

What Will Cure Disease. *P. L. CLARK*
B.S., M.D.

Health *and* Life

JUNE 1922

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WHY DRUGS CANNOT CURE DISEASE

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

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

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

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



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

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

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

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

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

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

Case of Hay Fever and Asthma

October 25, 1921.

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

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

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

Ethel Shattuck,
DeKalb, Illinois.

Excerpts from Miss Shattuck's Daily Reports.

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

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

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

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

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

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

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

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

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

Write today for specific information desired.

THE HEALTH SCHOOL

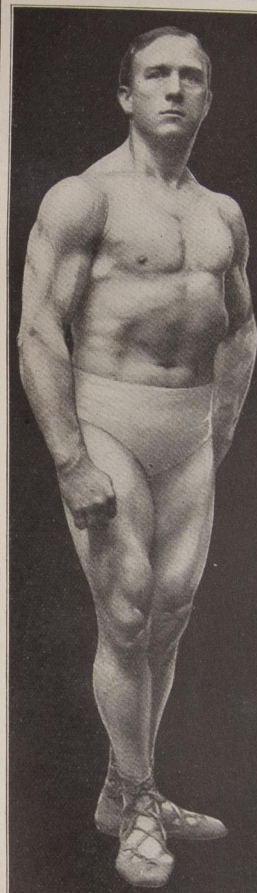
P. L. Clark, B.S., M.D., Ph. Sa., Director

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Dept. 881

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Newark, New Jersey

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Or are you satisfied to drift along half dead—half alive—always getting on the nerves of those with whom you associate—overlooking half of the beautiful things around you—ashamed to acknowledge that you are a miserable failure—a physical and mental wreck? Then you are indeed only 50% man—a man to be looked down on—despised—discarded.

But perhaps you don't know that you can be restored—that your flagging powers can be revived—that you can "come back." To you I say—cheer up and confide in me. I will show you how you can measure up to 100% manhood and make your life worth while.

Don't Be a Chronic Weakening

You haven't been well for a long time. You have been dragging along half sick—miserable—complaining—always a little under the weather. You have been wasting your time and money with drugs, dope and materials opposed to natural law and common sense. You are not better—you are worse and are headed straight for hopelessness, unless invalidism. You must stop NOW—look the facts squarely in the face and decide what your future is to be. It is up to you whether you will drag along as you are—a physical weakening—or if you will banish your ailments and be a healthy, worthwhile, vigorous man—a real 100% man.

Restore Your Pep and Power

When you admit that you have physical defects, you have taken the first step towards the accomplishment of real manhood; but you must not stop there. You must see to it that you are completely instructed and directed by one who can give you the vigor you desire. You must go to a man who practices what he preaches. I am that man, as thousands of my pupils have voluntarily testified. I built up my own body. These are the same principles I want to apply to you. I don't care what has caused your present unfitness—I don't care how often other methods have failed, you will find my methods entirely different and resultful. I will rebuild and restore you. I will give you the power, vitality and personality that every real man must have. I will make a real man of you—a 100% man. I will accomplish this in Nature's own way, no drugs or dope. Simple, sensible instructions scientifically applied without the use of fads or fancy methods or expensive apparatus. I guarantee that I will accomplish all I undertake with

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This Science which I constructed from twenty-five years' experience as a physical and health specialist will not interfere with your occupation. No matter what your surroundings or condition are, you can successfully apply these principles in the privacy of your own home and rid yourself of such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Poor Memory, etc., and the results of neglecting your body. Strongfortism will give you renewed confidence, vitality, ambition and success, and fit you for the joys of life.

Send for my Free Book

The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy."

It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It will show you how to be true to the best that is within you. It is absolutely free. Just check the subjects on the free consultation coupon on which you want special confidential information and send to me with a 10c piece to help pay postage, etc. It is a man-builder—a success maker and a life-saver. Send for my free book **Right Now—TODAY.**

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Mr. Lionel Strongfort, Dept. 881, Newark, N. J. Please send me your book "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, without obligation.

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| ..Flat Chest | ..Poor Circulation | ..Female Disorders |
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Tom Shaw, New York Police Instructor Tells How To Manhandle Roughnecks

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Tom Shaw will teach you how to handle roughnecks, big or small. No muscular strength needed—the bigger they are the harder they fall. Your sweetheart, wife or mother is always safe with you. If a big, husky roughneck says a word — with a finger grip you can paralyze him. You can even handle armed highwaymen

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Gentlemen:—Please send me the first two books of your nine-book course in "Secrets of Defense and Attack." It is agreed that I return the books in three days if not satisfied or send you the special introductory price of \$5.00 and you will send me the balance of the lessons.

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NERVOUSNESS

Are You Master of Your Nerves or Are Your Nerves Master of You?

By PAUL von BOECKMANN

NERVOUSNESS—We hear about it everywhere. A doctor tells his patients, "It's your nerves." Sensitive and high-strung women complain of their "nerves." We see evidences of "nerves" everywhere—in the streets, in the cars, in the theaters, in your business, and especially in your own home—in your own family.

Nervousness is not a disease; it is a condition. A doctor may pronounce you as sound as a dollar organically and yet you may be on the verge of a nervous collapse. What does it all mean? What is meant by nervousness? BRIEFLY: NERVOUSNESS IS A SYMPTOM OF NERVE EXHAUSTION.

The Nervous System generates a mysterious energy termed "Nerve Force." It is the power that controls every organ, every muscle and even the Mind. If you over-tax or abuse your Nerves through worry, fear, grief, shock, or disease, your flow of Nerve Force becomes feeble, and we then have neurasthenia, which means NERVE EXHAUSTION.

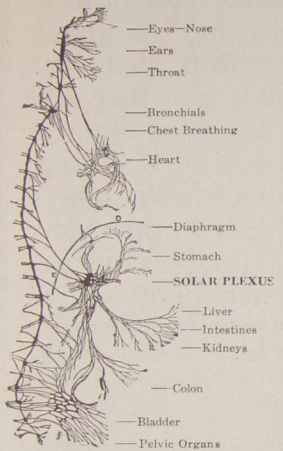


Diagram showing the location of the Solar Plexus, known as the "abdominal brain," the great center of the Sympathetic (Internal) Nervous System. Mental strains, especially grief, fear, worry and anxiety paralyze the Solar Plexus, which in turn causes poor blood circulation, shallow breathing, indigestion, constipation, etc. This in turn clogs the blood with poisons that weaken and irritate the nerves. Thus Mental strain starts a circle of evils that cause endless misery, aches, pains, illness, weakness and generally lower mental and physical efficiency.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows:

FIRST STAGE: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

SECOND STAGE: Nervousness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; backache; headache; neuritis; rheumatism, and other pains.

THIRD STAGE: Serious mental disturbances; fear; undue worry; melancholia; turbances; organic disturbances; suicidal tendencies; and, in extreme cases, insanity.

If your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force, for Nerve Force means your Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—Manliness and Womanliness. No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force has ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.

And, on the other hand, WITHOUT Nerve Force no person of either sex in any walk of life has ever reached the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abundant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerves. And to be a WINNER, even in a small way, demands, first of all—NERVE FORCE.

This, of course, applies to women as well as men.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 90,000). My instruction is given by mail only. No drugs or drastic treatment of any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective.

I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—efficiency. Physicians recommend the book to their patients—Health, Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body for the first time.

Read the book at my risk, that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"I have gained 12 pounds since reading your book and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calmness of nerves has cleared my brain. Before I was half dizzy all the time."



Paul von Boeckmann

Author of Nerve Force and scores of other books on Health, Psychology, Breathing, Hygiene and kindred subjects. Over a million of his various books have been sold during the last 25 years.

He is the scientist who explained the nature of the mysterious Psycho-physic Force involved in the Coudon-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of "Physical Culture Magazine."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

The Prevention of Colds

Of the various books, pamphlets and treatises which I have written on the subject of health and efficiency, none has attracted more favorable comment than my sixteen-page booklet entitled, "The Prevention of Colds."

There is no human being absolutely immune to Colds. However, people who breathe correctly and deeply are not easily susceptible to Colds. This is clearly explained in my book NERVE FORCE. Other important factors, nevertheless, play an important part in the prevention of Colds—factors that concern the matter of ventilation, clothing, humidity, temperature, etc. These factors are fully discussed in the booklet Prevention of Colds.

No ailment is of greater danger than an "ordinary cold," as it may lead to Influenza, Grippe, Pneumonia or Tuberculosis. More deaths resulted during the recent "Flu" epidemic than were killed during the entire war, over 6,000,000 people dying in India alone.

A copy of the booklet, Prevention of Colds, will be sent FREE upon receipt of 25c with the book, "Nerve Force." You will agree that this alone is worth many times the price asked for both books.

PAUL von BOECKMANN, 110 W. 40th St., Studio 530, New York, N. Y.

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Health and Life

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

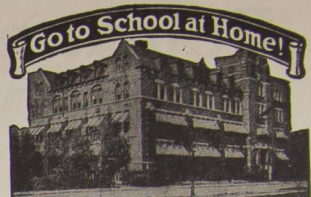
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CONTENTS

The Human Body as a Means of Expression (Frontispiece) ..	7
Play Your Way to Health By Dr. Frank Adams	8
What Will Cure Disease By P. L. Clark, B. S., M. D., Ph. Sa	9
Amateur Athletics in America By Richard Bonner	10
The Psychology of Personality By Bernard Bernard	11
Do We Want Birth Control? No, by the Reverend Father F. Siedenburg, S. J.	12
Yes, by Annie G. Porritt	13
Gaining Strength at Home By George O. Pritchard	14
How To Be a Baseball Star By Dr. A. H. Sharp	15
What Youth Must Know By the Editor	16
Free Pose and Development Competitions	17
My Health Maxims By Harold Lloyd	17
Editorial	20
Latitudes. By Warrington Dawson	21
Radio Department	24
Her Great Enemy. (Serial Story). By Nobel Symkin	28
How to Safeguard the Heart By Thomas Inch (World's Ex-Champion Weightlifter) ..	32
The Correction of Disease	38
Medical Liberty League Banquet	38

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Name Address

Pelmanism Awakes the Giant Within You

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

By George Creel

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

It is this unrealized self that sometimes awakes at a critical point in your life, and makes you outdo yourself. Sometimes when you were at the point of despair it has made you grit your teeth and go in and win. And often after the victory is won your every-day self wonders and says, "How strange, I didn't think I had it in me." But you do have it in you. All men and women who can read or write have the giant of reserve-power within them. But very few discover how to scientifically train this master, bigger, inner self—and use it to their own advantage.

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

Pelmanism Discovers and Trains for Action

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

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

Increases Income

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

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

India and Australia, that in 1919 I brought Pelmanism to America.

America's Answer

Pelmanism, brought to America by Americans, for Americans, captured the imagination of men and women in every walk of life. As in England its followers included Statesmen, Generals, Authors,



Lords, Ladies, down to the humblest laborer who wished to better himself, so in America all classes, from statesmen, captains of industry, executives, jurists, down to street cleaners, are training themselves in Pelmanism. Pelmanists like General Sir Robert Baden-Powell and Sir Rider Haggard, are matched by Judge Ben Lindsey and other leaders in America. For all big men—all ambitious men, realized that Pelmanism was what America needed—in political, industrial and farm life.

All Trades and Professions

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

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

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

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

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

Drive—Don't Drift

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

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

How to Become a Pelmanist

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

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

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

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

Volume I.

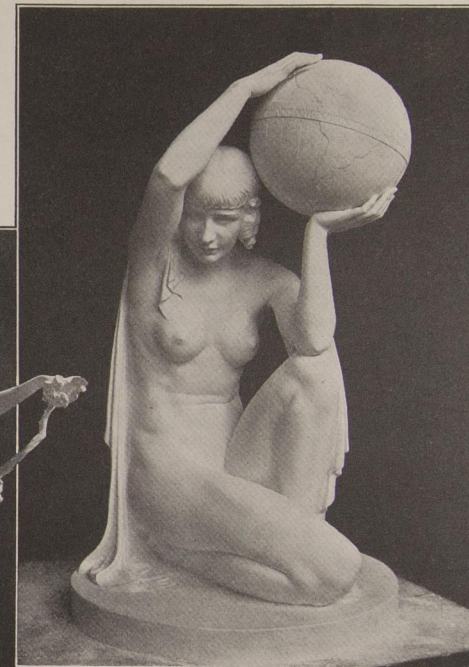
JUNE, 1922.

Number 1

THE VINE
Below



ECSTASY
Below



PHOTOS BY M. E. HEWITT STUDIO

THE GLOBE SUNDIAL
Above

The Human Body as a Means of Expression

These beautiful works in bronze by Harriet W. Frishmuth are exquisite examples of the poetry of the human body.

Miss Frishmuth is one of America's best known sculptors. She is a great artist because she has taken Nature as her standard. The works pictured here were especially posed for by Desha, the renowned dancer. The sculptor has gripped the fact that form

and gesture in harmony are far more efficient in the interpretation of her ideal than would be the grotesque and malformed artificiality characteristic of the work of many a so-called "modern" artist.

We all have bodies which express just what we are. We can all possess well-proportioned, clean and healthy bodies which will give us personality and will radiate our own joy of life.

Play Your Way To Health.

By Dr. Frank Adams.

A public-school teacher of long experience said to me the other day, "The American people have forgotten how to play. This is true even of the children. They must be amused and entertained. If play is engaged in, it must be led and supervised."

There was nothing novel in the remark; but the earnest, impatient, almost rebellious manner of the speaker impressed me deeply.

Is it a true indictment? And, if so, how long has it been true?

My memory ran back to the days of my own childhood, not more than a generation ago. Did we know how to play then?

We did! When any number, from two to twenty, of us husky youngsters got together, there was something doing every minute. We were off at the drop of the hat.

No older person had to suggest. And as for supervision, we never felt hampered by the lack of it.

Perhaps our play lacked some of the rhythm and refinement of modern playground activities, but it was always direct, vigorous and healthful. We ran, we jumped, we wrestled, we climbed, we played tag and fox-and-geese and hunter-and-hounds.

Pagentry we had never heard of; but we played Indian, and often acted on the stories we had read in our school histories.

* * * * *

That was play in the best sense, for it met every condition of right recreation.

Do children play like that nowadays?

No child of my acquaintance does.

Who knows why? Have we really forgotten how to play?

For one thing, we have made our children lazy by doing too much for them. When they are little we give them mechanical toys of expensive make; and when they grow a little older their ideal of a good time is an entertaining movie!

But can you wonder? How many grown men "play" by sitting on the bleachers and watching nine or eleven husky youths throw, bat or kick a ball?

It's mental relaxation, you say. It's just the opposite, if you are a real "fan."

Physical relaxation and exercise, you retort. Not a bit of it.

We are losing the quality and power of initiative, that which we once developed in such adventures as climbing the old windmill tower. "Let George do it", has become our playground slogan, too.

* * * * *

Now folks who are wide-awake and sensible do not need to be told how to do things. They only need to be convinced that things ought to be done.

How shall we restore the spirit and habit of original, whole-hearted, healthful play?

Health depends upon proper relaxation. Relaxation means change and variety. Change and variety, plus interest, spell P-L-A-Y.

Play your way to health!

But be sure that it is play.

What Will Cure Disease.

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

[Dr. P. L. Clark graduated from medical school thirty-five years ago. He was fortunate enough to study at one of the prominent eclectic medical schools—of which his father was president, by the way—and consequently he was brought up with a heritage of free thinking in the realm of medicine. He has now entirely dispensed with the old fashioned methods and superstitions of the orthodox medical profession, and has declared himself definitely a Sanatologist—a health scientist. He has inaugurated "The World's First University of Sanatology", with the object of training reliable authorities to teach Sanatology, the science of health. We are intensely interested in this movement because we hope it will establish a science of healing by teaching the laws of Nature, and will, therefore, have a distinct influence in eradicating from mankind all morbid conditions of body and mind.—Editor.]

There died recently in Chicago the six-year-old daughter of a very rich man.

The newspapers reported that ten physicians were in attendance (and four, five or six nurses). No wonder the child died!

I do not know, of course, what was the matter with the child, other than what I read in the newspapers: that it had septic sorethroat and peritonitis. Peritonitis is an inflammation of the peritoneum, which lines the abdominal cavity and is folded back and forth on the intestines and is a very delicate, almost transparent membrane.

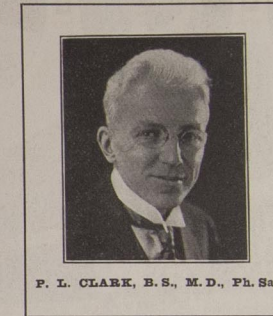
What could give the child peritonitis from septic sorethroat?

If I gave a death certificate and wrote in septic sorethroat as the cause of death, the Health Department would ask me why I hadn't reported a case of diphtheria. Because in septic sorethroat there must be pus formed, and where there is pus on a sore tonsil you will always be able to find the germs of diphtheria.

Germs Change Form in Accordance With Their Environment.

Rosenow, at Mayo's Clinic, has proved that staphylococcus pus germ may be changed to a streptococcus different pus germ, and then to a pneumococcus (supposed cause of pneumonia), if given the proper media in which to grow. So a staphylococcus may be changed into a streptococcus and in turn into the diphtheritic germ, provided the streptococci are on the tonsils instead of in the lung; because germs take on a form in accordance with their environment. Of course, the vitality of the child, or person affected, must have been so lowered by past improper living that resistance is broken down and the body is pouring out fetid, nasty mucus which makes the soil in which diphtheria germs, or any other germs, according to the location of the discharge, may thrive and multiply.

Well, this was a rich man's daughter and something had to be done. So the Health Department rushed out and found something wrong with the dairy. I don't believe there is a dairy product that comes into Chicago but that some-



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

thing could be found wrong with it. Then the announcement was made that the child's death probably was caused by this infected milk, possibly from this dairy.

Shifters of Responsibility.

Now, of course, the Health Department threw the onus of the death on the attending physician, because, if inspected milk had been fed this child, it would not have caused death—owing to the wonderful (!) inspection by the medical profession of certified milk!

But the family doctor in his own defense came back with the assurance that it couldn't have been the milk because all the milk fed the child was boiled.

The point in this whole case that interests me, and should interest you who read this, is: why, in the name of common sense, was the child fed milk or anything else?

If she had been a dog or a cat she would have refused to eat, and would have crawled away where they couldn't get at her with ten doctors and six nurses. Then she would likely have gotten well.

They followed the great Dr. Osler's treatment, probably, which is to sustain the patient by feeding her milk, beer broth, ice cream, albumin water, barley water, and soup.

In Fever Food is Poison.

When a child has fever, or a grown person has fever, food will not di-

gest. It is an absolute poison. It will simply ferment or putrefy.

If such food ferments and putrefies there are twenty odd feet of intestine thru which this fermenting and putrefying mass must pass, generating gases and poisons, enough of which are absorbed in the passage thoroughly to poison the child, inhibiting nervous action so that the disease cannot be thrown off.

If the nervous system is inhibited by large doses of depressing, poisonous, noxious drugs, the nerves cannot act efficiently. Consequently no organ of the body acts efficiently unless it receives the effective impulse to action from a normal nerve center.

Absorption from a stomach and intestines full of fermenting and putrefying food has just as bad an effect on inhibiting the action of the nervous system as morphine or any other noxious drug.

The Armour child was made worse, and continued to grow worse, in spite of ten doctors and six nurses, from the absorption of virulent nitrogenous poisons from the stomach and intestines.

How to Cultivate Germs.

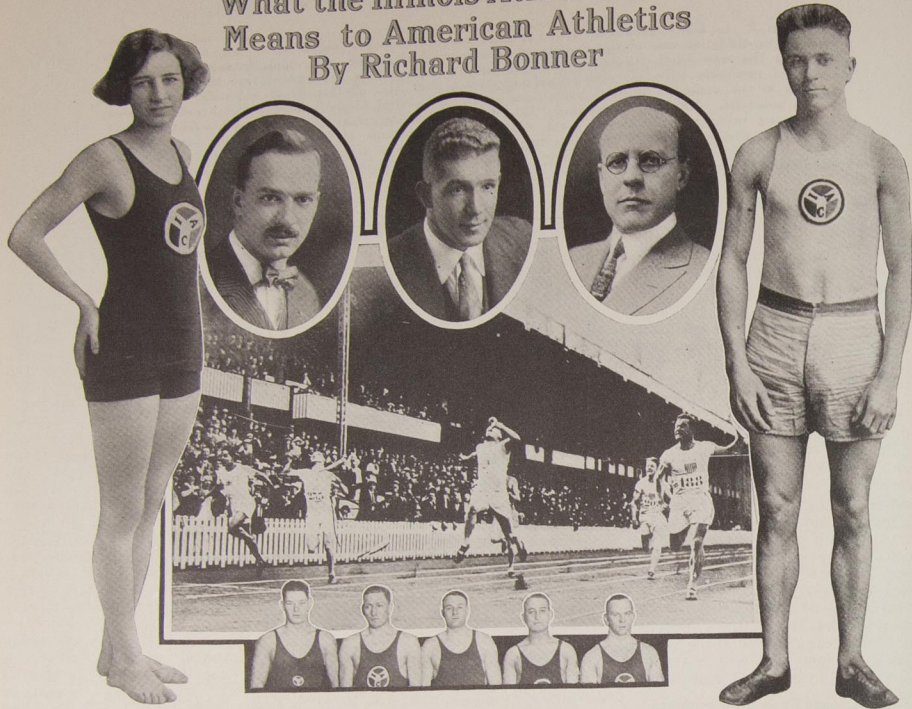
Think a moment. In the laboratory, if we want to raise a culture of nice fat germs we use a beef broth, milk, and all of Dr. Osler's life sustainers.

Suppose a child is given a drink of milk when it has diphtheria. The milk passes by and washes off some of the germs from the membrane or from the tonsils and these germs are carried with the milk into the stomach, with the result that fermentation and putrefaction sets in, and the diphtheritic germs start to multiply rapidly. Then, in addition to the poisons produced by fermenting, putrefying food, there is added the virulent poison resulting from the metabolic changes in the germs themselves. In a few hours, the food so taken, instead of *nourishing and holding up the strength of the little sufferer, has become a great mass of seething diphtheritic corruption which must be passed thru the bowl, and the poison generated by the germs is more or less absorbed and added to the food poison.* If this baby

(Continued on page 34)

Amateur Athletics in America

What the Illinois Athletic Club Means to American Athletics
By Richard Bonner



The centre picture is the finish of the Olympic Games 100 metres dash, with Charles Paddock winning. Four of the flags to be seen are the Stars and Stripes, the other is the Union Jack. On the left is Sybil Bauer, Illinois A. C., holder of the world's swimming records for women for 50 yds., 100 yds., 150 yds., 200 yds., and 250 yds. backstroke. On the right stands Jole Ray, one of the greatest mile and middle distance runners the world has ever known. He was made a champion at the Illinois A. C. Along the bottom is the world's fastest swimming team, that of the Illinois A. C. The left inset is Chas. A. Dean, Chairman of the Athletic Commission, Illinois A. C., Ex-President National A. A. U. and Central A. A. U. He is about the best informed authority on athletics in America. The centre inset is John Behr, the athletic director of the Illinois A. C., guide and helper of all athletic members. The right inset is Jos. E. Hitt, President of the Illinois A. C.

IF you want to see the reason for America's supremacy in international athletics, you have only to look to the great athletic clubs which have become a big part of our social institutions.

Just take a glance at the picture above, which shows Charles W. Paddock winning the 100 metres dash at the Antwerp Olympic Games. You will notice that 4 out of 5 flags to be detected are the Stars and Stripes. This shows that it is not only that we have athletes of genius, which stand out like stars from their fellows, but that the general standard of athletic ability is high in our country.

This is a most desirable state of affairs. It proves that an athletic champion need not be looked upon as a phenomenon, but that any youth properly trained in the athletic sphere for which he is best adapted

can get exceedingly near the record performances.

It is our great clubs that give facilities for the training of athletes that will bring us world beaters. Such a club as the Illinois Athletic Club will give us indications as to what will be done by the American Olympic team at Paris in 1924.

There is a splendid club spirit among the members of the Illinois A. C. which is responsible for a good deal of the success which has attended the club. Athletic members are cared for and encouraged, and are spared no pains to fix them up with the training they need.

The great Olympic Games championships constitute the world's greatest athletic festival. Personally, I believe that this international gathering does more in a practical way for the health and prosperity of the world than a dozen Genoa or Wash-

ington conferences could do. The moulding of virile manhood and robust womanhood by indulgence in competitive exercises, is going to make every country better off. All the wealth that commerce can bring is of poor quality while the citizens of a country are weedy and sick. Athletics make for reconstruction in its best sense, and it is most fitting, after the recent terrible European war, that a healthy rivalry should take place for the world's athletic supremacy.

Jole Ray, Johnny Weismuller, Sybil Bauer, Val Vosen, Norman Ross, Chas. Mellor, J. N. Weiss, and others of the Illinois A. C. who, I predict, are going to bring home world honors from Paris in 1924, are our great national assets. They serve to inspire the manhood and womanhood of every country with a desire for healthy exercise and recreation.

The Psychology of Personality

By Bernard Bernard.

[You will find this a really useful article in helping sonality and success. Every one of us has the ability, business, art, science—or athletics, for that matter, particular life of activity, a determined application of success, will give you the desired personality. We by world renowned authorities which will prove of and others who are determined to make a way for

you to understand the psychology of per- potentially, to be something distinctive in Finding this natural bent towards some the general laws of psychology governing are gathering several articles of this nature absorbing interest to students of psychology themselves in the world.—Editor.]

EVERY individual human being possesses potential abilities which will surely bring him success in some particular sphere of activity. Faulty education, in neglecting the development of these individual characteristics, is responsible for the general level of mediocrity which exists today. With our present knowledge of the science of psychology—especially analysis—it should be possible to subject each child to an examination which would detect the leanings of the child, so that its gifts may be developed.

Are You Fitted for Your Occupation?

It is quite a safe thing to say that the majority of people are not engaged in the occupation for which they are best fitted. Practical psychologists have done a good deal in this respect to assist both business men and others in the selection of the right qualities for specific kinds of work. But there is a wider application of the science than this.

The other day I entered a certain school for the training of teachers, and discovered a girl who is a genius in dancing and the art of physical expression. This girl, I also found, is exceedingly poor at her theoretical work, and the chances are that she will not graduate. To all intents and purposes she is a failure. She is considered useless because she will be unable to pass her class examinations. The truth of the matter is that, if she *does* pass her examinations, she will positively be a failure, for then she will take up teaching, and always remain at the bottom of her profession. If, however, she does not pass her examinations, there is a chance that she may be trained still further in aesthetic dancing, and so, if she recognizes her genius and develops it, she will one day be the equal of, even if not superior to, Anna Pavlova, Maud Allen, or Isadore Duncan.

She is but one example of what may be the loss of great artistic ability. Would it not be a good thing to set up government boards of inspectors in psychology, with the power to pick out genius in this way and provide necessary training? As conditions are now, a would-be brilliant painter often becomes a mediocre business man, a potential world-

master musician, a poor lawyer, a possible equal of Shakespeare, a blundering accountant. These things could be altered wholesale, and would make life worth living for these people who, through being out of their element, find things very irksome.

Find Out Your Potentialities.

But it is possible for each of us to give ourselves this psycho-analytical examination, and find out our peculiar bent, and then let determination win through for us. Each one of us has the potential ability to do

something better than anybody else, and it is necessary to recognize this as early as possible. Just give yourself a thorough overhauling psychologically, and see if there is not some one thing to which you would like to give the whole of your life and energy.

Having discovered this, learn and practice the principles of successful development. Realize first of all that you *have* the ability, even if potential, to do one thing better than anybody else in the world. Hold your head up among your fellows and recognize yourself as their equal, whatever may

be their standing in the social or professional scale. Cultivate health and a strong body. Keep your blood stream pure. Only in a body which is nourish-

J. D. ROCKEFELLER.

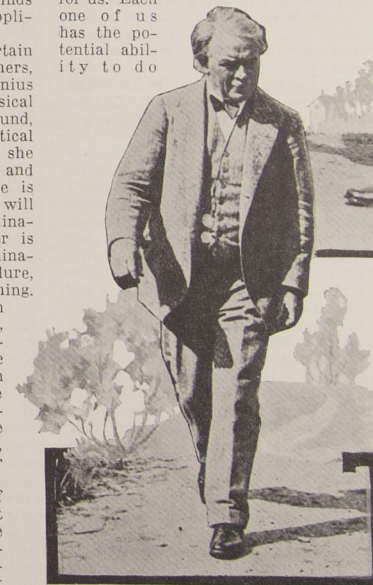
The wealthiest man in the world, started his career as a clerk in a forwarding and commission house, and soon found his inevitable occupation in the financial world. He also found that health could only be obtained and retained by physical activity.

ed by clean, fresh blood can the nervous system function efficiently. It is through the nervous system that you will accomplish all your work. If the grey matter of your brain is fed on stagnant, toxic, dirty blood, you will be handicapping yourself out of the race.

The Secret of Personality.

This is the secret of personality. A mind that first dominates the possessor, and then spreads itself

(Continued on page 38)



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LLOYD GEORGE.

He was once an unsuccessful lawyer, but discovered his abilities in political oratory, and by grit and determination made himself Prime Minister of England. He knows the value of a good walk along the countryside.



THE FRUITS OF WAR.

By E. A. Beausseau. Exhibited in the Paris Palais des Beaux-Arts.

THERE was a time, and that not so long ago, when the subject of birth control would have been publicly discussed only in a medical clinic or within the pages of a scientific treatise, but today, this discussion is flaunted in the press, on the stage and in the popular novel, and even our children are burdened with its problems in the ubiquitous "movie". As a consequence, the subject is calmly discussed on the street and in the club and in the open forum of the family circle. More than this, it has ceased to be merely an academic question, but has become a practice more universal than is generally known.

An Innocent Name for a Guilty Action.

Birth control is an innocent name for a guilty thing, for although the control of birth is possible with a high motive and laudable purpose, as in the case of mutual continence, the advocates of birth control want it to stand for the limitation and prevention of births by artificial and unnatural means. This practice President Roosevelt once properly denounced as race suicide.

As everybody knows, the Christian Church condemns this vice, and reason clearly proves its immorality because it deliberately *perverts a human faculty* and thus this perversion is immoral for the same fundamental reason that lying and the solitary vice are immoral. No one would care to revive the revolting gluttony of the ancient Romans, who, after a banquet, deliberately disgorged their food in order to continue eating and drinking. In the case of birth control the use of contraceptives wantonly frustrates the essential functions of the procreative faculty. In defense, the birth-controller will urge social utility or personal welfare and reject the laws of

Do We Want Birth Control?

NO! Father Siedenburg

[The question as to whether Birth Control should be generally adopted or not is such an important one that we have decided to put before you the arguments of two of the foremost thinkers on the subject.]

The Reverend Father Frederick Siedenburg, S. J., Dean of Loyola University School of Sociology in Chicago, graduated in 1893. He entered the Jesuit order and completed his higher studies at St. Louis University. He has made an intensive study of social conditions in Europe, and has, since 1911, engaged in social and educational work in the United States. He is a member and officer of many national organizations, and is Secretary of the Department of Social Action of the

nature as a criterion of morality, but he cannot reject the arguments founded on the consequences of his practices.

Catchwords Which Are a Delusion.—"Fewer children better born"—"quality not quantity" are the catchwords of birth restriction, and, like many catchwords, are a delusion, because in most cases the superior intellectual and material opportunities of the small family are more than neutralized by the egotism and overindulgence that characterize the children of the "two child system" and with truth has it been said that an "only child" is to be pitied. Principle, character, fellow service and sacrifice are words seldom found in the lexicon of the birth-controller, and yet they are the elements that make for racial and national greatness as well as for personal worthiness.

The advocates of birth limitation will contend that, after all has been said, the social and economic argument is final and paramount, that today the world over, incomes are inadequate to support large families according to the accepted standards of living and that the use of preventives is the only solution. Moreover, we are told that children not only make heavy demands on the family purse, but also on the mental and physical resources of the parents and these can be conserved for a "fuller and nobler self-expression" when the children are limited to a few. This is not merely the wisdom but the practice of the educated and the well-to-do classes, who, not content with their own extirpation, offer in a "spirit of altruism" to bring their message of superior culture to the masses, especially to the underpaid workmen who, alas, too often have large families.

Economic Problem is Faulty Distribution of Wealth.

Instead of the obvious solution of a better distribution of wealth and opportunities, better wages and working conditions, more co-operation and less profiteering, the laborer is told to curtail his own flesh and blood by unnatural means and to barter his self-respect for a

few creature comforts. To pamper his body he should sell his soul.

It is hard to understand this yearning for the poor on the part of the disciples of Mrs. Sanger unless we actually believe that all economic and social ills will instantly disappear through the "open sesame" of birth control. The arguments of economic necessity and social standards are for the most part subterfuges, and the true reasons are pleasures and personal comforts. Even Dr. Channing W. Barrett, Professor of the University of Illinois, who favors an impossible "limited control", says: "I find only one parent out of ten seeking freedom from child birth, offers a legitimate excuse. Some offer the excuse that they cannot support a child because they keep a motor car. One young matron said a child would interfere with her bridge parties and many arbitrarily do not want children until later in life."

Great Men and Women Who Have Come from Large Families.

To say that birth control is imperatively lest the "physically unfit and socially unworthy" offspring of the masses wreck the world and make it a universal madhouse of defectives, delinquents, etc., is to say what cannot be proved by reason or from experience. Theoretically and practically, the large family is a nursery for the building of character and a training school for citizenship. The greatest men and women of history have generally come from large families and often from the humblest ranks of the people; off hand we recall Dante, Shakespeare, Loyola, Beethoven, Pliux X. St. Catherine of Sienna, the greatest woman of her century, was the twenty-sixth child and Caruso was the nineteenth! As a matter of fact the practice of birth control is thinning the ranks of the so-called "best people", who have not even the pseudo-economic excuse of the poor and who are the logical victims of their own perverse philosophy. We are told that 12 per cent of the present generation are producing 50 per cent of the next generation, and that this 12 per cent is far from

(Continued on page 34)

Do We Want Birth Control?

YES! Annie G. Porritt

National Catholic Welfare Council. Here is presented one of the most brilliant reasonings against Birth Control that we have read.

Annie G. Porritt has been one of the hardest workers with Margaret Sanger for Birth Control. She has had an enormous amount of experience in social and educational work in Europe and America. Her appeal for spreading knowledge of Birth Control methods is made from the national health and economic point of view. Her article is most sincere and interesting, and you will enjoy reading it.

We shall also be delighted to know what you think about the question, and shall have the leading authorities on the subject writing special articles for us from month to month.—Editor.]

THERE are many aspects of the birth control movement. To some people it is primarily a feminist movement—a movement for the liberation of women from the servitude of involuntary motherhood. To others it appeals from the economic point of view—as a movement for the elimination of poverty and the rescue of the submerged worker, overwhelmed by a family beyond his power of support. To others again it appeals as a means of keeping nations within their bounds and ending the constant threat to the peace of the world which comes from overpopulation and the need of expansion. To those who love little children it appeals from the personal point of view. It would end the heartache over the sufferings of the unwanted, unfit and superfluous children who come into the world only to suffer and die.

Birth Control a National Health Movement.

It is because it is such a many-sided movement that it is difficult to concentrate attention on one single aspect of it, or to decide which aspect is of the most importance. Notwithstanding this difficulty, it is safe to affirm that nothing would commend birth control to the public more generally than proof that it is essentially a movement for national health. Public attention has been aroused to the danger to the nation from the widespread physical unfitness of its men and women, and of recent years many and vigorous efforts have been made for better health for the children.

At first these health efforts began only after the child was in school. There was medical inspection of school children, attention to their eyes and teeth and care for physical defects and deformities. But it was soon found that these efforts came too late—that many defects had established themselves too firmly to be easily corrected. Nurseries, baby clinics and home visiting followed, and as the defects were traced to earlier and earlier causes, there was also established pre-natal maternity clinics and much care was given to instruction of the expectant mother.

In spite of all these efforts—perhaps in some degree because of them—the multiplication of the unfit has not been checked. Our country homes and our city streets are still swarming with children, many of whom ought never to have been born. The feeble minded are notoriously increasing at a more rapid rate than the intellectual, and a brief survey is sufficient to show that we are not coping effectually with our health problems.

The Full Meaning of Birth Control.

It is not claimed that birth control can deal with all these cases of unfitness. Birth control is not merely a checking of the size of families or a reduction of the number of children. Birth control is essentially what its name implies—a movement to put into the hands of the parents, and especially of the mothers—the power to control and regulate their families, to have only the children they wish to have, and to bear these children at such intervals of time as they think wise.

The mothers of the nation may be roughly divided into two classes—the mothers who are capable of guiding and controlling their own lives, and the mothers who are too weak mentally to be responsible agents. With this latter class the birth control movement has nothing directly to do. Indirectly it has much to do with them, for the establishment of responsibility for parenthood would make a new public opinion about children, and it would be easy, with the aid of this public opinion, to secure proper protection for these feeble-minded girls, to guard them from parenthood, and either by segregation or sterilization to prevent the feeble minded—either men or women—from reproducing their kind.

The Right to Create Children.

It is not, however, the advocates of birth control, but the eugenists who are directly concerned with this problem of the feeble minded—a problem which will present few difficulties when the principle has been established and it has become generally accepted that parenthood means responsibility, that neither



THE EMBRACE.

By M. Begune. Exhibited in the Paris Salon.

man nor woman has a right to create children, unless these children have a fair chance to be well born, well provided for, well educated, and well started in life, as compared with their parents.

It is the first great class of mothers, the class comprising the vast majority of the women in the world, to whom the appeal of birth control is being made. This class may be again roughly divided into the women of intelligence and education who have secured birth control information and who restrict their families; and the much larger class of women who, while not necessarily unintelligent are ignorant and uneducated.

Birth Control Information Withheld from Those Who Most Need It.

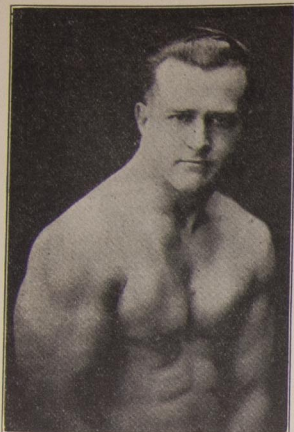
From this latter class birth control information is withheld. It is withheld by the medical profession, often it is not given in the hospitals and dispensaries where the poor secure so much of the medical attention that they need. It is not given by the visiting nurse—partly because it is illegal for nurses in many states to give such information, and partly because it has been no part of the training of the nurse to learn about the prevention of conception.

The great majority of these mothers—however ignorant they may be of many things that are taught in the schools—are keenly intelligent concerning the needs of their own families. There are no mothers who do not know how hard it is on the older children when babies follow each other too rapidly. There cannot be a mother so ignorant as to prefer to be done to death herself through the bearing of children who should never have been conceived. So keenly do many of the "ignorant" mothers perceive the wrong that will be done to

(Continued on page 30)

Gaining Strength at Home.

By George O. Pritchard.



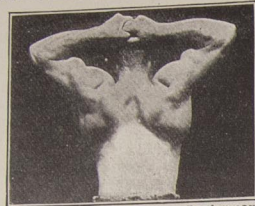
The latest photo of Earl E. Liederman, America's great director of Physical Culture.

SOME warm day, stand and watch the crowd of people on a busy thoroughfare. They shuffle along with heads bowed down and shoulders drooping as though they could barely drag their tired feet after them. Suddenly some youth will come bounding along and fairly leap through the crowd. His head is thrown back and his chest out as though he defied anyone or anything to stop him. Note the flash of his eye and the spring to his step. He is fairly bubbling over with life and vitality. Follow him to his office or his home and you will find him always the same. No matter how much work you give him, he will fight his way through it and come out with all the vim and pep he had when he started. You just can't take it out of him. It's in his blood. His admirers say: "He is an athlete; he was born that way." But was he?

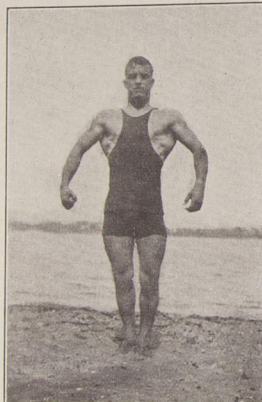
Strong Men and Women Are Made, Not Born.

Most of our strong men and women of today were born with a handicap. They were given weak, frail bodies to start with and it was only because they realized their pitiful condition that they decided they just had to do something to overcome it. Such was the case with our ex-President Theodore Roosevelt and numerous others who realized their mental ability would be in vain if they did not look after their physical well being. What good is a well developed brain with a weak heart which cannot feed it with rich, life-giving blood, and how can a heart be expected to pump rich blood if we walk around with our flat chests cramping our lungs and preventing them from taking in enough oxygen to feed a canary? No, sir, strong men are not born. They are made. And they must make

[You are going to enjoy reading this inspiring article by Mr. Pritchard. He tells us how we can all become strong and full of life and energy, no matter under what bad conditions our youth has been passed. He refers to that great physical culturist, Earle Liederman, the romance of his wonderful triumph over weakness and his development of physical perfection. If all the youth of the world could read this article and act up to its message, we should have a whole magnificent race of Liedermans in a generation.—Editor.]



This is Arthur Hyson, a Liederman pupil, who emulating the example of his master, is now a professional director.



William Lawrence, of New York, showing his body after completing a course in Physical Development under the direction of Earle E. Liederman.

themselves. No one can paste a few more inches of muscle on your arms or chest. You have to get out and work and grow it on yourself.

"I've tried all that," said one fellow. "I joined a gymnasium and worked for two years, but didn't seem to improve one bit." He's right. I have seen any number of men go to a gym one or two nights a week and work till they were exhausted, but still they showed little or no sign of improvement. They might

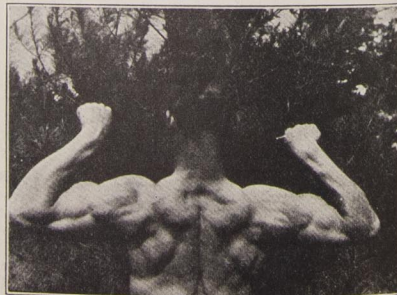
just as well have eaten two good heavy meals a week until they had a stomach ache and then starved themselves the balance of the week.

The man with a well nourished body is the one who finds out just what his selection of food should be and then eats it at regular hours each day. The man who hopes to build up a fine, robust body is the man who will find out just what exercise he needs and then take it systematically every day.

A Fine Example.

One of the finest examples of this system in America is Earle E. Liederman, who is now devoting his life to the preaching of these truths. At the age of fifteen, Liederman was so thin and frail his parents seriously feared that he would never reach manhood. His schoolmates called him "Skinny" and ridiculed his unsightly appearance. Today he is regarded as one of the perfectly built men of America, and he is granted to be the most able instructor on how to acquire perfect physical development. Mr. Liederman first made a study of the human anatomy and the results obtained from various forms of exercise. His plan was to build up those inner muscles at the same time he was putting on an outer structure. He had seen too many apparent giants of strength who had all the appearance of a robust physique, but were unable to put it to the actual test because of the

(Continued on page 27)



Every man has these muscles. If your's are not apparent it is because you have neglected them. Here is Wm. Stone, a Liederman pupil. It took only ten weeks' training to bring about this remarkable result.

How To Be a Baseball Star.

By Dr. A. H. Sharpe.

(Of Cornell University Athletic Association.)

[It would be difficult to find a better man to explain the best methods of sliding in than Dr. A. H. Sharpe, of Cornell University. If you want to be a baseball star, study this article well, and it will repay you. It is exceedingly interesting to note that Dr. Sharpe talks of baseball as an exercise, and recognizes also that the successful player is the one who keeps fit.—Editor.]

NOW that the good baseball weather is here and boys all over the U. S. are using up every available lot playing the best kind of a game possible under the circumstances, it is interesting to note what Galen, a famous physician, wrote about the value of ball-play as early as the 2nd century. "The best of all exercises," he says in his treatise on ball-play, "are those which combine bodily exertion with mental recreation, such as hunting and ball-play. But ball-play has this advantage over hunting in that its cheapness puts it within the reach of the very poorest, while even the busiest man can find time for it. Moreover, it can be practiced with any degree of violence or moderation, at all times and in all conditions. It exercises every part of the body, legs, hands and eyesight alike, and at the same time gives pleasure to the mind."

Although the above remarks were made over 1,700 years ago they are just as applicable to our game of baseball today as they were to the Grecian game in the last part of the 2nd century.

One can enjoy the game better if one can avoid a sore arm, or having one's ankle sprained or broken. These accidents seem to occur among even professional ball players, so it is not surprising that many younger players are afflicted with them. With the older players this is due to carelessness, but with the younger ones it is ignorance which is to blame. This article is for the latter class of players.

Developing a Good Baseball Physique.

To get your arm in condition take work that forces you to support the weight of your body by your arms alone, preferably in the "hanging" position. This work will develop the same muscles used in throwing.

The shoulder and elbow are the two spots that "get sore" and if one learns to throw with a "follow through" motion that will take most of the strain off these two points and lessen the soreness.

Generally the thick arm and shoulder types are less troubled with sore arms than the lean and wiry, although there are always exceptions. When it comes to sliding practice don't try to fool the coach by attempting something you do not know how to do. I have seen boys break their legs trying that and there is no reason why anybody should break his leg in simply sliding to a base.

How to Avoid "Strawberries".

To avoid sore spots or "strawberries" wear good sliding pads or protection of some kind over the hip bone.

There are three ways to slide,—head first, feet first, and the "fade-away" to either side.

The only danger in the "head first"

most dangerous, as, when it is not correctly done, the "spikes" catch in the ground and the ankle is sprained or broken.

When you want to make a stone "skip" on the water you bend down low and throw it parallel with the surface. When you slide "feet first"

(Continued on page 33)



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HOW WALLY SCHANG SLIDES IN

Wally Schang is seen here raising the dust as he is sliding in safely on third in a great game in the world's series at New York. The baseman is Frank Frisch, and the coach, with his hands upraised in triumph, is Babe Ruth.

slide is using it when you ought not to, and jamming your hands and head into another player's feet. In using this slide get as low to the ground as you can without "slowing up" and then shoot along the ground so as to hit it with as little jar as possible. Your forearms and chest hit first, and as you reach the bag you scramble to your feet ready to go on to the next, if occasion demands. On this slide you can go direct to the bag or to either side and then reach for it.

The "feet first" slide is the



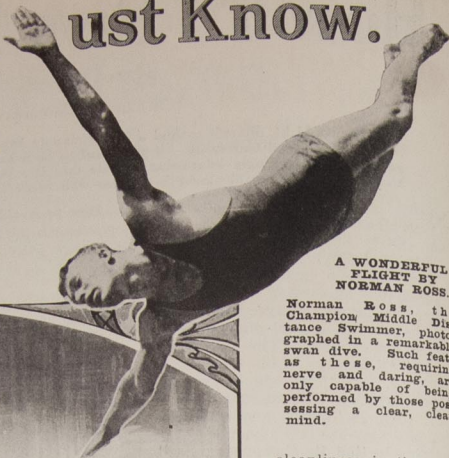
BASEBALL'S KINGPINS.

Bennie Kauf and Ty Cobb are two of the greatest stars of baseball. Ty Cobb is one of the world's champion sliders in, and Dr. Sharpe, of Cornell University, tells in this article how it is done.

What Youth Must Know.

By the Editor.

[It is essential that every youth is given the knowledge of his own body. Not until there is efficient sex teaching shall we prevent the tragedies of loose sex conduct. There is nothing indecent or immoral in sex itself, it is abuse which may make it a human being's greatest curse. The most beautiful story in the world is that of the reproduction of life. If it is understood and taught as such, and our youth warned of the dangers with which they are sure to come into contact, vice and misery will disappear, and be replaced by a love of cleanliness, health, and strength.—Editor.]



A WONDERFUL FLIGHT BY NORMAN ROSS.

Norman Ross, the Champion Middle Distance Swimmer, photographed in a remarkable swan dive. Such feats as these, requiring nerve and daring, are only capable of being performed by those possessing a clear, clean mind.



Copyright—Underwood.

THESE BOYS ARE ON THE RIGHT ROAD.

Members of the scout troops of St. Paul, Minnesota, who are training to be healthy and capable citizens. There is no prudishness or nasty thinking about these boys; the love of cold water swimming is about the safest sign that all is well.

THERE is one thing that HEALTH AND LIFE is going to stand for, come what may; that is for the cleanliness of humanity. It will fight all that is morbid and filthy. Realizing that ignorance of the vital facts of life and its perpetuation is mainly the root cause of the many sex tragedies which surround us, it will spare no pains to expound in an honest and straightforward manner information on sex physiology.

An Appeal to Boys and Young Men.

I want in this particular article to appeal chiefly to boys and young men. I want to raise a caution against the pitfalls and trials with which you will be faced in your battle through life. Everything you are going to be depends upon your conduct now. You are passing through a stage in your development which will determine your success or failure. You are having, or you will have, very enticing temptations thrust before you. If you succumb to them you are lost. If you triumph over them you are almost sure to achieve a high ambition.

There are, alas, thousands of young men and youths who have fallen to

the terrible vice of uncleanness. It is inevitable that many fall, for they are not warned of the dangers that will confront them. I have received letters from many of them in my time and it is the same cry always: "If only I had been told." I am writing this so that you shall not have to make this cry. I want you to know that the temptations are bound to come to you. You are sure to meet the fiend who will talk indecently and immodestly of the most sacred of human functions. Unless you are strong and shut him up, and allow your own sense of decency and the best side of your nature to dominate your actions, you, too, will become one of the great army of the mediocre.

Why Some Men Are Failures.

About 10 per cent of the men in the world achieve their ambition. Those are the ones who in early life avoided the pitfalls of which I am warning you. You want to be a success, and you want to prove to the world your value, and you will only do it by maintaining cleanliness in thought, word and deed.

One of the greatest factors against

cleanliness in the past has been the wrong attitude towards sex matters. These were looked upon as indecent and far too delicate to mention openly. This is a false and pernicious view. It is a terrible thing that the most beautiful of all stories—that of the reproduction of new life—should have become associated with vulgarity and filth.

The Beauty of Nature's Reproduction.

The spring is the great annual renaissance of Nature. The birds and the flowers are love making and reproducing their beauty. This phenomenon fills the heart of the true child of Nature with joy and appreciation. Can there be anything which is wicked or bad in such a condition? The vice associated with sex comes not from its use in the perpetuation of human life, but in its abuse; in its indulgence for individual pleasure. As it is associated with the most beautiful and sacred things in the world, so does it become the greatest curse where it is made an instrument of lust.

What to Expect When Maturity is Reached.

When you reach maturity the sex forces within you begin to develop. That is the time you need self-control, and when you require to know all that is going on in your own body. You must fight like a demon—no, like a hero—to keep mastery over yourself, and not give way. Never mind what anybody else tells you about the matter, it is not only possible to keep clean and pure, but it is the only way you can develop into full manhood.

(Continued on page 36)

"Heath and Life" Pose and Development Competition.

Competition for Best Photographic Pose and Development.

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

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

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

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

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

Impromptu poses and snaps during action will be highly considered.

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

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

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

HEALTH AND LIFE POSE AND DEVELOPMENT COMPETITION.

TO THE EDITOR OF HEALTH & LIFE, 330 W. Monroe Street, Chicago.

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

Name

Address

.....

Measurement Form.

Neck.....

Waist..... Chest (normal).....

Upper Arm..... Hip.....

Wrist..... Forearm.....

Calf..... Thigh.....

Height..... Ankle.....

Weight..... Age.....

My Maxims For Good Health.

By Harold Lloyd.

Mr. Harold Lloyd has proved himself to be possibly the greatest film comedian of our time. All his friends and admirers will be interested to know what are his maxims for good health, and HEALTH AND LIFE took the trouble to find out. This is what he writes:

- (1) Plenty of sleep and little to eat.
- (2) W o r r y makes only grey hairs and shortened life.
- (3) Lots of play keeps one young.
- (4) Twenty minutes calisthenics a day keeps the doctor away.
- (5) Smile and you have the surest cure for all ailments.
- (6) Alcohol preserves the hootleggers but not the stomach.

We shall all do well to make these our maxims for the month; and every time we see the great comedian on the screen think of his maxims.

A laugh is undoubtedly the finest tonic in the world. It has a psychological effect for good health.



Copyright—Underwood.

Harold Lloyd, the great film comedian, and his principle lady, having a joy ride. "Smile and you have the surest cure for all ailments," says Mr. Lloyd. He takes his own medicine all right, and, he certainly administers it most lavishly to others. This picture is unique in that we miss his eyeglasses.

Are You YOU. By C. Franklin Leavitt, M.D., price \$1, Health and Life Publishing Co.

Dr. Leavitt has written an excellent and helpful book in "Are You YOU." It will prove a real help to those who are in the grip of the fear thought. Dr. Leavitt proves himself to be balanced on the subject of mental and physical correlation; and every paragraph of his writing contains a richness in common sense and practical utility to those who would know themselves as they are and would have themselves as they wish to be.

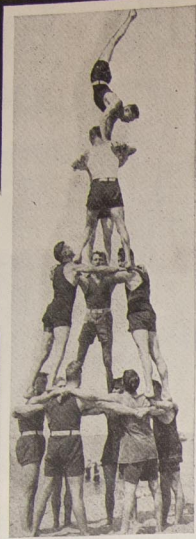
THE FOUR STAGES OF A GYM-NASTIC TEACHER.

- FIRST STAGE—"I."
 - SECOND STAGE—"I and Ling," or "I and Jahn."
 - THIRD STAGE—"Ling and I," or "Jahn and I."
 - FOURTH STAGE—"Ling," or "Jahn."
- G. L. MELIO.

A DEFINITION OF MEMORY.

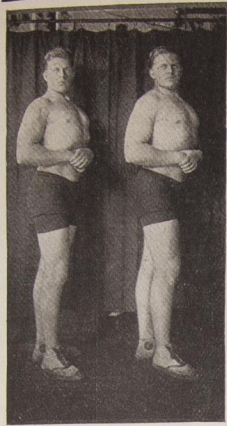
TEACHER: What is memory?
HER SMARTEST PUPIL: It's the thing you forget with.

Ethelda Bleibtrey and Charlotte Boyle, the World's Greatest Lady Swimmers.



Gymnasts at Play on Wilson Beach, Chicago.

The Strongest Twins in the World, Thomas and Walter Shipton. They challenge any other twins for the title.



Arthur F. Gay, the famous American Trainer. He is open Weightlifter and to challenges.



The World's Greatest Hurdler.



Frank F. Loomis, Jr., demonstrating how to do it.

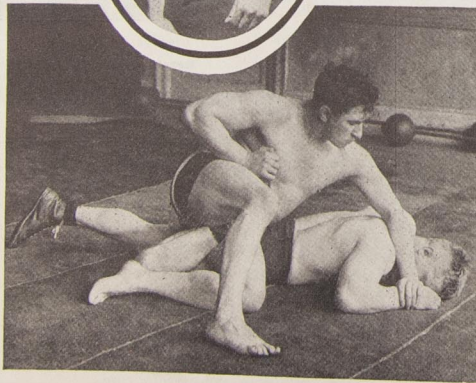
Copyright Underwood.



The Strongest Woman in World. She walks along supporting five people in her show in the Sells-Floto Circus.



Dr. C. B. Severn, the famous S. African Naturopath.



Wladek Zbyszko and Renato Gardini, the Italian Champion, having a practice tussle in private.

Copyright—Keystone.

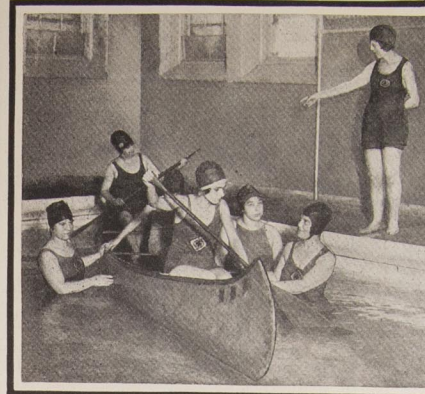


Dixie At the Little Theatre, New York.



Ange At the Little Theatre, New York.

Y. W. C. A. girls having some fun learning to paddle their own canoe. They belong to the Kensington Branch, Philadelphia.



A wonderful swallow dive made at the championships at Coronado, California.

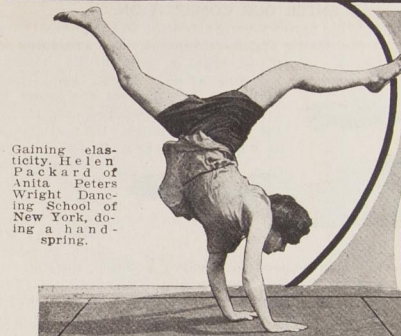


Fun in the fresh air.



V. Porolla, of Sweden, Shot Putting Champion of the World. Winner of the Olympic Games, Antwerp.

Copyright—Underwood.



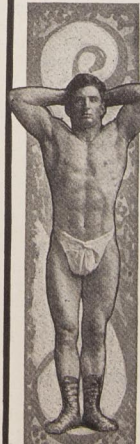
Gaining elasticity, Helen Packard of Anita Peters Wright Dancing School of New York, doing a hand-spring.

Filling their lungs with fresh air.



Alfred Daniels, Chest Expander Champion of the World.

and their lives with health and enjoyment.



Walter Klee, of Rochester.



Clifford Spencer

Health and Life

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

EDITORIAL

WE GREET YOU, FRIENDS.

Well, friends, here we are with our first issue, and we sincerely hope you will like it. All Nature gives birth to new and beautiful life at this time of the year, and we hope our advent will harmonize with Nature's own general striving for health and development of the best in life.

We know that there is need for a message that will bring joy and health with it; therefore we make no excuses or apologies for our existence. We shall at all times strive to express what we believe is the sane and healthy way of life. We believe in construction. We believe that by building up sound bodies, minds, and morals, we shall help to bring about more happiness in the world, and play a part in the great evolution of the human race upward and onward.

"HEALTH AND LIFE" IS YOUR MAGAZINE.

We want you to feel that HEALTH AND LIFE is your magazine. We do not want you to look on it as one of the ordinary publications which finds its way to the dust pan when read. We are going to make each issue one which you can put away in your library and treasure for the rest of your days. No trouble on our part will be spared to keep our pages bright and cheerful, and every item reliable. You can say to yourself that if you see it in HEALTH AND LIFE it is so, for the best authorities on their subjects are going to talk to you each month.

ALL OUR PAGES WILL BE KEPT CLEAN.

We are not running purely as a commercial proposition. We have our message which we believe to be of the most urgent importance. We believe that men and women are looking to brighter and better things, and we have confidence that our philosophy is the one they need. We shall not, therefore, under any circumstances accept advertisements of a doubtful nature. You must help us by pointing out to us any transgression in this respect. We shall stand by our advertisers and guarantee their wares personally, in order to ensure that advertising as well as literary matter is absolutely white and clean.

SAVE THIS MAGAZINE OR GIVE IT AWAY.

If you like this copy of HEALTH AND LIFE please do not throw it away. Either keep it as a work of reference, or give it away to somebody else who will value it. We want to spread our cause as rapidly as possible, and we can only do so by your co-operation. We want you to

feel a personal interest in the work we are doing, so that there will be no strangeness existing between us.

If at any time you have suggestions to make which you consider will improve the magazine, then by all means let us have them along. Do not forget, however, that our space is limited, and that of a very wide range of subjects only a certain number can appear each month. Our prime mission is to preach health and the joy of life, and we shall never, we hope, forget this central theme. But all forms of sport and athletics will be dealt with by their champions—so your favourite one will come along sooner or later.

WE ARE GOING TO FIGHT DISEASE.

Although we believe in constructive methods we also realize that there is a breaking down process necessary. Simultaneously with our expositions of the true way to live we shall occasionally be compelled to fight hard—very hard—against many conventional errors. We shall fight unceasingly against uncleanness and all forms of gluttony. We intend to face openly and honestly the great problems of life knowing that only by so doing can we eradicate them from our midst. If we meet them face to face we shall conquer them, if we hide them in the darkness of ignorance they will grow still more powerful than they are, until they finally rot away the best in human civilization.

ENTER OUR COMPETITION.

We should like to draw your attention to the competition on page 17 for posing and development. We are going to prove what a wonderfully beautiful and artistic thing the human body can be, and we are going to give encouragement and inspiration for its development. Your attention is especially drawn to the babies' competition.

The right time to start physical education is from the cradle,

and we expect to receive a huge number of entries for this section of the competition. The greatest treasure in the world is a healthy baby, and it will be a great honour for any child to know when he grows up that he was the healthiest and best developed baby of his day.

HOW TEN DOCTORS ALLOWED A CHILD TO DIE.

Just recently the whole of the United States has been seriously concerned about the death of the little daughter of P. D. Armour. It was reported that there were ten of the most renowned medical doctors looking on helpless at the child's condition. Since the climax of the tragedy, the authorities have been making investigations into the causes, and, still mystified by their orthodox medical superstitions, they have been looking for germs in milk.

If there were deadly germs in the milk she drank, why did not all the other children who fed on it die? It seems to us that the milk possibly *did* kill the Armour child. It is a physiological impossibility to digest

food while the temperature of the body is above normal. If those doctors fed the little victim while she had a fever then they, by their ignorance, are responsible for her death.

OBSESSION BY ORTHODOX SUPERSTITIONS.

We are not concerned very much in particular with the Armour child. There are thousands of similar tragedies which happen every day. We want people to know and understand simple facts of physiology and health so that the general wanton waste of human life shall stop. While orthodox health students are concentrating

A CHARMING "HEALTH AND LIFE" MISSIONARY.

Melissa Bryant, the aesthetic dancer of the American College of Physical Education, is so filled with the joy of health and life that she is giving some of her spare time to spreading the news of our cause.



the whole of their attention on germs and drugs and toxins and antitoxins they will never discover the real cause of all illness. The bodies of children and adults which are kept clean inside and outside, whose blood circulation is kept active and pure by fresh air, sunshine, exercise and proper feeding, can never be ill. Friends, let us shout our gospel from the housetops, and make life bright and healthy for all men and women, and give our little children an opportunity of having a good time, free from pain and unhappiness.

PIONEERS OF A HEALTHY CIVILIZATION.

You will all be intensely interested to learn of Dr. P. L. Clark's definite step from conventional medical methods to the establishment of the new science of Sanatology. The work he has done in curing asthma, arthritis deformans, cancer, epilepsy, juvenile diabetes, and many other morbid conditions has absolutely astounded us. He simply brings Nature to his aid, and by stimulating the organs of elimination to their fullest capacity, gets rid of all the body poisons which are responsible for the ill-health of the patient.

His work, and that of such men as Earle Liederman, Lionel Strongfort, Thomas Inch, Dr. C. Severn, Alfred Danks, Dr. Leavitt, and other exponents of physical education and right living, is that which will drive away all disease, weakness and ugliness from civilization and substitute health, strength, beauty, and development.

DEVELOPING WELL-SHAPED WOMEN.

Women in the past have been the victims of the druggist and the fashion maker, and are only just beginning to realize that Nature alone can give them the beauty it is their right to have. All the women whose photographs you see in this magazine—and you will agree that they are very charming—are products of Nature's own beauty culture. Fresh air, exercise and right living will ensure good health, which is the foundation of beauty in woman.

A good figure is developed by right exercise. There is no patent drug fat reducer or flesh producer which can alter the figure without doing injury to health. The body can, however, be educated to its correct development. Obesity signifies the storage of poisons, and it is not necessary to starve in order to reduce. All that is required is the right exercise and food combination, and participation in the activities of life that bring joy and happiness. Thinness also is not due to an insufficient quantity of food reaching the stomach. It is simply the result of weak powers of assimilation and bad condition of the organs, and may, therefore, be put right by strengthening the whole body and stimulating healthy circulation.



Latitudes. By Warrington Dawson.

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

I. ON LATITUDE.

In these little studies, my purpose will be to talk plainly on subjects whose depth is perhaps of less moment to us than their breadth. For whether or not we care to delve down to the root of philosophies, we must use their fruits if we want to rise above the average in our energies and abilities.

All we need for this is the gift of life, with as much health as we have or can cultivate.

Whatever is true of health applies to life, the two cannot exist apart since each serves as a creative force for the other. Where health ceases, death begins; and where life ceases, corruption replaces health.

What is true of them both can also be said of their common product, thought; and thoughts which spring from any other origin than health and life are condemned to death, so only foolish persons waste time on them.

If we want our muscles to be sound and useful, we allow them space to expand in and we exert our will to make them expand, otherwise they become stiff and cramped.

If we want our thoughts to grow keen and effective, we let them enjoy a degree of latitude, regardless of the conventions which would sink them to stodginess or frivolity.

I hope that my latitude in these talks won't lead me too often to the verge of platitude.

But if it does? A platitude is only an essential law of life or of thought which we know and don't apply, and whose repetition we resent in direct proportion to our neglect of it.

Can YOU do



THE illustrations appearing on this page are but a few of the many photographs appearing in my booklet "MUSCULAR DEVELOPMENT." These are all photographs of my pupils showing the development which they have attained by faithfully following my instructions.

Chicago, Ill., Dec. 2, 1921.

My Dear Mr. Liederman,
I received my last lesson this morning and I wish to thank you for the kind, friendly interest you have shown me in the past. I have improved my condition better than I ever anticipated and you will find me always glad and willing to recommend your course to anyone.

Yours truly, Dr. J. G.

Detroit, Mich., Nov. 17, 1921.

My Dear Mr. Liederman,
I received my first lesson and you cannot imagine how pleased I am with the work you outlined for me for the first week. They certainly are real muscle building exercises as you claimed they would be and I know I am going to make rapid progress. I feel stronger and better already.

Your Pupil, E. C.

Philadelphia, Pa.,
Nov. 16, 1921.

Mr. Liederman,
Dear Friend,

Received your final lesson and have completed your course. I thank you very much for the fine training you gave me. You have made a real man of me and have enabled me to defeat many of my friends in strength. I am very much pleased with your course and thank you for all your kind letters and the help you gave me.

Wishing you luck and success in your life's work, I am,
Your friend, A. C.

Cincinnati, Ohio,
Oct. 31, 1921.

My Dear Instructor,
I thought I would write you and let you know how I am getting along.

I have been following your course three weeks now and my arms have gained over an inch. I have also gained three inches on my chest and one-half inch on my neck. Your course is certainly doing wonders for me.

Looking forward with interest to the next lesson, I am

Your faithful pupil, J. F.

Vancouver, B. C.,
Oct. 9th, 1921.

Dear Mr. Liederman,
You asked me to measure myself and I have done so. I am now happy to tell you that I have lost seven inches around my waist since taking your course and the fat around my hips and thighs is nearly all gone. I did not imagine when I enrolled with you that I could accomplish such splendid results. I think now if I lose another 5 or 10 pounds, I will weight what I have always wanted to. . . .

Again accept my thanks,
Yours truly, W. I.

Cleveland, Ohio, Oct. 31, 1921.

My Dear Mr. Liederman,
I received your exercise this morning and it is everything you claim it to be. It surely is the greatest muscle builder to be had, and I am mighty glad I am one of your pupils for I know you are going to make a real athlete of me. Your letters are frank and straight from the shoulder.

I am going to send you a photograph of myself in a few weeks as soon as I have time to get one taken.

Wishing you success, I am
Most sincerely, J. McK.

Earl Liederman, 203 Broadway, New York City.

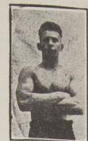
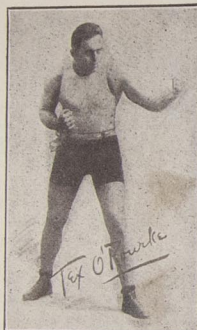
Dear Sir:

November 19, 1919.

I have recently had occasion to thoroughly investigate your splendid course, and I believe that in departing from the old time-worn methods you have worked out a system which is equalled by none.

I have found several of your original exercises to be remarkably effective. There is no reason why anyone following your instructions should not rapidly attain perfect muscular development and abounding health. Accept my congratulations, and my best wishes for well merited success. Very truly yours,
TEX O'ROURKE.

There must be some value to my system of training when such famous men as Tex O'Rourke, who is one of the world's leading authorities on physical culture and who is undoubtedly the foremost trainer of the world's champions, recommend it.



these things?

Lift 200 Pounds or More Overhead With One Arm—Chin Yourself With One Hand—Tear Two Decks of Playing Cards—Bend and Break a Horseshoe—Expand Your Chest to 48 Inches—Flex Your Arm Until It Measures 16½ Inches.

CAN YOU DO ANY OF THEM?

I can, and hundreds of my pupils can

You can do things that others cannot even attempt to do, if you follow my advice. You can feel strong—look strong. Train for strength and development at the same time. Large, well-shaped muscles will set you off and add to your personality. It is personality that brings success.

Anyone can obtain a splendid muscular development—it is simply up to themselves. I have taken hold of hundreds of weaklings and turned them into powerful athletes in a remarkably short time. I have turned hundreds of men and boys of average build into famous strong men. Some of the strongest men of the present day are my pupils. What I have done I am still doing every day, and if YOU—who read this, really desire to become a strong, well-developed man, I will explain how you can be one, in my latest book, "MUSCULAR DEVELOPMENT."

The best time to begin training is between the ages of 15 and 25. A young man is then growing and his muscles respond rapidly to systematic exercise. The man between 30 and 40 should not feel that he is too old, however, for at this age a man should be at his best. If he will pitch in and train systematically and determine to make the most of himself, he can positively develop and become just as strong as YOUTH. The main thing is to do the right thing in the right way and my course has proven itself to be THE CORRECT WAY.

Hundreds of my pupils have tried other methods and failed. Why do they come to me? There must be a reason! They realize that my methods are the quickest and best for obtaining a splendid development.

I begin where others leave off. That is why I am successful. After a few weeks my pupils feel the energy and PEP that only an athlete knows.

No matter how badly you may be suffering from constipation, indigestion, nervousness, or lack of vitality, in a few weeks' time I can make A REAL MAN OF YOU; and cause you to experience the joy of living.

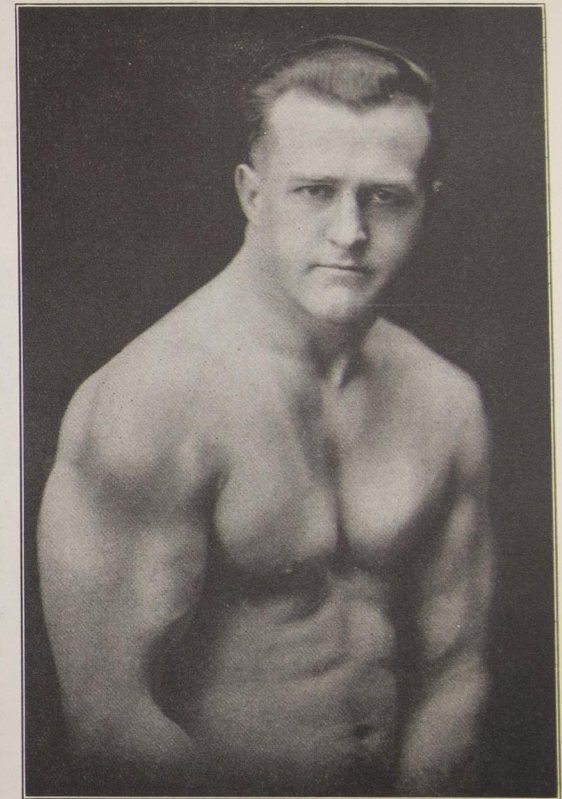
You just have to get strong—that is all there is to it. Going through life with a sickly, weak body will never get you anywhere. The successful man is the man with PEP—PERSONALITY—APPEARANCE—STRENGTH and ENDURANCE. That's the makings of a real American man!

The Eighth Edition of My Book "MUSCULAR DEVELOPMENT"

is just off the press, and I will gladly send a copy to anyone who will tear off the coupon attached and mail to me with 10c (stamps or coin) to help cover cost of postage, wrappings, etc. This book is handsomely illustrated with 26 full page photographs of myself and of some of the well-developed men and boys whom I have trained. Send for your copy today—now—while it is on your mind.

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Dear Sir:—Without any obligation on my part please send me a copy of your book "Muscular Development," for which I enclose 10 cents.

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Chicago.

Health and Life

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

BERNARD BERNARD,
Editor-in-Chief.

Volume I.

JUNE, 1922.

Number 1

Radio Routes To Health.

By Brewster Broeffle

[Health and Life is going to keep you in touch with the very latest developments of Radio. Our articles will, however, differ from any others you will read, because they will deal with the use of the marvellous invention as an aid to make life brighter, happier and healthier.—Editor.]

OF all the extraordinary developments in mechanical technique partly evolved because of pressure by the World War, none have more greatly affected the popular taste, or stimulated imagination of all classes than radio telephony.

To most people in America the broadcasting of music and lectures, news and market reports, which was begun by the Westinghouse Company about December 21st last year, was the first startling news that the science of wireless communication of a vocal and instrumental nature had become a practical every-day affair.

The Rush to Radio.

The news also that inexpensive receiving sets costing as little as \$25 and even less, would enable a person to receive these concerts and other entertainments at home, without any other expense than the cost of the receiver started a tremendous and almost frantic rush to obtain sets, participated in by young and old, radicals and conservatives.

Most persons at all familiar with Radio, or likely to be interested in a series of articles on this subject in its relation to health, know what has happened since.

Eminent inventors in this field, engineers, scientists, philosophers and industrial leaders as well as authorities in the financial world, have

engaged themselves at length on the subject, of the trend and influence of the radio craze, as it has been frequently termed.

a passing fad. It is seen by the educators and statesmen also that its significance as a means of developing and modifying popular thought and action cannot now be fully appraised.

One thing is quite certain, the radio receiving set is bound to work its way into an even larger percentage of homes in some form or other than has the telephone. The fact that a satisfactory set can be manufactured by anyone at all handy with tools at a cost of a few dollars, possibly not over the price of a couple of seats at the theatre, makes it certain that no one need be without means to listen in on the entertainments now beating on the ether from hundreds of broadcasting stations.

Once in the home every member of the household, sick or well, strong or weak, will begin to estimate the value of this wonderful new gift of science.

The Message Bearer of Hope to "Shut Ins".

Somehow it begins to appear that it will be the great message bearer of hope to thousands who have despaired of anything good in this life coming their way.

This may be especially true of the large number of unfortunates commonly spoken of as "shut ins". Already paragraphs are appearing in the news columns of



Seated at ease in your own sitting room, hundreds of miles away from the big cities, Radio will enable you to listen to the best concerts and entertainments. No corner of the earth need be lonely any more.

More Than a Passing Fad.

But it is conceded by some of the more far-sighted authorities that the radio innovation is far more than

(Continued on 26)

How America's Leading Men Safeguard Their Health

Is there anything in the world more pitiful than when a man in middle life is suddenly robbed of his health—unable to support and care for his loved ones—or taken from them by the grim reaper.

By Frank G. Soule



FRANK G. SOULE

HOW many times have you picked up your morning paper and read something like this:

"Mr. John Smith, the well known merchant, was stricken last night in his home with an acute attack of

He died before medical aid could reach him. Mr. Smith's sudden and untimely death will come as a profound shock and tragic surprise to the entire community as he apparently had been in the best of health!"

Mr. Smith's "sudden" and appalling death got into the papers because of his prominence. But for every Mr. Smith there are thousands of men and women stricken, and snatched away in the prime of life, people whose "sudden" deaths are not of enough importance as "news" to be recorded.

And Mr. Smith apparently had been in the best of health! But as a matter of fact his death was not "sudden." Like hundreds of men in your very community are doing today, he had been dying for years without knowing it. Had he taken the same precautions with his precious human machine that America's leading men now take with theirs, he might have been spared for many more years of healthful, vigorous life.

For it is true that always, for months, even years, there are unmistakable indications in every person's system which show definitely and conclusively exactly what is wrong. But the pity of it is that the diseases which cause these "sudden" deaths in the prime of life, diseases that often carry off little children, almost in the twinkling of an eye, are so insidious in their attack that there is no outward symptom of their presence until the victim has passed beyond all hope of recovery. In fact, an alarming feature of these diseases is that the very poisons in the blood which cause such "sudden death" often give a fictitious stimulation which gives the victim all the appearance of good health; rosy cheeks, bright eyes and unusual energy. Yet all the time the body may be slowly but surely breaking down under the vicious influence of these unseen poisons.

Because there are 600,000 deaths in the United States each year from preventable diseases—because there are 3,000,000 people sick all the time, most of them needlessly so—because many of these insidious diseases stimulate a fancied feeling of good health and energy—because there are no outward signs which show that the system is slowly getting to the point where "sudden death" is likely: It is for these reasons that America's big men have demanded some kind of efficient protection against the lightning-like death that strikes everywhere, every-day.

Fortunately there is a way to know when this unseen and unfelt disintegration has started, and there are many simple ways of checking the progress of the diseases and restoring the patient to perfect health. Science can warn you of approaching danger, protect you and your loved ones from these diseases and add, perhaps from ten to twenty years to your normal life span.



WILLIAM WRIGLEY, JR., is one of the hundreds of leading American business men who safeguard themselves against serious illness and "sudden" death.

It is by the use of these scientific measures that America's Leading Men: such men as Wm. Wrigley, Jr., Carl Laemmle, President of the Universal Film Company, George Ade, the Famous

Humorist, Chick Evans, the Golfer, Paul A. Harris, the founder of the Rotary idea, Justice O. N. Carter of the Illinois Supreme Court and thousands of other men at the heads of their professions—brokers, lawyers, judges, doctors, preachers, manufacturers, builders, contractors, publishers, editors and writers—protect themselves against, and have ample warning to ward off the slow disintegration caused by sedentary living, lack of exercise and high pressure brain work. These men—every ninety days—without leaving their offices and without spending more than four minutes each year, obtain the most thorough and complete analysis of their physical condition ever made and receive a detailed report showing exactly what may be wrong. In addition they receive a sheet of helpful

suggestions for correcting the trouble and warding off the disease that might otherwise strike death into their midst, deprive their businesses of their guidance, their friends of their association and their loved ones of their protection.

A few years ago, such a service as this—by virtue of its cost and inconvenience—was out of the reach of most men. Only moneyed men could afford to undergo, at the hands of specialists, an examination which showed the exact condition of their bodies. But now, thanks to the corps of trained Scientists and specialists maintained by the National Bureau of Analysis, this service has been put within the reach of every man and every woman and made available for every child at a cost which is insignificant when compared with the value of human life.

Remember that personal appearance and a feeling of well-being are not always an indication of good health. Instead, the very feeling of good health and energy which you have today may presage a breakdown, possibly a long illness—possibly "sudden" death.

Send for Free Book on Health

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

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Name

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

SESSION 1922-1923.

The Choice of a Profession.

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

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

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

Become a Member of the Noblest Profession.

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

The Impotence of Orthodox Medicine.

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

You Can Become a Real Physician.

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

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

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

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

What Is Sanatology?

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

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

Toxicosis most commonly results from the products of putrefying proteins, and from the faulty elimination of the toxic products of ordinary metabolism.

Sanatology teaches that no morbid condition can attack a body free of acidosis and toxicosis. Sanatology teaches and stresses the point that such progress as has been made in eradicating morbid conditions has been through external sanitation. Sanatology is the science to teach that most so-called "incurable diseases" are eradicated by internal sanitation, combined with external cleanliness. Sanatology teaches that all morbid conditions of the body are prevented by external and internal sanitation.

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

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

papers conducting radio departments on this subject.

The other day an official of one of the big electrical companies told me of the experience of a member of his family who had long been an invalid, and to whom the daily and nightly programmes had become a source of new delight in living. The favorable action of new and hopeful experiences in helping invalids to a better state of physical equilibrium is too well established to be matter of controversy. It seems probable that the radio entertainments will in due course affect favorably thousands of chronic invalids.

Aerial Pathway of Inspiration to Millions.

Quite in contrast to this fortunate boon, which will come through the aerial pathway, will be the inspiration to millions of young people to spend time otherwise wasted, in developing this new field of experimentation and acquisition. Thousands of young girls as well as boys already proficient in the art of assembling wireless apparatus, are becoming expert in the matter of receiving wireless entertainment over more or less complicated mechanism.

Mr. Charles R. Skinner, for nine years State Superintendent of Public Instruction of New York, told me recently that the field of the radio telephone was likely to include the little red school house.

There are ten thousand school districts in New York State, and in every district, through radio receivers, university lectures can be brought to the masses.

"Health and Life" May Broadcast Messages.

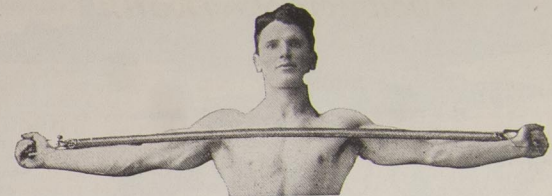
Magazines such as HEALTH AND LIFE can do a great work in broadcasting health courses to the scattered population of the rural districts, through suitable arrangements with local organizations interested in improving conditions of living among isolated groups.

Indeed, there is a possibility of bringing about a great popular rhythmic training in simple physical exercises at certain hours of the day by this method, when thousands of aspirants for better health would work for short periods in unison under audible but unseen leadership.

What strides are being made in Europe, Asia and South America in the use of the radio telephone with its consequent benefits, can be told in subsequent articles.

One of the wisest of the great leaders in this field of effort, a man whose name is internationally known and respected amongst electrical engineers, told me recently that very far-reaching plans were under way to introduce the new technique of communication with other continents. He is new in Europe, and on his return will have some interesting

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and highly important communications to make on the subject which I hope to give to the readers of this magazine, and especially those disclosures which have to do with increasing health and longevity.

Gaining Strength At Home.

(Continued from page 14)

weakened condition in and around their vital organs. He tested various methods on his own body until he discovered the real secret of what he terms "The progressive exercising system." His own condition seemed literally to transform, and it was not long before he was classed among the leading strong men of his day. Not long after that, Mr. Liederman was asked to travel through the country, giving exhibitions of strength at the various theaters. This he finally consented to do. He was not accomplishing his big purpose, however, so after a few years he established headquarters on lower Broadway, New York, where he started to impart his knowledge to others, showing them what remarkable results can be obtained from daily training in the privacy of the home. Mr. Liederman is now credited with producing hundreds of professional strong men and leaders in the business world who otherwise would have been passed by unnoticed.

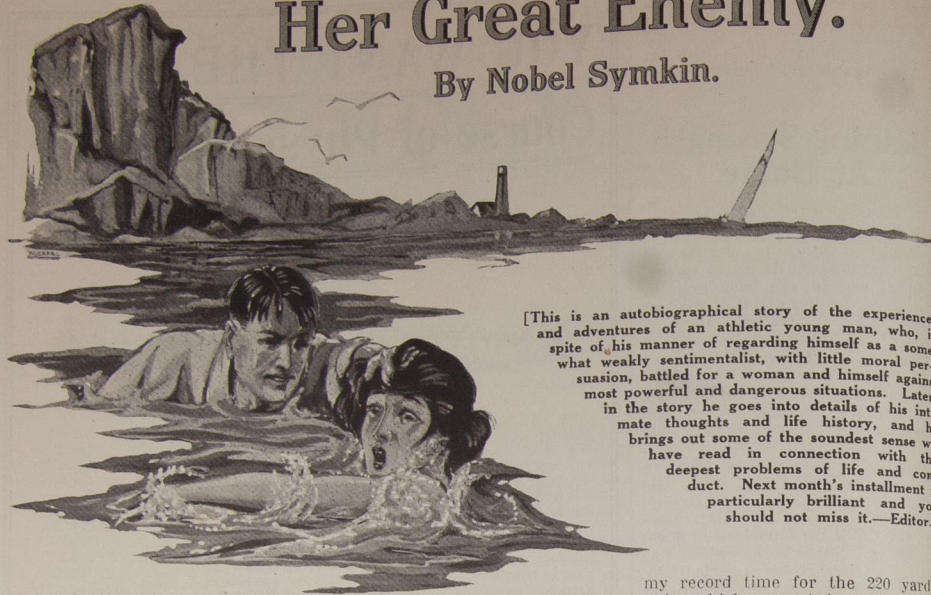
Strength Lies Dormant In Us All.

When we hear of such notable achievements as those mentioned above, we know of a certainty that we are right. There is no excuse for the man who says, "I was never meant to be strong." Strength lies dormant in us all. It is up to ourselves to bring it to life and develop it. Once we get started on the road to health and strength, there is no stopping it. A strong man craves exercise just as a hungry man craves food. He shuns the habits that beset a weakling, thinking only of how to appease his appetite for more and more work.

My parting suggestion would therefore be that each and every one of you decide right now to regulate your lives so that you may secure more happiness and contentment. Eat regularly, sleep regularly, exercise and bathe regularly. If possible, secure the advice of some one as to just what method of exercise you need. Once you have been given this start the rest will be very much up to yourself, for it will not be long until you have acquired sufficient information to act as a foundation in guiding you on the path to physical perfection and all the joys which accompany it.

Her Great Enemy.

By Nobel Symkin.



"I grabbed it by the hair and there was a deathly yell."

CHAPTER I.

ALTHOUGH in stature I can hold my own against the best-formed men in the world, and have the strength which has been the admiration of vast audiences in vaudeville, I have been blessed—or cursed—with a temperament worthy only of a sentimental flapper. You may think me virtuous, or you may condemn me for moral weakness, but after all I have experienced I have almost come to the conclusion that there is no virtue or vice but "thinking makes it so."

When I was a boy I determined to give my life to preaching morality. I devoured all the literature dealing with the subject upon which I could lay my hands, and, in my locality, was looked upon as an authority on sex behavior. I believed my creed—right to the very limit—and worked mightily for my cause.

It was always my good—or bad—fortune to have most of the things I wanted—and, like all boys, many of the things I did not want. I had to spend too much time on an education which was too rigid—at least, that was my own idea, and was often compelled to live in a conventional style which irritated me.

One of the places I used frequently to visit when I wanted to change my surroundings was Porwick Sound. There was a little camp pitched on the mountain side above the seashore. It was owned by a commercial humbug named Lyon Digby, who delighted to have others think him a

philanthropist. He was always talking about what he gave away—but I noted he was well paid for doing so.

I went to this camp because it was possible to live just as I thought I would, for nobody there ever worried about anybody else.

It was evening, the sun was descending rapidly to its resting place in the sea, preceding its reception by flooding the whole expanse of sky and water with a golden coloring. I was sitting on a crag watching the play of light upon the soft waves beneath, and gradually fell into a reverie seeing wonderful things, as I allowed my imagination to play with me. Fishes jumped and laughed at me; nymphs frisked and danced in bronze and silver draperies; mermaids floated lazily up and down with the tiny waves. Finally, a solitary mermaid, more beautiful than all the others came to my vision, but there was no smile on her face—in fact, there were distinct lines that seemed to be left by some great tragedy.

At that moment a stone on which my foot had been resting slipped away and disturbed me to the extent of waking me out of my day dream. I was just about to walk back to camp when, upon taking a farewell look at the blazing sea, I saw that tragic, but beautiful face again. This time it really seemed to be human. I rubbed my eyes to wake myself up fully,—yet the face remained.

"It is real," I said to myself, "yet it is motionless." Without hesitation I divested myself of my coat, and broke

[This is an autobiographical story of the experiences and adventures of an athletic young man, who, in spite of his manner of regarding himself as a somewhat weakly sentimentalist, with little moral persuasion, battled for a woman and himself against most powerful and dangerous situations. Later in the story he goes into details of his intimate thoughts and life history, and he brings out some of the soundest sense we have read in connection with the deepest problems of life and conduct. Next month's installment is particularly brilliant and you should not miss it.—Editor.]

my record time for the 220 yards swim which separated me from the figure.

I grabbed it by the hair and there was a deathly yell. It struggled, and I, without thinking, struggled with it. Then, holding its arms firmly, in spite of yells and kicks, I hauled the figure to the beach.

"Don't you think you are clever?" it said, when at last it could recover some breath. Then I noticed that it was respectably clad in swimming costume, and I had made another mistake, for I had brought myself in contact with a woman.

I apologized profusely—"I had no idea that you were out swimming. It is so unusual at this time of the day."

For ten minutes she remonstrated with me, yet she seemed inwardly delighted, as well as embarrassed, at the extraordinary situation. I have noticed before that, no matter how much a woman is forced into an unwanted position by the stronger hand of a man, although she resents it, she feels an inward pleasure in the compulsion of her own surrender.

Well, here was the situation. I was sorry, she was mad—and yet seemed secretly pleased. What could I do? Then she relieved the tension.

"Since we are thrown into each other's company," she said, "we had better walk back to camp together."

This scared me somewhat. I had not recognized her as belonging to our camp and there was something in her sentence which was suggestive. I know things don't happen like this in stories, but they do in real life.

I had no alternative but to walk back with her along the sandy beach

(Continued on page 30)

What's Wrong in This Picture?

It's so easy to make embarrassing mistakes in public—so easy to commit blunders that make people misjudge you. Can you find the mistake or mistakes that are being made in this picture? Can you point out what is wrong? If you are not sure, read the interesting article below, and perhaps you will be able to find out.



IT is a mark of extreme good breeding and culture to be able to do at all times exactly what is correct. This is especially true in public where strangers judge us by what we do and say. The existence of fixed rules of etiquette makes it easy for people to know whether we are making mistakes or whether we are doing the thing that is absolutely correct and cultured. They are quick to judge—and quick to condemn. It depends entirely upon our knowledge of the important little rules of etiquette whether they respect and admire us, or receive an entirely wrong and prejudiced impression.

In public, many little questions of good conduct arise. By public, we mean at the theatre, in the street, on the train, in the

surrounding us on all sides, we are admired as being cultured, well-poised and attractive, or we are looked upon as coarse and ill-bred. It depends entirely upon how well one knows and follows the rules of etiquette.

At the Dance

How should the man ask a woman to dance? What should he say to her when the music ceases and he must return to his original partner? Do you know the correct dancing positions?

Very often introductions must be made in the ball-room. Should a man be introduced to a woman, or a woman to a man? Is it correct to say, *Miss Brown, may I present Mr. Smith*, or *Mr. Smith, may I present Miss Brown*? Which of these two forms is correct? *Bobby, this is Mrs. Smith*, or *Mrs. Smith, this is Bobby*? When introducing a married woman and a single woman should you say, *Mrs. Brown, allow me to present Miss Smith* or *Miss Smith, allow me to present Mrs. Brown*?

When leaving the ball-room, is the guest expected to thank the hostess? What should the woman guest say when she leaves? What should the gentleman guest say? It is only by knowing exactly what is correct, that one can avoid the embarrassment and humiliation of social blunders, and win the respect and admiration of those whom one comes in contact with.

In the Street

There are countless tests of good manners that distinguish the well-bred in public. For instance, the man must know exactly what is correct when he is walking with a young woman. According to etiquette, is it ever permissible for a man to take a woman's arm? May a woman take a gentleman's arm? When walking with two women, should a man take his place between them, or on the outside? When is it permissible for a man to pay a woman's fare on the street-car or railroad? Who enters the car first, the woman or the man? Who leaves the car first?

If a man and woman who have met only once before encounter each other in the street, who should make the first sign of recognition? Is the woman expected to smile and nod before the gentleman raises his hat? On what occasions should the hat be raised?

People of culture can be recognized at once. They know exactly what to do and say on every occasion, and because they know that they are doing absolutely what is correct, they are calm, well-poised, dignified. They are able to mingle with the most highly cultivated people, in the highest social circles, and yet be entirely at ease.

The Book of Etiquette

There have probably been times when you suffered embarrassment because you did not know exactly what to do or say. There have probably been times when you wished you

had some definite information regarding certain problems of conduct, when you wondered how you could have avoided a certain blunder. The Book of Etiquette is recognized as one of the most dependable and reliable authorities on the conduct of good society. It has solved the problems of thousands of men and women. It has shown them how to meet embarrassing moments with a calm dignity. It has made it possible for them to do and say and write and wear at all times only what is entirely correct.

In the Book of Etiquette, now published in two large volumes, you will find chapters on dinner etiquette and dance etiquette, chapters on the etiquette of engagements and weddings, chapters on teas and parties and entertainments of all kinds. You will find authoritative information regarding the wording of invitations, visiting cards and all social correspondences. The subject of introductions is covered exhaustively, and the etiquette of travel devolves into an interesting discussion of correct form in France, England and other foreign countries. From cover to cover, each book is filled with interesting and extremely valuable information.

Sent Free for 5-Day Examination

Let us send you the famous Book of Etiquette free so that you can read and examine it in your own home. You are not obligated to buy it if you do not want to. Just examine the books carefully, read a page here and there, glance at the illustrations, let it solve some of the puzzling questions of conduct that you have been wondering about. Within the 5 days, decide for yourself whether or not you want to return it.

We expect this new edition to go quickly. The books are now handsomely bound in cloth decorated with gold. We urge you to send for your set at once. The price for the complete set is only \$3.50 after 5 days. But don't send any money now—just the coupon. Keep the books at our expense while you examine them and read some of the interesting chapters.

Mail the coupon for your set of the Book of Etiquette today. Surprise your friends with your wide knowledge of the correct thing to do, say, write and wear at all times. Remember, it costs you nothing to see and examine the books. Mail the coupon NOW. Nelson Doubleday, Inc., Dept. 1236, Oyster Bay, N. Y.

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to the bathing box. She went inside and I went to my own private box, where I fortunately found my boating flannels.

Hardly had I finished changing when I heard a gentle knock at the door. I looked and found—the woman of my adventure.

"For God's sake, don't leave me, keep with me, I want your company!" She spoke falteringly, and really alarmed me.

Whatever could she mean? I looked at her enquiringly. Her face, when she spoke, although full of anxiety, was lit with a radiant beauty that I had seen in no other woman. Her hair, in spite of being wet, was luxuriantly engulfing her head in thick flaxen curls, and in her eyes there was a mystic light which reminded me of the Mona Liza.

"I will escort you back to the camp," I said, trying to speak coldly.

"No, not there," she answered.

"Not there?" What could she mean? There was evidently something worrying her very seriously. If people are in trouble, I, foolishly, am powerless to do anything but stick by them. Really, I wanted to run away from this woman. There was something about her which fascinated me, and—I don't know; the whole situation seemed to be one very unusual.

We walked along the beach without talking, to the edge of a little village called Worpleston, from whence it would be possible to phone for my car to take us back to the camp.

On reaching this spot, I happened to glance back, and as I did so caught sight of a long thin man, named Mickelson, who, like myself, was spending a holiday at the camp. Whatever could he want? Was he the cause of this woman's anxiety? I breathed deeply to be prepared for any happening, however strange and unexpected.

The sun was half way into the sea by now, and my companion motioned me to sit down to watch the finish of the sun's plunge, but I was getting uneasy.

"Look here," I said, "I want to know your name, and your story."

"My name is Landsmith," she began. "Sylvia Landsmith. I'm—no, I can't tell you," she interrupted herself. "I want you to protect me. I have a great enemy." Then she stopped.

"Tell me quickly," I exclaimed, "and I will help you if I can."

"That enemy is—is—myself."

"I was relieved by this, for the time being. I was thinking of the wily Mickelson as a sort of stage villain.—Then I realized that her enemy might be far more dangerous to me—and to her—than Mickelson might have been.

"You are going to ask me to do a very difficult thing," I said. Then it crossed my mind that she might be

afraid of becoming obsessed by suicidal insanity; so I hastily added, "I will do my best; but let me help you to get rid of those fearful thoughts. They are just foolish imaginings." I went on, like an amateur, trying to lecture her about psychology with the hope of eradicating the morbid thinking from her mind.

Nervous giggling from my companion interrupted my efforts. When I stopped and looked at her she became pale, and seemed frightened. The exquisite beauty of her profile was truly bewitching. What could this handsome woman have on her mind? To me she was a mystery. Then she spoke again.

"You are quite wrong in your surmise; you are probably going to like me more than you know, and I shall ask you to do things that I shall be sorry for."

Her breast heaved, and she hung her head; at last I could understand what she meant, and of what she was afraid in herself. Such things would not happen in fiction, but this was real life, and the woman was obsessed with a feeling for me, which it possibly would have been quite natural to satisfy in a less advanced stage of human society.

Now that I knew, I had no fear; either for her or for myself. Thinking that my own philosophy of morality was an impenetrable armour, I decided to see her through safely.

It was now almost dark, and, as we rose to go, the silhouette of—Mickelson—moved among the crags.

She was not her only enemy!

Do We Want Birth Control?

YES: ANNIE G. PORRITT

(Continued from page 13)

the family, that they run the risk entailed by the crime of abortion, and put an end to the little life, which in their eyes threatens the other lives for which they are already responsible.

The Knowledge That Would Give Self-Control.

The advocates of birth control would put into the hands of every one of these mothers the knowledge by means of which they could control their own lives. That the possession of such knowledge would result in a lowering of the birth rate no one can doubt. That it would check in any degree the increase of the nation is something that would depend on circumstances. Wherever food is plentiful, housing adequate, and opportunities in life abundant, it is probable that families would be large enough to increase the population at about the same rate that it increases with a high birth rate, high infant mortality and maternal death rates, and high degree of ill-health and inefficiency in the nation. Where the country was overcrowded, food scarce

and dear, and housing inadequate, families would be more closely restricted and the rate of increase in the population would be smaller.

It is not the lack of either father-love or mother-love which accounts for the shortcomings in the bringing up of a large proportion of the children of the poor. There are love and devotion in abundance, and long-continued and arduous labor on the part of father and mother, far surpassing what are demanded of the wealthy. But the task is an impossible one, and until society ceases to demand the impossible from the poor—while permitting those who are better off to suit the burden to their own backs—the nation will never be healthy or efficient. It is the mother's task to bring into existence healthy children, and only healthy children, and to bring up these children to be healthy men and women. She wants to do it. It is her joy and her life to do it. Give her the power and the right to control her life and she will give the nation her greatest of all gifts—citizens worthy of her and of their great heritage.

The Romance of Marriage

Sex Conduct in Marriage. By Bernard Bernard, Phys. B., M. P. C. (Lond.) With a foreword by P. L. Clark, B. S., M. D. Ph. Sa. Price \$1.75. HEALTH AND LIFE Publishing Company.

There are very few books, which deal with the important sex question that are really reliable. Most have been written by narrow-minded moralizers who think that the only crime in the world is the use of sex. It is a pleasure, therefore, to take up such a work as "Sex Conduct in Marriage" and find sound common sense, based on scientific physiological and biological knowledge, combined with an appeal for idealism and romance in marriage.

The author maintains that the majority of marriages come to grief because men and women do not know simple facts regarding their sex conduct. Then he gives these in a wholesome and honest manner. He also holds that all married people resort to some form of conception control, whether it be by continence or by appliance. The safest method of all is that which is certain and simple, and yet does nothing to detract from the romance of marriage.

Sex is not unclean in itself; it is its vile use and misunderstanding that lead to unhappiness. If married people have the information which will enable them to live so that they can be entirely free in the expression of their love, then the marriage tragedies which exist today will disappear and be replaced by happy and successful ones, so that only loved and beautiful children will enter the world.—R. P.

New Stomachs for Old In 48 Hours

By R. S. Edwards

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

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

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

"Man Is What He Eats"

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

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

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

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

Correct Eating for Success

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

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

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

A Remade Man at 70

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

Christian's Discovery Now Available for All

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

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

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

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

How You Can Try This Method Without Risking a Penny.

Much could be written about the cause and the remedy for stomach disorders, and Eugene Christian's methods. But that is unnecessary, for you can now test them out in the privacy of your home without risking a penny. These methods are not new and untried theories, for more than 200,000 people in all walks of life bought this course at \$3.50, and are using it and indorse it in the most enthusiastic terms.

The publishers have left on hand only a limited edition of Eugene Christian's Course, which they wish to dispose of before the New Edition comes off the press. The price at which nearly two hundred thousand of these sets have been sold is \$3.50. But these few remaining sets are being offered at only \$1.97 plus postage for as long as they last, so if you act quickly you can get these wonderful secrets at a big saving.

Send No Money

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

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

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

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

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The greatest necessity to ensure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

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

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

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Editor-in-Chief of "Health and Life"

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Sex Communion.
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The Frequency of the Sex Act.
The Initiation to Matrimony.
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Men Who Marry in Ignorance.
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How to Live and Eat for Health

By **P. L. Clark, B. S., M. D., Ph. Sa.**
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This is one of the greatest books on health that has ever been written; and no person can afford to be without it. Dr. Clark has compiled this work so that it contains a wealth of information which will enable you to make yourself well and keep well.

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How To Safeguard the Heart.

An Article of Great Interest and Importance to Athletes.

By **Thomas Inch**
World's Ex-Champion Weightlifter

There is no doubt whatever that the fear of incurring heart trouble of some description or other prevents many a young fellow from going in for athletics, either as an amateur or professional.

There is nothing so health-giving and so conducive to leading a clean, wholesome life as participation in and the desire to excel at sports and games; but unfortunately it is too often the case that when a young fellow announces his intention to take up any particular sport (especially when the sport happens to be weight-lifting) some kind friend or relative immediately warns him of the grave danger he runs through incurring heart disease.

I will admit in some cases it may be impossible to quote chapter and verse, but at the same time to my mind these cases are few and far between.

Still, if we look into the matter properly and see things as they are and not as we might wish them to be, it must be admitted, as any doctor will tell you, that "athletes' heart"—dilation or strain through overtaxing the powers—is fairly common. This applies especially to such sports and games as *running* and *rowing*.

My Own Case.
I do not wish to appear egotistical, but may I be allowed to cite my case?

I am over forty. I have quite recently made a series of world's heavy weight-lifting records. I think it will be admitted that a man would not be likely to embark on a record-breaking stunt after over a quarter of a century's indulgence in professional athletics if there were anything wrong with his heart; but I am able to quote the opinion of many medical men after careful examination. This includes no less an authority than Sir Frederick Treves, the late King's physician, who expressed himself as quite surprised that I had been able to keep a quite normal heart after such strenuous feats as he knew I had regularly performed.

Some of the examinations were for very substantial policies in life insurance offices and it is interesting to remark that they have always been quite willing to accept me as a first class life. The examinations also include a most interesting one of very recent date where X-ray examination was used and the heart seen at work and its size and strength measured. Several doctors were present and they agreed with Sir Frederick Treves and expressed amazement.

I will now proceed to tell you what I said in answer to the following questions asked me by different medicos:



THOMAS INCH,
the great British weight-lifter who, in spite of being over 40 years old, is still fit enough to create new world's records, unbeatable by any youth. In his article on this page he tells us how he has managed to keep his heart in condition.

"How have you succeeded in preventing dilation or strain? How is it your heart is normal and quite unaffected?"

The Secret of Preventing Heart Strain.

Here is the secret—*correct breathing*. What a common mistake it is for a gymnasium or physical culture instructor to tell his pupils that they must *always breathe through the nose*.

Breathing through the nose is sometimes useful, especially in a dusty room and in any ordinary circumstances; but what about strenuous or violent exertion? I ask you, is it reasonable to expect that the same volume of air can be taken through the nose as through the mouth and can the heart be oxygenated properly *without* opening the mouth when undergoing severe exertion?

Boys at school when running and particularly when cycling up hills remember the instructor's or teacher's, advice (I am afraid it is a case of a little knowledge being a dangerous thing) and they strive very hard to keep the mouth *closed*. Damage is immediately done and it has often been left to me to trace its source.

How to Breathe During Athletics.

When first training for weightlifting I went to considerable trouble to find positions in such long drawn out lifts as the "bent press" where I could breathe easily and correctly and save the strain on the heart.

I have not the least doubt that this will be the means of preventing heart strain in scores of cases and I can assure each and every reader that it will pay him (or her for that matter) to weigh well my words and endeavour to put the idea of correct breathing into practise immediately.

Never hold the breath.

Never breathe jerkily or hurriedly.

DON'T BREATHE THROUGH THE NOSE WHEN UNDERGOING VIOLENT EXERTION.

How to Live and Eat for Health.

By **P. L. Clark, B. S., M. D., Ph. Sa.**
Price \$1.25. Health and Life Publishing Co.

It would be difficult to discover what has been omitted from this book which would help a person to correct the faults of his own living and recuperate health. The principles of the science of Sanatology are dealt with in detail, and rules for diet, exercise, breathing, bathing and everything else are given. Coming from such an authority as Dr. Clark, the book will be very welcome, and we predict a huge sale for it because it is so much what is wanted and so complete. It states definite information which can be followed. Differing from many works on health it avoids all vagueness, and comes to grips with actual facts.

NERVOUS DISORDERS AND THEIR CURE

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

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

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

The following cases illustrate these points very well:

Nervousness, Stomach Trouble and Obesity.

N. S. Female, aged 66. Had been suffering for 20 years with nervousness, gastritis and enteritis of and on. Complained of violent pains in the stomach and sleeplessness. "Just feels as if something flopped in stomach." Felt sick, and was in a generally catarrhal condition, so that she felt useless and miserable. Was disturbed and worried by trifles. The gall ducts and gall bladder were infected, and she was 35 to 40 pounds overweight. Had taken medicines for stomach trouble.

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

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

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

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

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

General Nervous Weakness and Mitral Regurgitation.

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

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

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

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

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

So write to me about your case.

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

THE HEALTH SCHOOL,

39 S. State Street, Chicago, Ill.

What Will Cure Disease.

(Continued from page 9)

had peritonitis that is the way she got it—from her septic sorethroat.

What Will Cure Diphtheria.

In treating diphtheria the first thing to do is to cleanse the body's sewer. A good dose of castor oil, followed with a sufficient dose of podophyllin, according to the age of the child, to stir the liver thoroughly and produce a large flow of bile. The bile in itself carries off much excretory matter, is antiseptic, and cleanses the intestinal tract. Stop all feeding, give nothing but water, and plenty of it. The blood will rapidly cleanse itself, and then clean blood will attack the inflamed spots in the throat, and at least will stop pouring out the dirty mucus in which germs thrive.

Enemas should be given at once when there is a suspicion of throat trouble. As soon as that has been done give a dose of castor oil—and a heavy dose. Then put the child into a tub of hot water—as hot as it can be comfortably borne; and it should be kept there until sweating profusely—fifteen minutes, thirty minutes, an hour. Then take it out, wrap in a blanket and put it to bed. When sweating stops put back into the tub of water again. Keep the blood to the surface. If the seven or eight million of sweat glands on the surface of the body are gorged with blood it will pull away the blood from every internal organ, the tonsils included, and the inflammation in the tonsils will subside because the fuel for the fire is withdrawn. The diphtheritic membrane will cease to spread and it will be a remarkably short time until a betterment in the throat condition will take place.

How the Armour Child Became Infected.

The latest from the front is, that "a strong chain of circumstantial evidence supports the theory that Gwendolyn Armour's death was caused by the presence of virulent streptococcus micro-organisms in the milk. The proof is not absolute, however." How can it be when the family doctor says the milk was boiled.

"Of course it is also possible the girl got the infection elsewhere," the article says.

She certainly did. The germs were with her always until, from years of wrong living and feeding, the bodily resistance was so lowered that they could begin to thrive and multiply.

Then the usual allopathic drugging and feeding completed the story.

My father had a very intelligent horse named Paddy. If the family laughed at a good joke Paddy would laugh too.

If I could tell this "circumstantial evidence" story to Paddy now, he would laugh.

The two basic causes of all disease are acidosis and toxicosis. Acidosis, the lessening of the alkalinity of the body, and toxicosis, and poisoning of the body by putrefying proteins.

Eliminate the toxic poisons and correct the alkalinity of the body and any malady will vanish.

This is Sanatology, the Science of Health.

Do We Want Birth Control?

NO: FATHER SIEDENBERG.

(Continued from page 12)

being our racial best. Our best people are committing race suicide.

If the married indulge themselves without consequences, what will prevent the unmarried from doing the same. In fact, general knowledge of birth prevention will remove a strong natural barrier against the illicit use of the sex power and give immunity to all. The advocates of voluntary parenthood will here as elsewhere argue that this is the abuse and not the use of contraceptives, to which the obvious reply is, that since no external punitive law can control these uses, and taking human nature as we find it, it is inevitable that birth control will be practiced by unmarried as well as the married. This, as everyone knows, is the case. Moreover the English Commission sees here a serious menace to the State, for in its report it says, "More wide-spread knowledge of the means of preventing conception by the unmarried not only involves the removal of the prudential restraint upon license in sexual relations, but may affect the birth-rate in the future in two ways (1) marriage, with its responsibilities may be avoided, since sexual gratification is being obtained without any social obligations being incurred, (2) a practice begun before marriage may be continued after marriage."

There are certainly economic and social evils in the world, but birth control is not their remedy; in fact, it will add a new evil, a moral one. What is needed is a renewal of practical religion which will vitalize our civilization with Christian brotherhood and service and sacrifice, so that all will have an opportunity to live humanely, honestly and honorably and to transmit this heritage to their children's children. This will demand not expedience, but principles, not lascivious ease but stern virtue, not birth control but self-control.

How To Be a Baseball Star.

(Continued from page 15)

you want to throw your legs parallel to the ground without being unnecessarily high in the air and then while in that position turn the outer edge of the foot up in the air away from the ground and land on the side of the calf of your leg and your sliding pad. Don't slow up your speed after you have learned how to do it correctly. Keep your hand off the ground until the shock has been absorbed by the legs. Keep the legs fairly close together.

The "fade away" slide is the most popular, as you can go into the bag either way. If you go in on the right side of the bag you reach for the bag with your left leg and your right leg forms two sides of a triangle, with the knee leading and the toes pointing towards the bag or back of it and the base of the triangle is formed by the left thigh.

Some players thrust the right foot out in front of them, but this style requires correct handling of the "spikes" or a bad ankle will be the result.

Ty Cobb's Expert Body Control.

The other way is safe for the ankles. Experts like Ty Cobb have a wonderful control of the body with this slide and can evade the "tagging" hand in ways that have to be seen to be believed.

You use the "head first" slide when you want to beat a throw and the base is not blocked, such as "beating out" a bunt to first.

You use the "feet first" when a player blocks the base line and the "fade away" according as the player has to "come in" or "back up" to take the throw.

By careful attention to the above remarks you should be able to take care of your arms and legs during the coming season.

THE AMERICAN CONTINENTAL WEIGHTLIFTERS ASSOCIATION.

Just as we go to press news has come to hand that the above new organization is being formed, with Bernard Bernard as president, Arthur F. Gay as vice-president, and Geo. F. Jowett as secretary-treasurer. HEALTH AND LIFE has been pronounced the official organ of the Association, and next month we hope to give some detailed news which will appeal to all lovers of human strength. There is no reason why America should not capture honours in weightlifting at the next Olympic Games.

GENERAL SMUTS

of the world, and sometimes South Africa, is one of the many celebrities who recognizes the value of the Severn S. O. S. course for men, women, and children. The world's workers—master-minds—demand and get THE BEST ONLY. And here follow more reasons why you should enroll for Dr. Severn's S. O. S. health course.

Dr. Severn cured himself of tuberculosis years ago, and today is a first-rate, all-round athlete.

Dr. Severn gained his knowledge at the leading sanitarium in various parts of the world, including Germany and Switzerland and England.

Dr. Severn, in the opinion of the editor of a famous London Health Magazine, is the world's premier exponent of muscle control.

Dr. Severn's experience has, in the main, been "earned" at the bedside; and his cases were and are the so-called incurables (vide medical diagnosis).

Dr. Severn practices what he preaches and he is an amazing example of the true Nature Cure life, therefore he has the power to imbue you with optimism, health, and a splendid physique.

Folk who are wrestling with minor troubles need send only \$5 (or £1) for the "S. O. S. General Course". The sick, down-and-out, pessimistic, need special individual treatment. Dr. Severn is ready to prove, after years of successful correspondence treatment, that 75% of the black-box candidates can be saved, providing they will obey advice. The dead-in-earnest will send NOW for particulars (enclosing 10 cents for postage, etc.).

DR. C. B. SEVERN

The Master Health Builder

35 Belgrave Road, Victoria, London, S. W.

THE HEALTH SCHOOL—Free Medical Treatment.

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



Grow Strong on WHOLE WHEAT—Send This Coupon

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

Wheatworth

The WHOLE WHEAT Cracker

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

FREE SAMPLE

F. H. BENNETT BISCUIT CO.

134 Ave. D, New York City

I enclose 4 cents in stamps to pay for postage on Free Sample of Wheatworth Whole Wheat Crackers to be sent to me promptly at the address here given

Name.....

Address.....

Alfred W. McCann

Says:

"Eat Wheatworth Crackers"

TRANSFORMERS

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

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

Send No Money
Write us today and give us your name and address; also the kind of car you drive. We will send you a set of Kirk Transformers by parcel post. Pay the postman \$2 for a 4-cylinder set or \$2.50 for a 6-cylinder set and the Transformers are yours.

KIRK ACCESSORIES CORP.
Dept.
58 W. Washington
Chicago



A Reliable Exercise Chart for 25 cents

In order to meet the demand for a reliable set of exercises calculated to keep the important organs of the body in their highest condition of efficiency, Dr. P. L. Clark, B.S., M.D., Ph. S., has compiled a special chart which can be had for 25 cents. You can be sure of keeping fit and well if you do these exercises. Send 25 cents in stamps now to

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

BANISH FEAR

Fear is the worst enemy to progress. It is responsible for all human failures. "Are You YOU," by C. Franklin Leavitt, M.D., will tell you how positively to overcome the fear and worry habit and help you to go "all out" at achieving your ambition.

Send a \$1 bill to secure this most valuable book.

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

Earn Big Money and Do Good In Your Spare Time

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

We are willing to make substantial offers to those who desire to help us in obtaining new readers. We have mapped out a plan by means of which it ought to be possible to **earn \$100 a week clear by working two hours a day**, and give the good message to those who need it.

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

This coupon must be enclosed.

HEALTH AND LIFE PUBLISHING COMPANY,
380 West Monroe Street,
Chicago.

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

Name
Address

What Youth Must Know.

(Continued from 16)

A number of writers on this subject have in times past, frightened men and boys by leaving them still ignorant after their preachings on the vileness of sex. Their intentions were good, but they were, in many instances entirely ignorant of the facts of sex evolution themselves. For this reason, many young fellows were scared over quite a normal happening. When a clean, pure life is led, Nature herself supplies a safety valve, and occasionally this will function at night during sleep, often causing quite an objectionable dream. While this takes place about once in three weeks there is nothing at all to worry about, and this condition may be looked upon as quite normal.

Evil thoughts, however, and wrong diet, and lack of physical activity will cause abnormal frequency of this function. This is the need for the general philosophy we are preaching in HEALTH AND LIFE. But, I just want you to know the above fact, because I am very much aware that an enormous number of fellows have worried themselves into despondency over this matter. Keep yourself in good trim, get out into the fresh air whenever you can (spend at least two hours out of doors every day), join a gymnasium and give yourself whole-heartedly to exercises and games. Take up some good hobby—you will not find a better one than the education of your body. Lastly, endeavor at all times to think only clean thoughts, and clear out of your mind any morbid, stagnant rubbish.

Does Your Friend Need Your Help?

I have no more space at my disposal now, but I shall do my very best to make HEALTH AND LIFE a magazine which will help you in every way. I shall frequently have more to say on this great and important subject, and, let me tell you right here that I am going to expect you to give me a hand in making this work effective. The warning I have sounded most probably does not apply to you, but you undoubtedly know some friend to whom it will apply. Put this magazine into his hands. It will save him from degradation, give him hope, and drag him out of the slough of despond. He needs your help; give it to him.

"Many important events which occur in life are really the cumulative result of a series of apparently unimportant happenings."

W. A. PULLUM,
(1st Champion Weightlifter of the World).

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

—but now YOU get the original complete

ROTH MEMORY COURSE

for Only **\$1.98**

Mail Coupon NOW

Sale Ends Soon

SEND NO MONEY

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

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

Good Memory Means Keen Judgment

Your prosperity depends upon your memory. How can you do the right thing at the right time—make the correct decisions that produce results and secure your advancement—unless you can recall all the vital facts and figures on the spot? If you can always remember clearly and accurately you have the priceless secret that will make your experience count for all it is worth every time. Just think what this will mean to you in dollars and cents!

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

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

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

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

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

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

Name
Address
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Health & Life 6-22.

The Correction of Disease.

VISIT TO CHICAGO COLLEGE OF NAPRAPATHY.
BY OUR SPECIAL REPRESENTATIVE.

One of the most interesting places it has been my privilege to visit is the Chicago College of Naprapathy. Dr. Milton F. Collion, the executive secretary, was most courteous and gave me insight into the wonderful work that is being done by this college in turning out practitioners who are traveling to all ends of the earth to correct disease and make people healthy and well and able to enjoy life.

A Methodic and Exact Science.

The word Naprapathy, he said, means "the correction of disease". He maintained that it has a causeful, chartful, planful method of manipulative treatment. The Naprapathist maintains that all disease is caused by shrunken connective tissue, and, naturally, as this is corrected and the whole human structure brought to its normal condition disease disappears.

Accuracy in Diagnosis.

Diagnosis by Naprapathic methods takes a whole hour. There are many charts that have to be filled in accurately and carefully, so that there is a minimum opportunity for error.

I can assure you that I was considerably astounded by the remarkable cures that have resulted from Naprapathic methods. Dr. Collion maintains that Naprapathy cures a greater number of people than any other form of treatment. It was certainly most interesting to observe how

bronchitis, pneumonia, goiter, asthma, and other conditions of ill health have been remedied by Naprapathic methods.

Medical Liberty League Banquet.

DR. P. L. CLARK IN FORM.

AT the special banquet of the Medical Liberty League of Chicago several eminent speakers, including Mr. Walter Larsen, Mrs. Lora C. Little, Dr. P. L. Clark, Dr. W. C. Copeland and Mr. Fred High were emphatic in their pledge to maintain the liberty of the citizen to take the healing treatment he desires. Dr. F. Emory Lyon said that they appealed for medical liberty on the same basis as religious liberty. Mr. W. A. McCormick, the famous whistler, gave a splendid exhibition of the calls and songs of birds.

Dr. P. L. Clark was in fine form, and in his own inimitable way, while making the audience rock with laughter at his humour, drove home some very potent facts. He said that it was thought that the common individual was not capable of understanding simple physiology; this was the reason why people had to submit their bodies for mutilation by the doctors and surgeons. Doctors had made people believe that filth will prevent and cure disease; which demonstrated the very limits of human credulity. The orthodox medical profession had taken unto itself all the credit for any abatement of epidemics, and made people believe it was due to their methods. He pointed out that other schools of healing were far more successful in their cases than the orthodox medical schools.

Referring to preventive medicine he said that it was always frightening people into the idea that they might catch disease; the whole proposition was false; "Keep in good health and you cannot catch disease." For 2,000 years the medical profession had been studying disease, and can show no actual accomplishment, yet it sought to take away the liberty of a person to keep his body free from the filthy serums they would inject for what they call disease prevention.

The Psychology of Personality.

(Continued from page 11)

out over its environment and magnetizes all with which it comes in contact. It is alive and alert. There are no barriers which can separate it from anything. No problem is shelved as too boring or fatiguing. A difficult situation becomes a pleasure to encounter because it gives an opportunity for more than usual activity.

Activity is the essential of life. Physical or mental indolence deteriorates us very quickly. This does not mean that you must keep tensed at all times. There is an art in relaxation. You will find that if you secure eight full hours of sleep each night, you can give the whole day to the active development of yourself to what you wish to be.

In spite of where your faulty education may have led you, or what your own past inactivity may have made of you, resolve, now that you know the way, to win your place in the world. Give yourself a sound, clean body first, and let your mind govern your actions in a determined direction. In the struggle for life the fittest survive. So can you develop in yourself the personality that is successful in every sphere of life.

A HEALTH AND LIFE FELLOWSHIP.

Next month we shall publish an appeal to those who sympathize with the aims and objects of HEALTH AND LIFE to band together into a fellowship. The object will be to encourage a healthy desire for an active and useful life and to put Fellows into touch with each other.

BERNARD BERNARD AT MORRIS A. C.

One of the most successful clubs in Chicago is the Morris Athletic Club. It has turned out several national champions. Part of its program is to have educational lectures, and recently Bernard Bernard, the International Champion Westler and editor of HEALTH AND LIFE, gave a 15-minute address, which was greatly appreciated.

Hidden Secrets About Yourself Revealed by Psycho-Analysis

Science's Newest and Strangest Wonder

DEEP down within you, hidden from all the world, hidden from you yourself, is a strange, psychic creature—a being whose existence you have probably never even thought of, and yet who directs the whole course of your life, who expresses himself in everything you do and say, who even determines your success or failure, your happiness or unhappiness in life!

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

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

Your "Hidden Self" and Its Startling Powers

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

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

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

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

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

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

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

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



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

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

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

What Your Dreams Tell About You

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

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

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

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

Release Your Hidden Powers

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

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

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

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

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

Try This Amazing Test Free

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

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

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

Through a special arrangement a limited edition of this wonderful course is offered to the public. Send no money—simply mail the coupon below. "Your Other Self as Revealed by Psycho-Analysis" will be forwarded to you at once. Pay the postman only \$1.95 (plus the few cents postage) upon arrival. Then if you want to return the book after 5 days, if you do not find it worth many times this special low price, return it and your money will be refunded.

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

Modern Research Society

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

You may send me, in plain wrapper, the amazing new course in six parts, "Your Other Self as Revealed by Psycho-Analysis." I will pay the postman \$1.95 (plus postage) on arrival with the understanding that this will be refunded to me if I care to return the book within 5 days.

Name

Address

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

THE EDITOR'S FREE HEALTH ADVICE FORM.

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

Name (Mr., Mrs. or Miss)

Address

Age..... Occupation

Complaint

Duration of Complaint

What exercise do you do?

What do you eat for Breakfast?

.....

.....

Lunch?

.....

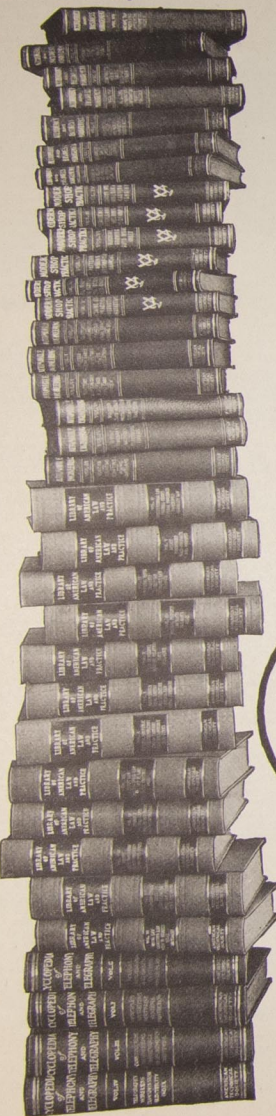
Dinner?

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

To the Editor "HEALTH AND LIFE,"
380 W. Monroe Street, Chicago.

200,000 Men

Are Earning More With the Help of these Books



Every day men report increases in salary to us because of what they learned from these great books. Right now thousands are getting ready for bigger pay. By the end of this year a quarter-million men will be started on the road to real and lasting success.

What Other Men Have Done You Can Do Too

Don't you be content plodding along year after year, depending on hit-or-miss experience to get you a little raise now and then. It takes years of downright hard work to get ahead that way. Take the short cut. Cash in on what other men have learned on jobs just like yours. Take advantage of their knowledge gained from their lifetime of experiences on which these books are built. No matter what kind of work you are doing or would like to do—no matter whether you are a beginner or an old-timer—there is a set of these books to help you—written by the biggest and best known authorities we could find. Each set is the work of a dozen or more of these authorities—it's not a one man proposition.

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Everything you ought to know about the work you want to do is explained in plain, every, day English that anybody can understand. Every book is illustrated with plans, pictures, blueprints and diagrams that help to make difficult problems easy. Every page gives you new and better ways of doing things, approved methods and money making facts you couldn't get any other way. You can be an expert in your chosen field if you will follow the path these books will make for you.

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**A 2200
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Head Set

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