

Curing Eye Strain

Strength

MAY

25¢



W. N. CLEMENT

**Pain and Nerve Pressure
Exercises Women Should
and Don't Do**

**Can Washington Repeat
in 1925 Baseball?**

Are You Satisfied With Your Build?

No, you are not. Either your chest is too small, or it is your arms, legs or neck that can stand additional improvement. Even if you are normally healthy, you know you would be much better, physically, if you could gain an increase of six inches on your chest with two or three inches more upon your arms, legs and neck. You do not have to be told how much better your appearance would be with such increased body growth. You know. Such an increase of your physical proportions would put anywhere from ten pounds upwards upon your present body weight. If your trouble is too much body weight, an elimination of the surplus flesh, with your other proportions built up proportionately, would have the same effect upon your appearance. Better yet, realize the value of greater man power behind your physical improvement.

Then, as never before, would you feel a greater snap in your step. Pep to carry you through any daily emergency. You would feel yourself a real he-man, with all the ambition to make your dreams come true. No matter what your physical condition is, we can improve it to the limit of your expectations.

Naturally you will be curious to know how we can do this. Our answer is: With bar-bells and the expert tuition that we give along with them. Look at the pictures on this page of John Sloan of Springlake, New Jersey. Compare the one taken at the time of his enrollment with the one after practicing our system for a short time.

LOOK WHAT WE DID FOR JOHN SLOAN Bar-Bells Increased His Chest Twelve Inches and His Bicep Over Five Inches "HE INCREASED HIS HEIGHT EIGHT INCHES"



Mr. Sloan Before He Became
a Milo Pupil

When you invest in a Milo Bar-bell you receive great value for your money. It is an outfit you will be as proud to own as we are to make. The workmanship is perfect. Each outfit we positively guarantee. One of the many values of bar-bells is that you never outgrow them. They continually keep step with your progression. A bar-bell never deteriorates in resistance with use or time.

And with all this, you receive the entire service of our expert Advice Department, which is free to our pupils. No matter what your problems are on health and body culture, we personally take care of you.

YOU CAN HAVE AN ACHILLES PHYSIQUE

Beyond a doubt you would thrill with pride to possess the splendid proportions owned by Mr. Sloan, and it is quite possible for you also to possess such proportions. What one man has secured with proper instructions, so can you. Give us the opportunity to prove it. If you are in doubt, write a personal letter to our chief expert, Mr. Geo. F. Jowett, and he will give you a prompt detailed diagnosis of your condition. We stand behind his knowledge and ability, which has proved to thousands to be profound and capable.

We issue a forty-page booklet, beautifully illustrated, that explains our method of training and illustrates our bar-bell outfits. It contains many fine photos of the finest specimens of physical manhood, whose body testifies to the value of our teaching. This book we will be glad to send you without any cost on your part. May we have this pleasure? You cannot afford to put off every day the demands of your body. It calls for physical protection against the inroads of life and ill health. Its cry is to be built up. Don't neglect it. When it is done, you will be a finished product, and the receipt of this booklet will mean all to you.

Send for it now. It will be our pleasure to oblige you with a copy of

HEALTH, STRENGTH AND DEVELOPMENT

Free on request with the Pamphlets

HOW MUCH SHOULD I MEASURE AND HOW MUCH SHOULD I WEIGH?
and HOW MUCH CAN I IMPROVE AT 20—AT 30—AT 40 YEARS?

THE MILO BAR-BELL CO.

2739 N. PALETHORP ST., Dept. 103, PHILA., PA.



Mr. Sloan Shortly After Becoming a
Milo Pupil

Surely you need no greater proof of our system than this example. From a puny, undersized young man, he developed into a perfect specimen of physical manhood. What we have done for him, we can do for you. Try us. Our guarantee protects you.

No matter what other systems you consider, you will eventually adopt bar-bells. They are the inevitable. It is only through bar-bell practice, with the application of the Double Progression method, that material gains can be gotten.

We are the originators of this system and the only teachers. By this method of instruction less than half the time is absorbed as is demanded in the practice of any of the Daily Dozens. You only practice once every forty-eight hours, and secure much greater results in both size and strength of lasting quality.

JUST WHAT IS A BAR-BELL?

It is an adjustable outfit that consists of a bar-bell, dumb-bell and two kettle-bells, beautifully finished in black japan, and with nickel-plated bars. With this outfit, you secure three courses of instruction that are laid out for your personal requirements and which are sent to you according to the physical progress you make. Geo. F. Jowett will inform you when you are ready for them, as you are given personal attention by him.

S-5-25

The Milo Bar-Bell Co.,
Dept. 103
2739 Palethorp St., Phila.,
Pa.

GENTLEMEN:
Please send me without obligation
on my part your free booklet
"HEALTH, STRENGTH AND
DEVELOPMENT AND HOW TO
OBTAIN THEM" and your pam-
phlet entitled, "HOW MUCH CAN I
IMPROVE AT 20—AT 30—AT 40
YEARS?"

Name.....

Address.....

City.....

State.....



J. E. GREENSLADE

JACK WARD
Chicago

"I didn't want to work for small pay. Easily proved. Mr. Greenslade was right. Made \$13,500 last year — over \$1,000 every month."

WARREN HARTLE
Chicago

"After 10 years in the Railway mail service I decided to make a change. Earned more than \$1,000 the first 30 days."

F. WYNN
Portland

"Last week my earnings amounted to \$554.37; this week will go over \$400.00. Thanks to the N. S. T. A."

GEO. W. KEARNS
Oklahoma

"From \$60 a month working on a ranch, to \$524 in two weeks, is the step I took after this training."

You're Fooling Yourself

-if You Think These Big Pay Records Are Due to LUCK!

But don't take my word for it! When I tell you that you can quickly increase your earning power; I'll PROVE IT! FREE! I'll show you hundreds of men like yourself who have done it. And I'll show you how you can do it, too.

I'LL come directly to the point. First you'll say, "I could never do it. These men were lucky." But remember the men whose pictures are shown above are only four out of thousands and if you think it's luck that has suddenly raised thousands of men into the big pay class *you're fooling yourself!*

Easy to Double Salary

But let's get down to your own case. You want more money. You want the good things in life, a comfortable home of your own where you can entertain, a snappy car, membership in a good club, good clothes, advantages for your loved ones, travel and a place of importance in your community. All this can be yours. And I'll prove it to you, FREE.

First of all get this one thing right—such achievement is not luck—it's KNOWING HOW! And KNOWING HOW in a field in which your opportunities and rewards are ten times greater than in other work. In short, I'll prove that I can make you a Master Salesman—and you know the incomes good salesmen make.

Every one of the four men shown above was sure that he could never SELL! They thought Salesmen were "born" and not "made"! When I said, "Enter the Selling Field where chances in your favor are ten to one," they said it couldn't be done. But I proved to them that this Association could take any man—regardless of his station in life, regardless of his present job, or lack of selling experience—and in a short time make a MASTER SALESMAN of him—make him capable of earn-

ing anywhere from \$5,000 to \$10,000 a year. And that's what I'm willing to prove to you, FREE.

Simple as A B C

You may think my promise remarkable. Yet there is nothing remarkable about it. Salesmanship is governed by rules and laws. There are certain ways of saying and doing things, certain ways of approaching a prospect to get his undivided attention, certain ways to overcome objections, batter down prejudices and outwit competition.

Just as you learned the alphabet, so you can learn salesmanship. And through the NATIONAL DEMONSTRATION METHOD—an exclusive feature of the N. S. T. A. System of Salesmanship Training—you gain the equivalent of actual experience while studying.

Years of Selling Experience in a Few Weeks

The N. S. T. A. System of Salesmanship Training and Employment Service will enable you to quickly step into the ranks of successful salesmen—will give you a big advantage over those who lack this training. It will enable you to jump from small pay to a real man's income.

Remarkable Book, "Modern Salesmanship," Sent FREE

With my compliments I want to send you a most remarkable book, "Modern Salesmanship."

It will show you how you can easily become a Master Salesman—a big money-maker—how the N. S. T. A. System of Salesmanship Training will give you years of selling experience in a few weeks; how our FREE Employment Service will help select and secure a good selling position when you are qualified and ready. And it will give you success stories of former routine workers who are now earning amazing salaries as salesmen. Mail the coupon today. In every man's life there is one big moment when he makes the decision that robs him of success—or leads him on to fortune. This may be your turning point. You may be face to face with your BIG opportunity. Your decision right now is important. Send the attached coupon at once and you will have made the first long stride toward success.

NATIONAL SALESMEN'S TRAINING ASSOCIATION

Dept. E-21
N. S. T. A. Building,
CHICAGO, ILL.



National Salesmen's Training Association
Dept. E-21,
N. S. T. A. Building, CHICAGO, ILL.

Send me free your book, "Modern Salesmanship," and Proof that I can become a MASTER SALESMAN.

NAME
ADDRESS
CITY STATE
AGE OCCUPATION



Strength

MAY, 1925

Vol. X.

No. 3



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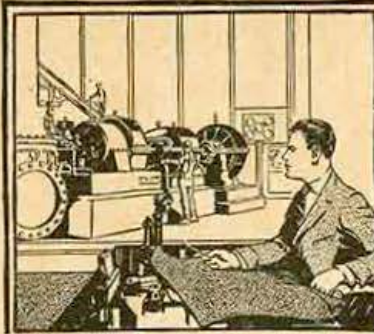
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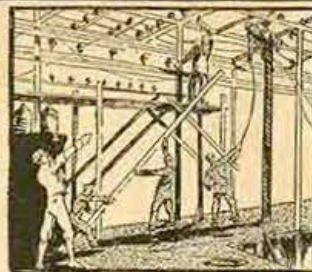
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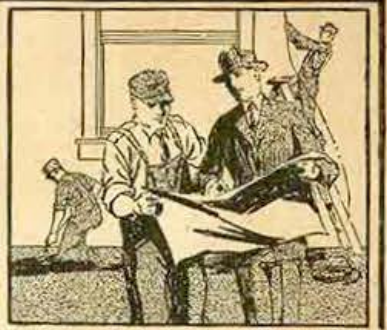
Be Superintendent of an Electrical POWER PLANT



Own Your Own Electrical REPAIR SHOP



Boss Electrical Construction Jobs



Be an Electrical CONTRACTOR



Chief Engineer DUNLAP

I Guarantee You A Job AND A 50% Raise!

Be a Dunlap trained Electrical EXPERT!

If you are now earning less than \$40 a week, I will guarantee you an Electrical job after you finish my training—guarantee you at least 50% more pay UNDER BOND, or refund every cent you pay for this training. You can get this guarantee ONLY from AMERICAN SCHOOL, the 27 year old, million-dollar Educational Institution—because no other Electrical home-study training justifies the guarantee of a job and a 50% raise.

I send you 4 Electrical Outfits!

Dunlap JOB-METHOD training is built around four Electrical Outfits which I send you as a part of this course. You learn by doing actual Electrical jobs with this equipment. Includes house-wiring, bell-wiring, electric light, Radio and motor outfits. I guarantee to supply the most elaborate, costly and complete outfits ever given by any home-study electrical school.

Electricity pays Experts \$70 to \$200 a week

The world's greatest, fastest growing, most fascinating business needs you. New projects total a thousand million dollars. No other industry offers such a golden future to trained men, trained as I train you. Take my training AT HOME, in your spare time. Prepare to BOSS untrained electrical workers, to direct Electrical Construction, to go into business for yourself. Loan me only a part of your spare time and I'll help you climb from small pay and hard work to a salary of \$5,000 a year or more! Here is the chance you've been waiting for to get into easier work and enjoy the better things of life.

22 Great Electrical Engineers

helped me make this training the most complete and up-to-date on earth. Dunlap-training brings you instruction from a recognized authority in every branch of electricity. These men know what training you need to earn the largest salaries, and they give it to you. My training built by 22 Engineers and Executives of the following

great corporations and Universities:

1. General Electric Co.
2. Commonwealth Edison Co.
3. Crocker-Wheeler Co.
4. Cutler-Hammer Mfg. Co.
5. American Telephone & Telegraph Co.
6. Westinghouse Electric & Mfg. Co.
7. Western Electric Co.
8. Underwriters Laboratories, Inc.
9. Columbia University
10. Dartmouth College
11. Massachusetts Institute of Technology
12. Lehigh University
13. University of Vermont
14. Armour Inst. of Technology
15. University of Kansas
16. AND MANY OTHERS.

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AMERICAN SCHOOL organized NOT FOR PROFIT, gives you more and better training for less money. Get the facts and take advantage of my GUARANTEED JOB and RAISE offer. Get the facts about YOUR chances in the Electrical business. If you're less than 40 years old, even if you have only common schooling. I guarantee your success.

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Electrical Division
Dept. E-5203 Drexel Av. & 58th St.
CHICAGO, ILLINOIS

Please rush free book, guarantee of a job and 50% raise and complete information.

Name.....

St. No.....

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

Chief Engineer Dunlap American School

Electrical Division
Drexel Ave. and 58th St.
Dept. E-5203, CHICAGO

MAIL TO-DAY

DUNLAP GUARANTEES JOB AND RAISE

Only a Part of Outfits



Dunlap Guarantees You a Job And a Raise!

Earn Money While Learning!

Don't let lack of ready money or anything else prevent you from getting my training. As early as your eleventh lesson I train you to do Electrical and Radio Jobs in your spare time—to earn enough money to pay for this course and have plenty left over. I show you how to go out and get this work, what to charge, etc. This gives you experience, practice and CASH.



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

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

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

A Secret That Has Made Men Rich

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

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

Now Easy for Anyone to Become a Powerful Speaker

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

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

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

It Takes Only 15 Minutes a Day

I don't care how embarrassed you are when called upon to speak, I don't care how timid or bashful you become when in a social gathering. Give

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

commanding one through the power of speech alone.

This FREE Test Will Measure Your "Hidden Knack"

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

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Please send me your FREE Test and full information about your amazing new method of learning Public Speaking. This request places me under no obligation of any kind.

Name.....

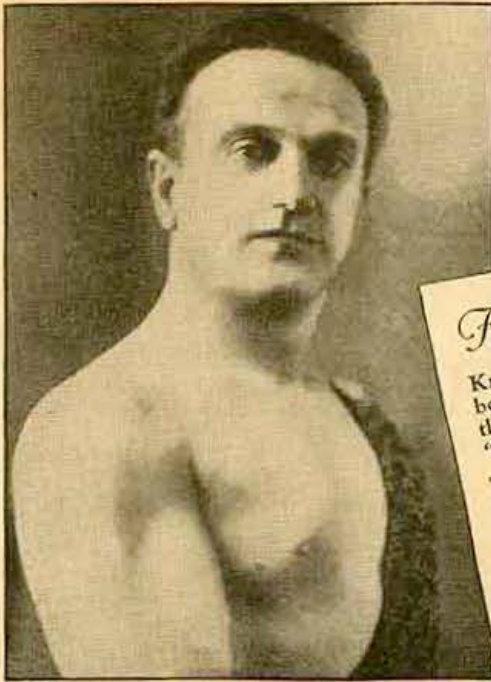
Address.....

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

What 15 Minutes a Day Will Show You

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

NOW—YOU can attain this



GALIARDO
52 Years Young

The World's most amazing
System of Rapid
Muscular Development

MUSCULAR POWER
through the Sensational Secrets of

**GALIARDO'S
DY-NAM-IC
BREATHING**

FEEL POWER PULSING
THROUGH YOU!

Know that joyous sense of
bounding vitality—the kind
that makes you feel you could
"lick your weight in wildcats."

That's the way I'll make you feel.
ENERGY—FORCE—STRENGTH
That's what I'll give you. Won-
derful? you bet, it's wonderful!
and I guarantee results. Start
today.

[Signed]

Ernesto Galiardo



Galiardo before he discovered
his secrets of Dy-nam-ic breath-
ing, and, with incipient tuber-
culosis, was given up to die.

Breathe your way to
STRENGTH—TO HEALTH
—to abundant, forceful,
conquering energy!

GALIARDO was a weak-
ling, a failure before he
discovered his marvelous
secrets of Dy-nam-ic
Breathing. Now he has
the kind of physical
power that YOU can
possess, because the way
is revealed!

GALIARDO Breathe-Rite DY-NAM-ICS

Yet it is unbelievably simple—**breathing!** But that means scientific breathing—**Dy-nam-ic Breathing!** Listen—all about us there is unlimited air. Yet we forget that this air contains oceans of oxygen—nature's most powerful body-building element. And nine men out of ten **starve** their lungs and **Rob** their bodies of power and health, because they use only a **small part** of their lungs in breathing.

WONDERS—in 15 Minutes a Day

Listen! You can't make **steam** in an engine without **water** in the boiler. You know that. Your body, too, is an engine—and you can't make **Steam** in that wonderful engine of yours without air in your lungs.

"Air in my lungs?" Of course I've got air in my lungs," you say. Yes, but not nearly **enough** air, because you have not learned how to breathe properly.

But—when you learn the simple secrets of Dy-nam-ic Breathing, you shoot strength into yourself just like charging a battery. Then without effort, day and night, your lungs will breathe diaphragmatically. The greatly increased volume of oxygen in your blood does this: (1) Purifies and enriches the blood. (2) Improves circulation. (3) Tones up the whole system. (4) **Builds bone, sinew and muscle.**

That gives you **steam—Power** and

Vitality. Let Galiardo show you how to become a new man with muscles bulging with force and the physical "drive" that makes you a winner.

Galiardo's Distinguished Record

You have read of Galiardo's great work in prominent newspapers and scientific journals. You have heard of the remarkable things he accomplished as National Physical Director of the American Boy Scouts, as Director of the Male Physical Culture Dept. of the New York Hospital for Deformities and Joint Diseases, as Lecturer for the New York City Board of Education, and as the pioneer in Breathing Instruction for the New York Police Dept.

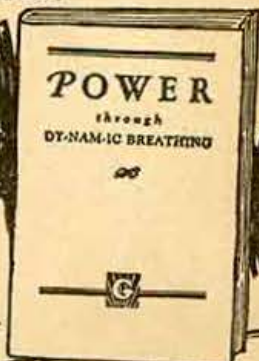
Galiardo will rouse that undeveloped manhood within you. You'll be amazed. Send for the **free** book and be convinced.

Free!

GALIARDO'S
FAMOUS
BOOK

"POWER through Dy-nam-ic Breathing"

Send for Galiardo's amazing book today. It's **FREE**. Then bid goodbye to weakness, pains and unfitness! And strength is yours!



Mail this
today

Health Reconstructive Society, Inc.
Dept. M, 750 West End Ave., New York
Without any obligation whatever, please send
me, free of charge, your famous book "Power Through
Dy-nam-ic Breathing."
(Please PRINT your name.)

Mr. _____
Miss _____
Mrs. _____
Address _____
City _____ State _____

GALIARDO, National Director

HEALTH RECONSTRUCTIVE SOCIETY, INC.

Dept. M.

780 West End Avenue, New York

Free Yourself of Rupture Without Pain, Operation or Loss of Time

For the benefit of our readers we take pleasure in publishing the Brooks offer to save all who are ruptured from wearing painful makeshift trusses that do not cure.

The Brooks Appliance Is Sent on Trial to Prove It

Every day that you suffer from rupture—every hour of truss torture that you endure—after you read this page IS YOUR OWN FAULT.

For many years we have been telling you that no makeshift truss will ever help. We have told you about the harm ill-fitting trusses are doing. We have told you that the only truly comfortable, sanitary and scientific device for holding rupture is the Brooks Rupture Appliance.

The Brooks Appliance clings to you without force and you are hardly conscious of its presence. But above all else, it **HOLDS ALWAYS**. We offer to prove these statements by sending you a Brooks Appliance on trial entirely at our risk.

The letters on this page have been selected because each one tells the story a little differently. It is the same story in every case, pain, suffering sometimes almost unendurable, dread of the future, fear of the surgeon's knife and then the Brooks Rupture Appliance like a miracle bringing instant relief from all suffering—and after a reasonable time, a complete cure.

You cannot read these letters without knowing they are true, and surely you must believe we can help you as we have helped these others.

If you really want to be rid of your rupture, fill out the coupon at the bottom of this page and mail it today.



The above is C. E. Brooks, inventor of the Appliance. Mr. Brooks cured himself of Rupture Over 30 Years Ago and Patented the Appliance from His Personal Experience. If Ruptured Write Today to the Brooks Appliance Co., Marshall, Mich.

Ten Reasons Why You Should Send for Brooks Rupture Appliance

1. It is absolutely the only Appliance of the kind on the market today, and in it are embodied the principles that inventors have sought after for years.
2. The Appliance for retaining the rupture cannot be thrown out of position.
3. Being an air cushion of soft rubber it clings closely to the body, yet never blisters or causes irritation.
4. Unlike the ordinary so-called pads, used in other trusses, it is not cumbersome or ungainly.
5. It is small, soft and pliable, and positively cannot be detected through the clothing.
6. The soft, pliable bands holding the Appliance do not give one the unpleasant sensation of wearing a harness.
7. There is nothing about it to get foul, and when it becomes soiled it can be washed without injuring it in the least.
8. There are no metal springs in the Appliance to torture one by cutting and bruising the flesh.
9. All of the material of which the Appliances are made is of the very best that money can buy, making it a durable and safe Appliance to wear.
10. We guarantee your comfort at all times and in all positions, and sell every Appliance with this positive understanding.

Doctor Pronounced Him Cured

Norwich, N. Y., 34 St.,
August 2, 1924.

Dear Mr. Brooks: I discontinued wearing my Appliance about six weeks ago and am happy to say that my rupture is entirely healed. Was examined by my doctor and pronounced cured. Considering my age, 61 years, think this is wonderful work.

Cannot express to you just how grateful I am. Until the time that I commenced wearing your Appliance was miserable every minute. With best wishes for your success, I am,
Gratefully yours, E. W. Brown.

Cured Two Years Ago—Is Very Grateful

Roan Mountain, Tenn., R. F. D.,
No. 2, Box No. 84, July 22, 1924.

Mr. C. E. Brooks: Your Rupture Appliance has cured me—I have been well for two years. You may use my name and this letter in any way you wish for I feel very grateful.
Yours truly, John Clark.

Five Operations Failed

Lowell, Mass., 14 La Grange St.,
June 7, 1924.

Dear Mr. Brooks: About five months ago I purchased one of your Appliances and want to say in less than two months I began to notice improvement. I believe the cure is complete, as I took the Appliance off a couple of weeks ago and have had no trouble. Had suffered for twelve years and never found any comfort or relief with any of the trusses I had tried.

I am interesting my friends in this Appliance and why wouldn't I aid a rupture sufferer when I know the agony one goes through? Your Appliance was a Godsend and if circumstances would allow me I would come to your city and thank you personally.

Believe I told you before have had five operations for this trouble without success. I am grateful to you, and am,
Ever yours, James Brady.

Spring Trusses Failed—Brooks Appliance Cured

Sterling, Mass., Box No. 177, June 11, 1924.
Brooks Appliance Co., Marshall, Mich.

Gentlemen: I wore your grand Rupture Appliance for one year day and night, after which I underwent a doctor's examination. He stated I was completely cured. This examination was made in December, 1921, and I haven't worn the Appliance since and have had no trouble.

I suffered from a double rupture and had used spring trusses for six years without help. Wishing you success in your grand work, I remain, sincerely yours,
Albert Foote.

75-Year Old Carpenter Cured

Freeport, N. S., Can., May 25, 1924.

Dear Mr. Brooks: Thank you for your kindness in writing me, but I am pleased to inform you that I do not need anything in connection with the Appliance, for I have not worn same for the last nine months and consider myself cured of rupture.

The rupture has not troubled me for the last four years—thanks to you and your invention. It was a Godsend to me, for the doctor said there was nothing for me but the knife. I am seventy-five years old and work every day at my trade as a carpenter. You are at liberty to use the above statement in any way you choose.
Sincerely, C. H. Campbell.

Daughter Cured—Is Anxious to Tell Other Worried Mothers

Edmonton, Alta., Can., 11637 125th St.,
March 13, 1924.

Gentlemen: One year ago I bought your Rupture Appliance for my little girl, who was three years old. She is now four and the rupture hasn't bothered her since I put the Appliance on.

I surely am very thankful to you and you may use this letter, as it may help some other worried mother.
Yours very truly, Mrs. Thos. Scott.

Cured in a Few Months

Xenia, Ill., Box No. 144, July 20, 1924.
Mr. C. E. Brooks, Marshall, Mich.

Dear Sir: In reply to yours of recent date I will gladly say I used your Rupture Appliance for only a few months according to instructions. My rupture is fully cured.

I have not felt any ill effects from it for two or three years.

I can't say how grateful I am to you and have had several parties write you through my recommendation. Sincerely yours, J. F. McCulley.

Boy Cured in 1921—No Trouble Since

Dennis, Tex., July 1, 1924.

Dear Sir: I bought your Appliance for my son in 1920 and he has not worn it since 1921.

Since that time he has gone through the most rigorous tests that a boy can think of and never complains in the least. Doctors pronounce him cured.

I would advise anybody suffering from rupture to use your Appliance and grant you full permission to use this letter if it is of any value.
Sincerely yours, M. F. Taylor.

Watch for Trade Mark

Beware of imitations. Look for trade mark bearing portrait and signature of C. E. Brooks which appears on every Appliance. None other genuine.

FREE INFORMATION COUPON

Brooks Appliance Co.,
189B State St., Marshall, Mich.

Please send me by mail in plain wrapper your illustrated book and full information about your Appliance for the cure of rupture.

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You, young or old—in your teens or in your sixties. Can you face life cheerfully day by day with the pep and power to keep going and to rise to better things? Or are you held down with the consciousness of your physical and mental weaknesses and deficiencies?

You made mistakes—so has every man. But the **Real** man rises above his mistakes and uses past errors as stepping stones to a happy, successful future. So can you. You don't have to drag out a miserable existence—weak, run-down—failing—burdened with Catarrh, Constipation, Indigestion, Dyspepsia, Biliousness, wretched with Nervousness, Prostate Troubles, and the numerous other results of violating Nature's Laws. (See consultation coupon.) You can be strong, vigorous, magnetic—a real man in the fullest sense of the word. Let me show you how.

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Just because you made that mistake in your life don't let it drag you down. You have the latent power with you to rise above your indiscretions and be a **Man**. I personally guarantee your success with Strongfortism, no matter what your ailments are, or what caused them and irrespective of your age, occupation or surroundings.

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Mr. Lionel Strongfort, Dept. 1793, 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.

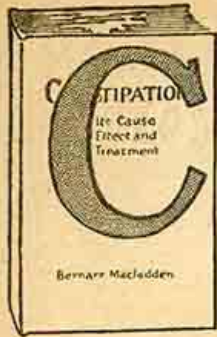
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-a new book, just off the press!

CONSTIPATION

Its Cause, Effect and Treatment

MILLIONS of tons of pills and pellets, saline laxatives and bottled drugs are used each year by the American people for the relief of constipation.

And the tragic part of the whole matter is that the pill and bottle method of treating constipation simply makes things worse—it perpetuates the very condition that it is called upon to cure.

Physicians say that the habitual use of cathartics is one of the prolific causes of chronic constipation. It is perfectly true that drugs give temporary relief, but as a means of curing constipation they are absolutely worthless.

A sufferer from constipation tries a certain drug or cathartic. Gradually as its use is continued the nerves and mucus membrane become dulled and refuse to respond. Then larger and larger doses are resorted to. Finally the drug loses its effect altogether.

A new drug is tried. It gives relief for a time and then it has to be thrown aside for another when the tissues become accustomed to it.

And so the vicious circle continues—the miserable sufferer changing from one drug to another, seeking for something that will bring about the desired cure and with each new drug making his condition worse.

The Dangers of Constipation

Ever since the days of Hippocrates writers on medical and hygienic subjects have emphasized the harm that results from constipation.

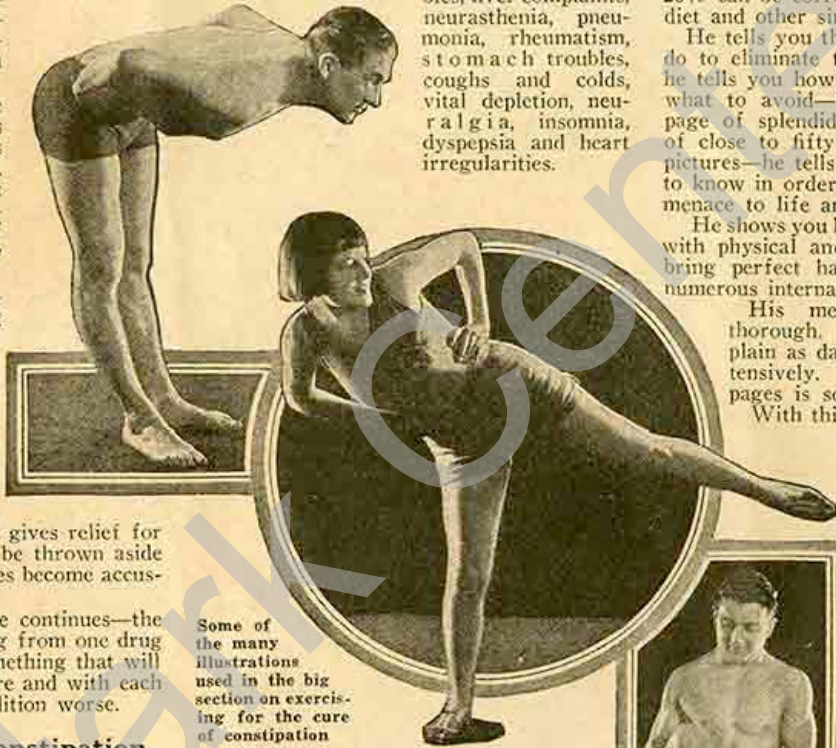
It is undoubtedly the most dangerous of all diseases—dangerous because it is the prolific source of so many other diseases.

Constipation prepares a fertile field for the development of germs and toxins. It lowers the body's resistance and enables fatal disorders to gain a foothold.

The man who is constipated is a poisoned

man. His intestinal tract is a factory of infection, making and liberating millions of active and dangerous disease germs.

Constipation, if allowed to become chronic, may result in any of the followings diseases: Bright's disease, catarrh, consumption, diabetes, dysentery, kidney troubles, liver complaints, neurasthenia, pneumonia, rheumatism, stomach troubles, coughs and colds, vital depletion, neuralgia, insomnia, dyspepsia and heart irregularities.



Some of the many illustrations used in the big section on exercising for the cure of constipation

Constipation brings on a derangement of the nervous system. It brings on piles and other troubles that cause the most intense suffering.

The chronic constipate is usually pale and nervous. He lacks ambition and zest for work. He is often depressed and irritable. And there is no reason for his feeling otherwise. A constipated body is a clogged body, alive with poisons that drain the body of health, vitality and ambition.

Help at Last for a Nation of Constipates in Bernarr Macfadden's New Book

It was for the purpose of relieving the serious condition that exists among Americans that Bernarr Macfadden prepared his latest health book—CONSTIPATION. It is a most valuable addition to a library that has become famous the world over.

In this book, Mr. Macfadden tells you what constipation is, what causes it, what

effect it has on the general health and how to overcome it.

He states that health cannot be at its highest where intestinal sluggishness exists. He further states that 80% of all cases of constipation can be corrected by diet alone, and that practically all of the remaining 20% can be corrected by a combination of diet and other simple hygienic measures.

He tells you the simple things you must do to eliminate the wastes of the body—he tells you how to diet—what to eat and what to avoid—he gives you page after page of splendid exercises—a big section of close to fifty pages of specially-posed pictures—he tells you everything you need to know in order to conquer this insidious menace to life and health.

He shows you how to make yourself alive with physical and nervous vigor—how to bring perfect harmony between all your numerous internal organs.

His methods are simple, but thorough. Everything is made as plain as day. Pictures are used extensively. Everyone of the 288 pages is sound and practical.

With this book in your hands you can learn to cure the most stubborn attack of constipation.

Send the Coupon and See the Book for Yourself!

The only way in which you can determine the value of this remarkable book is to send for it and examine it in your own home.

Don't send any money in advance—just fill in the coupon and the book will come to you by return mail.

When the postman hands it to you, deposit only \$2.00, plus delivery charges, with him. Then after you have kept Mr. Macfadden's book on Constipation for five days—after you have had plenty of time to examine it and try it out—if you are not ab-

solutely satisfied, return the book to us and your money will be promptly refunded.

If, however, you desire to keep the book—and we believe you will—the book becomes your property for the sum which you deposited with the postman.

MACFADDEN PUBLICATIONS, INC.

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Without obligation on my part, please send me a copy of **CONSTIPATION—ITS CAUSE, EFFECT AND TREATMENT**. I will pay the postman \$2.00, plus delivery charges, on arrival, but I also have the privilege of returning the book within five days if I desire and you will refund my money.

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Here is the frankest, most helpful book on Sex ever published!

NO questions avoided. No false modesty. Every subject that the average man and woman longs to know the truth about is handled "without gloves," and in plain, untechnical English—yet in such a clean, high-minded manner that no one can possibly take offense. This is the book that you have been waiting and wishing for.

You are anxious for guidance in ordering your life so that greater happiness will result. If you are a parent, you are eager to give your children vital sex-knowledge in order to protect them from making the disastrous mistakes that are so often the result of igno-

rance and "innocence." Yet most of the books giving sex-information either leave out the things that you need to know most, or else the language used is so "high-brow" and "technical" that the average man and woman finds it very difficult to read and understand.

Most of these books have, of course, been written by physicians, and medical men find it hard, as a rule, to write without sprinkling in large numbers of medical terms. Yet here at last is a book which, although written by a celebrated physician, Dr. C. W. Malchow, is so plain and simple that anyone can understand it.

Whether married or single, you will be eager to read this valuable book

Dr. Malchow's book is plain-spoken and straight-from-the-shoulder. It tells exactly what you want to know—in language that you can not fail to understand. You will read every page with intense interest.

If every man and woman intending to marry was given the opportunity to read this brave, helpful book by Dr. Malchow, it is safe to say that the percentage of happy, permanent marriages would be vastly increased, and the evil of divorce would be rapidly decreased.

But it is not only for married people, or those intending to marry, that this remarkable volume was prepared. In some respects it is even more important for the unmarried individual to realize the truth about the sexual functions, for medical research has shown that even slight disturbances of the generative organs often have very far-reaching effects.

**Don't worry about sex.
This book will free
your mind**

Many high-minded men and women are worried and harassed for years simply for the lack of the simplest, most elementary knowledge of sexual facts. It is for people who want to know the actual truth about their sexual lives and possibilities that Dr. Malchow wrote this remarkable volume.

You can learn everything you want to know from this book and do it in absolute privacy, without the embarrassment of revealing a single one of your thoughts about your sexual life to a human being! In view of your natural modesty, we have arranged

so that you can obtain Dr. Malchow's book with *complete privacy*, both in requesting a free examination of the volume and in receiving it.

FREE EXAMINATION

We know so well that you will be deeply gratified by reading Dr. Malchow's frank, open explanations of this vastly important subject, that we are

willing to send this book to you on liberal, free examination terms. Remember, this is a strictly serious, scientific book. Every page in it is devoted to a clean, clear explanation of the sexual life, in simple everyday, non-technical words. There is nothing in it to shock anyone, but since it is intended for the guidance of mature men and women we do not send it out to those under 18 years of age.

Send No Money

Simply send us the coupon. We will immediately send you a copy of Dr. Malchow's \$17.00 page book, "The Sexual Life." The package will be in a plain wrapper, giving no indication of its contents.

Deposit only \$3.50, plus a few cents postage, to the postman who delivers the package. Then satisfy your curiosity about the book in the privacy of your home, for 5 days if you wish. If the volume does not come up to your expectations in every way, send it back to us within that time and your money will be at once refunded by mail. If, however, you decide to keep the volume, you property without additional payments.

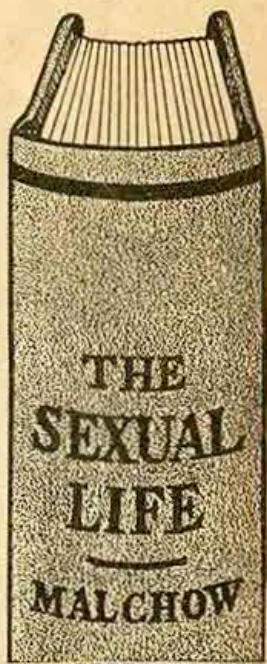
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At least 50% of physical and mental misery is preventable and curable. In fact, the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.

ENCYCLOPEDIA of PHYSICAL CULTURE New 6th Edition ~ Completely Revised

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted, even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals the neglect of which may lead to serious—perhaps fatal—illness.

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical

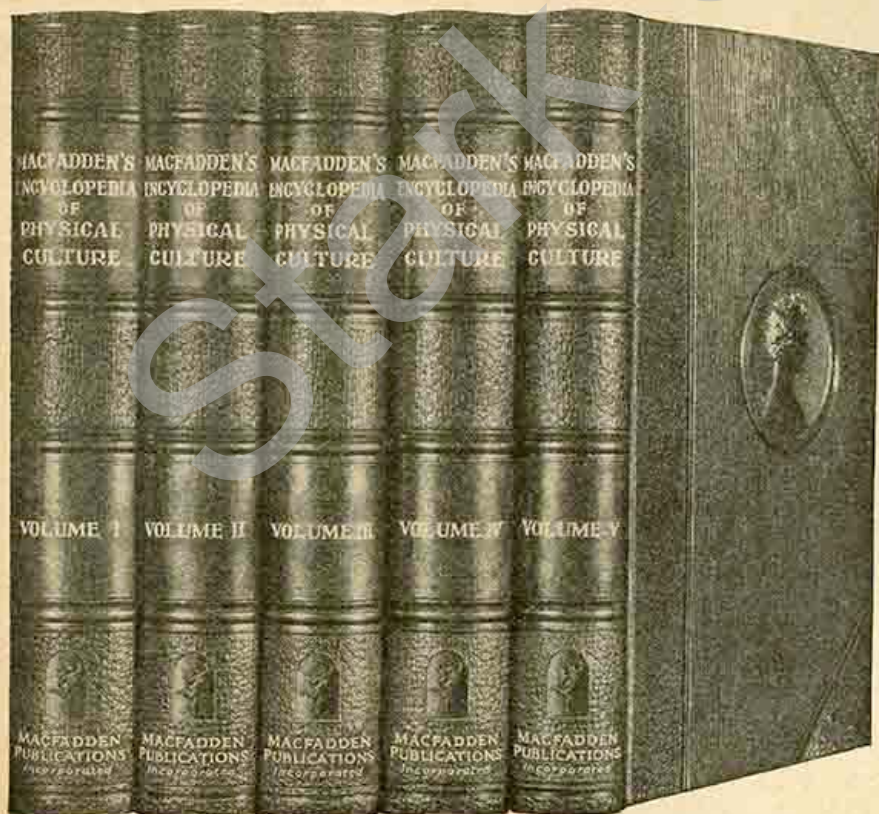
culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built

The Encyclopedia of Physical Culture.

This marvelous work gives invaluable information on fasting, diet, exercise, and hydrotherapy for both health and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

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- (18) Rules for Happy Marriage and Parenthood.
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Read the Details of Our FREE Examination Offer on Next Page

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Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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How to—

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- know the art of food preparation
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- become a physical director
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- avoid disease
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- give first aid in emergencies
- apply home treatment for disease
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- build nervous energy
- treat the common forms of disease
- understand the process of reproduction
- benefit by laws of sex and marriage
- treat diseases of women
- diagnose diseases
- have healthy and vigorous children
- treat female disorders
- treat male disorders
- obtain virility and manhood
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- Vol. 3—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. 4—Diagnosis and detailed treatment for individual diseases alphabetically listed.
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You may have all of these five volumes for your free ten days' personal examination right in your own home and without sending one cent in advance.



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World Famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.

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After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35 for the entire five volumes.

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To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

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Dept. S-5

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We do not care whether you are a weight lifter or not; as long as you are interested in health, body culture and weight lifting as a sport, we want you.

We are united to maintain a better standard of physical promotion throughout the United States. By the furtherance of physical promotion principles you make of your-



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self a valuable asset to your country. Won't you help us to succeed in such a worthy cause?

Surely you have missed the names of American athletes from among the winners of the Olympic weight-lifting teams. The U. S. A. has never sent a team of weight lifters to any of the Games. Last year in Los Angeles, California, was held the first national weight-lifting competition of any significance. All the winners were A. C. W. L. A. boys and it was the A. C. W. L. A. that made this competition possible.

Since the beginning of this order we have developed more weight lifters and body-developing enthusiasts than ever before known in this country. These real lifters and record performers have been made possible only by the aid of our members.

We Are Putting It Up to You

Surely you have enough national pride to want to see our boys prove that they are made of as good physical material as our foreign competitors. You can give them no better help than by joining the A. C. W. L. A. NOW. All the best men in the game belong to the A. C. W. L. A., and the board of directors is governed by the greatest experts in weight lifting and body culture.

Real Important to You

The regular initiation fee is \$2.50 for each new member, with a yearly subscription of \$5.00. This is a total of \$7.50. This cost is reduced in order to give you the opportunity of enlisting into the ranks of this great organization at a saving of \$3.50, and to help us reach the quarter million membership mark that we are after.

You Can Enter This Prize Medal Contest by Joining the A. C. W. L. A.

What is a medal? A medal is a trophy given to a person as a proof that he has distinguished himself. It is an appreciation. No matter how physically inferior you are now, the A. C. W. L. A. can tell you how to bring yourself up to a standard of physical fitness. We will help you to secure one of these valuable trophies. The schedule is graded, so that within a few weeks you can win a medal. Will you let us show you how?

This medal schedule is just one of the many prize awards we offer to members in order to encourage them to take an interest in their body and their own personal efforts.

Without a Cent from You, We Will Give You a Bar-Bell Outfit

Among our many offers are bar-bell outfits of various sizes, that can be obtained by any of our members. Yet we figure that these propositions are the least we have to offer you. Membership in our ranks means very much more to you. The value of help we are able to give to all our members has proved itself. Thousands of our members have stated that the help given them is inestimable. We bring enthusiasts in touch with each other in their separate localities and advance introductions for members to meet brother members in other towns and cities to which they may go. It means a lot to know that some one, with the same likes as yourself, is waiting to welcome you to their city. It makes you feel you are not a stranger. We help you form clubs and promote competitions, and give you beautiful engraved certificates for the records you make. We have an Advice Department that is always ready to help solve your problems. We place you in touch and on an equal footing with all the big men to be found in the cause of physical promotion. If you want to know what the best books on physical rebuilding are, we tell you, and by that way save you often from disappointment and waste of money. We give you one year's subscription to the "Strength" magazine, which is, beyond a doubt, the finest magazine of its kind, and you also get your lapel button, which is the insignia of your order, the A. C. W. L. A. The sight of this emblem proclaims one brother member to another on the street or in the train. You receive your membership card for the full year, which entitles you to all the benefits of this fine association.

All This Is Offered to You for the Low Fee of \$4

For this sum you are entitled to one year's subscription to the "Strength" magazine, your lapel button insignia, membership card for one year, and all the benefits that the Association covers, including the prize medal and bar-bell awards. Do not hesitate any longer. Wear a button on your coat and prove yourself a real guy.



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



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

All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested are requested to get in touch with the following persons who are representatives of A. C. W. L. A.

- | | |
|---|--|
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New York City, N. Y. | Mr. George Murray,
722 S. MacCann St.,
Kokomo, Ind. |
| Mr. A. M. Losey,
Jowett Strength Club,
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GEO. F. JOWETT, President A. C. W. L. A.
c/o STRENGTH MAGAZINE,
2739 N. Palmetto St., Philadelphia, Pa.

Dear Mr. Jowett:

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

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

Are You Afraid To Love?

Is Life a Mystery To You?

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

Is spooning dangerous? Does a petting party stop with a kiss? At last the question answered. See "Safe Counsel" page 199.



Life's Mysteries Revealed

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

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

"It Might Have Been Prevented"

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

Would You Like to Know:

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

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

The Truth At Last!

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

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

Send No Money— Simply Mail the Coupon

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

Just clip the coupon. Send it in today. No money is required. In a few days when the postman brings you "Safe Counsel" (in a plain wrapper) you can pay him \$1.98 and postage. If you are not thoroughly satisfied after examination, return the book and we will refund your money. Send the coupon immediately. Mail it today to the Franklin Association, 186 N. La Salle St., Dept. 7602, Chicago.

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186 No. LaSalle St., Dept. 7602

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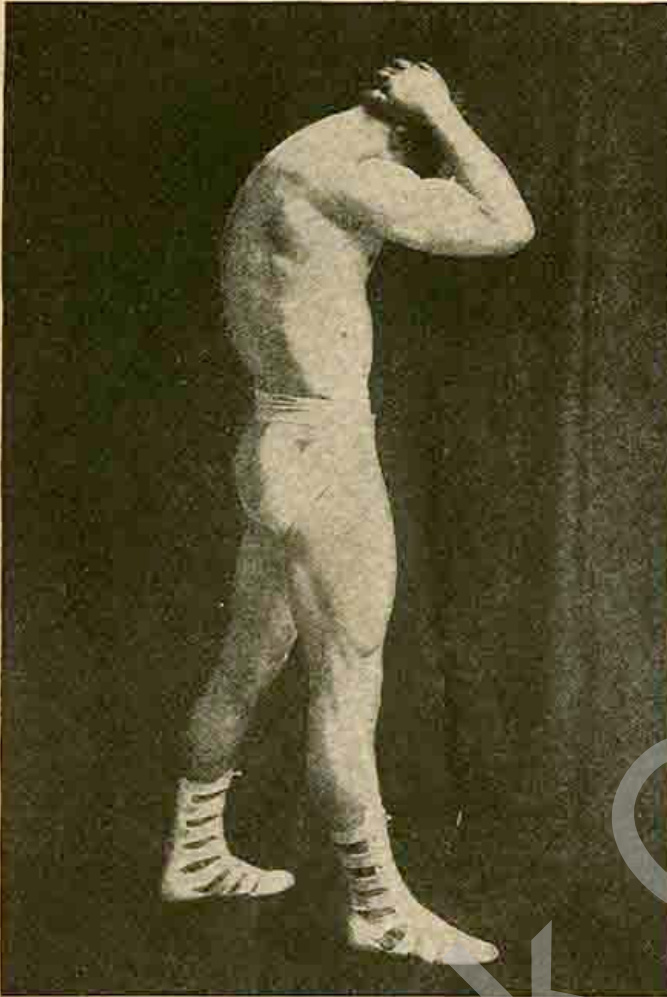
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MAKE THEM ALL SIT UP



CHARLES MacMAHON
in a pose that has brought comment from everyone

Are you always full of pep? If you are not feeling lively and energetic throughout all your waking hours, then there is something wrong with your health. The way you feel is what really counts in life. If you feel strong, energetic and healthy at all times, you cannot help being confident, joyful and magnetic. And these are the things accountable for your future success. But if you are weak and underdeveloped, you must also be listless, without pep, and even sickly. And these are the things that discount your chances of succeeding.

Make up your mind right now, and once for all, that you for one are not going to be any longer classed with that greatest majority of humans—those repulsive, sickly and weak-looking ones. In three short months I can put you above this ordinary crowd.

You Will Look and Feel Like an Entirely New Man

Your personal appearance is a very important factor in your success and enjoyment of life. You must be healthy, strong and shapely in order to attract people. You must be healthy, strong, energetic and confident to win out in whatever you are striving to do.

My Methods Are Entirely New

They save you valuable time. Each of the nine lessons contains exercises that are entirely different and more advanced than its predecessor. You practise one lesson for ten days, and then, upon taking up the second lesson, you drop those exercises in the first lesson entirely. This is done throughout the course. Your exercising period

never lengthens. You never become bored as you would were you compelled to practise the same exercises throughout the course. The effect produced by this method of mine is both so sure and rapid that:

1st. Weak beginners, who can't even chin themselves with both arms, soon find that they can easily chin the bar with one arm.

2nd. The stout beginners, who cannot even reach their ankles, can soon learn to bend over and put the palms of their hands on the ground, without bending their knees (and incidentally reducing their waist girth from eight to ten inches).

3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.

4th. That undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.

5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.

6th. Besides greatly improving the weak, the sickly and miserable will find immediate relief from the practise of my methods. I have had great success in curing stomach ailments, headaches, catarrh, colds, poor circulation, and many other ailments. I have also corrected many cases of such deformities as pigeon breast, bow legs, knock knees, fallen arches, wry neck, protruding shoulder blades, uneven shoulders, and spinal curvatures.

CHARLES
MacMAHON
Studio A-4
180 W. Somerset St.,
Philadelphia, Pa.

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

MY GREAT BOOK IS ABSOLUTELY FREE

The title is, "The Royal Road to Health and Strength." It will positively give you more valuable information on physical culture, feats of strength, agility and endurance than any other book of its kind. It is beautifully illustrated with photos of myself and my pupils, and tells of the results and achievements obtained from my course. Before your mind changes to something else, tear off the coupon and mail it.

CHARLES MacMAHON

Studio A-4

180 W. SOMERSET ST.,

PHILADELPHIA, PA.

Name

Address

City and State

AND TAKE NOTICE OF YOU

Make every one who gazes upon you say to himself, "Ah, there's a healthy, strong and manly chap." We all know what a welcome change it is to look upon a person of that magnetic type after viewing the countless puny, sickly and unattractive men and women who pass us in the course of one short day.

You Will Be Surprised How Easy It Is to Get Big Results

for there is really nothing difficult in putting yourself in the class with the strongest, healthiest and most energetic men.

My METHODS are based on the progressive principle. Each lesson includes exercises that employ and benefit every muscle in your body, but—these exercises are dropped as soon as you get the more advanced set in the next succeeding lesson. This saves you time and insures a steady advance in size, power and vitality. This progressive principle is what makes my pupils find my COURSE so interesting. It gives them something to go after.

Mine Is a 3 Months' Course

In the first ten days (or, in other words, in about 2½ hours' actual exercising time) you will make a considerable improvement in your physical condition. My pupils are proving this. And if 2½ hours' exercising will bring noticeable results, imagine what the remaining 80 days (or 20 hours' exercising time) will do for you.

Would You Give 23 Hours of Your Time

to look, feel and be a perfect physical specimen? You surely would if you stopped to think that even a minor sickness would put you out of commission for that length of time. And if you total up the number of miserable hours you lost in the past year with colds, headaches, bilious attacks and other minor ailments, you will find that it amounts to far more than 23 hours.

Go even further, and try to imagine the enormous amount of precious moments thrown away in a lifetime not only by these minor ailments, but by the hundreds of more serious ones to which the human body is subject.

I ask you now, "Is it worth 23 hours of your time to be able to miss these avoidable and painful set-backs?" I'll say it is!—and you will agree with me when you try it out for yourself. Remember that prevention is always better than cure. By the proper kind of exercise you can so vitalize your body that you will get rid of your present weaknesses and render yourself immune to all those energy-sapping, health-destroying minor ailments. A body in perfect condition resists disease.

The Large, Full and Rounded Muscles

that my methods give you will mean physical perfection. The results will not be the knotty or abnormal type of development. That type can never be physical perfection. How to get this Real Physical Perfection is told you by my 64-page Booklet, which contains:

ACTUAL EXERCISE, MUSCLE CONTROL, TUMBLING AND HAND BALANCING ARE GIVEN YOU IN MY FREE BOOK

The title of this ABSOLUTELY FREE BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worth-while feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore it is full of half-tone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you FREE. DON'T even send a dime for mailing charges.

YOU'LL ENJOY THIS BOOK—SO MAIL THE COUPON NOW

CHARLES MacMAHON

Studio A-4

180 W. SOMERSET STREET,

PHILADELPHIA, PA.

IMPORTANT

My New Leaflet, "Your Muscles, Where They Are and What They Do," will be sent with my Booklet and it is also Free. Every person contemplating physical culture should get this Leaflet first. Then you will really know what you are doing. Get both of them by return mail.



CHARLES MacMAHON



TEAR OFF—FILL IN—MAIL NOW

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

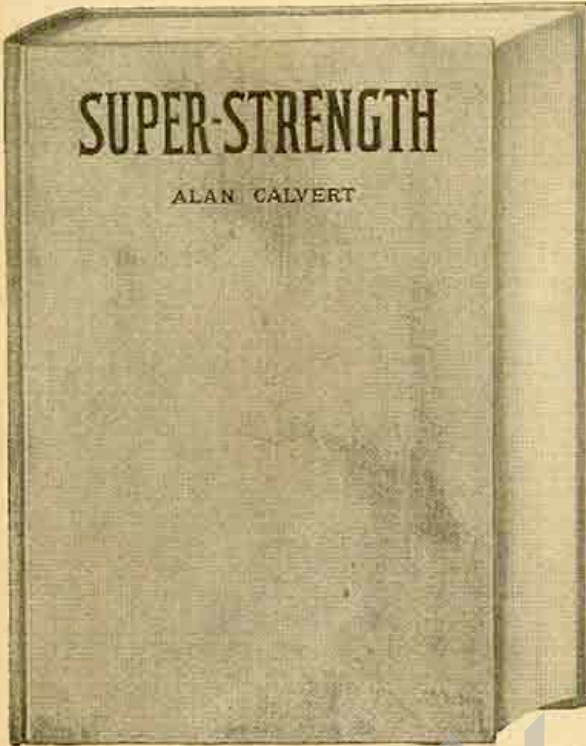
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Did you ever see a more perfect picture of bodily development than the one on this page? We are sure you will admit you haven't. Well, there are 182 more pictures that are just as easy and interesting to look at in

Alan Calvert's Sensational Book Super-Strength

These pictures are interesting and instructive, but the many pages of reading matter are even more interesting and instructive.

Super-Strength Is Not Just a Book That Will Be Looked at, Read and Laid Aside.



A GLIMPSE OF ITS CONTENTS

In reality it is one of the best complete courses of all-around physical instruction that can be obtained. This book does not only show you pictures of renowned strongmen, but tells you what they can do in the way of feats of strength and agility. Even that is not all, for SUPER-STRENGTH further tells you how they do it and how you, too, can do many feats of strength yourself.

EVERY MAN OR BOY WHO IS INTERESTED AT ALL IN HEALTH,

strength, developing his body, good exercises, feats of strength, real strongmen, how to lift weights, etc., should not be without ALAN CALVERT'S remarkable book any longer than it takes to get the coupon below with your remittance in to us. This combination offer is your chance to get the book and the STRENGTH Magazine at a reduced rate.

Besides this there is nothing better than to have a real good magazine like STRENGTH coming to your home each month. STRENGTH is improving with every issue and in the course of your year's subscription you will get better health, invaluable instructions and intensely interesting hours of reading from it. Accept this offer now so that you will miss none of the coming issues. By reading STRENGTH Magazine each month you keep in touch with all the strongmen and what they are doing. Read about the lifting records that are being broken almost monthly at the meets held by the Milo Bar-Bell Co. in their building. Read in STRENGTH what men of strength and muscle, as well as of brains, are doing all over the world. Read how to cure your annoying and painful ailments by the sensible and practicable means laid out to you in various articles.

NO ONE CAN READ THIS MAGAZINE, STRENGTH, AND NOT FIND IT INTERESTING, TO SAY THE LEAST

There are pictures of beautiful and shapely girls, wonderfully-built men, strongmen, weight lifting, field sports, aerobic stunts, muscle-control feats, diet, disease, your glands, cures for various ailments, and a host of other subjects to be found in this magazine month after month, most of which are bound to interest you deeply. The regular price of the book is \$3.50 and the price of STRENGTH for one year is \$2.50.

BUT WHY PAY \$6.00 WHEN YOU CAN GET THEM BOTH FOR \$4.50?

However, we have placed another coupon at your disposal in case you want only one of these valuable offerings. If you want only one, check it off of the left-hand coupon and send it with the price of your selection. But we would rather see you save \$1.50 by using the right-hand coupon. But RUSH one of these coupons with your remittance to us NOW. Your copy of Super-Strength and your first STRENGTH copy will be mailed to you immediately.

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Discovered!

The Secret of Caruso's Amazing Vocal Power



"The Songbird of the ages," Enrico Caruso. The richness, the fullness, the beauty and the astounding power of his voice was due to the exceptional development of his Hyo-Glossus muscle.



Eugene Feuchtinger, muscular scientist, who discovered the function of Hyo-Glossus in voice production, and whose famous "Perfect Voice" system has developed thousands of voices.



Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

THIS IS AN AGE OF MARVELS. Wonderful scientific discoveries have changed our mode of living and our mode of thinking.

One discovery of tremendous benefit to all humanity is the discovery of the *principle of voice control* by Eugene Feuchtinger, A. M.

His resulting system of voice development revolutionized old methods, and changes voice development from a little understood art to an exact science.

More than that, it brings a Perfect Voice within the reach of every man and every woman who desires a stronger, richer voice for either singing or speaking.

Prof. Feuchtinger's method is founded on the discovery that the Hyo-Glossus muscle controls the voice; that a strong, beautiful voice, with great range, is due to a well developed Hyo-Glossus—while a weak or a rasping voice is due to underdevelopment of this vital vocal muscle. A post-mortem examination of Caruso's throat showed a superb development of his Hyo-Glossus muscles. But it required years of training under the old method to produce this development.

You can develop your Hyo-Glossus in a much shorter time by Prof. Feuchtinger's wonderful scientific method. You can take this training under the direction of the Professor himself, wherever you may live. And the cost is so low that it is within the reach of every ambitious man or woman.

100% Improvement in Your Voice—Guaranteed

Professor Feuchtinger's method is far simpler, far more rapid, far more certain in results than the tedious, haphazard methods of ordinary vocal instructors. His unqualified success with thousands of pupils proves the infallibility of his method.

Under his direction, your voice will be made rich, full and vibrant. Its overtones will be greatly multiplied. You will add many notes to its range and have them clear, limpid and alluring. You will have a voice that is rolling and compelling and so strong and magnetic that it will be the marvel of your associates.

Professor Feuchtinger **ABSOLUTELY GUARANTEES** an improvement of 100 per cent—a **REDOUBLEMENT** of your voice! If you are not absolutely satisfied that your voice is doubled in volume and quality, your money will be refunded. You are the only judge.

You Do Not Know Your Real Voice

Until you have tried the Feuchtinger system, you cannot know the possibilities of your vocal gifts. **Physical Voice Culture PRODUCES** as well as **DEVELOPS** the true voice. It corrects all strain and falsetto and makes clear the wonderful fact that any normal person can develop a fine voice if correctly trained. Thousands of delighted graduates

testify to this—many of them great vocal successes who, before coming to Professor Feuchtinger, sang very poorly or not at all. Among Professor Feuchtinger's pupils are grand opera stars, concert singers, speakers, preachers, actors and educators.

FREE!

The Wonderful New Book "Physical Voice Culture"

Send the coupon below and we will send you **FREE** this valuable work on voice culture. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book, and you assume no obligation whatever by sending for it. You will do yourself a great and lasting good by studying this book. It may be the first step in your career. Do not delay. Send the coupon **TODAY!**

Perfect Voice Institute

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Perfect Voice Institute

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Dear Prof. Feuchtinger: Will you please send me a copy of your new free book "Physical Voice Culture". I understand that this book is free and there is no obligation on my part. I am interested in

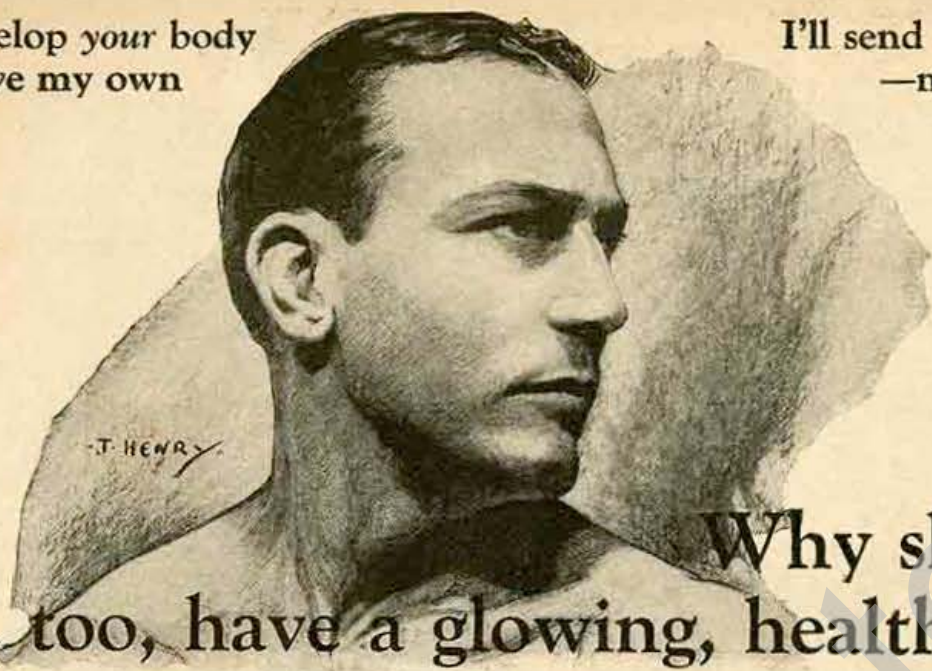
Singing Speaking Stammering Weak Voice

Name.....

Address.....

I'll develop your body
as I have my own

I'll send my free booklet
—mail the coupon!



Why shouldn't
you, too, have a glowing, healthy body?

I WONDER why so many people think that only athletes are supposed to keep in good physical condition. Why shouldn't YOU—whatever or whoever you may be—have the blessings that go with a glowing, healthy body? If your work keeps you confined indoors—or if it doesn't give you the chance to exercise your muscles and limbs properly, you are unknowingly bringing on untold ailments; you are making a pitiable, flabby weakling of yourself.

Do You Feel Peppy?

Right this minute stop to analyze your condition. Do you feel bright and strong and sparkling; have you that springy step, that clear eye, that keen, peppy ambition that only a sound, singing body can furnish? If you haven't—you and I are going to become better acquainted right away. For I have been making a very scientific study of the human body, both through experimental work with myself and through a painstaking study through books by the greatest authorities.

I've Trained Thousands

As you may know, I trained my

SEND FOR THIS FREE BOOKLET—USE COUPON

"Now I Can Tell You" is my booklet; it's filled with interesting reading. It has dozens of photographs and accounts which you have never read before. Whether you are a boxing fan or not, or a physical culture "bug" or not, you'll find the booklet well worth sending for. I'll send it to you,

BENNY LEONARD
123 West 31st St., [Dept. 7B] New York, N. Y.
Sounds to me that your booklet, entitled "Now I Can Tell You" must contain some mighty interesting reading matter. Will you please send me a copy? I enclose 10c [either stamps or coin] to help cover costs of getting this book out and sending it. There's no obligation.

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own body from a frail, "skinny" lad to physical supremacy that won the lightweight championship of the world. I also trained thousands of American men in the Army during the World War. As a result of all this, I have developed a system of physical culture that every man, woman and child in this country can use in the privacy of their own homes with much profit to themselves.

Personal Attention to Everyone

I study each person's individual condition and adapt my methods to your own requirements. My system is unique—there is nothing else like it. It eliminates all possible harm of over-exercise. If you value feeling fit, if you want to make good in your present occupation or avocation, you should begin at once a regular system of home training under my personal instruction. I'll send you my book that tells you all about it—it's FREE—send for it NOW—this minute.

Benny Leonard

Undefeated Lightweight
Champion of the World



BENNY LEONARD'S HOME-COURSE FOR PROMOTING PHYSICAL FITNESS

The World's Opinion of BENNY LEONARD

Charles M. Schwab: "I congratulate the champion on his life and achievements; the younger fellows coming along might well emulate his example."

Theodore Roosevelt: "He is a real champion. He has fought clean and hard and that is the kind of fighting we want."

"Big" Bill Edwards: "He is a clean, red-blooded American thoroughbred. Leonard's position in the boxing world was a thousand per cent clean; he stands as a high example to young America."

Mayor Kendrick of Philadelphia: "I want to pay tribute to one of the greatest athletes of our time. My advice to red-blooded young Americans would be to emulate the career of Benny Leonard, whose love for his Mother and his family, whose clean record as a boxer and whose gentlemanly conduct have endeared him to the sporting lovers of America."

Grantland Rice in N. Y. Tribune: "Leonard is well equipped physically. He has mixed brains and skill and by clean living has taken and holds his place as champion."

Robert Edgren in N. Y. World: "Benny Leonard has proved himself greatest of all boxers and fighting men I have ever seen. He is a remarkable study in coolness, confidence, fighting brains, hitting ability and speed."

Billy Stepp in Portland (Ore.) News: "The greatest lightweight champion the world has ever known."

Johnny Kilbane, Featherweight Champion of the World, after his defeat by Leonard, said: "Benny Leonard is the greatest fighter I have ever fought."

James J. Corbett, Former Heavyweight Champion, said: "Benny Leonard is the greatest living lightweight boxer. He is the finest example of what clean living and proper training mean to a man."

Editorial

Why Be a Spectator?

ONE of the big troubles with athletes in this country is that on Saturday afternoons we have approximately twenty people watching sports for each person actually taking part in them.

Of course the average man cannot go home from a football game, gather together a team of his friends and start a game of his own on the nearest back lot. Football, baseball, track athletics and many other organized sports require training, equipment and time, in such quantities that it is not possible for anyone to make up his mind to play and then just go ahead and play.

To a greater or lesser extent this is true of golf also, and golf is certainly not the most strenuous form of exercise known to man, anyhow.

Swimming and tennis, although not open to this objection to as great a degree, still are not possible for everyone at all times.

Boxing and wrestling, however, require only a little space, a mat, some inexpensive clothing and a partner of somewhat near your own age, size and general skill, while hand-balancing and tumbling do not require even a partner. So it is we feel that the health building of the country will gradually depend more and more upon these particular sports.

Every man who comes to one of the exhibitions of the A. C. W. L. A., will see athletes actually performing feats which are beyond his present power. But if he is sufficiently interested he can go home and begin a period of training which will enable him to eventually equal their feats and which will not only give him an unlimited amount of fun while he is getting ready to do so, but which will also give him a superb body and perfect health as by-products.

What an Exhibition Should Mean to You

Every man who goes to a weight lifting exhibition and sees not only the weight lifting, but also the tumbling, boxing, wrestling and hand balancing, cannot help but be inspired and instructed by the show and we know that most of them go home and get to work with renewed interest and determination.

Of course we are interested in all means of gaining and increasing health and strength for men, women and children, and although the A. C. W. L. A. is, and always will remain, an organization for men, women are invited and are coming to its shows. We would like to see an organization arise that will promise as much potentially for developing the health of women as the A. C. W. L. A. promises for developing the health of men.

The weight lifting show held in Philadelphia in March, a complete account of which will be found in the A. C. W. L. A. notes of this issue, was so successful and met with so enthusiastic a reception, that we have decided to give not only an April show, but also a show on the first Saturday in May, namely May second.

We will continue holding these exhibitions in Philadelphia the first Saturday of the month right through the summer provided the interest does not drop off. During the past winter, demonstrative exhibitions have also been given in Middletown, Conn., Jersey City, N. J., York, Pa., Grand Rapids, Pa., Lemore, Cal., Atlanta, Ga., Los Angeles, Cal., Grand Rapids, Mich., and Point Pleasant, W. Va.

Any club thinking of holding shows in its home town, should write Mr. Jowett as he will be only too glad to put its members in touch with other clubs from whom they will be able to get some assistance.

We want to give shows under the direction of the local clubs or of the A. C. W. L. A. in other cities as well as in Philadelphia.

How Are You Going to Help?

Any amateur weight lifters, boxers, wrestlers, tumblers and hand balancers who would like to appear in contests in any of the cities where shows have already been held, or in Boston, Baltimore, Pittsburgh or Chicago where shows are planned for next year, should write Mr. Jowett so that he will have no trouble in putting them in touch with the respective clubs where their services will be needed.

Again we want to emphasize the fact that the big thing to be gained from these exhibitions is the desire to go home, get to work and excel the performers you have just seen.



Alice Joyce represents the loveliness that lasts, and which is due to that cleanliness of blood and tissue which means health. She goes on year after year, unchanging.

Photo by Edward Thayer Monroe.

Beauty Is Next to Godliness

Cleanliness—of Blood and Tissue
as Well as of Skin—Is Beauty

By Florence Whitney

CLEANLINESS is not a mere matter of soap and water.

Just as water and soap may mean more than mere cleanliness, for they may offer the means of refreshment, a tonic to nerves, a relief from fatigue.

However, cleanliness in its broad meaning is much bigger than any condition of the surface. It is one of the most vital things in life. That is why—

"Cleanliness is next to Godliness."

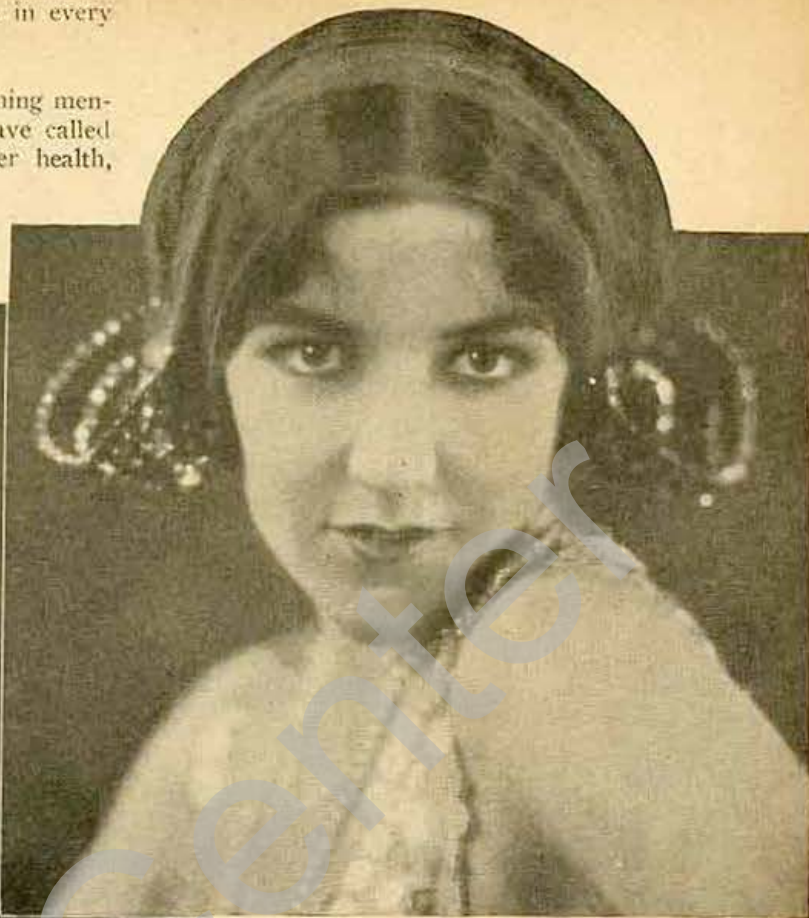
Really, that is why beauty is not a mere surface quality, why it is not a matter of prettiness. That is why beauty essentially is sheer loveliness.

Beauty is cleanliness inside and outside, but especially inside. It is the thing that makes a woman sweet. And that not only in respect to her appeal to masculine taste, but sweet in her appeal to other women. Which means that it is not a relative matter. There is nothing in the nature of sex appeal in this quality of loveliness. It is an inherent quality, due to the fact of cleanliness

and excellence of blood, of tissue—sweetness in every highest sense.

I have seen it work out.

I have seen a woman of thirty-five, of charming mentality and spirit, but whom no one would have called beautiful just because of the failings of her health, transform herself—not by merely keeping her skin clean, but by making over her blood and tissue, cleaning up internally.



Aileen Pringle, Metro-Goldwyn player (above), a unique type of beauty with a foundation of health and fitness.

(At the left) Hope Hampton, clean, fresh, elastic, buoyant, a vivid picture of vitality and internal strength.

This woman of thirty-five, when I first saw her, looked forty-five or fifty. Now she looks twenty-five, with the freshness of youth, added to the mental grace and spiritual charm of her mature womanhood.

Two or three years ago, before this woman accomplished this change, she was underweight by some thirty pounds or more. Her skin was sallow; her cheeks were sunken and her face was drawn. Her throat was

“stringy.” Her eyes were heavy with the evidence of great fatigue, which, however, was not real or natural fatigue at all, but rather that quality of being “tired” which is due to the presence of accumulated poisons in the system.

And that’s why her physical reclamation has to do with the subject of cleanliness, and with the subject of beauty, which means the same thing. For in the larger sense, cleanliness is a matter of freedom not from what we ordinarily call “dirt,” but from those more serious forms of dirt which may be accumulated in our systems, scattered throughout our bodies, in the form of poisons of one kind or another. Cleanliness is freedom from those “ashes” of the human system that we call wastes, from the toxins of disease, from external poisons that we have absorbed or swallowed, indeed, from all kinds of dirt. Yes, including mental poison, if you like. “Anyway, you will now have a glimmering of why *beauty* is next to Godliness.

I said that my friend used to look forty-five or fifty and now looks twenty-five. That means that she has taken off twenty years. Meanwhile she has been putting on more than that many pounds of health, up to her normal weight. She is a better woman today, physically and in all respects, than at any time since she was twenty. She has a family of children, too. And now since she has had her hair bobbed and is dressed

in the prevailing fashion of short skirts, she can go out with her daughter of fifteen without any one suspecting that it is a case of mother and daughter. Yet there is nothing unusual in this. I know so many cases of the same kind that it now hardly deserves mention. It is such a simple matter for a woman of thirty-five



The personality and charm of Patsy Ruth Miller are conveyed in the portrait (above), and the source of her health and beauty is expressed in the snapshot of her favorite sport (below, left).

Miss "Ideal," fancy diver, of vaudeville fame (at the right), personifies exactly those qualities of strength and cleanliness of tissue, emphasized by this author, as being inseparable from great beauty.



or forty to look like twenty-five.

The matter of one's having had children seems to bear no relation whatever to this possibility of retained youth, as has often enough been proven, at least if one refrains from putting on weight after maternity. If anything, the balance is

in favor of motherhood, for as a rule women who have fulfilled their normal functional destiny in this respect are healthier in middle life and live longer.

But internal cleanliness has a very broad application. It has to do with such physical activity as will insure thorough elimination—the very first rule of bodily cleanliness, errors of diet, which have to do with it in various ways, external poisons and the poisons of disease.

Don't think that you can live a sedentary life, riding between your desk in an office and your home or your "room," in which you spend your spare time reading or sewing or doing cross-word puzzles, and still retain your beauty. It isn't done. That kind of life means stagnation. While you may perhaps have good organic health, thanks particularly to good heredity, and for the

present also good elimination just because you are young, through the natural vitality of youth, yet you will lose these qualities if you go on for years living an inactive life. You must have exercise of one kind or another.

You should, if possible, have enough exercise to make you perspire or almost perspire, if not once every day, at least three times a week, whether you get this activity through tennis, dancing, walking, bedroom exercise or any other congenial and con-



Courtesy Keith Vaudeville.

venient recreation. I say "almost perspire," referring to actually moist perspiration, because during activity there is always an increased amount of perspiration, although one may not realize it because it is evaporated as fast as it appears upon the surface if you are dressed lightly—as you should be for dancing, for instance.

It is only when great activity brings about an excess of perspiration beyond this capacity for continuous evaporation, that wet "sweat" is in evidence. Men sometimes dress up warmly, in sweaters and sometimes in air-proof garments, during active exercise, just to satisfy their desire to sweat in terms of actual liquid perspiration. But that naturally does not appeal to the more esthetic sense of women. Very scant clothing—consistent with warmth, however, in cold rooms or cold weather—gives the skin a plentiful air-bath, and providing for rapid evaporation, is more suited to a woman's sense of refinement. In any case, perspiration is cleansing. Poisons are thus eliminated through the pores of the skin, and for that reason any activity which promotes profuse sweating is in the nature of things, tissue cleansing.

A charming type of brunette beauty is Miss Kathleen Key of Metro-Goldwyn Pictures. Hers is that beauty that represents freedom from wastes, and even that form of waste called superfluous flesh.



Miss Key will retain this quality of beauty and charm throughout the years, just so long as she maintains the same weight, strength and vitality.

Photo by Clarence S. Bull.

But exercise is important from this standpoint for another reason, namely, that it keeps the internal organs strong and promotes functional activity. In this way it tends to prevent the development and absorption of the poisons of autointoxication from which so many women suffer. It takes no argument here to prove that constipation is one of the great enemies of beauty. Pick out the tired looking women you meet, with bad skins and lack of tissue-tone, and make your own guess as to how many of them suffer in this respect.

It is in this connection that diet plays such an important part in the matter of a clean body. Fortunately many women are now learning how to eat. They are learning to eat more green salads and fruits. A very great number of working girls have learned to eat fruit for breakfast, with a whole grain cereal, and to make out a lunch on a combination salad, a fruit salad, lettuce and tomatoes, a "tomato surprise," or perhaps an egg or salmon salad, the larger part of which is celery,

tomato, lettuce, onion, water cress and other salad ingredients, with whole wheat bread. Or perhaps it is a simple lunch consisting of a baked apple and a glass of milk. If one has eaten that kind of breakfast and luncheon, she can then eat a more or less conventional dinner in the evening, with meat and vegetables, but not too much meat. Certainly the practice of avoiding white bread, pancakes, doughnuts and other products of white flour, and the use of whole wheat bread and whole grain cereals, are vitally necessary for avoiding constipation and that poisoning of the system that accompanies it. In stubborn cases bran should be added to the diet, with more fruit and more green food.

There is another reason why such a diet promotes internal cleanliness, and that is because it is balanced, that is, it will not lead to accumulated acids in the system. The acid end-products of life are among the most formidable forms of "dirt." Refined foods are acid producing, and especially (Continued on page 70)



Wide World Photos

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

Endurance at the Desk of a Professional or Business Man Is Far More Important Than in a Marathon Race, but It May Be Built on the Same Foods

By Carl Easton Williams

WHAT I need is more staying power," said a young business man whom I met not long ago.

"What is the use of trying to do anything," he continued, "when I blow up just about as soon as I get started on a job? It is so discouraging. I know in advance that I am going to cave in."

"Then what you need is stamina," I suggested.

"Stamina, that's it. I am up against some pretty strenuous propositions in business from time to time, and every darn thing comes up to interfere with getting things done, and then I'm all in. What wouldn't I give for enough stamina to carry on—well, you know, to stay with a job to the finish."

"And to be able to finish perfectly fresh," I added.

Oh, that I'm not looking for. Just to be able to stick."

"Like your friend Johnson?" I suggested.

"Oh, Johnson, he never gets tired. But he isn't human."

"Yes, he is. He's only normal."

"But he doesn't work as hard as I do," he protested.

"He doesn't need to, because what he does comes so easy for him. This business of never getting tired is the real secret of the art of living. Always be fresh. Have plenty of endurance."

"Yeah! That's what I'm looking for. But how do you get that way?"

Now, stamina is more than strength. It is strength in an exalted form. It is the strength that goes on and on and on. But my friend wanted to know how he could get it by spending five minutes each morning in setting-up exercises. I had to tell him the truth. Five minutes of exercise is better than no exercise at all. It will help to keep one muscularly in trim; that is, it will enable one to keep the muscles that he has now, and if far below par it will even build him up to something approaching normal—other things being right. And by "other things" meaning, in particular, food and rest. Five minutes of exercise will wake up his organic system, put his heart and lungs momentarily in action. It will even prove to be the best spent five minutes of his whole day. But, on the other hand, it will not be sufficient for all constitutional requirements,

even from the mere standpoint of exercise. And as for building endurance, it cannot accomplish much, for the reason that that depends upon a number of other factors, including freedom from bodily poisons and the kind of material out of which the build is built.

Real stamina is found only in a high-class piece of machinery. Your body is something like an automobile. My son, speaking of his motorcycle the other day, said, "You've got to take that little boiler out for a long run, Pop, to find out what it will do. These little runs of two or three miles around here don't get her warmed up enough. But just take her for a hundred miles and she's as smooth as silk, and you ought to see how she pulls."

Well, that's stamina, in terms of a machine which works better after fourteen thousand miles than when new. And millions of us have had the same experience with a car, which behaves better on a long run. And why? Because these machines are built of high quality metals and other finest materials. But—if these machines were built of soft iron, how far would they run?

Well, now, that's just the trouble with my young friend who wanted to know how to get more stamina. He is *not* built out of the finest steel. He is built out of soft iron and lead. His tissues are "adulterated" throughout. He is brittle, and likely to crack at any time. He will melt at a low temperature. The poor wretch is built out of poor food. So what can one expect?

Where do you think you are going to get stamina? Out of the air? Well, just you try it. It is true that you need air, and the cleaner the better. But if you are one of our heavy meat-eating, excessive tobacco-smoking citizens, try to run around a cinder path just one lap with Paavo Nurmi and see how much stamina you can get out of the air that you will take into your lungs. You will cave in when you have gone a quarter or an eighth of a lap. Because you are not built of the kind of steel and hard metal that the durable Finn is made of. You may object that you are not trained for Nurmi's kind of effort, saying that he got his speed and strength through years of practice in running—which is true. But the point is that Nurmi could not have become what he is if he had tried to build his bodily machinery on a basis of tobacco, meat, white bread and the other things that go into the make-up of the average American, and upon which so many of them break down in middle life.

Nurmi and Ritola ran the 10,000 meter race at Paris last summer with the thermometer at 102 degrees Fahrenheit, and these boys came from a far northern country. Did they melt? No, they finished in world's record time, as fresh as a couple of daisies. They were built of hard metal. They had the thing that stamina is made of.

Can you get stamina out of water? Can you get it from sleep? Just try it. There are great numbers of tired, pallid, wobbly people who do more sleeping than

our best Marathon runners. But do they get stamina from their sleep? No. One can get that from only one source, and that is the building material that one puts into his body and which, inevitably and in the nature of things, one is made of. That is to say, food. It is a matter of choosing between hard metal and soft metal, between hard teeth and soft teeth, between tissues with strength and elasticity of steel and those with the crumbling feebleness of old rubber. A meat, white bread and sugar diet is the kind of thing upon which the human system will crumble and break, as does old rubber.

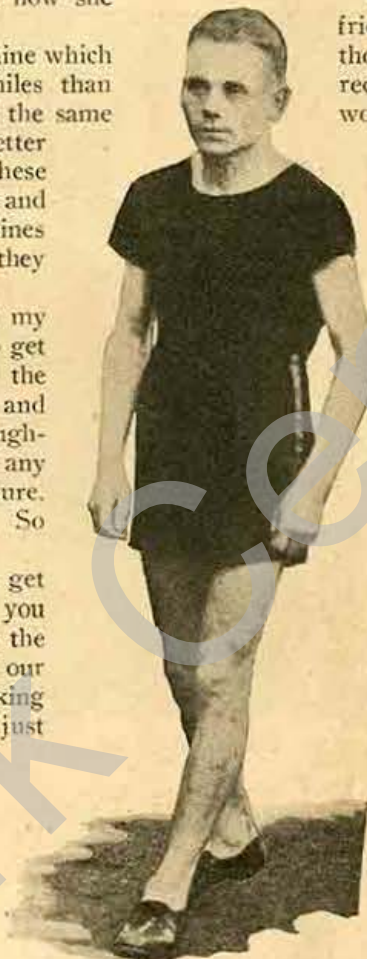
Now, I know perfectly well that my young friend did not have any idea of running Marathon records, or of breaking one and two-mile records. All he wanted was the stamina to work. But stamina is stamina, whether you need it in athletics or in business. The wearing nerve-strain of professional life is sometimes far more fatiguing even than athletic effort. It is exhausting in a different way, it is true, but in one which just as urgently requires good red blood and healthy nerve-tissue. It is the kind of a game in which one cannot afford ever to be tired. The man who is fresh can think quickly and clearly. Fatigue no longer has any place in the world of business and professional life.

But the lesson of how to build stamina is one that you can learn from the athlete. He *must* have red blood. He *must* be free from poison. (So must you, for that matter, though you may not realize it, as the athlete does.) And he *must* have the very maximum of nervous energy. And what does he eat to get it?

Well, our American athletes, as a rule, do not in this respect show up as well as the durable Finlanders. But one of our shining exceptions is Clarence De Mar, of Melrose, Mass., probably the world's greatest Marathoner. It is true that De Mar did not win the Marathon at Paris last summer, and yet, running in a foreign land, on a day such as one usually finds only in the tropics, he finished third, a first-class performance. The next best American runner was sixteenth, nearly three miles behind him.

And, with all due respect to the Finlanders, it must be remembered that last year, after fifteen years of success, and at the age of thirty-six years, when most track athletes are supposed to be long since "through," Clarence De Mar won the Boston Marathon in the fastest time on record, doing the full distance of 26 miles, 385 yards, in less than two and a half hours.

And what does De Mar eat? He eats two light meals and one hearty meal at night. He eats meat only once a day, but he eats a lot of fruit, "at times in great quantities." Some salads, vegetables, one or two eggs a day. De Mar does eat white bread, (Continued on page 81)



Underwood Photos

When the others began dropping with fatigue in the Olympic ten thousand meters cross country run, Nurmi forged ahead, displaying for the first time a quality of endurance that stands unequalled. The foods that built this stamina for him—what would they do for you?

Curing Eye Strain

Does the Wearing of Glasses Hinder, Rather Than Help the Restoring of Normal Vision?—How Chronic Eye Conditions May Be Overcome

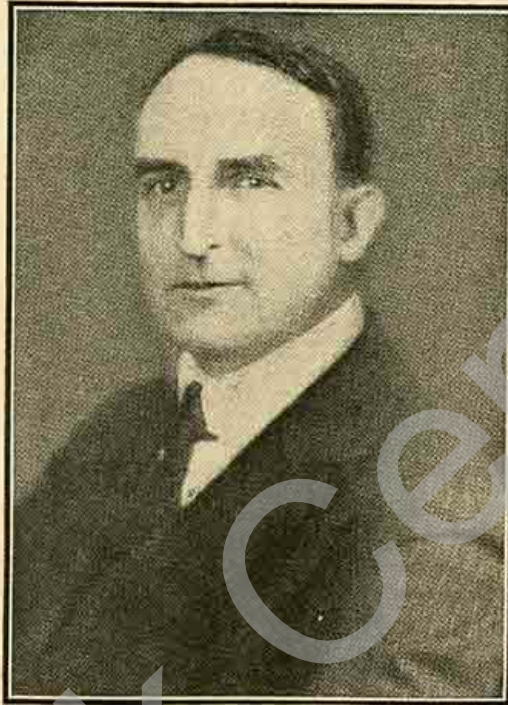
By *Ira W. Drew, M. D., D. O.*

IT may be that there will always be individuals who will wear glasses and ophthalmologists or opticians who will recommend them, but the time is not far distant when these advocates of mechanical aid to defective vision are going to have an increasingly difficult time in maintaining their position. At the present time there is a growing controversy on this subject with an ever greater number of physicians who believe and are demonstrating the fact that glasses are doing a great deal to injure the eyes of the human race.

As a result of recent experiments along this line evidence obtained shows some facts which may appear astounding to the layman. We now know beyond question that glasses are a real menace and an evil because they bring about the very conditions in the eye that they are meant to overcome. We also know that eyesight almost always improves when the glasses are discarded. Also we have positive proof that errors of vision are never continual in themselves, but that when glasses are worn such errors may become continual. More than that, these errors become aggravated and the patient requires glasses of constantly increasing strength.

Within the past few years some remarkable things have been discovered about the eyes and the newer methods of treatment. Among them is the fact that there are very, very few cases of defective vision which can be said to be organic or due to organic conditions. They are functional. In other words, they can be likened to mechanical conditions, for that is what the vast majority of them certainly are. To draw a parallel—if over a period of years you had not been using your biceps muscles and then you found yourself unable to lift any normal amount of weight with the arms, the sensible thing to do to regain normal power would be to start exercising the biceps to rebuild its strength instead of putting a brace upon it. The same thing happens in the eye; but only too often in the case of the eye we resort to the brace (glasses) instead of deliberately rebuilding the weakened muscles.

It must be remembered that many so-called eye



Dr. Ira W. Drew

troubles are not really in the eye itself. They may be caused by disturbances elsewhere and glasses cannot hope to reach these causes. For instance, persons subject to indigestion usually are afflicted with eye troubles, especially during the periods when the indigestion is creating trouble.

There may be structural lesions in the neck affecting the nerves which have direct connection with the muscles of the eyes. The case of Tom Skeyhill, I believe, the Anzac soldier and poet, who was wounded in the war, was an example of this. It may be recalled that blindness followed his wound and that he came to this country to aid in the Liberty Loan drives. An osteopathic physician in Washington, seeking to relieve the veteran of certain pains in his head, found a condition in the neck where these nerves entered and ad-

justed it with the result that Skeyhill's sight returned instantly. And that, after a number of eminent specialists had told him he would be blind for life.

Many things may temporarily affect the eyesight, leading to glasses and thus making the defective condition permanent so far as the eyes are concerned.

We do not expect every part of our bodies to be normal all the time under every condition. Why, then, should we expect our eyes to be? Changing conditions, disease, pain, injury and the weather can affect the functioning of the eyes exactly as they affect the functioning of other parts of the body. Even noises, especially jarring ones, can and do affect the vision.

Considering these things how absurd it is to resort to glasses when some defect of the vision becomes apparent instead of trying to correct it. And how utterly foolish it is to put glasses on children, condemning the youngster to wear them all its life (for that is what it amounts to), when all you have to do is straighten out the physical defects causing the eye trouble and the eyes will right themselves, while the more serious things, like cataracts, will never have a chance to develop. It should be remembered that many children develop eye troubles because of nose and throat conditions,—diseased tonsils and adenoids, which cause nerve reflexes that are transmitted to the nerves governing the eye muscles.

This whole subject of eye troubles, the complete collapse of the theory of glasses and the newer methods of correcting defective sight, grows as one goes deeper into it. The most accurate tests disclose the rather startling fact that not over one person in ten, past the age of twenty-five years, has normal sight and the percentage dwindles until it is scarcely one in a hundred above the age of forty-five. In some of the leading universities of Europe the most prominent ophthalmologists have practically thrown aside all the old accepted methods of treating defective vision, are abandoning the usage of glasses and are turning to the newer methods in use among some of the more open-minded experts in this country, and these methods are obtaining results. In fact, the idea of writing this article germinated as the result of a letter from a European physician regarding certain methods now being developed in the United States. The remarkable truth is that with these methods cures are being effected in all sorts of conditions that were considered hopeless only a few years back. People whose eyes were becoming progressively worse are literally throwing away their glasses and obtaining better sight, and others who would have been ordered to obtain glasses are being given the corrective exercises that assure them of regaining as near to normal vision as it is possible to obtain.

All this can be traced to one great discovery of something that was unknown until very recent years. It used to be believed that the lens in the eye regulated the vision. Now we know different. The vision is controlled by certain muscles which elongate or shorten the eye to suit the distance to the object at which we are looking. It acts just the same as the camera. You have seen the photographer extend or shorten the camera's body until he obtained the sharpest possible focus. We can do the same thing with the eye if the muscles are kept in condition to function as they should.

Briefly, there are three general conditions. Number one is hypermetropia, in which the eye is too short. People affected in this way are commonly known as far-sighted because they can see objects at a distance better than those close at hand. They are the ones who cannot read normally. Number two is myopia. Those thus afflicted are called near-sighted and either cannot see distant objects at all or see them very indistinctly. The third class are known as emmetropic and most closely approximate normalcy.

Before we go on to any of the other defects let us discuss these and the new treatment for them. They are the most common. It used to be, and still is, generally believed that certain types of glasses are needed for the myope and the hypermetrope. Experi-

ments within the past five years, however, have proved that the one sure way to prevent such persons from being cured is to put glasses on them. First let us take the case of the myope or near-sighted person and show how this condition can be either entirely or almost entirely cured without glasses, sometimes in a few hours and sometimes requiring many months.

In the first place a great deal of the trouble can be traced directly to straining in both near and far-sighted conditions. It is absolutely essential to get rid of all straining. Do not stare or peer for more than a second at any one object, especially if it is something with which you are not familiar. Concentration of the vision breeds strain. Obtain relaxation. It does not follow that you can get this by sleeping or by resting the eyes. In fact, resting the eyes will do no good. They were intended for working. To obtain complete relaxation put yourself in front of a wall, look at it without concentrating, convince yourself that the world is all right and that all the bills will be paid, and sit there for fifteen minutes each day. Then close your eyes, putting the palms of your hands over them, and think of how the inside of the coal bin looks on a very dark night. You are thinking of darkness, of the so-called color black. If you still fail to get the idea of complete blackness, imagine what a black cat would look like in that coal bin or of an ink spot on the wall. The idea is to get a moment or two of thought of complete blackness, the blackest object you have ever known. That will bring relaxation of the eye muscles which may have been so tight and so unused to relaxation that they could not adjust properly. That thought of complete blackness has been found to work upon the nerves controlling these muscles, to loosen up the muscles wonderfully, provided you are not straining even when you have your eyes closed to see that black cat in the dark coal bin. Probably four-fifths of all defective vision is caused by straining, and can be helped by this practice.

Now the near-sighted person should obtain one of those cards known as the Snellen test card and used by oculists in testing the eyes. On them are rows of letters to be read at certain distances. Put it up on the wall and try reading off the different rows from as great a distance as you can without straining. Step back a few inches and pick out whatever letters you can without straining. Then try closing the eyes and covering them with the hands while you imagine you can see an ink spot on the white cardboard where you know the test card to be hanging. Then open the eyes and look at the test card for a brief instant, imagining the ink spot is somewhere beside or among the big letters on

(Continued on page 68)

Have Glasses Been a Menace to the Human Race?

DURING the past forty years or so, in this country alone, a veritable army has taken to wearing glasses. With this custom prevalent one would surely expect a general improvement in eye conditions to manifest itself about this time. But investigation proves that far from remedying the matter, we have, if anything, made it worse.

Not one person out of ten who has reached the age of twenty-five possesses normal vision, while at forty-five the percentage dwindles down to one in a hundred.

These statistics, coming as a surprise to everyone, have stimulated interest along this line and led to some remarkable discoveries. One of the most important of these is that many so-called eye troubles do not originate in the eye itself. Very often disturbances in some other part of the body affect the eye, and the natural thing would be for the eye condition to disappear when the cause has been removed. Indigestion, for instance, possibly our most common ailment, has a decided effect upon the eye, an effect which should disappear when the stomach condition has been cured.

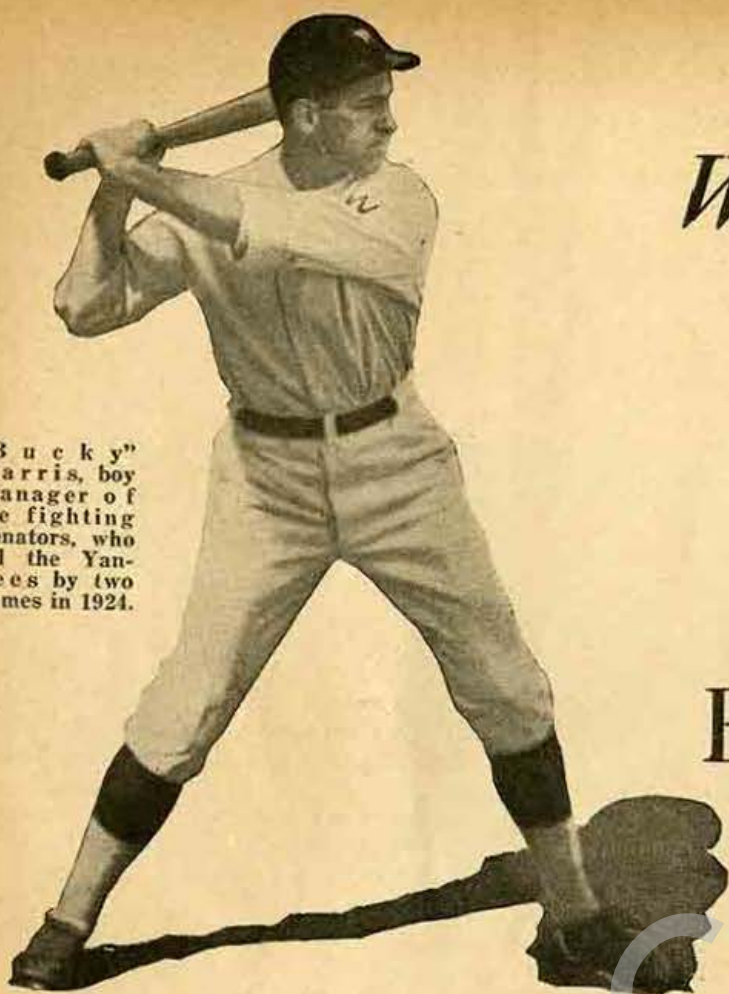
By wearing glasses adjusted to defective vision, are we not making permanent a condition that otherwise would vanish of its own accord?

—The Editor.

Can Washington Repeat in 1925 Baseball?

By T. Von Ziekursch

"B u c k y"
Harris, boy
manager of
the fighting
Senators, who
led the Yan-
kees by two
games in 1924.



IN the order of things a decade is a short while. If you hearken back over a period of ten years you may recall that just about that time there was considerable wailing over the fact of so little active clotting in baseball. In those grand old days the slugger who could scale above the three hundred mark was sure of a job in any outfield. The infielder who could point to such magnificent figures didn't have to be one of the elite on the defensive rôle. They used to talk of infields that could afford to have a weak fielder in one position to bolster the average hitting of the inner works. Larry Doyle led the National League one year when he was second basing for the Giants and his average was something like .319. The pitchers were supreme. Many a slabster who would have been rated a star more recently could never get a chance in the big leagues ten years ago, and wore out his wing in the minors. A pitcher had to be a top notcher to stick along in the fast set then with every club boasting a lot of brilliants. Imagine how good the chances of a youngster were to break in while such names as Walsh, White, Brown, Reulbach, Overall, Matty, Marquard, Rucker, Bender, Coombs, Plank, Rudolph, Tyler, Joss, Mullen, Donovan, Moore, Johnson, Hamilton, Powell, Wood, Collins, Cooper, Adams, Alexander, McQuillen and their like were being listed in the line-ups each day.

Those old boys could pitch baseball. Every kid wanted to be a pitcher. Four out of five ball players started their careers as pitchers and only the fittest could survive. The rest took to outfielding as a profession or turned to other pursuits. If there were fifteen hitters with three hundred averages in either league it was extraordinary.

Then they began to fade. The era of the slugger, the lively ball and high risk insurance rates on infielders came along. The fans wanted the change. The home run was the big thrill of the game, to be talked about for days afterward and given headlines on the sport pages. Gradually the day of the pitcher was eclipsed. Scientific baseball skidded with a sharp decline.

That sort of game had probably reached its highest development with the old champion Athletics under Connie Mack. Today we hear a lot about the art of pitching to the weaknesses of batters. It may seem strange to know that the famous triumvirate of Bender, Coombs and Plank, who did so much to make baseball history with that Athletics team, used to pitch to the strong points of the batters. Sounds ridiculous, doesn't it? But they did. They would figure out a batter's groove, the place he liked the ball pitched to him. They had also figured out that a batter almost invariably hits to the same spot when he gets a ball in what is called the "groove." Then they could mass their defensive strength where they knew he would hit it.

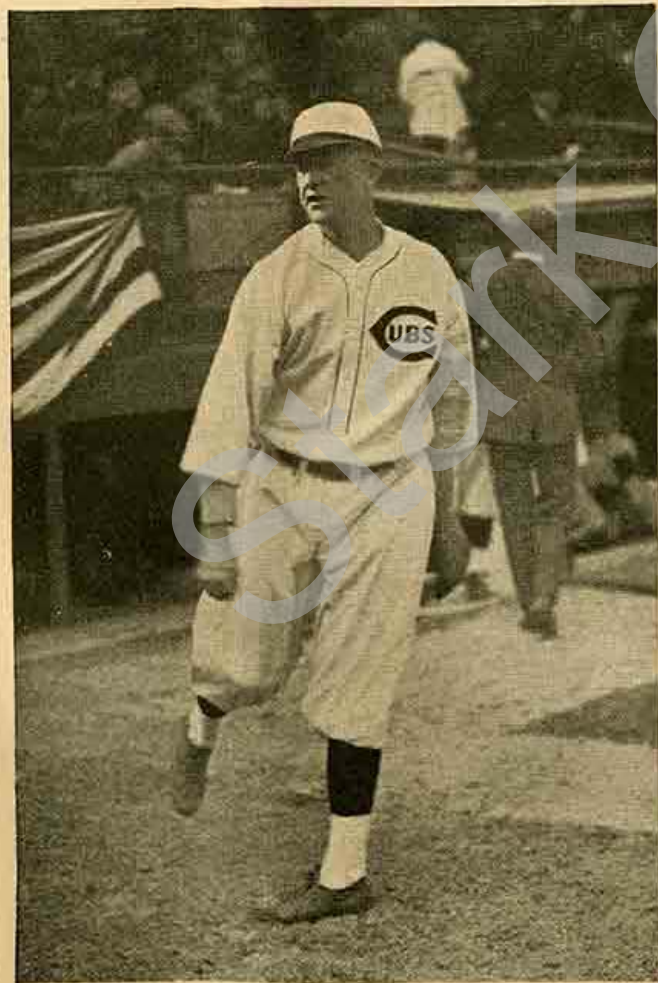
As an example, take the case of Morris Rath, who played with the Chicago White Sox and later second based for the world champion Cincinnati Reds in 1919. Rath might have made good in the American League but for the Athletics. They noticed that he always stepped into a certain kind of pitch and hit it directly at third base. As a result the left fielder came in to back up third base, the shortstop moved over and there were three defensive men waiting. Then the pitchers gave Rath what he liked and he never had a chance. Of course, under that system of play pitchers with remarkable control and a brilliant defensive infield were

required, but the Athletics had all that and they had more than that.

Greatest of all on the team in the strategy of the game was Chief Bender, the great Indian pitcher. Connie Mack himself tells how the Chief used to sit on the bench some days and study the opposing pitcher, telling what he would throw on every pitch even before he started to wind up. On other days the Chief would have a temperamental streak and refuse to talk. When he wanted to win ball games he could win them. It was Bender who finally figured out a way for the Athletics to beat Ed Walsh when Big Ed was at the height of his fame with the White Sox.

Walsh was certainly the greatest spitball pitcher of them all, and Ty Cobb names him as the greatest of all pitchers. For a long time Walsh was virtually invincible. Teams studied him in vain to find some weakness, some way in which they could tell when he was going to throw that deadly "spitter." One day Bender came in from the coaching box and tipped off his teammates on the Athletics to watch the visor of Walsh's cap. When he was actually moistening the ball behind his upraised glove the visor of his cap went up and down. When he was faking it did not. After that Walsh was easy for the Athletics.

I recall that world's series of 1910 in which the much-heralded Chicago Cubs, conceded to be easy victors before the start, were put to rout in five games by the Athletics, who were just attaining the height of their game. Johnny Evers, the Cubs' great second baseman, had been injured and was sitting in the press box, writing his impressions of the games for the papers. That famed Cub pitching staff of Brown, Reulbach and Overall was helpless. On one occasion I think it was Danny Murphy who swung on a pitch-out and hit a two-bagger. Evers snorted. "How can you beat a



The Cubs may pull a surprise in Alexander this season. Here he is—one of the greatest veteran pitchers of the game.



Babe Ruth's entry into baseball marked the beginning of a new era. Has the pendulum swung back, and will the next season show some real pitching?

team like that?" he remarked, "when they're hitting wild pitches for doubles?"

What Evers didn't know was that Chief Bender had signaled Murphy to expect a pitch-out and to step into it. They studied pitching in those days—not only how to pitch and play the batters, but also how to find flaws in the other team's pitchers. A great deal has been written about the signal stealing of that Athletic team. It is greatly exaggerated. Bender, Coombs, Harry Davis and Danny Murphy didn't need to steal signals. They could foretell what the pitcher was going to throw by studying him, and they simply signaled the batter what to expect.

But that sort of thing went out when those old masters passed and the era of the slugger dawned. The fans wanted more long hits and a method of giving them what they wanted was found in the livening of the ball by making it of a better quality woolen yarn. The "Rule of Ruth" brought greater crowds through the gates and sluggers were the only thing that counted. For several seasons now we've had the song of the base hit as our national game's national anthem and the pendulum has begun to swing the other way. Fandom is beginning to wail for some real pitching and to talk about the ancient masters of the mound in reverent tones. Baseball is on its way back to an era of pitching and every manager in the game is combing the sage for hurlers of parts. Right now it looks as though this dawning season is going to see some real curving as of old.

An indication of it came when the home plate at the Philadelphia National League Park was moved back ten feet nearer the grandstand to increase the distance to that short right-field fence that all the heavy artillery have been shooting at so long.

These past few seasons the Phillies have had some pretty fair pitchers, but they were a sick and weary lot

with little ambition left in that bandbox field. Playing seventy-seven games a year there, they were always in terror of seeing their best offerings slammed out of sight. Under such conditions any pitcher would long for the peaceful barnyard of his native heath.

Beyond doubt, also, the lively ball was being gradually eliminated toward the close of last season. You'll notice, too, the talk is all of this pitching staff or that.

Washington's world champions pointed the way when Bucky Harris and Clark Griffith started out during the past winter to bolster up that pitching corps which had been good enough to capture the game's highest honors last season. On the face of things it seems that Washington will be facing a much more difficult proposition this year than last. It was an inspired team, the same as the Boston Braves of 1914. Harris, a youngster, thrown into the job of his dreams as manager of a big league team, saw the goal of a championship in front of him. He became obsessed with the idea that he could win; he fought with all the ardor and fire of a young player filled with ambition. He inspired the rest of the team, a squad of veterans. They came like him to believe that they could win, and they did win.

But Peckinpaugh, the ancient shortstop, was slipping. His legs were giving him trouble and he couldn't last through the world's series. It is hardly reasonable to expect that he will be better this year than last or that the old inspiration can carry him through again. Harris has achieved the goal of his dreams. The full glory of it has been realized and it is hardly likely that he will ever know the same grim fighting spirit again. Also it is hardly likely that Walter Johnson will be able to hold the pace again that he held last year after almost a generation as baseball's leading pitcher. There were few youngsters on that hurling staff last season. It was the veterans who won the flag and the world's series. Harris and Griffith believe that pitching will turn the trick again this year and realize that the competition will be too keen to depend much on green youngsters. They've built of veteran timber, planning to have enough tried old timers so that they can send them in once a week each with the assurance of well-pitched games. They

brought Vean Gregg back from the Pacific Coast League, despite his forty-one years, because he is a left-hander, and almost any kind of a southpaw can win in the American League at present. They bought Dutch Reuther from Brooklyn for the same reason and with Mogridge and Zachary they have four of the oldest pitchers ever gathered by one team. Add those to Johnson, Marberry and Ogden, with Allan Russel as a relief pitcher, and Washington has a veteran moundman for every day of the week.

They will need them, too, for that deal between the Yankees and the St. Louis Browns should have the effect of strengthening both clubs. The Yanks got

Urban Shocker, the classiest spitball pitcher in the game today and who couldn't give his best to the Browns because he didn't want to play in St. Louis. The Browns got Bullet Joe Bush, who should have a few good seasons left in him, and also got Gaston and Giard, a young left-hander. Gaston may be the factor to decide which team got the best of that deal. He has been up a couple of years, grooming for a regular job on the hill. If he is ready and Bush holds the form that made him one of the game's stars, St. Louis should be a mighty potent factor in the American League race.

The Athletics, also, may blossom this year. Last season it was only the failure of the pitchers and of Strand to deliver base hits that kept them from making a fight

for the top. They replaced Strand with Lamar, a real slugger, and added Lefty Groves, the best left-handed pitcher in the minor leagues. Given the kind of pitching that should be expected from men like Rommel, Groves, Baumgartner, another southpaw, and the rest, don't be surprised if Connie Mack's squad is fighting it out with the Yankees, Washington and St. Louis for the pennant along in August and September. And that is not taking into account Detroit.

All last season the pitchers were giving an indication that the cycle of things had swung around to them once more and this American League race of 1925 is going to be a pitcher's battle all the way.

Nor is the National League much different. McGraw, out after his fifth consecutive (*Continued on page 79*)



Underwood Photos

"Muddy" Ruel, catcher for the fighting Senators.

Advanced Muscle Control

How You Can Accomplish Some of the Spectacular Feats Done by Professional Athletes

By Charles MacMahon

IN this article I will give you three of the advanced feats of muscle control, the most spectacular of all muscle control feats. As there are many who fail to grasp the main principles of these and of muscle control in general, I am using a few anatomical drawings which I feel will help me greatly in "putting it over" to you.

In a previous article I explained muscle control in its simplest form and stated that with the exception of two or three feats, the bones were *not* to be moved at all. Two of the three feats in this article are ones wherein the bones *are* moved. The other feat uses a vacuum in the abdomen as an aid, but no bones are moved.

Before I go into detail, I wish to point out that muscle control does "bring out the muscles." In other words, continued practice of all muscle control feats will enlarge the muscles and give them a certain well-defined outline. This is very much to be desired, as it gives one's muscles and entire physique a clean-cut appearance.

Whether or not the practice of muscle control really strengthens the muscles and makes one more capable from a strength standpoint, is very difficult to prove.

One reason for this is that almost every one who practices muscle control has first taken up some course of strength and muscle building. Such a course rightly gets the credit for building his strength and the greater part of his muscular improvements, for I believe muscle control does not strengthen the muscles, at least not enough to mention or be noticeable. But muscle control is desirable, even if it does no more than clearly define the muscles and make the audience gasp.

Now that I have convinced you that muscle control is actually worth-while and you have decided to try it out, I will take up the explanation of the feats in question. How-

ever, do not misconstrue the meaning of the words "try it out." In muscle control a "tryout" means to practice for at least a week or two, for your first few attempts will produce little or no results. Therefore, when you begin, make up your mind to accomplish one feat before you stop. Then you will like it well enough to continue.

First we will take up the isolation of the abdominal muscles. If you will look at the first illustration, you will see the Rectus Abdominis (this muscle is the shaded part) which exists on each side of the navel. These are the muscles that are isolated from the rest of the abdominal group, hence the name of this feat. The dotted line on the opposite side of the navel from the shaded portion, indicates the Rectus Abdominis on that side.

The isolation is brought about by two mediums, one in the form of the contraction of the Rectus Abdominis, and the other in the form of a vacuum in the abdomen which pulls in the relaxed remaining muscles of the abdomen. This you can see by looking at Figure 2, which makes the contracted Rectus Abdominis Muscles stand out greatly.

In practicing the *Isolation* (often called the *Rope* because of the similar

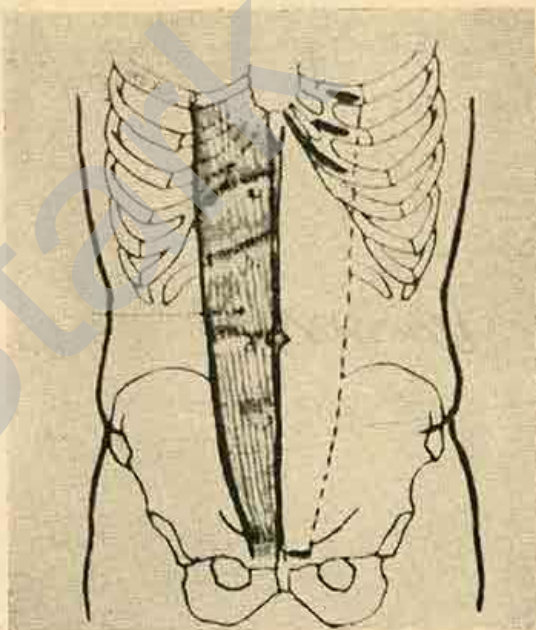


Figure 1

The Isolation of the abdominal muscles, one of the intricate feats of muscle control explained by the author. The anatomical illustrations make clear the points brought out by him, and are so thoroughly explained in the accompanying article that further comment upon them is unnecessary.

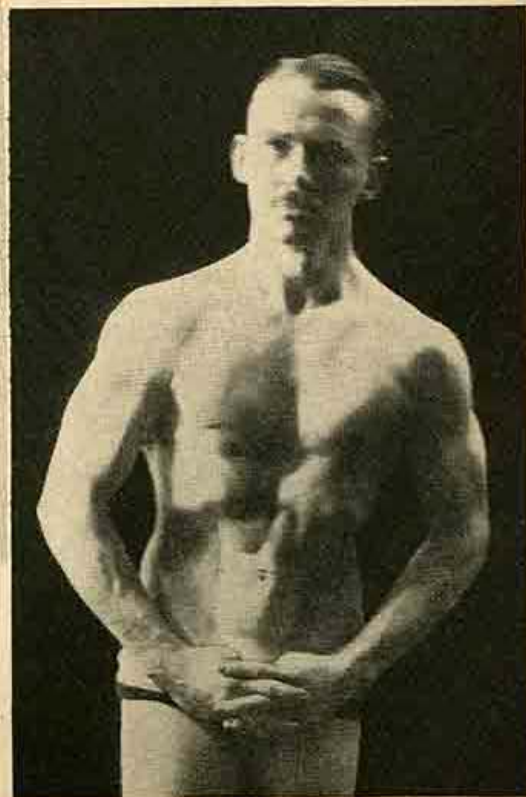


Figure 2

appearance), you first expel all, or I should say nearly all, of the air from your lungs and immediately draw in your abdomen as far as you can. This makes the great hollow under the lower ribs, and is a simple stunt that most people can do without practice. It is especially easy when the stomach is empty, which is the best time to get results in this feat of abdominal control.

The hollow of the stomach previously mentioned is caused by the vacuum, the pulling up of the diaphragm and the relaxation of the abdominal muscles. Then, by placing the hands at the crotch on the pelvis bones and exerting a little pressure at that point with the hands, you will soon learn to bring out by contraction the narrow strips of muscles shown in Figure 1.

At first this feat usually seems impossible, but with a few days or a week of practice you will begin to get the idea, and then the rest is easy. You can see, or imagine, that the vacuum, pulling the stomach in to begin with, is intensified by the standing out of the Rope muscles. It is like a rubber ball from which the air has been forced, so that if you pull out one dent in trying to restore its original roundness, another dent will form on the other side. And so it is with the *Isolation*. If you pull the center muscles out, then the relaxed ones must go in further.

As it is bad practice to hold your breath for a long period, you should perform the *Isolation* and then leave it go. In practicing, you should not try it twice on one exhalation. Empty your lungs, pull in your abdomen, perform the *Isolation* long enough for yourself, friends or audience to see and immediately let it disappear.

When you are master of the *Double Isolation*, then you can learn to do it on one side only or, in other words, learn to contract one *Rectus Abdominis* Muscle instead of both.

Next we will take the *Trapezius Raise*. Some authorities call this the "Isolation of the Trapezius." This feat is one of the two to which the shoulder blades are necessary for their accomplishment. Of course, it is the muscles on and around these blades that really do the work. In Figure 3 you will see that the Trapezius Muscles are the shaded area on the upper back. They take in the space from the base of the skull down between

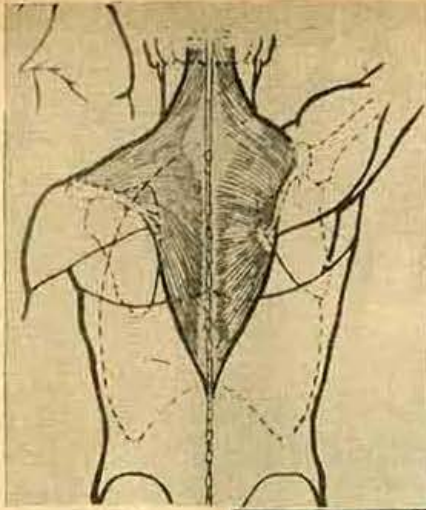


Figure 3

the shoulder points to the 12th Dorsal Vertebra of the spine. The parts affected by the *Trapezius Raise*, however, are only the parts between the shoulder points and the back of the neck.

As I said before, the muscles on and around the shoulder blades are responsible for the accomplishment of the *Trapezius Raise*. These muscles make it possible to raise the shoulder blades up and out, which in turn pushes the Trapezius Muscles on the shoulders up in great lumps. This means that there is no direct control exerted over the Trapezius Muscles themselves, but that the upper edges of the shoulder blades raise the Trapezius Muscles. Look at Figure 6 and you will see how the muscles of the shoulder blades are arranged and attached.

When practicing this feat, you first put your arms straight over your head and clasp them together.

Then you slowly lower your arms and try to keep the shoulder blades in the same relation to the upper arms as they were when you started the downward movement; that is, the blades should be kept as nearly in the same position as possible.

Now, in order to keep the blades in the

above-mentioned position, you must gain control over those muscles on and around the shoulder blades. When the arms are up over the head, the three muscles, A, B and C, two of which run from the inner edges of the blades to the spinal column and the third from the upper inner edge to the neck, are relaxed or stretched. You can see by referring to Figure 3 how the shoulder blades are pulled down when the arms go up.

Now these muscles A, B and C, which are relaxed as the arms go up, must contract greatly as the arms come down. This contraction is necessary to pull the blades up and force the Trapezius up ahead of it. There is also called into play a certain control of the muscles that go across the blades to the upper arm bones. But a greater control of these muscles (shown in Figure 6 and called *Infra Spinatus*, *Teres Minor* and *Teres Major*) is necessary in the next muscle control feat to be explained.

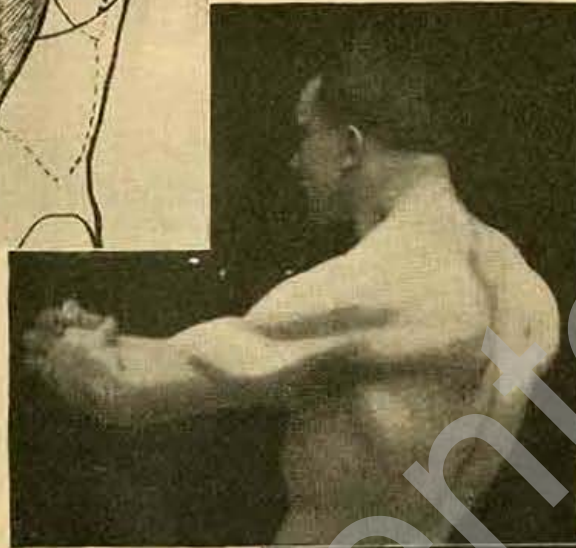


Figure 4

Back and front views of the Trapezius Raise, a stunt that requires a movement of the shoulder blades. It is one of the few muscle control feats in which the bones are moved.

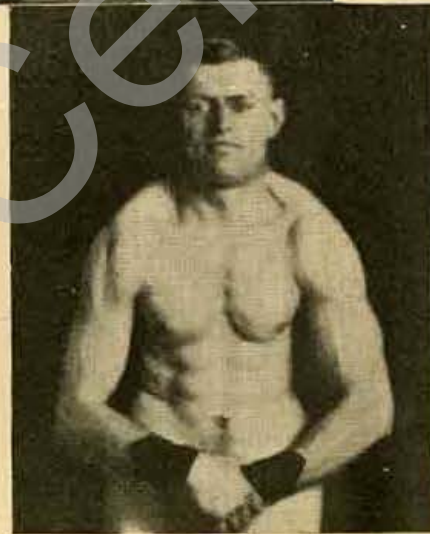


Figure 5

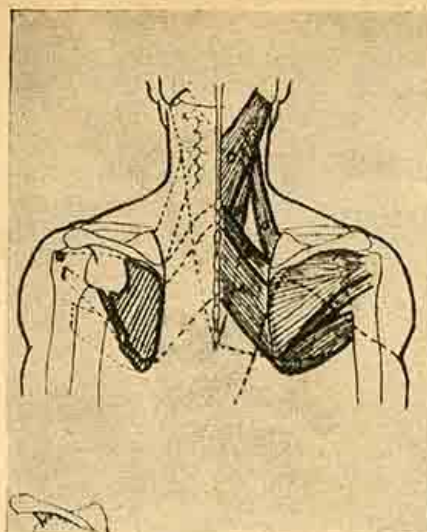


Figure 6

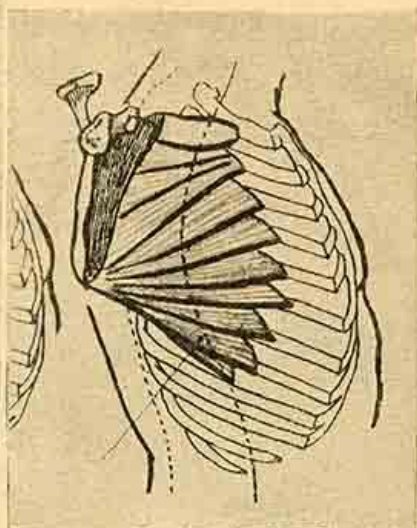


Figure 7

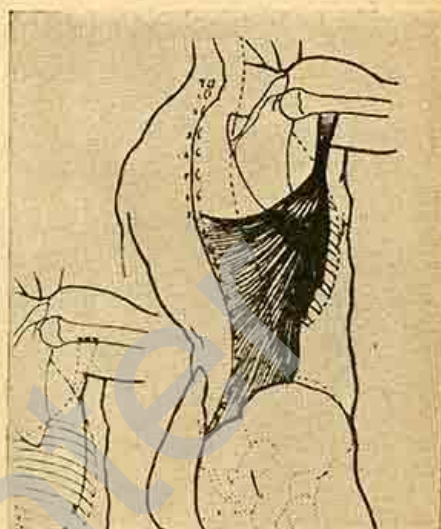


Figure 8

will see how the blades are going up and out as the arms come down. It is really a see-saw proposition.

As the arms come down the blades go up and the shoulder joint is the pivoting point.

In Figure 4 you see the arms all the way down and the Trapezius Muscles up. When you learn this feat thoroughly, you can do it without first putting the arms above the head. You can also raise each Trapezius independently and alternately. Another feat is to combine this *Trapezius Raise* with the *Abdominal Isolation*. This makes a very interesting control and is very advanced, and in a class with the *Abdominal Isolation* on one side only.

To perform both, you should first expel the air from your lungs, then draw in the abdomen and raise the arms at the same time. Bringing the arms down, execute the *Trapezius Raise* and as soon as the hands reach the pelvis perform the *Abdominal Isolation*, while holding the *Trapezius Raise*. All muscle control feats are not as difficult as they seem at first.

The Latissimus Isolation as you will do it at the beginning and (at the right) the perfect isolation.

Our next feat is the Isolation of the Latissimus Muscles or, in plainer words, the pushing out of these muscles with the shoulder blades. In Figure 8 you will see the muscle in question. Notice how the lower edge, or point, of the shoulder blade just catches beneath this muscle. In this



Figure 9

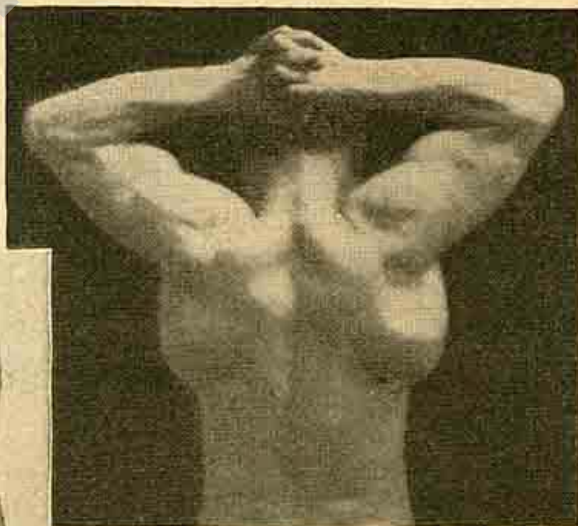


Figure 10

feat the Latissimus Muscles must be greatly relaxed and the arms over the head, either straight over or bent with the hands on the head. This position, as I pointed out before, naturally pulls out the lower point of the

blades a little. The rest is done by relaxing the Latissimus Muscles so they will stretch easily, and by contracting the muscles on the blades, as shown in Figure 6; namely, the *Infra Spinatus*, *Teres Minor* and *Teres Major*. Of course, as they pull the blades out to the sides, the above muscles, marked A, B and C, must be relaxed along with the Latissimus in order to allow the blades to be pulled to the sides. To bring this about, you try to pull your hands apart and keep your mind on your shoulder blades.

Figures 9 and 10 show different stages of the *Latissimus Isolation*.

In Figure 9 the stunt is not done well, and is about as you will do it at the beginning. Figure 10 shows perfection in this feat. I need not say that the more muscular your development, the better the controls will appear. This feat can, like the preceding, be done alternately.

In Figure 7 we see the Serratus Muscles, how they are fastened to the upper eight ribs, the ligaments between them, and how they go back to the far edges of the shoulder blades. In order to contract these muscles, the shoulder blades must come forward, and the best position is with the arms bent overhead and the hands clasped upon the head. Now point the elbows to the front instead of to (Continued on page 78)

Training the Youngsters

They Are Never too Young to Work for Health—Here's How I Have Kept My Children Strong and Supple

By Thomas C. Bennett

IT is naturally incumbent upon you, as a father, to raise your offspring to the highest possible plane, mentally, physically, morally and spiritually. It matters not if your business *apparently* absorbs all your time. It is your moral duty, a divine obligation thrust upon you at the birth of your children, to devote a portion of your time to their welfare. They cannot be left to "just grow." All too often is the flimsy excuse advanced, "I haven't time. . . ." Reflect, you twentieth century fathers, you will have to take time to die. And when you do so, your children will probably go on living, an example of your training, or the lack of it.

We understand the plasticity of the child; how simple it is to mold the young mind and body. From birth we see a baby kick, squirm and twist. This, of course, stimulates natural growth and is but the child's inborn instinct of physical culture. As time passes and the kicking, squirming infant crystallizes into boyhood and girlhood, it may acquire wrong postures, careless habits and insufficient normal exercise. All of which is detrimental to its health and well-being and establishes a standing invitation to a multitude of maladies.

It is at this time that the discerning parent introduces into its daily play a training regime designed for its physical betterment. Really, such a regime should be a prime factor in the child's education from the moment it can walk and talk. However, care and attention must be observed in instituting such a course and keeping him at it.

I have always taken a great deal of interest and pride in my two youngsters. From the birth of each I have played with them. When they were tiny infants I would permit them to grasp my fingers, then as they hung therefrom, I would raise them a short distance above the bed. As they grew stronger they could be lifted higher. This treatment soon became a source of



The Bennett children, who began exercising while they were still in the cradle.

keen delight to them, and when I came in their line of vision I was generally greeted with ardent cooing.

Gradually I began varying the stunts—much to the horror of the women folks—by hanging them head downward for a moment, holding them first by one leg, then by the other, finally tossing them lightly into the air and catching them. Later I would grasp their wrists and carry them dangling around the room.

Of course, old fogies kept me constantly reminded that I would either kill my babies by such tactics, surely deform them or at least render them cross-eyed from hanging upside down. Today, however, at the ages of eight and ten, they are models of agility, strength and symmetry, combined with unusual poise, and a cleverness in school that is, to say the least, gratifying.

But I do not intend this article to be an exposition of my children's accomplishments. It is designed rather to urge and inspire other parents to devote a portion of their time and energy to the proper upbringing of their own offspring; an effort that will be productive of huge dividends, not only in peace of mind and freedom from worry, but also in doctor's bills.

There is no more trying period for parents than that time when a child of school age becomes the victim of some incipient disease. In spite of all our modern hygienic conditions, we still have with us the old-fashioned measles, mumps and whooping cough. True, in themselves, they are not considered dangerous, but the terrible complications that might ensue are not only dangerous, but oftentimes fatal. Is it not wise, then, to safeguard them from the onslaughts of disease by helping nature to build constitutions that render them capable of combatting the ravages of these childish sicknesses, or in any case, minimize the possibility of fatality?

If your children are of school age, and you have thus far neglected to give a thought to their physical



education, by all means *start now*. Begin by arousing in them the desire to become strong and vigorous. Take them to vaudeville shows, pointing out those acts of marked physical agility, such as acrobatic dancing, gymnastics and tumbling. What child living is not interested in "stunts"? Start the ball rolling some evening by announcing to the family that you are going to indulge in exercise to limber up and get more strength and health. Ask for volunteers to join you. Your children will probably jump at the suggestion.



Begin with simple stretching exercises and don't overdo. Here are a few good ones that will not tax them too much: First, raise the arms above the head and see who can bend over the farthest without bending the knees. Second, hold the arms out straight from the sides, then bend as far as possible from side to side. Call this one the liver massager and assure them that if it be done regularly it will help to keep them in excellent condition. Third, lie on back and raise legs to a position at right angles with the body. Fourth, turn on the stomach, hands on chest, raise head and heels simultaneously as high as possible. Fifth, stand arms at sides and heels together, then jump and spread feet about eighteen inches, at the same instant swinging the arms sideways to above your head. Jump back to original position and repeat several times. A little practice will enable you to do it without a pause; but this exercise will make the lungs and heart work vigorously, and therefore cannot be taken too long at first.

After a few days of these exercises, add to them and also make them more strenuous. Do the stomach exercise, rotate the body on the hips, stretch, run, jump and kick. Make a regular game out of exercising and do it out of doors if practicable.

Get the children to try putting their legs over their heads. Hold their backs and let them bend backwards until their hands rest on the floor. Learn something about acrobatics and teach it to the children. They will delight in learning new tricks. Create competition and friendly rivalry among them; but do not permit them to overdo. Stimulate their minds along health-building lines by reading sketches and articles from *STRENGTH* that appeal to their individual tastes. Let them view the inspiring body poses published monthly. When talking to them or of them, speak of nothing but uplifting things, health, happiness, poise and courage.



Some of the stunts that make health building a sport. These Memphis youngsters call this "fun," and yet by it have built themselves up until they are practically immune to children's diseases.



Don't be timid about playing with your children. That is the one great mistake most fathers make. They permit business and other interests to usurp all their time. When the average young married man becomes "daddy" he settles down to a contented sedateness, which is assuredly conducive to old age. Children love to have the company of their daddy in play and quickly respond to his interest in them. You are their natural mentor; so don't fall down on this most important assignment.



In order to maintain a steadfast interest in body culture, an excellent plan is to give small rewards for work well done. Praise them even when it is done wrong, then explain that while it was good, they will benefit more by doing it thus and so. After a month or two the children will acquire the exercising habit, and will experience an increase in physical and mental energy. So do not be shocked if they leap out of bed some morning with a war whoop and commence exercising. Their exuberance is only the natural outcome of good circulation and digestion and well-functioning organs.

Be particular about their diet. Give them plenty of wholesome, blood-making, bone-building food. When they exercise in conjunction with the natural play, they must have enough fuel to keep a surplus of steam in their young body-engines. But you must provide foods that are sustaining and which (Continued on page 73)

Exercises Women Should and Don't Do

The Most Important Part of Your Daily Program—
What You Cannot Omit and Remain Physically Fit

By Madeline Mulvey

NOWADAYS every girl has an exercising program—some kind of an exercising program. The girl who feels that she can't stand routine work goes in for tennis or swimming, or better still, for both of them. The busy woman who has no time for sport adopts some *Daily Dozen* and sticks to it. Well, any exercise is better than none. But there is a decided disadvantage to a training course done without the aid of an instructor.

The first difficulty is that of obtaining a good general course, one that contains work for all parts of the body, and the second is that of maintaining sufficient interest to keep the movements up. Without progression, the interest soon wanes, and the exercises which are begun with enthusiasm become just a matter of course.

The only way of overcoming this difficulty is by adopting various new exercises and dropping the old ones, and by this method a general program often becomes a great deal less general than it started out to be.

Of course, to be sure that we are including in our program work for all parts of the body, requires a certain knowledge of the body muscles and we will not go into that here. But to arrange a program sufficient to keep us in trim physically is a much easier matter. The woman who has ten or fifteen minutes a day and into that wants to crowd sufficient exercises to keep her fit, must know the most important exercises and how to make those gradually more vigorous in order to use as little time as possible.

So rather than talking about what we *must* do, we will talk about what we must not neglect to do if we are to be physically fit. What, then, is the most important factor in exercise, speaking from a health standpoint?

Any girl may omit work for her legs, but then what girl dare omit work for her legs with the skirts gradually growing shorter? At any rate, she could omit work for her legs, we will say, without feeling any great physical reaction. Possibly, because every day in every *walk* of life she is exercising leg muscles. Not enough, perhaps, to give her the legs a Follies girl

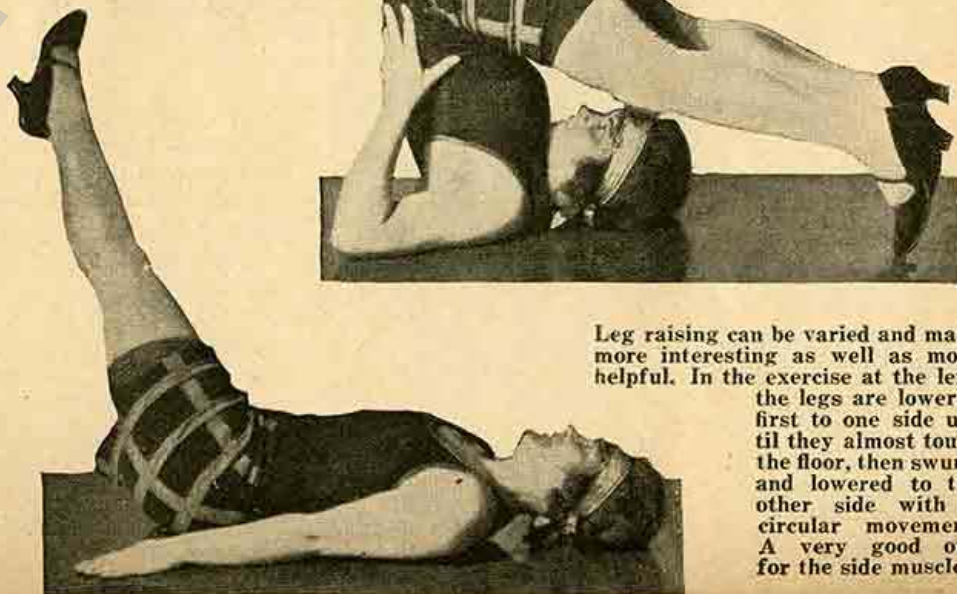
would boast, but sufficient work, nevertheless, to keep them from deteriorating to a point of actual disadvantage.

The arms come under the same class. Even in these days when we send out the family wash, we still get sufficient arm exercise to make these parts equal to any of the usual strains that are placed upon them. (The family wash, by the way, was a great beautifier for the arms, although possibly detrimental to the body in other respects.) But the arm problem is settled when one realizes that she simply must look well in a sleeveless gown. 'Nuff said. Arms will not be neglected by the girl who is interested in beauty.

Physical health, however, is far more important than physical beauty, and let us hope we are all sensible enough to admit it. There is an old saying, "If you love life, don't waste time, for that's the stuff it's made of." Nowadays we revise it a little and say, "If you love life, guard your health, for that's the stuff it's made of." How to guard our health is certainly the most important factor in extending life.

That part of the body upon which actual health depends is the organs—the heart, stomach, liver, kidneys—the internal organs, and although we may neglect our arms or legs or our faces, if we care to, we cannot neglect the torso or trunk of the body and remain healthy.

Now the heart is



Leg raising can be varied and made more interesting as well as more helpful. In the exercise at the left, the legs are lowered first to one side until they almost touch the floor, then swung and lowered to the other side with a circular movement. A very good one for the side muscles.

strengthened by any form of vigorous exercise which requires increased heart action, and without this kind of exercise it soon deteriorates. But although it is necessary to heart strength that physical exercise be systematically taken, yet this does not mean that any particular set of movements must be done in order to increase heart strength.

A good test of your heart strength is a long-distance run. Start out to make it a long distance run, but the chances are ten to one that if you are not accustomed to exercise, you won't run more than two blocks when you will find yourself gasping for breath, and your heart will be thumping mercilessly. Now, that does not mean that you have organic heart trouble and are "about to pass out of the picture." It simply means that you should run a couple of squares the next day and the next and so on until after a few weeks you can increase the distance without any great effort. Pretty soon your heart will begin behaving like a good muscle should.

The stomach and abdominal muscles, however, are in that class which require direct stimulation in order to keep them firm. This, they are not apt to receive in the regular routine of things. The legs and arms, as we know, constantly receive their portion of work. But the body muscles, those we would use in twisting, bending, stooping, the muscles which keep our waist line supple, and our muscular walls firm—how much actual work do they receive in our everyday existence?

Possibly the question will arise in your mind as to whether or not it is natural for us to exercise these parts, or how such exercise will benefit the internal organs. "The arms," you say, "or the legs, are of a different nature, and possibly the stomach does not require exercise."

If you have any doubt of the necessity of exercise for these organs, look at the army of sedentary workers who neglect to stimulate them, and pick out those who are not suffering from stomach disorders. That would be an easier task than selecting those who are. Compare them with the

athlete of either sex, and find out the real cause of stomach trouble.

Ask your medical doctor how the weakening of the stomach muscles affects your digestion. He will probably



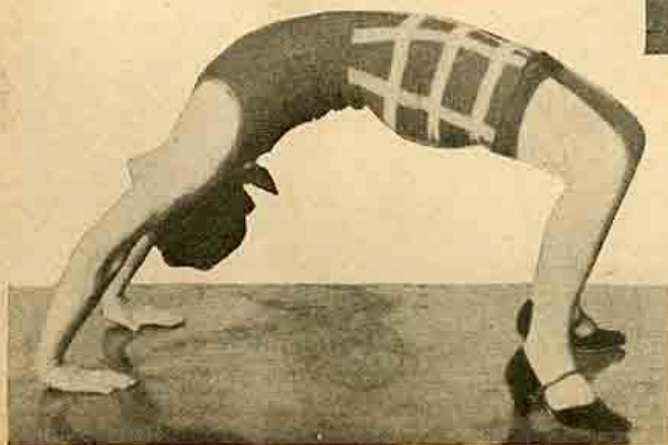
Standing with one heel at the instep of the other foot, swing the arms and body over to the left, then to the back, right and front, as far as possible. Repeat until tired.



For the side muscles touch the floor at the left toe with the right hand, and vice versa. Perform vigorously with a swing.



The back bend may be done at the wall. To be performed with knees rigid. Go lower each day and raise yourself slowly from the bent position.



For limbering the spine, nothing is better than the crab. Getting into this position is very much easier than rising from it. A sudden contraction of the thigh muscles will enable you to rise. The waist must remain supple throughout.

tell you that the cause of pro-lapsed stomach and fallen organs is a weakening of the muscles of the stomach and abdomen. In explaining why it is natural for us to exercise these muscles some authorities have gone far enough to claim that it was once natural for man to walk on all fours, and that erect posture is at the foundation of most of our stomach troubles.

That does sound ridiculous, doesn't it? Well, maybe it's true and maybe it isn't. But we can make a safe bet that if all of us could walk on all fours for a period of time every day, we would soon find an improvement in stomach conditions. Muscle tone is, beyond dispute, essential to proper digestion and assimilation, and if we don't want to go through life a victim of a dozen ills and ails that pill boxes won't cure, we have to include stomach and abdominal work in our daily exercises.

In the old days when athletics for girls were considered



When you try the exercise shown at the right, twist the body a little to one side and raise one leg high in the air. Repeat until tired. Then reverse and raise the other leg. A general exercise and one that is particularly good for the side muscles.

When beginning these movements, stop as soon as you are tired, and after the first few days you will find yourself able to increase the number of repetitions without fatigue. Waist and abdominal exercises are the most important in any Program.



Lying on the stomach, raise your arms and legs at the same time, holding the knees rigid. Relax and repeat five or six times. It will take some time before you can rise far enough from the floor to notice it, but in the meantime you are getting splendid exercise.

not only immodest, but decidedly dangerous, no exercise was looked upon with askance more than just these waist and abdominal movements. "The danger of strain" was sung so discouragingly that many a timid girl gave up the work. But a few courageous mortals stuck to it, and to these pioneers in girl athletics we owe much of our present-day freedom.

Now the question of strain in these parts is worth looking into. In fact, it is just the possibility of such strain which, more than anything else, demands sane exercises or the systematic strengthening of these muscles. One can't fit oneself for any really great thing without preparing for it, and no girl can fit herself for motherhood without possessing health and strength, particularly strength in these muscles.

Any danger that lies in exercise is the consequence of wrong training, just as health is the natural sequence of proper training. The singer who adopts operatic arias within the first year or so will probably lose her voice because of the strain of this advanced work. The girl who goes in for physical culture realizes that she must work up to great things and not rush headlong into them. If she begins at the end and attempts the most difficult feats first, she certainly runs a chance of straining the muscles upon which she is working. But there are no exercises that can be made more simple than abdominal work, and there is no reason in the world for strain, because every new stunt that is taken up has been prepared for by the one preceding it. Thus each progression is quite as easy for the advanced student as the simple ones are for the beginner.

About the best way to find out what the strenuous existence does with the female sex is to study that class of people who have always been, in the great-

est sense of the word, athletic. If the athletic life means the vigorous, outdoor existence where muscles and mind work in perfect co-ordination, the best example we have of it is among primitive races. There we find the woman always active, in most cases more so than her mate. Keeping in mind the creed that women should avoid strenuous exercise, one would expect these to be very delicate. But were they?

We are told that among the American Indians, women built the wigwams, did the work, raised their families and remained sturdy and powerful, living to a good old age.

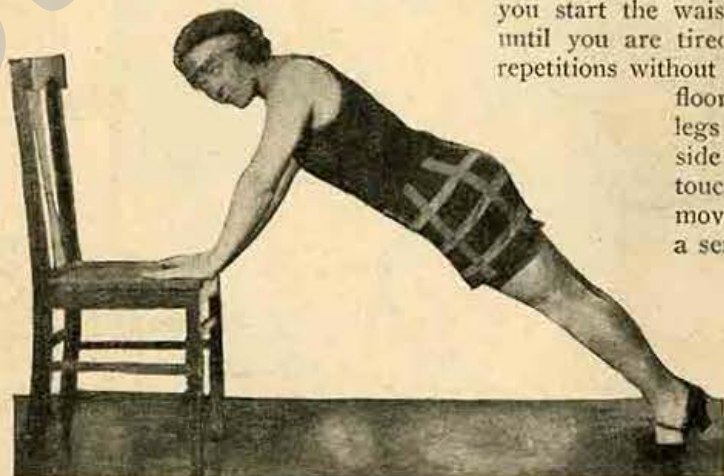
We grant that the average woman, accustomed to the conditions of civilization would probably die if put on such a program; but is that not more proof that she has deteriorated physically? The example of our primitive sister proves that the female can not only withstand strain, but also that she profits by the forms of exercise forbidden her under the old code of things.

So we can all go in for waist, stomach and abdominal work without any fear of meeting the dire calamities we have heard so much about. Waist bending and twisting movements are simple and every training course contains them. Leg raising is the simplest form of abdominal work. Begin it about the same time that you start the waist bending. Keep it up until you are tired, making six or seven repetitions without resting the heels on the

floor. Try lowering your legs in a circle from side to side almost but not quite touching the floor. In this movement you can describe a semi-circle with your legs.

Later on touch the floor above your head with the toes. This is an excellent movement for pro-lapsed stomach or fallen organs.

Your muscles will have to be strengthened before you begin ex-



To do this exercise, clasp the chair firmly by the sides and move in until the stomach almost rests on the chair. Then without moving hands or feet, raise the hips and back as high as possible. Lower and repeat.

exercising from a bench or a chair, and raising yourself from the position shown will require considerable strength.

Make your spine limber and active by practicing bending movements. The crab will not be easy for a while, but take it progressively and remember the bend comes not from the waist, but from the hips. It is not very difficult to bend into this position, but the strength required for rising must be gotten from raising your body from half and three-quarter way positions before attempting the crab. The little spring that makes rising easy comes from the front of the thigh contrary to the general opinion that it comes from the waist.

Speaking from a beauty standpoint as well as from a health standpoint, it would be better for you to keep your waist line supple and abdomen firm than to concentrate on any other part of the body. Then you need have no fear of sagging tissues, or of a flabby abdomen. This is the greatest figure destroyer and old age producer in existence.

Since women are waking up to the fact that exercise is the only way of keeping young, a vast army of them are retaining their youthful figures to an advanced old age. Everywhere now, we see examples of the woman of forty, fifty and even sixty who has retained not only her enthusiasm and personality but also her figure, or perhaps we should say who has retained her figure and likewise her youth and enthusiasm. Grandmother of the good old-fashioned kind—who used to wear skirts and skirts and more skirts, who was always sweet and motherly, but who spent most of her day in the rocking chair, and considered herself just a grandmother—has “gone out” forever. There don't seem to be any grandmothers today. They are all too busy and active to grow very old, and too proud of their youthful personalities to admit that they are advanced in years.

How about Fanny Ward, that wonderful old actress of whom all of us have heard so much? Now with her sixtieth birthday well past, she still looks the part of the young girl because of her lithe, slim, active figure. She could never have earned that by sitting around in a rocking chair, and she probably would not retain it long if she gave up her present active life.

In Boston there is a gymnasium where one day a week



To begin this work, fasten your feet under some heavy object, and lower yourself as far as you can, then rise slowly to an upright position. Gradually bend lower and lower. Very good for the abdominal muscles.

After you have strengthened your abdominal muscles by the exercise at the left, try rising from the position shown here without placing your feet under any support. This requires vigorous stomach and abdominal work and is great for toning up the digestive organs.



is for mothers. Anyone visiting there on Mothers' Day would be in for a surprise. The mother pupils are not young women of twenty-five, thirty, or even thirty-five. A great many of them are almost fifty, and one pupil proudly admits that she is nearer to seventy than to sixty. Doesn't that make you ashamed to grow old? When we come to realize that it is just plain laziness and indifference that makes one that way, we won't be old at fifty.

If your body is firm and supple, now is the time to keep it that way. If your youthful figure has already gone it is not too late to get it back. We can keep young as long as our enthusiasm lasts, for every other asset of youth is attainable.

I have a woman friend—we'll call her Mrs. Jones—who, although she has been a grandmother for years, still retains that quality of youth and vigor which we have learned to associate with girls of sixteen. Whenever a crowd of young people want a companion, they ask Mrs. Jones to accompany them. She is never a “drag” on the party. She can go anywhere the young folks can go. She can climb, swim, dance, run, and she has retained her sense of humor. Indeed, whenever the party has grown very dull, she can be relied upon to introduce some enthusiasm and start things going.

In a like manner, the housewives of the neighborhood have learned to call upon her when there is a lawn fete or a club meeting to be carried through. She is always there, just as active, just as sure of herself as the youngest of them. It was at such an affair that I heard a drab, fat, settled looking woman remark:

“Well, I declare! If I know how that Mrs. Jones keeps so young looking. She must have been in her late thirties when I got married, and that was—well, over ten years ago.”

A great deal over ten years ago, I should judge from her appearance and manner.

But here's how Mrs. Jones has kept young looking. She has danced, walked, rowed and swam all her life. She was never too busy to finish her work in time for the swimming hour in the afternoon, and she is not thinking of giving it up now just because she has gotten away over that fifty mark. No, indeed.

It isn't necessary to dye your hair or rouge your cheeks to keep young—that's only pretending you're young. Lead a strenuous life and your friends will soon come to believe that you, like Mrs. Jones, have discovered the secret of eternal youth.

American Continental Weight Lifters' Association

A Detailed Report of the Recent Jersey City and
Philadelphia Exhibitions

By John Bradford

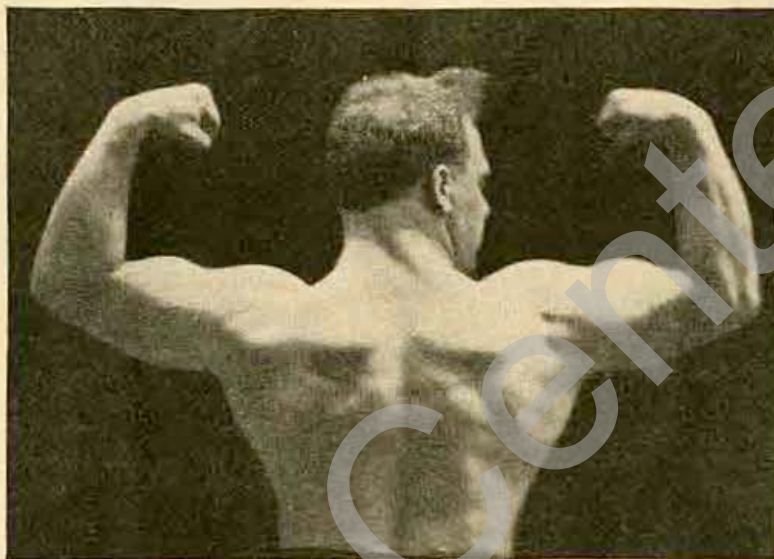
ONCE more the A. C. W. L. A. is in the limelight, and again the members step forward to assert their claim and demonstrate the rapid strides the association is making.

On Saturday evening, February 21st, an exhibition was given by the members of the Jowett Athletic Association at the initial opening in Jersey City, under the ruling of the A. C. W. L. A. By request, President Jowett officiated as referee.

The special event was an attempt by A. Marquis Losey to break his former amateur record of 170 pounds in the *two hands military press*, and also surpass the British amateur record of 173½ pounds.

Losey trained hard and carefully and was successful in his three attempts, finishing with a new mark of 180 pounds. This is a fine performance. Naturally, George F. was the first to congratulate the game Jersey City lifter, and we all join in wishing Losey even greater success.

William Mills, the secretary and treasurer of the club, gave a fine exhibition of what weights can do for a man. Mills, a former boxer, has to his credit a decision over Kid Norfolk. The awful sock he carried in either hand was developed, he claims, through bar-bell practice. He now aspires to weight-lifting honors and is making good on several lifts in which he expects to set new marks, in the light heavyweight class, sometime in the



George F. Jowett, veteran lifter, who has staged a comeback by creating a world's record in the military press.

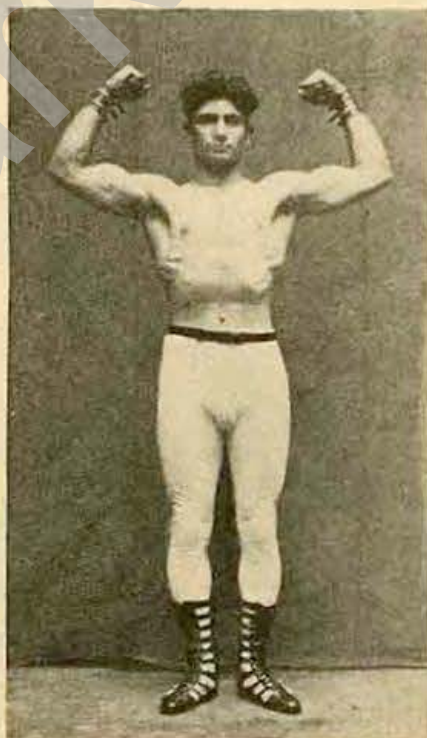
very near future. President Jowett then gave a demonstration of the various lifts and how they should be performed. He concluded his performance with an attempt to duplicate his world's record lift in the *one hand military press*, which is 115 pounds. It must be remembered that Mr. Jowett has never done any heavy lifting since he retired three years ago, owing to the injury he sustained in his right shoulder, which has

greatly handicapped him. He asked them not to be surprised if he failed. His failure would be because he could not do it any more, and he did not wish to make any excuses. To the huge delight of all, the veteran succeeded on his first attempt with 110 pounds; his second attempt at 115 pounds failed. After a moment's rest he again stepped up to the weight, and on his third attempt he succeeded.

This *come-back* dazzled the boys, and they felt greatly honored to think the man after whom they named their club had performed this wonderful feat in their presence.

Hand-balancing and tumbling concluded the exhibition and a hearty appreciation of the president's efforts was expressed.

George F. is sure a big favorite with the Jersey boys; but can he come back? Recently in Montreal he stopped them all in an impromptu *one arm press*, and the best man there was unable to put his arm down on the table in wrist turning.



Frank Dennis, who has set a new record in the two hands dead lift.

The condition of his shoulder makes his form unreliable, but on several occasions he has done a *two hands military press* with 225 pounds before witnesses three times in succession, and recently he performed a remarkable *two hands continental press and dumbbell swing*, the poundage of which I will not state, as he is going to make an official attempt at one of our future Philadelphia exhibitions.

On the evening of March 7th, with an exclusive amateur program, the platform was cleared for action at our Philadelphia headquarters, before a larger attendance of *strong man enthusiasts* than attended the exhibition on January 3d.

Everything went off with a snap, and not a hitch occurred. This is a splendid tribute to the officers who so ably assisted our president while he acted in his regular capacity of M. C. The ball was kept rolling all the time, and the performers responded with fine spirit.

The officials assisting were E. Mack, inspector of scales and weights, with E. Allen of Philadelphia and W. Mills of Jersey City as judges. They were a great team, all working together.

The New Jersey crowd were there in full force and brought with them the lady enthusiasts that attended our first exhibition. These fair admirers of the real man's sport brought others. In fact, there was a fine attendance of the gentle sex, whose presence bore out the old saying, "The whole world loves a strong man."

The first act on the program was a troupe of tumblers, led by John Youski from Trenton,

New Jersey. The act was fast and thrilling, while the stunts performed by Youski himself were remarkable. His speed, flexibility and control of balance were the last word in showmanship. The crowd showed its appreciation by the rounds of applause as every stunt was performed.

This was followed by an eight-minute wrestling bout under inter-collegiate rules between Russell of Penn University and McCullen of Philadelphia.

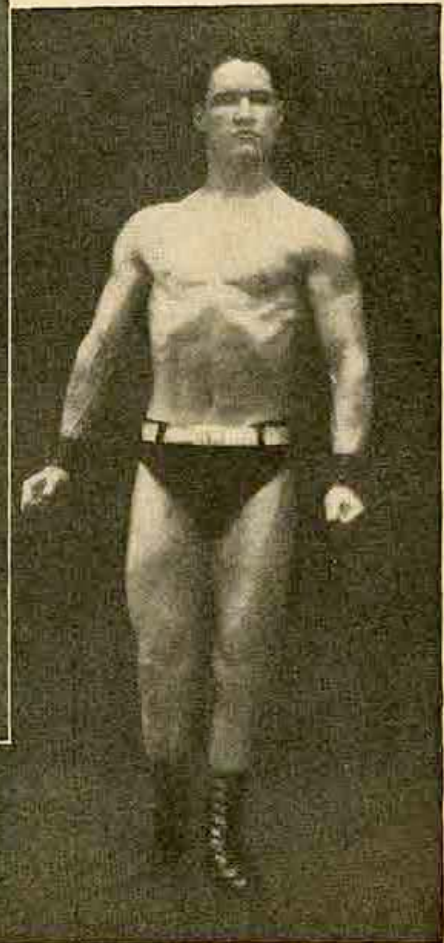
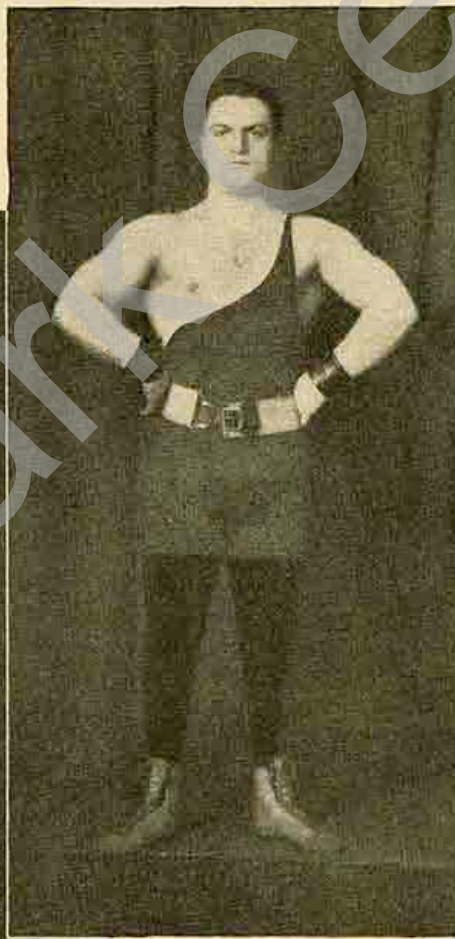
This contest was a little different than the others, as the two boys were out to settle an argument. Russell is an enthusiastic bar-bell user, and maintains that if a man wants to make good as a wrestler, bar-bells are the only thing. He secured his development by this means and he has a physique to be proud of. McCullen secured his results just from wrestling, and this contest was to settle the argument.

Russell was too strong for McCullen, who, though very quick and wiry, was compelled to succumb to defeat twice inside of five minutes.

The contest created a lot of interest and fun, as the wrestlers twisted and squirmed on and off the mat.

That certainly is a fine way of deciding an argument. It shows the clean-cut spirit that is stirred up by manly sports, and the spectators appreciated it thoroughly. The audience always does respond to such a spirit.

The next event marked the arrival of the *men of iron*, beginning with the appearance of that splendid, promising, young athlete, Frank Dennis. On his third attempt he created a new amateur *American Continental* (Continued on page 76)



Mills, Snyder and Losey, three of the Association who have added greatly to its present standing. Mills and Losey are both Jersey lifters, while Bob Snyder comes from Maryland.

Relieving Pain by Nerve Pressure

How Headache, Biliousness, Hoarseness and Other Common Ills May Be Overcome Without Resorting to Drugs

By Dr. Edwin F. Bowers

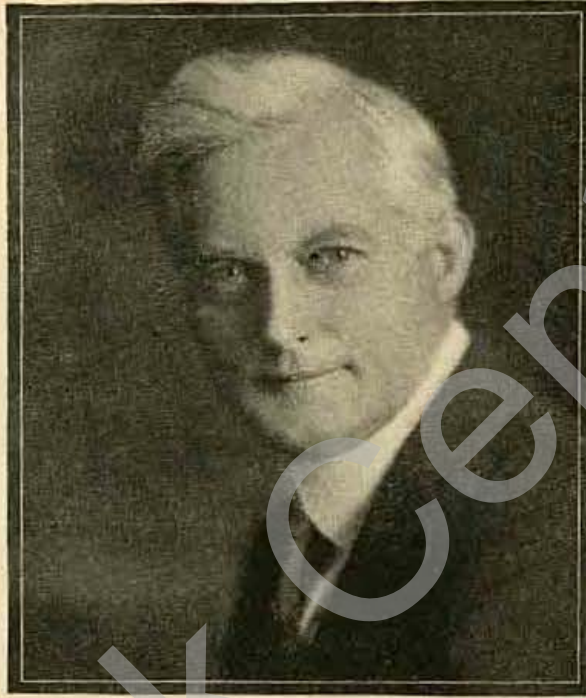
MANY of the things which were ancient history and regular routine to our grandmothers are the basis of some of the greatest medical discoveries of modern times. For instance, remember how effectively grandmother used to relieve croup by pressing her finger against the back wall of the baby's throat? And how she used to soften that dry, ringing cough that was epidemic among the youngsters about every so often, by pressing with the broad handle of a tablespoon on the back part of the children's tongues? Didn't the phlegm loosen after this maneuver and didn't those dry, harsh coughs clear up?

Recall how she used to stop a nosebleed by pressing a piece of ice against the back of your neck, or else the big handle of the front door key if there were no ice handy? And don't you remember how, when you were a little tot, restless and horribly nervous after a hard day's play, she used to quiet and soothe you, and bring you safely across into "Sleep Land," merely by sitting beside your bed and scratching your head or the back of your little bare arm? And haven't you yourself checked many an impending sneeze by pressing the upper lip tightly against the teeth with the finger?

We know also from experience that when we have pain unconsciously we grind and grit our teeth, and that if we bump our elbow against the door jamb the first thing we do is to clasp that elbow fondly and lovingly, and caress it until it is in a condition of comparative ease.

And no one needs to be reminded that when the unsympathetic dentist drives his chisel down—or up—seemingly to the very roots of the teeth he is scaling for us, or when he removes a tooth without first giving us an anesthetic, we help him to the fullest extent of our power by hanging on like grim death to both arms of the dental chair.

All these, and dozens of other apparently useless things, performed automatically and unconsciously every day, are matters of common knowledge and observation. We know that there must be some reason



Dr. Edwin F. Bowers

for doing them, otherwise they wouldn't be done so promptly and so universally. And yet, until a recent yesterday, no satisfactory scientific explanation was forthcoming to account for them. But now we know what these actions signify. We understand the principle that impels them. They are done because they tend to relieve pain and overcome discomfort in the zones in which the original trouble is located.

Take, for example, the familiar action of tightly clenching the hands—sometimes digging the nails deeply into the palms—automatically resorted to under the stress of pain, fear, anger or some other powerful emotion. This action has the effect of inhibiting, or stopping, the transmission of nerve im-

pulses through all the zones in the body, and does much to mitigate the severity with which we react to these impulses. This inhibition may, indeed, prevent even the bursting of a blood vessel, or some other grave response to the tremendous stimulus of pain or emotion.

So the clenching of the fists, the grinding of the teeth, the death-like grasp on the arm of the dentist's chair, and all our other automatic contractions and pressures are natural, logical, inasmuch as they tend to diminish the response to nerve stimuli.

These things we now know with comparative certainty, for one of the most far-reaching advances in medical progress has made them clear to us. This is the discovery that the body is divided into ten longitudinal zones (five on either side of a line drawn up the middle), and that these zones have their origin in the thumb, first, second, third and fourth fingers; run up the arm over the face and head; and down the back and front of the body, ending in the toes corresponding to the fingers.

The experiments by physicians, surgeons, dentists and osteopaths all over the country, who have been following out the practice of Zone Therapy, prove that, notwithstanding the fact that it antagonizes present accepted teachings, there is, nevertheless, a distinct relation between the first and second fingers and the thyroid gland (as in goiter); or between the gums back of the

wisdom teeth and the ear (as in catarrhal deafness). Exactly why this is so we do not yet rightly know. But eminent medical men are at work on the problem and we shall soon find out.

Pain, discomfort and most disease processes anywhere in these zones may be "attacked" by pressures on the roof or the floor of the mouth, the tongue, within the nose, or on any bony eminences (as over the knuckles or toe joints) in the zone in which the trouble is located. And one of the most singular and significant things in connection with the discovery is developed from the fact that whatever, by this method, tends to relieve pain also tends to correct the cause of the pain in so far as the process may be correctable.

While the pain or the abnormal condition can be influenced by pressures in the zone involved, the results are usually more satisfactory when the pressures are made in certain definite areas, those nearest the seat of the trouble.

It is the intention in the present article to provide the one who is "mothering" the family with a knowledge of some of the simpler procedures in Zone Therapy, so that he or she may be able to employ this effective and harmless means of relieving some of the common ailments one is constantly called upon to "doctor."

Perhaps the complaint that calls most frequently for relief is headache. Headache and neuralgia can be corrected almost as often by Zone Therapy as by headache powders. And there is no danger of depressing the heart or of temporarily paralyzing the nerves of sensation, as there is with coal tar "pain cures."

If, then, one of the family should happen to have headache, carefully wash the hands and insert the first and second fingers in the patient's mouth. Then make strong pressure upon the roof of the mouth (the hard palate) as nearly as possible directly under the area where the pain is located. For instance, if the pain is low down in the forehead, strong pressure should be made immediately above the roots of the front teeth. Good results also follow in this variety of headache if strong pressure is made with the thumb and index finger at the "root" of the nose, pressing the fingers deeply into the eye pits for this purpose.

If the pain is in the top of the head, the pressure should be focused in the center of the roof of the mouth; if, over the temples on the side of the head, the pressure should be on the extreme side, corresponding with the area involved. (If the victim of headache wears false teeth, be certain to first remove the plate.)

The pressures should be very firm and steady, shifting a little from time to time, so as to completely "cover" the zone corresponding to the seat of the pain, and should be maintained for from three to five minutes by the clock. Do not *guess* at the length of time consumed in the treatment, as it always seems much longer than it actually is.

Headaches and neuralgias of

nerve origin, and not caused by toxic absorption from the bowels or by other persistent organic causes, usually respond to these pressures within a few minutes.

If the patient should prefer to treat herself she may do so, using the ball of the thumb in the same manner for the purpose. But the results are usually more satisfactory if the treatment is not self-administered, as a more uniform degree of force can be exerted.

Frequently the pain will be relieved by strong pressures made over the joints of the patient's fingers corresponding with the seat of the pain. Or the same results can be accomplished by wearing for several minutes at a time (or until the finger tips become slightly discolored) broad rubber bands, or tightly-bound tapes. But the pressures on the roof of the mouth are usually more effective because more direct.

Coughs, asthma, hoarseness and the throat and bronchial irritations are conditions frequently referred to the home "medicine cabinet" for attention. Yet one of the best of all medicines for these troubles is the broad handle of a tablespoon, used as a tongue depressor. Properly and forcefully used, it has cured hundreds of severe coughs, coughs that have resisted practically every other form of treatment. And it doesn't derange the stomach, spoil the appetite, nor stupefy a patient with narcotics—as do many of the cough cures in general use.

The pressure is usually made directly in the center of the tongue, although if the irritation is extensive, force should be brought to bear on the extreme right and left sides of the tongue as well. If the irritation seems to proceed from the bronchial tubes or low down, the pressure should be made farther back on the tongue, remembering always that the farther back it is focused the lower down the impulse is felt. Three or four-minute treatments repeated at intervals of one-half hour or more will usually give relief, although I have known many chronic and aggravated "dry coughs" to be cured by one application.

The old and well-known treatment for hiccoughs also falls logically within this same category, and is extraordinarily successful. Grasp the tongue of the hiccougher in a clean handkerchief and pull it forward, squeezing it firmly at the same time. It should be thus held while one is slowly counting one hundred. This action "inhibits" the entire zone in which most hiccoughs originate.

Smarting, burning pain in the eyes resulting from strain, sties, inflammatory condition affecting the membrane of the eyes and lids and granulated lids, are relieved and frequently cured by pressure upon the joints of the first and second fingers of the hand corresponding to the eye involved. The fingers should be pressed above and below, alternating with a "side squeeze," in order completely to cover this zone; or the broad rubber bands or tightly bound tapes may be used if more convenient.

In sties the relief is frequently
(Continued on page 82)

Is Zone Therapy a New Idea?

Remember how grandmother used to relieve baby's croup by pressing her fingers against the back wall of his throat? How she used to stop nose-bleed by holding the door-key against your neck? Or lull you to sleep, if you were very restless, by stroking your hands or your forehead?

There was no explanation for these things; but somehow they always worked, and Grandmother was better than a doctor when it came to relieving pain.

Science has learned a great deal from these old-fashioned remedies, and knows now that pressure in any zone corresponding to the zone in which the original trouble is located, will relieve pain. Zone Therapy, then, is but the modern application of these world-old practices.

—The Editor.

Getting Off to a Good Start



The famous Paddock finish, about which so much has been written. Is this, after all, the deciding factor of the race? Or is the most important moment the first great drive?

The Fastest Possible Get-Away as Explained
by the Famous Coach and Former Champion
—Originator of the Method Now Used by
All Great Sprinters

By *Walter R. Knox*

THE great interest shown by the public attendance at the various indoor race events that have Nurmi and Ritola for their star feature shows that foot-racing is in for another big revival.

There has always been something fascinating about this sport that has had a strong appeal for young and old alike, making it the most popular of track sports.

The greatest thrill comes in sprinting. From the moment the racer toes the mark he is filled with repressed eagerness, with all his senses acutely tensed, ready to burst into dynamic action the moment the pistol sounds. At that instant he goes tearing down the track to breast the tape, while excited spectators, with shouts and gesticulations, urge their favorite on to victory.

Much has been written about this sport, and I have read many accounts featuring the California star, Paddock, in that spectacular finish of his. In the end

of the sprint he is considered the pastmaster. Of course, his new style has created much discussion among coaches and athletes, and while I think that Paddock adapted himself successfully to this leaping finish, I believe if he had followed the straight finish he would have lowered his own record mark.

The principle involved is the same as that of hitting in boxing—the straight blow is always faster than the curved blow.

All recent discussions have been relative to the finish

of a race, due, as I have said, to Paddock's popularity and to his spectacular style; but it has been my experience that the start is more important than the finish. It seems perfectly logical that the man who secures a good gain by a faster start is going to maintain it, if possible, to the end.

The correct position for leaving the mark in the sprint has always been my specialty, and I have studied the various styles of starting in Can-



The correct position for the fast get-away, with the front foot about eight inches back of the starting line, and the thumb and forefingers flat on the line.

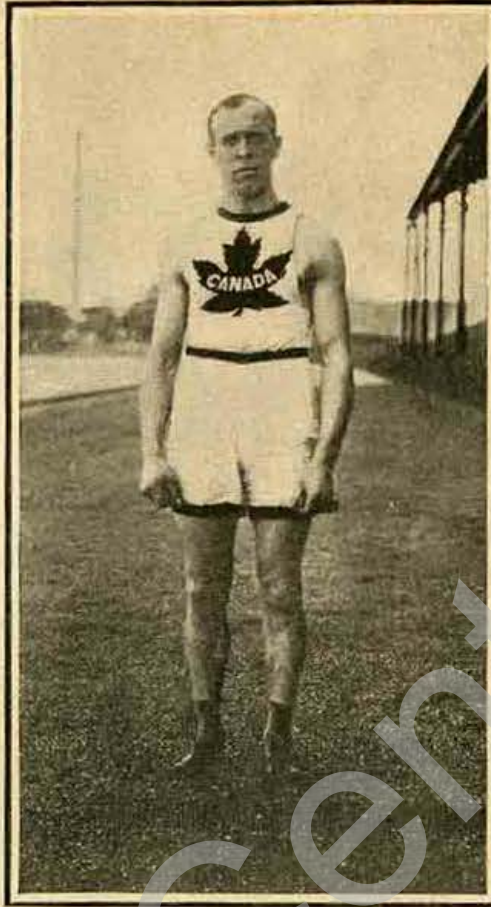
ada, America, England, Scotland, Sweden and Belgium, with the result that I have perfected a style in starting which has been successfully demonstrated to the best sprinters in the world.

In 1914 I was appointed by the British Olympic Committee chief coach of the athletes of the British Isles, and there I had a splendid opportunity of observing the different styles practiced by various sprinters in starting the race.

I noticed that the Australians used a crouch similar to that of the English athletes, the only difference being that the Australians kept the back leg straight—a position which is of no value at all to the sprinter, as that leg must be bent before he can get into the stride. Naturally, their position slows them up when they attempt to get off the mark. It is much better to place the leg in the right position at the beginning because then the runner has that much less to do after the gun is fired.

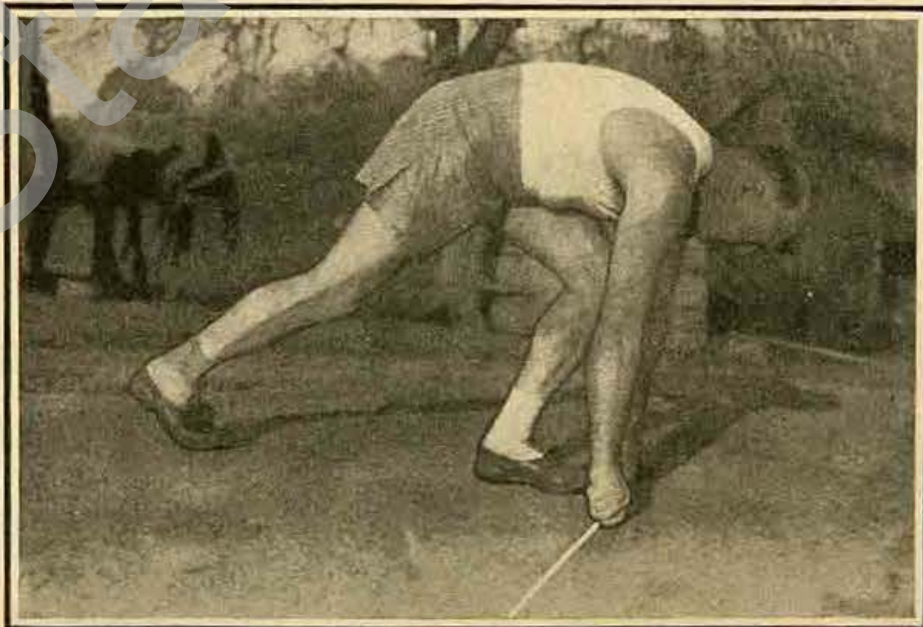
But reverting to the English style, they placed the front foot and hands on the starting line, contending that by so doing they were able to get closer to the finish. However, I soon convinced them that by placing the hands on the starting line, with both feet behind the line, they would be able to get closer to it than otherwise.

Common sense, backed by practical experience, has taught me that the fast get-away is procured by placing the left or front foot about eight inches back of the starting line, and the hands on the line, with the thumb and four fingers flat on the line to help steady the body when set, as shown in the illustration. If the fingers are not strong enough to hold this position, I would recommend the sprinter to use athletic grips or corks. This method of starting, now so widely known as the Knox method, is also shown. The grips can always be used



Walter R. Knox, originator of the Knox Method.

looking about three feet ahead of you down on the track. Do not try to look down the track towards the finish, or you will find that the back of your neck will become cramped; which, in turn, will cause your right knee to drop too close to the ground. That knee must be kept on a line with the lower part of the calf of the left leg. Notice this in the illustration. By dropping



The Australian Drive is of no value, the straight leg preventing a quick start.

to a good advantage during the race, and in the drive at the finish.

In order to get the back foot the correct distance from the starting line, place the knee of the right leg half way between the instep and front of the left foot, allowing the toe of the right foot to drop on the ground and make a mark. This will give the exact distance for the back hole. When the toe drops on the ground it must be kept straight. If bent either forward or backward, it makes from one to two inches difference in the back hole, and would thus make it impossible for the sprinter to get set in the proper position for a first-class start.

In making holes to start from, you must be careful to note that they are always made crosswise on the track. If made lengthwise there is no back to them, and the foot will slip out as the drive is made at the start.

When properly set in this position, you should be well forward, with your head about eighteen inches over the starting line, your weight mostly on the front foot and hands, and the head held so that the eyes are

looking about three feet ahead of you down on the track. Do not try to look down the track towards the finish, or you will find that the back of your neck will become cramped; which, in turn, will cause your right knee to drop too close to the ground. That knee must be kept on a line with the lower part of the calf of the left leg. Notice this in the illustration. By dropping the knee lower and looking down the track towards the finish, you would also be inclined to jump out of the holes or off the mark, instead of running out, a movement that would cause you to come up too quickly after starting.

If you get this position as explained, you will feel comfortable and not cramped in any way when

set, and probably you have already realized the value it has over any other style of getting off the mark.

You are actually from twelve to eighteen inches on the way before the gun is fired; which alone, without the other advantages gained, means winning a race against those who are a lesser distance behind you at the finish.

Apart from this, additional speed in the get-away is gained from the fine balance secured by this position. The moment the hands leave the ground a momentum is brought about that starts you into your stride at top speed, a start that is accentuated by the great driving power supplied by the feet.

When starting from the mark at the pistol's signal, the right foot should be brought out first. Then there is a push forward with the left foot, until the right foot is ready for the next stride. The left arm should come out and up in a hooked position, similar to a short upper-cut punch, but straight out, and not across the body, at the same time as the right foot goes forward. This gives you the drive for the first stride that has a decided advantage over the sprinters who start off by trying to jump out of the holes and use their arms by swinging them across their bodies.

Each sprinter must judge for himself how far he can step out in the first stride, as this point can be very easily overdone. By overstriding two inches you will invariably be thrown off your stride, especially at the start of the race, which means the sacrifice of a possible win. Therefore, my advice is to practice the starting position and the get-away persistently.

I used to stride out six feet with my right foot at the first stride and would increase to eight feet during the one hundred yard sprint.

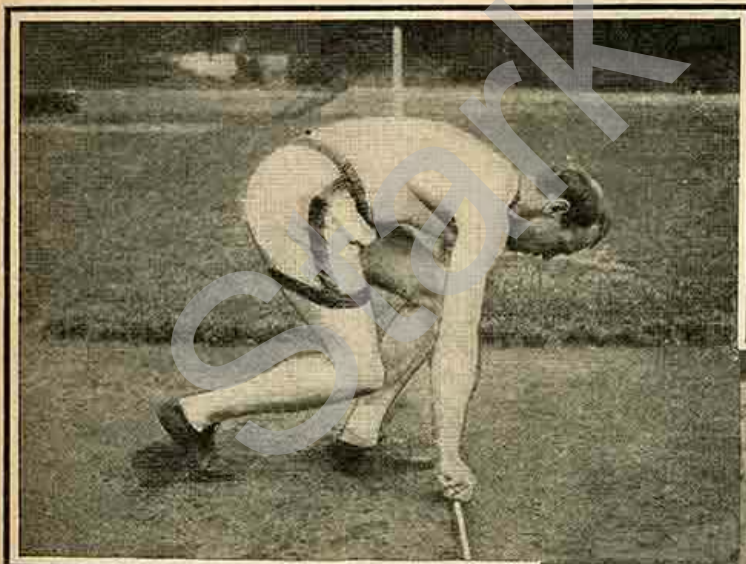
In running you should make at least ten to twenty

yards before raising the body up to the correct running position, although the body should always be kept forward so that the weight will help you forward, and the arm drive should be always swinging ahead and not across the body, thus forcing you along at every stride.

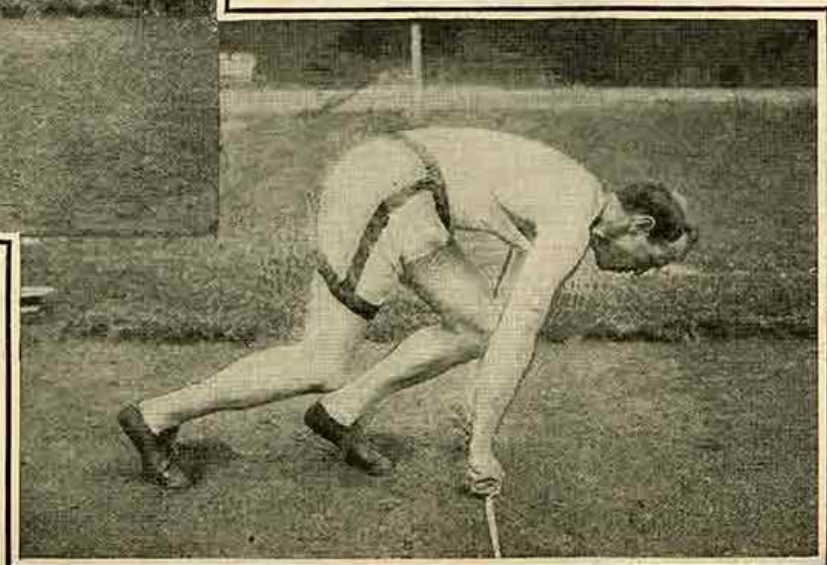
I remember quite well, when teaching a class of fifty amateur athletes at Stamford Bridge Athletic Field, a discussion arose with one of the professional Australian sprinters in connection with the front foot being placed on the starting line. He contended, as the English did, that this style gave them an advantage over the method I was teaching, and then and there we commenced a practical demonstration, at the conclusion of which they all realized the greater value of my method. This converted the Australian professional, who admitted that this method gave him an advantage of over a foot while on the mark. If you carefully note the illustrations, you will see that one of them shows a position of the sprinter with hands and front foot on the line. The left leg is in a cramped position, which always forces the body upward when the start is made. Another of them shows the front foot eight inches back of the starting line with the left leg in the comfortable position that drives the body forward when the start is made, and the whole body is perfectly balanced throughout. This proves beyond doubt the best system of starting.

While I was coaching overseas, the British champion asked me to criticize his method of starting. I watched him carefully and saw that he had the back hole too close to the front foot, which left him cramped when set on the mark. By changing this hole about an inch and placing him in my position, in less than one month he was made able to catch up his two-yard handicap men fifteen to twenty yards sooner than before the change was made. In tribute to this *The Sporting Chronicle of Manchester*, Britain's leading sporting paper, had a lengthy article with reference to what I had done for their champion.

I had an interesting discussion with one of the athletic officials at the Police Games in Birmingham, England, and his opinion was that the runners should be allowed to have their feet upon the starting line, with their hands as far over the line as they wished. I pointed out to him that by his (Continued on page 73)



The English method of starting (above), as compared with the Knox method, shown in the lower photo. Notice how placing the toe on the line, as is done in the English method, cramps the body. Also when the toe is placed eight inches in back of the line, how the body is practically eighteen inches ahead when the gun is fired.



Cut Down Your Diet and Gain Weight

No One Ever Improved by "Stuffing"
—How Sane Eating Helped One
Woman to Gain Forty-eight Pounds

By Grace Aspinwall

THAT sounds paradoxical, I know, but that is what I really did, and so it is a fact not to be denied.

I was the lean, lanky kind. Just skin and bones. Weight eight-four and a half pounds; arms and legs like broom sticks, and a skin sallow and pasty-looking.

For years I tried all sorts of methods recommended to put on flesh without fail, but they all failed with me. All these methods included stuffing. I was constantly stuffed with "good nourishing food." And all the time I went on getting thinner and thinner. I was also getting to be of a very cranky nature, something that abnormally thin people often possess. I felt constantly irritated and I was always conscious of my extreme thinness. I wanted to be plump and attractive and I fiercely hated my hollow cheeks, my gaunt neck and my angular, bony figure.

I longed to wear evening dresses with low necks and no sleeves but, of course, never could. It would have been tragic to display a lot of bones with a sallow skin drawn over them. I tried on some models in one of the New York stores once in the hope that, through some magic or other, I might be made to look all right. But the effect was so ghastly and awful that the sales-girls laughed.

I couldn't wear short skirts either, because my legs were like pipe stems, and men laughed at them as I went along the street.

I really was a sight and the one ambition of my life had become just to have my bones covered and to look like the rest of feminine humanity.

Then suddenly fate led me to a wonderful woman. I met her on the boat coming from Bermuda. Her deck chair was next to mine and we got to talking and in a little while she knew all about my life's desire.

It was her life work to set people right physically and psychologically, and I placed myself in her hands



Grace Aspinwall had tried everything recommended for increasing weight, but she continued to lose. Finally she struck upon the method outlined here, and within a month or so, had reached her normal weight.

without very much faith, I will confess, but in spite of that the system that she laid down for me to follow, worked, and I gained weight marvelously. From eighty-four and a half pounds, I steadily rose to one hundred and thirty-two. To me it was a miracle, especially as it was accomplished by fasting and cutting into my diet till I was on what to me seemed starvation rations; yet I gained and gained, and wasn't hungry, either.

You see, I was really overfed, and being of a high-strung, nervous temperament, I didn't assimilate the food because there was too much of it. And let me tell you a secret—the majority of people are overfed, and of course undernourished in consequence.

The thing made a different being of me. People who hadn't seen me for several years didn't know me, and

when assured that it really was I, they were struck dumb with astonishment at the change.

The woman who did all this for me charged me a very large sum, but it was worth it, and now I am going to hand it over to you free so you may follow it, all ye thin ones, and get nice soft curves in place of your angles and a softened disposition in the bargain.

There were a number of phases to the course of treatment, but the chief thing and the most dramatic thing of it all was the way my "savior" made me reduce my food intake. In fact, she made me cut food out altogether at first, for she made me fast at the start, and also at intervals during her course. So on an astonishingly scant diet and periods of fasting I gained my extra forty-eight pounds. It sounds almost absurd, doesn't it?

As the food phase is the most important and dramatic, I will take that up first. My instructor asked me at the start all about what I ate and I told her that I ate "everything that was good and fattening," a great deal of cereal, bread and (Continued on page 84)

The Secret of True Strength

—Your Ligaments

Probably the Best Explanation of Muscular Leverage
Ever Given—How Strong Ligaments Can Be
Acquired—The Final Test of Your Physical Power

By George F. Jowett

AT the present time there seems to be among devotees of body culture, a craze for muscular development covering only certain parts of the body. The craze for specialized biceps development, for instance, has been with us for many years, and no doubt will always continue among a certain faction. To the uninitiated it seems to be considered the hallmark of physical perfection and great strength, to be able to display big biceps. Lately another faction has sprung up, which has centered its ambitions upon the development of the pectoral or breast muscles.

Apart from creating an unbalanced development, this method has the opposite effect to producing unusual strength. This, the body culturist seldom thinks of.

There seems to be a misconception prevalent among body builders relative to the acquisition of strength through the development of large muscular measurements, the general idea being that if a person has large muscles he must have correspondingly great strength.

This is not exactly true. It all depends upon how those large muscles have been developed. If it has been acquired from resistance methods with numerous repetitions, the muscle is apt to be inflated tissue, or "pumped" muscle. This is caused by the blood's being forced through the muscles, which swells the tissue and makes of the cells a larger, but coarser structure. Very little of this muscle structure is broken down by such training as compared with other more natural methods, when tissue is broken down in greater quantity and multiplied in the reconstruction.

This brings us face to face with the fact that it is not quantity that counts so much as quality. A good example can be made by comparing iron and steel. By the same rule that governs the two

kinds of muscular tissue, a piece of steel much smaller in size, has greater strength than a bulky piece of iron. Like iron, inflated tissue is coarse, while actual strength-possessing tissue comprises that which is more tightly woven and of better calibre, such as steel.

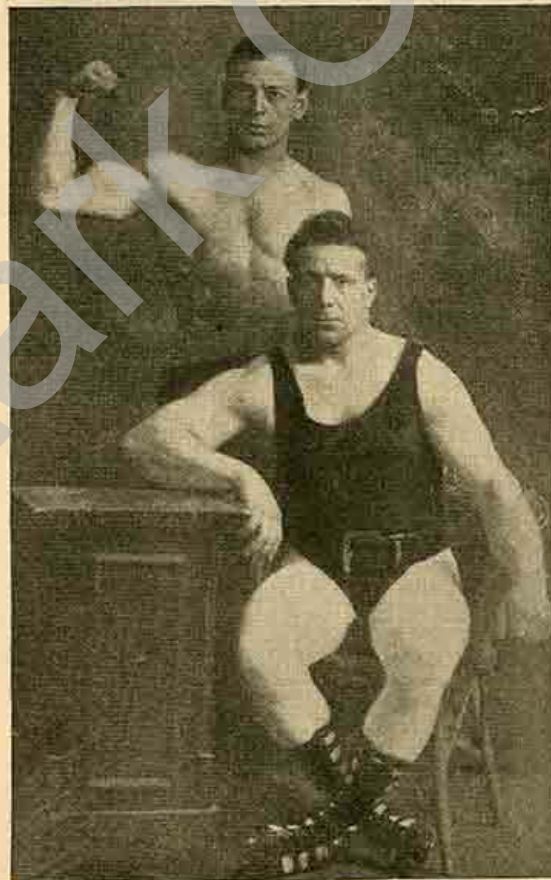
Apart from the difference in muscle construction, the chief foundation of real power, has yet to be touched on; that is, the ligaments.

Where inflated tissue is concerned, there is positively no ligament development. This further neutralizes the value of the increased size gained by such methods, for even those who have gotten increased proportions from the right methods, are positively no stronger than their ligaments. The latter, even though they have adopted methods that have gotten them a greater abundance of

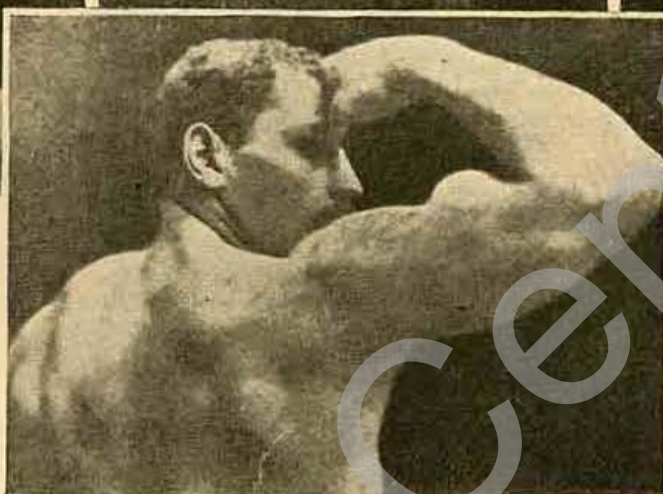
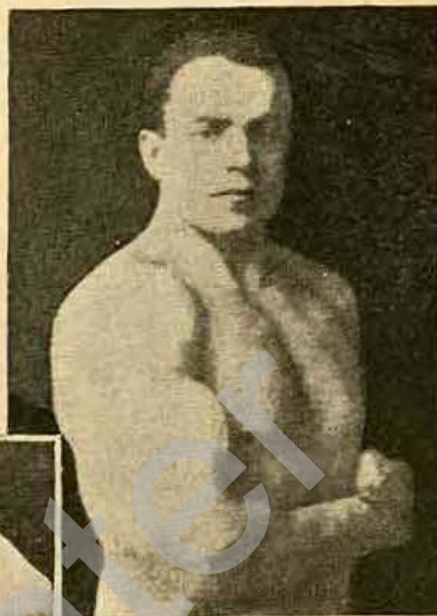
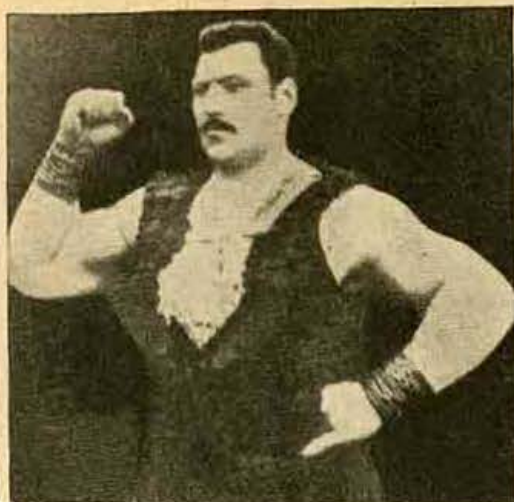
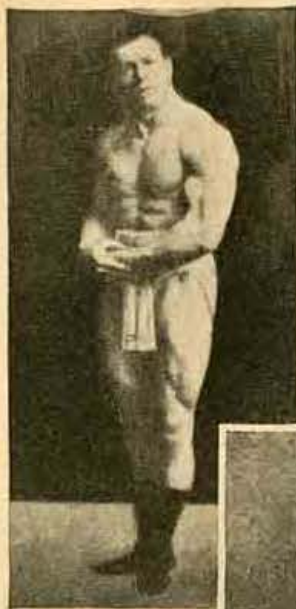
strength,—if the positions they used in each exercise were not such as called for a strong play of the ligaments—have not developed their ligaments in proportion to the extent that their increased muscular size would make you believe on sight.

I have explained all this in order to bring to your mind the question that will now be there,—“Does muscular size mean nothing without proportionate ligament development?” What is the relationship between these two?

The formation of muscular tissue through strength methods lies in the accumulated fibre that constructs this re-creation. Each muscle is made up of thousands of little fibres that are laid together, side by side, very much like the fibres in a rope. The value of the muscle lies in its ability to contract under great tension. This contractile movement makes itself felt upon the ligaments, which act as the levers of powerful motion, and the combined effort of the two allows a person to successfully accomplish a strenuous physical movement.



Jowett and Marineau (standing), famous examples of what ligament strength can do. Jowett, while still a middleweight, began breaking heavyweight records, while Marineau at the weight of 136 pounds, established new records in the middleweight class.



Wherever great muscular development has been acquired through work which has also strengthened the ligaments, super-strength has been the result. On the other hand, mere inflated tissue has never produced great strength.

Four of the finest examples of ligament strength. George Hackenschmidt, the Russian Lion (upper left-hand photo), Apollon, the French Giant (at his right), John Marx, the man with the iron grip, and Arthur Saxon, the Iron Master (below).

separate from ligament strength. While we are here, I will take this opportunity to explain two of the complex principles of

The function of the muscle is to shorten, and the ligaments becoming powerful enough to carry out their co-ordination, begin to lever and also shorten, in much the same manner that a powerful rubber cable, when stretched, contracts.

This muscular contraction is carried out by the vigorous pulling of both the muscle and the sinewy levers alike. They never push. There are no such things in the body as pushing muscles.

This statement will no doubt surprise many of my readers, particularly those among the weight lifting class, who are all accustomed to the term of "pushing" muscles, this being applied to those muscles that apparently push a weight overhead, or push some object away from us.

We use the "pushing" slogan as the best means of expressing those certain movements, but physiologically it is wrong.

As one muscle, or given group of muscles, completes its operation of pulling, it relaxes, and another muscle, or group of muscles, takes up the pulling. These all operate from different angles according to the direction of the movement involved. By their contraction they signal to the ligaments to operate, or lever, and these sinews must be capable of filling the order; and the finer and more tightly woven the texture of the new muscle fibre is, the greater contractile power it possesses. Therefore, the final test of strength will always be in the contractability of muscle and sinew. You never see ligament strength separate from real muscular strength tissue, but you do, only too often, see muscle tissue

muscle leverage, both of which must be thoroughly understood by all those who aspire to be successful weight lifters. You must know this before you can realize how certain muscles function during a lift, and a knowledge of it will make clear to you which muscle to flex and which to relax during a lift.

Suppose you stand erect, hand hanging by your side holding a weight. Your arm bends at the elbow as you take the weight "upward" to the shoulder, because a muscle on the upper arm, the biceps, pulls it up. You lift the weight to arms' length overhead, because the biceps relaxes and the triceps pulls, which brings the arm out straight. Yet, as you lower the weight back to the shoulder it is the biceps that does it, and as you lower the weight to arms' length by your side again, it is the triceps that does the work. Each set of muscles operate in opposite directions, but in each case they physically demonstrate the movements we commonly term "pulling" and "pushing," while all the time they are actually pulling. This shows the versatility of our muscles and proves that without powerful ligaments these muscular movements cannot be carried out with any degree of success in any aggressive physical movement.

It is these powers of leverage that technically make you strong.

If the ligaments still remain in the same stage as when you commenced your physical training, or if you feel you have not made the progress in physical power that you should have made for the amount of training done, it is simply because the ligaments are too thin and stringy.

The best example of the affinity between muscle fibre and the ligaments, is seen in a derrick handling heavy loads. You would never imagine a five ton derrick handling a six ton load. You would say immediately if such a lift were attempted and an accident took place with the derrick, that the motorman did not know his business, trying to carry a weight beyond the capacity of the derrick. Yet the majority of body builders are doing that same thing every day. Because their muscles are larger, they think they should be able to handle a bigger poundage than usual. They should, providing they have followed the right method, which has caused the ligaments to thicken and thus enables them to accomplish greater things. Progression can always be tested by a monthly try-out; that is by lifting weights to the limit of your physical ability.

A derrick can always be relied upon to handle its stated weight capacity.

This condition should also exist in your muscles, and if anything, the balance should lie in favor of the power of your ligaments. You will be stronger for it.

The derrick example, by its affinity to the body, proves conclusively that the muscles and ligaments must at least balance in power. It shows how wrong body culturists are who strive for isolated muscular development, thus throwing the power all out of balance.

Let us take a boxer for our next example. If he has a biceps the least bit overdeveloped, it will make him, in action, quicker in drawing his arm back to



Joe Nordquest's famous arm. Note how thick the joints are when the arm is tensed.

the shoulder after striking, than in delivering a blow. If the triceps is overdeveloped, the result will be just the opposite, his delivery will be faster than his *pull back*. But, if the two muscles are balanced, his arm movement will harmonize and be far more rapid, simply because one muscle will not be working against the others. This is co-ordination.

When muscles harmonize they are far more effective, as it must be readily seen that when a larger sized muscle exists at the expense of another, the weaker muscle is always handicapped in its operation by the leeway it is compelled to make up in order to function.

The situation is much worse when the ligaments lack a corresponding capacity.

A fine way to test your ligament strength, is to lift a weight almost your limit, overhead first, and then see how slowly you can lower it. When the weight is a little more than half lowered,

stop and try to hold it at that angle two or three seconds. If your ligaments are as strong as the muscle that contracts them, you will easily hold the weight, but if they are not, you will feel your arm losing ground.

It is a common thing to see weight lifters fail to hold a bar-bell, after it has been jerked to almost overhead. This always prevents them from getting under the weight and completing the lift. No matter how slight the combative resistance employed by the ligaments at this given point, it is sufficient to allow the trained athlete to get under the weight.

My ligaments were always capable of sustaining a much greater weight than I could ever hope to elevate overhead. Once I had a weight jerked to the level of the top of my head, it was a cinch to get under. My power of resistance at this point was so great as to give me more than enough time to get under the weight.

This also explains more forcibly how strength tissue and ligaments

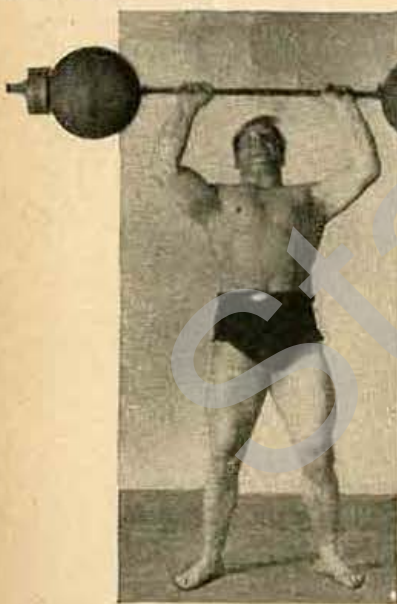


Figure 1



Figure 2

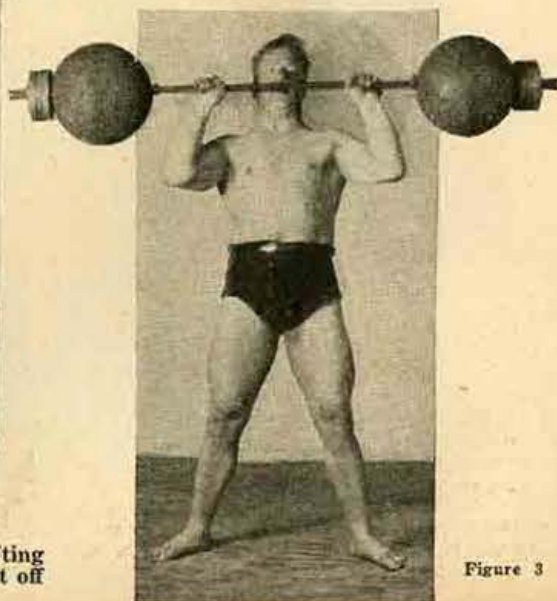


Figure 3

For developing ligament strength in the "two-hand jerk." Take a weight just within your limit and lower it about one-third of the distance to your shoulders, as shown in Figure 1. Hold it there. By combined arm pressure and knee bend, get under it until the arms are straight again, as shown in the center. Another fine exercise is produced by lifting a weight from a stand about the height of your shoulders and holding it off your chest as shown in Figure 3.

co-ordinate. What the muscles gain by contraction, the ligaments hold by leverage.

I remember some time ago, after explaining this point to some well known foreign lifters who had asked me to do so, I jerked a poundage around my limit to arms' length. The spectators immediately saw the practical value of this demonstration, and before I had the weight overhead, I heard the lifters remark in surprise, "Why he hardly lifts the weight any distance."

How I trained for this ligament power and support, I will explain later on.

If a person has secured his power by strength methods, it is easily seen by the thick ligaments that display themselves, particularly around the joints. There will always be a greater depth of tissue.

Take the upper arm, for instance; you will find that the depth of tissue on the humerus bone, from the elbow joint up to where the biceps muscle begins to be defined, when contracted, is much thicker on a weight lifter than on any other body culturist.

This is also brought very forcibly to your notice, on any person who has a well developed forearm. The better the forearm is developed, the thicker it will be toward the wrist, and the wrist will increase in size. This is solely caused by thickened ligaments.

Weak ligaments mean weak joints as well as weak muscles, for all physical strength revolves around these powers of leverage.



The author's enormous arm is remarkable for the thick ligaments which start at the hand and for the depth of tissue at the elbow joint, the same condition that is apparent in Nordquest's arm on the opposite page.

Take top-mounters in a hand-to-hand balancing team. With continual pressing of their body weight to arms' length, they acquire great power in the arms and upper body; *but ask them to lift!* They can press good, but they do not jerk much more, simply because their legs are not strong enough. I have seen many a good top-mounter, while sitting on a chair, *military press* with two hands much more weight than he could when standing erect.

The same evidence is borne out by the body builder who specializes on upper body development. He falls down on any substantial *two arm jerk*, because his legs are too weak to sustain the weight. It is the knees that give way, and these are the support of the legs and rely upon the ligaments around the knee to sustain them.

If the body culturist had balanced his development, he would be more successful, as the legs play a very important part in successful weight lifting.

It is generally believed that short men have the advantage over the tall men, but to those who have studied the body both in theory and practice this belief is not accepted. The truth is that the taller man has the advantage according to a scientific analysis of leverage. This statement is borne out by the *two hand clean and jerk* records. The tall men hold more of these records than the short men, but the short man is better in the more strenuous *two hand continental lift*, where the weight is taken to the shoulders in two movements.

The short man is too near the weight and is unable to secure the *back pull* that carries the weight higher and allows him to get under it. The ligaments in a long arm are longer and have a greater *pulling* in leverage, while the very shortness of the short man's biceps ligaments prevent great leverage for his pull. "The longer the teter the greater the power."

This is why you see a weight lifter, who is short, use discs on the bar small in diameter, while the tall man cuts down on the diameter of his discs when making snatch lifts, where the weight is to be carried as high as possible with the initial *pull up*. This allows the lifter greater distance to operate his *back pull*.

From the shoulders to overhead the advantage is equal unless the short man is very heavy. Yet, there is this much to say for the short man. His ligaments are invariably of a stronger and thicker construction than the tall man's; which is the reason why shorter men appear stronger on an average.

I know this will raise a question in many readers' minds, as to how it is possible that (Continued on page 74)

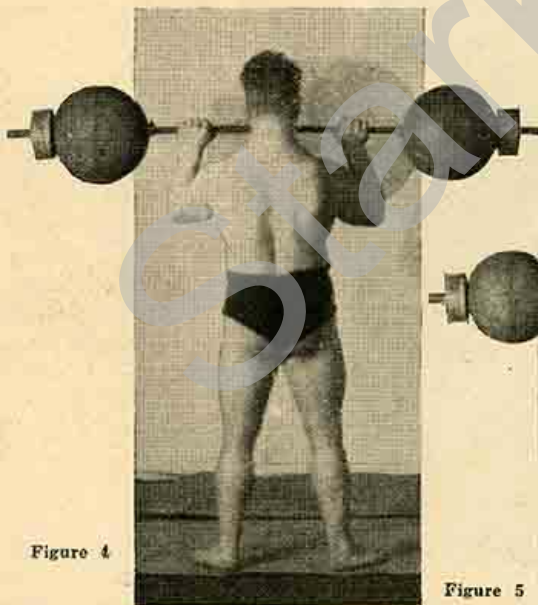


Figure 4

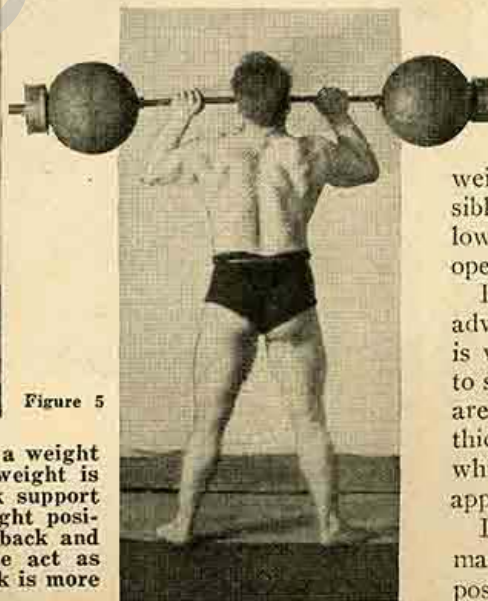


Figure 5

The right and wrong way of holding a weight at the shoulders. In Figure 4 the weight is held too much to the front, no back support being given. Figure 5 shows the right position, with the head thrown slightly back and the back muscles contracted. These act as a means of great support, as the back is more powerful than the arms.

Our Girls' Circle

Conducted by

Marjorie Heathcote

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

My dear Miss Heathcote:

I have become very much interested in Our Girls' Circle of Strength, also it has set me thinking about my own condition and I feel that I am losing a lot of fun by not being physically strong. My general health is apparently good but I tire easily, and every one says that I don't eat enough.

I love outdoor sports but I'm so handicapped that getting this kind of exercise doesn't seem possible. I work in an office, and besides, the small town where I live offers nothing in that line. We have no place for swimming except the river about three miles from town. So what can a person do?

C. R.

A large number of girls write in and make a complaint similar to this: "I haven't any chance for outdoor exercise," but Miss R. is the first girl who has given us the chance to come back at her by asking outright, "What can a person do?" Probably she did not expect an answer to that part of her letter; but now that spring is finally here we feel that there could be no better time than this to take up the question of outdoor exercise for girls. How can an office worker get outdoors?

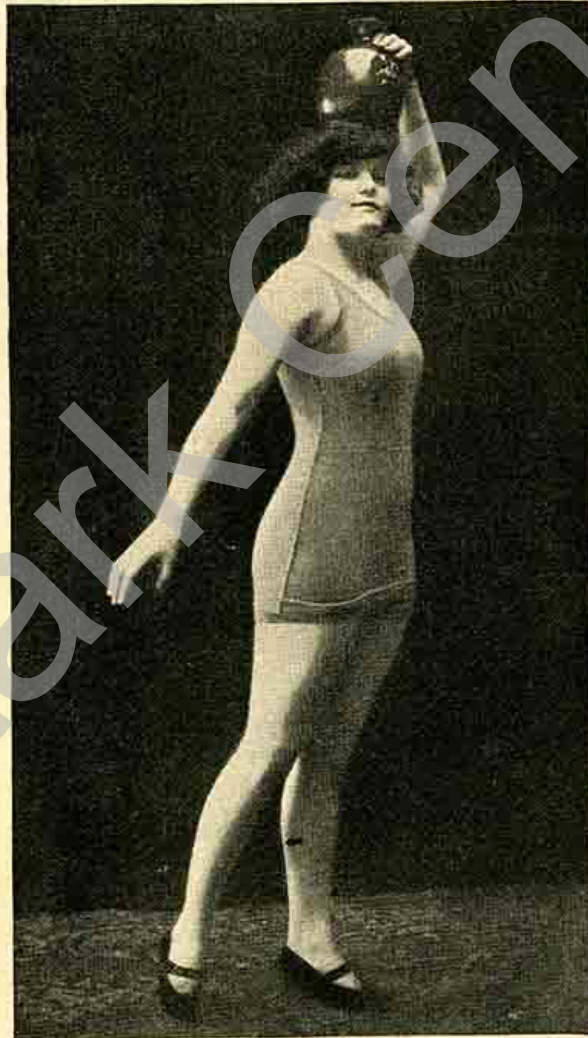
Well, I'm going to tell you how one of my acquaintances has accomplished it and possibly her experience may help you a little. This girl is a devotee of tennis. During May, June, July, August, September and early October, one-half of the year, she leaves the office at five o'clock, and at six arrives at a tennis club. Then, as she lives in a daylight-

saving town, she finds it possible to play until 7.30 or 8. She does this only three nights a week, but gets sufficient exercise to keep her body firm and agile, her stomach always in good condition, and her skin and eyes bright.

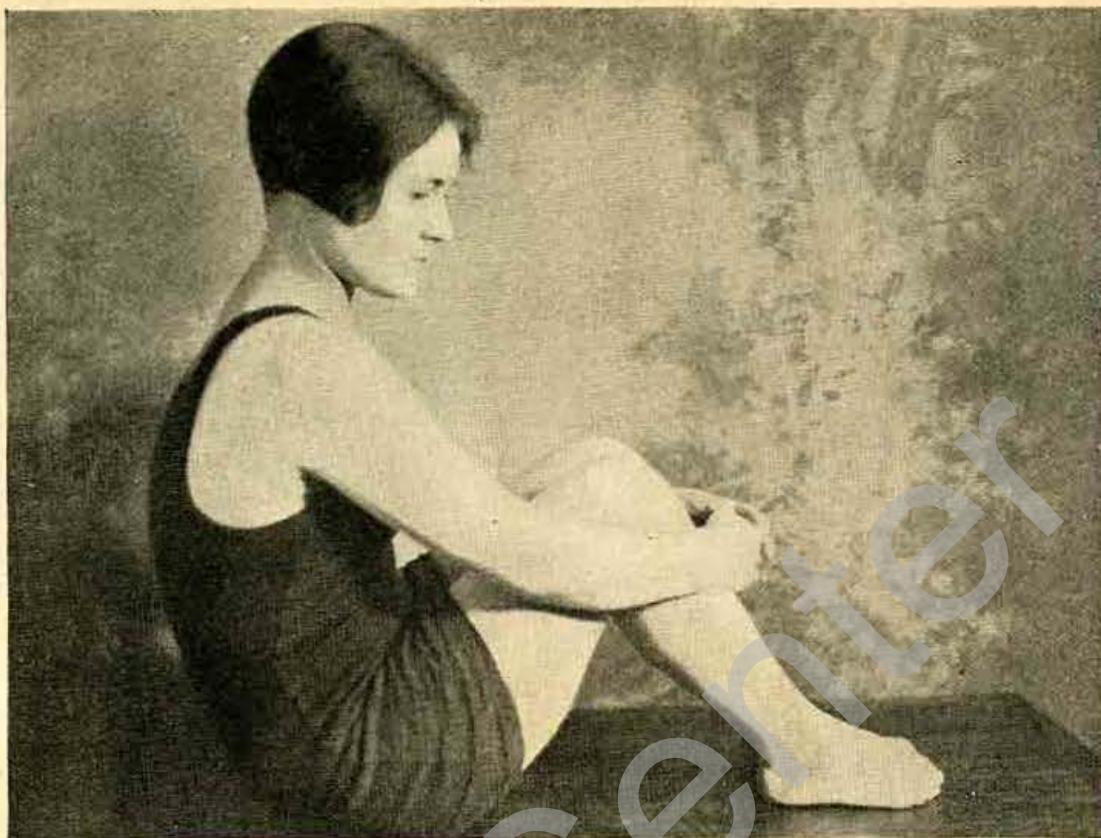
Does it require any great effort for her to get outdoors and to take that long train ride? I asked her that question myself. "Why," she answered, her eyes already dancing in anticipation of the evening's enjoyment, "all day long, when my work gets dull, or I'm hot or tired, I think of the wonderful evening and it invigorates me and makes it possible for me to go on with my work."

The only effort which was really required in her case was stirring herself out of the original routine of things, finding a tennis club, paying a membership fee (which, if divided by the number of months she plays tennis, is almost nothing) and making her first two or three trips there. After that her attitude toward it changed, and all semblance of effort vanished. Peering into the thing from the angle of complaints, we went so far as to ask if her new routine didn't break into her evenings, or cost her some of her friends.

"Well, at first," she said, "none of my girl friends would come along; so I put it off for several years until finally it became a necessity for me to get outdoors and get some active exercise or become an invalid. Then I went to it. After a while, one by one the other girls became interested, and now most of them have followed



We are proud to introduce Miss Mira Losey, who has entered our contest for well-formed women. She is an ardent advocate of body culture and spends one-half to three-quarters of an hour in the gymnasium. Isn't she worth imitating, Girls? Her measurements are: Height 5 feet 2¼ inches, weight 112 pounds, neck 12.7 inches, chest 33.7, bust 34.5, waist 27, hips 38.5, thigh 22.7, calf 13.5, ankle 8.2, upper arm 10.7, forearm 9.5, wrist 6 inches.



We asked Miss Ketton what she did in the line of athletics. She answered, "Swim, skate, ski, hike, dance, canoe, go fishing, deer hunting and camping. Ever since I have left school I have given as much time as possible to exercise and spend every spare minute outdoors."

Miss Ketton works all day, too. So here is a lesson for the girl that thinks she can't get outdoors because she works in an office. Of course, she is in perfect health, and any girl who will imitate her will be in perfect health, too. Measurements—Height 5 feet 3 inches, weight 130 pounds, neck 13½ inches, chest 35, bust 37, waist 28, hips 37, thigh 21½, calf 13½, ankle 8, upper arm 12, forearm 10, wrist 6 1/3 inches.

me into the game. At any rate, there is a great deal of difference in the folks one meets in outdoor sports and the ones you meet in an office or in everyday life. They make up ever so much more readily. Before I knew it I was right in their circle and have never been lonesome since."

Yes, there is a difference in outdoor folks. I learned it one day when out on the road myself. It was cold and windy, the snow was deep, and the hike we took was a long one. On such a day one would scarcely expect to meet a traveler, but every ten or fifteen minutes some friendly fellow or girl gave us a cheery word. City folks—all of them—dignified and sedate throughout the week, but real honest-to-goodness-friendly folk on the road.

That is the spirit you will find anywhere you go in athletics. That jolly you-are-one-of-us attitude is worth while introducing yourself to if you have never met it.

What's the matter with your Saturdays and Sundays, anyhow? Even if you are in the office all week, you still have Sunday, with the great, big, friendly road inviting you. Get out early in the morning if you can. If you have been up late Saturday night, call ten or eleven early and start hiking then. Ride out into the country, if you will; then get off and walk. Take it just as you care to, easy for a while and strenuous later. Climb a little, rest a little; but above all things, forget about the office waiting for you.

If it is summer time take a lunch with you. Whole wheat bread made into sandwiches and fruit. Don't eat too much, and rest a little after you eat. In the winter, if you don't care to build a camp fire, it won't do you any harm to fast from ten in the morning to five o'clock, will it? You'll probably eat better when you get home. Then a little later in the evening take a tepid bath and go to bed. Sleep until Monday morning if you can, and after you have been out in the air all day you probably can. Make Sunday your recuperation day and bless the rest of the week with a good digestion and a cheerful disposition. You won't have to go it alone. Possibly in your own circle of friends you will find one who would just love to go in for this sort of thing, but who, like you, feels sure that no one else would be interested.

If you live in a big city and are a young girl, you can join the campfire girls or the girl scouts. There you will meet others crazy to join you in this sort of thing. If you don't live in the heart of the city, then probably you are near a river where you can go sculling. One or two girls will surely go in this with you. Spend an hour or two at it after work. Then, when the swimming season has past you won't be at a loss for exercise. Paddle or row a boat, or swim in the summer. Ice skate in the winter.

In the evenings, after work, you will probably feel that tennis or sculling is a little strenuous to tackle without eating. Perhaps it (Continued on page 87)

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

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

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



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

Dear Doctor:

I am 38 years of age, 5 feet 5½ inches tall, weigh 161 pounds, with clothing on, but without coat. I have always been reasonably healthy, seldom being sick, though with the usual winter colds until the last two winters, when I have been almost free from colds. I have always been troubled somewhat with nasal catarrh.

But I'm troubled with a stubborn constipation, which causes frequent dull headaches. I have to use an enema about three times a week, and in between times my bowels scarcely move once a day. I am sleepy during the afternoon and evening, and had to quit night school, also give up a correspondence course on that account.

For the last six weeks I have been frequently annoyed by backaches, coming suddenly and often leaving quickly. These are dull aches, and not muscular. Also I generally have to get up three or four times during the night. This latter trouble always commences with the backaches.

I nearly always eat lettuce at least once a day, about half a pound, meat sometimes daily, sometimes less frequently, take juice of two oranges and two glasses of water each morning before breakfast, have just quit using coffee, a day or so ago, also doughnuts and white bread.

Have never had any venereal disease, am unmarried. My work is light, but fast, and I am frequently nervous and feel as though under great strain. I live in a rooming-house and eat whole grain cereals and milk, in the room, and one meal a day at a restaurant, where it is often difficult to get nice vegetables, so make my lunch almost entirely of lettuce, celery, canned spinach, raisins, oranges, etc.

Lately, I think I am beginning to develop a little more strength, but my health does not improve. I am generally listless from 10 A. M. on. I sleep about seven to eight hours a night, and my sleep is often disturbed by dreams, also nervous tension. I frequently take a cold shower in the morning, and enjoy it, but have been told it may be too stimulating.

Dayton, Ohio.

EVAN M.

Your chief trouble is auto-intoxication from intestinal absorption. The nervous condition and the sleepiness, backache and other symptoms are characteristic.

Instead of the enema three times a week, I would suggest that you take a teaspoonful of oxy-crystine in a glass of cold water every morning so as to insure two free daily movements of the bowels. If one teaspoonful does not produce this result, increase to two or even more if required. If, on the contrary, the action of one teaspoonful is a little too strenuous, you may cut the amount down to one-half teaspoonful.

In auto-intoxication there is an accumulation of waste in the body resulting from imperfect or irregular elimination. These waste matters are absorbed into the blood and carried into every part of the body. Because of the fact that such waste matters are usually acid in reaction and character, they tend to reduce the alkalinity of the blood and its co-fluid, the lymph. Moreover, such waste matter circulating in the blood reaches every part of the body and may produce irritation or disturbance of function in any organ or tissue. The symptoms of this absorption are sometimes not recognized, and quite frequently misunderstood. These symptoms include headache, neuralgia, neuritis, backache, nervousness, sciatica, rheumatism, liver torpor, skin irritations, high blood pressure, indigestion and dyspepsia, acidosis, mental depression, lowered resistance, colds, and all forms of infections, loss of muscular tone, anemia, and many other conditions. In point of fact, some physicians go so far as to say that 90% of all the disorders to which flesh is heir are due to constipation and the retention of waste products and the absorption of the poisons of these products in the blood.

Therefore, the great cause of these troubles must be attacked at its source. Two or three free daily movements of the bowels will accomplish this. In addition, you should flush the kidneys with plenty of fluid, drinking not less than eight or ten glasses of water a day. All this will tend to overcome the irritation of the endocrine glands produced by the inhibiting action of blood toxins and will make for better and more perfect physiological functioning.

Dear Doctor:

I have a breaking out on my arms and neck which has been troubling me for some time. The Doctors here call it psoriasis, and tell me there is no cure for it but X-ray treatments. However, my case was not severe enough to require an X-ray and if I would get a good coat of sunburn it would have the same effect as X-ray treatments. The doctor also told me not to wash it, but to dry-clean myself in some manner.

Another doctor told me to try Cuticura soap and salve as directed. I tried this for a while and thought I was so much better, when suddenly it broke out much worse and started on my neck also, and it had never been on my neck before. I was almost beside myself and consulted another doctor. He told me to apply mentholatum and then hot towels, then rub with 85% grain alcohol. This has helped me more than anything.

Sometimes it will all disappear for days and suddenly it will break out badly again. It only itches when it first comes out. But it is so noticeable I hate it terribly and would be willing to do anything to cure it.

Every time I wash clothes or sweep it is much worse. I have a vacuum sweeper now and let the children sweep, so I can eliminate that. But I have to wash.

The doctor here says he does not know the cause of it. They have tried to prove it is caused by a parasite like the itch, but have not been able to do so. He also says it is not caused from diet or nervousness and nothing can be done but X-ray or sunburn. I have had this for over a year. Tried to get all the sunburn possible last summer, but it seemed to irritate rather than help it.

This is rather a lengthy letter, but I wanted you to understand my case as far as possible, as I am so sure you can help me and I must have help. I live in horror of it spreading and going through life disfigured and in such misery. I am quite a nervous disposition, but the doctors say that has nothing to do with it.

MRS. DON R.

Dillon, Montana.

If you will have your doctor send to the U. S. Radium Corporation, of New York City, and ask the people to send him Abstracts of Selected Articles on Radium Injections, your doctor will find in these abstracts a number of reports on the successful intravenous use of radium in psoriasis. I myself have employed this method with astonishing success in three cases recently. I believe that this will solve your difficulty and relieve you of every symptom of your trouble.

Dear Doctor:

I am a girl seventeen and am a sufferer from dry skin. At times all over my body and some parts of my arms have little spots of dry skin that itch and burn. The skin on my face is dry and at times it breaks out in tiny bumps. I realize that to use soap and water would only tend to make this condition of my skin worse. So I cleanse my face nightly with cold cream and my body with pure olive oil between baths. I never use soap and water, for it leaves my face so parched and dry and with such a drawn feeling that I can't smile without seemingly breaking the skin on my face.

The same condition exists on my neck. The skin there seems so dry that when I turn my head I experience a dry, drawn feeling, and the only thing that makes my skin normal and pliable is to cover it with cold cream. I take neck exercises, but this hasn't helped the condition of the skin. It has just made my neck strong and graceful.

Speaking of my skin, I must say that sometimes my complexion is beautiful—all pink and white and soft and pliable. Even in the piercing rays of broad daylight, with no powder or makeup on, I can't find a flaw—yet the very next day the skin trouble I have just explained to you appears.

High Point, N. C.

R. B. F.

Excessive dryness of the skin and symptoms such as you complain of are quite frequently due to thyroid deficiency. Inasmuch as the thyroid itself is very rarely affected without affecting also the ovaries and possibly the pituitary glands, it may be that thyroid treatment alone would not be sufficient in your case. If you could have the benefits of gamma ray radiation over all the endocrine glands that are deficient in functioning power, I believe that your case would respond very rapidly.

Dear Doctor:

I would be glad to have you help me on this malady that no doctor can even relieve me. Here is the way it affects me:

Every night about two I wake up breathing hard. The breathing is so squeaky that I am heard all over the neighborhood.

Then that hard breathing will turn into a cough, which can't be checked until it stops of its own accord. Every night I use three handkerchiefs. I can never cough anything up; that is why I cough so long. There is plenty of discharge from the nose, and the eyes are always running. I have a catarrh from head to foot all the time.

I have been treated for eight years, but with no result. The doctors treat the cough, not the cause. I would greatly appreciate your advice.

SAM. H.

I believe you would get very rapid results in this case by consulting some good homeopathic physician. Your symptoms, homeopathized, point to several different remedies, notably *phytolacca*, *spongia*, *aurelia resomosa* and *blatta orientalis*. From the small amount of data I have at hand from you, I should say that *spongia* 3x, two tablets every three hours, and *blatta orientalis* 2x, also two every three hours, should give you relief.

Dear Doctor:

Please advise me what to do. I have eczema on my hands and get boils on my arms. I go to a doctor for treatment, but he doesn't seem to help me.

L. D. S.

Des Moines, Ia.

Please read carefully the answer to Evan Mc. in this column. This advice applies specifically to your case. In addition, your doctor, no doubt, has told you this same thing a dozen different times, but you have neglected to follow his advice.

Dear Doctor:

I am troubled with a large vein on the calf of my right leg, commonly called varicose veins. Is there any treatment besides the knife?

R. D.

McAdenville, N. C.

Varicose veins can rarely be removed unless there is radical dissection. In other words, they have to be cut out. If the condition has not progressed very far, it may be possible, by wearing an elastic stocking, to support the walls of the veins and allow them to contract. This, however, is usually only a temporary benefit.

Dear Doctor:

Kindly send me information and a few remedies for a loose cartilage in my left knee. I have been troubled with it for over a year with slight improvement. At first my knee would swell and get stiff, then later it would slip between the joints and cause great pain. When I rise in the morning, the joints crack (Continued on page 92)

Strength Posing Competition

Closing Date for Voting—May 10th

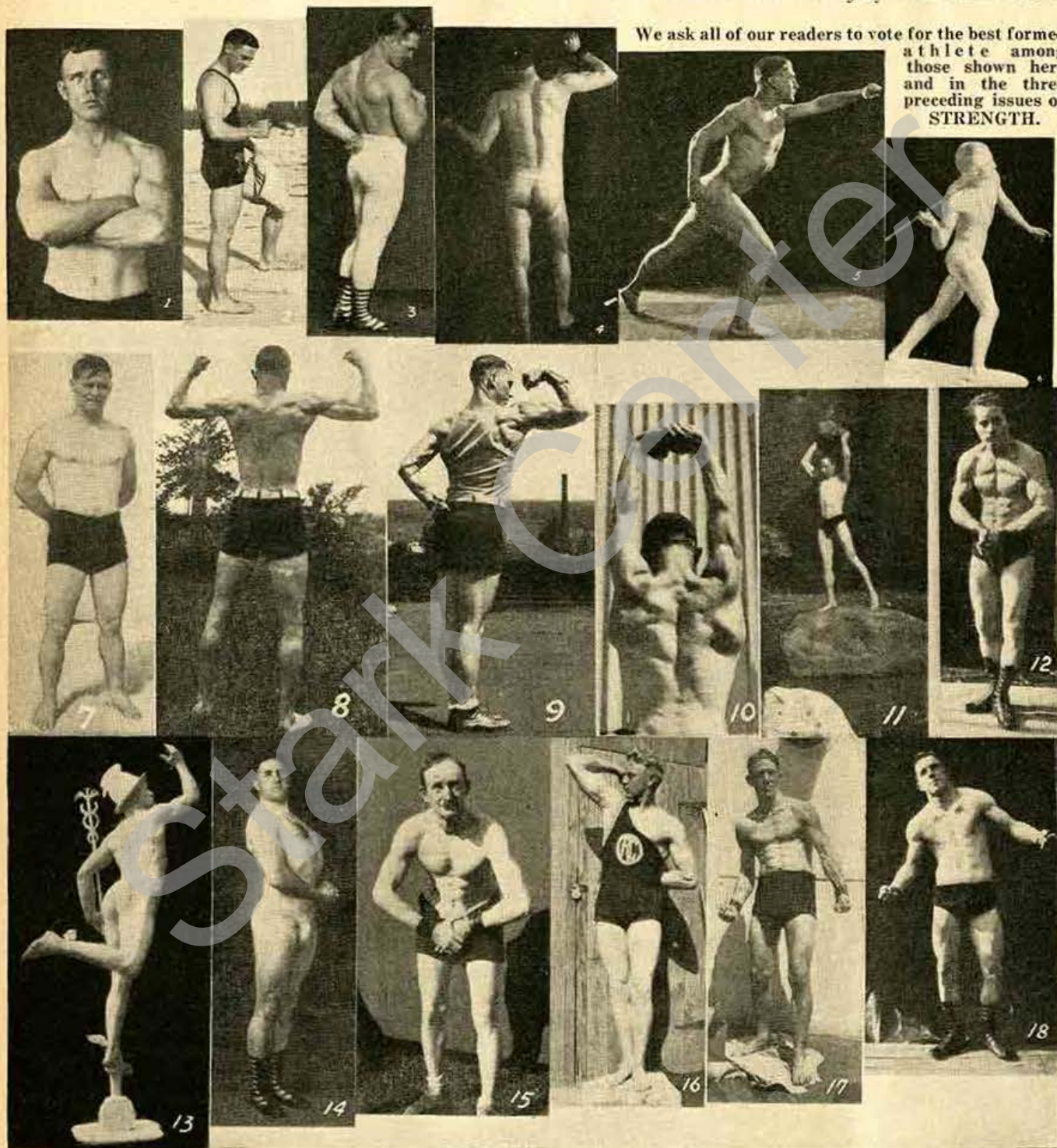
THESSE are the last photos to be published in the Competition. The winner will be decided by our readers, all of whom are entitled to vote.

The athlete who receives the largest number of votes will be awarded a beautiful loving cup suitably en-

graved, and should it happen that two competitors receive the same number of votes, each of them will receive a prize identical with that offered.

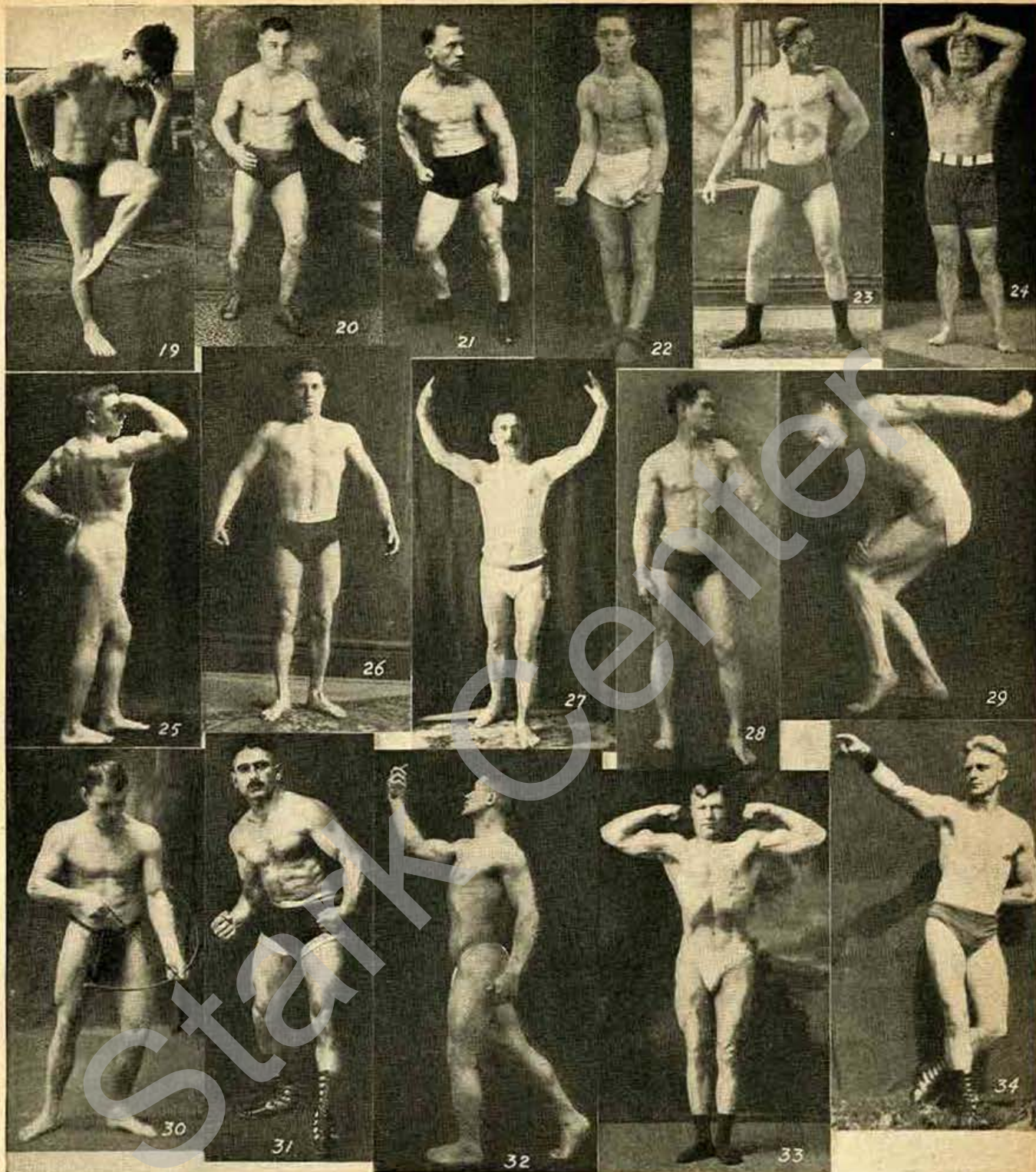
Your vote will not be counted unless mailed on or before the 10th of May, and the name of the winning athlete will be announced in the July issue of **STRENGTH**.

We ask all of our readers to vote for the best formed athlete among those shown here and in the three preceding issues of **STRENGTH**.



1. J. A. Rovinsky, Ybor City, Fla.
2. Russel O. Frances, Ocean Grove, N. J.
3. L. H. Cunningham, Atlanta, Ga.
4. Raymond McAllister, Wichita, Kan.
5. Jesse Gehman, New York, N. Y.
6. Dr. Robin A. Wood, Chicago, Ill.
7. Russel O. Frances, Ocean Grove, N. J.
8. Loren Highsmith, Mt. Vernon, Ill.

9. D. MacDonald, Hamlet, N. C.
10. Clarence Petri, Long Beach, Cal.
11. Geo. Schreck, Jr., Buffalo, N. Y.
12. Andrew L. Richards, Kokomo, Ind.
13. Ernest Thorton, Birmingham, England.
14. Clyde T. Vickeny, Oakland, Cal.
15. Wm. B. Collingwood, Oakland, Cal.
16. Whity Swanson, Derby, Conn.



- 17. Sidney Keath, New Orleans, La.
- 18. Geo. Murray, Kokomo, Ind.
- 19. Clayton Midgett, Norfolk, Va.
- 20. Charlie Castro, Vallejo, Cal.
- 21. Emmett Faris, Cincinnati, Ohio.
- 22. S. G. Cook, Wakefield, England.
- 23. James Menzie, Gillespie, Ill.
- 24. Elis Noro, Chicago, Ill.
- 25. Eric Trengrove, Manchester, England.
- 26. Marion Emery, Paducah, Ky.
- 27. H. Rushton, Auckland, New Zealand.
- 28. Cheah Shin Fook, Hongkong, China.
- 29. Harold C. Henn, Winnipeg, Canada.
- 30. Peter Aishenner, Crockett, Cal.
- 31. Donald Constantine, Palmerton, Pa.
- 32. Hason Haguwara, Tokio, Japan.
- 33. Archie C. Antor, Sheldon, Iowa.
- 34. M. Swanson, Shelton, Conn.

Editor STRENGTH,
2741 North Palethorp St., Phila.

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



The DINNER TABLE

— Conducted by *Jane Randolph*

Rules for Cooking Leafy Vegetables

COOK greens only long enough to make them tender and palatable. Twenty minutes is enough for spinach and twenty-five for cabbage leaves. Wild greens like dandelions will require longer cooking, from half an hour to an hour and a half, according to their freshness and tenderness.

Use just as little water as possible. In most cases enough water will cling from the washing to prevent burning. In the case of spinach, too much remains and the leaves should be shaken free of as much water as possible.

Keep the pot tightly covered to confine the flavors and prevent evaporation. The water which escapes as steam will then condense and prevent burning without the addition of more water.

Do not use salt pork or vinegar for flavoring. Depend on butter, olive oil and lemon juice for dressing and on other sharp-flavored foods to lend variety.

Get Your Greens from the Garden

IF there is any one thing the suburbanite hates worse than the alarm clock it is the army of dandelions that infests his front yard about this time of the year.

He pays his young son endless dimes, and even quarters, which are promptly squandered on the movies, to pluck the gaudy weed up by the roots, and he himself spends precious twilight hours doing the same and burning the results of his own and his son's labors. But in spite of all he can do, the dandelion remains an eyesore in his otherwise immaculate lawn. The noxious weeds grow up as fast as he pulls them and he can never quite quit the fight with a clear conscience. Whether he goes golfing with his neighbor on a Saturday afternoon, or to church with his wife on a Sunday morning, the last thing he does as he turns out of his yard is to stoop and pull up the ubiquitous dandelion, whose heads, like those of the fairy dragons of old, seem to grow as fast as you cut them off.

We had just been going through all this, having moved into a pretty town where everybody cut their lawns once a week and all the men ran for the eight-thirteen train every morning. Everybody knew little and cared less about a tiny village only two miles away, where a large industrial plant employed immigrant labor. It was only natural, therefore, that I should be astonished one morning on looking out of my window to see three Italian women calmly digging dandelions out of our front yard without so much as a "by your leave."

They wore gay-colored handkerchiefs tied over their heads and dark cotton dresses with full aprons. On looking down the street, I saw others much like them.

Lawns, byways, fence corners, and even our public square, were fairly overrun with this picturesque, invading army. Each member of it had a capacious gunny sack looped about her waist and a stout, long-bladed knife in her hand. The children looked at them in round-eyed terror. Some irate householders came out to shoo the intruders away, while others, who had experienced the invasion before, shrugged their shoulders and let the visitors do their weeding for them.

For that was what they had come for, and that was what they got—our weeds! Our way was to pull them up from our gardens as a good riddance of bad rubbish; their way was to save certain of them for the pot. In the meantime I had been serving canned string beans for dinner because they were cheaper than spinach; and the price of fresh green things was part of my daily plaint, while the very "weeds" that my husband had burned the night before, after paying Johnny a quarter for gathering them, these women were carefully salvaging as food for their families. How we pitied, in our comfortable ignorance, such standards of living and such poverty!

As I watched them I was lost in admiration of their industry and their determination. When driven from one lawn by some irritable householder, they would retreat temporarily to another or across to the open square. But the moment the disturber of their quest withdrew indoors, they would return for some choice bit which they could not quite bring themselves to abandon. Their bags bulged with their booty, and not until they were crammed full were the women content to lift them to their heads, and balancing them neatly, go away to their own village, where their goats had long since cropped every blade of grass and every

green thing that dared show its head above ground.

The fact was and is that these immigrant women really know more about the natural sources of food and its preparation than most of the so-called "modern cooks." To be sure, we all know that dandelion greens are edible, and perhaps once this Spring we have already cooked a mess of them in response to certain reminiscences of our husbands about the pork and greens that mother used to make. But we don't really take them seriously, much less regard them as a valuable or desirable standard addition to our dinner tables.

But the dandelion is not the only kind of edible vegetable which we commonly classify as weeds. These peasant women, like our grandmothers and our grandmothers' cooks, knew a great number of plants that lent both variety and flavor to the dish of pot greens. Besides the hated dandelion, they gathered purslane, dock, yarrow, mallows, lamb's-quarters, and others that I didn't even know the names of.

Another lesson which my Italian neighbors taught me to take to heart was the fact that Dr. E. V. McCollum of vitamin fame meant exactly what he said when he laid down the rule calling for one large portion of green leafy vegetables every day for every member of the family, barring infants. When I saw them stuffing their bags full to the brim, I realized that what to us would pass as a "mess of greens," to them would be a mere nibble. If the amount they carried away was any indication of how much they consumed, they must have eaten them by the bushel. Although they had certainly never read the books or articles by Alfred W. McCann, Dr. McCollum, Dr. Wiley or any other of the many food experts who are constantly telling us about the necessity for an abundance of the vitamins, mineral salts and solubles that are found in fruits and green vegetables, they were consuming these essentials in large quantities nevertheless. And we, so smug in our indifference to these fundamentals

of health and nutrition, are content with a mess of greens now and then. Those Italian families, poor and ignorant as they are, were eating greens by the bushel at a time when we were buying spinach by the quart once or twice a week and complaining about the price at that.

There is a great difference between knowing a thing in an unenthusiastic sort of a fashion and believing in it hard enough to put it into practice. The average American does the former and takes no special trouble to provide the things which—if he stops to think—he knows that he ought to have.

Our immigrant neighbors were fresh from a land where poverty has taught them to make Nature give up her treasures, and where they have been trained in a

Menus for Dinner Including Green Leafy Vegetables

SUNDAY

Shoulder of lamb,
Potatoes mashed and browned in the oven,
Greens with butter sauce,
Cabbage salad,
Berry pie (either fresh or canned).

MONDAY

Spanish omelet surrounded by
greens with tomato sauce,
Dried lima beans,
Leaf lettuce and Spring onion salad,
Canned or dried fruit pudding.

THURSDAY

Beef steak or hamburger steak,
Greens with hot French dressing,
Natural brown rice,
Fruit salad,
Whole wheat wafers.

TUESDAY

Greens garnished with crisp bacon
and flavored with French dress-
ing,
Baked potatoes,
Endive salad,
Stewed apricots,
Whole wheat drop cakes.

FRIDAY

Poached eggs on platter with
Greens dressed with butter sauce
and grated cheese,
Baked potatoes,
Lemon jelly.

WEDNESDAY

Cheese omelet, surrounded by greens
with lemon sauce and garnished
with quarters of lemon,
Scalloped potatoes,
Prune whip.

SATURDAY

Home Boston baked beans,
Greens with tomato sauce and gar-
nished with tomatoes,
Cabbage and Spring onion salad,
Canned peach short cake.

Recipes for Sauces to Be Used on Green Leafy Vegetables

BUTTER SAUCE

2 tablespoons whole wheat flour,
1 tablespoon butter,
1 cup juice from cooking greens,
 $\frac{1}{2}$ teaspoon salt,
 $\frac{1}{4}$ teaspoon paprika.

Rub the flour well into the butter, add it to the juice, add salt and paprika and cook for five minutes or until it thickens to about the consistency of cream. Stir it to prevent lumping.

LEMON SAUCE

This sauce takes the place of the old-fashioned vinegar. It is made exactly like the butter sauce except that 2 teaspoons of lemon juice are stirred into the sauce just as the cooking is completed. When the greens are served, use quarters of lemon as garnishes to be used for additional flavor according to taste.

TOMATO SAUCE

This is made like the butter sauce except that tomato juice is used instead of the juice from the greens. In using it to dress greens, whole tomatoes as a garnish look attractive and add to the vitamin content of the dish.

HOT FRENCH DRESSING

Make it like French salad dressing and heat it just below boiling point. Do not let it boil or even simmer. The only object in heating it is to prevent cooling the greens. Use lemon juice in making the dressing. Vinegar is of no food value and is harmful to digestion. Olive oil is better than other vegetable oils and varies in flavor according to the locality from which it comes.

long tradition of struggle for their daily food—a land where only the rich can afford to destroy themselves by eating as we do—daily of vicious white bread, refined cereals, delicate pastries and a superabundance of meat. Being as yet uncorrupted by too much "civilization," they can keep well and strong and happy on the things which we regard as only weeds, and which we would seldom take the trouble to gather even if we appreciated their worth. Later when they have more money and can afford our dainties—God help them.

The average housewife *could* have a good big mess of greens for dinner every day in the year without very much trouble, but the average housewife doesn't, because she won't take the trouble and doesn't see why she should. The reason for her indifference is simply her ignorance. Also she is rooted in a set of dietetic habits which no ordinary stimulus can drive her out of. She has heard of the importance of green things, but she does not *realize* it.

This is not a question (Continued on page 93)

THE MAT

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

Conducted by George F. Jowett

How to Bend Horseshoes

OH Boy! Ain't it a grand and glorious feeling, to be able to step out to meet the beautiful springtime full of pep? A fellow feels well rewarded for his persistence in sticking to his bar-bells through the long winter months. He wants to let out a "yip," turn a dozen handsprings and kick up his heels, just because he feels the joy of living and being fit.

I remember when spring would come and all the snow had gone, the first thing we used to do was to drag the mat and the weights out on the back lawn, where we would wrestle and lift to our hearts' content.

This was the great time when we were full of ambition and ready to practice all kinds of stunts.

Invariably is this the case with the fellow who is physically fit and who goes in for manly sports.

His thoughts turn to the beach and to the appearance he will make in a bathing suit. Then he remembers the athletic young chaps he saw performing the different stunts. It makes a fellow feel good to know that he was not left out in the cold last year. Yet the old,

irresistible feeling persists in stimulating the desire to do something better and to be able to show them some newer stunts. That is the one reason why I feel that all our readers will be interested in stunt pictures for a change.

I want you all to send in your photos showing any particular pet stunt of your own or of your friends.

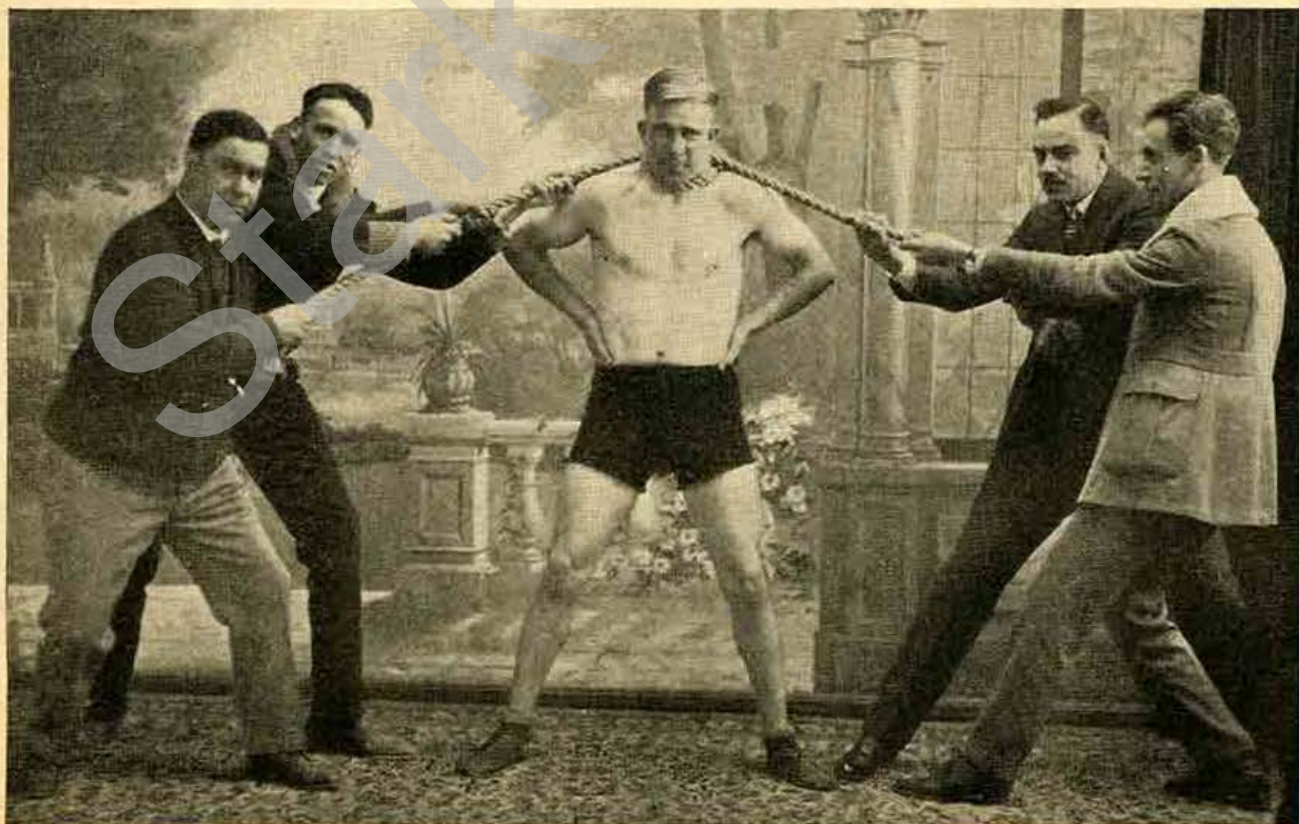
They will all be welcome, and the more unusual they are the better I will like them.

The great value of stunt performances lies in the physical benefit derived from their practice.

They take your mind away from the routine of exercise. You get the same physical results, but you develop a talent that otherwise might remain latent. You acquire the knack of controlling yourself in intricate positions,—a knack which develops a great deal of confidence and reliance.

I found that practicing stunts, hand balancing and tumbling, was a great aid toward developing proficiency in wrestling and lifting heavy weights, and I always include them in my training program.

Perhaps there is some particular stunt on which I can help you? If so, do not hesitate to ask me, for I



Can you beat this one? It looks easy enough for Mr. Hicks of North Dakota. Every athlete has a favorite stunt. Mail us a photograph of yours.

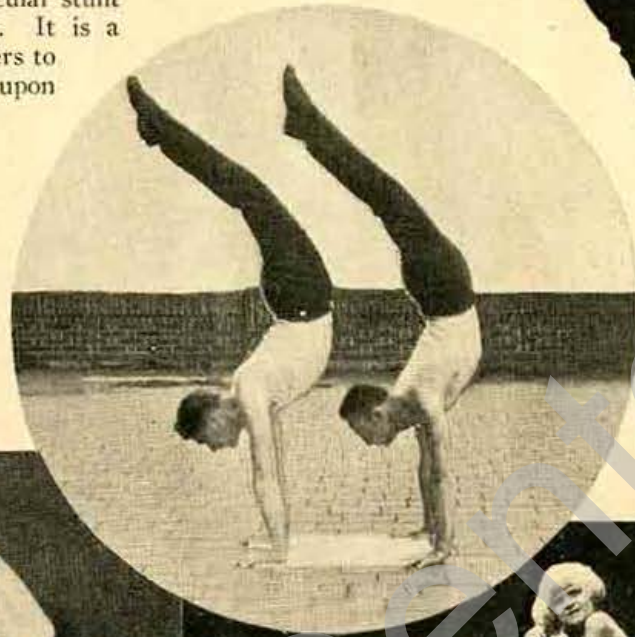
will always be glad to be of service to our readers.

The last few weeks have brought a great deal of "Mat" correspondence, and many readers are curious to know how horseshoes are bent and how they can learn to perform this particular stunt.

In explaining the horseshoe feat, I am afraid I will be compelled to disappoint some of my inquirers by informing them that this particular stunt is mostly an exhibition trick. It is a favorite feat used by performers to create a sensational effect upon the spectators, by impressing upon them how tremendously strong the showman really is.

In the majority of cases the shoe is faked. Some of the fakes are more deliberate than others, but these latter cases exist only when there is no danger of the showman's

any means. The men who generally practice this feat are good at it, and they know by experiment just how much treatment to give in order to compel them to exert some strength before the shoe will yield. The



Can you combine fun with work? These enthusiasts are keeping fit and getting lots of fun out of the process. Gordon Strain of Sedalia, Mo. (above), displays his pet stunt. To his left, Moulton and Stodler of Cleveland as they look when taking a little outdoor exercise, and below, Mr. Weaver with little Miss Weaver of Columbia, S. C.

How's this for hand balancing? Mr. Smith of Tonopah, Nevada, is fifty-two years old—or shall we say—*young*? Certainly his agility and strength are greater than that of many men half his age.

having to contend with interference from any ambitious spectators. At such times, I have known lead shoes to be used. In other cases I have seen performers use apparently huge sized, thick edged shoes, but the toes had been specially prepared by some blacksmith who had hammered them very thin, or considerably bevelled them on the inside. When the showman exhibited the shoe to the spectators, he would hold it by the toe and thus cover the defect.

The usual method is to take an iron shoe, however, and soak the toe in a preparation of muriatic or prussic acid, which degenerates the fibre of the iron by rotting it. This greatly lessens the resistance and makes it easier to bend or break the shoe.

Do not think because the shoe has been treated that any person can pick it up and bend it. Not by

more they do this stunt the better they become, and invariably they use a larger shoe for the purpose.

The regular way to hold the shoe preparatory to bending, is to take it by the heels. Have the palm of the right hand grasping the heel of the shoe **INSIDE**. The back of the hand will be facing directly forwards, while the left hand will grasp the other heel in the ordinary way. The back of the left hand will be also facing forwards, with the fingers on the inside of the shoe.

Having grasped the shoe with the hands in the manner explained, you next take up your position with the right foot placed slightly ahead of the left, knees bent. The side of the shoe held by the left hand should be supported on the outside of the right thigh. You now begin to exert your strength by pushing with the right hand in a downward and outward manner, while the left hand exerts its power by pulling the shoe towards the body. This has a twisting, widening effect upon the shoe, which makes the bending process a little easier.

In selecting a shoe, a very round one, like those used on the front foot of a large horse, should be chosen. The heels are then much wider apart than otherwise, and this gives you a better leverage.

Of course, there are lots of strong men who can bend horseshoes; but that depends on the size of the shoe, and none of them can bend or break a shoe large enough to make an impression unless that shoe has been "fixed" beforehand.

I know of no man to-day who is capable of bending a larger sized shoe without any trickery than a Swede by the name of Hendrickson. He is by no means a heavy man, and when I last saw him he was in his fifties, but was still capable of bending shoes that could stop any other man in the game at this stunt.

He bent a couple of them for my benefit when we met.

The late John Marx, however, was even more powerful than Hendrickson when it came to bending horseshoes. He had an enormously strong arm and could handle a heavier shoe than anyone I have ever seen—and this, without any process of contamination. He could spread it apart with arm force only.

Talking about feats of strength, reminds me of the pet stunt of the great Arthur Saxon. He would take a fifty-six pound kettle-bell and tie a very thin piece of string (of the parcel wrapping variety) onto the handle. He would then stand perfectly erect with his arm outstretched, holding the string taut so that there would be no slack in it. His position is shown in the illustration. The string would not be wound around his hand or fingers, nor would he bend the hand to give any support or cause any leverage to bear on it. There would be no knot on the end of the string, either. In doing this you simply try to grip the string like you would a piece of a stick, and without bending the body or jerking against the kettle-bell, you raise it off the floor two or three inches and hold it there. Arm strength alone must do it.

It is some stunt, for the string will slip through your hands. It is impossible to lift anything if your hands are the least bit sweaty. Try it with a weight you can handle. You will be surprised how little you can lift in this style if you do it right. Fifty-six pounds was a practice weight for Saxon; I do not know exactly how much he could lift in this manner.

Another stunt that always



The powerful John Marx probably had no equal when it came to bending horseshoes.

impressed me was performed by the one-time famous amateur weight lifter, Launceston Elliot. He would lift a 180-pound bar-bell to his shoulder and take up his position a distance away from a stand he had made. The stand had a cross-piece on it at a height of seven feet. He would take a short run and toss the 180-pound bar-bell over the seven-foot high cross-piece, and then running under the bar, catch the weight in the hollows of his arms, and with the rebound, catch it in his hands. This was a very spectacular feat and one that requires great strength in order to accomplish it, for it will be readily understood that the shock from the impact when catching the weight, requires greater strength even than does tossing it over the bar.

Do not forget to let me know what particular stunt you can do in lifting or juggling weights, in hand balancing or in tumbling. Your photograph will make the feat more interesting.

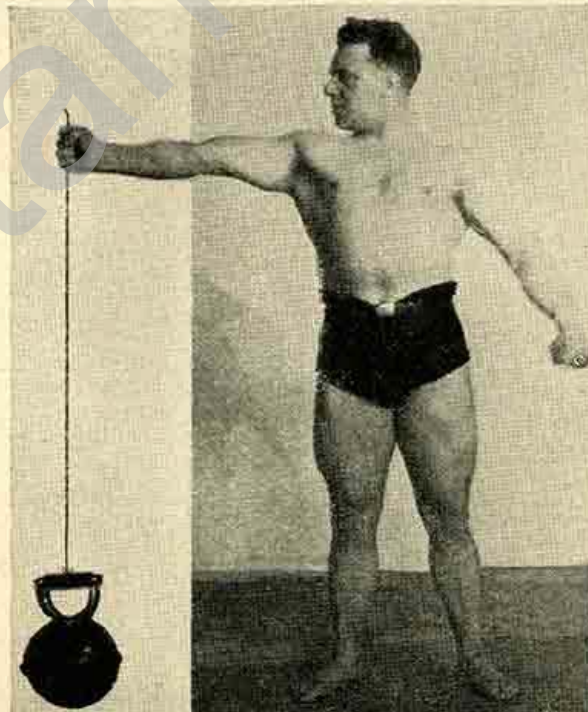
A number of correspondents have written in, suggesting that during my travels as wrestler and weight lifter, I have probably met with experiences in which the mat fans would be interested. Desiring to please all of you, I am going to tell you from time to time, of various happenings that have most impressed me. I may as well begin by answering a question which has been put to me by a great many of you.

"Which Was the Supreme Moment of My Career?"

No, not when I won my first honors, nor when I received the special athletic decorations for merit. Not even when I succeeded in making my big *two hand* lift, which I had set as the goal of my ambition for years. Of course, I felt it was a great moment in my life and the crowning feat of my weight lifting career the night I accomplished it. Yet, the incident that thrilled me more than any others is a different story. It was the force of sentiment that surrounded the experience and the pride of race redeemed, that made the whole issue so sensational and gratifying to myself as well as to all who witnessed it.

I will have to take you back quite a few years. I had been professionally engaged in Europe and Great Britain prior to this incident, and was on my way back across the Atlantic bound for home. I sailed from England on a Canadian liner, and on board the ship were many American wrestlers who had been taking part in the European and British tournaments, and also a number

(Continued on page 90)



The author, giving an illustration of one of Arthur Saxon's entertaining feats.

First I *Ate* for Health— Then I *Worked* for Strength

“He Was too Weak to Exercise,” They said,
but He Proved Them Wrong

By Fred Finneran

“HE will not live twelve hours!”

That is what I heard one evening two years ago. And as I heard it I really believed that doctor was right. I had caught a severe cold which had turned into pneumonia, and here I was flat on my back. I did not complain because I, myself, was to blame. Having just gotten over an operation on my back, I had not heeded the doctor's advice that I change my mode of living. I was keeping late hours, dancing a great deal. I was always too busy to sleep or eat properly. Instead of taking time to chew my food, I would bolt it down rapidly. Certainly my system was in no condition to fight a cold.

When the doctor left he looked quite serious. It was evident he had not much hope. He gave my wife medicine for me and advised her to call him if the fever did not go down in a few hours.

Imagine my thoughts for that time as I lay there checking up on things and realizing for the first time how foolish I had been. How easy all those little things I could have done to improve my health, looked now. Around midnight I told my wife what I had been thinking, and promised her and myself that if I ever got well I would live a far different life in the future.

As the night wore on, however, I gave up the hope of ever having a chance to start over. The walls seemed to be pressing in on me, choking me, stopping every breath of air; one moment I was sweating, the next freezing—but every moment I seemed to be growing weaker.

When finally, a number of days later, it dawned upon me that I had been spared and was to have my chance, it seemed as if it were going to be a pretty slim one after all. My weight was 98 pounds and I looked like a corpse. Then, too, I had to get back on the job and had not much time for convalescence. But I had learned my lesson—life was a very precious thing and I was willing and ready to fight for it.

Not that there weren't times when I felt discouraged and hopeless. There were. First, I asked the boss to let me work outside because I needed air more than anything else. But the change meant a great reduction in wages. Then before I went out on the road I tried to get insured. The insurance doctor didn't waste much time on me, however. After a very brief examination



Fred Finneran, when he began his struggle for health, weighed ninety-eight pounds.

he turned me down as too poor a risk.

“Young man,” he said pityingly, “your heart and lungs are in very bad shape. I would advise a long rest.”

That was more than I had bargained for, but I didn't give up. I took the job without insurance, and went my way. My business was to investigate poor accounts, and sometimes the little town where I was sent was miles away from home. Then I got the first train in the morning, and once out in the country would walk for hours, breathing all the fresh air I could get into my lungs and enjoying the scenery. My appetite came back gradually; but my strength and weight did not. I still stayed around one hundred pounds. This puzzled me, but I did not go to a doctor; I was afraid of what he would tell me, and had had discouragement enough.

One day, while waiting for the train in a country place, I stopped at the town store to buy a magazine. They had no fiction. There was *Country Gentleman*, *Farm and Fireside* and other such literature, but nothing that appealed to me.

“Any good books to read?” I asked the lad behind the counter.

“Nope! Not the kind you city chaps read.”

“Well, have you got any kind of a book I can read till train time?”

“Yes, I got one out in my truck that I think you'll be interested in, and if you ain't, you ought to be!”

Puzzled by his remarks, I accepted his magazine without another word. He handed me *STRENGTH*. Sitting there on the truck I turned the pages without any intention of reading it. But the subject matter was so vital, to me at any rate, that in spite of myself I became interested. Then there was something in it about food values and why some foods built flesh and others did not. That tickled me to death. Here was my situation, an answer to all my questions and a real helping hand.

It didn't take long for me to realize that the foods I had been eating to gain flesh were all wrong. My motto had always been “plenty of meat.” I soon decided to change that part of the program to eggs, and add on potatoes, onions, whole wheat bread, olive oil and milk. But at first arranging it so that I could eat a sufficient quantity of these foods presented quite a problem, as I was not very fond of them and would not be likely to eat a sufficient quantity to produce results.

Here's how I managed it: Taking a large bowl, I chopped up the potatoes and the soft boiled eggs. Then, cutting up a large onion, I mixed that with the potatoes and eggs and sprinkled it all with a good supply of olive oil. For bread I used Ward's Homespun, and drank a quart of milk a day. Of course, I did not neglect the greens. That was one of the things I learned from STRENGTH, that greens and fruits do a lot more toward making us stout than we realize. Helping as they do in the assimilation of our foods, they certainly make the road to normal weight an easy one. I did not care much for my diet at first, but finally became fond of it. And oh boy! maybe I didn't jump the scales. It didn't take me long to reach one hundred and thirty.

My struggle for health didn't stop there, however. I wanted strength and plenty of it. I wanted to be sure that I was healthy, and now that I had gotten going I meant to keep up the good work.

Still faithfully reading STRENGTH, I had learned that bar-bells increase one's capacity; but from pessimistic friends I had also heard that dire calamities may follow their use. Being naturally timid, I was not taking any chances with the health I had won. So I kept looking around for some other means of gaining strength. They all seemed useless, somehow.

One day I was watching some lads doing bar-bell exercises. Wonderful looking chaps they were, big and husky and the picture of health! Without thinking, I went over and asked them how much a certain bell weighed.

"Only one hundred pounds."

I thought by this time I had reached a stage where I could lift it easily. So I reached down and *tried*. It did not budge. The one hundred might have been a thousand to all the motion I could make in it. Dumbfounded, I turned to the fellows, and the expressions on their faces surprised me. It wasn't pride; it wasn't mockery; it was just plain pity.

"You should get one of these and practice with it every other day," said one of the lads, "and I am sure you will improve your strength and appearance."

Half decided in favor of the bells, I went away on my vacation. There again I met with discouragement which I had not anticipated. Convinced by this time that I had gained health, though possibly not much strength, this came as the greatest disappointment of my life.

It was the first morning of our arrival, and the crowd went down to the beach. The water was chilly, and even the bravest of us was a little wary about getting into it. Finally we made a dash for it, and all together went in. That was the last I remembered.

Back on the hotel porch the doctor explained, "Your heart is very weak, young man, and you should not have plunged into the water. Don't go into it again and don't do anything

strenuous." And this, just when I was going in for bar-bell work!

The fellow who finally converted me to the work did so because he had a form like a model. I met him shortly after my return and asked him "how he got that way."

"Bar-bells," he answered.

Then I explained my case and asked if it would hurt me to use them.

"They won't hurt you; they'll help you," he assured me. "But go at them easy for the first few months. You'll soon see a big difference."

I took his word and bought a bell. It took perseverance and hard work, but I stuck. Many and many a time I was on the point of giving up. Then I would look back over the hard times I had been through and would get to work again.

It was the first thing I had really stuck to, and probably I would not have kept at it except for the hard time I had been through. Try as I would, I could not forget the night that the doctor had said I would not live twelve hours, and something kept telling me that the only way to avoid the possibility of a recurrence of this experience was to build actual strength. If it had not been for that serious spell, I would probably have gone on for ten or twelve years more just dragging around and content to exist.

Realizing these things helped a lot, and it was thinking them over that made me stick to my bar-bell work. Then I began to get results, and my enthusiasm grew in leaps and bounds.

All of a sudden I found that my muscles were beginning to be outlined. This was my reward for sticking—real muscles, small, perhaps, but none the less muscles for that. After that, by increasing the weights as I was instructed, I found results coming more and more quickly. My friends began to take notice and ply me with questions.

During my exercises I always kept my mind on my work, and I believe this helped considerably. Again, I associated with fellows much stronger than myself because I wanted to be like them. Now I am close up to them. They lift 185 or 190 pounds, while I do 155 in the two-arm slow press overhead.

For a boy as sickly as I was, I am not boasting when I say I have done well. My experience has taught me that no one has an excuse for being sickly or weak, and that no doctor can *keep you*, or for that matter, can *make you* well. He may fight the disease and get you out of bed, but he cannot make you really healthy, that is, he cannot give you good strong digestive organs, active internal organs and a good heart. These every man must earn for himself. No matter how weak or sickly he is, he can make a new man of himself; he can make a new man of himself if he adopts my formula—clean living, proper food and a Milo bar-bell.

Is Strength the Greatest Health Insurance?

IS the fact that you are feeling fairly well a guarantee of your physical fitness? In other words, when are you sufficiently healthy?

One has not enough energy until one has some in reserve. Likewise, one has not enough health until one has more than enough. Ask yourself, "How would your organs stand any additional strain which might be put upon them?" Are they being kept in good condition, or growing flabby and useless, and gradually more and more incapable of effort?

It came as a great surprise to the author of this personal experience story that the gains he had made in health had not been accompanied by similar gains in strength. Does his experience hold a vital lesson for you?—The Editor.

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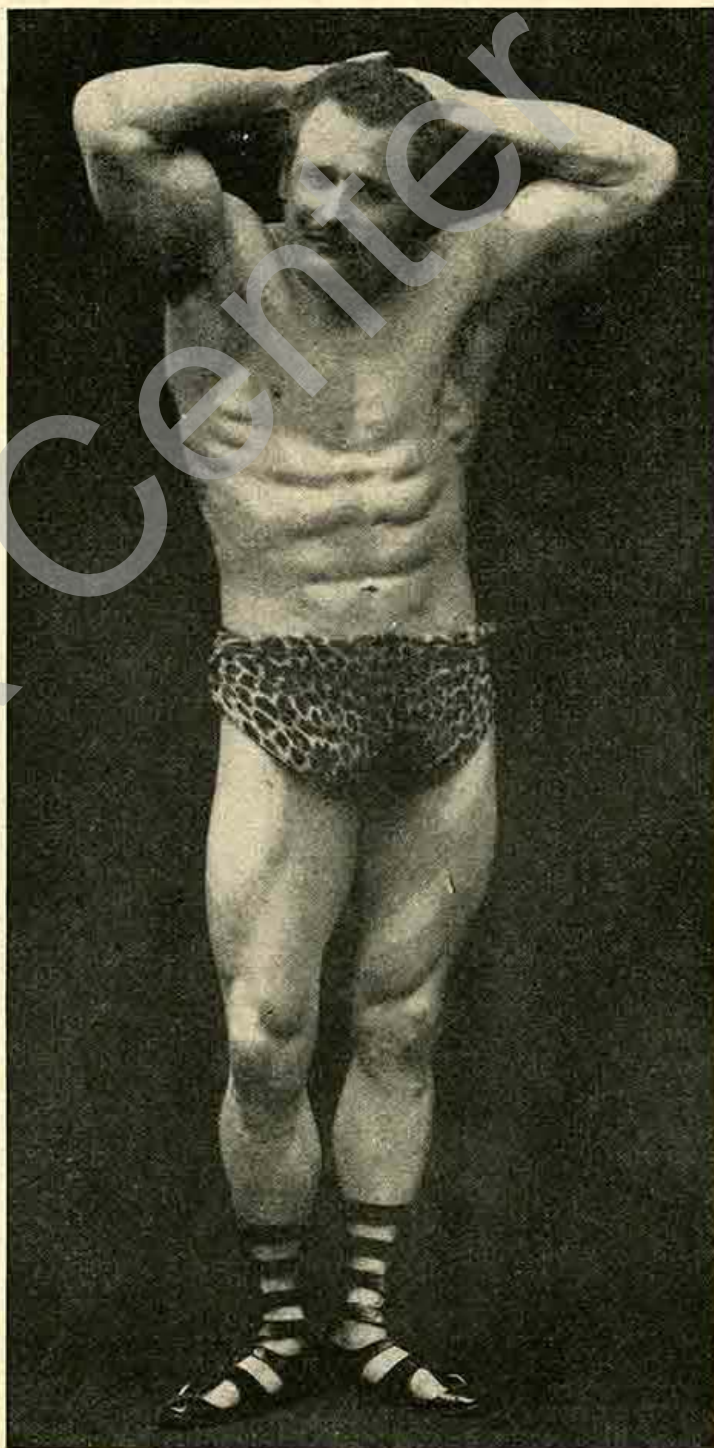
ASK the average person, "Who is Eugen Sandow?" and the reply will be: "The strongest man in the world." Sandow did accomplish some most amazing feats of strength when he last toured America, but he is far more than a strong man. He is known the world over as one of the greatest instructors in Physical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

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

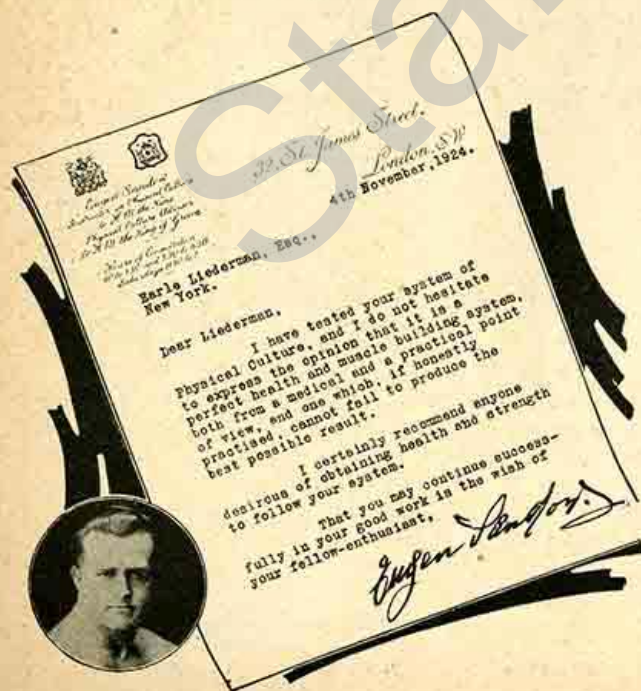
Mr. Liederman has always been a great admirer of Eugen Sandow and knew of the great work Sandow was doing in Europe. In the spring of 1924 Mr. Liederman and Sandow met to discuss this great subject of Physical Education. Sandow asked that he receive the Liederman course of instruction so that he might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

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

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



EUGEN SANDOW
Instructor to H. M. the King



Did Your Mother Ever Lick You?

REMEMBER how she told you over and over again not to do a certain thing and still you went on doing it. One day she gave you a good licking and then you stopped. You deserve another licking right now.

You have been abusing your body for years. You have been told time and again that it is going to kill you if you don't cut it out and start building yourself up, but you won't pay attention to any one. You have grown up now so you say: "No one will punish me—I can do as I please."

Sure you can do just as you please. But don't think you will escape punishment. Nature takes care of just such cases as yours. You think you are getting away with something. But are you? Some morning you will wake up and find yourself in the grip of a wasting disease. It will then be too late. I'm not trying to scare you. I'm only giving you the truth, because no one else has the nerve to tell you.

Get Wise

If you could only see what's going on inside of you, I wouldn't need to talk to you this way. Your cells are breaking down one by one and you're not doing a blame thing to replenish them. There's only one life to lead now that will give you a come-back. Give up this careless living at once and start the physical culture life. The kind that changed Teddy Roosevelt from a tubercular prospect into a big, strong specimen of manhood.

You Need Guidance

Just any kind of exercise won't do. A lot of other fellows thought they could do it themselves and got in wrong. This is my job. I've studied it. My hundred thousand satisfied pupils are proof that I know how.

I want you and if you are wise *you will come to me*. Remember I'm the man that guarantees results. You take no chances with me. I'm going to put at least one full inch of muscle on your arm before the next month is up—yes, and two inches on your chest in the same length of time. But that's nothing. I'm going to put muscle up your stomach and down your back. I'm going to broaden your shoulders and pep up your spine. I'm going to strengthen every muscle in and around your vital organs. I'm going to fill you so full of pep and life you'll feel like tackling a wild cat. Sounds good, doesn't it? You're darn tooting, it's good. It's wonderful.

Well, come on. Time flies. Let's get going. Are you with me? Atta boy! Make it snappy.

Send for My
New 64-Page Book

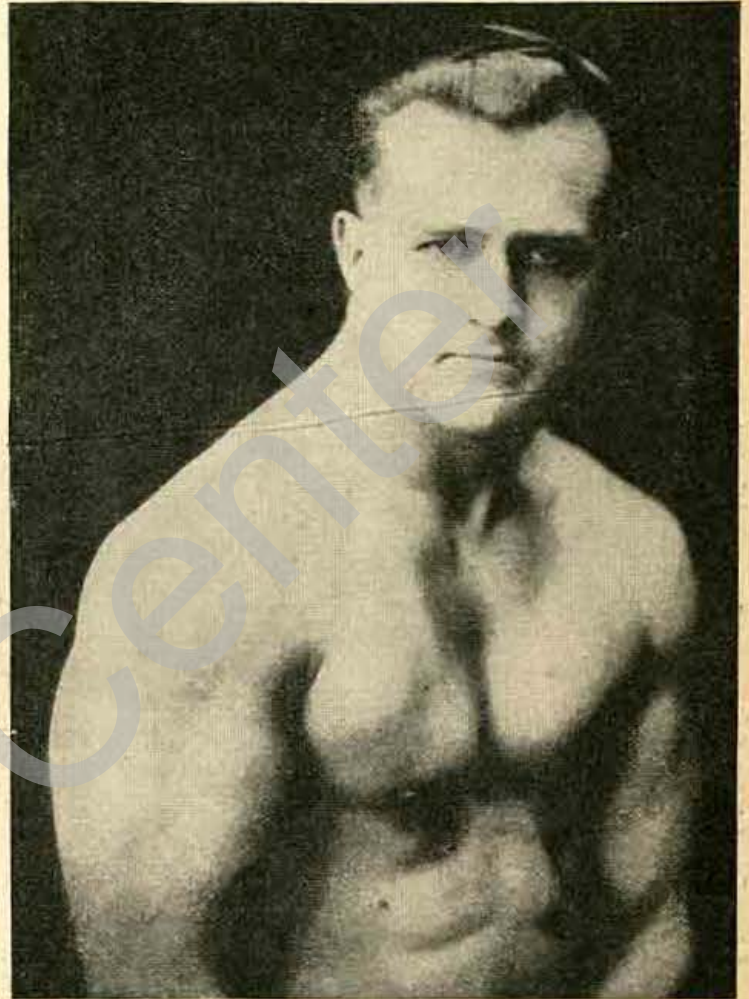
"Muscular Development" IT IS FREE

\$3,000.00 IN CASH PRIZES

and a

FREE TRIP TO NEW YORK

ON October first I am going to give away \$3,000.00 in cash prizes ranging from \$1,000.00 down. The man or boy who shows the greatest improvement in his physical condition between now and that date, will receive \$1,000.00 and a trip to New York for one week, with all expenses paid. The man or boy with the finest proportions will receive \$500.00 and a free trip to New York. There will also be 26 other cash prizes and 1,000 medals. Send for particulars. This won't cost you one cent and absolutely will not obligate you in any way.



EARLE E. LIEDERMAN, The Muscle Builder
Author of "Muscle Building," "Science of Wrestling," "Here's Health," etc.

It contains forty-five full page photographs of myself and some of the many prize winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body of which to be proud, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. It is yours to keep. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

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Curing Eye Strain

(Continued from page 27)



\$625 Extra Money in Two Months A Salesman's Record

"In February I sufficiently exceeded my sales quota to permit me to receive \$125 in extra money for that month over and above my regular earnings," writes J. B. Lewels, specialty salesman, representing a prominent American manufacturer in Mexico City. "In March I exceeded my quota by more than 500 points, entitling me to draw more than \$500 extra. Thus my investment in the LaSalle training in Modern Salesmanship has already paid me, during two months alone, an actual cash profit of 300 per cent. I assure you I am wise enough to attribute my success in no small measure to the many practical, result-getting selling ideas I have been receiving from LaSalle."

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Yes, my remarkable new method makes classic dancing easy and fascinating to learn at home. Under personal direction, you learn dancing technique that few outside the great cities have ever had opportunity to master—and at a mere fraction of the cost of studio instruction. The simple charts, clear photographs, easy text, and phonograph records make this a delightful way to gain better health—greater beauty—slenderness—increased poise and charm.

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I will send you, with your lessons, a dainty practice costume, slippers, phonograph records, and a dancing bar—everything necessary for a practice studio in your own home, all absolutely without extra charge.

Write! Whether you dream of a career as a professional dancer, or wish to dance for charm and grace, write today for full information about my wonderful new home instruction method. No obligation. Write today!

M. Sergei Marinoff School of Classic Dancing
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the card. That will do for the time being. Come back to it two or three times again in the course of the day and repeat the performance if necessary, lengthening the distance as you notice certain developments and being careful not to strain. I shall not explain what the developments will be. You will be all the more gratified to ascertain them yourself. One or two such treatments have been known to effect complete cures in cases of myopia or so called near-sightedness, but where glasses have been worn it is sure to require more than that, and may require a year of daily exercises.

In hypermetropia or so called far-sightedness the complete rest and relaxation is fully as necessary and the same methods will be found effective. The exercise, however, is different. If you are afflicted in this way you wear glasses to read, in all likelihood. Well, get rid of those glasses right away. At first you may find it extremely difficult but each day that you wear them it will be more difficult.

Obtain a book or some other printed matter in very fine type. Sit down with it and try to read it. At first you will believe this to be impossible. It will seem gray and blurred to your vision. Then do a little bit of reasoning with yourself. You know that it is printed in black ink. Close your eyes as already outlined, imagine a tiny dot of very black ink on the white page. This will relax the muscles of the eye and enable it to adjust and exercise itself. Say to yourself that you know the book is printed in black ink. Then open your eyes and read and every time the type begins to blur and gray remind yourself that it is printed in the blackest of black ink. Don't strain about it for your eyes are being given an exercise to which they are not accustomed. It may be that you have worn those glasses for so long a time that you will have to continue a short while longer with them at your business, but you may rest assured that they are only holding back your cure. Be sure to read in this fashion at least fifteen minutes each day on the smallest of print, without straining, without wrinkling your forehead or squinting. Within twenty-one to thirty days, providing you follow these directions, something will happen for the better. I shall let you find that out for yourself. But be sure to relax by the method I have described.

And if at any time you find yourself straining in any of these exercises stop immediately for the time being. Let a day or more go by, if necessary, before you resume. The minute you begin straining you are undoing the whole thing.

Something else that might be mentioned right here is that this method of putting the hands over the closed eyes and imagining that you are looking down into a coal mine in perfect

darkness or at the blackest conceivable object will very frequently cure a headache related to an eye condition. Before going on to other conditions it must be stated that when you can visualize perfect black objects without flashes of other colors while you have your eyes closed then you have obtained perfectly normal sight. In this connection it is a strange thing that blind persons find it impossible to imagine perfect black.

Perhaps one of the greatest troubles of all those that beset human eyes is what we term presbyopia. It is the failure of the accommodating powers of the eyes in approaching age. The generally accepted belief is that the lens of the eye is hardening and cannot longer focus itself as it should. This is an utter absurdity because, although numerous ophthalmologists still work along that line, recent discoveries have proven absolutely that the lens of the eye has nothing to do with this condition. Again it is a muscular condition just as the others. It is caused by straining to see nearby objects. Once let a person affected with presbyopia convince himself that he doesn't have to strain to read or to see other objects close at hand and he is readily cured. Much the same treatments apply as those given earlier in this article. The whole necessity is to relieve the straining muscles so that the eye can work with perfect freedom. This can best be done by the method of covering the eyes with the hands and then bringing the imagination into play to visualize black objects. Then read and when reading just imagine the type to be as black as you really know it is. All this is not guess work nor is it theory. It is the result of most exhaustive work upon thousands of patients by some of the most advanced scientific men who have started out by curing themselves of eye troubles. It goes without saying that every step of the way along this method will be combated by others who are unwilling to accept anything new and who resent seeing the old methods cast aside.

In another article later the treatment of other eye troubles by these newer and more effective methods will be taken up, but before ending this one there is one more very annoying eye ailment that can be discussed with some benefit to many readers. It is for those who are given to seeing floating specks which may take any form. Almost everybody sees these at times and many groundless fears have been built up around them. Some vision them as dark specks, others see floating globes of color. They, too, are the result of eye strain and there are also many headaches that come from this same strain. Almost invariably relief can be obtained by closing the eyes and recalling to memory one perfectly black spot, keeping it before the mental vision for only a second. It can be repeated frequently if necessary.

Men! Here's a Contract



NEW HAIR in 30 Days Or Absolutely No Cost

Save Yourself From Baldness. Stop Falling Hair. Here is Your Contract—Grow New Hair in 30 Days Or This Trial Won't Cost You One Cent.

By ALOIS MERKE

Founder of Famous Merke Institute, Fifth Avenue, New York

THAT'S clear, isn't it? I make no conditions. No matter how fast your hair is falling out, no matter how much of it is gone—this offer stands. I don't care what treatments you've tried without results. Scalp foods, massages, tonics—here is a new scientific system that will give you a new head of hair—or I pay the whole cost of the treatment myself.

How am I able to make this amazing offer? The answer is simple.

The Merke System of hair growth is founded upon a very recent scientific discovery. I have found during many years of research and experience in the Merke Institute, Fifth Avenue, New York, that in most cases of baldness the hair roots are NOT dead. They are merely dormant—asleep!

It is an absolute waste of time—a shameful waste of money—to try to penetrate to these dormant roots with oils,

massages and tonics, which merely treat the surface skin. You wouldn't expect to make a tree grow by rubbing "growing fluid" on the bark—you'd get at the roots.

And that is just what my scientific system does. It penetrates *below* the surface of the scalp. It stimulates the dormant roots. It wakens them. The tiny capillaries begin to pump nature's own nourishment into them. Hair begins to grow again. It takes on body and color. No artificial hair foods—no rubbing. And here's the wonderful thing about this system: It is *simple*.

You can use it at home—in any home that has electricity—easily—without the slightest discomfort.

This Is Your Bona-Fide Contract

Thousands of men and women have been treated successfully at the Merke Institute. Hundreds daily are getting amazing results with this easier, less expensive "at home" system of hair growth. Now, I do not say that all cases of baldness are curable. There are some that nothing in the world can help. Yet so many men and women

write in daily about the wonderful results that I gladly make this offer. Here is your contract—try this remarkable treatment for 30 days. Then if you're not simply delighted with the new growth of hair—write me at once. Say that my system hasn't done all I claimed for it—and I'll see that the 30-day trial doesn't cost you one cent.

Free Booklet Tells All

There's no room here to tell you all about your hair—and about the amazing contract I offer you. But I will be glad to tell you all if you are interested. It's free—absolutely without any obligations. Just mail the coupon and I will send you, without cost, a wonderfully interesting booklet that describes in detail the system that is proving a boon to thousands in this and other countries. Mail this coupon and the booklet will reach you by return mail. Allied Merke Institutes, Inc. Dept. 555, 512 Fifth Ave., N. Y. C.

Here's Proof!

"The condition of my hair was very bad. After six weeks' treatment with the Thermocap my head was covered with short hair and it was no longer dull and lifeless. I kept up the treatment and in return I have as good a head of hair as any one could wish."

Clarence Terpening, 158 South Cedar St., Galesburg Ill.

"I used the Cap for 30 days, when, to my great surprise, I could see a new coat of hair coming; and now my hair is very near as good as it was when it first started to come out."

J. C. Regan, 176 West Street, Englewood, N. J.

"Your Thermocap has done a wonderful thing in bringing back my hair where all other things had failed. The top of my head is now entirely covered with hair after using the Thermocap for about two months, and new hair seems to be coming in all the time."

Harry A. Brown, 21 Hampton Place, Utica, N. Y.

Allied Merke Institutes, Inc., Dept. 555, 512 Fifth Ave., New York City

Please send me—without cost or obligation—a copy of your book, "The New Way to Grow Hair," describing the Merke System.

Name.....

Address.....

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

health BY RULE

To render your body susceptible to the immediate and direct effects of foods you must remove from the blood all unduly retained waste and foreign elements, the cause of disease. This can be accomplished only by the use of suitable vegetables and fruits (perhaps grapefruit, tomatoes, spinach, turnips, cauliflower, etc.) and right living.



For direct and immediate effects on **BRAIN AND NERVES** (after the blood is cleansed) use strictly lean fresh, tender meat liberally with grapefruit, tomatoes etc., in suitable proportions.

For direct and immediate effects on **MUSCLES** (only after blood is cleansed) use whole grain cereals, as brown rice, whole wheat, freely in suitable proportions with other foods.

These outlines suggest ways in which a student may multiply his efficiency by using intensively the kinds of foods that suit the kind of work he is doing.

Efficient living is the sole object of the Brinkler School of Eating.

Training students in efficient living causes disease to disappear, without any specific treatment whatsoever being directed to disease.

DIRECT INJURIES. Different groups of foods (1) Destroy Beauty, Promote Dizziness, Languor, Premature Old Age and Death. (2) Make Irritable, and, if freely continued, Violent Tempered and Immoral. (3) Nervous, Shy and Low Spirited. (4) Constipate. (5) Make Heart Complaints. (6) Liver Troubles (7) Sex Troubles.

DIRECT BENEFITS. Other groups of foods: (8) Rejuvenate, Beautify (when properly combined). (9) Make Psychic. (10) Produce Strong Nerves, Moral Strength, Presence of Mind, Mental Balance, Wisdom, Foresight, Good Complexion, Strong Eyes, an Even and Sweet Temper.

Obey Natural Laws

Wild animals, amid plenty, do not suffer disease. They are neither underweight nor overweight, do not need dentists, doctors nor oculists.

CATARH, BRONCHITIS, WEAK, HOARSE VOICE. File M-1743. Age 22. Clerk.

"Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."

DOUBLE WORK. Age 45. Credit Investigator, N. Y.

"Before taking the instruction I was fatigued mentally and physically at the end of half a day."

"Since then I can do a full day's work both mentally and physically."

PERNICIOUS ANEMIA. W. C. T. Age 53. Farmer. Bedfast 2 years, semi-conscious.

"In less than 3 weeks we could notice the blood filling the veins, and my heart was much improved."

"I am now able to do anything that is required of one of my occupation, and can do a day's work without fatigue."

CONSTIPATION, HEADACHES. Ex. 65. Mrs. W. O.

"For 8 years headaches made me desperate. After two weeks on your diet, my mental depression lifted and I was having natural movements, the first in three years."

ULCERS. Gained 30 pounds. Rev. G. S. B. Age 59. Retired Minister returned to work. Had to use stomach tube every night for 7 years.

"Physicians had diagnosed my case as ulcerated stomach, and enteritis, or falling stomach."

"I had not taken the food three days before I felt like a different person."

"I have gained 30 pounds and have not had 2 years of such comfort and freedom from pain, or able to do so much work in 20 years."

ADENOID. File 7754. Mrs. J. N. R. "Five years ago my boy, 3 years of age, developed adenoids. At times it seriously interfered with speech."

"In three weeks after I placed him upon digestible brain foods, his nose was clear of obstruction."

EYESIGHT. A. L., age 50, wrote: "Before coming to the Brinkler Institute, I purchased two new pairs of glasses under an oculist's prescription to replace those already worn, as sight was growing worse."

"After 2 weeks I put away all glasses, and now, writing after two months have elapsed, I can say that I have never found the need of them, and can read the smallest print in a dim light, as well as anybody."

NEURITIS. Giddiness, unable to walk 3 years. File 375. Age 70.

"Advised to give up business. But I can now take long walks, put in a full day's work. I owe my life to the Brinkler System."

Educational booklet, 10 cents. Over 6,000 pupils.

BRINKLER SCHOOL OF EATING

Dept. 20. 131 West 72d Street New York

Beauty Is Next to Godliness

(Continued from page 23)

starchy food, sugar and meat. An excess of such acids in their very nature constitute a form of poisoning of the body which is destructive to beauty. If you are not sufficiently interested in the reform of your diet for the sake of your health, Sister, at least you cannot be insensible to the appeal of correct eating as the basis of beauty.

Even as to surface conditions. Did you ever have hives, those itching skin disturbances, very much like mosquito bites but without the agency of mosquitos to produce them? Did you know that hives are purely the expression of fermentation or poison of some kind in the alimentary canal? The doctor would give you a quick acting cathartic to enable you to get rid of them. Poisons introduced into the body are combatted and counteracted by the liver, but Goodness knows how many poisons our poor bodies have to fight against all the time that do not show up on the skin in the form of hives, but which are due to carelessness in eating.

Any number of women have found out through personal experience that they must be careful in regard to eating an excess of chocolate creams or other rich foods, since they find that they break out with eruptions, even if not more than a few small pimples, if you will pardon the word. Sometimes it is worse than that.

I have in mind the case of a girl of such beautiful build, thanks to her dancing and persistent exercise, that she was able to make her way into Ziegfeld's Follies, but who so far as her skin was concerned was only able to get by through the use of enormous quantities of make-up, especially on her shoulders and arms. These were covered not with eruptions but with red spots and blotches, making what one would ordinarily describe as a "bad skin." Another member of the company who used the same dressing room, and who knew a great deal about diet, engaged in a propaganda of reform, particularly in the matter of eating, and before many weeks had passed, to the great joy of this member of the "glorified" company, she found her skin clearing and her natural complexion restored to the smooth loveliness that rightfully belonged to her.

There will be plenty of time for embalming your tissues with chemical poisons after you are dead. Let them alone now. These external poisons include chemical food preservatives, which you can avoid only by watching your step, drugs such as you find in headache powders, cough medicines, the habit-forming opiates, alcohol and tobacco.

Until recently it would not have been thought necessary to mention tobacco in a beauty talk for women, but the spread of the cigarette habit among girls who wish to appear

smart, and among business women who wish to appear sophisticated or blasé, is such as to become a timely matter. Of course every one knows that in the beginning it is chiefly an affectation. On the ground that it is no worse for women than for men, and on the theory that it is supposed to be somehow slightly immoral, our young women think that they show a daring spirit of revolt in smoking. But that does not express it. They overlook the important consideration that they are playing with poison. It is a matter of hygiene, not morals, except in so far as lack of hygiene is immoral.

The smoke of tobacco contains a variety of poisons in addition to the deadly nicotine. Particularly in the smoke of the cigarette, which nearly every user learns to inhale because it seems so mild, there is carbon monoxide, prussic acid and a number of others. These destroy the red blood cells and through their poisonous action undermine all of those essentials upon which beauty depends. Much smoking invariably makes the thin woman even thinner, and surely there is nothing presentable in scrawny arms and shoulders. The habit robs a woman of her femininity and that quality of sweetness which is associated with femininity.

Tobacco, being a narcotic, is a depressing agent, depressing because it is poisonous; it lessens sex attractiveness; it takes the bloom out of youth. It is not true that there is no more reason why women should not smoke than why men should not, for beauty is a precious asset.

Of course drinking is even worse. I mention this because many women of station still think it smart to drink at dinner parties—and elsewhere, though it is still a question as to whether "ladies" ever drink. Again, many school girls these days think it smart to guzzle whiskey and gin that school boys now think it is smart to carry on their hips. Entirely apart from the fact that when a girl is intoxicated she may be led to do things that in her sober senses she would never think of doing, alcohol has the invariable effect of coarsening the features, to say nothing of stupefying the mind and paralyzing the body.

Every one knows the red nose and bloated features of the chronic drinker. That represents in some degree, what is always accomplished in the face of the girl who drinks. It may be slight, if she does not drink much, but it is there. It is coarsening; it is degrading; and it is cheap. Booze and womanhood do not harmonize.

So apart from the moral sense of thing there is a very good reason why no girl who wishes to be charming, should drink or smoke. The first es-

(Continued on page 72)

FREE FORD Offered to Agents

Wonderful new selling plan enables me to offer FREE FORD to new agents. My proposition pays \$9 to \$14 a day from the start. Free Ford in addition. 350 Famous Zanol Products. Pure food products, toilet preparations, flavors, soaps, perfumes, laundry and household necessities. All proven sellers. High quality, low prices. Big demand in every home.

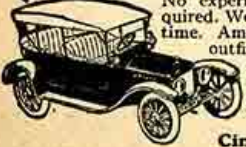
Make \$50 to \$100 a Week

Don't waste time on specialties. Our new plan gives you permanent, repeat business and big profits. \$750 A month is one agent's income.

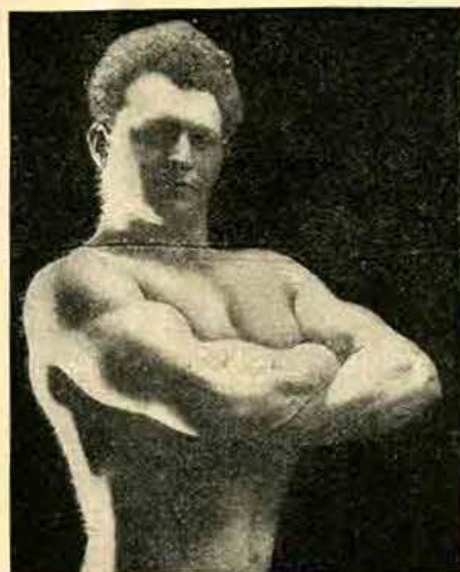
No experience or capital required. Work spare time or full time. Amazing profits. Free outfit. Free automobile.

Write quick for details of new plan.

American Products Company
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Are You Ashamed of Your Body?



That scrawny neck, that hollow chest, those skinny, flabby arms and pipe-stem legs—

Now honestly, brother, just as man to man, how do you feel about it?

I'm not going to jump to any harsh conclusions, for it may be that you have devoted all your time to developing your brain and have entirely neglected your body. You have foolishly drawn so heavily on your vital forces that your poor body never got much of a chance and now you find yourself with a brain packed full of valuable knowledge and experience and not enough pep in your body to go out and cash in on it as you should. *You're just the boy I'm looking for!* I don't care how young or how old you are, how overworked or under developed you may be.

I Will Rebuild Your Body!

I will clothe your body with muscles of steel and fill you with such vim and pep and ambition that no task will seem too difficult, no obstacle too great for you to tackle with the assurance that brings success.

This is the day of "Go-Getters". The "hardly-ables," the "also rans," the weaklings are not wanted. Did you ever hear of anyone who would give any of them a job?

I'll make a real "He-Man" of you! I'll guarantee to do it so easily and so quickly that you will never stop wondering how it all happened. *Consider what I did for myself.* I am to-day acclaimed by press and public of two continents as

The World's Strongest Man

I secured my wonderful development through a simple system of exercise in which is embodied the best points of everything I have discovered and developed in my many years of careful investigation and practical application.

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Dept. B-3

1819 Broadway, Gotham Bank Bldg.,
New York City

My System Cannot Fail

All I ask is a few minutes of your time each day and the honest determination deep down in your heart that you want to fit yourself for success.

I want to send you with my compliments a copy of a wonderful book I have written, entitled

"Muscular Power"

I know it will be a revelation to you as it has been to thousands of others. It tells and illustrates what I have done and what I am doing to-day; how my feats of almost superhuman strength have astounded the people of two continents.

You will be thrilled by the pictures of pupils whose bodies I have actually recreated. Read what they have to say about my system of physical culture and what it has done for them.

The proof of the pudding is in the eating. I am ready to prove and to absolutely guarantee everything I claim. I don't care who you have tried or what you have tried. It makes no difference to me—

All I ask is a chance. I put it fairly and squarely up to you. Obey your impulse NOW. Fill in and send to me the attached coupon. You'll never get anywhere if you don't start.

CLIP COUPON NOW!

SIEGMUND BREITBART, Inc.,
Dept. B-3, 1819 Broadway, New York.

Please send me, without any obligation on my part, your new 64-page book, "Muscular Power," and the Breitbart Muscle Meter. FREE. The enclosed dime is for postage.

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Did You Ever Take An Internal Bath?

By T. A. BALLANTYNE

This may seem a strange question.

But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can laugh at disease and glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough of dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

What Is An Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bona fide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus Ω . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleanses it the entire length—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

Why Take An Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggish-

ness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic cause of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And the only sure and effective means is internal bathing. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

Immediate Benefits

Taken just before retiring you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—re-made. That is not my experience alone—but those of 800,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious vibrant health! To toss off the mantle of age—nervousness—and dull care! To fortify you against epidemics, colds, etc.

Is that fifteen minutes worth while?

Send For This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally," by Dr. Turner that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Department 220, 152 West 65th Street, New York City—Now.

Tear Off and Mail At Once

Tyrrell's Hygienic Institute,
152 West 65th Street,
Dept. 220, New York, N. Y.

Send me, without cost or obligation, your illustrated booklet on intestinal ills and the proper use of the famous Internal Bath—"Why We Should Bathe Internally."

NAME.....

STREET.....

CITY.....

STATE.....

Beauty Is Next to Godliness

(Continued from page 70)

entials of charm being refinement and femininity, would naturally prohibit such habits.

Finally, cleanliness in its broadest sense—in its beauty-building sense—means freedom from the poisons of disease, the most dangerous of all forms of "dirt," because continuously waging war upon us. These can in large measure be avoided or negated by observing correct diet, thus building such vitality and resistance that disease has little opportunity to gain a foothold. Yet even then one should be on the look out, practicing rigid cleanliness and especially being careful to avoid focal infection, that is to say, the development of abscesses at the roots of the teeth or in other susceptible points. If you have any bad teeth, or any dead teeth, have their condition investigated, and if there are suspicious developments it may be best to have them removed entirely, even though they are filled. No tooth at all is better than a poison-breeding tooth.

Poisons of this kind soon tell not on the health alone, but on the skin, the coloring and the personal attractiveness of the individual. They must always be avoided by the woman who desires to be beautiful, and what woman does not?

Almost "surgical" cleanliness should be observed where the skin is concerned, if one is disposed toward acne or other skin trouble. Infection and parasitic conditions of the skin may be controlled sometimes by sponging the surface with listerine, zonite or other pleasant antiseptic.

Peroxide of hydrogen is too bleaching, unless you want bleaching. Direct exposure of the body to the sunshine is one of the best cleansing and antiseptic treatments you can find, and one particularly valuable in many cases of chronic skin trouble.

The world is on the way to a more natural point of view in regard to womanhood and its charms, a more normal attitude toward the feminine body beautiful. It is no longer a thing to hide away, but something in which, when well developed, a woman frankly takes as much pride as in having a beautiful face.

And there is also a tendency toward getting "back-to-nature" in respect to the complexion. The naturally good skin is again coming to be an element of attractiveness, while make-up is less favorably regarded in the better circles. Thus we are coming back to first principles of cleanliness here too.

Aim to be clean—inside and outside. Be wholesome, be healthy, be sweet—bodily and spiritually. And that of course means to have bodily and mental strength. If you have these qualities of health and cleanliness, with correct bodily weight and the right psychology—then inevitably you will have beauty.

Training the Youngsters

(Continued from page 35)

contain a plentiful supply of life-giving elements, as, for instance, wholewheat bread, vegetables, milk and eggs. Constantly remind them of the benefits to be derived from thorough mastication. Don't permit young children to drink coffee or tea; but encourage them to drink plenty of water. Ice water is not healthful as it contracts the stomach walls and expels undigested food into the intestines. Let the children maintain all the nervous energy that nature intended they should have.

Insist on their having sufficient sleep. Ten hours for growing children are not too many. And don't neglect the bath. See that they are bathed every day and if that is impracticable, at least twice a week. After a tepid—not hot—bath, take a cloth soaked with cold water and rub it over their bodies, especially the chest and back. It will aid materially in preventing colds. Give them a good massage with the towel, telling meanwhile of the marvelous benefits to be derived from cleanliness and blood stimulation. Explain the technical principle of how the blood, flowing rapidly thru their veins, washes away the wasted tissue caused from exercising, and how it rebuilds more quickly during sleep, thereby creating growth and strength.

For obedience, always reward a child with something it ardently desires, and for unbecoming conduct, punish it only by withholding the things that it most wants.

Never permit children to witness an avoidable outburst of temper on your part. They are very impressionable and would probably embarrass you by imitating you, and further, such actions would very likely plant a fear in their minds that it would be difficult for you to overcome. Make them courageous by demonstration. They hold you for their model so do not ever permit them to see you overcome by fear. Explain away all childish bogies and superstitions and always try to keep in them a happy frame of mind.

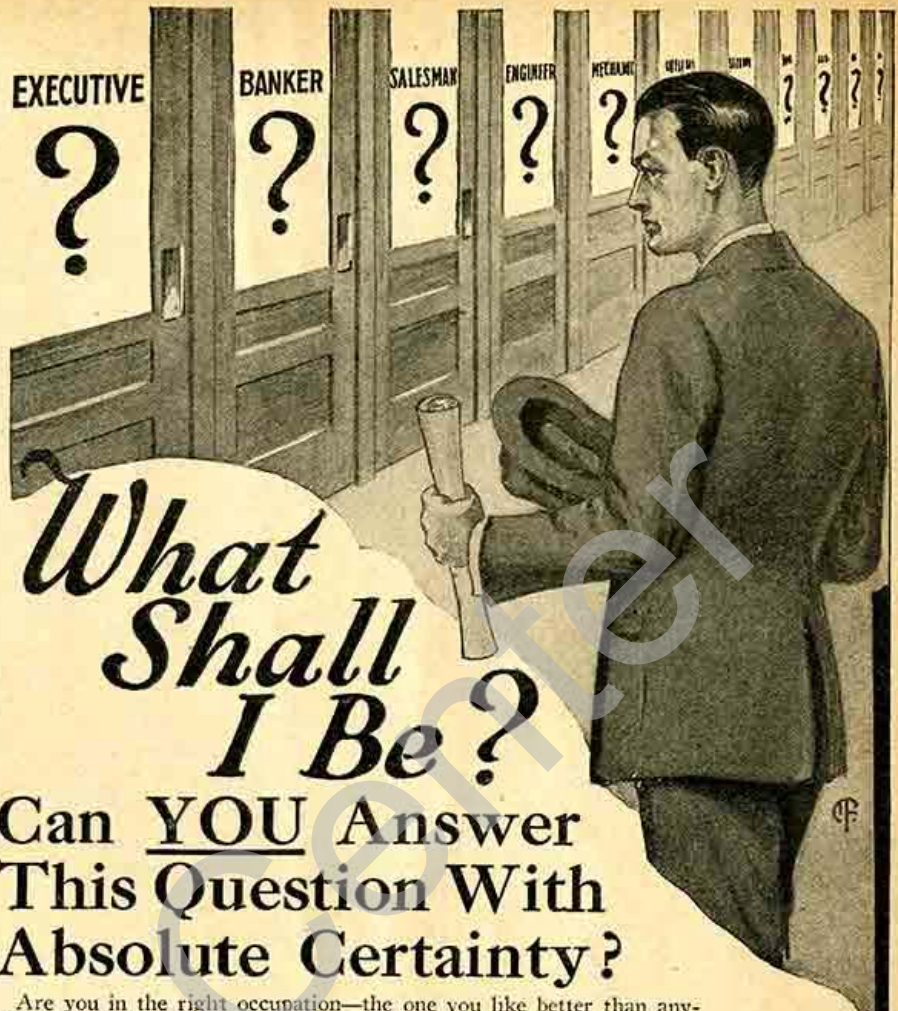
Getting Off to a Good Start

(Continued from page 46)

method the tall man would had the advantage over the short man, while my method gave each the same chance. After a lengthy debate, I convinced him by asking whether the race was won at the finish by the breast or the feet. He was a real sportsman and later in a full page paper article he stated that I was the first coach that ever convinced him that his opinion of starting was wrong.

Before I finish, I want to state again that there is no part of the race as important as the start, and the athlete who wishes to make a success of sprinting should get this business of starting down to a science.

Through years of experience and research, I have learned to regard the position outlined here as the best possible get-away in running.



What Shall I Be?

Can YOU Answer This Question With Absolute Certainty?

Are you in the right occupation—the one you like better than anything else in the world—the occupation to which you can give every vital ounce of energy, ability, enthusiasm, and get joy in the giving—the one line of endeavor that you were born to follow?

Or are you struggling along (as so many men and women are) on a job that is pure drudgery? If you are a square peg in a round hole STOP NOW before the years have taken their toll! Nature has fitted you to do certain things in a masterful way. If you use these inborn talents you can be positive of complete success, a happy, prosperous career.

Do you know what these dominant talents know if you are to succeed? Don't guess! *entire life is as important as EXACT information! It is of priceless value to you!* for less than the price of a good pair of shoes employing scientific substantiated methods, fitted for—and guide you step by step until what you are now doing, you may go on positively found out just what occupation is that field.

of one-piece steel and
by 10-Cable Progressive

Save Your Neck

and is a patented
Head-Gear will positively
Use it in connection
with your collar.

Course for the

Price \$8

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is only an imitation of mine,
I am the original—except from me—
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From 30 to 90 days, and
of the world's greatest
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price. Tomorrow may

CHALLENGE

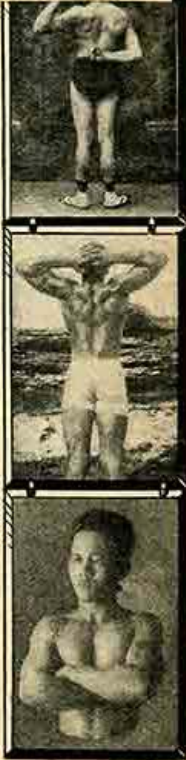
103 East 13th Street
New York City

Success Is Within Your Grasp Right NOW!

"No two persons are born alike, but each differs from the other in individual endowments, one being suited for one thing and another for another, and all things will be provided in superior quality and quantity and with greatest ease, when each man works at a single occupation, in accordance with his natural gifts." Plato (427-347 B. C.)

All that you need to know is what your natural gifts are—how to develop them—how to use them to their greatest capacity in the occupation for which you are best fitted. With this knowledge, you will be fitted with an amazing power that will overcome every difficulty and carry you to the very pinnacle of success. Be the master of your fate—cast off the handicaps that are holding you back! Let science reveal your natural qualities—tell you what occupation will lead you to success and help you to get all of the worth while things of life that are rightfully YOURS!

Bureau of Vocational Research
530 Broadway Dept. 204 New York, N. Y.



ARE YOU FIT?



For the Duties of PARENTHOOD?

TO be the father of healthy children, YOU yourself must be FIT. To hold the love of a clean, normal woman you must offer her that which money can not buy—ROBUST HEALTH and VIGOROUS VITALITY. Is YOUR body clean, healthy and strong?

BRACE UP!

Make up your mind right now to become a REAL MAN. No matter what caused your present condition—whether Youthful Errors, Sexual Indiscretions, wrong living habits, heredity or environment—

SUPER-VITALITY

will overcome their despairing results. Super-Vitality will build up your body, give you muscles of steel and the strength of a Sandow. It will broaden your chest—make a "REAL MAN" out of you.

THIS CAN ALL BE YOURS

by sending for our Health Book, "The Secret of Super-Vitality." It tells how this can be done. Just fill in coupon and mail with 10c in stamps or coin to cover postage.

SUPER-VITALITY INSTITUTE

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Super-Vitality Institute,
Dept. 5B 800 Broad St., Newark, New Jersey.

Send me a copy of your Health Book, "The Secret of Super-Vitality" under plain cover, for which I enclose 10c stamp or coin to cover postage, etc.—Have checked ailments.

..Asthma	..Impotency	..Female Disorders
..Catarrh	..Nervousness	..Muscular
..Colds	..Rheumatism	..Development
..Headache	..Rupture	..Secret Habits
..Insomnia	..Thinness	..Stomach
..Obesity	..Weak Back	..Disorders
..Pimples	..Constipation	..Varicocele
..Flat Chest		..Youthful Errors

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City

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You CAN Stop Smoking

YOU can quit cigarettes, cigars and pipe, forever! The "Sure-Way" Method will show you how. No drugs, no hokum, but a scientific, psychological discovery which is amazing in its results!

Send stamp today for the "Sure-Way" Method explained. It will show you how to eliminate all desire, all craving for the weed without a nerve-racking struggle.

Address: LAWRENCE W. ROGERS
606 West 116th Street, Suite 12, New York City

that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus Ω . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleanses it the entire length—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

Why Take An Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggish-

The Secret of True Strength

—Your Ligaments

(Continued from page 51)

for body weight against height, the short man can beat the taller man in lifting weight with two hands, in feats that involve only pure strength, the two hand continental jerk, for instance. I do not want to digress from my subject, but I feel that these readers are entitled to an answer. Summed up, the truth of the matter is that the shorter man generally has a bigger body per height, and therefore has greater concentrated vitalic energy. It would take another article to thoroughly explain the cause of this, and it will later be discussed under its proper heading.

The development of thicker ligaments revolves around the practice of the proper form of exercise. The grouping of exercises and the positions employed is a real science for the physical expert. These exercises must be of a nature that gives the best results in creating real muscle fibre and that will employ the ligaments to their full capacity. The exercises must not be many, nor involve too many repetitions. The secret of any exercise lies in its ability to produce the maximum of muscular effort over a minimum of time involved per exercise. This form of exercise will give all the increased muscular proportions desired. No one ever saw a genuine all-around strong man with small proportions. He is always husky with beautifully developed muscles, some larger than others, of course, and the men who have gotten best results are those who studied and practiced ligament training.

The strongest men whom I ever met all had a profound knowledge of this science.

The one outstanding feature of ligament development is that the exercises entailed, cause the athlete to become accustomed to handling a poundage away in excess of that which he would be able to raise to arm's length overhead. This makes it possible for the weight lifter to always lift his limit with absolutely no danger of strain, and thus gives him greater opportunity for increased performance.

The way I trained to obtain the most in ligament development in the two hand jerk was very simple.

I would take a weight just within my limit, and after jerking it to arms' length overhead, I would begin to lower about one-third of the distance to my shoulder as in Figure 1. If this were impossible, I would bring it as near to my shoulder as I could, and hold it there, and then by a combined arm pressure and knee bend I would get under the

weight until the arms were straight again, as in Figure 2. I would practice this three or four times along with the other test explained earlier in the article.

My next move would be to load a bar well in excess of my ability to jerk overhead. The bar I would load up on a stand made for the purpose, or on boxes about the height of my shoulders. I would then get under the weight and raise it off the stand, or boxes, holding it off my chest as high as I possibly could for a period of time that allowed me to count slowly up to six. This is shown in the third photo. I would then replace the weight. Next I would make two or three jerk attempts. It is surprising how this method will improve your power, and increase your records in every lift.

Figures 4 and 5 show the right and wrong positions of holding the weight at shoulders. Figure 4 shows the method used by most lifters, which is wrong, as the weight is held too much to the front, thus giving no back muscle support. This is easily seen by the back, all the muscles being extended. Figure 5 shows the right position, the head thrown back slightly and the back muscles contracted, which act as a means of support. The back being more powerful than the arms, gives greater resistance in holding the weight until the lifter "gets under."

When examining the photos of any good strong man, just notice how the thick ligaments in his arms and legs give the muscles that cordy appearance. The greater these ligaments, the more powerful the man is apt to be. Saxon, Stienbach, Steinborn, Aston, Maxick, Hackenschmidt and Nordquest are all men who possessed heavy, thick ligaments, and each of them possessed a muscular physique to be proud of. Their records still remain in the top class as proof of their body-building contentions.

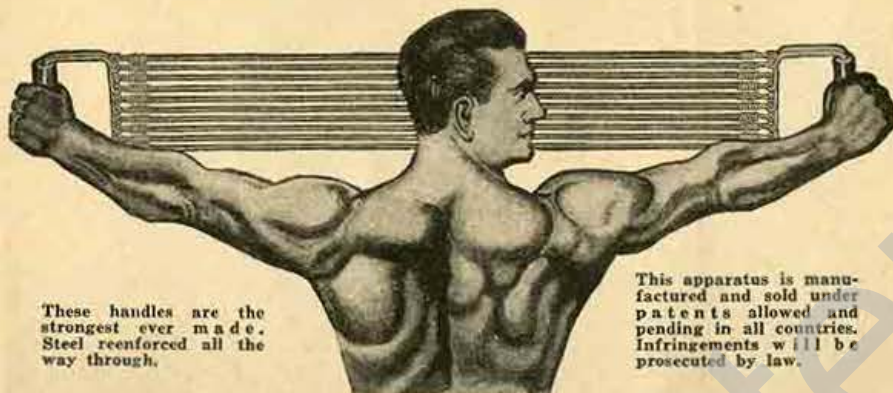
These men all had to train and develop themselves, but they chose the right way, securing the greatest kind of combined results from their labors. Then why should any body builder waste time and effort and secure only an isolated development, or proportions of inflated tissue, which have no value, when, with the same amount of time, and probably even less, he can get much better and more lasting results acquiring muscular tissue of the right calibre and ligaments like steel cables. These, together, give to the owner that beautifully balanced physique with its envious proportions that we all admire.

Are you a member of a club that would like to run a weight-lifting exhibition in its home town? Or would you care to enlist your services at some of the future exhibitions? Write to George F. Jowett, President of the American Continental Weight Lifters' Association.

THE SECRET OF GREAT STRENGTH REVEALED!

You, Too, Can Have Muscles Bulging with Power!

Every Inch of Your Body Can Be Filled with the Enormous Power of Professional Strong Men by My Methods and the Wonderful Apparatus Shown Here—a New Invention!



These handles are the strongest ever made. Steel reinforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

THE McFADDEN PATENTED 10-CABLE PROGRESSIVE EXERCISER

Look at the wonderful athletes on this page—a few of the many thousands of pupils of the McFADDEN SYSTEM. They are among the world's greatest strong men. But don't think they were born that way. Many of them were weak and sickly when they started the McFADDEN SYSTEM. They then had no thoughts of becoming professional strong men. They only wanted to get well.

They made no mistake in adopting my system. It quickly restored them to health. In fact, it filled them with far greater health and vigor than they had ever known before. And it also added inch after inch to their muscular development—not only to their arms and legs, but to all the muscles, many of which are never developed in the case of the average man. Suddenly they found that they had five or ten times the strength of the average man. They became famous strong men overnight, smashing records right and left.

The Same Physical Perfection Awaits YOU

These marvelous men of muscle were no different from you in the beginning, and the same methods and apparatus that they used will put you right in their class. The McFADDEN 10-CABLE PROGRESSIVE EXERCISER—used as I teach you to use it—will add inch on inch to your limbs and trunk, greatly increase your heart and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5-cable Progressive Exercisers that can be instantly converted into a 10-cable Progressive Exerciser. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you wish. The progressive feature allows you to increase the resistance as your muscles become stronger.

My New Patented Stirrup Builds Legs of Steel

The ingenious new stirrup that I have added to my 10-cable Progressive Exerciser will develop your calves and thighs to marvelous proportions. It is made of one-piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser.

My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

It can also be attached to any 10-cable Progressive Exerciser, and is a patented device that can't be used by any other instructor.

It pays to have a strong, muscular neck, and the McFadden Patented Head-Gear will positively give it to you. It is simple, instantly adjustable, and fits any man or boy. Use it in connection with my Progressive Exerciser, and in a few weeks you'll be wearing a larger collar.

My Complete \$30 Outfit and 12 Weeks' Instruction Course for the INTRODUCTORY PRICE OF ONLY \$8

Here's What You Get

10-Cable Progressive Exerciser, worth.....	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth.....	2.00
Patented Progressive Stirrup, with 1,000 pounds resistance, worth.....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth.....	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
The Michael McFadden Encyclopaedia, worth.....	1.00
Any of these can be purchased separately at the price shown.	\$30.00

TOTAL WORTH, \$30.00; PRICE TO YOU ONLY \$8.00

You can pay three times as much for a progressive exerciser that is only an imitation of mine, but you cannot obtain a genuine McFADDEN PROGRESSIVE EXERCISER—except from me—at any price. When you buy from me, I protect you and you protect yourself.

Remember, I guarantee to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. Is it any wonder that thousands of the world's greatest strong men endorse my course of instruction and the McFADDEN 10-CABLE PROGRESSIVE EXERCISER?

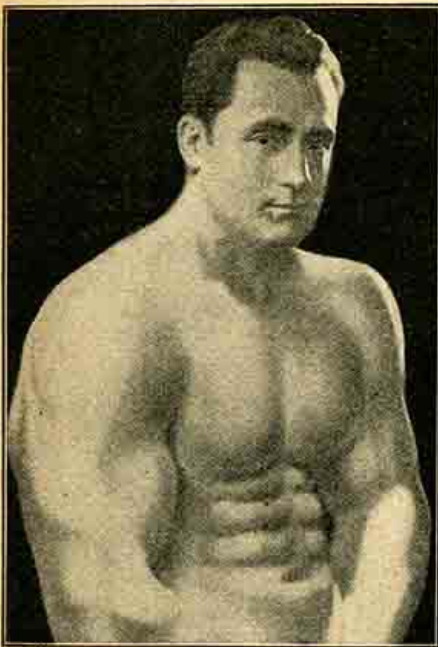
Remember, this is only an INTRODUCTORY OFFER—send \$8 NOW, if you want to be enrolled as a full-fledged Michael McFadden pupil at that ridiculously low price. Tomorrow may be too late.

MY GUARANTEE IS BACKED BY A \$10,000 CHALLENGE

MICHAEL McFADDEN Dept. 180, 103 East 13th Street
New York City



Do You Want to Be a Tiger Man?



CHARLES ATLAS

The World's Foremost Muscular Scientist

Twice pronounced the \$1,000.00 FIRST PRIZE WINNER in official national contests as the World's Most Perfect Man. No one else can claim this title.

BE A HUMAN TIGER!

"It's the Tiger Men who grab everything they want these days. That's because they know how to CRUSH FAILURE!" This is the startling statement of the brainiest, richest man in all America. He spoke the brazen truth. This new race of Tiger Men win the battles of pelf and power in the mad, dizzy, jazzy marathon for personal success! They whizz by you in stunning big limousines, they have fine homes and bulging bank accounts—yes! they have lucre, luxury, love, LIFE!

Come on, boys! Give me a chance just to PROVE what I can do for YOU. I'll double and triple your strength in a few weeks. I personally GUARANTEE you Perfect Health, Renewed Nerve Force, Unlimited Vitality and a powerful symmetrical body.

You Can Add Five Inches to Your Chest

BY SUMMER TIME

It can be done and I'll do it for you if you lend me that body of yours NOW. My job is to make you strong and muscular, and by summer you'll be proud of your physique, while skinies and rattles will be out of luck. Have a development you're proud of, that will inspire instead of repel. By a new easy scientific System you can add or take off several pounds. You can have a powerful back, broad, firm shoulders, splendid arms and calves and great internal energy. Thousands of others thank the day they took the training I now offer you.

"Secrets of Muscular Power and Beauty"

is the name of the big book I want to send you. It tells how to become a Tiger-Man, alive and alert. It holds the thrill of a brand new break for you and will put a new KICK into your life in a most amazing way. Its pages are alive with the most astounding secrets of the Most Perfect Tiger-Man in the World. Here is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once to

Charles Atlas "World's Foremost Muscular Scientist"
226 W. 47th St., Dept. 534, New York

MAIL THIS NOW!

CHARLES ATLAS,
226 W. 47th St., Dept. 534, New York.

Dear Sir:
Please send me your wonderful big book "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose a dime to help cover wrapping and mailing charges. This places me under no obligation.

Name.....

Address.....

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

(Please write or print PLAINLY) 8-5-25

American Continental Weight Lifters' Association

(Continued from page 41)

record in the *two-hands dead lift* in the middleweight class. Starting with 427 pounds Dennis did not hesitate, and it was quite apparent when he made his final lift of 457 pounds that this was by no means his limit. It was a perfect lift, done without a struggle, and the spectators to a man rose to applaud the Birdsboro boy as he made the new record.

He next made an attack on the world's amateur record in the wrestler's bridge which he held at 208 pounds. In this attempt he had a harder fight, and succeeded on his first and only try with 225 pounds. Boy! How he fought that weight.

It was a victory well won, and the A. C. W. L. A is showing its appreciation by presenting Dennis with a special medal.

The lightweight competition resolved itself into an International match between Robert Snyder, lightweight champion of America, and Bittertick, former German amateur lightweight champion. The same condition existed in the middleweight class. No lifters competed at that weight so it was swung over into a featherweight contest between M. Berry of Newark, New Jersey, and O. Maier, who for three successive years was the featherweight champion of Germany.

These two contests caused a thrill as they were the first two international contests ever fought out here.

Many thought Mr. Jowett was wrong in making these matches, but we, in the game, know he is never wrong. When he says such and such a man will win, he wins, especially if he is in their corner.

He told the boys they would win and with the faith that we all have in our President, Snyder and Berry stepped willingly forward to do their best.

It was clever strategy on the part of our President, for he knew that a *win* for the American boys would stimulate interest in American *strong men* and would make a great impression upon the public.

Americans are too deeply impressed with foreign figures, for it has been proven more than twice now (as I have often heard George F. remark), that when they lift under our stricter ruling, they do not succeed as well as under their own laws.

It is a handicap that works both ways, this lifting under opposite conditions. One thing, however, is evident. If a lifter is good under A. C. W. L. A. ruling, he is quite capable of being better under any other conditions.

It will be of interest to note that R. Snyder has been re-instated as a bona fide amateur, which he will always remain.

Snyder weighed in at 138½ pounds, while Bitterlick was over weight, making 145 pounds. This handicap was

accepted by Snyder and he commenced to lift first. His style was as usual, free and easy, and he scored a total on the five A. C. W. L. A. lifts of 953 pounds against 920 pounds by Bitterlick, thus winning by 33 pounds.

On the *two hands clean and jerk*, both lifters tied with 207 pounds while Bitterlick led in the *two hands dead lift*. Bitterlick fell down in the *one hand military press*; otherwise Bob would have had a close shave.

Bitterlick fought hard and did splendidly, fighting the Maryland boy all the way.

We were all glad to see Bob win after always giving weight away. Of course his loss to Klein means nothing, as the lifts were not the five championship lifts, and Klein is a middleweight. On the five title lifts, I doubt if Klein could win over Snyder, despite the difference in weight.

This contest was followed by an educational demonstration of exercise. The lecture was given by George F. Jowett, with Marquis Losey of Jersey City ably demonstrating the right and wrong way of exercising. The President proved to the satisfaction of all, the reason why many body builders failed to secure results. He next invited questions from the audience, all of whom gladly took the opportunity to have their problems explained. The most important questions asked were: "Will exercise cause Hernia?" "Can Hernia be cured?" "What is Athletic Heart?" "Does breathing play an important part in exercise. Why?" "Why are the calf muscles so hard to develop?" All these questions received convincing answers with practical demonstrations.

This part of the program was highly appreciated and such lectures have great value, when conducted by an expert like Mr. Jowett.

At the conclusion of the lecture, an address was read by Mr. Craig on behalf of the body culturists and bar-bell enthusiasts, expressing their appreciation to the President and officers of the A. C. W. L. A for this and similar meetings. They paid great tribute to the President for his willingness to help others, for the great personal aid he voluntarily gives at all times to the Milo Bar-bell Company pupils and STRENGTH readers, and to *strong men* and body culturists in general.

Others spoke, endorsing Mr. Craig's address, and a grateful acknowledgment was made by the President.

As the leader of the *strong man* movement, Mr. Jowett stands foremost in our sight. There is no lifter in the country who does not owe something to him. The weight lifting public owes him all, and the body culturists, the world over, owe him much for his successful investigation and enlightened teachings.

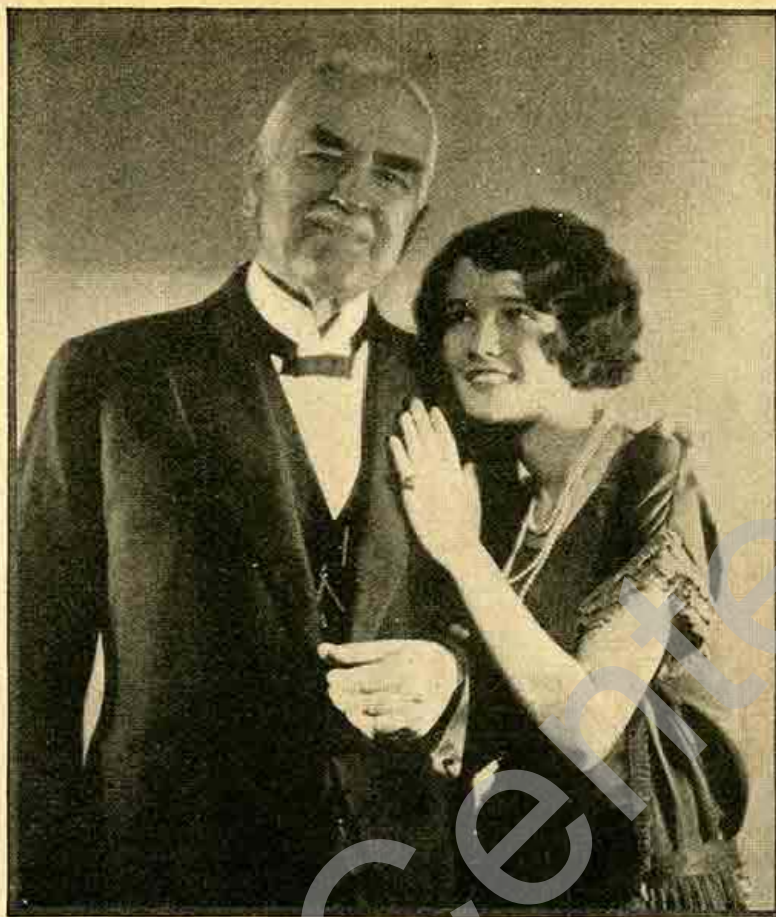
(Continued on page 78)

*
* * *

A man who is almost youthful at 58 because he keeps his Spine a half-inch longer than it would Ordinarily Measure!

* * *
*

Photo by
Pondelicek



"The Colonel may look his age, but by all that's remarkable he doesn't act it—nor feel it, if his enthusiasm is any indication"

*
* * *

Achievement of what has been the Aim of virtually all workers in the field of Osteopathy, Chiropractic, Naprapathy and similar physical adjustment

* * *
*

Copyright, 1924
Hobart Bradstreet

Bride and Groom!

DECEMBER and May! Once I would have condemned any mating of age with youth. Yet a month ago I was best man for my old friend Col. Bemis—and "old" friend he is, for the colonel is in his fifty-eighth year—and his petite bride who then lacked a few days of being twenty!

There isn't a happier couple in the state; their happiness is apparent to all observers. But I wonder what others would think if they had seen Col. Bemis as I saw him less than a year ago—before he had taken the big brace that two physicians said a man of his age could never take!

Bemis had let-up and slowed-down; he had become a mere spectator in life's race—when something happened.

The remarkable means by which this man regained an almost youthful energy should interest any man who has lost even part of his normal capacity for work and play. This is the story:

Did you ever hear of SPINE MOTION? Neither did I until two years ago. Neither did Col. Bemis until less than a year ago. But within a month SPINE MOTION moved him up several notches, physically, and his energies have been on the rise ever since. This simple but unusual principle of revitalization has to do, as the name implies, with the spine. It seems that settling of the spine accounts for many of the nervous disorders that age the body; and the slightest elongation of a "settled" spine is often all that's needed to restore abounding energies and endurance. When Hobart Bradstreet discovered SPINE MOTION he gave us men past the forty mark a ten or twenty year renewal on our lease of active life! Here's how it works:

Let's assume you start SPINE MOTION today;

you take one motion only, it takes but five minutes. Your spine is s-t-r-e-t-c-h-e-d like an accordion. It may elongate but a quarter or half inch, but you feel the difference in an hour—you sense a subtle change for the rest of the day. For SPINE MOTION spreads the tiny bones that make up the spinal column which have been pressing on every tiny nerve of the body. The whole nervous system is connected with the spine. In youth, the cartilage between the spinal vertebrae is a springy, cushiony protection for the nerves. As we age, these pads or "insulators" wear down—the sensitive nerves come in contact with the bones—you know the result! Loss of nervous energy—sluggish vital organs; indigestion; constipation; headaches.

With the flexing and "shaking out" of the spine the impinged nerves are freed—the nervous forces are no longer "short-circuited" but flow freely to every extremity—you feel new power and "pep."

SPINE MOTION is absolutely all that Col. Bemis used to recover the energies Nature had provided so liberally. He made it a fixed daily habit for a time. After several weeks he found the cartilage stimulated to new growth and resiliency, and dropped to twice or thrice weekly with the motions. Nature has now reasserted herself so that he tells me it is only occasionally he employs the unique stretching process. The spine does not so readily "settle down" once the five movements in SPINE MOTION have been introduced. They are most unique motions; hard to describe but easy to do; they give the system an indescribable thrill even at the time. I haven't had a backache since I learned them; nor had a day without a healthful evacuation. As for the colonel, he is doing more work than

ever, is up till all hours, eats what he likes, smokes incessantly—and he doesn't seem to have any nerves.

Bradstreet no longer offers his personal services in conditioning men, but you can have SPINE MOTION in the same form it was given Col. Bemis. The motions have been made clear in five photographs that Bradstreet posed himself. He gives you simple, unmistakable instructions with them. There is no "apparatus." You just do those movements in a few minutes, and in a few days you experience the most marvelous "pick-up"—you look better—feel better—and function better in every way. Oh, that everyone knew of this rejuvenator—young men prematurely old—men whose years have dulled normal interests and desires—all men physically below par!

Those wanting a speedy and surprising demonstration of SPINE MOTION may have the complete method for a week's trial that is free in every sense. Send nothing but your name and address. Then, if it proves plainly that it will work wonders for you—pay Hobart Bradstreet the tremendous sum of three dollars for everything! For those willing to be shown there is a coupon below.

HOBART BRADSTREET, Suite 6055
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE MOTION without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find SPINE MOTION highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name.....
Address.....



Actually Watch Your Strength Increase

Stop groping in the dark regarding your muscular development. The new, marvelous Hutter Indicating Exerciser puts the dangerous "exercise-until-you-are-tired" theory into the discard. There is no guessing with this new Indicating Exerciser. You grow strong, developing every muscle as it should be developed, because—the silent indicator shows exactly what you are accomplishing. Operates on the *live resistance* principle—muscle against muscle. No elastic or springs! You exercise yourself, not the weights, nor the wall, nor the floor. Gives you speed and muscular control rather than bulgy, abnormal sluggish muscles.

Free Trial—Easy Payments

Try it free in your own home for 10 days. Use it as if it were your own machine. Enjoy the thrill of "live resistance." Go to your work feeling full of pep. Watch the Indicator measure your muscular progress. It's just like play with the Hutter Indicating Exerciser. Complete course includes scientifically prepared lessons to direct your work. All members of the family can use the Hutter for muscular development and general health. If satisfied after 10 days' free trial, pay for it in easy monthly payments.

Send Coupon Today

The coupon below will bring you the important facts. It is your obedient servant! Use it. Clip, sign and mail right now for full details of our special Free Trial offer.

Health-O-Meter Company 2124 W. 21st Place
Dept. 5775 Chicago, Ill.

HEALTH-O-METER CO., Dept. 5775
2124 West 21st Place, Chicago, Ill.

Gentlemen: Without obligation please send me full details regarding the Hutter Indicating Exerciser along with your free trial offer.

Name

Address

I am especially interested in

- Muscle Building Weight Increase
 Weight Reduction General Health

American Continental Weight Lifters' Association

(Continued from page 76)

Yet the best tribute we can pay our leader is to comment on his abilities as a leader, his qualities as a mixer and true sportsman.

A friend to all in clean sport, and a deadly enemy to those outside of it. With the courage of his convictions he is always willing to fight for them, irrespective of odds.

We all bow to this veteran athlete and teacher.

The next feature was the contest between M. Berry of Newark, New Jersey and Otto Maier, former German Champion.

This was the first public appearance of Berry, who has always longed for the opportunity to compete.

We were all anxious to see Berry perform, as Mr. Jowett has always spoke highly of the Newark featherweight. It surely was a big job for him to tackle right off the bat; but the President was not worried.

Berry also gave weight away, scaling at 124½ pounds against Maier at 138 pounds; but Berry cheerfully waived this concession and the game began. In the *two hands clean and jerk*, and the *two hands dead lift*, excitement ran high as each man tied and the lifters could not break the tie. Maier won in the *one hand military press*; but Berry forged away ahead in the *two hands snatch*, and also took the *one hand clean and jerk*, making altogether a total of 885 pounds on the five lifts, against 840 pounds by Maier. This gave Berry the lead by 45 pounds.

Berry is a clever lifter, but has a little temperament, which will wear away after more public contact. He will go far, and will probably lead the amateur featherweights of this country.

Maier is a very determined lifter, and his efforts were greatly appreciated by the enthusiastic spectators.

We have to admire the two German boys for the fine sportsmanship they

displayed. They actually filled the gap at the last minute with their gameness.

Their efforts were appreciated by all and we hope to have them with us again.

The last act on the cards was an attempt to establish a new amateur American record in the featherweight class in the *two-hands dead lift*, which was made by a very young lifter from Birdsboro who only scaled at 119½ pounds.

Young Dettor succeeded in lifting 377 pounds in fine style; which both surprised and pleased the spectators.

This concluded the night's entertainment. Each exhibition grows better, as lifters and officers become better experienced.

We had a fine big crowd. One very noticeable fact was that none left his seat before the conclusion of the performance; which proves the interest was sustained throughout. Lifters, officers and spectators all enjoyed themselves.

The shows are so popular that we intend to hold one each week during next fall and winter.

If you wish to compete or to help in any way, write in at once, as we cannot make arrangements at the last minute.

If you are really interested and wish to see the boys succeed and see more of these exhibitions, you cannot help in any way more than by joining the A. C. W. L. A. and giving us at least your moral support.

Before we close we want to explain an error which crept into our columns last month. We stated that the length of the bar between collars should not exceed 4 feet, 6 inches. This should have read "The width between the collars should not exceed 48 inches at the longest with a minimum of 33 inches."

Advanced Muscle Control

(Continued from page 33)

the side, as in the previous feat of pulling out the Latissimus Muscles. Then pull forward on the head and keep your mind on the contraction of the Serratus Muscles. These muscles are more or less relaxed when pulling out the Latissimus Muscles. And the reason they should be so is because they pull the blades in close to the ribs and around to the sides. In the previous stunt you wanted the blades to leave the ribs and come out directly to the sides.

The best way to practice muscle control is before a mirror so that you can notice the effects. And above all, keep your mind concentrated on the muscles to be controlled.

Remember muscle control will help to outline your muscles and is, in itself, a certain amount of exercise. It is one of those things upon which you must concentrate and you may be at it a while before you can accomplish any visible results.

Last month we explained how to begin practicing this control, and it would probably be better for you to learn these less difficult feats before attempting those given here.

You will, however, find it worth while, as it will be very gratifying to you to know how to display for your friends, the development you have acquired in your regular training course.

Can Washington Repeat in 1925 Baseball?

(Continued from page 30)

championship, has been desperately trying to bolster his hill brigade. To that end he brought old Jack Scott back from the minors after banishing him as a disciplinary measure. And he has been making every effort to get Jack Bentley and Nehf, his veteran left-handers, into condition for a flying start.

Likewise, be it remembered that Brooklyn, with nothing but a pitching staff and one brilliant outfielder, raced the Giants neck and neck down the stretch for the pennant last year. Dazzy Vance, Grimes, Ehrhardt and the rest of that Brooklyn staff constitute just about the best collection on any one team in either league. It wouldn't have taken an exceedingly strong team to pull them through in 1924.

If the Giants falter this year they may come through. With any kind of a team in back of them they would romp in.

But this year the Cubs may also play a surprise rôle with two of the greatest veteran pitchers in the game in Alexander and Cooper. Last season Alexander's pitching hand was badly hurt, and the big Nebraskan is chasing toward the forty mark. But that injury is said to have healed entirely, and when the Cubs got Cooper along with Grimm and Maranville from the Pirates in that trade they landed the best left-hander in baseball.

Cooper and Alexander to pitch three games a week between them make the burden much lighter for the rest of the staff. Grimm also bolstered a weak spot at first, and if Hollocher comes back it will be hard to better that infield of Grimm, Maranville, Hollocher and Friberg.

Pittsburgh has plenty of good pitchers and might have beaten out the Giants last year but for dissension in the ranks.

That was brought to light when Barney Dreyfuss staged that deal with the Cubs and labelled Cooper, Maranville and Grimm "The Three Horsemen."

With the opening of the new season comes the same old question. But this year it runs something like this: "Can Washington repeat in 1925?" Will the enthusiasm of their boy manager carry them through again?

On the face of things now, it looks as though the race in the American League is going to be between the Yankees, Browns, Athletics and Washington, with the World's Champions a long way from being favorites against the field, and between the Giants, Cubs, Brooklyn and Pirates in the National with pitching dominating both leagues more completely than it has any time since Babe Ruth first loomed over the horizon with his fence-busting bat and a train of sluggers following in his wake, trying to emulate him.



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—one who must lay there suffering unnecessarily after being cut up? If you are feeling all right at the present time, then you probably do not expect any such thing to happen to you. But how can you be sure of yourself in this respect unless you know that you are taking perfect care of your diet and subsequently your digestive organs? Where is the sense of putting your dependence and really your life in the hands of the proverbial pound of cure when

The Ounce of Prevention Is by Far the Easier, Cheaper and Surer

way of keeping out of the doctor's office, hospital wards and a premature grave. If you are not feeling as you should, don't wait to see what will happen, but play safe by getting NOW, Carl Easton Williams' Course, "EVERYDAY MISTAKES IN EATING." There are five lessons like the one illustrated on this page.

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Don't Let Your Ailments Go from Bad to Worse

Just because they appear as only minor ailments now does not mean that they will stay in the minor class and not get worse as time goes on and you get older. You don't want a miserable, sickly and bedfast old age any more than you want to die young, and now is the time to correct any ailments you possess, for it will be too late in your old age.

If you are ailing and you continue to put off getting this course of Carl Easton Williams', you are taking a long chance on your health and happiness and not giving your body a square deal in its struggle to regain perfect health. Sickness is unnatural and your body is continually striving to get well by eliminating the poisons. Are you helping its success by eating correctly, or are you holding it back and further overburdening it by eating incorrectly?

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(As given in this Course)

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Lesson Two.—Applying Food Science—Fool-proof classification—Natural and unnatural foods—Abuses of cooking—Correcting digestive troubles—What causes acid stomach?—Analyzing your mistakes in eating.

Lesson Three.—Curative Aspects of Diet—What it means to be run down—Scurvy, pellagra—How quickly to correct acidosis—Is fasting desirable?—Weak points of the theory—The milk diet—Anemia—Auto-intoxication—Constipation—Biliousness—Bright's Disease—Catarrh, Colds—Diabetes—Insomnia—Liver trouble—Headache—Muddy Skin—Neurasthenia—Rheumatism—Teeth—Tuberculosis.

Lesson Four.—Your Correct Weight—Reducing surplus—How not to do it—Two dietetic plans, without inconvenience—Menus for reduction—How to gain weight—Exercise for gaining weight, for reducing.

Lesson Five.—Diet in Relation to Your Occupation—Diet and climate—Diet for middle age—When traveling and in hotels—Food preparation—Cooking vegetables—How to bake whole wheat bread—Candy and ice cream—Tea and Coffee sense—Food combinations—Base-forming foods—Acid-forming foods.

How Can I Get More Stamina From My Food?

(Continued from page 25)

although he likes whole wheat bread better when he can get it. And—he uses "quite a lot of milk."

Now, that's a fairly well balanced diet. Not absolutely ideal, but not bad, and a diet that an athlete can build strength on. De Mar secures an abundance of vitamins and minerals from that large amount of fruit, as well as from salads, vegetables and plenty of milk. He suffers from no shortage of lime and the other precious organic mineral salts. His diet would be improved if he ate whole wheat bread exclusively. A non-athletic citizen would not need one or two eggs on top of a portion of meat and a liberal use of milk, but a Marathon runner, of all persons in the world, can utilize a little more protein than other folks, even more than a sprinter, because he breaks down more tissue. At that, De Mar does not carry his consumption of protein very far. Some of our bankers and brokers who do all their running around in motor cars, eat two or three times as much.

And now let us look at the practically perfect stamina-building diet of the Finlanders. Let us not think merely of Nurmi. They have a whole school of athletes possessing this innate quality of durability. Think of Kohlemainen, who first astonished the world in 1912 by winning three first places in the Olympic Games, and then came back eight years later, at Antwerp, and won the Marathon. Take all of the people in Finland, and you have less than two-thirds of the population of New York City alone, and less than one-thirtieth of the population of the United States. And yet their athletes in 1920 won just as many first places in the Olympic Games as the United States, which was nine, and in 1924 they won eleven firsts, including all races from 1500 meters up to the Marathon. Ritola alone would have won four firsts if Nurmi had not been there. And they had Sappola, Katz, Stenroos, who won the Marathon, and others who were better than the field.

And look at what Nurmi has done in this country the past winter. Not only the unbelievable in the individual instances in the way of record breaking, but an incredible exhibition of stamina in a whole season's athletic campaign, setting new records dozens of times. He has gone on week after week, running several times a week, and covering a variety of distances, outclassing all previous records, again and again and again. Prize fighters train for one contest. They work up to a physical climax, high pitch, for one fight, and then they rest. They think they would go stale if they kept on trying for weeks to maintain that fine edge which they call the "pink of condition." And so they would,

most of them, on the kind of food they eat. But here was Nurmi this winter, reaching his top form in his very first record breaking race in America, and continuing to go on in that form week after week, through January, through February, through March, until the man seemed superhuman.

And do the Finlanders eat plenty of the meat of the fleet-footed reindeer, to get this running speed and endurance? They do not. As Nurmi says, very little meat, but plenty of milk. Hard black bread (whole grain rye), many vegetables, fruit, chicken and fish. On this diet these athletes have no stomach trouble, do not break out with boils, do not get stale. And stamina? Oh boy!—stamina like the car that is made of good hard metal. Nothing soft about these boys from the far North, so long as they eat that hard bread.

The backbone of the diet of Finland is this black bread, which is very much like the native whole grain rye bread used for centuries in Norway and Sweden—a regular maker of Vikings. It is not a light, "raised" bread, in the sense that American bakers think of "bread". It is solid food, baked into a hard disc nearly half an inch thick, and in that form will keep for a long time. It is not necessary to bake it fresh every day, as we do. The Finnish rye bread is dark brown, almost black in color, and the disc loaves are about twelve inches in diameter. Grantland Rice said about it: "After attempting to take one bite of this soul building layout, we decided on the spot that this bread could only be eaten where men are men and teeth are teeth."

But there is now another chapter to be told, touching on Nurmi's experience with American food. Nurmi had not lost a scratch race for about five years. Then came a gruelling race about the middle of March, for a distance of 5,000 meters. He ran his usual race for a distance of some 4,000 meters, and on the way set three new records. And then, to the amazement of every one, he caved in, doubled up in agony, and dropped out of the race. The durable Finn broke down! And how and why? It was found that he had eaten a big American dinner of roast veal about three hours before this race, and as a result suffered a spasm of the stomach during his exertions. This load of meat, which the conventional American thinks is the source of strength and stamina, proved his undoing, in that race. We hope he has learned his lesson, and returned to the simple diet of his native Finland.

It is significant that Nurmi, like De Mar, drinks plenty of milk. The sturdy Washington University oarsmen who last year journeyed all the way from the Pacific Coast to defeat

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the crack crews of the East on the Hudson, used lots of milk in their diet. And if there is any better test of stamina than distance running it is rowing a four-mile race. The lesson seems to be that we can get endurance from a diet of whole grain food, milk, fruit, salads, vegetables. A little meat or fish or chicken on the side may be all right, but should not be made the basis of the diet.

Of course we do not have the Finnish rye bread on sale in every grocery store in this country. But it is surprising how the whole wheat bread idea is spreading. Three-quarters of

the four thousand bakeries in New York City, for instance, are now baking whole wheat bread, most of it the honest, genuine article. New York City is now eating more than a million and a half pounds of whole wheat bread each week, as against ten thousand pounds a week six years ago. And what has transpired in New York City is gradually coming to pass the country over.

Continuing this series of articles the writer will take up some important considerations with reference to so-called energy foods, and current fallacies regarding them.

Relieving Pain by Nerve Pressure

(Continued from page 43)

complete in four or five treatments. In other inflammatory eye conditions it may be necessary to repeat the treatment daily for several weeks. A bandage soaked with camphor water and bound around the index fingers, helps materially in relieving itching and congestion of the lids.

For the relief of nervousness, especially that form of nervousness that manifests itself in fidgety irritability, insomnia and high tension, a modification of grandmother's method of quieting the restless baby has been found most efficacious by Zone Therapists. Have the patient relax in bed or on a comfortable lounge. Then stroke the wrists and forearms—always in an upward direction—with the teeth of the metal comb or with the back of a table knife, or, if the metal seems to irritate, use the tips of the fingers instead. This action, continued for from fifteen to thirty minutes, will usually quiet the most restless, and is often more effective than a sedative.

Strange to say, this same stroking of the wrists and forearms has a wonderfully soothing influence upon a sick stomach, although with sea-sickness or car-sickness better results follow deep pressures with the teeth of the metal comb across the backs of the hands.

But it is in relieving the pains and disorders peculiar to women that Zone Therapy gives the most clear-cut results. Hundreds and hundreds of women, who have had to "give up" and go to bed for a day or two each month, are now, owing to their use of Zone Therapy, absolutely free from pain and irregularity.

For treating these conditions a serrated, rough-surfaced tongue depressor (procured at most drug stores) is best although, if this is not available, the handle of a large spoon or the bone handle of a tooth brush may be used. This should be applied to the tongue three-quarters of the way back and on the median line. The patient's head should be held rigid, and the lower jaw supported so that considerable force can be exerted. The pressure should be held firmly for two minutes. Then it should be relaxed and the tongue depressor moved slightly, so as to change

the point of focus. Or the instrument may be turned or rotated from side to side, at one-minute intervals, for five minutes.

It might be added that pressure or "banding" of the thumb, first and second fingers of both hands help materially in this condition. One of the most comforting factors in the practice is that the patient is quite as well the next morning as she is even directly after the most successful medical treatment.

Occasionally deep pressure with the metal comb on the back of the hand, "combing" thoroughly the region of the thumb, first and second fingers as far as the wrists, has given excellent results in pain and irregularities. But the tongue pressures are most uniformly successful.

Some of the results following the application of Zone Therapy in deafness have been positively startling. Men who had never heard a phonograph or listened through a telephone have recovered a very fair degree of hearing; and one woman who never knew what her husband's voice sounded like, she, having been deaf for many years before her marriage, is now able to carry on a conversation.

A young soprano, who was progressively losing her hearing so that it was no longer possible for her to "sing in the pitch" or harmonize with other members of the choir, after a few weeks of treatment completely recovered her hearing and was able to accept an engagement with a concert company, a much more remunerative position than the one she had been forced to resign.

Her treatment consisted in "tucking" a wad of surgeon's gauze (a solid rubber eraser gives even results) in the space back of the wisdom tooth, between the last tooth and the angle of the jaw, and having her bite forcibly upon this, repeating the procedure several times daily. In addition to this she "worked" with a metal comb upon the joints of the third (or ring) finger.

If a physician should treat a similar case, it would be well for him to hook a blunt instrument behind the soft palate and stretch it gently forward. This action powerfully stimulates the circula-

tion in the ear zones, and is most helpful, particularly in catarrhal deafness.

If Zone Therapy were universally known and practiced it is quite likely operation for goiter would be relatively infrequent. For the results of properly applied Zone Therapy have been almost uniformly successful when tried in cases of this kind.

Upwards of three hundred cases have now been reported cured. The tape measure shows that in some of these patients the enlargement of the thyroid decreased three inches in as many weeks. One very responsive case was reduced from 14½ inches to 13 inches in three days.

In treating goiter, a thin blunt-tipped probe is passed through one of the nostrils to the back wall of the pharynx. Pressure is made low down on this wall (a little practice will determine the exact spot to probe) until a definite sensation is felt in the region of the goiter. Sometimes this is "metallic." Or it may be a sensation of cold, or tickling, or else a mild pain. This pressure is held for several minutes, repeated three or four times daily and results begin to manifest themselves quickly enough.

In addition to the treatment on the throat wall, pressures may be made upon the joints of the thumb, first and second fingers. Or if the goiter is a very broad one, and extends over into the fourth zone, the ring finger must be employed.

A moderately tight rubber band worn upon these fingers for ten or fifteen minutes, three or four times daily will also help. The treatment must be persistent. It must be the intent to keep the goiter zone "quieted," never allowing it, except during sleep, to come completely out of the influence of the pressure.

And be certain that the teeth are put in perfect condition before attempting to drive a goiter off the premises. For any irritation of inflammatory process kept up by the teeth prevents the proper restoring of function by Zone Therapy.

It is a remarkable thing that this old-fashioned method of treating ills should be found to contain such scientific truth.

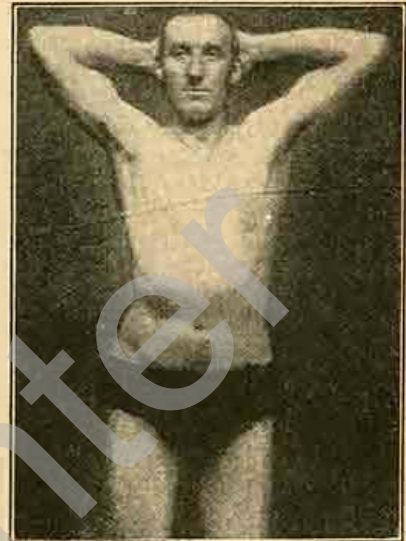
The age when the old woman of the neighborhood did the curing happily has gone. Sometimes she cured and sometimes her ignorant methods brought on more serious ills. As medical therapy advanced, the laity became more educated also, and began to fear the old-fashioned methods of healing and finally to laugh at them.

But in casting aside these remedies, we must be careful to retain the germ of truth contained therein. Science has done this for us in many cases and Zone Therapy is no exception. It has evolved from grandmother's healing powers.

The absurd and utterly impossible thing of to-day is the accepted truth of to-morrow. On its face, Zone Therapy seems ridiculous. But next month or next year perhaps, as its value becomes more widely recognized, the most ridiculous thing about Zone Therapy may be that we ever doubted it.

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These photos show the almost miraculous transformation of Mr. F. F. O'Brien, of New York, in six months' time into a healthy, powerful man by my unequalled method. Think of it—Now he can lift over 500 lbs. with his hands and easily over 2,000 lbs. with his legs.

What About Yourself?

Are you ambling through life with an excuse of a body—battling with functional weakness—inability—sluggishness? Are you handicapped with that constant tired feeling—Constipation—lack of determination and personality—then you surely need building up. Don't waste your time experimenting. It is expensive dangerous.

Come to Me.

I will help you make a better man of yourself in a few months. The experience I have gained in 30 years of teaching enables me to show you how to develop your inner strength to make you feel **FREE and POWERFUL in BODY and MIND**—teach you a simple and interesting way to shape and strengthen

your body so you can be proud of it. What I have done for friend O'Brien and many others, I will do for you. Grab your chance now—write for my **NEW BOOK** today. **It is free.** It contains the solution to your Problem.



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Check here if you want our agent's proposition.

Name.....

Address.....

Cut Down Your Diet and Gain Weight

(Continued from page 47)

butter, fat meats, bacon, lots of potatoes, lots of sweets and candy, lots of cream and lots of butter.

When I had finished the list, she said: "No wonder you are thin, on a diet of that sort!"

To which I responded, "Why those are all very fattening things, and at all the sanitariums the doctors and nurses especially recommended them to me.

"Well," said the lady, "You have finished eating them now, and also, I hope, you are finished with doctors and nurses, and sanitariums, for I am going to starve you into getting plump and well."

This was very revolutionary, but I somehow had sense enough to let her go ahead.

The first move she made was to fast me. She took away all food. I was greatly astonished and exclaimed, "Why, I'll get still thinner than I am!"

"All right," was her answer, "so much the better, for if you get thinner it will speed things up for me, what little flesh you've got is full of poison, and had as well be gotten rid of, as so much waste matter."

Well, she fasted me five days. During that time I had to drink a great deal of water, fully a gallon a day, and she washed out my bowels with high enemas, and gave me lemon juice and water several times during the fast.

I felt perfectly fine all through the fast and not a bit weak, strange to say. It was the first time I had ever fasted. So it was all very astonishing for me, and to feel so well and happy and buoyant was a very strange thing.

On the sixth day she gave me milk, half a glass at a time, and repeated it every twenty minutes, and kept me lying down in a hammock out of doors.

For three weeks I had nothing but milk to live on, excepting a little orange juice, and in that three weeks I gained seventeen and one-half pounds, and felt full of exhilaration and joy. I noticed that I commenced to have a moist, soft skin, a thing unknown to me. You can't imagine my emotions when I saw the scales register above one hundred for the first time in my life, and then to see it creep up and up steadily and surely!

After the first week of the milk diet I was allowed one day to eat two oranges and they tasted delicious, I can tell you, and so did the milk for I grew to love it, though I used to hate milk. But, you see, my instructor had me so thoroughly cleaned out that I didn't once turn against the milk, which was, by the way, whole, raw milk, and not pasteurized.

When I began to eat regular food, she reduced my milk from seven quarts to two quarts a day, gradually, and then commenced to give me the most delightful meals.

I had always been accustomed to a breakfast of oatmeal, or other cereal, heaped with sugar and cream, two eggs and bacon, or chops and fried potatoes;

toast and jam and sometimes griddle cakes; and syrup with a cup of coffee and cream.

Poor me!

But I didn't know any better then.

Now all the breakfast my dear wise lady would let me have was of fruit—all fruit, and at first and for several weeks only one kind of fruit. Oranges were eaten at first, as she considered them the mildest, finest fruit for digestion. I ate two usually, although sometimes she would let me have three.

About one and one-half or two hours after I ate my oranges I could commence to take milk, one glass at a time every half hour till I had taken eight glasses—my two quarts.

About three hours after the last glass was taken, I could have my one meal; such a wonderful meal and so perfectly relished. It varied from day to day, this meal, and here are some of the things I had:

Fresh string beans eaten with butter, romaine salad, a dish of spinach with butter, one slice of whole wheat bread and butter.

That was my entire meal.

Here is another:

A baked potato eaten with its jacket and, all, fresh green peas with butter, a plate of lettuce leaves, a glass of clabbered milk.

Here is a third one:

Young, tender lima beans with butter, dandelion greens, tender peas, lettuce. Nothing else.

Another:

Green corn on cob, tender little onions, spinach, glass of clabbered milk.

Again:

One slice of toasted whole wheat bread with butter, spinach, stewed celery with butter and a plate of romaine.

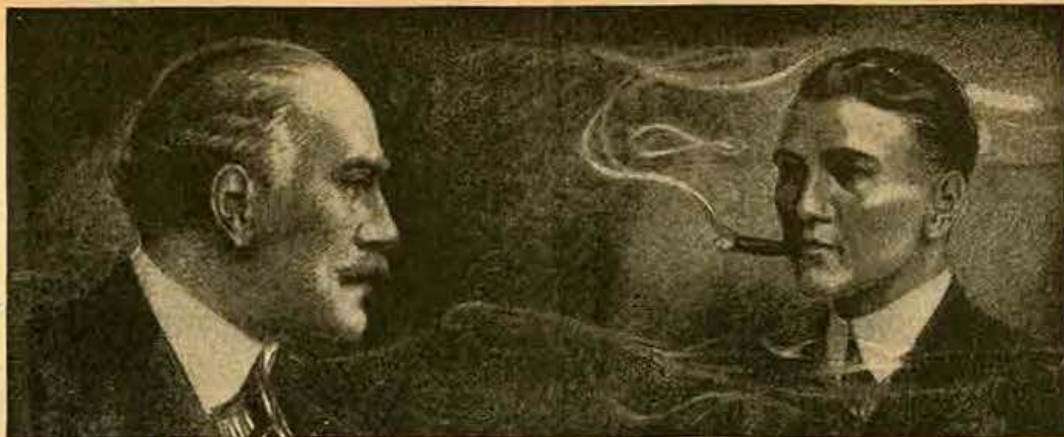
I never have had any dessert since I began the course; yet I have never missed it. In fact, I haven't swallowed sugar for so long that I wouldn't know what to think of it, and whatever you, who read this may think, I have grown fat on this sparse and singular diet which consists of two quarts of milk a day and one meal made up mostly of vegetables.

You see the secret of the whole thing is this—I can assimilate all the things I eat because they are easy to digest and are correctly combined. There is nothing to form fermentation and acid and no waste stuff to tax the digestive machinery. Milk can be digested by the weakest stomach, if properly taken; so that gives me plenty of all sorts of wonderful things for my system and makes new blood, which, in turn, improves my whole state of health and gives me a good digestion.

Then so many fresh vegetables cooked right, digest easily and are, in turn, blood and nerve makers, so I am well nourished and fattened without stuffing.

I have been taught by my instructor to chew my food long and earnestly. I

(Continued on page 87)



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No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious

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Tobacco Redeemer contains no habit-forming drugs of any kind. It is in no sense a substitute for tobacco. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy.

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The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

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America's Most Beautiful Milk Diet Sanitarium. Send for circular telling about our new location and natural health-building methods. Twenty years' experience in treatment of chronic ailments. Dr. Galatin's Sanitarium, Box 8, Lutherville, Md.

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Make Your Own Adjustable Bar-bell, Kettle-bell, Dumb-bells. Materials cost \$3.00, obtainable at home. Directions, patterns, diagrams, \$2.50. Complete lessons free. Fair! L. Whitten, 101 Front St., Bath, Me.

Scientific Methods of Self Defense: WRESTLING, BOXING, JIU-JITSU. Complete Illustrated Course in Book Form, Postpaid \$1.00. Free Circular on Request. HERB WADDELL, Champion Wrestler and Self Defense Expert, 607 Gearing Ave., Pittsburgh, Pa.

New and Used Correspondence Courses at 1/2 usual price; easy terms; all schools and subjects. (Courses bought, rented and exchanged.) Bargain Catalogue Free. Educational Correspondence Exchange, 25 Bagley Street, Pontiac, Michigan.

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MEN, 18 to 35. Become Railway Postal Clerks. Commence \$1600 year. Common education sufficient. Sample coaching lessons free. Write immediately. Franklin Institute, Dept. C64, Rochester, N. Y.

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Personal

HOME TREATMENT. Dr. Crandall's book on "A Plan of Daily Living." A sanitarium treatment right at home and less than the price of a visit to the doctor's office but worth many times more. Send at once. Price \$1.00. DR. CRANDALL'S HEALTH SCHOOL, York, Pa.

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Books; Chiropractic, Osteopathic, Naturopathic, Sex, for drugless practitioners. Circulars sent. Murray Publishers, Box 598, Elgin, Illinois.

Success Books: "Master Key," 410 Pages, \$2.50. Bargain Catalogues 10c. Phipps, 1014 Belmont, Chicago.

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Learn privilege trading, remunerative returns, \$75 up sufficient. Write Dept. P, Paul Kaye, 149 Broadway, New York.

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Big money and fast sales; every owner buys gold initials for his auto. You charge \$1.50, make \$1.44 profit. 10 orders daily easy. Samples and information free. World Monogram Co., Dept. 155, Newark, N. J.

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Miscellaneous

Bulldogs. Trained Fighters Or Pups. Bulldogs, 501 Rockwood, Dallas, Texas.

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PHYSICAL STRENGTH

AND
HOW TO ACQUIRE IT

BY
J. LEONARD MASON
INSTRUCTOR OF PHYSICAL EDUCATION
UNIVERSITY OF PENNSYLVANIA

LESSON I

THE MILO PUB
THIRD &
PHIL.

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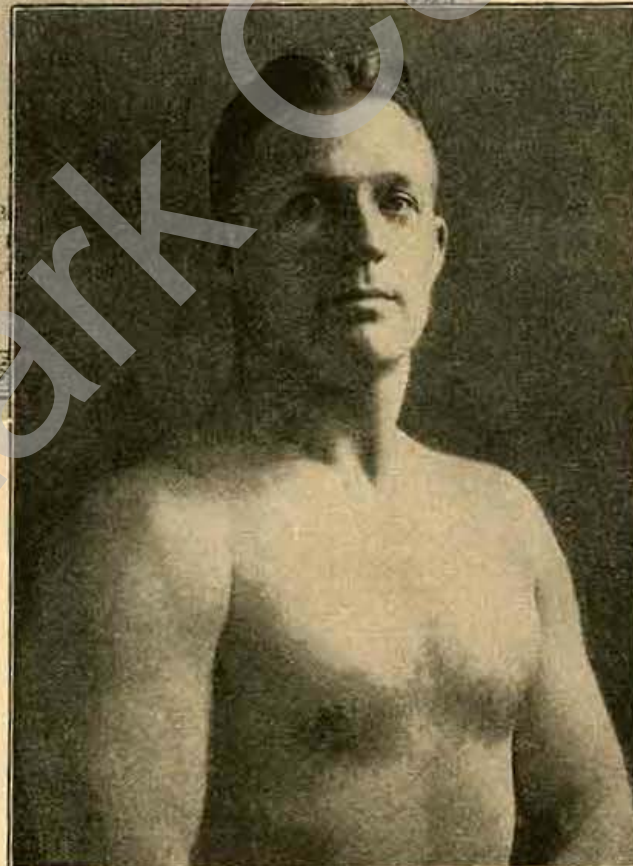
STRENGTH
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Enclosed please find \$5.00 for which send me Mr. J. Leonard Mason's five-lesson course, "Physical Strength and How To Acquire It," and enter my subscription to Strength Magazine for two years.

Name.....

Address.....

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



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A man who is selected by so large a college as the University of Pennsylvania to instruct its hundreds of students knows his business. J. Leonard Mason has been Penn's physical instructor for years. He has developed hundreds of men and knows what YOU need in the way of training in order to cure your ills and greatly strengthen and develop your body. And this body of yours deserves the best of care. First: Because it is the only body you'll ever get. Second: Because ill health and a weak body are the greatest drawbacks to success.

"PHYSICAL STRENGTH and HOW TO ACQUIRE IT"

is a real good course, regardless of the fact that we are giving it to you entirely FREE with a two-year subscription to the Strength Magazine. Here is an offer you should be ashamed to refuse. Twenty-four issues of Strength purchased at a newsstand would cost you \$6.00. By filling in the coupon on this page and mailing it to us with your \$5.00 remittance, you not only save a dollar on the Strength copies, but you get Mr. Mason's fully illustrated five-lesson course FREE.

Surely you can see the greatness of this offer—the wonderful opportunity for you to get physical perfection and perfect health FREE and the two years of interesting monthly reading of Strength at a saving of \$1.00.

This Offer is Worth
Many Times the
Price of \$5.00

Being a reader of Strength, you know how this magazine is steadily improving, and we can promise you it will continue to improve with the exceedingly interesting and instructive articles that will appear in the future issues. You will spend many an enjoyable, instructive and profitable hour in the next two years reading Strength.

By getting Mr. Mason's course you will save many a dollar in doctor's bills and your earning power will be increased through your improved good health, clear brain and pep that this course will give you.

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Attach a \$5.00 Bill
and

**MAIL
NOW**

THE MILO PUBLISHING CO.

2739 N. PALETHORP ST., Dept. S-5-25 PHILADELPHIA, PA.

Cut Down Your Diet and Gain Weight

(Continued from page 84)

am never permitted to eat my food rapidly. If I haven't time to eat slowly and with thorough mastication, then I am told it is better to go without the food, as it only turns into poison when eaten with haste.

All my food is cooked especially. My wise lady taught me just how to do it. All vegetables are simmered and served with their juices retained. The whole wheat for my bread was ground in a little mill at home, just before using, the wheat being seed wheat of the best quality. All my vegetables were fresh and young and tender. I am not allowed to eat anything canned.

So by this simple food plan I go on building up more health and strength and vigor. I have a figure that shows

strength and flexibility and a skin clear and healthy-looking.

My instructor taught me also the very great value of regular daily exercises and much deep breathing, but I have already taken up so much space that I dare not discuss these, for after all, just such exercises may be found all the time in the pages of this magazine, and, by following them, one may get elastic muscles and a healthy beautiful body, which adds infinitely to the joy of life. "Eat wisely and then exercise to assimilate it," my beloved instructress said. I proved the truth of that saying myself, and I know that tens of thousands of invalids need not be invalids if they would only seek to know the secrets of proper living.

Our Girls' Circle

(Continued from page 53)

would be a good idea to eat a little lunch, fruit or sandwiches, in the late afternoon, or as soon as you have finished work and thus tide yourself over until after your exercise. The fatigue which makes you fear exercise is usually due to lack of it. The only thing you must watch is that you get sufficient rest to profit by your effort.

We wonder how many girls would be interested in organizing a club among their friends, the purpose of which would be to get outdoors for a number of hours every week. With a crowd it would not be a bit difficult to change your sports with the season. You have a large variety to choose from,—roller skating, ice skating, ball playing, camp fire parties, hikes or any imaginable sport. Any of you who have a club like this in your town or among your particular set of friends would do us a favor to write and tell us about it and how you have made it easy. We would pass your suggestions along to our other girls, who will probably profit by them.

We want to hear from all who are interested in athletics of any kind. We are going to show our readers what is being done in sculling, basketball, sprinting and all sports in which girls are interested. We will depend upon you to help us.

Dear Miss Heathcote:

Your nice letter received, and I am so glad you think I have improved. I am following your instructions faithfully and I am actually quite slim now. Have worked that "slacker" flesh off of my hips, and I am going to have some more photos made for your magazine. I will be so happy to have my picture in STRENGTH, and am working hard to get my figure in good condition, for I have told a number of my friends about it, and they all get the magazine and will see the picture. I certainly want to look my very best. That is only one reason. I want to keep "fit" because I feel so much better. My skin is clear and my eyes are, too. I really enjoy the exercises. Will you give me one especially for making the

abdomen flat? I have never worn corsets or girdles and have always worn loose clothing.

I have gotten several girls and women interested in your magazine, and, of course, that means physical culture for them. Also two old fat gentlemen in my office. They are reading STRENGTH and walking to get slim waist lines. They never bothered about it until I showed them the book and articles by men as old and older than they.

Thanking you for your advice and kind interest, I am,

Atlanta, Ga.

Sincerely,

E. S.

We are glad you are satisfied with our exercises and want to congratulate you on a decided improvement in your physique. We could give you abdominal exercises, but would not have room here to go into the subject as thoroughly as it is being gone into in *Exercises Women Should and Don't Do* in this issue of the magazine.

We will be glad to hear from you again.

How Can I Reduce?

Dear Miss Heathcote:

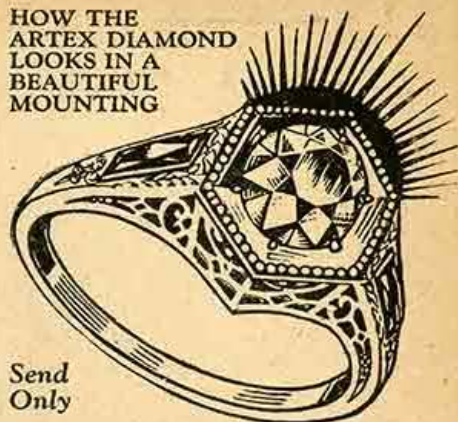
I must write to tell you what an inspiration your magazine is to me. About the time I am ready to despair and get discouraged, I get one of your magazines and when I see in it the beautiful women expressing health and strength I have always coveted, but never had. I get a big boost, and am filled with new courage.

I am answering your kind invitation of the Girls' Circle—but first I will have to admit I am not a girl. I am 37 years old and have a wonderful family, three lovely children, my oldest a boy almost eighteen, one of the best of husbands, and everything to make a normal woman happy. I don't complain, for I don't believe in it and am ashamed to, with all my blessings. But I am not happy, and very miserable most of the time for I am not well.

I am overweight and anæmic. I am better now than I have been for some time, but am still constipated, and have tried so hard to overcome it. At times my nerves give me lots of trouble. As for reducing,

(Continued on page 89)

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SLIP your name and address with 10c in stamps or coin (to help cover cost of handling) in an envelope and get it right off to us. Your ARTEX DIAMOND will reach you by return mail fully prepaid.

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Illustrations Showing the Different Stages of a Back Somersault with Weights

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



hundreds know it through actual experience.

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

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

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

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

Study the Picture of Myself Holding a Perfect Hand Stand

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

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



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

And Why Is This Course So Good?

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

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

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

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

MacMAHON
180 W. Somerset
Street,
Philadelphia, Pa.
Studio A-32

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

Name

Address

City and State

You Can Give Exhibitions and Vaudeville Acts

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

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

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

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

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

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

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

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

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

MAIL THE COUPON NOW

with your
check,
money-order
or cash



CHARLES MacMAHON

CHARLES MacMAHON

Studio A-32

180 W. Somerset St., Philadelphia, Pa.

Our Girls' Circle

(Continued from page 87)

I am very much tempted to use drugs for exercise and diet are so slow, and I get so discouraged.

If you can give me any help, you may be assured I will certainly appreciate it. I am enclosing my present measurements. Is my calf out of proportion for my ankle or is my ankle large?

Yours very truly,
L. S. M.

Detroit, Mich.

Your flesh seems quite evenly divided over all parts of the body. Your calves although a trifle larger than most women of your height are still small in proportion with the rest of your body. You did not give me your ankle measurement so I can hardly answer your question as to whether or not your calf or your ankle is out of proportion. We certainly would not advise medicine of any kind, nor any of the fat reducers on the market today. The only normal way of reducing would seem to be through diet and exercise.

Possibly you don't understand that perfect weights as we take them today are simply a matter of "averages" and that some women would not be normal at the weight given in the list of "average" measurements. However, you can reduce and reduce considerably.

You don't say of what your diet consists. We would advise plenty of laxative foods such as are given in the April number. We would particularly recommend that you give up such foods as white potatoes, fries, pastries, and bananas, and make your diet consist as much as possible of greens and fruits, particularly oranges. Above all things omit sugary pastries or candy which would tend to be fattening. Bran or whole wheat, or possibly both of these could be added to your diet. Remember milk is not to be regarded in the category of fattening foods. It would be better not to cut down on your diet but rather to be sure that you eat the kind of foods that do not go into making flesh.

For exercise begin with straight leg movements, vigorously raising the legs in front and in back with a pendulum motion and striving to go higher with each successive attempt. Hold your knees rigid on the forward kick and bend a little on the back. Specialize on this for a while doing it at different intervals throughout the day. Also begin by lying down and raising your legs as high as you can, then lowering them until the heels almost, but not quite, touch the floor. Keep this up until tired.

After a few weeks of this work done persistently you are ready to begin the waist and abdominal movements given in *Exercises Women Should and Don't Do*.

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

you have done this work for a while, write and let us know what your improvement is. Possibly we can be of further help to you.

Oily Hair

Dear Miss Heathcote:

I am writing to you hoping that you will be able to give me some help about three questions that I am going to ask.

First, I have dark bobbed hair that is naturally straight and I sometimes curl it myself. When we have damp weather and I have curled my hair, it naturally comes out of curl, but what I can't understand is why it seems to get so sticky and the strands stick together. It does not get this way if I have just washed my hair. I have been massaging my scalp and brushing my hair well every night, and I wonder if this causes the oil to get into my hair and the dampness affects it then. If you can tell me the cause of this, I would appreciate it very much.

Second, I have noticed that if I eat my breakfast and then am not hungry enough to eat lunch, that later in the afternoon I have an unpleasant thick taste in my mouth. I have a very bad habit, that I am trying to overcome, of eating too much when I am very hungry and eating too fast. Is this the cause of the unpleasantness in my mouth?

Third, My hands seem to get cold and stay cold even when I am indoors and it is warm. They never do get very warm and sometimes I am comfortable everywhere else except my hands. Could you please tell me the cause of this.

Kindly let me know about these questions as soon as possible and I will appreciate the information very much.

Respectfully,

E. G.

Mt. Rainier, Md.

It is oil in your hair which helps to make it unmanageable although the dampness is the main cause. The hair soaks in moisture from the atmosphere which makes it heavy; but oily or dirty hair is usually harder to keep curled than hair which has recently been shampooed. In brushing your hair don't make the work too vigorous. Read the answer to R. S. in the April number. A shampoo is given for oily hair with complete instructions.

About that taste in your mouth, it probably means that you are not eliminating the poisons from your system. Add some laxative food to your diet, bran or whole wheat, and omit starchy foods particularly white bread, and see if it does not improve. You might try to get more exercise.

It is poor circulation probably that is causing the cold condition of your hands and exercise would be the best way to overcome this.

We do not believe that many girls are interested in *The Strong Woman* story, and we would appreciate it if any one who is interested would drop us a line. We thank you for your suggestion and if there is sufficient demand, will be glad to give you the information through the magazine.

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The Mat

(Continued from page 62)



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of foreign grapplers who desired to try their luck in America.

I welcomed this trip as a rest, for I had been working continuously, and so I took no part in the wrestling workouts on board. In fact, I kept away from them.

I noticed the enthusiastic crowds around the ring, and heard the excited jargon of mixed languages, but I did not realize the bitterness of racial creed that was being worked out until the evening of the third day of my voyage.

I was sitting in the dining-room, about nine o'clock, when several men entered and came straight over to me. They were visibly excited, and as the spokesman addressed me, his voice trembled. Coming right to the point, he exclaimed, "Your name is Jowett, and you're the fellow who wrestles under the name of 'Young Hackenschmidt,' ain't you? Well, there is a durned big foreigner who has thrown every man on board, and brags that there never was anything on this side of the Atlantic he couldn't whip. If he had been fair, it wouldn't have mattered, but he hates Americans and every one of our boys he threw to hurt, and did hurt them all, one he hurt bad. You have a big rep, so we're putting it up to you, as everybody else has tackled him. What do you say? Game?"

I asked how much he weighed. It seemed he was a heavyweight, while I was still just a welterweight of 148 pounds and only nineteen years old.

"Well," I said, "I can only try, and I'll do my best."

Each man grabbed my hand in turn, and one excitable little Irishman let out a yell, and in his eagerness to go grabbed me so suddenly that he nearly sat me on the floor.

I remonstrated with him that there was no hurry, as the man could not get off the ship, and finally he quieted down sufficiently to let me finish my meal. I wanted them to go up and leave me to follow later, but the Irishman, fuming with impatience, refused to leave me.

You must remember that I was young, and patriotic sentiment burned strongly within me. The fact that all on board felt the insult keenly—crew and passengers alike—fixed a determination in my mind that I would die rather than be beaten by that big brute. But of this I said nothing.

Later on with two of my friends from New York and the Irishman, I went into the smoking-room to find my opponent.

I will never forget the moment I stepped in the door. The place was packed, and everybody was talking and arguing at once, while the foreign god sat on a table drinking and bragging with his friends around him singing wildly in celebration of his recent victory. The victim of that match was a sunny-state grappler whose leg he had crippled.

I gazed on the sight, and the silence that dropped over the cabin showed

that I had been recognized. One could have heard a pin drop. The only audible sound was the lapping of the waves against the ship.

With my hands in my pockets I sauntered to where the big man was, and inquired calmly, "Are you the fellow who wrestles?"

As I have said, he was tall and of large proportions. Languidly he turned, looking on the level of his eyes, apparently expecting to see a man his own size. As his gaze descended upon me his lips curled with scorn. Though the Lord may have made me good, he did not make me very tall, and the Irishman was much shorter than I, so the big man exploded completely.

"Vell, vat about ud?"

"Oh, nothing," I replied, "but you have made a certain statement I want to accept."

Up to this moment a perfect silence had reigned, and the air seemed to vibrate with the suppressed feelings of both sides, as we two addressed each other. But now everybody found his tongue at once. The result was that the Captain of the ship made the match and the ship's doctor was to be referee, with the bout set for the next day. The way people shook hands with me you would have imagined I was some God-sent deliverer.

In the excitement I slipped away and tried to sleep, but it was of no use. I made a thousand plans of how I would wrestle to beat him, while my professional judgment told me that all my planning meant nothing. Yet I faithfully promised all my friends to beat him, and when I had done so, I swore I would make the monkey out of him that they desired, whether it took me one minute or one hour to do it.

The day of the match dawned stormy and the contest was held between decks.

When the time arrived we were amazed to see my opponent had taken on another man, as he considered me "too small." How sore the crowd was! This was the last straw, and the doctor and the Irishman charged the ring together, and angrily demanded the man should keep his agreement.

"Bah," he snorted, "bring un on, ban brak un up."

I stepped into the ring with the Irishman who would not leave me, and began to discard my robe. The moment I stepped out for the doctor's inspection disrobed, a storm of approval swept the crowd. I was in perfect condition, looking much heavier than I was, as I was always powerfully constructed.

The disparity of weight did not bother me, for in those days, if you were a good man, you were supposed to be good enough to meet any man, regardless of weight. On account of my strength, I always met much heavier men than myself.

Three times the doctor took my hands in his and felt the arm muscles, and each time he shook his head, unsmilingly, and walked away.

The Irishman, more spontaneous,

shouted out to the doctor, "Ye needn't be scairt. He's all right."

My physical appearance had evidently made an impression on my opponent, as he had now lost his insolent stare and was asking who I was. The English-speaking crowd took this opportunity to kid him badly.

We took our corners and as time was called, I leaped into action amidst the wild shoutings of the people. They wanted me to do everything possible and impossible to him, and whether it was luck on my part or the attitude of the people along with my vicious attack that demoralized the man, I do not know nor care. I know it resolved into the shortest bout I ever had. I secured the first hold; but he countered and tried his pet stroke, by securing a front-waist hold, quickly pulling towards his body and thrusting his head under my chin, thus driving my head back. This he followed by a grapevine which, altogether, was enough to break the back and smash in the head. Our exchanges were very fast, and I countered by turning in and securing an arm and crotch hold. I heaved him overhead, and before he could hit the mat, I leaped on him, and with an effective waist, head-lock and back-heel, I crashed him to the mat, underneath.

The force of the impact was terrific, and he lay there quivering and unconscious on the mat. He was broken. It actually did not last a minute, and its suddenness astounded the people. Then the crowd went wild. They broke down the ring in their eagerness to congratulate me, and all tried to shake hands at once. They slapped my back till it was sore, while the ship's doctor, an elderly excitable man, hugged me like a bear and all he could say was, "I knew it, as soon as I saw you strip! He had no earthly chance." One enthusiastic Swedish girl hung onto my arm as though it were her own, while the Irishman wept with joy. Everybody was elated at the quick downfall of the brutish wrestler, and for the rest of the voyage he hid himself. I gave an exhibition of weight lifting and wrestling afterward that delighted every one on board, and for the remainder of the trip I was feted to such an extent that it embarrassed me.

As the ship docked and I was stepping down the gang-way, I heard a shout. It was the Captain and the doctor. They said goodbye and wished me God-speed, telling me that that contest would live within their memory forever, as the one time when patriotism asserted itself enough to whip a braggart bully. And I believe it made them feel happier to think it was a boy who had done it.

Just the honor of victory was mine. Yet the sight of those eager faces, the sound of the anxious, excited shouts, the thrill of the physical combat, live in my memory as a greater recompense than any trophy I have ever won. To win amid the plaudits of my countrymen, that was enough for me.

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Ask the Doctor

(Continued from page 55)

several times, which, however, relieves the weak feeling. While I am sending this letter I will take this opportunity to ask for some remedy regarding catarrh of the throat.

A. P. B.

There are no remedies for loose cartilage in the knee. This trouble may respond to bandaging and keeping the knee quiet as long as possible so as to permit normal contraction of the ligaments. Cold compresses and massage may also be helpful, while electricity in the form of a direct spark has also given beneficial results.

Catarrh of the throat may be the result of a general condition which may have its origin in over feeding or improper feeding, a lack of mineral salts in the blood or various other causes. It may also be caused by dripping from a nasal catarrh. In this event, and also for the treatment of general nasal catarrh, you might have a druggist put up a prescription: Oil of pine needles, thirty drops; oil of eucalyptis, thirty drops; menthol, five grains; carbolic acid, two drops, and benzonal to make an ounce.

Use a Devilbiss atomizer, No. 15 is best, morning and evening, religiously.

Dear Doctor:

I would very much like to know if there is any cure for a prolapsed stomach? My husband has been troubled for a number of years by excess bile in the stomach. He is in the habit of drinking about a quart of warm water before his dinner and throwing it up. This brings considerable bile up, and he can then eat his dinner and digest it fairly well.

The doctors cannot find anything else the matter with him, except that his blood pressure is below normal. He is 55 years of age, and outside of the trouble mentioned seems in pretty fair shape, somewhat underweight, but works every day. Several years ago he was troubled with an acid stomach, but proper diet has cured that completely.

MRS. GEO. A.

Burlingame, Cal.

To overcome a prolapsed stomach, the first thing necessary is to build up the general system, especially the muscular system. One of the very best ways in the world to do this is the graduated system of bar bell exercises, bringing into play the muscles of the abdomen. I would advise you to get in touch with Mr. George F. Jowett, Body Building Expert. You may write him in care of STRENGTH. Also, there is a very great deal to be accomplished by mechanically lifting the stomach back into place morning and night. This is accomplished by the patient lying in a reclining position with the knees flexed. Then he or some husky member of the family should manipulate the abdomen and stomach in a rotary motion, exerting strong pressure in the direction of the throat or chest, dragging up the stomach and the entire intestinal contents with a firm grip. If continued for a sufficient interval of time, this quite frequently effects an entire cure of the condition.

It may also be well to supplement this by assuming a knee-chest position for a while, allowing the stomach and intestinal organs to drop up into the upper abdominal cavity. In other words, while the patient is in a kneeling position, the abdomen raised high in the air, face on the floor or bed, the weight is removed from the organs and they go back into position a little above the natural position.

Dear Doctor:

I suffer terribly from heartburn and acid dyspepsia. After every meal I bloat up dreadfully. My doctor says that I have intestinal ulcer. Is there any cure for this condition?
J. R. H.

Boston, Mass.

One of the best remedies I have ever used for acid dyspepsia, as well as for gastric and intestinal ulcer, is a very simple alkaline antiseptic and digestant called Bi-So-Dol. This preparation contains malt diastase and carica papaya, which help digest the starches and prevent thereby starchy fermentation. These compounds are incorporated into an alkaline base of sodium and magnesia, which also help to neutralize the acid. It is due to the irritation from hyper-acidity that ulceration is usually brought about. Hence, anything that tends to overcome the development of acid, and to neutralize it after the acid has been developed, will tend to bring about the cure of the condition.

Take a teaspoonful in a half glass of cold water every three hours for the first few days, then a teaspoonful after each meal. Repeat it in a half hour, if necessary, for several weeks. In addition, limit the amount of starches that you eat, cut out candy and sweets, pies, pastries and all rich foods, and eat liberally of green vegetables, such as spinach, lettuce, celery and cold-slaw. Also, you might try the juice of a half lemon or the juice of a grapefruit once or twice a day.

Dear Doctor:

As a reader of STRENGTH, I wish to know if you could help me to reduce my waistline and abdomen. I will be very glad to have your answer.
A. P.
West Tampa, Fla.

The best way for you to reduce your waistline is by diet and exercise. The most effective form of exercise is barbell exercise. I would advise you to get in touch with Mr. George F. Jowett, Body Building Expert. You might follow the diet recommended above to J. R. H., of Boston, in paragraph two, starting with the third sentence. Eat no white bread or crackers, no fried foods, no corn flakes, oatmeal, white rice, tapioca, no doughnuts or cake. Instead eat shredded wheat, or cereal foods containing the entire grain substances, such as grape nuts. Wheatsworth crackers, whole wheat bread. You may eat meat that has been boiled, broiled or baked, and fish that does not contain too much oil.

The Dinner Table

(Continued from page 59)

of going after food fads. It is a question of health. It is not putting it too strongly to say that in some families, where ill health is a growing menace, that it is a question of life and death.

The first thing for the habit-ridden housewife and mother to do is to think this thing through, and to make up her mind that there are going to be greens, properly and palatably prepared, on her dinner table, and that her family are going to be educated to eat greens, to like greens, crave greens, and to make a row when greens are not forthcoming. It can be done. That's the first thing. The next thing is to obtain the greens, either on the market at the truck gardener's price, or out in the fields with a carving knife and a bushel basket. Even at the cost of such an effort, greens would be cheap. More than that, the getting out into the fields with the kiddies on a Saturday or Sunday isn't so bad. It can be made as much of a lark as going after berries or nuts, and quite as educational, for the children can be taught the different kinds of edible plants as well as the reasons for eating them. But in any event, easy or hard, the main thing is to get the greens and eat them.

Having gotten your greens, use a care in the cooking. How well I remember the old-fashioned pot of dandelion greens prepared by Aunt Nancy in the Southern kitchen. It was a culinary and diatetic outrage. She cooked them all morning long, fairly drowning them in salted, boiling water, destroying most of the vitamins as well as the flavors. If by chance anything valuable escaped it was promptly disposed of by the simple process of draining all the water off the greens. Then she tried to make up for the lack by the addition of greasy salt pork and a dressing of vinegar. No wonder this unappetizing and worthless mess was regarded as "Pore folks' vittals." And sad to say, this idea of greens as a plebeian and unsavory dish remains with us to this day, and has become a sort of tradition which accounts for the hostility to greens which the average housewife is very likely to encounter when she first begins putting them on the table every day.

No family, least of all the modern fastidious family, can possibly be converted to a liking for greens by such cookery as Aunt Nancy's. What the old-fashioned cooks didn't know about cooking greens would fill a book, and the only way in which the housewife can expect to get away with it is to learn how to do it right.

Greens should be cooked only long enough to make them palatable and tender, and no longer. Twenty minutes at the boiling point is enough for spinach and tender cabbage. Wild greens or tougher leaves, like kale and chard, will require longer cooking, but rarely more than an hour. And they should be cooked with as little water as will prevent them from burning, usually the water that clings from the

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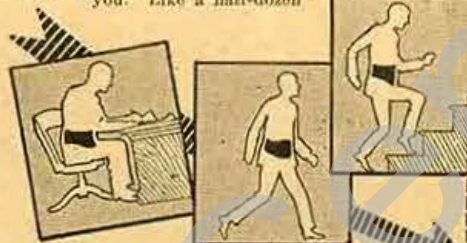
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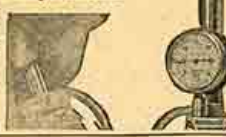
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PUBLISHER'S STATEMENT

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of STRENGTH, published monthly at Philadelphia for April 1, 1925.

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

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

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

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

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

D. G. REDMOND,
Sworn and subscribed before me this 21st day of March, 1925. P. ELMER RITTER.

My commission expires March 30, 1927.

washing is enough and in the case of spinach and all very young and tender leaves it is too much. The water should be shaken off as much as possible. The pot should be kept tightly covered in order that the water which escapes in the form of steam may condense and return to the pot, and so prevent burning without the addition of more water. The cooking should be done over a slow fire, allowing the juices of the greens to simmer and prevent burning without adding water. Watch the pot and turn the greens over once in a while.

When the cooking process is completed, none of the liquid should be wasted. If possible serve it with the greens in deep saucers and have the family consume it with spoons. Don't serve such things on a plate. It wastes the juices. Another way of using the juice is to make it into a gravy or butter sauce, by thickening it with whole wheat flour just as you would make any gravy or cream sauce. If more remains than can be used in this way, the leftover liquor can at least be put into the soup pot. Whatever you do with it, don't let one drop of it get away. It is nearly impossible to give the family too much of it, and the waste of vegetable juices is one of the crimes of our American kitchens.

Having brought home the greens and cooked them properly, the housewife is still confronted with the problem of inducing the family to eat enough of them. "A large portion every day" is McCollum's rule, and I can still see the eyebrows go up and the corners of the mouth go down at the suggestion of lots of greens every day in the week, every week in the year. The average housewife will say that it can't be done. But it can be done. In the first place, don't be too explicit about suggestions. Instead, be a little clever about combinations and industrious about camouflage. For example, greens need not always be just greens. There are certain very valuable and convenient first aids that can always be relied upon to make the greens look and taste a different way, and wise is the woman who makes an ingenious use of them.

The first is the tomato. Either fresh or canned, it can be had at all seasons of the year, and of all the vegetables it is least injured by the process of commercial canning. Moreover, while most vegetables are deficient in one or sometimes two of the vitamins, the tomato contains all three of them, and for this reason is one of the most valuable foods on the market. The tomato is practically the only tin can which the housewife can buy in the store that contains an abundance of all three of the vitamins A, B and C. In addition it has a piquant flavor which is stimulating to the appetite as well as satisfying, and it therefore makes a splendid accompaniment to the daily greens. It can be made into a sauce and poured over the greens or served whole on a platter with the greens with grated cheese as a dressing.

Then when the recurring tomato becomes too much of a good thing, the lemon may come to the rescue. This

noble fruit is particularly distinguished for its abundance of vitamin C, the antiscorbutic vitamin, and the one which is most easily destroyed in the cooking process. Hence raw lemon juice is a valuable addition to any meal, particularly a cooked meal. It is nearly impossible to get too much lemon juice; few people ever take enough of it. It is a wonderful improvement on Aunt Nancy's vinegar as a dressing for greens. The best way to use it is to combine it with real olive oil in a French dressing and serve it hot, poured over the greens. Other vegetable oils may be substituted for the olive oil without much loss of food value, but many persons regard the real olive oil worth its price because of its distinctive flavor. Furthermore, oils from different countries vary widely in their flavors and the fastidious readily detect these flavors and appreciate their variety. This is a point not to be neglected when one is training the family to eat greens every day. Many an olive oil connoisseur eats his salad for the taste of the oil poured over it.

Another way to utilize lemon juice is to put it into the thickened gravy, making what we may as well call "lemon sauce."

One of the most effective ways to give the greens more dignity and distinction is to combine them with other foods of pronounced flavor as the main dish of the meal. When an abundance of cheese is grated over them they become an excellent substitute for meat, and they can be served with eggs in any style. A Spanish or a cheese omelet will tempt the most lagging appetite. But don't serve them swimming in the juice of the greens. They won't look well and the juice will be left on the platter to be wasted. Thicken the juice and make it up into some kind of an attractive sauce.

In order to help the housewife solve this problem of training the family to eat an adequate amount of the green leafy vegetables, I have made out the menus for dinner every day for a week, each time including greens and serving them in a different way. In addition, I have given recipes for some palatable sauces with which the average housewife may not be familiar.

Any of the leafy vegetables which commonly appear in every kitchen garden or can be bought in the markets at all seasons of the year can be used, spinach, kale, Swiss chard, endive, cabbage and even leaf-lettuce, all can be put into the pot. And then at certain times of the year there are others that are easy to procure in season. Fresh young beet tops, radishes, turnip tops and mustard greens. But the same menus and recipes can be used for the preparation of the wild greens of all kinds which can be gathered in such abundance at this particular time of the year. But even if you buy them either from a small boy or the green grocer, be eternally vigilant. Say to yourself the last thing at night and the first thing in the morning: "Every day, in a different way, I am going to have greens for dinner." And then have them.

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Charles Shaffer of Pittsburgh was a complete wreck from the results of double pneumonia. He received no encouragement from his doctors, as he was informed that chances were but very slim for him ever to become normally healthy again. Great care and lots of rest, they told him, was his only salvation. He was just a bag of bones, and weaker than a child. He had to live. So he disregarded his doctor's orders and placed himself under the care of our expert in charge, George F. Jowett. What happened to him? Under proper instruction, with the use of bar-bells, he became recognized as the strongest man in America in his bodyweight class. He created world records, and now he is the star turn of a team of the cleverest hand balancers playing the best vaudeville theatres. He is a physical marvel for strength and has beautiful proportions. Look him over and examine the marvelous construction of his body.

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You may not have any desire to be a star performer, but you certainly would like to have the manpower that would give you that ability. It would mean a larger chest, with a trim waistline and powerful arms and legs that have the strength to hurl obstacles out of your way. You don't have to be weak. You don't have to be underweight, or put up with scrawny arms and a caved-in chest. Because you are small boned and fine featured does not mean you are excluded from securing the same physical proportions as Mr. Shaffer, who is a small-boned man himself. What you want is Bar-Bells and brains to guide you. We are the largest manufacturers of bar-bells in the world and have the best informed authority in the person of George F. Jowett to guide you.

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The Truth About Rejuvenation

How Health of Body and Keeness of Mind can be Preserved by Correct Functioning of Your Glands

By H. H. Rubin, M. D.

IS there a man or woman on earth who doesn't long to retain the stamina, virility and mental activity of youth? Is there anyone who sees the gray hairs creeping in, the wrinkles deepening and strength and endurance waning, who is not interested in knowing how best to retard the progress of "old age"? You, yourself, may be one of the scores of thousands who drag through life "hitting only one cylinder, always fatigued, no vitality left after the day's work."

The Secret of Rejuvenation

Did you ever stop to think that all this is largely a matter of proper gland functioning, or, possibly, the rejuvenation of ageing glands? All medical practice is an attempt to prolong life by restoring injured or worn-out parts. All treatment consists in rejuvenating some of the body functions.

Remember that each cell is a separate entity with full powers of individual life. We are what our cells are. When the cells cease to function properly the whole body ceases to function as it should and gets old. Old age is, thus, a "disease" of the cell, bringing about senile decay, loss of memory and virile power, wrinkled skin, depletion of muscle tone, and so forth.

The problem of rejuvenation is to make the cells young again, and thus make the body young once more; for with this come all the evidence and appearances of youth. This means actually arresting the progress of senility, and setting the cells back to a point where they were years before. Can this be done?

One of the greatest medical scientists of modern times says that, in a surprising number of instances, it can.

Here Is the Word of the Scientist— Here Is the "Open Door"

In his marvelously interesting book, "THE MYSTERIOUS GLANDS," Dr. H. H. Rubin, of New York City, makes this clear to you. Every page of this book is a veritable gold mine of wisdom, packed with helpfulness to you and to every member of your family. Every chapter contains suggestions that may point the way for you to arrest or retard the progress of senescence, or to change entirely your physical and mental outlook on life.

And similarly with defective glands, re-



sponsible for much physical depression. If you are afflicted with any obscure disorder that the family doctor has not been able to diagnose and correct, Dr. Rubin may tell you, in "THE MYSTERIOUS GLANDS," how to overcome it. If you suffer from headaches, rheumatism, skin disorders, digestive disturbances, sluggish elimination, functional troubles, torpor of the blood-making organs, or any form of nervous trouble, you may find the explanation and the possible correction for the condition in this wonderful book.

What Is That Question You Wanted to Ask Dr. Rubin?

Thousands of you who have been reading Dr. Rubin's valuable and interesting Department in STRENGTH Magazine, have wanted to ask Dr. Rubin some question about yourself or some member of your family. In "THE MYSTERIOUS GLANDS," Dr. Rubin answers these and hundreds of other questions. With the authority of a man who has studied and specialized for years in the treatment of disorders of the ductless glands, Dr. Rubin puts his finger on the weak link in your endocrine chain and points out the remedy for some condition that has baffled your advisers for many weary years.

In "THE MYSTERIOUS GLANDS," Dr. Rubin tells how modern science is actually prolonging human life and efficiency and blazing new trails over which ageing men and women are brought back to the flower and bloom of vigorous youth.

If you lack health and vigor, and if you want supreme life and buoyant vitality—regardless of your age—with all its physical power and mental alertness, you should inform yourself of the great discoveries set forth in this remarkable book.

Concrete Proofs of the Value of Gland Stimulation

To enable you to visualize the possible transcendent value of this book to you, or to someone dear to you, read the following two letters, selected at random from among

hundreds received by Dr. Rubin from grateful patients.

3026 Bainbridge Avenue,
New York, N. Y.

Two results of endocrine treatment overshadow everything else to my mind, viz.—

1st—The chronic bronchial condition has been entirely cleared up.

2d—Mentally and spiritually, I am like another person. A depression and continual apprehension which had hung over me for months is gone and I see things normally once more.

Besides these two things there are, of course, many, many changes, both little and big, which have taken place in my physical condition and appearance.

Wrinkles are slowly disappearing and my face is beginning to fill out. Cheeks are flushed most of the time.

Eyes are clearer and brighter and whole facial expression better.

Hair a shade darker and much glossier and better in appearance.

Faulty posture less evident. Whole framework "stays put" better and I believe my stomach is holding up in place better than it was.

Lips much better color than for years. The whole change seems to be so subtle and gradual that improvement seems almost imperceptible.

My appetite is much better and I take care of my food better. My sleep is much sounder and for longer intervals. My enjoyment of both work and play is keener.

In fact, the whole world looks different to me, and just living is a new pleasure.

Yours most sincerely,
Mrs. A. D. McKERCHAR

HUNTINGTON, L. I.

After coming back from four years' service in this last war, where I was gassed, I could not get my old pep back and in addition last fall commenced to be troubled with a backache that got steadily worse until by March it was keeping me awake at nights. The various doctors on the Army boards where I was examined said that they could find nothing wrong with me, and that I would simply have to bear this terrible series of fatigue fits that were with me constantly. I could hardly walk, and could get but little sleep with the pain in my back.

Having been a walking bluff and a wreck of a man who had so far given up hope, I was actually contemplating suicide, when I happened to see Dr. Rubin's book. This book pointed out to me a path to complete recovery.

I am now fit as a fiddle, can get out and play five hard sets of tennis without any fatigue except the normal tiredness. The pain in my back has all gone; I sleep like a top. My wife asked me if I was using any hair dye, as a white lock in my hair has turned brown again. I am forty-nine years of age and feel twenty-nine.

Truly Yours,
CAPTAIN NORMAN B. WILKES

Can you not see why this wonderful book may hold for you the secret of renewed youth? Can you not understand why a careful reading of its pages may not prove of inestimable help to you in a physical and mental way? Even if you personally may not need its help at the present time, is there not some member of your family concerning whose health you should like to ask Dr. Rubin?

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Some of the Subjects Dealt With In Dr. Rubin's Book

To get some little idea of the tremendous interest of this vital book, just visualize for yourself how Dr. Rubin would treat these subjects:

- Rejuvenation.
- The Dictators of Our Destiny.
- How the Endocrine Glands Control Chemical Processes.
- How the Glands Influence Functioning Activity.
- The Glands That Develop Personality.
- The Glands That Influence Beauty.
- Can Science Overcome the Effects of Age?
- The Most Common Ailment in the World.
- The Problem of the Undeveloped Girl.
- How Science Helps Singers.
- Disorders Removed by Gland Stimulation.

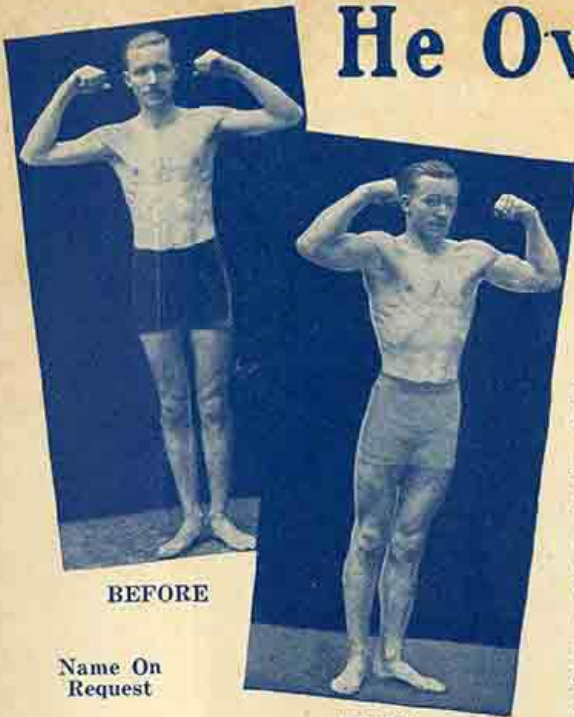
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Strength

He Owes His Life to the TITUS SYSTEM

This Former Physical Wreck Is the Winner of My Second Prize for 1924 —A Handsome Solid Gold Medal



BEFORE

AFTER

Name On Request

Compare these two photographs! You will hardly believe that they are both of the same man. The first one shows him when he enrolled as a TITUS pupil—an almost hopeless physical wreck. Then study the other picture—the same man after finishing the TITUS System, and incidentally winning my Second Prize for improvement while taking my course. His transformation is miraculous, yet anyone can do the same, or even better, by following my instructions and using the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER which I give all my pupils FREE with my Course.

My Apparatus alone is worth far more than I charge for my entire Course—yet it is yours to keep the minute you enroll for the TITUS System.

He says that he owes his life to the TITUS SYSTEM, for he was in such physical condition before taking my Course that he had practically given up hope. You have but to look at the two photographs at the left to see the marvelous transformation of this man's body and, needless to say, his health, vitality, stamina and interest in life have increased accordingly. From head to heels he is a NEW MAN—inside and out.

And right here is the most important thing to bear in mind about the TITUS System. It builds a man's vital organs—while it builds solid muscles all over his body.

You Can Become Just as Strong as You Want to Be

There is no limit to the strength you can obtain by means of the TITUS System. I have turned out some of the strongest men in the world, and many well known athletes owe their success to my System. Even such famous record holders as the Great Barnes, Rolandow, the Saxon Brothers, William D. Waring—the 100% perfect man—August W. Johnson, and others too numerous to mention, use and endorse TITUS Methods.

If your ambition is to be a real strong man, the TITUS System will make you one providing you follow my instructions and use the apparatus I give you free with my Course. If you want to be normally strong or above the average, the TITUS System will give you just the degree of muscular development you want, for it is designed so that anyone can use it, from the weakest youth to the already professional Strong Man. If you are a weakling now, you won't know yourself after using my System for a few short weeks. If you are already on the road to strength and all of the glorious health and self-confidence that goes with it, you will find my System just the thing to take you over the top into the ranks of the Real Strong Men. And if you are one of the husky fellows who have been training practically all of their life, you can still learn a thing or two and put yourself in even better shape by following my Methods.

The Apparatus I Give You Takes the Place of a Whole Gymnasium---And It's Yours to Keep

I attribute the remarkable and ever increasing Success of the TITUS System largely to the apparatus I give my pupils. I am convinced that real strength cannot be built up without the use of apparatus. Not everyone can have access to a completely equipped gymnasium and realizing this I have perfected the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER which gives you all of the exercises that would ordinarily require a gymnasium, or at least expensive dumbbells, barbells, weight pulleys and other such apparatus. My exerciser employs the resistance method of muscle building, the only method that is progressive and can be used by anyone regardless of their condition, size or age.

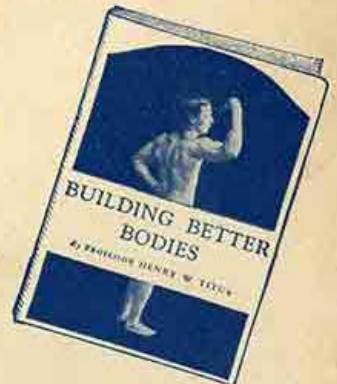
I Show You Everything Before You Enroll

I show you in advance exactly what kind of apparatus I give you. I leave nothing to your imagination. There can be no disappointment, because everything is described in my big, revised FREE book. Remember, you get my complete 21 weeks' physical training course and the patented TITUS PROGRESSIVE AND AUTOMATIC EXERCISER, which is yours to keep, at the price you would have to pay for ordinary courses, some of which include no apparatus at all.

Regardless of how weak or thin you are, my System will make every inch of your body a living mass of muscle and give you the strength and endurance of two or three times that of the average man.

My Big—64-Page Book "Building Better Bodies" FREE

Between the covers of this book you will find a message that may change the whole course of your life—may change you from a hopeless weakling and a failure, to a strong, vigorous, super-healthy man, with the rosiest of futures in front of you. It has done this very thing for thousands. "Building Better Bodies" is a handsome 64-page book, profusely illustrated with photographs of strong men—all of whom are my pupils. Read this message. See the marvels of physical development I have produced. Read all about the TITUS System and what it is guaranteed to do for you. Fill in and mail the coupon NOW—or merely send a post card. The book is absolutely FREE. Get your copy AT ONCE.



PROF. TITUS AS HE IS TODAY

NOTICE: The Titus System is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

FILL IN AND MAIL TODAY!

PROF. HENRY W. TITUS
Dept. 236, 105 East 13th Street, New York City

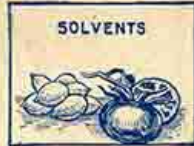
Dear Sir:—Please send me at once without cost your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name

Street No.

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

Prof. HENRY W. TITUS
105 E. 13th St., Dept. 236, New York City



Food as Tools

Obtain Direct Effects

After the body is thoroughly cleansed (by suitable fruits and vegetables) the daily meals exert an immediate and DIRECT EFFECT. By combining suitable classes of foods, you may then get ACCUMULATED EFFECTS, such as from intensely NERVE nourishing meals, intensely MUSCLE nourishing, intensely LAXATIVE, intensely SOLVENT, intensely INSPIRATIONAL, intensely EMOTIONAL, etc., according to desire. Foods as tools enable an ambitious person to accomplish his objects, in himself and in his associates.

Exercise is tiring and destructive to tissue if you eat unsuitable muscle foods.

Control Your Moods by Foods



Our different moods are under the influence of different meals. Some meals produce great vitality, strong nerves, strong eyes, presence of mind, moral strength; other meals of finest

quality (including game, poultry, whites of eggs, almonds, pears, asparagus, spinach, celery, etc.) are inspirational or favorable to artistic development. Other meals of tea, fatty, starchy and sweet foods, in excess, make one nervous, shy, low-spirited. Appropriate meals maintain virtue and continence by preference without any restraint. It is only the heat-producing and irritating meals that arouse the lower nature.

Brainy meals make mental work easy.

Do not take an athlete's meal when you want to do many hours of brain work at your desk, because muscle foods tend to clog your liver and stupefy you when you are inactive.

For special stress of mental work DOUBLE YOUR BRAIN POWER by eating a maximum brainy meal which yields many times the amount of nerve force that is in an ordinary meal.

Inappropriate meals discount every man 25 to 100 per cent, making some men chronic invalids, who accomplish nothing. Unsuitable meals produce unsanitary conditions in the body resulting in adenoids, enlarged tonsils, defective hearing, appendicitis, tumors, gall stones, etc.



Aged People the Best Test

The testimony of aged people who have regained health on a Brainy Diet is conclusive because they have practically no reserve force on which to subsist, therefore they depend absolutely on the new nerve force in a brainy diet for their restoration to health.

Mr. B. L., 68 years, Proprietor of Dyeing Works, writes: "I fished and picture of fish which I tramped for three miles to catch. I climbed down rocks 75 feet above water. You know three months ago I was pretty bad; could hardly walk, had an attendant on account of vertigo. The severe neuritis in my arm and the rheumatism was too painful for sleep. Absolutely free from all

pains now and it is owing to the Brainy Diet System that I am alive."

Dr. R., a retired physician, 81 years: "Can now use my hand that was partially paralyzed. Can walk straight now and have much more energy."

Mrs. C. K., writes that she is 82 years and has used cathartics and enemas for 50 years. "No more headaches since adopting the Brainy Diet System the last six months and that is wonderful, since I had a headache almost every day previously. Constipation is overcome, I sleep well and my appetite is good."

Mr. F. C., 70 years, Proprietor of Department Store, writes: "As I improved in every respect at 70 years of age, I think there is good prospect for any one else. I was dropsical and rheumatic, have lost over 50 pounds of superfluous weight in two months, lost my rheumatism and have returned to business, something I never expected to do again."

Young People Increase Income

The greatest service that old people can render the world is to popularize a brainy diet system among the young, for whom the possibilities are so great under a correct system of arranging their foods, because they have such abundant reserve force to supplement a correct diet.

Mr. T. L., age 22, clerk who suffered from catarrh and had a weak, hoarse voice, writes: "Voice is clear and strong, head clear as a bell. Have resigned government position and am now making four times as much traveling, something I had the ambition but not the energy to do before. Have fattened up 20 pounds in two months."

Try Efficient Living

TUMORS DISSOLVED, SIGHT AND HEARING RESTORED. File 3610. Sworn statement. "For twenty years I suffered with rheumatism. My feet and legs swelled until I could hardly stand on them. I had difficulty with both sight and hearing, being compelled to wear glasses. I was troubled with my kidneys and bladder. Lime deposits, also goitre, and suffered with hemorrhages each month. My physician discovered that I had two tumors."

"When I began the Brinkler System of Eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."

"To show you the result of following my instructions I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased."

"By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15 to \$20 each month. My bowels are restored to normal, functioning three times each day and in proper condition."

"This testimonial is entirely unsolicited, and is given in the hope that some other sufferer may be benefited thereby."

EPILEPSY. Physician, fits for four years, average every ten days. Convulsions disappeared. Strength multiplied many times.

ECZEMA FOR 53 YEARS. Age 65. File M-2250. Body covered with eruptions.

"Before instruction could only walk two blocks in one day. After 90 days, could walk four miles with ease. Was almost entirely cured in 90 days."

"My former physician and friend has cured two cases by your diet."

PREGNANCY. Age 40. File M-5297. Mrs. — Sworn Statement.

"Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children."

"I have no very clear recollection of the births of my last two children, as the deliveries were so rapid. I consider it measurably far ahead of Twilight Sleep."

REDUCED 150 POUNDS, ARTHRITIC. A chronic sufferer, weighing 415 pounds, unable to exercise, took correct combinations of ordinary daily foods and reduced over 150 pounds. (In public life, under many witnesses) gained strength, with firmer flesh, and lost rheumatism. Full details in booklets.

RESTORED TO WORK, GAINED 20 POUNDS. Age 52. File D-735. Carpenter, Constipation, congested liver, general weakness.

"After having been out of work nearly a year through weakness, and thinking I could never again do regular work, I was restored to work as carpenter at full pay in three weeks and was able to hold my job. Since then I gained 20 pounds."

ASTHMA, HAY FEVER. File B-979. Age 27. Stenographer.

"Never had anything do me more good in all my life. First summer in eight years free from Hay Fever and Asthma. Never looked so well as now."

CONSTIPATION. Age 44. File M-14072. Mrs. —

"At last I have obtained the desired result, viz.: a natural movement of the bowels without an aperient. I look on it as quite equal to a miracle, as it is at least six years since I had a movement of the bowels without pills or salts or enema, etc. I feel fully rewarded for my money, effort and patience."

"Since my bowels are moving naturally and regularly I do not suffer so with my right leg, the sciatic nerve and varicose veins, nor with the pain in the region of the appendix. These pains have been part of my daily existence for years."

HEMORRHAGE, TOO WEAK FOR OPERATION. File B-2844. Mrs. S. H.

"For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them. After taking Brinkler System two days the hemorrhages began to check, and by the end of the third day had entirely ceased, and have not lost a drop of blood since, that is six years ago this May, 1914."

ARTHRITIS. Age 58. File M-13137. Clergyman.

"Have more vigor and better action than I've had in many years. My flesh seems solid, my color better, my circulation is better, my whole system is better, and I would not go back to the old combination of foods, and bind myself to live one year on them for \$10,000."

FALLEN STOMACH AND INTESTINES. Age 63.

"Swelling of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

PROSTATE. J. O. C. wrote: "Prostate trouble which consisted of severe irritation and inflammation of which I was conscious every minute of the day, disappeared within two weeks, although I have suffered three years of misery."

NEURASTHENIA. File B-1888. "The Brinkler System has cured me of four years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25 per cent increase in salary."

STONE IN KIDNEY. WEIGHT REDUCED. File M-4966. Mrs. A. D.

"My illness was caused from stone in the kidney, when one lodged near the uterus I was in such pain the doctor used chloroform. Through following your advice, the stone crumbled and passed and saved a deserts-poolful of gravel or stones that passed and could have saved more. I lost ten (10) inches in measurement around abdomen in three months after commencing instruction."

BRAIN POWER. File M-1774. Age 23. Book-keeper. From First Report:

"Very decided general improvement in my carriage and nerve control. More optimistic, sunnier disposition, brain clearer, better able to study."

ULCERS, MISPLACEMENTS. File M-2981. Mrs. J. A. C.

"By the time I was through with your course, I had no more headaches, neuralgia or constipation, inflammation greatly reduced, felt energetic, happy and most comfortable during the hottest summer weather. Talk of an operation is now a thing of the past."

Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities. Write us for particulars of Government Bulletins, describing experiments on convicts, hogs, cows, etc. Deficient feeding produced disease, whereas full nutrition cured, e. g., paralysis, blindness in hens, rats, etc.; pellagra, beriberi, skin affections, etc., in men.

The following extracts are from sworn statements of pupils.

PARALYSIS. Age 61. Right hand and leg helpless three years, restored in three weeks.

Another, age 65, bedridden, hemiplegia. Sensation restored in three days. Could walk two miles daily after six weeks.

ARTHRITIS. All joints swollen with lime deposits. Knees and wrists locked, inoperative for eight months. Blind for two years. Can now see, walk and do home work.

CATARRH, HAY FEVER, RESULTING DEAFNESS decreased from the first meal.

GALLSTONES. Age 80. Bedridden, chills every week for years, but not one attack since instruction over a year ago. Now can do housework.

TUMORS. Age 40. Tumors weighing several pounds dissolved within a year.

GOITRE. Collar reduced 17 to 15, normal size.

UTERINE HEMORRHAGE. Age 50. Three years in rolling chair, weak from constant discharges. Now does housework, including washing.

ECZEMA. Age 69. Eyebrows lost. Skin cracked and scalling. Normal in three months.

PYORRHOEA. Age 65. Pus ceased on 7th day.

PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet, nor constipation as previously. Delivered business.

CONSTIPATION. Three Healthy Eliminations Daily BRAINY MEALS make mental work easy. Muscle nourishing meals build firm flesh. Sworn statements. Over 6,000 pupils. Educational book, 10 cents.

BRINKLER SCHOOL OF EATING

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