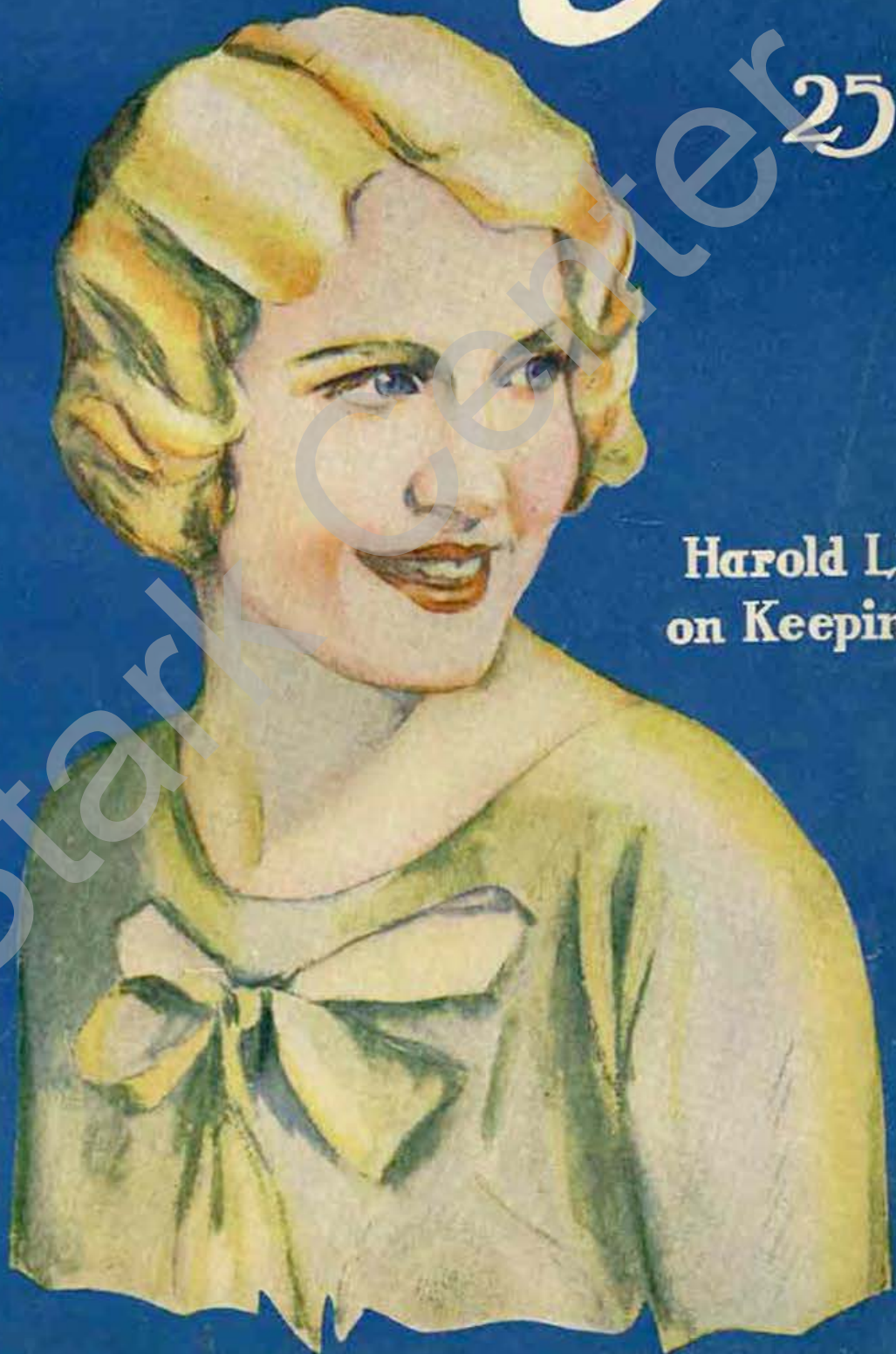


Can Any One Be Strong?

Strength

JANUARY

25¢



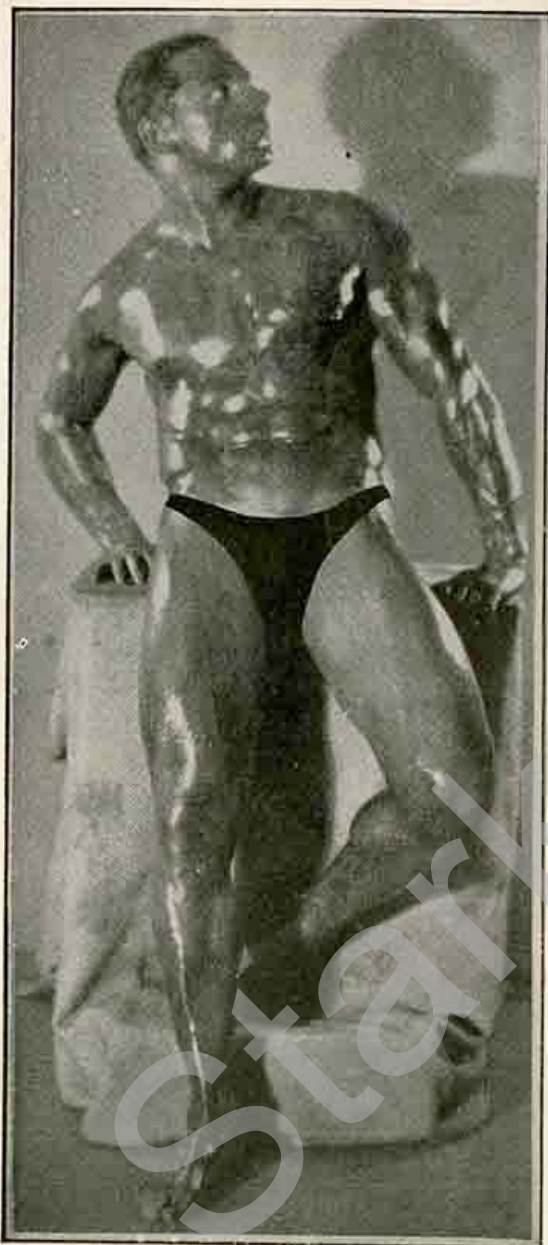
Harold Lloyd
on Keeping Fit

Mary Eaton

Pearl

A Man Without a Weak Spot

THIS COULD APPLY TO YOU AS WELL AS IT DOES TO MR. KLEIN



SIEGMUND KLEIN---A "MILO" PRODUCT

MR SIEGMUND KLEIN, is a good example of the kind of shape and development which comes from practicing "progressive" or "graded" exercises with an adjustable bar-bell. He is one of our pupils, and is acknowledged to be the most perfectly proportioned and symmetrically developed of all the younger generation of "Perfect Men." By following our instructions he succeeded in developing every part of his body—inside and out. In this pose he is making no effort to display his really wonderful muscles. The idea was to show how he looks when he stands at ease. That is the real test. Not whether you can show a few lumps by fiercely tensing your muscles, but whether your proportions are the kind that indicate the possession of unusual vital power; whether you look well at all times, and whether your figure has the balance and symmetry which denote the maximum of strength, speed, suppleness, and staying power. A too-heavy man lacks speed, a too-slender man lacks strength, and a fat man lacks both speed and endurance.

A prospective customer, looking over the wonderful set of pictures which adorn our catalog, exclaimed:—

What Magnificent Bodies Your Pupils Get

He did not say, "What an arm that chap has!" or, "That man has fine legs." What impressed him was the matchless symmetry of the whole body.

It is the proportions and development of your *body* that govern your physical condition. If a man is fat he can reduce only by exercising his *body*-muscles. If he is round-shouldered, or flat-chested, or weak-lunged or if he suffers from digestive troubles, it is his *body* (not his limbs) that he must train.

The *strength* of your arms and legs is regulated by the strength of your *body*. The *quality* of your muscles is dependent on the vigor with which your internal organs function.

You Can Get a Wonderful Bodily Development

not, mind you, just *arm* development, but a *body* that is perfectly developed in every part, by using bar-bells. Some of the big muscle-groups on the body are capable of such tremendous power that it is next to impossible to bring them to their full size and vigor by practicing arm-movements with light weights, or by practicing the ordinary kind of leg-movements. (You can, for example, lift several times as much weight on your back and shoulders as you can with your hands.) Beginners at our course frequently express surprise at the moderate weight we make them use in some arm exercises, and amazement at the ease with which they can handle considerable weight in the back and leg-movements.

That is where the adjustable bar-bell demonstrates its superiority over any other developing apparatus. If you go to a "gym" and seek development through doing stunts on the rings, parallel bars, etc., you find that in every stunt you must handle your own weight. There is no alternative—either you handle your weight, or else you can't. But with a bar-bell you can readily *adjust* the weight used, so as to suit the strength of any one muscle, or group of muscles. And furthermore, you can, by adding weight from time to time, increase the size and the power, and improve the shape and the tone of any particular set of muscles. And remember that as muscle grows fat disappears.

WE ARE BODY BUILDERS

with a record of success during the last twenty years. Our catalog is worth owning. The description of the bar-bells we make and the courses we issue will fascinate you, and the pictures showing the superb bodies of our pupils will inspire you. Until you have investigated bar-bells, you have no idea of your own possibilities in the way of muscular development and physical beauty.

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COUPON

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2739 N. Palethorp Street
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State

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Motor Institute Bldg.
EVANSTON • • • ILLINOIS



Strength

JANUARY, 1930

Vol XIV

No. 11



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Be A RADIO Expert



Seldom Under \$100 a Week

"My earnings in Radio are many times greater than I ever anticipated they would be when I enrolled. They seldom fall under \$100 a week. My profits for the past three months were \$577, \$645, \$465. If your course cost 4 or 5 times more I would still consider it a good investment. You give a man more for his money than anybody else."

E. E. WINBORNE,
1414 W. 48th St., Norfolk, Va.



Making \$400 a Month

"I really believe that every man should take your course in Radio. If he has anything in him at all there is every chance for him to get some place. The field hasn't been scratched and it is getting bigger and better every day. A man just can't go wrong. I was making good money but could see the opportunities in Radio. Believe me, I am not sorry, as I have made more money than ever before. I have made more than \$400 each month."

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1484 S. 15th St., Salt Lake City, Utah.

Many make \$50 to \$200 a week

I GIVE YOU 8 OUTFITS OF RADIO PARTS FOR A HOME EXPERIMENTAL LABORATORY

My course is not just theory. You learn by tackling real Radio problems—work out with your hands, using my eight outfits, the principles, diagrams and circuits covered in my lesson books. You can build over 100 circuits with my outfits. These include circuits designed for all types of vacuum tubes in all stages, screen grid tubes for battery and A. C. current operation. You experiment with and build circuits used in Crosley, Atwater-Kent, Eveready, Majestic, Kolster, Radiola, Stewart-Warner, Zenith, Philco, Edison, Stromberg-Carlson and many other sets on the market today. You learn how these sets work, why they work, how they should work, how to make them work when they are out of order. This 50-50 method of home training makes learning easy, fascinating, interesting. You get as much practical experience under this unique plan, in a few months, as the average fellow who hasn't had this training, gets in two to four years in the field. When you finish my course you won't need to start in any old job "just to get experience"—you will be trained and experienced ready for a good job from the start. Training like this makes your knowledge complete. You have confidence in yourself and in your ability to tackle most any job. That's why men trained by N. R. I. make good money. My book gives you complete information about this practical system of home training which N. R. I. pioneered. Be sure to get it at once.

Don't slave your life away for \$25, \$35, and \$40 a week in a no future job. You're foolish to be satisfied with less than \$50, \$60 or \$75 a week for more than the short time it takes to get ready for Radio. That is what the good Radio jobs pay. And \$50 to \$75 a week is only the beginning. Many quickly lead to as high as \$150 to \$250 a week.

Big Growth Making Hundreds of Fine Jobs Yearly

Over 300,000 jobs have already been made by Radio's amazing growth. It continues to grow and expand fast. This big growth can put you ahead fast. I have doubled and tripled salaries. I have shown hundreds how to make much more money in Radio than they were making in other fields. Let me show you what I can do for you.

Many Make \$5 to \$25 Extra a Week Almost at Once

The day you start I will show you how to do 10 Radio jobs most common in every neighborhood so you can begin making extra money. Frank Golden, 328 Walnut Street, Newark, N. J., says: "I made over \$900 in my spare time in about 10 months." My course is world-famous as the one that pays for itself.

I Will Train You at Home In Your Spare Time

Hold your job. My 50-50 method of training—one-half from lesson books and one-half from practical experiments using Eight Outfits of Parts given without extra charge, makes learning at home easy, fascinating. It is unequalled. It gives you practical Radio experience while learning. You don't have to be a high school or college graduate. Many of my most successful graduates didn't finish the grades.

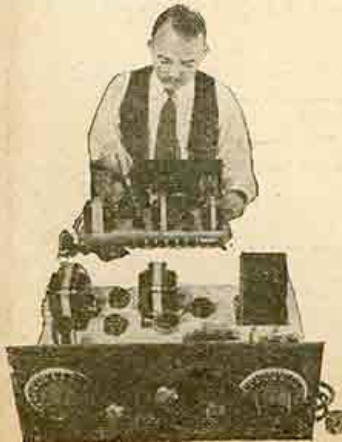
Your Money Back If Not Satisfied

My training is right up-to-the-minute with Radio's latest developments. Television, Talking Movies, Radio in Aviation, Screen Grid Tubes, A. C. Sets are included. It fits you for Radio factories, broadcasting stations, a spare-time or full-time business of your own, operating on board ship which gives you world-wide travel without expense, commercial land stations, research laboratories and many more branches. Every penny will be returned if after completion you are not satisfied with the lessons and instruction service.

Free Book Tells What Radio Offers You

"Rich Rewards in Radio" gives you the facts about Radio, what your prospects are for the future, how you can get in without delay, what you can make. It explains our lifetime Employment Service after graduation and many other fine features. Get a copy AT ONCE.

J. E. SMITH, Pres.
National Radio Institute
Washington, D. C.



Jumps From \$35 to \$100 a Week

"It is certainly great sport to do Radio work and a profitable one too. I had the pleasure of reaching \$110 last week servicing and selling sets. I have made as high as \$241 in two weeks. Before I entered Radio I was making \$35 a week. You started me off on the right foot by giving me the knowledge every man should have to succeed in Radio."

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Mail this Coupon at Once

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National Radio Institute, Dept. OA-55,
Washington, D. C.

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City

Address

State

Age

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The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 24th of the second preceding month, viz., Jan. 24th for the March issue. Address all orders or inquiries to Miss A. M. Lorentson, Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

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A Perfect Life and How to Live It. \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

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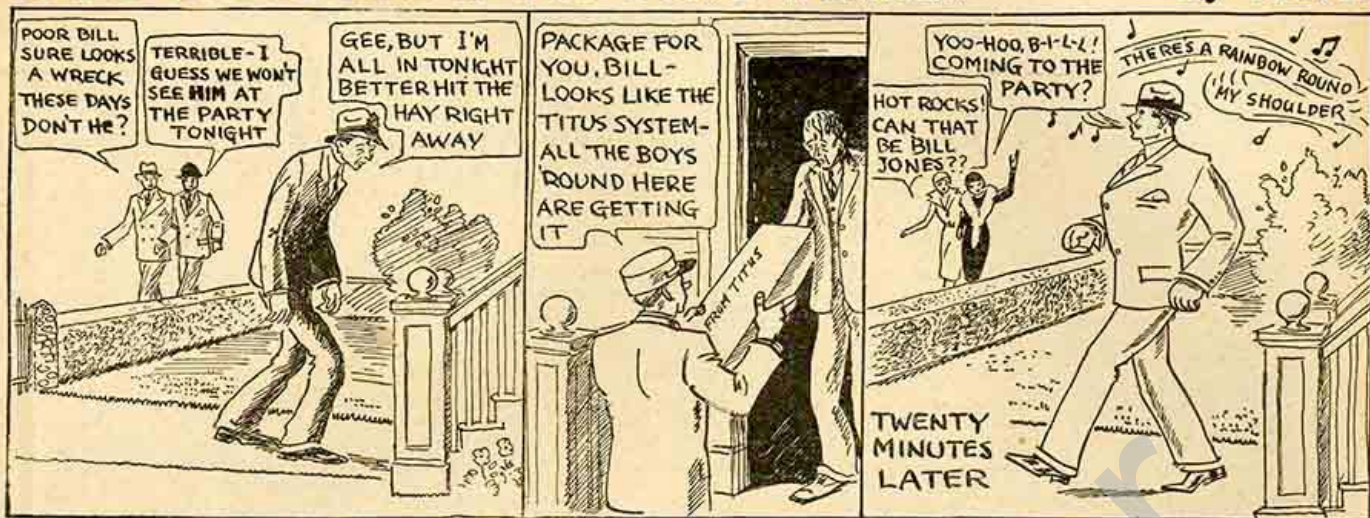
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City State

NOTE—No ad less than 10 words accepted. Each word in name and address must be counted.

"IT'S A GREAT LIFE IF YOU DON'T WEAKEN"

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The Well Known Cartoonist Rafe's Humorous Conception of The Speedy Results of Titus Training.

"I Never Put On Muscles SO FAST in all my life"

THAT'S what one man writes: "I never put on muscles so fast in all my life!" And his words are echoed by thousands of others all over the world.

MIRACLES WORKED IN MUSCLES! Weak men made strong! Puny, sickly chaps transformed into husky, broad-shouldered athletes! Man, if you've got an ounce of red blood in your veins you're going to find out about this wonderful way to get STRONG. All in a few minutes a day at home. My Free Book tells the whole amazing story. Send for it TODAY.

A New Body in

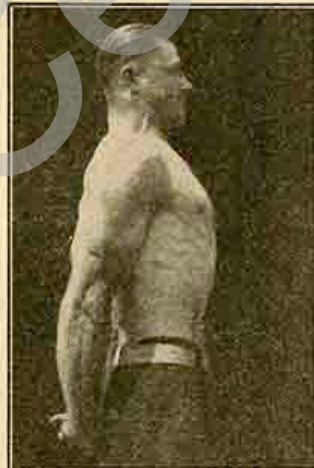
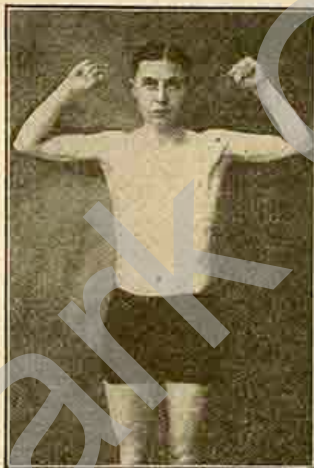
20 Minutes a Day!

Find out how you can be made over! How you can quickly change into a superb model of muscular MANHOOD—how you can develop a powerful athletic build—how you can cover that frame of yours with



SAXON

Famous strong man, writes: "Many people who have seen my feats of strength on the stage have asked me how I developed such powerful muscles. I give all credit to TITUS—the greatest instructor in the world, creator of the world's greatest muscle-building apparatus."



Which Is You

Look at those two pictures! Which is YOU? A puny, run-down weakling, scorned by your fellowmen, avoided by the fair sex, ashamed to show yourself in a bathing suit? Snap out of it, friend! Take a look at that big boy at the right and cheer up. That's the way TITUS builds men. And YOU'RE NEXT.

rippling layers of solid muscle! Man, I'm going done for other men and be happy—for

to fill you so full of glorious pep and health that you'll be the life of the party wherever you go. Read what I've

boy, you're NEXT.

"Muscles Seem to Grow Over Night" That's what Walter Hollyoak of Victoria, B. C., says about the wonderful results of Titus Training. And Miguel Ycaza writes from the Philippine Islands: "I could hardly believe my own eyes at the

FREE "Miracles In Muscles"

Come on, friend, you're next! I can't begin to tell you here what Titus Training has done for thousands of men—what it will do for you—but my great new book tells the whole amazing story. This book will give you the surprise of your life—read how weaklings have been changed into strong, brawny, HE-MEN—see actual photos of magnificent models of muscular manhood—discover how EASY it is for you to get strong. This glorious book is yours FREE. Mail that coupon NOW—no cost, no obligation, no salesman will bother you. There are no strings to this offer.

TITUS 853 Broadway, Dept. X-146 New York, N. Y.

great change you have made in me. My muscles grew as fast as the beanstalk in the story of 'the Giant-Killer.' YOU have made a new man of me."

Can You Do These Feats of Strength

How would you like to amaze your friends by tearing a telephone book or deck of cards in two? Titus Trained men do these feats, and many others, with ease. Anthony Ottavio of Massillon, Ohio, is only 18—but what a MAN! He writes: "I can bend a light horseshoe with my hands. I can lift 200 lbs. with my left and right hands. I can lift 150 lbs. with one finger."

Adam Altman of Chicago, Ill. writes: "Before I took your course I could only chin myself eight times; now I can chin myself twenty-five times."

Stanley Thompson of Multnomah, Ore., writes: "I can tear a pack of cards in half, bend spikes, and do many other things which I could not do before. Titus-Built men sure have the speed and power behind every punch."

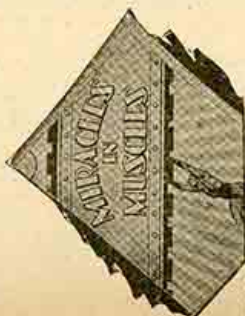
Let Me Make You Over

Just give me 20 minutes a day, that's all—and WATCH THOSE MUSCLES GROW! See the amazing change in 30 days. Man, won't you be PROUD of those big, rippling muscles! But don't get a swelled head when you hear the girl friends raving about your handsome, athletic build. I don't just promise you all these good things—I GUARANTEE results. I guarantee to put "a solid inch of powerful muscle on your arms, a couple more on your legs—I guarantee to develop every muscle in your body in proportion—to broaden your shoulders and add 5 inches to your chest—to strengthen your internal organs, too—I Guarantee you new pep, new energy, NEW LIFE.

TITUS, Dept. X-146, 853 Broadway, New York, N. Y.

Dear Titus: Okay, send me that wonderful new book of yours "Miracles in Muscles." Get it to me by return mail without the slightest cost or obligation on my part.

NAME _____ ADDRESS _____ TOWN _____ STATE _____



Men of Enormous Strength

How They Are Made and How Ruined

By BERNARD BERNARD

Everybody knows that in the story of Samson, and Delilah's cutting of Samson's hair, thus cutting off the source of his enormous strength, is purely allegorical. What the good book means is that Samson's fall from continence to lack of sex control, under the influence of Delilah, is what actually sapped away his vital energy and his strength.

The writer has had the opportunity of personal intimate study of the lives of quite a number of Champion strong men. In practically every case he has observed that during the years which were occupied in training and developing his unusual strength each man was able to conserve his vital energy. Each one knew that abnormal conscious or unconscious losses of this meant the draining away of the very life energy which was necessary to his best development and training for great strength.

When it sometimes happened that such strong man became unable efficiently to conserve this vital energy his downfall started from that time. How many champions of all spheres of athletics there are who, to use the allegorical biblical expression, have their hair shorn from their heads. Waste of the precious energy prevents them from staging "come backs."

Those who are starting out to achieve success in weight-lifting, body development, in any sphere of athletics, or in their chosen occupation or profession, cannot be warned too strongly to avoid all possible losses of vital or nervous energy, but conserve it for the brain and body use in development of power.

There are many who have succumbed to the private habit, and such absolutely must, in the opinion of the writer, overcome this before they can expect to make the best of themselves.

Then there are those who, having overcome such habit consciously, have created a too frequent subconscious habit so to speak, so that it occurs in spite of themselves.

Scientifically applied Physical Culture can be utilized to build up the human body, to stop vital and nervous leaks, to free the weak from their weaknesses and to give back strength to those who have lost it. That we of the Physical Culture Consultants are efficient we endeavor to prove by the extracts from reports we publish each month in "Strength Magazine." They speak for themselves, and if these pupils are able to build themselves up from devitalized nervous and physical wrecks by following our Course of instructions, why not you?

Note how the pupil from whose reports we quote below was, to use his own words "a nervous wreck." Yet in a few weeks he becomes a changed man; again to use his words "getting stronger every day."

Strength and Health are the rightful heritage of every man. You want to be a red-blooded he-man. Here is your opportunity. Get "Sex Weaknesses—Their Cause and Remedy," and learn of the methods that make strong men of wrecks, and make strong men stronger.

Don't let procrastination rob you of immediate setting foot on the right road to freedom from any devitalizing habit—conscious or subconscious. Train your body so that you become its master, and reap the rich rewards of strength happiness and success in life.



BERNARD BERNARD
D. Sc. (Phys.), M. S.,
P., M. P. C., Chief,
Physical Culture
Consultants.

Case No. 5222

Age 22 years

Single

First letter, before starting Course:

"I have suffered from nervous trouble nearly all of my life. About four and one-half years ago I fell into the bad habit you mention. I have broken it; bad habit but I have no control over myself. I have had thoughts, losses at time, bad dreams often, am neurasthenic, despondent and I have mind wandering. In general I am a nervous wreck. Also I am very thin and undeveloped. R. H., Ohio."

First Report:

"I am feeling fine since starting the course; feel full of pep at times; my mind is more clear. . . I know how to fight bad thoughts better, too. My nerves are more calm, but I feel weak at time. . . I am looking forward to my second lesson next week. R. H., Ohio."

Second Report:

"I am feeling fine, full of pep at times and then again I am not. I still feel weak, but as you explained that, I know now what it is. My bowels act from 3 to 4 times daily. . . When I am in the presence of the opposite sex I still have trouble in controlling myself with the result that I have had two small losses—I have had none at night in bed though. When I started with you I forgot to tell you I had pimples and blackheads. I still have some now but not as many as I had. But all in all I am a changed person with clearer eyes, calmer nerves, and clearer thoughts. Thanks to God and you, dear friends. My ambition is to keep on going upward and

onward, dear instructors, so I am looking forward to my next lesson with joy. R. H., Ohio."

Third Report:

"I received my third lesson with joy and I like it fine. . . I am feeling fine. . . I am getting stronger every day, nerves are fine, bowels are fine too. The pimples are all leaving my face fast, my complexion is getting fine. My appetite is getting keener and keener every day. The losses have stopped too. I have a bright and happy outlook on life now, dear friends. R. H., Ohio."

Fourth Report:

"I am feeling fine with no losses to worry me. My weight is slowly rising too. . . Well, I will close this time wishing you the greatest of success in your noble work. R. H., Ohio."

Fifth Report:

"I received the fifth lesson and was more than pleased with the wonderful instructions which you gave. I am getting better and better every day. I feel that I am going somewhere now. Life was ugly in the old days but now it is pure and beautiful. As the time comes for us to part, dear friends, I am rather sad but I feel sure that I can take charge of myself armed with the excellent knowledge that you have given me. . . If in any way I can help you to further your great work I would be pleased to do so. . . I want to thank you from the bottom of my heart for what you have done for me. Well, I will close again thanking you for what you have taught me. I am, your grateful pupil. R. H., Ohio."

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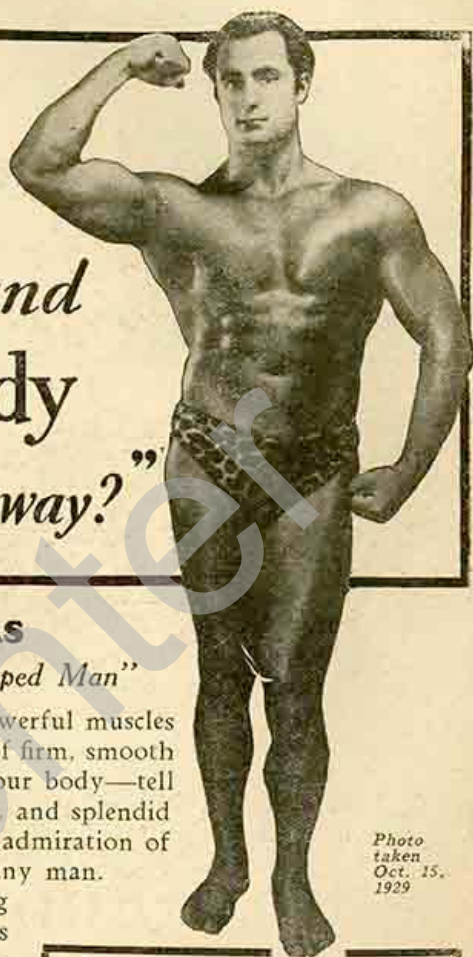
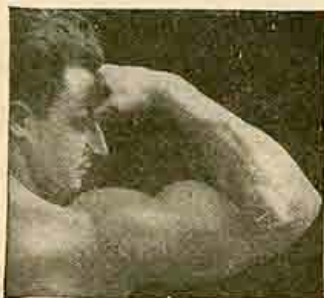
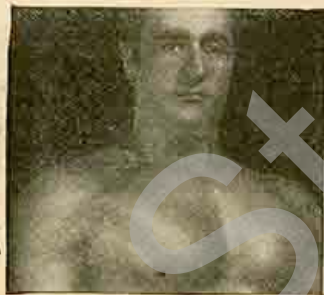


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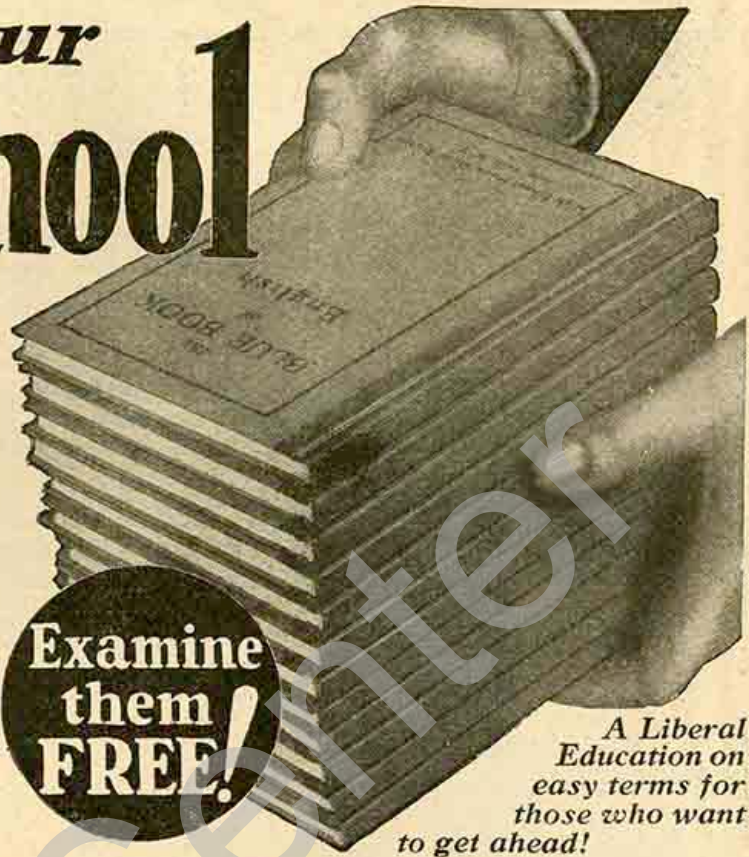
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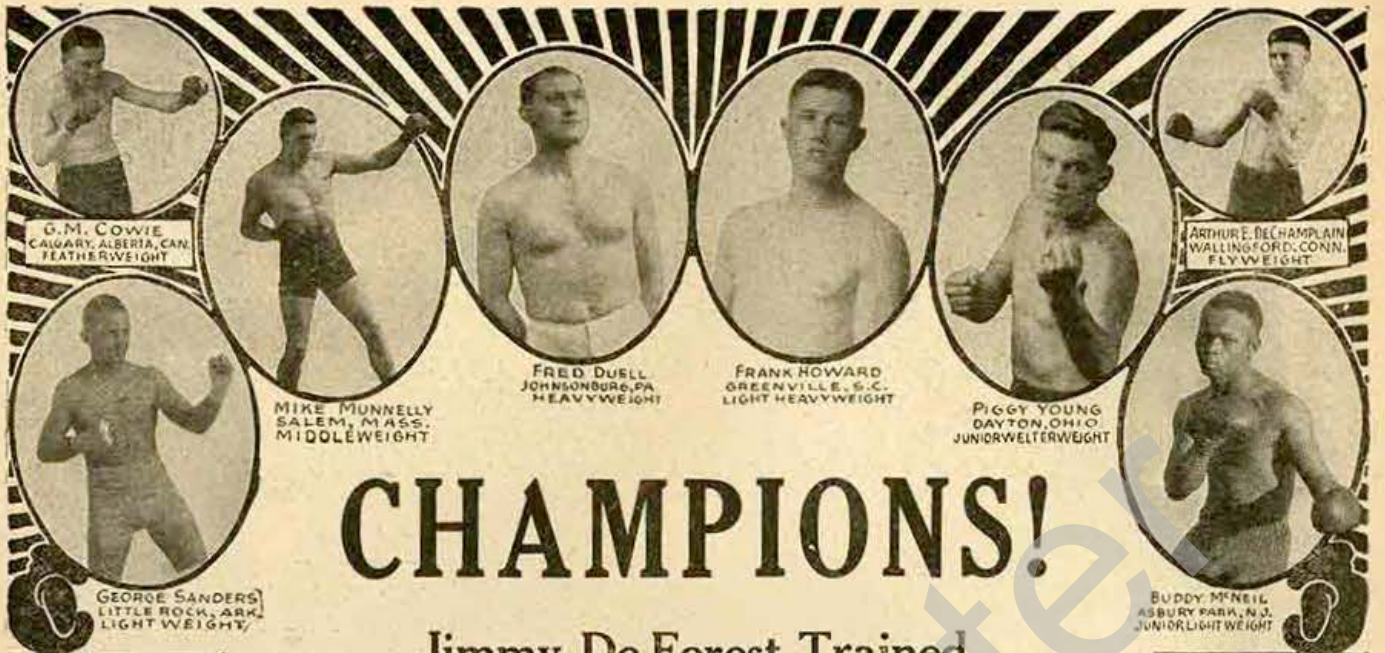
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I felt like a missionary about to be fed to a tribe of cannibals as I slumped down in my chair. Once more I'd been called on for "a few words" in club meeting, and once more I'd gasped and sputtered a few commonplaces and dodged down into the comfortable obscurity of my seat. Every time I tried to make a talk before the bunch I merely furnished material for some more jokes among the members. They were a natural-born gang of kidders and jokesmiths. I could see a wicked grin on Jim Courtney's face as he thought up some new wise-crack at my expense.

I met Jim on the way out of the meeting. "Sam, old topper," he greeted me. "Congratulations! You ought to be in vaudeville. Never heard a better stammering act in all my life!" "Yeah!" said Lew Thorne. "That part was good, but I like the imitation of a ventriloquist better. Listen, Sam! Next time you're called on for a speech why don't you whistle it?"

That was only a sample of what I heard every meeting night for the next few weeks. "Going to make a speech, Sam?" was a phrase that was always good for a laugh. That was bad enough by itself; but it hurt worse when, one night, I overheard Wally Schultz defending me. "Lay off Sam," he was saying. "It's too much like cruelty to animals. Sam can't talk to this bunch anyway, and you birds only make it worse. He's a timid sort of fellow, and he'll never amount to anything in the Club, but there's no need to make him quit. And he'll do it, too, if he's razzed too much."

So that was the reputation my embarrassment and shyness were making for me. "A timid sort of fellow!" "A quitter!" Couldn't stand razzing! I knew Wally meant to be kind when he spoke to the crowd like that, but that didn't make me feel better. I was almost ready to do what Wally had said I'd do—quit the Club and everything else that meant social activity, and

resign myself to a sour more or less friendless life.

And then—almost by magic, I discovered the solution to my worry. A few friendly words from an older man in the office told me about a wonder-working little free booklet called **HOW TO WORK WONDERS WITH WORDS**. In twenty minutes' study at home every day I became, in a surprisingly short

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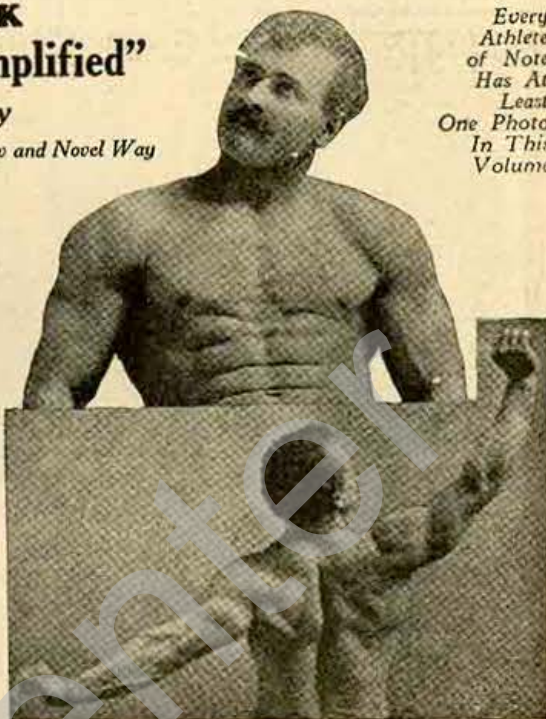


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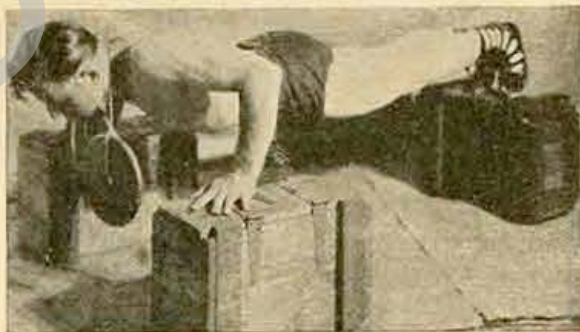
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This Chapter Contains the Kernote to Health and Development.
VIII. CIRCULATION.
The Function of the Blood Circulation and Its Importance to Physical Culturists.
IX. ANATOMY MADE EASY.
Essentials the Physical Culturist Should Know.
X. A CHEST OF WHICH YOU MAY BE PROUD.
Of First Importance in Genuine Physical Improvement.
The Essentials of Chest Development Govern the Building of the Entire Body.
XI. RUGGEDNESS SEATED IN THE LEGS.
Vigorous Exercise Movements Necessary.
XII. MANLY ARMS INSPIRE CONFIDENCE.
XIII. BACKBONE PLUS.
Strengthening the Neck and Spinal Column.
XIV. SQUARING YOUR SHOULDERS.
XV. FURTHER EXERCISE HINTS.
The Classique Torso.

Getting a Grip on Life.
The Value of Massage.
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XVI. DETERMINING PROPER PROPORTIONS.
XVII. WHAT ARE YOUR CHANCES?
XVIII. OVERCOMING YOUR DEFICIENCIES
Correcting Various Physical Defects.
Corrective Exercises.
XIX. A COMPLETE BAR BELL COURSE
Standard Body Developing Exercises.
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With Hints on Attaining Proficiency.
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The Largest Arm.
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Other Annoring Questions Answered.
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R. T. I. R. T. I. QUALIFIES YOU TO MAKE MONEY AND ITS SERVICE KEEPS YOU UP-TO-THE-MINUTE ON THE NEWEST DEVELOPMENTS IN RADIO, TELEVISION, AND TALKING PICTURES **R. T. I.**



RADIO CALLS FOR MORE TRAINED MEN

Big Money quick—the chance to more than double your salary—is offered to you now. RADIO has leaped from the experimental stage to a gigantic industry, employing many, many thousands and loudly calling for MORE TRAINED MEN to fill the Big-Pay jobs.

TALKING PICTURES have taken the larger cities by storm and will sweep the entire country, opening up many new good jobs everywhere. TELEVISION now comes with even greater promise of a large number of good paying jobs and big profits for those who are prepared.

Big Money Now! More to Come

Here is an entirely new field of profitable employment—Big-Money Jobs—\$2500—\$3500—\$5000 and up, right now—lots of money easily made in spare time—increasing pay for you and more and more money as this new industry grows bigger and bigger.



\$500 in 2 Months Hasn't Finished the Course
Your radio course enabled me to earn over \$500 in two months spare time work.
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I am earning \$80 per week and another \$20 a week in spare time Radio Work. Your Course was the best investment I ever made.—W. W. Mead, 915 W. 28th St., Indianapolis, Ind.



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Mr. Schnell, Chief of the R. T. I. Staff, is one of the ablest and best known radio men in America. He has twenty years of Radio experience. First to establish two way amateur communication with Europe. Former Traffic Manager of American Radio Relay League, Lieutenant Commander of the U. S. N. R., Inventor and designer of Radio apparatus. Consultant Engineer to large Radio manufacturers. Assisting him is the R. T. I. Advisory Board, composed of men prominent in the Radio industry.



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Today I am able to class myself as a Radio Engineer along with the leaders, and this is all due to the help of R. T. I. I have been able to handle efficiently every radio problem with which I have come in contact. I cannot say too much in praise of R. T. I., and any man desiring to improve himself can do nothing better than find out what this institution has to offer, and get started with their training.—H. E. SATTENFIELD, Chief Radio Engineer, Western Air Express, Amarillo, Texas.

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Send me Free and prepaid your BIG BOOK "Tune In On Big Pay" and full details of your three-in-one Home Training (without obligating me in any way).

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STEP UP QUICK TO A BIG MONEY JOB THROUGH R. T. I. training in Broadcasting, Sales, Service, Manufacturing, Repairing, Ship and Station Operating, Installing, in business for yourself.

R. T. I. R. T. I. TRAINS YOU AT HOME FOR A GOOD JOB OR A PROFITABLE PART TIME OR FULL TIME BUSINESS OF YOUR OWN

You Have No Excuse Now For Not Being Well Built, Muscular, Strong and Energetic Because This Exerciser Will Do That For You and IT IS

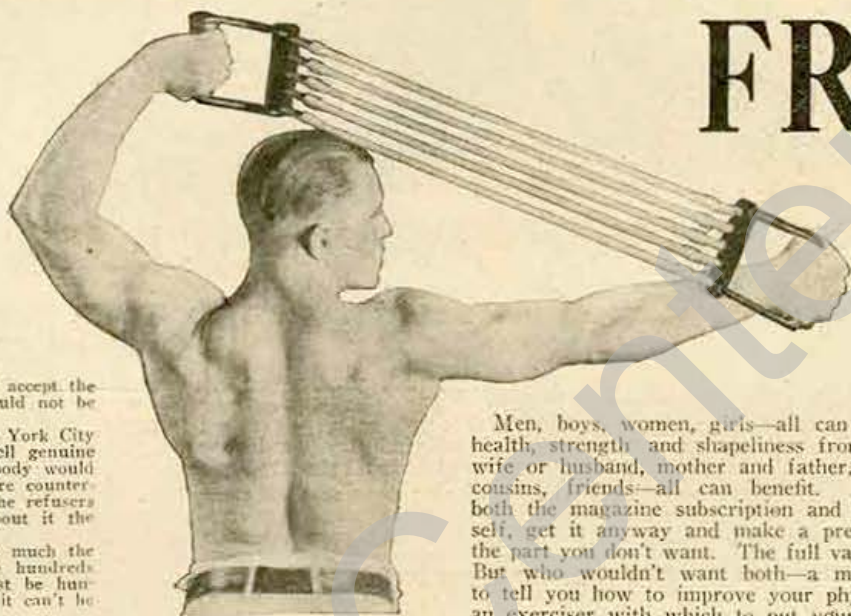
FREE

HAVE YOU Heard These True Stories

There is a story that you probably all remember reading or hearing—we don't remember where it happened and it doesn't matter—about a man who stood on a bridge at the busiest time of the day and offered the passersby gold coins for nothing. The story states that no one would accept the coins, because they thought they could not be fake and genuine at the same time.

The same thing was tried in New York City not long ago. A man offered to sell genuine ten-dollar bills for one dollar. Nobody would take a chance, thinking the tens were counterfeit or stage money. How foolish the refusers must have felt when they read about it the next day.

We feel that this offer is having much the same effect on our readers. While hundreds have already accepted it, there must be hundreds who want it and still believe it can't be genuine. Don't be foolish.



Men, boys, women, girls—all can use and benefit in health, strength and shapeliness from this offer. Your wife or husband, mother and father, sister and brother, cousins, friends—all can benefit. If you don't want both the magazine subscription and the exerciser yourself, get it anyway and make a present to someone of the part you don't want. The full value is in either half. But who wouldn't want both—a magazine and course to tell you how to improve your physical condition and an exerciser with which to put your new-found knowledge into practice is desired by everyone interested in his or her physical, mental and financial welfare.

THIS FREE EXERCISER

Will Develop a Physique That Will Command
Attention

Imagine getting big upper arms, steely forearms, a broad, powerfully muscled back, a deep chest with muscles that fascinate, a well-knit waist and a mighty neck, at no more cost than the little effort you spend in using this exerciser. Weigh all that against the cost and if you are not the winner by a mile we'd like to know why.

Your muscles will fairly bulge under your coat. You will be compelled to buy larger collars. We're sorry, but it's a fact. You will probably have to have the buttons on your vest moved back in order to give room for your additional chest development. Either that or buy a new suit.

NOT A TOY—A STRONG EXERCISER

This is not a child's or lady's exerciser, but it's a real he-man proposition. The ladies might use it with one cable attached, but that lets them out until they gain additional strength. Two or three of these cables are plenty for the average fellow to exercise with. This leaves two cables for advancing purposes. It's a real strong one, fellows.

We Pay All Mailing Charges

All you pay now or later is the price indicated on the coupon. We prepay each monthly copy of "STRENGTH" as well as the exerciser and course. There is nothing whatsoever to pay the postman. Can you beat that for an offer? Like the deuce you can.

The Milo Publishing Co., Stands Back of This Exerciser

Don't get the idea that because this exerciser and course is free the cables are not strong and serviceable and the course no more than a chart like those that accompany most cable exercisers. If you have any idea like that about this offer you are all wrong and will regret it when you finally witness the truth of the matter.

THAT'S ALL \$2.50

1 5-Cable Exerciser. 1 Cable Course. 1 Year's Subscription
to "STRENGTH"

Strength



A SUBSCRIPTION TO

"STRENGTH"

WILL ENTITLE YOU

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TO THE BIG
MUSCLE
GETTER
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1 U.S. Cable Exerciser and Course with a one year's sub-
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S-9-29

Only One Way You Can Get this Remarkable Pen!

You must try it *THIRTY* days before you can keep it!

Equal to any \$7 or \$8.75 Pen in Quality
Superior to Any Pen at Any Price in Performance



"Real Writing Mileage At Last"

Only Way to Get the Postal:
"Buy through One Who Owns One"—or Mail Coupon Below

THE man who invented this amazing pen consented to let us sell it only under one condition—that we work out a plan whereby the price would be within the reach of every one, instead of selling it at \$7 or \$8.75, the price of other pens of equal quality.

Of course, it was impossible to sell this remarkable pen through the stores. Their profit on a \$7 or \$8.75 pen is more than what you actually pay for the **POSTAL RESERVOIR PEN**. And so we decided to let Uncle Sam do the selling for us through the United States Mails.

The Pen That Says "Fill Me Up!" BEFORE It's Empty

The **POSTAL RESERVOIR PEN** (named **POSTAL** because it is sold by mail only) is distinctive in design and contains features which are not found in any other pen. It is transparent so you can always see when it needs filling. It is self-filling—employs an entirely new method, the easiest ever devised. Holds 3 to 4 times more ink than any other self-filling pen. Manufactured from same materials as used in highest priced pens. Never before have so many improvements and refinements been combined in a single handsome, smooth writing, never-clogging pen that you will be proud to own and delighted to use.

How to Get the Postal Pen
SEND NO MONEY

Simply fill in and mail the coupon. Do not send a penny! When you get your Postal pen, you will also receive 5 post-cards, each worth 50c, on the purchase price of another pen. Every Postal Pen owner finds that his friends admire his remarkable pen and ask where they can get others like it. You can easily sell your premium postcards for 50c each and earn back the full price of your pen. You do not have to sell the cards—dispose of them any way you wish—whatever you make on them is yours to keep.

Don't Wait—Tear Off and Mail Coupon Now.

Postal

RESERVOIR PEN

POSTAL PRODUCTS, Inc.

25 West Broadway Desk AR-12 New York City
We Guarantee Good Value for Your Money.

Actual Size Men's Model Shown Below



No Other Fountain Pen Like It!

You Can See Right Through This Pen!

Costs Only \$2.50

Read These Remarkable Postal Features

It is Transparent—You can always see exactly how much ink you've got. Can't run unexpectedly dry.

It is Unbreakable—You can even Step on it without injuring it. A wonderful pen for lifetime service.

It's the Smoothest Writing Pen You Ever Saw—Big, solid, 14-Karat gold point, tipped with the finest iridium.

It is Self-Filling—The easiest of all pens to fill.

It Holds 3 to 4 Times More Ink Than Any Other Self-Filling Pen—Fill once a month—and get real "writing mileage."

And Remember—The materials and workmanship are guaranteed to be equal or superior to those found in any other pen, whether sold at \$7, \$8.75 or more.

THIRTY DAYS' FREE TRIAL

Send for your **POSTAL** Pen NOW. State whether you want men's or women's model. Use it thirty days and if you are not delighted with it, return it, and your money will be promptly refunded. You are to be the sole judge. Compare it with any pen at any price. Remember the price is low only because our sales policy of manufacture to user eliminates all in-between profits, commissions and handling. Send the coupon NOW and learn what real fountain pen satisfaction is!

Postal Products, Inc., Desk AR-12, 25 West Broadway, New York City.

Please send me one Postal Reservoir Pen and five Special Premium Postcards which I may give away or dispose of at 50c each. I will pay postman \$2.50 and postage upon receipt of the pen. If after 30 days use I desire to return the Postal Pen, you agree to refund purchase price. Send me the model I have checked.

Men's size Women's size (Red or Green Color, 50c Extra.)

Name _____

Address _____

City _____ State _____

If you live outside the United States, send International Money Order with coupon.

Give Us Just Sixty Days and We Will Make a New Man of You!

For Only \$1.00

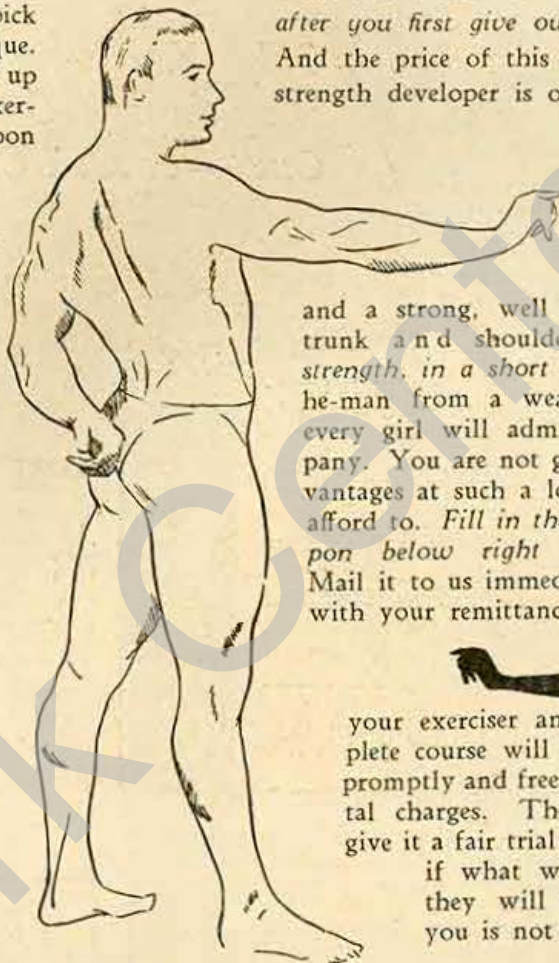
Are you satisfied with yourself? Look at the three illustrations on this page and pick out the one that fits in with your physique. If you are weak and skinny you can build up muscles with our 5 heavy strand cable exerciser; if you are fat and flabby you can soon rid yourself of both, and if you are well formed you must take some precaution to keep that development. In other words, no matter which is your case you can't afford to do without one of the remarkable 5 heavy strand cable exercisers that are daily getting more popular all over the world.

Sure Results for Only \$1.00

Among the thousands who are using this exerciser each morning—and evening—we have received some remarkable testimony. In short they all find it a real muscle builder. And, after all, look at it any way you wish, there is nothing that gives one confidence like knowing that you have physical development of which you can be proud. *And in turn your sweetheart, wife or mother will be proud of you—for women admire strength and muscle in men.*



this—



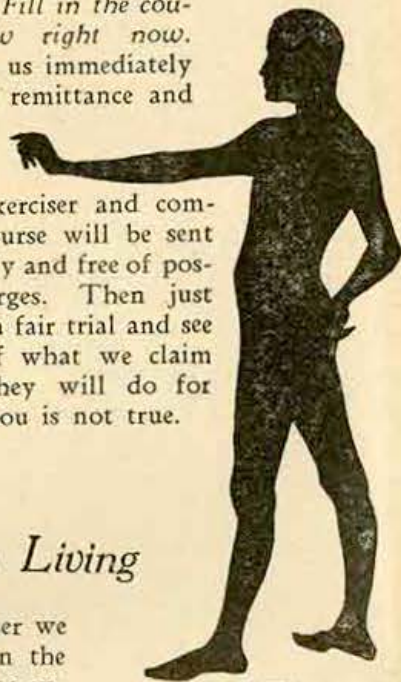
Are you this—

You won't have to be ashamed sixty days after you first give our exerciser a try-out! And the price of this wonderful health and strength developer is only \$1.00.

It Develops Big Arms and Chest

and a strong, well muscled and shapely trunk and shoulders. *It doubles your strength, in a short time.* It makes a real he-man from a weakling, a man whom every girl will admire and seek his company. You are not going to miss these advantages at such a low price. You cannot afford to. *Fill in the coupon below right now.* Mail it to us immediately with your remittance and

your exerciser and complete course will be sent promptly and free of postal charges. Then just give it a fair trial and see if what we claim they will do for you is not true.



or this?

Learn How to Make Life Worth Living

how to attract, sway and influence people. The exerciser we are offering you is 50% cheaper than the cheapest on the market today and 50% stronger than the strongest. The expense of a good, strong exerciser does not stand in your way now. Anybody and everybody can spare a dollar for an exerciser like this one, for it is so strong it will strengthen you beyond your expectations. Isn't all this worth \$1.00?

It's Guaranteed to be Strong and Produce Results

Who said miracles never happen? Here's one right in this offer. A strong Five-band exerciser with complete course and mailing charges prepaid all for \$1.00, is certainly a miracle. It's a miracle how such a strong exerciser can be sold at the price of one dollar. The cables or bands, as they really are, are flat instead of round. There are five heavy bands. And boy! that means some resistance!

LEHIGH
SUPPLY CO.
S-1-30
1138 REAL
ESTATE TRUST
BLDG.,
PHILA., PA.

Gentlemen: I want one of those new, strong, 5-heavy band exercisers with complete course of instructions. Enclosed please find my remittance of \$1.00.

Name _____

Address _____

City _____

State _____

YOUR MUSCLES GAIN AMAZING POWER

from Magic Minerals Taken in Drinking Water

How You May Double and Treble Your Muscular Power, Your Vitality and Endurance Without Exercise of Any Kind

AN astounding discovery has been made! Almost IMMEDIATELY it gives you tremendous new strength, fills your body with new pep and vitality, invigorates every organ in your body! You experience a wonderful new sense of buoyant health; your whole system seems flooded with dynamic energy; you feel ready to whip your weight in wildcats.

You will be amazed at the new POWER in your muscles. You will find yourself doing feats of strength you never before thought possible. There will be new life in your muscles—you will have that lightning-like agility, that perfect co-ordination of mind and muscle that makes CHAMPIONS.

All this without a stroke of exercise, without the use of any apparatus or appliance whatever. It is not the SIZE of your muscles that counts. You have seen men of small stature handle men twice their size like babies. You know it wasn't the mere size of Fitzsimmons' or Dempsey's arms that gave them such terrific hitting power. Or take the case of wild animals—you know that a gorilla has the strength of TEN men.

WHAT IS THE SECRET?

What is it that gives wild animals their amazing vitality and power? What is it that makes some men veritable dynamos of energy, bubbling over with health and pep, while others drag through life half-alive?

At last Science has found the answer. Science has discovered the very key to super-strength, super-health, super-vitality. They are yours for the asking! You can charge your body with amazing new powers simply by drinking a glass of water two or three times a day! Yes, the way has been found to put into your ordinary drinking water the magic elements that will re-vitalize every organ and muscle of your body.

REMINERALIZE YOURSELF!

Remineralization—that is the secret. You cannot live without minerals. The whole process of life, METABOLISM, depends upon the minerals in your body. They are the magic elements by which the food you eat is converted into energy.

Right now your body is only half-alive. It has an under-supply of minerals. Sodium, magnesium, sulphur, potassium, iodine, bromine, manganese, iron, calcium, lithium, phosphorus, chlorine—your body needs all these minerals, but you get very little of them in modern foods.



"I attribute a great deal of my success in weight-lifting and my record-breaking feats to the powers I have derived from Remineralization, the wonderful discovery of the Post Institute of New York. I take this concentrated mineral water regularly and find that it increases my strength to an amazing degree. It also charges me with wonderful vitality and endurance. No man can hope to be strong without the proper amount of minerals in his system, and Remineralization provides them in just the right form. If anyone is thin, run-down and weak, the results of this treatment will astound them. I recommend it to everyone who wants to develop his maximum strength!"

ROBERT RA NOUS.

But see what happens when you put these minerals into the body. Your arms can lift two and three times as much. You can run like an Indian without getting tired. And feel good? You sing in every muscle, you eat up your work and ask for more, you are mighty happy to be alive.

You can't go to the drug store, buy these minerals, mix them and eat them. They would go right through you without doing any good. The minerals have to be in a form which the body can assimilate.

THE DISCOVERY AT LAST

Now you can get the vital minerals in a form which your body can use. The world-famous Post Institute laboratories

have succeeded at last in "ionizing" these minerals so that they can be readily taken into the blood. By a special secret process, these minerals are held in solutions which are quickly digested and assimilated.

The treatment is very simple and pleasant. You simply add a few teaspoonsful of Remineralization to your drinking water before meals. It is practically tasteless, pleasant, and not in any sense a drug. Remineralization is a HEALTH drink. It contains, in their most effective form, all the vital mineral elements. These minerals are super-concentrated; you get the same benefits as if you were to eat an abundance of fresh vegetables, rich in minerals, but you get these benefits QUICKLY. Your system immediately obtains all the minerals it needs. Your strength increases at once. You become a man of iron.

CONVINCE YOURSELF WITHOUT RISK

The results of taking this new treatment are so amazing that you cannot believe them possible until you have tried it for yourself. You don't risk a penny. Just TRY Remineralization and judge for yourself. Your money back if you don't feel like a new man in 30 days.

Send no money with the coupon. The Remineralization Treatment will be sent to you at once—the larger size bottle, regularly \$5.00, for which you pay the postman the special low price of \$2.95 plus a few cents postage. Then begin *remineralizing* yourself. Watch your muscles become gorilla muscles. Watch your complexion brighten, your eyes sparkle and a new vitality sing through you. If the results aren't all you expect, back will come your money. Mail the coupon NOW.

Post Institute, Dept. 21,
130 West 17th St., New York City, N. Y.

Gentlemen: Please send me on trial the \$5.00 Baku Remineralization Treatment, at the low introductory price of \$2.95, plus postage, C. O. D. I will use the treatment 30 days. If not delighted you agree to refund all my money. I desire treatment especially for:

- | | |
|--|---|
| <input type="checkbox"/> Greater Strength | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Chronic Headaches |
| <input type="checkbox"/> Underweight | <input type="checkbox"/> Neuralgia |
| <input type="checkbox"/> Auto Intoxication | <input type="checkbox"/> Neuritis |
| <input type="checkbox"/> Lack of Energy | <input type="checkbox"/> Indigestion |
| <input type="checkbox"/> Nervousness | <input type="checkbox"/> Pimples or Black-heads |
| <input type="checkbox"/> Sleeplessness | |

Name

Address

Town..... State.....

NOTE: If you prefer to enclose \$3.00 with this coupon, treatment will be sent postpaid. Same Money-Back Guarantee.

These leotards are made to order from the finest imitation leopard skin. They are not a printed cloth but a velvet that looks like genuine leopard skin. Try to get them anywhere else under \$12.00.

Leotards



Price—\$7.00 postpaid

Sandals



Here is a sandal of the type worn by all strongmen and at a very moderate price. The color is black. The soles are soft but substantial allowing

the feet to grip the floor better than when hard, stiff soles are worn. Your leg appearance will be improved 100 per cent. when you slip on a pair of these sandals.

When ordering, send in your shoe size for a perfect fit.

Price—\$6.50 postpaid

Wrist Straps



Just as sandals improve the appearance of your legs so do wrist straps improve the appearance of your arms and makes them look larger.

These straps have double buckles as shown in the illustration. The leather used is strong, yet soft, and make them look larger.

Price—\$2.50 postpaid



Medicine Balls

Here is a great form of exercise that is full of fun. Get a HYQUALITY Medicine Ball and laugh at the doctor's medicine pills. Every body can use a medicine ball to advantage because it develops your pep and endurance and keeps you always fit.

Prices—12 inches, 10 lbs. \$8.00

Prices—15 inches, 12 lbs. \$12.00

Strongman Belts

Here is a belt that will make you look like a first-class strongman. It is beautifully decorated with various sizes of brass spots. You can have it in tan or black leather. When ordering state your waist measurement so that your belt will fit you properly.

Price—\$5.00 postpaid

Muscle Control

Did you ever see a strongman manipulate his muscles without moving any other parts of his body or limb? That is called muscle control. It helps to bring your muscles out in a well defined manner. Besides it is a fascinating pastime. It doesn't take long to learn to perform the Abdominal Isolation and other feats of this kind with this complete Muscle Control Course. It would be cheap at three times the price.



Price—\$2.00 postpaid

Head Protectors



If you want to learn to box without taking the usual face punishment then one of these head or face protectors do the trick. The head protector covers the forehead, ears, and sides of the head. It is shown in the illustration. The face protector is a padded mask that protects the entire face, head including the ears, nose and mouth. There are sight and breathing outlets, of course, so that you are not hampered in any way by this mask. Either of these HYQUALITY protectors will save you many a hard knock and allow you to learn boxing without being punched to a pulp.

Price—\$6.00, Head Mask

Price—\$10.00, Face Mask

Wrestling Tights

The illustration at the right shows the type of wrestling tights we furnish you with. The knees are leather covered and the tights themselves are strong and serviceable. They will save you from mat burns which sometimes become serious. They also make you look like a wrestler.

When ordering please state your waist measurement and the length of leg from crotch to foot.

Price—\$5.00 postpaid

Wrestling

Here is a wrestling course that contains no less than 90 different wrestling holds. The quarter, half, three-quarter, full, far, bar and many other of the nelson holds are fully explained and illustrated. All the chancery holds are there too. In fact, practically every hold known to wrestling is in this course and every hold is illustrated. There are just 90 illustrations. It's a real wrestling course and worth many times the price to any wrestler.



Price—\$2.00 postpaid

Tumbling

Here is a course written by an expert on the arts of tumbling and hand balancing. It covers those subjects from A to Z starting out on the easy stunts and gradually working up to the more sensational feats of this kind. With this course to guide you, you'll soon be doing somersaults, flips, hand-springs, spotters, gainers, etc. like an expert. It's great fun, too, fellows, as well as fine exercise. The price of this fully illustrated course is now only \$2.00—it has been \$3.00 for years.



Price—\$2.00 postpaid

Tumbling Belts



One of these tumbling belts (or Lunge Belts) will help you learn the very difficult feats of tumbling and hand balancing more rapidly and without any risk whatsoever. Many a novice tumbler has been held back or stopped completely from becoming an expert tumbler and hand balancer because of the lack of nerve in trying the difficult feats. The same idea is used in circuses for teaching tumbling, bare back riding and other sensational circus feats. They are well worth the price to any tumbler because they allow you to try any feats without danger. Consequently you learn more quickly.

Price—\$5.00 postpaid

Overjocks

All strongmen, athletes, physical culturists should have a pair of over jocks for use when indulging in your favorite athletic endeavor. They assure protection and neat appearance.

The entire waist of the HYQUALITY Overjock is elastic. This elastic is 3 inches wide and will last indefinitely.



Price—\$2.50 postpaid. Was \$3.00



BOXING

If you have only a spark of real manhood you will want to be able to give a good account of yourself if the occasion arises. If you have that feeling of inferiority in this respect why don't you invest a couple of dollars in this boxing course and be rid of it.

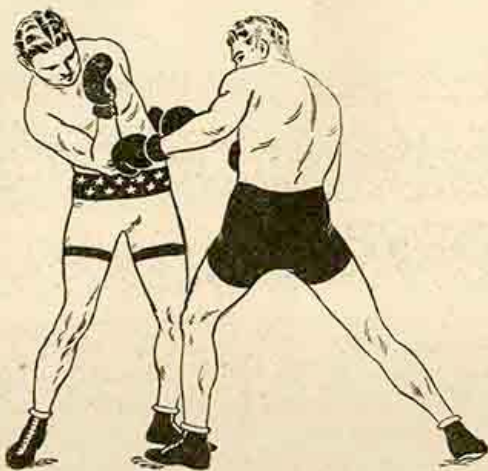
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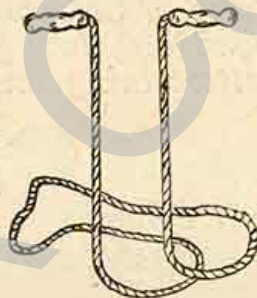
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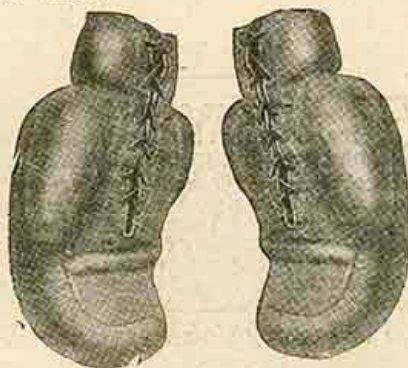
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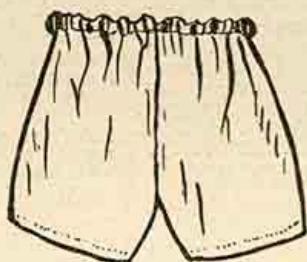


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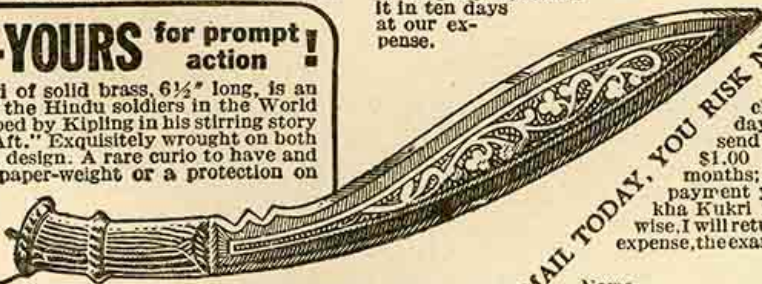
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Editorial

Winter Sport Needs

THE season of winter sports is now in full swing. Today, as compared with a generation ago, there is an entirely different meaning to winter sports. Yesterday it meant skating and tobogganing mostly; today it means largely attendance at various indoor sports. Our remarks must, necessarily, pertain to the thickly populated centers of the North and East sections of the United States. In days of not so long ago, the winter months with sub-freezing temperatures brought us an opportunity to disport ourselves out-of-doors on ice and snow bound river, lake, and hillside. Then, it was not uncommon for grown-ups to coast on sleds and toboggans on mile-long hillside roads. And undoubtedly, as many people do not skate out-of-doors as they did formerly, even though an equal number may take advantage of the indoor rinks.

On the other hand, it is quite likely that more people seek recreation away from their living quarters nowadays than formerly, and there is, unquestionably, a vast increase in sports popularity.

However, the increase is almost altogether among indoor sports, and although more men and women are taking part in sports as a whole, the increase in spectators far exceeds any increase of interest from the viewpoint of the participant.

Spectators flock by the tens of thousands to witness fights, wrestling, basketball, hockey, six-day races, and various other sports, but there is nothing so desirable in this so far as the physical culturist or strength and development idealist is concerned.

Increased attendance at public athletic exhibitions will not raise the physical standard of the populace. And, to consider the participant, it would be far better from a health and strength viewpoint if out-of-doors rather than indoor sports predominated during the winter time.

Granting an increase in winter sports in general, outdoor and indoor, from a participating standpoint, the increase does not compare with the phenomenal gains in active interest in outdoor summer sports; for instance, swimming, golf, and tennis. The result is a tendency on the part of the sport enthusiast to become inactive during the winter months.

We believe one solution lies in the further popularization of ice skating. The ice skating game of hockey is a splendid competitive sport which might well be given a boost. You may say that ice hockey does enjoy great popularity at the present time. Yes, it enjoys the popularity of great crowds of spectators, but what about participants? Ice hockey is a thoroughly American game, though playing skill is monopolized by Canadian-Americans.

Competitively speaking, all the ice hockey players of class come from Canada; we have heard of one player in the professional league ranks out in the middle west who was born in the U. S. This is food for thought.

Records and figures on official competitions might indicate little if any inferiority on the part of native born skating athletes, but is it not possible that the best skating athletes of Canada are absorbed by professional hockey where salaries are reputed to be exceptionally high. Possibly amateur racing competition lacks attractiveness and the professional end of the sport may have no lure for the fast skater who may be better compensated by playing hockey.

Certainly no sport may be expected to grow and show improved standards without appealing to large numbers of contestants. Seemingly in the United States, skating excellence centers among those who either live adjacent to, or can arrange a sojourn at Saranac Lake and a few similar outdoor centers.

A movement to encourage better opportunities for enjoyment of outdoor skating should be worthy of attention of civic minded individuals. Indoor rinks are splendid and fill a real need, but outdoor skating should be encouraged to the limit by clubs and organizations in those states where a season of reasonable length may be anticipated.

Outdoor skating during the winter in the cold North should be just as important a sport and recreation as golf, swimming, and tennis during the warmer seasons. These latter sports would not have flourished as they have without widespread organized support.

In relation to the health and physical efficiency of our citizens, outdoor recreation should be encouraged the year 'round.

Mary Eaton Dances to Keep Fit

Mary Eaton Has a Gymnasium of Her Own at Home But She Depends On Her Dancing to Really Keep Her Fit

By SUE WILSON

THOUSANDS of girls the world over spend all of their lives dreaming of an opportunity to appear before the footlights, but few ever realize their ambitions. The stage is the most elusive and hardest goal to achieve. Many aim, but few ever get there. As we study the careers of the thousands who have made success of a career on the stage we learn that

they got there after much effort and tribulation. Few are born to the stage. One of the very few fortunate ones is Mary Eaton, graceful dancer of many successful Ziegfeld productions, and of moving picture fame.

That Mary achieved a high pinnacle of success is not to be marvelled at, for she was destined for the stage. Long before she was born her mother had determined that all of her children should

become show folk. Mary's mother was brought up in a strict church family, and although she always yearned for a career before the footlights, she was never able to realize it because of objections from her parents. One evening after a family quarrel she begged to be allowed to become an actress and not gaining her family's consent she vowed that all of her children, if she ever had any, would become actors and actresses.

Mary's mother was able to realize her vow, for when she married she gave birth to seven children, and all of them are now on the stage or actively connected with the theatre in some other capacity.

Miss Eaton laughs every time she tells how she got her start before the footlights. She was only a tot, three years of age, when she made her theatrical debut. Although only a girl of twenty-five summers, she is already a veteran actress, having appeared before the public for about twenty-two years.

Naturally, after such a long and active career on the stage, she has gathered several pointers on how to retain her sylphlike form and graceful body that is the envy of thousands of women who watch her each year dance on the stage or for the films. Yet her formula for keeping fit is a simple one. Stage managers pay her liberally to dance, but she finds dancing a labor of love instead of a task.

"That is the only way I can retain my graceful figure," explains the scintillating Miss Eaton. "Fortunately, I am paid very well to dance. However, I do most of my dancing not before the foot-



Mary Eaton attributes her grace and beautiful figure to dancing, gym work and handball

lights but in my gymnasium. The work I do on the stage is but a lark compared to the hours I put in at home. I work, and by work I mean dancing, all of the time.

"Next to dancing, I find playing handball the most amusing and best form of exercise. We show folk have very irregular hours and must of necessity find relaxation in strenuous exercises. In playing handball, I find an opportunity to keep my body in proper form and fit to engage in my stage work," she explained.

Miss Eaton has a beautiful home on Long Island, in the great colony of stage folk. In furnishing and equipping her abode, Miss Eaton has fitted out a splendid gymnasium. What is more, it is not merely a show place, but a part of her home wherein she spends a great part of her leisure hours. Her gymnasium is her play room.

In the many years she has spent on the stage she has travelled thousands of miles, stopped in various hotels, been through all kinds of weather and experiences, but Mary has never missed a day from her work. Illness is foreign to her and she ascribes her good health to the hours she spends every day in the gymnasium with her Indian clubs, bars, "horses," and other fixtures of a well-equipped gym.

Many of her followers have asked her time and again how she retains her good looks, that "boyish" figure and grace. To this query she has one answer—dancing, gym work and handball.

Of the many beautiful women who have been glorified by Mr. Florenz Ziegfeld, Miss Eaton is perhaps the one least before the public eye. This modest and quiet girl shuns publicity whenever possible, and has been fortunate to steer clear of the notoriety and sexy headlines of the tabloid press. The ambition to embrace a stage career, which was frustrated in her mother, burns brightly in Miss Eaton. Being bent upon making a success of her histrionic efforts, she has up to recently turned down all thoughts of marriage.

To be sure, Mary was not cold to love. But Dan Cupid has made only weak assaults on her heart, she explains, and she has been too busy to take notice of such light attacks. It was not until she went to the Paramount studios on Long Island to appear as the leading lady in that very funny picture, "The Cocoanuts," starring the Four Marx Brothers, that Dan Cupid finally overtook her and launched a victorious campaign. She married, shortly after the picture was completed, the man who directed her in the film.



Mary Eaton is one of the very few to reach the goal of getting on the stage

Mary was born in Norfolk, Virginia. When she was only three years old her family moved to Washington, D. C., and shortly thereafter she appeared in the Polis Theatre in the capital as a member of the "We Are Seven" group. This group was made up entirely of seven Eaton sisters and brothers. Right from the start Mary became the star of the group and to this day she is the most noted of the family. Her brother, Charles Eaton, has also made considerable success on the stage and in the movies, and is now one of the feature players for the Fox Films in California.

By the time she was nine years old she had made frequent appearances as dancer and singer. Her dancing career dates back to the day when she went to see the incomparable Anna Pavlova, the marvelous Russian danseuse, when she appeared with Mordkin and Modjeski. After watching the Russian dancer, little Mary was more determined than ever on a dancing career.

After playing all sorts of roles in stock companies, both in Washington and Baltimore, Miss Eaton came to New York and made her Broadway debut in "The Bluebird." She was a success from the first perform-

(Continued on Page 90)



Newburgh speed races, 2nd lap of one mile novice, Horace Smith leading. Warner Drake won the race

Skating: The Healthiest Sport in The World

*Skating Above Every Other Sport, Requires Poise and Control
and so it is only Natural that Skaters should be
Great all-round Athletes*

BY BILLY KURTEN

KING WINTER is again with us bringing his aide campes, the frisky Jack Frost and the beautiful Countess de Snowe, and our thoughts turn to those hardy men of the North and their favorite sport, skating—reminding us, also, to draw forth our dust laden steel blades and again participate in what can unhesitatingly be called, without fear of contradiction, *the healthiest sport in the world.* Most of us have only limited opportunities to enjoy this sport but some of these hardy Northmen athletes almost live on their skates and become so adept with them that the thought concurrent in our minds is whether these wonderful skaters could likewise excel in other sports if they had the opportunity or inclination to do so.

Skating, the enigma of old age, develops mental joy and physical strength. It is truly an all around exercise, developing all the muscles, without placing an undue strain on any particular group. The fact that speed skaters continue in competition long after most other athletic champion stars have set, is ample proof of this contention. Numerous skating champions have reached the 40-year mark before being dethroned. However, it appears that a "die hard" tradition remains, haunting many versatile athletes with the belief that skating does not mix well with other branches of athletics. A prevailing prejudice, held by athletic and track coaches, that their pupils should not go in too strenuously for skating during the winter months, thereby endangering their athletic versatility and "slowing them up," appears, on closer inspection, to be only a groundless fear. Track coaches generally hold the idea that skating is bad for their runners and

football coaches often admonish their prospective returning players to "go easy" with skating, holding the opinion that skaters are one-sport athletes. This prejudice is naturally hard to down but after reading further I think that you will be convinced that their fears are groundless, and that a good skater can easily carry his skating ability into other lines of athletic endeavor as well as a versatile athlete can easily become a good skater. We have many illustrious examples of this. We will refer mostly to professional athletes as they offer the fairest criterion of comparison. Many professional skaters do not engage in other forms of athletics but this is simply because they are making their livelihood with their skates, and have not the time to perfect their technique in other branches. We will classify skating into four divisions: hockey, speed, acrobatic (and trick), and fancy, and deal with each division accordingly.

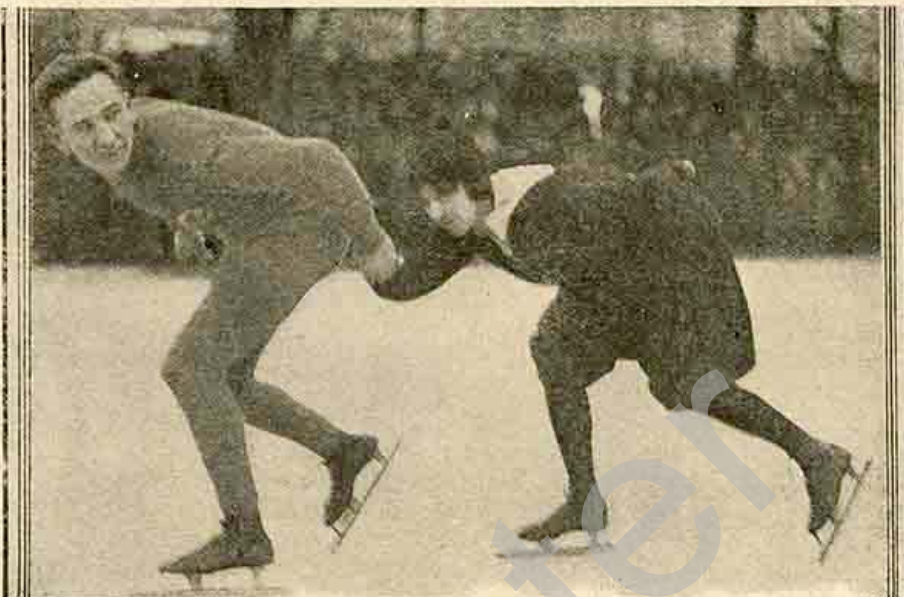
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"Lightning on skates" hockey is sometimes called, and considered by many the fastest game in the world. Thomas K. Fisher, hockey coach of St. Paul's school in the New Hampshire hills (sometimes called the cradle of hockey) states that a baseball player, preferably a catcher, makes an ideal goal tender in hockey. Most of that school's goal guards have been baseball players. Their last year's goal tender was the catcher on the baseball team while their two previous goal tenders were pitchers, one now being at Yale and the other at Princeton. "Backs should be fast, and big fellows the size and build of the typical football tackle are good candidates for hockey guards and forwards,"

says Fisher. It seems that hockey and football, especially, go hand in hand. For instance, "Hobey" Baker, Princeton's famous hockey star, (who gave his life in the World War), was also a football luminary; and George Owen, now one of the highest salaried professional hockey players, was the only nine-letter athlete Harvard ever graduated. His greatest fame in college came, not as a skater, but as a backfield ace in football, but he also won three letters in hockey, which he followed after each succeeding football season, and it did not seem to affect either his gridiron activities or his baseball career, in which he also secured three letters as catcher on the team.

In fact his football seemed to improve each year, no doubt the muscles developed through skating in the winter added more drive to his football plunges. Pro-baseball, pro-football and pro-hockey made flattering offers for his services upon graduation as Owen was a star in each line but he prefers hockey.

Myles Lane, former Dartmouth college football star, is now playing pro-hockey. Lane, by the way, was the first United States born, and also United States trained, hockey player to "make" the National Hockey League. Lane's baseball ability was also such that he was offered a contract with an International League team. When teams in the National Hockey League, the strongest hockey league in existence, skate on the ice this winter fans will see some of the strongest combinations of muscle and speed that have ever



Ben O'Sickey and Elfrieda MacMillen breaking record for $\frac{1}{4}$ mile tandem race
Time, 48 seconds

represented any sport. Trotter of the grid, Jack Forbes of tennis and golf, Jesse Spring of pro-baseball and one time light heavyweight boxing champion of Ontario, and Lionel Conacher, who once held the amateur heavyweight championship of Canada and was considered to have enough pugilistic ability to perform with Jack Dempsey in an exhibition contest, besides starring in pro-lacrosse and baseball and amateur football and rugby, all will be there among others. Babe Dye played baseball with Baltimore and Toronto in the international League and Norman Himes is a golf pro at Galt, Ont., while Harry Broadbent excels at tennis and lacrosse and Harry Connors was a promising football prospect before turning hockey professional. Joe Simpson who won fame as an oarsman and Billy Burch all-around athlete of note are some of the players.

Marquette University's greatest football player this season, co-captain Ken Radick, also is a good hockey player, not to mention Bultman and Horrigan who also dab in both sports to good advantage. Two juvenile skaters also deserve mentioning. I refer to 14-year-old Frankie Parker, the sensational young tennis star of Milwaukee, whose play on the court is the marvel of the net world. Parker also stars in football, skating, and hockey. Of equal fame is Harry Jens, considered by many the greatest all-around prep athlete in school last year. Like Parker, Jens is a speed skater and hockey player, besides forming with partner one of the greatest juvenile doubles combination in tennis in the country. Football, basketball, volley ball, golf, throwing the javelin, and sprinting, are other forms of sport for Jens.

You may have noticed great open field runners in football (they shift their hips in the flash of an eye to avoid tacklers) use this same hip motion on skates allowing them to quickly change directions in a hockey game. "Ball-bearing" hips are as useful in hockey as in open field football advancing. It might interest you to know that Jack Dempsey remarked, after viewing a Yale-Harvard football game, that he thought it



The well known Berlin Kokoski making an ice jump

(Continued on Page 89)

Beautiful Shoulders For Every Woman

Suggesting Many Ways of Improving Them

BY MARGARET SARGENT

DO beautiful shoulders just happen or are they a gift from Mother Nature or are they a product of certain definite causes which inevitably produce such a result? Any one of these can be true about any girl or woman who has a lovely pair of shoulders, so admired by the opposite sex and envied by all women; but that class of women is very small.

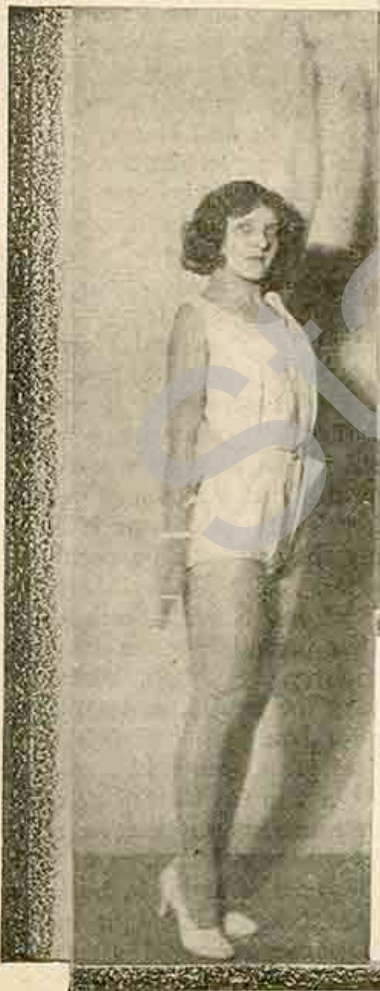
Do you belong to this small class of women? I'll bet you a new spring bonnet that more than one half of my readers don't and some day they will be, or



Fig. A



Fig. B



already have been very unhappy on account of their ugly, undeveloped shoulders, just like an acquaintance of mine, whom I visited one day and found

Fig. C

in a paroxysm of tears, and unconsolable.

On inquiring the cause of her distress I got the following story from her. She had been asked to attend a dance, given by an exclusive club, by a young man of whom she thought very much.

Immediately she hastened to purchase for herself a beautiful evening gown—none that she had in her wardrobe was pretty enough for this very special occasion. She wanted so much to look nice—to make a good impression on her escort.

That very evening she and her friend went to a theatre and after the play her escort remarked about one of the cast being very thin and having very scrawny and ugly shoulders.

"I wouldn't have any time for a girl who would neglect herself to such an extent as to seem ridiculous in the eyes of the public. I'm all for the well developed, athletic girl. I admire her and respect her. To me the thin girl or the fat girl is just lazy and don't give a hang about herself."

The shot struck home, but not so hard until the next day when my friend tried on her new evening

gown. Being of the latest cut it exposed her shoulders almost entirely and the result was that she looked almost ridiculous, much worse than the girl about whom her friend remarked. She realized then that she could not attend the dance, her pride in herself would not let her and she did not want to lose the respect of her friend.

So you, too, may some time realize the ridiculousness of your condition and may even be placed in a similar position as my friend.

Girls want and must have good figures, not merely for the sake of being athletic, but particu-

form this easy exercise has no reason to expect to have shapely shoulders. It is imperative that she undertake such exercises that will build up all of the structure of that part of her body to beautiful proportions.

I will endeavor to give you an outline of exercises that I know will be very helpful for the girl who is seeking to beautify her shoulders and who will not be afraid to work, for that she will have to do.

The first exercise, illustrated by Figs. A and B is done by clasping the hands behind the head, bringing the elbows together in front, and then far back. You do this movement with a stretching action in each instance.

The second exercise, Fig. C, is done by rising high on the toes with hands clasped behind you, endeavoring to pull down as far as you can with your clasped hands and stretching way up on the toes. This has a tendency to correct round shoulders.

The third exercise, Figs. D and E, is a very fine one for your purpose. Cross your arms in front of you, as though hugging yourself, then stride or lunge forward as you swing the arms outward and far back.

The fourth exercise is a little out of my line of discussion just at the present time, but I know that beautiful shoulders and arms go hand in hand, so I am squeezing



Fig. D

larly for the sake of being able to wear their clothes well and to be attractive. This does not apply merely to evening clothes, in which the development of the shoulders is of utmost importance, but in all clothing, sport, daytime or evening.

Now there is only one way in which beautiful shoulders can be developed and that way is by exercise. If you are among those unfortunate not to have been endowed with beautiful shoulders by Mother Nature, and wish to possess them, you must do something more than sit idle with your hands clasped waiting for something to happen.

Exercise is not bad at all. You can make it a very enjoyable task and certainly a very effective one. But I have found that the average girl, or woman cannot perform the very simple exercise, commonly known as the floor dip. Now any woman who is lacking in strength and development as to be unable to per-



Fig. E

this easy one in your schedule. Secure a light dumb bell, take position shown in Fig F, and slowly turn the dumb bell around and around, using the muscles of forearms and wrists. You

Fig. F



will soon feel the good this exercise is doing you.

Now the fifth exercise is a series of arm movements, as shown you in Figs. G, H and I. All full arm movements are shoulder exercises, so don't neglect these. Practice this series starting with the first position, palms upward, fists clenched, elbows drawn far back. Striking forward twist the forearms to position with palms down, Fig. H. Likewise strike upward and to the sides, in each case returning to the first position, palms upward; also twisting the palms downward or forward, while striking out. You will thus improve your arms as well as your shoulders.

Now the sixth and last is that well known and common floor dip. The floor dip is one standard exercise that is not likely to be improved upon for shoulder development. Be sure to keep the body rigidly straight. Bend the elbows, lower the chest to the floor and push up again, repeating until tired. There is nothing so difficult about that, is there?

Adopt the above series of exercises, you girls who want beautiful shoulders, practice them for about six months, and see what marvelous results you will get. You will never have to be ashamed to expose your shoulders.

Let me tell you something else. There is no reason why any girl cannot possess a pair of Indian

a shoulder exercise, as well as an arm exercise, which fact is not to be shunned. Adopt a plan of swinging Indian clubs five minutes a day, together with the above exercises, for a period of six months and see what happens. The point is that you must do it persistently.

Now swimming is also a very fine and beneficial means of obtaining shoulder development. Besides offering you recreation, it helps to build up your arms and shoulders to perfect proportions. If you can, you should endeavor



Fig. G

to attend a swimming pool at least once a week and in the summer spend as much time swimming outdoors as you possibly can.

As I stated above all full arm movements are also shoulder exercises, involving the upper chest and back, but particularly the shoulders. If you attend a

gym or if you are acquainted with a series of wand exercises or drills, by all means do them.

Irrespective of your opportunities for swimming or your use of Indian clubs, wands, wooden dumbbells, you should not neglect to do each day the "dip" exercise which I have here described for you and also the series of exercises outlined and illustrated.

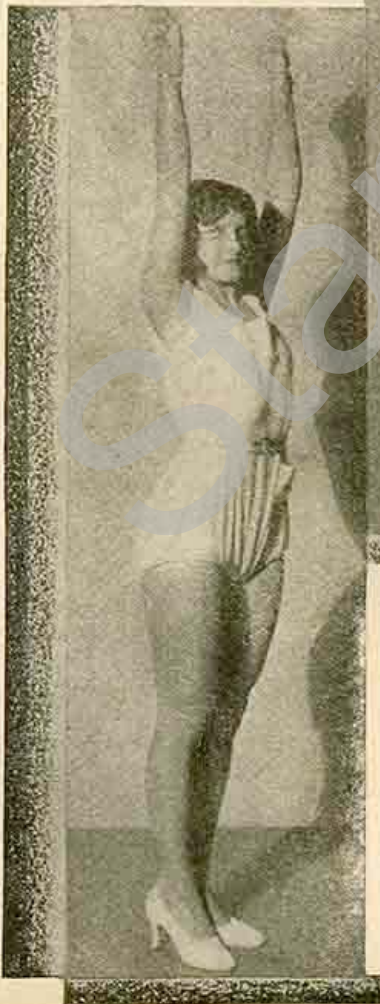
I might add a little word here about the benefits you can get from these brisk, clear wintery days. Dress yourself comfortably and try at least two or three times a week to take a long walk or hike. A brisk walk under such ideal weather conditions will do wonders for you physically and mentally and will bring the natural roses to your cheeks.



Fig. H

Clubs and each day do, perhaps, five minutes of Indian club swinging. Indian club swinging may not provide much exercise for other parts of the body but it is distinctly

Fig. I



If You Exercise Properly You Must Improve

Successful Physical Development Depends Upon Certain Definite Principles Which are Governed by Natural Laws

BY MARK H. BERRY

DUE to my connections in the physical culture field, it is often my pleasure to be consulted by individuals who contemplate the practice of regular exercise for physical improvement. Aside from these personal interviews, I receive many letters of a like nature, but it is not stretching the matter in the least to state that, as a general rule, the individual who calls in person is far better fortified with arguments, pro and con, on the subject.

One of the most enjoyable instances of this sort took place rather recently and, as I believe some of the things which were discussed will prove of timely interest to *STRENGTH* readers, I shall attempt to recall the salient points in our conversation.

This particular party was of a most observing and inquiring nature, bent upon searching out the truth to his own satisfaction. Having introduced himself and chatted for a few minutes on subjects of general interest, he came directly to the subject which was uppermost in his mind.

"Now, Mr. Berry, knowing considerable of the functions and evident mysteries of the human body as I do, it is with some difficulty that I can bring myself to keep an open mind in relation to certain things to be found in the pages of *STRENGTH* MAGAZINE. It is rather difficult for me to accept as facts many of the claims

made by physical culture instructors, in advertisements which may be seen in *STRENGTH* as well as other popular magazines. Moreover, without wishing in the least to appear in the position or doubting your

veracity or sincerity, let me say that I have almost the same attitude regarding some of the cases you use in your articles and your statements concerning such cases. To be more explicit, I have at one time or another seen photographs purporting to show the 'before' and 'after' condition of certain persons, the claim being made that such remarkable change was brought about through the practice of some particular course of exercise. Some instructors even claim these astonishing gains were made within a period of thirty days, others are not quite so sensational and refer to periods of two, three, or four months. Candidly speaking, let me say that I can find no explanation in the science of medicine or my knowledge of the human body and its functions to account for any such transformations as are to be found depicted within the pages of *STRENGTH*, whether such claims are made in glaring advertisements or articles of a more conservative nature."

"Well, in a sense, I agree with you," I replied, "that is, in so far as some claims are concerned. A complete transformation or rebuilding of a man can



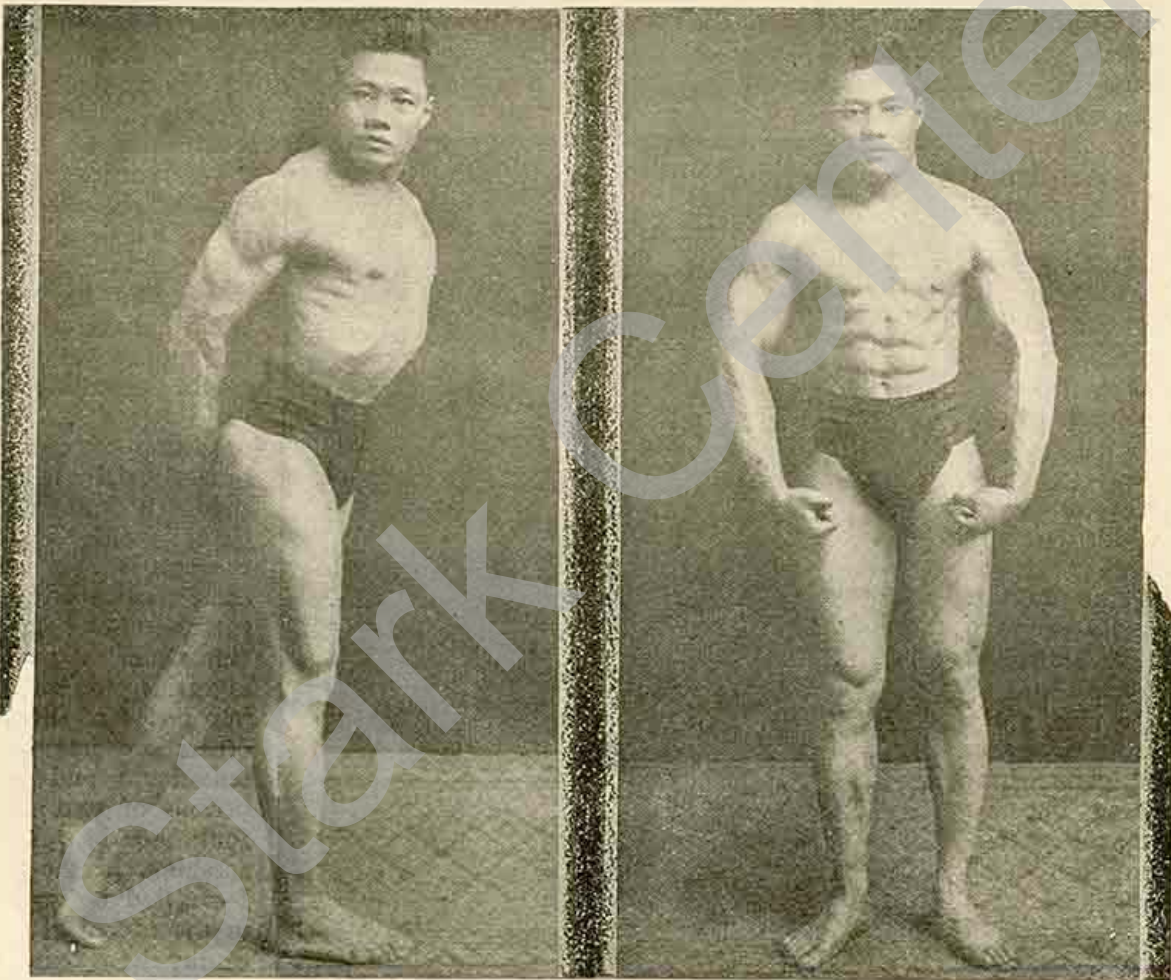
George Horn, a member of the German-American A. C. of New York City and Metropolitan A. A. U., welterweight champion. One of the best lifters of his weight in America, he owes his splendid development to the handling of weights

hardly be brought about within thirty days. And yet, as I shall show you later on, it is entirely possible to have photographs taken thirty days apart and show a remarkable change. For the present, however, let us forget that and discuss the more scientific question of how one might really add to the muscular size of every part of the body and increase the bodyweight twenty or thirty or more pounds within a reasonable length of time.

"As I look at it, there are three distinct ways in which an individual who is not overweight may increase his physical proportions and bodyweight. I am afraid it will take some little time to thoroughly discuss this question and make proper explanations. Can

dividual who is very much underweight, we should aim to increase his measurements and bodyweight through the use of all three principles, and in fact all three principles do account for the average 'before and after' increase. In other cases, it is necessary to rely upon two of these principles, and when a man who is already pretty well developed wishes to further increase his physical proportions, we can only hope for the efficient use of one of the three principles.

"The three principles to which I refer are: First, the increasing of the muscular tissue; secondly, the accumulation of a certain degree of adipose tissues; thirdly, by increasing the vascularity of the muscles, or, in other words, expanding the size of the blood vessels



Theodore Lang, of Macassar, Dutch East Indies. Of medium size, he possesses the strength his muscles indicate

you spare some time or have you another engagement very shortly?"

"No, no, I should be only too pleased to hear what you have to say and can assure you my conclusions are subject to change, providing convincing evidence may be shown me. I trust you can spare the time to discuss that matter with me, as I should be only too glad to begin the practice of physical culture, if I can be reasonably sure of not wasting my time and money," he replied.

"Well, though I am not in want of something to do, you have me pretty well interested in the subject, and being wound up, nothing would please me more than to endeavor to convince you by bringing to your attention certain positive facts. In the case of an in-

passing through the muscles.

"Suppose, in order to make my meaning more clear, we consider three typical cases. Here we have a young man of about average height, say five feet eight inches, who weighs only 110 pounds. In appearance he is lacking very much in muscular development and seems to be hardly more than skin and bones; at least, he shows very little flesh. Start him on a course of exercise with a bar bell of very moderate weight, and as soon as he becomes accustomed to the exertions, his system begins to function more efficiently in the digestion and assimilation of food material. Likewise, his circulatory and respiratory systems function more efficiently in purifying the blood and exchanging carbonic acid gas and oxygen in all the tissue cells

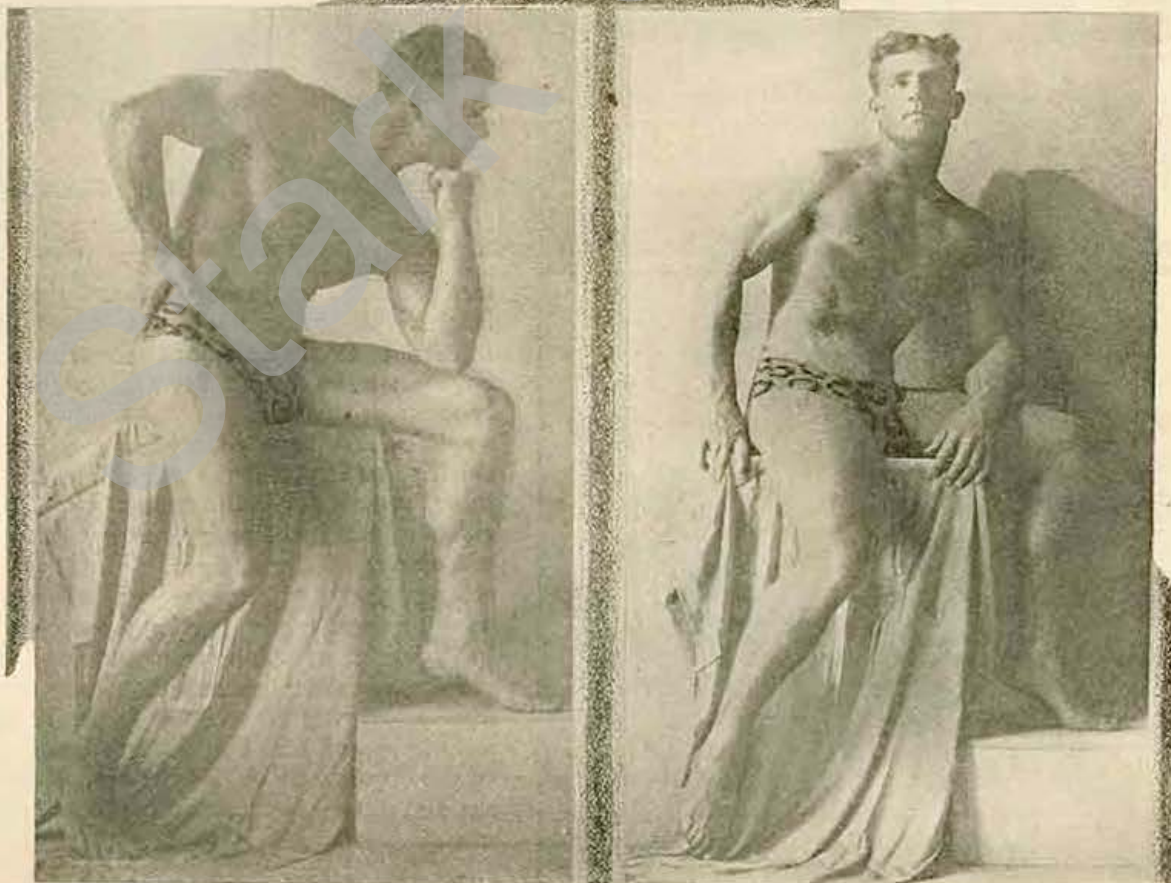
throughout the body. Although considerable mystery surrounds the exact manner in which muscles grow in size, it is possible to define this function in simple language by stating that each cell throughout the body has the power of expanding in size by means of accumulating liquid-like chemicals from the blood. Thus, a slight increase in the size of each of millions of these minute cells amounts to considerable in the bulk of one arm or leg. As you know a large percentage of the weight of the body is consisted of water. In this increase in muscular cell size, a certain percentage is accounted for by the accumulation of solid material, but a greater percentage is water.

"Our extremely slender 110 pound pupil will, as the result of regular exercise of a vigorous nature, increase the bulk of the muscles all over his body. However, his training schedule must be arranged in such a manner that a certain amount of adipose tissue (or fat) is stored up all over the body, filling in the hollows between the muscles and giving a well rounded

appearance to the entire body. The healthy person should not be entirely free of fat, but should possess a generous quantity well distributed all over the body. Providing his course has been properly arranged, and our pupil follows instructions, he should, through the proper assimilation of his food and the normal functioning of the body, accumulate both muscle and adipose tissue till his bodyweight is up to normal for a man of his bony framework. This might be anywhere from 155 to 175 for a man of five feet eight inches in height, though it is more likely a man weighing only 100 pounds at that height would be of rather light boned construction, we might then expect him to increase to 155 or 160 pounds.

"Not within a month or two, of course. One year or two might be a more reasonable length of time to expect such results, except in rare instances. We have numerous cases on record showing gains of twenty-five and more pounds within a period of time varying from three to six months.

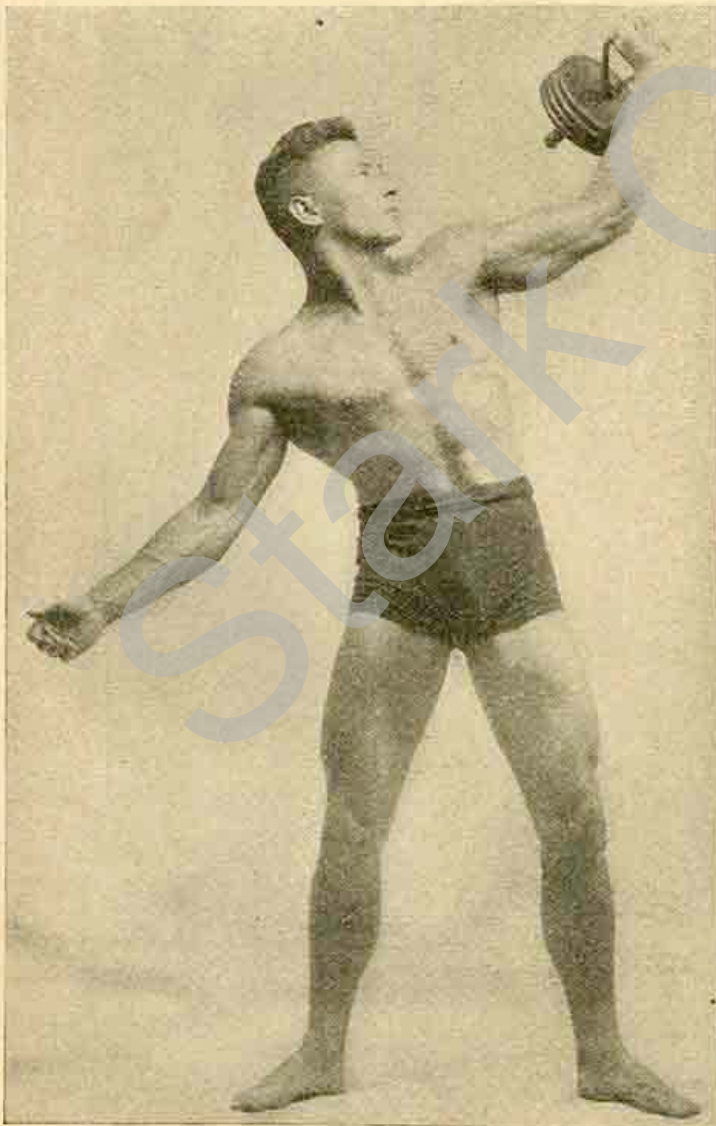
"Having duly considered a very



Three photographic studies of Stephen A. Budymas. Weighing 180 pounds at a height of five feet, eleven inches, he possesses one of the most pleasing and symmetrical physiques of the rising generation of physical culturists. A pupil of George A. Dembinski, of Albany

common case, that of the beginner who requires plenty of building up, now let us discuss another common type of case which comes to my attention practically every day in the year. A man who has been accustomed to a great deal of exercise for quite a length of time and is very muscular desires to increase his development. There are many fellows of this type who work terribly hard to make further increases, exercising by the hours without noticeable, much less satisfactory, results.

"As I said a moment or so ago, I recognize three distinct ways in which a man may increase in size. The toughest proposition would be that of the athletic fellow who has developed to a considerable extent through the general practice of exercises, gymnastics and athletics, and can be called rather muscular and even well built in appearance. He has all three methods of increase open to him, but two of the methods will be far more certain than the third. He can increase the bulk of pure muscular fibres to some extent, it is true, but there happens to be a limit to the extent of pure muscular growth. Athletes in a finely drawn muscular condition generally do not show big



L. Stabb, of New Zealand, who tried various methods without satisfactory results before training with graded weights. This is one of the best looking physiques it has been our pleasure to show you



Monterro, a French amateur physical culturist, whose physique suggests classical statuary

measurements and weigh rather light for their height. A finely drawn condition implies a minimum of fat or adipose tissue surrounding the muscles, so the muscles stand out very plainly through the skin.

"As this type of athlete can expect but small gains in actual muscular fibre, he has two more means of improvement open to him: either a gain in adiposity, or by increasing the vascularity of the muscles. The first could be accomplished by keeping well within the reserve limit, so far as exertion is concerned, with long periods of rest between each period of exercise. Please understand that I am not speaking of growing fat, which might be done by leading a lazy life, but the pupil must exercise to develop muscle and at the same time encourage an adipose accumulation mixed in with the muscle.

"Then I just mentioned increasing the vascularity of the muscles. By this I mean, expanding the size of the blood vessels running

(Continued on Page 91)

Keeping Fit With The Laughing Master

As Told to Frank Roche

BY HAROLD LLOYD

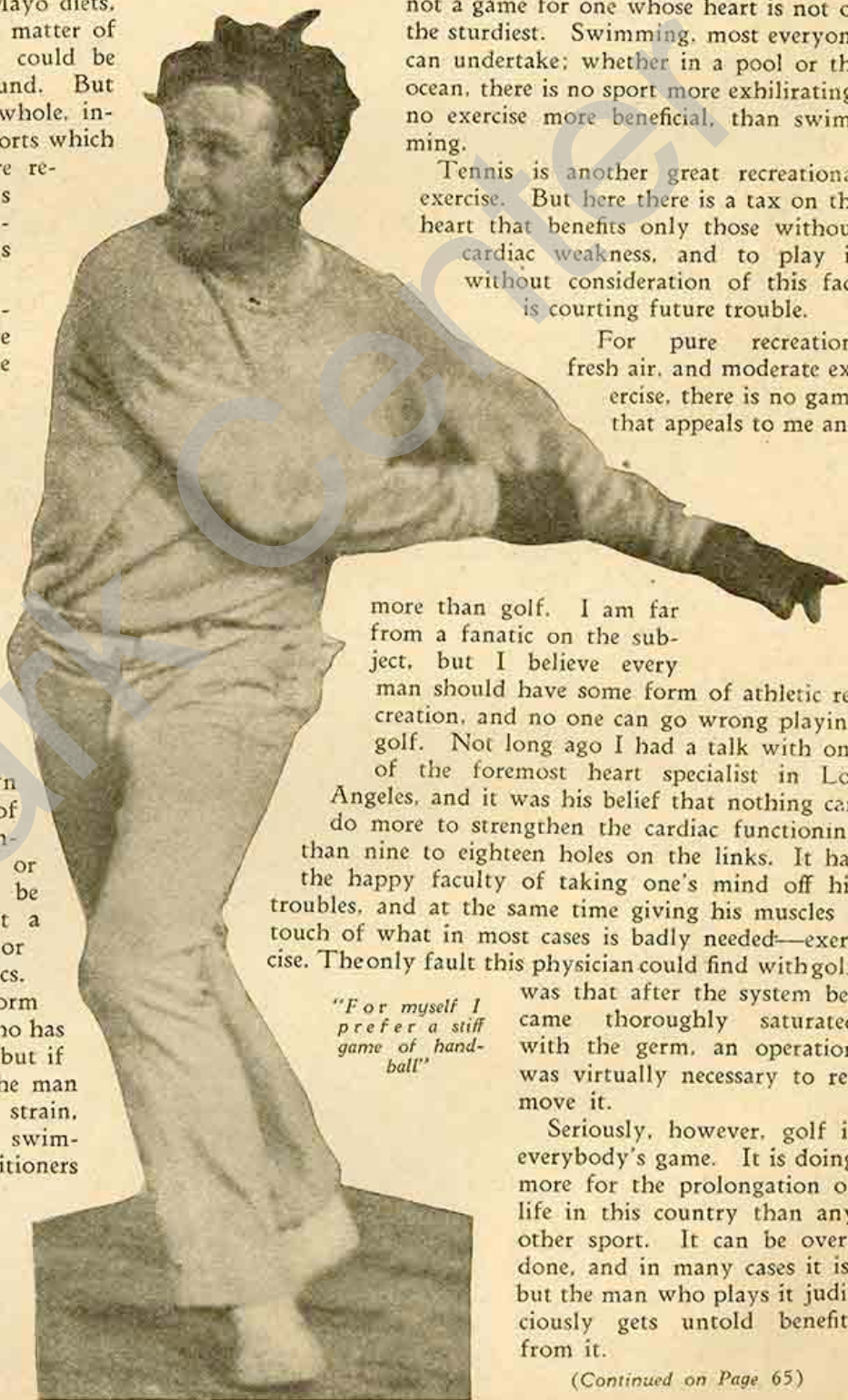
IN these days of misnomered Mayo diets, and fuesel oil inhalations, the matter of keeping in physical condition could be readily relegated to the background. But fortunately, for the nation as a whole, interest in tennis, golf, and other sports which just a few short years ago were regarded as anything but he-man's games, is proving to be the salvation of the average American's physical status.

To one who must retain popularity on the motion picture screen, the stage or any other line of endeavor where personal contact means so much, the problem of "keeping in shape" must always be given serious consideration. If not so much for one's health, at least for the sake of personal appearance. A trim figure is one of the greatest of assets to a person engaged in any selling line, whether man or woman.

"Everybody loves a fat man," no doubt, but he is far from envied these days.

Now to keep the waist line down is the problem that faces many of us. Personally, I prefer to combine a sensible diet with athletics, or I think a better word would be sports, in keeping the scales at a temperate mark. I know little or nothing about organized athletics. The so called daily dozen perform their duties for the average man who has not the time to devote to sports, but if I were laying out a regime for the man whose heart is fitted to stand the strain, I would advocate handball and swimming, as two of the greatest conditioners of mankind.

Hand ball is perhaps the most strenuous of all sports. At least, I have found it so. When you have finished a session on the courts, you have received a workout, that is a workout, but it is



not a game for one whose heart is not of the sturdiest. Swimming, most everyone can undertake; whether in a pool or the ocean, there is no sport more exhilarating, no exercise more beneficial, than swimming.

Tennis is another great recreational exercise. But here there is a tax on the heart that benefits only those without cardiac weakness, and to play it without consideration of this fact is courting future trouble.

For pure recreation, fresh air, and moderate exercise, there is no game that appeals to me any

more than golf. I am far from a fanatic on the subject, but I believe every man should have some form of athletic recreation, and no one can go wrong playing golf. Not long ago I had a talk with one of the foremost heart specialists in Los Angeles, and it was his belief that nothing can do more to strengthen the cardiac functioning than nine to eighteen holes on the links. It has the happy faculty of taking one's mind off his troubles, and at the same time giving his muscles a touch of what in most cases is badly needed—exercise. The only fault this physician could find with golf

"For myself I prefer a stiff game of handball"

was that after the system became thoroughly saturated with the germ, an operation was virtually necessary to remove it.

Seriously, however, golf is everybody's game. It is doing more for the prolongation of life in this country than any other sport. It can be overdone, and in many cases it is, but the man who plays it judiciously gets untold benefits from it.

(Continued on Page 65)



How Easy is Flying?

*An Interview With Frank R. Allen,
Nationally Known Figure In Aviation,
Regarding One of the Most Important
Matters of the Modern Age.*

BY MEMBER OF THE STAFF

"THERE is nothing mysterious or difficult about taking a plane up and bringing it down in one piece under ideal conditions; the only necessary qualifications being a familiarity with the sensation of flying and a little experience in handling the controls and judging distance," began Colonel Frank R. Allen, in answer to my question as to how easy is flying. "But," he added, "there is far more to flying than merely taking a ship up and landing her without damage."

Col. Allen, who is president of Center Airways, a Pennsylvania flying service, a member of the board of another prominent eastern aircraft concern and chairman of the board of directors of the National Airport Association, in addition to his connection with the Arkansas Airport Co., Pine Bluff, Ark., as chief engineer and general manager, is certainly in a position to speak with authority regarding his subject. Starting with the above quoted statement he continued by saying that just about anybody can put a ship through the air, but that only a real pilot, properly schooled in all the phases of the game, can put that ship through her paces in such a way as to obtain maximum performance and safety with minimum operating expense. "Take a given speed plane," he said, "one capable of a hundred and sixty or more miles per hour, and put in it one of the I-taught-myself brand of pilots, or a man who has been 'shot through' by incompetent instructors, and he will tear through space, throttle wide open and

motor roaring mightily, at something like seventy or so miles per hour. Yes, surely, he is 'flying the ship,' but after he lands it a real pilot can take the same craft and get out of it everything that had been put there by the designer and builder. The difference is that the untrained man knows only that kicking this or pulling that changes the direction of the machine, while the well trained pilot, schooled in the theory of flight and allied subjects, knows how best to place and hold his ship in the proper position for obtaining maximum lift and speed from the power plant he has.

"The day of the self-trained or poorly trained pilot is gone, because the requirements of flying are now such that a man of this type has no place in the business.

There was a time when every man was his own teacher and his own advisor, but that was the time when aviation was in its infancy and when the death rate of those who flew—or tried to fly—was quite alarming. Then, during the war, necessity brought into being a huge number of quickly trained pilots, men who could take a ship up, fly her and bring her to earth with some chance of surviving, but even as they were being pushed through school, like flivvers through the factory, they knew that the cards were literally stacked against their survival. But war is everything that General Sherman said of it, and hurried and improper training sent many a pilot to that region. Next came the per-



Col. Allen standing beside one of the speedy passenger monoplanes which regularly visit Toney Field, Pine Bluff, Ark.

iod following the war, the time during which everyone was crazy to fly and to learn to fly, and this period saw many additional pilots (?) turned out without much of a chance of avoiding trouble. There were, also, great numbers of left over war planes, built as the so-called pilots had been schooled—hurriedly and without proper care—and the combination of poor pilots and poor planes kept lots of aviation news on the front pages of the newspapers. The fact is that the majority of those pilots would have been a menace to themselves and others had they had a modern ship, and that a present day, well trained, pilot would be at a considerable disadvantage if given such a plane as were those old ships, but when circumstances placed those pilots and those planes together it was just too bad.

"After this period of wild intoxication over the air game had passed, level heads began to see the real cause of conditions as they existed, and keen brains began seeking a remedy for the situation. They found a simple 'prescription'—examinations for pilots, proper training for future flying students, and stricter regulations regarding flying and flying machines. Too many men and planes were in the air for the safety of those who flew and those who were on the ground, unless care was exercised by those who flew. Now, our Uncle Sam is very particular about these citizens and this property of his, and in due time he decreed that men who fly planes over his land must be licensed according to their qualifications; that the man who flies for money at any time must possess certain ability and experience above those of the man who flies only for his own pleasure, and that the man who regularly has the lives and safety of others in his care must be still more capable and experienced. This

set of rules and regulations did much to make flying safer to those in the air and on the ground below, but still there remained too many causes for accidents and casualties; while the licensing of pilots decreased the number of mishaps in commercial flying there remained too many accidents among student and private pilots. The cause, evidently, was that too many schools were turning men loose to fly without having prepared them for their adventure. During the war there had been two systems of training; the dual control system, in which the instructor and student went aloft together and the instructor served as a 'life-saver' when the student got in trouble, and the solo system, favored by the French during the war, in which the prospective pilot was turned loose in a 'penguin,' a ship of small wing area and low power, in which he would taxi around on the ground in order to learn the feel of the thing. Next he would be given a more power-

ful 'penguin' in which he could get up sufficient speed and lift to leave the ground for short 'bounces.' Later he would be allowed enough power to permit him to fly short distances, and finally, in due course of time, he would be turned loose on a real ship to do or die. But this system, so those who survived finally discovered, was awful. A man would be graduated into the air with no knowledge or experience about such things as atmospheric conditions, adverse air currents and other such things, and when he found himself under such previously unknown influences it was even money whether he would bounce, splash or roll when he touched the ground.

"The solo system of instruction left with the war and, unlike war, will hardly return.

"The dual control system is the one by which modern students are instructed. But, like anything else in which the human element enters, it has opportunities for the advent of error, and that is what occurred during the past few years, the error being that many instructors, either through ignorance of what they were doing or through unscrupulous designs, gave their nod of approval to students who hardly knew which way the prop turned. But the day of such dangerous practice is gone, for the latest rulings of the government as concerns the air game concern the operation of schools and student training. They went into effect May 1st, and provide in detail that all students must be so trained as to make them competent and efficient pilots and not merely 'airplane drivers.'

"The day of a pilot being merely an airplane chauffeur of questionable ability is past," said Col. Allen, "for even the private pilot must now be thoroughly acquainted

with the hows, whys and wherefores of his ship. And as for the commercial or transport pilot, he is in a position which can be likened only to that of the captain of a ship: He must know his vehicle from end to end, he must possess the confidence and enthusiasm of his passengers. In fact, I believe that within the near future the chief pilot of a transport plane will rarely touch the controls. He will, of course, be in full charge, but his time will be divided between superintending the operation of his plane and attending to activities of his passengers. Within a short time I expect to see regulations put into effect requiring transport pilots to have had at least two or more years college education, not only that they may have the proper foundation for their training, but also that they may have the necessary refinement and education for handling their passengers.

(Continued on Page 75)



"There is nothing mysterious or difficult about flying," says Col. Frank R. Allen

Hobey Baker—Princeton Idol

Hobey Baker Was Only Five Feet Nine, But He Was a Great Athlete. Hockey Was His Best Game and He Excelled At It and Football.

BY CASPER H. NANNES

IN the midst of the beautiful Princeton campus, rising majestically in its architectural splendor, stands one of Old Nassau's most inspiring buildings. An interested observer, passing slowly down the quiet walks of the grounds, would notice the building and draw closer. As he approached the stone structure, with its jutting rocks and covering of running ivy, the entrance to the building would attract his attention from its larger aspects. The door to the entrance is closed, but the carvings stand out in base relief and compel the passerby's scrutiny.

The door itself, an evident monument to some great man, looks serenely out upon the green fields and shaded paths of the campus. From where it stands the smooth, blue waters of Carnegie Lake can be seen flowing easily through the brown leaves of the bended trees. From another angle the spiked fence that separates the campus from the town intrudes itself upon the vision. The sharp blowing of automobile horns suddenly punctures the air, and as suddenly dies out. Across the street, and seen as a steady background through the ever passing cars, are the white fronts of restaurants, the many colored shop exteriors and the conservative brown faced office buildings. Over all there is a pervading feeling of calm, and peace, and quiet. Truly a typical college town.

The passerby draws near the door, and looks intently at the figures engraved on it. There is an airplane in full flight on one block, zooming through the stone air as it must have done in real life. There are six blocks in all, and each one bears a distinct subject. Perhaps the duplication of the Croix de Guerre would be the object to compel the stranger's chief interest, for the deeds of the past war still attract and hold us firm.

That the door commemorates a man great in the annals of college, state, and country is clearly plain. That this man had done his bit in the recent unpleasantness is also clear, but that this man still lives actively in the hearts of present day folk is not so clearly engraved upon the stone walls of that building. Too many men have had their names placed importantly upon stone buildings, yea monuments, and have been promptly forgotten once the impressive ceremonies and raptuous eulogies were completed. But this is not true of this man, for this memorial is the monument of a man whose name shall live as long as modesty, clean sportsmanship, and superlative skill are revered. It

is the memorial door to Hobey Baker.

Twenty years ago last September a blond, tall youth walked with the uncertain steps of a freshman down the shaded walks and along the clipped lawns of the college that now honors his name. Twenty long years have passed since that unknown freshman first matriculated in the halls of Old Nassau. Much has happened in that time; much that adds to the glory of the great institution. Many famous men have carried the name of Princeton throughout the country, and even the world in that period. Many great athletes have received the adulation and plaudits of steady graduates and noisy students, and have carried on sturdily in both victory and defeat. But most of these men had their day of glory; bore their fame modestly and gentlemanly, and then became a part of the dim and misty past with their graduation. That is the fate of most athletes.

But Hobey Baker had the touch of immortality about him. His name is as alive today as it was in the days of his greatest glory. Perhaps even more so, for the handsome idol of Princeton has become a legend to the sporting world at large. The mention of ice hockey instantly brings forth the name of "Baker" even to those who have never witnessed a game. The mention of the ideal type of gentleman, athlete, scholar, and man—a man's man—finds the name "Baker" forming on the lips of men. He was indeed one of God's chosen few.

The figure and face of Hobey Baker seemed to conspire in stamping him as one of the immortals of American athletic life. Not exceptionally tall in height, yet he gave the appearance of being a good deal more than his five feet nine inches. To this height he added the wonderful asset of a marvellously proportioned body, so symmetrically developed that his body rivaled the best known examples of Greek sculpture. To this perfection of height and symmetry he further supplied the classic features of an Athenian God. His blond hair curled shiningly above wide set and open faced blue eyes, eyes that easily and naturally broke into charming smiles.

Yet Baker's physical endowments were the least of his influence upon those who knew him. To those men who had the enviable distinction of having played with him, of having attended classes or social functions, or of having faced danger in the air with him, the Princetonian's manly qualities far outweighed and

eclipsed his physical gifts. He had the instinctive impulse of seeking fair play in all things, of praising others rather than himself, and of pure friendliness that endeared him to all who came in contact with him.

But despite Baker's lack of rough aggressiveness he was still the leader of men. If Baker did a thing it was more often than not the sign for others to do the same. Mild mannered though he was, self effacing that he might be, obscure as he wished to stay, Hobey was fated from the start to play a central and spectacular role throughout life.

This role began when Baker was merely a boy. It stayed with him when he went to prep school; grew to greater proportions there and expanded into a fetish at Princeton. But that was not the end; when he left Princeton and played hockey for the St. Nickolas Skating Club the glamor increased rather than diminished. When the war came Hobey soon found his way into the greater struggle, and soon was a leading light on the front. Even in death he remained the central figure; his sudden and tragic ending had the elements of a Greek drama about it. Verily, it might be said, a son of the Gods.

When Hobey first came to Princeton he was not the first of his family to matriculate at Old Nassau. Back in the early eighties Hobey's father was a student at Princeton and played on the championship football team. "Alfy," as he was known to his teammates, was like his son in being a halfback. However, Hobey's dad was a smaller man than his son, and had to overcome the handicap of height and weight in his football days.

Among the men who played with the older Baker were many men long famous in Princeton football annals. Perhaps the best known of these men was Johnson Poe, the first of the long and illustrious line of "Princeton" Poes. Next in line came the stalwart Jere Haxall, who is credited with kicking the longest field goal on record. Alex Moffat followed Haxall; he was the greatest drop kicker that Princeton has ever had. Moffat had the unique distinction of being able to drop kick goals with either foot; he rarely missed.

Hobey's father was extremely keen that his son should play on the team that he once represented, and

when Hobey made the regular halfback position in his sophomore year the older Baker was a happy man. The Baker tradition, as the Princeton Poe tradition, was being ably carried on.

When Alfred Thornton Baker married Miss Marcy Pemberton he little thought that the offspring of that union would earn the favorable plaudits of the world long after both of them were to leave this world. Although he must have gazed at the small face and clinched fists of the baby boy born that cold January day in 1892 at Wissahickon, Pa., with a father's pride he could not foresee that an entire nation was to mourn the grave of the little, helpless piece of humanity then laying in the cradle. But such was to be the fate of his youngster.

Young Baker from his early youth proved to be keenly interested in sports of all kinds. However, the thrill of skating particularly appealed to him, and since the country in which he lived froze often, the iced lakes often found him skating. This boyish zeal for the ice was the foundation of his later performances in college and amateur hockey.

The medal of which Hobey was perhaps the proudest was won when he was but twelve years of age. It was won in a small town race against boys of his own age, but somehow the thrill of that first medal far outweighed the later larger triumphs. This medal is today in the proud possession of his mother, who values it as one of Hobey's most cherished things.

As I mentioned above, Hobey's training on the ice while a small boy had a tremendous effect on his later career. The marvellous endurance so conspicuous while at college; the daring speed that confounded his opponents and brought the gallery cheering to its feet; the quick turns and sudden stops all originated during this period. In his case, as in that of many small town athletes, the rough and ready development proved to be the strongest foundation that a lad could possibly get.

The first real jump into the limelight of public favor was made by Baker while he was a student at St.

Paul's in Concord, N. H. This school boasted of a hockey team, and it was Baker's joy to become a

(Continued on Page 78)



*Hobey was
Hobey Baker's
best game and he
was America's
best on the ice*

Health—Strength—Beauty

(Our Girls' Circle)

CONDUCTED BY MARJORIE HEATHCOTE

DEAR MISS HEATHCOTE:

I wonder if you could help me? My case seems to be hopeless. I am 18 years of age and

am 5 feet 2 inches tall. My weight is 134 pounds. My measurements are as follows: neck $12\frac{1}{2}$ inches, chest 34 inches, waist 30 inches, biceps $10\frac{1}{2}$ inches, forearm $9\frac{1}{2}$ inches, wrist 6 inches, hips $36\frac{1}{2}$ inches, thighs 22 inches, calf 14 inches, and my ankle is $9\frac{1}{2}$ inches. Could you please tell me how to reduce and also tell me what kind of a diet to follow?

Thank you very much for any help you may give me. Can you also tell me how to prevent sagging breasts, or how to correct them?

I would also like some good exercise to reduce my ankles and calves. It seems as though they are too large—in fact, I am large all over.

I have a little girl 15 months old. Could you give me some idea as to what kind of exercise to start teaching a child of her age? She isn't underweight and seems to be really healthy, but I would like to start her on some exercises, as lessons learned early aren't so easily forgotten, and the

reading of **STRENGTH** has shown me the benefit of exercise.

Chillicothe, Ohio

MRS. F. F.

ANSWER:

For your height of 5 feet 2 inches you should weigh about 112 pounds. So you see you are about 22 pounds overweight. According to the measurements which you sent me, most of your excess weight seems to be around your bust, waist, and hips.

I note in your letter that you desire information on how to prevent sagging breasts. I have, therefore, come to the conclusion that your bust is large and flabby.

As I said before you are carrying a little too much flesh around your hips and waist. Waist bending and twisting movements are the only things you can do to wear this away. It is naturally a slow process and will make you very sore at first, but you will find after a short while that you can increase the time spent in exercising without tiring yourself any more than in the first exercises. The first and more

Geraldine Leah Pratt in a graceful dancing position



important part, however, is leg raising and kicking. Persevere on this and be satisfied if you take off only a few pounds every month for a while. You can do better than this if you have the perseverance, but if you do your exercise only once a day, you cannot expect too quick results. The kicking movements may be a little vigorous at first, but try to raise your leg higher with each succeeding swing. Do this and the plain leg raising as many times as you can. Squatting will also help. Do this with your hands on hips to promote balance. I would also advise you to take up swimming. Swimming is good exercise for anyone.

As regards your diet I would advise you to eliminate all pastries. Don't eat too many potatoes, custards, bananas, or meats. I would advise you not to eat white bread, nor fried or greasy foods. Eat plenty of vegetables and drink plenty of water (not at your meals, but between them).

However, diet alone will not reduce you. You must exercise, and by exercise I do not mean going through a few light exercises for just a few minutes a day in a haphazard way.

The bust, as you probably know, is one of the hardest parts of the body to reduce—especially when it has become flabby. I am going to give you a few exercises which will help reduce the bust—that is if you work hard and consistently on them.

Stand erect with feet together. Now cross one arm in front of the other and continue upward until high over head. Then continue the circular motion out and down, repeating the movement.

Another is: lie across a bench or couch; then bring the arms down sideways. Do this exercise vigorously and repeat until tired.

Still another is: hold a dumb-bell (about 5 pounds) in the right hand. Now swing the right arm about 5 times in the form of a circle. Repeat with the left arm. As you do this exercise you can feel the muscles around the bust pull.

You might also try bathing the bust in cold water for about five minutes each day.

The best work to reduce your ankles would probably be rope skipping done high on the toes. Of course, you cannot tackle this right away, but you can advance to it in due time.

I note what you say regarding exercises for your 15-month old baby. There are no exercises I could give

you for so young a child. However, I would advise you to see that your baby gets plenty of fresh air and sunshine daily. Also be sure to give her healthy foods, and see that she gets plenty of rest. Your baby should get plenty of exercise in the form of play.

Dear Miss Heathcote:

I am a reader of STRENGTH and always read your department first. I have a very large bust. I feel ashamed many times when I want to look good. Can you help me?

Thanking you, I am.

Sincerely,

Waterville, Me.

B. F. L.

ANSWER:

I would advise you to read F. F.'s letter in this issue and note what I advise her regarding a large bust. I trust that my advice will be of benefit to you.

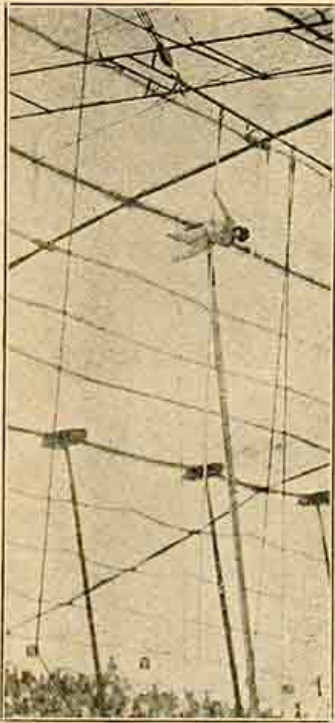
Dear Miss Heathcote:

I have read and enjoyed your articles very much in STRENGTH. I wonder if it might be possible for you to give me a set of exercises or one exercise that would help weak ankles?

(Continued on Page 76)



Marion Draher in a pose which shows the beautiful lines of her body, her grace and suppleness



"Under the big top." This photo (Figure 11-A) shows Lillian Leitzel rolling up as a means of ascending the rope

What Can You Do On the Roman Rings?

Advanced Ring Feats Require Strength and Skill, and Develop These Qualities Plus Self-Confidence and Coordination.

BY ROBERT L. JONES

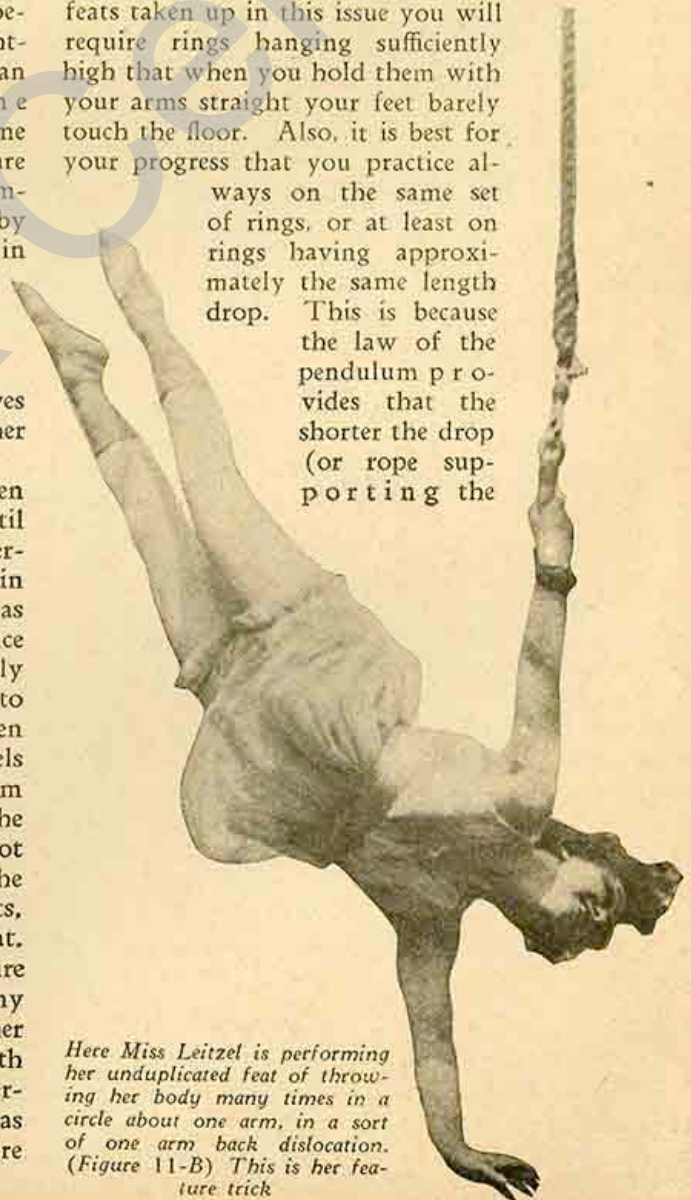
THERE is as much difference between "swing-in' on the rings" and "performing on the rings" as there is between snowball fighting and a Mexican revolution. Time

was when the cry, "Hey, gang, c'mon over an' see me skin th' cat." brought every envious kid on the square on the run to see the star athlete of the back-yard gymnasium do his stuff. Came a later age, marked by much facial contortion and arm twisting business in the high school gym, during which we mastered to complete satisfaction such great feats as the swinging dislocation, the double cut and catch (at the back swing) and a "stab" at the back planche and shoulder balance. We thought ourselves world beaters, and boasted not a little to each other of our prowess.

Oh, vanity, that it must fall! I never had even the slightest idea of the possibilities of the rings until I witnessed the feats of some great professional performers, principal among them being Lillian Leitzel in her unduplicated routine. No longer are the rings as popular with spectators and performers as they once were, and thus the interested young gymnast rarely sees much in the way of high class work by which to pattern his exercises. So it is that the beginner often thinks he has learned "it all" and rests on his laurels (?) when he has really arrived but at the point from which to begin learning real feats. For instance, the usual gymnast is content to learn "the flyaway," not knowing that there are four flyaways. To him the (two arm) back planche is the acme of hanging feats, while the one hand chin a well-nigh impossible feat. What a jolt such a chap has when he sees such a figure as Miss Leitzel as she performs her planches in many positions, her handstand on the rings, the cross, her swinging tricks and so on, and tops them off with famous feature trick, unduplicated by any other performer, of throwing her body around one arm as many as 150 or more times in rapid succession (Figure 11-B).

Last month we left off with the suggestion that you practice your ring work on rings hanging about ten feet from the ceiling and reaching *not nearer* the ground than the top of your head. This applies to the tricks done in the hang. For the feats taken up in this issue you will require rings hanging sufficiently high that when you hold them with your arms straight your feet barely touch the floor. Also, it is best for your progress that you practice al-

ways on the same set of rings, or at least on rings having approximately the same length drop. This is because the law of the pendulum provides that the shorter the drop (or rope supporting the



Here Miss Leitzel is performing her unduplicated feat of throwing her body many times in a circle about one arm, in a sort of one arm back dislocation. (Figure 11-B) This is her feature trick

ring) the faster will be its swing (in number per minute) and, consequently, the "quicker" will be the tempo of the apparatus. And this law further provides that the period of the swing varies not according to the length of the drop but according to the square of that unit. For instance, a pendulum ten feet in length swings twice as rapidly as one seven feet long and four times as fast as one of five feet. This fact greatly handicaps the beginner who works on various length rings, especially on the shoulder and hand balances and on all swinging tricks. So stick to one gym until you learn your stuff.

The distance given as desirable between the rings and the floor is necessary to allow the body to swing in the complete hang, and also, to provide safety in case of overbalancing from the balances mentioned or in performing other tricks in which the feet come around toward the floor rapidly.

A neat trick with which to begin this month's lesson is the uprise at the end of the back swing. Take a high swing, and as you come to the end of the back swing suddenly pull up to the mount position, keeping the arms straight throughout the exercise. You will have no little trouble at first in learning to time your movement correctly in order to complete the trick without bending your arms, but you should be able from the first to pull in with the shoulders above the rings and the elbows bent, so that at the end of the forward swing or the next backward swing you can press out to the straight arm position.

Before trying to perform either the upstart or the uprise in the swing you should practice holding the mount position in the hang until you can maintain the position comfortably and steadily, lest when you try it swinging you lose your balance and suffer a wrenched shoulder.

By this time, if you have been practicing diligently the instructions of the preceding article, you should be perfectly at home doing the forward cut off at the end of the back swing and the single cut off and catch at the same point. If this is the case, the next step is to perfect the double cut (off) and catch at the end of the back swing, a trick which is neither difficult nor dangerous, because as long as you do the cut off in time there is no danger of injuring yourself even should you not succeed in regrasping the rings. Just as in doing

Figure 11, right is the forward cut-off, just at the moment the rings are released



In the center (Fig. 12) is a stage in learning the flyaway (Figure 13, below). When mastered, the flyaway is performed by releasing the rings with the body horizontal as in the last illustration, and somersaulting three-fourths of a revolution to the feet



the cut off, you turn well over with the hips flexed and the feet over the head as you begin the backward swing. Now, exactly at the end of the swing, bring the legs down with vim against the wrists, let loose as in the cut off, and attempt to grasp both rings again just as soon as the legs pass between the hands and the rings. This is an easy proposition if you follow instructions carefully.

The illustration, Figure 11, shows the position of the body just an instant before the rings were released. Notice that the body is well upright, and that the action of cutting off from the rings tends to continue the motion of the body around towards them, making regrasping them an easy matter.

The backward cut off, done at the end of the forward swing, should be an easy number for you by this time if you have been practicing it very much. If you have not yet mastered it, do so now, as it is the stepping stone to the attainment of the back flyaway at the end of the forward swing, one of the prettiest and most effective dismounts one can perform. Once you perfect the back cut off begin practicing for the flyaway by performing the cut off with the legs coming between the arms instead of straddling them. You will

find that this is no more difficult than the usual way of doing the trick, except that you must pay very close attention to releasing the rings at the proper time. In the straddle cut off you release them just as your thighs touch your arms, but in this one you must judge your position entirely by the "feel" of it. In practicing in this way, you will strive to keep the body straighter and straighter at the hips until you can come through the ropes as in Figure 12 in something approaching the straight style. The final stage of mastering the trick is in learning to release with the body in a position more nearly horizontal each time, until finally you perfect the feat and can release and somersault to a good landing from the position shown in Figure 13.

THE FLYAWAY IS A DANGEROUS TRICK to learn unless you follow the above directions closely, carefully and without haste, or unless you have the protection of a "mechanic" (safety belt) and the assistance of an able man to handle it for you.

The back flyaway, like the back cut off, can be done at the end of the back swing, but when done at this point they are considerably more difficult, due to the motion of the trick being contrary to the motion of the natural swing of the body. If you wish to try them you should begin with the cut off in order to get the knack of "beating" for the revolution. Swing, and as you return from the front swing, hold your legs forward from the hips. Now, as you pass the center of the swing suddenly whip them down and backward, keeping the knees straight, and the return swing will bring your body well over for the cut off. But this is a difficult trick and you must make haste slowly with it because

the slightest mistake invariably results in a "buster." Once you perfect the back cut off at the end of the back swing you may proceed to the back flyaway at this point, following the general idea used in learning it at the end of the front swing. Again, however, let me caution you that you are playing with a dangerous feat, and my advice is that you use a good "mechanic" if you can possibly obtain one.

The front flyaway is, as its name implies, a forward somersault from the rings to the mat. It is most easily accomplished at the end of the back swing, at which time the natural tendency of the body is to swing well up into a horizontal position. The "system" is to take a good swing, and just as you reach the end of the back swing (Figure 14) and at the time when the feet are as high as, or higher than, the head, to release the rings and double up as if to grab the ankles. This gives the body a three-quarters turn to the upright position for landing. This flyaway can also be performed at the end of the front swing, but when so done is more difficult than as above described. **DO NOT TRY EITHER OF THESE TRICKS WITHOUT THE ASSISTANCE OF A "MECHANIC."**

The double cut and catch when performed at the end of the forward swing, is a much more difficult trick than when done at the end of the back swing, or in the hang. The principal of the trick is the same, but inasmuch as the tendency of the body is to turn backwards at the end of the forward swing the performer must "cut" much harder with his legs and, also, must be much more careful to launch his effort at the exactly correct moment. After mastering thoroughly the cut and catch both in the hang and at the end of the backward swing you may proceed to the cut off at the end of the forward swing. The one thing to remember is to time your cut off to release the rings at the instant you reach the end of your swing. This requires that you start the downward motion of the legs a fraction of a second before reaching that point. If you wait for the exact end of the swing to start cutting off you can not release the rings until your return swing is already under way, thereby stopping the revolution of your body and causing you to land on your back, minus dignity and pleasure. Above all, do not try this number on a high swing until you feel sure of it on a low swing.

A very wise procedure is to have a husky friend stand beside you on your first few attempts so that should you fall out of control he could catch you under the shoulders and save you from thumping the mat.

The position of the body just at the instant the end of the forward swing is completed is with the legs hard against the arms, and the hands just releasing the rings. This permits a successfully completed cut off. You will notice, too, that at the time the cut off is effected the position of the body is horizontal instead of upright as in the backward swing (Figure 11) and

(Continued on Page 67)



The front flyaway is performed by somersaulting three-fourths of a revolution forward from the position to the feet shown in Figure 14, above. Left (Figure 15) is the front planche. The body, however, should not bend at all at the hips.

Can Any One Be Strong?

It Is Not True that Every Man Who Does a Little Exercise Will Become the Strongest Man in the World, and All in Thirty Days, but Progressive Exercise Will Increase any Normal Man's Strength

BY DAVID WAYNE

HONESTLY, it is alarming how many men harbor the idea that greater strength for them is out of the question. They have the idea that those who greatly improve their strength and muscular development are favored sons of Mother Nature and that they themselves are outcasts.

Such ideas are alarming because they keep the physical standard of the human race down. Such fellows do not keep their absurd ideas to themselves but implant them in the minds of the younger beginners. They put doubt in the younger minds by telling them anyone is wasting his time trying to improve his strength and development because there is only one way to be strong and that is to be born that way. They mean you have to be born with a good physical start or all your efforts are worthless.

Thank heavens, however, there are countless fellows who use their own heads and are not misled by hearing such remarks.

The fact of the matter



Fig. A

is, any fellow can greatly improve his strength and development just as any one can improve their knowledge. There are only two "ifs" in the matter and they are—if you have the

proper instructions and if you have the desire.

Many beginners are handicapped by following the wrong kind of exercise or following the right kind wrongly. Others are handicapped by what they think is a real desire to be strong and well developed but what is only an interest in any thing new that soon wears off.

Lots of young fellows harbor the idea that they can each become the strongest man in the world. As an incentive that idea is a great one, but as a pure matter of fact it is a false lead.

There are thousands of powerful men but who can point their finger at the strongest in the world without meeting lots of opposition in their choice?

No one knows how strong you may become in time, but any expert knows that you can improve and become far stronger than you are if you go about it in the right manner.

This ought to be your motto, "I want to become as strong as I can for my health's sake and because God made me to be a man," not, "If I can't be the strongest man in the world I won't play at all."

Now there is only one way that any one can become much stronger and that way is by progressive exercise. Progressive exercise of the proper kind is

Nature's own way of increasing human strength and development.

Boiling it down to simple terms, progressive exercise is the gradual increasing of the strenuousness of



Fig. B



Fig. C

the tasks set for the muscles to accomplish.

Nature says that muscles as well as brains can master reasonable tasks which may be too severe at first; but the progression or tasks must be reasonable and right there is where many beginners fall by the wayside.

There are two classes of unreasonable beginners. One class is formed of fellows who are not satisfied to progress gradually but who want and do try to skip to the top almost at once.

The other class is the timid class who are always afraid to advance at all or enough. They are always in fear that they will overtax themselves if they give their muscles more difficult tasks to perform. Consequently, this class plugs away at the same exercises and fail to get far.

It is difficult to explain progression in exercises more plainly than that, without going into the individual exercises and the physical strength of the beginner about to use the exercises. So, in order to give a clearer idea, we will take one of the commonly known calisthenic movements as an example and try to inject progression into it. It might be well to say here that the usual run of calisthenic exercises are not very susceptible to the progressive principle. That is what is the matter with them as a means of building great strength and muscular development. Believe this or not, there never was a fellow greatly developed and strengthened by gym-class calisthenics. They are the keep-fit type of exercises and do only that and no more.

The calisthenic exercise picked to illustrate more clearly what progression in exercise actually means is the common floor dip.

The first and easiest variation is shown in Fig. D. It is meant for the weakest of beginners. Those who are strong enough to perform the floor dipping movement properly, as shown in Fig. C, can begin there. However, you must be able to perform the floor dip properly about five times. If you cannot, it is best to begin with the variation shown in Fig. E.

But let's start with Fig. D. Get down on the floor as shown, so that you are lying face downward with your body and legs straight out on the floor. Then place the hands on the floor at the shoulder ends. To do this you must, of course, bend them at the elbows.

Now push up the head and shoulders from the floor by the strength of the arms. Do not allow more of the body and legs to leave the floor than is necessary to

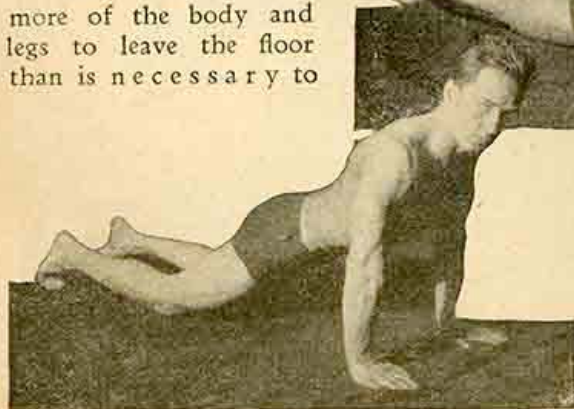


Fig. E

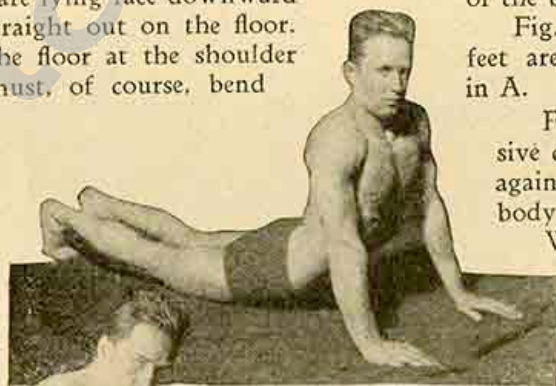


Fig. D

straighten the arms. This means that you bend at the waist.

After lowering the chest slowly to the floor again repeat the movement until the arms are tired. In this easy exercise you will note that you are throwing only the weight of the upper body and head on the arms.

After doing this one a few days, once a day, in which time you endeavor to perform it a few repetitions more each day you graduate to the next exercise. Don't graduate until you feel you have mastered the first exercise and are ready for more strenuous work.

Next you try the same movement except that you raise the hips and thighs along with the head and shoulders. This makes you support your body weight on the arms and knees. (Figure E).

You can easily see that, in this manner, you have increased the task put on the strength of the arms by adding the weight of the hips and thighs.

Perform this as you did the previous exercise and after a few days you should be ready for exercise "C." I should tell you here that when you begin a new exercise you should start in with about 5 repetitions and work up to as many as possible without undue strain before graduating to the next. This idea should be practiced throughout the entire series of progressive exercises.

The third variation is the common floor dip in which the entire weight of the body is supported on the arms and toes.

Again you go through the procedure laid out for the following exercises. Then when you can do this one a number of times you are ready for the next one.

Fig. B shows the next exercise and you will notice that the feet are elevated to the height of a chair seat or to some lower object if desired.

This elevation of the feet throws more weight on the arm muscles and makes the task more difficult than all the proceeding exercises. This you will find out for yourself when you get that far.

Proceed in "B" as you did in the others.

Fig. A shows the next exercise with the feet elevated to a still higher object thereby throwing much of the body weight on the arms.

Fig. F is still more difficult because the feet are supported at a higher point than in A.

Fig. F shows the last of these progressive exercises. The feet are now high up against a wall and all the weight of the body and legs is on the arms.

When you get this far you will have strengthened the arm and shoulder muscles considerably. Bear in mind, however, that this series of exercises develops and strengthens many of the muscles of the body but the triceps of the upper arms and shoulder muscles develop by far the most. Therefore, they do not develop and strengthen the biceps of the arms noticeably. Those muscles as well as the others of your body must be directly developed and strengthened by other exercises designed for that purpose.

Figures G and H show a novel way of dipping be-

tween boxes and chairs which permits a wide range of movement of the arm and chest muscles.

Remember, that the foregoing series of exercises is given mainly to illustrate the idea of progression in exercise. Don't get the idea that this series of exercises constitutes an entire training program for it is far from it. You have, I hope, got the idea of what progression in exercise means, so that if you are about to improve that body of yours you can apply this principle more intelligently.

When you try the program of exercises just outlined, should you find any one of the steps too strenuous, you must either modify the following exercises or continue with the one you are using at present until you gain enough strength to go ahead.

The number of times you perform each of the exercises is more or less up to your own judgement. However, don't do any of them more than fifteen or twenty times. If you can do the one you are on that many times or more, advance to a more strenuous exercise instead of doing twenty-five or thirty repetitions.

Figures G and H show two other methods of advancing this exercise to more strenuousness. They are not, however, more strenuous than a few of the preceding exercises such as Figures E and F but, you can use them in between the foregoing exercises to make the advancement more gradual. In this way you can use "G" and "H" where the advancement as outlined in the previous exercises is too much for you.

If you are about to begin developing your muscles and strength, see to it that the progressive principle is embodied in the system of exercises you have decided to use. Or, better still, see that the principle is there before you decide to use it. If, on the other hand, you



Fig. H

already have a system consider its progressive qualities and if they are lacking put them into it. This can be done by rearranging, adding other exercises, etc.

Remember, however, that increasing the repetitions of an exercise is not genuine progression. Genuine progression is the making of each succeeding exercise, designed for a certain muscle or group of muscles, a little more advanced or strenuous in itself. It is not obtained by merely increasing the repetitions. By increasing the repetitions only you simply improve your endurance and not your strength so much.

Endurance, as you probably know, is the ability to perform a moderately strenuous movement a great number of times. Strength is the ability to perform a

very strenuous feat or movement once or twice.

Endurance exercises produce muscles that are small and hard, while strenuous exercises produce larger muscles and great strength.

There are many beginners in physical training who have become tired of the many-repetition-type of exercise before they began to get results. This is because exercises in which only the number of repetitions are changed, in order to get advancement, are irksome. There is nothing much in them to interest the pupil and this, added to the meager results they produce, is very discouraging.

In the endurance type of exercise one exercise for each part of the body is used throughout the entire course which usually lasts for three months. The same old exercises time after time will weary the most enthusiastic pupil. Besides one exercise for each muscle or group of muscles cannot develop it to its best

proportions and strength. Each muscle or group should get a workout from many different exercises for the best results because different exercises affect a muscle or group differently.

Try an exercise meant for the deltoids on the shoulders for instance, noticing closely the movement of the various parts of these muscles. Then try another, entirely different exercise for the same muscles and again notice how differently it affects them. You can see that such a system is bound to produce a more thorough, all round development.



Fig. F

Fig. G

You must remember that most muscles are made up of groups of smaller muscles. Thus, when we name the deltoids we may think of it as one muscle, but in reality it is a group of muscles which require varied movements to directly affect them all.

Another proof is that the deltoids are meant for the purpose of moving the arms in any possible direction, so how can they be thoroughly developed and strengthened by one exercise that moves the arms in only one direction? This applies to all muscles to a greater or lesser extent. Some muscles of the body cannot be called upon for as wide a variation of movements as the deltoids are capable of, nevertheless, they all call for more than one of two exercises.

So the practice of using many exercises for one purpose not only develops the muscles more thoroughly but it keeps the pupil interested. There are some pupils of physical training who even after they have lost interest in a poor system continue through sheer determination. Such fellows should be given credit.

(Continued on Page 70)

The Mat

Analytical Comments on Subjects Connected With Body-Building Muscular Development, etc.

Physical Culture For Boys; The Proper Age At Which To Start; Why Should The Professional Excel The Amateur Athlete? Preparatory Exercise For Rowing; Height Increase Methods; A Few Remarks on Masculine Posing; Block Weight Stunts.

By MARK H. BERRY

Of considerable importance, and we might say interest, is the subject of the proper age at which one should start serious exercising or physical training.

Generally, we consider fifteen or sixteen to be the ideal age for beginning serious exercise; and, in the majority of cases, the earliest age at which a boy should think of regular training efforts. However, we know that a large number of boys become thorough enthusiasts at an earlier age and insist on getting right into action. Quite a number of fathers believe their sons should start real early and encourage the boys to do so; this, of course, adds to the desire which is burning in the mind of the boy.

Personally, we became inter-

around that period consisted of spasmodic periods of self-resistance and light dumb-bell movements with a little club swinging. At sixteen we started bar bell exercise. In addition to the fitful urges to develop, which we just mentioned, we used to run and walk varying distances, even as far back as the age of eleven; later we did considerable sprint running as well as sparring, the latter being more in the nature of fooling than anything else. Of course, being an American boy, we played baseball from one to three or four times a day, with plenty of swimming and skating in season. One might say the average boy does all this, but very few try distance running, long hikes, and physical culture exercises on their own initiative.

Although we were so inclined as a boy, we do not advocate such things for boys; that is, nothing which might prove extra tiring, or anything in the nature of intense training, or



A difficult block weight stunt. Posed by Harry L. Good



Muscling out a block weight in this fashion is also hard

ested in actual physical culture at about eleven or twelve, but did not begin systematic exercise of any sort till about fourteen. Our training efforts

competitive sports. We consider the late teens to be plenty early to begin anything of a strenuous competitive nature. Developmental



Picking up a block weight by spanning it across the bottom with thumb and fingers



The back and shoulder muscle control of young Henry Bell

exercises may safely be practiced by any average boy of fifteen or sixteen. Younger boys should be encouraged to play all kinds of games and to swim for fun. We recognize, as we have mentioned in the early part of this discourse, that many boys prefer to and are encouraged to exercise very young, and we believe much benefit is derived in those cases where the boy is properly supervised.

Here we have a most interesting case of this sort:

"Mr. Mark H. Berry,

"My Dear Sir:—

"Some time ago, I was telling you about my son, Henry M. Bell, twelve and a half years old, and you said you might publish a snap shot of him in STRENGTH MAGAZINE.

"Now, Mr. Berry, I didn't think any more about it then—but my boy has improved so much since then, that I am sending you a few snapshots of him for your approval; and if you think it will do credit to STRENGTH to publish one of his pictures I would ever feel grateful to you—as I wish to encourage him all I can in becoming one of the strongest and best developed men.

"In other words, I want him to become what I could have been had I known as much about physical culture, when I was his age, as I know now, although I have succeeded better than my wildest dream since I started exercising two years ago.

"Now up until about two years ago, or when our son was about eleven years old he only weighed about 46 pounds and was very weak and sickly. We couldn't get him to eat breakfast at all, and he often complained of sick headaches and was forever complaining that his stomach hurt him, so I started him doing a few exercises which involved his stomach muscles. You can see for yourself in the one snapshot

"I am sending you a few snapshots of my sixteen year old son, Allan, the most enthusiastic weight lifter I have ever seen. "He started training

how his stomach muscles are developed, and what control he has over them.

"The following are some of the things he can do: 50 one leg deep knee bends; 20 one arm push ups; chin himself 15 times; dip 25 times "clean down" on parallel bars. Can hold up two large men on his stomach lying flat on his back on the floor, having his muscles contracted; lift a 217 pound bar bell in the dead lift, and can stand up straight with 203 pounds and weighs 97½ pounds at 12½ years old. He exercises 30 minutes every day with every other Sunday off.

"Thanking you again for your kindness, I remain,

"Very truly yours,

"Philadelphia, Pa."

"J. L. Bell,

And here is another letter from a proud father, telling of the progress made by his son.

"Editor of the Mat,

"Dear Mr. Berry:—

"I am sending you a few snapshots of my sixteen year old son, Allan, the most enthusiastic weight lifter I have ever seen.

"He started training



Henry Bell, a 12½ year old boy demonstrating his ability in abdominal isolation



Allan Wilton bending a bar



Allan Wilton pressing pressing his 170 father overhead. The elder Wilton, now 43, has been lifting since the age of 10

Allan Wilton, 16 year old boy of Chicago. He is 5' 10" tall and weighs 155 pounds





The Discobolus gives us an example of the thoroughly masculine type of artistic posing. Kola Kwariani, the big wrestler, also a bar bell user.

about 18 months ago. At first he did not take kindly to my suggestion that he be a lifter like his father. When he got the habit he got more enthusiastic than I have ever been, and I have been lifting ever since I was about ten years old. I am now forty-three years old, and am just as strong for weight lifting as I have ever been. Allan says he is wondering how people can live without training.

Artistic? Maybe. But not exactly desirable as an example of masculine posing. Mr. Berry considers that this type of pose shows a wrong tendency in male physique photography.



"Yes," as the French-Canadian woodsman might say it, "she is a man." Mr. Berry discusses the subject of posing herein



"Incidentally, I want to say that I have had the STRENGTH MAGAZINE since the first issue (you remember those small ones that were published two or three times a year) and I have not lost one.

"About the boy, I want to say that lifting has made him strong and big. Without over-estimating his strength, I can truly say that he is not far behind any strong man in doing feats of strength.

"Driving and bending nails and bending iron bars are most easy for him. At the age of fifteen he bent a 5-8" round iron rod with his teeth; also drove a spike through an 1 5-8" plank. In the "back lift" he did 2000 pounds. On his feet, he lifted 1200 pounds. He pressed a 170 pound man over his head. He lies on a 'bed of nails' a 150 pound anvil on his chest, with two men striking it with sledge-hammers. These are only a few of his feats. He is an all around athlete.

"As he has never lifted to the limit, I cannot say what his record is, but what he does, he does with utmost ease.

"He is 5' 10" tall, weighs 155 pounds and is all



Walter Uagurske of Rockford, Ill., doing a novel sort of Bent muscle.

"If you think his photos are any good it would please me very much if you would publish them in the STRENGTH MAGAZINE. Perhaps it would be an encouragement for some other boys.

"Yours truly,

"A. J. Wilton,

"Chicago, Illinois."

"Editor of the Mat,

"Dear Sir:—

"I would appreciate it very much if you, Mr. Berry, would discuss in the STRENGTH MAGAZINE why people always think and say that the average professional athlete is superior to the average amateur athlete; and whether this opinion is well founded.

"For my part I have always thought and have seen proof many times that the amateur athlete, who had made physical culture his creed and a part of his life, was a good as any professional.

"That discussion from your pen, Mr. Berry would certainly interest many physical culturists, either amateur or professionals.

"Very truly yours,

"W. J. La F."

REPLY:

In some respects the conclusions of our friends, Mr. La F., may be and undoubtedly are correct. When

(Continued on Page 78)

Have You Minor Physical Defects?

If You Have What Are You Doing About It? Do You Know How Easy It Is To Correct Chicken Breast or Slight Irregularities In Your Back or Shoulders?

BY THOMAS BROWN

JUDGING by the number of letters received from men and boys on the subject, cases of deformities of a minor nature are more numerous than one would think. The great majority of fellows, young and middle aged, take such deformities for granted, seemingly content to go through life with these defects. Such an attitude is absurd because it is born of ignorance of the fact that minor defects can be corrected.

Most minor deformities are an unnatural condition of the bones. Chicken, or pigeon breast for instance, is an uncommon formation of the ribs at the front of the chest. Instead of being more or less round the ribs, in a case of pigeon breast, are straighter, which produces the effect of a chicken's breast. Once in a blue moon you will find a case of modified chicken breast in which one side is round or nearly so while the ribs of the other side are straighter.

With persistence this deformity can be corrected or at least improved. Of course, the younger the subject the easier it is to bring about a correction. The method of correction, roughly, is to press the ribs into their correct shape. In detail the subject must lie on his chest which throws the weight of his body on the point of the chest. This has a tendency to bend the ribs to a more normal position.

While the person is on his chest he should breathe deeply and try to keep the ingoing breath from pushing up the body. If this is accomplished the air pressure helps to press the ribs out more to the sides. Sometimes, better results are obtained by having some one put his hands in the middle of the chicken breasted person's back and exert a downward pressure against the back as the lungs of the person on the floor are filled with air.

The ribs being the most pliable bones of the body they are easily bent. Of course, such a bending is only temporary so that many repetitions of this practice is necessary. It may take months to bring about the desired change in the formation of the ribs but it is well worth the effort.

Parents of children afflicted with a chicken breasted condition should start early to correct it for then it is comparatively easy.

When there is a lop-sided condition of the chest

the person should lie somewhat on the good side so as to force the other side out to correspond with it.

Slight curvatures of the spine are deformities of the spinal column. It may be a case of a too decided an inward curve at the small of the back. It may be that the spinal column is too straight at that point. Most curvatures are toward the sides, however, and their cure is brought about by much bending in the opposite direction.

A spine curvature of slight nature is easier to correct as a rule, than many other bone deformities because we do not have to straighten bones in this case. What we do is to even up the cartilage space between the bones so that they are each the same thickness on both sides.

You see, the curve is produced by the cartilage being thinner or more compressed on one side of the column than on the other. The vertebrae, as a rule, are all right.

Cartilage being more pliable than bones, makes the job easier than if we had to change the bones, which after early childhood would be almost impossible.

In the case of a slight curvature of the spine the first thing to do is to determine the direction of the curve. Run your eye along the spine beginning at the base. If the curve starts out toward the left side then the waist bending movements should be practiced toward the left side only. If the curve goes out to the right side, then the bending should be done to the right side. In other words, the idea is to bend the spinal column as much as possible in the opposite direction from the curve. This will tend to force the bend the other way and eventually straighten it.

The same principle holds good when the bend is too much forward or backward. If there is too much of an inward curve at the small of the back then bending over exercises should be practiced but no backward bending should be done.

If there is not a normal curve to the spine or, that is to say, if the spine is too straight at the small of the back then only backward bending exercises should be done.

All this is for cases of slight curvatures. The reason extreme curvatures have not been mentioned is be-

(Continued on Page 66)



Introducing H. C. "Doc" Hottum, of Memphis, Tenn. With him, and smiling the smile of victory, is Martha Hill, an endurance champion he developed

A Champion Who Makes Champions

"Doc" Hottum, Three-Score Year Old Champion Athlete of Memphis, Tenn., Has Made Many Swimming and Other Champions During His Career In the Southern Metropolis.

By JAMES LAWTON

MEMPHIS, TENN., is close to the old stomping grounds of the teller of this tale, and it so happened with me, as with many who toil and do their labors far from the land that is home, that last summer the desire to make a flying trip south and west came to me. Well, to make a long story short, being part Scotch and having some good Jewish neighbors, I decided to combine the pleasure of the trip with a little business, meaning that as I made the rounds my intentions were to pick up a few hot stories for the benefit of the old wallet. Columbus, Chicago, St. Louis, Memphis—that was the route, and in each of the first three burgs mentioned one particular name came to my ears whenever my listeners learned that Memphis was included in my proposed itinerary. At Columbus the speaker was Gus Kallio, world's welter wrestling king; at Chicago he was the coach of a famous swimming club, and in St. Louis the party was a well-known newspaper sports writer. And that name was mentioned each time in the same

way: "Going through Memphis, eh? Want a real story? Well, be sure to look up 'Doc' Hottum—he's the boy who can tell you lots, and if you can make him talk about himself you can line up a swell yarn. If you go through Memphis, don't fail to hunt up the 'Doc!'"

Well, swell yarns were what I wanted, so the hunting business was begun as soon as Memphis was reached. Nice town that, but it's awfully big when you are hunting an elusive quantity. But finally, just as I was about to enlist the aid of the official Shelby County bloodhounds and a couple of bandit chasers in the search for the busy "Doc," the old boy, himself, rounded the corner under full steam and headed into his office.

"Yeah, sure. Philadelphia-Kallio? Pleztameetcha. What, article—me? Better make it on swimming or running—I've done nothing bad enough to deserve a special story. But Eugene Bolden or Davy Jones, or Martha Hill—I will be glad to tell you about them



Here we have the smiling "Doc" at the start of one of the numerous marathons he has engineered. "Doc" is the chap in the center, with the "Sonny Boy" haircut



"Doc" Hottum and some of his smiling contestants at the Biloxi-Isle of Caprice swim in 1928. Second from the left (back row) is Norman Coward, winner of the men's race that year, while next to him (on his left) is Willie Lewis, winner in '27. Althea Eichling (the miss next to the chap with the white bathing suit) won the women's race in 1928, while Evelyn Poat, on "Doc's" right, won in '27.

and the things they have done. Or about the great swims we have here on the Mississippi, and down at Biloxi from the town to Isle of Caprice—14 miles of it. Great sport, swimming, and we have plenty of good boys in the South."

Apparently the good "Doc" has no little interest in swimming. Investigation in his dark past discloses that as a youngster he was much of a "bug" on the sport, and history around Memphis has it that when he was hardly more than a kid he was well known for his high diving proclivities. It seems that the ambitious young man one day did a "Kellerman" from a grain elevator on the bank of the river. He hit the water in good form and a moment later struck a submerged piling with disastrous results to his head, said member carrying even to this day a "hinky" as a memento of that performance. That accident did not frighten "Doc" from his favorite sport for all it did put an end to his diving (head first) and it is rumored that this blow on his head even had something to do with his enduring love of water sports.

"Doc," as we were saying, has not dived since that eventful day, but he has done some plain and fancy jumping from high places, his principal performance in this line being a jump from the pier of the railway bridge at Memphis. This event took place back in '92, "Doc" essaying the feat in consideration of the sum of ten dollars, cash in hand, and the personal satisfaction of doing such a dare-devil feat. Incidentally, he is one of the four who ever traversed the distance between that bridge and the water below. He was first, Mike Madden, who struck a snag and injured himself fatally when he hit the water was second, and the third was a fellow who killed his wife on the bridge and forthwith jumped into the river to commit suicide. His luck didn't hold, however, for several men—"Doc" Hottum was one of them—fished him out and let the law take its course. Mr. King, for that was the fellow's name, has had lots of time since to meditate upon the sensations of high diving and fancy rescue work on the part of the "Doc," for he still is getting his three-a-day in prison. The last

man to leave the bridge was a one-legged negro. He broke his neck when he hit the water, and since that time everybody else has been content to let "Doc's" glory go unchallenged. But not so with "Doc," himself, for he has spent much time and no little money during the past thirty years in making water sports popular in his part of the country.

"Now, as I was saying," he sped on, getting back to his favorite topic, "the best known boy ever turned out here was Bolden. He was the lad who did so much in the Olympics a while back, showing his heels to the best long distance swimmers the world could muster. Of course, at that time Bolden was wearing the colors of the Illinois Athletic Club, for it was that club which developed him into his great form and which made it possible for him to go over. But nevertheless, it was this outfit down here in Memphis that gave Eugene his start in the water game. To begin with, Bolden is a native of Memphis, and he started swimming with my boys around here fifteen years or more ago. Then he dropped out of sight for a while, finally turning up several years later in Chicago, where he 'came out' great.

"Davy Jones was a fine lad for you, too. How well I remember him when he was a kid. Small, skinny, sickly he was, and for a long time after he took up swimming with the rest of the bunch I thought he was never going to do any good. Three or four years he tagged along like that, just splashing around, so to speak, before he began to snap out of it. Just all of a sudden he became a good man, and in his first try in the national swim he came in third. The next year, at St. Louis, he moved up a peg to second place. Not so bad, eh, for a sickly kid to do after a few years of swimming? The following season—let's see, that was 1910 or 11—he paddled in third in a field of 89 stars in the ten mile race at Cincinnati. But what was probably his most notable accomplishment took place that year in the New Orleans Basin Swim, a two mile event in still water. The favorite to win was a chap named Ferridy, and while he won, all

(Continued on Page 72)

Inter-Collegiate Water Polo in 1930

Last Year the Navy Were Champions but 1930 Looks Like Old Eli's Year. Lon Rappaport of Yale Ought to be the Star of the League. In the Middle West Northwestern Should Repeat and Stanford Should be West Coast Champion

BY JACK SHANNON

TOUGHER, harder, more daring than football. A game in which grit, grit, and more grit is the main requisite for success. Yet, with all that, a game in which speed and skill and quick thinking blend into one whole. Truly a sport for men to be played by real men.

When Water Polo first was recognized by the London Swimming Association, back in 1870, it was appropriately called the game of "football in the water." At that time the game had just begun to take on the semblance of order and organization; the rules were then first being worked out as well as the other numerous minor details that attend the launching of any sport on the sea of athletics. By 1885 the game had grown so much that it was recognized by the Amateur Swimming Association and held in conjunction with the swimming meets. Three years later the first national championship was played and won by the Burton-on-Trent team. In 1890 the Scotch and the English added another field to renew their old feud: the Scotch proved to be better seamen that year

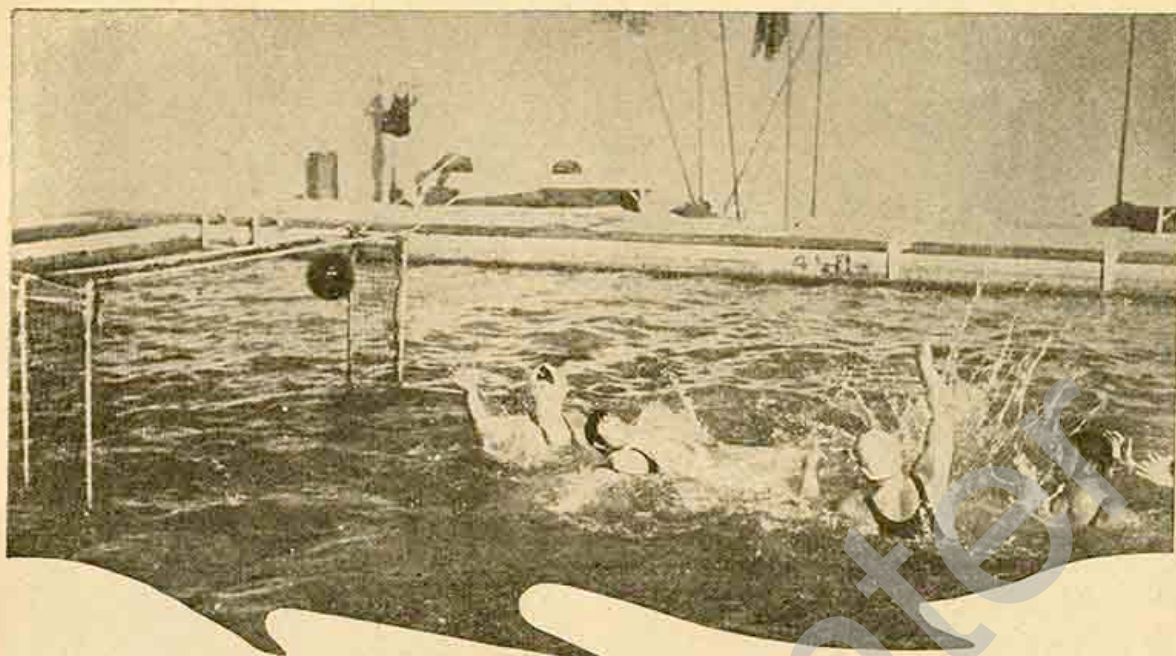
by a decisive margin. The final step for the recognition of the sport in England was the Oxford-Cambridge game the following year.

Not long after the game had been recognized by the two leading universities in England the rest of Europe took to the sport with great enthusiasm. Our country then followed, but changed the rules of the game somewhat with the result that the sport for a time took a different trend here than it took abroad. Today we have the rather unusual situation of finding the sport played in two distinct styles in one country. However, we shall go into that a little later, when the difference between international play and college play is explained.

In the Intercollegiate Swimming Association for the year of 1928-1929 we find that the sport attracted more attention and was more closely contested than at any other earlier period. The Navy proved to be the class of the league last year, displacing Yale as the new titleholder by a spectacular finish. Both these teams were tied when they met in the last game of the season,



Princeton wins Inter-Collegiate water polo title for 12th year by defeating Yale. Two Princeton players tackling an opponent to prevent him from scoring



U. of Calif. defeats N. W. Swimmer at right in black helmet has made a score for Calif. N. W. players in white helmets try to stop him.

neither losing a game to an opponent, and a great fight was expected. This prospect was realized in the first half of the struggle, but from that point on the Navy forwards of Joe Ruddy, Jr., and Charley O'Bierne, who led the league in individual goal scoring, proved to be too strong for the Yale team. Navy's winning of the title last year was indeed a great feat, as it was only their second year in the league.

However, the hopes of the midshipmen repeating their victory are not very rosy for this year. Beside losing O'Bierne they also will miss three more regulars; the loss of four men from the first team seems to auger a poor season. But this should not be the case; although the team will not be as strong as it was last year it still appears to be strong enough to remain a leading contender for 1929-1930 championship honors.

From early season reports Yale once more looks like the coming Intercollegiate Water Polo champions. Not only are they re-enforced by a number of promising freshmen but they lose only one regular from their last year's runner-up combination. With Lou Rappaport back as a nucleus around which to build an attack, Old Eli looks like the leading team in the league this year.

Dartmouth will be heavily handicapped this winter by the loss of Thompson, their big star last year. The school from the New Hampshire hills does not seem to have anybody capable of replacing him, nor does the rest of the squad appear to be of championship material. Princeton should be in for a good year, but the team that both the Navy and Yale are likely to watch closest is Columbia. The Blue and White has built up a strong combination, and with Ray Ruddy it has championship possibilities.

How the rest of the teams will shape up is highly problematical. Of the four remaining teams three of them—University of Pennsylvania, Syracuse, and C. C. N. Y.—do not figure to greatly improve their rank-

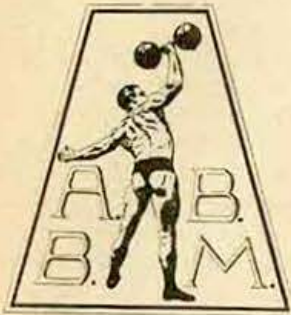
ing of a year ago. What Rutgers will do nobody seems to know, not even Rutgers themselves. The baby member of the league only started to play the game last year, and although they only managed to win one game they showed remarkable progress before the season drew to a close.

The two prevailing methods of attack used in water polo, in the Intercollegiate league, are the ones generally accepted by all teams conforming to the American rules. The first type is the one more universally used, although the second method is more spectacular and more daring. In the first style three men go forward on the offense while the other three men stay back as the defense. This method takes the center forward as a roving center. The newer type of attack puts four men in the forward line and leaves only two men to defend the goal. Of course, it can be easily seen that the second method is by far the more dangerous as well as the more spectacular; the four men forward permit more formations and greater attacking power but it leaves the goal open to a surprise attack. The new style will get its thorough baptism this winter and will soon show whether it is an advance over the older method or a futile shot in the dark.

While we are at this point it may be well to explain the difference in the game as it is played in the Intercollegiate Swimming Association and as it is played in the mid-west and in Europe. In the American game of the eastern colleges the ball is made of white rubber and is only partially inflated. This is in direct contrast to the European (or International game as it is called) ball which is made of leather and is fully blown-up to almost the size of our soccer ball.

The second difference between the two games lies in the goals; the International game has a net behind the goal, and the space into which the ball may be thrown is ten feet in width and three feet above the

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Association Notes

*Big Canadian Lifting In Prospect;
Rochester Show, January 6th;
Report on Latest Los Angeles Show;*

*Records in Portland, Oregon;
Recent Cincinnati Show;
Lilly Creates Records at Philadelphia
Show.*

BY MIKE DRUMMOND

HERE is promise of some interesting lifting—for those who are fortunate enough to live within a proper radius—and providing the thing really takes place.

In a communication from Mr. Donat Plourde, of Montreal, Canada, we were given a tip on the prospects of some great record breaking in two classes, plus a big International match between two of the strongest men on the American Continent.

Providing this show ever takes place, Eugene Caouette has signified his intention of exceeding some of the best lifts of Louis Cyr; he also has in mind some records (presumably American records) on the Left Hand Snatch, Left Hand Clean and Jerk, and the Two Hands Clean and Military Press.

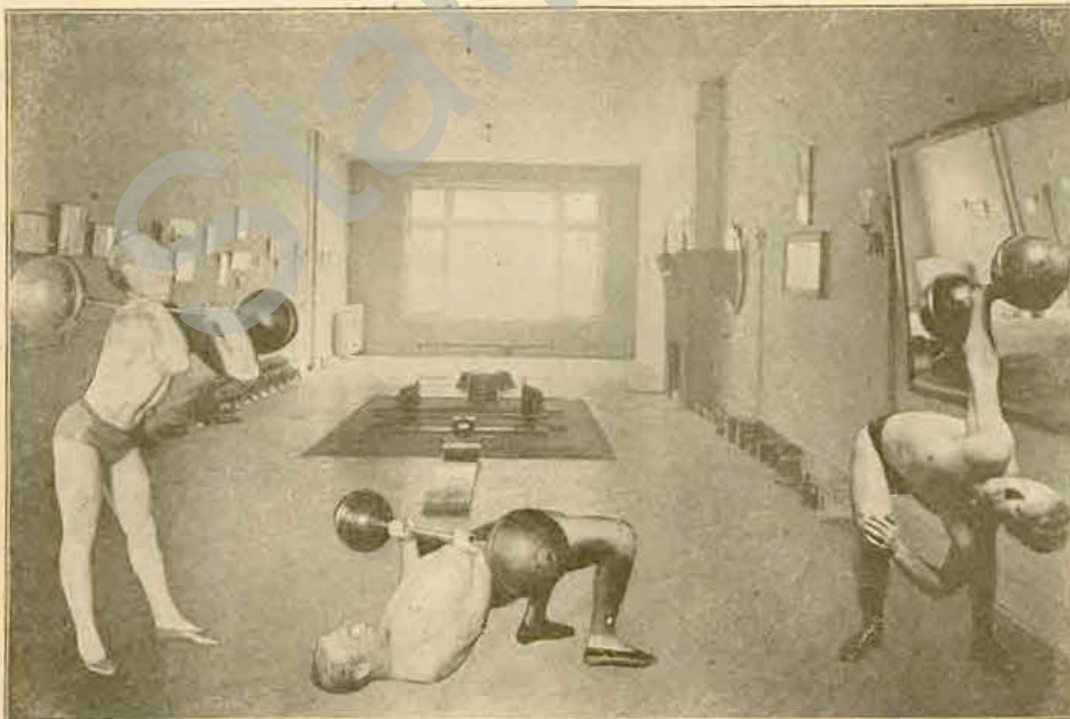
Then Armand Angers, the little French-Canadian featherweight, has his eye set on exceeding ten of the

best records made by W. A. Pullum, of England, at a bodyweight of 122 pounds.

As we told you last month, Mr. Pullum has offered a substantial prize to any lifter in the world who could exceed a certain number of his best lifts within the same space of time it took him to make them — something



Three lifters from the "Show me" State; left to right—Albert E. Mitchell, Gordon M. Strain and Edward Zereher



The physical culture studio recently opened by Lynwood (Bill) Lilly in Philadelphia. We also show "Bill" performing a few of his favorite lifts

like nine months; the lifter attempting this task must weigh no more than he did at the time—8 stone 10 pounds, or 122 pounds.

The ten lifts which Angers has in mind for the first attempt are: Two Hands Dead Lift; Right Hand Dead Lift; Left Hand Dead Lift; Lateral Raise, Lying; Pull Over and Press Without Bridge; Pull Over and Push With Bridge; Hold Out In Front, Lowered From Above; Crucifix; Two Hands Snatch; and Right Hand Swing.

Now, the biggest



With Bar Bell.

Dandurand accepts those lifts, providing Manger agrees to the five stunts which he chooses. They are:

Rectangular Fix with Dumb-Bell (we are not certain regarding the exact nature of this feat, unless it is a half-curl with a dumb-bell, performed with the thumb side of the hand up); Lying on back, to lift a big man to arms' length with one hand and to stand up while holding the living weight at arms' length; while standing, to lift the heaviest living weight overhead with one arm; next—a choice of either of the following two feats—to walk 25 feet with a wheel barrow load with the heavier weight, or the Jefferson Lift; the fifth feat suggested by Dandurand is to shoulder and carry a Ford engine (model T), the engine to be lifted from the floor and shouldered without assistance

attraction for this particular card is a contest between Arthur Dandurand, officially recognized as the heavy-weight and light-heavy-weight champion of Canada, and Albert Manger, of Baltimore, amateur light-heavyweight champion of the United States. We don't really understand the intentions of Manger in regards to his amateur standing. He has challenged Dandurand publicly in the Montreal press and still stated that he wished to keep his amateur standing.

We very seriously doubt if anything will ever come of this challenge. A careful reading of the terms specified by each of the principals will give you a better understanding of the possibilities of such a match taking place.

Manger stipulates the following lifts:

Right Hand Military Press; Two Hands Military Press with Bar Bell; Two Hands Clean and Jerk with Bar Bell; Two Hands Slow Curl with Bar Bell; and Two Hands Dead Lift

—and if the engine, which weighs 455 pounds, is not sufficiently heavy, the transmission box may be loaded with lead shot.

If this contest takes place the winner is to claim the title of Strongest American Continental Light-Heavyweight for all around strength. The proceeds of this show, after deducting expenses, will be given to the Great War Crippled Soldiers' Society.

Here is a splendid chance for lifting enthusiasts in Canada to become affiliated with official International lifting. Mr. Plourde has long since been properly recognized by authorities and officials in Europe.

Mr. Donat Plourde is President of the Canadian Weight Lifters Federation, which has been affiliated with the International Weight Lifting Federation since 1923. Mr. Plourde wishes to make an appeal for additional members. Any lifter, club, or society in Canada,

may become a member; weight lifting groups in any Province may build up their own Federation and become affiliated with the Canadian W. L. Federation, except in the Province of Quebec, which is already properly organized.

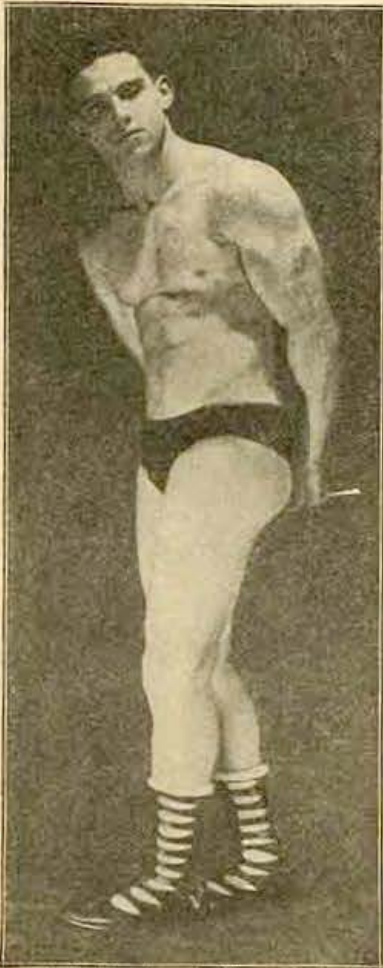
Any Provincial Federation may build up its own list of records, and its own rules in regards to such Provincial records.

Mr. Plourde suggests that STRENGTH MAGAZINE act as official journal or gazette of the C. W. L. F. He agrees to furnish us with news regularly and further suggests that each affiliated Provincial organization subscribe to STRENGTH as its official paper.

Those who are interested may write for further information to Mr. Plourde at 6737 Casgrain St., Montreal, Canada. We expect very shortly to publish a complete list of Canadian



Three balancing specialties of Professor Adolph Rhein of the German-American A. C., New York City. These photos were taken some time ago, but though now 63, he can perform the same feats



Jack Davis, of New York City, winner of the gold medal for posing this month

acquainted with New York State from one corner to the other and spent some few years in Central New York.

Gay expects to have Siegmund Klein visit Rochester for a performance later on in the winter, and quite likely he will invite Frank Dennis to perform for the January 6th show. Co-operate with Arthur Gay by getting there if you have to break a leg doing it, and everyone, including yourself, will be well rewarded.

Los Angeles saw another of their spirited meets on the evening of November 6th, at the Los Angeles Athletic Club. Seven members contested on the Five International Lifts; the Two Hands Slow Press being used instead of the Two Hands Military Press.

One man scaled in the new light-weight class, Philip Greco, weighing 134 pounds. He made the following lifts:

One Hand Snatch, 105, 115, and failing on 120; One Hand Clean and Jerk 120, 130, and failing on 135; Two Hands Slow Press 120, 130, and 135; Two Hands Snatch 130, 140,

records.

Lifting fans in the vicinity of Rochester, N. Y., should get in touch with Arthur F. Gay at 252 East Ave. He expects to run a show on January 6th, but is not certain just where it will be held. As this issue is going to press too far in advance of his December show, we cannot wait for definite information. Therefore, we would suggest that you get in touch with him and be sure to turn out in force. Encourage Art, for we know he has something big in store for you fellows up in that "neck of the woods"—this last remark is altogether in fun as we are very well



Walter C. La Borge, of California, gets the silver medal this month



Max Rohrer, A. A. U. Welter-weight lifting champion. He is a member of Cooper A. C., Brooklyn

and failing at 150; Two Hands Clean and Jerk 180, 190, and 200; total 720 pounds.

Two men weighed in as welter-weights, Mario Cerretani at 148 and Frank McCann at 140; the latter started on the One Hand Snatch at 105, and worked up to 115 and 120; Cerretani was successful with 130 and 140 but failed on 145. On the One Hand Clean and Jerk, McCann started with 120, failed on 130 and succeeded with 135; Mario did 125 and 135, failing with 140. Both attempted the same poundages on the Slow Press, Frank being successful in turn with 140, 150 and 160, Mario failing on the last weight. For the Two Hands Snatch, McCann did 140 and 150, and lost 160; Cerretani did 160, 170, and 175 pounds. Frank failed at 210 pounds on the double handed Jerk, after doing 190 and 200; Mario did 200, 210, and 220.

The totals were 820 for Cerretani and 765 for McCann.

Two men lifted in the Middle-weight class; Nathan McCann, whose bodyweight was 151 pounds,

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Sports Served Short

By LEE SIMPSON

AT this writing the mighty din of a closing football season, the faintly reverberating echoes of a past successful baseball campaign, and the advance hurrahs of hockey, basketball and other winter sports just getting under way combine to make seventeen shades of whoopee to dazzle the eyes and confound the ears of an eager sporting world.

It's all over now, meaning the football excitement, and as we look back over a season replete with thrills and upsets we can hardly find a single day more crowded with the unusual, than Saturday, November 2nd. In the Far West California's Golden Bears did their noblest, and that was sufficient to down Southern California's Trojans 15-7. The feature of the skirmish was the well-known Mr. Lom's 85-yard gallop from scrimmage for a touchdown. In the Mid-West the feature entertainment was supplied by Northwestern's 7-0 victory over Illinois, conference rulers of '27 and '28, while in the East there were exactly three nice thrillers. Chicago visited Princeton "to take a pasting" as the dope had it. Before it was over with, the surprised Tigers were glad to get away with the short end of a 15-7 score. Princeton has her worst team in years this season, but that does not detract from the Maroon's glory, as their team, itself, is nothing to gladden a loving heart. In the Penn bowl a navy eleven, rated favorite as-many-as-you-want to one, struck an awful reef, and before the excitement settled had been overhauled from stem to stern and from keel to skysail and pennant by the swarming Quaker buccaneers. The Navy goat had to be carried back to the train in a truck, so abashed was he by the 7-0 whitewashing the University of Pennsylvania hearties, led by Mr. Masters, had rationed out to his patrons.

These battles were all of the you-never-can-tell variety. For instance, California had never beaten a Trojan team coached by the renowned Mr. Howard Jones, and it was all in the air that they were not to win this one. But football as she is played gives even the deepest down under dog a chance, and the Bears were not so very far down.

"All things come to him who waits" providing he works hard while waiting, and this applies to Northwestern's triumph over Illinois, her first victory over that foe in seventeen years. The score of 7-0 does not adequately indicate the superiority of the victor.

The Maroon's little play, entitled "The Taming of the Tiger," caused just plenty of good money to

change its allegiance at interesting odds; while Penn's victory, coming as it did on the heels of several lazily and poorly played scant-margin victories over average opponents as against the fighting scraps the Navy had been putting up, caused plenty of chaps—some few (?) Philadelphians—who had ridden to the game in taxis to return on the trolleys.

But the real game of the day—of the season—for that we take off our bonnets to Yale in recognition of her changing the Dartmouth darting green to a mourning black. Not all the honors of the day, however, went to the Eli aggregation, for the boys from Hanover, N. H., did themselves proud.

The story proper begins 'way back in 1883 when Yale journeyed to the hills of Hanover to trim the Green 113-0. Since then in vain the Hampshire warriors have sought revenge. Their best effort came in 1924 when, after a vacation of 23 seasons, they tackled the Yale team again. Ruling favorites at the first whistle, the best they could do was come out tied at 14 all, and those points were the first they had ever scored against Yale! No game was played in '25, and in the following three years Yale repeated her former successes, in spite of the fact that Dartmouth had been favored to win in '26 and '27. But now, on November 2nd, revenge, swe-e-e-e-et revenge, was to be the reward of the green-clad eleven. At least the dope said so.

Then came the game. Yale took complete charge of affairs during the first quarter and marched the ball down to the ten-yard line. There the Green line held, but on the fourth down little Albie Booth—you have heard that name somewhere, before—sent a perfect drop-kick through the prescribed area for three points. All through the first half Yale kept the great Al Marsters, the sensational back upon whom the Dartmouth hopes for revenge had been built securely bottled up, and the Green Wave could not get under way. Meanwhile the aforementioned Mr. Booth had been playing tag with the Hanover boys, with them always "it." In the third quarter Marsters let go the ball on a tackle smash and it bounded into the welcoming arms of Alpheus Beane, of Yale. This learned gentleman never so much as paused to pass Al the compliments of the day, but rushed across 22 yards of real estate for a touchdown. Little Albie mistook the applause for his own, and kicked the goal as an encore number. The score was 10-0, with Yale in her usual heads-I-win position.

Then Dartmouth came to life. With the ball on her own 17-yard line, the Green Wave started rolling.

A 50-yard pass, Wolff to Booma, another from Marsters to McCall, a line play which failed, and a final pass from Marsters to McCall and the score was 10-6. This long pass was originally credited to Marsters, but we have it on good authority that Wolff threw it, and that at the moment the ball started sailing Al, himself, was far down the field to receive it, had it come his way.

Dartmouth kicked off, Yale fumbled and Andreas recovered for the Green. In three plays Marsters took the ball the 33 yards to the goal, and Dartmouth led 12-10. Previously throughout the game Dartmouth had been greatly outplayed, but here in a brief five minutes her Al came out to shine as no one has scintillated since that eventful day when "Red" Grange ran wild against Northwestern, and completely changed the aspect of the situation. But Al is only human, and a few minutes later he was taken from the game, never to play again, as a result of an injury to his back.

Longnecker went in at quarter to replace Marsters, and Dartmouth continued to cause the spectators to give the seats a break by her vicious stabs far into the native terrain. But, finally, with the last quarter more than half gone, Longnecker attempted a pass; tacklers were crowding him and his foot slipped, all combining to make him shoot the ball into the arms of Ellis, Yale sub halfback. Ellis ran 80 yards for a touchdown, and the story was written.

That was a queer game, people. Yale outplayed Dartmouth and deserved to win, yet she had to win via an intercepted pass and long run to score, plus a recovered mid-air fumble and dash for the goal line, while the Green team earned both her markers. It was marked by a reversal of the dope for three quarters, by an avalanche-like attack of Dartmouth to take the lead in five minutes of playing, and be a sensational run to victory by a sub player in the late minutes of the fuss. It was marred by the passage forever from collegiate football of one of the season's greatest figures, Al Marsters, yet his passing was made easier by the brilliance of his superhuman attainments during the minutes immediately preceding the occurrence of his injury.

Thrilling, exciting, nerve racking; weird, bizarre, impossible—but who can describe it. Not even those who saw it can tell all that happened, so rapidly, so unexpectedly, so contradictory to reason did events take place.

A few details of that game are worthy of special mention. Yale's first touchdown resulted from one of those rare fumbles in which the defending team recovers the ball before it touches the ground and is thereby permitted to run with it. Again, we speak of Lom and Booth and Marsters and other great ball toters, and we fail to mention the men who play the line. Yet in this game Marsters was a nonentity for the first three quarters and Booth for the last half because their respective lines did not open holes for them. Then, when those lines delivered the goods, Booth and Marsters did their stuff, and they collected

the glory. It takes a man to play the line.

* * * *

Scarcely had quarterback Longnecker released the pass which, intercepted, resulted in Yale's victory when thousands of critics descended upon him in all their fury for "throwing the game away." But wiser heads—among them being Jack Cannell, Dartmouth head coach—are not so vitriolic toward the passer. Cannell, in fact, has issued a statement defending the play, in which he says that Tommy did about the best thing possible under the circumstances.

"Let's see," he said, "here we were, only two points ahead, and with at least seven minutes to play. On a fluke we were placed in scoring position, but were held for downs. It was fourth and five to go, too far from the goal to try a field goal, too close to punt. Our regulars were worn out and subs were on the field. We could not well expect to make five yards in that one down, and we didn't want Yale and Booth to get that ball any closer to our goal than we could prevent. We knew what Albie could do with field goal tries, and three points from one would have wrecked us. Tommy figured this all out and, I think, used sound judgment in trying for a touchdown or touchback on that last down. There were three possible outcomes of that pass: if a Dartmouth man caught it we would have first down or even a touchdown, if it landed in the end zone it would be a touchback and Yale's ball near their goal line, while if they intercepted it their man most likely would be nailed close to his goal.

"So Tommy called the play and things started. The Yale line rushed him back and down, but as he fell he saw that Ellis of Yale had not covered his man, and that the Dartmouth player was open for receiving the ball. Tommy threw it, but it dropped short into Ellis's arms. Then Longnecker was a 'bonehead.' But, friends, had that pass reached its proper destination the papers over the land would have rung with praise for the 'brilliant little Dartmouth quarter who, coolly keeping his head although being hurled earthward by tacklers, spotted a receiver and fed him the ball—risky football, to be sure, but it's the long shot stunts which win games and thrill spectators.'"

Whether a man wins or loses determines too often whether he has been a "crafty general" or a "numbskull." Victory has made a public idol of many a thorough numbskull, and defeat has made many a real performer a "numbskull" in the opinions of hasty and incompetent judges. STRENGTH recognizes the wisdom in Coach Cannell's words, and urges their gravity upon our readers.

* * * *

The season as a whole has been replete with thrills and upsets, with queer happenings and record breaking performances galore. A few miscellaneous events as reported by the press here and there follow:

Seattle, Wash., October 26: Washington was getting trimmed by Oregon when Bobby Robinson Ore-
(Continued on Page 60)

Breaking Toothpicks...



... is a weakling's trick

Only a Strong Man Can Bend and Break a Horseshoe or Chin With One Hand

Which class are you in? Can you lift 200 pounds and more with one hand; bend and break a horseshoe; tear two decks of playing cards or chin yourself with one hand? Most of my pupils can. They, too, were in the "toothpick breaking" class when they first came to me. Today, they do most of these things themselves. They are the best developed men in their communities. The boys worship them like they do their favorite athletic hero! Clubs and societies come running after them; they want these real looking fellows.

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A Study of Nature's Way

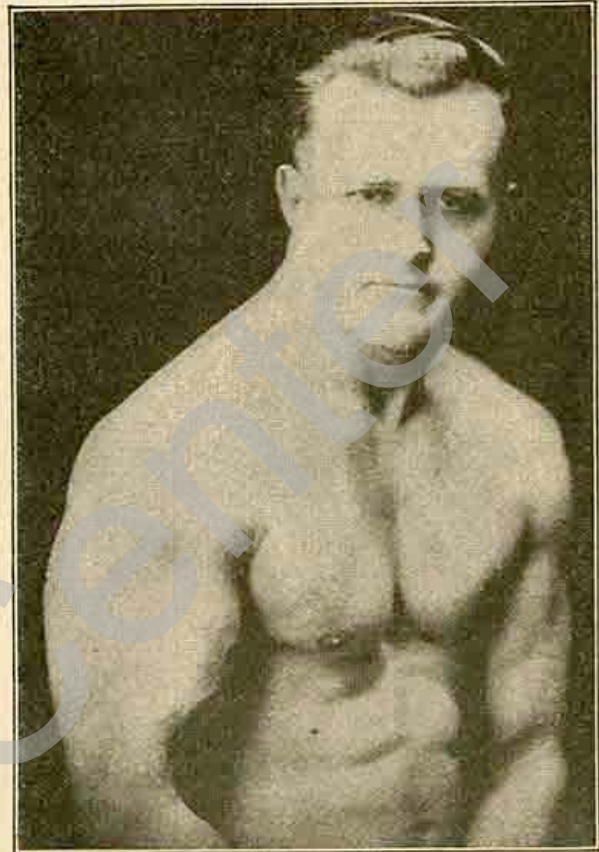
I have made a scientific study of Nature's way—nothing superficial about it. I present it to you free from all intricacies, in a simple system. If it were not so, every one would not recommend it—and all my pupils are "boosters." All my stuff is straight from the shoulder, because I believe in the Golden Rule.

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Get started right now and watch your muscles grow. See how your arms and legs begin to bulge; feel your vest get tighter as your chest starts to increase. When you sit in a chair, you'll feel the ripple of muscles in your back. Your arms will fill out your coat sleeves.

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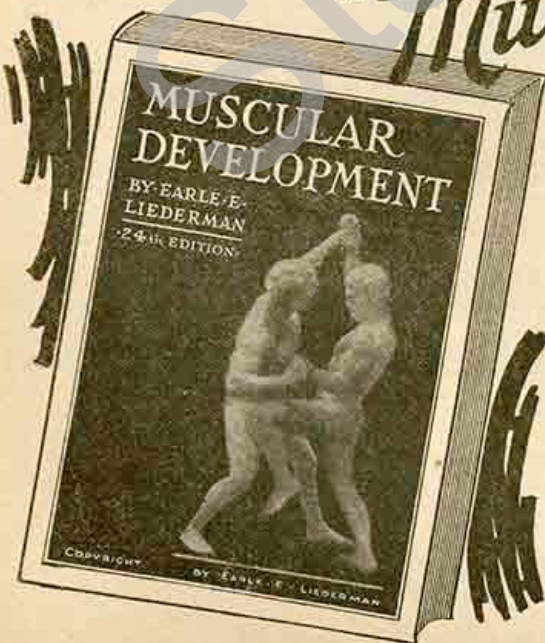
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Sports Served Short

(Continued on Page 58)

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gon colored halfback, intercepted a pass near his own goal and skinned down the side line well ahead of his pursuers. As he neared the Washington 30-yard line Laroy Westeweller, Washington end who had been taken from the game because of a leg injury and who was on his way to the dressing room, suddenly tore onto the field and downed the flying cloud on the 25-yard line. Before Referee Bill Mulligan could make a decision on the play Coach Bagshaw, of Washington, rushed on the field and conceded a touchdown to the Webfooters. That was the proper thing for Bagshaw to do, but had the matter been left to the referee to decide he could have penalized Washington half the distance to the goal for having twelve men on the field, or he could have awarded the tally to Oregon.

"I knew I shouldn't do it," explained Westeweller, "but I just couldn't help it."

* * * * *

The glory that was to the lineman of other years who recovered a fumble and raced to a touchdown and victory for dear old Alma Mater has come to but a favored few this season, thanks to the rule that to be permitted to run with a fumble the defending player recovering it must gain possession of the pigskin before it touches the ground. This good fortune came to Walter Magai, veteran U. of Penn guard, in the Lehigh game, October 26th. A bad pass from center hit a Lehigh player and bounded skyward. Magai roped it in and made tracks goalward. He won the race over keen Lehigh opposition, and the tally won the game.

Bob Zuppke, nabob of the University of Illinois football affairs, opined about the last of October that "applesauce and clippings" were doing much havoc with his charges. "These blokes walk down the street and get filled with applesauce every place they go," complained Bob Robert. "everybody tells them how good they are. Then they go home and read the same stuff in the papers, and pretty soon they begin to believe it.

"Their tummies are filled with

applesauce and their pockets with clippings. The load is too heavy to carry and play football at the same time," and Mr. Zuppke intimated that he craved a good substitute for castor oil for the tummies and wives for the pockets.

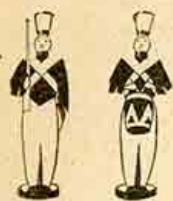
He got it, all right, a-plenty and too much, November 2nd when, as previously mentioned, Northwestern fed his boys gall and wormwood to the tune of 7-0.

Navy and Princeton almost put up a record for penalties when they met recently. The former lost 125 and the latter 75 yards for playing too ambitiously. Princeton once losing 50 yards on two successive plays for clipping, and the Navy losing 40 in like manner for holding and clipping. The boys meant business that afternoon, and the offenses taxable by lost yardage ranged from being offside and holding to roughing the kicker and unnecessary roughness.

At New Brunswick, N. J., on November sixth Rutgers held a celebration to commemorate the founding of intercollegiate football. Rutgers is very proud to have shared with Princeton the honor of having played the first intercollegiate football game." President Thomas of Rutgers stated. "She certainly started something on the historic November 6, 1869. We may be pardoned to boast that we really started American intercollegiate football, for it was Rutgers that sent the challenge to Princeton."

Continuing along this thought, we quote from an editorial in the PHILADELPHIA INQUIRER a message worthy of attention. "It is slightly misleading," remarks the INQUIRER, "to say that (Nov. 6) was the sixtieth anniversary of the American Game of intercollegiate football. The game which Princeton and Rutgers inaugurated in 1869 was more like soccer, or association football, than the modern gridiron contest. For the ball was advanced by kicking only.

"McGill University of Montreal really introduced rugby into the United States by playing Harvard in 1874. Yale later made certain modifications, but the essential



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"... I think the Milo Bar Bell System is the best method of developing one's body. . . . I really want the world to know the real value of the Milo Bar Bell Course; I owe all I have to it."

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Do You Know That--

the Milo System is the *only* system that contains what is known as the double progressive method of training? If you don't know it you should and give it deep consideration when making up your mind to improve that body of yours. It means so much to you, just as it meant so much to the long line of Milo Built Men who have been developed before you. In order to learn more about these and other Milo features, all you need to do is to send for our free booklet today, for you surely must want to be one of the Milo Super-Men as soon as possible.

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when you consider the long line of Super-Men developed by the Milo System. This fact in itself assures you that the highest peak of success is in putting on powerful muscles; but, added to that assurance, is the famous Milo guarantee, which, briefly, is "Your money back in 30 days if not entirely satisfied." That guarantee is for your protection, for we realize that you are a new comer and consequently may be hard to convince. It protects you so that you can enlist without a fear of any kind, but you won't need its protection once you get started on this System of systems.

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Arms, Hands, Body,
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You would jump with joy—just like thousands of people have done who have learned how to perform this simple treatment themselves—the same that foreign beauty doctors have charged enormous prices for.

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STANDARD BUSINESS TRAINING INST.
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change resulted from a conference which Princeton called at Springfield, Mass., in 1876. Hitherto the English game had based the scoring on points made after a touchdown, or "try," as it was then called. The touchdown was only an incident that entitled a team to try for a goal. By ruling that a match should be decided by the majority of touchdowns the Springfield conference brought about a change that revolutionized the theory of play and made the game as distinctively American as we know it today."

* * * *

The dying echos of a tenacious baseball season bring the information that Donie Bush hopes to do something with the Chicago White Sox and Mr. Shires, that somebody or other wants the St. Louis Browns \$2,750,000 worth, that Bob Shawkey has taken the managerial reins of the Yanks and that he has a tough job on his hands (we didn't have to be told the latter part), that Gabby Street has become manager of the St. Louis Cardinals, succeeding Bill McKeechnie who takes over the Boston Braves, and that nothing short of a pennant with Gothic Letters, gold fringe and three tassels will satisfy him (Gabby) next season. Lew Fonseca, Cleveland first baseman, basks under the etherial title, unofficial, of the American League's most wally-yubull player.

Comes also the word that some sage of the sport is advocating a few new rules to inject new life and interest in the game to combat the furor being created by longer skirts which cover knees and thereby renew a long dormant interest in that territory. The gentleman concerned, Dr. Jas. H. Penniman, suggests games of seven innings with four outs per side, instead of three. He also pins his faith to double headers or twelve inning scraps for Saturdays, to allowing a pitcher to pass a batter by word of mouth instead of by intentionally throwing him four wide ones, and by allowing a batter who scares the ball over the fence to go directly to the lemonade stand from the plate instead of making him detour via first, second, third and home. Nor, says the Doctor, should pitchers or catchers be required to bat. Ahemmmm. Tell that one to

Mickey Cochrane and some other apple busting receivers. Then duck fast.

Now that the series excitement has settled down and the mathematicians have had time to figure what it was all about, they wish respectfully to announce, gentlemen, that 23 records were either broken or tied during the five games, the principal ones being Ehmke's new strike-out record of 13, Cochrane's put out mark at 59, Connie Mack's feat of winning four world's series, the A's ten runs in one inning, and the most strikeouts, one club one series, Cubs, 50.

Wotta game, and wotta series.
And, sez the Cubs, wotta life.

* * * *

Sir Thomas Lipton, he of tea, sail boats, gameness and sportsmanship, announced recently that he will be back next year with his hair in a braid, packing a brand new seventy-six foot on the water line, a well-rigged canvas powered speedboat under his arm. "That mug," he opined, speaking of the famous international yachting trophy, "has been out of England for seventy-eight years, and I'd give anything to get it back." etc., and so on.

We might be pardoned for reminding Sir Tommy that the cup is not to be obtained by "giving"—he'll have to take it, and how.

* * * *

Our star amateurs who occasionally rise to glory by mud slinging at various parties have food for thought in the fate of Charles Hoff, noted Norse pole vaulter. He was recently plastered 1000 Vroner (about 260 of the real stuff) for allegedly defaming the character of Leif Rode, prexy of the Norwegian Athletic Union, by an article in the Sports Manden, of which Hoff is editor. He can either pay up or take it out watchfully waiting for 30 days in the official hostelry at Oslo.

* * * *

Football may be dangerous, boxing not human, wrestling brutal, and other sports unsafe, but even the most sedate of parlor exertions have their serious moments. For instance, we see by the paper that Mr. Alfred Ormes, star apple nipper of Louisville, Ky's. leading Hallowe'en apple bobbing team, met with an accident which put him on the

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**The Sandow Exerciser Will Put
Muscles on You From Head
to Foot**

You will fairly see your muscles grow when you use a Sandow exerciser. The

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**Your Strength Will Double—
Yes, Triple**

in a few months with the Jack Sandow course and exerciser. Your arms, shoulders, back, abdomen, and the rest of your body will become thickly muscled. These muscles will carry power with them. You will look like a strong man and you will be a strong man.



If you are puny, delicate and have the strength of a fly, figuratively speaking, you start in with one, two or three cables. If you are ordinarily strong, you might commence the exercises with 2, 3 or 4 cables attached to the grips.

**Whether Weak or Strong, You
Will Soon Require 10 or 15
Cables**

I will be glad to send you a 5-cable Sandow exerciser, but as you will very shortly outgrow it my advice is to get a 10 or 15-cable exerciser at once and there-

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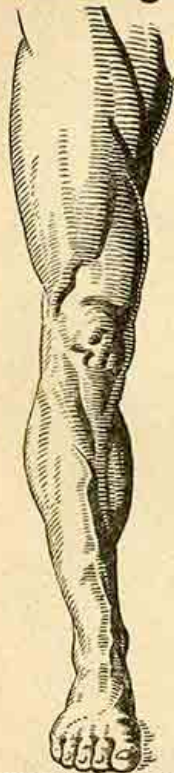
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bench for the rest of the season. Al, it seems, was practicing for greater feats ahead when he took a particularly daring dive and an enthusiastic nip at an oversize apple. He came up with the prize, but the effort dislocated both his jaws. We suggest checkers, played by radio, as a fairly safe game for enthusiastic and energetic Americans.

* * * *

We see by another paper that the Prince of Wales has given up the lowly hawse for the airy-plane, and that he is now a full-fledged air pilot, does the loop, and rates as one of Britain's best. Wot we want to say, Princey, is you shore don't wanta think you all are still on a hawse, an' git thowed. Them flyin' machines ain't like hawses—they never come back for their rider.

* * * *

Getting back to the pigskin business, we note with regret the failure of all efforts to reconcile the split which occurred between Army and Navy not so many moons ago. As you will recollect, Navy objected to Army's playing of three year men and maintained that a three year ruling should apply to eligibility of all athletes. Army stood pat and that was that.

* * * *

No, we did not forget it entirely—just had to let it wait its turn, meaning the Carnegie report on professionalism in collegiate athletics. You doubtless know the substance of it, that many colleges are charged by it with subsidizing athletics in various degrees and manners, and you doubtless feel with us that somebody hit uncomfortably close to the head of the objective nail. And, further, you doubtless agree with us that this condition was not at all unknown, that the Carnegie report did not enlighten many people very much, that the public as a whole did not care a whoop about the matter being aired so lengthily, that nobody in particular objects to the condition of affairs, and that, correspondingly, no one is going to blister his feet running to put out the fire and change the condition of things. These premises having been granted, you should now be ready to agree with us that the report did no material good, and that it might as well not have been published—or even got-

ten up at the expense of much time, trouble and currency.

But the matter does not end here. It is indeed regrettable that such a condition should exist, and it is more than regrettable that it is not to be remedied. But the truth is that what applies to our amateur college athletes applies also to our model police departments and to our upright politicians—who know about as much about the big business of running cities and states as a certain long eared, loud voiced quadruped knows about Einstein's calculations—the public is responsible for the situation being created and is guilty, through passive neglect, for its continued life and flourishing well-being.

Many of the accused colleges have hidden behind the statement that they offer inducements and advantages (assistance) to scholastic as well as athletic talent. Glory, then, to them for that. But we have yet to see the promising debating team talent given a sineture by any college, or ardent alumnus which will keep him navigating comfortably on an hour's work per diem.

The Carnegie report was directed at those too many institutions which make athletics the open sesame to "higher education" and four years of life without fear of the meal ticket running short.

But the public is satisfied with things as they now exist; the citizenry has winked slyly at it from times long past, and the only result of the Report is that the winking is now being done without any sub-rosa or blushing accompaniment.

As unpleasant as is the thought and as regrettable as is the necessity of making the statement, it seems that the Carnegie report, conceived with the best interests of all concerned at heart, planned with completeness and thoroughness as to detail and accuracy, gotten up without stint of time or labor and with a conscientious effort to get at the bottom of all evil, uproot it and bring about its death once and for all, and presented finally in all wholeheartedness and with noble spirit toward the higher ideals of sports and life, might just as well not have been published—should, probably, never have been undertaken.

Keeping Fit With The Laughing Master

(Continued from Page 33)

When I was a youngster in Denver, boxing held a strong appeal for me. It's a great body builder, and a knowledge of the manly art imparts in a boy a confidence in himself that is mighty valuable to him in later years. Boxing develops all the muscles of the body, sharpens the eye, and increases the red corpuscles.

But, regardless of the amount of exercise one takes, whether judicious or otherwise, its "kick" is lost if the body is to become clogged with food that no other race in the world would eat other than Americans. Sugar and starches have their place in every diet, but their careful regulation is of prime importance.

I consider myself far from a diet faddist, but if sensible eating makes one a faddist, I guess I am a hundred per cent one.

Years ago I had visit me an internationally known physician. In talking over diet, he gave me probably the best advice I ever had on the subject of food. He outlined to me a list of foods which give one all in the world he possibly could eat, and yet would keep down the avoirdupois to a reasonable degree, with light exercise left to do the rest of the work. People make a grievous mistake in following such diets as that which has been called "The Mayo Diet" and "the diet of the Hollywood stars" yet which is disclaimed by the Mayos. They are too strenuous, and in most cases are entirely out of balance.

Taking people generally, a sensible diet would be one that eliminated sugar, limited bread consumption to one slice a day (breakfast), pork, with the exception of a couple of slices of very crisp bacon for breakfast; veal, mutton, and all vegetables that grow in the ground, and peas, beans and corn above the ground. That takes in a lot of territory, one would say, but in the vegetable line one can have all kinds of greens, such as spinach, etc.; celery, tomatoes, string beans, lettuce, artichokes, cabbage, brussels sprouts, cauliflower, and others; all kinds of fresh fruits and berries; cottage cheese is a valuable asset to any diet. Desserts, of course, are

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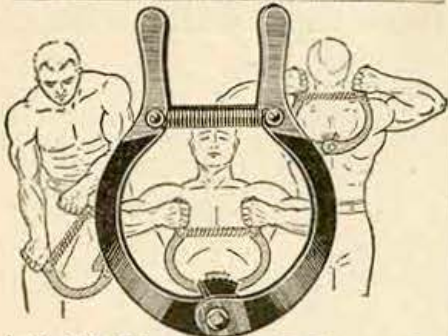
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out, except for jello. Cheese several times a week can be substituted for dessert. Eggs are also included in the list. For example, an average breakfast could consist of any fresh fruit, two slices of very crisp bacon, two boiled eggs, one slice of toast and black coffee or tea. Not bad, is it?

This diet is primarily intended to keep weight off. You cannot expect to take off fifteen pounds in eighteen days with it. That's injurious in the first place, but over a period of weeks this diet will bring about a gradual decrease of weight until normal is attained.

The meats which are allotted in this schedule are broiled steak, roast chicken or turkey, lamb chops, and roast beef, which provides a fair range of variety. No soups of any kind are listed.

I am not setting myself up as a dietician. I am merely passing on what I regard as a common sense (regulatory) food list.

But as essential as the type of food we consume is the amount and kind of exercise we take. That is something which the individual must solve for himself.

If you have no time for golf, then that sluggish heart best. It's good, too, for the sleep that follows.

For myself, I prefer a stiff game of handball, or a half hour in the swimming tank.

But regardless of whether it is golf or tennis, swimming or handball, make it some kind of recreational exercise. An hour a day in the fresh air will help keep the doctor away longer than the far famed apple.

Have You Minor Physical Defects?

(Continued from Page 49)

cause the chances of curing them are more remote. However, it will do no harm to try the foregoing corrective measures on any case. If the patient is a child much can be done by persistent efforts. Even an improvement is well worth the time. The chances of correcting an extreme case of curvature in a person past childhood depends largely on the determination of the subject. Nothing is totally impossible if sufficient perseverance is applied.

Bow legs should be attended to by parents very early in the child's life for a sure correction. Then the bones are pliable and will respond more readily to a gentle massaging or pressure to the outsides of the legs.

In later life a person can do much to offset the bowleg appearance by developing all the muscles of the legs to their highest degree. Especially should the inside muscles be developed in a long standing case of bow legs.

The foregoing applies to knock-knees as well as to bowlegs. Also placing a book between the knee joints and while keeping the legs rigidly straight making the ankle joints touch is a good means of correcting knock-knees.

There are many persons afflicted

with the condition of one leg being thinner than the other. This is usually due to infantile paralysis. And again the best time to improve this condition is right after the child has been afflicted.

Exercise is the only means by which this condition can be improved, if at all. Very few cases have been corrected after the child has grown up. This is due, I fully believe, to the lack of persistence on the part of the patient rather than to its being impossible.

After a child goes around with a withered leg, that he can walk upon with a slight limp for years, he becomes accustomed to the inconvenience and would rather continue as he is than use a lot of persistence and effort correcting the fault. In plainer words, I believe a person can come pretty near correcting a slightly withered arm or leg if they really want that above anything else.

The idea in building up a withered limb is to exercise it so that the blood supply is greatly increased. In this way the withered tissues and nerves are nourished back to normal size, health and strength. Because of the poor condition of a member of the body like this it requires much more nourishing than a nor-

mal member in order to bring about an improvement. This means more exercise than one usually gives a good limb.

There are many other deformities of a less noticeable nature than those just dwelled upon that can be corrected by thoughtful exercise.

Depressions of the chest, wry neck, protruding shoulder blades, sunken chest and many other minor deformities can be corrected with the right attention.

If you are afflicted with a minor deformity, begin now to improve the condition and don't quit until you have succeeded in bringing about a decided change for the better.

What Can You Do On The Roman Rings?

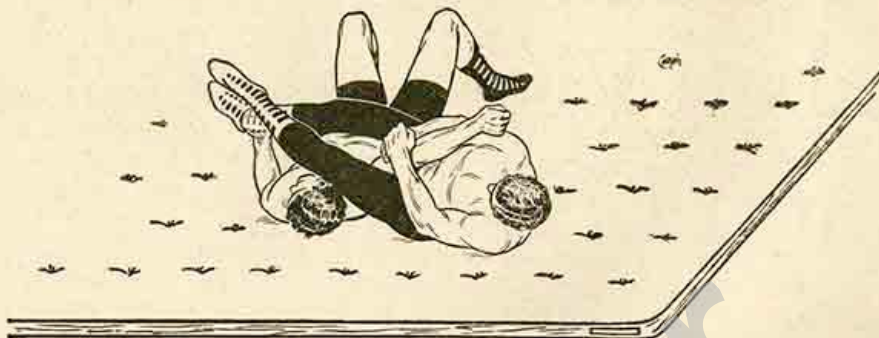
(Continued from Page 42)

that, accordingly, a fall from the former position is more unpleasant than in the latter instance.

The catching business, necessary to complete the cut and catch, is a simple matter once you perfect the cut off at the proper time, for if you turn well and release correctly you have sufficient time to regain your hold on the rings.

The foregoing are not, of course, all the tricks which can be performed on the Roman rings, but they do constitute a number of effective feats of sufficient difficulty to give most gymnasts plenty to think about, and once you learn to perform all, or most, of them you will have the material for giving a very good exhibition. And it might be said further that once you stay with the rings long enough to perfect most of these tricks you will find your physique much more capable and well muscled than formerly. This much, however, should be added: the rings tend to develop the arms, shoulders and chest to a considerable degree, but have very little effect upon the hips and legs. For this reason one should not devote his time exclusively to Roman ring exercises; let the individual include in his program some sort of work—tumbling, for instance—which tends to develop the lower members to keep them on par with the upper body development.

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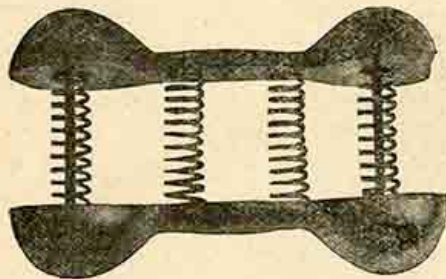
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Only single tricks have been explained above, but after you master all or a part of them you will begin to think of combinations, or routines, to perform. These are many and varied, and the limit is determined only by the number of feats you can perform. You will have a combination of sorts from the instant you can perform two swing or two hanging feats, and can build up your list as you progress. In the swing you will find the forward and back dislocations, the double cut and catches, the upstart, the up-rise, etc., well appropriate for routines, and for dismounting you will find tennis, or any other sport—which I admit do require time—a good brisk walk in the evening will stir find the flyaways, the forward cut off, the backward cut off, etc., satisfactory.

Last month we gave no specific instructions concerning the details of performing the handstand on the rings. Presuming that you can now do a good, solid handstand on the floor, and that you can perform the shoulder balance nicely in the rings and so are somewhat accustomed to balancing on a swinging support, you may attempt the long arm balance. Begin by resting the feet against the ropes while in the shoulder balance, then push up to position. Try to find a balance and remove the feet from the ropes. Just here it is fitting to call your attention to the necessity, so often stressed in previous articles on hand balancing, of getting into the correct balancing position before trying to hold the balance. This position is with the *arms perpendicular*, the *shoulders directly over the hands*, the *back arched* and the *feet above*, or slightly *in front of the head*. Read this last sentence several times and remember it every time you attempt a handbalance *anywhere*.

Bear this fact in mind: balancing in the handstand position in the rings is done, *not from the wrists* as is correct on the floor, but from the shoulders, just as one balances from the hips and not from the ankles when standing on the heels, or on a wire or narrow support. Do not hold the hands closely together, binding the ropes against the shoulders, but carry them well out so that at most nothing higher than the top of the ring touches the arm.

Once you learn to balance nicely

you can circle into the handstand from the count or can press up into it from the shoulder balance without steadying yourself by resting the feet against the ropes. Remember, also, the admonition from last month regarding overbalancing forward. **DO NOT TURN LOOSE.** Instead, retain your hold and do a sort of forward roll, coming to the hang position. The handstand and various planches—if you can do them—look wonderful when done in the swing in proper form, but they are so difficult that such performers as have mastered them generally use them in hanging routines, along with such tricks as the front roll, the (back) dislocation, the upstart, the cut and catch, etc., with such dismounts as the backward or forward cut off.

The planches form a very pretty and difficult branch of ring or bar work. The planche above the rings (body horizontal, elbows bent, hands at hips), is best done from the mount position or by lowering from a handstand. To hold it most easily the rings should be parallel with the body, but it is in better style with the rings at right angles to the body. In this trick you control the position of your body by straightening your elbows slightly, sending the hands nearer the hips, if the feet are too low, or by flexing them more, bringing the hands nearer the shoulders, if the feet are too high.

The other planches, Figure 9 of the last issue, and Figure 15, are learned by starting in the inverted hang and lowering the body in the required direction, keeping the arms straight and the body only slightly arched, until the body is horizontal. Endeavor to hold the position thus. For the back Planche (Figure 9) lower backwards; for the front planche, (Figure 15), lower forward; for the one arm side planche arch the back well but do not let your body bend sideways from the waist, lower down and against your forearm to the horizontal position, similar to Miss Leitzel in the roll-up, except that the free arm is extended above the head. The elbow of the supporting arm is well bent, and the forearm is vertical while the top leg and free arm, with the body, should form a straight horizontal line. The one arm back planche can be attained from the one arm

side position by "unwinding" straightening the supporting arm CAREFULLY, at the same time and bending the body well to the side in order to bring your center of gravity under your supporting hand. It can also be accomplished by performing the ordinary back planche with both arms, then by bending the body well to one side to bring your weight under one hand as explained, to release the other hand and perform the feat.

It is of utmost importance in attempting the various planches that you do not duck the head or hunch the shoulders. Instead, keep the head out and the chin well up, and the shoulders or supporting shoulder well back and drawn as far toward the waist as possible. This gives the muscles better advantage in their work, and further serves to bring the point of support—the shoulder line—as near as possible to the point of balance, which must be directly under the hands.

There are, for the advanced professional performer, still other ways of getting into a side or one arm back planche—the roll up (Figure 11-A), and the throw in, done while hanging by the one hand, but these tricks are so very difficult that an explanation of them would be out of place at this time.

The cross is performed by lowering from the mount position, the hands being thrust well into the rings and the hands brought slightly forward as the body is lowered so that the biceps instead of the triceps are called upon to support the load. Do not be discouraged if you miss this one the first year. The correct position is with the arms in a straight line and at right angles to the trunk.

So much, then, for the Roman rings—give them a break, and they will return to you greater strength, more perfect coordination, self confidence, equilibrium and a sense of rhythm. There are feats on them even a child can perform, and there are other feats which but few professionals have ever accomplished. The Roman rings always afford everyone something ahead toward which to strive, something to keep ambition alive and interest from fading.

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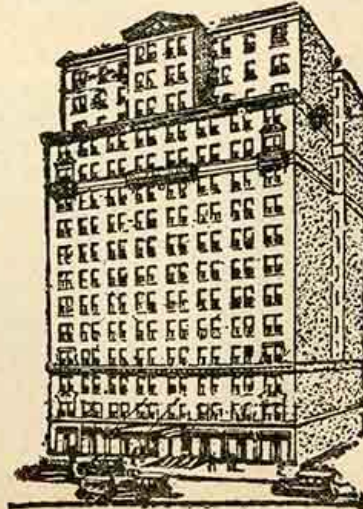
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PUBLISHER'S STATEMENT

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of STRENGTH, published monthly at Philadelphia, for October, 1929.

State of Pennsylvania, County of Philadelphia.

Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of STRENGTH and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a dully paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in Section 143, Postal Laws and Regulations, printed on the reverse side of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Editor, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Managing Editor, I. M. Garafola, 2741 N. Palethorp St., Philadelphia, Pa. Business Manager, I. M. Garafola, 2741 N. Palethorp St., Philadelphia, Pa.

2. That the owners are: (Gives names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent or more of the total amount of stock.) D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa.

3. That the known bondholders, mortgagees and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders and security holders, if any, contain not only the list of stockholders, and security holders as they appear upon the books of the company as trustees or in any other fiduciary relation, the names of the persons or corporation for whom such trustees are acting, are given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner and this affiant has no reason to believe that any other person, association, or corporation has any interest, direct or indirect, in the said stock, bonds, or other securities than as so stated by him.

D. G. REDMOND.

Sworn and subscribed before me this 1st day of Oct., 1929.

P. ELMER BITTER.

My commission expires March 6, 1931.

Can Any One Be Strong?

(Continued from Page 45)

of course, but their determination is misplaced. If they have lost interest in their training program they are likely to lose the results they are entitled to, for interest and enthusiasm are very important factors in getting results. When they lose interest they certainly will perform their exercises in a half-hearted manner, and half-hearted training never did produce fine results. They should not be compelled to force themselves to go through their exercising routine. They should be so interested in it that they are always eager to have their exercising period come around again, instead of going through it, but hating it all the while.

I hope you don't get the idea that all this means that you should select and perform exercises that are so strenuous you can perform them only once or twice at a time. That is not the idea. Repetitions must be used in exercising the body, but for best results the number should be low. Ten or fifteen repetitions are generally enough, when the proper type of exercises is used. Any exercise that requires twenty-five to fifty repetitions to tire the muscles borders on the endurance type and

should be replaced by a more strenuous one for the same muscles.

The practice of feats of strength probably develops the strength of the muscles more than any type of exercise does. On the other hand, progressive exercise develops the muscles more than strength feats do. Some authorities may not agree with that, but I have noticed that those men who perform feats of strength and no other form of exercise, become very smooth of muscle or, I might say, a little too fat. They may not be fat as the average person sees it, but they do have considerable fatty tissue under their skin. This, naturally, makes their measurements large but the finely outlined muscular development of well-exercised fellows is missing.

No one likes to do anything and get nowhere by it. If you are exercising faithfully but getting nowhere, so to speak, try to find out the reason. See if you have lost your enthusiasm and if so find the reason. If you can do nothing to improve this condition with the system you are now using try another, but select this one more wisely than you selected the first one.

Inter-Collegiate Water Polo in 1930

(Continued from Page 53)

water level. The collegiate game has a white board, 36 by 27 inches, which has to be touched by the ball to count as a point. What is perhaps the final major difference between the two games lies in the actual playing itself; in the first named game there is no tackling or ducking while in the American style of play tackling and ducking are the two outstanding features of the sport. A minor point of conflict is the fact that the Europeans use seven men whereas we use but six.

Since the International game is the one played in the Olympic games, and since it is played extensively in the mid-west and on the coast, I could not understand why the Intercollegiate League does not change its rules to conform with

more generally accepted ones. I spoke to one of the officials in connection with this and his answer, while it did not fully convince me that a change was not desirable, clearly shows their point of view. "The American game as it is played in the League is a far more spectacular game, and one that makes a stronger appeal to the spectator. It is undeniably faster, more spectacular, and I think a harder game than the other. The people must be pleased, and that is one way of pleasing them."

There is much to his argument. Water Polo, as it is played in the east, is one of the most spectacular games to watch. The American love of hard-play finds its fullest expression in this sport. Tackling

under water, swift passing, the sudden ducking of men all contribute to make an exciting game.

Two interesting incidents that show the almost fierce nature of the game were related to me the other day. In the first case the episode occurred when the Pittsburgh Athletic Club met the New York Athletic Club. On the two teams were two men who did not particularly like each other, and who throughout the game tried to show each other up. With about four minutes to go for the end of the first half both men went for the ball, which was floating around loose, and became involved in a locked grip. Soon after this occurred the whistle blew ending the half and both teams went off to their dressing rooms. In a short time one of the Pittsburgh men came back and asked the officials if they had seen their man. Almost following ran from his dressing room and inquired about his man. No one knew where they had gone; someone finally hit upon the idea of looking into the water. Sure enough there they were at the bottom of the pool, locked in each others arms. The two men were quickly brought to the surface, unconscious.

Another incident, but this time a more amusing one, is the trick a badly winded team uses to gain time. This trick is to cut the suits of the team against them so that time has to be called to replace the suit. In the Rutgers-Navy game of 1928 there were no less than ten suits ripped in this manner.

Before going into the detailed points concerning water polo a short resume of the game in the mid-west and on the Pacific coast might not be out of place. In the middle west Northwestern is the outstanding favorite to repeat its last year's victory. In addition to having an almost entirely veteran team Northwestern will have in its line-up Al Schwartz, the famous free style sprinter, Walter Colbath, one of the Big Ten's best forwards, and Ed Lennox. Illinois looks like last year's champions strongest competitors, but they will have to improve a great deal to worry the Northwestern lads.

On the Pacific Coast Leland Stanford looks to be the class of the

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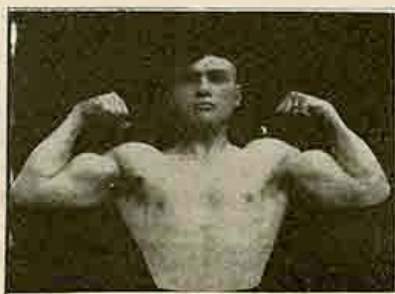
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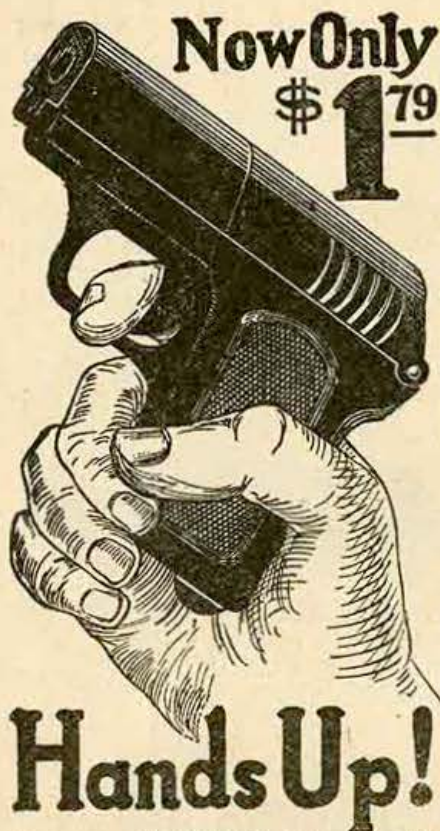
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clubs and colleges located there. With Reggie Harrison, a member of the 1928 Olympic Water Polo aggregation, to lead a highly geared team Stanford does not appear to have to worry over the outcome this winter. Their strongest competition will most likely come from the Olympic Club of San Francisco rather than from any of the colleges in the far west.

While talking to one of the men whose opinion of water polo is most valued in swimming circles I ventured the thought that the first qualification for a good water polo player must be exceptional skill in the water as a swimmer. "That is not necessarily true. A man may be a wonderful water polo player and yet be only an ordinary swimmer. The chief thing in this sport is speed and quickness of movement and the ability to last. That last is very essential since there are only two substitutions allowed in a game. But the most important thing in this game is what we commonly call 'guts.' A man must have plenty of upon his heels a New York player it to keep his head and break free when he is suddenly dragged under

water before he has had a chance to get his breath.

"For the forward positions you do not usually want a big man, but rather one that is slippery in the water and one who knows when to pass and when to try for the goal himself. For the defense positions you want a big man who can stop the forwards and take the ball away from them. The goal keeper must be another big, strong fellow who combines the ability to think quickly with the ability to handle two men at once."

The game is one that bids fair to become a popular winter sport. The followers of the different college tank teams watch the results of the water polo games with the same keenness that they display in following the scores of the swimming team. That the spectacular nature of the sport is bound to attract more adherents is evident to any one who has at all followed sporting contests. And here is a further tip for the readers of this magazine, if they want to spend an evening getting a bunch of real thrills let them pick out the nearest water polo game and go to it. It will be well worth while.

A Champion Who Makes Champions

(Continued from Page 51)

right, he had to break the world's record to do it, while Davy came in second a matter of but four seconds later."

"Doc" has plenty to say about everybody but himself, and in answer to my question as to how he came to be so interested in swimming and swimmers he muttered a hurried, "Always have been," and went ahead telling about some of his pupils.

"Here," he said, handing over a large rotogravure section, "is a photo of Martha Hill just after she had hung up a new endurance record for remaining 'in the swim.' It all began in the summer of '28, when some of the girls around here decided they could beat the then world's record of 60 hours, 1½ minutes of Mrs. Huddleston, of Mattoon, Ill., and the finish came on September 2, 1928, when Martha Hill left the Nineteenth

Century pool after having remained 61 hours in the water, thereby proving that the Memphis misses were correct. And that for a girl who could not swim a stroke nine months previously!

"Let me tell you, too, that her record was made properly. The rules governing the swim provided that the contestants must remain in not less than six feet of water at all times, must not touch the sides of the pool, and that a committee of three competent judges must at all times be present to see that the rules were followed to the letter. Say, when Martha came out of that pool there was no disputing the authenticity of her record."

Believe it or not, "Doc" Hottum believes in swimming and swimmers, and his love for the water and water sports—and all sports—has played a great part in his life. In an ante-room to his office there is a great assortment of trophies and

photographs, paintings and so on, mementoes of his activity and success in many lines of endeavor. There are mounted heads of big game, models of this and of that, and countless pictures and news clippings indicative of his many lines of endeavor.

"Doc" at one time owned a number of Mississippi River steamboats, and he is a licensed river pilot. He was active on the river during the great floods of 1913-14, and was put in charge of government relief work at those times. Again, during the recent flood of '27 "Doc" was conspicuously on hand in the front ranks of the rescue workers.

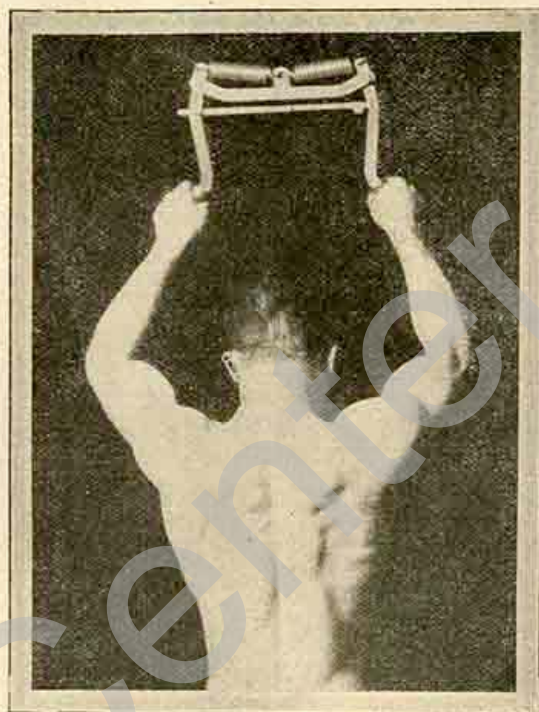
He has been identified with swimming in the capacity of promoter since the summer of 1899, when he put on his first annual Mississippi ten-mile marathon for men. He has not missed a year to date, and each race draws more contestants, spectators and public attention than its predecessor. So well, in fact, have these races been received that "Doc" ten years ago began promoting a similar race, except of five miles in length, for women.

Both races are extremely popular, drawing entrants from points as far away as New York, Chicago, New Orleans, etc. "Doc" originally began promoting these swims purely because of his interest in the sport, and it stands on record that he spent many a hundred dollars in the sport before he made it self supporting. And now that the game is paying its own way he has formed the "Hottum Swimming Association," with a number of the most prominent business men of Memphis as members, to control all such activities and handle the finances, the money derived above expenses being used to send Memphis stars to big competitions elsewhere. In this way the best of the Tennessee paddlers have competed everywhere from the Gulf to Chicago, and even as far as Toronto to appear in the "freezing" marathon sponsored by Mr. Wrigley. Incidentally, the "Doc" isn't so hot for this particular swim—he says it is more a test of the ability to withstand cold than of real swimming, "class" and endurance. Red flannels and a boat would be much more appropriate than swimming suits and grease for navigating such

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So you must wake up man! Do something—don't sit there idle while all around you others are developing their bodies to shapely proportions. There is now available a device of German origin, THE MUSCLE BUILDER, a perfect, improved muscle builder, designed along scientific lines for the purpose of developing the maximum amount of strength and muscle in a minimum amount of time and with the least possible expenditure of energy. This exercise is a wonder and sells for only \$4.95 postpaid—and a chart of exercises goes with it!

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Why Be Ill?

when you might easily
eat your way to health
--free?

Food is the best medicine—in fact the only medicine you may need. Animals take no drugs—why should man? Food can both poison and cure. 95% of all disease can be traced to wrong diet—and can be corrected only by right diet.

Constipation

Normal health requires at least two evacuations daily. All disease starts as self-poisoning due to food retained too long. Nerve and muscle building foods both increase bowel activity if properly selected. Certain foods are intensely nourishing, strengthening, poison eliminating or solvent of artery deposits—according to choice and combinations. Tumors, blood clots, deposits in joints, catarrhal secretions, gallstones, skin blemishes can be dissolved within—without surgery, salves or medicines.

Catarrh Asthma—Hay Fever

No relief for any form of Catarrh can be obtained except by dissolving the mucus which the blood tries to discharge through nose, lungs, throat and other organs, causing the irritation known by many names, such as Catarrh, Tonsillitis, Rhinitis, Hay Fever, Asthma, Consumption, Appendicitis, Bright's Disease, Pyorrhea, Gastritis, etc.

WHAT TO EAT. Certain Citric fruits (without sugar) tomatoes, berries, apples, dissolve mucus and counteract acidity, if used with other suitable foods and laxative vegetables.

Old at 30?

Heavy eaters of starchy foods, bread, grains, potatoes, rice, are slow, awkward, stiff, **PREMATURELY OLD**, with coarse, wrinkled skin. Suitable animal foods, fruits and vegetables rightly combined restore youthful grace and vigor in even most advanced cases. Even elderly people have been restored to youthful activity after only a few weeks of scientific nutrition.

Low Vitality

Old age and senility with its lack of vitality is due to hardening of the arteries, i. e. their inner walls become encrusted with calcareous deposits just like the inside of a kettle or boiler. These deposits slow up the circulation and hinder the blood from carrying on its swift work of rebuilding and restoring the worn-out tissues.

Headaches

Nervousness and Sleeplessness are all due to the same basic cause, i. e. self-poisoning by eating the wrong food combinations. The poisons accumulated in the blood and tissues and at certain points set up congestion (especially where the nerves enter the spine). The congested tissues press on the nerves which in turn sends a shooting pain to "headquarters" to tell you something is wrong. The right foods not only dissolve the poisons and remove congestion, but also restore normal health and strength to the weakened irritated nerves. These troubles are among the easiest to correct quickly and permanently.

Kidney—Bladder—Diabetes

Kidney, Bladder and Skin Troubles begin when these organs try to do extra work because some other organ is congested or stuffed by wrong eating and faulty elimination. For instance, in Diabetes, the kidneys eliminate sugar which the liver should have utilized.

Rheumatism

Lumbago, Sciatica, Neuritis, Neuralgia and Rheumatism (whether in joints or tissues) are all caused by a wrong diet, resulting in poisons and congestion, further aggravated by exposure to cold, dampness or draught. Swiftly relieved and permanently banished by eating solvent and eliminating foods. Meats are not necessarily harmful if properly combined and prepared.

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is a new sensational book of sensible practical food knowledge. Tells what, when and how to eat to get the most from your food in the way of new health and real nourishment. It contains 200 pages of simple rules for eating, fasting, dieting, special foods for every common disease, sample menus, natural remedies, quick pain expellers, 18 medical charts, and a \$2 Wall Chart of Exercises. Fully equal to expensive courses. A sensational value at \$1.10.

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cold water, he thinks.

His success with the swimming game around Memphis has brought "Doc" national attention, and during recent years he has been called upon to promote numerous swimming meets elsewhere, principal among which is the annual Biloxi to Isle of Caprice 14 mile Gulf swim off the Mississippi coast. For four years now he has been the one great figure in promoting that event, and in two of the four years the winners were Memphis natators. Evelyn Poat and Willie Lewis won the women's and men's races, respectively, in '27, and Athenais Eichling and Norman Coward turned the trick in '28.

The running game, too, has not been neglected by the successful promoter of swimming marathons, and during the past two years "Doc" has put on several popular races of from ten miles to the full Marathon distance in the Tennessee city. And, not to be outdone by the boys, the girls raised such a clamor that this past year "Doc" put on a marathon run for them, with success a-plenty, in spite of the date, April 13th.

Nor is "Doc's" time devoted solely to promoting big, front page events, for he spends much of his attention on the youngsters, encouraging them to take up swimming and strive for excellence. Every year he holds numerous meets and competitions for all classes from the paperweight division on, and generally has enough medals to go 'round to all the winners at a big celebration at the close of the season. He's doing good work, and plenty of it, is the "Doc."

Boxing in Tennessee owes much to this man, for it was he who drafted the law under which the sport was legalized in that state, and under which it flourishes to this day. That was the "Hottum eight round boxing law of 1909," known as House bill number 376. He has given freely and often of his time and money to the betterment of sports, and he has given wisely and well.

Physically, H. C. "Doc" Hottum is not a large man. Of average height he is, and of a weight in proportion. He carries no excess baggage at the waist, as do many men of his 61 years. Indeed, his physique is that of an athlete, for such

is the "Doc." Handball and running are his chief exercises, and he gets plenty of them, so that his step today is as quick and steady as it was two score years ago. Incidentally, he had a peculiar way of celebrating his sixtieth birthday anniversary, January 31, 1928—winning a five mile race against another young old man of his city. His time was 41 minutes 4 seconds.

Out on Madison avenue, where "Doc" has his home, there are two fine boys of sixteen and ten, respectively. "And the oldest one," says "Doc," "is a mighty fine lad. He is very much like his mother—quiet, thoughtful, and wanting to be a minister. But the other one, the ten year old, he's mine for a fact. Just like the old man he is, always wanting to be in water, and when it comes to diving—you should see him!"

And "Doc's" eyes brightened as if he thought the younger boy, too, "a mighty fine lad."

Came finally time to part, and as I rose to leave the good "Doc" gave me a little card, saying as he proffered it that perhaps the message on it might be of interest to me. His message was of interest, and here I take the liberty of passing it on to

DOC HOTTUM'S PRAYER

Let me live, Oh Mighty Maker,

Such a life as man should know,
Tasting triumph and disaster,

Joy—and not too much of woe:
Let me run the gamut over,

Let me fight—win, lose and
laugh,

And, when I'm dead and 'neath the
clover

Let this be my epitaph:
'Here lies 'Doc' who took his
chances

In the busy world of men:

Battled luck and circumstances,

Fought and fell, and fought
again;

Won sometimes, but did no boast-
ing,

Lost oft' times, but didn't cry,
Took his beating, but kept going,
Never let his courage die.

He had foibles and was human,

Therefore, loved and understood
Both his Fellowmen and Women,

Whether good—or not so good;
Kept his Spirit undiminished,

Never laid down on a friend,
Played the game right to the finish,
Loved to serve until the end."

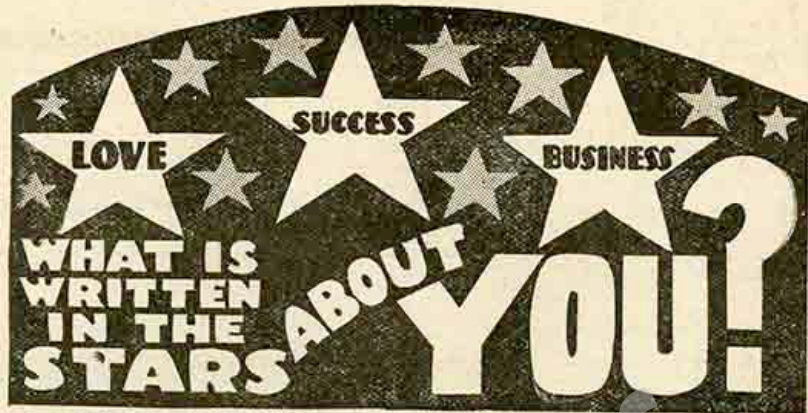
How Easy Is Flying?

(Continued from Page 35)

"But, I believe, you said you are more interested in the man who is just learning to fly than in the transport pilot, so I will say there is as much difference in airplane pilots as there is in auto drivers, and you know there are many different hues and degrees of chauffeurs. An old school 'pilot' could handle his ship, but he did it more by accident than by design, whereas the real pilot knows his mount. He flies by the feel of the ship and the sound of the motor, and so capable is he that if even the slightest thing goes wrong with his flight or the operation of the motor he can detect it—and he will know how to overcome it. Of course, with a modern ship the pilot has nothing to worry about once he gets his oil hot and up to the proper pressure, for before he takes off he knows that everything about his ship is in perfect condition. Furthermore, he knows meteorology sufficiently well to detect the approach of unfavorable weather, even if he should be without weather reports. This is a subject which is 'Greek' to many a man who thinks himself a capable pilot, and the government now requires all commercial and transport pilots to be schooled in it. The private pilot, however, is not so required by the government, but all regulation schools require that he have some knowledge before they will graduate him.

"As to whether flying is easy I will tell you of something I saw some time ago at an air meet. A young lady who had never been in the air was given one hour dual instruction whereupon she made a solo flight and came down safely. Some of the authorities present were inclined to believe the girl had been under instruction previously, but that is more than I can say for myself. But I will say that regardless of whether she had had previous training she certainly was no pilot after that hour's instruction.

"Such instruction is like a case I saw in which a man took a correspondence course on flying, then borrowed a plane and went up only to find that he couldn't get down. Well, he sailed around after a fashion until his gas gave out and he



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These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

What Causes Sick Nerves?

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MEN In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

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

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"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c. stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life; it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address, Richard Blackstone, N-21, Flatiron Building, New York.

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had to land, which he did in a heap. He was not injured, but the plane was completely written off.

"But flying—and learning to fly—is easier and safer now than ever, thanks to the new government regulations on the subjects. As for the learning, we who operate schools must exercise care in accepting students, for we must maintain a standing of graduating two out of every three students who enroll, and our graduates must be so trained that nine out of every ten of them who apply for a pilot's license shall pass. The day of the get-the-student's-money school and the push-'em-through instructor is gone. Every school must now select its students most carefully if it is to maintain the high standard of efficiency required by the government.

"Flying is being made safer. No longer is a student taught haphazardly. The man today who wants to fly must first and foremost obtain a student's permit from the government, for which a strict examination must be undergone. Then we get him, and his instructions include a basic ground school course, air commerce regulations, air traffic laws, nomenclature, engines, planes, meteorology, and navigation. Along with his schooling in

these subjects we allow him to become accustomed to the feel of being in the air, to familiarize himself with the controls, to handle them, and finally to taxi, take off, and land. Then he makes his first solo. But he is still a student, and no student can take up a passenger. He must put in ten hours solo flying before he is eligible for a private license, and this solo work must be preceded by not less than eight hours dual work. When a regulation school turns a man out as a graduate he is ready to pass his examination for his license, and he is ready to take up a plane, fly it intelligently and efficiently, and land it safely with but little chance of encountering trouble.

"Yes, flying is easy," said the Colonel as our interview came to an end. "The greatest trouble of the student at first is over controlling—moving his controls too violently and too much—but that is readily overcome. But, although it is easy, flying is dangerous to the man who is not properly schooled for it, and we who have the best interests of the game at heart are doing everything we can to cooperate with the government in giving pilots proper instructions and thereby making flying safe."

Our Girls' Circle

(Continued from Page 39)

Thanking you and again wishing to express my interest in your work in STRENGTH MAGAZINE, I am.

Most Sincerely,

Somerset, Pa.

R. H. C.

ANSWER:

First of all I would advise you to practice the exercise of rising on toes. As a variation of the plain rising on toes you might try the following exercise: Stand on your heels and rest your toes on some object a few inches above the floor. Raise yourself as high on the toes as possible, and then slowly lower yourself back to your former position. Books would seem to be the best thing for this exercise, gradually increasing the size or the number used. Be sure you don't forget that when you no longer feel the

"pull" you need more repetitions or a higher book. (This exercise is also an excellent one for developing the calves of the legs).

Rope skipping is also excellent. As well as helping the legs and ankles, rope skipping is a good exercise for all parts of the body.

Be sure to get a good sensible pair of shoes. Try wearing low-heeled slippers throughout the day.

Dear Miss Heathcote:

For quite a long time I have been reading "Our Girl's Circle" in STRENGTH MAGAZINE. I find some of the letters quite interesting. I know you must have helped many young girls, so I have come to you with my problem.

Is it possible for a young girl who works in a stuffy mill to have as healthy a figure as a girl who works in an office?

I am a young girl who works nightwork in a mill. I work from six P. M. to four A. M.

The work I do is tiresome and moves nearly every muscle in my body. I want to ask you what is the best thing to eat to overcome constipation. When is the best time to exercise—on retiring in the morning or when rising in the afternoon?

I am flat chested and would like to do exercises to develop my chest. My legs are slightly bowed. Is there any exercise I could do to conceal this defect?

I'm seventeen years old, am five feet two inches and weigh 109 pounds.

I would appreciate any information you could give me.
Woonsocket, R. I. Miss M. P. C.
ANSWER:

Constipation is one of the direct causes of many ailments, and before going ahead with anything else I would advise you to overcome this condition.

Once a day is not often enough to move the bowels. Everyone ought to move the bowels at least twice every day, and for corrective measures, three times.

In addition to fruits and green vegetables, you might try eating bran. For laxative purposes it should be taken three times a day in quantities varying from one to two tablespoonsful. Don't take it by itself like a medicine. Mix it with the breakfast food, put it in the soups, combine it with fruits, and eat it like cereal with cream or whole milk.

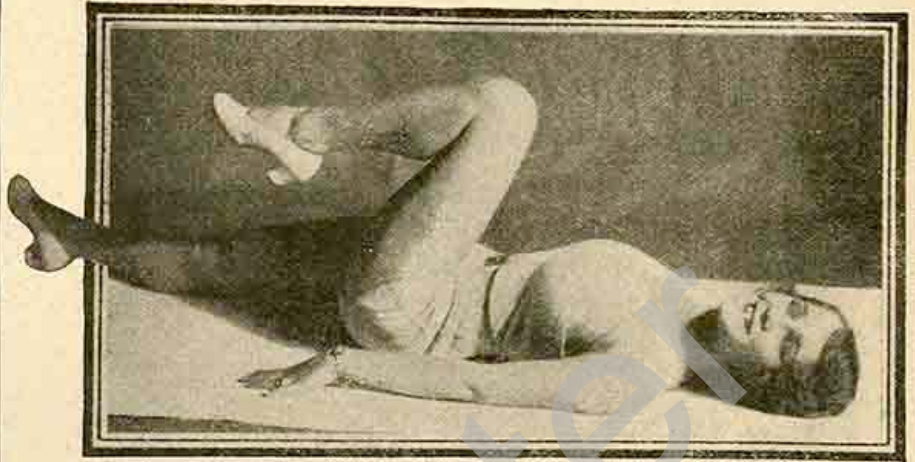
Drink plenty of water between meals and make a practice of drinking about two glasses twenty minutes before each meal. Do your best to get outdoor exercises and walk as much as you conveniently can.

I would advise you to exercise upon arising in the afternoon, for I believe you are too tired when you retire in the morning.

Why don't you try to take up swimming for your flat chest? Take all our swimming champions—they all have a full chest, broad shoulders and well-developed arms. As a rule, they are considered perfectly formed.

You might try the following few exercises for your chest: Clasp hands behind back, pull the should-

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Are you content to remain fat all your life? Well, if you are, don't bother reading any further. This message is for the stout girl or woman who earnestly desires to reduce and who is looking around for an easy and effective way to do so. Jack Sandow can help her. Beauty and attractiveness are now within her reach. Her success in life and happiness depend upon them. After Jack Sandow gets through with her she need never be ashamed of her figure again. She will be admired and sought after by every one with whom she comes in contact.

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You have dreamed about and wished for and envied a beautiful body, probably possessed by some friend, or such as you see on the stage or in the pages of this magazine, but you never thought it was possible that you could some day have a figure just like it or better. You might be surprised to learn that many of these girls, whom you have admired, have built their bodies up through exercise. Now, with Jack Sandow's Course, it is possible that you can do the same thing. Prove it to yourself by investing in his wonderful course.

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The price is a mere trifle—\$1.00. Just the amount you spend on candy in the course of a few days. For only \$1.00 you can now realize your dreams. Don't waste time—you have lost too much already—pin a dollar bill on the coupon below and mail it at once to Jack Sandow—he wants to help you!

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Michigan Ave. and
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ers backward and downward, at the same time raising and expanding the chest. Be sure to tense the muscles.

Another is the dip performed with the support of a chair. Place the chair against the wall for support. Now place the palms of the hands on the chair and lower the body until your chest touches the chair. You will probably have to place the feet against something for support. Repeat this exercise until tired.

Still another exercise is deep breathing. Breathing is one of the most essential of the entire routine of exercises. Stand erect, head up, chin, chest and toes held in a vertical line, arms outstretched and feet together. Raise arms up sideways, palms out, and rise slowly on toes at the same time, inhaling deeply. Then bring the arms slowly down and lower the body at the same time, exhaling forcibly.

I note that you say you work in a stuffy mill all night. You, therefore, should practice deep breathing with your window wide open every day, without fail.

I am sorry to inform you that after one reaches the age of 17, very little can be done to correct bow-legs. You might, however, try developing the legs and thus more or less hide the bow-legged appearance. Rope skipping will help you considerably in this respect.

The Mat

(Continued from Page 48)

we speak of athletes in the broad sense, we are covering a lot of ground. There are, as we may note, many degrees of athletic physical exertion; consequently the methods of training and the degree of intensified specialization must be diverse and the rules which might apply to one may be inconsistent in relation to other branches of athletic endeavor.

As in a proper and intelligent discussion of any other subject, we must view the question from various angles if our conclusions are to be of any value.

How can we consistently compare the weight thrower with the hockey player or the bike racer? A

practically parallel comparison is that of the athlete who specializes on jumping and the man who is engaged in boxing for a living. The one man confines his activities to spasmodic exertions, wherein he puts forth everything he has in one effort, whereas the other must maintain a fast pace for varying lengths of time.

It, therefore, stands to reason that the training methods of the one must be entirely different to the conditioning practices of the other. This question should be particularly interesting to physical culture enthusiasts of the thoroughly practical type who may profit from analyzing the subject. The specialized and intensified training efforts of the athlete who excels may be adopted to some extent by the physical culturist who desires to reap the highest returns from his efforts.

The entire question may resolve into the amount of training time at the athlete's disposal. A relatively small amount of conditioning work may be necessary in the case of either the weight thrower or the jumper, while the hockey player, the bike racer, and the pugilist may find it essential to spend the greater part of every day preparing himself for contests. The professional, who earns his livelihood in his favorite sport, can afford to devote his entire time to training, whereas an amateur generally follows some entirely different line of work throughout most of the day, and can devote only a limited time to training. In the games of weight throwing and jumping, an amateur can train just as diligently as any professional would find it necessary. In the other sports we mentioned, the amateur cannot devote the proper amount of time to training.

Furthermore, in a comparison of professionalism and amateurism, the best men in baseball, boxing and wrestling are certainly to be found in the former group. For which, of course, there are sound basic reasons, one of which we have just discussed. There is good money to be made as a professional in either of these branches of sport, and the promising amateurs are simply drawn into the money making end of the games. High grade competi-

tion has a great deal to do with the success of any athlete, and accounts for the proficiency average of any group of athletes.

So, even though a first class amateur, with excellent prospects of rising to the top as a professional, should decide to remain an amateur, the competition would be of such a low order that he would have little chance of realizing his true possibilities.

In such cases as this, we might say the nature of the game governs the relative merits of amateurs and professionals.

Among track and field athletics there is very little incentive for a man to turn pro, as the possibilities of cash remuneration are of no consequence, so the best men remain in the amateur ranks. Certainly, there have been notable exceptions to this rule, when an outstanding athlete would decide to exhibit or compete for money. However, our friend has requested a discussion on the relative merits of averages, or at least the general rule.

In golf, we often find the leading amateurs to be on a par with the best professionals, but without a doubt the majority of top-notchers drift into the pro branch of the sport.

In tennis, a few of the best experts may have gone out for the money, but there is little opportunity for any great number to earn a living in the game. Very frequently, we hear of the best swimmers going after cash prizes or accepting a position which pays well for either exhibiting or instructing. Here, again, we find that the competition may not be good enough to favor the professional over the amateur, at least so far as speed swimming is concerned; in long distance or endurance swimming it may be somewhat different as the element of competition may be taken care of by regularly going over distance courses.

Practically every point we have mentioned will be agreed upon by those who know anything of athletics, and few will find occasion to dispute our conclusions so far. But, when the subject of football is mentioned, a big split will occur in the opinions of those who have played college and professional foot-

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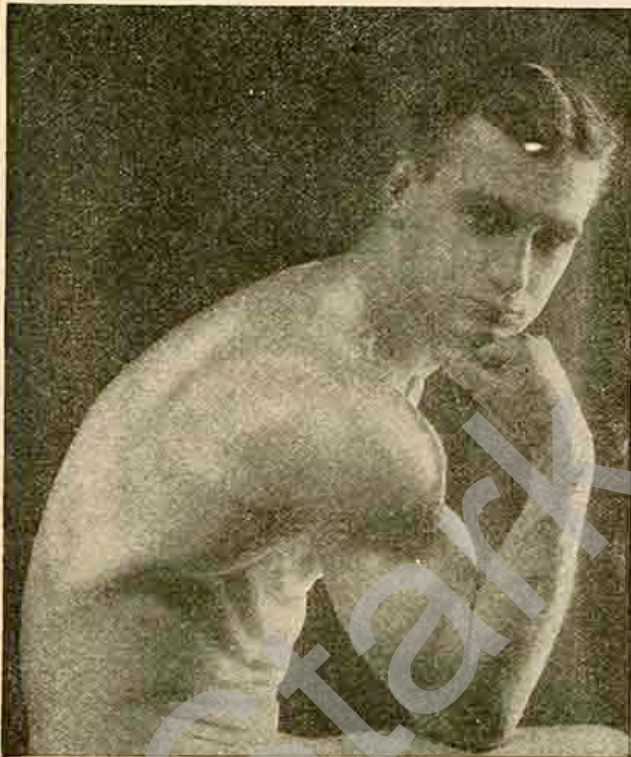
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My free booklet contains proof of what I can do for you. It is full of strong and muscular pupils of exceptionally fine proportions. Send for it today. If you don't, you will miss the surprise I have in store for you.

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before you see results? Why in one week's time you will notice improvements—a little development all around and a great improvement in the way you feel. Only a few days, mind you, and you will feel so full of pep and strength you'll feel like tackling anything.

Two weeks—a month on my system and you will be passing the inches on your tape measure at every part of your body. Then gradually but surely you go up toward the strongman class. What a satisfied feeling it is to know you are on the way to realize those dreams of strongman proportions.

YOU AND I

have the necessary elements to make you a strongman. You have the body and desire. I have the system. Any old kind of body will do to start with. The weaker it is the greater will be the improvements. Don't get the idea your body is impossible. If it hangs together and no parts missing, I'll make it look like something real in short order. It requires no previous or advanced training to produce a strongman with my system. From your weakest to your strongest condition is the reputation of this system of mine. It's a complete system with no extras of any kind to help bring your body up to physical perfection.

ball. We do not wish to go into this phase of the subject at any considerable length, as we believe it has possibilities more in the proportion of an interesting article than as part of a *Mat* discourse. We must leave you to draw your own conclusions after reading this, and we shall say no more than that it seems the professional football players should be best. As we have previously stated in our writings, the average young college athlete who plays football can hardly have reached his physical peak, being relatively immature. The man of more mature years, who has graduated and played considerable professional football, should be better seasoned and a better example of the thoroughly experienced athlete.

Among strong men and weight lifters, we might often find a retrogression after putting in a few years as a professional; that is, so far as pure lifting ability is concerned. In lifting for great poundages we know that constant practice and close competition are positively essential, if the athlete is to progress. Therefore, the professional who must devote his time solely to giving exhibitions of stunts and strength feats, will get sorely out of practice at actual lifting. Of course, the professional who is so situated as to find it convenient to devote his time to training at lifting will continue to improve, just as will the amateur who can train as he pleases.

Physical culturists, including bar bell users and ambitious lifters, may conclude from the foregoing following relative facts:

If you are set on making good at some branch of sport wherein it is essential to train long hours, you can hardly expect to reach your ultimate peak without being so situated as to be able to devote your entire time to the sport. Likewise, when the element of high grade competition has a bearing on the abilities of the contestants, this element may be lacking in amateur competition.

If, on the other hand, your choice of a sport offers little in financial remuneration, the best competition may be found among the amateurs. Moreover, as in jumping and weight throwing, other sports may call for short and infrequent hours

Charles MacMahon Str. 1-30
725-27 Walnut Street, Philadelphia, Pa.

I am anxious to see one of your big booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

Name _____
Address _____
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of training; in which case you may follow some other occupation and remain an amateur. Weight lifting, as a competitive sport can be included in this last classification.

"Dear Mat Editor:—

"I've been reading your interesting articles in STRENGTH for quite a while and would like you to answer a few of my questions.

"I am now taking a certain course for health and strength.

(He states the name of the course and the nature of the apparatus. We do not deem it advisable to mention these herein).

"Do you think I can get good physical development from this course? Is there any chance of getting 'muscle bound'?"

"As I am away at school I cannot use bar bells as a means of physical development. What is the best course on the market for me to take instead of the bells?"

"I would like to acquire great strength because I want to row when I get to college the year after next.

"I'm eighteen years old and have just started exercising in earnest. I would appreciate it if you could give me any advice on the various strength courses on the market.

"Sincerely yours,

"J. C. O."

REPLY:

We have no intention of "knocking" any course or system of exercise. Any well prepared course of exercise has some definite value and practically every advertised course is first class in every respect, so far as the healthful stimulation of the bodily function is concerned.

The important point brought up by this letter, is the matter of proper preliminary training for rowing. The nature of the apparatus the young man is using precludes the possibility of giving the back and legs the proper sort of exercise. In fact any apparatus, of the resistance type, which must be operated by working one arm against the other cannot bring the lower body into play in the way we should expect if power is to be developed in the back and legs. For the upper body, the apparatus he is using will bring out an excellent development.

But in rowing, as in the majority of popular athletics, the drive of the legs and power of the back counts

for more than the strength or development of the arms and shoulders.

Develop the upper body at the expense of the lower body and you fail to properly prepare yourself for such active athletic sports as rowing, baseball, boxing, wrestling, and football.

If, as this young man says, he is unable to arrange for bar bell exercise, he should supplement the course he is now taking, with practice on a rowing machine in his school gym.

Though this form of exercise will not benefit him as much in regards to the developing and strengthening of his legs and back, it will at least serve as a form of preparatory work for actual rowing.

As to the question concerning "muscle bound" we will say that there is little or no danger of such a condition resulting, providing he makes complete contractions and extensions of the muscles in every exercise movement. However, there is one thing to be kept in mind in regards to any form of developing exercise and that is: there is likely to result a stiffening or slowing up of the movements, if all the exercises consist of slow, straining movements. A goodly percentage of the exercises should be done quickly against resistance; especially is this true after you have passed the preliminary stage; during the first few weeks, or in some cases even during the first two or three months, a majority of slow movements may be necessary for developmental purposes. As I have pointed out so many times, the lifter who includes a fair proportion of modern quick lifting in his exercise practice will be certain to improve his co-ordination and quickness, rather than to lose any speed of movement. If there is ever any occasion when it is essential to add bag punching, handball and other quickening practice to the training, it is when the exercise system is made up entirely of slow movements.

"Mr. Berry,

"Dear Sir:—

"I am writing you for advice. I am a young fellow nineteen years and weigh about 118 pounds. I want you to tell me of some course that I can take to make me grow and build my body. I am about



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five feet, five inches tall and want to gain in height.

"I will appreciate it very much if you can give me information on this subject and tell me how to build my body to good proportions. Please publish your answer in the earliest possible issue of STRENGTH.

"Thanks, "C. R."

REPLY:

This sort of information is requested of us repeatedly. If we had a certain method of guaranteed growth promotion, we would have little to worry about for the rest of our life. Sad to relate, we know of nothing which may be relied upon to increase one's height.

As our young friend is only nineteen years of age, it is possible that he may yet add something to his stature. Personally, we grew a little after the age of thirty. Whether or not our mode of life was responsible, no one can be certain. Of one thing we are sure, and that is we made no effort to increase our height.

Something in the line of stretching is the best we can recommend. There is a possibility of stretching the pads of cartilage between the vertebrae of the spine, and in this way adding something to the height. This advice has proven valuable to a number of my pupils, and is the underlying principle of any height increase system.

As I have suggested previously in these pages, practice hanging at arms' length on a horizontal bar, trapeze or pair of rings, for about five minutes each day. After you have become thoroughly accustomed to the practice; that is, in a few weeks' time, try tying light weights to your feet and then practice in the same manner. You may very gradually add to the weight hanging on your feet.

This stunt is not guaranteed to increase the height of anyone, but I am sure quite a few persons may surprise themselves by growing slightly taller if they persist in the practice of this stunt.

Even an added inch would mean a lot to many fellows. Another thing to keep in mind is that a good percentage of men continue to grow slightly until well past the generally accepted age of maturity; this gives us the possibility of accelerating or encouraging a little added growth.

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Within the past month or two I carried on a short talk concerning the photographs published in my articles; this would properly include the photos used to illustrate the *Association Notes* department conducted by Mr. Drummond. When the subject of discussing photographs was first considered, I had in mind a certain idea which seemed worthy of attention, but let it slip my mind at the last minute. I am positive the majority of masculine readers of *STRENGTH* will agree with me thoroughly on this point; however, it is not to them I wish to direct my remarks.

For a long time it has seemed evident to me that quite a number of enthusiasts, mostly young fellows in their teens, have an entirely wrong idea concerning what constitutes first class posing. Some of these fellows seem to consider it desirable to get into all manner of effeminate posing positions. Evidently they consider the effect thus produced to be artistic, aesthetic, or classical in some way or other. As far as I can make out, none of the real men of my acquaintance are at all inclined to get into such "sister like" attitudes. In fact, to the average he-man physical culturist, this class of posing is altogether unspeakable. My real reason for calling attention to the subject is for the purpose of giving a friendly word of advice to the ill-advised young fellows who know no better. In an effort to discourage this particular type of posing I have purposely refrained from publishing many photos of good physiques, believing that the effeminate idea has permeated male posing to an altogether too great an extent. Among the *Mat* photos for this month you will not two poses, with masks painted on the faces of the posers. The one pose is terrible so far as men are concerned; the other might be called artistic by some, but in our mind is not a desirable attitude for the average man. Before going any farther, allow me to call attention to one exception as I see it; Tony Sansone can get into aesthetic poses without causing offense to even the most rough-shod he-man. But judging from all the poses I have seen in my day, I doubt if there is another man who looks good in such poses. I believe the

distinction can be accounted for in this way: Sansone is of a thoroughly masculine type, no one could possibly mistake him for anything else. This might likewise be said of the majority of big men in athletics and physical culture, but big men seldom assume these graceful "funny" poses.

Now, if you want to see something truly graceful in the way of a pose by a big man, look at Kwariani, the wrestler, posed as "The Discobolus." Glance at that pose and try to imagine that he weighs around 230 pounds; any one could be excused for judging his weight in the neighborhood of 165 pounds. This gives you an example of a really good pose, graceful if you please to call it so—and certainly as artistic as anyone could wish for, and it wasn't necessary to copy some feminine statue to create a desirable effect.

Compare the masked statuesque pose with a somewhat similar pose in the *Association Notes* section of this issue. Whereas Mr. LaBerge put sufficient of the artistic element into his pose by pointing straight ahead, the other fellow has to say it on tip-toes and with an exaggerated degree of affectedness in the bargain.

Some time ago, while visiting another city, a friend suggested that I visit a photographer's studio where many muscle culturists have their photos taken. When we entered, a finely built young athlete was going through some splendid posing positions; his development was exceptional, he knew how to pose, and the poses brought out his development in a great way. Then he did something, which in my mind, was awful; he went over to the screen used as a background, turned his back to the camera and assumed a position with his face buried in his arms. I presume the idea was to create an effect of either crying or possibly of shame. Now, in my mind, there is no reason on earth for a man to pose in such a "weeping willow" or "wailing wall" attitude. I promptly told him so and further suggested that he stick to masculine poses. After quite a talk on the subject he saw my point and stated that he had seen such a pose somewhere and had been told it was desirable from an artistic or

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aesthetic viewpoint. The trouble is that many such young fellows have become too accustomed to the society of "nice" companions and need to get out among a rougher element of men where they will learn what real men think of such things.

This month I am bringing the series on block weight exercise to a close. It would be possible to stretch the subject indefinitely, but I think you have had enough suggestions on handling a block weight to last you a while. With a little ingenuity you may vary many of the stunts we have shown you. The first one this month might be referred to as a "single arm rectangular fix with block weight." This will prove rather difficult for all but the strongest with even a fifty pounder, much less a fifty-six pound block. The man who can do it is truly strong, which ever weight of block he uses.

Muscling out a block weight in proper style is not as easy as it looks, whether you try it with a fifty or fifty-six pounder. You can practice at first by leaning back and well to the side. In a previous installment we showed a step leading up to this; the weight was held well up on the wrist and forearm. The third stunt consists of picking up the block by gripping it across the bottom edge, spanning the width of the weight with thumb and fingers.

The regular practice of these stunts, as well as all those stunts, and exercises we have shown previously, should add spice to your training program.

Association Notes

(Continued from Page 56)

made the highest total of the evening. Otto Laube, who recently came west from Wisconsin, scaled at 149½. Laube started with 120, and McCann with 130 on the single handed Snatch; the former did 130 on the second trial but failed with 140; Nathan McCann failed with 150 after doing 140.

For the One Hand Jerk, Nathan did 140 and 150, Otto did 145 and 155, both failing on 160. The Slow Press was a success for both men on all three attempts, Otto doing 145, 155, and 165; Nathan 150, 160, and 175. On the Two

Hands Snatch, Laube accomplished 140 and 150, but was stuck with 155; McCann got by with 175, after doing 150 and 165. The fifth lift saw Nathan McCann make the best Jeck of the evening, 240 pounds on his second trial, after starting with 230; his third attempt was a failure with 245. Otto Laube registered 215 and missed 225 pounds twice. The totals for the two were 880 pounds for McCann and 815 pounds for Laube.

The two largest men lifted next, both scaling in the light-heavy-weight class; Sam Ormont at 169 and Paul Laidlaw at 172½ pounds bodyweight.

Ormont made 125 and 135, and then failed with 145 on the opening lift; Laidlaw registered 105 and 115, but was unsuccessful with 130.

A One Hand Jerk of 170 pounds by Ormont on the second attempt was the best poundage scored on that lift for the evening. He started with 160, and failed with 180 on the third trial. Laidlaw started on 120 and then got 130 on the third attempt after failing with that weight. On the Slow Press, Paul did 130 and 140, and failed on 145; Sam got safely through 150, 160, and 170. Then on the Snatch Sam scored but one success, at 165, missing 175 twice; Paul did 140 and 150, losing 155. The final lift went smoothly for Laidlaw, 200, 210, and 220. Ormont did not have such good luck, succeeding only on the first trial with 230, and losing 240 twice. The totals for

The next act on the bill was a Shoulder Bridge of 250 pounds by these two were—Ormont 870, and Laidlaw 755 pounds. As will be seen, Ormont scored ten pounds less than Nathan McCann, who was eighteen pounds lighter in bodyweight. Some of the lifters who were expected to take part could not appear, so they are staging a similar show on November 20th.

Another show, at which attempts were made to change existing records, was held at the Multnomah Amateur Athletic Club, Portland, Oregon, on November 8th. Ted McKeon, 146 pounds bodyweight, made a Two Dumb-Bells Anyhow of 216 pounds, using 165 in the right hand and 51 in the left. This is a new record for the old 154

pound class as well as for the new 148 pound class.

McKeon also attempted a Bent Press with Dumb-Bell of 178½ pounds and just missed getting through to the finish. We expect him to succeed with a record on this lift in the near future.

On the same occasion, Arnie Sundberg made a Left Hand Snatch of 163½ pounds at a bodyweight of 152½. This classifies itself as a new record in the old 154 pound class and also in the new 165 pound class. Sundberg also did a Two Hands Clean and Jerk of 252 pounds quite easily, though this is not a record.

Dr. Collister M. Wheeler went through the paces with the other lifters. It was he who arranged the show, and we might mention that the Doc has been responsible for a great deal of the activity out in Portland. They expect to hold a show on November 22nd, and another for the championships on December 6th.

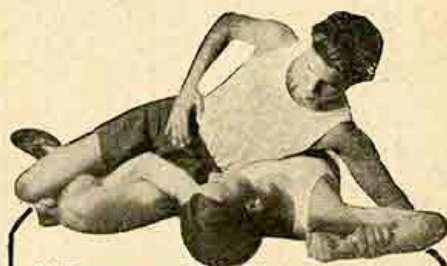
Word has come to us that Boyd Shearer now weighs a good husky 190 pounds and is training for some new records. You may recall that Mr. Shearer holds the American Amateur Back lifting record, which was made at a bodyweight of less than 165 pounds.

The referee for the records of McKeon and Sundberg was J. L. Dill, and the following were official witnesses: Owen Carr, Floyd MacPherson, L. C. MacPherson, S. DesBrisay, Vernon J. Forrest, and the scales were inspected by E. D. Jones.

Cincinnati lifters opened what promised to be a busy season for them with a show on October 28th; their next exhibition will be on December the 8th, when the fellows in that locality will contest in the A. B. B. M. championships.

The recent show was started with lifting on the Five International Lifts by Alton Combs of Ohio State University, weighing 176 stripped. His total was 765.

Emmett Faris was next on the program; he was also out to make a total on the five lifts, and did 105 on the One Hand Snatch, 142½ Two Hands Snatch, Two Hands Slow Press (they will use the Military Press when lifting for Championships) of 145, Two Hands



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Clean and Jerk 195, and finally the One Hand Clean and Jerk at 150. His total was 737½, and he weighed 155.

William Tickel, their best out there in the lightweight class, weighed in at 148 stripped and did 120 One Hand Snatch, 150 Two Hands Snatch, Two Hands Slow Press 138, Two Hands Clean and Jerk 210, and single handed Clean and Jerk of 145 pounds. Tickel's total was 763.

Bill Brown of Ludlow, Kentucky, also weighing 148 stripped, made a total of 705.

Bob Arnett jumped off a bus from Columbus, Ohio, and considering the long ride, his lifting was fine. Weighing in at 158 stripped, he hung up a total of 739. Bob just failed at 221 pounds on the Two Hands Clean and Jerk after succeeding with 211 pounds.

George Chaney, of Hamilton, Ohio, stripped at 147 and totaled 647 for the Five Lifts.

Bob Grubbs, scaling at 128 pounds, made a total of 600 pounds.

Due to the new wrule on the One Hand Clean and Jerk, the boys all had a tough time trying to toss the weight up without resting it on the shoulder.

Those who were present had a surprise in store for them. Jack Bloomfield, of New York City, dropped in and caused no small amount of comment concerning his finely muscled arms. Jack made a Bent Press with Dan Mills, who weighed 170 in street clothes, and put him up with ease. Bloomfield also showed that he is exceptionally good at the Two Arm Pull Over by doing 120 without much effort.

(NOTE—We think Bloomfield scales somewhere around the Heavy-Middleweight limit).

He and Dan Mills performed a few Herculean Hand Balancing stunts.

We might mention that Jack Bloomfield and his brother are touring across the country, having started some time ago from New York. They give lectures on health and sell books on the subject, having had considerable experience in this line around the Metropolitan area. You fellows along the route to California might keep an eye open for them. Sooner or later, we

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are sure, they will turn up around Los Angeles.

Dan Mills. Then Faris put up his big bar bell with a Bent Press; the boys have named this bell "Big Bertha."

The show was voted the best yet by all the spectators. Harvey J. Siegel was Referee; Norman Reeves and Dan Mills were Judges and Daniel P. Coneannon was Inspector of Scales.

The Philadelphia Strength Show on Saturday, November 9th, produced a few new records and a couple of new prodigies of muscle, but at the same time was lacking in attendance and short of participating interest. Truly, the show was not properly advertised due to an uncertainty concerning the address at which it would be held. It is well to assure all readers within the Philadelphia area of a show at 1709 Chestnut St., on the second Saturday in each month. A number of performers who were expected on this occasion failed to put in an appearance. At the next show we look forward to seeing a number of worthy contenders for National A. B. B. M. titles. Some of those who might have done something worth seeing on November 9th, were in hard training for the championships. These title contests will have taken place by the time this is published.

A posing act by a young man who did not leave his name opened the show. This young fellow was very well built and had mastered the principal muscle control tricks of his branch of the game. He hails from Bridgeton, N. J., which town, we have learned, has been hiding some few muscle phenomenons.

The next exhibitor also hailed from the same town, which formerly produced C. F. Dilks and Allan Johnson. The latter is expected at a future show. The spectators were treated to a sight worth seeing when Carlton Harris, a nineteen year old gentleman of color, appeared to attempt a record. Short of stature and weighing in at no more than 130 pounds, stripped, his upper body development is nothing short of phenomenal. He essayed to break the existing lightweight record on the Press on Back, which stood at 230 pounds to the credit of Arthur Levan. Harris

progressed in turn from 200½ to 222 and finally to 231 pounds; a further attempt at 235 proved a failure.

Bill Lilly, at whose studio the show was held, next gave his usual capable demonstration of posing and muscle control. Then Arthur Levan, weighing 130 pounds stripped, came forward to make a total on the Five International Lifts. Art was somewhat surprised to find himself two pounds over the new featherweight limit, but we found him more surprised when his efforts failed to produce the brand of lifting we were treated with at the previous show. Evidently the bar was out of true, and at any rate it gave Levan considerable trouble. Failing repeatedly on well merited attempts, he could not fathom the exact nature of his difficulty with the bar; it was a shame that his efforts were not rewarded with the poundages we should expect from him, as he put so much energy into his work.

He made the following lifts:

Right Hand Snatch, 133 pounds; Right Hand Clean and Jerk 141 pounds; Two Hands Military Press 159 pounds; Two Hands Snatch 164 pounds; and Two Hands Clean and Jerk 217 pounds. You may be inclined to suggest that the above lifts are of a rather high standard, but at the same time remember he did considerably better last month, and certainly showed the ability to do better on this occasion. He just failed twice at 142 pounds on the One Hand Snatch. Carlton Harris, of the same bodyweight as Levan, was asked to lift with him to add more interest to the attempts. The kind of strength he showed was somewhat unusual and Harris amused the crowd considerably by his efforts. Knowing very little of the exact science of lifting, he showed his possession of strength. Those who were competent to judge could tell that he had been trying at home to perform the lifts in some way or other; otherwise he would not have handled the weights in the manner he did. Trying 121 pounds in the single handed snatch, he was able to get it overhead a couple of times, but threw it too far forward and was unable to hold it there.

He stuck 127 pounds up in the

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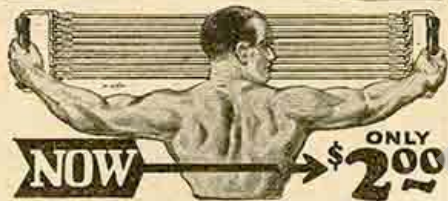


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One Hand Jerk O. K. but couldn't seem to do the right thing when more poundage was added. He passed up the Military Press, preferring a trial at the Two Hands Continental Press; after Levan had finished with 159 pounds on the Military, Carlton stepped up and shot the bell up like it was nothing; the lift was certainly not a Continental, but was nearer to a Military, except that he did not take the precaution to observe the rules for this strict lift. The spectators enjoyed themselves immensely at this exhibition of power, but no more than did Harris. Making no attempt on the double handed Snatch, he tried 217 several times in the Jerk; whereas Levan was having trouble at cleaning this poundage, Harris could haul it up like it was so much of nothing, but he had been so accustomed to pressing a bar bell in the Continental style, that he could use no other method of trying to get the bell overhead. It is a bad habit to get into, that of never putting the legs behind your arm work. With a little specialization on actual lifting practice, observing the rules and modern methods of timing, this little fellow Harris should give the other fellows in his class a hard run for honors.

The Andros Brothers have not appeared at a Philadelphia Strength Show for a long time. During the interim they have certainly polished up their work, besides mastering a number of difficult feats which puts their act on a par with that of any of the leading professional performers. Having picked up a few of the Arco Brothers specialties, we were reminded of that exceptional duo while watching these young men show their stuff.

It is no secret that the Andros boys were properly grounded in the fundamentals of Herculean hand balancing through instruction from Prof. Paulinetti. Constant practice in front of new audiences has given them the stage presence which is so essential.

Following them, Bill Lilly came back on the platform to try his hand at a few of his favorite lifts. The Crucifix might be said to be a specialty of Bill's, every bit as much as the Shoulder Bridge. It is barely

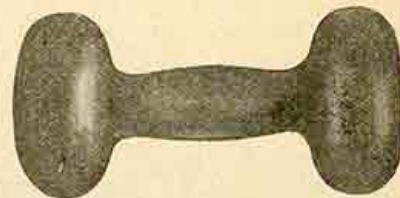
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possible that Lilly will one day equal his bodyweight at this feat. Starting with 103 pounds to warm up, he jumped right into 120½ better than his own record. The final poundage recorded was 123 pounds, 61 in one hand, 62 in the other.

Lilly has lately become interested in the Two Dumb-Bells Swing, a lift which has never gained popularity in this country but has been in favor in England. As there was no existing record, Bill had no need of shooting high, but at that he set a mark of 153 pounds, which is pretty close behind the British standard for the lift. Bill should soon claim a world's record with little trouble.

The Right Hand Bent Press with Dumb-Bell was next in order. Warming up with 153 pounds, Bill took 187 pounds and finished with it erect at arms' length, with no

particular effort. This was a half pound beyond the amateur record set by Harry Hall sometime ago. Lilly then mentioned a desire to do something which would be quite unusual. A Leg Press of 500 pounds! Consequently a big bell was loaded. The scales at hand could not stand the weight, but we were confident it weighed in excess of 500 pounds.

Four fellows put in on Bill's feet, and he did not stop pressing till fifteen counts had been tolled off. This is not an accepted lift as the extent of the knee bend has never been defined. Some fellows bend the knees but slightly, others do so to the limit; Bill bent his midway, so the feat was certainly meritorious and worthy of shooting at by other ambitious strong men. The referee on this occasion was Mark H. Berry.

Skating: The Healthiest Sport in the World

(Continued from Page 25)

took more nerve to be in that football game than in a prize ring, but numerous pro-footballers when asked about hockey, said they considered hockey more dangerous, rougher and requiring more nerve than football. So write your own ticket.

Donald Meiklejohn, captain of last year's University of Wisconsin hockey team is a tennis star of note; Frankie Frisch, well-known baseball player, besides being handy on the ice himself is becoming quite prominent as a skating official, while 18-year-old Wilbur Marx, who, the past season successfully retained the title of world's log rolling champion is an excellent skater and hockey player. Tommy Burns, a former heavyweight boxing champion gained his first fame as a hockey player. Now let us see what the speed skaters have to offer.

* * * *

Successful speed skating or racing requires strong legs and hips, perfect poise and coordination, and a vast amount of endurance and nervous energy. These are also the most important requisites of other branches of athletics. Speed skating and bicycle racing combine well as shown by the many two-sport stars. Hirman "Hi" Everts, form-

erly held both the men's Wisconsin state cycling and speed skating titles, while Bobby Thomas, who won the city speed skating title of Kenosha, Wis., was national amateur junior bike champion last year, while this year he became senior amateur state champion and runner-up to the senior national title. The Misses Crystal Bruce, Hazel Bilty and Evelyn Jaeschke, all of Milwaukee, are bike riders and speed skaters of rare ability. That skating develops the "wind" and endurance is also powerfully illustrated by the cases of Bobby Ocock, State of Wisconsin and the University of Wisconsin's fastest skater, who also won points for his alma mater in cross country running; and Eddie Meyers, professional ice skater of New York who was picked as one of the favorites in the late Wrigley's marathon swim. The burly Charles Jewtram, one of Uncle Sam's few point winners in the skating events in the 1924 Olympic Games, is more likely to be taken for a wrestler than a skater. Speed skaters, as a class appear rather a slender and frail lot, but this is due to an optical illusion because of the tight fitting racing togs. Many people would be exceedingly surprised on inspecting a speed skater's

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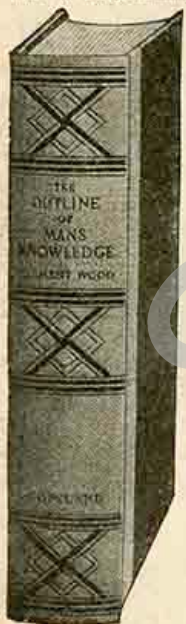
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physique more closely. Johnny Hollander, nationally known speed skater is also a good tennis player; Miss Florence Koelblen, while back in Milwaukee, Wis., after two successful seasons on Broadway with the "Hit the Deck" Company, musical show, retained her girls' Wisconsin state ice-skating championship last winter by winning the 220-yard, quarter mile and finishing second in the half mile. Here is the tale. Miss Koelblen starred on the stage as a dancer the past two years. Being on the "road" most of the time she did not enter her name in the meet which was to decide the Wisconsin girls' state championship. Miss Koelblen, however, happened to be home in Milwaukee on a vacation while the races were held, and unknown to her, a friend had previously entered her name in the contests. Learning of this Miss Koelblen, with practically no time for preparation, went out and again copped the title.

Stilt-skating, some as high as 3-feet, was much in vogue with old-time skaters. Every athlete remembers the picture of Edmund Lamy jumping over twelve barrels in a row at Saranac Lake, N. Y. Perhaps not so well-known is the feat of Leon Grieb, who holds the backward high-jump record on ice skates at a mere three feet seven inches, which is more than most of us can jump backwards without skates on. Don't you think that anyone who can do any of these dare-devil stunts could use this same

dare-deviltry in most any line of athletics in which they would desire to excel?

* * * *

I have so far referred to hockey, speed, trick and acrobatic skating and have purposely left fancy skating for the last as this branch is thought by many people to be effeminate. Now the describing of the simple figure "8" brings into play nearly every muscle of the body and this mild stimulation naturally strengthens the whole body. By the way, what is the most valuable asset which a boxer, wrestler, weight-lifter, fencer, cricketer, footballer or indeed any athlete can possess? Can strength, science, quick eye-sight, or any other endowment be placed on the same plane as the perfection of bodily balance or equipoise? The employment of every other physical quality is absolutely and entirely dependent on the perfect equipoise of the body, and this quality is the very essence of figure skating. Skating is dependent upon a sense of balance and unlike most other sports, figure skating can be made as strenuous or as gentle as desired. Harley Davidson, marvelous all-around athlete and famous skater, is one of the oldest athletes (age 60) in active competition today.

So out with the steel blades and use them to your hearts' content, encouraged by the thought that nothing but good will be derived thereof, as skating is a simple form of physical training.

Mary Eaton Dances to Keep Fit

(Continued from Page 23)

ance. Her dancing attracted the attention of all critics and she was hailed as the American Pavlova. She was only sixteen years old then, and already a Broadway fixture, a star whose name was dazzling in electric lights, the dream of all show folk.

At the age of seventeen she followed Marilyn Miller as the premier danseuse of the Follies, the youngest girl ever to essay that role. She also appeared later with Eddie Cantor, the famous comedian, in "Kid Boots," and also in "Lucky." Miss Eaton came into a stardom of her own when she was featured in the "Five O'Clock Girl."

And so we find this wonderful dancing and singing star at the age of twenty-five with twenty-two years of stage experience and one of the most popular and also prosperous products of the theatre. Her success is more marvelous when you consider the fact that she was not boosted by any sensational publicity stunts or divorce scandals. She gained the top by her efforts and ability. When you think of this woman you don't think of her in terms of divorce, shady love affairs or notoriety, but of the many lovely performances she has given on stage and screen.

If You Exercise Properly, You Must Improve

(Continued from Page 32)

each week) the smaller vessels, arteries, veins and capillaries will stretch to a certain extent to accommodate the increased blood flow. Furthermore, after the muscles and blood vessels become thoroughly accustomed to the exertions and increased supply of nourishment, a greater amount of blood will remain constantly in the muscles."

"Does this account for an increase in the size of the muscles? Oh, and another thing, where does the extra quantity of blood come from, which remains in the muscles?"

"When you understand that the smaller branches of the vascular system form a network in the muscles amounting to hundreds of separate little tubes and must have tiny connections carrying blood to and from every fibre of the muscles, it would take but a slight expansion of each vessel to account for a material increase in the entire muscular bulk. As to where the additional nourishing fluid comes from, the blood is simply drawn to the muscles instead of remaining more or less stagnant and causing a congested condition in the abdomen. The individual who is inactive, whether he be fat and flabby or undeveloped and scrawny, has a much lower general circulation of blood throughout the system than the man who is muscular and active. True, the blood continues to circulate through the body of everyone just as long as they are alive, and I certainly do not wish to imply that the blood stops circulating in the body of the unathletic person. But, at the same time, there are different degrees of being alive. We can very easily explain this in the following way. Why is it that you must keep moving when outside during extremely cold weather? Keeping on the move in itself certainly does not account for increased bodily warmth. When you remain still, either standing or sitting, the rate of circulation is relatively low and the heart beat is what we might call normal. Instead of standing dead still when out in bitter cold weather, you dance or jump around, kick one foot against the other, slap

the hands against the body, and in several ways do your best to stir the circulation to an increased rate. Or, if you want to keep more comfortable, you either walk rapidly or run. The blood coursing through the arteries, veins and capillaries does not warm the body by friction on the walls of the blood vessels. The heat is generated by the combustion of oxygen or the breaking down and ensuing repair of each tissue cell through the muscles. In this way we would accomplish two things; the size of the muscle would be increased through the enlargement of the vessels and a greater quantity of blood would be surging through the muscles, or rather through the net work of every tiny vessels which feed all the muscle tissues."

"How would one go about expanding and increasing the size of the blood vessels," my visitor asked?

"How? Well by means of a great deal of strenuous exertion which would create a demand for a greatly increased quantity of blood in the muscles. To supply the increase, providing the exercise is repeated at regular intervals (for instance, three, four, or more times involved in muscular action. It is a matter of general knowledge that persons with poor circulation are troubled with cold hands and feet during cold weather. The person with good circulation has a higher average of oxygen combustion than the person with a poor circulation. A greater flow of blood is constantly surging through even the most remote muscular fibres, when the circulatory system is working as it should. When it is not, the blood not only circulates with less rapidity but keeps more or less within the larger arteries and veins, passing much less frequently through the smaller vessels. We might even say the man who is most alive is he whose blood stream is constantly carrying on a high rate of muscular cell repair and a high rate of oxygen and carbonic acid exchange."

"Well, I can really say that I ap-

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precipitate the true value of that which you have explained, Mr. Berry. Would you mind outlining the proper systematic method of training to accomplish most efficiently the objectives you have pointed out?"

"Not in the least do I mind talking on the exercise methods which may be expected to produce the results we have discussed, or as we might term it, the more practical side of the question.

"One of the most important points to be considered by the individual who needs physical exercise, is the proper amount of exertion he should take for best results. The non-athlete is entirely too prone to attempt an imitation of the training methods of seasoned, successful athletes. This is likewise true in many instances of fellows who have had considerable athletic experience. It must be remembered that the successful athlete needs to train mostly for the purpose of keeping in first class condition and to improve his skill.

"Of course, it is true that every athlete worthy of the name continually strives to improve in every possible way. Nevertheless, the degree of physical improvement for which he strives is entirely different from the body building physical improvement which is essential for the average beginner in physical culture to become an athlete. The average man who takes up exercise, even if he could stand the training exertions of the seasoned athlete, would keep himself in a condition of low vitality and would register very little, if any, improvement. When a man, or youth, is well below the accepted standard of development, strength and endurance for his height, he must appreciate the fact that his system has to accumulate energy and weight producing material much faster than it is expended, burnt up, or torn down. The man who has accumulated a fortune can conduct his affairs entirely differently from the man who is working his way to the top. The one can live on the accruing interest, and even afford to spend a certain amount of the principal; the other must save far more than he spends or independence will be unknown to him.

"For this reason we are contin-

ually advising a day, at least, of rest between each exercise period, and three exercise periods per week as a maximum in the average case. The beginner, or the unsuccessful athlete of some experience, is likely to hear of some seasoned athlete or strong man exercising or training every day in the week, and concludes such a program must be ideal for himself. In the same way the ambitious beginner may reason that because many top-notch athletes cover countless miles at roadwork and otherwise indulge in continuous activity, it is best for them; but any attempt on the part of the beginner to follow such a scheme only leads to dissatisfaction and failure.

"The fellow who wants to gain weight should change his manner of living in every possible respect where it is likely to aid in getting the body accustomed to taking on weight. Spend more time in bed, sleeping longer each night if possible; consume more liquid with the meals and more water between meals; eat more of solid and known weight producing foods; take life somewhat easier in every respect, relying only on the course you follow for exercise. We might even go so far as to advise you to encourage the condition of becoming fat.

"Once the body gets used to it, and you have acquired satisfactory bulk, you can train down the body as a whole or individual parts, as you see fit.

"One important point I have observed, and which I know to be true in my own case, concerns the time of day and other conditions affecting your time of exercise.

"Many fellows, including those with considerable experience as well as novices, cannot give a satisfactory explanation as to why it is best not to train strenuously the first thing in the morning. If the exercises are of a light nature and only intended to loosen you up and accelerate the circulation, then the morning is just as good as any other time of day. In fact, providing one has the time at his disposal, or rather I should say if one gets up early enough to have the time to spare, it is really a capital idea to perform a routine of 'setting-up' or 'waking up' calisthenic exercises the first thing in the morning. However,

there are sound reasons why the early part of the day is not best for muscle developing and strength producing exercises.

"Do you recall what I said about increasing the vascularity of the muscles and the necessity of supplying a greater flow of oxygen-soaked blood to the muscles which are in active use?—Well, if you have ever tried to exercise seriously at some fairly strenuous sort of exertion in a cold room or outdoors, when not properly clad for warmth, you will better understand what I am going to say. Should you fail to become comfortably warm after going through a number of exercises, you will note that the muscles do not become flushed with blood, and the veins do not stand out on the surface of the hands and forearms. Exercise under such conditions is nothing short of a waste of time. Generally when vigorous exercise fails to bring a generous flow of perspiration the condition is quite as bad, so far as increasing development is concerned. Great bodily warmth is ideal when muscular growth is wanted, as it helps promote a highly increased circulation of blood in the muscles. When the surrounding air is so cold that the pores cannot open properly and function freely, some degree of congestion is bound to result. As a result of this the muscles will, for the moment at least, lack endurance and become tired very easily. Furthermore, it is impossible to bring forth your utmost strength.

"A condition akin to all this, but not quite as severe, takes place when you attempt strenuous exertions in the morning before the circulation has been properly stirred up after the comparative sluggishness of the body during sleep.

"Anyone who is regularly accustomed to strenuous lifting late in the day may make an experiment along this line early some Sunday morning, preferably during the winter.

"You have probably seen sprinters, jumpers, and hurdlers warming up before extending themselves. They dance and prance around like a highspirited horse, while the hurdlers going through their paces remind you of so many chorus girls practicing high kicking. You say these athletes are warming up their

muscles, which in a sense is true, but the true physiological reason for such warming-up tactics is that the human body functions better when subjected to great strain or effort if the circulation is properly accelerated. Moreover, it is really dangerous to suddenly force the muscles and subject the heart and blood vessels to great effort without proper preparation or warming up.

"Not only does it place an unnatural strain upon the heart and blood vessels, but the muscles, tendons, and ligaments are not properly prepared and are thus liable to become lacerated. You then suffer a 'pulled tendon,' a 'charlie horse,' a 'torn ligament,' a 'sprained joint,' or a 'strained muscle.' To avoid these distressing minor injuries and be certain of satisfactory results in developing, always be certain to be properly dressed for warmth, and be sure that the blood stream is 'warmed up' for the exertions.

"The fellow who must rely upon increasing the vascularity of his muscles for increased development, must take extra pains to see that the muscles become well filled with blood and that every condition is ideal for free surface circulation; in other words, if sweating is free and easy and the veins show prominently under the skin.

"Rather than to exert himself to the limit on a few repetitions, that is three or four, he should use a moderate weight suiting his individual case and work on a schedule of six up to twelve counts for upper body work and twice as many for the lower body. To get in additional repetitions, it would be best to go through the drill twice for the parts of the body which you wish to develop; that is having exercised the arms, perform other movements and return to the arms later. However, even this principle should not be overdone, and too many repetitions should not be practiced. The ideal number of counts seems to be somewhere around the figures I stated a few moments ago—from five or six up to ten or twelve for the arms and shoulders and twice that number for the legs and back.

"It must be understood that when a certain exercise is repeated the second time, the amount of weight should be so regulated as to

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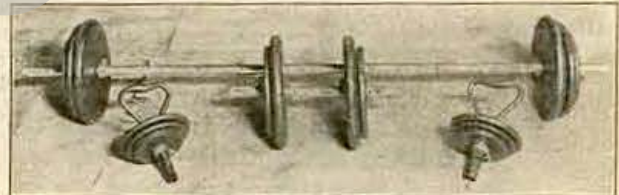
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assure each and every movement being correct."

"Having taken up so much of your time, Mr. Berry, I rather hate to ask any further questions of you. I certainly feel inclined towards putting into practice the suggestions you have made, and see if I can profit by your advice. Still, to revert to the 'before and after' cases we discussed first, you promised to enlighten me regarding some means of photography by which it may have been possible to produce the strange appearance of a complete transformation."

"Oh, yes, but I think you misunderstood me a little on that point. While it is possible to show some difference in appearance by observing certain rules of posing for a photograph, and possibly with the further aid of coloring the skin and retouching the photograph, I was referring to photos showing an actual change in condition within a certain period of time. What I had in mind was this: an individual may undergo a rather lengthy fast, reducing his bodyweight to a considerable extent and bringing on an emaciated appearance. The first photo is taken at the completion of the fast. Then after resuming his normal diet, a noticeable change would certainly show if a second photo was taken a month or so later. Anyone may be excused for being skeptical concerning claims of a remarkable transformation within thirty days. However, when I publish photographs and data concerning a 'before and after' case in connection with an article, you may notice one thing, the improvement took place over a period of several months or a couple of years. Furthermore, you may be certain that I have on hand records of measurements and body weight taken at the time of commencing the period of training as well as at the time of taking the second photos.

"Here is another point on which we can check in connection with any *bona fide* case: it will be found that the prospective pupil wrote stating his physical condition and requesting information as to the possibility of improvement in his case. Further unsolicited letters can be shown in every 'before and after' case I have ever given publicity,

wherein the pupil either showed surprise at his improvement or was altogether overjoyed at the results he obtained from exercising under proper methods.

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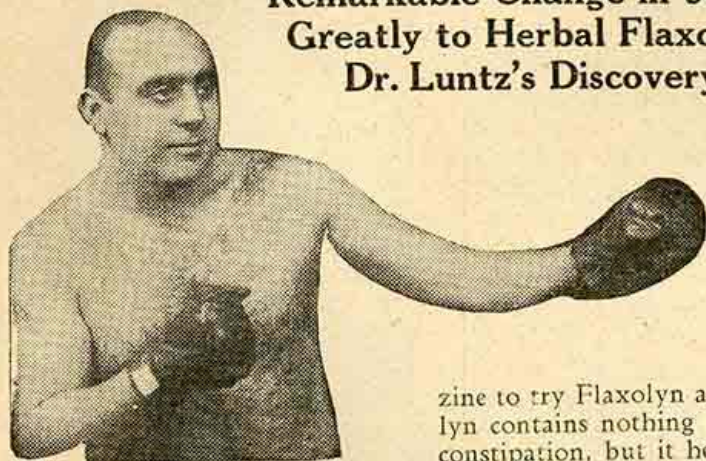
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- Baked Flaxseed—Relaxes congestion and acts as an astringent.
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Dr. Luntz will try to help you with your diet and health problems WITHOUT CHARGE. Write questions plainly. Mention "Strength."

RUPTURED

**Athletes -- Runners -- Ball Players --
Swimmers -- Men and Women in
Every Walk of Life Praise the Brooks
Automatic Air Cushion Appliance**

HERE'S comforting news for every man, woman and child afflicted with rupture and its ever attendant dangers. What you read here is not theory or the wild, untried notion of some novice, but facts based upon years of daily study—a life-time of experience in making to individual measurements over 3,000,000 appliances for rupture sufferers. Thousands of these in search of relief came to our home offices here and abroad to personally investigate our claims—were fitted and were made happy, ending years of failure, fear and suffering. Many of these were timid—skeptics who doubted our ability to supply comfortable, good fitting appliances that would hold a rupture securely in place and assist nature in healing while worn.

**Sent On Approval
Wear One Ten Days—Then Decide
Three Million Appliances Purchased in This Way**

We wish every doubtful sufferer seeking relief had the time and money to pay us a personal visit. For seeing is believing. Yet hundreds of thousands living in distant cities and foreign lands have been equally well served and benefited, and we have never had the pleasure of seeing or talking to them in person. They were supplied Brooks appliances by measurements sent to us by letter. Their heartfelt thanks pour into us with nearly every visit of the postman. If you could only come to Marshall and go through drawer upon drawer, file upon file, and filled to capacity with letters telling of men, women and children benefited, you would witness the greatest possible proof of what the Brooks Appliance has done for suffering humanity. Think of it—3,000,000 appliances made. One million more than enough to supply the entire American forces that took part in the World War! If you are one of the six or seven million people in America today suffering from rupture and seeking relief, why not do as thousands upon thousands have done whom we have already benefited—investigate!

The Brooks Appliance Company is one of the oldest and largest manufacturers of made to measure rupture appliances in the world. For thirty years it has been located right here in Marshall, Mich. It is not a fly by night concern, but has been known for years to high public officials, physicians and prominent citizens of Michigan and of this city as an international institution of service with which anyone, no matter who he be, or where he lives, may do business with utmost confidence of fair dealing. We invite investigation through any bank, credit agency or responsible investigator. Every appliance made and delivered by us is sent with the privilege of testing it by actual trial. Wear it ten days—**THEN DECIDE.** If it does not make you more comfortable, give you greater freedom of

movement at work or at play, make you happier than any truss or appliance you have ever seen or worn, then you needn't keep it. Just pack up and return the appliance to us, and the small cost will be refunded to you in full without question. No one need risk a penny dealing with the Brooks Appliance Co. Our 10-day, trial offer means just what it says.

What the Brooks Appliance Is and How It Works

Do not confuse the Brooks with any other type of rupture device. There is but one Brooks appliance and it is patented—a soft, light, washable, sanitary, come-apart, rupture-holding device that employs no gouging springs or hard, unyielding pads. The retainer—the part which holds the rupture—is an automatic air cushion which can be removed, cleaned and replaced at will. As simple as can be—nothing complicated about it. Patents have been issued by thirteen foreign countries and by the U. S. (U. S. Patents No. 1,551,364 and 1,618,318—the latter covering the improved pad casing feature). The Brooks automatic air cushion is a remarkable improvement over the old-style truss—holds the rupture firmly but gently in place in every position of the body—draws the weakened tissues together in a way that promotes nature's healing process. Nature cannot



All men cannot be like the superb physical specimen pictured above, but the hope of comfort, happiness and a life of active, useful service has been realized by thousands of rupture sufferers who have aided nature's willingness to heal by assisting with Brooks' made-to-measure appliances.

properly heal a rupture (a broken or weakened abdominal wall) and do it unassisted any more than it can perfectly knit a wound or the broken bones in a leg without mechanical aid. The Brooks Appliance holds back the rupture in a way that does not cut off circulation of blood which is the carrier of repair materials for the injured tissues. That is why so many thousands of cases have reported success with this appliance. It holds the rupture and aids nature in healing at the same time.

In our Free Rupture Book we explain all the different types of rupture that have been benefited by the Brooks Appliance. The thing to do is to send for this book and read it from cover to cover. Get all the facts. Be fair to yourself. Use the coupon below. Learn how the comfort that millions now enjoy can be yours. We treat all correspondence or requests in strict confidence. Write today and the book together with complete information will be sent free and postpaid in a plain, sealed envelope.



Brooks Appliance Co., 133F State Street, Marshall, Mich.

without cost to me, or obligation on my part to buy, please send me your Rupture Book, in plain sealed envelope, also full information about your Appliance for rupture, and 10-Day Trial Offer. (Either print your name or write with pencil.)

Name
Address
City State

State whether for man, woman or child

Why Good Dancers Are Popular

Good dancers are good mixers. They create a favorable impression—have ease of manner, a pleasing assurance that wins. No wonder people find them interesting—seek their company!

By **ARTHUR MURRAY**
World-Famous Dancing Authority

GOOD dancers are always popular—always sure of a good time wherever they go! And dancing is great fun—wonderful exercise. It takes your mind off your worries and cares. Keeps you happy and healthy—always on your toes and full of pep. Develops self-confidence—gives you poise—helps you overcome timidity and awkwardness. It enables you to make friends easily—to be well-liked—and often opens the doors to important business and social contacts.

And it's so easy now to be a good dancer, able to do all the newest, smartest steps! It's so easy now to get some real fun out of life—to be a good mixer—to be popular, sought after, admired!

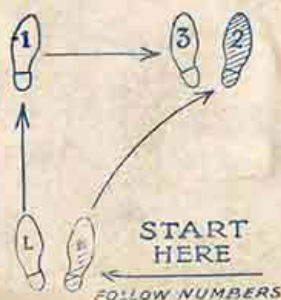
Amazing New Method

For I have developed a remarkable new method of teaching dancing by mail which is so simple that *you can learn any of the latest steps in one evening*—right at home in the privacy of your own room, without music or partner!

It makes no difference if you've never been on a dance floor in your life—my new method makes learning to dance *just as easy as taking one step after another!*

If You Can Do This Step

Arthur Murray will make you a finished dancer in ten days



With my amazingly simple lessons you start right at the beginning and go through the entire field of social dancing. Nothing is omitted—nothing taken for granted. You learn to master every step from the simple waltz to the newest, smartest steps and all their variations.

Learn at Home Without Music or Partner

The best feature of my easy lessons is that you study them in the comfort of your own home whenever you find time. No one



Posed by Jean Arthur, Famous Film Star, and Arthur Murray

to watch and embarrass you. No expensive private teacher to pay. You need no partner and no music—just the lessons. Yet, almost before you realize it, you will be able to step on the floor with the best dancers of your set—and with as much ease and assurance as if you had been dancing for years!

Regular \$5.00 Course
NOW ONLY \$1.98

I have already taught over 400,000 men and women how to dance through this amazingly simple method. Thousands of folks everywhere who used to stay home and miss all the fun are now having the time of their lives. They make friends easily—they're welcome and popular wherever they go.

And I'm so positive that you, too, can become a good dancer and get your full share of fun and popularity through my new, easy method that I'm willing to send you my *regular \$5.00 course for only \$1.98!*

5 Days FREE Trial

Just mail the coupon below, and the regular \$5.00 course will be sent you immediately. When it arrives, pay the postman only \$1.98, plus few cents delivery charges. Then use it for five days—study it—practice the steps. See for yourself how easy it is to become a finished dancer sought after, popular—the Arthur Murray way.

Remember—if you're not absolutely delighted with results, simply return the course within the five days FREE trial period, and *your money will be promptly refunded.*

That's a fair offer, isn't it? *You can't lose!* Don't wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 967, 7 East 43rd St., New York.

ARTHUR MURRAY, Studio 967
7 East 43rd Street, New York

To prove that I can learn to dance at home, you may send me your famous \$5.00 course for only \$1.98, plus few cents postage. I understand that if not delighted I may return the course within 5 days and my money will be refunded.

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Address _____
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NOTE: If apt to be out when postman calls, send \$2.00 with coupon and save C. O. D. postage.