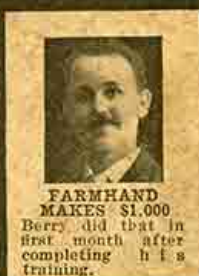




J. E. Greenslade
President of the National Salesmen's
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FARMHAND
MAKES \$1,000
Berry did that in
first month after
completing his
training.



\$1,000 IN 30 DAYS
made by Harile, a
R. R. Mail Clerk
for ten years.



\$13,500 FIRST
YEAR
is what A. H.
Ward made after
taking this sales
training.



\$554.37 IN 7 DAYS
made by F. Wynn
—over \$400 second
week

**\$5,000 to \$10,000 a Year
For Men Who Read This Ad**

Let Me Make You a Master Salesman! This New Easy Way

I DON'T care what you are now or what you think. The Association of which I am president will take you in short, easy steps and make a Master Salesman of you, put you in the same class with the big pay men who have all the good things of life.

Many have thought that Salesmen were "born." And that idea has kept many men from succeeding. But this Association of Master Salesmen has proved that any man can be taught the rules and principles that make men Master Salesmen. And you know as well as I do that Salesmen top the list of money-makers. They are the producers and you can be one of them.

Easy as A, B, C

If you are as intelligent as the ordinary mechanic, postal clerk or stenographer, you can quickly master the simple A, B, C's of Selling. There are certain ways of approaching a prospect to get his undivided attention, certain ways to stimulate keen interest, certain ways to overcome objections, batter down prejudices, outwit competition and make the prospect act.

SENT FREE

the book that has shown
thousands the way to
amazing salary
increases.



You can learn these principles at home in a short period of pleasant, inspiring study. And once you have mastered these secrets of Master Salesmanship, you can take advantage of the employment department of the Association without charge. They will help you select and secure a position as soon as you are qualified and ready.

This is a real opportunity, for during the last year the Association received calls for 49,880 salesmen from the biggest sales organizations in America. And these men are the same as you see above—men who make from \$5,000 to \$10,000 a year in salary and commission.

These are only four out of hundreds of similar records in the Association files. Our members make good because the Association has specialized for eighteen years in teaching the Art and Science of Salesmanship and teaches the most unusual principles ever laid down for quick success.

The book you see below has been the starting point for thousands of men who are now successful salesmen. This book, "Modern Salesmanship," is now FREE

and it will be sent to every man who fills out and returns the coupon below.

Rush the Coupon

If I were asking ten or twenty dollars for this book you might hesitate. But I am not. It is FREE. And since it may mean the turning point in your life, when you leave forever behind you the drudgery and low pay of routine work for the fascinating, big pay job of the salesman, it certainly is worth your time and the two cents you will have to spend to get this amazing book and read for yourself the astonishing facts given between its two covers. You have everything to gain and not one cent to lose, so mail the coupon today, sure.

**NATIONAL SALESMEN'S
TRAINING ASSOCIATION**
WORLD'S OLDEST AND LARGEST SALES TRAINING INSTITUTION

Dept. K-21 N. S. T. A. Building
Chicago, Illinois

J. E. Greenslade, President
National Salesmen's Training Association,
Dept. K-21, N. S. T. A. Bldg., 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



AUGUST, 1926

Vol. XI

No. 6

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They Called Me a "Human Clam" But I Changed Almost Overnight

AS I passed the President's office I could not help hearing my name. Instinctively I paused to listen. "That human clam," he was saying, "can't represent us. He's a hard worker, but he seems to have no ability to express

himself. I had hoped to make him a branch manager this fall, but he seems to withdraw farther and farther into his shell all the time. I've given up hopes of making anything out of him."

So that was it! That was the reason why I had been passed over time and again when promotions were being made! That was why I was just a plodder—a truck horse for our firm, capable of doing a lot of heavy work, but of no use where brilliant performance was required. I was a failure unless I could do what seemed impossible—learn to use words forcefully, effectively and convincingly.

In 15 Minutes a Day

And then suddenly I discovered a new easy method which made me a powerful speaker almost overnight. I learned how to bend others to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promo-

tion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech

possessed by everyone, but cultivated by so few—by simply spending 15 minutes a day in the privacy of my own home, on this most fascinating subject.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing, and success. Today business demands for the big, important, high-salaried jobs, men who can dominate others—men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation, another from a small, unimportant territory to a sales-manager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work*

Wonders with Words. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

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Address

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

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- How to address Board Meetings
- How to propose and respond to toasts.
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- How to tell entertaining stories.
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- How to develop your power of concentration.
- How to be the master of any situation.

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Engineer

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I'll tell you about Mr. Rumple. I'll tell you about Mr. Tucker and Simmons and dozens of others—I'll tell you all about them—their addresses, their ages, their education, everything about them. I'll give you proof, convincing proof, of how I can help you too, because hundreds of these common, ordinary men had no more advantages than you have. Big Jobs and Big Raises come quick to multitudes of B. W. Cooke students. I give you a \$10,000 lesson on the word QUICK. I'll tell you what it means. No school has ever dared do it as I do it. My book is daring—but honest and frank. It is now Free.

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Hundreds of my students start right in making money in the first few weeks of their training. Stay out of slow training in the slow professions. Make Money QUICK.

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Not enough room on this page to properly show you the 4 wonderful Big Outfits I am including free of extra charge. Includes Tools—Tool Bag—Electrical Test Bench and Radio Receiving Set, also 298 Wiring Diagram Charts.

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17 SMASHING GUARANTEES
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Gives Physical Voice Culture Credit for Grand Opera Voice

Each 24 hours brings me a stronger and better hold on my voice. I feel like telling you of it each day when I think back to six years ago when catarrh had just about finished my hearing and voice. I joined the Los Angeles Opera Company this Spring and we will have five Operas ready in September. It is really pathetic to see the *star pupils* from the *great voice masters* try for a place in the Company. Some very pretty, but weak, palate attacks, throat and lip attacks. I work hard all day and your silent exercises are a wonderful rest.—Bert Longtre.



Harry Lompierre Finds the "Right Way"

I wish to give credit where credit is due. The past twelve years have been spent in professional singing.

Believing that I had at last found "the right way," I cancelled an entire season's bookings to apply myself diligently to your idea.

Today my voice is completely new. Formerly, I could sing only a fair "F" (fifth line). Now I can sing high "B" flat, with a rich, resonant, manly tone.—Harry Lompierre.

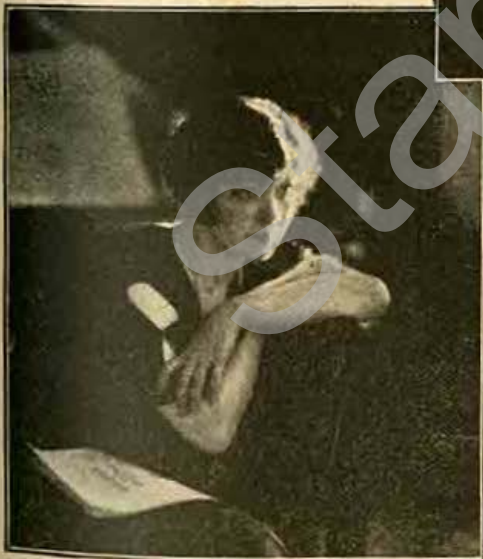


Church Singer Delights Congregation

I cannot help but say "Thank God" for everything you have done for me. As I sang in church yesterday people turned to see who was singing.

I hope you will always think of me as one who has made a big success in the work I chose to do.—Carolyn Baker.

For obvious reasons the names signed to these letters have been changed. But the letters are all true and the real names of writers will be sent on request.



Singer Triumphs Over Discouragement

Did you think one year ago that I would now be singing as high as high "C"? I am very sure that I didn't.

I often think of that hopeless first letter I wrote to you and I want to thank you for the help you have given me and especially for the cheering letters at the beginning when I needed boosting along the worst way.

Hoping that you will believe me to be ever your grateful friend.—Mrs. Mary Brown.

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The coupon will bring you a FREE copy of "Physical Voice Culture"—a valuable new book on voice building. Do not hesitate to ask for it. It is FREE and need not be returned. This may be the first step in a great career for you. Send the coupon TODAY!

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Please send me, FREE and without any obligation, Prof. Feuchtinger's new book, "Physical Voice Culture." I have checked the subject in which I am most interested.

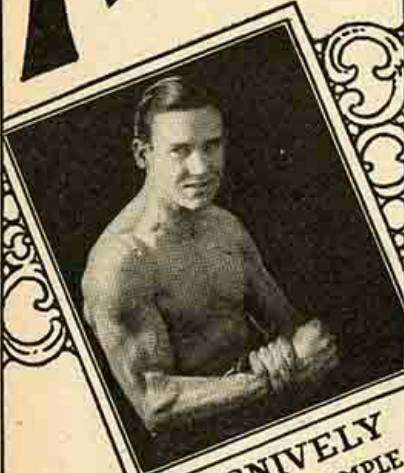
Weak Voice Singing Stammering Speaking

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

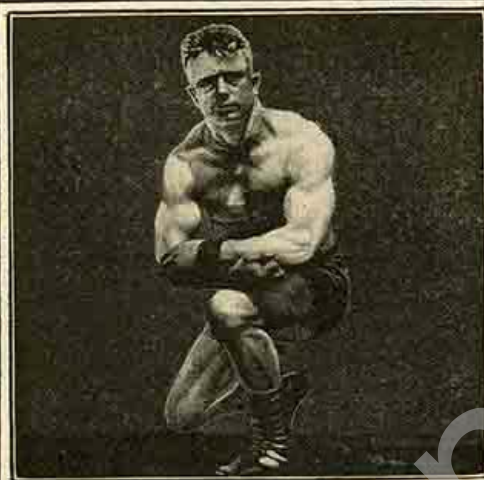
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FAMOUS STRONG MEN

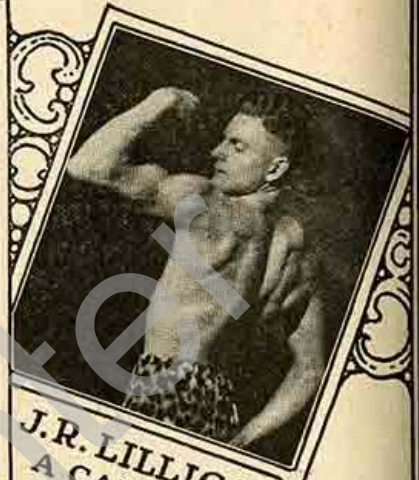
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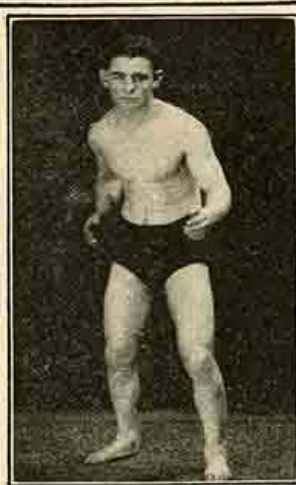
These pictures show half a dozen of the hundreds of magnificent specimens of supreme manhood who pay highest tribute to Lionel Strongfort, the world's greatest physical and health specialist, and give to him full credit for their remarkable physique.

The great Hajnos—"Hercules of the U. S. Navy"—is an outstanding example of Strongfort's methods—now performing amazing feats of strength wherever he goes. Fred Van Norstran's picture shows what can be made of men, even at his age—40 years. Little Aronoff, the 125 lb. Canadian wrestler, has made many a bigger man look to his laurels on the mat. Dr. Stashak is one of many shell-shocked World War Veterans who have been restored to health and strength by Strongfort. Snively and Lillico are also fine specimens of Strongfortism, who should inspire others to take up this Course.

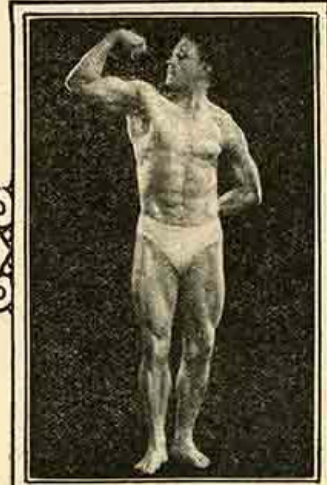
Lionel Strongfort's wonderful Book, "Promotion and Conservation of Health, Strength and Mental Energy," will be sent free to anyone desiring to know more about STRONGFORTISM and vital facts about the human body. The book has many pages and illustrations, and is worth its weight in gold. Write for it to Lionel Strongfort, Dept. 206, Newark, N. J. Use COUPON on next page.



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STRONGFORTISM Will Do Wonders For You

I have made powerful men out of mere weaklings. But it may be you do not seek tremendous strength. You do not want to become a professional strong man. You do want good health and manly strength—every man wants that! You want energy and vitality. You want a clear, unflinching eye and a steady nerve. You want courage, “sand,” and pep! And you can get all of these by following in the paths in which I have directed thousands—you can be a real man! Above all, you can rid yourself of disheartening weaknesses and blighting ailments, such as constipation, indigestion, rheumatism, nervousness, lassitude, insomnia, catarrh, chronic colds, etc., if you are so afflicted.

Vibrant Life Awaits You

Many young men write me the most pathetic letters about their sorry plight and their hopeless state of mind. What I reveal to them—what I do for them, transforms their lives, makes them happy, joyous souls, with an entirely new outlook on life. My methods give to them speedily a bodily feeling so new, so different, so vigorous, that they are like men reborn—vibrant with life, bubbling with energy, eager for contact with others, full of ambition and pep! Results are truly marvelous. Thousands testify to this fact. They tell a story of rejuvenation, restoration and rebuilding of the human body that is beyond dispute.

Send for My FREE BOOK IT WILL PROVE A REVELATION

I've packed the experience and startlingly interesting book, “PROMOTION AND CONSERVATION OF HEALTH, STRENGTH, AND MENTAL ENERGY.” IT IS PRICELESS!

In it are plain facts that will astonish you and help you out of your sorry plight. It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It doesn't mince words. It will show you how to be true to the best that is within you—teach you how to be a real fellow. It is a man-builder—a success-maker and a life-saver. Just check the subjects on the free consultation coupon on which you want special confidential information. Send for your copy of this book right now—TODAY!



FREE CONSULTATION

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Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 206, Newark, N. J.—Please send me absolutely free my copy of your book, “PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY.” I have marked (x) before the subjects in which I am most interested.

- | | | |
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| ..Colds | ..Weak Back | ..Short Breath |
| ..Catarrh | ..Increased Height | ..Weak Heart |
| ..Asthma | ..Weak Eyes | ..Great Strength |
| ..Headache | ..Flat Chest | ..Lung Troubles |
| ..Rupture | ..Dependancy | ..Poor Circulation |
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NAME

AGE..... OCCUPATION.....

STREET

CITY..... STATE.....

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Physical and Health Specialist for over 25 Years

DEPT. 206

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Fat Men!

This new self-massaging belt not only makes you look thinner INSTANTLY—but quickly takes off rolls of excess fat.

DIET is weakening—drugs are dangerous—strenuous reducing exercises are liable to strain your heart. The only safe method of reducing is massage. This method sets up a vigorous circulation that seems to melt away surplus fat. The Well Reducing Belt, made of special reducing rubber, produces exactly the same results as a skilled masseur, only quicker and cheaper.

Every move you make causes the Well Belt to gently massage your abdomen. Results are rapid because this belt works for you every second.

Fat Replaced by Normal Tissue

From 4 to 6 inches of flabby fat usually vanishes in just a few weeks. Only solid, normal tissue remains. The Well Reducing Belt is endorsed by physicians because it not only takes off fat, but corrects stomach disorders, constipation, backache, shortness of breath, and puts sagging internal organs back into place.

Special 10-Day Trial Offer

Send no money. Write for detailed description and testimonials from delighted users. Write at once. Special 10-day trial offer. The Well Company, 508 Hill Street, New Haven, Conn.

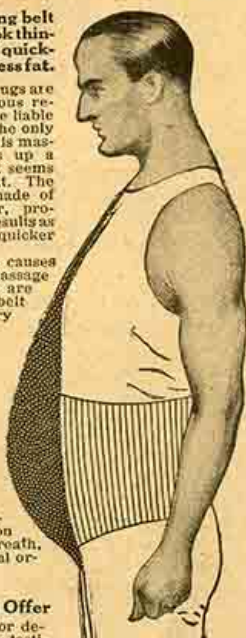
THE WELL COMPANY
508 Hill Street, New Haven, Conn.

Gentlemen: Please send me complete description of the Well Scientific Reducing Belt, and also your Special 10-day Trial Offer.

Name

Address

City State



-don't "ashes"! eat

Avoid ordinary COOKED foods, they are "ashes." Most "goodness" has been evaporated and oxidized by wasteful cooking processes, (over 60% wasted).

Choose mostly RAW foods that SUIT YOUR OCCUPATION, put life into you, real "kick." When UNSUITED to your activities, food becomes "ASHES", i. e. WASTE products in blood and tissues, the basis of all disease.

Waterless Brain-Nerve Meals

(1) Eat fresh fruits, vegetables, meats, dairy foods so as to produce UNDILUTED neurotransmitting real "kick," overflowing vitality. (2) Eat UNDILUTED nerve or muscle or solvent, or laxative meals as needed for EFFICIENCY.

We DO NOT treat disease. No diagnosis needed. Write us for particulars of Government Bulletins describing experiments on cervixes, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected—paralysis, blindness in hens, rats, etc., beriberi, skin infections, etc. in men. . . Can the OLD become active? Can OLD furnaces give heat? Yes, immediately when "ASHES" are avoided. **TUMORS DISSOLVED—SIGHT AND HEARING RESTORED.** Pupil 8610, Age 69. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely 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 soire, and suffered from hemorrhages each month. My physician discovered that I had two tumors.



"I can now do the shoulder stand (photo). 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. I now have three healthy eliminations daily.

"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." Sworn statement.

AGE 73. PULSE OF A YOUNG MAN. Pupil 6315. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm. . . . Two year constant headache and pressure disappeared in five days. Memory improved. . . . Could read and travel alone. . . . Prostate enlarged. No discomfort after 7 days. Throat sore 40 years, now well." Sworn statement.

\$25,000.00 DUE TO CORRECT MEALS. Pupil 857. "A financial failure due to timidity. After the lessons, my energy and improved appearance enabled me to borrow \$2,000 for a working interest in two coal mines. I made \$25,000 profit in one year during war time. Anyone can succeed with the nerve force from the Brinkler System." Sworn. Educational booklet, 10 cents. BRINKLER SCHOOL OF EATING, Dept. 20-J 131 West 72d St., New York.

Classified Advertisements

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., August 20th for the October issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 Fifth Avenue, New York, N. Y.

Education and Instruction

Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Novelty Acrobatic Stunts—Ground Tumbling, Bending, Balancing, Clowning, etc. Easy method learning. Complete illustrated instructions, \$2.00. Jingle Hammond, Adrian, Michigan.

Send for Free Folder "How to Stay Young." Liberty Company, Station D, Box 4177, Cleveland, Ohio.

Old Coins for Sale

California Gold Tokens. Quarter size 27 cents; half dollar size 53 cents. Coin Catalogue and Greek Coin 10 cents. Alexis Mengelle, Colorado Springs, Colorado.

Stammering

ST-STU-T-T-TERING And Stammering Cured at Home. Instructive booklet free. Walker McDonnell, 169 Arcade, 1126 Granville Ave., Chicago, Ill.

Songs

I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

Sex Secrets

"Million Dollar Sexual Secret." New, amazing book! Teaches specifically and very plainly how to positively predetermine and control sex of offspring! Absolutely guaranteed! Send only \$1.00 today for copy. Dr. Leo J. Awad, Shenandoah, Penna.

Health-Giving Sexual Secrets essential to every man and woman. The marvelous secret of perfect offspring! Startling discovery! Send 25 cents for copy. Write quick! Morris Frey, 551 Hendrix St., Brooklyn, N. Y.

For Sale

Combination Roman Chair and Abdominal Exercisers. Adjustable, strong and suitable for all advanced abdominal exercises with or without barbells, requires no floor fastenings, folds up compactly. For full particulars write Kelvin Mfg. Co., 258A S. Union St., Lawrence, Mass.

Agents Wanted

Free Booklet Describes Over Fifty Plans for building a business of your own. If interested in making real money, write. Downs Company, 2331 University, St. Paul, Minn.

Representatives Wanted Everywhere. A broad claim for exercisers. This has been proven. Send for salesman proposition. Big money for character salesmen. Easy sales with model and moviegraph for demonstration.

THE SUPERIOR EXERCISER COMPANY
Marietta, Ohio.

Drugless Physicians

Dr. J. Lambert Disney, Philadelphia (1631 Chestnut St.). Licensed Drugless Physician, 25 years a physical culturist; 20 years in practice. Graduate of three drugless institutions, including Bernarr Macfadden Inst., New York, 1905. Formerly on faculties of Bernarr Macfadden Institute and Neuropathic College, Philadelphia. Personal consultation letter, \$1. Personal appointment by phone or letter.

We teach you what to eat and what exercises to take to help retain or regain health and strength. Scientific analysis of each case. Write for particulars. Dr. Drew's Health School, 4610 Wayne Ave., Philadelphia.

Help Wanted—Male

Be a Detective. Work Home or Travel. Experience unnecessary. Write. George Wagner, former Government Detective, 1968 Broadway, N. Y.

Men 18-35. Become Railway Postal Clerks. Steady. Commence \$1,900 year. Common education sufficient. Specimen coaching FREE. Write immediately. Franklin Institute, Dept. 553, Rochester, N. Y.

Bull Pups

Beautiful registered bull pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

Food Combination

HOW TO COMBINE FOODS—Wonderful Pocket Chart tells how; 25c in coin. Dr. A. H. Stockdale, 412 Panama Bldg., Portland, Oregon.

Physique Courses

Physical Culture Courses for sale. Write C. Millard, 4308 N. 15th St., Philadelphia, Pa.

Character Reading

Keystone to Health. Natural talents—characteristics from birthname—birthdate. \$1. Nour Mahal, 409 Walnut St., Three Rivers, Mich.

Dreams

Have Your Dreams Analyzed. Send 10 cents to cover expense charges. "Nylo," Box 11, 111 Howland St., Roxbury, Mass.

Scientific Prayer

Health, Happiness, Prosperity, yours through Scientific Prayer. Love-Offering. Infinite Science Studios, 378 Golden Gate Avenue, San Francisco, California.

Miscellaneous

Shave without razor. Amazing new preparation for shaving. Simply apply and in a few minutes you'll have smooth up and down surface. Absolutely harmless to the skin—highly perfumed. Send 25 cents for sample jar with full instructions. Large jar \$1.35—sufficient for 50 shaves. GOLDWATER, 218 RODNEY STREET, BROOKLYN, N. Y.

"His Tail Between His Legs"

What most men would see if they could see themselves

MOST men are being whipped every day in the battle of life. Many have already reached the stage where they have **THEIR TAILS BETWEEN THEIR LEGS.**

They are afraid of everything and everybody. They live in a constant fear of being deprived of the pitiful existence they are leading. Vaguely they hope for **SOMETHING TO TURN UP** that will make them unafraid, courageous, independent.

While they hope vainly, they drift along, with no definite purpose, no definite plan, nothing ahead of them but old age. The scourgings of life do not help such men. In fact, the more lashes they receive at the hands of fate, the more **COWED** they become.

What becomes of these men? They are the wage slaves. They are the "little-business" slaves, the millions of clerks, storekeepers, bookkeepers, laborers, assistants, secretaries, salesmen. They are the millions who work and sweat and—**MAKE OTHERS RICH AND HAPPY!**

The pity of it is, nothing can **SHAKE THEM** out of their complacency. Nothing can stir them out of the mental rut into which they have sunk.

Their wives, too, quickly lose ambition and become slaves—slaves to their kitchens, slaves to their children, slaves to their husbands—slaves to their homes. And with such examples before them, what hope is there for their children **BUT TO GROW UP INTO SLAVERY.**

Some men, however, after years of cringing, turn on life. They **CHALLENGE** the whipper. They discover, perhaps to their own surprise, that it isn't so difficult as they imagined, **TO SET A HIGH GOAL**—and reach it! Only a few try—it is true—but that makes it easier for those who **DO** try.

The rest quit. They show a yellow streak as broad as their backs. They are through—and in their hearts they know it. Not that they are beyond help, but that they have acknowledged defeat, laid down their arms, stopped using their heads, and have simply said to life, "Now do with me as you will."

What about **YOU?** Are you ready to admit that you are through? Are you content to sit back and wait for something to turn up? Have you shown a yellow streak in **YOUR** Battle of Life? Are you satisfied to keep your wife and children—and yourself—enslaved? **ARE YOU AFRAID OF LIFE?**

Success is a simple thing to acquire when you know its formula. The first ingredient is a grain of **COURAGE.** The second is a dash of **AMBITION.** The third is an ounce of **MENTAL EFFORT.** Mix the whole with your God-given faculties and no power on earth can keep you from your desires, be they what they may.

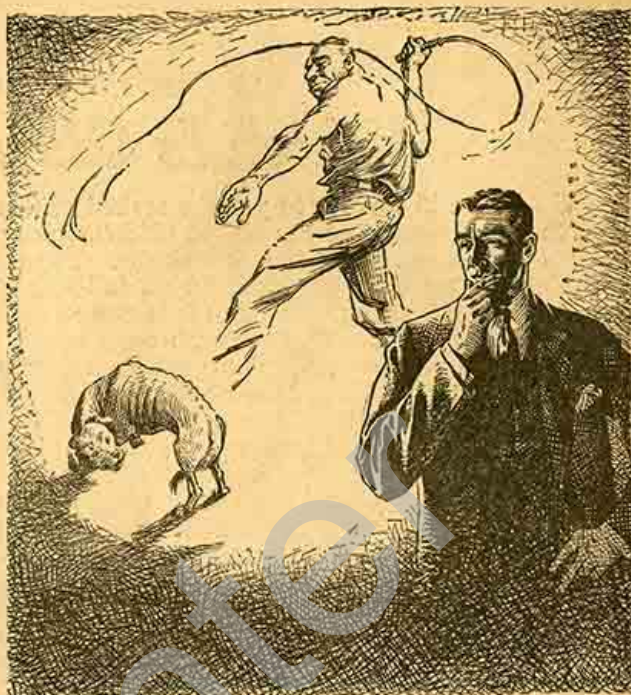
Most people actually use about **ONE-TENTH** of their brain capacity. It is as if they were deliberately trying to remain twelve years old mentally. They do not profit by the experience they have gained, nor by the experience of others.

You can develop these God-given faculties by yourself—without outside help; or you can do as **SIX HUNDRED AND FIFTY THOUSAND** other people have done—study Pelmanism.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It is a fact that more than 650,000 people have become Pelmanists—all over the civilized world—and Pelmanism has awakened powers in them they did not **DREAM** they possessed.

Famous people all over the world advocate Pelmanism, men and women such as these:

T. P. O'Connor, "Father of the House of Commons."
The late Sir H. Rider-Haggard, Famous novelist.
Frank P. Walsh, Former Chairman of National War Labor Board.
Jerome K. Jerome, Novelist.



What most men would see if they could see themselves

General Sir Robert Baden Powell, Founder of the Boy Scout Movement.

Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver.

Sir Harry Lauder, Comedian.
W. L. George, Author.

Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff.

Admiral Lord Beresford, G. C. B., G. C. V. O.

Baroness Orczy, Author.
Prince Charles of Sweden.

—and others, of equal prominence, too numerous to mention here.

A remarkable book called "Scientific Mind-Training," has been written about Pelmanism. **IT CAN BE OBTAINED FREE.** Yet thousands of people who read this announcement and who **NEED** this book will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's all tommyrot," others will say.

But if they use their **HEADS** they will realize that people cannot be **HELPED** by tommyrot and that there **MUST** be something in Pelmanism, when it has such a record behind it, and when it is endorsed by the kind of people listed above.

If you are made of the stuff that isn't content to remain a slave—if you have taken your last whipping from life,—if you have a spark of **INDEPENDENCE** left in your soul, write for this free book. It tells you what Pelmanism is, **WHAT IT HAS DONE FOR OTHERS**, and what it can do for you.

The first principle of **YOUR** success is to do something radical in your life. You cannot make just an ordinary move, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF.** Mail the coupon below now—now while your resolve to **DO SOMETHING ABOUT YOURSELF** is strong.

THE PELMAN INSTITUTE OF AMERICA

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

19 West 44th Street Suite 348 New York City

The Pelman Institute of America,
19 West 44th Street, Suite 348,
New York City.

I want you to show me what Pelmanism has actually done for over 650,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name

Address

City State

Every Body Culturist Needs This Book

Which Is Given To You FREE!

NOT only will we give to you the revised edition of the "World's Weight Lifting Rules and Records," with the supplement that has all the information up to date, but we offer you one year's subscription to the "Strength" magazine as a second gift. You do not pay one single cent for these two gifts. They are given to you because we know you cannot be a full-fledged body builder without them. Unless you know what others have done and others are doing, you lack comparison.

It is necessary for every person who reads of the doings in the world of physical training to have reference, just the same as a body builder needs an ideal for inspiration. The "World's Weight Lifting Rules and Records," with supplement, tells you what everybody has done throughout the world, and the "Strength" magazine keeps you posted on current events, besides placing before you the very best obtainable information on health and body training.

These two priceless gifts are offered to every new member of the A. C. W. L. A. Here is an association that has done wonders. Its influence has been felt all over the American continent, and has been the means of making thousands of men over, who before were just manikins. In its ranks we have the finest specimens of manhood living and the greatest athletes with whom it is your honor to mingle. If you are a firm believer in health and physical fitness, it is your duty to join, and every other following organizer; and what is more worthy than an association composed of people who are by example the nation's fittest?



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



If You are Physically Fit, Show It With a Lapel Button

With each membership, we give you a membership card and a handsome lapel button, which is the insignia of our organization. All the help you require in solving your health and physical training is at your disposal by our free service department. Medals and diplomas are given free to members in our strength and development contests. You can win one just as easily as any of the others. You do not have to be a great weight lifter by any means. It is the novice we seek to encourage the most. Your membership card entitles you to free admission to any of our shows and on sight welcomes you as a friend among your brother members.

All these privileges are yours, along with the two gifts, for the small membership fee of \$4.00.

Enter the Nation Wide Tournament on September 4th, For County, State and National Championships

Get into some of the events in your body weight class and inspire others by your example. Be a whole man and not half of a man. No matter how physically good you are, it is your moral attitude that counts. The lapel button you wear will testify to everybody that your mental and physical morals are one hundred per cent.

Get in without any further waiting. We are ready to welcome you. Fill in and cut out the coupon and forward with your membership of \$4.00, and we will immediately send the book and magazine along with your membership card and lapel button.

All A. C. W. L. A. Members,
"Strength" Readers, and Milo
pupils who are interested, can
get the names of all other
representatives not given be-
low by writing to Mr. Jowett.

JOHN F. SLOAN
Hearsh Center, 4622 Grand Blvd.
Chicago, Ill.

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366 So. Bonnie Brae Ave.
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1151 N. Ninth St.
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M. N. CAMPBELL
Geo. F. Jowett Weight-Lifting Club,
1005 Joseph St.
New Orleans, La.

R. F. KELLEY
603 Pacific Avenue, Atlantic City
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A. C. DELWARTE
1272 Wash. St., Apt. 10
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CHAS. W. DURNER
304 Priscilla Ave.
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602 Brady St.
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Jersey City, N. J.

A Few of the BIG EVENTS To be pulled off by the A. C. W. L. A. In 1926

The Pacific Coast Champ-
ionships, June 22 and 29.

The Boston Post quest, to
find the strongest man in
the New England States
June 26 and 28, Boston
Commons, Boston,
Mass.

Sesqui-Centennial Weight
Lifting Championships,
August 21.

A. C. W. L. A. State, County
and National Champ-
ionships, September 4.

George F. Jowett, President A. C. W. L. A.
2739 N. Palethorp Street, Philadelphia, Pa.
Dept. S-8-26

Dear Sir:

Enclosed find \$4.00 for my membership into
the A. C. W. L. A., which entitles me to my
membership card, lapel button, "World's Weight
Lifting Rules & Records," with Supplement,
one year's subscription to the "Strength" maga-
zine, and all the association benefits.

Name

Address

City State

MAIL NOW TO

GEORGE F. JOWETT

President A. C. W. L. A.

Dept. S-8-26

2739 N. Palethorp Street

Philadelphia, Pa

MAKE THEM ALL SIT UP AND TAKE NOTICE OF YOU

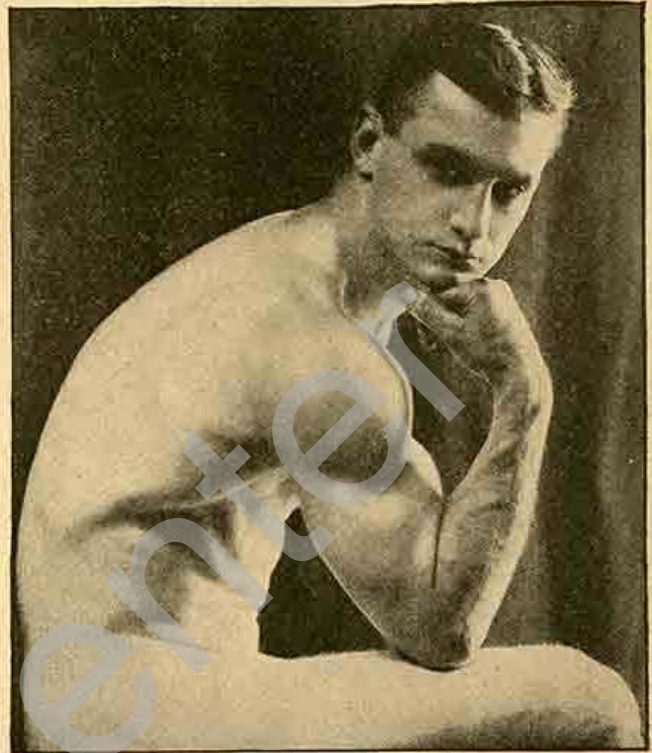
MAKE every one who gazes upon you say to himself, "Ah, there's a healthy, strong and manly chap." We all know what a welcome change it is to look upon a person of that magnetic type after viewing the countless puny, sickly and unattractive men and women who pass us in the course of one short day.

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.



CHARLES MacMAHON

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 setbacks?" 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 in my large Booklet.



Charles MacMahon
In a Muscular Pose

FREE My Booklet, "Health, Strength and Muscular Efficiency," costs you nothing. Just fill in and mail the coupon before you do another thing. The pages of this booklet will interest you—will show you how wonderfully and quickly my methods are developing all my pupils and how I can greatly improve your physique and health. You will find it full of pictures of men of enormous muscles and strength. There are also included large pictures of my own physique.

The reading matter will interest you greatly, too, for it points out the sure and quick way to health, strength, muscular development, and how to make them the most useful.

LET ME MAIL IT TO YOU NOW FOR IT'S FREE

Charles MacMahon

Studio A-23 180 W. Somerset St.

PHILADELPHIA, PA.

CHARLES
MacMAHON
STUDIO A-23
180 W.
Somerset Street,
Philadelphia, Pa.

Dear Sir:
Please mail me a copy of your valuable book which you are to send to me without charge in accordance with your special offer.

Name

Address

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

TEAR OFF—FILL IN—MAIL NOW

Why do I offer to send you 3 Drafting Lessons Actually FREE?

O. C. MILLER
 Director Extension Work
 American School
 For 25 years I have represented the interests of American School students in their relationship with the School. My job is to help each student derive the most benefit from the Training and Service we offer.

I advised my best friend's son to go into Drafting!

Because Drafting is the foundation for success in all Engineering lines. You cannot get very far in Electricity, Architecture, Building, Automotive or Mechanical work without it. Because Drafting is the best-paid work which can be learned QUICKLY. Because there are more highly paid positions open in Drafting than in any other line. Because Drafting is the most interesting work imaginable. The Draftsman controls all industrial activity with his plans. You come in contact with a fine bunch of fellows, real he-men, every one. Because Drafting leads to bigger things. Draftsmen become Chief Draftsmen, Superintendents of Construction, etc. They come in contact with the big men of industry, and enjoy unusual opportunities for promotion. Because men with ordinary schooling have become Expert Draftsmen, at home, in their spare time. It's easy to learn.

Drafting may be your best "bet." Look into it. Just mail the coupon:

Since 1897

The American School—a million dollar Educational Institution, offers men a double service—training for a specific job, then finding the job. On terms of only \$5.00 a month you are now assured definite benefits, in position and salary. Write TODAY!

AMERICAN SCHOOL, O. C. Miller, Director Extension Work
 Dept. OC-203 Drexel Avenue and 58th Street Chicago, Ill.

TO PROVE you can learn at Home We have invented a new, simplified way to teach Drafting—the first real improvement in Drafting home-instruction in history. We want you to see it, try it—without one penny of cost or obligation. We want to show you how we get away from the copying methods used in the past. See how we make you *think*, solve problems, do actual drafting room jobs *from the first lesson!*

TO TEST your ability Mail the coupon—get the three lessons we send you without cost or obligation, to see how you "like" Drafting Work, how you take to it and whether you make rapid progress with our new instruction method. Particularly note that no talent for "drawing" is needed, that the work is entirely *mechanical*.

TO "sample" the value of this training before you decide 16 notable Engineers have prepared American School home-instruction in Drafting. It now contains the Engineering subjects which are absolutely needed before you can fill a well-paid position. Thousands of men have climbed to higher salaries, to better positions, thru this wonderful instruction. And so we are glad to send you three Lessons, so you can get an idea of the quality, honesty and simplicity of this training.

Amazing Opportunities in Drafting

The big money in Drafting goes to men who specialize in Machine Design, or Electrical Drafting, or Architectural Drafting, or Structural, or Automotive. It is not enough merely to know *general* Drafting practice. You must know how to calculate and design and plan original work. You need many Engineering subjects to fill the kind of Drafting position that pays \$60 to \$125 a week. *The American School now includes this specialized training in its Drafting course.*

Mail Coupon—Send No Money

Get 3 lessons free. Test your own ability to learn Drafting and get ready for a fine job and big pay. Coupon also brings surprise offer, and complete information.

Mail it Today.

JOB and training Service

The American School now offers its students and graduates, without cost, the services of an efficient employment department which keeps constant touch with employers of Draftsmen all over the U. S. We have placed hundreds of men in good, big-pay Drafting positions. We've made this training so complete, so practical, so easy to master, that our students are bound to make good. And so, because the demand for real Draftsmen continues to exceed the supply and because this training actually prepares men for good Drafting positions we back it with a **FREE Employment Service.**

Complete Outfit Given
 Fine, imported instruments like these help you learn Drafting quickly and easily.

O. C. Miller, Director Extension Work
AMERICAN SCHOOL
 Dept. OC-203 Drexel Ave. and 58th St., Chicago
 Risk 3 Free Drafting Lessons, Surprise Offer, complete information, money-back guarantee, etc. to prove I can become a real Draftsman at home in spare time.

Name.....
 Street No..... State.....
 City.....

"I Dare Anyone to Fail Now!"

Says the Man Who Has Startled America

Clearly and simply David V. Bush now shows how easy it is for the average man to get anything he wants by simply applying these amazing new principles of success.



DAVID V. BUSH
America's Foremost Author-Lecturer on Practical Psychology.

"I dare anyone to fail now," says Dr. Bush. "I dare anyone to apply these amazing new principles without gaining quick success and lasting happiness.

"I don't care how high your ambition—I don't care how low your station in life. I don't care what you want in this world—or how many times you have tried to get it. I'll teach you to smash all obstacles! I'll teach you to blast your way to success! Just let me reveal to you my amazing new methods of getting what you want, and I'll stake my reputation that you simply CAN'T FAIL!"

These are Dr. Bush's own words—his own great message to the American people.

Why Dr. Bush Understands Human Nature

In his famous lecture tours over the United States and Canada, Dr. Bush has met thousands of people. He has lectured to millions. He has filled to overflowing the greatest auditoriums in the greatest cities. He has come in direct contact with all classes of men and women—from the greatest thinkers and benefactors of mankind to the lowest, even criminal types.

It is for this reason that Dr. Bush knows people. He understands human nature to the core—its strength, its weaknesses. He realizes that people are flesh and blood—but can rise above every obstacle just as he himself has overcome insurmountable obstacles and has taught thousands of others to do the same.

His Great Teachings Revealed in a Single Book

In his great, new book called, "You Can," Dr. Bush speaks his clear, human message direct to YOU. He tells you specifically just what you want to know. He tells you in detail just how you can overcome timidity, fear

and self-consciousness. He tells you how to develop will power, how to grow brains, how to find yourself and your work. He tells you how to reach the subconscious mind, how to use suggestion and auto-suggestion, how to reach your goal no matter how far distant it may seem.

Dr. Bush gives you secrets that will enable you to forge ahead with amazing strides. No glittering generalities—he tells you exactly how to make the start, how to keep going, how to branch out. He puts success right within your grasp. Achievement actually seems easy to men and women who follow his wonderful teachings. He will inspire you, uplift you, give you a great new surge of self-confidence.

You will feel your powers doubled—trebled! You will feel giant forces awakening within you—new life—new hope—new strength. You will laugh at obstacles that once seemed insurmountable. You will toss aside such hindrances as worry and fear and timidity. The barriers that once barred your path will become stepping stones to your success!

And when Dr. Bush promises you success, he does not mean merely spiritual or ethereal success. He means material success—success in dollars and cents. He means wealth, power, fame—all the luxuries, all the rewards that your brains and ability entitle you to have.

You Can Be Sure of Success

Do not fear. Do not doubt. Do not hesitate. If you are an average man, in average health and of average intelligence, there is absolutely not one good reason why you cannot achieve your life's ambition, no matter what it may be. Once you know and apply these principles, Dr. Bush dares you to fail, and he means what he says.

You cannot read this ringing message to the American public without realizing for yourself these great truths—these fundamentals of success that Dr.

Contents of This Book

- How to overcome failure, heredity and adverse environment
- How to make the start
- How to find your work
- How to grow brains
- How to find yourself
- How to strike your stride
- How to go to the top
- How to branch out
- How to buck the line, brace up, and win
- How to use suggestion and auto suggestion
- How to reach the subconscious mind
- How to develop Will Power
- How to hang on and succeed
- How to be a "go-getter"
- How to overcome timidity, fear and self-consciousness
- How to be a success as a salesman, artist, author or business man
- How to finish
- How to come back
- Where there's a will, there's 20 ways
- How to make your opportunities.

Bush drives home with clear and pitiless logic. When you finish this splendid work you will be amazed at your own blindness. New truths will dawn on you. Old truths will strike you with new force. You will say to yourself as thousands have said, "How simple it all is! Why didn't I see it all before?" You will say, as Dr. Bush said, "I dare anyone to fail after reading and being inspired by these splendid principles!"

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No description can begin to give you even an idea of the startling truths explained and proved in this wonderful book. The very first page will be a revelation to you, just as Dr. Bush's lectures have been a revelation to keen, thinking, analytical minds in every city.

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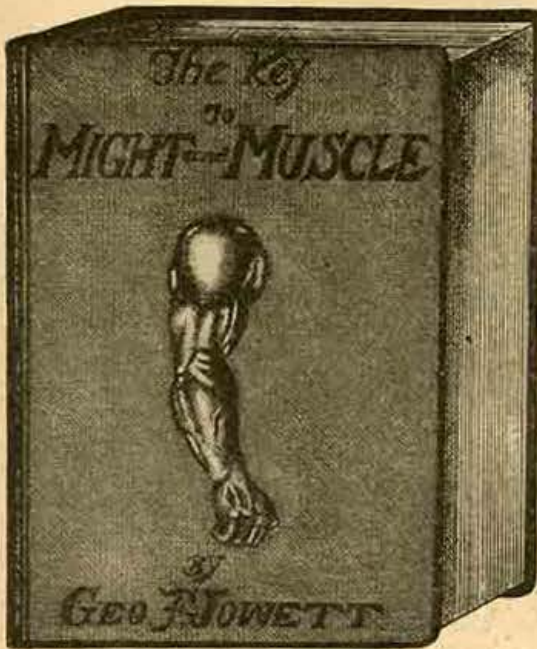
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It Has Them All Stopped



“THE Key to Might and Muscle,” written for you by Geo. F. Jowett, is away up in front of the might, muscle and health class of books.

One Hundred and Fifteen Thousand Words

This number is an enormous amount of words, and when you consider that every sentence in “The Key to Might and Muscle” is an important message to those seeking better health, greater strength and a sounder physique, you will get a vague idea of the volume and quality of this greatest of all health books.

The Greatest Number of Original Exercises Ever Assembled In One Volume

A great majority of them are Mr. Jowett’s own exercises, which he used personally for years in his home in Canada. These exercises are the ones that are responsible for his massive wrists and forearms, and his all-round strength, development and lifting ability.

You will know more about health and strength promoting principles when you have read this book than you ever hoped to know.

The Best and Newest Collection of Pictures We Ever Saw

There are strong men from nearly every country in the world. Pictures of men in remote corners of the world, whose feats of amazing strength have lifted them from obscurity to international renown as men of mighty physiques. No other book has ever been able to boast of such an up-to-date lot of pictures as “The Key to Might and Muscle” can.

Whether You Own a Bar Bell or Not, You Must Get a Copy

As every one knows, Mr Jowett is today the outstanding practical authority on bar bells and their uses. In this book he gives you the benefit of his years of conscientious research and experience with bar bells as a means of developing the body and strength.

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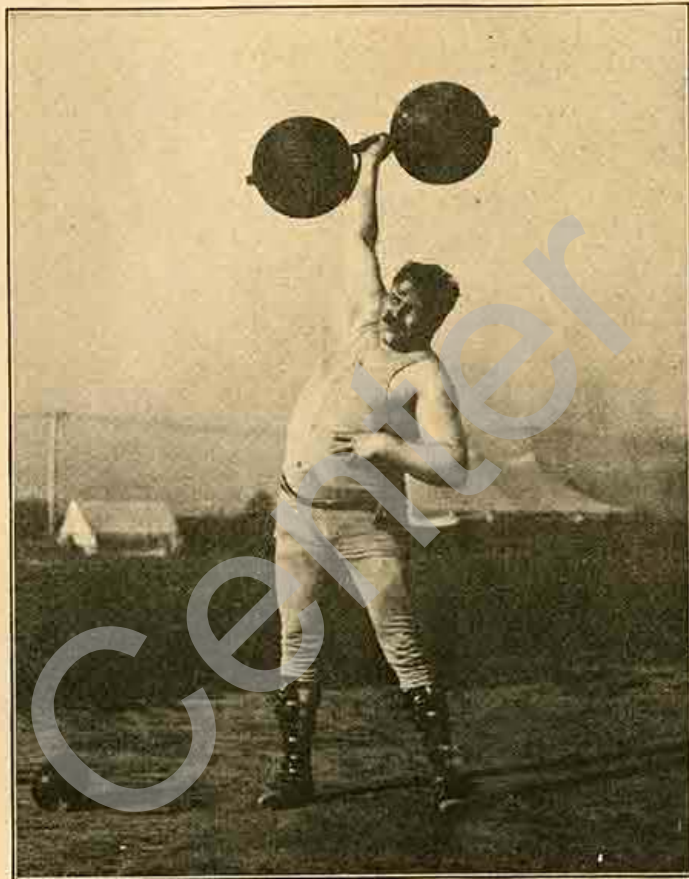
"The Key to Might and Muscle" is Incomparable"

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Narrative Style
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Most books on physical training methods, exercise, lifting, etc., are difficult or tiresome reading. "The Key to Might and Muscle" is not like other books of its kind in this respect, or in any other respect.

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There are still a number of special copies of "The Key to Might and Muscle" which are gorgeously bound in limp leather, and which Mr. Jowett will autograph for those who want one of these special copies. See coupon.

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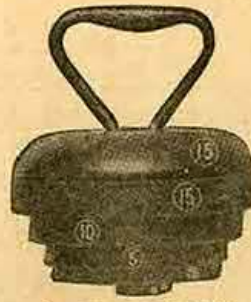
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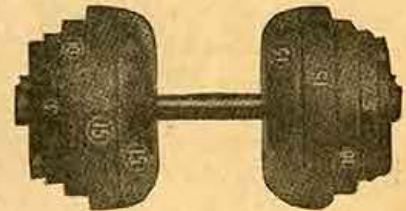
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60 Days Ago They Called Me "BALDY"

Now my friends are amazed. They all ask me how
I was able to grow new hair in such a short time.

BOB MILLER and I had both been getting bald for years. We stuck together a lot—maybe it was for mutual protection. I guess between the two of us we tried every hair restorer known to man—salves, crude oil, mange cures, singeing, massaging. And as for ordinary hair tonic, we poured gallons of the stuff on our heads. But we might just as well have used brass polish.

Then one day Bob left town—a business trip. Weeks passed. I began to wonder if I'd ever see him again.

One afternoon at the office I heard a familiar voice—"Hello, Baldy," it said. I whirled in my chair and glanced up much annoyed. There stood Bob, grinning at me.

"For Pete's sake!" I exclaimed, springing up. "Where have you been keeping yourself?"

We shook hands. "Take off your hat," I suggested sarcastically. "Let me gaze on that 'luxuriant hair' of yours. I haven't seen it for weeks."

"Luxuriant hair is right," he retorted. "I've got the finest growth of hair you ever saw!"

It was my turn to grin, but I didn't—I laughed out loud! "Know any more jokes?" I said.

Bob did not reply. Instead, he stepped back, swept off his hat and made a theatrical bow. I could scarcely believe my eyes. The top of his head, once almost as free from hair as the palm of your hand, was covered with a brand new growth of hair—real, honest to goodness hair! I was speechless.

A New Way To Grow Hair

"I've got something that's worth a million dollars to you!" Bob shouted, banging his fist on my desk. "It's wonderful—marvelous—miraculous! I never saw anything like it in my life!"

That night I went to Bob's house. The demonstration he gave me reminded me of the time I was initiated into our lodge. He sat me in a chair and placed a strange apparatus on my head and turned on the electricity. The treatment lasted 15 minutes, during which time Bob talked to me.

I never saw a man more enthusiastic in my life.

"Don't forget," he concluded, "this proves what I say." And he ran his fingers through his new growth of hair with a triumphant flourish.

At the end of the treatment, I rubbed the top of my head. "Well, Bob," I chuckled, "I don't feel any new hair."

"Of course you don't," Bob came back. "But just you wait a while."

On the way home I read a booklet which Bob had given me. It described a new method of growing hair—a method discovered by Alois Merke, founder of the Merke Institute, Fifth Avenue, New York.

It was the only treatment I had ever heard of that got right down to the roots of the hair and awakened them to new activity. I must confess I never before read such an interesting, helpful, honest book.

Then I recalled what Bob had said—how enthusiastic he had been. Bob was proof. I decided to send for the treatment immediately.

I Get the Surprise of My Life

Every night I spent 15 minutes taking the treatment. The first two or three days nothing happened. But I could feel my scalp beginning to tingle with new life—new vigor. Then one day when I looked in the mirror I got the thrill of a lifetime. All over my head a fine, downy fuzz was beginning to appear.

I continued the treatments and every day this young hair kept getting stronger

and thicker. At the end of a month you could hardly see a bald spot on my head. And after 60 days my worries about baldness were ended. I had gained an entirely new growth of healthy hair.

Here's the Secret

According to Alois Merke, in most cases of loss of hair the roots are not dead, but merely dormant—temporarily asleep. Now to make a sickly tree grow you would not think of rubbing "growing fluids" on the leaves.

Yet that is just what thousands are doing, when they douse their heads with ordinary tonics, salves, etc. To make a tree grow you must nourish the roots. And it's exactly the same with the hair.



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

At the Merke Institute many have paid as high as \$500 for the results secured thru personal treatments. Yet now these very same results may be secured in any home in which there is electricity—at a cost of only a few cents a day.

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

Coupon Brings You Full Details

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

"The New Way to Make Hair Grow," which explains the Merke Treatment in detail, is the title of the vitally interesting 34-page book, which will be sent you entirely free if you simply mail the coupon below.

This little book tells all about the amazing new treatment, shows what it has already done for countless others, and in addition contains much valuable information on the care of the hair and scalp. Remember, this book is yours free—to keep. And if you decide to take the treatment, you can do so without risking a penny. So mail the coupon now and get the surprise of your life! Address Allied Merke Institute, Inc., Dept. 558, 512 Fifth Avenue, New York City.

Allied Merke Institute, Inc.,
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Please send me, without cost or obligation, in a plain wrapper, a copy of your book, "The New Way to Make Hair Grow."

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800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



BERNARR MACFADDEN

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

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure: care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets; yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

Neither Dull nor Technical

Macfadden's Encyclopedia of Physical Culture is neither dull nor technical. You can easily understand every page and every word. It is comprehensive and complete in every sense. It is the crowning effort of Mr. Macfadden's lifetime of experience and its worth cannot be overestimated. You haven't any idea how valuable it can be to you or how many dollars it will help you save each year. It may even be the means of saving your life. Be sure and read the complete contents of this wonderful set of books on the following page.

READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE

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There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

One man writes (name furnished upon request): "This will acknowledge receipt of the five volumes of Bernarr Macfadden's Encyclopedia of Physical Culture which I ordered from you. I cannot express the wonderful value of these great books and feel they will lead me to a successful married life; as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

Calls the Encyclopedia His Best Doctor

Thousands of letters like this literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

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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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Is Health and a Beautiful Figure Worth a Dollar?

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"WHEN I was a little girl," says Annette Kellermann, "I was puny, sickly, weak, and ailing. In fact my bones were so soft that my legs were bowed. I had to wear horrible braces all day long for several years. My family, and the doctors, all thought I would be an invalid for life.

"However, I not only recovered my health, but became 'the most beautifully formed woman in the world,' in the opinion of physical culture experts. I have starred in motion pictures, have been a headliner on the stage all over the world for many years, and have lectured before clubs, societies, colleges, everywhere. *During the past 15 years my figure has not changed one-fourth of an inch in its proportions.*

"My methods are my own. I had to perfect them through necessity. They are simple and practical. They helped me—they saved me from an invalid's existence. *They have already helped over 30,000 other women.* I believe they will help you.

"If you are weak, run-down, tired, if you are too stout or too thin, if your figure is

not all you want it to be, if your skin isn't clear and rosy, if your eyes are dull or heavy, let me send you one or more of my lessons on trial. They cost you nothing if they do not bring you satisfactory results. My special introductory price is only \$1.00 for each lesson, but remember, *I will refund your money if you find you are not benefited.*

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Mail the coupon now—or write me a letter—you have health and a beautiful figure to gain, and nothing to lose."



Editorial

What Athletes Need

AS this editorial is being written, the Cornell-Princeton combined track team has sailed for England to take part in a dual meet with the combined Oxford-Cambridge teams. Whether or not the Americans win, and we have good grounds for hoping that they will come through, this meet practically eliminates all chance of Russell, the Cornell Captain and Inter-collegiate Champion, meeting Locke, of Nebraska.

Locke has run many spectacular races in the Middle West, and the Sesqui-Centennial athletic officials hope to have him meet Russell at the A. A. U. championships in Philadelphia. It is now fairly certain that neither man will run.

Looking the sprinters over and thinking about the build of the men who have made good in sprinting, makes one realize the close connection between great strength and great speed, particularly if large, well developed and well defined muscles are taken to be attributes of great strength.

Track coaches used to claim that sprinters were men who had an ability to whip up their nervous energy so that they could apply all of their muscular energy on very short notice. Probably there is more than an element of truth in this theory. Every one knows of men who apparently are faster under stress of competition than they are in practice, and of men upon whom crowds and competition have the effect of limiting their ability. The result is they never do as well before crowds as in practice.

Certainly the difference between these two groups must be largely one of nerves, and certainly sprinters and competitors who must give everything they have in a flash are most subjected to these surprising variations of form. Very seldom do we find crack two-milers in practice who fail to win in meets. When they do fail it is because of definite conditions which are easily seen both by themselves and their coaches.

Since weight lifting is a sport in which the lifter has to bring all his physical energy to bear at a given point, at exactly the right minute, the element of speed enters weight lifting contests, and the element of nervous excitement enters into them, too.

Furthermore, the muscular development of many of the sprinters is similar to that of the crack lifters, and many of the crack lifters are as fast as track men.

Weight Lifting at the Sesqui-Centennial

On August 21st at the Sesqui-Centennial the A. C. W. L. A. is going to hold a weight lifting contest which President Jowett hopes will include the largest number of contestants who ever entered in a weight lifting meet in America, and as a result first class lifting and close competition will be assured.

Any of our readers who are planning to attend the exhibition should try to be in Philadelphia on the twenty-first of August so that they will be able to attend both the Sesqui and the lifting contests. The Stadium, new and erected by the Exposition, is ideal. On the same afternoon the lifting is scheduled there will be a large track meet, and so the program will be varied and well worth any one's effort to attend.

Who Is the Strongest Man in New England?

Weight lifting seems to be about to become an outdoor game. The *Boston Post* invited Mr. Jowett to New England to help them find New England's strongest man, and the competition was held at the Boston Common. Any one who wanted to lift was eligible, and from all contestants those entitled to enter the finals were selected. It is hardly fair for us to go into too many details about this at this writing, as we will have time and space to give photographs and a full description in our next issue.

Perhaps it will be a natural development for the A. C. W. L. A. to foster such contests wherever it is possible to do so, encouraging any strong man, lifter or not, to lend a hand.

A set of lifts which would put a premium on bull strength and not on lifting skill could be used if it became evident that there were, as so many people claim, large numbers of strong men around the country (*Continued on Page 92*)

How to Acquire a "Peaches and Cream" Skin Thru Exercise

A Beautiful Skin is the Reward
of Hygienic Living, Proper
Diet, Fresh Air and Exercise.

By Margaret A. Sargent



Posed by
Miss S.
Schneider,
dancer and
athlete.

"LOOK, Margaret, look at this! It just seems as if my dreams are becoming a reality!" A much excited individual burst into my room waving a letter in her hand. I took the extended letter and read its contents. It was an

me," and she winked confidently at me as she flew out.

Two hours later I was disturbed at my work by the sound of sobbing. I listened—and making sure it came from the next room I went into the hall and opened the door. There on the bed laid Phyllis, hat, coat and gloves on, sobbing as though her heart would break. I knelt beside her bed and tried to soothe her. "Why, Phyllis, what is the matter, why are you crying? Come, this will never do." After some time she got calmer and between broken sobs she told me.

"Oh, I was so sure I would get that position. The letter just sounded like my appointment. It said that I was just the person they were looking for and that I had exactly the education and ability they wanted a person holding that position to have. And when I got there, they seemed so indifferent and said that they had changed their minds and would not appoint anyone at the present time. Oh! if I had only not been so confident, so

answer to an application for a very high position with a law firm, asking the writer to call that afternoon for an interview. My enthused friend was greatly interested in law and had been looking for such an opportunity for a long time.

"Well, Phyllis, I am glad to see this and I wish you all the luck in the world, but you had better hurry for it is near time you were getting there."

In twenty minutes she was back in my room again, dressed in an attractive tailored suit and hat. "Do I look all right?" she questioned. I answered in the affirmative, but in the back of my mind I said, "Yes, you would look wonderful, almost beautiful if it were not for your complexion. Oh! why can't you realize it, why doesn't some one tell you—show you how you can be beautiful."

"Well, goodbye, and say a little prayer for Fig. 2



Fig. 1



sure—but that letter—I could not help it," and she burst into another torrent of tears.

My heart ached for her because this was her second great disappointment in seeking to better her vocation. The first disappointment had not been so hard to bear, but this second—I realized what it meant to her. She was a college girl, she had ability and ambition—and she

"skin you love to touch" through exercise, and at the same time enhance your entire physical make-up and save yourself the disappointments and embarrassments you are bound to meet if you have an unhealthy skin.

There is no single factor of beauty which possesses a greater power of attraction and wholesomeness than a clear and delicate complexion. The skin is the mirror of your inward health and physical purity. A beautiful skin has so great a charm that many other minor irregularities of the features can be overlooked.

A beautiful complexion, so coveted by all women and very often the object of a life long effort, is not the reward of laziness, inactivity, too much indoor life and nervous excitement—of the wrong kind of eating, late hours and numerous other bad habits.

A beautiful skin is the reward of hygienic living, of a well nourished body, whose every organ and muscle is always kept in a state of healthful activity and which body is never deprived of needful sleep and fresh air and physical exercise.

Therefore, the foundation of a beautiful complexion is health. We read and hear so much about "beauty being skin deep." This is a very untrue statement and unfortunately a great source of disappointment to many women who seek beauty in beauty parlors. Real beauty is blood and bone deep. The road to beauty is a long



Fig. 3

could not understand her failure. I realized that it was my duty to help her, to tell her kindly what I thought the reason for her failure was. And I did, right then and there. I told her how, through too much studying and staying indoors and not enough activity and regular eating, she had lowered her vitality and physical energy and that the result was a very sallow and unhealthy complexion, covered with pimples and blackheads. I told her that it detracted from her personality, and that some people judged one's entire character by their facial appearance—and that the girl with a clear, healthy complexion had a much better chance socially or professionally than her unfortunate sister. To hold such a position as she desired, I told her, one must have glowing health and a radiant personality. And I told her how she could restore her complexion and increase her chance to secure what she was seeking a thousand times.

I have written so much about reducing and gaining weight, how to develop this, that or another part, that I am afraid I have sadly neglected a very essential factor of beauty—that healthy complexion so desired by every girl and woman. This month then, I am going to tell you how you can secure that

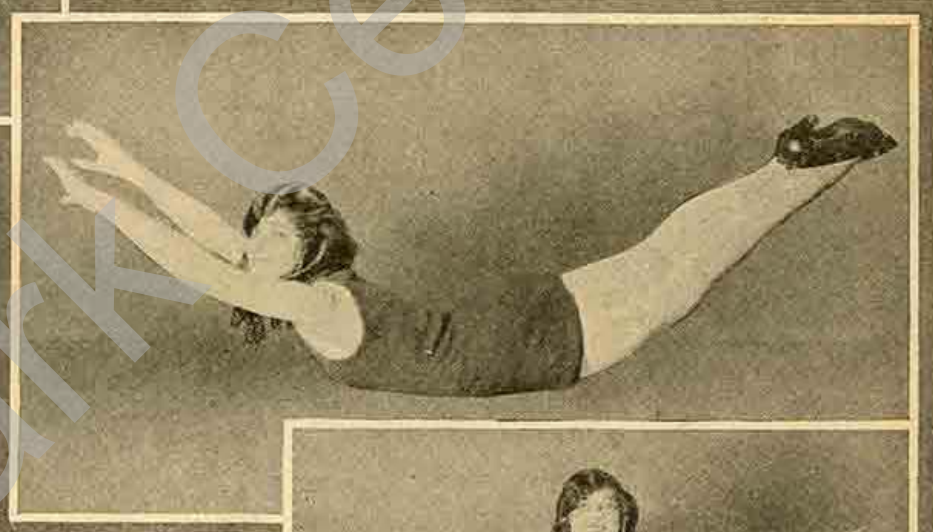


Fig. 4



Fig. 5

and sometimes a difficult one, but if you take it and stick to it only, you will surely get there and stay there.

A woman should learn to observe the condition of her skin more closely—she should watch for tell-tale signs, which would give her an idea of her physical state, before that condition works havoc on her complexion.

Intelligent care should be exercised to make the skin beautiful. It is an error to try to remedy imperfections of the skin by external means and not seeking the cause of the imperfection. It is a silly fallacy that a young growing girl, suffering from a skin disease will out-grow it. She must pay as much attention to her skin as she would to her body if she had some serious ailment.

I do not condemn cosmetics altogether. A very reliable cream should be used every night before retiring—but not until the skin has been thoroughly cleansed with a good soap and warm water. Then the cream is slowly massaged into the skin—using an upward motion—and then the surplus cream should be removed with a soft cloth.

Few girls realize the importance of soap and water as a means of attaining a beautiful skin. Bathing the body is just as important and a cool bath should be taken once each day. The face should be bathed at least twice a day. A little powder and rouge, of good make, will not hurt the skin if you practice the foregoing and if you do not use them to excess.

Poisonous waste matter, if retained in the body, is most injurious to the skin. Particular care should be taken that the functions of the bowels, kidneys,

lungs and skin are encouraged. I mean that they should be encouraged naturally and not by medicine. Medicine in that case gives only temporary relief. Therefore, the diet, bathing, breathing and exercise should be regulated.

A good diet and one from which you will derive results is that consisting of whole wheat bread, bran, an abundance of fresh fruit and vegetables (cooked and uncooked). Replace meat with milk and vegetables whenever possible and eat plenty of salads—lettuce, vegetable and fruit salads.

Abandon white flour products, starchy and fried foods, pastries and candies altogether. Now the above is a laxative diet and combined with the exercises which I will outline for you later, you should soon notice an improved skin condition. Let me add a word about the value of oranges to a beautiful skin. Oranges are known the world over as being a "skin food" such as cannot be replaced by any other prepared compound. Oranges act upon the liver, therefore, having a beneficial influence on the whole system.

The girl who lacks color and has a sallow skin needs



Fig. 7



Fig. 6

outdoor life, fresh air and sunshine. Fresh air is the life of the skin as it is of the body. You cannot have too much of it and in these glorious summer days you can spend much of your time in pleasant recreation outdoors. I have tried, almost in every article I have written for *Strength*, to make my readers realize the great value of tennis, swimming, golf, horseback riding and hiking. All these tend to produce robust health. You must bear in mind the fact that color and clearness of skin are dependent upon the building of vigorous health. Everything that pertains to your general physical condition pertains equally as much to the question of improving your personal appearance.

I know that women will go to considerable trouble to acquire beauty—and that beauty they consider as being a beautiful skin—so I endeavor here to show them how they can acquire this beauty and retain it—without being hopelessly disappointed at the end of their efforts. Just as soon as a woman realizes her beauty does not depend on cosmetics and beauty parlors but upon her physical

condition she will have made the first step toward beauty.

Now let us turn back to the pictures that



Fig. 8

illustrate this article. Each and every one of you, who desire that "peaches and cream skin" will do well to practice the exercises illustrated every night before you retire. Unless you do you cannot expect to acquire beauty.

Kneel down on the floor with hands on hips. Bend the body forward and then slowly twist the trunk as far to the right as possible. Now rotate the body to the forward position and repeat the same movement to the left. Note Fig. No. 1.

Next take position on the floor as shown in Fig. No. 2, with the non-supporting hand held straight up in a perpendicular line with the floor. From that position you start the exercise by quickly drawing the knees towards the chest and alighting on the feet in a position similar to the squat, or a position similar to that of picking a pin off the floor. One hand is always kept on the floor and as the spring is made you quickly strike down with the up-lifted hand, which acts as an aid to your balance. Just as quickly as the squat position is reached, you spring back to the original straight leg position with the hand held overhead. This is an excellent exercise for the sides, stomach and spine.

Next take your position with feet together, arms extended sideward and on a level with the shoulders. Now spring up in the air and at the same time bring the hands together with a quick slap, Fig. 3, and land with your legs apart as shown. Again spring up in the air and land in the first or original position.

In the following exercise you lie down prone, with the arms outstretched in front. Raise the head and legs as high as possible, taking care to reach forward with the arms, as in Fig. No. 4.

Assume position with the arms raised sideward on the level with

your shoulders, feet together, Fig. No. 5. Now raise high on the toes, inhaling deeply and raising the chest high, at the same time raising the arms straight overhead, palms forward. Now lower yourself on your toes, exhaling deeply and bring the arms back to position; that is, on the level with your shoulders.

From the position lying supine; that is, lying on the back, place the hands under the hips, raise the legs, keeping knees stiff, and then describe a circle with the legs, Fig. 6. Try to move the legs in such a fashion that a large circle may be described. This has a tendency to give the abdominal muscles the necessary work for their development. I have found this exercise to be especially beneficial in reducing and also a cure for pendant abdomen, as well as being a special corrective exercise for constipation.

Assume a straddle position, hands on hips, bend the body forward and then slowly twist the trunk as far to the right as possible, Fig. No. 7. Then rotate the body to the forward position again and repeat the same movement to the left side. This is a similar exercise to No. 1.

Another good deep breathing exercise is to retain the breath, once you have filled the lungs, then proceed gently to squeeze the ribs directly under the arm-pits and thus, as you press slowly, exhale forcibly, Fig. No. 8.

Figure No. 9 illustrates an excellent all round exercise, especially beneficial for curing constipation, one of the main causes of a blemished skin. Assume a squatting position, resting the tips of the fingers on the floor directly in front of you. Now quickly lunge the left leg straight (*Continued on page 92*)



Fig. 9



Spine Stretching Exercises

A Strong Spine Produces Physical Strength and Endurance

By Charles MacMahon

THE spine, undoubtedly, is one of the most vital parts which the human body is made up of. The spinal cord, which runs through the vertebrae, is really the vital spot. The bones of the spine, or vertebrae, protect the spinal cord.

The entire spinal column is like a large high tension wire. It carries the nerve impulses from the brain to the smaller outlets and is insulated heavily by the spine bones. The only difference is that in the case of a high tension wire, the insulation is to protect outside things from the wire or the electricity it carries. While in the case of the human high tension wire (or spinal cord), the insulation (spine bones or vertebrae) is for the purpose of protecting the wire or cord from outside things.

While the bones of the spine do protect the cord to a certain degree, you all know they do not serve their purpose as well as is to be desired. Any one or all of my readers have heard of or known of cases of spine injury. Many times serious injury is brought about by shocks that are so slight it is unbelievable that they could injure the spine.

I know of several cases of spine injury which have recently occurred. In one instance, a young girl was taking a trip to New York City. She selected, instead of the train, one of the new bus lines to get her there. They got her there so well she hasn't been able

to leave and won't for probably a month or more.

How it happened was that the bus which she so unfortunately rode in, had a broken spring or leaf which caused a sudden and shocking jarring whenever a hole in the road was hit. This young lady was, no doubt, sitting right above the wheel with the bad spring.

Fig. 9

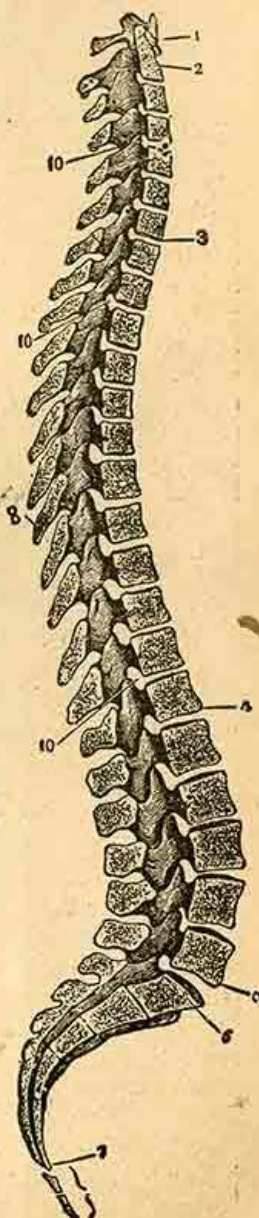
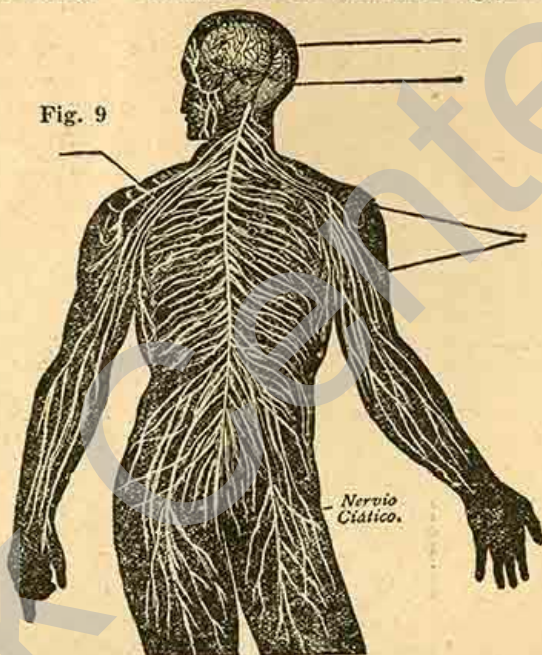


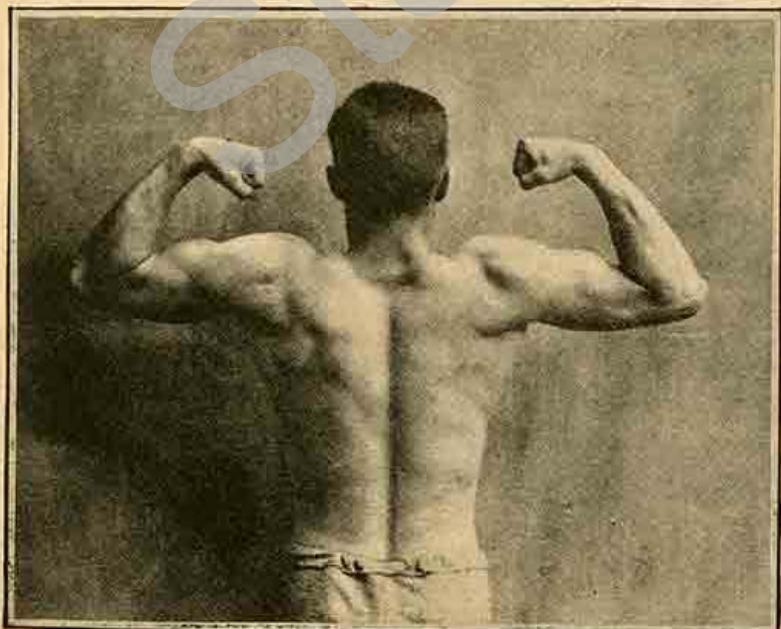
Fig. 8

She did not notice anything wrong except that she was jarred up pretty well enroute, but when she went to get up from her seat she could not move and has not moved much since, being compelled to remain in a hospital.

Of course, this is an unusual case, but there are many others that are only slightly less unusual than this case. It proves that, as I say, the spine bones are poor protectors at times.

The reason for the vertebrae's poor showing as a guardian of the spinal cord, is

Fig. 1



that it must be flexible in order to allow bending movements. These necessary movements prevented the spine bones from being one long, curved, solid bone which would have been a better protector, but would have made us very stiff.

Nature apparently was wise to the defects of the spine when she originated it, because a few of the bones of the spine, where they are not affected by bending movements, are grown fast together. But she could not do this the full length of the spine. The rest of the bones are separate bones held together by a cartilage and ligaments, and for this reason are fairly easily put out of alignment, which causes a pressure on the spinal cord. This pressure causes the trouble.

Now a well-muscled back, especially along both sides of the spine, is as efficient or a better protector of the spinal cord than the bones are. In fact, these muscles, when developed and strengthened, serve a double purpose in regards to protection.

First: they prevent a blow from striking the bones themselves because, as you will see in Fig. 1, the muscles form a protecting ridge on either side. So these muscles protect the bones from blows.

Then, strong muscles along this region also make it harder to dislocate the vertebrae themselves be-



Fig. 4

cause where there are strong muscles, there are to be found strong ligaments also. Furthermore, exercise stimulates and keeps healthy this main nerve (the spinal cord), for there are diseases of the nerves which the bones and muscles themselves cannot prevent. Only good health can do that.

Often the bones of the spine themselves will cause nerve

trouble without the assistance of a blow in dislocating them. And this condition is what we are most concerned with. Accidents will happen despite all the "Be Careful" and "Safety First" placards we see nowadays. But the condition I am going to discuss from now on can be prevented, or, in other words, there is no excuse for it existing at all.

This condition is found in folks who rarely bend or stretch. It often happens with folks who are fairly active physically, too. It consists of the vertebrae becoming mashed, as it were, too close together. It may happen to only two vertebrae, but will cause a barrel of trouble.

Here is how it happens: You know, of course, that Fig. 2 the nerve branches that run to all parts of the body



Fig. 3



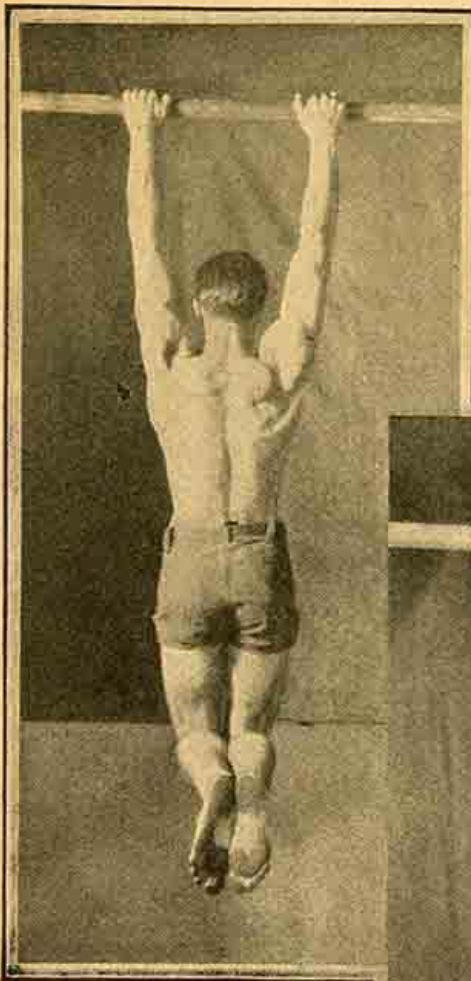


Fig. 5

come out from the spinal cord through holes in between the vertebrae and cartilage. These holes are just large enough, and the spine of a person who sits, stands or walks and does little else becomes packed by its own weight and the weight of the head and shoulders. Consequently, a slight fraction of an inch closing up of the outlets pinches the nerves and prevents them from functioning properly and being well nourished

This condition is slow in coming on, as you will imagine, and is not so serious as a dislocation of the spine. But it tends to put your nerves in bad condition and makes them more easily susceptible to the nerve diseases.

Now the thing to do in order to avoid strangling of the nerve branches, is to practice a few stretching exercises. The exercises I am about to give you are not of the ordinary type. For instance, Fig. 2 is a spine stretching movement from side to side. Fig. 3 is a spine stretching movement consisting of bending forward and backward.

But these simple stretching movements are not the best type for spine elongating. The reason they are not good

ones for this purpose, is that when you bend to the right side you stretch the cartilage between the vertebrae on the left side of the spine. But at the same time you force together the cartilage between the vertebrae on the right side.

The same thing takes place when bending forward or backward, except that you stretch the cartilage between the vertebrae directly on the back and directly on the front of the spine.

So such bending movements are mainly for developing the muscles and ligaments along the spine, which is very essential, as I pointed out to you in a previous paragraph. These movements are also better than none at all for the express purpose of elongating the spine, but they are not the best.

Fig. 4 illustrates an upward stretching or reaching movement that *does* stretch the spine in the proper manner. That is, it lifts each vertebra up from its lower mate, thereby extending the cartilage between each bone probably a 24th of an inch. As there are twenty-four bones in the spine, this will be counting for a stretch of an inch.

It is well to make the wall at your highest stretching
(Continued on Page 91)



Fig. 6

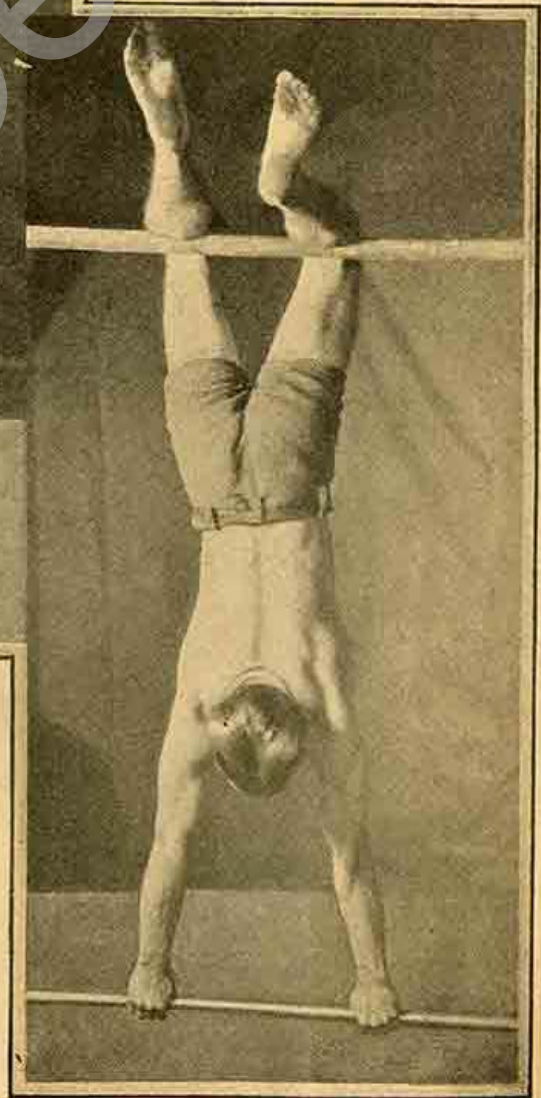


Fig. 7

Teaching the Instructor Acrobatics

An Instructor should be able to Perform the Stunts he Endeavors to Teach his Pupils.

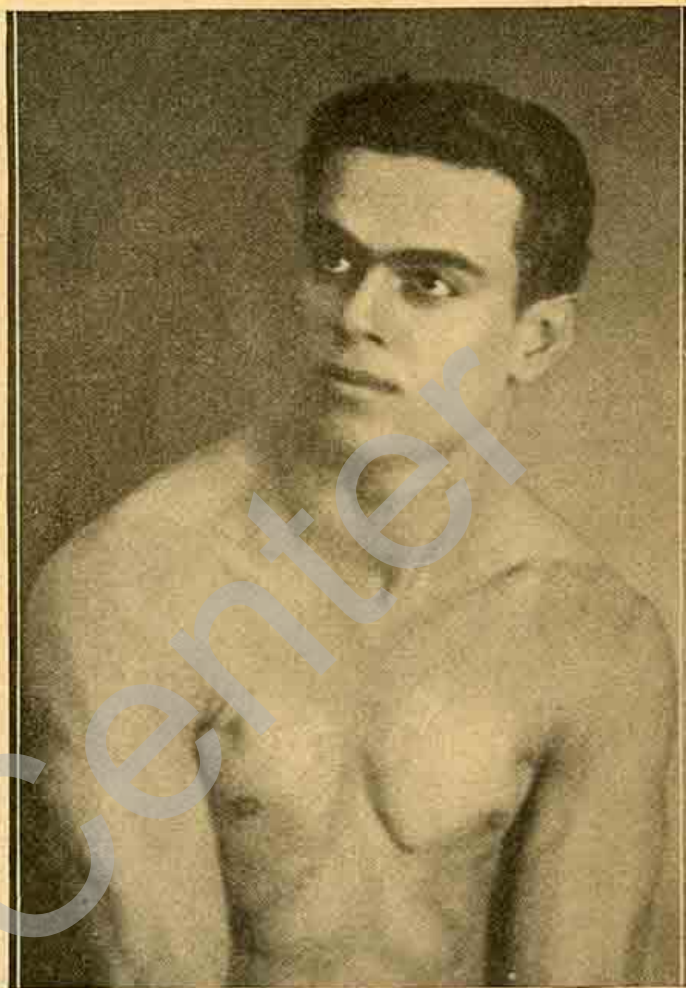
By P. H. Paulinetti

IN this article I am going to explain carefully many of the essential methods for the benefit of those who wish to learn acrobatics; also to teach this art as I have taught it to the subject of this article, Mr. Louis Ferrante, who is now an established teacher of acrobatics and gymnastics.

Not more than three years ago I had this young man (who was then an ordinary small boy in size, but a big boy in intelligence) under my instruction as a pupil in an acrobatic class. It was not long before I noticed that he started to comprehend those points which are the cardinal or first principles of the technicalities which go to make the real teacher. In teaching any of the sciences or arts, a person must acquire a knowledge of the ground-work of any branch which is to be taken up, and, step by step, build up these substantial foundations, which provide efficiency to instruct others.

The greatest difficulty in teaching beginners is that they do not realize that co-ordination of the mind with the body is the most essential thing to consider; yet when dancing is taken up, that is the first thing that the pupil instinctively conceives. The reason why most people do not understand that the same thing applies to acrobatics or gymnastics, is that these arts are not known to the general public to be *arts or science*. They look at the matter of performing the various feats something like I, myself, did when I was a small boy.

I used to pass a ring barn of a circus on my way to school, and many times I entered this ring barn where performers practiced their various routines, both new and old, so that they would be in condition for the spring opening of the circus. Many times I heard different performers say how wonderful *certain* ones were in their respective lines of work. Although I could do a number of acrobatic feats myself, I could not understand why it was said this or that performer was more wonderful than the others in performing certain feats. I thought that every performer, when he reached manhood could do everything that all others could do in the circus; so



Louis Ferrante, who, through proper instruction, has developed into a competent instructor.

I commenced to investigate the reason for people saying this or that man was great. It did not take very long for me to find the reason why. I watched, closely, the "great" ones practice and I noticed that they did about three times the amount of practice that the others did; besides, they were much more careful in practicing their loosening up exercises, before working on their general routines. This observation gave me the true key to success in every line of acrobatics and gymnastics that I have from time to time taken up. That does not apply to myself only, but to every person who may take up these arts.

There are quite a number of people, who have opened up schools to give lessons in acrobatics, who know little or nothing about what they are supposed to teach. The instruction given by such persons simply prevents the pupil from ever becoming an artist, and the pupil does not realize this until too late. Just the mere fact that some person or other had been performing on the stage or in a circus ring a short time means little or nothing in the matter of instructing others. I have seen many typical cases in this class.

The instructor should be able to dissect each particular exercise or feat, and give the pupil a mental picture of it with which to commence. Unless a person is able to do this, they have a very poor chance of ever becoming

an efficient instructor. What would a person think if they were to apply to a music teacher for lessons and that teacher would inform them that he or she could not read music, but they taught it?

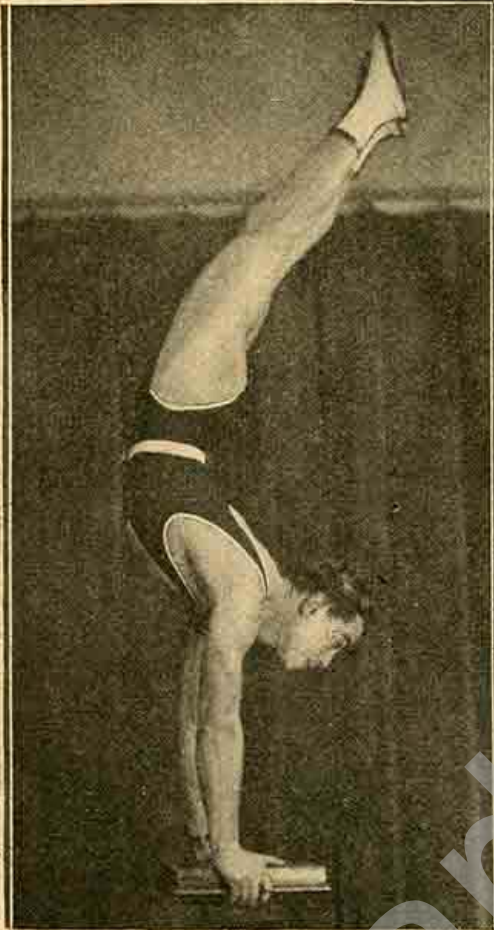


Fig. 1

of which the general public know so little about.

Let us see just what is meant by dissecting a feat in acrobatics, and how to detect and correct any break in the rhythm of the feat being performed. We will take, for example, the turning of a backward somersault. In the first place a thorough knowledge of the feat must be acquired before a person can observe the real cause of a faulty revolution. It is done so quickly and there are so many points about it to understand, that it is impossible for a person of little training to notice any more than one or two of the breaks at one time; and they must be palpable to even see one of them by an untrained eye.

The backward somersault, to be performed in the correct way, should be done in the following manner: the person should stand with the feet slightly turned out, the head in a natural position, and the chest held high. (This keeps the head from drooping forward which would interfere with the lift.) The first movement for a proper lift in the backward somersault is to move the arms forward and outward in a circle, slightly away from the body. As the arms commence to come in toward the body the knees are bent into a sink; but this sink should not be any deeper than the outward



Fig. 2

This state of affairs exists only in these and a few other fascinating arts,

The legs should be released so that they will drop under the body in position for proper balance (this is known professionally as the let-out). The feet should be driven into the ground; the release of the legs should cause enough rebound force to straighten both body and legs (if the body is kept in a straight position and not allowed to bend forward during the entire action). The proper instant to let out, if all the positions are co-ordinate, is when the ground is seen about six feet in front of where the start is made. The feet are kept flat on the ground until the upward lift is started—to keep a perfect balance; for the reason that if a person should stand on the balls of the feet for the start, it would be very difficult to get a straight drive upward to the best advantage. The hips should never be allowed to bend backward into the slightest squat position. This method of performing the backward somersault makes the feat look very graceful; besides, you turn right over the spot where the feet left the ground. This is known as a spotting somersault, and is the easiest and best way to do it, as all the effort is used in driving the body upward instead of backward, where lost motion is caused on account of the distance used in the backward turn.

To sink low on the legs is a great waste of energy, as is also the swinging of the arms back of the body, then forward over the head; also to bend the hips backward into a squat, or to swing the body backward to lift. This method is awkward and laborious. Instead of lifting the body, this action throws the body backward. In alighting on the feet after the let out, the performer should alight on flat feet, with most of the weight on the balls

position of the circling of the arms. The body should be kept perfectly upright and the feet flat on the ground until the upward spring with the legs is started. With this upward spring the arms are drawn in and the elbows are brought close to the body by a sharp upward lift with the forearms. The elbows are not allowed to go back past the center of the sides, neither are the arms permitted to bend more than in a parallel position with the forearms. (The palms are held toward each other.) At the same time make the spring from the front or ball of the feet straight upward, drawing the knees sharply as high as possible in front, so that the hands can grasp the legs just half way between the ankles and knees. Just as the hands are catching hold of the legs, the head should be driven back sharply and the eyes kept open so that the ground is seen as quickly as possible. After the ground is seen the judgment of the performer is put to the test.

of the feet in a balance, unless another feat such as two somersaults are to follow in what is known as swing time: that is, one immediately after the other. The performer should alight on the ball of the feet to get the bounding action which is required. The foregoing is an accurate account of the dissection of a backward somersault and all its essential parts.

Reverting to the subject of this article (Mr. Louis Ferrante) I recently had a number of pupils who had taken lessons previously from this young man, and I was surprised to see that he taught the exact methods, in detail, which I had used in his training. Mr. Ferrante has taken up the class of work in which I had specialized for quite a few years. This line of acrobatics consisted of feats of strength while balancing on the hands, and also hanging by the hands from a trapeze or rings. In a most incredibly short time Mr. Ferrante has accomplished feats which I have seen others take years trying to accomplish. Besides having accomplished many acrobatic feats he has taken up what is known in dancing as adagio work. This is done by a man and woman performer in which the woman performer is held and supported by the man performer in beautiful and graceful poses, at arm's length above the head, and being caught from flying leaps. This work along with gymnastic feats performed while balancing on the hands, by placing the body in different positions, should make this young man one of the most graceful performers of the present time. The half arm planche (illustration number 3) is an example of gymnastic hand balancing, as the body is usually placed in that position from a two hand balance.

In illustration number 1 you will notice the beautiful form and especially the ease with which the two hand balance is held. The arms are stretched out rigidly under the body, giving beautiful contour to the entire physique. The toes should be pointed and the head in harmony with the position of the rest of the body.

Any person with the slightest conception of what hand balancing is all about will immediately notice the easy control of the hand balance held in illustration number 2. The head is thrown between the arms in front, the legs separated and brought forward, and the toes drawn inward. This, you will notice, is muscle control upside-down, not only of the legs, but also of the arms.

Photo number 3 is what is known professionally as the half arm planche, which you will notice is perfect in detail; the feet, hips, supporting shoulder, middle of the head, and the free hand are on a perfect line. The free shoulder and forearm is slightly higher than the other parts just named. This is necessary on account of having to draw the supporting arm back so it can be placed under the body in proper form. You will also

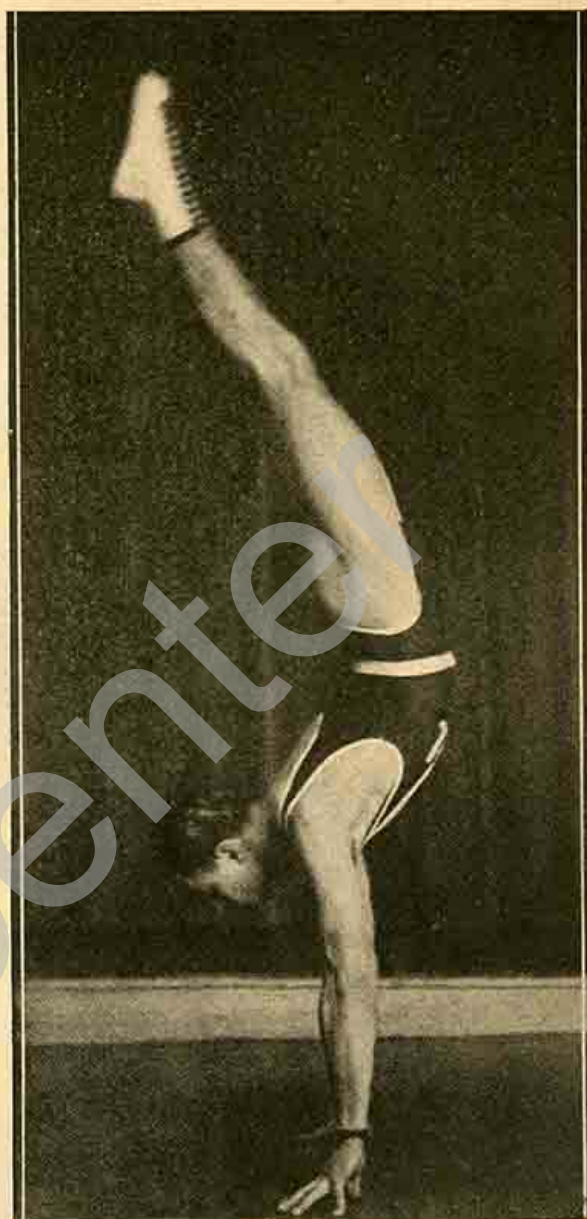


Fig. 4

notice that the supporting hand is well turned outward from the body with the fingers well sep-

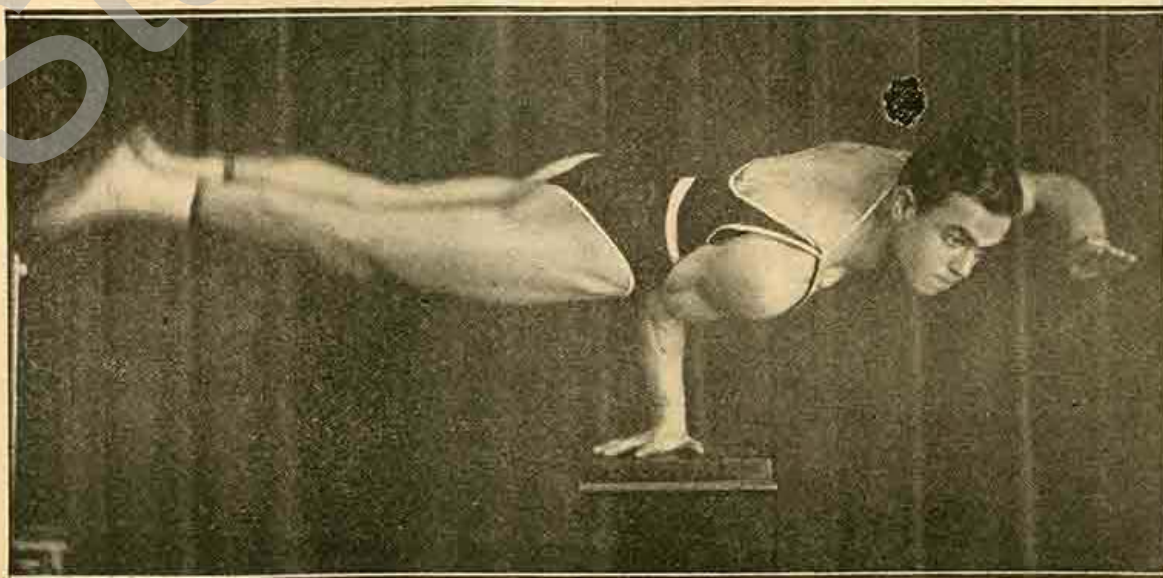


Fig. 3

arated and both the hand and fingers flat on the surface of the pedestal. Most gymnasts, in performing this feat, usually have the hand cramped up and the fingers close together. This feat is rarely seen performed in perfect position, even by the very best acrobats or gymnasts.

Illustration number 4 is something to ponder over. The young athlete, as you will see, is doing a balance on the tips of his fingers, similar to ballet dancers who stand on the tips of their toes, only Mr. Ferrante has no shoes or slippers on his hands to support the fingers like the ballet dancer has to support the toes. Not only does he balance on his fingers, but he also walks on his fingers in this position and has covered a distance between fifty and seventy-five feet. The writer has never seen this feat attempted by any other gymnast or acrobat. To partly realize the difficulty of this feat and the power a person must have in the fingers, let some man with powerful fingers and hands try to hold his entire weight on the points of the fingers and thumb and see what happens. Then just think this young man must do on one hand at a time, over sixty repetitions in succession, in order to cover that distance. Short steps must be taken so the balance can be controlled by keeping the weight as near as possible to the center of gravity at each step. To attain the power of accomplishing such a feat as this



Louis Ferrante. This young Adonis has before him a brilliant career.

Fig. 5



the student should practice regularly and diligently. He should commence by trying to hold the weight of only part of the body. The writer has found that the easiest way to learn this feat is to start by lying flat, face down, placing the hands just opposite the shoulders with the elbows close to the sides. Then place the tips of the fingers on the floor and raise the body up and down a short distance, allowing the hips and legs to rest on the floor. When enough strength has been developed in the fingers, keep the body rigid from the shoulders to the knees and repeat the exercise as before. As soon as you feel that you have accumulated enough strength, draw the toes up into position, resting on the balls of the feet and the toes. Common "dips" are performed the same way—the hands are flat on the floor and the body is kept straight and rigid from the feet to the shoulders and pressed up. Next, do the full dips, raising the body from the floor to full arms' length and return to the floor with the chest. After this exercise has been thoroughly mastered, the holding of the full weight may be practiced by squatting down with the knees close up to the chest, placing the hands slightly forward past the line of the feet. Take part of the weight on the fingers and try to raise the feet off the floor by leaning forward. When the weight can be sustained in this position, you may try the finger stand by throwing up to a hand stand against the wall on the fingers. As soon as this is mastered the finger balance may be tried free from the wall.

Photo number 5 shows a balance on one hand in this form: the body is almost upright; the legs (Continued on page 78)

Hay Fever

The Causes, Symptoms, and
Treatment of Hay Fever.

By Dr. A. N. Mittleman

HAY FEVER is an annual and recurring disease and a most annoying one to all affected with this most common non-fatal disease. It is known as hay asthma, autumnal catarrh, rose cold, horse cold, cow cold, peach cold, snow cold, miller's asthma. These symptoms are supposed to indicate the irritant which is the direct cause of the attack. The first true description of hay fever as a clinical entity was given by John Bostock, an Englishman, in 1819. He described the seasonal condition due to external irritants, dust, bright lights, heat and special odors.

In 1831 Dr. Elliotson, another Englishman, suggested that hay fever was due to the blossoms of graminaceous plants, but it was Dr. Blackley, in 1873, who properly described hay fever and established the pollens as the direct cause. In 1903 Dr. Dunbar elaborated on Dr. Blackley's work and proved that the element in the pollen responsible for the symptoms was associated with the protein. However, recent researches at the New York Hospital, by Drs. Grove and Coca, have shown that the active principle in the pollen is not a true protein. They removed all the protein and other detectable nitrogenous substances from the pollen extracts, and the active principle of the pollen is, therefore, not a protein in the usual sense.

Drs. Pransnitz and Kuster have demonstrated specifically reacting substances in the blood of hay fever subjects, which have now been proven to be responsible for the hypersensitive condition. It also has been suggested that the term reagent be applied to designate these specific reacting bodies in the blood.

This troublesome condition is most frequently met with in the late summer and in the early fall months, but it may occur at other times of the year in different climates, depending on the susceptibility of an individual to the various pollen bearing plants. While bacteria may increase the intensity of the disease, or may cause a patient to become susceptible to it, still hay fever is probably always caused by the irritating pollen.

The disease is present only in regions where pollen rich plants predominate, and occurs only when these plants have reached the stage of disseminating the pollen, or when the pollen is artificially introduced into the nostrils of a susceptible person. When a patient is removed from all source of pollen, or when the offending weeds are destroyed in the region in which the patient lives, then hay fever as a rule does not occur.

Hay fever is no respecter of persons and may occur at any age, in both sexes and in any civilized race. The age of greatest susceptibility, or the age at which most cases develop, seems to be in the decades from 10 to 40 years of age. This age of greatest incidence, and the reason that males are more affected than females, may signify the age and sex most exposed to the pollen. Dr. Scheppegrell, president of the American Hay Fever Prevention Association, finds that hay fever may be artificially produced at any time in hay fever subjects. If the inoculation of the irritating pollen, which he finds to be the male elements of the flower plant, is given to the patient at another period of the year than the hay fever season, then the length and degree of the attack may be accurately controlled. This is because, unlike micro-organisms, the male elements of these pollens cannot reproduce themselves. The reaction from these pollens he divides into the direct and indirect effect. Some produce the reaction by the local mechanical irritation, and this perhaps even in persons not susceptible to hay fever. In insusceptible subjects, the reaction as a rule ceases as soon as the pollens are discharged. The indirect effect occurs in susceptible persons who are poisoned by absorption of some toxalbumin contained in the pollen. While the pollen of many plants may cause hay fever reaction when applied directly to the nostrils, it is only the wind-borne pollens that need be considered in hay fever conditions. Dr. Scheppegrell states that it is characteristic of hay fever weeds to have no attractive flowers or perfumes, and these hay fever plants are the ragweeds, wormwoods, cockebuds, careless weeds and grasses. In the United States, the spring types of hay fever are caused by the grasses, while the fall type of hay fever is caused more by the ragweeds, cockeweeds and the wormwoods. It is estimated that at least one per cent of the population of the United States is affected by this disease. Persons who are attacked by hay fever may be predisposed by some cause other than a peculiar hypersensitiveness of the mucous membranes of the nose. These patients many times are found to have anatomic malformations, such as irregular conditions of the nose, and many are cured by the removal of the abnormal conditions found in the nose. In other instances more or less incurable changes in the nose may be present and furthermore a neurotic individual may be more hypersensitive to this irritation than other persons without any excuse.

On the other hand, as shown by Drs. Strouse and Frank, they state that persistence of a hay fever attack may well be due to an associated bacterial acute or sub-acute infection. An associated infection may allow more of the pollen irritant to become absorbed, and the disease is then intensified and is more difficult to cure.

True hay fever due to pollen should be differentiated from similar conditions caused by emanations from animals, such as the horse, cat or dog; and other odors from certain fruits, flowers, and musk. Sneezing, coughing and asthma may occur in those who have such idiosyncrasies. Bronchial asthma may occur as a separate entity, or may be associated with or follow hay fever; hence its treatment is often the same as that of hay fever.

The symptoms of hay fever are both local and general. The local symptoms are that hay fever has an abrupt onset, and the attacks return annually at or about the same time of the year; that is, when the exciting pollen makes its seasonal appearance. The invasion is marked by pronounced coryza symptoms, with much sneezing, stopping of the nasal passages, copious discharge, and the discharge being watery and rarely pussy in formation. There is a suffusion of the eyes, with itching of the lids; there is a decided itching sensation of the palate and pharynx, and also a distressing symptom. The sense of smell may be lost, and the taste and hearing may be impaired. Later in the disease the catarrhal process invades the lungs and cough, and asthmatic seizures appear; these often becoming very distressing.

The general symptoms compromise subjective sensations, such as an absence or loss of appetite, loss of sleep, weakness or exhaustion, and chilliness alternating with a slight fever.

The course of hay fever is from four to six weeks, and cases that develop in August are terminated by the occurrence of a decided frost, because the fall plants that cause the disorder are killed by the cold, and, therefore, no more pollen plants are produced which cause hay fever.

It has been a known fact that symptoms of an attack of hay fever may begin immediately on inhalation of the pollen, or they may be delayed for a few hours; but sneezing, congestion of the nostrils, reddening and itching of the eyelids and irritations to the roof of the mouth and throat are the primary symptoms of the disease. There is frequently a great deal of soreness and straining of the muscles in the chest and abdomen during the cough. It has been stated that singers and speakers greatly suffer from hay fever, which causes a change in the character of their voice and almost complete inability to utter consonants and nasal vowels. The asthma which accompanies hay fever is one of the most aggravating features of the condition and frequently develops into a chronic stage of asthma. If the treatment of the original condition is not successful within a reasonable space of time, the aged type of individuals who are attacked by hay fever are then often likely to develop a weakened heart from this condition, which may finally result in a permanent dilatation of the heart.

Diagnosis of Hay Fever

The first problem in the intelligent management of the hay fever patient is the specific diagnosis. The success of treatment largely depends on the care with

which this is established. The clinical diagnosis presents no difficulties, the patient very often coming with a ready made diagnosis. Sometimes a correct specific diagnosis can be reached from the case history alone, and in any case the history is of prime importance, because it definitely points to the offending protein and thus limits the number of skin tests. In taking the history of a patient, it is important to determine: 1. The hereditary tendency, if any. 2. The symptoms. 3. The age of the original onset of the disease. 4. Whether the condition is seasonal or that which lasts throughout the year. 5. If seasonal, the exact date of the onset of the disease is required. 6. Variation in the intensity of the symptoms, as affected by various factors of the patient's environment, including plants, direction and velocity of the wind, rainfall, etc. The interpretation of such a history, with the aid of a knowledge of the pollination dates of the flora, will indicate the pollens of the season that are probably concerned. The specific diagnosis may usually be obtained by testing with the suspected pollens, as in test made with skin or eyes.

It is a known fact that hay fever is caused by wind-borne pollens, and these pollens are shed by plants that are usually inconspicuous. The pre-seasonal treatment of hay fever should commence about six weeks before the expected attack, using the *antigen* of the plant that is responsible for the symptoms which have caused hay fever.

Treatment of Hay Fever

The most effective treatment of hay fever would be a sea voyage lasting through the entire hay fever season or a residence in a region free from the presence of irritating pollens and dust, like that of the White Mountains of New Hampshire. If the individual is unable to do this, he then should avoid drafts, travel, or anything likely to blow the pollen to him. The windows should be kept closed at night, and the clothes should be well shaken and removed in a room other than the sleeping room.

For professional and business men, however, traveling and a vacation to the mountains involve hardships and loss of business opportunities, that render it acceptable only as a last resort. Therefore, any treatment that will enable the sufferer to remain at home in comparative comfort and attend to business is eagerly sought by the majority of workers suffering from hay fever.

The neurotic condition of the individual and the hypersensitiveness of the nasal passages is sometimes due to an excess of protein acid in the blood, and this excess should be eliminated by the ingestion of mineral acids; probably any mineral acid would prove efficacious, but there are two which suggest themselves as peculiarly efficacious: 1. Hydrochloric acid, because of its sedative qualities and 2. Nitromuriatic acid, because it is thought to limit the production of uric acid in the blood.

Five to ten drops of the freshly prepared concentrated nitromuriatic acid may be given between meals and sometimes at bedtime. The dose of this drug should be diluted with a tumblerful of water, and the individual, after taking the medicine, should rinse out his mouth and swallow another half tumblerful of water. When this is effective, the results (Continued on page 68)

Speed and Strength —with Bar Bells

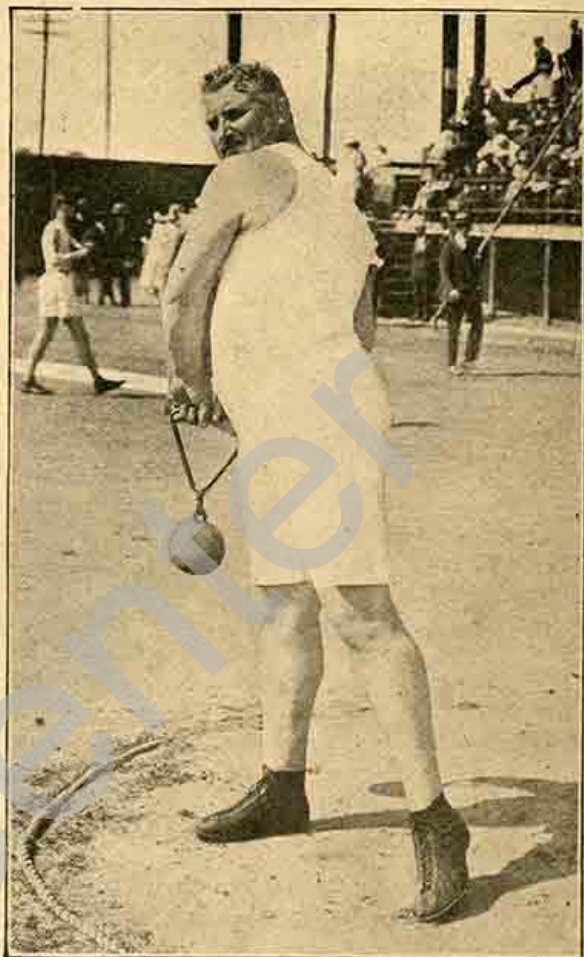
Why Bar Bells make the Best
All Round Versatile Athletes

By George F. Jowett

“**W**HAT the dickens has a bar bell or a pair of dumb-bells got to do with winning a hundred yard dash in the hair-splitting, record-making time of nine and three-fifths seconds?” So asked a friend of mine during a discussion on sprint racing which cropped up after we had witnessed some spectacular running at one of the big track meets. From one thing we passed on to another, and I happened to remark how singular it was that most sprinters did not appear to realize the value of training with weights to acquire greater speed. I brought forward a few examples, among which were Jack Donaldson, the great Australian, who is spoken of as the “streak from down under.” Also Applegarth, the “English Comet.” Paddock speaks highly of these two men, and considers them the greatest racers in sprint history, particularly Donaldson, who more than once sped over the cinder path to the tune of nine and three-fifths seconds.

On the face of it, a person would wonder where the affinity could possibly exist, for looming in their mind is the belief that speed and dumb-bells have no relation. To them speed is connected with runners only, and weights with strong men. One group is considered fast and the other is considered slow.

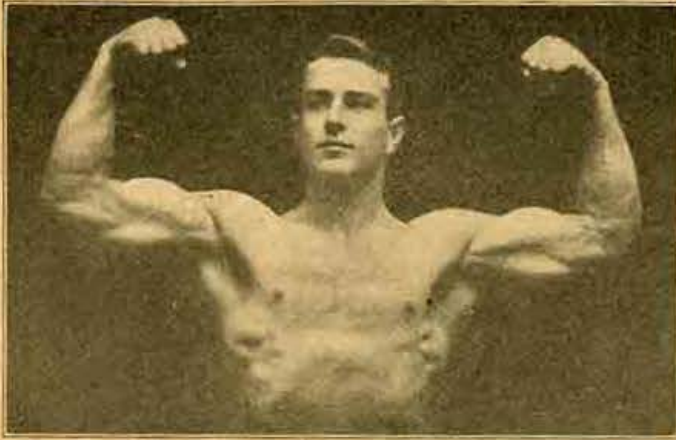
Charlie Paddock knows how to apply weight resistance for sprinters. Donaldson, the greatest professional sprinter, used weights on the progressive principles to make his best marks, as did many others.



Matt McGrath, despite his age, claims that slinging around weights has prolonged his fitness and will help him break more records at the next Olympiad in 1928.

That is the way they reason. We can hardly blame them for it, as they have been taught to think that way by others on whom they relied for correct information, and these others should have known better.

I have found that the people who condemn strong men as being slow are the ones who know the least about them. However, I am not going to discuss the right and wrong of people's opinion. Instead, I am going to present before you the method of training that *can* and *will* make any ordinary person not naturally gifted with any exceptional athletic ability, a better specimen of all round physical ability than any specialist who has become a world's champion at one single sport. If there is any value in physical training, it must lie in the general efficiency it can create in an ordinary individual. To be merely speedy is not sufficient, neither is it enough to be just strong, although there are greater everyday advantages in being strong than in being speedy. At the same time the majority of people are not interested in becoming as strong as Hercules or as fast as Achilles. What is



Clarence Weber, Australia's greatest all round athlete. Weighing over 200 pounds, he could clock 10 seconds for his century, jump, cycle, swim, wrestle, and lift, but all his training was based on bar bell preparation.

required is the ability to make an individual a more capable man in the greatest number of tests, that lay the foundation for general efficiency. Well, if we can prove that a system of training can make the greatest specialists the world's best over the greatest number of tests, it must

be nearer to what is required than any specialized form of training.

Let us start this way, no matter whether you can jump across a twenty-foot gap, soar over a six-foot crossbar, kill a century in even time, or toss three hundred pounds overhead, it is your body that does it. In every instance the muscles act as motors of propulsion and their dynamo is the nerves. All right, since it is generally agreed that everything relies upon these two sources — plus average intelligence—it must be the better state of condition that these two sources exist in, that

makes a man more efficient. This being right, we have to admit the point that to make

our nervous and muscular system more productive, we have to supply them with the means.

Muscles are only developed by resistance, and it is the condition of these muscles that is going to make you organically fit, and give a greater stimulation to the blood stream. This being properly carried out, the whole nervous system becomes fertilized. We might term the nerve state as being muscularly vibrative. The muscles can never acquire this state unless they have suppleness coupled with endurance. Without strength, no athlete is successful. He may stay good for a while, but the length of his day is always determined by the degree of strength that he possesses. No matter how good a man is, he must have the power to back him up. "Strength begets strength" is an old slogan, therefore, it is only natural to give the muscles resistance in order to acquire the strength and speed that will make one as fast on the track as another is fast to lift weights.

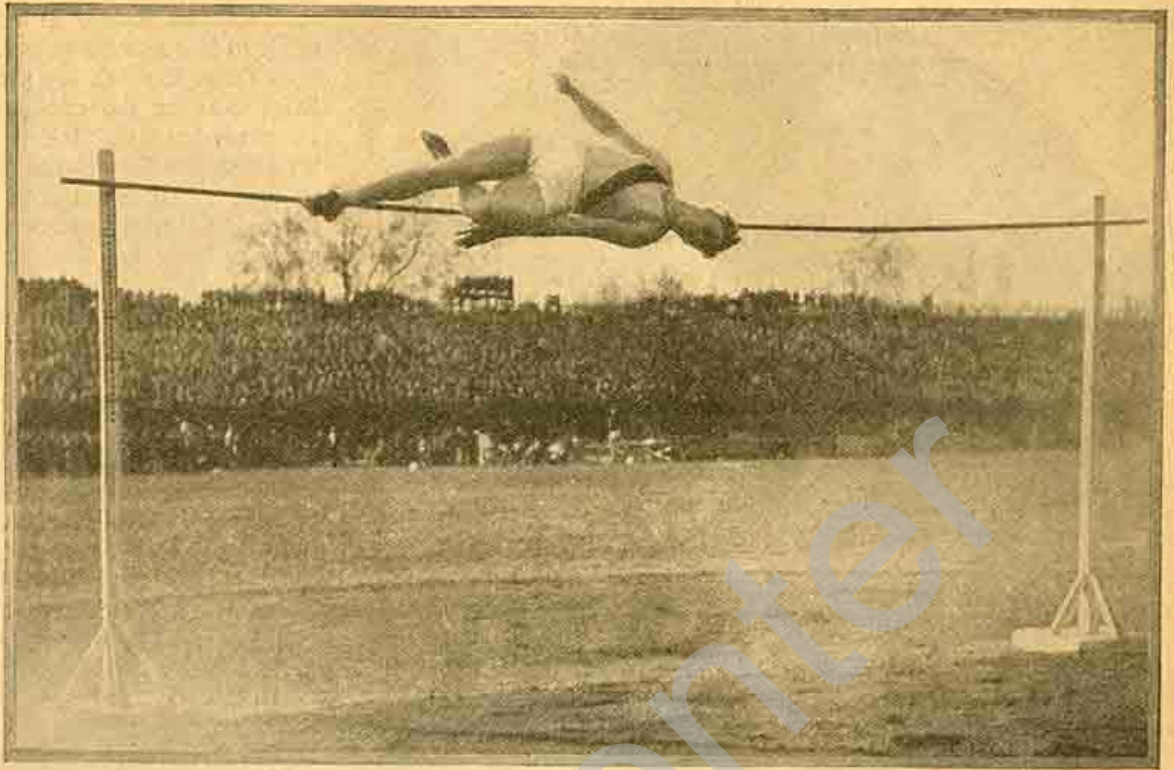
The two great sprinters I mentioned at the beginning of this article trained by giving their muscles a greater resistance to combat than their bodily weight. They trained with weighted shoes. That did not slow them up, it increased their speed. Such training methods are what puts bigger legs on a man, which goes to prove that size goes with power. Of course size is governed according to bodyweight here as in other cases. Nevertheless the lesson is just the same. That other great Australian wonder, Postle, also trained with weighted shoes, but what I want to put over to you is the fact that these speed merchants saw the necessity of acquiring all the strength they could, and to do that, they used weighted shoes, which were gradually made heavier. They built muscle of the right fibrous tissue, just the same as the bar bell fan builds muscle to make him physically a better man. The difference is that the sprinter isolates his development to a selected area, while the body culturist builds up the entire body.

Look what happens when a man steps in who is built all round to commence with. Some of my readers may remember Morris Kirksey, of the U. S. Marines. He was built like a weight lifter, but he was the man that outstepped both Applegarth and Donaldson in their great race in England. Paddock says that when everything else was gone, Kirksey ran on his strength and by pure brute strength beat them all. Paddock himself is a husky well-built man. Of course a man can be too heavy

Coulter and Shaffer, expert hand balancers, who, like all others, found progressive weight lifting gave them power to back their skill.



George Hackenschmidt owed his great strength, marvelous physique, and athletic versatility to persistent bar bell training.



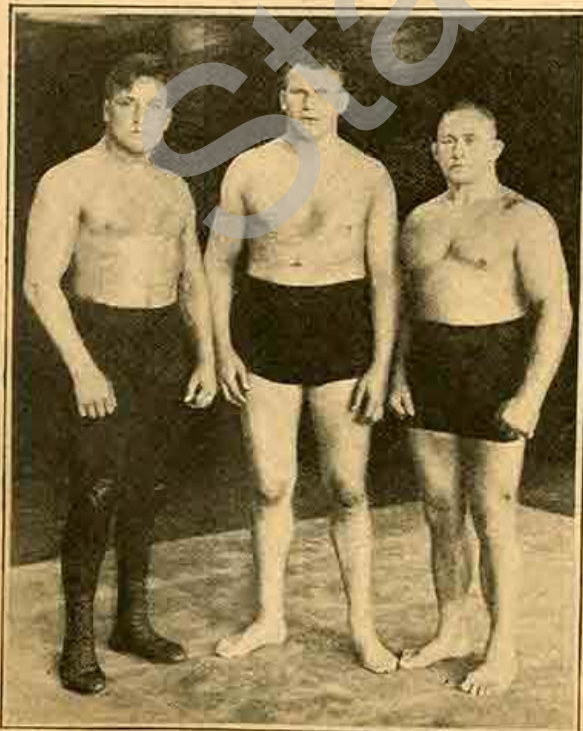
Training with weights enabled the great professional jumpers like Darby, Higgin, and Colquett to do better than our best amateurs.

for sprint racing, and I find that is the general idea of a strong man. People think he becomes too big and then too slow. They forget that there are strong men who are light in weight, the equal of the sprinters, but you will find more big men who have been primarily body builders, fast, than you will find speed athletes strong, simply because they have built up all of their body, and intensified their nervous forces. Just for example consider Noah Young, who in 1914 was the American amateur weight lifting champion. He was way over two hundred pounds stripped, but tremendously fast and all his training had been devoted to body building on the

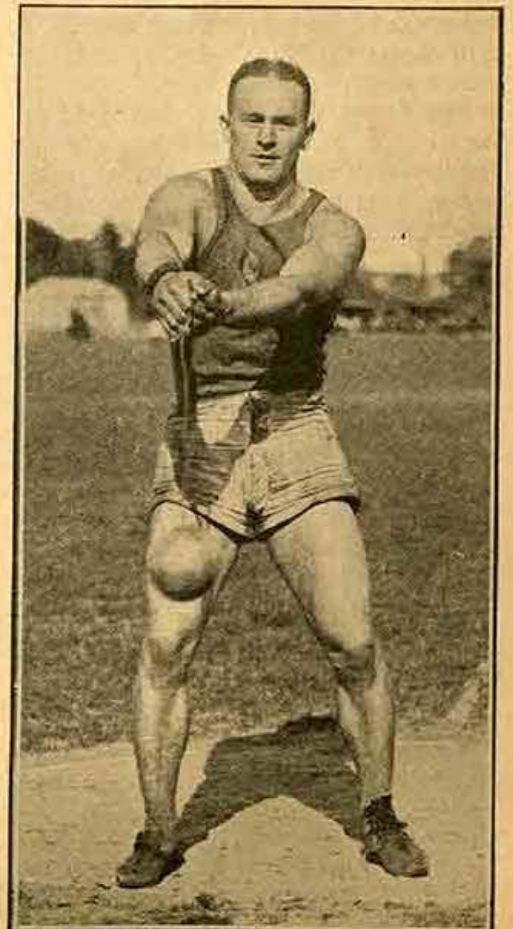
progressive principle, with graded weights. Apart from sprinters using the progressive weight system to build power for speed, we find that all the great jumpers who have set the highest mark, trained the same way.

W. Barker set a standing broad jump mark of fourteen feet ten and a half inches by using weights, and

without weights he made the remarkable leap of twelve feet, six and a half inches. No one has ever come near that mark of late years, due to the fact that most prospective field



Left—These three wrestlers stand well over six feet tall and are considered the strongest and most dangerous challengers. Each is a firm believer in progressive resistance training.



Right — Marchant is one of the finest built men in field athletics and one who, incidentally, believes in weights.



Marion Betty, star sprinter and weight lifter.

athletes have lost the significance of applied resistance. They have listened to the bogey too long about weights making one slow. Barker was a finely built man, and he claimed that weights were the foundation of his successful jumping.

J. Howard, the great broad jumper of last century, made his astounding record of twenty-nine feet and seven inches with weights, which he duplicated on three occasions. Then the famous American professional jumper, Tom Colquitt, in three standing jumps cleared forty-two feet and nine inches with weights, while J. Darby cleared fifty feet four inches in four standing jumps, and it is recorded that in his last leap he cleared fifteen feet and five inches.

In the coming of the great war many things were lost, among which was the passing away of the great professional sprinters, walkers, and jumpers. Unfortunately, they took their lessons with them; therefore, what present time athletes might have known was not handed down. Instead, the old harpers began to string more than ever upon the old fallacies. Yet today the stars of the field athletic heavy events are doing what some people preach against. The shot putter and the hammer thrower toss weights as an aid to increase their records, just as the weight lifter has exercises that enable him to use more weight

than he can handle in certain lifts, which tends to increase his power. The shot putter goes through much the same motions as the lifter does in the one-hand jerk, and uses the same muscles. I have heard it said that men who handle weights are no good at shot putting. That is not true, for I have found that a man who has spent his time in progressive body building, and has acquired a fair development, is way ahead of the average field athlete. I have had numerous instances of this, and I have seen field athletes who have taken up body building on the progressive weight principle, become jubilant at the way this training increased their records.

Just consider Alec Cameron and Donald Dinnie, two of the finest all-round athletes the world has ever produced. Cameron at one time held no less than sixteen world's records for hammer throwing and several for shot putting, using weights weighing from twelve to fifty pounds. He was a magnificent wrestler and weight lifter, and had a wonderful physique, standing six feet one inch tall. He stripped around two hundred forty pounds, with a thigh measurement of twenty-seven inches, calf seventeen inches, biceps seventeen inches, and a forty-nine inch chest. He is credited with running the hundred yards in ten seconds and as being a fine jumper.

Dinnie was the same height (Continued on Page 72)



Bar Bell training made Jim Londos and Henry Steinborn two of the greatest all round athletes in the world today.



H. Hubbard and Goudin trained on the progressive weight principle. Could they have equaled the marks of Howard and Barker?

Modern Dance Tendencies

The Tragic Life Story of Europe's Former Premier Danseuse.

By Jack Russell

DANCING is a physical exertion without compulsion. Compulsion in dancing would result in but one thing—it would become very unpopular. The modern dance tends to bring the opposite sexes together under harmonious surroundings, and its mission is to tear away the veil of mystery and apprehension that exists in the minds of either sex for the other.

The dancing schools are wonderful factors in rounding the character of the boys and girls that attend them. No boy or girl should be denied the pleasure and education that is gained by attending a dancing school regularly. When two persons dance with each other, they unconsciously reveal



Madame "Dot" Duval, premiere danseuse, who has appeared before Royalty on numerous occasions and crossed the seas to bring new dance ideas to America.



The collaboration of America's foremost teachers, Prof. P. H. Paulinetti, "the Dean of Acrobatics," and Madame "Dot" Duval, Premiere Danseuse, is responsible for the success of the Duval School of Dance.

the quality of their natures to each other, and the exhilaration and enjoyment derived tend to make the dancers express their best natural self. The sham department of the drawing room is lost when the keen enjoyment of the dance is experienced. Dancing is a sacred privilege and I admire the boy or girl who makes use of this privilege, for the benefits derived from it are without end. A dancing teacher has more power to mould the character of the young that come under his or her influence than a teacher. Parents should study dancing and its tendencies, that they may come to know and have appreciation for the psychology of the dance.

Dancing is almost universal, for there are very few normal people who could not dance if they would. However, to dance for the keen sense of joy one derives from it or for a means of livelihood, is quite different from teaching others to dance. The dancer needs to know the difficult technique from a subjective viewpoint, dwelling on the phases which tend toward the particular form of the dance which is to be made a life study.

The teacher must be versed in all departments, to know which offers most to the pupil, and must possess the power of criticism, to praise, admonish, and guide as the student advances.

The founder of a school of dance that differs from the

general or prevailing type accepted nowadays, must be many things. Such a leader should have a broad vision of the scope and future of his work, not as a mechanism, turning out so many finished pupils each year, but as a real contribution to the world, educating the youth for service by means of an art. This same leader has the courage to achieve the goal, even in the face of hardships, discouragement and failures, which have been merely a means to an end, since the experience has taught the way to avoid future pitfalls.

The leader must be a dancer, with a personal knowledge of the art—who knows how to instruct in foundation technique and the more intricate phases of the dance. The leader must be one who can inspire that flame of enthusiasm and eagerness, which makes work of spiritual value and gives through the medium of



This splendid Ballet group of children are a tribute to the teachings of Madame Duval.

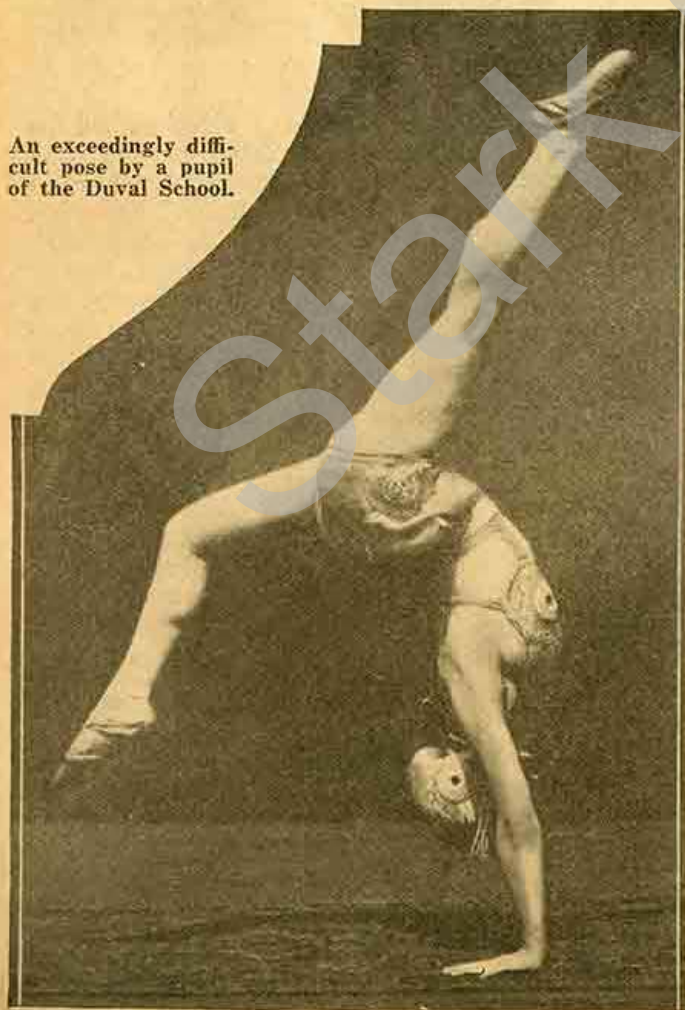
institution.

The story of Madam "Dot" Duval's life is one of the most interesting I have ever heard. She is of Irish and French lineage. Her mother was a talented singer who later become famous as an operatic star. Her father was a French dancing master of repute and when Dot learned to walk, he taught her little dances. Madam Duval's sister, Zoe Duval, won fame as a member of the renowned "Three Dumbars," originators of the marvelous mirror dance. Later she conducted a dancing school and little "Dot" watched with intense interest her big sister instructing her pupils.

This created a desire in her to emulate her sister, so one day, during a benefit for the wounded heroes of the Boer war, little "Dot," who was no more than four years of age, volunteered her services. Her dancing was received enthusiastically and she made a great impression. From then on rigorous training started for her, till finally she was engaged to dance by the well known Sam Hart, a great theatrical magnate of his day. The Duchess of Westminster, who was delighted with the little girl's performance at the benefit held in the old Victoria Theatre, advised that she be placed in an institution of dancing. So under the personal supervision of the late Madame Katti Lannery, who conducted her famous Italian School of ballet in the Empire Theatre, London, little "Dot" commenced her career.

After a meteoric fame in the British Isles, having appeared in all the theatres, little "Dot" Duval left her native land early in the year 1904. Her destination was Australia, where she became premier danseuse in the famous English Primrose Ballet under direction of the late Harry Richards. She was then in her teens, but her dancing was the sensation of all Europe. The Primrose Ballet scored triumph after triumph, and so in 1905 the show was brought to America. On the opening night at Keith's Fifth Avenue Theatre, New York City, little "Dot" Duval was tendered a tremendous

An exceedingly difficult pose by a pupil of the Duval School.



talent, beauty the greater that it is intangible. And, since nobody can inspire without first being touched with the divine flame, so the really great teachers of any art are few.

One of those chosen few, who are really great, is Madam "Dot" Duval, who stands out pre-eminent in her profession. She founded the Duval school of dance in Philadelphia and through the spirit she infused, her school has become more than a school, even more than an

ovation. Immediately following this engagement, she toured the United States on the Keith Circuit and created a sensation wherever she danced. For a period of six years she scintillated under the direction of Shuberts, and Flo Ziegfeld, often appearing nightly with the great Ballerina, Adalina Genee. However, she left our fair land in 1911 to appear at the Alhambra Theatre in London, where she presented the most sumptuous and captivating performance of her career. Following this commenced a tour through the famous cities of Europe and theatres of renown. From there she repeated her triumphs in the Orient, where her distinction as Premier Danseuse at an age when most dancers are still beginners, was met with a hearty reception.

At the height of her career, Madam "Dot" Duval returned once more to America, this time with her own revue. However, sad as it may seem, it was the beginning of the end of the amazing career of this wonder dancer of the world.

In Boston where she was dancing, by a trick of an unkind fate, her luggage was lost, and in order to fulfill her engagement she had to use a type of ballet slipper to which she was not accustomed. Madam Duval's specialty was the most difficult form of toe and ballet dancing, and while presenting her feature act, where she danced up and down a staircase on her toes, the new ballet shoes which encased her tiny feet, rubbed a blister on one foot, and it grew so bad that blood poisoning developed. Advised to give up her dancing until the condition improved, she nevertheless felt that she could not disappoint her audience. Her condition became very

grave, but she bravely withstood it all and thrilled the vast audience of people who came to see her dance.

She steadily grew worse and one night she was on the verge of collapse. The following evening, against the wishes of her closest friends, she danced again. She danced as she had never danced before. The huge audience

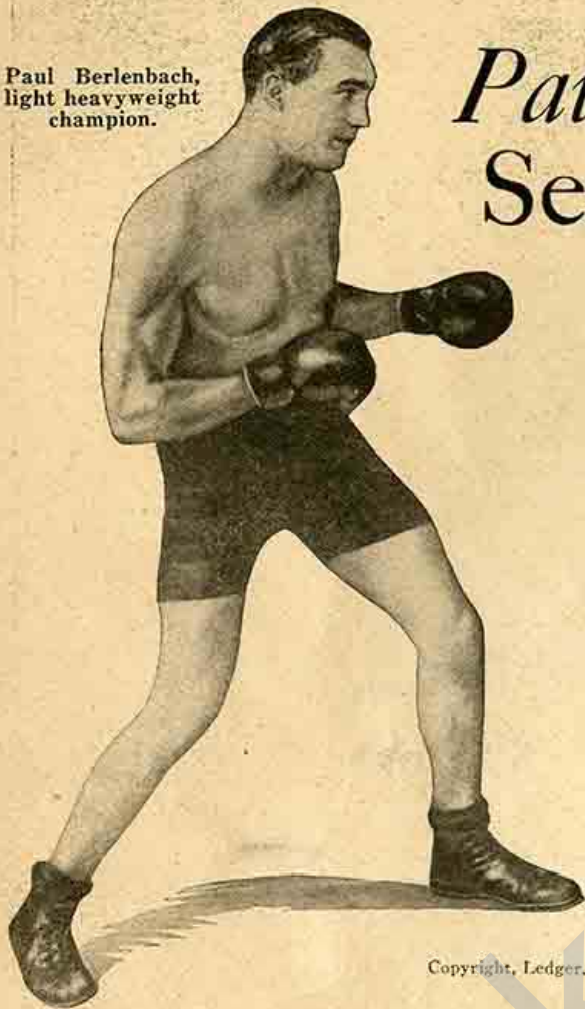


Wm. Hughes and Esther Kait, whose exotic adagio dancing will never be forgotten by those who saw Madame Duval's Dancing Carnival.



sat as though electrified. Slowly step by step she mounted the stair case, whirling the difficult pironette on her toes, in booming harmony with the orchestra. She neared the top and paused. Paused for a moment only. But, those watching sensed something terrible and sinister. A gasp ensued from the audience and then a deathlike stillness spread over the vast hall. A fear vast and oppressive was upon the great audience as (Continued on Page 88)

Paul Berlenbach,
light heavyweight
champion.



Paul Berlenbach—His Sensational Rise to a Career of Fame

After Smashing His Way to Fame—He Still has His Eye on a World's Title.

By Russell Viohl

intent slams him from pillar to post. His savage attack is the result of his single track mind directing his energies. And his success in boxing is a shining illustration of the merit of concentrating on one thing.

Paul Berlenbach began his sensational career in athletics as a wrestler. This fact alone should have marked him a "set up" in the ring, for every other wrestler who tried his hand at the fistic game, proved to be a dismal failure. Frank Gotch, former world's wrestling champion, who was big, fast, powerful and like lightning on his feet, essayed to wade into the boxing game and clean up everything. Look what happened. He was pushed over by a third rater and quit the game shortly afterward. Then along came Wayne Munn, a 250 pound "Goliath," who surprised the world by tossing the great "Strangler" Lewis out of a ring and consequently won the world's title, as champion wrestler. He fought just one fight in the padded arena, and was counted out for good.

Thus, when Paul Berlenbach, the Olympic wrestling star, announced that he would change professions, the public wagged their heads and offered the verdict that his fate would be that of all the wrestlers who tried the sport of boxing and proved to be dismal failures. However, in the face of severe criticism, he took up the game. His single track mind, determined on one thing, led him to a series of knockouts that were sensational and proved to the world that old maxim, "a strong attack is also a winning defense."

Black haired and heavy browed, he has one of those grim, annihilating looks that suggest destruction. He has the face of a born fighter and it is his savage expression that puts fear into his opponents. In fighting trim his skin is of dazzling whiteness and under it the heavy muscles ripple like live things. It is magnificent to see how they quiver, bunch, and swell under that covering of satin when he lashes out with his crushing left hand. His neck is short and thick, suggestive of the wrestler, while his sloping shoulders have a superb spread. His abdominal muscles are deeply defined and from ear to

IT'S terrible to be misunderstood. Just ask any husband. He'll tell you. But he has nothing on the people in the realms of pugilism. It's a hard, hard life, this life of the professional fighter, and when a man has given his very best to the game, and is misunderstood by the cash customers who see him fight—well, it's kind of tough on a fellow.

Take the case of "Pop 'Em" Paul Berlenbach, present light heavyweight champion of the world. He is a great fighter who gave the public just what they wanted to see, and yet, in a measure, failed to win their approval. However, he refused to let public sentiment discourage him and by concentrating on one thing only, he virtually slammed his way to the top of the light heavyweight division.

They say that it was his single track mind that enabled him to go great lengths in the career of fame in boxing. One glimpse at his sensational record certainly convinces me that he proves this belief. The single track mind can get into serious trouble if it becomes derailed, but it can also, frequently, go a much longer distance than the double track or triple track mind, which has more ground to cover. This, at least, is what Paul Berlenbach seems to have shown in the practice of his chosen profession.

His swift, meteoric rise to fame has been the most sensational episode of the fistic sport. Much slower in propelling his hands and feet, with the co-ordination of mind and muscle below average in the select circles, he crowds an opponent into a corner and with murderous

arms there is a splendid sweep, then a fine tapering to the feet. Every inch he is the modern gladiator, built for the practice of his profession.

His single track mind first ran him into serious trouble when he encountered the brilliant boxer, Jack Delaney, the pride of Bridgeport, Connecticut. With a string of ten knock-outs to his credit, Berlenbach "bit off too big a piece" when he endeavored to add Delaney's scalp to his growing crop. For he was yet a novice, compared to the fast and skilful Delaney, who carries dynamite in either hand. But he did what no other has been successful in doing. He had the great Delaney groggy from the savage intensity of his attack, but in the fourth round he unfortunately ran into Delaney's straight right and his single track mind for once was beaten. He went down for the count and lost a fight that was otherwise as good as won.

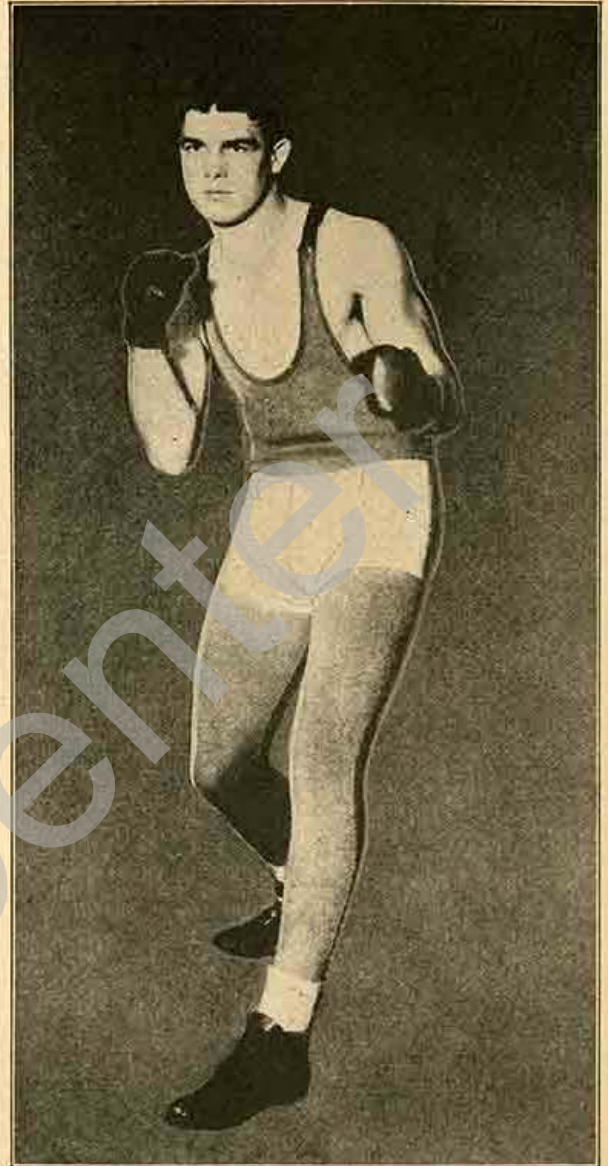
However, he refused to let one defeat stop him, so starting with his defeat by the brilliant Delaney, Berlenbach plugged his way forward again until he was matched to battle the champion, "Mike" McTigue, for the title. "It is an ill wind that blows no good," is an old adage. Berlenbach suffered an attack of influenza prior to his encounter with the champion McTigue and much of his stamina and vitality was lost. He entered the ring in a weak condition, but his single track mind resolved on one purpose. To fight in the face of distressing circumstances. Before a crowd of 46,000 people he carried the fight to McTigue and beat him on grit alone. He received a tremendous ovation from the throng, which was a well deserved tribute for his wonderful courage.

With the light heavyweight crown now nestled on his head, the greatest test of his career came when he signed to meet Jack Delaney for the second time. The fight took place in Tex Rickard's new Madison Square Garden, and that melee will live long in the memory of those who were fortunate enough to view it. Desperately fighting to retain his title from the onslaught of a much faster and better boxer, Berlenbach put up one of the most courageous fights in the history of the ring.

He leaped like a tiger from the outset and with savage ferocity started to hammer Delaney in the hope of battering the more skilful boxer into submission. All through the first and second round he kept up the fierce pace, driving the elusive Delaney ding-dong around the ring. As the fight waxed fast and furious, the crowd was brought to their feet, yelling frantically. In the third round, by skilful boxing, Delaney shook the determined Berlenbach and thus staved off a furious attack.

Then came the fatal fourth round, the round that proved the undoing of Berlenbach in his first meeting with the wonderful Delaney. Berlenbach could hardly wait for the bell, instead he rushed out of his corner intent on annihilating Delaney before he could get his guard up. In the throes of a mad fury, Berlenbach sent fierce sledge hammer blows ripping in. Delaney fought desperately, but he could not withstand the terrific pace, so he commenced to beat a retreat. Suddenly, Berlenbach, head down and snorting, rushed into one of Delaney's straight rights. Combined with the savage rush and the desperate swing, the blow landed with sickening distinctness flush on the jaw. The crowd gasped as the aggressor, Berlenbach, spun round and slowly sank to the rosin, wildly pawing the air for a means of support.

Then Delaney snarled something, but Berlenbach did not hear. Instead, he lay where he fell, apparently dead



The "Georgia Flash," W. D. Stribling, did not have a chance with Berlenbach.

to the world. It seemed to him that he was lying at the bottom of a dull gray sea whose waters weighed him down. He could hear the rumble as of waves, but could not reach the surface. There were silver lights there. He must break through the shadowy waters and reach the light or he would perish—perish as he did in the fourth round in the first meeting with Delaney. His title was at stake—Delaney would win it. Yet! how peaceful it was to lie down and rest.

The crowd seemed petrified with surprise. Over the sprawling white body the referee was solemnly chanting his measure of defeat. As if satisfied that his job was done, Delaney stepped back, a virtuous sneer on his face. "One—two"—Lights like stars seemed to swoop down on Berlenbach. They swirled around him—they danced about him. Suddenly he heard "three—four"—They were counting him out! He must rise—he must! He struggled to all fours. The crowd gasped and Delaney straightened up. He collapsed and the crowd groaned.

No, it was too much. Let them count. "Five—Six"—He was helpless. A knockout—in the fourth round—

just like the other fight. He would let them pick him up and carry him to his corner. "Seven"—It seemed as if he had been resting for hours. "Eight"—Ah! they were still counting. All at once he felt better, his single track mind mustered itself and almost automatically he was on his knees. "Nine!" How the crowd cheered! He was on his feet. Delaney had turned and was looking at him somewhat derisively. Punch drunk and swaying helplessly, Berlenbach rolled into a clinch and hung on as if he loved the man. Delaney poised for another blow. He had only to go in and topple Berlenbach over again, do it for good this time. But somehow he hesitated. He saw the grim, determined look—a terrible look it was—on Berlenbach's face, and thought better to keep away and not be rash. Thus the great Delaney, not quite certain how groggy his rival was, decided to play safe. An error that gave Berlenbach time to recuperate. With the single track mind in full order once more, Berlenbach started to box his opponent at long range.

Through the fifth, sixth, and seventh rounds, he boxed Delaney and succeeded in outpointing the faster man. He stabbed stinging blows at the now swelling face of Delaney. He buried him under a deluge of blows. With a righteous fury swelling in his breast, head down, and sniffing and snorting like an angry bull, he bore in with his old time ferocity, during those eighth and ninth rounds. Delaney, to save himself, began snapping in vicious short arm jabs, but Berlenbach was insensible to feeling. Both men were bleeding freely now and the thump and hammer of their blows resounded aloud.

Came the last round. Revenge was sweet. Berlenbach would savor it to the full. As he rose for the final round, that same cold fury possessed him. Triumph blazed within him. Both fighters were hideous from the mass of weals and bruises covering their bodies. Delaney knew that Berlenbach had turned the tables—had him beaten, but with dogged stamina he stood up in the last round to take his medicine.

And perhaps at the bottom of his heart was hope, the hope of a lucky blow that would yet save him. But the relentless Paul Berlenbach gave him no opening, no mercy. He ripped in and chopped his antagonist to pieces; his single track mind was intent on destruction. The bell ended the fight with the two slashing away for all they were worth, though Delaney was tottering on his feet.

It was a great fight; both were game to the core. Berlenbach, less equipped with the speed and co-ordination of other fighters, proved the rare value of determination and the concentration on the main job. He won the fight, after he was practically out on his feet in the fourth round, but the single track mind on this occasion was in full order, and from that point Berlenbach beat Delaney at his own game. He outboxed and outpointed a faster and more skilful boxer.

Just recently, at the time of this writing, Berlenbach defended his title against the "Georgia Peach," W. D. Stribling. He handed the "Georgia flash" such a lacing that the wonder boxer from the South back-pedalled the whole evening and refused to lead. Once again the single track mind proved its value, and the Georgian was completely smothered before he could even get started. On March fourteenth of last year, Battling Siki, former champion light heavyweight of the world, was matched to fight "Socking Paul." In the tenth round the Senegalese hit the canvas from a terrific punch and he continued to stay down long after the count was over. Berlenbach spares no one. His concentrated attack sweeps his opponents off their feet before they realize what it is all about. Woe betide the fighter who cares to stand up and swap punch for punch with the terrible Berlenbach. The odds are too much in favor of the grim and determined battler.

Aside from the fame he has derived from the fistic sport, Berlenbach has gotten a lucrative living from it, and now, with the light heavyweight championship nestling on his brow, he is a success. But, man is never content with his lot; he is always striving to grasp more and continues to plod until he realizes his cherished desires. Berlenbach, not being content with the light heavyweight crown, is casting longing eyes on Dempsey's title. But, with such men as Wills and Gene Tunney barring his way, it looks as though he has a tough proposition confronting him. Nevertheless, with his single track mind in full order and the determination to win, Berlenbach will be a serious contender for Dempsey's crown, should he ever get the chance to go after it.

Berlenbach's career is a fitting testimony of what exercise will do for any man. It was just plugging away that built Berlenbach into a husky wrestler and later into a formidable fighter. If he ever does get the chance to fight the king pin of glovedom, it will be because of what he has been and what he continues to be—nothing else but a consistent trainer, a clean liver, who lives up to the efficient standard by following the right rules of carefully selected exercise.

I am hoping that the present light heavyweight champion will encourage many of my readers to strive to follow in his footsteps, not necessarily with the desire to become a world's champion boxer so much as to become equipped with the vigorous health and physical fitness that goes to make up this wonderful fighting machine.



Jack Delaney lost his title to Berlenbach, after a long and terrific battle.

WHEN a man or woman is actually sick it is too late for them to seek 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 health problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Mittleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Mittleman the "Strength" readers have successfully obtained better health and strength. Dr. Mittleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.



Dr. A. N. Mittleman

Ask the Doctor

Department for Solving Your Health Problems

By Dr. A. N. Mittleman

QUESTION: I am 24 years old and have been round shouldered most of my life. If it is possible to correct this condition at least a little, will you advise me the best method to pursue? Should I wear shoulder braces, or will exercise alone be sufficient?

M. S., Wilkes-Barre, Pa.

ANSWER: The shape of the bony framework of the chest and upper part of the back is pretty well determined at the age of 24. Round shoulders are, in reality, a round back due to the shape of the individual bones of the spine and the cartilages between them. A lateral x-ray picture of such a back will show several vertebra narrower than normal in front, thus increasing the physiologic curve in this region. The spine below often shows an excessive hollowing of the back. It usually has some anatomic condition as a basis, rather than a so-called faulty posture. Even in the presence of anatomic defects, such measures as braces or casts are used in the growing child to prevent an increase of the deformity or to reduce it as much as possible. In the adult these measures have very little real influence.

Properly selected exercises under a trained instructor may so develop the related parts that the real deformity in the presence of good musculature may become much less noticeable; and in my experience in

round shouldered conditions I have seen great results accomplished by receiving treatment from a competent osteopathic physician.

QUESTION: Is there any safe way of removing moles? Can there be any danger of cancer starting as a result of their removal? What causes the moles to grow? Is there any truth to the statement that constant handling or friction will make the moles larger? Is there any ointment prepared that is safe to use and will accomplish its purpose of removing the moles? Does the location of the mole have anything to do with danger in removing it?

J. V. D., Cleveland, Ohio.

ANSWER: The ordinary mole, which is the size of a pea or sometimes larger and which is light brown in color, can be removed satisfactorily by one who is skilled in this line of work by the application of the electric needle, followed by repeated light freezings with carbon dioxide snow. The danger of cancer starting as a result of the removal of certain types of moles which if not interfered with would cause no disturbance. An expert should decide on the advisability of removing the mole.

The cause of the growth of the moles is not known. It is a fact that, following continued irritation, growth not uncommonly results, and I might state that there is no ointment that can be used safely to remove the moles.

Generally speaking, the location of a mole has nothing to do with the danger of removing it. As a rule, it is advisable not to interfere with moles. Ordinarily they are not considered disfiguring by any one except their possessor. Unless there is some specific reason why a mole should be removed, it is advisable to let it alone, even though it is one of the harmless types. If the mole is really disfiguring or if it is located in a spot where it receives constant irritation by the clothing or some other parts of the body, it is then advisable to have it removed by scientific measures.

QUESTION: I have been severely annoyed for about two weeks by an intense itching all over my body. There is no eruption or any visible change in the skin. Can you advise anything that will give me relief?

E. A. R., Middletown, Conn.

ANSWER: The intense generalized itching described might be due to some type of intoxication that gives rise to the condition known as hives. In this condition the itching is not generalized but is much more severe on the extremities, particularly on the legs. The itching is usually accompanied by a dry skin, and relief is obtained by keeping the body well greased with a bland oil, such as olive oil.

Many other conditions, however, gives rise to itching without eruption, and if the condition does not clear up readily it would be advisable to consult a competent physician and have him make a thorough search for a definite cause and treat the condition as it arises.

QUESTION: I have been suffering with a condition of bad breath for quite some time, and this condition is more pronounced on arising in the morning. I am constipated at times, and I would like to know if constipation is one of the factors that causes bad breath. Any advice you will give me will be greatly appreciated.

M. H., Robertsdale, Ala.

ANSWER: Bad breath usually originates from bad teeth and bad tonsils. Constipation and indigestion are also a cause of bad breath, and in the treatment in your case I would advise that you consult a skilled dentist and have your teeth examined. If they are found to be infected or decayed, then removal of the bad teeth is advisable. For your constipated condition I would advise that you take Oxy-Crystine, one teaspoonful in a glass of cold water before retiring.

For the foul breath use a mouth wash such as Dobell's Solution or Glyco Thymoline, and wash your mouth twice daily. Correct your diet, and receive as much fresh air and sunshine as can be had, and in this way you will correct your condition.

QUESTION: Will you kindly advise me how to gain weight, as I feel that I am under weight. My age is 21, and I work on the farm. My present diet consists of general farm products with plenty of sweet milk. If you can give me any helpful advice, it certainly will be appreciated. My present weight is about 135 pounds, and my height is 5 feet 10 inches.

J. R., Albemarle, N. C.

ANSWER: There is no doubt that you are underweight, as your normal weight should be about 155 pounds. Perhaps your condition may be due to a faulty diet and improper habits, and I would advise that you

correct your diet and also correct the mode of living and follow a diet as prescribed:

Breakfast: Uncooked rolled oats with figs and cream. Two soft boiled eggs with butter and bran muffins. One glass of milk.

Luncheon: Cottage cheese eaten with honey or corn syrup. Buttered carrots. Whole wheat bread with peanut butter. One glass of buttermilk.

Supper: Creamy milk oyster stew, or potato milk soup. Fried fish or chicken, or broiled liver. Mashed potatoes with butter and milk. Corn muffins and rice pudding.

Together with this diet I would also advise that you eat other nutritious food. Eat at regular intervals, and masticate your foods thoroughly. Also take Wampoles Cod Liver Oil, and in this way I feel quite sure that you will gain weight.

QUESTION: For the past five years I have been suffering from headaches and backaches. These pains at times become almost unbearable, and the backache is very painful. The pains extend to the pelvic bones and down the legs. The headaches are mostly on the top of the head, around the temples and at the base of the neck. These pains begin to be excruciating about five days before the period of menstruation and continue until the period ceases. The flow in the menstrual period is often scanty, and sometimes boils appear on my face and body.

I am twenty-six years of age, married, and never have had any children. My height is five feet two inches and my weight is 109 pounds. Will you kindly advise me what to do for my condition, as I am very much worried about it.

Mrs. J. W. V., Breckenridge, Tex.

ANSWER: There is no doubt but what you are suffering with a condition of the ovaries and uterus, and this causes the pains in the back and head. I would advise that you take Viburnum Compound (Haydens) two teaspoonsful in a half glass of warm water three times a day, four days before you expect your period. If you will receive treatments from a skillful osteopath, I feel quite sure that you will obtain some results, as perhaps your condition may also be due to some spinal lesion and, therefore, be caused by a nerve irritation to the different parts of the body, which in turn causes pains.

For the condition of your boils, I would advise that you correct your diet, and do not eat any sweet or highly seasoned foods. Eat at regular intervals, masticate your foods thoroughly, and apply the ointment of Ichtyol Ointment 20% to the boils.

QUESTION: Being an old subscriber and reader of *Strength*, I am greatly interested in your advice department. I would like to know if you will help me in my condition. I have been suffering for the past five years with a condition known as tapeworm. My age is 18 and I feel good and healthy, but I cannot receive results in removing this tapeworm. I would like to know if you can give me any advice to relieve me of this terrible condition.

E. C., Porto Rico.

ANSWER: Tapeworms may develop in man at any period of life and are known to be of no danger to the patient. The way to avoid acquiring a tapeworm is to use none but well cooked meats. This applies to beef and pork in particular. In the line of drugs, I would advise that you take the drug Male Fern, the extract, one teaspoonful; then in a few (*Continued on page 66*)

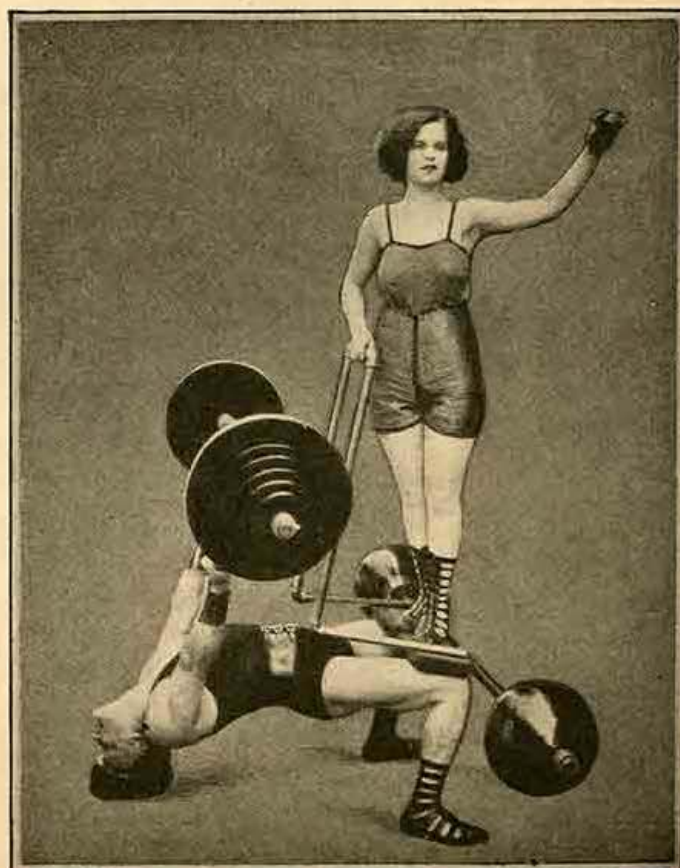
Building an Athletic Act for the Stage

Here You will Find the Kind of Stunts
that are Most Popular with an Audience.

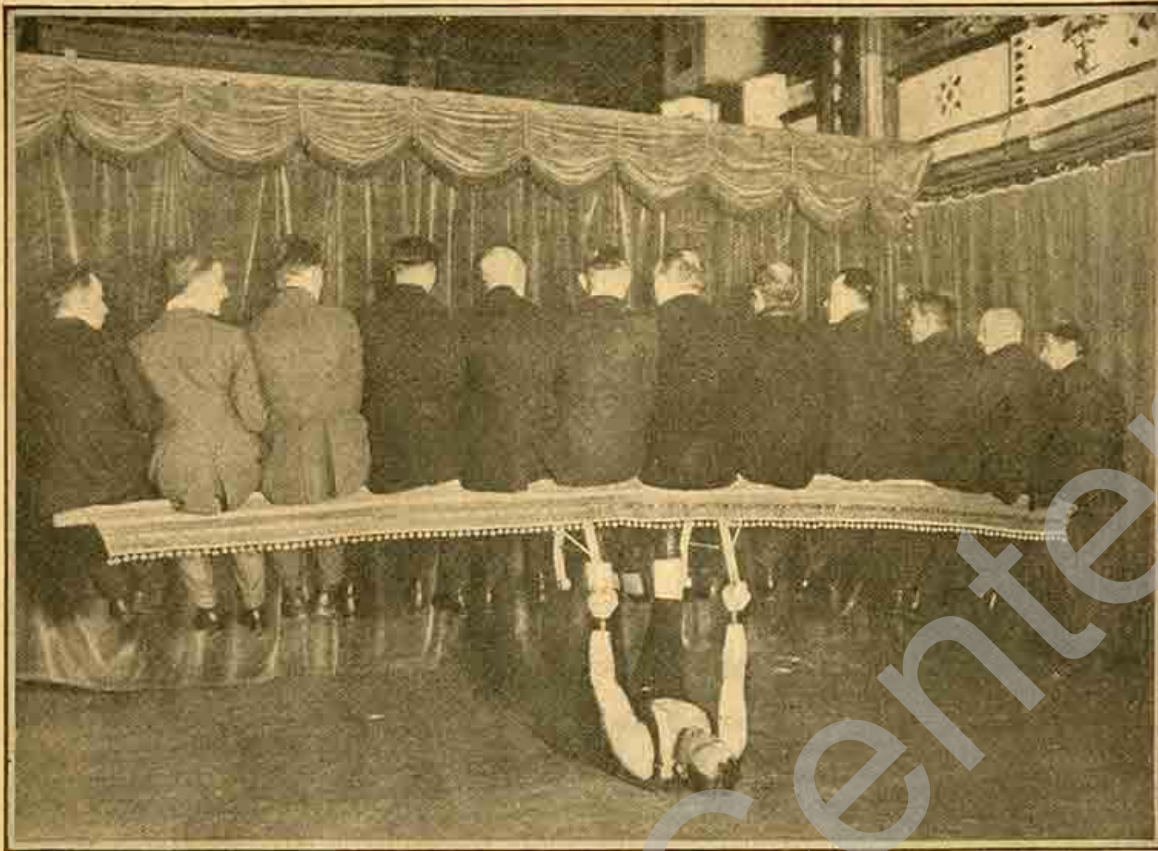
By George F. Jowett

THE moment a young athlete acquires any ability, he wants to display it. He becomes in demand for local smokers, concerts and other performances, and by such displays, apart from creating a name for himself, he is building a better body and at the same time bringing out the artistic talent that is within him. Each appearance makes him more deft or finished in every stunt, and only by such public appearances does he recognize the value of polish. The spectators are quick to appreciate this quality, and they applaud the finished touch of each stunt to a greater extent than the stunt itself, which is often beyond them. While the audience is quick to recognize talent, they are also quick to recognize lack of it, and are unmerciful in their attitude. If there is no polish attached to the performance, the performer is termed green or dumb, no matter how good he may be in the rough. However, I have found audiences dislike exaggeration of style more than poor performances. The "show off" generally gets "panned." The one fact to bear in mind with every movement that is made before an audience, is that you must act freely and naturally. Make all your gestures smooth and distinctive. To the feat, give expression without that exaggeration which panders to applause. This is what we call showmanship and is the most important part of a performer's routine. If you are to give a strong act, make your feats "catchy." The audience is not so greatly interested in how big a bar bell you can lift, as they are not educated to appreciate the value of figures like a weight lifter, but they can appreciate the value of a human weight and the intricacies of balancing. This being an actual fact, there is nothing that goes over so well in an athletic act as a combination balancing and strong man performance. Such a routine is far preferable to the straight strong man show, or the straight balancing act. What with lack of understanding in the first, and the tendency to just lifting big weights to arms' length, to become a bore, the strongman act is not spectacular enough while straight hand balancing is too familiar to be fully appreciated. You must inject into your feats something that will create a climax that will bring before the eyes of the beholders the unexpected. To give you an example I will refer to an old strongman stunt that was very popular when strong acts were more numerous. A huge bar bell is

carried on to the stage by two or three hefty helpers, and to the tune of a rhythmic waltz, the strong man begins to raise it to arms' length with one or two hands. One hand preferably. As the arm is straightened beneath the weight, the strong man shouts "presto," and immediately the top half of each sphere opens to disclose a person inside who each let out a "whopee." This startles the beholders who are immediately impressed, and in order to carry the pleasing effect to a further climax, the strong man walks off the stage holding the human bar bell overhead as the occupants of each sphere cry out some witticism such as "Thanks for the Buggy Ride;" but wherever you rely upon others to give even the least aid, you should be sure to coach



Mr. and Mrs. J. Lambert in a novelty strong man stunt.



Rudolph Klar
in a spectacular
supporting
feat where the
legs play the
important
part.

them a little beforehand. Such a stunt as I have just explained, can be varied. I have used two big square boxes with a steel bar thrust through each one a little higher than the center. If you have the bar directly in the center of a square box it will roll around with the occupant, and upset your balance if they are not accustomed to sitting in it. However, as I was saying, I had two boxes, and on one side of one box was painted the word "My," and on the other box the word "Girls." Inside of each box was a pretty girl and when I would lift, I raised the weight so that the words on the boxes would be away from the audience, only the blank side facing them, but as I gave the word, I turned around so that simultaneously as the lids raised, the sight of the girls and the words "My Girls" greeted the eyes.

Another variation that I had which took very well, was performed as two aids struggled on the stage with a roped trunk which they deposited on the platform. I began to accuse them of trying to spoil my show, but they said the trunk was for me, and as they were all in they could not carry it any further. Pretending to be angry I grasped the trunk by the rope then went around the side—the top and bottom was free of roping—and turned the trunk on its side, then with a pull towards me I rolled the trunk on to my knee, and tossed it so that it was held at the shoulders from where I promptly bent pressed the trunk to arms' length. As I walked off, the lid opened and an aid dressed like "the morning after the night before," came to view and began to sing, "Where Do We Go from Here, Boys, Where Do We Go from Here." As you will see, while this stunt means the same in its varied form, yet each change has originality, which allows you to go back before the same audience, more than once for different performances, which keeps the performer in demand

as well as retaining his popularity. I could name hundreds of unique stunts just as catchy. An interesting point you will recognize, is the fact that there is not the amount of weight to be handled in these feats that is used when lifting a heavy bar bell, and the results are one hundred percent more effective. According to your strength, select your aids.

Nearly every day brings me a letter from some enthusiastic body builder, who has been selected to make up an act for some local affair, or else he wants to get on to the vaudeville stage, and he finds he is lost when it comes to making up his act, so he asks me to help him out. Due, no doubt, to the increasing popularity of bar bell work, the would-be performers are very insistent at the present time, so I am taking this opportunity of giving them all an idea how they can build up an act for themselves by supplying a routine. Some of the feats are those which I included in some of my performances when I followed that occupation. I always found it very interesting, for the true artist loves his work and is always striving to inject more originality into his act, and studies hard to polish each movement with perfect showmanship.

About eight to twelve stunts are sufficient for a complete act, and each feat should follow in a rotation that has no hitch. For your music, a waltz goes the best, but it must not be a tune that does not have good time. For example, the waltz tune "Till We Meet Again" is not suitable while "Over the Waves," the chorus to the "Merry Widow" and "Let Me Call You Sweetheart," are just ideal. Any of these tunes have a rhythm that is easy to follow, and your movements with that of the music, are readily caught by the audience who registers good timing as "smooth acting," or "neat." Open your act with a bar bell drill, per- (Continued on Page 76)

Art and Beauty

The Sacrifices of Beauty to Art.

By *Ralph Hale*

COURAGE is a wonderful asset. A great deal of talent is lost in the world for a want of a little courage. Every day sends to their graves obscure men and women, whom timidity prevented from making a first effort, and who, if they could have been induced to begin, would in all probability have gone great lengths in the career of fame. The fact is, that to do anything in the world worth doing we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.

Think of the popular actresses whose rare courage enabled them to sacrifice their beauty on the altar of art, and appear before the public as old and decrepit women. Would you have the courage to do that? Would you give up your good looks and have your admirers see you as an old and withered woman? Hardly!


I asked the pertinent question of a host of pretty girls and invariably their answers were in the negative. Even if such a sacrifice meant success, it would be hard to make. Of course, no girl would be expected even to consider despoiling her beauty permanently—such a question as is asked above applies only to temporary "sacrifices." But even letting the public see one in dowdy clothes, lined face and repulsive surroundings for just a short while is sacrificing a good

deal for the sake of art. And that is just what a number of our leading actresses have been doing lately. Very courageously they have allowed themselves to be seen as old women, as hags, as hoydens—because the art of the screen demanded it.

Do you remember the portrayal of the withered, unfeeling old woman in "The Coast of Folly," by Gloria Swanson. Her dearest friends would hardly have recognized her, but it gave her a name as an actress who

does not have to rely on clothes and good looks. Lon Chaney, to my mind, is the greatest of all character players.

He is not stinting in his praise of the work of his fellow players. He sees all their pictures in order that he may learn from them and get new ideas. He does not speak of them in a condescending sense. He says that Gloria Swanson is a great character player. In my opinion (as well as that of Lon Chaney) she



The piquant tilt of the chin, the noble attitude of the head, denote the rare intelligence and beauty of Esther Kait, who is an exceptional adagio dancer.

is not just a thing of beauty, but a living human character. Pola Negri was a real pioneer in the field of characterization among women stars. People were simply amazed at her work in "Passion" because she utterly disregarded all the conventionalities of



Superbly formed in body and beautiful of face, Miss Kait is able to live up to the seemingly extravagant things said about her.

the feminine star. She came to the screen without a marcel, and forgot that she was supposed to be beautiful. Take lovely May McAvoy in "Ben Hur," who inspired the audience with her portrayal of Esther. She achieved a loveliness far more arresting as an old lady in the picture "My Old Dutch." Beautiful Louise Dresser is not afraid to lay her good looks on the altar of art; she has thrilled her audiences time and again with her wonderful character acting.

It takes courage of the first water to do what these brave men and women have done; but motion picture fans are coming to appreciate their efforts more and more, for it brings the true woman to the screen, and that is why the public clamors to see them.

One of the most courageous girls I have ever met is Esther Gertrude Kait, a dancer, who puts her art before beauty. When I asked her the question that met with

little success from hundreds of girls, she replied without hesitation in the affirmative. Being the only one of the host of femininity to offer such an answer it behooves me to tell you how I met this extraordinary girl, and subsequently give you some details of the life she leads.

At the Dot Duval School of Dance, she was gambling, with her adagio dancing partner, William Hughes, when I put in an appearance at the studio. Her personality was so magnetic that I was attracted to her immediately. Esther Kait, an enchanted vision of loveliness in her filmy costume, glided sylph-like across the floor as her partner came forward to greet me. That was how I met her.

I found the combination of Esther Kait's personality and beauty a rarity which is seldom found in girls of her age. Highly intelligent, with a broad background of education, she virtually holds her listener spell-bound when she converses. I found one thing to be certain within a few minutes of conversation with her, and that is, she is not worrying about her beauty or how she best can commercialize it. She's thinking, rather, how to combine her rare beauty with rare intelligence and succeed through both virtues, rather than rely on beauty alone.

The modesty of Esther Kait, which permits her true personality to be displayed at all times, has won her countless numbers of friends. Her lack of pretense is largely responsible for attracting friends to her. Pretty little Esther has no special formula for the attainment of beauty, except to say: "Refrain from doing anything to an excess. I find that moderation in all things is best. Remember, it is not the use of a thing, it is the abuse of it, that is so destructive. I have no diet, but I am careful that I eat the most nourishing foods. My daily exercise limbers me up for dancing. I have never worn a girdle nor a corset."

A girl who is frankly healthy like Esther, and in a pleasant, teasing manner displays just enough of her healthy, vigorous body to stimulate other girls to also possess a beautiful figure is not to be censured. Healthy, well-rounded limbs—as exhibited by Miss Kait in the accompanying illustrations—are not debasing or demoralizing. A healthy girl is always an incentive to a healthy young man to keep his body pure and clean and unsullied, free from disease and filthy contamination.

No girl could be healthier than Esther. She is a good swimmer and enjoys hiking and all outdoor sports. Her dancing is exceptional and done in a style that is all her own. She abhors smoking and drinking, as they insidiously destroy a woman's health. As for her preference in clothes, she dresses in simple frocks and her evening gowns find added charm in simplicity.

Esther Kait presents no unusual side, for she never tries to be anything but just what anyone can see at a glance—a typical American girl, sweet and unaffected, no presumption or sophistication, and her ideal is to use her brains to win her success in the career she decides to pursue, not just her beauty.

And analyzing the word "beauty," Miss Kait says very frankly that "there are no beautiful girls;" that so-called "beautiful girls" are rather just normal girls, inasmuch as beauty is the result of proper living and thinking and acting, the model of human creation. By these lofty ideals may she conquer.

Thus, girls, it rather looks as though the day of the beautiful but dumb baby doll has passed. So, girls, if you are that type and wouldn't consider appearing for a minute without looking your best, think about these brave women of the stage and screen, and think twice. Perhaps it is worth while to sacrifice a bit of beauty to art occasionally, if it brings such popularity as Esther Kait now enjoys.

Therefore, to suppress any further apprehensions, I shall remind you again that the sacrifices of beauty to art are not permanent, but merely temporary; that occasional sacrifices will enhance, rather than despoil, beauty. Not only does it bring fame, but it permits the true personality to be discovered.

Gloria Swanson is an exceedingly beautiful woman, but the public cares more for her characterizations than her beauty. No player has had a harder fight to win recognition than Gloria Swanson. It is the supreme joke on the motion picture industry and public that after years of ridiculing Gloria, this actress has now reached the highest pinnacle of screen fame, and is undoubtedly the greatest artist in the films today. She attained the dizzy heights because of her indomitable courage, and ability to portray a character, and not because her beauty was the chief asset.

Beautiful Lillian Russell was another who combined rare beauty with rare intelligence. Her success was largely due to her emotional acting, as was that of the Divine Sarah Bernhardt, the greatest tragedienne of the stage, who was famous as the world's greatest character actress in her day. Such vibrant personalities as Elsie Ferguson, Lina Cavalieri, Pauline Frederick, and Ethel Barrymore, are players who struck a responsive chord in the hearts of theatre-goers by merit of their charm and ability to portray a character, and not because of the exploitation of their beauty.

Emotionalism, aside from being a great aid to character and beauty, provides wonderful exercise for the facial muscles. An Indian brave is taught to mask his feelings and emotions. The shocking news of the death of his mother or some one dear to him is received without the faintest flicker of an eyelash. When the brave reaches the prime of life, he has an old and cadaverous look. His face, instead of revealing the clear lines of vigorous manhood, becomes seamed with harsh lines, and the cheeks become sunken. If he would have practiced expression and allowed his emotions to be portrayed,

Dancing her way into the hearts of countless thousands, Esther Kait always retains her sweetness and unassuming manner. The study is an excellent example of the decorative effectiveness of an adagio-dress.



there would be no signs of old age in his face and his youthful looks would have been retained. You have perhaps marveled at the expression registered by the emotional actress on the screen or stage. Thus, if you want a way to enhance your facial beauty, the next time you see a characterization try to emulate the faces the player made at the audience, and I'll wager you will get plenty benefit from such a practice. Gaze into a mirror and make all the wry and funny faces you can think of making. This practice is ten times more valuable to facial beauty than all the beauty lotions on the market.

It strikes me dumb to look over a long series of faces, such as any church, court room, public meeting, or miscellany of men will show, and see the blank expressions. Here and there are a few fixed in a definite expression that denotes the quality of character and degree of personality. A protruding chin on one face tells that the character has determination. He who delves deeply into the lines of the face can judge a person quickly by the contours and general make-up of the face and head. The public is no longer interested in the beautiful but dumb



Attired in the costume which she wears at Duval School of Dance, Miss Kait is perfect in her loveliness.

ingenue, and for this reason character acting is growing more and more into favor.

The pantomime of the adagio dance, as performed by Miss Kait, must be full of emotion, else the real interpretation or expression of the dance is lost. It appears to me that the great dearth in our dancing today seems to be the background. It has become a common practice for girls to leave school in order to become dancers. I mention this in no sense of criticism, but only as a warning to the girl who has her life and career ahead. Esther Kait finished her education first, then took up dancing. Even now, with her exceptional ability as a dancer, she is striving towards furthering her education, rather than hastening her stage career. Just now it seems to be a problem which to favor, but her beauty combined with rare intelligence is a combination that opens the doors

to success, in whatever career she undertakes.

In closing, I am compelled to say one other thing. The other day I noticed a very pretty and modishly dressed girl on the street car. Her undeniable charm caused me from time to time to let my glance rest on her pretty face. But when this girl opened her mouth I received a real shock. Instead of being beautiful, this girl was decidedly ugly with her mouth open. Girls, whatever you do, do not let your teeth get discolored. You cannot all have beauty, but you can have the charm of pearly teeth if you will. Besides ruining your appearance, unclean teeth will soon cause illness and a poor complexion. It takes little effort to care properly for the teeth and keep them white. A thorough cleaning by a dentist should be given them twice a year.

Miss Kait has the prettiest teeth of any girl I have ever looked at, and I don't mean I think so. She cleans them three times a day. Her mouth is carved in a perpetual smile, so that the world might look at her beautiful teeth, and when those who are neglectful about cleaning theirs see her teeth in all their pearly splendor, a great lesson is scored to them—the lesson of cleanliness.

Aside from maintaining your beauty, it is advisable to inject a little emotion into the scheme of things. If ever a part is assigned to you, to portray a character, have the courage to play that part and throw your very soul into the spirit of it. Not only will you reap a munificent harvest of benefit, but your true personality will be permitted to express itself. Don't ever be afraid of a little acting. I have seen Miss Kait study for hours the proper expression she needed to register in the dance. In a room crowded with people, she goes about her work unperturbed. Some of the grimaces and contortions she registers on her face would be embarrassing for the ordinary person to perform, but not her. It's art for art's sake.

No one can succeed in any profession if they do not recognize the fact that they must put aside their personal vanities and their personal foibles to perfect themselves in their art. Many who have failed in their attempt to appear successfully before the public can attribute their failure to the fact that success did not mean enough to them to make them forget themselves.

To succeed you have to work, you have to think, you have to plan, and you have to make sacrifices. These sacrifices are not made up entirely of the time you devote to perfecting yourself and the rigid training, both in exercise and diet, which you must undergo. They also include the sacrifice of your pet vanities. To succeed, you must please your audience and not yourself alone. To do this in practice and in every day life you must constantly scrutinize yourself, recognize your weak points and strive to overcome them. To succeed in doing this is a sure guarantee of success. Without it no one ever gets very far. Many start and get well under way before they really defeat themselves. Most of us who lose out can place a large share of the blame upon ourselves, and of no group is this more true than of the group who seek success upon the stage.

Their calling demands sacrifice and high courage to sustain oneself in making sacrifices long after the breaking point is apparently at hand. Sometimes I think the old saying, "If you want to (Continued on Page 92)

American Continental Weight Lifters' Association Notes



By John Bradford

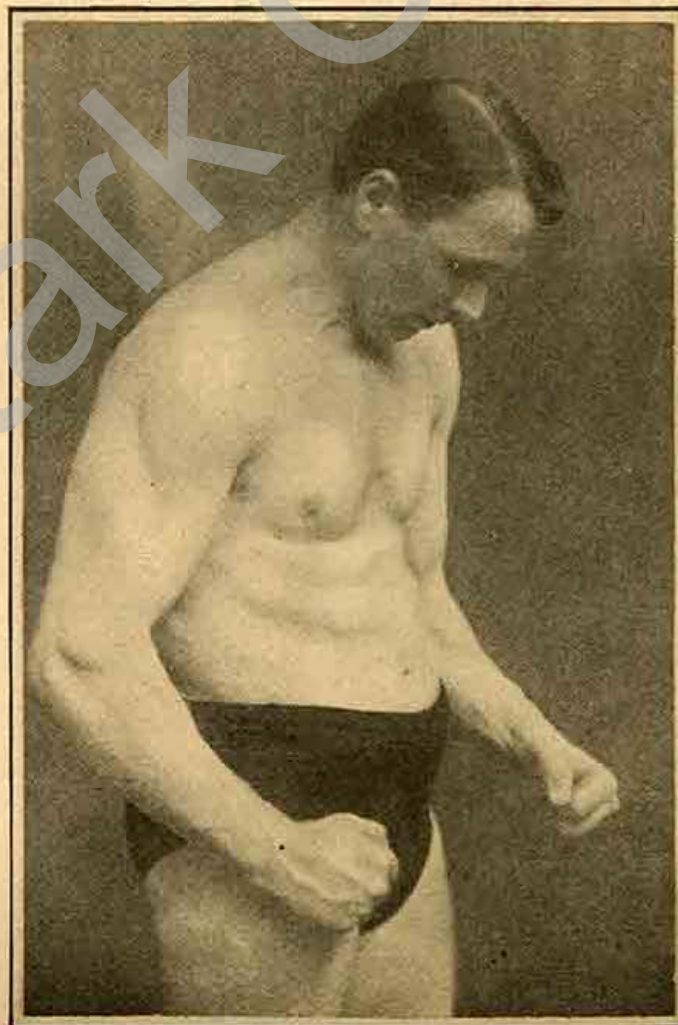
"SOMETHING accomplished! Something done!" What a world of satisfaction is emphasized in those four words, particularly when you *know* you have accomplished something. Just at the present time the officers of the Association feel that they have done that great *something* which brings about the elation of satisfaction. The last few weeks have showered us with an abundance of fruit for our past labors. We can say, more than ever before, that the sport of weight lifting is more definitely established as a recognized sport at the present time, than it ever has been. President Jowett has been successful in staging a weight lifting championship, in which three of the largest sport bodies in the country have combined; namely, the A. C. W. L. A., the A. A. U. and the Sesqui-Centennial sports committee. It has been decided that everything should be turned over to our president after the date agreed upon. Therefore, the big event has been turned over to the A. C. W. L. A. to put on and make a success of it, in the magnificent Municipal Stadium, on the Sesqui-Centennial grounds.

I do not believe that any man ever worked for his sport as our president has worked for the sport of weight lifting. You might say that, single handed, he did it all. Willing as we all are to help, it has not been possible for us to do much more than to give our moral support. Now is the time when we *can* do something. The president has cleared the way for us all, and if every member appreciates the efforts of Mr. Jowett, and

loves his sport, he will come across and do his part—which is to *compete*. It is up to us to show the A. A. U. that weight lifting is a sport practiced by thousands, and not by just five or ten people. If we are successful here, the A. A. U. will be willing to do their part to arrange for more sports, which will broaden the field for competitive lifting.

Now fellows, here is the dope. The Sesqui-Centennial Weight Lifting Championship will be held in the great Sesqui Stadium in conjunction with the track and field events of the Municipal sports. This fine combination of sports makes it possible for our lifters to perform before the largest athletic turn-out ever

brought together in one place in this country. This means a great boost for the game. The date selected is Saturday afternoon, August 21st, when the tournament will commence at 1.30. The three Olympic lifts are the chosen lifts to be fought for; namely, the Two-Hands Clean and Jerk, the Two Hands Snatch, and the Two Hands Slow Press. Contestants are invited for every body-weight class; namely, bantamweight up to 112 lbs., featherweight up to 126 lbs., lightweight up to 140 lbs., middleweight up to 154 lbs., heavy middleweight up to 168 lbs., light heavyweight up to 182 lbs., and heavyweight no limit. For each class three prizes will be given;



The great veteran lifter, John Y. Smith, who is only a middleweight of 154 pounds, recently completely shattered the world's heavyweight one-hand dead lift records of Cadine and Rigoulot on Veteran's Night, June 6th.

1st prize a gold medal, 2nd prize a silver medal and 3rd prize a bronze medal.

The beauty of it all is that anybody is eligible. No matter how good you are, we want you to compete. This is the chance of your lifetime, as Mr. Jowett says, for by the time the next great celebration comes around none of us will be lifting, and it will be a great satisfaction to know we were in this event. Only bona fide amateurs can compete, and their names must be turned in to me at least fifteen days before the meet. It is too bad that our western buddies are so far away, but we would be glad to welcome them to Philadelphia to compete if it is possible for any of them to come. Now boys, all get together and make up your minds to compete and back up the man who has done so much for you for so long.

I especially mentioned this event for your earnest consideration as it will give you a chance to get ready to compete.

By the time these lines are published another big event will have been decided, in which the results of the great drive by the *Boston Post*, to find the strongest man in New England, will have been found. This great newspaper spends a great deal of money yearly for sport events in order to help charity.

Finding how popular the strongman game is, Mr. H. Reynolds, the sports editor of the *Boston Post*, conceived this fine idea. By advertising this contest in their editorials they found out how strong the A. C. W. L. A. as a body is, with the result that Mr. Reynolds journeyed to Philadelphia to talk it over with Mr. Jowett and get his sanction to put on this affair, but in a unique way. They wanted an open championship in which both professionals and amateurs and local huskies would compete without the amateur losing his status and all on a satisfactory basis, to determine their strength. You will, no doubt, remember at our last convention that we passed a rule that once a year such an event should take place. The fine action of the *Boston Post* has brought it about a little sooner—thanks to Mr. Reynolds. Needless to say, our president gladly gave

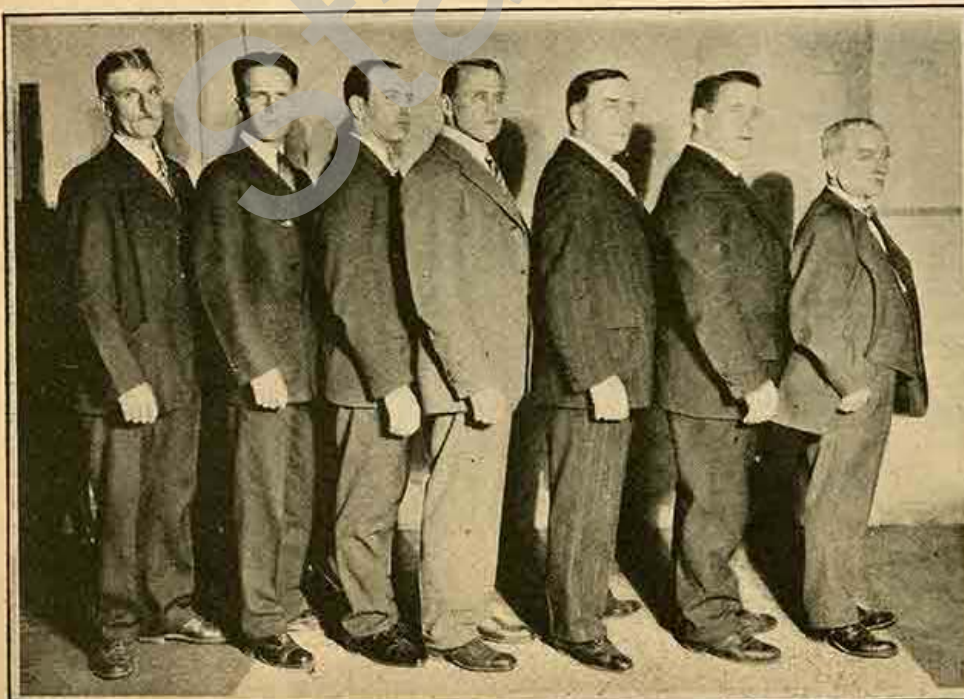
his sanction and accepted the post as supervisor and referee for the event. The way it will be run is rather unique. In the first place the *Post* has sent out a number of reporters to comb the New England States for material. Into the lumber camps, steel mills, dock yards and mines have they gone, and all the likely looking men will be brought to Boston to meet on Boston Commons to compete, Saturday afternoon, June 26th. There will be no entrance fee, and the five men who do the best on the six chosen lifts will meet in the finals on the following Monday night.

Our president drew up a set of lifts which would give every man a chance. They are the Two Hands Continental Jerk, Two Hands Continental Press, One Hand Press, Two Hands Dead Lift, Right and Left Hands Dead Lift. The winner can take his choice of money or value in money. If an amateur wins, he can have his choice of a belt or some other trophy. We are hearing of the wonderful reports of the line-up, and we are on our toes to hear Mr. Jowett's report when he comes back. All the weights will be loaned by *The Milo Bar Bell Company* for this event, (also for the Sesqui-Centennial affair). The A. C. W. L. A. will have some good men competing, including the famous John Y. Smith, who will give them all a run for their money. The next affair on September 5th will see the A. C. W. L. A. championships fought out all over the country for state and national honors. All these goings on should keep you all in tip-top shape, hot with enthusiasm and competition, and we feel sure that we are going to see considerably more new material turn out.

Well, now, for a change, I'll tell you all about our last show in Philadelphia, along with some other important doings that have taken place. June the 5th heralded Veterans' night, in which none others but old timers took part. Some fine old characters attended, and some of the old timers who performed showed the younger generation what strength was and how to use it. The exhibition was opened by our New York friend, S. Klein, with his posing act that went over as always—fine. Of course, Sig is not old by any means, but he is

going to be married soon, so we might as well say he is old. The same goes for the steadfast sportsman and athlete, Mark Berry, who had charge of the lifters, although Mark is not going to be married yet—not that we know of. This was the first time that Mr. Jowett did not officiate as M. C. at any of our meets. However, he was asked by the lifters to referee, which he did.

The second act was supplied by George Blymire, of Harrisburg, a fine sample of manhood who is well on in his fifties. He did not take



Some of the Veterans who were present on Veteran Night. From right to left, Oscar Mathes, George F. Jowett, "Teddy" Mack, John Y. Smith, H. Hall, M. Berry, George Blymire.

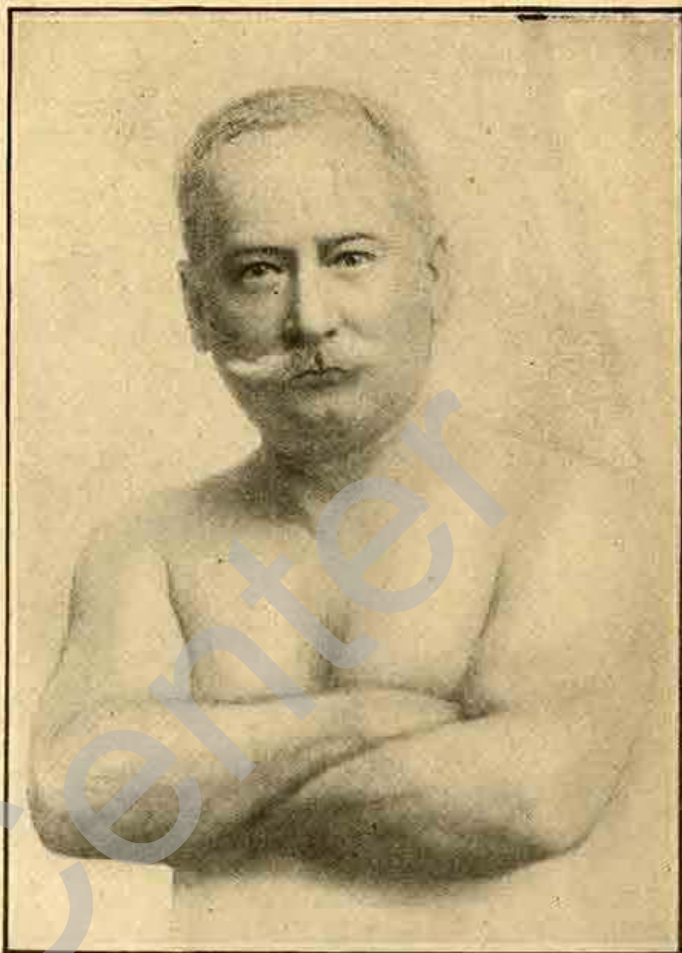
up body building training until he was near fifty, but the way he pressed 150 pounds from the back of the neck at a bodyweight of 142 pounds, and made a Wrestler's Bridge pushing up and down a bar bell of 115 pounds, was a greater testimony of the value he had gotten from his training than my pen can describe. After him our enthusiastic member, Doctor L. Raftery, came forward to do his stuff, which he did with a vengeance. Just as Wm. Mills had wrecked his former One Hand Dead Lift a year ago, just so completely did he obliterate the mark made by the Jersey boy. With no hesitation he snapped 375 pounds off the floor with the first effort and followed that lift by two more marks that changed the record set up by Mills at 392½ pounds to 400 pounds which went up in the second attempt, to be followed with 415 pounds in the third attempt. This gave our worthy brother an amateur world's record mark that will make them all step to equal, no matter what their weight may be. Raftery stripped within the light heavyweight class, less than 182 pounds.

Professor Paulinetti came on and entertained the boys with a series of stunts that brought an ovation from the beholders on every feat. His head stands, one hand stands, and planches were epics, and the crowd was vastly appreciative.

After him came H. Hall in two exhibition lifts, on the Two Hands Slow Curl, and the Press from behind the neck. For the first lift he comfortably played with 125 pounds, and in the second lift with 150 pounds. Next we had introduced to us the one time famous Paul Bunz now in the close of his eighties. Mr. Bunz at one time was one of the greatest athletic circus performers that ever grabbed a trapeze. Despite his age he looks fine and responded to the plaudits with a bow.

Then Mark Berry introduced Arthur F. Gay, of Rochester, New York, a man who but a few years ago was acknowledged as one of the finest specimens of perfect manhood that could be found. He has a beautiful form for a big man, which is a credit to him when you consider that he was a very mediocre specimen when he first started bar bell training. He came in from Washington to be with the old boys on their reunion night, and we were glad to have him with us. Mr. Gay runs a fine gymnasium in Rochester, New York, which is well equipped. Better still, he is a very capable instructor.

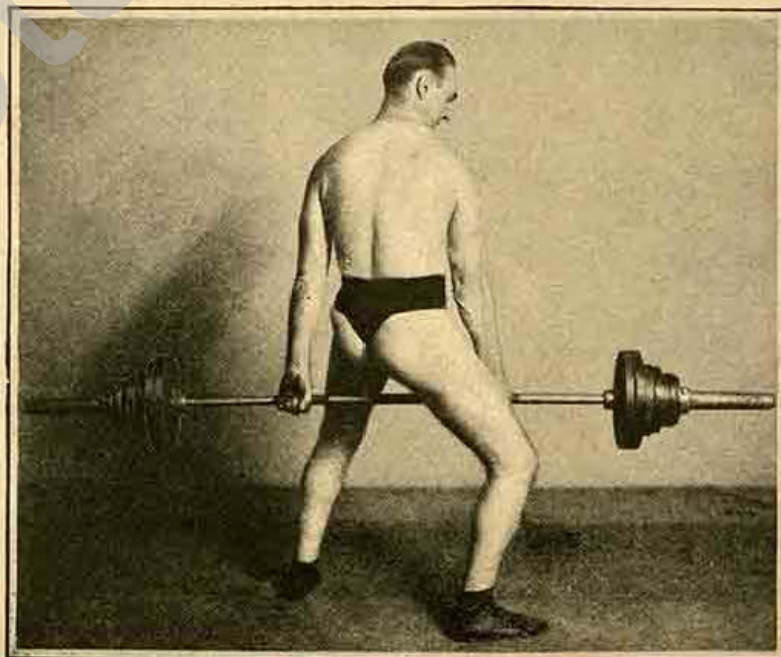
Oscar Mathes, still known to the athletic public as the "Miniature Sandow," was next introduced. Mr. Mathes, who is now well on in his sixties, still retains a



A photo of the famous Oscar Mathes when he was well on in his fifties and known as the "Miniature Sandow."

firm grip and was well received. He gave a little speech, expressing his appreciation of the events of the night, and the audience appreciated his little talk. This great little man in the '80's and '90's was a popular favorite, and Sandow tried hard to enlist this miniature prodigy in his services. He retains much of his youthful enthusiasm for the sport and is a member whom we are

very proud of. Mr. Mathes and John Y. Smith have been inseparable friends for a great many years. It is great to hear them tell of old times, but they both wish the opportunities were as good in their early days as lifting matters are now. They came to Philadelphia together from Boston, and we feel it was a



Roy L. Smith, of New York, who set up a new world's record on Veteran's Night, in the lift in which he is posing.

pleasure to have these fine gentlemen lifters with us.

Roy Smith, of New York, made an attempt on the five A. C. W. L. A. lifts striving for the bronze medal and made a total of 792 pounds. He completed his turn with a Jefferson Lift of 708 pounds. There is no getting around the fact that Smith is a game sport. Most of the lifters want to lift on their own lifts or not at all. They seem to miss the lesson in learning to do all of the lifts. In view of this fact, I hope more will follow the fine example set up by this splendid athlete.

Mr. Jowett next gave a talk reviewing current events, but due to the fact that our president has been so absorbed in his new book, he was not able to train for the lift that he formerly intended to do—a Two Hands Military Press of 250 pounds. However, he did not get off scot free. Voices from the audience clamored for him to do something, and the choice was given to a display of arm strength, of which he has plenty. The "first man" of the Association obliged the audience by duplicating some of Vanstittart's stuff, surpassing some of that famous athlete's feats. One of his feats was a pinch lift in which he gripped the bar inset of a block

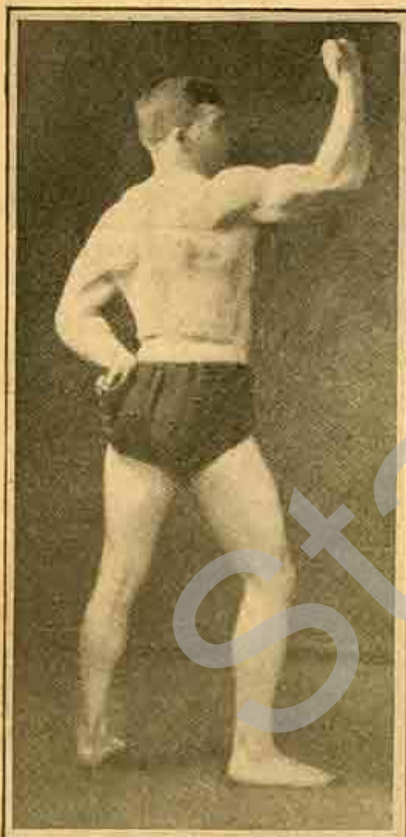
weight with the first joint of the index finger and the first joint of the thumb; in just the same manner as you would hold a pencil between those two digits. To hook the finger or take a low grip on

the inset bar is not allowed. The weight must be retained in this grip only, both in raising and lowering. Not only did Mr. Jowett equal the feat of the once famed iron armed man in this particular stunt, but he surpassed it by making a snatch lift of the weight with the same pinch grip. These stunts he followed by others equally as difficult, which he performed with evident ease, not even divesting his coat. The crowd was spontaneous in its appreciation of our "own strong man."

John Y. Smith was scheduled for the feature act, which he carried out to perfection, smashing all existing records in the One Hand Dead Lift in every class, with the exception of the lift by Gorner. He weighed 154 pounds, and warmed up on some juggling stunt; then he made a new record in the lateral raise to overhead, with 105 pounds. Finally he made his onslaught on the right and left hand dead lift records which he easily clipped, scoring the wonderful marks of 425 pounds for the left hand and 450 pounds for the right hand. What will Cadine say when he hears this? Done by a middle-weight at that, who is past his sixtieth year. But will you believe it. Smith was terribly disappointed because he did not get away with 500 pounds. When training he raised a weight of 535 pounds off the floor two inches. Mr. Jowett advised him to use a thicker bar next time than what he used on June 5th, so that he can secure more friction of the hand and a greater gripping space.

The night's performance was completed with tumbling and posing by Mr. Comarty, of Trenton, New Jersey, thus completing a successful performance by the boys of the old brigade.

The next important event is the finals in the Pacific Coast tournament, which was won in every class by boys of the A. C. W. L. A. The three Olympic lifts were not chosen but the five A. C. W. L. A. lifts; namely, the Right Hand Bent Press, Left Hand Swing, Right Hand Swing, Two Hand Continental Jerk, and Two Hands Anyway. The fact that they made this selection is the reason for the low totals in some of the classes, due to the lifts being strange to them. However, we have to hand it to our Western members for their willingness in trying their best on lifts that they are not familiar with, which is more than the Eastern bunch will do. They held two contests, which took place in Los Angeles on the nights of May 22nd and 29th. The winner of the 154 pound class, which was the first lifted on, was Romaine Straight, with a total of 818½ pounds. Jake Schaefer topped the ranks in the heavy middleweight class with 855 pounds, but Joe Kingsbury ran him too close to be pleasant, with a total of 853½ pounds. Marion Betty had tough luck; he was leading all the way but lost out on each attempt on the last lift. He really did some fine lifting up to that stage, and it is to be regretted that he did not cut down on his poundage when he saw he could not get away with the weight of 227 pounds on the last lift. Betty made three new American amateur records on this occasion, doing 190 pounds in the Right Hand Bent Press, (Continued on Page 69)



Above—Dr. L. Raftery who broke the world's amateur One Hand Dead Lift record on June 6.



Right—Arthur Gay, another of the "old brigade" who was with us on June 6th.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by *Marjorie Heathcote*

THE other day, while sitting in the subway car, I was startled to see a young girl, sitting opposite me, counting small change, and actually holding coins in her mouth while she hunted around in her pocketbook for some more change.

That same day, in a department store, I saw a woman counting bills. She had the bills laying on the counter and was turning them over—but each time she turned a few over she *moistened her fingers in her mouth.*

Girls! Girls! Don't you realize the awful danger that lies in putting coins, tickets and letters in your mouth? Some of the most contagious and dangerous diseases have been traced down to this fact. Do you know who had the articles in their hands or mouth last? Maybe that person had some sort of communicable disease, and you are not only endangering your own life but probably other lives as well.

So much has been said about the public drinking cup, and although it is not seen as frequently as before, owing to State laws, we still see some people crowded around a spring using the same cup. Large offices and manufacturing plants should provide paper cups. Never use the "office or shop cup." If paper cups are not available and you must drink, "cup" your hands and drink from them—but at all times avoid a public cup if you wish to safeguard your health.

Dear Miss Heathcote:

I have taken **STRENGTH** for several months, as I am an ardent believer in physical culture of all description, and am always on the lookout for a new method with a reducing tendency—apropos of which in one of your articles you give exercises for "development" when "reduction" is indicated. Correct me if I am wrong, but does not a developed muscle mean a bulkier and heavier one? Can we not do exercises to give us strong muscles, but wiry ones?

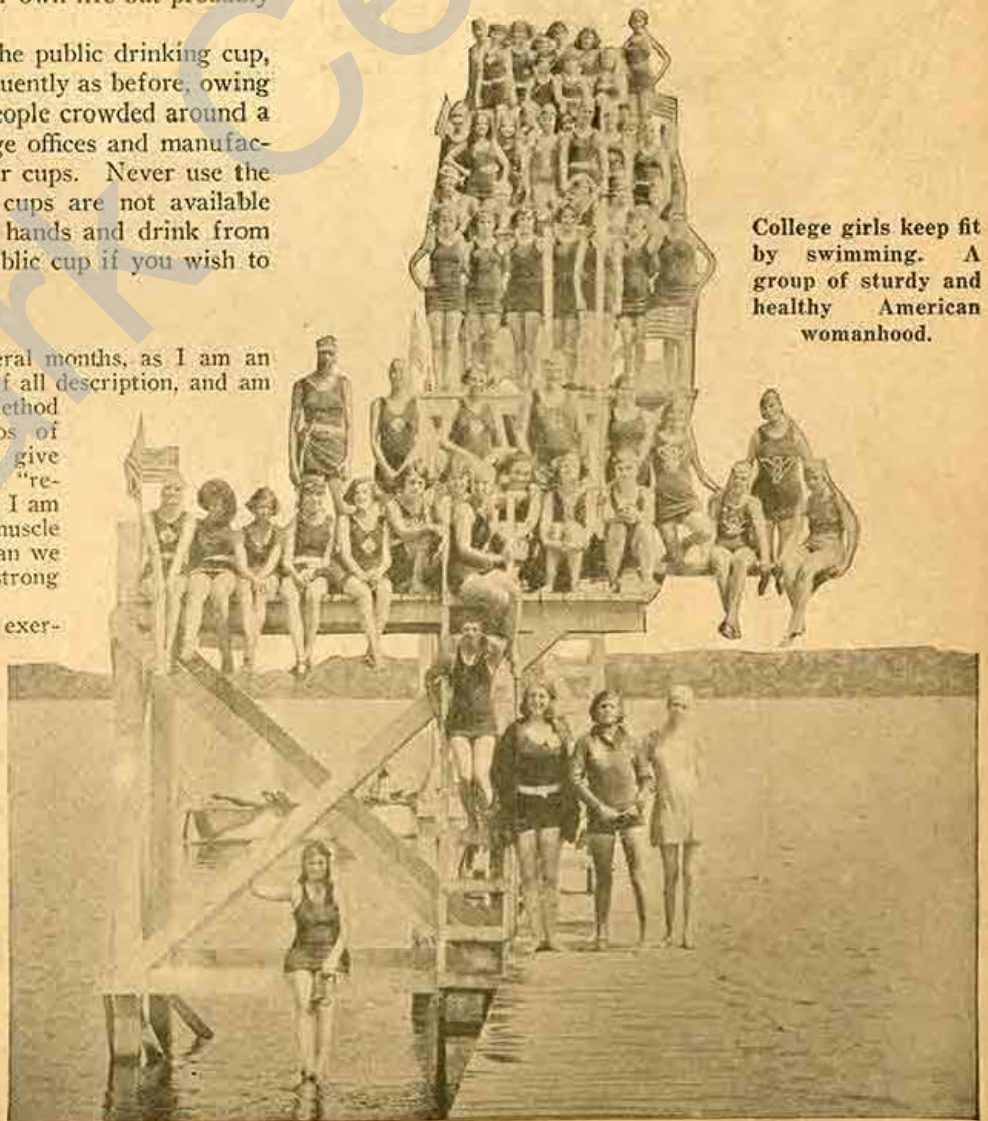
I have gone in for systemized exercises for several years. Among them are back-bends, splits, cart-wheels, hand somersaults and high kicks. I can put the palms of my hands on the ground easily without bending the knees, and can do forward and backward roll-overs, and I weigh 124 pounds (stripped) but have the greatest ambition to be an eightstoner (112 pounds) without, of course, damaging my health. Most of it I would like to take off my thighs, hips, calves and ankles. My height is 5 feet 3 inches.

I ride all the year 'round (one of my chief reasons for reducing), play all kinds of games and swim in the sum-

mer. I have a moderate appetite and eat sparingly of potatoes and candy. Never drink with my meals and cannot bear milk. I hope you won't be dead from boredom before you finish this letter, but I should like to have your opinion and shall await the next number of **STRENGTH** most anxiously.

K. T., Brighton, England.

I note from your letter of recent date that you are quite a physical culture girl. You seem to think that you are greatly overweight, and as a matter of fact, the normal weight for a girl 5 feet 3 inches tall is 118 pounds. I am sure that if you keep on with your exercises and all outdoor work you will not put on too much flesh. Horseback riding alone should keep you free from excess fat. If you weighed 112 pounds you would be too thin.



College girls keep fit by swimming. A group of sturdy and healthy American womanhood.

Developed muscles mean strong muscles and smooth muscles, and women very seldom develop big, bulky muscles like a man. In reducing, when I speak of

developed muscles, I mean to first get rid of the excess fat and then develop the muscles to a normal state—firm, strong and supple.

Your measurements should be as follows: Neck $12\frac{1}{4}$ inches, bust $32\frac{3}{4}$ inches, hips 35 inches, thighs $21\frac{1}{2}$ inches, waist $24\frac{1}{2}$ inches, knee 13 inches, calf $13\frac{1}{4}$ inches, upper arm $10\frac{1}{2}$ inches, forearm $8\frac{1}{2}$ inches, wrist 6 inches.

I would like to have a picture of yourself and I am sure the other girls would like to see it also, for I think you must have fairly good development.

Dear Miss Heathcote:

You are going to have to be the stake upon which the rung of my peace of mind will come to rest. Both my Mother and Dad were what you would call "slightly stout." And although I am at present much more slender than my mother ever was, I have her frame built to a T. I have read your Circle with much interest and have eagerly compared my measurements to those that are given in your articles and I find that a good many of mine are much smaller. Yet, no matter how much care I take in the choice of my clothes, they never seem to give me that slender looking figure. I cut a pretty nice figure in a bathing suit—but one cannot wear one's bathing suit to work or to a dance.

I am quoting my measurements here—won't you please tell me what is wrong and how to remedy it?

C. F., Jacksonville, Fla.

I can assure you that you are worrying unnecessarily. For your height, 5 feet $2\frac{1}{2}$ inches, you should weigh 118 pounds. You are only two pounds overweight. The only parts of your body that you need to reduce slightly are your waist, calves and thighs. I would suggest the following few exercises for these parts:

Lie flat on back, placing the feet under some object for support. Clasp arms on chest and raise the body to a sitting position, using the muscles around the stomach and hips. Now lower the body to position again.

Lie flat on back. Now raise the legs, knees stiff, in a circular motion toward the head. Lower the legs, but instead of resting them on the floor again, let them come to within an inch or two of the floor and repeat the movement. I have given this exercise repeatedly in this column for waist reduction.

Your arms and forearms are a trifle too thin and you might try chinning the bar for development of these parts.

Your measurements should be as follows: neck 12 inches, chest 28 inches, bust 32 inches, hips 34 inches, thighs 21 inches, waist $23\frac{1}{2}$ inches, calf $12\frac{3}{4}$ inches, upper arm 10 inches, forearm 8 inches, wrist 6 inches.

Dear Miss Heathcote:

Will you please be kind and give me some exercises for body building. I think my chest, bust and upper arms are too small.

My (Continued on Page 92)



Evelyn Weller Short. Correct eating, exercise and swimming gave her that pleasing figure. Miss Short practiced the above and lost many pounds of undesired flesh.



Come on in, girls, the water is fine, says Aileen Riggen, champion diver and swimmer. If you wish a beautiful figure, you will heed her advice.

The Mat

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

Conducted by George F. Jowett

The Stomach Muscles

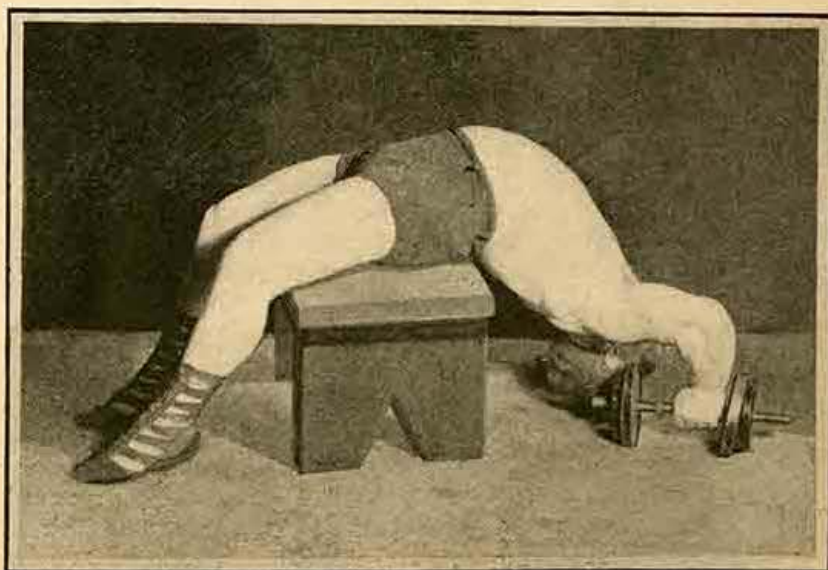
EDITOR of The Mat:
I am of slim build, but my stomach muscles do not show. Why is that?
R. Clare, New Orleans, La.

As a general rule the body builder who has the hardest time to show any muscular display, is the one who is inclined to be corpulent. To that person the layers of fat seem as obstinate to remove as the calf muscles are to develop for the majority of leg builders. Often an exercise fan, who has worked hard for abdominal development, is not nearly as badly off as he thinks. Under the layer of fat he has a fine set of muscles, and all he has to do is work out more often with a little more persistence. Of course this does not apply to the fat man who has a bulging bay window, which gives you the impression that his chest had taken a land slide. I am referring solely to the body culturists who find it rather difficult to display the muscular section of their abdomens, in the formation which we have become accustomed to speak of as "stomach washboard." It is not so unusual as you might think for the skinny man not to be able to make the same appealing display. In some circles we hear exercise fans admonished to get a flat stomach. That does not actually mean anything, as the query of Mr. Clare proves, apart from what it might imply. The fact that a person is not heavily built is no guarantee that he should have better abdominals than another. His structure is just as apt to be deficient in the stomach sector as upon the arms. Still you figure that being devoid of fat there should be some evidence of development. I agree that there should be, and quite often there is; the only reason that the stomach muscles are not quite so conspicuous is that they have not been used sufficiently to give them enough contraction. They lie under the skin like weakened strands of rubber, that have been robbed of all their contraction. A weak abdomen is really a dangerous thing as it leaves the vital organs unprotected and subject to various disorders. The walls are weakened, and prolapsed stomach and intestines are two of the frequent results from an undeveloped abdomen. Hernia or rupture is another result, and indigestion and constipation are generally the result of neglect in keeping the muscles of the abdomen

properly toned by the right kind of exercise.

I don't know whether it has occurred to you that most of the quaint expressions we adopt often have a deeper significance than is at first apparent. The term "washboard muscles" was evidently given in a figurative sense, to explain that the ridges of muscle, which crease across the abdomen, looked like the old washboards; but these muscles are "washboard" muscles in a more definite sense. While they are a motive aid in bending the body forward and sideways, they also have a tendency to knead or massage the organs of assimilation and evacuation, thus stimulating their functions.

You will notice that men who continually work bending forwards, in movements that call for a little more than the ordinary amount of physical effort, such as shovellers and car loaders, have the best developed abdomens among the untrained laity. That class of people are seldom bothered with constipation, indigestion and prolapsed abdomen, or any other ills that beset the path of those who follow a sedentary occupation. This fact should be borne in mind by students of body culture, as it holds a lesson which many exercise fans allow to go over their head. Those who have trouble in doing the ordinary "sit up" exercise, are asked to consider the point thoroughly, because many do have trouble with it. I will explain, for their benefit, how



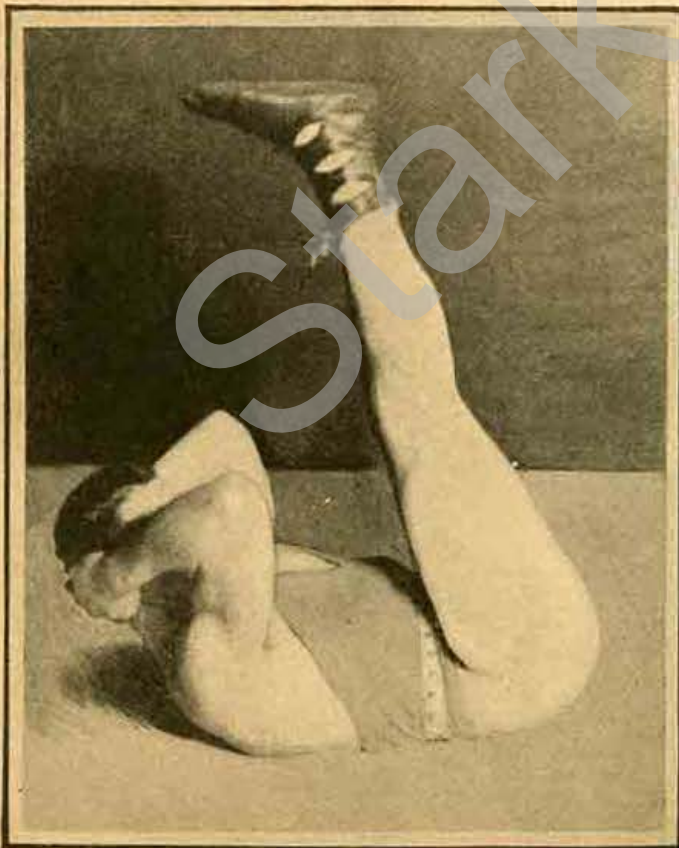
A good exercise that requires either the feet under a bureau or a bar bell, under which the feet can be hooked.

it should be done.

Lying flat upon the back on the floor with a light bar bell held at the back of the neck and the feet placed under the edge of a bureau, or some other object, the exerciser is ready to commence. A few will perform the exercise correctly the first time, but others find it very difficult. All the trouble lies in how the exercise is started. The man who performs it correctly, rises with his back considerably bowed and the chin pressed upon the chest, while the other fellow tries to rise with a straight back. As I have already said, the best examples among the laity are those who do considerable bending. There is your lesson. Those people acquired a pronounced development of the abdomen because the nature of their work caused them to use their abdominal muscles in a manner that requires continual contraction



You will probably have to space the knees a little wider apart than shown in the picture.



The whole thing in this exercise is to shorten the distance between the knees and the head, at the point shown.

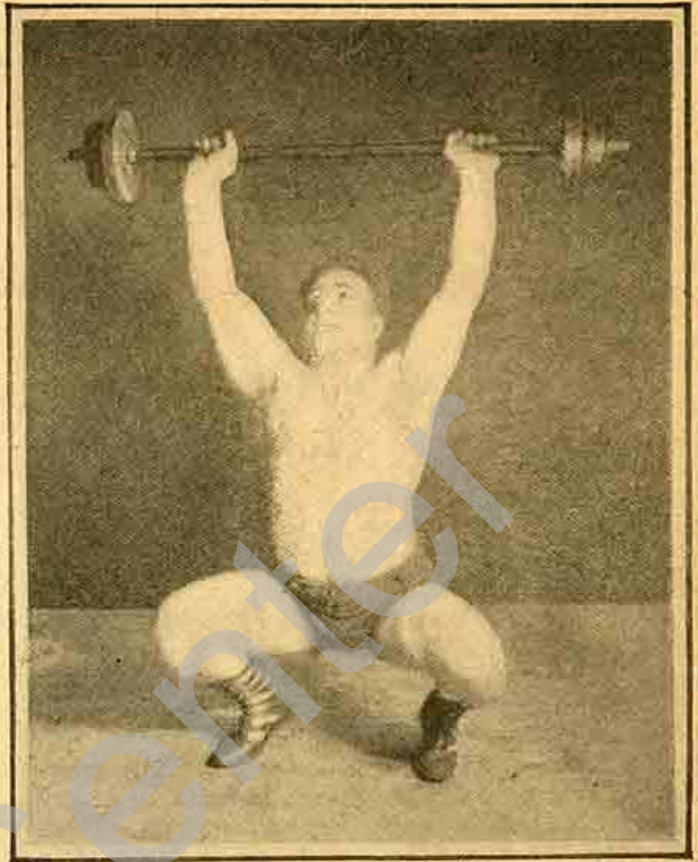
and relaxation of the abdominals in their natural movements. This teaches that if you want to secure any degree of development in the stomach sector, a forcible contraction of the muscles is necessary. You see that nature requires you to bend forward in order to do this, which shows the impossibility of trying to secure any degree of development by keeping the body straight. If you study the operating agencies of this group, you will understand why they are in twin sections—to allow the body to better bend forwards and twist sideways (when bent forward). They are in four double sections, the longest pair commencing from the line of the naval, following wedge shaped down into the groin. From their seat of connection—thorax to groin—they are attached to each other by a membranous tissue and each side is capable of operating separately, as is proven by the one sided isolation, performed by muscle controllists.

Coming back to the "sit up" exercise, you will now be familiar with the reason why some find it difficult to practice the exercise correctly. When the back is straight the abdominals are merely tensed, and to save the exerciser from falling backwards the erector spinal muscle is obliged to contract—to stiffen the back. When they become contracted there is no hope of bending the abdomen in to complete the exercise. The bend must be done in the first place, yet in fairness to the beginner we have to consider the fact that there is a natural difficulty at the commencement of this exercise that encumbers him. Not being familiar with muscular volition, he is faced with perplexity. To overcome this I advise that the "sit up" be practiced in the following way (which is easily grasped by the layman): Instead of starting from the recumbent position start from the "sit up" position, with the bar bell behind the neck. When you are in position sitting on the floor, round your back and arch in the abdomen so that the distance from the chin to the knees is shortened. Pull on the bar bell with the hands and allow the body to be lowered in a rolling fashion. As soon as the broad of the back touches the floor, begin to raise yourself back into the "sit up" position. It is not necessary for you to lie full length upon the back in order to relax before you raise. You can relax as you are sitting up, before making the next repetition. This exercise is good for developing the stomach muscles from the chest down; that is, the first three rows. The last row, from the navel down, does not get much of a work-out. If you are anxious to build these up, which you should be, practice the exercise

where you lie flat upon the back and raise the legs straight, in a circular movement, towards the head. When you practice this movement you might as well make all the muscles in this region work instead of only part of them. To do this, clasp the hands behind the neck and when the legs are raised as high as possible, pull upon the neck and raise the shoulders to meet the legs. You will not raise over a few inches, so don't expect to, but the little you do raise will be enough to make the upper abdominals contract.

Here is an exercise that is very good, but not so well known. It will be found a little difficult at first, but you will easily overcome it. Take a light bar bell and place it across the back of the neck, then kneel upon the floor, but have the knees spread wide apart and sit back upon the calves of the legs. From this position, begin to double up and bend forwards as far as you can, allowing your head to travel more towards the knees than otherwise. By sitting well back you will be better able to keep your balance in both lowering and raising the body. You will find that this exercise will give a wonderful amount of contraction to the stomach muscles and will help them to build up more rapidly. When you do this last exercise, let the sides of your feet rest flat upon the floor; it is more comfortable for the feet. The only thing I do not want you to do is to get it into your head that bending from the standing up position is just as good, because it is not. It does catch the abdominals, but only in a milder form. You see you cannot centralize your bodily balance so evenly as you can when kneeling down, when you are in a much better position to double up the body. Use a light weight to commence with, and use your own judgment as to the amount of repetitions you will make.

If you want a really vigorous abdominal exercise, without the use of any special apparatus, you might practice this: Take a stool, box, or a chair without a back and place it close to some object that you can hook the toes under, and at the other side of the chair place a pair of dumb-bells about ten or fifteen pounds each. Next seat yourself upon the chair, on the edge, so that when you lower yourself backwards the entire small of the back will be resting across the seat of the chair—this part is important, so don't forget it. Place your feet under the object selected and lower yourself across the chair, reaching out with the hands to grasp the dumb-bells. The whole attitude of the body will be one resembling an arch supported by the chair. From this position the exercise is begun. Stretch the arms straight out behind the head, then with a quick movement pull the dumb-bells over the head to the shoulders and at the same time sit up. The pull obtained by the weight will help you get started and will catch the abdominal muscles in the right place. If you sit too far over the chair towards the dumb-bells you will have too much weight to pull up and no back to support you. By sitting close to the opposite edge you secure the right support, and if you feel you want more weight to handle, let heavier dumb-bells and not your body supply the need. Some exercisers get so that they can handle a great deal of weight in this exercise and later on develop it into a catchy stunt by using a bar bell. If a torso builder finds any difficulty in developing the stomach muscles to such an extent that they do not display



You may find it a little difficult to balance on the toes at this point, but flat feet are just as good.

their quality, a few weeks on these exercises will fix him up to his entire satisfaction.

Editor of the Mat:

Dear Sir:

I have frequently heard it said that you claim the Two Arm Press is the key to successful weight lifting, and by practicing that lift, and the exercises that govern it, a person can get great strength and development. My friends (who have recently become body building enthusiasts) and I would be greatly interested in your reply. What is the difference between the Olympic Press and the one you advocate?

Four California Mat Fans.

This letter of inquiry from the "Sunny State" brings forward a number of questions which I know puzzle many interested followers of strength and body building. The trouble is that there are four press lifts, and since the Europeans allowed a diversion from these four accepted styles to creep in, another style has been added, which is known as Olympic Press. Naming them in their proper order they are: The Two Hands Slow Press, the Two Hands Continental Press, the Two Hands Military Press and the Two Hands Slow Press—Olympic style. To know which is which seems to be the thing to solve first. Taking this for granted I will start by answering our California friend's last question. This will select the two lifts that we require from the four; which are: The Two Hands Continental Press and the Two Hands Olympic Slow Press. There is all the difference in the world in these two lifts, and personally I do not believe that the Olympic style will last. It does not appeal to me as a lift as being anywhere near as valuable, for either record possibilities or developing purposes, as the Two (Continued on Page 86)

The Health Digest

Brief Outline of Health Conservation
and Health Building Methods.

The Value of the Bath

A BEAUTIFUL skin is a healthy skin protecting an underlying healthy body. It predicates correct diet, proper hygiene, much fresh air and sunshine, and consistent exercise. Modern living makes difficult the possession of an ideal, beautiful skin, and one excellent method of securing a healthy and beautiful skin is by means of proper bathing.

The organs and tissues of the human body lie between its inner mucous membrane and its outer derma, much as if between the walls of a double bag. The outermost layer of the skin, or derma, is made up of dry cells and is constantly being shed as scarf skin. These cells are held together as a smooth and elastic armor by oil from the fat glands; just the right amount and quality give that delightful satiny feel.

From the mouths of many millions of little sweat gland tubes continuously comes the perspiration, and this condition is visible only when one sweats. Ingenious man has devised many kinds of baths to benefit, protect and improve his skin. Baths are named after the medium or material used as air, sun, water, mineral, mustard, mud, salt and bran; after the manner of use as plunge, shower, sponge and vapor; after the extent of application, as body, foot, sitz, face and hands; and after the temperature, as cold, cool, tepid, warm and hot. Except for simple soap and water baths for cleanliness, the advice of a competent physician should be obtained before taking any other form of bath treatment. Improper use, or overindulging in a simple water bath, may produce in susceptible sensitive skins a serious disturbance.

The cold (65° F. and below) and the cool (from 65° to 75° F.) water baths are stimulating in their effect. Ordinarily they may be used daily with safety and may be applied as sponge, plunge or shower. It never should be taken when a person is overheated or overtired. The best time to take a cold bath is immediately on rising. It should last only a few minutes and should be followed at once by brisk, rough toweling. The first feeling of chill should promptly be followed by a delightful sensation of warmth and a feeling of well being. Unless this reaction is secured, a physician should be consulted before further baths are taken.

Beginners should start with the sponge and follow with the shower, before indulging in the cold plunge bath. Properly selected and persistently carried out, the early morning cold bath will keep the roses blooming in the cheeks. Night and morning air baths for several

minutes at an ordinary temperature with vigorous exercise and more or less rough toweling often accomplish as much as the cool water bath. The full warm bath (80° to 98° F.) and the tepid bath (if under 90) has a soothing effect on overwrought nerves. It produces gentle perspiration. The best time for this bath is before retiring or before the evening meal. It relieves the weariness, the muscle ache, and the stiffness of physical exhaustion. It is very unwise to bathe immediately after eating; from one to three hours should elapse, depending on the character of the meal taken.

Hot baths are both cleansing and health maintaining. Cold creams and similar cosmetic preparations as substitutes for soap and water are detrimental to many skins, and especially those of the oily type. Hot facial steaming frequently is provocative of an unhealthy condition of the skin. Sun baths, especially of the parts commonly clothed, should be taken with great care, as the sun's rays may easily spoil a beautiful skin. The safest bath for cleansing purposes is the tepid water and the pure soap bath. Often soap is highly irritating. Its selection should be made carefully to suit the individual skin. If too alkaline, it then robs the skin of its necessary oil; if made from rancid fats, the chemicals produce severe irritation. Some skins resent the presence of any soap, however bland.

—*Ref. Dr. A. N. Mittleman, Strength Magazine, Personal Communication.*

Physical Aptitudes

There is a growing tendency in this country to consider health one of the foremost objectives of education, taking its place with, or perhaps even surmounting, the consideration of mental development and social progress. It is not easy to define the end sought. To consider health in terms of mere freedom from disease falls far short of the ideals of the educational ambitions of the present day. A more adequate and satisfying definition of health pictures it as the quality of life that renders the individual fit to live most and serve best. Physical competence plays an important part in the sort of health fitness that is here portrayed. Inevitably there is a demand for some mode of measurement that is applicable to educational schemes, so that the degree of attainment can be evaluated. This is true in the routine of school work where mental tests of one sort or another

(Continued on page 82)

LIFE IS NOT WORTH LIVING---

Without Sound Nerves

YOUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions?—No! You merely exist—you are not getting out of life *everything* that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two, or even *five* years of life into a single year! We hurry, we worry, and, often, we dissipate our vital forces through ignorance. We commit these sins because we are living in an age of acute competition, tremendously high cost of living, reckless pleasures—conditions that *compel us to strain our nerves to the utmost.*

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion, when he is stricken with this terrible malady, firmly believes that he has been stricken *suddenly*. This is *not* true. The fact is, that it has been *years* developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention; he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and, often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a *little*—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going *while the going is still good*. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only **HALF ALIVE!**

The country is teeming with cases that fit this story like a glove, for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins. They may be called "near-neurasthenics." A near-neurasthenic is



PAUL von BOECKMANN
Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

but a next-door-neighbor to a full-fledged neurasthenic, in the grip of *actual, terrible and complete Nerve Exhaustion—Nerve Bankruptcy!*

There is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First stage—lack of energy and endurance; that tired feeling. Second stage—nervousness, restlessness, sleeplessness, irritability, decline in sex force, loss of hair, nervous indigestion, sour stomach, gas in bowels, constipation, irregular heart, poor memory, lack of mental endurance, dizziness, headache, backache, neuritis, rheumatism, and other pains. Third stage—serious mental disturbances, fear, undue worry, melancholia, dangerous organic disturbances, suicidal tendencies, and, in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you, that every organ is perfect. But you *know* there is something the matter. Your doctor may prescribe a drug—a nerve stimulant or sedative.

Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscle but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 100,000 cases).

The result of my vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 466, 110 West 40th St., New York City.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought, and are buying, this book from me by the hundreds and thousands, for circulation among their employees; physicians recommend the book to their patients; ministers recommend it from the pulpit. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years. The following are extracts from letters of people who have read this book and were greatly benefited by its teachings:

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

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

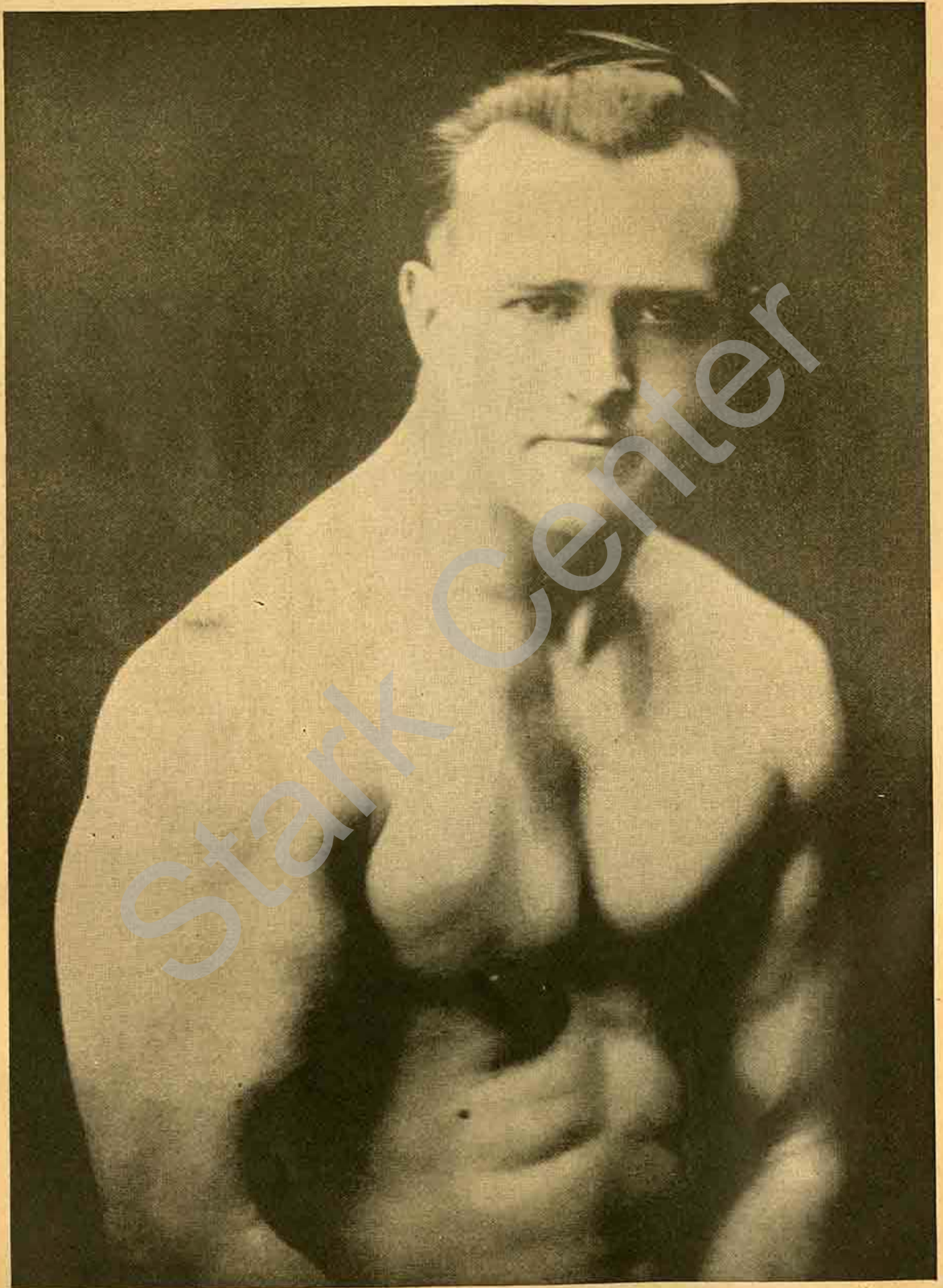
A mother writes: "I always had that 'dragged out' feeling. I could not take any interest in my children's activities; they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely, and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

A young girl writes: "I have been suffering from depression for a long time. I tried many cures, but none succeeded. In changing my mental attitude to life, you saved me from this terrible melancholy."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically, but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

A business man writes: "Your book did more for me, for indigestion than two courses in dieting."



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"The Muscle Builder"

Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.

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- 3 "He Can Put Two Inches on Your Chest in 30 Days"
- 4 "He Will Give You a Physique To Be Proud of"
- 5 "He Will Add Many Healthy Years To Your Life"
- 6 "He Will Make You The Popular Idol of Your Gang"
- 7 "He Will Take The Wrinkles Out of Your Spine"

He Doesn't Promise-He Guarantees

He has done all these things and more for thousands of others. That's why he backs up his statements with an iron-clad guarantee. You want muscle—you want health and you want the pep that only supermen have. You can have them all—almost as quick as a wink!

Put Him To The Test

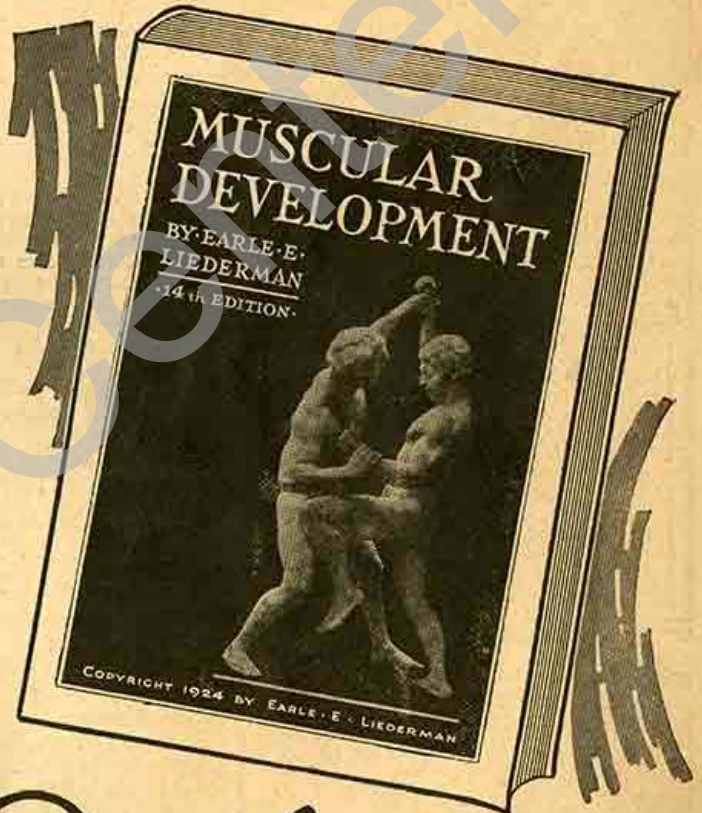
An ounce of action is worth a thousand words. Make him prove that he can put one inch of muscle on your arm and two inches on your chest in less than 30 days. Make him prove that he can make anyone strong. Make him prove that he can give you a physique to be proud of. Make him prove that he will add many healthy years to your life. Make him prove that he will make you the popular idol of your gang. Make him prove that he will take the wrinkles out of your spine. He likes to be challenged because he is sure he can make good. Put him to the test. His guarantee protects you against risk.

You Can't Lose

If Liederman doesn't make good every single promise, you are out nothing. He takes all the risk. He has been guaranteeing to make physical marvels out of all sorts of muscleless men for many years—that's why they call him the muscle builder. You'll call him that, too, before 30 days roll by. Write him today.

He Never Fails

There must be a reason for his success—there is. He discovered the secret of muscles and health. And he knows how to give help to others. He doesn't give you a lot of "don'ts." He tells you what to do. He gives you the "know-how" of strength getting. That's why he never fails. That's why you should write to him today.



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It contains forty-eight full-page photographs of himself and some of the many prize-winning pupils he has trained. Many of these are leaders in their business professions today. He has not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to him as pitiful weaklings, imploring him to help them. Look them over now and you will marvel at their physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. The book is yours. He wants you to have it with his compliments. Keep it. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

EARLE E. LIEDERMAN

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It is the cream of bar-bell work. Many of the exercises contained in "SUPER PHYSIQUE" Mr. Klein learned from leading European weight lifters. This book will show you the REAL value of bar-bell work. Endorsed by Geo. F. Jowett and Otto Arco. Sent postpaid on receipt of \$1.00 cash, money order or check.

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You Average 19,000 Steps a Day!

That is if you are normally active—if your feet are able to sustain the nerve-racking impact that comes with step after step as you pace your daily 7½ to 9 miles, (dependent upon the length of your stride).

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Ask the Doctor

(Continued from Page 46)

hours follow with the drug Calomel in one-half grain doses. Take one tablet every half hour until six are taken, and then follow with a saline such as Epsom Salts, one tablespoonful in water. In this way you will relieve yourself of the tapeworm. The drug Thymoil is also very efficacious against tapeworm, and this drug is usually given in capsules in 5 grain doses, one capsule twice daily for a period of eight days.

No alcohol, fats or oils should be permitted while the course of treatment is being carried on, and the tapeworm usually appears in the stools the third or fourth day, but the drug thymol is continued for the full eight days in order to ensue the head of the tapeworm coming away.

After the removal of the tapeworm, the condition calls for supportive measures, and I would advise that the diet should not be too heavy for a time, but nutritious and easily digestible foods should be taken.

QUESTION: About a year ago I had some trouble with my ears, and as a result I went to a dispensary for treatments. With the treatments received the hospital authorities stated that the condition would disappear after having my tonsils removed. At the present time I have no trouble with my ears, and I would like to know if diseased tonsils have any effect on the ears, or on the physical growth. Also are pimples and blotches on the skin caused by diseased tonsils?

I wish to mention that up to this date I have not as yet approved of having my tonsils removed. Do you think it is advisable to have the tonsils removed?

J. M., New York City.

ANSWER: Diseased tonsils should always be removed, as they have a tendency to cause other conditions such as heart conditions, rheumatism, and ear conditions. The pus which is contained in the diseased tonsils is absorbed into the blood stream, and, therefore, it has a tendency to cause skin conditions. In a condition of tonsilitis, there is often a chill, dryness, a stiffness in the throat. There is also tenderness to pressure over the lymphatics of the neck, and ordinarily the temperature is high and constipation may also be present.

In your case I would advise the removal of the tonsils, because there is no doubt but that they are diseased; and as you have already had other attacks of the tonsils, it would be best to have them removed, as this is the only way that you will be able to accomplish results.

QUESTION: My mother has a sore on both her hands. It is red in color and first appeared in July, 1925. In the winter months it usually disappears, but last March it appeared again. It is now located all over the area of her arms, and she has applied all types of salves and has also taken all sorts of medicines but has not received any results. I will greatly appreciate any advice you can give me in order to help my mother overcome this condition.

Mrs. M. K., Lock Haven, Pa.

ANSWER: From the information given I feel quite sure that your mother is suffering from a condition known as ringworm, and this condition is more often found in children than in adults. In the treatment of such a condition, I would advise that your mother apply the following ointment to the parts affected:

Benzoic acid—30 grains.

Salicylic acid—35 grains.

Linseed oil—one-half ounce.

Lanolin—one-half ounce.

Apply this ointment on the parts affected twice daily. Together with the advice given, I would also advise that you see some good skin specialist, and in this way you will be sure to obtain results.

QUESTION: I am troubled with eczema on my legs. Can it be permanently cured? What is the treatment for this condition?

A. B., Halifax, Canada.

ANSWER: Eczema is an inflammation of the skin, and occurs probably from a number of different causes, such as digestive disturbances or nervousness. The treatment in such a condition consists of correcting your diet and avoiding particularly alcohol, coffee, all spiced and highly seasoned foods, and be sure to avoid all meats. The bowels should move daily, and for this condition I would advise that you take the drug Oxy-Crystine, one teaspoonful in a glass of water before retiring. I might also advise that you drink plenty of water.

For the itchy condition employ the following solution to the different parts affected: apply a cloth wrung out of hot water or water that contains one-half teaspoonful of baking soda to a pint of water to the different itchy portions of the body. Then allow the parts to become dry, and apply the Calamine lotion for a few hours. Finally apply the zinc ointments, and in this way you will help overcome the condition. However, if your case is of a chronic nature, I would then advise you to see some good skin specialist and receive treatments as he advises.

QUESTION: I am a young woman and have average good health, but most of the time I have two or three pimples on my face. I am not troubled with constipation. How may I cure this condition? I also have small white things about the size of a pin head under the skin on my face, and they are hard. What causes this, and how may I get rid of them? What are good soaps to use?

Mrs. C. E. G., Lawrence, Kansas.

ANSWER: The condition of pimples on your face is usually due to a faulty diet which in turn causes a disturbance of the blood and, therefore, causing pimples and other skin conditions. I would advise that you correct your diet, and do not eat any sweets. Eradicate all highly seasoned foods from your menu, and eat at regular intervals. Masticate your foods thoroughly, and apply Upjohns Acne Lotion to the pimples.

(Continued on page 68)



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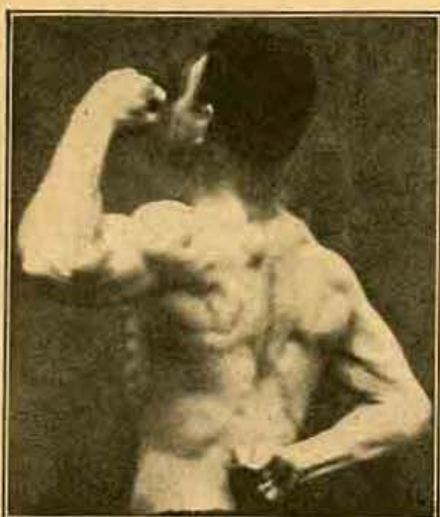
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Ask the Doctor

(Continued from page 66)

In this way you will rid yourself of the pimples.

In my experience I have seen great results in removing pimples by taking the ordinary yeast cakes; and the white spots you complain of may be treated by x-ray treatments, as the rays have a tendency to remove such tumors. In reference to soaps, I usually recommend Resinol or Woodbury's Soap, as they are both antiseptic in nature and are extensively used in skin conditions.

QUESTION: I have a very good head of hair, but lately I do not know what has caused the condition of my hair. It is beginning to look gray and is also coming out. When I comb my hair or run my hands through it, I always receive a great amount of hair in my hands or in the comb. Will you kindly advise me if there is any remedy that will help my condition, and if so, what shall I do? What kind of soap should I use? Is there anything that makes hair grow?

R. S., Wimpieg, Manchester.

Hay Fever

(Continued from page 34)

of the remedy are apparent within forty-eight hours, and the relief of all hay fever symptoms is usually sufficient to enable the individual to remain at home and attend to his ordinary business engagements in comparative comfort. If, however, a single dose is omitted, then some symptoms of hay fever will appear within a few hours. This is especially true if the remedy is not taken after the evening meal, as under such circumstances the individual usually wakes up the next morning with occluded nares and suffused eyes. Between the attacks of hay fever, measures should be adopted to improve the individual's general health and correct any abnormality of the interior of his nose; for it should be borne in mind that hay fever not infrequently occurs in vigorous individuals, the interior of whose noses presents no gross abnormality except during the hay fever season. There is, however, one condition of the nose that is apparently present in all individuals suffering from hay fever, and that is the presence of congestive areas upon the respiratory portion of the nasal mucous membranes, which when touched with a probe, cause sneezing and tears from the eyes.

The hypersensitive condition of such areas may be destroyed one or two at a time, even during the hay fever season; temporary relief may be obtained during the worst stages of the attack by spraying the nose with an alkaline solution, or with a solution of adrenalin hydrochlorate in the strength of 1 to 10,000, and the spray should be used every 2 hours. However, in many instances oily preparations are more efficient than watery solutions, and an ointment of sheep's fat and vaseline applied to the nose is of decided value. The serum treatments are also of great value to hay fever sufferers, and there are two forms of serum on the market:

ANSWER: Your condition may be due to the disturbances of the glands which stimulate the hair roots, and probably you might also be affected with a book condition, and this may be the cause of the falling of your hair. I would advise that you receive gamma ray treatments from a physician who specializes in this treatment, and perhaps you might also try receiving the Salvarsan treatments, as this treatment in itself tends to restore hair.

However, in the meantime you might try bathing your head first with ordinary castile soap, and then allow the head to dry. After dryness apply the following solution to the head twice daily:

Resorcin—4 drams.
Quinine Sulphate—2 drams.
Alcohol—one ounce.
Glycerin—2 ounces.

Bay Rum—enough to make 8 ounces.

Directions: Apply to the head once in the morning and once in the evening.

one is prepared from the rye pollen, which is especially used for spring and summer hay fever or "rose cold." The other is prepared from ragweed pollen, which is designed as a remedy for the hay fever occurring in the late summer and fall.

Dr. Dunbar believes that hay fever is the result of a specific poison found in the pollens, and his antitoxin is designed to immunize patients against pollen poisons when used previous to the hay fever season, and also to pollinate the symptoms in cases where the disease has already made its appearance. When this antitoxin is applied to the mucous membranes of the nose or eyes, the polliniferous produces a sensation of ease which persists for some time. There are apparently two classes of pollen causing hay fever, one spiculated and poor in protein, which causes the symptoms by mechanical irritation of the hypersensitive nasal mucous membrane; the other, unspiculated but rich in protein, usually acts as the result of the absorption of the protein. The ragweed pollen is an example of the first class, and grass pollen is an example of the other. In protein hay fever, a local skin reaction results from vaccinating skin with an extract of the pollen. Under each circumstance immunization by the injection of pollen extracts is likely to prove of service, but the treatments will probably have to be repeated annually.

There are a number of drugs which when taken internally are capable of at least mitigating the severity of the local symptoms of hay fever. The more important of these drugs are: atropin, hyoscyamus, heroin, quinine, strychnine, and best of all, chloride of calcium, in doses of 5 grains three times a day.

The removal of enlarged tonsils and adenoids in children is a splendid step in the right direction; also the correction of all sinus and nasal troubles

which may lower the resisting quality of the nasal mucous membrane; but the most important necessity is to educate the public in helping them to prevent the chief cause of hay fever. The diet should be regulated so as to bring an increase in the blood alkalinity. This is usually accomplished by the exclusion of an excess of meats, sugars and starches and by increasing the intake of milk, green vegetables and citrous fruits. The use of a tongue depressor, covering the center of the tongue, has also been found most helpful, and if pressed down and held firmly several times will bring some relief. In fact, it is expedient to use the tongue depressor in all nose and throat conditions, so as to aid in bringing some relief to the sufferer.

In my experience in hay fever cases I have seen and treated many cases through osteopathic methods; and with the treatments that the different hay fever sufferers received, the results had shown to be of a great benefit to the individual, because these treatments, when given properly, tend to correct the condition and, therefore, relieve the patient from great pains.

American Continental Weight Lifters' Association Notes

(Continued from page 56)

By making a clean lift of it. In the Left Hand Snatch he made 152½ pounds, and followed this by a One Hand Swing of 150 pounds. He was leading easily, up to his failure on the last lift, which was the Two Hands Anyhow, with a total of 731½ pounds for four lifts. Our old friend, D. P. Willoughby, won the 182 pound class, with a total of 966 pounds against 727½ pounds by Al Martin. It is good to see how Al stays in the game the way he does, and we hope he will continue to lift and take a place in future contests for many years to come. Wm. Burns, 1925 national heavyweight champion, and W. Petry, a heavyweight from whom we were promised great things, were not able to enter for business reasons, which we regret. Burns was showing much better form than formerly, and we, naturally, would have liked to have seen what Petry could have done. If the California boys could get the same chance as the Eastern outfit, in competition and accustoming themselves to lift before an audience, I feel sure the value of such educational opportunities would greatly increase their possibilities. Environment is a great stimulant. I see our little friend Connelly was also absent. However, I hope all of them will be able to compete in the A. C. W. L. A. championships on September 5th.

The new weight lifting club of Easthampton, Mass., have started the ball rolling by winning two bronze awards for its members. Rumolt Syewczyk, of 143½ pounds, and Wm. Carr at 142½ lbs., made a total of 466 pounds. Their instructor, Donald Mitchell, is pushing the game very strong and getting some fine results. By the way, we expect to

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Chapter I—From Birth to Puberty

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Deals with the sex habits which determine health and efficiency or misery and degradation in adolescence; tracing predisposing causes to immorality. The physiology and anatomy of the sex processes of adolescence are explained in masterly manner. The mother is told how to tell the truths of life to her daughter in a clean, wholesome and refined way, but to the point, giving instruction for care at the periods, and remedies for irregularities.

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Every bit of sex information essential to the young man is given in this chapter. Methods of self-defense against social diseases are given. The causes of pathological sexual irritations are explained, and also how they may be counteracted. It is shown how the indiscretions of youth leave weaknesses and sexual promptings, and is most practical in showing why this is so, and how it may be combated successfully. "Flirting," "Falling in Love," and "How to Choose a Wife" are also headings in this chapter. The first love callings and the romance of youthful love, make delightful reading. Subconscious sex emotions and pathological sex weaknesses are explained and information given clearly and openly as to how a sane, healthy sex life may be lived by the young man.

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From the first nuptial experiences to the conduct that governs happiness throughout marriage. How to obtain the maximum of love, and how to behave to the wife so that mutual joy may be obtained. Sex is shown to be a blessing when used properly, and communion the most sacred part of marriage. Sex weaknesses and perversions in marriage are explained, and information for their remedy given. The section devoted to the technique of the sacred relationship is very practical, and beautifully told. There is real satisfaction given in this chapter in helping the husband to know the peculiarities of his wife, so as to assure her permanent love.

Chapter VI—The Married Woman

The real meaning of marriage is told. Habits, weaknesses and perversions that prevent expression and appreciation of the marriage function are explained and information to counteract them given. The part that the wife has to play in communion is exceedingly important to all married women; also the facts concerning the peculiarities in men and how a wife may adapt herself to them. The highest condition of human bliss and love is in the ability to get freely in regard to communion; so that the scientific control of parenthood is dealt with clearly and fully. Finally the wife is shown how to avoid dissatisfaction, and secure harmonic emotion with her loved one.

Chapter VII—The Bachelor

Abnormalities, weaknesses, irritation, and disorders suffered by many bachelors, and how they may be counteracted. What happens to the secretions, and the details regarding their pathology.

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Melancholia in spinsterhood, what happens to the secretions; perversions, irritations, erotic feelings, leucorrhoea, and the dangerous phases of spinsterhood are all dealt with in detail.

Chapter IX—Post Maturity in Man

This is a most important chapter dealing with the promptings and weaknesses that few understand in men past their prime. Hypertrophy of the glands, and the results of prostatitis. How old age can be the happiest time in life, and what is the normal post-mature sex life in man.

Chapter X—Post Maturity in Woman

It is shown that cessation of the periods is not pathological. Therefore, the continued desires are explained and how they may be satisfied so that love may be expressed until the end.

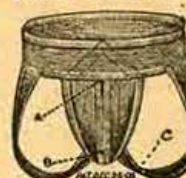
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see Mitchell compete in the New England strong man contest.

G. A. Louque, of New Orleans, La., and State Representative, M. N. Campbell, have also been very busy hanging up records. Louque, at a bodyweight of 164 pounds, equaled the world's record in the Two Arm Curl by doing 152 pounds. Campbell made an American Continental record on the Two Hands Continental Jerk with 227 pounds, at a bodyweight of 154 pounds. He followed this with a world's record on the Left Hand Bent Press with 169 pounds —bully for both of them! The New Orleans boys are indefatigable workers, and we wish we had more of them.

Now I am going to give you a little foreign news, so you can see what our European brothers are doing; but one thing Mr. Jowett reminds me of is the fact that the European bodyweights run heavier than ours. There is a difference of about eight pounds, which means that a lightweight over there would likely have to go into the middleweight class here. Our lightweight limit is 140 pounds as against theirs of around 148 pounds. Mr. Jowett says it is because our boys are not familiar with that fact that they get discouraged and get needlessly worried when they figure how wonderful the Europeans are compared to us; but that is not so. They are good, but just read their class poundages as you would ours. When you read lightweights, compare them with middleweights, and you will see that on the whole we have boys who can crowd them. Our president is very thoughtful in desiring this fact to be conveyed to you, for we all know it gets rather discouraging sometimes, trying to compare records with others which seem to be out of sight.

Germany and France held their first international tournament at Mannheim, Germany, last April 18th, before a crowd of 4,000 people. This is the first time they have gotten together since pre-war days. The opening spectacle was a kettle bell juggling team of 100 performers. Isn't that great? Weight lifting opened with Muhlberger, of Germany, opposing Suvigny, of France, in the featherweight division. The results were Muhlberger, One Hand Swing, 130 pounds; Suvigny, 110 pounds; Two Hands Snatch, Muhlberger, 160 pounds; Suvigny, 156 pounds; Two Hands Press, Muhlberger, 130 pounds, Suvigny, 156 pounds; Two Hands Clean and Jerk Muhlberger, 220 pounds; Suvigny, 156 pounds. Total for the Germans, 640 against 622 pounds for France. Reading the poundages for all other classes in the order just named, the results are as follows: Reinfrank, of Germany, 150 pounds, 190 pounds, 180 pounds, 240 pounds; Arnout, of France, 140 pounds, 176 pounds, 156 pounds, 220 pounds; Reinfrank won with a total of 760 pounds against 692 pounds by Arnout.

Middleweight class, Zinnes, Germany, 170 pounds, 200 pounds, 170 pounds, 250 pounds. Total, 790 pounds. Vibert, France, 140 pounds (did not lift on second lift), 160 pounds third lift, 230 pounds on the Two Hands Clean and

Jerk. Total, 530 pounds. Light heavyweight class, Vogt, Germany, 170 pounds, 190 pounds, 210 pounds, 250 pounds. Total, 820 pounds. Rolet, France, 140 pounds, 195 pounds, 176 pounds, 250 pounds. Total, 761 pounds. Heavyweight, Strassburger, Germany, 160 pounds, 200 pounds, 215 pounds, 270 pounds. Total, 845 pounds. Dannoix, France, 160 pounds, 190 pounds, 176 pounds, 250 pounds. Total, 776 pounds. Total for Germany, 3,855 pounds; France, 3,382 pounds. All these poundages are given in German pounds, which run a little heavier than ours; about 112 pounds to an American 100 pounds, meaning that the Two Hands Clean and Jerk by Strassburger was approximately 309 pounds. Mr. F. De Conink reports that the Belgian featherweight, Tesson, made a new record in the One Hand Military Press of 77 pounds. Holland showed some remarkable lifting in the recent Dutch championships held in Amsterdam. The middleweight champion, Verheyen, made the remarkable poundage in the Two Hands Clean and Jerk, with 296 pounds (U. S. weight), beating the official world's record by Aeschman of 289 pounds. Later at Geneva, Switzerland, Aeschman, Swiss middleweight champion, met the world's Olympic middleweight champion, Galimberti, of Italy, in a contest on the Right Hand Snatch, Right Hand Clean and Jerk, Two Hands Swing, Two Hands Slow Press, and the Two Hands Clean and Jerk, both performing some fine poundages in the order given. Aeschman did 165 pounds, 198 pounds, 209 pounds, 198 pounds, 275 pounds. Total, 1,045 pounds. Galimberti made 165 pounds, 187 pounds, 192½ pounds, 214½ pounds, 253 pounds. Total, 1,012.

The French championship, held before the German and French affair showed some great stuff. The winners were the same team as opposed Germany, but, for some reason they all fell down on their form at Mannheim in comparison to what they showed in Paris. They did not have all the same lifts, but remember that Vibert made 203½ pounds in the Two Hands Snatch and in a special trial did 220 pounds, making a new world's record. At the same time he made a new world's mark on the Two Hands Clean and Jerk of 278 pounds, beating the Austrian's, Stadler, mark of 275 pounds. In Germany he did nothing on the Snatch, and his Clean and Jerk was very low. Of course we do not know what conditions they had to lift under. However, here are the marks on the selected lifts which were: the Right Hand Snatch, Left Hand Snatch, Two Hands Slow Press, Two Hands Snatch and Two Hands Clean and Jerk. Suvigny, featherweight, did 126½ pounds, 115½ pounds, 170½ pounds, 181½ pounds, 231 pounds. Total, 825 pounds. Arnout, lightweight, did 159½ pounds, 165 pounds, 181½ pounds, 209 pounds, 264 pounds. Total, 979. Vibert, middleweight, 132 pounds, 165 pounds, 192½ pounds, 203½ pounds, 275 pounds. Total, 968 pounds. Rolet, light heavyweight did 154 pounds, 170½ pounds,

192½ pounds, 203½ pounds, 275 pounds. Total, 995½ pounds. Dan-noux, heavyweight, 165 pounds, 165 pounds, 198 pounds, 220 pounds, 297 pounds. Total, 1,045 pounds.

Riviere, a French featherweight, set up a new mark in the Left Hand Snatch, performing 138 pounds as against 134 pounds by Puybonniex.

Rigoulot, who had been laid up due to an accident, came back with some amazing records, wiping his former Two Hands Snatch record out of existence with an astounding mark of 286 pounds. Not satisfied with this, he later snatched at Rouen, and made the dizzy poundage of 289 pounds. It looks as though this phenomenal "snatcher" is going to reach the mark he has set his heart upon, 300 pounds. He also made a record of 620 pounds in the Two Hands Dead Lift. The French claim this as a world's mark, but they are wrong, as Giroux has easily beaten that record, while Gorner is miles ahead. Gorner's manager, who is a friend of Mr. Jowett's, wrote to our president stating that they were negotiating for a match with the Parisian marvel. It seems strange that Rigoulot is so slow in taking up challenges, as he has already refused to meet Vasseur and Alzin, both of France. Gorner has tempted the Frenchman with a 10 per cent. allowance on a set of eight or ten lifts—but so far all to no purpose.

The Austrians have been busy breaking some of the old marks. The middle-weight, F. Puhm, of Meidlinger, A. C., beat Vandeputte, of France, world's record of 170½ pounds, in the Right Hand Snatch by scoring 176 pounds. Hans Haas, of D'Buren A. C., beat his former world's performance in the Left Hand Jerk of 213 pounds by adding 7 pounds more. So you see they have all been busy over there. It is hard to think where this record breaking is going to end. There is a chapter in Mr. Jowett's new book, "The Key to Might and Muscle," in which he talks about, "What are man's limitations in lifting weights." It is tremendously interesting and surely explains some great facts about weight lifting now and in the future.

Well, we will see what the three coming events in this country will bring. I hope every one, who possibly can, will turn out and appear at the Sesqui-Centennial Stadium on Saturday afternoon, August 21st. It will be a source of great encouragement, and I hope every lifter in the country will strain every opportunity to get there to compete and, incidentally back up our fighting president. Get into the A. C. W. L. A. national championship, and remember if you cannot win a place on any of the championship classes you can for your state. All poundages will be registered accordingly, with an announcement naming the state champions, at the same time as the national champions are named—when we total up and publish after all reports are in. So please write and get in touch with your state representative as to what plans he is making.

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Speed and Strength—with Bar Bells

(Continued from page 38)

and stripped at two hundred twenty pounds, with a forty-eight-inch chest, sixteen and a half-inch biceps, twenty-six and a half-inch thigh, and a seventeen and a quarter-inch calf. He was a greater athlete than Cameron, but what interests me most is that both men were confirmed bar bell exercisers.

There is not another sport that requires such a marked degree of suppleness, speed, stamina, and strength, as wrestling, and look at the amount of famous wrestling champions who swear by their system of training. Hackenschmidt was a dynamo of speed and strength, with a body to be proud of. He could jump over two tables, with weights in each hand, one after the other, with speed and grace that stopped many good field athletes who only weighed one hundred and fifty pounds, jumping with their bodyweight only. He stripped at two hundred and ten pounds. Of the more active wrestlers, we cannot put our hand upon any finer specimens than Londos and Stienke. Both have superb figures, and for athletic versatility they would be hard to equal, let alone beat. They always took an unusual interest in building up their body in order to get the most out of it, and of all the attributes they possess, strength and speed are the greatest.

I have often explained the difference between inflated tissue and compact tissue. If a man is constructed of the former type, he never can acquire any real all-round athletic ability, as inflated tissue is devoid of strength as well as longevity. Compact tissue possesses all of the essentials with longevity of muscular fibre. I have already given you some instances in which the greatest athletic feats were performed by men who recognized the progressive weight principles, and the fact that the more this principle is carried into effect the more capable becomes the athlete. This is not theory—it is a fact. Pick a team of star athletes who have not trained on bar bells and pick a team of men who have, and allow them to contest over a number of events, such as one hundred yards, quarter mile, standing broad jump, running broad jump and running high jump, putting the light shot and heavy shot, throwing the hammer, weight lifting, tumbling, hand balancing, and wrestling, each man to contest in every event, with a final test of each side pulling in a tug of war. The star track man would win his special event, *maybe*, but in most of the other events the bar bell men would run away with them.

I can put my hand easily upon a score of bar bell men who can run the century in even time, and who are stars at all other stuff, apart from being wizards at lifting weights. Kingsbury, Betty, Willoughby, Berry, Levan, Latcham, Urlacker, Gay, Gauss, Hoffman, Hall Russell, Londos, Steinborn, Stienke, Stiakiat, and a host of others, who are all experts in the sport mentioned, and when it comes to sculling, jumping, put-

ting the shot, throwing the hammer, aside from wrestling, gymnastics, tumbling, hand balancing and weight lifting, some one would get a great surprise. But a little thought would explain a natural reason. Instead of just intensifying their natural skill at their special sport, the bar bell man makes his whole body balance. He makes it a complete working machine, which is the reason why he lasts so much longer in sports. Show me the star sprinter, with one or two exceptions, who keeps his form out of his teens up to thirty years of age. The general rule seems to be that all are done in their early twenties; but you cannot show me a good bar bell man who is not going stronger in his late thirties and forties than he was in his twenties. This fact proves the longevity of compact tissue that is gotten by the bar bell athlete.

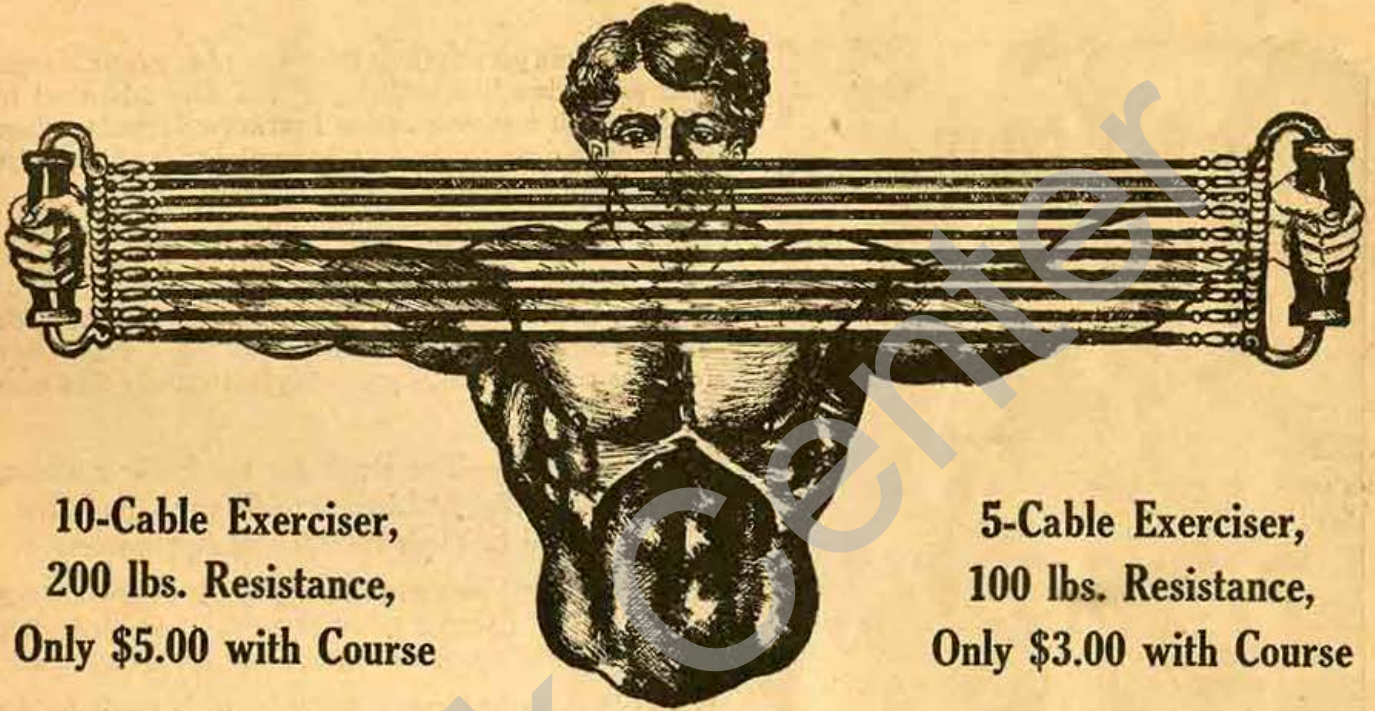
The biggest trouble is that most people do not correctly understand the nature of muscular construction. When muscles are developed in their finest state, they display themselves forcibly when tensed, but when relaxed they fade away into smooth lines and curves that give the fullness to limb and body in sleek, silky muscles. They feel like good rubber when in repose, firm but pliable, and as operation commences they begin to ripple beneath the skin into separation and hardness. In any other than this condition they are a flop. Ask a track athlete or a man who has built himself up on concentration exercise or calisthenics, to do some tumbling or bending and twisting stunts, and see what happens. He becomes very stiff the next day from the trials, and it is not likely he can do many of the stunts. His muscles are not pliable, that's why. If a bar bell exerciser is good at any one thing it is at acrobatics. Take heavy men like Manger, Steinborn, Moerke, Dandurand, Gay, or Mack: a back bend is a joke to them, despite their great weight. Perhaps I am the one type among these men who should be least capable than any at such a stunt, being short, heavy, and compact in physique, but I have always been able to do stunts that stuck most of them. I will explain one feat in particular that calls for a great amount of suppleness and strength, which I have never seen duplicated.

I take up my position in a wrestler's bridge and press a bar bell to arms' length. And just as you see a contortionist rise erect from a back bend, so would I raise, keeping the weight at arms' length all the time. The heaviest weight I have done this feat with is one hundred and eighty pounds. I have seen Arco do a feat almost similar. He holds his partner up in a hand stand in the wrestler's bridge formation and comes up, but he falls over onto his knees and lowers his partner to his shoulders from the long arm position as he does it. That is a much easier stunt.

(Continued on page 75)

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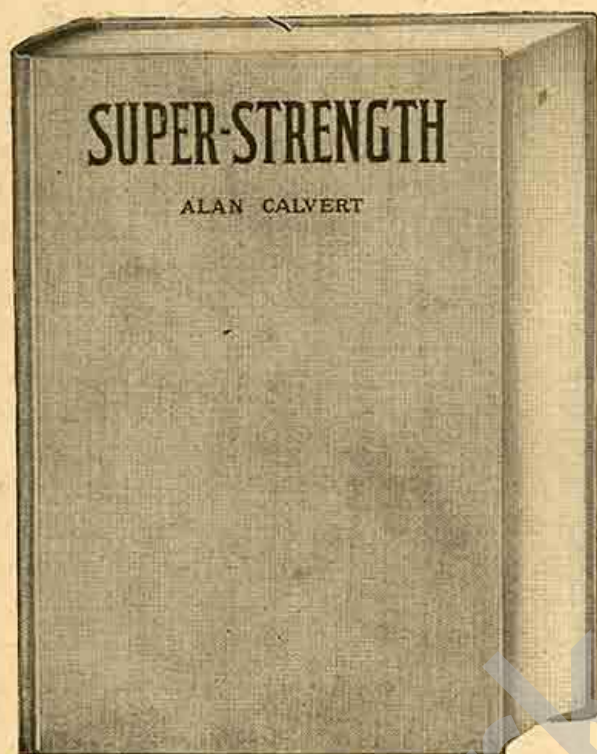
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Speed and Strength—with Bar Bells

(Continued from Page 72)

I keep the weight always at arms' length and do not touch the floor with the knees. I am at least 60 pounds heavier than Arco. The weight is around 60 pounds heavier than his partner. Altogether, I carry 120 pounds more and in a much more difficult manner that calls for greater strength and suppleness. This stunt conveys a valuable lesson to all who will read it. The feat itself demands great pliability of the muscles, and in order to be successful, the muscles must be capable of demonstrating their sustaining power throughout the entire movement. Not often do we find body builders who have acquired that degree of sustaining force, and never at all among our athletes. The secret is, if you would call it such, complete extension and relaxation of every muscle as it is exercised. Then, instead of being muscles of part contractile motion, they become muscles of complete forcibility. A body that has muscles that can twist, turn and bend in every direction has untiring muscles. They are replete with endurance and stamina. That does not fill the body with aches and pains, when a new task is worked upon. Have you ever realized the gruelling the muscles of a wrestler are subject to in a two-hour ordeal? No doubt, you have, but perhaps it never occurred to you that weights never made him slow. If a man is taught how to use them, it is the easiest matter in the world for him to build physical efficiency. If a man insists on doing nothing else but curling weights, he is just as wrong as the sprinter who insists on starting the race from a standing position, instead of the crouch. Either of these two methods will slow a man up, as they are not what is required. How many do either of these things? Very, very few, believe me! What actually slows a man up is best understood as coasting in running and bike riding, and tapping in boxing. Many a fine racer has lost his speed because his opposition has not been such as could extend him, and he developed the unfortunate habit of "coasting home," as they say. Battling Nelson lost his crown from tapping in coaching cream puff boxers. When he came to fight Wolgast he needed his punch, but it was gone. His blows lacked force and speed in delivery. You never see a good weight lifter wasting his time on curls and dips, or chinning all the time. No danger! he knows better.

What every athlete requires is balance. The most capable human machinery ever made, worked toward that end, always. Well, you can't get that by building one muscle in the body at the expense of the other. Your whole body must be built in proportion, and you simply cannot do it any other way than by practicing resistance methods that coax the muscles along, by supplying increased poundage for the exercises as the body becomes stronger. Still there

is a chance the thought has developed in your mind that to become a star athlete holds no interest for you, therefore, all this does not mean much to you. You agree it is good stuff, but you don't want to be a Paddock, a Hoff, or a Sampson. Your desire is, maybe, like the majority of health seekers. You want something that you know can give you sufficient results to keep you in shape, and make you able to do a little better than the average. And that is where we start talking about you.

A system of training that can develop world's champions and prolong muscular longevity, is enough proof that you can get out of the same training all your requirements. This method has no limitations. You can keep building up to satisfy yourself. It is something like what an automobile salesman told me. He tried to impress me with the qualities of his machine by explaining how many miles an hour it would go, without any effort. I told him that I was not interested in speeding. "No," he replied, "but you like to feel that the machine is capable of the power when you want it." That sold me the machine. Whether you want to become a speed merchant or a human derrick, it is great to know you are practicing the system that can produce.

Many people say that I am very emphatic in my beliefs. Well, Bobby Burns said it was a poor man who could not stick up for his own country, and I would be a poor man if I did not stick up for the system I knew could produce. I have the courage of my convictions, that which will not give results gets no sympathy from me. Not long ago an enthusiastic exercise fan wrote me he had found an exercise that was giving him real results in growth, but in a test of strength the size was useless; then, I concluded, so was the exercise. Quantity without quality is of no value. The system you train on must be able to combine all the natural forces of service and vibrant strength. You see it as the burly Matt McGrath throws the hammer over one hundred seventy feet, or when Moerke or Steinborn, toss three hundred pounds overhead. It is the electrifying forces of the cultivated nerve systems that can vibrate muscular tissue into forcible action. The more compact the muscular fibres, the more powerful aggression they possess. This type of muscle can supply the body with an urge. One great feature of bar bell training over any other method, is that each fan can create his own environment. Within the four walls of his own bedroom, he can build his ideal and strive towards it. The urge is forever surging within him to achieve. No matter how good his ideal is, he has a better chance to equal him than the mediocre sprinter has to become a Paddock. Competition is not necessary, neither is the monotony of one set routine. Bar bell training has many sides to it—features that can always be varied for the exerciser's benefit without any deviation from the progressive principles.

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Building an Athletic Act for the Stage

(Continued from page 48)



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forming each exercise three times, as a regular waltz is a three-step movement. If you are good at juggling a kettle bell, a cannon ball, as we call a round ball of iron, or a bar bell, then you can supplement the drill by juggling, or, if you wish, make juggling your second stage in the act.

The elementary part of juggling is very easy to master. A little routine can be carried out by throwing a bar bell in the air and catching it in the folds of the elbows, and by quickly straightening the arms, causing the bell to rebound. Two or three times catching and tossing completes this feat, and the bell can be finally caught at both arms' length, by giving the last toss a high throw. The next thing to do is throw the bell from one hand to the other. This is best done by keeping the arms straight, and the throw is given by bending the knees and straightening them quickly, heaving with the shoulders. As the weight is received in the other hand, dip slightly with the knees so you can sink underneath the weight, which will also absorb the jar of the weight. Throw it into the air again catching it in the elbow folds and toss it high, catching at arms' length with one hand this time. Then throw it high and turn around as the bell descends to be caught in the folds of the elbow once more. This is enough of this stuff. Of course, if you start with these two acts you will cut down on your single feats. If you do single feats only, then from eight to twelve numbers are required, but with these two routines six is enough, and if you open your show with posing, with the drill and juggling following, then four individual numbers are enough.

Here is a good stunt you can follow with, it is one that requires balance as well as a certain amount of strength, but it is very easily learned. For it you will require a partner, and if he can play an instrument, all the better. Let him sit on your shoulders and begin to play as you take your stand between the backs of two chairs, with each hand grasping the backs of the chairs. The next part is important. Raise yourself to straight arms between the chairs, and pry up against the weight of your partner with your head, allowing yourself to be carried forward very slowly. Keep the resistance up with your head against his weight until your body lies parallel with the backs of the chairs, but be sure to have your body supported upon your elbows. As you lower forward, you bend the arms at the elbows, which act as prys as well as props. This stunt is not half as hard as it sounds, as it is more a feat of counterpoise than actual strength. To learn it, practice on the floor by allowing your friend to sit on your neck while you have your hands on the floor, and body resting upon the elbows. As his feet are raised off the floor, you raise your feet, and by pressing hard with your head to resist his weight, you will just teter to the right angle. Practice until you

can do it in the manner I explained, and while you hold the position, your friend can play a short, snappy, popular air. Next, have your partner bend into a squat position and clasp his hands behind his knees, then you pass your right arm between his arms across his chest and seize the farther arm close up to the shoulder with your hand. As you say "go," have your partner give a little spring, and at the same time snap him off the floor to arms' length. From this position bend your left knee until it rests on the floor, then steady yourself with the left arm and sit down, finally lying flat. From the recumbent position rise to the erect position, always holding your aid at arms' length throughout the stunt. If you have music playing, have the pianist or drummer play a tattoo which will grow in sound and finally burst into a crescendo as you conclude the feat. This feat can be followed by a demonstration of the wrestler's bridge. By placing a board on the thighs, about two inches from the knee, you will be in a good position to support a considerable amount of human weight with very little neck effort, and by pulling a bar bell over the face and pressing to arms' length, greater color is added to the feat. This is another feat in which you can add originality very easily. I used to pull a bar bell over the face and press to arms' length, and then a platform was placed on my knees that had a long bar which ran from the center of the board to rest upon the center of the handle bar of the bar bell. The board just covered the knees, but on the long bar was a rocking board, on which people sat. One man stood in the center and an equal number of people sat at each end, and all began to teter, thus making out of myself a human teter trestle while in the bridge formation. It looks far more spectacular than merely supporting a weight, and is no harder to perform. By bridging on some raised object you give better play to the teter board.

Another catchy supporting feat is to rest the hands and feet on the floor, so that the body represents a couch. This we call "The tomb of Hercules." A platform is made that fits on the knees and the shoulders, with a long plank extending over at each side. A number of people become seated to complete the stunt. It looks much better if you support an orchestra, or a piano, pianist and a singer, and support them while they play. I used to hold an orchestra with a singer who would sing a verse while the music played, and then he would break into a dance step. There is nothing hard about it, but it is such novelty additions that have the greatest appeal to the audience; and if you ever want to make a little pocket money on the side, or even make your living by an athletic act, it is this kind of stuff that the agents will buy first.

You can either finish your act by lifting the human bar bell which I explained in the beginning, lifting it with

either one or two hands, which ever you can do better. Either that or this: Place a chair on a table and have the back legs of the chair placed at the back edge of the table. Let your partner sit on the chair and play a waltz number, then you come up behind and catch hold of the cross piece at the top back of the chair, and slowly straighten your arm beneath his weight. This you do by bending the knees and taking hold with a straight arm. Raise him off the table and waltz around the platform, finally waltzing off the stage and conclude your act. This always pleases.

Of course, there are any amount of stunts you can do. Some are much more difficult and require a great deal of practice as well as more than the ordinary amount of strength, but you can work into them later. The stunts that I have given here, any novice who has put in two or three months on bar bell training, can perform. If you wish, you can do some iron and spike bending in between. Drive a nail in a plank and by seizing it with the teeth, bend the nail to and fro until it breaks off, which it will quickly do at the level of the board. Tear a deck of cards or a telephone book. There are various ways of holding cards in the hands, to tear them. The following method seems to suit the novice the best, and is the proper way to tear a pack of cards. Place the bottom edge of the pack in the palm of one hand; grasp the pack tightly with the base of the palm and the tips of the fingers; grip the top of the pack with the other hand, only be sure and have the upper hand pointing in the opposite direction from the lower hand. Now, holding the lower hand steady, push away from you with the upper hand. If you have grasped the pack towards the ends, the cards will bend in a double curve like a flat letter "S," and about half way down the pack they will commence to rip right across.

The object in gripping the pack so near the edges, is to give the cards plenty of room in which to bend. If you were to take hold of the cards so that the fingers on the two hands almost met, you would not be able to get the proper leverage. If you are left handed, to tear cards you must hold the cards in the palm of the right hand, and the tearing is done by the left hand. Most people will find it easier to tear with the left hand below and the right hand above.

When two packs are torn, it is helpful to have an artificial support for the under hand. Therefore, rest the back of the under hand on the knee, lean over from the waist, and instead of trying to do all the work with the wrist of the upper hand, keep that arm straight and rigid, and press downwards from the shoulder, thus employing the strength of the whole arm.

Many people have the idea that the trick in card-tearing lies in slipping the cards, so that only a few cards are torn at the outset; but, on the contrary, the edges of the cards are usually kept flush, and they are all torn at one time.

The final bit of advice I would give

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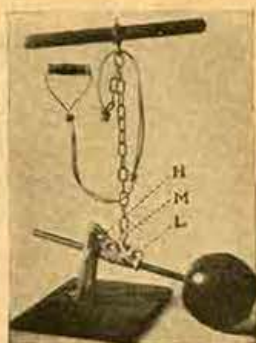
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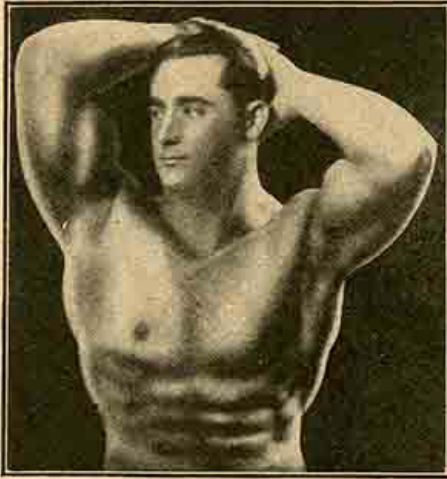
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you is to study your dress. Roman sandals with white full length tights and a well cut leotard, with a pair of wrist straps made for show purposes, with a wide white canvas belt will set you off to perfection. The right kind of wrist straps make your forearms look big, but don't make the mistake of wearing heavy leather straps buckled tight. Strong men do not use them for wrist supports, only for show.

Now with these few pointers you can

go ahead and build your act. New ideas will continually occur to you, but be sure that you make your feats impressive by giving them the artist's touch, that breeds showmanship, which any performer will tell you is his bread and butter. Among stage artists there is a saying that goes "It is not so much what you can do, so much as how you do it." So profit by the professionals' slogan of advice, when putting on your show.

Teaching the Instructor Acrobatics

(Continued from page 32)

together, with the free arm alongside of the body so that there is no help from the free arm in assisting the balance (which the performer can acquire by stretching the free arm out at right angles). This is one of the most difficult feats to accomplish in straight hand balancing. The reader will notice in this picture that the hand is well turned outward, the palm flat, and the fingers slightly curved. This is caused by the performer resting as much weight as possible on the palms and leaning slightly toward the finger tips, thus causing pressure on the finger ends. This slight pressure forward gives the performer a steady balance when the arm and shoulder is stretched out firmly, with the body and legs rigid. The head should be held as far back as possible, making the whole anatomy a compact mass which seems to draw the whole weight to the center of balance. You will notice how beautiful the arm muscles are brought out in this pose. Many people imagine that it takes years to learn this feat, but, of course, the pupil and the type of instruction he may receive has a lot to do with the length of time required to accomplish this feat. Mr. Ferrante accomplished it in a remarkably short period of time. He was scarcely training three months before he commenced to feel an exact balance. This was, of course, due to the fact that he was kept at practice regularly and in the proper position when he practiced. Those who wish to accomplish this feat will profit greatly if they will give the foregoing a little study. They have all of the essentials here before them as well as the illustration, which is one of the most perfect positions in a one hand balance that the writer has ever seen.

In the foregoing it is plainly seen that the mind must necessarily be trained as well as the body in co-ordination, which is the real secret of success in acrobatics. I have had quite a number of pupils come to me to take up acrobatics for the stage. Some of them thought all a pupil had to do was to go to a gymnasium and have an instructor tell them what to do, and all that was necessary was to go right at it and do it perfectly without practice. One particular case was that of a young man who had taken up dancing and who wished to learn a few acrobatic feats to put into one of the dances he was learning. He was very quick in picking up the first three tricks I showed him.

They were: to support his weight on his hands in a very good position, to do a forward rollover and come up to a standing position on his feet in good form, and also to do a cartwheel in fairly good form. These were all accomplished in a half hour, which is remarkable.

I complimented him on his having accomplished so much in the first lesson, but he did not think he accomplished anything at all. I asked him what he expected to achieve in the first lesson, and he replied that he expected to do the turns that others do on the stage. I asked him if he meant somersaults in the air, and he replied in the affirmative. So I finally asked him if he had learned to dance in one lesson, or if he had learned to play the piano in one lesson. He answered, "Oh, no, that is different." I told him he could bet all he was worth that it was different. I explained to him, for instance, that when one is seated in a comfortable position at the piano, and the instructor shows him how to hold the hands in position and how to strike the keys with the fingers, that is about all he does learn in the first lesson. The very same thing applies to dancing, especially to step dancing. The only thing you learn in the first lesson in step dancing is to let the leg hang semi-loose, swing the foot out forward, touch the floor with the ball of the foot on the way out in front, the same coming back, then rest the foot on the ball of the foot as it comes forward opposite the other foot. This is usually your first lesson in most of the schools of the present time, and you are kept at that until you can do it in a "fashion" before you are allowed to do any other taps with the feet.

Now compare this with the movement of the common cartwheel in acrobatics. Before you move you have more than half a dozen points that the efficient instructor has to consider, before you make a move to proceed with the action. In the first place your feet must be placed in the proper position, with the legs semi-rigid, the body straight up, the chest high, the arms and shoulders placed correctly, the head held in position. All this is done before the commencement of the real movement into the cartwheel. Then the start is made by leaning forward and at the same time driving the foot, which is placed in the rear, up backward into a circle over the head, reaching the

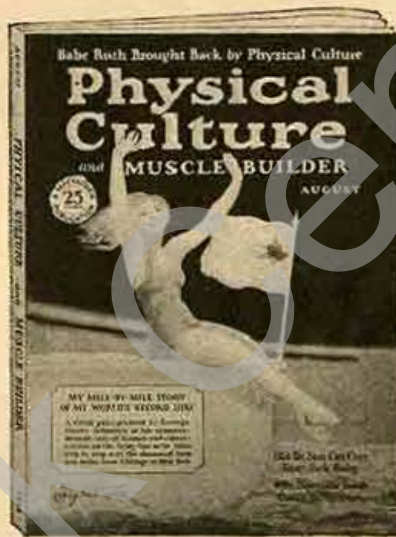
(Continued on page 80)

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Teaching the Instructor Acrobatics

(Continued from Page 78)

ground with the hand on the side where the remaining foot is resting. At the same time a sharp push is made from this remaining foot. This keeps the body going into a circular movement. The free hand is placed on the ground in position about the distance of the width of the shoulders. Next the first foot to come over is drawn in toward the hand which was placed last on the floor. Holding the free leg well apart from the other until the last hand leaves the floor, it is then brought in toward the other foot to a standing position, and the last hand over is brought to the side as the body assumes a standing position.

Now compare this with the first lesson on the piano, or the first lesson in dancing! And this young man did all of these positions and movements in fairly good form, even as well as some I have instructed for more than a week.

I now related an incident to him which closely corresponded to his idea of learning the art of acrobatics. I have received quite a number of letters from readers of STRENGTH in reference to many phases of acrobatics and gymnastics, mentioned in my former articles. One was from a young man who had read my description of the position and balance on one hand. This correspondent wrote: "Although I feel certain that I understand your description of the method of balancing on one hand, I tried it and could not do it." I answered his letter and asked him if he had ever practiced hand balancing. He wrote that he had not so I told him that I had recently been in China and on my arrival at Shanghai I was informed by the manager of "The Great World" (a theatre where I was engaged), that they had spent a lot of money on advertising and that I was billed very big. To convince me as to the quantity and quality of their advertising the manager handed me a Chinese newspaper containing their ad, and I could not read it.

There are many similar cases. Some people look upon performing acrobatics as being just a little amusement, which, of course, it is; but like all difficult things it must be learned. Like all other great achievements acrobatic and gymnastic feats which have been accomplished were made possible by the research and experiments of a long line of expert workers. No important achievement is the exclusive idea or intellectual progeny of a single individual, regardless of how much he may have contributed to the final result. The long and arduous work of unknown or forgotten predecessors, as well as of a few whose names are still dimly remembered, has prepared the way for the glorious fruition.

The progress of the acrobatic and gymnastic science is a source of endless development with slow and gradual advances, and, at times, seemingly sensational spurts are made. The latter, after all, are but the accumulated periodic re-

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



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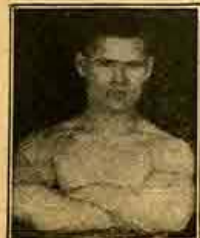
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to increase your arms one-half inch in size, chest one full inch; strength 25 per cent.; health 100 per cent. in one week's time, by following my instructions and using my exerciser 10 minutes mornings and at night. Send \$3.00 for complete entire body-building course and exercisers. Satisfaction guaranteed or money back.
Prof. J. A. DRYER
Box 1850 Chicago, Ill.

sults of the plodding and patient effort that has gone before.

Just a note of warning: In a recent article I mentioned some of the dangers of inferior instruction. Nine out of ten of the so-called acrobatic schools have no instructor who has ever had any real technical training in the acrobatic art; therefore, how can they reveal that which they do not possess? It seems to me like one Chinese laundry man trying to teach another the English language. The only way a prospective pupil can be sure of his intended instructor is to ask that instructor to perform some of the feats he is supposed to teach.

Mr. Louis Ferrante is one of the very few young men who possess the knowledge to really appreciate the patience and ability needed by the real teacher, and to grasp the vital importance of the technicalities of the instructor's art. His diligence and close observation, along with the proper teachings and practice has placed him in the position of instructor for acrobatics and gymnastics in an established first class school of dancing and acrobatics where his pupils are daily increasing. All this was accomplished with only two years and six months' training and using the writer's method of instruction. Besides the two classes of art mentioned, Mr. Ferrante is a very efficient instructor in calisthenics, boxing and wrestling.

Mr. Ferrante's age is eighteen years and his measurements are as follows: Neck 15 inches, chest 37 inches, waist 29 inches, hips 32 inches, thighs 19 inches, calf 13½ inches, ankle 8 inches, upper arm 12 inches, forearm 11½ inches, wrist 7 inches, height 5 feet 6 inches, weight 130 pounds. This young man has a very pleasing personality and the writer predicts an outstanding and brilliant career for this modern young Adonis.

TO HAVE AND TO HOLD

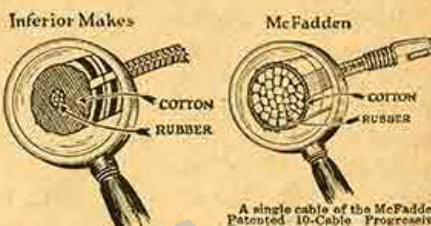
A firm, well-nourished Prostate Gland in a Healthy Body without stomach drugging. Particulars and Proof sent sealed free. **MARK M. KERR, A. D. N. (Aide-de-Nature)** Hale and Hearty at Sixty-Six. **BBS4, Lakewood, N. J.**

GREATEST BOOK OF THE AGE
Endorsed by the
MOST EMINENT AUTHORITIES
"Health Through Natural Methods"

190 Pages, Including Anatomy Chart, Fully Illustrated.
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Book 3—Taps, Musical Comedy, Character, etc. 2.25
Book 4—Bar Exercises for Ballet . . . 2.10
All Four . . . \$7.00 (You save \$1.15)
ARON TOMAROFF
Studio S, 110 W. 47th Street New York City

The BEST Bodies are Built by the BEST Apparatus



Inferior Makes **McFadden**
A cross section of one "cable" of the average exerciser. The cheapness and weakness of construction are easily seen in the diagram. Six or seven rubber bands, wrapped and padded with a cotton covering to give them the appearance of size and strength and to make them look like the McFadden.
A single cable of the McFadden Patented 10-Cable Progressive Exerciser, no thicker than others in outward appearance—yet stronger by 75 per cent. inside the thin worsted covering. Here is quality! Every McFadden cable is made of 40 strands of the best grade rubber, procurable. There is no padding with extra wrappings of worsted—no attempt to produce the exerciser cheaply.

The McFadden is All Quality
LOOK at these pictures! And they are an actual comparison. How do they get away with it? Have they fooled you? Have you thought of buying one of these padded affairs—made of cheap rubber bands? **FORGET IT!** Here's the exerciser for you. The quality exerciser that brings every muscle in your body to the very highest pitch of development.

Cross-sections of two muscles, one trained by the average apparatus, the other by a McFadden Progressive, would be just as different as the pictures above! The best apparatus builds the best muscle and no man can develop his body as it should be developed with five or six cotton-covered rubber-bands.

But your arms and back and waist aren't the only places you want real muscle. You want to develop your whole body. My apparatus is guaranteed to add inch upon inch to your arms, back and chest. My New Patented Stirrup Builds Legs of Steel. This device is the only one designed to develop the leg muscles.

My Adjustable, Patented Head-Gear increases your neck one inch in 30 to 90 days. It is simplicity in itself; it is adjustable and will fit any man or boy.

My Complete \$30 Outfit for the Introductory Price of Only \$8, including My Incomparable 12 Weeks' Instruction Course. You cannot buy a similar outfit anywhere at three times this price. You cannot buy an outfit as complete as this with such a course as I give you at any price.

HERE'S WHAT YOU GET

6-Cable Progressive Exerciser, worth	\$ 5.00
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 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 Encyclopedia, worth	1.00
	\$30.00

Any of the Above Can Be Purchased Separately at the Prices Shown.
TOTAL WORTH \$30.00; COSTS YOU ONLY \$8.00.

Fill out and mail the coupon below, with \$3 for this marvelous muscle-building outfit. Do it before you go to bed tonight.

Big Book on Boxing FREE

Here's your chance to get a copy of this Big New Book with scores of pictures of professional boxers absolutely free **IF YOU HURRY!** With every set of apparatus I ship for the next twenty days I will include a copy of this book FREE.

My Guarantee is Backed by a \$10,000 Challenge

If you are not entirely satisfied with the outfit, return it immediately and your money will be refunded without quibble or question.

.....
MICHAEL McFADDEN, Dept. S-105, 103 E. 13th Street, New York City

Dear Sir: Enclosed please find \$8.00 in full payment for your 10-Cable Progressive Exerciser with Patented Handles, Patented Adjustable Stirrup, Head Gear, 12 weeks' Home Instruction Course and Encyclopedia, (Print Plainly)

Name.....
Street No.....
City.....State.....

(Continued from page 62)

form part of the regimen. It is likewise expected nowadays with respect to the physical fitness of the adolescent. If it is true that the ideal method of testing intellectual achievement is not yet in sight, what shall be said regarding examinations in the field of physical competence?

Strength and endurance determined in combat or competitive sport is far from satisfactory measures of promising physique. A group of physiologists at Guy's Hospital in London have properly pointed out that physical fitness is relative and does not necessarily mean good physique. The efficient performance of work involves the interaction of all the systems of the body. Their argument that the condition is so complex and the power of adjustment so great that no single measurement can be an infallible guide scarcely needs further emphasis. The British writers remind us that one man may be physically efficient for a definite piece of work under certain conditions, such as temperature and moisture of the air, which would not suit another equally healthy man. There is an individuality in all men, each having an optimum of speed and environment. The difficulties in the way of attempting to bring about uniformity are seen in the actual tests made on students in London. Of the familiar procedures, vital capacity proved to be an unreliable index, despite the claims of Dreyer and his followers. Efficient respiration, so the criticism reads, is not determined alone by the capacity or mobility of the chest and lungs; the process involves the co-ordination of pulmonary ventilation with the activity of the heart, the circulation and the oxygen capacity of the blood, and factors that cannot be determined by the spirometer, which is an instrument to measure the capacity of the lungs. Estimations of pulse pressure, of ability to hold the breath, and of related performances have obvious limitations. Comparisons of the pulse rate at rest and after exercise seem to give the best single simple indication of physical fitness. The reasons are, perhaps, not far to seek. The circulatory pump, the heart, must be adjusted to the needs of the body. Its efficacy represents an adaptation of both nervous and muscular control to the bodily needs; yet there are persons in whom the heart is far better developed than the skeletal muscles.

The conclusions of Drs. Hambly, Pembrey and Warner will provoke thoughtful consideration, even if they do not invite approval. To them there appears to be no real test for physical fitness for every and any kind of occupation, other than the old method of trial and error. A man in perfect health, they remark, may be fit for one form of muscular work rather than another, and his

capacity, which is predetermined by his ancestry and development, can be rendered manifest only by the repeated performance of the work in question. If all of us thus need to be placed on trial, as happens so commonly to the rank and file of human kind, it will assuredly be helpful to discover an "aptitude test" for physical performance. The psychologists are leading the way toward a similar goal in the field of mental equipment.

—*Journal American Medical Ass'n., March, 1926.*

Bed Wetting

It is usually thought and taught that a variety of causes are concerned in producing bed wetting. It is said that it is due to a partial congestion of the brain during the sleep, and may also be due to phimosis, which circumcision will cure. The urine is too acid and irritating, and the bladder refuses to retain the urine to the usual length of time. It may also be due to a deficiency of thyroid secretion, and this condition can be cured by taking the thyroid extract. It is my belief that if a number of cases were examined we could conclude that the cause lies in fault of management which has deprived the child or adult of all confidence in his or her own power of control; emphasis should be laid upon success and not failure. The posture and bearing of the nervous child is in keeping with his lack of courage. The muscles are toneless, and the back is not held upright. The whole body sags and droops. The shoulders are rounded, the chest receding, and the abdomen prominent. These defects assume so many forms that description is difficult. One group is characterized by a lack of tone in the skeletal muscles which is usually due to lordosis, which is a spinal curvature. In bed wetting we often meet with hysteria in both boys and girls, and delay of the infantile shape of the body is usually associated with backwardness in mental development. They walk late, they talk late,

and they are fat and watery. As a rule they are susceptible to catarrhal infections of the lungs, bowels, skin, etc. Nasal catarrh, bronchitis, ear conditions and eczema are apt to follow each other in turn, giving rise to the enlargement of the lymphatic glands. The effect upon the different tissues of the body of these repeated infections varies. For instance, the skin and mucous membrane show clearly diminished vitality. The irritation of the urine produces rawness and excoriations of the skin. A contact with intestinal contents may cause a skin irritation of the buttocks, or a persistent diarrhea may result.

The timid, excitable child, with his faulty physique

THE HEALTH DIGEST

EACH month in the Strength Magazine we will print a brief summary of interesting and important Health articles which have appeared in the different Medical Text Books and Medical Journals.

Of course the author and the publication will be given full credit and any reader interested in any particular topic or subject will be able to get the complete article by going to the files of the Health Publication in which the article appears at any Public Library.

We hope that in this way the many readers of the Strength Magazine will be kept aware of the later developments in the health field and we also hope that many readers will in this way be introduced to the very valuable information given in the different Medical Journals, and apply the information to their own individual cases.

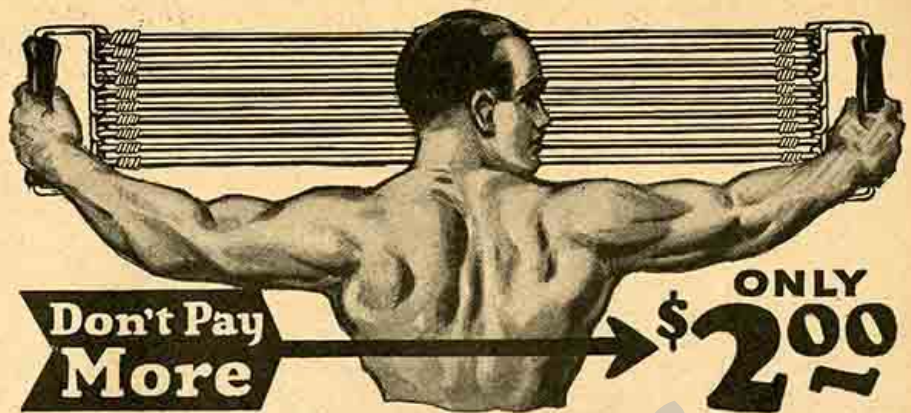
Very few people in this up-to-date, last minute day, with facilities for keeping in touch with all of the conditions of public welfare, realize the prevalence of ill-health and the enormous inroads it is making upon the vitality of our great civilization, and most people do not know the easiest and best ways of maintaining their own health. This department hopes to show them these methods.

and wrong posture, not only catches every infection possible, but responds to each with a violence peculiarly his own. The muscular system and bones are commonly involved so that "rickets" are usually found in children. In the nervous system conditions are different. The nerve cells are long lived and, in fact, if they are destroyed, they are never replaced. However, in nervous children the nerve cells do not escape undamaged. In many nervous children the want of tone in the skeletal muscles results in a characteristic posture. The muscles usually involved are those concerned with the retention of the upright position and also the small muscles of the face which are in constant movement, with twitching lips, wrinkling forehead, fingers plucking, sometimes a loss of facial play; and the face usually shows complete exhaustion.

In these serious cases found in children, the hygiene of the child's mind is as important as the hygiene of his body. By improving the hygiene you will raise his resistance against any type of infection. These children, as a rule, must have sufficient fresh air and sunshine, sufficient food, but no more, because these children have an enormous appetite. The development of the spinal curvature must be prevented, and the chorea which is usually present is purely symptomatic. Isolation gives best results. In all cases of nervous children the treatment of the symptoms calls for much understanding and skillful questioning to gain an insight into their mental processes. Through all the changes made by education and environment there remains something characteristic about the individual, which we may call temperament. If a child is untruthful, how far are we to blame his inheritance, and how far the management of him. I do not believe we gain much by attempting a psychological analysis of the child's mind. It is not by analysis of the mental processes of children that we shall expose the origin of faults of conduct, but rather by a careful scrutiny of our own behavior to them and our own management of them. Susceptibility in a child is a matter of inheritance, but the form which the reaction takes is determined by the personalities and characteristics of those who manage him. The child has no power of criticism; he looks at himself with the eyes of his elders. Whatsoever we think of him, that he is apt to become. To a very great extent, it is not the child we must study, it is the parent.

The treatment of bed wetting varies according to the cause. The bed wetting of children, if left alone, will eventually cure itself as the age and strength of the individual increases, though obvious exciting causes, if present, should be removed. Good hygiene, systematic evacuation of the bladder, elevation of the hips on a pillow in bed, plenty of outdoor exercise, a change to the seashore or mountains, an abundance of suitable and strengthening foods, mainly vegetables, so that a large proportion of the fluids output occurs by way of

(Continued on page 85)



Don't Pay More

ONLY \$2.00

Giant Chest Expander

and Progressive Exerciser Use This Money Saving Coupon



Be a muscular Marvel. Have the muscles of a superman. Become strong for your health's sake or to astound your friends with extraordinary feats which only men of giant strength can do. **Free instructions.**

The Giant Chest Expander and Progressive Exerciser is made with new, live springy rubber so as to give it long wear and great resisting qualities. Sold with a guarantee to give entire satisfaction or money back. Made two ways, either

ORDER TODAY Send at once and get your Giant Exerciser at the present low introductory price. This price is made so low because we want everyone to enjoy muscles and strength at the lowest possible cost. Don't pay more—order from us—get the most for your money. Use coupon now.

5 Cables or double strength 10 Cables
for \$2 The double strength exerciser has resistance of over 200 lbs. for \$4

PROGRESSIVE EXERCISER CO.
1008 Langdon Bldg.,
Broadway and Duane Street, New York.

Enclosed \$4 for your 10 cable Progressive please find \$2 for your 5 cable Exerciser. (Check the Exerciser you want). It is understood that if I am not satisfied with this Exerciser, I will return it within 5 days and get my money back.

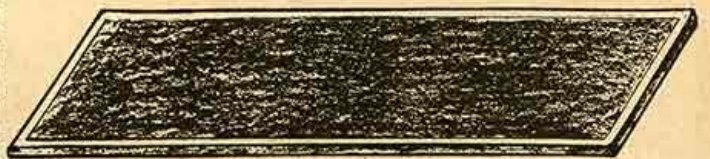
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City State

MATS For Tumbling, Hand Balancing, Exercise and Wrestling — FINE MATS AT LOW PRICES

Have you wished for a good mat upon which you could tumble, exercise, wrestle, lift barbells, etc., and upon pricing them found they were out of reach in regards to price? Mats are expensive, but I have just the mat you'll like and at a much lower cost.



See Coupon For Prices

Charles MacMahon

Studio A-47-M

180 W. Somerset St. Philadelphia, Pa.

CHARLES MacMAHON, Studio A-47-M,
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please find enclosed in payment for the size mat I have checked off below.

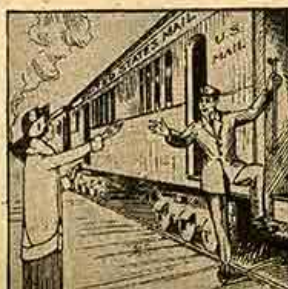
3x6 ft. \$13 3x9 ft. \$19 3x12 ft. \$25
Wider and larger mats upon request.

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City State

(Foreign orders \$1.00 extra.)



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Railway Postal Clerks—\$1900 to \$2700 Year

MEN—BOYS 17 UP

Steady Work—No Layoffs
Paid Vacations

Common Education Sufficient

Travel—See Your Country

Many U. S. Govt. Jobs
open to Women

MAIL COUPON
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FRANKLIN INSTITUTE.
Dept. W-183, Rochester, N. Y.

Strs: Rush to me, without charge, (1) Sample Railway Postal Clerk Examination questions; (2) List of government jobs now open to men and women, 13 up; (3) send 32 page book, "Government Jobs."

COUPON

Name

Address

You Don't Realize What You Are Missing Without This Great Course

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 hundreds know it through actual experience.

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



Illustrations Showing the Different Stages of a Back Somersault With Weights.

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.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the price of \$5.00, which includes shipping charges.

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

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. 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.

The Ability to do Tumbling Feats in Good Form Makes a Finished Tumbler

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 handspring, 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?

you supple, enduring, energetic and healthy. 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.

Let Me Convince You of the Worth of This Course and After You Have Practiced It You Will 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



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Charles MacMahon, Studio A-47
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

Please find enclosed { \$7.00 for Belt and
Tumbling Course
\$5.00 for Belt only
\$3.00 for Course only

Name

Address

City State

Waist Measurement

CHARLES MacMAHON

Studio A-47

180 W. Somerset St.,

Philadelphia, Pa.

Health Digest

(Continued from Page 83)

the intestines, with a minimum of water and milk and especially late in the day, and general stimulation of the body itself will generally effect a cure. For cases caused by thyroid insufficiency, the use of the thyroid extract will relieve the bed wetting and will also bring about marked improvement in the general physical and mental condition.

—*Journal American Medical Ass'n., March, 1926.*

Sea Bathing

It is about this time of the year when sea bathing is mostly indulged in, and since sea baths are employed far more than any other special kind of bath this time of the year, I thought that it would be a good idea to explain to you the effects of sea bathing. At Atlantic City and at Manhattan beach, it is said that as many as 100,000 bathe in the ocean in a single day at the height of the season, and at countless places on the Atlantic coast this is the principal pastime. Yet it is rare for anyone to take ocean baths under the direction or guidance of a physician. In Long Island Sound and on the south shore of Long Island, and on the Jersey Coast, higher temperatures are reached after July 15. At Manhattan Beach and Southampton, Long Island, Long Branch, Spring Lake, Atlantic City, Ocean City, Wildwood, Cape May and at innumerable intermediate points, excellent bathing is the feature of summer life.

In winter there is good bathing at Palm Beach and Miami, where the temperature of the water during the latter part of January and during February and March is 70° F. On the Pacific Coast, the water temperature at Coronado and San Diego Bay is above 70 from June 15th to September 30th, and usually reaches a maximum of 74 or 75 during the latter part of July and August. After the month of August it rapidly falls until a minimum of 54 degrees is reached in the month of December. Ocean bathing also varies greatly as to the force of the waves. Surf bathing in cold water calls for greater activity in meeting the onrushing waves, and the reaction is usually quickly established. For those who do not swim, the quieter bathing in protected bays devoid of surf is not so safe, because the bather is not inclined to make proper physical effort and, therefore, is more quickly chilled. He fails to enjoy the bath or to get sufficient exhilarating and refreshing exercise.

Ocean Bathing May Be Dangerous

Aside from the danger of being carried beyond one's depth by unknown currents, or the common danger on some parts of the New Jersey Coast of getting into channels of deep water on returning shoreward, a rather frequent source of trouble, there is the danger of remaining in the water too long and of failing to react properly afterward. On entering the water there is a profound impression on the circulation. The

temperature may be thirty or forty degrees below that of the body, and the stimulus to the nerve centers is great. The superficial vessels are immediately contracted, and the abstraction of heat from the extensive surface of the skin calls immediately for greater heat production. The momentary shiver on entering the water should promptly give place to warmth and to a sense of reaction. When the skin circulation is poor, as it commonly is in those inherently feeble or weak from illness, or in those of advanced years, sea bathing should be avoided, at least, until better conditions of the health are obtained. Great care should be exercised by persons with heart disease, but as is well known cold bathing, when properly used, tends to strengthen the dilated and weakened heart. Persons with cardiac lesions should have friends or attendants near and should, therefore, take no risks.

When going to bathe it is always best to immerse completely into the water, as it tends to equalize the circulation and also hasten the reaction. Women, especially, dislike to wet their heads, as it takes so long to dry their hair, but with closely fitting rubber bathing caps, the hair may be kept dry and the head and neck is sufficiently cooled. Sea bathing should not be indulged in when the body is generally overheated, but a good warmth is to be desired. The chief safeguard in the water is to keep moving. Of course, no one should bathe shortly after a meal, as two hours should be allowed for digestion. One should not bathe when greatly fatigued. The bath in the quiet of one's house will then be safer and refreshing. I have taken ocean baths each summer for the past ten years and rarely have I seen ill effects in those individuals who bathe regularly. No fixed rule can be made as to the proper duration of an ocean bath. It will vary from five to twenty minutes, according to the bather's age and physical condition and to the temperature of the water.

Don'ts for Bathers

Bathing don'ts laid down by four beach directors from Atlantic City, Ocean City, Cape May and Wildwood are as follows:

Don't go in bathing where there is no life guard.

Don't go beyond your depth. The best swimmers get cramps.

Don't bathe less than two hours after eating.

Don't go in bathing alone.

Don't struggle against an undertow if you are caught; go with it and call for help.

Don't wade with your hands above your head. You'll go down like a plummet in deep water.

Don't yell help unless you need it.

Don't drink liquor and then go in bathing.

Don't swim with inner tubes or water wings. They are treacherous.

—*Journal Hygiea, June, 1926.*

FAT MEN

Say "Goodbye" to Bulging Waistline!

New Belt Corrects Cause of Fat **Mail Coupon** if you want to get rid of this

A new belt called Director gets at the cause of excess fat and quickly corrects the condition. With every movement of the body, during every working hour, Director acts as a massage on the abdomen and actually dissolves excess fat away. E. P. Cowan of Pinehurst, N. C., says: "Director is the finest thing I ever wore. I want another, but not so large, as I am 5 inches smaller around the waist now." Doctors endorse Director as the natural way to accomplish a permanent reduction.

Sent on Trial

Let us prove our claims. We'll send a Director to you for free trial. If you don't get results you owe us nothing. You don't risk a penny. Write now for free trial offer, doctors' endorsements and letters from users. No obligations. Just mail coupon.

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Tell me how I can reduce my waistline 4 to 6 inches with your Director Belt. Also send details of your free trial offer. This places me under no obligation.

Name

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PILES DON'T BE CUT

Until You Try This Wonderful Treatment. My internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, salves and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bless the day that you read this. Write today.

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and all who contemplate marriage

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this complete informative book

"THE SCIENCE OF A NEW LIFE"

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320 pages,
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Endorsed and recommended by foremost medical and religious critics throughout the U. S. Unfolds the secrets of married happiness, so often revealed too late! We can give only a few of the chapter subjects here as this book is not meant for children.

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Fig. 83. Side Chancery and Leg Hold Combination

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The Mat

(Continued from Page 61)

Hands Military Press or the Two Hands Continental Press. In the Olympic Press the lifter pulls the weight in clean to the shoulders, and at this point he bends back from the waist as much as he likes, but the bend must be done before the weight is thrust into operation. During the lift to arms' length overhead, no further back bend is allowed, and the feet must be kept together and straight throughout the lift. I do not like that lift as well as I do the two hands push, and I like that the least of the three standard press lifts. They both entail certain dangers which should logically taboo them. The Two Arms Military Press is one that calls for sheer strength. There is no skill involved in this lift. If you have power you can do it; if you have not, you are out of luck. The two hands continental requires both skill and strength. It is the one lift that I have always selected as the key to skilful and strong lifting. There is no other lift that can teach co-ordination of muscle so successfully to the novice, as this valuable press. It is quite true that the swing calls for equally as much, if not more co-ordination, but the changes are done so rapidly that the novice finds the lift difficult to master. However, the swing does not allow the lifter to handle so much weight, which places it, in value, way below the Continental Press. The great feature of this press

is that the changes can be mastered slowly, and as this is done great sustaining power is developed. A wider field is given for weight progression, without which a lift, as a feat or an exercise, loses much of its value. Some very high poundages have been raised in this press, and the influence that is created over all other two hand lifts is very good. This lift, more than any other, will educate the legs to a greater degree of efficiency, and show to every one practicing same the necessity of exactitude in control and centralization.

The more weight that can be used in a certain exercise, to develop the factors embraced in a lift, the better; but this does not mean that if you can swing one hundred and twenty-five pounds you have to use that amount. You are at your limit there and progression will be retarded in such a case. To develop swinging ability, the exercises do not permit a swing, but cover all the muscles involved with a heavier carrying power in other movements. In other words, you have to use movements that involve the same muscles which will allow you to handle much more weight than the limit in the actual lift. This applies to all lifts. If you are sure that you are going to practice an exercise that will eventually enable you to handle considerable weight, you can be certain that your ligaments are going to become much stronger. With-

out thick strong ligaments a man is without strength, and that has to be one of your first considerations. Strong ligaments mean great sustaining power. Every movement in the Two Hands Continental Press creates this essential. Let us start the lift and see where the sticking stages are, which make the lift so baffling to many.

First you pull the weight in clean to the shoulders with both hands, then advance one foot a few inches. Do not make the mistake of standing with the feet spaced too wide apart. I find six inches about enough for me, but a taller man would require from one to three inches more, according to his height. Allow the head to go back a little, and carry the shoulders back, which will bring the bar closer to the throat. Begin to press steadily and as the bar reaches the level of the head begin to bend the knees. This part is very important, so I will be a little more explicit. When you feel it is time to use the legs, start by thrusting, that is, bend the forward knee ahead, and as you do so straighten out the back leg which will help thrust you forward. Of course you cannot complete the lift this way, but it will start you on your way. When you feel the back leg about straight, or that you are not able to press the weight any higher, just bend the straight knee and you will sink underneath the weight, thus completing

the lift. All the time you must keep a steady pressure against the bar with the hands, and if you have pulled the shoulders well back at the start of the lift, you will feel the benefit at the latter stage of the press, as the back muscles will be aiding the arms in their effort to straighten out beneath the weight. During the time all this is going on you must not take your eyes off the bar, and you must learn not to grip the bar tightly with the hands, particularly at the sticking place. Sometimes when you are making this press, the bend of your back knee will be so low that it will almost touch the floor. When such is the case you will quickly find out whether you have a strong pair of legs or whether you are not properly centralized under the weight. If you are not, when you begin to rise you will be carried forward by the weight as you come erect, and will have to step forward to maintain the control. This should not be. If you have gotten under the weight correctly, you will be able to raise without moving the feet to any noticeable extent. The benefits you derive from practicing this lift are several. You learn to move down and up in a straight line under the weight throughout the lift, develop better leg operation, powerful back support, greater sustaining power to the ligaments, with a more appreciable acquisition of strength and endurance. Summed up altogether, these factors consist of everything that is required to become a successful weight lifter.

As sustaining power is mostly required at the shoulders, and from the crown of the head to arms' length, from which point the actual height of the weight is not increased over a few inches, and not at all by a master lifter—I advocate the following exercises which I have found very valuable to myself and for others.

First of all build a trestle with two sets of hooks on the side. One set at the height of the chin, and the second almost at arms' length overhead. Load the bar bell about forty pounds more than you can jerk overhead on the first hooks of the support, then step between the supports and raise the weight off and hold it as high off your chest as you can for the count of six, keeping the legs and back stiff. Next load the weight on the high mark and get under it with straight arms, lift it off its support and walk around with the weight held at arms' length over the head. You may have to cut down a little on the weight at this stage, below what is held at the shoulder, and again you might not. I know many lifters who can hold enormous weights at arms' length overhead with either one or two hands. These two exercises get the body accustomed to the pressure of carrying very heavy weights, as well as strengthening the ligaments and increasing your general efficiency. You will find that the limit of your lift is less of an effort. The next thing to do is to educate your legs, and for this I advocate the following exercise. If you can press with two hands one hundred and twenty-five pounds use one hundred pounds for the exercise. Stand with the weight at the

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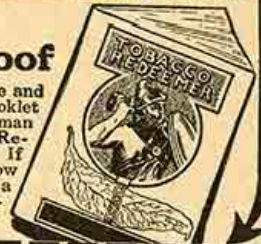
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shoulders and as you raise it to arms' length, make a deep knee bend with flat feet, spaced wide apart. Time the press and the squat so that when the weight is at arms' length you will be at the finish of the squat. The next phase is to stand erect while still holding the weight aloft, and lower the bell when you are standing erect, then repeat about six times in all. Practice this exercise after you have practiced the first two and you will find it easier. This last exercise can be done in two differ-

ent variations, according to the lifts that they cover. There are also other exercises which are not altogether variations of the first two, that are good for other lifts, but I do not care to include these at this time. I will say, that these three exercises, while proven extremely good for the Two Hands Continental Lift, have a very encouraging influence upon all other lifts, which is proof that this particular lift is what I have always termed it, the key lift for all the two hands overhead lifts.

Modern Dance Tendencies

(Continued from Page 41)

everyone waited and prayed that her strength would last and that she would descend in safety. Even the music seemed weird and uncanny as she reached the topmost step. The manager stood in the wings with cold beads of sweat oozing out on his forehead and gazed at her as if petrified—she swayed—the blood frozed in his veins—and suddenly, like a bullet taking flight on the wings of death, she shot outward and downward—down the staircase falling on both knees. An accident due to two tiny slippers, shut tight in her lost trunk.

She was rushed to a hospital and was forced to remain there for six months. Her limbs were encased in plaster casts and she suffered untold agony. When no perceptible improvement was noticed after that awful period in the hospital, she was again rushed to a hospital in Philadelphia, but was rejected, because her case was pronounced incurable. She was informed that she would never walk again and, if by a miracle, she did, then it would be with the aid of crutches.

Alas! her dazzling career was brought to a tragic close, the great premiere danseuse would never dance again, let alone walk. Time wended its way, years went slowly on into oblivion. Then, one day suddenly from out of memories haze, the startling announcement proclaimed that the Madam "Dot" Duval School of Dancing would open in Philadelphia.

When the people connected the name of the school with the tragic episode of the once great premiere danseuse, they gasped with amazement, and could not believe that it was the former "Dot" Duval who sponsored the school. Upon investigation they learned to their utter surprise that the school really owed its inception to Madam Duval, and what is more, she personally conducted the classes as though nothing serious had ever befallen her. This is the story of her life. When the announcement was made that she would never walk, she stoically set her mind and bended her energies to disprove the verdict of the physicians. The founding of the school and the personal attention each pupil now receives from Madam is testimony enough of the marvelous courage she possesses, even in the face of the inevitable. Her ideals and her love of the art of dancing could not be smothered in her convalescence, for it was

then that the idea originated to found the now famous school.

Once the school was established it was not long before it made a great name for itself. From the handful of pupils that gathered, Madam has all that she can do to take care of the hundreds of people who daily storm her studio and demand her precious time. She works incessantly from morn till night, and sometimes does not stop, even for nourishment.

From the beginning she created and staged her own dances. When her list of pupils began to lengthen, these young men and women, too, must have their dances composed by her. Thus every available bit of time was used in order that all her pupils might be satisfied. Her work is wonderful and it is a revelation to watch her teach the eager students. She has very little time for "tom-foolery," as it were, and works her pupils harder than most dancing teachers; but then, the student really gets a thorough understanding of the art of the dance, and progress is made rapid.

A student, beginning with the Duval work, is put in a class, where he or she receives the skillful instruction of Madam herself and is given the foundation work necessary to all dancing. This foundation work—technique—is Madam's own method. It has things in common with other forms of technique, but the results it gives are much more complete than those of other schools. Madam Duval alone has a series of plastiques which, when mastered, give the graduate pupil the power to dance any dance that may be required professionally. Madam Duval gives the pupil beauty polish and perfection. Like other arts a real dance never grows old, living again in each repetition—and the Duval dances are so strong in their original idea that they last through a hundred programs and become as new at the last as they were in the beginning. This is the offering that Madam Duval gives to her followers—the possibility of making a profession a joy and an inspiration through a detailed and intimate knowledge of both the material side of music, costume and steps, and the underlying force that makes a dream live.

Associated with Madam Duval in the work of the school, is the great Professor P. H. Paulinetti, called the dean of acrobatics by no less a person

than Geo. F. Jowett, the world's greatest exponent of weight-lifting and America's foremost authority on muscular development. The acquisition of Professor Paulinetti has made a combination of teachers that simply cannot be beaten in the world today. And, the Duval school of dance is doubly lucky in that it has such renowned teachers, a woman who can hold the torch forth to the eager youth who crowd around her, and a man who, burning with his own fire, adds fuel to the other and contributes to the lesser lights that flare below the two.

It is truly a revelation to see the enthusiasm manifested by this clamoring horde of humanity who want Madam Duval and the esteemed Professor Paulinetti as pedagogues of the dance. For their work is a symbol of America at its best, offering the wealth, the lore, and art of older countries sifted through two keen, critical minds. Not content with the wonderful progress of the school, Madam Duval is now arranging to get a much larger place, when she will install the gymnastic phase in the school. Everything that is modern will be included in the curriculum, and with such extensive plans in view, the Duval school bids fair to be the greatest and most magnificent in America.

A perfect physique is nothing without the co-ordinating development of mind, without the expression of the human as a creative organism; rather than an elementary expression of physical fitness alone. This is the dominant principle of Madam Duval's now famous system of teaching dancing.

Physical exercise, Madam saw clearly, could not produce its full benefits unless it was designed in natural harmony with mental exercise. Her exercises, expressing as they do to the fullest possible extent the sheer joy of life, are a revelation to those people who imagine that physical culture must of necessity mean a series of uninteresting movements. There is no earthly reason why physical culture should be dull. On the contrary, to get the full benefit from any type of exercise, one must enjoy performing it. It is not sufficient to crawl out of bed at the last moment and do ten minutes' exercise for the sake of conscience. Exercises cannot be "scientifically correct" if they are a bore.

Madam Duval's aim has been to devise a perfect system of dancing whereby the body and mind are developed in complete accord with one another. In this she has succeeded. Her pupils are witnesses of the benefits derived from her marvelous system. Her formula, it may be said, is an ancient one, utilized and brought into relation with present day requirements.

For example, less than a year ago a rather seedy looking young man came to her for dancing instruction. He was flat chested, bow legged, and possessed very little muscular development. One would say that he was an exceedingly unhealthy looking individual. I knew him at school, for we both went to that famous institution, Girard College.

When I saw Madam's dancing car-

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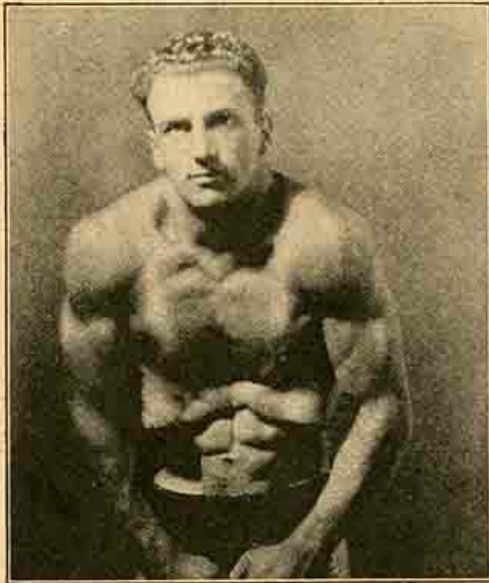
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nival a short while ago, it was utterly impossible for me to realize that the superb, muscular young man dancing in the adagio team of Wm. Hughes and Esther Kait, was the seedy youth of my school days. A year ago he was a pitiable edition of young manhood, and on the gala night of the carnival he stood tall and muscular and strong. His personality fairly radiated a magnetism and charm that astounded the audience.

When I chanced to speak with him afterward, he told me, in a voice ringing with joy, that he owed everything to Madam Duval. He said, "I know you are surprised at my development. Last summer when I went to see Madam, I was a broken down young man. Today, through her patient teaching, my body has responded to her urgings. My bow legs have actually straightened and my bony frame has gradually been covered with muscle by the unusual exercises she made me perform daily. Her method is something that has not been seen in America. It is one of the oldest of European technique systems."

Just two months ago William Hughes started to dance with Esther Kait, an exceedingly pretty sprite, who was one of the runners up for the title of "Miss Philadelphia" in the 1925 Atlantic City Beauty Pageant.

Madam Duval is not content with just building up the body alone; she builds character, also. Madam Duval

insists that this balance is of the greatest importance, that much of the efficiency of a well balanced body is dependent on a well balanced mind. To this end, besides physical training, her system of tuition includes a thorough study along modern lines of form, color and design, music and literature and the practical application of these to the stage. One excellent feature of the Madam Duval method is that each pupil is made to feel that she is a vital part of the whole organization, that her own ideas and views are important and necessary.

Two of the most promising pupils of Madam Duval are the De Carro brothers. They have won distinction in the weight lifting sport and stand at the top of the featherweight division. It is remarkable how they are developing in the art of the dance, and, unlike Wm. Hughes, who first had to be developed physically by Madam Duval, they commenced with sturdy bodies as a result of their bar bell training. Their hearts are set on a stage career and with Madam Duval directing their energies towards this goal, they ought to become famous as eccentric buck and wing dancers.

The only limitations of art are the limitations of life itself, so the artist who aspires to interpret life in all its vast complexities must find a technique equal to the task. It must have the fullest range of tone, scope, flexibility and be capable of recording all the

finer shades of thought and feeling. To this end, Madam "Dot" Duval has developed in her pupils a complete understanding of the close inter-relationship of dancing, acrobatics, gymnastics and music, so that all may be combined, each in its right sphere, to present as a unified whole the living, pulsating work which anyone may see in the achievement of the "Dot" Duval dancers.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on September 4, 1926. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

The American Continental Weight-Lifters' Association is devoted to the promotion of interest in weight-lifting and body building in all corners of the world. It is not, however, solely devoted to weight-lifting; its officers and members are also interested in the promotion of health through diet and athletics.

It certainly is a worthy institution and one that promises to go big in a very short time. It has already attracted the attention of some noted authorities on body and health building.

Spine Stretching Exercises

(Continued from Page 28)

point. Then try to overreach it as you continue to practice.

Fig. 4 is the easiest to perform of the remaining stretching exercises. Like most easy things, it is not so valuable as the more difficult ones.

Fig. 5 shows a step further into the genuine stretching exercises. Here you simply hang from a bar or rings, letting the entire weight pull the vertebrae apart. You will notice that there are two points marked off, one at the base of the spine and one at the base of the brain. I have measured the distance between these two points while in a standing position, and again while in a stretched position. The difference in the two measurements I found to be about an inch.

Fig. 6 is still another step further. In this one you hang from a bar or rings with your legs and allow your body, from the hips to the head, to remain relaxed. This relaxation in turn, allows the weight of the head, shoulders and upper body to stretch the spine. You can assist further by trying to reach downward as far as possible. Or you can pick up some weight from the floor.

If the legs have a tendency to want to let go, you can eliminate this by fixing another bar across your toes or in steps.

Fig. 7 shows another variation, in which you grasp a bar or something stationary. Then, by the strength of the arms, pull as hard as you can. This is a very good stretching exercise.

Exercises like these help one to get rid of sciatica, rheumatism of other parts, neuralgia, and other nerve ailments. I am not recommending these as a direct and complete cure for these ailments, but merely as an aid to putting the nerves into a healthier condition, for healthy nerves will be free from such irritations.

There are other causes of neuralgia, rheumatism, etc., such as decayed teeth, in which case nothing but the removal of the decayed parts will bring relief.

Cases of Chorea, better known as St. Vitus' Dance, can be helped greatly by the right diet, salt baths and systematic exercise. This treatment will completely cure mild cases of St. Vitus' Dance in a comparatively short time.

Infantile Paralysis can be helped, and complete loss of power in the affected parts prevented, by persistent and systematic movements. Movements for this disease of the spinal cord should be begun promptly after the person is known to be affected by this disease. Don't wait until months or years have gone by before starting to restore the paralyzed parts with exercises.

Diphtheritic paralysis, which may affect the limbs and the swallowing muscles after diphtheria, can be eliminated by mild exercise and stimulating massage.

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Old at 23

OLD AGE depends on OSSIFICATION or hardening of the arteries. An excess of starchy foods such as oats, wheat, rice, potatoes, etc., is one cause of the encrusting of the inner walls of blood vessels, producing malnutrition, **HIGH BLOOD PRESSURE**, homeliness, OLD AGE and DEATH.



DOMESTIC animals, horses, cattle, sheep, etc., eating grains (herbivora) are SHORT lived. WILD animals, eating mostly animal food (carnivora) are frequently LONG lived, (100 years).

Observe the deposits inside old water pipes and kettles. Similarly an excess of calcareous substances from starchy foods with earthy matter from water, clog the arteries.

Watch the people who consume large quantities of starchy foods, bread and water! They look HOME-LY and prematurely old, are STIFF and AWKWARD in their movements, and their skins are often rough and scurfy. Suitable animal food, fruit and vegetables produce an appearance of youthfulness, grace, and refinement in coarse-looking starch-eaters. For quick proof try only aged persons, who have exhausted their reserve power. Send for statements of ELDERLY people who have experienced a wonderful change to youthful activity after only 10 days' trial of the new system of UN-DILUTED waterfree nutrition.

The injurious effects of water, table salt, cereals, fat, butter, sugar, etc., are explained in our booklet; also the one common underlying cause of all disease.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected e. g., paralysis, blindness in hens, rats, etc.; beriberi, skin affections, etc., in men.

From sworn statements:—PARALYSIS, Age 61. Right hand and leg helpless three years, restored in three weeks. ARTHRITIS. All joints swollen from lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, do home work. CATARRH, hay fever, and asthma, improved from the first meal. GALLSTONES, Age 50. Cholic every week for years, but not one attack since instruction over four years ago. TUMORS, Age 40. Dissolved within a year. GOITRE. Collar reduced 17 to 15 inches normal size. UTERINE HEMORRHAGE, Age 50. Bedridden three years. Now does housework. ECZEMA, Age 69. Skin cracked, scaling, normal in three months. PYORRHEA. See Reprint from "Dental Digest." PREGNANCY, Age 39. No nausea, no swollen feet nor constipation, delivery painless. Waterfree Meals. Educational Booklet 10c. BRINKLER SCHOOL OF EATING, Dept. 20-H 131 West 72nd St., New York.



are greatly recommended for nearly all nerve disorders. This recommendation is not only made by body builders, but by doctors, also.

Fig. 8 shows you the bones of the spine and how they are fitted on top of one another.

Fig. 9 shows how the nerve branches come out from the spinal cord. The spine bones are not shown in Fig. 9.

What Athletes Need

(Continued from page 21)

only waiting for someone to discover them.

Every once in a while some one brings one of these brilliant novices to an A. C. W. L. A. show, and some times the novices do really very creditable things. However, they usually show that although they are strong, they are not as strong as they believed themselves to be.

We have never contended that all the strong men were lifters, or even that necessarily the strongest man is a lifter. We could imagine some enormously large and powerful man who had never seen a weight who might at dead weight lifting defeat crack lifters, but we know that that man could increase his own size, strength, and records by bar bell work. So if there are such men around we would like to know about them, and we would like to get them started lifting, too.

It has been our observation that the will to be strong plus working to be strong will bring success to any man. That some may find the road to strength shorter and easier because of their heredity every one knows, but we also know of many men who overcame obstacles apparently impossible to surmount and were finally remembered among the strong men of all time.

This magazine is interested in lifters and lifting, but more than that, it is also interested in strong men and strength. Some times we may seem to feel that there are no strong men except lifters, but this more because we do not know how to judge their strength, rather than because we firmly believe there are no strong men except lifters.

So many men who are strong have been brought to our attention, only to have us find that their strength can be used in one way, under one set of conditions and cannot be adjusted to meet the varying conditions which we feel really tests a man's strength. We do not mean tests which revolve around lifting, but tests which show the sheer strength of the contestants; and if the Boston Post Competition should really start us on the way to evolving such tests, we would be taking a long step in advance.

Certainly we would like to hear from our readers about this.

Art and Beauty

(Continued from Page 52)

succeed upon the stage, choose your grandparents and your parents with care," is true.

It seems as though no one, unless they have a tradition of stage success behind them, can stand the gaff which

all beginners are called upon to face; and then, just when you are ready to give up in despair, you meet someone like Esther Kait, a girl who has determined to succeed upon the stage, and a girl who is already showing very evident signs of realizing her wishes.

How to Acquire a "Peaches and Cream" Skin Thru Exercise

(Continued from Page 25)

out in back of you, as in Fig. No. 9, then quickly bring it back to position and repeat same with the right leg. Do this movement vigorously and quickly, so as to bring all your abdominal muscles into play.

Again I revert to deep breathing exercises, for they are very important as they tend to purify the blood. I want to impress you with their importance as a part of your daily program. They not only purify the blood, but are a great aid to the complexion as well. Stand at attention with the heels together, head erect, stomach in; bend forward at the waist and try to touch the floor with the finger tips. Now raise the body slowly, breathing in deeply as you do so, until the lungs feel full. Hold the breath for a moment and then crush it out by rotating the arms downward and inward vigorously, across the chest, thereby contracting the chest muscles and thus forcing the air out completely. Take care not to hold the breath long, as this will produce carbon dioxide in the blood, which is very harmful.

Health—Strength—Beauty

(Continued from Page 58)

collarbone shows too much; what can I do for that?

I will be grateful if you will send me my correct measurements. Do you think it is possible for me to build myself into proper proportions?

My height is 5 feet 5½ inches, and I weigh 116 pounds.

E. S., Chicago.

In the April issue of STRENGTH there was an article on gaining weight, by Miss Margaret Sargent, and for your benefit I am sending you under separate cover a copy of this issue. If you will practice the exercises given, I am sure that you will make satisfactory gains.

You are, indeed, a great deal underweight. I would suggest that you drink at least two quarts of fresh milk each day. Eat plenty of vegetables, fruits, salads and whose wheat products. A raw egg, beaten in milk and taken two or three times a day is a great aid in body building. Eat slowly and get plenty of sleep. Avoid nervous excitement and get plenty of sleep (this is very important). Get out of doors as much as you can. Walking is a wonderful body builder, providing you do not exert yourself.

The correct measurements for your height are: weight 140 pounds, neck 13 inches, chest 31¼ inches, bust 35 inches, waist 26¾ inches, hips 38 inches, thighs 24 inches, calf 14½ inches, upper arm 11½ inches, forearm 9¼ inches, wrist 6½ inches.

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Sons of Hercules

A Real Goliath. Angus McAskill.

By George F. Jowett

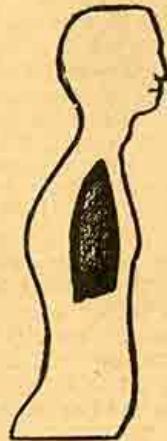
THE door crashed open with terrific abruptness, rousing me from my brown study with a wicked jar that nearly made me lose my eye teeth. The invader was pop full of excitement, and his eyes bespoke a surge of thoughts that were behind the rapid fire of words which tumbled from his lips with such incredulous incoherence, that I thought the speaker was verbally choking. At first I thought it was another war, a Japanese invasion, or an earthquake. It was pretty hard to tell which, in the moment that bomb shell dropped in my den to explode. When I saw it was no other person than the pal of all my sorrows, Jimmy Bassett, I wiped the perspiration from my brow, and settled back in my chair of comfort. Jimmy was still spitting out the words like a machine gun, when I began to talk—he usually quits then, before I make him. Well, I had to stop him to save himself; his tongue was clattering against the roof of his mouth so fast it seemed as though his teeth would all rattle loose. "Hey, wait a minute. Slower, more distinct. We've got all night. Take your foot off the throttle, retard the spark. Use your brake when you come to a semicolon, and jam on the emergency at a period. 'Atta boy. Now, I know you are no more drunk or insane than usual. Tell me what's biting you."

"Oh, boy! I heard a real 'un. Imagine a guy carrying an anchor on his shoulder weighing over a ton, and him a real giant, standing over seven feet six inches tall. Who ever heard of a strong giant? Wow! Jimminy, I was tickled skinny when I was told to ask you for verification. When did you hit the hop?" He concluded his barrage with a roar of laughter, and as he had gone to considerable exertion to rush over with the news, I thought I could afford to let him enjoy himself for a little while, anyway.

"Well, Jim," I replied, "I suppose you are referring to Angus McAskill, the Nova Scotian giant. He is the only man I ever heard of who claimed to have performed such a stunt. Personally, I never put much stock in all I heard about him, until some of his feats were verified by some old time strong men I know, whose word is very reliable. McAskill, undoubtedly, was an enormously powerful man, but you figure things out according to his height and weight, they are quite possible for him, as some of his feats have been done by men weighing over two hundred pounds less than he, and many of his other feats were closely approached. So the difference in his body weight would make up for the difference of weight in his lifts over the lighter men. Still, I am well aware of the fact that it is a rare circumstance to hear of a giant being strong in proportion to his height and weight. McAskill stood seven feet nine inches in height and weighed five hundred and sixty pounds.

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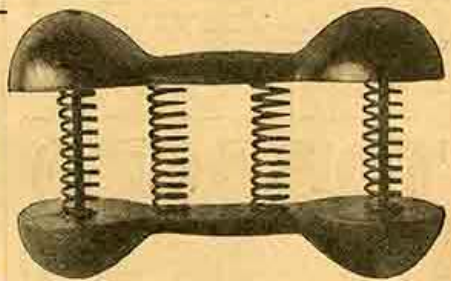
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They tell me that the span of his hand was twelve inches, and the breadth was six inches. His chest measurement was actually eighty inches, which is easily verified by the coat he wore, which is now in the museum at Halifax, along with other relics belonging to him. They have a pair of his shoes that show his foot to have been eighteen inches long. The feat to which you are referring, Jimmy, is all right. It was performed in Boston in the 'nineties,' when he was appearing with a circus. It seems that he made a bet that he could carry a certain anchor on his shoulder. This anchor weighed twenty-two hundred pounds, and attached to it was six fathoms of chain. He shouldered the anchor and walked from the wharf to Atlantic Avenue, with the six fathoms of chain dragging. It was an enormous feat."

By this time, my buddies were all attention. His verbosity had been absorbed in the interest of the retelling of the remarkable feat credited to this famous giant. "I guess you are right, but what deductions have you made for comparison? It sounds kind'a interesting to me. Just what have some of the others done?"

"Well, there was Barre; he shouldered that twelve hundred and seventy pound bar bell and walked away with it on three occasions; and a bar bell is a very painful thing to carry on one shoulder. By this I mean, if the surface space of the bar was greater, Barre would probably have carried much more. Then, Gerner has supported every bit as much as that anchor weighed without the chain, across both shoulders, but walking with it is a different thing. Anyhow, these two feats alone prove the possibility of McAskill's feat, as he weighed over twice what Gerner weighs. Some of the feats told about McAskill are tremendous, and you can suit yourself whether to believe them or not. His father was in the fish business in Halifax, Nova Scotia, and he supplied many of the ships with sea food. It happened on one occasion that his father had received an order to deliver two barrels of fish to one of the ships in port, and accordingly he told Angus to go out and hitch up the horse to the wagon and deliver the barrels of fish. By all accounts Angus was as lazy as the deuce and just hated to work, but he was ever ready to display his strength, and this time he figured it was easier for him to carry the barrels than to go to all the trouble of hitching up the horse, so he tucked one barrel under each arm and walked to the docks with them. As he hailed the boat he deposited the barrels on the ground, informing the purchaser that "Here are your two barrels of fish." The seaman got a little sore, for he thought Angus was pulling off a joke at his expense; anyhow, he said, "I didn't want two empty fish barrels, I want two barrels of fish." "That's just what you've got," the young giant informed him, and the sailor was amazed to realize that such was the case. What those barrels weighed, I do not know. They might have weighed

anything from a hundred pounds to four hundred pounds; but they are an awkward, bulky affair to handle, and the average man has not arms long enough to encircle, comfortably, an ordinary fish barrel.

"A story that sounds tall, is one I have heard often. While he was logging, the team of oxen he was driving got stuck with one particularly big log. They tell how Angus got mad and unhitched the team, and dragged the log home by himself. There is a possibility that the oxen were balky; it was in the winter, and it is more likely they got stuck, as the cloven hoofs of an ox are not of sufficient surface to make them very good in snow. But, ordinarily to infer he had more than the strength of a team of oxen, who are built naturally for pulling, is rather high sounding, and takes some believing. I am more apt to believe the yarn of when his team got stuck with a wagonload in the mud, he got under the load and lifted it out. I have known such things to happen. In fact, Louis Cyr has credit for a feat similar to that, and I knew a big wrestler who actually helped out one of the horse-drawn fire engines that had got stuck in a mud hole.

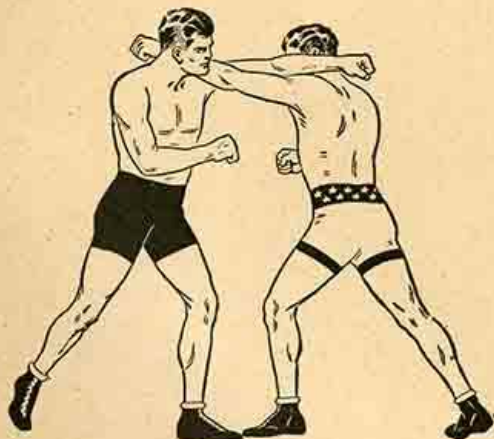
"Angus, it appeared, got angry very easily, and it always provoked him when others got stuck and he was obliged to work to help them out. A bunch of fellows went out on a fishing trip, and when they came in and tried to pull the boat ashore, it got stuck in the sand and resisted the efforts of seven of them. Angus stepped up and grasped the stem of the boat with his hands, and with one pull grounded the boat, but in the act he tore the stem right off, thus doing more damage than good.

"It is said that the news of his great strength traveled to the ears of Queen Victoria in England, who very much doubted the stories told of the power possessed by McAskill. In other words, seeing was believing with this sovereign lady, and she sent for Angus. To prove his stuff, the giant crossed the Atlantic and performed before his royal queen, who was tremendously impressed and pleased with his exhibition. In return, the queen presented him with a purse of five hundred pounds in gold, which would be worth about twenty-five hundred dollars.

"He traveled with the circus for a few years, and then quit to settle down in Halifax, where he kept a store. I have heard so many times from natives in Halifax who knew him, that when any person came in to buy a pound of tea, he just stuck his hand into a bag and grabbed a handful, which he put into a sack without weighing. His handful weighed a good pound measure. So," I concluded, as I finished telling all the stories I had heard of the remarkable giant, Angus McAskill of Nova Scotia, "you ought to feel real glad, Jimmie, that it was not Angus McAskill you rushed in on when you busted open that door, jabbering like a chimpanzee. For, if he had put one of those mitts on you, you would have been—good-bye, Jimmy dear."

A HOOK to the JAW and OUT

Do You Know How to Deliver This Blow and Others



or must you just say "Yes sir" and "No sir", or are you afraid to open your mouth at all when any one bawls you out? You don't want to be that way. I know you don't. No man ever lived that did. But there are any number of men who think it cannot be overcome in their case.

Just learn to handle your mitts cleverly—learn to deliver punches that hurt, bewilder and knock out your man. Then all your fears will disappear. You'll have confidence in yourself and your ability. You'll be a man.



With This Course You Can
Surprise Them
With Your Fistic Cleverness

Not only surprise them, but also disappoint them with their inability to lay a glove upon you. And when they feel the sting of your punches, they will begin to realize what they are up against.

You'll Learn to Shadow Box.
You'll Become Fast
On Your Feet.
You'll Know How to Train
Properly For Boxing Matches.
There's Money In It Too!

Who can knowingly say you won't develop into a good professional boxer? Stranger things than that are happening every day. If you do that, you need not be told of the money you will pull down. This course will teach you everything there is to know about this fascinating game.



Don't Be One of the Kind
Who Throws Up the Sponge,
Saying "I Can't Do It"
— You Can!

Send for this course today, and you will soon gain the respect of all who see you or are up against you while in action.

Just to know you can fight if needs be, is a glorious feeling. It gives you confidence in yourself which you will carry into your profession, whatever it may be. Confidence will push you ahead as nothing else will.

Your skill in handling the gloves will baffle your best opponents. You will so bewilder them with unexpected and stinging punches, that they will give ground, swing wildly or try to cover up.

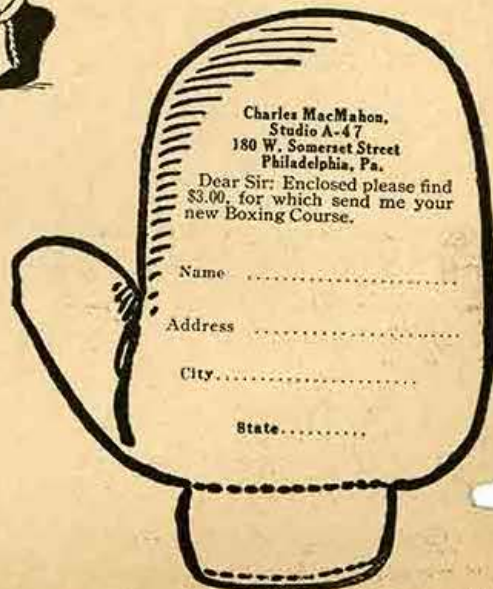
Put Your Name On the Glove and
Shoot It To Me, FAST

CHARLES MacMAHON

Studio A-47

180 W. Somerset St.

Philadelphia, Pa.



What These Fellows Are Doing with **BAR BELLS**

Read Below of their Achievements Under MILO Guidance

These fellows are three of the stars of the most recent generation of bar bell users. What they have accomplished with Milo Bells and Milo Instructions, is told you in the following paragraphs. Bear in mind it is the methods employed that gives results, and the Milo Methods are not respecters of persons. What these fellows and the hundreds of other beginners on the Milo System can do, you can do also. All you need is the Milo Methods and the desire to become a far better man physically. And you cannot become a better man physically without becoming a better man mentally and morally.

Arthur Levan—One of the Best Lifters in the Country

Mr. Levan weighs only 130 pounds, but is one of the strongest men at his weight in the country. His two hands Military Press of 170 pounds and his two hands clean and jerk overhead of 225 pounds will certainly prove his great strength if you bear in mind his very light body weight.

A. LEVAN



We can show you hundreds of men like these that we have developed in recent months. We can show you additional thousands we have developed in several years. There will be hundreds developed in the next few months. Will you be one of them? Why not? When you get a bar bell, you get the system that is used and endorsed by all strong men the world over. You can't go wrong with a Milo.

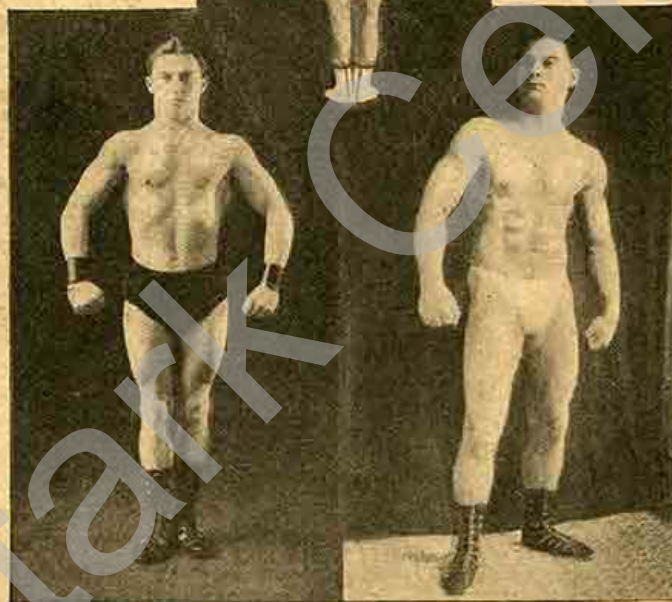
You Can't Fail with a Milo Bar Bell

Thousands daily are being rapidly developed by using Milo Bar Bells. Thousands of young men and boys are being transformed in the nick of time from chronic weaklings to fellows like the three young men shown on this page. Middle-aged men are being brought back to youth as far as strength, physique and feeling fit is concerned. Older men are being brought back to middle-age, and some claim they feel like youths again after a few months on our system.

M. Molloy

Mr. Molloy is strong also, but chiefly renowned for his beautifully shaped muscles and proportions. He is still in the formative stage and will further develop.

Wouldn't you like your body to be as well formed as his? You certainly would, or there is something wrong with you. Milo Bar Bells did this for Mr. Molloy, and they will do it for you.



M. MOLLOY

G. MURRAY

You Are Only As Old As You Feel

Get back the spirit, the energy, the strength and health of a healthy youth. You can accomplish it with our help. You young men, who feel all right, no doubt, but who lack the strength and physique men should have, get a Milo Bar Bell NOW! Don't let it go until you decline into complete physical debility.

Mr. G. Murray

Mr. Murray is noted for his strength and form also, but his pictures do not do the size of his muscles justice. You will realize his size better when we tell you his neck measures $16\frac{1}{2}$ inches, biceps 16 inches, calves 16 inches, chest 43 inches, thigh $23\frac{1}{2}$ inches, and other measurements in proportion. And he, like the other two, is hardly more than a beginner. What will be his size later on?

Our Guarantee Is As Good As Gold But we are not so proud of this reputation as we are of the fact that less than 1 person out of 300 is not thoroughly satisfied. So will you obtain satisfactory benefits, or you get your money back. What could be fairer?

The real beauty of the Milo Methods is that you will be pleased from the moment you get your bar bell set on through the rest of your life.

**Our Large Booklet Tells You More About Our Pupils and Gives You
the Prices and Styles of Our Bells**

The Milo Bar Bell Co.
2739 N. Palethorp St., Dept. 141,
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Gentlemen:

Please send me, without obligation on my part, your free booklet, entitled "Health, Strength and Development and How to Obtain Them."

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A Strength and Physique Show

Will Be Held in
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Sesqui-Centennial, Municipal
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On Saturday Afternoon,
August 21

At two o'clock sharp
(Daylight Saving Time)

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