the finest vacation you ever had or ever even hoped to have. And, just think! I am going to hand over to one of these boys \$1,000 in cash, and to the other \$500. And then I won't let them spend a cent of it. The good time is *all on me*.

Read the conditions carefully. Then shoot me your measurements and enrollment blank and—let's go. Remember the sooner you get started, the better chance you have to grab that big prize.

If you are going to strive for the improvement contest, be sure to keep a copy of your measurements and a photograph as of enrollment date. Then, before October 1st comes around, send me your improved measurements, with the latest full-length photograph, showing your muscles to the best advantage, as contests close October 1, 1925. The photo of yourself as of date of enrollment need only be a snapshot. This should be kept by you and sent to me at close of contest together with your photo showing improvement. This will facilitate matters and also be a perpetual reminder of your changed condition. The latest photo must be taken of a full-length pose.

If you plan to enter the contest for best development, enroll at once and let me get you started in modeling your body. Muscles don't grow over night, but I surely can make a different looking man of you in a few months' time. After all, it's the strong, robust body that counts more than all the prizes in the world. But as long as men are human, prizes will stimulate them to greater activities. And if I can make bigger and better men by prizes, I'm going to give prizes.

The judges this year will be the same as last. They were so pleased with the 1924 contest that they immediately agreed to serve in 1925. They are as follows: Bernarr Macfadden, world renowned authority on physical culture; Budd Goodwin, undefeated long-distance swimming champion of America; Arthur L. Hyson, physical director; George O. Pritchard, former professional football and basketball player; your instructor,

EARLE E. LIEDERMAN.

What is a BOHUNK?

A BOHUNK is a man who knows the right thing to do and then deliberately does the opposite. Sometimes we call these fellows fools. Sometimes we use stronger words to describe them. We laugh at them. We pretend they are funny. But we never respect them.

And still—how many fellows are just plain BOHUNKS and never realize it. They are given a good clean body to start with. They know that this body is one of the most delicately constructed organisms ever put together. Their common sense teaches them that they must not abuse it—and then: They eat every blame thing they can lay their hands on just to satisfy their appetites. They go on committing sins against their flesh that even a dog would not do. They know that their bodies need exercise just as much as they need food. And still they permit themselves to grow soft and flabby, accumulating poisons, disease and every kind of germ imaginable.

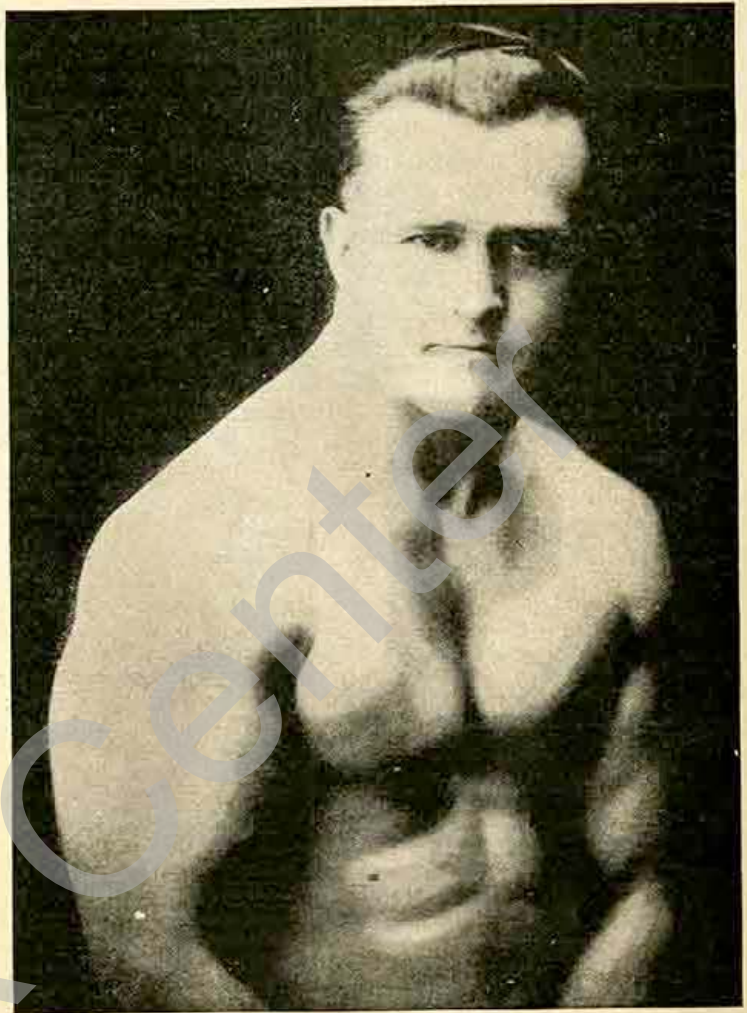
The Wise Man

Come out of it, fellows. Don't be a plain dumb Dora. Don't you realize you can't keep this up? You're really not living at all. You only think you are. Cut out this foolishness and get busy. Drive those decaying tissues out of your body. Throw out your chest and give your lungs a treat with some good pure oxygen. Harden up those soft, flabby arms of yours. Take those rolls of jelly off your body. Get some honest-to-goodness muscle. Find out what real health and strength means. You'll realize then how foolish you've been to go without it. It's been yours right along for the asking.

A New Man in 90 Days

Come to me and let me help you. You can't do it alone. You may think you can but you'll find you are wrong again. This is my job.

I've been doing this very thing for 15 years and I know just how it can be done. I'm going to pack one full inch of healthy muscle onto those arms in just 30 days. I'm going to add two inches to your chest in the same length of time. Yes, but that's nothing. I haven't done a thing yet. Now come the real works. Just watch 'em grow. I'm going to broaden your shoulders and deepen your chest. I'm going to stretch out those lungs of yours that are now sticking together like pieces of fly paper. Every time you take a breath you will feel the old oxygen shooting through your blood and making your whole body tingle with new life. I'm going to put some real pep into that old backbone. I'm going to build up those muscles in and around your vital organs. You will feel the thrill of vitality throughout your entire system. And all I ask is 90 days. Sounds good—doesn't it? You're durn tootin', it's good. It's wonderful. And the best of it is—I guarantee all this. Do you doubt me? Come on, then, and make me prove it. That's the stuff. That's what I like. Are you with me? Let's go.



EARLE E. LIEDERMAN
The Muscle Builder

Author of "Muscle Building," "Science of Wrestling," "Hero's Health," etc.

Send For My New
64 Page Book—

"Muscular Development"

IT IS FREE

It contains forty-five full-page photographs of myself and some of the many prize winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. It is yours to keep. This will not obligate you at all, but for the sake of your future happiness and health do not put it off. Send today—right now before you turn this page.

EARLE E. LIEDERMAN

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305 Broadway New York City

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EARLE E. LIEDERMAN
Dept. 703, 305 Broadway, New York City
Dear Sir: Please send me absolutely FREE and without any obligation on my part whatever, a copy of your latest book "Muscular Development."

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Are You Ever Ashamed of Your English?

DO YOU say "who" when you should say "whom"? Do you say "between you and I" instead of "between you and me"? Do you mispronounce common words in your speech or use them incorrectly when you write?

Many a man has been held down all his life and suffered untold embarrassment because of mistakes in English.

You do not need to make these mistakes any longer. Right at home, in spare time, in the privacy of your own room, you can make up the education you missed in the days that you should have been at school.

The International Correspondence Schools will teach you, just as they have taught thousands of other men, by a simple new method which shows you instinctively which word to use and how to use it.

Mail the coupon to-day for free booklet

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Box 2382-C, Scranton, Penna.

Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject before which I have marked an X:

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| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Better Letters |
| <input type="checkbox"/> Business Law | <input type="checkbox"/> Show Card Lettering |
| <input type="checkbox"/> Banking and Banking Law | <input type="checkbox"/> Stenography and Typing |
| <input type="checkbox"/> Accountancy (including C.P.A.) | <input type="checkbox"/> Civil Service |
| <input type="checkbox"/> Nicholson Cost Accounting | <input type="checkbox"/> Railway Mail Clerk |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Common School Subjects |
| <input type="checkbox"/> Private Secretary | <input type="checkbox"/> High School Subjects |
| <input type="checkbox"/> Spanish | <input type="checkbox"/> Illustrating |

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| <input type="checkbox"/> Electric Lighting | <input type="checkbox"/> Blue Print Reading |
| <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Contractor and Builder |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice | <input type="checkbox"/> Concrete Builder |
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Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada

\$25 A DAY!
RIGHT FROM THE START

You can make that much and more showing sample to your friends and introducing the famous "Stay-Press" Trousers. Saves clothes and makes them wear longer. Takes only a few seconds to adjust. Each sale brings several re-orders. \$1.00 net profit from each one sold. Every man buys one to six. Whiteley, Ken., made \$50 first 2 days; Mathews, Minn., made \$14 in 2 hours; Stewart, W. Va., made over \$500 last month.

Get started NOW. Big Profits first day. We show you how and furnish outfit. Send for FREE Information. THE GETGEY-JUNG CO., C-75, G & J Bldg., Cincinnati, O.

How Can I Get More Strength From My Food?

(Continued from page 26)

contain the alkaline salts, the blood cannot maintain a sufficient alkalinity. Or to put it another way, if the diet is heavily overbalanced in the direction of acid-forming foods, then the blood by necessity becomes acid, the vigor of the muscles cannot be restored, and one is tired, full of fatigue, even without having done any work to make one tired. By contrast the fatigue developed, let us say, by running a Marathon race, is a healthy form, and easily overcome. But, as we see, one may be fatigued through deficiency in diet or through the poisons of bacterial infection, in disease. That is why the sick man is prostrated; he has no strength. And that is also why he should go to bed, to save his strength, and to avoid adding fatigue-poisons due to physical effort to the other poisons that he must fight.

When one finds himself more tired in the morning than when he went to bed, it is probably by reason of an inadequate, one-sided diet. Ordinarily, on a proper, normal diet, the blood overcomes any accumulated acids in the system during sleep, restoring the alkalinity of all tissues, so that the sleeper awakes refreshed and strong. If you do not wake up feeling very much alive and cheerful, then look to your diet.

In speaking of a balanced diet we, of course, do not mean any proportion of proteins, carbohydrates and fats, such as the school books of a past generation used to teach us, and as some school children are still being taught out of antiquated books. A balanced diet in the modern sense is, on the contrary, one in which the acid-forming foods are balanced by base-forming foods, that is, foods containing the alkaline mineral salts in such abundance that they will neutralize the acids produced in the system. The end-products of protein are acid; so are those of fats and carbohydrates (starch and sugar). A diet containing a large amount of meat is, therefore, likely to be unbalanced and acid-forming, unless it is counterbalanced by a very generous supply of base-forming foods. Unfortunately, in so many cases an excess of meat is accompanied by an excess of starch, such as white bread, rice, water-drained and therefore demineralized potatoes, and pasty sweets, all acid-forming, with a disproportionately small mixture of the "mineral" or base-forming foods.

Now, it is true that most people get some of these off-setting alkaline foods, sometimes barely enough and again not quite enough. They use some other vegetables besides potatoes, though without their full value because improperly cooked, and they occasionally eat some fruit or green stuff, stewed fruit desserts and some milk, but the diet is still not sufficiently well-balanced. It is not the diet of vigorous strength, or of adequate resistance to disease. In other words, the diet of the majority is one that people may be able to get along

on a part of the time in a state of diminished efficiency, with a very delicate balance of alkalinity, likely to be upset very easily by an excess of acids. But one could not enjoy much endurance on that basis. And so for the sake of real strength one should build up a balance well on the side of alkalinity, so that any fatigue is quickly and easily overcome.

That is, in large part, what a reserve of strength really means. The man who can run a Marathon race of 26 miles, 385 yards, in something like two hours and a half, must necessarily have acquired in high degree this healthy alkalinity of the blood, so that the acids formed by the work of the muscles can be neutralized and carried away about as fast as they are formed. This means a state of the very highest vital and functional efficiency, as well as of health in an exalted sense.

When an athlete "goes stale," the symptoms of which are extreme fatigue, heavy-feeling limbs, loss of strength, loss of appetite, restlessness and inability to sleep, the thing that has happened is that his system has become over-balanced on the side of acidity. This may be due wholly or chiefly to diet, as we have seen, or it may be due partly to such excesses in training (common among prizefighters) as may have produced the normal fatigue poisons faster than the system could overcome them, until they accumulated; and then, what with a borderline diet verging on acidosis, this excess fatigue may have been sufficient to turn the balance. Any way, in such a case, quickly to get back his strength and energy, the athlete should adopt an anti-scorbutic diet, the kind that would most quickly overcome scurvy, while warm baths and massage would promote elimination. He should avoid meat, sugar, white bread and starchy foods, in short, all acid-forming foods. And he should eat the base-forming foods, such as fresh fruits (fruit acids are not acid-forming), vegetable soups (without meat stock), any cooked green and leafy vegetables with all their juices, tomatoes and other raw salads that are palatable, fresh raw milk, egg yolk (not the whites), and either bran and whole wheat bread or the water in which the wheat bran has been soaked or simmered. Whole wheat bread, like milk, is a food perfectly balanced in itself. Such a diet will quickly give the athlete back his strength. Then he can resume a more general diet.

There are so many important considerations in connection with this subject that they cannot well be covered within the limits of a single article. Indeed, this discussion will necessarily extend over a course of three or four articles, the balance of which you will find in STRENGTH within the next three months. Next month we will look into the matter of nervous energy as related to food.

65 YEARS YOUNG!

A Youth at 65—All Because He Keeps His Spine A Half Inch Longer Than It Would Ordinarily Measure.

IMAGINE it—a man of 65 passing for a man of 40! Yet that is actually the case of Hobart Bradstreet, whose photograph, taken only last summer, you see here.

Look at the man! Would you ever guess him to be of grandfather age? Would you, indeed, put his age at 40? I, for one, guessed him to be *under* that mark.

Not only in appearance, but in *every other way*, Bradstreet is still in his thirties, even though his age is 65. In fact, for "pep," activity and sparkle he would put most 30-year-olds to shame. I *know*, for I have seen Bradstreet in action, and I am only 35 and supposed to be a pretty fair physical specimen myself.

Almost three-score and ten, when most men are "through," Bradstreet, as he himself puts it, is "*just beginning to enjoy life!*"

His job requires him to work like a horse, yet it never seems to tell on him. After an eight or ten hour stretch at work, he can go out and play for hours like a youngster. His recreation and pleasures are those of an active youth.

How does he do it? By living the "simple life"! Not so you could notice it! Bradstreet follows no "how-to-live-to-be-100" rules. You could never tie him down to any health institute regime. He eats what and when he pleases. As a smoker he has no choice between cigar, cigarette or pipe. And rarely does he get over seven hours sleep a night. Bradstreet—as I happen to know—likes a "good time" even though it runs into the wee hours.

How does he do it? I'll tell you the whole secret. *Hobart Bradstreet keeps his spine a half inch longer than it would ordinarily measure!*

What does that mean? You'll understand when you know something of the wonderful story of the spine.

The spine, the foundation of the body, is a series of small bones (vertebrae) placed one above the other. Between each pair of bones is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down—become thin and hard as the felt pads under piano keys do. One's spine, then, doesn't absorb the shocks sustained, but transmits them straight to the base of the brain. You know what happens then. The whole nervous system is affected. Then we begin to feel "out of sorts" as a general thing. We develop headaches and back-

aches. A day's work completely fags us. We go home at night with nerves apounding, unable to rest or sleep. We become cross and cranky, moody and morose. We begin to *feel and look old and worn!*

The secret of keeping young and alert and vigorous, as Bradstreet learned years ago in his study of the spine, is to keep the spine from "settling down"—to keep it *normally long* by giving it the peculiar motion, the flexing, the laxation it would get if we lived as naturally as we should, as early man lived. No amount of violent exercise will do the trick. As for walking or golfing, the spine only settles down a bit firmer with each step.

Judging from the results obtained in his own case and in the case of hundreds of others, Bradstreet seems to have in his method of "laxating" the spine the answer to the problem.

Bradstreet's method for "elongating" and "laxating" the spine is so simple as to be almost ridiculous. Just five movements to the whole thing—the whole five gone through in five minutes! Taking only five minutes a day, it is hard to believe that there should be anything wonderful about the results. But I know the surprise *one session* with Bradstreet's SPINE-MOTION gave me! I thrilled with a feeling of exhilaration that was altogether new to me.

Several people to whom Bradstreet referred me told me they had never known what it was to be fully alive until they had taken up his SPINE-MOTION. Among them were some who had suffered for years from some such trouble as headache, nervousness, stomach trouble or constipation.

There is a surprise in store for everyone in Bradstreet's SPINE-MOTION. The young learn that they have not been as young as they thought they were. And those who have been aging in any sense under 60, will come to the conclusion that there is, after all, something to Bradstreet's statement that a man's powers in every sense should continue unabated up to 65.

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I Could Not Sleep Last Night

(Continued from page 48)

life and health. It is the basis of that always desired surplus of energy. Granted that one's food is satisfactory and other conditions of living acceptable, the matter of having the excess of energy that puts him always on his toes may be said to be purely a matter of sleep, not length but quality of sleep. It is vital because it means personal efficiency. It concerns the man or woman who needs a clearer and quicker brain. It concerns the professional woman who wants all the beauty the law allows. It is vital to the young man who has his way to make in the world. It is priceless to the man of middle age or over who wishes to hold his own in the business world against the eternal invasion of youth.

But can one insure this deeper quality of sleep? Can one acquire it—and how?

I started this discussion with the story of a man who needed outdoor exercise, and to whom I recommended any amount of walking to induce healthy, normal fatigue. For this is, of all the things that affect our ability to sleep, the greatest neglect of the greatest number. Of course any real exercise will serve, but walking is probably the best for the average man or woman for this particular purpose. It is non-exciting, non-stimulating and free from any form of strain. It involves mild use of the largest muscles of the body with the least tax on the nervous system, puts the heart and lungs to work for an hour or two and during that time gives the blood a continuously new supply of oxygen in maximum doses. It is just the right exercise to enable one, after several miles of it, to go to bed and sleep the sleep of the just.

The influence of narcotics or stimulants in conjunction with sleeplessness has already been mentioned, and a word to the wise is sufficient. One cannot look for normal conditions in the face of chronic poisoning, however mild. This applies to self-generated poisons as well. Auto-intoxication through functional stagnation as a result of improper diet, may underlie your lack of energy directly and, through interference with sleep, indirectly. Likewise an unbalanced diet, productive of acidosis, involves nerve starvation and instability. Restlessness and insomnia are characteristic symptoms of scurvy and allied deficiency diseases. Perhaps you are on the borderline of scurvy. And there are many indigestible foods, outside of lobster salad and Welsh rarebit, which are notorious producers of sleep-

lessness and weird dreams. To make a long story short, the unsound sleeper should look to his diet.

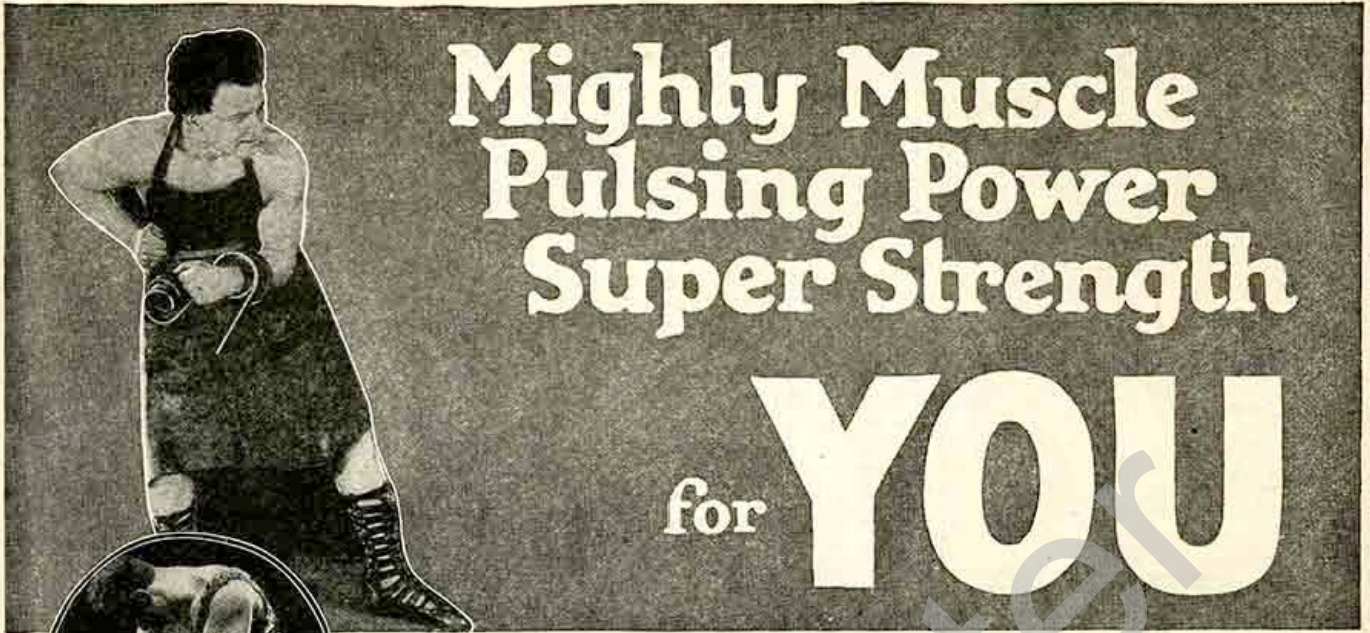
There is one especially interesting point in this connection. Be careful about eating before going to bed. Many have found that a late supper plays havoc with their efficiency the following day, even though they go to sleep. At least don't eat solid food. You may make exceptions of fruit and milk, for instance, an apple. Insomniacs are often advised to drink a little warm milk on going to bed, to draw the blood from the brain to the stomach, but on the whole, it is better to sleep on an empty stomach.

You can take that literally, if you like, that is, sleeping on your empty stomach instead of on your back, for many find it the most restful position. Young children commonly sleep that way by instinct. If you do sleep on your back, don't use a pillow, though you will need one if you sleep on your side.

Both fresh air and warmth are necessary for the most restful sleep. Secure the former by ample ventilation, remembering that warm feet and a cool head make an ideal combination. This reference to ventilation does not mean that you should sleep in a draught, for you would be too likely to wake up with a stiff neck. However, don't forget the need for warm feet. And don't try to get them by using heavy coverings. Cotton quilts are heavy, but not warm. You can get "warmth without weight" by using woolen blankets—as many as you may need in severe winter weather—or wool-filled or down-filled comforters. And don't try to keep warm under woolen coverings while sleeping on a sheet directly over a cotton mattress. Put one or two woolen blankets under you—and see how it works out. You may find that you need less over you. Don't be too economical about good bedding. You spend one-third of your life in bed, and it is the most important, most constructive part of your life. A fairly hard bed is more restful than one that is too cushiony. The bedding should be well aired and oxidized each day. Stuffy rooms and stuffy bedding are not restful.

Don't use an alarm clock. It is a robber, or at least the means by which you rob yourself of needed vitality. Cultivate character enough to go to bed early enough to get your sleep out and wake up naturally at the right time. An alarm clock in the nature of things does not go with the best personal and mental efficiency.

The last photographs to be voted on in the Posing Competition will be published in the April issue of STRENGTH. We would like every reader who is interested in body building to help us decide on the winner. See page 49.



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Health is strength—strength is health. The two belong together; they cannot be separated. For years I have been studying; patiently learning the secrets—the fundamentals of strength and health because it has been a part of my life. People say I have become the world's strongest man. I have acquired more strength than I can use. This terrific muscular power enables me to do publicly dozens of feats of strength that never before have been attempted. Look at the photos on this page. Ripping heavy chains apart—bending steel bars—lifting and supporting enormous weights—they are all child's play. I enjoy doing them, it's fun, there's a real thrill in knowing that my muscles will respond to my bidding. And it's because I know you want this same thrill in health, strength and power that I have been induced to part with my secrets.

Breitbart Offers You the Secret of Strength

I was once weak, thin, nervous and sickly. Are you? I have learned how to acquire strength and health. Do you want to be strong? I have spent my life finding out the secrets of power. You'd be surprised how simple it all really is. I have read or seen all of the courses on strength building published. They are much alike. My method is so different, so unique, so interesting, so sure, that it cannot be confused with any which have been offered.

Do You Want Rugged Strength and Health?

If you have a drop of red blood in your veins or an ounce of pep or ambition you need what I can give you. I don't care where you are, what you are doing or what your condition is; I'll give you the life thrill—the power, the build, the muscle that will draw forth the envy of men and the admiration of women. I wish I could show you



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the letters I have from men who came to me ashamed of their weaknesses—but who now go about with heads erect—broad shouldered—health and vitality gleaming from their eyes. Man, you owe it to yourself to write to me, you owe it to others. Would you starve yourself to death with food within your reach? Then don't let the only body you'll ever have decay on your feet while this result providing method is just within your grasp. A few minutes a day now may make the difference of years at the other end of your life. Act, man, as two fisted men do.

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Peach Skins and "Peachy" Skins for Beauty

(Continued from page 23)

attractiveness, especially if one dresses to harmonize with it. Whether you are naturally fair or dark, blue-eyed or brown, with hair that is auburn, golden, straw colored, ash blonde, brown, red brown, black or of whatsoever color—even white—you can improve the natural color of your skin to go with it. It is all a part of your own color scheme, your individuality. Yes, you want a skin that they would love to touch. Not that you would want them to touch it, of course, not, but you might want them to want to, and there is no harm in that. Any way, with a growing appreciation of the possibility of womanly loveliness, the tendency of to-day is to discard the use of artificial colorings, and they are being used, if at all, with increasing moderation. Paint and powder are giving place to the clean, washed skin. Because the color of one's skin is always of a nature to harmonize with the natural color of her hair. Even when the hair turns white the skin becomes more delicate and pearly to harmonize with it, so that dyeing the hair then puts it out of harmony. Or at any time the addition of artificial coloring to the face inevitably disrupts this color scheme and spoils the harmony intended by Nature. That, indeed, is one reason why so many women look grotesque when painted; they are inartistic, and, of course, do not look natural. Such coloring is not now considered good form in the best circles. The up-to-date thing to do, therefore, is to acquire a peachy skin by giving it the color and texture of peach-skins. Eating peaches will, of course, help you to get it. And that's no joke.

Eating peaches is a part of that scheme of diet, conducive to clean blood, which is the first requirement in improving the skin. Such a diet is essentially of a simple nature, not too rich. It is a miracle if the chocolate candy girl has a good skin. Chocolates are food, very rich and concentrated, to be used sparingly, as a dessert. Rich cakes and pastries should be passed by. Since constipation is the greatest of all foes to beauty, particularly to a beautiful skin, white bread and starchy foods should be fairly well ruled out, using whole-wheat bread, with bran, if necessary in muffins and cereals. Just a little meat will go a long way. And here are some of the things that you should eat: If you will eat an apple every day, on top of one peach, orange, grapefruit or other fruit, eat one combination salad or its equivalent in other green food, eat one or two portions during the day of cooked fresh vegetables, one pint to one quart of good whole milk (including the cream), together with whole-wheat bread, you may almost regard that as a complete recipe for beauty. Write down that list and keep it, as a "peachy skin" recipe. And if you will eat these things, every day, it will not matter so much what else you eat with them, in moderation. Drink water

according to your thirst. Much fresh fruit, milk and light vegetables will in themselves supply considerable water. Eating an apple, orange or peach is taking a drink.

Exercise and fresh air come next to diet in providing the clean blood that means good skin. One does not wish to lay down rules, because requirements as well as opportunities for exercise differ. But if pinned down to make a rule, I would say that one should walk at least one hour every day, or do its equivalent in dancing, skating or some other constitutional exercise. Other requirements in exercise were discussed last month. The more open-air life the better.

Sleep is always spoken of as the great beautifier, though there are many good sleepers with little beauty, for other reasons. Truly, good sleep is contingent upon many things, especially upon exercise and fresh air; to some extent upon food. One point about beauty sleep is that you should secure it before you get too tired. Don't let fatigue accumulate. Always keep fresh. That is perhaps the best reason why sleep before midnight may be called "beauty sleep." The same effort fags one disproportionately when tired, and one is more easily rested if not too exhausted. From the same standpoint, a ten-minute catnap in the afternoon, or "siesta," taking the edge off one's fatigue, might with even better reason be called beauty sleep.

And now for local care of the skin. Here, I believe, the best thing you can do is to provide rigid cleanliness, though do not use harsh soaps in doing so. Most high-class soaps are good, but if in doubt go to your druggist and buy the best castile soap he has. Castile soap is olive oil soap, is non-irritating and especially to be recommended for babies and dainty women. Also, because of the habitual dryness of indoor air, and its effect upon the skin, the suggestion given above of wetting the face just with cold water several times a day, is excellent. If you have a very sensitive, dry skin, cleansing with cold cream may be advisable, using a real grease cream of good quality, not the "vanishing," astringent and other fancy creams. Just smear it on and wipe off with a clean soft cloth. Then wash with a little castile or other mild soap, and you will need no powder or paint. These "dry" skins usually have good texture any way, if given a chance.

One rule should always be observed by the girl who wants to keep her complexion, and that is, always to "rinse" her face with clean cold water after washing with hot or warm. This cold water treatment is a tonic to the skin, closes the pores and tends to make the flesh more vigorous.

An even better treatment is found in a quick application of ice, especially suited to those with large pores or

greasy skin. Wrap a handkerchief or other soft cloth around a small piece of ice and move this lowly around over the face from forehead to neck. It stimulates better circulation, improves the color and builds better skin texture, a wonderful aid to beauty.

For a muddy skin and other blemishes, also for oily skins, the use of diluted lemon juice (half water) applied with a sponge or cloth, is effective. It is a great skin clarifier. For acne and other blemishes a condition of "surgical cleanliness" is urged, even to the extent of using an occasional application of listerine, zonite or other mild cleansing antiseptics of that nature. Peroxide might be suggested, except that it is bleaching, though, of course, in rare cases that may be desirable.

So far as texture is concerned, good results are obtained by general light friction of the skin, either with soft friction brushes or by rubbing with the bare hands. Such treatment applied occasionally does not amount to anything. But a course of such friction persisted in for weeks and months produces surprising results, making the skin smooth and satiny. One must keep at it. It is also important to avoid dust as much as possible. If you cannot avoid dust, as in sweeping or in housework, first apply a thin film of cold cream to your face to protect it, all to be wiped off later with more cream. Also avoid getting your face steamed too much in the kitchen and laundry. Keep it as cool as you can.

Color is determined primarily by heredity, the state of health, and the quality of the blood, but partly also by exposure to sunshine. In this respect, while outdoor life and sunshine are vital to good health, one can easily get too much sunshine on the face. Sunburn does not help complexion—it hurts it. Sunburn does not help the skin on any part of the body. You may have noticed the somewhat dried and leathery texture of those who have had too much tanning and sunburn. Too much exposure does not make for the loveliest skin. As a humble example, take the woman who has done a great deal of work with her hands in hot water, and compare her hands with the skin of her upper arm or shoulder; you will see just what I mean. And yet one needs a certain amount of sunshine. The point is that you should try not to expose your face to the sunshine any more than you expose your arms, shoulders and your body generally. If you wish tan, acquire it very gradually without sunburn, on your face as well as on your arms, and thus without loss of good skin texture. I have seen the loveliest skin texture on tanned women in some cases, with a beautiful color.

Truly, a woman's beauty is a thing of glory—and a joy forever. Strive, therefore, for strength and cleanliness, that you may glorify your health, glorify your body, glorify your complexion and glorify the spirit within—which after all is the most essential part of beauty, and for the sake of which these other factors, which make up the "temple of the soul," are glorified.

I stood on the brink of the Grave

"Oh, there's nothing the matter with me—just tired," I said:—but the icy facts proved otherwise!

By T. A. Ballantyne

IT was the end of Summer and I was a bit fagged.

Tired, spiritless, listless—no appetite—no pep!

A fine state for an enterprising young man looking high up the ladder of Success!

"A few days' rest will put me back on my feet," I assured myself. "Nothing wrong—just a little let down."

And, as customary, I began to inquire about places to go. Friends named their favorite spots—boosted the hotels—praised the scenery—boomed the food.

But there was one who gave me different advice.

"Now listen," he said. "Forget this summer resort stuff. You know what it is; you've been there before. Take my advice. You know Harry, don't you? See him—he'll set you right."

I made a wry face. "Exercise . . . join a gym class . . . box . . . calisthenics . . . that one, two, three, bend to the right stuff . . . I want none of that," I remonstrated.

"Don't be so sure," he interrupted. "You just see Harry."

Well, I did. Now "Harry" (full identity on request) is one of the topnotchers in pugilism and about the most perfect specimen of manhood I can recall. Just exudes health. Clear, sparkling eyes, ruddy complexion, elastic step—quick as a panther; my, what a fellow!

Harry eyed me quizzically. "What's wrong?" he asked.

I told him . . . just an all-in, can't-get-up-steam feeling.

"How are your bowels," he asked abruptly.

I was taken aback. Wasn't expecting such a question. "Pretty fair," I answered.

"How often do you bathe internally?" he queried.

"Why—why—never. Never knew I had to. If I'm a bit constipated I take a cathartic or laxative."

Harry rose. He looked at me fixedly, then said in a hard voice:

"Young man, that's precisely the trouble with you—you don't bathe internally. You're burnt out—low—your vitality is at its ebb—your blood is poisoned—you're prey for the first dangerous disease that comes your way . . . all because of neglect of the colon or large intestine, the drainage canal of the body. Not only you, but nine out of every ten men and women existing today. All on the brink of the grave . . . and don't know it.

"Listen, I'm going to tell you something. I'm as chipper as a squirrel—why? Because I exercise, run and box? No—because I bathe internally. There's the answer—and the principal answer.

"Let me show you why this is so important. If you know anything about the colon, or large intestine, you know it is about five feet long and a canal full of creases, curves and folds. When you have a bowel movement, some of the deposit

lodges in these creases and folds. Here it hardens, decays, breeds millions of germs which the thin walls of the intestines take into the blood. Your whole system is stagnated . . . poisoned—the medical definition is auto-intoxication. You feel low in spirits, have neither ambition nor energy, no color, no life, are easily fatigued.

"Now the internal bath flushes those deposits out of the intestinal folds. It keeps the colon pure and sanitary—healthy. And the muscles strong and flexible. Physics and cathartics—stay away from them. They only weaken the muscles and strain the intestine."

"Then all I need is constant enemas?" I questioned.

"No—not enemas; they gripe and merely relieve the lower part of the intestine," he replied. "Use a J. B. L. Cascade. You can get it from the Tyrrell Institute."

Well, off I went for a J. B. L. Cascade. I got it from the Tyrrell Institute, 152 West 65th Street, New York City. And I put it to work according to the directions.

Three months have gone by—and I never felt better in my life. Why, internal bathing with a J. B. L. Cascade simply rejuvenates a man or woman. I don't care who you are, how well you feel—or think you feel—you'll feel fifty per cent better the next day after an internal bath from a J. B. L. Cascade.

If you suffer from constipation—it's a God-send. If you feel as I did, peepless—if you want to double your energy—quicken your brain—increase your earning power (and believe me, fine health does)—get a J. B. L. Cascade and put it to work. My advice to all men and women.

T. A. Ballantyne

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What Is Nerve Force?

By PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

EXACTLY what Nerve Force is we do not know. If we did know we would know the Secret of Life. We know this: it is generated by the Nervous System through which it travels at a speed greater than 100 feet per second. It is the Master Force of the Body, the force that controls every heart beat, every breath, the digestion of every mouthful of food we eat, the action of every muscle, and the life of every cell. It is the force that gives us courage, ambition, personality, character, mental power and energy—the Force that Drives us On, On and On.

Every mental impulse and every bodily act uses up a certain amount of Nerve Force. If we expend more Nerve Force than the system can develop, we necessarily become Nerve Bankrupts and we then have a condition known as Nerve Exhaustion.

Nerve Exhaustion is brought about through nerve strain. There is no other cause. Men strain their nerves through mental concentration and business worries; often, too, through excesses and vices. Women strain their nerves mainly through their emotions, especially those involved in their domestic affairs. Indeed, we are in the midst of nerve strain everywhere due to the mile-a-minute life we are leading. And no man or woman is so strong as to be immune to this strain.

Nerve Exhaustion is not a malady that comes suddenly, yet its symptoms are unmistakable. It does not manifest itself, as many think, in twitching muscles and trembling hands. The majority of sufferers from nerves seem strong and healthy, and may have not a tremor in their body, yet inwardly their nerves are in a turmoil and are undermining the entire body organism.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows:

First Stage: Lack of energy and endurance; that "tired feeling."

Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis; rheumatism; and other pains.

Third Stage: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure your

nerves are at fault—that you have exhausted your Nerve Force.

I agree with the noted British authority on the nerves, Alfred T. Schofield, M.D., the author of numerous works on the subject, who says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

I have written a 64-page book entitled, "Nerve Force," which in the simplest language explains hundreds of vital points regarding the nerves and their care; information every person should know. Students of the subject, including physicians, pronounce the book the most practical work on the subject which has ever been written. Large corporations have bought my book by the thousands for their employees. Physicians recommend it to their nervous patients. Extracts from the books have again and again been reprinted in magazines and newspapers, which is the strongest proof of real merit. The cost of the book is 25 cents. Remit in coin or stamps. Address Paul von Boeckmann, Studio 466, 110 West 40th St., New York City.

If your nerves have given you trouble, especially if your doctor has told you that your condition is due to your nerves, submit your case to me, and I shall tell you definitely the exact nature of your weakness, and whether I can help you, as I have helped over 90,000 men and women during the last thirty years.

I am a Nerve Specialist and Psychoanalyst, besides being generally experienced in all sciences pertaining to the Body and Mind. I have treated more cases of "Nerves" than any other man in the world. My instruction is given by Mail only. No drugs or drastic treatments are employed. My method is remarkably simple, thoroughly scientific and invariably effective.

Positively no fee is charged for a "Preliminary Diagnosis" of your case, and you will be under no obligation to take my course of instruction, if you do not care to. Do not explain your case in your first letter, as I shall send you special instructions on how to report your case and how to make certain "nerve tests" used generally by Nerve Specialists; and I shall send you FREE, other important data on the subject which will give you an understanding of your nerves you never had before.

I shall send you authentic records of numerous cases of Nerve Exhaustion I have corrected, which have never been equaled in the history of medical practice. I have corrected thousands of cases of extreme Nerve Exhaustion.

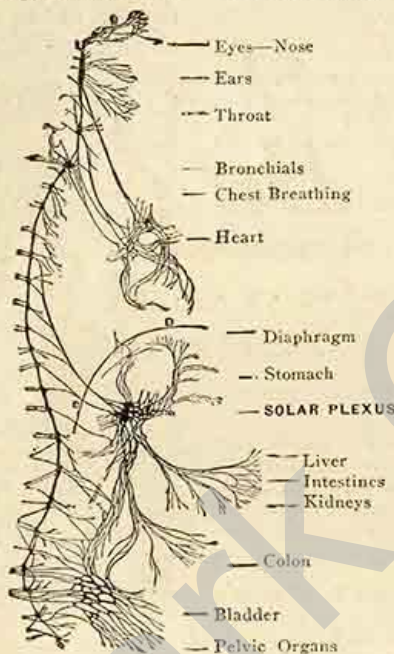


Diagram showing how the Solar Plexus, known as the "abdominal brain," is the great center of the Sympathetic (Internal) Nervous System. Mental strains, especially grief, fear, worry and anxiety, paralyze the Solar Plexus, which in turn causes poor blood circulation, shallow breathing, indigestion, constipation, etc. This in turn clogs the blood with poisons that weaken and irritate the nerves. Thus Mental strain starts a circle of evils that cause endless misery, aches, pains, illness, weaknesses and generally lower mental and physical efficiency.

The Four Horsemen of Notre Dame

(Continued from page 31)

knew how to control. The entire set of leg muscles was perfectly developed, not just the flexors and extensors but also the adductors and rotators, which explains his pushing drive, his staccato-like speed and his writhing, whirling dodgings.

Elmer Layden was the premier full back of the 1924 season. He was called the *human mole* because he could hit a line lower than other fullbacks. He was given the title *human dagger* because of his sharp, quick stabs through guard or tackle. He was termed the *human bullet* because of his ability to bore through center, and his scrap-book will give up accounts wherein he is baptized and re-baptized with names of varied descriptive properties. Layden had drive, slashing, knifing, ripping, tearing drive, the drive of a youth of six feet plus one hundred and seventy-five pounds in playing weight, who runs the century in nine and four-fifths. Layden started each charge as he started every forty, fifty, sixty, seventy-five or hundred-yard dash. A wee fraction of a second, a tenth of a second to a man like Layden was a matter of a yard, and to sprinters,—well, a yard gained is something; and to a fullback, a fullback like Layden, if he were not stopped at the start, he was always good for at least five yards. Like Crowley, Layden coordinated perfectly. He could expel tremendous energy instantly and at will. Besides his regular duties as fullback, Elmer was the official punter of the team. Here again he exhibited beautiful coordination. He never seemed to be hurried in his kicks. He punted high, far and accurately, always placing his kicks. The writer kept a record of his punts for the season just closed, and they averaged a little more than forty-eight yards. That is evidence of very good work, when such circumstances as wind, wet, cold and snow are considered. The writer has seen Layden punt long high spirals in practice and with a favorable wind that traveled eighty and ninety yards. This statement is not a guess, because when he kicked, Layden stood on one goal line and kicked toward the other and the writer sat in the stands where he could observe the ball when it struck the sod. Although never forced to have recourse to drop-kicking, Layden daily practiced it and here too was expert. Crowley was the artist at place kicking. The fullback of the Four Horsemen is also a pitcher of ability and an outfielder of class. He used his well-trained arm to good advantage in hurling forward passes.

Thus runs the history of the Four Horsemen. Artist each, artists all. To use the words of a famous newspaper man, "They executed their plays with the same precision that the West Point cadets performed their drills." Four pairs of legs moving as one, four sets of brains functioning as one. And four hearts beating as one, for Rockne and Notre Dame.

Stop Catching Cold

(Continued from page 27)

drink will promote perspiration. The bath room should be warm, and draughts must be avoided. Retire to bed immediately afterwards, and keep yourself well covered until perspiration stops. Then go to a warm room and change your clothing and go back to bed. Under no circumstances go out of bed after having taken a hot bath. This applies at all times, even if you have no cold.

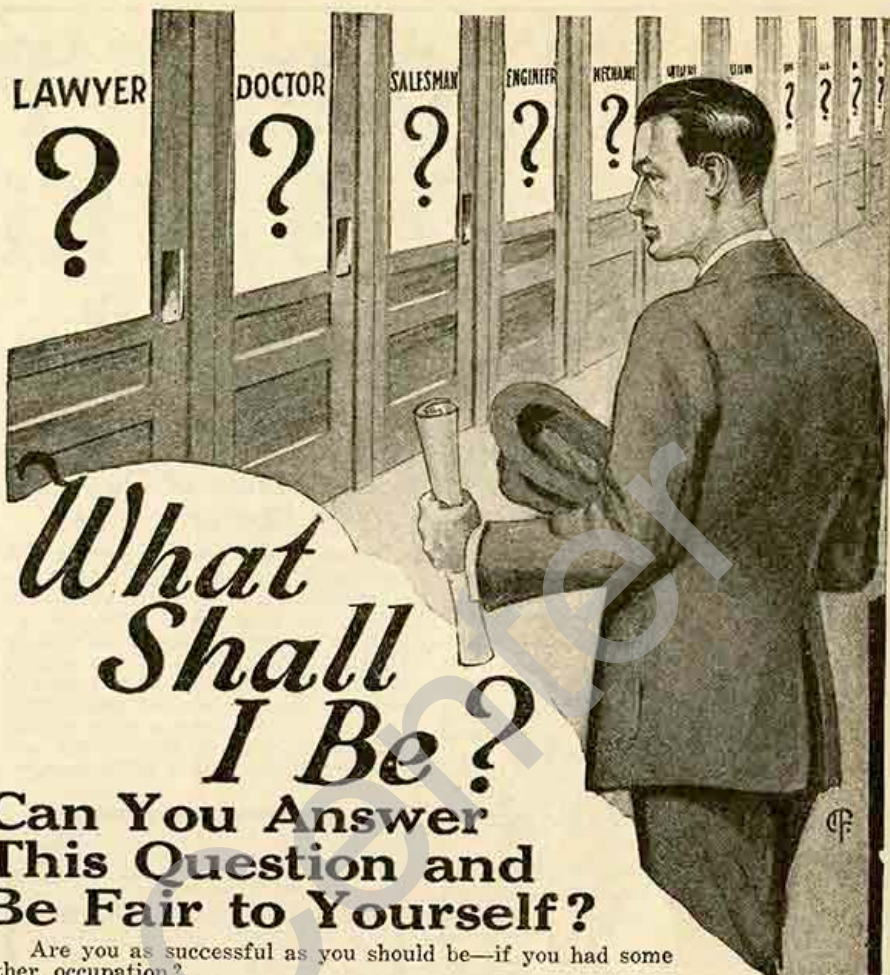
A hot bath is rather weakening and should not be taken oftener than once daily. The best time is at night before retiring. Eat very lightly and keep the bowels open, even if drugs have to be used. In the case of fever, call in a physician, for a cold may be very dangerous.

Cool baths are very stimulating and tend to make the skin healthy and less sensitive to colds. I am strongly opposed to very cold baths, that is, baths so cold that exposure to the water is a shock to the nerves, and as is often the case, actually painful. There is no decided benefit of a very cold bath over a bath of cool water—that is, water at a temperature of 65 to 70 degrees—and moreover there is danger of injury in very cold baths. I have observed that very many people who in their youth indulged in cold baths, are troubled with rheumatism and neuritis in later years. People whose work demands standing in cold water, as for instance loggers and lumbermen, are very often crippled by rheumatism when they grow old. A cold shower bath is not as injurious as a cold tub bath, as it shocks the nerves less and causes less loss of heat, which the vital organs must replace with great labor.

Attention has been called to the necessity of maintaining proper humidity in our living rooms. Humidifying air in the average home presents some difficulties and inconveniences, but any money expended and trouble taken will be well repaid. In our large modern buildings it is done by forcing heated air through a spray of water. Most house-furnishing stores sell a special tank which may be suspended from the back of a radiator. The heat from the radiator evaporates the water in the tank and thus moistens the air. A hygrometer test, however, will prove that this method is inadequate.

A small gas flame under a pot of water will give off enough moisture to humidify a large house, provided, of course, the doors be kept open between the rooms to permit the moisture to penetrate through the house. It must be remembered that moist air has a tendency to rise. The evaporation, therefore, should take place at the lowest floor. Since the air in a kitchen is usually very moist, because of the boiling of water, the doors leading from the kitchen should be left open, provided this is not objectionable. A good plan is to place a pan of water on the furnace in the basement. A certain amount of moisture will rise to the

(Continued on page 85)



What Shall I Be?

Can You Answer This Question and Be Fair to Yourself?

Are you as successful as you should be—if you had some other occupation?

Many a man fights gamely all his life for success—and fails only because he has the wrong row to hoe. Do you realize that your present occupation might be the direct opposite of what you should be doing? Every man and woman is born with certain characteristics whereby it's nature's wish that they follow some definite, certain path in life and if they follow this path, they are sure to meet with their greatest success. A number of men start out in life and just "grab the first job" that is offered to them, then trust to luck for their success—if they are lucky, they succeed, because they just fitted in where they landed—but if they are unlucky, they fail.

Don't trust to luck, because it is no longer necessary. Our expert vocation counselors, employing latest scientific methods eliminate all guess work and show you what occupation you are best fitted for and guide you step by step until you succeed. The beauty of it all is that regardless of what you are doing now, you may continue until you have positively found out just what occupation is yours and until you are able to secure a position in that field.

Success Can Be Yours FREE FACTS

Take the "Guess" Out of Your Life

"No two persons are born alike, but each differs from the other in individual endowments, one being suited for one thing and another for another, and all things will be provided in superior quality and quantity and with greatest ease, when each man works at a single occupation, in accordance with his natural gifts." Plato (427-347 B. C.)

Take the "guess" out of your life and find out what your natural gifts are and then the gateway for success will be wide open to you. Knowledge about yourself is the master key, which opens the door of opportunity—so make up your mind right now—this very minute that you will no longer trust to luck or work against nature, but that you are going to let science and your natural qualities help you find out where you belong and work with nature. We will help you to quickly find out what natural gifts you have and what occupation you should follow. In other words, instead of having a steep grade to climb, we will show you how to travel on the level.

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800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



BERNARR MACFADDEN

World famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

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Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

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You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

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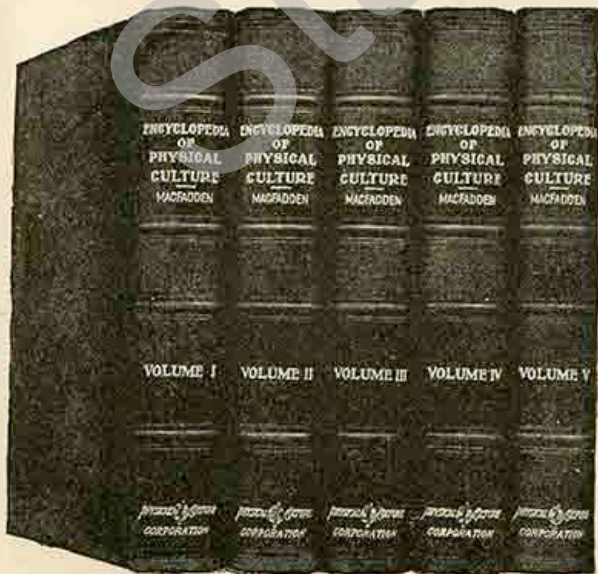
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Muscle Control for Beginners

(Continued from page 44)



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pectoral, or the one under your hand, and try to feel with that hand the slightest movement of that set. This method will help you to concentrate and will steady your arm. Be sure to allow the pectoral to relax entirely. Otherwise you cannot get the full movements. Also do not forget the left pectoral muscle, and simply reverse the positions of the arms and hands in this case. There are several advanced control stunts for the back muscles such as lifting the trapezius muscles on both sides of the neck, and pulling out the latissimus muscles under the arms while the hands are clasped above the head. These two feats are accomplished more through a control over the shoulder-blades which are used to push these muscles up or out as the case may be, than by concentration on the respective muscles themselves. We will not discuss these two feats for they are a little too advanced for this article.

You can, however, acquire a certain amount of control over your back muscles by concentration on those muscles alone and without the aid of the shoulder-blades. The best method is to concentrate on those muscles between the shoulder points on the broad of the back, when the back is pressed or leaned against a flat chair back, or when lying upon a bed. This pressure against the muscles makes it easier to detect the slightest movement of them and serves the same purpose that the hand does in the pectoral muscle control previously mentioned. You will feel, if your concentration is good, a movement of the back muscles as though they were gripping the chair back or bed mattress.

The deltoids, or those muscles on the shoulder points, are generally more difficult to control than the muscles of the arms. The best position for practicing with these muscles is to rest the hand on something about the height, or a little higher than the shoulders. This posture with the arm straight puts the deltoids in a sufficiently contracted

position to enable these muscles to contract and relax at will. This is the best position for a beginner. An expert can control these muscles while the arm is down at the side. This is more difficult because the deltoids are not in a very good flexing position when the arms are at the sides.

If the arm is held out without a resting place, then there can be no relaxing of the deltoid without lowering the arm. In other words when the arm is raised or held to the sides the deltoid must remain contracted. Therefore, there cannot be any jumping of the muscle in this position. You can place your free hand on your deltoid to aid you in detecting the slightest movement as you did in the pectoral control feat.

The latissimus muscles, (those large ones under the arms toward the back), can be controlled without moving the shoulder-blades just as the back muscles can be. Figure 6 shows this control. Of course, the regular muscular control feat of pushing these muscles out to the sides, is much more spectacular than simply flexing them by concentration and will power, as you are about to do in this one. But as I said before, we are concerned in this article only with the simpler feats of control, and will leave the more advanced and sensational ones for a future issue of STRENGTH.

In order to flex the latissimus muscles you should hold the elbows a few inches from your sides. Steady your arms by sitting on an arm chair and resting your elbows on the arms. Now, in flexing the latissimus muscles in this position you must guard against any movement of the shoulder-blades as well as the arms.

These are some of the first lessons in muscle control, and like all branches of physical culture the further you get into it the more interesting it grows. Practice these feats and prepare yourself for the more advanced ones to come.

The Prevention of Cancer

(Continued from page 33)

are the smallest units of electrical energy. In other words, all matter is composed of energy units. The different types of matter are due to the varying numbers and arrangements of the electronic or energy units in the make-up of each.

If we accept the theory that all matter is composed of compressed energy (and to date machines have been developed that have tested nearly forty substances and found this to be the case in all of them), then when matter disintegrates this energy must escape in some fashion. This we call radio-energy or radio-activity, because radium was the first substance found to contain it.

Further, if we can develop instru-

ments to test and accurately measure the energy given off by other substances, why not those to measure the energy given off by the human body and the different parts of the human body.

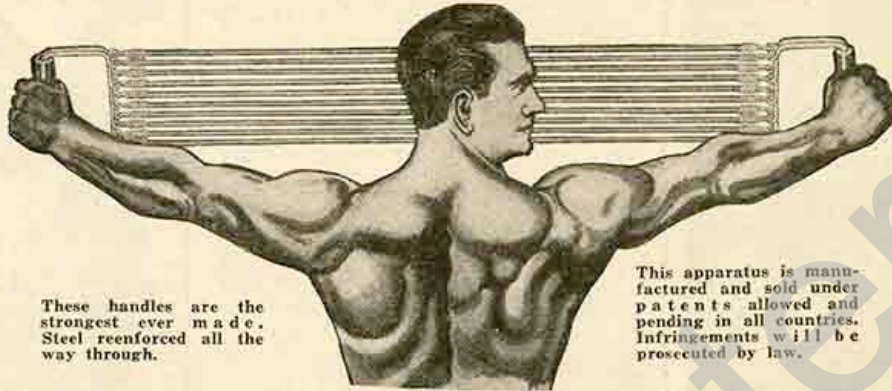
It is easy to draw a parallel. We put coal into a furnace and fill the boiler above it with water. The engine functions and runs a dynamo which creates energy that can be measured easily. We put food and water into the human body; our digestive system and respiratory system cause combustion and create energy by which we move, talk, think and do everything the human body is capable of doing. We can measure the efficiency and energy of the

(Continued on page 78)

THE SECRET OF GREAT STRENGTH REVEALED!

You, Too, Can Have Muscles Bulging with Power!

Every Inch of Your Body Can Be Filled with the Enormous Power of Professional Strong Men by My Methods and the Wonderful Apparatus Shown Here—a New Invention!



These handles are the strongest ever made. Steel reinforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

THE McFADDEN PATENTED 10-CABLE PROGRESSIVE EXERCISER

Look at the wonderful athletes on this page—a few of the many thousands of pupils of the McFADDEN SYSTEM. They are among the world's greatest strong men. *But don't think they were born that way.* Many of them were weak and sickly when they started the McFADDEN SYSTEM. They then had no thoughts of becoming professional strong men. *They only wanted to get well.*

They made no mistake in adopting my system. It quickly restored them to health. In fact, it filled them with far greater health and vigor than they had ever known before. And it also added inch after inch to their muscular development—not only to their arms and legs, but to all the muscles, many of which are never developed in the case of the average man. Suddenly they found that they had five or ten times the strength of the average man. They became famous strong men overnight, smashing records right and left.

The Same Physical Perfection Awaits YOU

These marvelous men of muscle were no different from you in the beginning, and the same methods and apparatus that they used will put you right in their class. The McFADDEN 10-CABLE PROGRESSIVE EXERCISER—used as I teach you to use it—will add inch on inch to your limbs and trunk, greatly increase your heart and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5-cable Progressive Exercisers that can be instantly converted into a 10-cable Progressive Exerciser. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you wish. The progressive feature allows you to increase the resistance as your muscles become stronger.

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The ingenious new stirrup that I have added to my 10-cable Progressive Exerciser will develop your calves and thighs to marvelous proportions. It is made of one-piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser.

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Here's What You Get

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Patented Progressive Stirrup, with 1,000 pounds resistance, worth.....	1.00
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12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
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Any of these can be purchased separately at the price shown.	\$30.00

TOTAL WORTH, \$30.00; PRICE TO YOU ONLY \$8.00

You can pay three times as much for a progressive exerciser that is only an imitation of mine, but you cannot obtain a genuine McFADDEN PROGRESSIVE EXERCISER—except from me—at any price. When you buy from me, I protect you and you protect yourself.

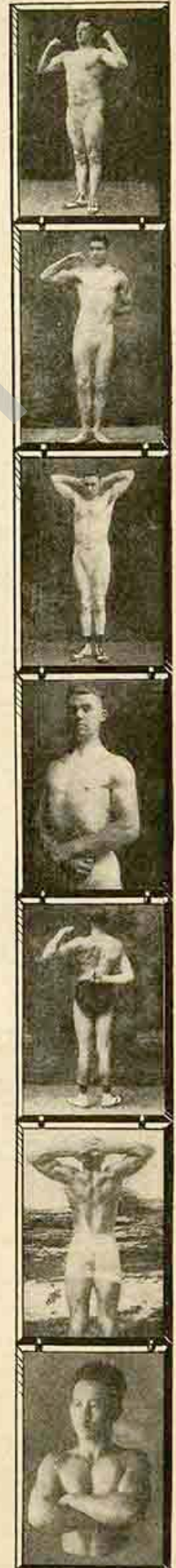
Remember, I guarantee to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. Is it any wonder that thousands of the world's greatest strong men endorse my course of instruction and the McFADDEN 10-CABLE PROGRESSIVE EXERCISER?

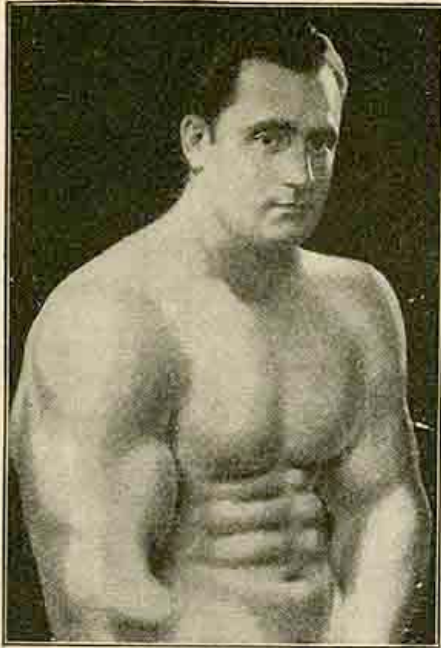
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CHARLES ATLAS

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WITHOUT APPARATUS

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Yes, in less than three short months you can add ten pounds of solid muscle; add three to five inches to your chest; a couple or more inches to your biceps; have a tremendous broad back; massive, powerful shoulders; wrists and fingers with a grip like steel and great internal energy by my wonderful New System. You can attain just as good results as I have through following the methods which enabled me to become

America's Strongest Physical Director

Come on boys! Give me a chance just to PROVE what I can REALLY do for YOU. I'll double and triple your strength in a few weeks. I personally GUARANTEE you Perfect Health, Renewed Nerve Force, Unlimited Vitality and a beautiful, symmetrical body.

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(Please write or print PLAINLY) Strength 3-25

The Prevention of Cancer

(Continued from page 76)

inanimate engine, and are learning to measure that of the human body and its parts just the same.

And there you have the secret of the electronic theory as it relates to the treatment of disease. To explain it is easy. When we have developed our methods of measuring the radiant energy coming from the human body, is it not logical to suppose that the amount or type coming from a diseased body would be different from that given off by a healthy body?

We are now going deep into the realms of science along lanes which some of our greatest research men are following. All this is not thoroughly developed yet by any means, and should not be taken as proved conclusively. But if we can measure the energy given off by a healthy organ and that given off by a diseased organ, our next step is to develop instruments so delicate as to tell us immediately the kind of a disease affecting the organ and the extent to which it has gone—its virulence. In other words, we now face the task of constructing instruments that will tell us what kind and what degree of radiant energy is coming from each organ of the human body. It sounds like a tremendous task. It is, and definite results can be obtained only by continued scientific experiment.

And yet there is no known cure for cancer, although the latest claim by a Russian scientist is that the cutting of the nerve which leads to the affected area obtains results. However, our only hope to date is in early discovery of the disease. By following the rules of right living, proper food, pure air, plenty of sunlight, correct exercise, pure water, proper play, work and sleep, we may reduce cancer.

In the meantime we can only appeal to the common sense of the individual in fighting this disease. We can point out to him the dangers of it, the methods by which it is fed and ask him to avoid them. The fact that cancer and constipation are usually found together is a truth, the menacing quality of which must never be made light of. The fact that cancer is a disease of refinement and civilization must also be taken into consideration. And finally, the knowledge that the body can be gone over and kept in such condition that cancer is an impossibility, should make it perfectly clear that the individual can do more to overcome this disease than science.

In England a recent book by a great medical man has turned the public to eating whole wheat bread. He has pointed out the affinity between cancer and constipation, and connects the latter with the popular form of white bread. That is what we most need—a public mind thoroughly aroused to the dangers of this disease and a general effort to prevent it.

Science may combat cancer, but the individual can prevent it, and in the words of the homely old proverb, "An ounce of prevention is worth a pound of cure."

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Elco Health Generators at last are ready for you! If you want more health—greater power to enjoy the pleasures and delights about you, or if more beauty is your desire—write! Ask for the book on these inventions which has just been prepared. It will be sent to you without cost. It tells you how Elco Health Generators aid you in leaving the lethargy and hopelessness of bad health and weakness behind forever. Re-vitalize yourself. Bring back energy. Be wholly alive. Write today!

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Pain	Development
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Health Power Beauty

"Strong Men" of 1925

(Continued from page 37)

former record of 220 pounds by making a try with 226 pounds. He succeeded in bringing the weight to the shoulder, but immediately felt it was too much, and wisely refrained from using up his strength in fighting the poundage. Snyder concluded his lift with 195 pounds, and then they passed on to the one hand *Snatch*, which lift was won by Klein with 140 pounds, against 130 pounds by Snyder. On the one hand *Continental Jerk* they both tied with the weight of 165 pounds. The totals on all lifts for both men were, Klein 520 pounds, Snyder 490 pounds, Klein winning the contest by 30 pounds.

The masterly fashion in which both lifters exhibited was a pleasure to watch. When we consider that this was Klein's first contest in weight lifting we have to give him great credit for the sureness he displayed in his various attempts. To my mind the difference between the lifters was the difference between the young soldier and the seasoned veteran. Klein was full of enthusiasm and eager for each lift, while Snyder lifted with the experience of years behind him, and knew what he would do. His style in the *Snatch* and *Jerk* was more polished than the style used by Klein. Not that Klein's style was not good, because it was, but between two fine lifters Snyder's style was more nearly classical in its perfection. The two hand *Press* by Klein was much superior, due to his remarkable flexibility, which allows him to make such a wonderful back bend, while the style used by Snyder demanded the more difficult push rather than the press lift.

With the manliness that has always characterized Bob, he congratulated Klein on his win, and remarked to me how great Klein was. Snyder has always had a big place in the hearts of his brother "iron men" and he always lives up to his reputation. Game to always do his best, he never offers any excuses, for logic tells us all that only one man can win.

Since the contest went through at catch weights, Snyder still remains the lightweight champion of America, and by reason of his win, Klein claims the middleweight championship of America, which is accepted by the A. C. W. L. A., since Klein is willing to defend his title against all comers on the five A. C. W. L. A. lifts. At the next meeting, it is quite probable that these two boys will meet again on the five title lifts for the middle-weight championship, since Bob is having a hard time to make the lightweight limit. What the issue would be on such a match will be hard to say, for Snyder is very good on all the five lifts, and Klein's speciality *Press* is not included.

Preparation was next made for the star events with Henry Steinborn, who had chosen for his particular stunts the one hand *Snatch*, and the two hand *Clean*.

On this occasion fate was against Henry. He commenced his *Snatch* with

185 pounds and jumped to 195 pounds, both of which were very easy for him. The bar was next loaded to 210 pounds. He got the weight to arm's length, and had made his dip when one of the collars slipped on the bar. That threw the balance too much to one end, and in his effort to control his balance, he slipped to the floor, and the bar struck him on the side of the neck. When he rose, he did not continue with the *Snatch* lift, but passed on to the two hand—*Clean*, commencing with 302 pounds, which he completed with ease. The bar was next loaded to 324 pounds, and Steinborn stepped up to the bar, and with one terrific pull got the weight in, but the force of the pull was his undoing, as it struck his chest too hard, and threw him off his balance. Time after time he got the weight to the shoulders, only to miss his lock, and the effects of his struggles, coupled with his fall, were visibly sapping his strength, but like the gladiators of old, he came back full of courage, battling with all his gameness. Then some hidden inspiration gave to the musicians one of those wonderful martial tunes that seems to thrill the very fibers of the soul. The impulse met its response in Steinborn, and with marked determination he grasped the bar for the fifth time. With a pull and a dip he was under the bell and rose to his full height. There followed a ponderous heave as the weight was jerked overhead. Did the crowd cheer? Oh, Boy! They rose to their feet as one man, and the building shook with the cheering and hand clapping, while his many friends congratulated him on his successful effort after it had seemed impossible. Steinborn finished with a shoulder bridge press of 350 pounds.

We all felt sorry for his hard luck for many of us have seen him do much better on former occasions. Never mind, better luck next time Henry!

The evening's sport was closed with the posing contest, which was won by J. Davis, of New York, with N. Levine, of New York, second. The judges for this competition were Otto Arco, Arthur F. Gay, Roy L. Smith and Dr. Campbell, who voted unanimously in favor of the two winners. Siegmund Klein struck all the poses, and all the contestants followed in an effort to duplicate the postures of Kline.

Davis showed unusual aptitude in his duplication of the poses, his attitude being easy, free and graceful. While all the torso development stood out in wonderful form, yet there was that air of complete relaxation in his poses that made them distinctly attractive. Like Klein, he has unusual abdominal muscular control and separation, and it was quite evident that both Davis and Levine have studied this graceful art with Siegmund Klein at his gymnasium, which is the New York headquarters for the A. C. W. L. A. Both of these young men attribute their development to the exclusive training with bar-bells.



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is more, after one reading, the student gets a thorough understanding. One never tires of reading them." James Powers, Pa., another student, says, "I am indeed surprised that such a valuable course can be had from such practical men for so little cost."

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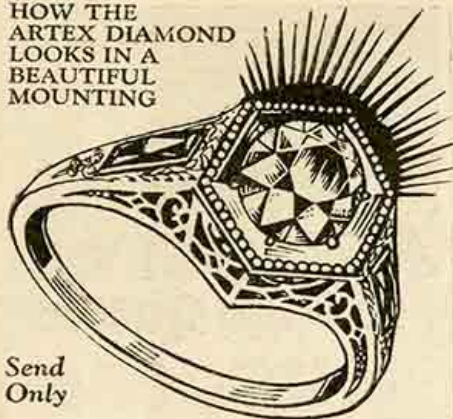
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There was little to choose between
the poses of Davis and Levine, but
Davis was more of the Apollo type
than Levine, which tended to give addi-
tional grace to his posing.

Otto Arco thought that Dennis was
the most muscularly built member of
the group.

Posing is an art, and depends more
upon its graceful appeal than upon a
set, too tensed display of muscle, which
is the natural fault of all novices. With
a little study, this fault is readily over-
come.

Such contests and demonstrations
teach lessons of great value. By watch-
ing the more experienced artists in
their particular lifting styles and meth-
ods of application, each one learns
where he has been wrong and benefits
accordingly. It does a great deal to
elevate the game and promote sports-
manship and good fellowship among
all of us, and I am thoroughly con-
vinced that every one present will agree
with me in this.

The enthusiasm displayed through-
out the performance proves that weight
lifting as a sport can be enjoyed as
well as any other game, and the more
meets we have, the better they will be-
come.

This meeting helped to disprove
many fallacies in the minds of some
who attended, who were "from Mis-
souri," until they were convinced by
the evidence of their own sight. The
old idea that practice with bar-bells
makes one slow and muscle-bound died
a quick death in the minds of those who
came unconvinced, as well as the idea
that bar-bell athletes become nervous
wrecks when handling heavy weights.
There was not a performer there capa-
ble of the slow, ponderous movements
that are supposed to exist. Every move-
ment in the Snatch and Jerk lifts was
carried out with lightning speed and
precision and in the Side Press, Bent
Press and two hand Continental Press,
the flexibility of the body and co-ordi-
nation of muscular action was remark-
able. Every movement was rhythmic
and the timing was perfect.

No single performer displayed any
signs of nervousness from his efforts;
instead, they all seemed to be unusually
care-free and happy.

To see is to believe, and many spec-
tators came up to me after the perfor-
mance bubbling over with enthusiasm
as they talked about the grace and the
strength of the men they had watched.
They were impressed with the remark-
able flexibility of body that was dis-
played by both the poseurs and weight
lifters. One young man came to me
after it was all over and said, "I never
thought it was possible for a man to
develop his body to the stage of per-
fection I have seen in all the perform-
ers," and in surprise he added, "They
have combined within them the strength

of a Hercules and the speed of a
sprinter." So it was, and always has
been, and always will be. The bar-bell
athlete is the most powerful, the most
flexible and the speediest athlete that
physical training can make possible,
and this wonderful combination can be
gained only by the use of bar-bells.

This doesn't leave much room for
the constantly recurring question, "Do
bar-bells make one slow and muscle-
bound?" When the men who have be-
come expert in handling weights prove
beyond all doubt that no athlete pos-
sesses more speed or agility, the ques-
tion has certainly been answered in a
way words cannot improve.

Here, again, we find those who con-
demn the sport unqualified to do so.
The man who disparages weight lifting
on this head is either misrepresenting
things or totally ignorant of the effects
of bar-bell practice.

In conclusion, I cannot speak too
highly of those who helped in an offi-
cial capacity. Roy L. Smith is known
to all readers of STRENGTH as one of
the best Bent Press exponents in this
country. He acted with Arthur F. Gay
as judge of lifting. Mr. Gay was the
winner of the first prize in the Mac-
fadden 1917 contest for the best de-
veloped body, and was known in the
American Navy, in which he once
served, as "The Strongest Man in the
Navy." He has a wonderful form for
a big man, as his picture shows, and
is a past master in the art of posing.

Teddy Mack, who acted as inspector
of scales, worked like a Trojan. In
fact, when I looked at him and Stein-
born at the conclusion, I wondered who
really had lifted the most weight. We
are all indebted to this splendid sports-
man for his very able help at the
scales and loading. Mr. Mack is one
of the old brigade, and was one of
the cleverest lifters of the past day.
He hobnobbed with all the past masters,
and was instrumental in making many
a boy good in the Bent Press, in which
he was so good himself.

The many old timers who were pres-
ent thrilled to the feats of power even
more than the younger men. They
stared at Steinborn with breathless
fascination, and helped break the sus-
pense at the elevation of his highest
poundage with their hearty cheers.
Truly, enthusiasm breeds enthusiasm,
and now that the A. C. W. L. A. has
begun to show the fruits of its good
work, let us get closer together so
that the work may continue and grow
for many years to come.

If the enthusiasm displayed at the
weight lifting exhibition in Philadel-
phia on January 3rd is a forerunner of
the still greater enthusiasm we can ex-
pect as our ranks increase then those
who have spent years exploiting the
merits of the "iron game" are at last
going to realize their dreams, and see
weight lifting made a national sport.

**What Diet Will Do Toward Overcoming Constipation will be
thoroughly explained by Edith Evans in the April issue of
Strength, and working in collaboration with her the Dinner
Table for April will give a detailed list of Laxative Menus.**



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Unfired Food—The First And Best Book On Curative Diet. Circulars Free. The Apptropher Publishing House, 1910 North Harding, Chicago.

Open kettle can syrup, quart, fifty cents; gallon, one-fifty, f. o. b. R. W. Branch, Baxley, Georgia.

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Champion Muscle Builder

The difference between a flat, weak chest and one tremendously deep, broad and powerful; the difference between a puny, scrawny body and muscles of steel-like toughness, withness and strength, is just a few weeks' regular exercise with that miracle of body developers—the **Champion Muscle Builder**. The five springs enable you to increase resistance in proportion as you increase muscle power. Also note the patented handles.



They are the strongest handles ever made. The Henry Victor Handles are everlastingly gripped in a steel pipe inside the wooden part of the handle, which greatly reinforces it, and makes impossible the slipping, cracking or breaking of ordinary handles, no matter what the strain. Every Henry Victor Expander is equipped with these patented handles, or they can be bought separately at only \$2.00 a pair.

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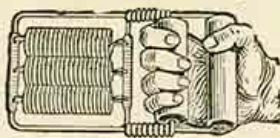
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FREE Scientific Course of Instruction

Included with each outfit. Shows how to develop every part of the body systematically and to increase lung power and chest expansion to a remarkable degree.

Is There a Reason for Nerves?

(Continued from page 51)

ings and in the company of interesting people.

Try to Prevent Nerve Waste

Also, as is now generally admitted, we are wasting in a thousand useless ways sufficient dynamic and physical force to do the work of the world many times over. We apply efficiency to about everything under the sun except ourselves.

Few realize that we have but a certain amount of physical and nervous energy to expend, and that if we waste it in futile and non-productive activities we certainly are going to run shy of "punch" when the real need comes to show efficiency. If every one could know the value of a few minutes' complete relaxation—the sensible utility of sitting back "as loose as ashes" once in a while—there would be a dearth of nervous breakdowns.

If the student, the mother, the brain worker—all who use their energy faster than they manufacture it—would get into the habit of "stretching out" and completely relaxing when they begin to feel fatigued, and give nature a little chance to recharge the magnetic and nervous batteries, we shouldn't need to worry about the lack of insane asylums.

These ought to be obvious facts. Perhaps we ignore them because they are obvious, and because to find out about them costs us nothing except a siege of illness or a ruction in the family. If nervous and physical conservation were something one could take in a pill, we'd all be falling over one another to get a supply.

How Flat Feet Affect the Nerves

Also, we pound a lot of energy out of our systems, and a lot of nervousness into them, by decaying our heels with two chunks of leather jammed full of large and very unyielding nails. We pursue the uneven tenor of our ways over hard, unsympathetic pavements, jouncing our internal organs into a state of prolapsus and mauling our sensitive backbones and delicate nervous systems at every step. A pair of springy rubber heels would take the shock out of our systems.

Then, by wearing pointed shoes, we twist our big toes out of their true straightforwardness and turn them in toward the foot center. This foreshortens the longitudinal arch, relaxing the tension of the muscles and ligaments forming that arch, which in turn causes a relaxation of the transverse arch muscles. This is the chief cause of flat foot, one of the meanest energy-robbers that infests the human race.

To correct flat foot and prevent this energy loss, it merely needs that properly adapted, scientifically-constructed shoes be fitted and worn, and that suitable exercises be taken for a sufficient length of time, although temporarily some mechanical arch support may be required.



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The Ductless Glands and Nerve Symptoms

One other factor in the development of nervous symptoms which must be given prominent place, is deficiency in action or abnormal action in various of the ductless glands.

Perhaps the most prominent of these in developing acute nervous symptoms, manifested by irritability, rapid heart action, insomnia, progressive emaciation and many distressing nerve symptoms, is the abnormal functioning of the thyroid gland.

Hyper-thyroidism, as it is called, very frequently leads to goiter of the exophthalmic type, with protruding eyeballs, rapid fluttering pulse and abnormal irritability. It is most frequently found in women who are deficient in ovarian functioning. In other words, it is due to an unbalanced condition, in which the thyroid attempts to take up a share of the work of oxidation which properly belongs to the ovaries.

The complete relief of this condition is possible only by restoring the proper balance between the ovaries, the thyroid and the remaining glands of the endocrine chain.

The sex glands are also prominently identified with nervous symptomatology. Too much or too little sexual indulgence produces definite symptoms, recognizable by the specialist in the treatment of ductless gland disorders and quite as easily differentiated as would be an attack of membranous croup or colitis.

In men, the prostate, while not strictly classed as a ductless gland, is also very definitely involved in the causation of nervous symptoms. Appropriate treatment for the relief of enlargement and congestion of the prostate is followed with almost astonishing results in the relief of symptoms of long-continued nerve irritation.

Others of the ductless glands, particularly the pituitary and the thymus, are responsible for the production of definite nerve symptoms. This, how-

ever, is a subject that would take us rather too far afield, as the ramifications of abnormal pituitary and thymus conditions involve an extremely complex explanation.

And Don't Forget Your Eyes

Also, no one who suffers from nerves should neglect to have a thorough examination made of the eyes. A wrongly focused, persistently used pair of eyes can waste more nerve energy in an hour than the system can recuperate in a day. When it is remembered that one-third of all our brain energy is devoted to the service of the visual centers, it can readily be understood why the squandering of this energy may be reflected through the nervous system.

Worry, whether real or fancied, is another powerful nagger of nerves. Libraries have been written and religions founded upon the means for muzzling this predacious pirate, this robber of reason and thief of tranquillity, but in every instance we get back to two principles, "avoid" and "don't." If you can't keep clear of the cause of worry, why "forget it." Anything that will help bring about this negative condition, whether it is Marcus Aurelius or Harold Lloyd, is admirable, commendable and desirable.

The "nerve starvation" so frequently alleged as a cause for nerve exhaustion may be any or all of these reasons we have been discussing. Wrongly balanced diet, deficient in phosphorus and phosphates, overwork, auto-intoxication, living next to the elevated or to a girl who is abusively practicing on the piano, a pack of chickens or a howling hound in a neighbor's yard, the next payment on the automobile—anything, in fact, that irritates the nerves and disturbs the physiological equilibrium may cause "nerves."

To cure them, all that is necessary is that we find out their cause and correct it, after which we must live normally and happily ever after.

Our Girls' Circle

(Continued from page 53)

of months at Palm Beach and spent most of my time swimming, taking physical culture exercises on the beach and then swimming again. Cartwheels and handspings can be done to perfection on the beach; so can the eagle spread or broad leap and, in fact, all stunts necessary to dancing and to bodily strength.

In order to be beautiful a girl must be strong. She must have a well-developed chest, good shoulders, a trim waistline, hips that harmonize with chest and a pair of strong well-rounded legs that are not unlike those of Venus de Milo. In other words, a figure that looks well in a one-piece bathing suit."

If you don't believe Miss Mock knows what she's talking about, look at her photos. There could be no better proof of the value of her advice.

We will be glad to hear from any of you and to have your photographs, but we ask those of you who send us their measurements and ask for exercises, to

send us their photographs if they want the best advice obtainable. Measurements are sometimes deceiving, as excess flesh may add to them and not to the symmetry of your figure. We can tell much better from your photograph whether your measurements take in muscle or flesh. Your photo will positively not be published without your permission. Send us a return, stamped envelope, please, as we cannot possibly answer all questions through the Magazine.

Portland, Oregon.

DEAR MISS HEATHCOTE:

If you can tell me what to do in order to remove excess fat from my legs and ankles you will make me a very happy woman. Have been reading the *Physical Culture Magazine* for years and find there diet and exercise for everything except fat legs. Everyone seems to have normal sized ankles and they never mention fat ones.

When I cut down on my food I get waxy looking. My ears get white and my chest very thin. My flesh is soft and



Why Many Men Are Old at 40

By Byram C. Kelly, A. M., L. L. D.

I am past 40 myself. I had begun to wonder when I would begin to break—to lose my old-time pep and aggressiveness—when, through a mutual friend, I made the personal acquaintance of a certain member of the American Association for the Advancement of Science, whose wonderful work I had heard of. I made a trip to his laboratories and the things I learned should interest every man approaching or past the prime of life. Surprising as it may seem, nearly two-thirds of all men past a certain middle age suffer with a disorder of an important gland.

Common Middle Age Ailments

Here is an important cause for many conditions which heretofore have been taken for granted as old-age ailments—sciatica, aches in the back, legs and feet, frequent nightly risings, nervousness and irritability, and frequent dizzy spells, indicating high blood pressure. Constipation, headaches and depressed spirits often go along with it. But my visit would have been in vain had I not learned of an amazing treatment that relieves this trouble—a treatment that reaches this gland directly—and is so convenient that anyone can apply it in his own home.

10,000 Men Find Relief

I know too plainly the effects of gland disorder when it is allowed to continue unabated. I know of the operations and the common saying among many that the average life after this operation is only two or three years. That is why I am doing everything possible to let people know of this important discovery. Statesmen, bankers, lawyers, doctors, men from every walk in life have used the method with success. I have read hundreds of letters from gratified men. One I remember in particular was from a Colorado man which says: "73 years young is my age. Yet for years I suffered with this gland trouble. Used medicine to no avail—had about given up hope when a doctor recommended your treatment." Just think of a man 73 years old restored to the health and buoyancy of youth—without drugs, electric rays or books.

All Explained in Free Book

If you have this trouble, if you suffer with any of the ailments mentioned above, you should not lose a day in finding out about this wonderful new method. Send immediately for an interesting, free book called, "Why Many Men Are Old at 40." It describes this splendid treatment and shows you how you may regain much of your youthful vigor. Send your request to the Electro Thermal Company, 6443 Main Street, Steubenville, Ohio, the concern that is distributing these books for the author. There is no obligation. If you are not interested yourself, you may be able to do an "older" friend an immeasurable benefit by showing him this article. Western Office Dept. 64-H, 711 Van Nuys Bldg., Los Angeles, California.



Do YOU want to be a real BOXER?

Do you want to be the type of man whose two-fisted virility and flashing skill make him popular with every red-blooded American? Do you want to get the inside on the tricks and scientific blows used by such men as Jack Dempsey, Benny Leonard, Mickey Walker and Johnny Dundee?

In other words, do you want to become a finished boxer in a very short time and at practically no expense to you?

Wouldn't you like to know some of the secrets of famous Bob Fitzsimmons and Champion Mike Donovan as they confided them to the inventor of this course from time to time?

The Marshall Stillman Course lets you in on all of this, and it teaches you so easily and quickly that you will soon be boxing as if you had been a top-notch all your life.

There is no mystery about it, fellows. As long as you have the get-up-and-go that all the boys in this country have, you can become a whirlwind. All you need is the skill. And skill is a matter of the facts and tricks that this course tells you in short black and white words.

Get the idea out of your head that you have to be super-human to be a boxer. That's all wrong! Some of the best men in the ring today did not even have average builds.

But they DID learn HOW!

After that, their bodies developed naturally—because boxing is the greatest body builder in the world.

And this too

In case you should ever be attacked unfairly or have your arms grabbed from behind, we teach you fifteen jiu-jitsu tricks that will temporarily but *totally* disable your antagonist—and disarm him, too, if necessary.

This valuable means of protection for yourself and for those you love is included in the course.

Another thing that we send you with this course is a "History of Boxers," their pictures and a lot of dope about them. This alone will give you dollars' worth of pleasure.

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flabby anyway. I almost killed myself a few years ago by dieting, until I lost over fifty pounds. But I still had the rolls of fat on my ankles and on the inside of each knee. I am not large boned. It is just chunks of useless fat and how in the name of common sense it got there I don't know. Will you help me, either by letter or through your magazine, as I always get copies of it.

M. M. C.

Your trouble probably is that the ligaments are overlarge and fatty. This is a difficult thing to overcome, but it can be done. Ordinarily, when one exercises the flesh is burned away, but when this condition is around the knees or ankles, where there is no muscle near to absorb it, exercise often seems to be just wasted effort. Rope skipping would seem to be the best form of exercise for you, jumping on your toes as many times as possible between each fall of the rope. Get up as high on your toes as you can to vary the exercise, bang your feet together as you come down. You will have to work hard if you expect to get results.

Massage will help by bringing the blood to the parts, and after each exercise *knead* the knees and the ankles with your hands.

Just a word about your general development. It might help considerably in overcoming the appearance of your knees and ankles if you would overcome the condition of flabbiness which you mention in your letter. Why not develop good calf and thigh muscles and you will probably be surprised with what the work will do for your appearance. We have spoken considerably of thigh work this month and the calf work may be done by rising on your toes as high as you can, holding the position as long as you can, and repeating the movement. Then stand on your toes, pigeon-toed position, turning them in, and Charlie Chaplin fashion, turning them out. This combination of calf, ankle and knee work should help considerably, together with a general program for overcoming the flabbiness.

Philadelphia, Pa.

DEAR MISS HEATHCOTE:

I have been doing gymnastic work for several years. I am a trained nurse and have a great deal of opportunity for learning the value of a well body. For this reason I have spent the last four years in trying to bring my weight up near to normal. At present I am very much below that point.

The gymnastic work has produced scarcely any results in actual measurements, and I am wondering if there is any particular course you would advocate.

M. L.

Your complaint is one common among men and women who have tried to gain weight through gymnastic work. Many years of labor produce scarcely any noticeable improvement in their cases. This is because class work cannot produce the results brought about by individual training.

Send us your measurements and photograph and we will help you by suggesting exercise for those parts of your body which seem lacking.

Probably there are some diet hints which you might follow to advantage that will help you to gain weight.

PERSONAL Appearance

is now more than ever the keynote of success, both in social and business life. Bow-Legged and Knock-Kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-legged knees and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lum-Stratner," Model 18, U. S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints, or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 3 years by physicians everywhere.)

Write today for particulars, testimonials and my free copy-righted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

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Stop Catching Cold

(Continued from page 73)

upper floors, even if the floors are well constructed. A pan of water placed on a hot radiator will throw off a large amount of moisture.

In my offices I employ the following method, which is quite effective: A small pan of water is placed on the radiator and a piece of cheese cloth about 2 feet long and 6 inches wide is used as a wick to carry the water from the pan to the metal of the radiator, where it evaporates as fast as absorbed by the wick. One end of the cloth lies in the pan of water and the other end hangs over the edge of the pan and is spread over the metal of the radiator. It may be mentioned that it requires evaporation of about a quart of water daily per room to humidify the air to about 50 per cent. It is difficult to judge the approximate percentage of humidity without a hygrometer. I have observed, however, that when the humidity is 50 per cent. or over on a cold day, a film of moisture will develop on some of the window panes in the room. Also, if some very cold water be poured into a glass, a film of moisture will form on the outside of the glass in from 20 to 30 seconds. However, it is so simple to make a crude hygrometer and make a fairly accurate test of the humidity that this method should be employed in order to make the test. An effective hygrometer can be made with only one thermometer. All that is necessary is to wrap the bulb with about two layers of cheese cloth, leaving as little unnecessary material as possible. First, a reading should be made when the cloth is dry, then the cloth should be made wet by dipping the bulb in water. Then swing the thermometer in the air a few minutes until the drop in temperature has stopped. Note the temperature and determine the humidity by the table given.

Every home should be equipped with one or more electric fans, as they serve several purposes. In summer they stir up the air and keep us cool by hastening the evaporation of perspiration, and in winter help to keep us warm, that is, by turning the draught of a fan against a radiator far more heat will be delivered by it. At the same time the fan will stir up the air in a room and give it life. It is not necessary to state that one should not sit directly in the draught of a fan.

It is a good plan in winter to open the doors and windows a few minutes, several times daily, so that a thorough exchange of air may be made. If a gale of wind blows through the house, so much the better. The little actual heat lost by this airing is very small and is more than compensated by the large amount of moisture brought in by the outdoor air.

It is a lamentable fact that even our most modern buildings and homes are heated and ventilated by methods that are by no means scientific. The most up-to-date heating systems are extremely crude, unduly expensive and

last but not least, dangerous to health. The ideal system should supply the living room with warm, live and humidified air, at the lowest expense. I cannot enter into detail in the description of a heating system I consider scientific, but I can give a brief description of the requirements. The walls of the house should be made of a material, and so constructed that very little heat would be lost through radiation. Double or triple windows should be used. Double or triple doors should be at the entrance to the house. The house should be practically airtight. Warm, moist and thoroughly stirred-up air should enter the rooms through the floors and air should be exhausted from openings in the ceiling. The warm air that is exhausted should pass through special radiators or coils and made to warm the cold air that comes in from without. By this arrangement it would require very small additional heat to warm the cold air that comes from without, to the proper temperature. The warm air from within that is expelled through the radiators would be thrown into the open air in a cold state, thus leaving behind its heat in the house. Therefore, the heat required to warm a house so arranged need be only enough to balance the heat that may be lost through radiation of heat through the heat-proof walls of the house, which would indeed be very little. I believe a system of this kind would cause a saving in fuel of about 75 per cent. The added expense of constructing an air-tight and heat-proof house would be more than balanced by the saving in fuel, without taking health into account at all.

Generally speaking, colds are treated much too lightly. Little or no heed is paid to them, nor to the languid feeling that follows.

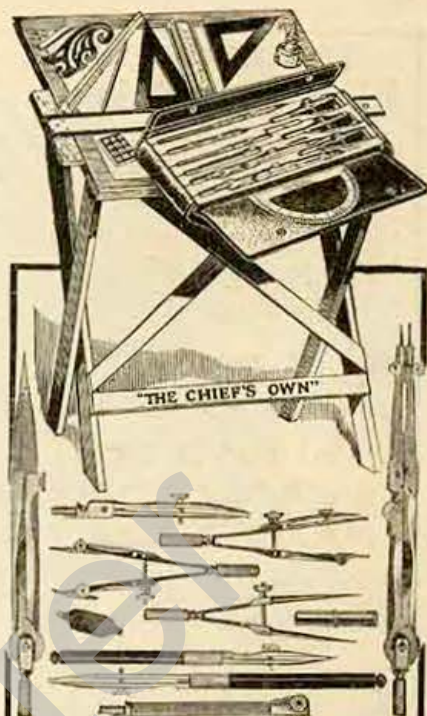
The real damage of a cold is not always apparent at the time, nor are all its casualties marked "grippe" or "pneumonia." Sometimes long after the coughing and sneezing have been forgotten, the run-down victim succumbs to something which he had not sufficient resistance to combat.

It is not, therefore, too much to ask that common sense be applied to our everyday lives and the few measures necessary to avoid and to counteract this evil be taken by all.

Briefly, begin by having proper heating conditions in your home. Follow it by proper dressing, avoiding overdressing as carefully as underdressing. Beware of becoming overheated and then chilled. And this applies as much to your sleeping as to your waking hours.

Deep breathing is a great help in fighting the cold, also warmth, and don't neglect getting professional advice when the cold brings with it a temperature.

With such tactics generally adopted, this great menace will soon lose the alarming aspect it presents today.



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My Conquest of Rheumatism

(Continued from page 60)

me up in the air, with only that much advice. Of course, there was the usual warning against strawberries and tomatoes, but nothing was said about consuming mountains of starch things and sweets. So in making up for the meat I overate on bread and cereals and sugar products, thinking I was doing right. Rice, all kinds of cereals and breads, starchy vegetables, starch, sauces and creamed soups, etc. This was a fine foundation for acid and so I went on and on. With the starch I had combined fruit and sugar, and these caused excessive fermentation and made barrels of acid that ate into my muscles and nerves and joints till I was distracted with the agony of rheumatic pains. What a sin. A sin against normal feeding, for once the body gets the bad habit of making acid it just runs riot and manufactures it out of everything you put into the intestinal tract.

There is no cure possible until this acid making had been stopped, and that cannot be stopped until one has completely cleaned out the whole system, not only the entire intestinal tract, but every cell and tissue in the body, and gotten it all sweetened up clean and neat and fresh, just as you would completely and thoroughly clean a dirty house after years of unclean inhabitants in it. Clean it from attic to cellar and sweeten and freshen it with floods of water and antiseptic.

That is the way the flood of milk with its powerful antiseptic attributes cleaned out my old body full of the accumulations of years of wrong living.

Then I was ready to begin all fresh and new, and I can assure you I was mighty careful about what went into that precious clean interior.

At first I ate nothing but green vegetables and the milk. I did not venture upon any kind of fruit for two or three months, nor cereals of any kind, nor bread even; nothing made of flour or grain. I wasn't going to take any chances until I was sure of any reactions, and as I was perfectly nourished on the diet of milk and abundance of green vegetables, fresh and delicious, I did not need any other items of diet.

All the green vegetables at first were cooked, as my stomach wasn't quite ready to take raw vegetables such as lettuce and celery. So I had them all cooked, cooked lettuce, cooked celery, etc. But the way they were cooked was wonderful. They were simmered for twenty minutes to half an hour only, and touched up with butter and a sprinkle of salt. What little water was left from cooking them, which was very little, was always drained off and with a few spoonfuls of cream added, was taken as soup at the meal. Thus nothing of value was thrown away, and all the life-giving salts went into my body.

Then after a time I commenced to have baked potatoes. Young ones with their tender skins washed thoroughly

and eaten, a bit of butter and salt being added. They were baked mealy and dry and, oh, how delicious they tasted. But I had a potato only once a day, and only a medium-sized one at that, with lots of green vegetables at the same meal.

So gradually I took up one vegetable after another, until now I eat young beets, carrots, white turnips, onions, and all the vegetables in fact, excepting tomatoes and cabbage.

I can now also eat all the fruits, although I never eat them with other things. I will not risk combination. I eat a whole meal of fruit. For example, I can eat a whole box of strawberries with nothing else, and they don't harm me a bit, which is an amazing thing for a rheumatic to say, BUT—I do not use any sugar on them or any kind of sweetening. I do, however, heap them with thick cream and drink a glass of milk with them. Think of it! But you see it is the sugar that upsets things for people when eating strawberries, and, of course, people

never think of eating them without a load of sugar, and usually powdered sugar at that. Then I must explain also the *kind* of strawberries I indulge in. I eat only the strawberries that are ripened on the vines.

I do not use desserts. I do not drink tea, coffee, cocoa or stimulants, nor do I smoke cigarettes. I keep all those unclean, useless things out of my cells. I take infinite pride in keeping them clean and sweet, now they have once become so after those awful years of agony and uncleanness. I drink a great deal of water between meals to wash away any possible waste before it can accumulate and become acid-breeding.

I take exercises that will cause me to perspire freely. I work especially with that idea in mind, for if I can flush out the poisons of the body through the pores of the skin I can thus safeguard my body not only against rheumatism but against kidney troubles. So I do a great deal of very vigorous exercise and vigorous breathing.

Ask the Doctor

(Continued from page 57)

does not seem to be very much interested in it, but I am tortured day and night with the trouble. I have been advised by some to change my diet, but I am entirely ignorant as to what changes to make. If there is any suggestion that you will make me, how gladly I will try it, or if there is any other remedy that I can take advantage of, I will so much appreciate your good advice. I eat heartily of dried fruits at all meals, but I am sorry to say fruit seems to leave a gas on my stomach and causes me to belch considerably, and sometimes cramps me a little. L. E. C.

I believe that two or three exposures of your arm to the quartz lamp ray, giving a definite erythema dose (which means a sunburn dose) each time, would clear up this arm condition, temporarily, at any rate. Primarily, you probably suffer from excessive acidity, or from diminished alkalinity of the blood, which the moderation of your diet for the last three months has not served to overcome. Please read carefully my comments on the use of fruit suggested to A. W. Rochester, N. Y., in this column. They fit your case also.

Morrisonville, Ill.

Dear Doctor:

I have a burning and reddening of my face which has caused me untold misery. What causes this? I notice in your writing that an abnormal development of one lobe of the pituitary gland may cause excessive growth of the long bones and the skeletal framework, creating the monstrosity known as gigantism or giantism. Does that abnormal development of the gland start in early age? Could that defect start in ages from twenty to forty or fifty years? I would like to know what you mean by those glands.

My face feels rashy and irritated sometimes, especially in the morning when I get up, and have a puffed feeling in the face. J. F.

The burning and reddening of which you complain are probably due to some

circulatory disturbance, what is known as vasomotor excitation. This means that the vasomotor nerves which control the diameter of the capillaries, because of some nervous condition from which you suffer, are unduly stimulated, promoting the dilation of the capillaries and an oversupply of blood in them.

Any defect of the pituitary gland which would cause gigantism would have to occur in infancy or early childhood, in order to produce these symptoms. If you have already attained full growth, as you would, if you were from twenty to fifty years of age, this defect in the pituitary functioning would not be operative.

Eastland, Tex.

Dear Doctor:

I am a boy nineteen years old, and for the last three years have been suffering with constant headaches, pain in the left side extending up the back, and sour mouth. I also have a dizzy feeling after stooping over. I don't rest well at night and have frequent night losses. I also have an inordinate appetite. J. A. B.

You are undoubtedly suffering from lack of tone in the digestive organs, particularly the pancreatic gland, which is responsible for the development of a lot of toxic material in your system, the absorption of which into the blood causes, by its irritative effect on the nerves, your headaches and pains. Also your dizzy feelings when stooping over.

This nerve irritation caused by absorption of poisons is also responsible for your restlessness at night, and possibly for your night losses. Your inordinate appetite is unnatural, and is due to the irritation of the stomach lining by excessive amounts of acids in the stomach. You need intelligent medical attention. I would advise you to lose no time in consulting your family physician.



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The Mat

(Continued from page 55)

largement of the heart. Still another that weight lifting develops big muscles which require more blood to nourish them and because of this, weight lifting should not be taken up by the office worker.

Now, while I am a staunch believer in weight lifting as a means of developing the body, I sometimes am worried by these pessimists. Is there any truth in their contentions? Especially the last argument that weight lifting develops big muscles, which require more blood to nourish them.

Wish you would discuss this in "The Mat," because I believe that there are a number of bar-bell users who are in the same position as myself, and a discussion by you would help clear some of these doubts.

Yours very truly,

H. J.

I am publishing this letter, and answering it in order that the few who have doubts in their minds concerning these fallacies will learn the truth and put these same thoughts out of their minds forever.

I know it is not very nice to be plugging away at any pet subject with biased and depressing theories always in the offing, and in a recent issue of "The Mat," I stated that the broad viewpoint developed by present-day education had practically eliminated such doubts, but some erroneous ideas die hard, and it is worth while to aid in killing them. The trouble, in my mind, is that some people knowing better will persist in their desire to cater to the spectacular, irrespective of the results, and some with names backed by a high reputation in their chosen line like to display the idea that their accepted knowledge in the one field carries over into any other field with equal weight and authority. But that is not so, and such ideas always bring to me the belief once expressed by a very famous man, that "it is surprising how childish the minds of some great men are when offering suggestions outside of their sphere of knowledge."

A professional man asked for an opinion outside of his own field is certainly not basing that opinion on a professional viewpoint. It may seem extraordinary on first thought to consider the fact that one may be an authority on one subject and a kindergarten student on another; but this really applies more aptly to the student who specializes than to the individual who has gathered a general sprinkling of knowledge.

This class may be fair minded in its opinion, but mistaken in its judgment.

There is, however, another class whose discussion is governed by the same principle used by avowed non-churchgoers in speaking of the church.

Who, on inquiring why some friend does not attend church, has not met with this response, "I'm just as good as those who go!" Their explanation is that the church is full of hypocrites, and to back their statements they will cite one or two instances, forgetting to tell you of the hundreds who belong to that church who employ all their efforts

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for good. The pessimist judges all by one or two bad examples.

If an athlete dies, the pessimist rises to tell the world, but he is silent when it comes to paying tribute to a cause that has redeemed hundreds of thousands to better health and prolonged life. They seem to think an athlete should never die, and they do not consider the cause of his death. We all die; there is no redemption from death, but the inestimable value of exercise is that it protects you against disease, makes your waking and sleeping hours ones of joy and recuperation and by clean living tends to prolong life.

I do not call it living to be everlastingly subject to complaint of headache, indigestion and all the other minor but irritating troubles that rob life of its happiness.

Athletics do not pretend to overcome death. They may postpone it by keeping the body immune to its usual causes. But the value of the practice lies in this—that it makes life more worth while, making every minute of it really living. And this is an asset not to be underestimated even by the most pessimistic.

The danger of Hernia through exercise does not exist; if it did, we would find every "Strong Man" incurably ruptured, and I do not know of one strong man who is thus afflicted. This I do know, that exercise is the best protection against Hernia. A body-builder who pays the same amount of attention to the development of the Torso and external oblique muscles, creates such a muscular coating that it makes him free from any danger of Hernia at any time.

I have actually controlled cases of Hernia by having the pupil specialize on some exercises I advised for this condition, with the result that the external oblique muscles became so pronounced in development as to relieve his condition considerably.

The reason the ordinary individual who never takes exercise is prone to rupture is because his abdominal muscles become weakened by non-exercise, and the external oblique muscles have only a shadow of the strength they should possess and this leaves the groin without the protection that nature intended it should have. Corpulent people are more subject to Hernia on account of the enlarged waist protrusion, which further weakens the muscular resistance of the walls.

The enlarged heart condition, once termed "Athletic heart," was first noted many years ago, and existed only amongst runners and cyclists. Because the muscles of the thigh are the largest in the body, and farthest away, they involve far greater heart action in order that the blood may be able to replenish the muscular area under exertion. Even in these athletes this condition was only apparent when the athlete's upper-body development was so inferior as to be unbalanced.

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Mr. George F. Jowett,
 Philadelphia, Pa.

Dear Sir:

Mr. Jowett, I know that you used to wrestle in company with the very famous Hackenschmidt, who was thrown by the not less famous Gotch, on September 4, 1911, in Chicago. I read that article by Calvert about February or March, 1923, about your lifts and he told, too, that you wrestled and boxed and were quite a hard nut to crack in "wrist wrestling."

But, Mr. Jowett, I DO NOT BELIEVE that you can overpower one of those Hindu wrestlers, not surely one of those 240 pounders or 400 or perhaps over that weight, as there are 340 million of them, born strong and so to their death.

Very truly yours,
 I. G. RIESTRA.

Monterrey, N. L. Mexico.

You will remember in the October issue of "The Mat" Mr. Riestra had a similar letter, the only difference is that this one is written to me, and because there has always existed an impression amongst our own people that the East Indian and Asiatic are unbeatable as wrestlers or strong men, I am going to answer it by relating my own experiences amongst those people, and what my investigations taught me.

Wherever this East Indian and Asiatic fallacy originated from I can not say, but it is all mythical to me; for despite the arguments advanced, I have never come across any one who can substantiate them by facts.

I became interested in this subject years ago, and in my travels as an athlete I came in contact with many East Indians and Asiatics who claimed great ability. Apart from this, I made some very good friends amongst the East Indians, amongst the educated classes, and I commenced, with their help, a personal investigation as to the reliability of many claims that existed. The conclusion was that I was very much disappointed because in no single case could I find any concrete facts to prove that there ever existed a man who was so immensely strong as to make our best look like babies, as we are led to believe.

The fact that they can produce big men does not imply that they can produce good men, as quantity and quality do not always balance. The East Indians' qualities exist in their great endurance, but it is not the big man who has it. The best fighting man of India is the little Ghurka, and next to him comes the sinewy Bengalese who generally are tall but not big. In the days of my observation, the British soldier athlete was invariably superior to the Sepoy soldiers, only in such outstanding cases as Ahmd and Iman Bux. Gama, who is the Indian champion now, was a coming man then.

I met these men when in England and I admired them, but they never proved their phenomenal superiority over the Occidental as some try to make out. The only men of note they met were Cherpillod, Deriaz, and Zybyzko, but these men were never in the class of Lurich, Hackenschmidt, Peirri, Madrali, or Laurent Le Beaucaricus. Deriaz was easy prey, for he had outgrown his best days, becoming far too

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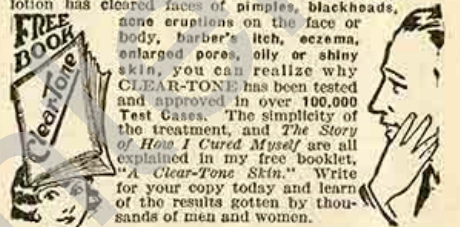
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big for his height and was ever in his own way. Zybysko was only a second-rater then, as his showing in European tournaments proved (his terrible form against Constant Le Marin in Manchester taboed him as a drawing card in Britain).

I had to smile when it was once said that "Hack" feared to meet Almd Bux, for those were the days when "Hack" was still suffering from the brutal tactics of the first Gotch contest. "Hack" was through. I often used to wish that Bux had come five years earlier, for he was a foeman worthy of only such a man as "Hack," but "Hack" would have won. He would have been too strong for Bux. The only man I believe "Hack" was not anxious to meet was that giant Turk, Court Derili.

The fact that a man weighs 400 or 500 pounds does not mean to imply he is a good wrestler, as he wears a man down by sheer bulk, not science, speed or strength, and these are the elements of the mat game. Button Singh was often beaten and look at the fabulous tales told of him.

Let us pass on to the Oriental, and see what they have. They pick the robust looking children, and "grow" them up; which is a more correct phrase than to say they develop them. They feed them until they resemble hogs, and when you see them on the mat you realize it. Their huge misshapen protruding bodies and masses of fat make them resemble gouty old women rather than athletes. I would like to know how on earth their style of wrestling can qualify them as athletes. Yukio Tani often told me that he could throw any of them with Jiu-Jitsu, and I believe him.

I have wrestled with various of these reputed wonders, and my conclusion is that their marvels do not exist, and never did, as chronicled. Our friend is so impressed with their qualities that he candidly says I, nor any of the present-day American cracks would have any earthly chance with them.

Understand, I am writing from a professional athlete's standpoint. We analyze our opponents just as thoroughly as the business man does his keenest competitors. We take a survey of their physical attributes, their stock in trade on holds, methods of defense and attack, and we do not have to fear them.

If a wrestler of 500 pounds came to America, perhaps his weight would save him from pin falls, but believe me he would lose. The fast gruelling punishment meted out on the mat today would make him useless with all his bulk, and make him quit or lay down. The present-day American wrestler's knowledge of holds are too many for the Asiatic or East Indians whose wonderful feats live only in the Arabian Nights.

Stand their feats of strength against those of our men, big or little, and you will find they cannot compare. The Occidental is too clever for them. They never had a Louis Cyr, Apollo nor Steinborn like ours, and for various reasons I do not believe they ever will.

G. F. J.

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The following is an interesting letter from one of our readers:

TO THE EDITOR.

DEAR SIR: I am sure you will be glad to know of the success of William E. Turner, a friend of mine, who lives in Halifax, Nova Scotia, which has been my home for some time. His seems to me to be an outstanding case of physical betterment, and it may be his example will inspire some of your young readers to follow the road he took to health.

Not, of course, that health should be an attainment for the young alone to desire and maintain. On the contrary, it is more essential to the older people, youth having a certain amount of natural resources in health and strength upon which to call without unusual training.

Why is it that the fellow who is very strong when twenty, is so often just the ordinary, complaining individual at forty, and dies in his early fifties? To me it is quite clear that this man has squandered his strength, over-confident because of his natural resources, he has neglected adding to them, with the consequence that sooner or later he wakes up to find his treasure gone. Then he usually begins taking the precautions that should have been taken years ago,—locking the stable after the horse is gone.

The situation would be a less serious one if it were not that so many of the greatest men are dying when they have just reached the pinnacle of success. Just when years of experience have given them mental supremacy, they give up, their greatest work still short of accomplishment.

It does seem that in youth we should store up that quality of strength that is going to see us through to a good old age. Yours is a splendid work in enlightening your readers on topics of health and strength.

It was through just such tactics as you recommend that Mr. Turner became the success he is today, and I think you readers will agree with me that he is a success.

When a young man is twenty-three years of age, weighs 154 pounds; height, 5 feet 7 inches, and has a normal chest measurement of 42 inches and expanded 45 inches, there is reason to believe that the weight-lifting fraternity of this country may look for a notable addition to their ranks. Especially is this so when such a young man has already shown his prowess and a strong ambition and energy to accomplish much more.

William E. St. J. Turner, a sergeant in the Royal Canadian Engineers, stationed at Halifax, gives every indication at present that he will achieve some very remarkable records in the weight-lifting line. He is already not without some distinction in that regard locally. His story is one that could be told by any young man who would give similar time and as much attention to practical development along lines of physical culture.

Sergeant Turner entered the Canadian army during the war, enlisting in his native city, Halifax. He was then fifteen years of age, but gave his age older in order to be a man among men at that time.

His honorable duplicity was soon discovered, and by that code of the army that can never think for itself and adjust conditions to the circumstances, Turner was debarred from going overseas. He remained in the army, however, and is making a profession of arms, with excellent prospects of promotion and accomplishment in his chosen work. Whatever success he achieves, however, he will attribute considerable of it to the muscular development he has given himself, and through that a robust and enduring condition of health.

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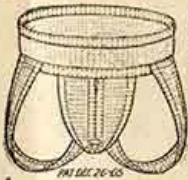
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When eighteen years of age, six years ago, Turner took up physical culture through the Milo system. At that age he had the development of a normal healthful youth, with the good condition of health characteristic of the Canadian Military Forces.

He started with a twenty-five-pound weight. He could put up 45 pounds from the one-arm jerk, overhead, at the beginning. It was some time, he says, before he reached the point of putting up one hundred pounds, but when he had, the game afterwards came more easily. On New Years of 1921, when only twenty years of age, Turner gave his first public exhibition. Of that the press at the time said:

"It was a young fellow from the Engineers with a most remarkable muscle development, and he juggled heavy weights in one hand in such a fashion that he deservedly won entire approval. An enthusiastic audience gave him the first prize, and all the others got something for their work."

Another paper, referring to the same exhibition, said:

"A weight lifter from the Engineers won the first prize. It was a popular decision. One of his feats was to raise in one hand above his head two trolley wheels and axle, weighing one hundred and fifty pounds."

Still another paper said: "The test prize went clearly to W. E. Turner of the Engineers, who gave as fine an exhibition of lifting heavy weights, including a trolley axle and wheels, above his head as has been seen in Halifax for many a day."

After five years of training, Turner can now use the one-arm bent press at 170 pounds. He believes that he has done more than that, but with a very pleasing modesty on his part he puts it at 170 pounds.

He has done the one-arm snatch at 125 pounds; the one-arm pull-over at 57 pounds, the one-arm pull-over at 110 pounds, and a two-arm jerk at 220 pounds. He did the 110 pounds two-arm pull-over in three times in succession.

Sergeant Turner attributes his whole success to Milo instruction and instruments. He has almost a complete gymnasium of Milo outfit, and has intentions of making greater records than he has yet established. He goes about his training very methodically, and follows publications such as **STRENGTH**, very closely, being very familiar with many, and in some instances in correspondence with several of the weight lifters, featured from time to time in **STRENGTH**.

In publishing this letter please use my initials only. My name would not mean much to your readers, anyhow.

Believe me to be,

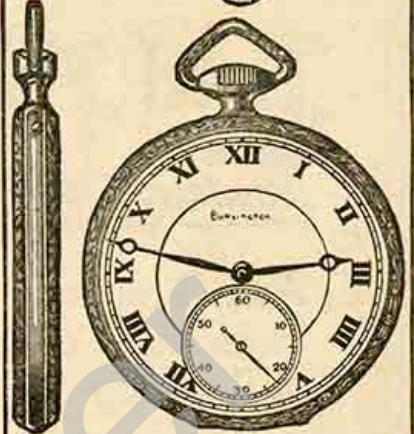
Sincerely and gratefully yours,
H. C. C.

HALIFAX, Nova Scotia.

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Get the Burlington Watch Book by sending this coupon. Find out about this great special offer which is being made for only a limited time. You will know a great deal more about watch buying when you read this book. You will be able to "steer clear" of the over-priced watches which are no better. Remember, the Burlington is sent to you for only One Dollar down, balance in small monthly payments. Send the coupon for watch book and our special offer Today! Do not delay one minute!

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Please send me (without obligations and prepaid) your free book on watches with full explanation of your \$1 down offer on the Burlington Watch.

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Enjoying all the advantages of an exclusive residential location, yet convenient to transportation with easy access to the loop. The Flanders is the ideal place for you to stop when in Chicago. Luxurious furnishings, efficient, personal service. Reasonable rates—\$2.50 per day and up.

Write for Booklet

L. G. WALTON, Manager

Sunshine, Fresh Air and
Whole Grain Wheat
Brought Me Back
From the Grave

(Continued from page 45)

to pass my secret along? That was such a short time ago, and today I am in splendid health, weigh 140 pounds, do all the work of a six-room flat, washing and ironing included, and look after my husky two-and-a-half-year-old son. And to think I had never hoped to be healthy or happy again.

The soreness in my abdomen which used to be so great that I could not stand the bed clothes to touch it, is all gone, and I am sure the adhesions have disappeared almost entirely. Not one dose of medicine have I taken since I began eating whole grain wheat as a regular food, and have begun using real foods instead of the fare that I used to consider good.

Now my breakfast consists entirely of whole grain wheat with milk and without sugar. (The sugar formed too much acid.) My dinner, which I eat at noon, is of vegetables—especially celery and the leafy variety, fresh fruits in season, whole wheat bread and milk, with fish, fowl and eggs occasionally. My supper is just breakfast all over again, except that I add a few figs or some other fruit and toasted wheat bread. The figs are very good, I find.

For five years I have not eaten meat (not because it would not agree with me, for I believe it would not cause any digestive disturbance), but because I have not desired it. For the past two and a half years I have eaten no white bread. I shall always make whole wheat the main article of my diet. It is satisfying, and supplemented by fruit, fresh vegetables and, of course, milk, will supply every bodily need. It is not alone a sick person's food, but will surely make the sick well and keep them in perfect condition, regardless of age or ailment. My baby is a very healthy specimen and he gets his share every day.

When the program I have discovered would do what it has done for me, what do you suppose it would do for a normal, healthy person? It would undoubtedly build more health and strength and be a safeguard against an onslaught of disease.

Very healthy people never quite appreciate their strength until it has been lost. Safeguarding it is the greatest possible form of life insurance. It is literally insuring life and the body against pain, disease and death. And the only way to safeguard life is by storing it away day by day in the form of new energy, just as we store away money to bury us when dead. Surely life is our greatest gift. Why not store away strength to keep us living?

This is my secret, learned by hard experience—more sunshine, fresh air, natural foods—and most of us could bid farewell to the doctors for good.

**FREE Let Us Help You
QUIT TOBACCO**

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed. Box X, Omaha, Neb.

Anti-Tobacco League

How to Stay Young

tells you what to eat in health—what to eat to cure almost every imaginable disease. Tells how to save 50% to 80% on food bills. You will welcome it. Particulars free. LIBERTY PUBLISHING COMPANY, Station D, Box 4129, Cleveland, Ohio.

Read This Ad

PROF. BARKER says that all young men, 15 years of age and over, also all real he-men with red blood flowing through their veins need a system of progressive exercise with apparatus. During my 40 years of experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus.

Exercise without apparatus is all right for women and children, but any man who wants broad shoulders, big chest, powerful back, strong

arms, healthy stomach and shapely legs, can have them if he will exercise fifteen minutes a day with the Barker Strength

Maker Bar Bell outfit. You receive a complete course showing the proper way to use long bar bells, short bar bells, ring weights and kettle bells. The Strength Maker can be changed into a long bar bell or a short bar bell, or ring weights. It weighs about 20 lbs. empty, which is just the right weight for beginners and you can increase the weight up to about 200 lbs., which will be heavy enough for the strongest man.

To advertise my health gymnasium in New York City, I am going to sell a limited number of \$35.00 bar bell outfits for \$17.00. This is a special offer for a short time only, so send in your order today—now—before you forget.

SEND IN THE COUPON TODAY

Prof. A. Barker, D. C., Studio A-11, 865 Sixth Ave., nr. 49th St., N. Y. C.
Please send me immediately your "New Strength-Maker" dumb bell outfit. I am enclosing \$17.00, in full payment in accordance with your special offer:

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



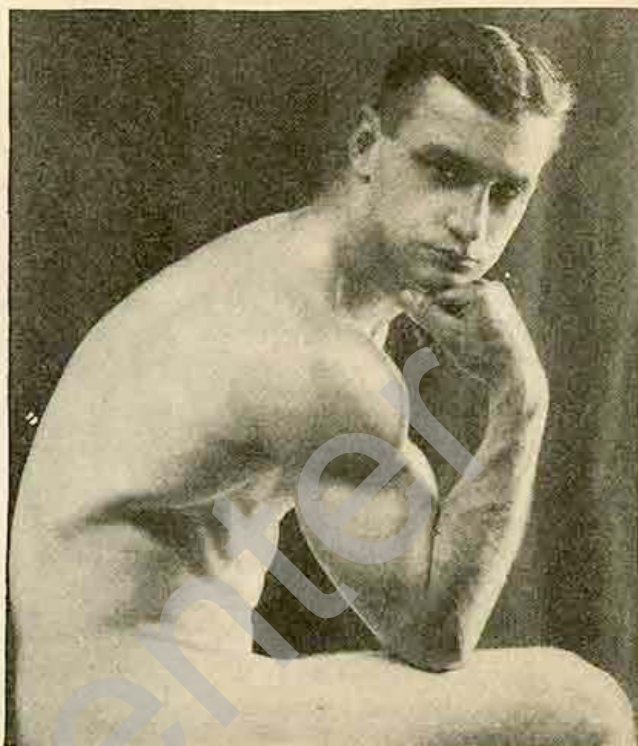
The ring weight above can be made from 20 lbs. to 100 lbs.

You'll Get Great Strength and Development, plus

Unusual Endurance, Speed and Suppleness from My Methods of Physical Training

THESE are the improvements you want. These are the improvements that will give you that athletic appearance and carriage. One of these physical essentials is that which will give you the power to easily outdo your strongest acquaintance in feats of strength. Another is that which will give you a deep chest, sturdy legs, powerful arms and a muscular waist, all of which will improve your personal appearance a hundred per cent and more. With the third you get the stamina or staying power that will make your opponents in any endeavor quit from sheer exhaustion. The fourth essential makes you a flash in sports of any kind. You will become so fast of movement that your opponents will be baffled. And last, your big muscles will be so supple that you will be the very picture of grace in your every movement.

These are the things that count and these are the things you want, so



CHARLES MacMAHON

Why Not Get the Course That Will Give You Everything in the Way of Physical Improvements?

You are neither too weak nor too strong to be greatly improved by my methods and personal help. It does not matter what minor ailments you possess—they can be eliminated. Whether you are 12 or 60 makes no difference to my methods—you will get improvements just the same. I do not mean to say that the man or woman of 60 has as good a chance as the young person of 18. But I do mean that new life and strength will be given the man or woman of 60 which, after all, is as great an improvement as developing an 18-year-old fellow into a perfect "strong man." But you will never be the proud possessor of a wonderful physique and the other desirable physical qualities unless you start now.

Chin Yourself With One Hand

That is what you will be easily able to do when you finish my course. I do not mean that my methods will merely give you the strength that should enable you to perform this feat. I mean that you are actually taught how to perform it. By a series of exercises throughout the course you gradually gain the strength and knack of this remarkable and unusual feat.

There are many other feats of this class taught you which make my course not

only a sure body and strength building proposition, but which make it also a more interesting system to follow.

Picture Yourself the Proud Possessor of These Bodily Proportions

A 40 to 45 inch chest, or larger, according to your height. A neck between 16 and 18 inches—a man's neck. Upper arms between 15 to 17. Forearms 12½ to 14 inches. A muscular waist 8 to 10 inches smaller than your chest. 21 to 24-inch thighs. 14 to 16-inch calves. Wouldn't you be proud of such a muscular display? Then why only visualize them? Enroll with me and actually possess them.

Start Now by First Mailing Me the Coupon at the Bottom of This Page

Every man who is well developed, strong and agile, was compelled to make a start before he could get his present physique. So you, too, must make a start and the sooner the better for you. I can and will gladly help you catch up to these fellows with the wonderful physiques who have started before you. My Book, which will start you off by thoroughly explaining the methods by which I will build you into a remarkable man is

Absolutely FREE

It does not obligate you in the least. The title is, "The Royal Road to Health and Strength." This Book gives you more real physical culture pointers than any other Book of this class. There are many new pictures of myself and my pupils; a thorough explanation of my methods; and actual description of hand-balancing, tumbling and muscle-control feats. These last feats are just some of the extra service I give along with my body-building and muscle-developing course. I not only give you a fine body, but I teach you how to use it.

IMPORTANT

My New Leaflet, "Your Muscles—Where They Are and What They Do," will be sent with my Book, and it is also Free. Every person contemplating physical culture should get this Leaflet first. Then you will know what you are doing. Get both of them by return mail.

CHARLES MacMAHON
Studio A-2
180 W. Somerset Street
Philadelphia, Pa.

Please mail me a copy of your valuable book, "The Royal Road to Health and Strength," which you are to send me without charge in accordance with your special offer.

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TEAR OFF - FILL IN - MAIL NOW

What Do You Know About Your Glands?

The most important contribution to the literature of health—by a famous specialist who has spent years in finding out how to cure your infirmities

By H. H. Rubin, M. D.

HAVE you ever wondered why you were not like other men or women of your age? Hasn't it worried you sick to think that other men or girls, no better built than yourself, and with no more natural equipment than you have, are able to go on and on, working hard all day, and then go to the theatre or dance half the night, while you are barely able to drag yourself around the house until bedtime?

You probably have spent many hard-earned dollars on doctors and medicine in your time. You may have taken many forms of exercise and tried many different varieties of diet, but with only temporary, if any, benefit. Doctor after doctor may have told you, "There is nothing at all the matter with you."

But you know better. Only you yourself know how tired you are



when you get up in the morning, how quickly you become fatigued, how little reserve vitality you have left after the day's work.

Yet the whole cause of your trouble may be perfectly simple, and the cure for it may be as easy as A B C.

All this is made clear to you in Dr. Herman H. Rubin's marvelously interesting book, "THE MYSTERIOUS GLANDS." Every page of this book is a veritable gold mine of wisdom, packed with helpfulness for you and for every member of your family. Every chapter contains suggestions that may point the way for you to change entirely your physical and mental outlook on life.

If you are afflicted with any obscure disorder that the family doctor has not been able to diagnose and correct, Dr. Rubin may tell you, in "THE MYSTERIOUS GLANDS" how to overcome it. If you suffer from headaches, rheumatism, skin disorders, digestive disturbances, sluggish elimination, functional troubles, torpor of the blood-making organs, or any form of nervous trouble, you may find the explanation and the possible correction for the condition in this wonderful book.

What Is That Question You Wanted To Ask Dr. Rubin?

Thousands of you who have been reading Dr. Rubin's valuable and interesting Department in STRENGTH MAGAZINE have wanted to ask Dr. Rubin some question about yourself or some member of your family. In "THE MYSTERIOUS GLANDS," Dr. Rubin answers these and hundreds of other questions. With the authority of a man who has studied and specialized for years in the treatment of disorders of the ductless glands, Dr. Rubin deals with these subjects, ordinarily so intricate, but to him crystal-clear. With the practical thoroughness that comes from long experience, he puts his finger on the weak link in your endocrine chain and points out the remedy for some condition that has baffled your advisors for many weary years.

Can you not see why this wonderful book may hold for you the secret of renewed youth? Can you not understand why a careful reading of its pages may not prove of inestimable help to you in a physical and mental way? Even if you personally may not need its help at the present time, is there not some member of your family concerning whose health you would like to ask Dr. Rubin?

If there is, sit down now and fill out this coupon, and this most valuable book will be forwarded to you the moment it comes from the press.

Some of the Subjects Dealt With

To get some little idea of the tremendous interest of this vital book, just visualize for yourself how Dr. Rubin would treat these subjects:

How the Endocrine Glands Control Chemical Processes.

The Dictators of our Destiny.

How the Sex Glands Influence Functioning Activity.

The Glands That Develop Personality.

The Glands That Influence Beauty.

Can Science Overcome the Effects of Age?

The Most Common Ailment in the World.

The Problem of the Undeveloped Girl.

How Science Helps Singers.

Disorders Removed by Gland Stimulation.

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Gentlemen: Please send me prepaid "THE MYSTERIOUS GLANDS," by Herman H. Rubin, M. D. I enclose Two Dollars for this, or I will pay the Postman Two Dollars on delivery, plus a few cents for postage.

NAME

ADDRESS

CITY

STATE

Enroll Now for My Course, and You'll Be Eligible for the 1925 Prof. Titus \$1,000 Body-Building Contest!



Here are "Before-and-After" photos of the 17-year-old School Boy, who won my 1924 contest. The left-hand picture plainly shows the thin, weak, puny scrawny, flat-chested, under-sized boy he was just before he entered the contest. The right-hand photo shows him 90 days after he started with Titus Methods and Apparatus. The picture does not do justice to his marvelous gain in arm, chest, back, leg and all-round body development.



Each year, for the past several years, I have conducted my now nationally famous \$1,000 Prize Body-Building Contest, open only to those who enroll as pupils for my course. These contests have proved tremendously popular, because the winner—whoever he may be or wherever he may come from—is selected solely on the basis of the gain he makes in body development as the direct result of taking my course. It happens that the winners of both the 1923 and 1924 contests refused the \$1,000 cash prize to which they were entitled, and accepted a very beautiful gold medal instead, because they did not wish to compromise their amateur standing. However, my extremely liberal \$1,000 cash prize offer will be continued in 1925 as in the past, or the winner may have the option of choosing the handsome gold medal instead.



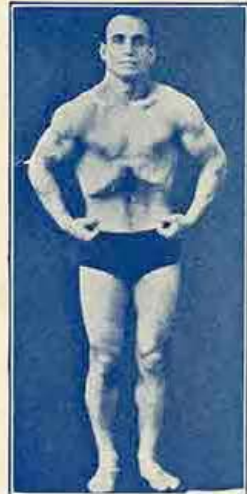
The winners of my previous contests, as well as thousands of my other pupils, who did not quite qualify as prize winners, have said that no prize, in their estimation, could equal in value the amazing gain in health, strength and vigor that my course made possible for them. They enrolled in my course to win a prize and the glory that naturally goes with it, but they found that the greatest prize of all was their splendid improvement in physical condition and capacity for work.

Titus Methods and Apparatus Have Filled the World with Wonderful Specimens of Muscular Manhood

Such record holders as the great Barnes, Rolandow, Arthur Saxon, William D. Waring, August W. Johnson, and most of the other world's famous strong men, use and recommend the Titus System. They believe, as I do, that you cannot develop strong muscles without resistance, and they have the highest opinion of my methods, which aim at the systematic development of every muscle in the body—as well as of the chest and lungs and every vital organ—by means of apparatus specially devised by me to increase muscle resistance progressively as the pupil's strength develops.

And for every professional strong man that I have developed, I have sent a thousand amateurs rejoicing on their way—happy and healthy and vigorous and amazingly strong and muscular—thousands and thousands of men in all walks of life who have no desire to be professional strong men, but who did want to be strong men just for the deep satisfaction which every real man has in being strong, also for the great benefit that a body in perfect condition in all its parts makes possible for every ambitious man anxious to make good in this world.

I don't care who or what you are, how weak you are or how wretched in health, I know I can make you all over new, develop you into a man with double or even triple the strength of the average man. And all I ask you to do is to use my methods and apparatus for 90 short days. Enroll today for my 1925 contest, and just watch that old chest of yours deepen, widen and expand, and those flabby muscles grow into steel cables.



That great professional, William D. Waring—one of the world's strongest men and developed by the Titus System.

Titus Apparatus developed my 1924 champion pupil with amazing speed, through progressive resistance.

I Show You in Advance What You Get—Who Else Does?

I am proud of my apparatus and what it will do. I am glad to show it to you in advance of taking my course. I believe that you must have proper apparatus to develop real strength—and that's exactly what you get when you take my course. Let me train you with the same system that I use to make world-champions. And remember that my PROGRESSIVE AND AUTOMATIC EXERCISER takes the place of a completely equipped gym; also that as soon as you place yourself under my training, the apparatus is yours to keep—and you do not have to spend another penny! My Exerciser has 12 oil-tempered springs that gives you as much or as little resistance as you want. Beginners usually use only one spring. Remember that you get the complete apparatus with my full 21 weeks' course, all for the price you would have to pay for ordinary courses, some of which include no apparatus whatever.

Now FREE—My New, Revised 56-Page Book

Never before has such a book been offered absolutely FREE by anyone; you don't even have to pay the postage! It will be a revelation and an inspiration to you. Compare it with some of the other physical Culture books. Learn how to get the most out of life and make your body as it was intended to be—healthy, strong, robust and muscular, by reading this marvelous book! Look over the many photographs of some of the world's greatest strong men and read what they say about the TITUS SYSTEM. Send in the coupon TODAY—or a postcard will do. Delays get you nowhere; ACT NOW!



NOTICE: The Titus System throughout is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.



Professor Henry W. Titus as he is today.

Prof. Henry W. Titus
105 E. 13th St., New York City
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YOUR OWN INITIAL IN 4 COLORS ON EVERY PIECE!



This superb 110-piece set, with your own initial on every piece, decorated in blue and 18-carat coin gold, with gold covered handles, consists of:

12 Dinner Plates, 9 1/8 in.	1 Covered Vegetable Dish (2 pieces)
12 Breakfast Plates, 7 1/4 in.	1 Baker, 8 1/2 inches
12 Soup Coupes, 7 1/2 inches	1 Nappie, 8 1/2 inches
12 Cereal Dishes, 6 3/4 inches	1 Sauce Boat
12 Bread and Butter Plates, 6 1/2 inches	1 Sauce Boat Stand
12 Fruit Dishes, 6 1/2 inches	1 Bowl
12 Cups	1 Covered Sugar Bowl (2 pcs.)
12 Saucers	1 Creamer
1 Platter, 11 1/4 inches	1 Pickle Dish
1 Platter, 13 1/4 inches	1 Butter Dish, 6 1/2 inches

FREE 26-Piece Initialed Silverware Set

Exclusive WM. A. ROGERS, Limited, design. Set includes: 6 knives, 6 forks, 6 teaspoons, 6 tablespoons, 1 sugar shell, 1 butter knife. Each piece has your own initial to match dinnerware.

Your Own Initial in Every Piece



Only Brings 110-Piece 18-Carat Coin Gold Decorated Dinner Set

It's easy to get this superb 110-piece 18-carat coin gold decorated Dinner Set with your own initial in beautiful harmonizing colors on every piece. Read the sensational offer from Hartman, the Largest Home Furnishing Concern in the World. Then send for this marvelous set while the special bargain price holds good, and receive with it, absolutely FREE, the beautiful 26-piece Silverware Set, made exclusively for Hartman's by WM. A. ROGERS, Limited, initialed to match dinnerware. Don't bother with postal or express orders; don't even write a check. Just pin a dollar bill to the coupon below and that will be your first payment. Pay nothing more for 30 days—then only small monthly amounts if you keep the Dinner Set. Only by seeing the set itself can you appreciate its superior quality, its snowy white lustre and rich decoration which compares with the finest, most expensive imported ware. Each piece is stamped genuine "18-Carat Coin Gold."

Very Important

Hartman guarantees that every piece in this set is absolutely first quality—no "seconds." The 18-carat coin gold decoration is guaranteed not to wash or wear off—unlike the common gold decoration used by others on dinnerware. This is a standard or "open" pattern. Replacement pieces may be had of us for three years. Excellent packing to prevent breakage.

Newest and Finest in Dinnerware Blue and 18-Carat Coin Gold Richly Decorated

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"Let Hartman Feather YOUR Nest!"

Both Sets Have Your Own Initial on Every Piece

Not only will you be charmed beyond measure with the beauty of this exquisite ware itself, but you will be delighted to have your own initial on every piece in beautiful colors and design, surrounded by gorgeously colored decorations. All handles are covered with genuine 18-carat coin gold and each piece also has an 18-carat coin gold border and rich blue felloe bands. This is a set your family will be proud of and your friends will envy.

Free—Initialed Silverware Set to Match

Made by WM. A. ROGERS, Limited
Only \$1.00 with coupon and Hartman ships the complete 110-piece set, and with it, FREE, the 26-piece initialed Silverware Set, made exclusively for Hartman's by WM. A. ROGERS, Limited, with initial to match the initial on dinnerware. If not satisfied, after 30 days' trial, return both sets and we refund your \$1.00 and pay transportation charges both ways. Otherwise, take nearly a year to pay balance due on 110-piece set only—a little every month. Pay nothing at any time for Silverware. Be sure to give initial wanted.

Order by No. 322GMA18. Price 110-Piece Dinner Set, \$39.98. Send \$1 with Order. \$4 Monthly. Silverware Set is FREE.

Just Pin a Dollar Bill to Coupon—MAIL TODAY

HARTMAN Furniture & Carpet Co. Dept. 7260 Chicago, Ill.

I enclose \$1.00. Send me the 110-Piece 18-Carat Coin Gold Decorated Dinner Set No. 322GMA18. Price \$39.98

and with it the 26-piece Silverware Set absolutely FREE. I am to pay nothing further for goods on arrival—only the small freight charges. I am to have 30 days' free trial. If satisfied, I will send you \$4 monthly free trial. If not satisfied after 30 days' free trial, I will ship all goods back and you will refund my \$1 and pay transportation charges both ways.

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or Street and No. _____
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