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ONLY \$2.00

Giant Chest Expander and Progressive Exerciser

Be a muscular marvel. Have the muscles of a superman. Become strong for your health sake or to astound your friends with extraordinary feats which only men of giant strength can do. In a matter of a few short weeks you will easily be able to do stunts which now seem difficult—then real muscles and strength will be yours—and will be yours to keep. If you only want exercise to just keep you in good shape you can reduce the strength of the Progressive Exerciser by eliminating as many cables as you wish. If you want great resistance so as to build big solid muscles, then use the full strength.

How the Giant Chest Expander and Progressive Exerciser is Made

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, as the double strength Exerciser has resistance of over 200 pounds.

Your Guarantee

So positive are we that you will say that the Giant Chest Expander is the finest that you have ever seen that we will rush it to you with the understanding that we will refund your money if you are not entirely satisfied.

Order Today

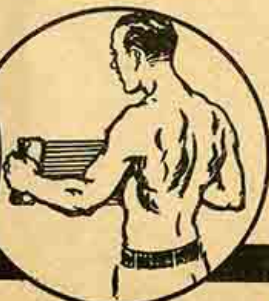
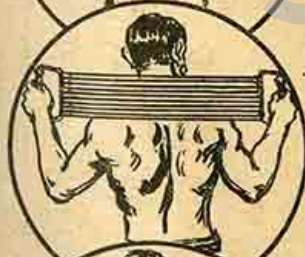
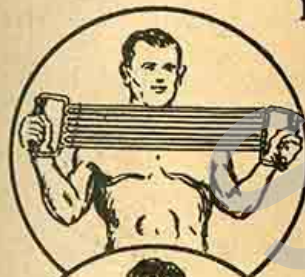
Send at once and get your Giant Exerciser at the present low introductory price. This price is made so low because we want everyone to enjoy muscles and strength at the lowest possible cost. Don't pay more—order from us—get the most for your money. Use coupon now.

Free Instructions

We do not think it is enough to send you an exerciser which is worth double what we ask, but for a limited time, we will include instructions absolutely free. These instructions tell you the proper way to use the Giant Chest Expander and Progressive Exerciser. You will find these instructions interesting and simple to follow. By following these instructions, you will be following a short cut to health and strength. Order today before this wonderful offer is withdrawn.

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

**Use This
Money
Saving
Coupon**



PROGRESSIVE EXERCISER CO.

1007 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.

Name

Address

City State



Strength



JULY, 1926

Vol. XI

No. 5

CONTENTS

Cover design by W. N. Clement

Exercise—Diet—Hygiene	Editorial	21
Stretch—for Health and Beauty <i>Photographs</i>	Margaret Sargent	22
The Three Essentials in Chest Building <i>Photographs</i>	Charles MacMahon	26
Heat Prostration	Dr. A. N. Mittleman	29
Defining the Mystery of Strength <i>Photographs</i>	George F. Jowett	31
How Weissmuller Beat the Greatest Natator <i>Photographs</i>	Jack Russell	35
Handball—Played the World Over <i>Photographs</i>	Jack Russell	37
The True Show Girl—the Home Girl <i>Photographs</i>	David Wayne	39
American Continental Weight Lifters' Association Notes <i>Photographs</i>	John Bradford	42
The Summer Camp <i>Photographs</i>	Russell Viohl	46
75 Miles an Hour on a Bike <i>Photographs</i>	Dean Carrol	49
Ask the Doctor—Department	Dr. A. N. Mittleman	51
Health—Strength—Beauty (Our Girls' Circle) <i>Photographs</i>	Marjorie Heathcote	53
The Health Digest	Department	55
Breasting the Tape <i>Photographs</i>	George F. Jowett	57
The Mat—Department <i>Photographs</i>	George F. Jowett	58
How to Read Your Health from Your Skin	Dr. Edwin F. Bowers	61

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**Now Sent
FREE!**

**How To Work
Wonders with
Words**

**Not Only Men Who Have Made Millions
Send for this Astonishing Book
~but Thousands of Others!**

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter O. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity, standing, power and real success. You can now obtain your copy absolutely free by writing at once.

TODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. 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 the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-appreciated after-dinner speaker.

**WHAT 15 MINUTES A DAY
WILL SHOW YOU**

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

what they want by the sheer power of convincing speech. 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, standing, power, and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

**Easy for Any One.
Only 15 Minutes a
Day Required**

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to raise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only

fifteen minutes a day in the privacy of your own home and you can accomplish all this in a few short weeks.

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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Please send me FREE and without obligation my copy of your famous book, *How to Work Wonders with Words*.

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Address

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

**Either You Become a Powerful Speaker
—or Your Training Is Free**

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you silent when men of lesser ability get

Don't Go Through Life BLINDFOLDED!



DON'T expect life to bring you success. Meet it half-way! Prepare yourself for greater things—and greater things will come to you! Through a remarkable new method, Dr. Bush, the most eminent author-lecturer on Practical Psychology in America, has enabled thousands of men and women to *find themselves*. He has enabled them to recognize and develop their hidden talents—to make the most of their glorious possibilities. Dr. Bush has not only increased their earning power to a really astonishing degree—he has enabled them to gain countless new friends—to be well-liked wherever they go.

The men and women who succeed do so not because their brain power is so much stronger than the brain power of ordinary people but because they know exactly what their own special talents and weaknesses are. They have learned how to increase their talents enormously—how to please others—how to always appear at their best. They have learned how to overcome their weaknesses—how to banish their timidity, awkwardness and self-consciousness. They have learned how to get rid of any unpleasant mannerisms they might have had—how to stop doing the things that made people dislike or distrust them. They have learned how to be forceful in business—popular in social life—successful and well-liked wherever they go. Dr. Bush can teach you to do the same.

Know Yourself!

No ambition is too exalted—no aim too high. Once you have learned to *know yourself*—once you have learned how to develop your talents—how to make the most of your abilities—you, too, will have success within your easy grasp. In every man and woman there are certain talents that need only to be developed to raise that man or woman to the highest levels of achievement.

"You-ology," a vitally important new book on this absorbing subject, has just

been published by Dr. Bush. In simple language he reveals to you the secret of determining your own special talents and weaknesses. He tells you exactly how to develop your talents—exactly how to strengthen your desirable tendencies. Dr. Bush has spent years in the study of Psychology, and his book fully explains the principles upon which his amazing method is based.

Actual Examples!

A young man in a small Middle Western town had for seven years given the best of his ability to his work. He was well-educated and intelligent—and a hard worker. Yet somehow he failed to get ahead. Then he started the absorbing study of "You-ology." Instantly he perceived the reason for his failure. He applied the great principles of "You-ology" to himself—and immediately *began to make good*. In less than one year he was earning twice his former salary!

Another young man had for years been a victim of self-consciousness. He was timid and hesitant in manner—unable to mix with people—always an outsider. But from the moment he became interested in "You-ology" his entire personality changed. He began to make new friends—became well-liked and sought-after. He achieved popularity—became a social success.

These are but two of the countless thousands of cases that have been helped through "You-ology." Through this remarkable new method Dr. Bush has shown thousands the way to a happier, fuller life—has shown them how to increase their earning capacity—how to gain new friends—how to get their full share of the good things of life.

Don't Be a Square Peg in a Round Hole

One of the greatest benefits you will receive from this astonishing book is that it will enable you to determine accurately the type of work you are best fitted for. No one can achieve great and lasting success unless he is engaged in his proper line of work. Are you "cut out" for the job you now hold? Or should you change to some other?

"You-ology" will prove of inestimable value to you in selecting your life's work.

Find out what your own special talents and weaknesses are. Know yourself! In you, and in you only, lies the key to your success. Get into your right niche in life—you will achieve more than you ever dreamed possible.

Whatever your proper work is—you will learn to love it—become absorbed in it. You will quickly and easily accomplish things which heretofore seemed impossible. You will astound your friends with your rapid strides towards success.

Special Reduced Price Offer Mail Coupon TODAY

"You-ology" is one of the most comprehensive books of its kind. It is the result of years of close observation of thousands of people. In case after case Dr. Bush has proved that the first great step toward success and happiness lies in *knowing yourself*. Before you can develop your talents you must know and understand them.

Don't go through life handicapped. Take advantage of your glorious possibilities! Let Dr. Bush help you to find yourself. "You-ology" has shown thousands the road to success. It will teach you how to fulfill your greatest ambitions. It will enable you to reach the heights of achievement!

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All right. I'll be the judge. Send me the book, "You-ology," for Five Days' Free Trial. Within the five-day period I will either return the book without obligation or keep it for my own, sending you only \$3.50 in full payment.

Name

Address

City

State

(Remittance from foreign countries and U. S. possessions must accompany all orders.)

Discovered!

The Secret of Caruso's Amazing Vocal Power



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



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

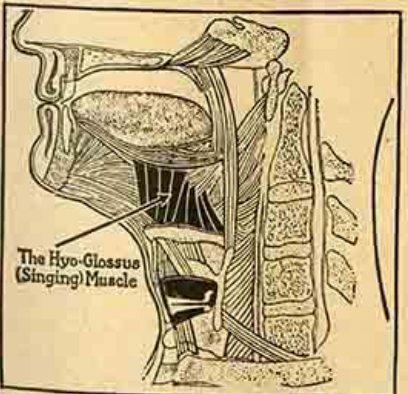


Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

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

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

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

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

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

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

100% Improvement in Your Voice—Guaranteed

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

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

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

You Do Not Know Your Real Voice

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

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

FREE!

The Wonderful New Book "Physical Voice Culture"

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

Perfect Voice Institute

1922 Sunnyside Ave., Studio B-577, Chicago

Perfect Voice Institute

1922 Sunnyside Ave., Studio B-577, Chicago, Ill.

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

Singing Speaking Stammering Weak Voice

Name.....

Address.....

40 Years Old and Winning Medals For Supreme Strength

Westerner Tells of Wonders of Strongfortism

We could fill this magazine from cover to cover with photographs and testimonials from men in every walk of life who have been developed from ordinary every-day fellows into healthy, robust, strong chaps who stand head and shoulders above others in their communities—some becoming state and regional champions. But we can only take examples here and there from the multitude and present them as evidence of the value of STRONGFORTISM, and to prove the scientific basis on which LIONEL STRONGFORT founded his famous course of health and strength development.

Here is one of them. It's the case of FRED VAN NORSTRON, of UTAH, who built himself up from almost zero to a strapping, big, powerful chap whom all admire, solely through STRONGFORTISM. Read his letters.

Utah's Strong Man PRAISES STRONGFORTISM

LIONEL STRONGFORT,

MY DEAR SIR AND INSTRUCTOR:

It gives me great pleasure to write you on this occasion to tell you that some few days ago, I received my last lesson of your regular course, and I can frankly say I am very very much pleased with it all the way through. It is a scientific course, well studied out, and clearly defined in language that any one can thoroughly understand.

I have tested it as per directions and I can truthfully say it is all that others have stated in their testimonials and if any one cannot get GREAT RESULTS it is his own fault. They either do not follow instructions or they are too lazy to do their exercises.

Now, Mr. Strongfort, I am going all the way with you, and I am going to follow instructions just as they are given.

Will send you some photos later on that you will be proud of.

I sign myself,

Your Most Sincere Pupil,
FRED VAN NORSTRAN,
Box 575, Tooele City, Utah.

TOOELE CITY, UTAH, June 28, 1925.



Van NORSTRAN, Utah's Strong Man

Proud of His Rugged Physique---Sends His Photos as Proof

MY DEAR INSTRUCTOR,
MR. LIONEL STRONGFORT,
DEAR SIR:

October 30, 1925.

Find enclosed photos of living testimony of your wonderful training. (Two of these pictures are here reproduced.)

I am a man now over 40 years of age and have medals that guarantee me as one of our state's strongest men.

I won honors in Utah, Wyoming and Montana, and I am not through yet, my dear old friend; I am just beginning to learn how to acquire great strength. My muscles are not yet what I can make them by following your instructions.

In the one photo I am shown jerking over head 178 pounds. It is an old style Bar Bell of the shot-loading kind.

In No. 2 I am with my partner Mr. James Shelton, doing the Roman Column lift of 155 pounds—so you can see how I have progressed.

In No. 3 you see how I look after a wrestling match with the famous J. C. Carry, whom I defeated in 30 minutes.

In photo No. 4 I show my back muscles and my great neck that now measures 18½ inches.

I can lift 800 pounds with that neck—how is that for an old man?

And, dear old friend I give you credit for it all. You have shown me the right way, and if any one doubts it, tell them to write to Fred Van Norstran, 732 Getchell Street, Helena, Montana.

Your Most Sincere Pupil,

FRED VAN NORSTRAN, 732 Getchell Street, Helena, Montana.

Saw Van Norstran Perform In Public

"A Wonderful Exhibition" Of Merits of Strongfortism

MR. LIONEL STRONGFORT,
NEWARK, NEW JERSEY.

TOOELE CITY, UTAH, April 6, 1926.

DEAR SIR:

Perhaps you will think it rather strange getting this letter of inquiry from an interested stranger—but something came up here recently that rather surprised or amazed me.

I saw at the last meeting of our lodge, which gave an entertainment, a strong man who gave us a wonderful exhibition of physical strength and posing. His exhibition was something really unbelievable and his body was a marvelous sight. His physique was an inspiration to all who saw him, and the wonder of it all is we all know he is past 40 years of age.

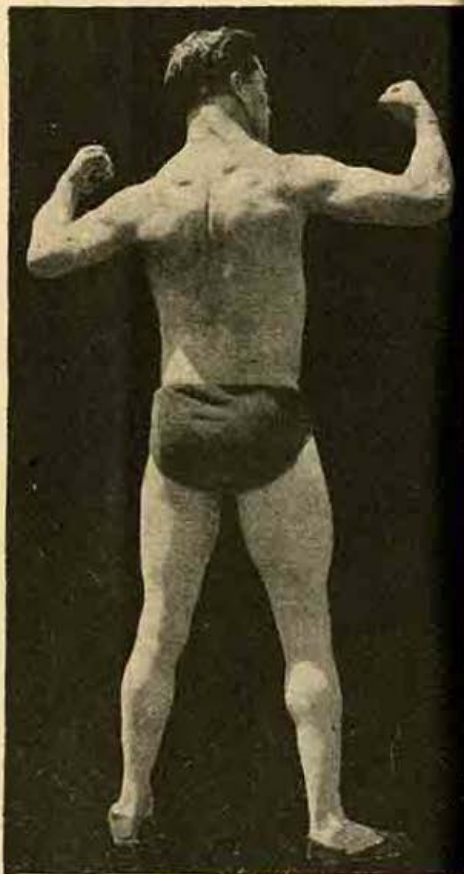
My son has been bothering the life out of me ever since. Asking me to get this man to train him to become a strong man.

So I went to this man a few days ago to see if it were possible to build up the human body to such a degree as his own, through physical culture. He said it was, and he told me of you, and also said that you were the man that showed him the way to health and great strength. Now, sir, I always laughed at the idea of acquiring results in that line via the "mail-box" route. Hence this letter. Now please write me and explain your system and if I can see my way clearly, I will give you a trial.

Address me as follows:

A. E.—M.—, Tooele City, Utah.

P. S. This pupil of yours is Mr. Fred VanNorstran, Please tell me also if he is your pupil.



Thousands of similar letters and equally striking photos are in the files of the Strongfort Institute, Newark, N. J., all telling of the marvelous achievements of Strongfortism in the upbuilding of the human body from weakness to health and strength. You can learn all about it by simply writing for the Free Book told of on next page.

Keep on ailing and you'll KEEP ON FAILING!

Defective vitality, disease and chronic ailments are dragging you down to the lowest depths. Weakness of body is robbing you of every chance of a life of happiness and success—married or single. Your physical defects stick out all over you—tell on you wherever you go—mark you as a misfit and a weakling. You find yourself a reject in social circles, a nuisance in your home with your constant ailing and complaining. Your sallow complexion, your anaemic look, your nauseating breath, your nervous fidgeting all contribute to make real men and women shun you whenever you try to mix with them.



LIONEL STRONGFORT

Dr. Sargent, of Harvard, declared that Strongfort is unquestionably the finest specimen of physical development ever seen.

TAKE A LOOK AT YOURSELF

Look in the mirror. Look inwardly at your conscience—ask yourself if you believe you are a manly man who deserves any success, or favor, or friendship in the world. Ask yourself if you are getting the joys out of life that healthy and red blooded, vigorous men get out of it. In your own timid soul you know you don't deserve a thing—you know you are worthless because you are one of those fellows who has neglected and abused the powers that Nature gave you—who has, by late hours, dissipation, booze-fighting or drugs and dope acquired nasty physical ailments that keep dragging you down physically and mentally until you feel dejected and hopeless. Notwithstanding all you have been guilty of, no matter what your condition, I hold out a helping hand to you—I CAN PUT YOU ON YOUR FEET.

You Won't Get Anywhere

so long as you go on snuffling, coughing, ailing, aching and complaining. You won't score until you've banished weakness and stood up straight and looked men and women square in the face. If you are suffering from nervousness, constipation, indigestion, rheumatism, weak heart, catarrh, colds, or other physical ailments, write me frankly and I will tell you how, in the privacy of your own home, you can rid yourself of these horrors and become a real he-man—vigorous, energetic, strong, magnetic. You can't afford to drag through life, half dead, wretched. I will help you out of this pit of despair if you will just tell me your trouble. Let me tell you about the benefits weak men derive from

STRONGFORTISM

The Modern Science of Health and Strength

Strongfortism has helped thousands overcome the vitality-sapping disorders that afflict so many. It will, by natural methods, without the use of drugs or apparatus of any kind, enable you to develop your muscular system, internally and externally, and banish weakness and the results of neglecting your body, and to again feel the thrill of vigorous life, buoyant health and cheerful mentality. It will build you up speedily. There isn't any doubt about this. You will realize the truth almost from the moment you start, in the privacy of your own home, following my easily understood directions.

Send for My Free Book

It Will Prove a Revelation

I've packed the experience and research of a lifetime of physical and health building into my 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 FREE BOOK right now—TODAY.

FREE CONSULTATION

CLIP AND SEND THIS COUPON

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 180, 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) the subjects in which I am most interested.

- | | | |
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| <input type="checkbox"/> Catarrh | <input type="checkbox"/> Increased Height | <input type="checkbox"/> Weak Heart |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Weak Eyes | <input type="checkbox"/> Great Strength |
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| <input type="checkbox"/> Rupture | <input type="checkbox"/> Emaciation | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> Thinness | <input type="checkbox"/> Rheumatism | <input type="checkbox"/> Round Shoulders |
| <input type="checkbox"/> Pimples | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Skin Troubles |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Constipation | <input type="checkbox"/> Stomach Disorders |
| <input type="checkbox"/> Overweight | | <input type="checkbox"/> Muscular Development |

NAME

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

STREET

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

WRITE ME IN CONFIDENCE

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

DEPT. 180,

STRONGFORT INSTITUTE
NEWARK, NEW JERSEY, U. S. A.

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., June 20th for the August issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th 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.

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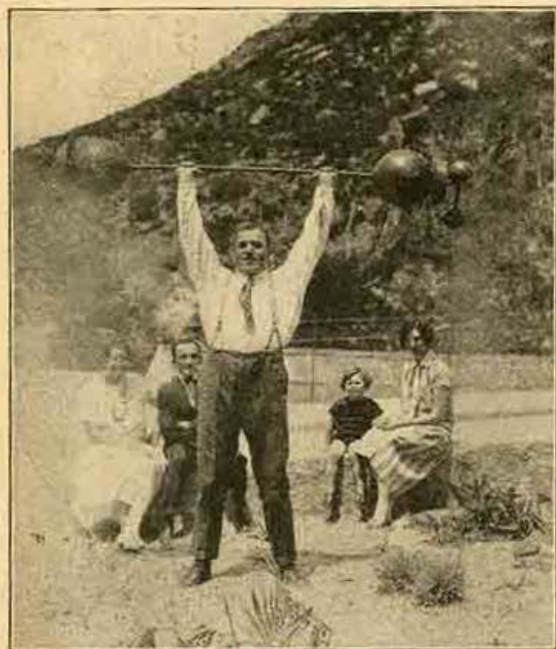
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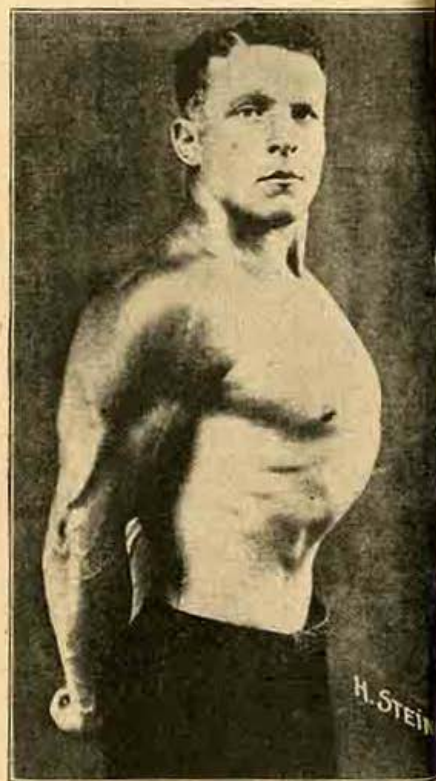
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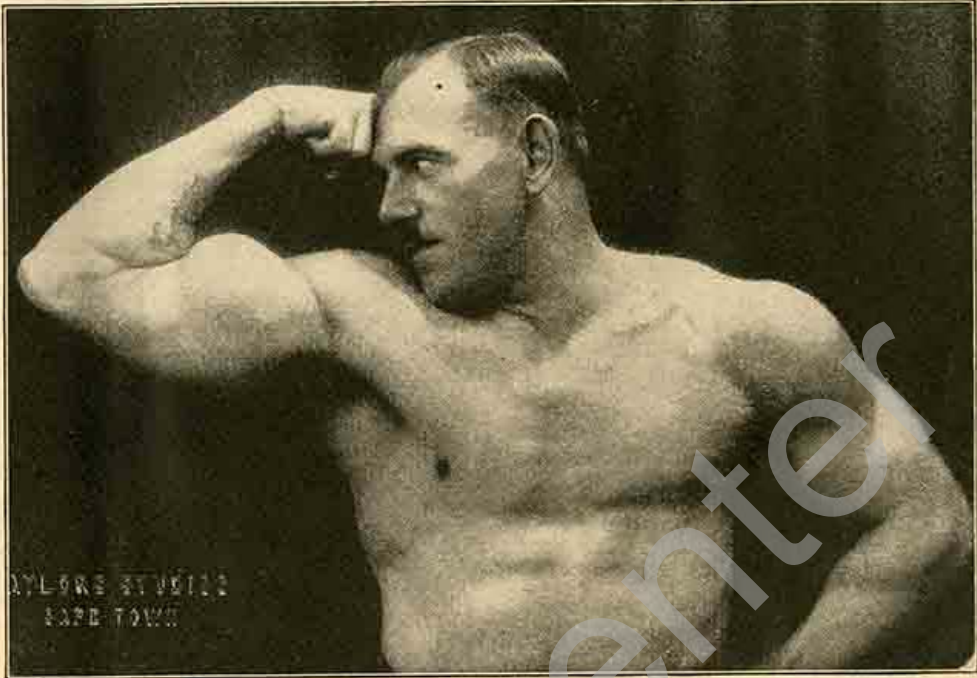
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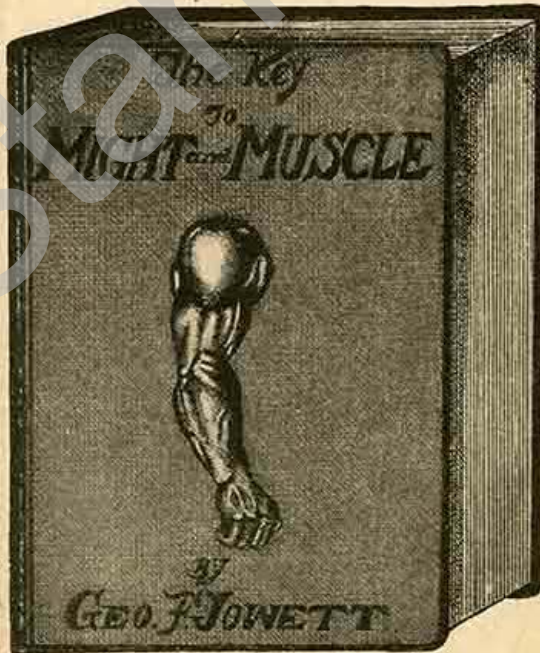
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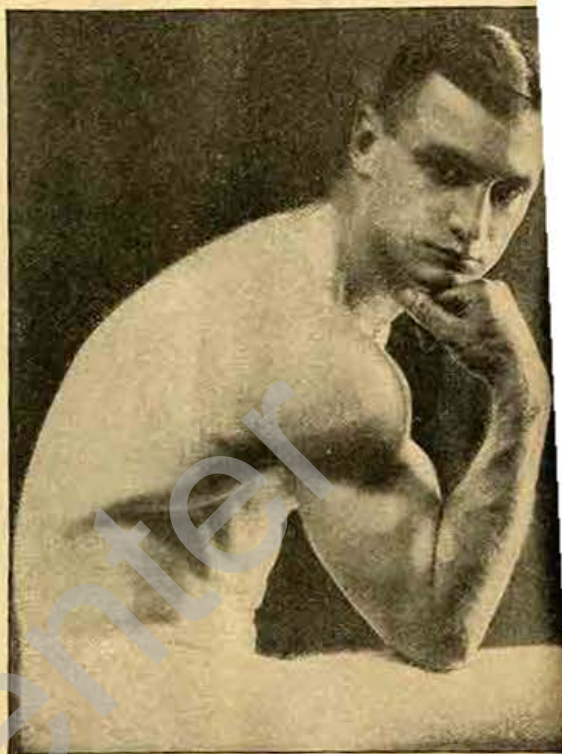
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE**, but that combination of all three which is the surest sign of real vigor.

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- 1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.
- 2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).
- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive power.
- 4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
- 5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in all sports and games.



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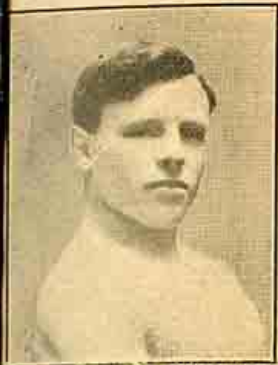
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The most heart-rending result of unwise behavior in youth and young manhood is what is often expressively called "loss of manhood". Pep and energy have disappeared, and the result is a practical impotence, very frequently an inflammation of the prostate gland, commonly called prostatitis, and a generally run-down nervous condition.

Such a victim frequently flies to drugs, but finds therein no help. He tries all the artificial methods suggested both by quacks and orthodox physicians.

He has to pay the price. The only way out is to stop the waste that he has brought on by his own behavior, a waste now unconscious, perhaps, but surely taking place. Even if this waste does not happen during sleep, it does so at other times, with the result that his whole nervous system is depleted, his functions lack efficiency and he is robbed of the energy and life so much craved.

The additional irritation of the prostate gland makes desire a tormenting accompaniment, and this puts the finishing touches upon a lamentable condition.

There is a way out, and we have proved it. The restoration of manhood along natural lines, by exercise, exercise of a scientific nature to restore nervous co-ordination, replenish the depleted nerve centers, and bring about balanced

functioning of the body, which will be able to rid itself of aggravations and irritations and conserve for right and legitimate use the forces of life.

Case quoted below, illustrates the above very appropriately:

Case 520. Suffering from loss of manhood; severe pressure at temples; very frequent losses at stool (early olitary habits).

"I believe my trouble is impotence. I realize my condition is due to habits practiced since I was fourteen until about 5 years ago, when I took up exercise and mastered the habit. The drain on my system still continues, although I have tried to live as clean as possible. I have improved myself physically, but can see no improvement in my sexual weakness. For the last month I have had severe pressure at my temples as if they were ready to burst and the blood vessels and out in knots and bunches on my temples, and I can feel my pulse throbbing all over. I will certainly do my part to get on the way of a full-fledged manhood."

After two weeks. "I am now ready for the second lesson of my course. The beating at my temples has stopped, and the headaches have entirely disappeared. I feel much better and enjoy my meals more than I ever did before. I have already a more cheerful outlook, and feel sure you can help me to conquer my weakness."

After four weeks. "My urine is as clear as water. I enjoy the exercises very much, and feel their effects night and morning."

After six weeks. "My bowels are more active than ever before in my life. I have from two to four full movements daily. I have noticed no losses at stool in the last ten days. I am much stronger, and have worked quite hard during the last ten days. The faeces are light brown color, and have practically no odor, and I do not have to strain in order to get a good movement."

After eight weeks. "I have had one night loss this period, just 14 days from the last, and noticed one slight loss at stool ten days ago, but none since. I have made such a wonderful improvement in this respect, for when I began your course I had losses at stool every time. I am working quite hard now, but seem to stand it fine. I had given up all hope of ever being fit to marry, but the improvement I have made so far has given me new hope, and I now believe that I will be a normal, healthy man, fit to be a husband and father. My face has made quite an improvement, as I do not have such a dissipated look, and the dark circles under the eyes as I had. I am anxious to receive my next lesson and am ready to follow your instructions to the letter."

After ten weeks. "I have not noticed any losses at stool. I am in good physical condition, and am able to do stunts in tumbling and hand-balancing that I could not accomplish before. I enjoy the diet prescribed by you. I am grateful for what you have done for me. I had given up hope of anything helping me."

Sincerely,

Your Pupil,

What We Have Done For Others We Can Do For You

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CHAPTER II.

Inheritance From a Remote Ancestry.—Heritages From Remote Days.—Sex Control.—Why Sex Excesses Cause Degeneration.—Human Life a Struggle Against Ancestral Passions.

CHAPTER III.

Does Man Progress or Retrogress?—The Greatest Factors in Sex Knowledge.—How Perversions May Be Eradicated.—How Ignorance Leads to Sex Weakness.

CHAPTER IV.

Physical and Educational Neglect.—How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of an Important Subject.—Drive Away Ignorance.

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The Nervous System and the Sex Impulse.—The Sexual Centers of the Brain and the Spinal Cord.—The Nervous Workings of the Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Unwanted Sex Passions.

CHAPTER VI.

The Heredity Factor.—Shall We Sterilize the Unfit?—The Mendelian Law.—Predispositions to Sexual Excesses May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.

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A few years ago a group of very enthusiastic physical culturists did the same thing. They formed a society for the one purpose of gathering together all interested in body culture. By this method they knew considerable help could be given to each other and all could enjoy the benefits of such an organization. They named the society the American Continental Weight-Lifters' Association, because they believed in bar bells as the best means of developing the body, and weight lifting as a sport. But, it does not mean that if you do not own a bar bell or are not a weight lifter you are not eligible.

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This association has grown to enormous proportions. Thousands from every part of America have enlisted in this cause. It has even outgrown America and has spread its fertile branches to many foreign countries. We continue to grow because we are idealists. We believe in what we preach and we live up to our altruistic principles. We want to secure a million members, and we earnestly invite you to join us. At the present time we are making a special offer in order to induce you to enter our ranks. Once you belong and see what we have accomplished, and what we can do for you, you will always remain a member.

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Enclosed find \$4.00 for my membership into the A. C. W. L. A. Please send my lapel button and membership card at once. I understand that I receive one year's subscription to Strength with this offer and that I am entitled to all the association benefits.

Name

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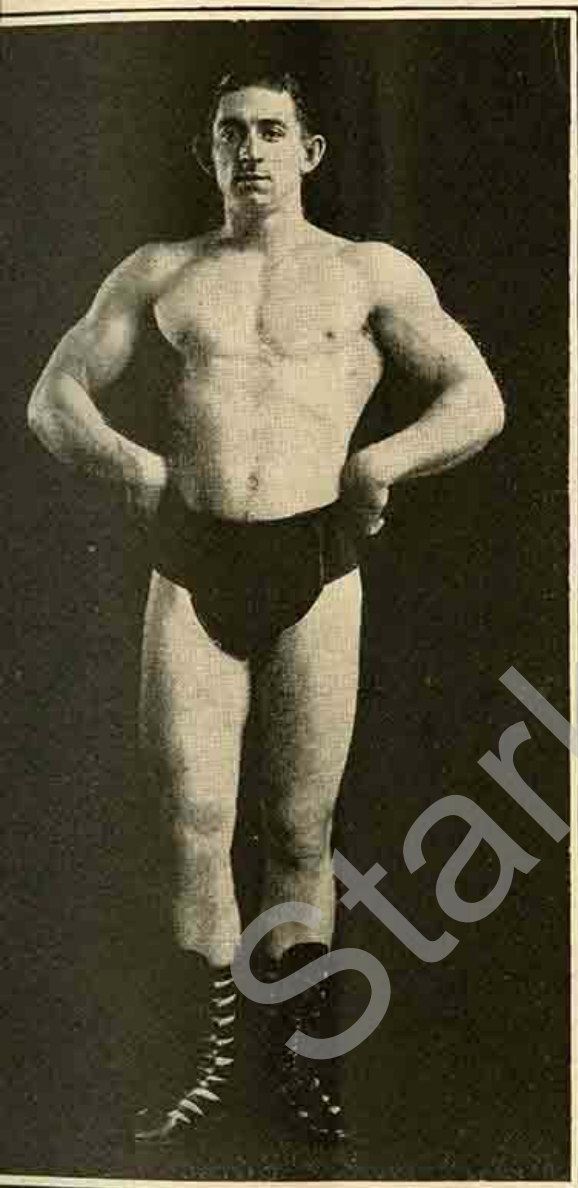
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The Milo Courses and the Milo Bar Bells are inseparable. The best results are obtained by using the Milo Bar Bells with the Milo Courses and the Milo Courses with the Milo Bar Bells. There is over twenty years' experience behind this combination and it can't be beaten.

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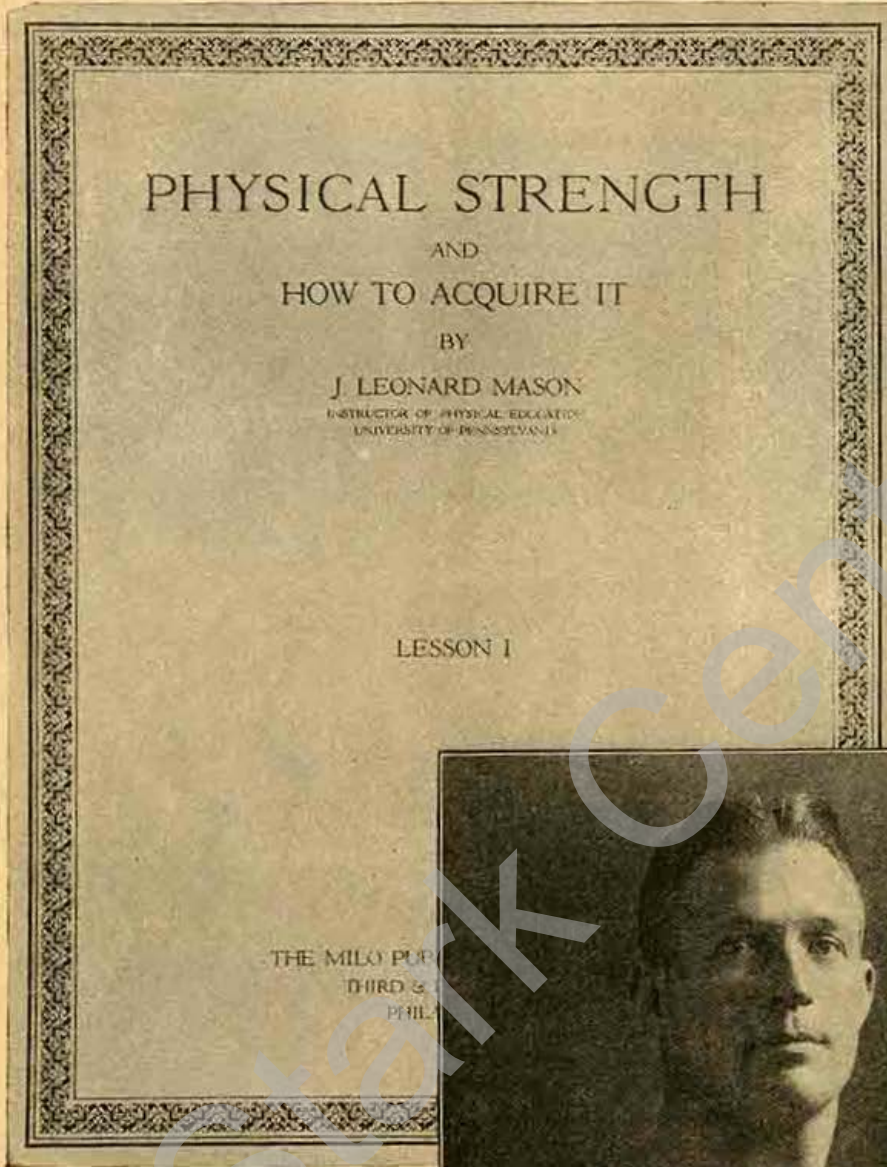
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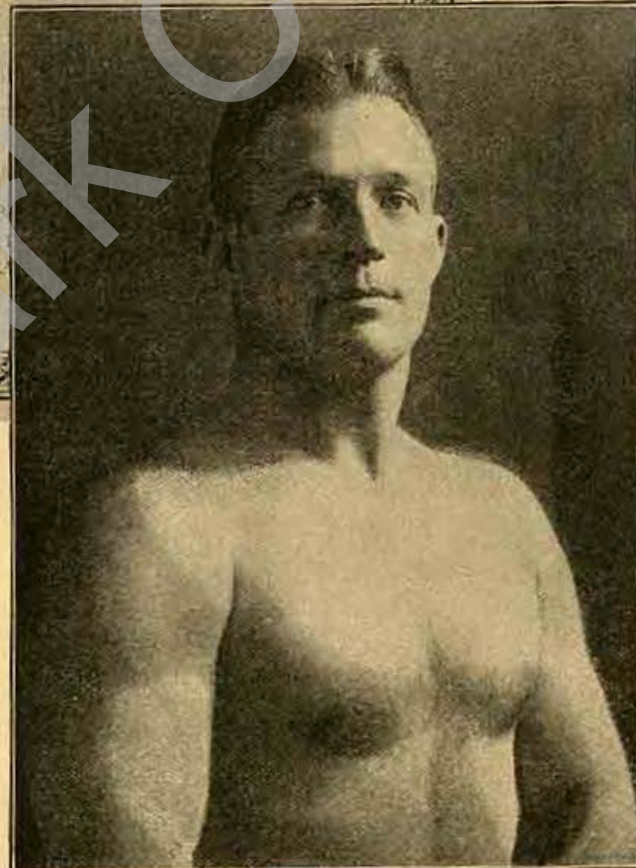
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Being a reader of Strength you know how this magazine is steadily improving, and we can promise you it will continue to improve with increasingly interesting and constructive articles that will appear in the future. You will spend many enjoyable, instructive and profitable hours in the next reading of Strength.

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SURE YOU WOULD—AND HERE'S HOW YOU CAN BECOME ONE

For a limited time only I am giving every one an opportunity of getting my Wrestling Course at this greatly reduced price. The regular price is \$3.00. This course is one of the most complete wrestling courses published. Every hold, counter or block is plainly illustrated and thoroughly taught you.

Make Those Fellows Who Have it on You Now Acknowledge Your Superiority Over Them

Soon after you get this course you will be able to turn the tables on those fellows who could put you on your back whenever they wanted to. But now you have the chance to learn holds that will make them cry out with pain as you easily put them down. It is well worth a dollar to get revenge on these bullies or friends who consider you a no-account.

Show Them Something They Won't Like

Get this great course now while it costs you almost nothing. I pay the



Fig. 83. Side Chancery and Leg Hold Combination

postal charges. Clip this coupon, fill it in with your name and address, and mail it with a dollar bill. Then you will be all set to show those fellows that you are not so easily conquered as they thought. Will they be surprised when you slap their shoulders to the ground before they know it? You know they will.

Show Them Now—By Mailing This Coupon

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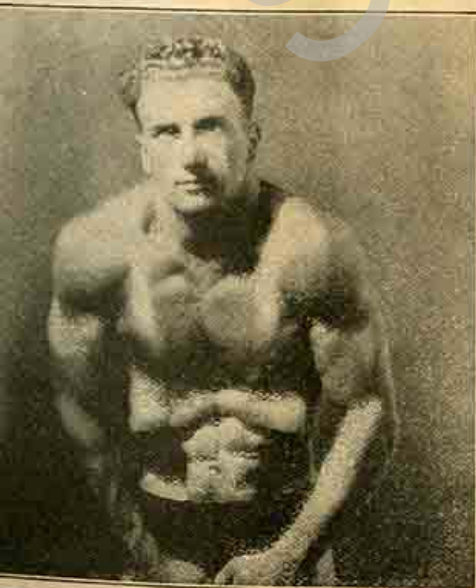
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DEAR SIR:
Please find enclosed \$1.00
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LEARN to CONTROL your MUSCLES Like ALL STRONGMEN Do.

This great new course of mine shows you how to gain control of your muscles and how to perform the many unusual muscle control stunts that the strongmen do.

You will learn the Abdominal Isolation, the Latissimus or Shoulder Blade Isolation, the Trapezius Raise, the flexing or jumping of the biceps, deltoids, pectorals, all back muscles, thigh, calf and side muscles, etc.



If You Hope to Class With Them

you must be one also, for all amateur and professional strong men are muscle control artists. Start now on this interesting, fascinating, muscle-shaping course. The price is only \$1.00 now.

Contains Helps On Posing.

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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

An Amazing 10 Days' Free Offer!

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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You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

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.

If you care to pay cash, then remit only \$31.50.

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To all who decide to purchase the Encyclopedia, we will include membership in our Advice Department, maintained and equipped to serve you.

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The general contents of each of the five volumes are:

Vol. I—Anatomy, physiology, diet, food-preparation.

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Vol. III—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.

Vol. IV—Diagnosis and detailed treatment for individual diseases alphabetically listed.

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We will send you the entire set for ten days' free examination. All you need to do is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the books to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volumes.

This offer, however, is restricted to persons residing in the United States and Canada.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

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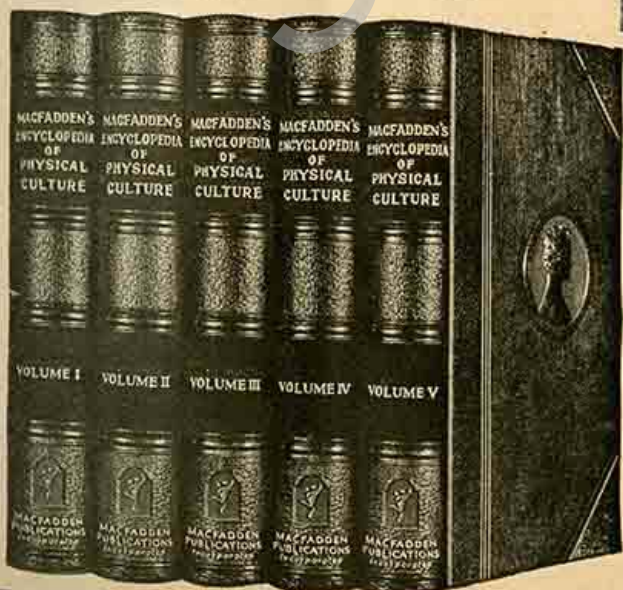
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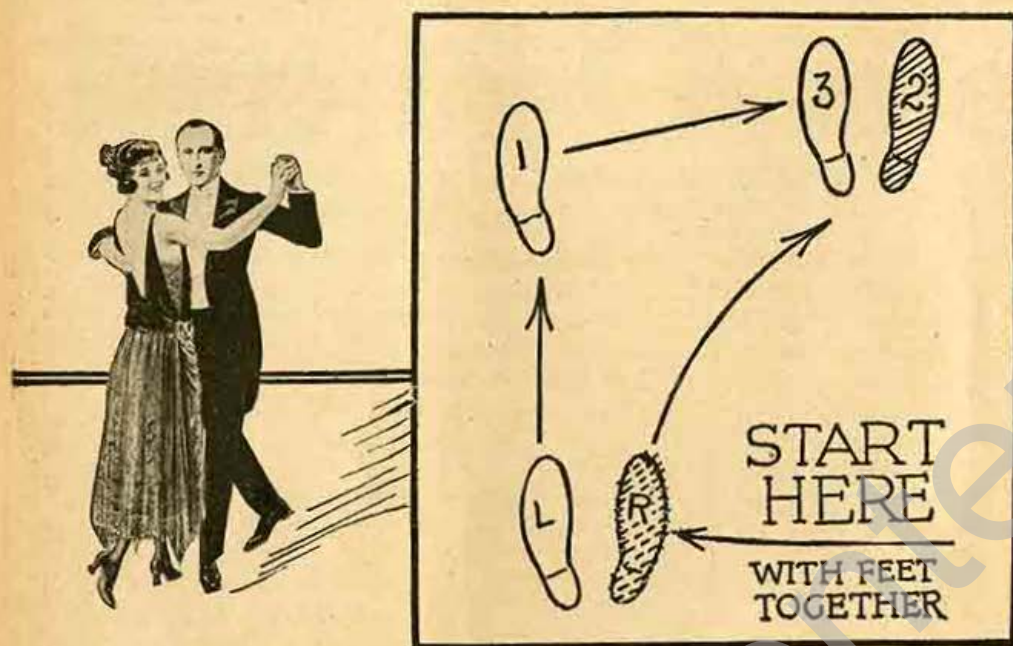
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By **ARTHUR MURRAY**

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DON'T care how poorly you dance now—I don't care if you've never been on a dance floor in your life—if you can do the simple step pictured above I'll guarantee to make you a finished dancer in ten days!

Just think! In ten days' time you will be able to do the Charleston, the French Tango, the Ritz Fox Trot, the Debutante Waltz, and all the other smart new steps—or I'll return every penny you have paid me!

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you get some real fun out of life. You'll always be in demand everywhere. Better still, you'll be in great demand—for everyone wants to dance with the good dancer, the one who knows all the latest steps!

And when you learn by my method—when you learn the Murray foundation—it will be easy for you to learn any dance. Once you have my training, you will be able to follow any music with ease and grace—you will be able to master quickly and easily any dance step after having seen it just once.

Five Lessons FREE

To prove that I can make you a finished dancer in ten days' time, I am willing to send you five lessons from my remarkable course—*absolutely free!* Just send me this coupon (with 10c to cover cost of printing and mail) and these valuable lessons will be forwarded at once. Also a free copy of my new book "The Short Cut to Popularity."

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Name

Address

City State

Editorial

Exercise—Diet—Hygiene

EVERY once in so often an enthusiastic diet fan writes in and suggests that we devote a little more space to diet and a little less space to exercise. Occasionally we wonder if that might not be a good idea.

We know that diet, hygiene and exercise are all of paramount importance in the well being of ourselves and our readers, and yet we do give more space to exercise than we give to hygiene, and more to hygiene than we give to diet.

In the first place this is because we feel the fundamental facts of the diet situation are fairly clear and fairly well-known and simple when all is said and done. Most people know what they should eat and what they should not eat, and all we try to do is to recall this information to our readers and ourselves from time to time.

We know that not all of us eat just what we should, and when we should in the way we should, but most of us know what to do and what not to do.

So far as hygiene is concerned we can only say that **STRENGTH** was originally wholly devoted to exercise, and hygiene has been introduced primarily because some knowledge of the fundamental laws of health are necessary, if we hope to obtain the best results from exercise.

If **STRENGTH**'s name was *Health*, it would have to have an exercise department, because, after all, exercise is a very fundamental part of any system of health building, and conversely health information is a very fundamental factor in successful body building, which is the end of exercise.

We are always impressed by the charts put out by the "Life Extension Institute" and the various life insurance companies showing the percentage, relatively small, of the population of America who reach the Biblical three score and ten. We are even more impressed by the charts showing the percentage of those who die young from obviously preventable causes.

However, we do not feel that it is our job to pick out the largest single preventable disease and hammer away on that particular disease month after month, occasionally alternating with it the second and third of such diseases.

A magazine could be wholly devoted to aiding people who are suffering from any single pre-

ventable, or presumably preventable disease as, for instance, pneumonia. It could come out month after month with very valuable information and should be doing a very valuable job. Or it could be devoted, as we suggested above, to preventing all preventable diseases after their contraction, and again it would be doing a very valuable job.

However, our magazine is really written for well people who hope to improve their physical condition, rather than for ill people who hope to become well; and for well people, we believe that a real devotion to and understanding of exercise is one of the most important things in the world.

If you are well and want to be strong, well built, agile and athletic, you will not have to worry about your immediate decline, provided you are doing something which seems to have a possibility of making you a thorough master of your body.

Of course, you cannot neglect your diet nor can you forget the general rules of hygiene, although for some strange reason a great many athletes seem to think that they are absolutely above all the ordinary laws of life. An old physician friend of Theodore Roosevelt's once told me that the real cause of Theodore Roosevelt's death was his neglect of his teeth.

Every one who has known athletes knows scores of men who have felt that they could get away with anything, and it is true that they can get away with a lot of stunts the ordinary man cannot do.

We certainly try to give enough health information so that our readers will not do the obviously foolish things which so many people do every day. We do more than that, however, if we succeed in getting our readers exercising intelligently, and our whole aim is to put before our readers various methods of exercise which will enable them to make the most of their bodies and at the same time make their exercises easily understandable and interesting.

In this issue you will find an article on hand ball. If you have never played hand ball this article ought to make up your mind to give the game a try. It ought to beat that and make you give it a try. If you know the game it ought to give you a (Continued on Page 76)

Stretch—for Health and Beauty

Exercises for the Tired, Overworked Girl—to Keep her Fit.

By Margaret A. Sargent

(Posed by Margaret McGonigle,
a Gertrude Hoffman Girl)



THIS article is written for the girl or woman who earnestly desires to improve her personality and charm—for the girl who wishes to retain her youth and beauty. There is a way that will aid you in winning the admiration of all your friends. There is no need for you to merely exist—a physical and mental failure!

You exclaim at seeing a picture of a beautiful girl yet when you meet that girl personally you are greatly disappointed and think to yourself "Her pictures flatter her. Why, she isn't even attractive."

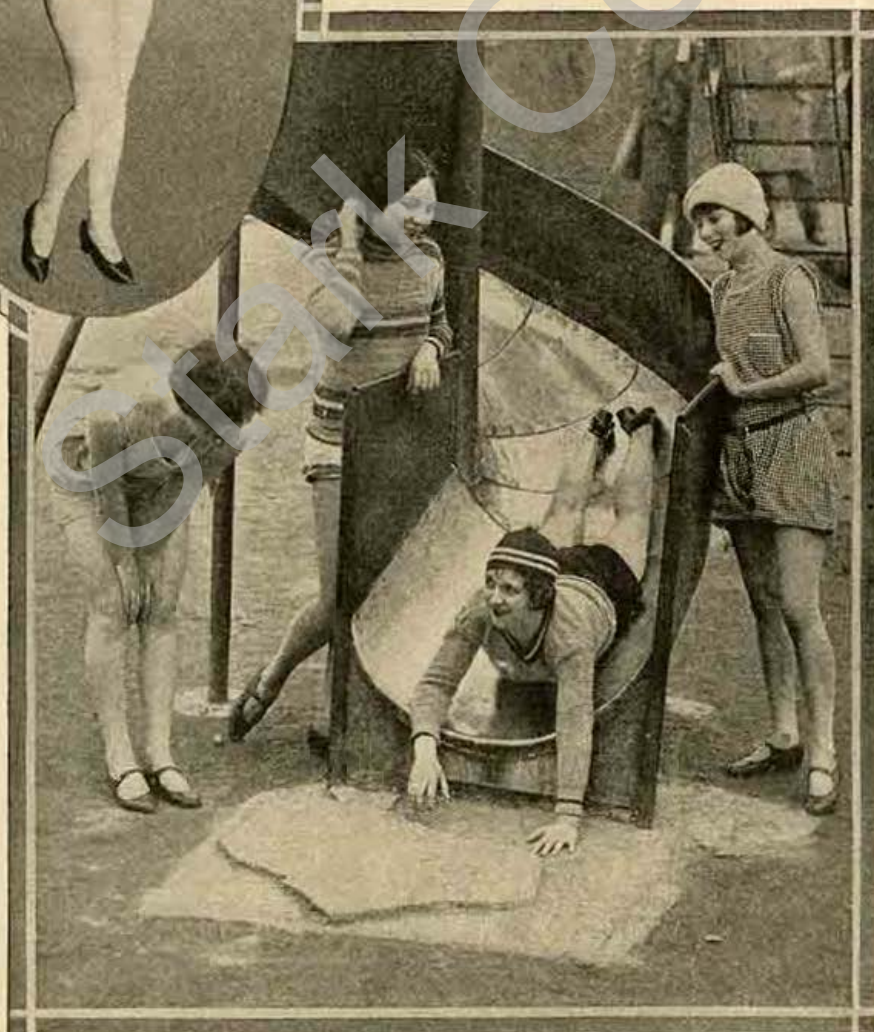
Really, the girl is beautiful, but she does not possess that knowledge which permits her to bring out her beauty—the knowledge that would develop a charming personality. And she does not realize how close within her reach that knowledge is.

I have a friend whom everyone (including myself) admires and loves. We all love to be in her company and to do something for her. Why? Because she is beautiful or because she wears beautiful clothes or because

she stands high in her set. Not for any one of those reasons! She is admired and loved by all because of her charming personality—she has time for a smile here, a kind word there—time for everything and every one.

There is a reason for her charming and delightful personality—and the reason is *exercise*. She is not a girl whom connoisseurs would consider as having beautiful features—but to me she is very beautiful. She has found and grasped the secret of being attractive and making the most of her physical and mental charms.

I knew the girl since she was a child. Just like any other average child going to school, she got no more exercise than that of playing and romping with the other children. On entering high school her romping stopped, and being very studious, she did not "waste time," she then called it, indulging in sport



Margaret McGonigle, of the Gertrude Hoffman Girls, in "A Night in Paris," and taken as she appeared sliding head first down the futuristic chute the chutes, in the Central Park Playground. She gets a lot of fun and excitement out of this.

(New York Exclusive Photo.)

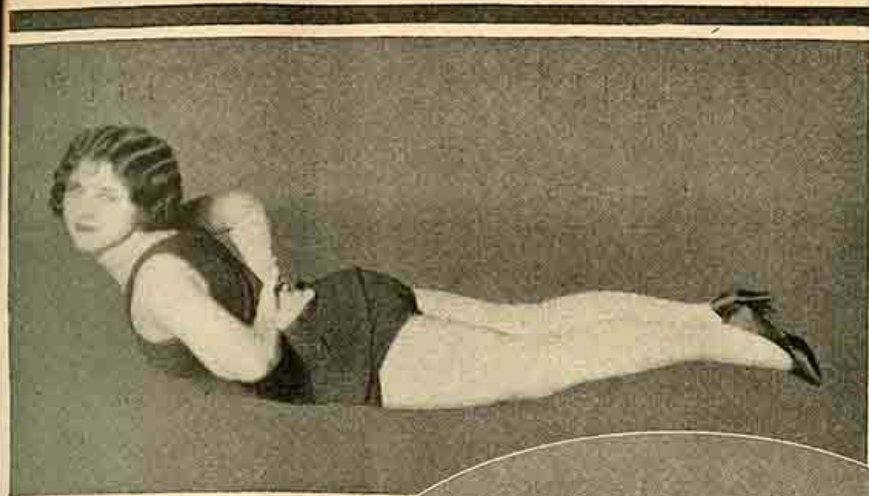


Fig. 1

Shortly before graduating with high honors, she suffered from a complete nervous breakdown. "Too much study and not enough exercise and fresh air," was the doctor's verdict.

"No one can ever realize the ter-

rible blow it was to me not to be able to finish that last term in high school. I had put all my heart and soul into that moment when I would proudly receive that little white paper, tied up in pretty white ribbon, that meant so much to me, amid the glory of white dresses, flowers, and congratulations," she had confided in me years later.

About the time she was convalescing from her serious illness, I visited her again, having been away to another city for some time. The sight of her brought tears into my eyes, and, anxious to help her all I could, I told of the wonderful results others in her condition got from exercise. By that time she had

fully realized the folly of neglecting her health and she was willing to do everything I told her, despite the fact that the doctor had predicted she would be a nervous individual all her life and that she should not over-exert herself in the least.

However, she had a great deal of confidence in me, and I started her on a light exercise program. The change that was wrought in the girl in a few months' time was marvelous. The color came back into her cheeks and the sparkle into her eyes, the hollows in her neck and chest filled out—and the result was that today she is considered as being one of the most beautiful and pleasing girls in town.

Her family and friends could not believe the extraordinary change that came over her in so short a time. After she had regained her health I gave her a routine of exercises and told her to practice them every day of her life, whether she felt in need of them or not, if she wanted to retain her vigorous health and charming personality. These exercises consisted of stretching movements for toning up the nervous system.

The average girl of today is not like the old-fashioned girl of yesterday whose most serious problem was what kind of lace she would crochet the next day—she is now on a par with the average man of today. The stress of modern life—the hurry and



Fig. 2



Fig. 3

excitement, late hours and overwork, her abuse of the entire body mechanism, are a constant strain on her nervous system and she must find some means by which to retain her nervous energy and vitality. If not, she will become a victim of a serious nervous malady.

The exercises which I shall give you later on are better than medicine for overworked people, preventing wasteful nerve tension and conserving vital energy. They are essentially calming in character and, therefore, are valuable remedial agents. The routine begins with relaxing movements to reduce the body to a condition of perfect freedom and flexibility.

Take yourself into consideration. How often do you

feel disagreeable, nervous and sluggish after your day's work is completed? Certainly if your friends meet you they cannot say, "What a lovely girl so and so is, and what a sweet disposition she has." You were not, nine chances out of ten, born with that disagreeable disposition—it is the constant strain on your nerves, the humdrum of daily activities that causes you to become so. When you do develop that condition, do not think that your remedy is something that you have to swallow. Get that idea out of your head immediately. What you need is to go through a series of soothing exercises and you will see for yourself how much better you will feel. Everything will take on a brighter aspect and you will begin to really enjoy life.

The greatest need of the present day is a relief from the constant nerve tension. We



Fig. 4

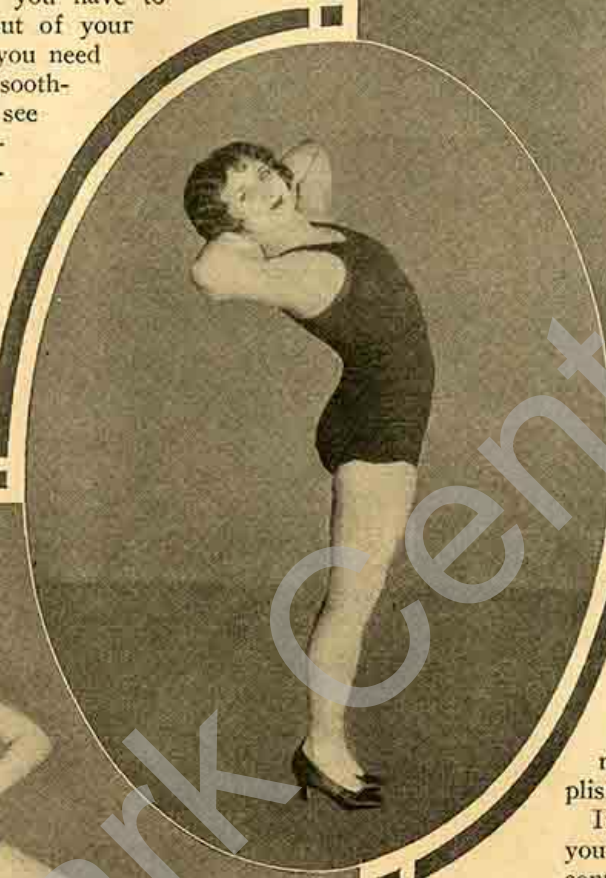


Fig. 5

constitutes not only the one effective means but the ideal method through which voluntary mental and nervous relaxations may be accomplished.

If you cannot directly get control of your nerves, at least you can acquire some control of the muscles through exercises that they can be relaxed when disused.

In many cases of nervousness you will find the individual in need of real developing exercises. Their muscular build is poor and build up is necessary.

In cases of nervousness the exercises should be done very slowly; thus they will be quieting effect.

Aside from special exercises the nervous condition can often be relieved to a large extent by some moderate muscular activity. Walking, for instance, has a soothing remedial effect on the nerves and muscles. Special attention should be paid to the diet. Green salads, vegetables and fruits should be eaten plentifully.

Finally, I may say that everything which conduces to the building up of the general health will be helpful to a great extent in toning up the nervous system—hence your beauty will be enhanced—your youth prolonged and you will acquire a lovely personality.

Now for your exercise program. Fig. 1 illustrates a very effective exercise for the body in general. Lie on your stomach, clasp your hands behind the back, as shown, and raise and stretch your head, chest and shoulders high. Stretch the legs out, keeping toes pointed. You will feel every muscle respond to this exercise, and you



Fig. 6

would then have physically perfect women. Nervous strain causes one to be thin, anæmic and disagreeable. Girls should take this into consideration and endeavor to get more muscular exercise, outdoor activity and eat better food.

The one important thing they should learn is how to get away from the exhausting state of tension. The muscular system is the only part of the body that is under voluntary control, and exercise of the right type

joy doing it.

2 is another good stretching movement. Sit on floor, down, and with fingers clasped, knees straight and feet reach alternately beyond the left and right toes, getting stretch of the back. A variation of this, and a good one, is to grasp the hands over the foot and pull. This will stretch muscles in the back, shoulders and arms.

3. Assume a sitting position as in Fig. 3 and, twisting the body to the left and right side alternately, endeavor to reach along the floor with the hands.

The following exercise will also give all the muscles in the body a good stretch, and if practiced before breakfast in an open window it will double its value.

4. Stand on toes as in Fig. 4, then stretch arms out to the sides, fingers together, palms down. As you rise on the toes, breathe deeply, and as you come down exhale.

5. Place your hands behind the head and arch back into a back bend position as shown in Fig. 5. This movement stretches muscles along the hips and waist.

6. Fig. 6 shows an exercise for stretching leg muscles. You can alternate this movement by stretching the leg out to the sides and back. Keep the toes pointed. Feet apart, hands clasped, bend with straight knees and endeavor to touch the hands with your clasped hands—Fig. 7. This is an excellent spine stretcher and very beneficial to the nervous system.

7. Fig. 8 illustrates the deep knee bend, or squat, which is a good movement to practice at any time.

8. Fig. 9 illustrates another effective stretch-



Fig. 7



Fig. 8

ing movement, which calls into play all the tired muscles. Stretch as high as you can on the toes, along the wall.

After you practice these exercises you will feel thoroughly relaxed. Relaxation means poise—conservation of energy and reserve power. You will never have perfect control of your-

self, you will never enjoy your greatest possible efficiency, you will never be a perfect master of yourself and your affairs, you will not be able to retain or obtain your health and beauty until you have acquired the power to relax from nervous tension, through exercise.

I may say that many girls searching for health need to be cautioned against overdoing their exercises. Their enthusiasm carries them too far, and consequently they derive little or no benefit.

If you repeat a movement four times and feel the muscles reacting to the movement—stop. Do not go on until the muscles become so sore that you cannot move around the next day. This is especially a warning to those who are troubled with nervous disorders.

Beware of your posture. Your attention has been called to this particular subject in these pages many times before. Bad posture not only has a drastic effect on the spinal cord and, therefore, the nervous system, but it also means a cramped chest—and lung diseases. Try to walk, sit and stand correctly at all times.

Again let me add another word. Above I made reference to the terribly late hours that the modern girl keeps. Little does she realize how much she is damaging her health and good looks, ruining her entire system. Sleep is an essential factor in health and beauty building. Take, for instance, people who suffer from insomnia—they are always a nervous, fidgety, anemic type.

So if you do not want to develop into such an individual—get your beauty sleep. You must retire before midnight to get your beauty sleep, but if this is not possible, retire early at least four nights out of the seven.



Fig. 9

The Three Essentials of Chest Building

Fine Points on How to Develop a Desirable Chest

By Charles MacMahon

BUILDING a large, deep chest, like developing a massive biceps (or upper arm), is one of the most desired physical improvements of those who crave a superb body.

And of these two physical assets, chest-building is of the most importance.

Any one of my readers knows, or can guess, the reason why chest development is the most important. But to show you that your reason is also mine, I'll say that chest-building is *important* because it increases the breathing capacity. Greater breathing capacity is vital because the more air that can be taken into the lungs, the more thoroughly will the blood be purified.

Those who use only a small portion of their lung space are not only taking in a scanty supply of oxygen, but are also letting countless lung cells

lay dormant, in which condition they are more susceptible to lung diseases.

Consequently, increasing the lung capacity is the three essentials of chest-building; in fact, it

most essential of the three reasons just

But, aside from the health reason, it is the most important

three in building a great chest because it

inches to the measurement that part of your body

greater muscle and in less than the two essential

will. These two essentials the development of the pec

shown in Fig. 3 and the development of the l

muscles shown in Fig. 4

All three essentials count

increasing the girth, as you see by the ill

tions. But *increasing* the lung capacity and the protrusion of the ribs accounts for most of the improvement when the training is done properly.

In the case of a flat-chested person, the ribs protrude downward instead of protruding straight out in front. This, of course, lessens the girth of the chest, but worse still cramps the lungs and causes shallow breathing.

Fig. 3 will show you the position of the ribs in a fair-sized chest. In the case of a very well-built person the ribs would be even higher at the extreme front.

Then, too, the cartilage that joins the ends of the ribs to the sternum, and the

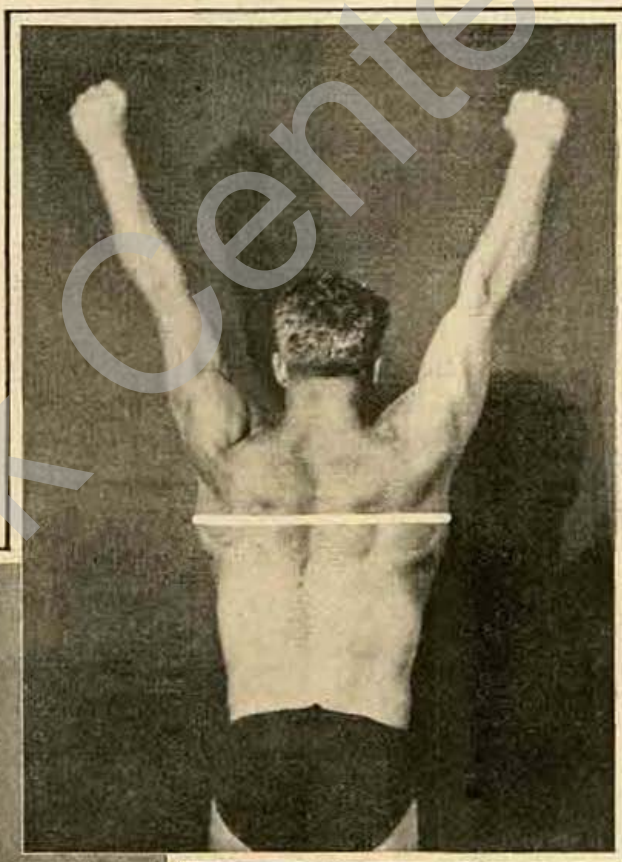


Fig. 4

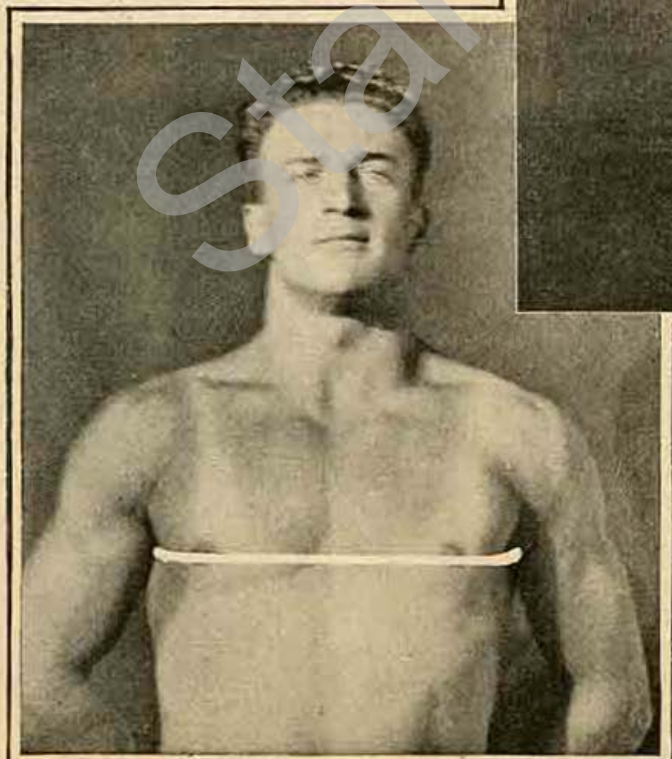


Fig. 5

ends of the ribs to the sternum, and the

the vertebra of the spine, are more or less elastic and lengthened by proper exercise and the pressure of the lungs from within.

Summing this up from a bony standpoint only, we find that the chest is enlarged by the lifting of the ribs and the elongating of the cartilage that holds them in

place. When my pupils report their progress to me after a few weeks' training, I find gains similar to these: $\frac{1}{2}$ inch gain; upper arm, $\frac{3}{4}$ inch gain; thigh, 1 inch gain, and other wholly muscular parts in common. But when I come to the chest, I find there has been made only 1 inch gain there. Instantly, I know there is something wrong with the way a pupil with such progress is trying to build his chest.

They think a chest gain like that is good, I suppose because it is in keeping with the other gains made.

Others have been merely concentrating on developing the pectorals, thinking because these muscles are on the

Now let's start on that chest of yours, assuming your lungs are only half in actual use, that your ribs droop, that your pectorals are almost invisible, and your latissimus muscles are so thin and transparent, so to speak, your ribs can be counted through them. We start by practicing deep-breathing exercises for those dried out lung cells that haven't had a breath of air for a long time. As your lung capacity increases in size, your ribs will be lifted somewhat; but aid this by keeping out of a stooped and cramped position while at work or play.

Then we exercise the pectoral muscles thoroughly, but do not overdo it. Next we get to work on the latissimus muscles. That's your routine.

In breathing, fill the lungs full of air without straining and do not hold the breath longer than an instant. Now expel all the air from your lungs. That sentence is wrong technically, for no one can expel all the air from their lungs, no matter how hard they try. There is always, roughly, a hundred cubic inches of air remain-

ing in the lungs, even when you have expelled all the air you can. This is nature's way of meeting an emergency, and is the reason why one does not fall dead the instant the windpipe is shut off or when one holds the breath for any length of time, which is not a desirable practice.

As soon as all the air that will come out is expelled, you refill the lungs and repeat the process ten or fifteen times, or more if you care to. Do this occasionally through the day, too. And remember that a deep breath purifies your blood more thoroughly than a shallow one.

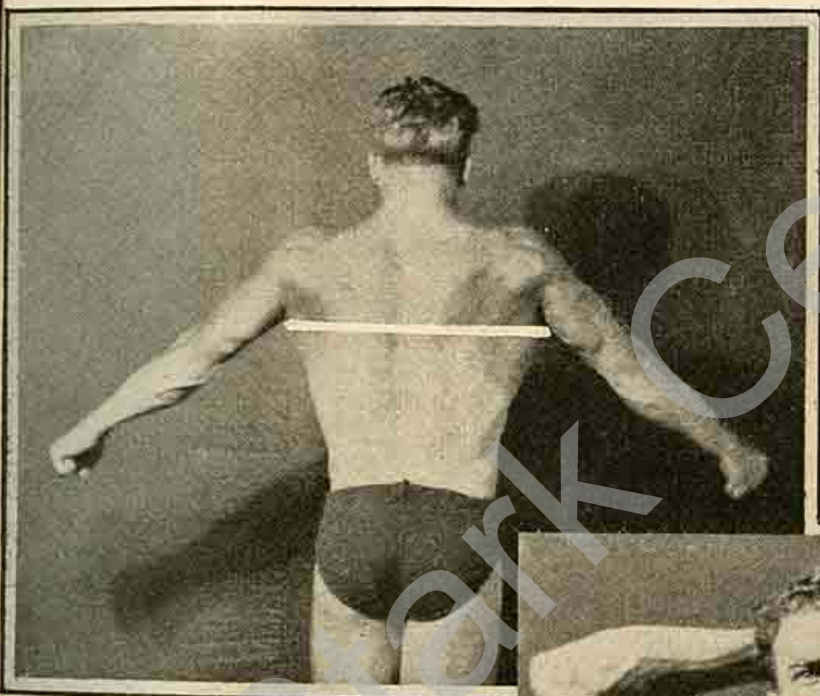


Fig. 6

and where the tape passes, they are all important in building a chest.

A few realize the necessity of developing the latissimus muscles.

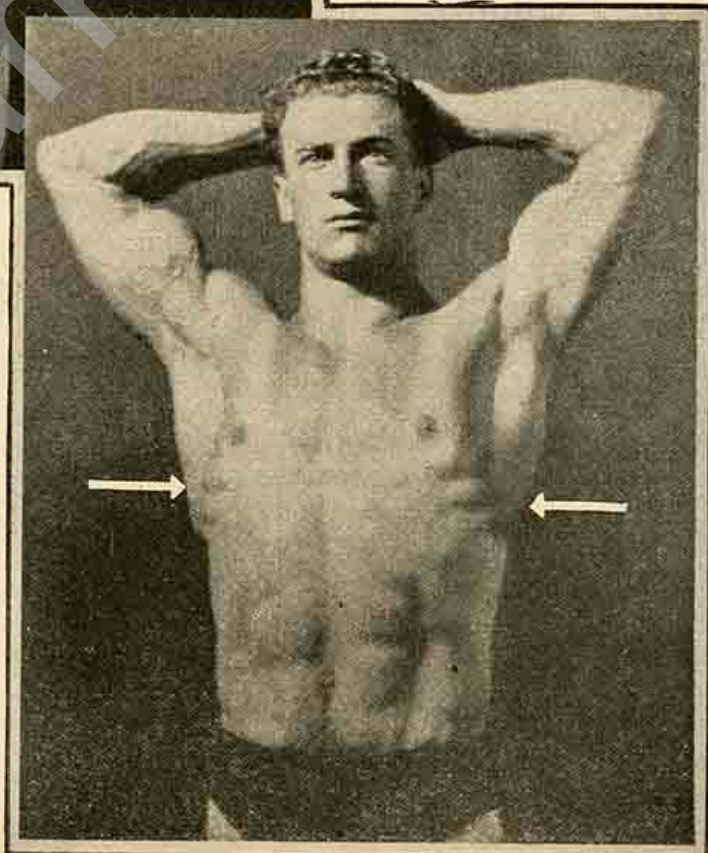
Others specialize on increasing the lung capacity and enlarging the rib-box. They will, of course, make the most gains.

Others, however, without being told, combine the whole three essentials.

A letter from me impressing the importance of combining the three in building a chest soon brings another report showing chest increases that are far greater than those of the limbs.

And this is as it should be. While there is no hard-and-fast rule that says one should gain 2, 3 or 4 inches on the chest to 1 inch on the thigh, nevertheless the gains should be proportionate on the chest in a given time to those on any other part of the body.

Fig. 7



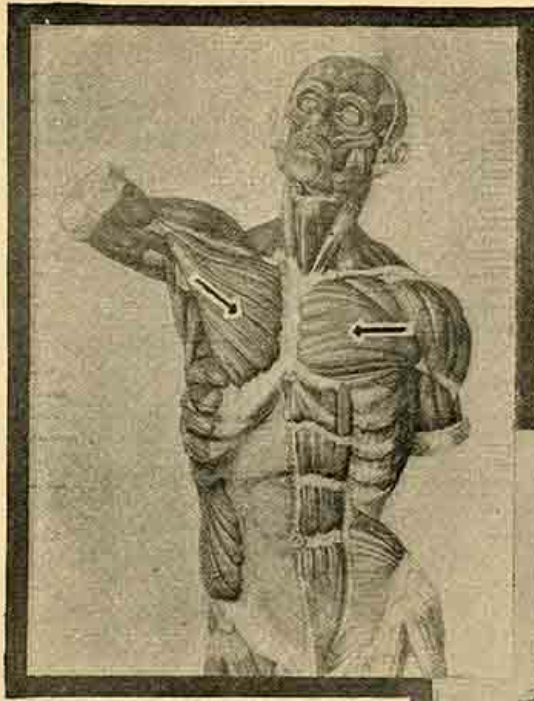


Fig. 1

Through the day, you can simply take a deep breath whenever you think of it. At the time of your exercising period, you can use your arms to aid inflation, such as raising them up and down sideways, frontwards or from the front at shoulder level to as far back at shoulder level as you can. There are numerous other good breathing exercises, some of which you are, no doubt, familiar with.

I have warned you against the practice of holding the breath for any length of time, but there are times when one should hold the breath. If you happen to cross a street right in back of a passing auto so that the air surrounding you is polluted with fumes from the exhaust, then hold your breath until it has passed away and you are in pure air again. Often this is only a matter of a second, and it is better to hold the breath in a case of this kind than to fill your lungs with the fumes. So much for increasing the lung capacity.

The lifting of the ribs is caused automatically by deep breathing and exercises for the chest muscles. Lying on the back and raising the arms over the head, then back to the hips while you breathe deeply, lifts the ribs more than most chest exercises.

You will see, by glancing at Fig. 4, that the tape in measuring the chest passes, or should pass, right across the thickest part of the pectorals. If you do not make the tape pass this point in front, you will get an incorrect measurement.

The pectorals are developed and strengthened by movements of the upper arm. Chinning the bar calls them into play; dipping on the floor with the hands far apart affects them directly; and while lying on the back, bringing the arms up to a position over your chest and then lowering to the sides or above the head, are also direct pectoral exercises.

Standing erect and then, while keeping the arms straight at the elbow, cross them at the forearms, then bringing them out to the sides and repeating is another movement that contracts the pectorals to their highest degree.

Fig. 5 shows the tape across the back. The arms are held up to

show the position of the tape, but are not held up measuring.

Fig. 6 illustrates the false method of measuring the chest which gives a larger number of inches than the normal way. It is wrong to give the measurement of the chest taken when the latissimus muscles are spread. It is just as wrong in practice of subtracting the contracted chest measurement from the fully expanded chest measurement and calling the difference the number of inches you can expand. The expansion of the chest should be the difference in inches from the normal to the fully expanded chest.

Although you should spread the latissimus muscles

measuring the chest, is nothing wrong about developing them as large as you can. As the tape passes over them in getting the chest girth, the size of the muscles makes a difference.

Fig. 7 shows highly developed latissimus muscles also shows highly developed serratus muscles. The serratus muscles stick out far enough to increase the chest measurement.



Fig. 2

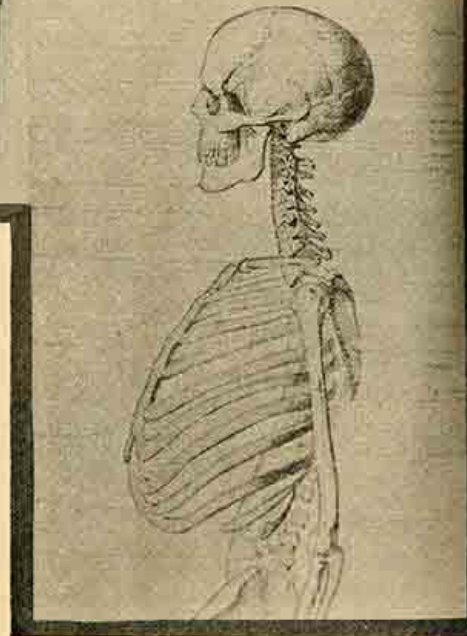


Fig. 3

ment, they should, nevertheless, be developed for they are attached to the ribs and greatly in expanding the chest.

Chinning the bars is also a good exercise for the latissimus muscles, as well as for the pectorals. In fact, it is more direct an exercise for the latissimus muscles than it is for the pectorals. Chinning with the hands apart on a bar is a good variation of the chinning exercise for the same purpose.

The muscle control feat called the "Control of the Latissimus Muscles" is also possible for bringing out (Continued on Page

Heat Prostration

How Heat Prostration and Sunstroke
Have Caused Many Deaths Which
Could Have Been Avoided.

By Dr. A. N. Mittleman

IT IS customary to divide the cases of illness due to excessive exposure to high temperature into two classes: one is distinguished as heat exhaustion, and the other as sunstroke or heat fever. It is important to recognize the distinction between these two cases, as their treatment is entirely different and distinct.

Heat exhaustion is considered by many as a milder condition, although it frequently results in death. It occurs among those who are not exposed to the direct rays of the sun, but who are engaged in occupations which are accompanied by unusual heat, such as bakers, bricklayers and foundrymen.

The causes of heat prostration may be due to anything which lessens bodily resistance to external high heat, such as unsanitary surroundings, fatigue of the body or the mind, emotional excitement, worry, overeating, indulgence in alcoholics, and clothes which are suitable for cold weather and that are worn on hot days may also be a cause. Males, as a rule, are more often afflicted than females, and the condition is rare in childhood. The colored race is more resistant than the white race due to the effect of the direct solar rays.

The direct cause of heat prostration and sunstroke is the action of the excessive heat upon the heat centers or the vasomotor centers or the nerves of the body; the former if paralyzed produce thermic or heat fever, and the latter if paralyzed produce heat exhaustion.

Heat prostration or heat exhaustion may come on gradually or suddenly, with symptoms such as dizziness, headache, nausea, faintness, thirst, yawning, pains in the upper portion of the abdomen, and there may also be pains in the lower part of the back, numbness, and tingling of the hands and feet. The pulse is weak, and the temperature is subnormal. These symptoms are followed by coldness, clamminess and pallor of the face, marked muscular weakness and prostration. There may also be fainting, and a collapse may result in the graver cases. The temperature at first is subnormal, that is about 95° to 97° , though mild thermic fever of 100° to 120° may be present. Consciousness is rarely completely absent and recovery usually takes place in one or two days, and in the milder cases, under prompt and appropriate treatment, the patient usually recovers in a few hours. In the graver cases of extreme prostration in weakly persons, death may ensue from heart failure. Heat collapse from excessive exposure to the sun is often seen on hot summer days, and it is the heat of the summer months that causes heat prostration.

Heat cramps may develop among the type of individ-

uals who are exposed to high artificial heat and those who do muscular work or some form of strenuous exercises. There are also painful, tonic spasms of the muscles, more particularly of the forearms and the muscles of the calves of the legs, and the pains may continue from one to two minutes. The duration of an attack of heat cramps is usually less than twenty-four hours, and it is usually followed by muscular soreness and slight exhaustion and weakness of the body.

As to recovery in heat prostration, this is usually favorable, but in sunstroke, recovery is less favorable. In all cases it depends upon the severity of the stroke, the previous health and habits of the patient, the complications, promptness and facility of the treatment. In general, cases in which unconsciousness lasts from twenty-four to forty-eight hours usually terminate fatally. The mortality rate during the summer months may be very high, ranging from 15 to 50 per cent.

The first symptoms usually are dizziness, slight headache and throbbing in the head, nausea, vomiting and diarrhea. When these symptoms increase, the patient becomes cold and the skin becomes pale and clammy, and as a result heat prostration ensues. The patient also becomes restless, and this is followed by unconsciousness; the temperature is usually subnormal and is never elevated, and the pulse rate is weak.

Prophylactic treatment of heat prostration is highly imperative in the hot sultry weather, in which persons must work in the sun or in poorly ventilated and highly heated closed places. Workmen should be taught and warned privately and publicly, through the medium of the press and health board circulars, of the extra precautions necessary. During hot weather every one should try to work and sleep in as well ventilated rooms as possible, and to secure artificial ventilation if necessary. They should keep to regular habits and should also avoid all alcoholics and heavy eating. Water should be taken freely, light weight and light clothing should be worn, and the direct rays of the sun should be avoided if possible. The condition of the skin should be watched, and care should be taken to produce sweating freely. Shelter and rest should be sought at once, if the sweating stops. Cool wet cloths or green leaves should be worn inside a light straw hat, and sometimes it may be necessary for employers to shorten the hours of labor during the hottest part of the day.

In the form of heat prostration characterized by individual weakness, the man who has marched a distance or who has taken a long walk for exercising purposes becomes silent, he unbuttons his coat, and feels as though

he is suffering with a headache, but still he persists in walking. As a result he becomes weak and pale in the face and falls, with convulsive movements, as in an attack of epilepsy. The teeth are firmly closed, the respirations are difficult and the pulse is weak. The victim moans, the lips become blue, and the veins in the neck become swollen. The eyes become impaired, and he is partially conscious. The temperature is first subnormal, but later on it generally rises to normal temperature. Recovery oftentimes takes place in a few hours, or sometimes in the course of a few days. The results of heat prostration usually are a disordered digestion, headache, vertigo and tenderness of the spine.

The majority of cases of heat prostration occur in the afternoon, though cases are not infrequently observed at night, especially in poorly ventilated quarters. In stoke holes, boiler rooms, sugar refineries, etc., where the heat is intense, heat prostration may occur at any time.

The treatment of heat prostration embraces the removal of the patient from the influence of the excessive heat to which he has been subjected. If a person has been out of doors in the sun, he or she should be immediately removed to the shade, and as quickly as possible should be taken to a house or hospital and then placed in bed in a room which is cool and well ventilated. The clothing should be loosened so as not to interfere with the respiration or circulation, and the working clothes should be placed around his extremities so as to restore the circulation and make him warm. If he is unconscious so that he cannot swallow, then give him inhalations of aromatic spirits of ammonia. Cold applications, either cold cloths or an ice bag, should be placed at the head. The most efficacious stimulant and one which has seemed to arouse the individual when everything else has failed is the pouring, from an elevation, of a fine stream of ice water upon the forehead of the individual. As this treatment is very radical, it is continued for only two minutes at a time, and in severe cases of heat prostration, it is repeated several times, unless consciousness returns. A mustard paste should be applied to the back of the neck and over the spine, and if the patient seems as though he were going to die, then give a stimulant such as whiskey or a $\frac{1}{2}$ teaspoon of aromatic spirits of ammonia with water. As soon as the patient is able to swallow, he may be given more stimulation and afterwards allowed his routine diet. The bowels are usually constipated in this condition. Therefore, a stimulating enema may be administered to move the bowels. The condition of the bladder should be investigated, and if the secretion of the urine is scanty, the patient should be given plenty of water to drink. A little later on an attempt should be made to give him nourishment, preferably in a hot liquid form, or at least warm. I might also emphasize that great relief is obtained in cases of heat prostration by the application of something cold over the spine.

At St. Vincent's Hospital, in New York City, the following method of treatment of heat prostration has given good results: The ambulance, when sent out, is usually well supplied with ice, which is kept about the patient's head from the moment he is picked up until he enters the hospital. Upon admission to the hospital the patient is immediately stripped, and his temperature, per rectum, is taken as he is being placed upon a raised stretcher or table. The body of the patient is covered with a sheet,

upon which is placed a small piece of ice. Large quantities of ice are laid closely to the region of the Ice water from dippers at a distance from five feet is dashed with force upon the patient, a treatment is continued for about thirty or forty until results are obtained.

Heat apoplexy or that which is known as a sunstroke is probably the least frequent form of stroke. There may be sudden premonitions or a throbbing headache, cessation of sweating and loss or partial loss of breath. Sometimes, while the individual is at work in the sun, he suddenly falls unconscious, and convulsions may be the result of this. In this state of seizure the individual might display symptoms of heart failure; more often insensibility not so profound as complete coma. There is restlessness, pains in the upper region of the abdomen and occasionally there is vomiting and nausea. Headaches may be intense, the face flushed, and the pulse is rapid and full. The temporal and carotid arteries are bounding, and the breathing may be labored. Pupils of the eyes are contracted. On examination the skin is found to be hot and dry, and the tongue is dry. A wild delirium has been observed in many cases with a temperature higher than 102 degrees. In the fatal cases of sunstroke the stage of coma becomes deeper and deeper, and the result of this the pulse becomes rapid and feeble. Cheyne-stokes respiration may precede the termination. A "mousey" odor about the body has been noted in some cases the temperature falls to normal by the end of three or four days and consciousness is regained at the same time.

It sometimes is produced by an absence or a loss of appetite, and because of this there is a progressing weakness of the body. Cramps like abdominal pains are present, and a sub-conscious state of mind, in which the patient may be unaware of his surroundings (although walking or even working) may be noted for hours before he is stricken down; retention or suppression is observed at times and particularly in the types of individuals who are accustomed to the use of alcohol. The fatal complications usually found in sunstroke are: pneumonia, meningitis, uremic poisoning and also conditions of the heart and lungs.

Sun traumatism, as Dr. Manson describes it, is a condition characterized by a sudden death, from paralysis of the heart, or respiration after the exposure to the sun.

Siriasis or sunstroke usually occurs in places of high temperature and is characterized by a pulmonary condition of the lungs. Heat collapse from exposure to the sun is often seen on hot summer days and is too trivial to be called sunstroke. The temperature is normally slightly elevated, and the respirations are shallow and rapid. The sequel of heat stroke is quite interesting. Osler relates a case of a patient who was subsequently sensitive to temperatures in the neighborhood of 80 degrees, that he lived comfortably only in the cellar and finally sought refuge in Alaska.

For the treatment of sunstroke, if the individual is exposed to the sun, he must at once be removed to the shade as soon as possible to a cool and well ventilated room. His clothing should be removed and his temperature should be taken. He should, if the temperature is high, be placed at once in a tub of water at a temperature of 80 degrees Fahrenheit to which (Continued on Page

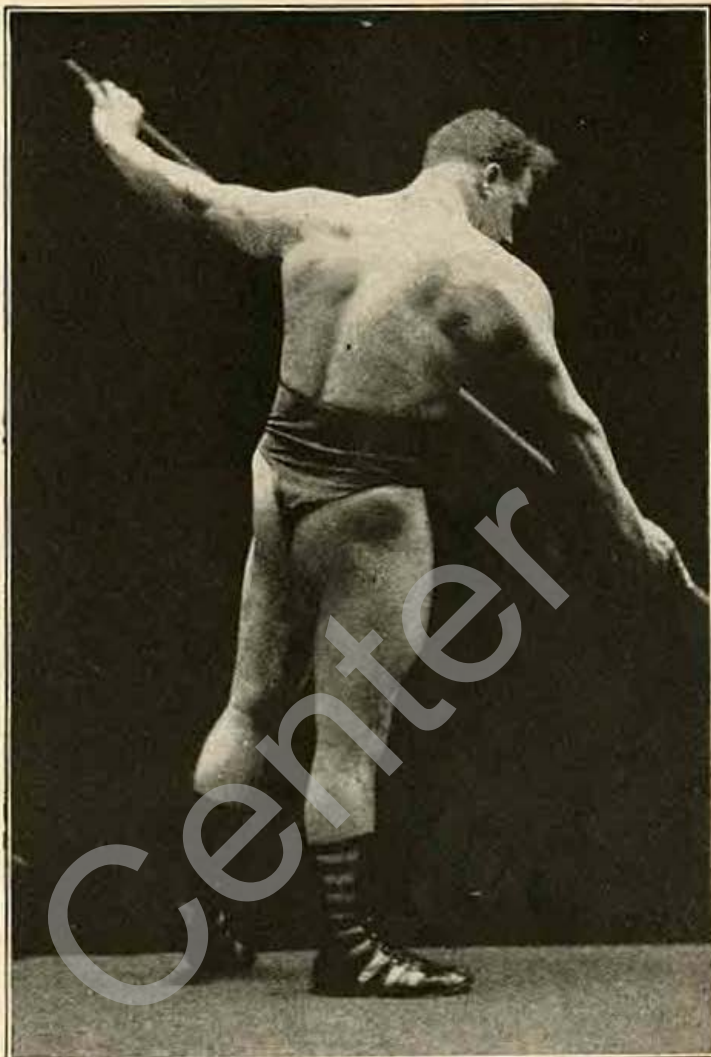
Defining the Mystery of Strength

Years ago we published in *STRENGTH* a few chapters from a book *SUPER-STRENGTH* which was the first best book published up to the present moment on the development of the body. Mr. Jowett's forthcoming book, *THE MIGHT AND MUSCLE*, we believe, even surpasses *SUPER-STRENGTH*, and as Mr. Jowett did not have the time to prepare both his usual monthly article for *STRENGTH* and work on his book we are giving you as his contribution this month a chapter from the book itself. (Editor.)

By George F. Jowett

HERE seems to be some mystery that surrounds the meaning of *strength*, inasmuch as the average individual finds it very difficult to explain. The general way of defining strength runs something like this: A baseball fan knows Babe Ruth must be strong to be able to hit a ball for so many home runs, and that reason, Washington's star pitcher, must have a strong arm to send the ball hurtling over the plate with such terrific force. Charlie Hoff and Charlie Sisk are strong by reason of the great leg drive they possess by each. However, these cases are only demonstrations of strength, and not definitions. When you ask for the explanation of the strength of a man who is capable of raising a big weight on his back, or tossing a dumb-bell to arms' length over-head, the answer is partly explained, in the absence of a broader knowledge, by the fact that the person must have been naturally born strong. These few answers prove how very little is known about the most desirable quality of a man's body, and bring us face to face with the question of whether all strong people are always naturally strong, or if it is possible to be made strong: the difference between natural strength and made strength, if there is any, and the relation of health to strength.

I have a friend who has a very analytical mind, and he loves to produce a difficult problem to be solved. He is not one of the kind who do it to show how much they know, or think they know, as much as he is naturally anxious to know the answer for his own benefit. If it is not for him, it bothers him considerably. The question of strength was one of his problems, and I well recall the time when he asked me if it was true that we could make strength. Now if any other person but he had asked me, I could have answered yes; but all HIS questions place me on my guard, and after a pause I replied that I had no doubts. This, no doubt, will cause my readers to scratch their heads in consternation, as I am well aware of some theorists have brought forward the statement that strength can be made, and that there are two kinds



The author, George F. Jowett, is one of the greatest living proofs of the enormous strength that can be acquired. From less than ordinary proportions, he built himself to a marvel of might and muscle.

of strength, natural strength and made strength; but the distinction never grew to be believed in because no proper separation of the two kinds of strength is possible. We have a habit of saying that a certain person was made strong by practicing exercise or some particular sport, but that does not mean to say his strength was *made*. Strength is the outcome of certain causes, and like gravity, or the bloom of a flower, it cannot be disassociated from its natural condition. If it was possible to control strength, and disassociate it from muscular growth, as it is possible to separate muscular growth of a certain nature from strength, we might consider the fact that possibly strength could be made. It is the existence of the type of muscle that lacks strength which causes the difference between size and strength to be too often misunderstood.

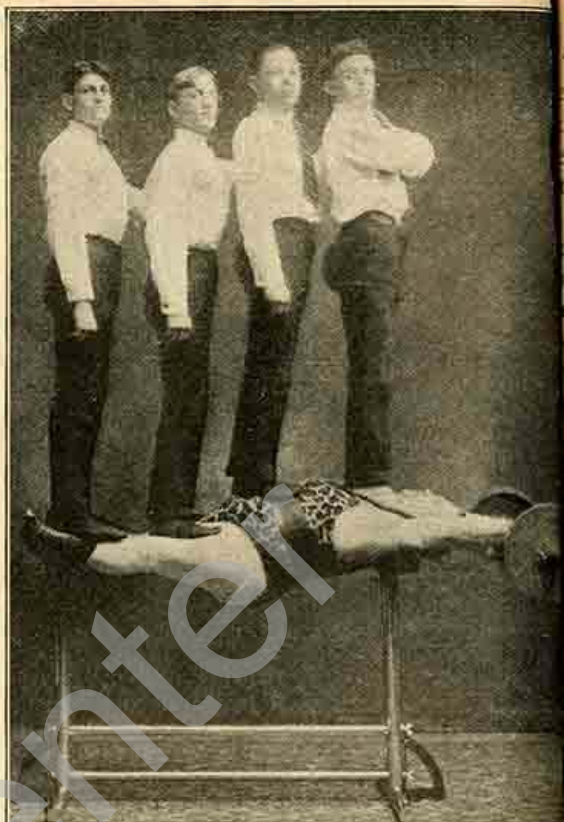
You have often seen young men who possessed a fine muscular appearance, that apparently had every indication of strength. Yet, on a test, you have been amazed to see that these particular parties were seldom any stronger than the average man. Then there is the other type of man who, while possessing no larger proportions than the first, was capable of moving objects that were immovable to both the first named type and the average person. This gives one room for thought.

It is a mystery that has led theorists to state that muscle was all artificial, and that there was some "nigger in the wood pile" where strength was concerned.

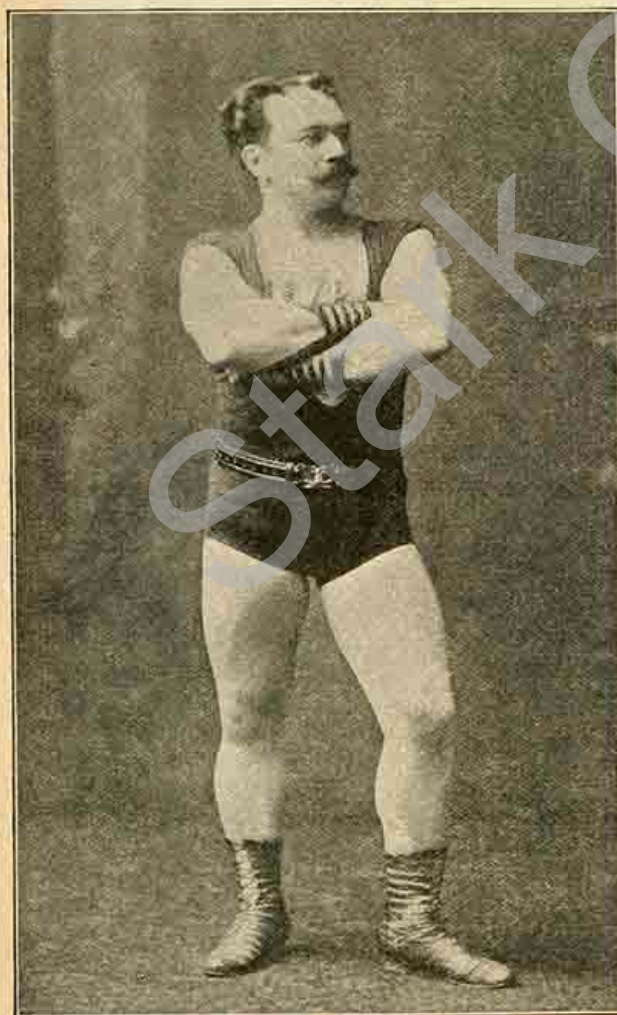
Now there is a great deal of difference in the construction of muscle tissue, and the student of body culture should be made familiar with the structure of muscle in order to better understand its true existence, and the interpretation of strength. Therefore, before we go any further, we will supply ourselves with the knowledge which tells us what it is all about. Then we will realize why strength is an inseparable part of one type of muscle, and why it can never be associated with the other type.

First, bear in mind that there are about five hundred and twenty muscles in our physical makeup that have to do with the transporting of our body. Each of these muscles is made up of thousands of little fibres that lie side by side, much like the fibres in a rope. These fibres are capable of contracting on the same order as a stretched rubber cable contracts when the tension is released. Each of these fibres has a cell or a brain, which answers the call of the true brain through the transmission of nerves, that causes them to contract or relax just as the order demands. The condition of the muscle lies in the construction of these fibres. Some methods of exercise bring about a coarse tissue, while other methods bring about a steel-like construction where the fibres become more numerous and compact.

Now, whenever any one part of the body is under a greater



Karl Moerke performing a remarkable feat strength.



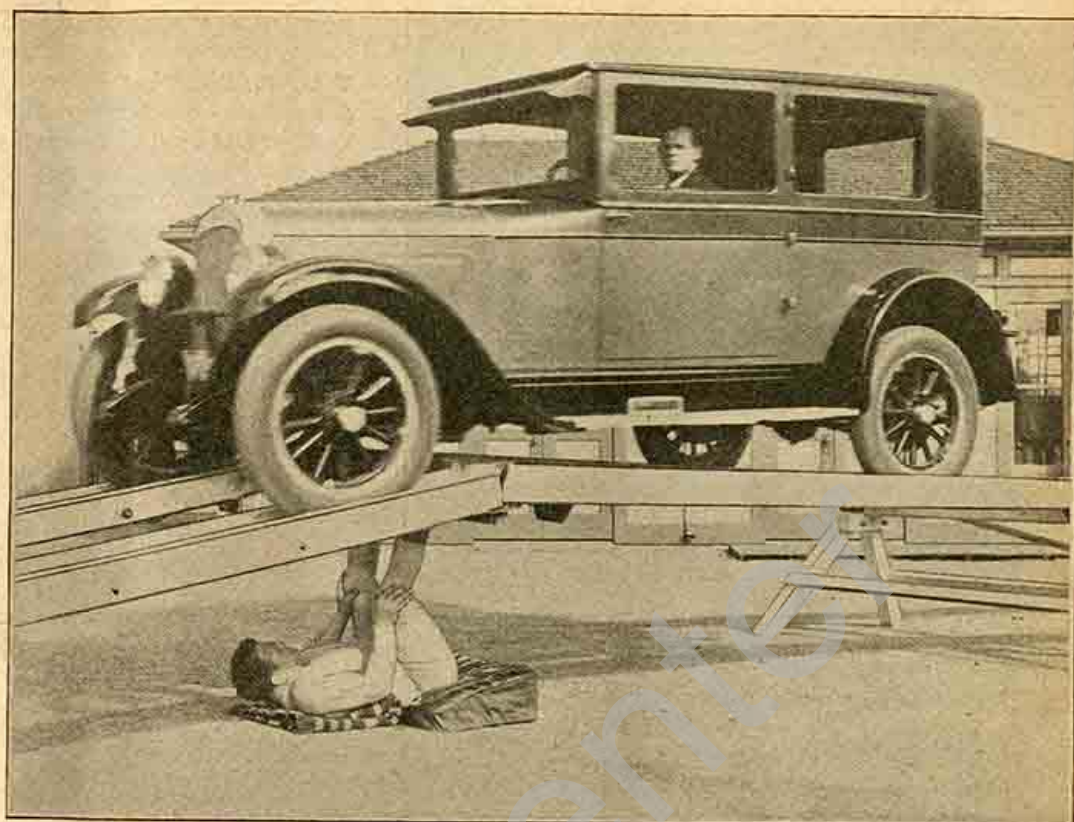
Professor Lewis Attila, known throughout the world as the "Great Attila," the man who taught Sandow and a host of other great luminaries of might and muscle.

stress of physical stimulation than the rest, it is a condition when the blood is drawn away from other of the body where the blood is temporarily less required drawn in greater quantities to the area under active stimulation. The blood contains nourishment that re-fuels muscles in their state of activity, besides carrying away the broken down tissue that is thrown off by the exertion well as cleaning out the muscle cells of any carbon dioxide that may have secreted within these cells. It also acts as a fertilizer in the process of muscular reconstruction, by reason of the fact that the blood continues to circulate around the center of activity, after the actual action has ceased.

Now get the following explanation perfectly correct in your mind. It is not in all motions of muscular activity that muscle tissue is broken down. The movements have to be intense, and the muscles must be supplied with the resistance that is necessary in order to break down the old structure.

Movements, or exercises, that do not give the muscles the required resistance, but are the kind that involve a large number of repetitions, never break down any amount of tissue, to speak of. These movements involve a process, that causes the blood to swell up the muscles, simply pumps them up. Thus a coarse tissue is created, which quickly loses its proportions unless the muscle culture is practiced continually. In the other case, the muscles are supplied with a resistance, through weights, that causes full contraction and extension of the muscles, as well as a flexion of the joints, which altogether rapidly breaks down the old structure and commences its process of reconstruction. Not many movements are involved because the movements are almost wholly physical. By this I mean the muscles do not call for a fraction of the nervous energies which is the case in the other instance.

Followers of bar bell exercise find that, before they



Henry Stienborn performing the tremendous feat of "Brooklands on legs" without any support but his own great strength. Many incidents like these are portrayed and spoken of in Mr. Jowett's new book.

signs of increase their proportions, they have become a bit stronger. The reason for this is the musculature possessed in the first stage has passed through a stage of conversion, in which the tissue has become converted into one hundred per cent material. The outline of the other condition is what I call an inflated tissue of balloon type.

They register no change in strength simply because the methods they use are not productive of length. The fact that strength has become manifest in the later state is positive proof that the condition created is the most natural and

fast, therefore, contain the properties that are productive of great strength, in both appearance and demonstration.

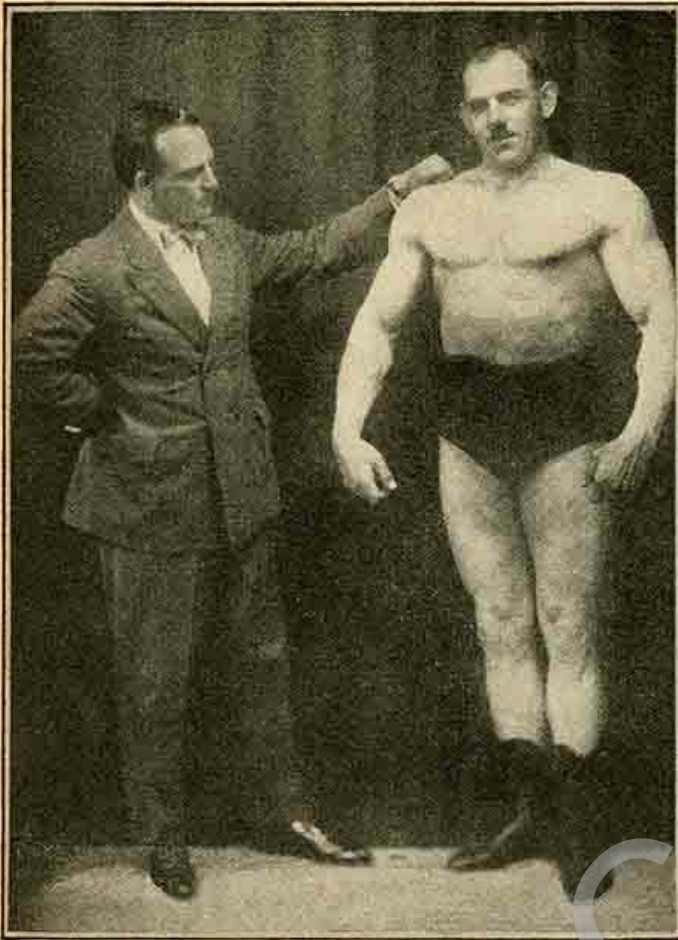
We have no control over strength alone. It is the natural outcome of substantial muscular growth. It can only be stimulated, and this stimulus must come from growth by development supplied from intensive exercise. In speaking of strength, I really believe that we are apt to consider its meaning in super terms. Anyhow, it is as such I want my readers to consider it. It is in the super state that we are able to appreciate it better, and if it did not have this exalted state, we would feel all our labors were in vain, with no recompense for them. Again, if that state could not be reached, it would not provide the lesson in which we are interested.

One strange peculiarity in muscle growth is the manner in which it multiplies in its process of reconstruction, which goes to prove how nature is prepared to take care of her children and is a factor to prove my story. To continue, let me say that it is pretty hard for the average person to understand why these tissues are broken down, and when they rebuild, why they grow in excess of what they formerly were. Muscular tissues of the body fulfill their duties, wear out, and are cast off like the dead leaves of a plant, and just as the plant grows stronger, a greater abundance of foliage appears, equally so does the muscle reconstruction act. Growth is life, and life is growth; when growth ceases the body begins to age and finally dies. As tissue is broken down, it multiplies and becomes stronger with growth. In other words, nature creates size, and strength is the natural sequence. Size and strength are accumulated to meet possible future necessities in excess of any work previously performed.

Let us prove this condition in another way, and be satisfied that I am right. You, no doubt, can call to

mind some fellow acquaintance who went into the lumber camp, or on some railroad construction job, and how on his return his changed appearance struck you as remarkable!—how he had filled out, and how much stronger he was than before. Well, isn't that an illustration of how natural growth takes place to fulfill the requirements of a more laborious occupation? The year after the close of the war I took a notion to take another trip overseas. I went into the Canadian Pacific Steamship offices in Montreal to purchase my ticket. I was taken care of by a clerk who had his sleeves rolled up to the shoulders. He displayed a fine pair of arms, and right away I recognized those little traits that inform a trained eye that this magnificent pair of arms was not always in his possession. He was too consciously proud of them. By his "return button" I saw he had served overseas, and to satisfy my personal curiosity, I began to question him. I had to smile at his boyish enthusiasm as he replied, "I just had to have 'em. I was with one of the batteries, and had the job of trundling heavy shells in a wheelbarrow. By gosh, at first I thought my back would break. My knees wobbled, and I felt as though each of my arms was being pulled from its socket. But, it had to be done, and I got better at it and began to like it. Pushing that wheelbarrow full of shells just made me over. And believe me," he added with pride, "my legs and back are every bit as well formed as my arms." No doubt you will recognize this incident as a common occurrence, but it serves to prove that strength is always the result of a certain condition, and not *made* in the sense that we are using this word.

If it was possible for you to cut into the living muscular structure of inflated tissue and natural tissue, you would find the difference in construction much similar in appearance to the difference that is seen in the



Herman Gorner, the most marvelous strong man in history and his great friend and product, Tromp Van Diggelou. Mr. Jowett's book contains numerous recitals of this remarkable prodigy.

grain of cedar wood, as against the grain of oak. One is coarse grained, and the other is tight. Try to break off an oak sapling and you will find it very difficult, but a cedar sapling, twice the size, will snap off much more easily. The condition of structure and resistance is the same here as the quality of musculature under discussion.

Inflated tissue is artificial, which is borne out by the fact that this tissue lacks lasting quality and has never been productive of strength. Strength is never artificial. It is too natural, therefore its existence must arise from the creation of a natural source.

Now you are apt to get all balled up if you have not read all this material studiously, and I want it to be perfectly clear in your mind. So to condense the whole discussion to a few words, as to what it all means, we find that strength as a distinct and separate product cannot be made; it is the result of developing musculature in its natural form. We know inflated tissue does not contain this essential, but we do know that there is a form of tissue, that can be developed, that does create strength. In other words, the muscular structure can be made.

As I have previously stated, intensive resistance of the muscles is the method of muscular contraction, by reason of its natural function, that can bring about the change. Therefore, it is just a case of following the right method of exercise that can produce this type of muscle.

In order to receive confirmation in any belief, let us see how the first examples of strength got their supply. I think I can safely say that I have come in contact with as many strong men as any other man, by reason of my travels and studies that have extended over twenty

years, as a practical athlete. I have known thousands and without one single exception every man instinctively practiced bar bell exercises on the progressive principle. Thousands of times I have asked if I thought that kind of training was responsible for the fine development and great strength. Not one of them ever repudiated the weights. They were tremendously emphatic in their statements that no other form of exercise could possibly give the degree of strength that they owned. Well, you will agree with me that they ought to know. They had tried everything, and spoke from experience. No man is fool enough to practice what he knows is wrong after he has found the answer to his problem. With all this mass of testimonials behind my assertion I must be right. Moreover, since it completely balances with my deduction and the way we all know that nature works.

I do not ask any man to accept any of my beliefs. I cannot prove them. Likewise any one is foolish to believe any statement at all that cannot provide satisfactory proof, and the teacher himself is a fitting example of what he teaches.

In all my life I have never seen a strong man who was not healthy, but I have met many healthy men who were not strong. The stronger a man, the more vigorous his health, and his body retains its youth and preservation in life longer by far than the man who is healthy and yet not strong. A great number of people would have us believe that strong people become terribly muscle bound. Now nature never does anything wrong, and strength never created such a condition as muscle binding. The term is just another that is wrongly used. There are a number of muscle fans who have a mania to possess a pair of large biceps, or huge pectoral muscles. All their efforts are thrown into the exercises that will develop either these conditions, and the trouble is that their development becomes unbalanced and exists at the expense of the rest of their bodies. Thus do other muscles become robbed of their rights and remain in a weaker condition. Not until the muscle fan has acquired this state does he realize how wrong it is, but he has no one else to thank for it, except himself. No teacher of body culture ever advised it. Fortunately it is a condition that can easily be overcome by a little specialization that will recover the balance between the various muscles.

Allow me to put before you one of my latest products of this. Not long ago a young man, who is well known in muscle building circles, and who possesses apparently a very imposing physique, came to me and said, "Here it is, Mr. Jowett, that I am no good at lifting weights. I have the development, but lots of lighter men can easily beat me, and I can't understand it." Frankly, I admitted that the circumstances had become very awkward and embarrassing, due to the fact that he was not able to maintain his prestige. He was troubled because many were telling him he would never be strong and that his muscular structure was inflated. I had seen him stripped various times and I informed him that his condition was merely one of unbalanced proportions which I could quickly remedy; more so in his case than in most others because he had the foundation. I pointed out his weak points and showed him the best exercises to overcome his defects, and in one week he had put on one inch on his thighs (his least) (Continued on Page 35)

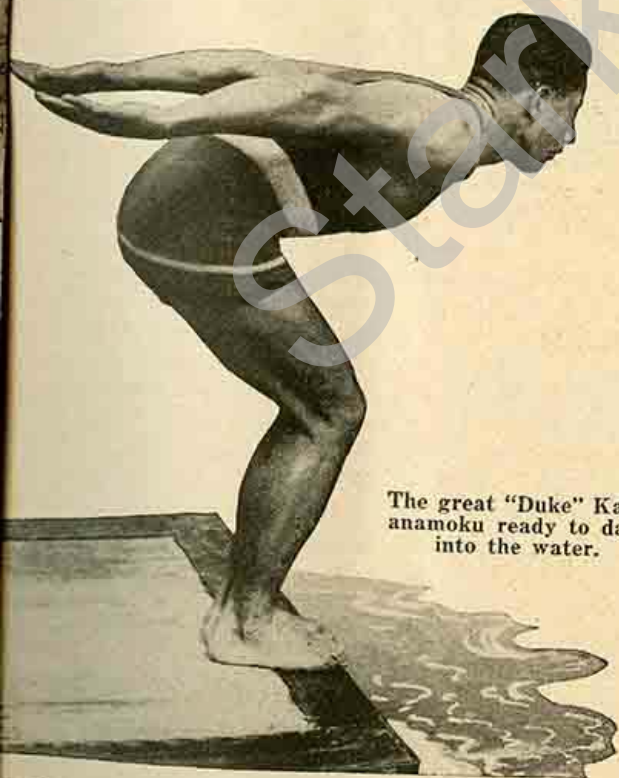
How Weissmuller Beat One of the Greatest Natators

An Analysis of His Stroke and Breathing Methods.

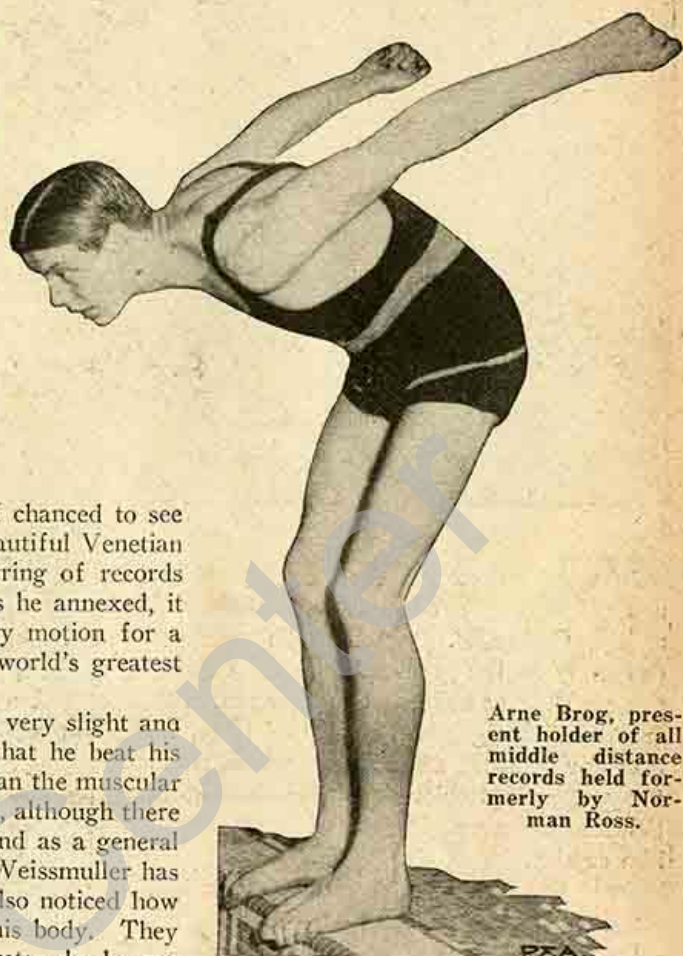
By Jack Russell

DOWN on the shores of Miami, last December, I chanced to see the great Johnny Weissmuller in action, in the beautiful Venetian Pool at Coral Gables. Amazed by the long string of records that he had broken and the many championships he annexed, it was with unusual interest that I closely watched his every motion for a possible clue to the secret by which he has defeated the world's greatest natators.

In comparison to his many rivals, Weissmuller appeared very slight and less superior in his muscular equipment. But I noticed that he beat his competitors mainly through his mastery of form rather than the muscular power he exerted. He presents the ideal type for swimming, although there are other types successful in the sport. Tall and rangy, and as a general rule less stronger than the average man of middle stature, Weissmuller has retained his strength in attaining his long lanky limbs. I also noticed how bold his feet and hands were in proportion to the rest of his body. They are exceedingly large and I presume this is one of the secrets why he can



The great "Duke" Kahanamoku ready to dart into the water.



Arne Brog, present holder of all middle distance records held formerly by Norman Ross.

reign of the super-mermen, Duke Kahanamoku and Norman Ross, the greatest natators of their day and the nearest to the perfect-built man.

Much has been written about the perfectly built men, and scholars have frequently given thought to whether the famous sculptors of Ancient Greece had individual models for the marvelous figures they turned out of cold marble with such deft-fingered skill. (At times it is hard to realize the warmth of actual life missing in them.) I am wondering whether the magnificent Apollo Belvedere and other Titans of yore, whose fame has been handed down by ancient mythology, ever breathed the breath of life, or did the cunning masters of the chisel model their wonderful work from a variety of models, choosing the best leg of one, and arm of another, and thus create compositely the synthetic figures that we all admire.

It is only natural to suppose that the field of sports affords the nearest to perfect development, and the passing list offers many truly wonderful specimens to select from.

The monarch of fistiana, Jack Dempsey, has a physique that is about perfect for boxing. Tall, shapely and long-muscled, he is the antithesis of Jim Londos, the strongman of the mat. Dempsey's tigerish grace and quickness is the result of mind co-ordinating with muscle. He is one of the finest specimens of the present day. In football and baseball, I think the great Jim Thorpe stands head and shoulders above the rest. His physique was superb, and though he was big and heavy, he possessed amazing speed.

break records so easily. Now for a moment I shall divert your attention from the great John Weissmuller to the pages of sport, back a number of years, to the



In weight lifting, a sport that demands unusual strength of muscle, speed and agility, George F. Jowett stands out pre-eminently as the greatest exponent of that game. Built as solid as Gibraltar and with enormous strength and beauty of body, he tore down record after record which stood for years, in a fashion not unlike the mighty Samson, who tore apart the temple that held him captive.

In track and field, I offer Morris Kirksey, the Olympic sprinter, and Tootill, the great weight thrower, as the perfect built men in their particular sport.

Thus, in every sport, track and field, baseball, football, weight lifting—there have been finely developed men, but there are two men, who, in their hey-day, stood out glaringly for their wonderful physique and development—both swimmers.

One is Norman Ross, the world's greatest swimmer and the other is Duke Kahanamoku, the great son of Hawaii and the fastest short distance swimmer till the advent of Weissmuller.

Ross was a powerfully built athlete with fine shoulders and a narrow waist-line, tapering gracefully to the hips. In his day he was regarded as the ideal type for swimming, every inch built for his sport. But even the great Ross must slip back into the shadow of obscurity when it comes to physical form, contrasting with that dusky, brown-skinned son of the Pacific, "Duke" Paeao Kahanamoku, who is one of the most perfect built athletes in the world today, and I am thinking of Klein, Merchant, Kirksey and a host of others when I say it.

Standing a little over six feet in height and equipped with a torso that is close to perfection, with a superb spread from ear to shoulder, tapering to a small waist, with a flowing, soft line, yet in all, disclosing a latent power, suggestive of a panther. Thighs are heavily rounded, calves well-developed and rounded with a stream-line effect. Chest development great and the muscles over the stomach enormous, a growth induced by the constant pull of the crawl stroke, but in his case, not uncouth. I will never, as long as I live, forget the

inspiring sight which he presented, stance, tense, alert—for the crack of the pistol.

In the 1920 Olympics the Duke shattered his own records that were made back in Olympic games held in Stockholm, Sweden, 1912. His teammate, the great Kealoha, gave him a fight that will live many a day in the minds of swimming enthusiasts. Over the entire distance fought neck to neck and the Duke managed to win by inches from his sturdy teammate. Both broke the old record hung up by Duke in 1912, by $1\frac{1}{2}$ seconds, the time being 1 minute, $\frac{2}{3}$ seconds for the 100 meter swim.

It was in 1912 that Kahanamoku, who had been selected as a member of the American Olympic team on the form he had played in the trials, was taken to Stockholm. It was there, then, that he would hardly be the famed Charles M. Daniels. The Hawaiian surprised every one with his marvelous burst of speed and then won the best swimmer record—breast time.

There is one thing I will always admire about Kahanamoku. He is a great swimmer



The wonderful amphibian of the world today—Johnny Weissmuller—showing the hydroplane position of his body while in water.

but an even greater gentleman. On the trip to Stockholm, 1912, he rendered every assistance to the Olympic Committee, proved a modest, retiring sort of fellow who attracted everybody to him through his good nature. His smile was famous, for it was golden. The Duke's striking personality and even now I can see him lined at the start ready to dart into the water. His long, black hair and less coppered skin blend in harmony, he would have made a model worthy of a sculptor's chisel. I knew from my first squint at him he would become my ideal in physical perfection, although I could not equal his proportions, since I am small in stature and built along the lines of that great little middle-weight lifting champion, Siegmund Klein.

The Duke was one of four Americans who staged a comeback in the 1920 Olympics. Ted Meredith, Pat MacDonald, Matt McGrath and Pat Ryan, of New York Police force, were the other members of the 1912 team who went over in 1920. All these men excepting Meredith and Kahanamoku were huge edition men, whose specialty were the (Continued on Page

Handball—Played the World Over

The Most Remarkable Game for Developing
Speed, Co-ordination, Agility, and Deriving
Lessons of Life From It.

By Jack Russell

STROLLED into a certain gymnasium one day bent on relieving a bad case of sore muscles, due to an over-indulgence in athletics. As I proceeded towards the locker room, my attention was attracted by two individuals playing a peculiar game that quite unknown to me. My interest increased greatly as I watched the men spank a tiny rubber ball, fist-fisted, against a back board. Each time the player struck the ball it would careen willy-nilly, and his opponent, with the speed of a deer, lunged nimbly to meet it and then volleyed it back against the wall for the server to relay it back once more.

I became fascinated with the marvelous endurance the game fostered. The players leaped about the court incessantly without the least sign of fatigue from their violent exertions. Their bodies blistersed from the sweat that literally poured off them, and when I observed this, I became overjoyed; for here was a game that would give me the necessary work to condition myself and relieve my strained muscles. I had played many games, but of them all I immediately realized that this game was the best for inducing health and physical perfection. Right there I resolved to learn this wonderful game, and employ it as a means to an end, ever afterward, "to keep fit."

I inquired about the game and was told that it was called "handball" and that it was one of the oldest of games. This surprised me inasmuch as I thought I knew a little about every game that existed prior to my coming at the gym. I learned also that the game was

played centuries ago in Ireland, and that its origin dated back to those by-gone years. From 1850, the game rapidly developed until it assumed its modern shape. Today it is played the world over, and it has become the national sport of many countries, namely Ireland, Spain, Cuba and a few others. It has become one of the most popular sports in this country for conditioning purposes, aside from its competitive advantages. No gymnasium is complete without one or more handball courts, and there is always a line of eager devotees waiting their turn to play the game in many of our public places where this game is encouraged.

Handball is a game which takes a great deal of effort to master, but everyone, regardless of physical condition, can, to a certain extent, acquire a certain degree of ability, and it certainly is a game worth while playing until finesse is accomplished. Handball combines about everything appealing to those with athletic inclinations, since its requisites are chiefly mental and physical co-ordination. The keenest of pleasure may be derived from it by those who take it up and employ it as means of enhancing their physical condition.

If you are ambitious of becoming a handball player, whether you use it for physical fitness or competitive purposes, beware of discouragement. Handball has a science and technique all its own, which is mastered only when the player has gotten experience.

To begin with, you must start the game slowly, in order to harden yourself physically, lest you pay the consequences of over-indulgence with sore muscles. A



The start and end of a perfect kill. "Whitey" Cranford, Temple University star athlete, finds handball the best exercise for keeping in trim.

couple of games every other day is quite sufficient to round you into form.

In enumerating the fine points of the game, the basic principle of all success in it, is the underhand serve or stroke. Without it you simply cannot accomplish much success in the game. The stroke itself is not unlike the sweeping under-hand throw of the baseball pitcher. Take a ball of any kind, enter a handball court, and with the movement, foot position and twist of the body effected by the baseball pitcher, heave the ball, underhand, towards the lower boards. This will insure the mechanics of the stroke necessary to success in handball. Sweep the ball across the body with a side arm motion and a final snap that puts the "English" or pep on the rubber. It is just a matter of time till you acquire the knack, then everything else will come easy.

One of the greatest faults of the beginner is his tendency to fight and crowd the wall. Wait out the ball. Do not rush in to volley it back to your opponent. Let it take its full rebound instead, before attempting to relay it back. Always endeavor to get the body in similar positions to hit the ball on the play as when you are serving it.

Do not tense the arms or ever alter your stroke. All these are fundamentals of good handball.

Of course good handball and brainy handball can be played without the use of the under arm delivery, but the player is handicapped mechanically, and all things being equal between two players, the

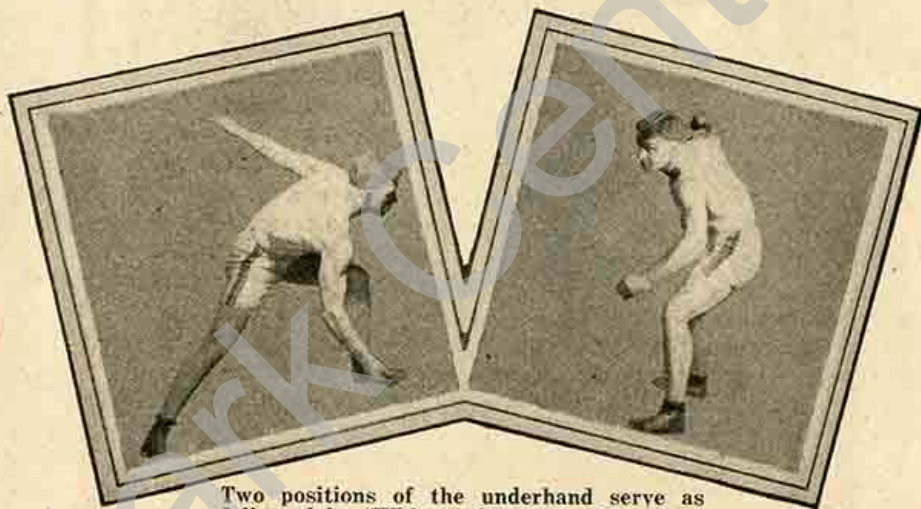
one with the underhand stroke at his command is likely to win out in the long run.

Next to importance to the under-hand stroke is the service. Many players consider the service more than half their game. I dare say this is true, for I know this too well from experience. The object of every serve is to out-guess your opponent, or to place it so as to assure a weak return. This will result in an opportunity to score, since a player scores only on his service.

There are numerous types of the serve, but by far the most satisfactory, and one which has stood the test the world over, is the serve delivered from the center of the court. The server takes his place directly back of the short line, and using as much strength as he can possibly muster, drives the ball hard against the front wall just high enough so the rebound will bring it over the short line, which is placed to make the serve safe within the scope of the playing court. The ball, in striking the front wall, rebounds on an angle which carries it backwards swiftly to the angle formed by the rear and side walls, or, if on an open court, bounded solely in front by the playing wall, directly backwards out of

reach of the defensive player yet inside the side line. This serve, when delivered from the center of the court with an under-arm stroke, and aided by the force into the drive, will surprise an opponent and discourage his attack. Through this method of play an opponent may be kept on the jump from one side of the court to the other endeavoring to return the ball, and he is likely to become weak and very easily disposed of by the offensive player.

It is advisable to wear gloves until the under-arm stroke is mastered, or until the hands have hardened from the buffeting of the ball. Remember the idea of handball is not to slap the ball, the under-arm stroke is a combination of catch and throw, synchronizing smoothly that there is really no effect on the hands at all. The real spirit of the game is to play without the use of gloves at all. However, above all things keep trying. It takes time to become a good handball player, just as it takes a great deal of time to become a good tennis player or learn to swim properly. You must learn to educate both hands in playing this game and hold the hands scooped shaped, with the fingers tight



Two positions of the underhand serve as delivered by "Whitey" Cranford. Note how every muscle is brought into play.

closed, when

hitting the ball.

Much of the trouble in hitting the ball properly occurs in the impact of the ball with the hand. Many persons are unable to hit the ball with the fingers or with the palm of the hand. This has a tendency to make the hand extremely sore and in some cases swells the hand for quite

number of days. There is only one effective way to hit the ball and that is to catch it with the scooped hand at the base of the fingers, as I have mentioned before. The object will not only travel accurately, but will be delivered with the force necessary to foil the attempts of your opponent, and inspire confidence in your future play. Hitting is one of the first and important lessons of the game and it is not advisable for anyone to play the game unless they have first accomplished the swing and have a more complete knowledge of hitting.

The next important thing to acquire is the art of placing the ball. The fact that you can hit the ball with great force will not count for much if you do not acquire the ability to place it outside your opponent's reach. To do this you must use your head as well as your hands, or, out-guess your opponent, as it were. When you are serving at the right of the court your opponent will naturally be at the left. So use your head and eyes to fool him. Do not let him recover the ball with his best playing hand. Always direct the ball to the opposite side of him, or his weak side. A well served ball is one that drops on a line just where (Continued on Page 8)

The True Show Girl— the Home Girl

How a Home Loving Girl Made
the Grade to Success and Beauty.

By David Wayne

THE fabric of our lives is, like a piece of knitting, terribly botched and tangled in most cases. There are stitches which are dropped and lost in the work, sometimes to be picked up again after a lapse of years and woven back into the scheme of things. These stitches are our friendships.

One gala evening I met a rather modest and retiring young man just before my performance in a gymnastic show. I learned very little of him from the snatches of the conversation we had before the performance, but when it was over and he was dressed for the street again, he offered to accompany me home.

We got on a bus and as I was flung to a seat by the arching conveyance, I observed a remarkably pretty and modestly dressed girl sitting opposite me. A

particularly violent gust sent her brief skirt flying, and she hastily smoothed it down and glanced around surreptitiously, our eyes met.

I continued to stare at her, while my companion talked him on, but I did not hear him for I became very absorbed in the girl. I was annoyed to feel myself flushing, but the pretty girl, after a cool brief appraisal of me and a slightly amused smile at my exhibition,



Miss Rizzo's charm is undeniable, being the result of a mysterious concoction of dark hair, clear features and a continental loveliness.

returned to her contemplation of the passing sidewalks, and thus left me to stare stupefied at her.

I nudged my companion so that he, too, might perceive the ravishing feminine disturbance. He stared at her a brief moment, then continued to talk to me. "I'll wager she's a chorus girl," I said as I interrupted his conversation. "What makes you think so?" came the query.

"Well for one thing she is attractive, devilish, daring and brazen and a certain air of sophistication is quite characteristic of her." My companion looked at me, horrified, but I kept on. "I hear that they're a scandalous and voluptuous lot. Always indulging in sensuous pleasure. Pretty bad company for a decent fellow to meet."

My companion turned on me very indignantly, his ire aroused. "You cad.

What license have you

to upbraid the character of such fine girls with your talk, when you have never met them and have never come to judge their character for yourself. I thought you were a gentleman, but you prove, conclusively, to me that you are nothing but an insufferable, common ordinary, narrow-minded fool of the lowest order. Some people are ignorant, but you abuse that privilege. A gentleman never goes on hear-say. He investigates thoroughly



Miss Rizzo's beautifully proportioned figure is enhanced by the sheerness of her dress and her gracefulness accentuated.

before forming his opinion. I have tried to pick my friends and associate with gentlemen only. I am very sorry to be disillusioned with you."

This tirade cut me as would a knife thrust. I stared at him, so unexpected was his answer. However, I quickly recovered my composure and felt thoroughly ashamed.

I begged him to forgive my hasty slip of tongue which was without due consideration before I spoke, and I humbly asked his pardon and offered to make retribution. He looked at me a moment and then said, "Yes! You can make retribution, I want you to meet my sister . . . she's a show girl. It is not me that you hurt with your unthinking denouncement, it is she whom you have so injured, for she is one of the finest girls in all the world, and if you want to regain my estimate of you, then I want you to apologize to her for your grave error."

I consented to his proposal, and thus from that time on I eagerly awaited the arrival of his sister, Miss Anna Rizzo, who was touring the South with the Gertrude Hoffman Girls. Of Italian lineage, Miss Rizzo, I later learned, inherited much of the sturdy qualities and

robust health from her parents. I met the parents before her return from the southern tour and I was so fond of them that I became a frequent visitor to their modest little home.

One day I received a letter from Miss Rizzo stating that she would be home and that she would be glad to see me, since her brother spoke of me continually in his letters to her. Her news overjoyed me, and after an interminable and impatient length of time, I was informed that she had returned. I was invited to dine with her family the next day, which was a Sunday.

When I was ushered into the home there was a large circle of relatives who had come en masse to greet me. I was presented to those whom I had not had the pleasure of meeting before, and when this former acquaintance was gotten over with her esteemed brother commended me, and proudly brought me face to face with the most ravishing creature. Her dark, mysterious and bewitching smile set my brain to whirling giddily. She advanced and spoke softly to me. Her voice was low pitched and well modulated. Instead of answering I stared open-mouthed at her, and then commenced to cast a critical eye over her charms. She was the beauty personified, and I wish to say to you that Anna Rizzo would have made Helen of Troy look like a cartoon. She had everything and I don't mean "I thought so." If she was as good at reading thoughts as she



Miss Rizzo loves athletics. There is nothing she cannot do. One look at her sundry charms and you become convinced she is only seventeen years old.

ing them, she could have seen a combination of adoring and admiring emotions in the eyes of her admirer.

Her charm was undeniable, being the result of a mysterious concoction of dark hair, full lips and clear features which gave her a continental loveliness. Her contours were the flowing graceful curves of a nicely proportioned figure, genuine grace and a pretty carriage to the whole ensemble, with a dark olive complexion deliciously lovely and a personality that was inexplicable.

At the sheer delight of her I could not resist. And she—she merely flashed me a big smile as she drew me down beside her. Every eye in the crowded room was turned to me as I attempted to speak to her, but my words seemed to choke in my throat and all I could utter were inarticulate sounds.

I have heard so much about you from my big brother, that I just couldn't wait till I met you. I hope you excused my writing to you before ever meeting you. It was terribly impertinent of me, but then, I wanted to be sure that you would come to see me on my home. I expect to be home for about a week, although we girls of the Hoffman never know what Madame is going to do next. That stumped me for a moment, "What the devil is the proper procedure in the case of such charming naivete?" I asked myself. She kept on with her interesting conversation. One could not help but admire her. She exhibited so much intelligence and when she would smile, invariably, I became speechless.

At dinner that evening the ladies were present and an infectious atmosphere of gaiety prevailed, all formality stopping at the door. Ann Rizzo, a ravishing vision of loveliness in some filmy creation, tramped from group to group as a delightful hostess. Her significant glances and little attentions to me so thrilled me that the dancing and refreshments were anticlimax. The dinner was a great success and afterward the ubiquitous piano furnished music for dancing.

When in high school Miss Rizzo participated in all the branches of athletics, and coupled with her old training at home, she rapidly developed into an extraordinary girl. She went to a business college after leaving high school and it was then that she became ambitious of a career on the stage. She immediately took up theatrical dancing, and when she went to work in an office after graduation from business college, she trained herself every night. One day she had an audience of the premier danseuse, the famous Gertrude Hoffman, who needed some girls for her troupes. Anna was so pleased so she left her home and joined the third troupe of the Hoffman girls in New York. She was then only a child, but her form was so rounded and her personality and intelligence so great that Miss Hoffman could not resist her.

She then commenced an arduous period of training and dancing for the opening night. The show first went



Miss Anna Rizzo and "Pewee" Weisberg, two home loving girls who dance with the finest aggregation of girls on the stage, the Gertrude Hoffman Girls.

to Hartford, Connecticut, then after a time it came to Broadway. Miss Rizzo says she never will forget it, that opening night on Broadway. A few weeks out of town—almost like being on the road—and then the great white way—the mecca of all show girls—New York. Color and excitement and noise and laughter. Every one was nervous, keyed-up. It was hard even to put on make-up. And yet, once you were dressed in the wings, and then on the stage, the show ran smoothly enough. Dancing, lights, the rows of people out front, back to the dressing room, on the stage again.

The show was a good one. Anna felt the keen fascination of the theatre, the fascination she had always felt when she was a girl in high school. For the veneer of the stage was very enchanting to her. It was great fun, putting on make-up, getting into exquisite little costumes, dancing through many numbers, hurrying back to the dressing room for a quick change, talking to the other girls and dancing out on the stage again. After theatre Anna was usually too tired to care about going anywhere. Anyhow Madame Gertrude Hoffman watched her girls carefully, mothered them all.

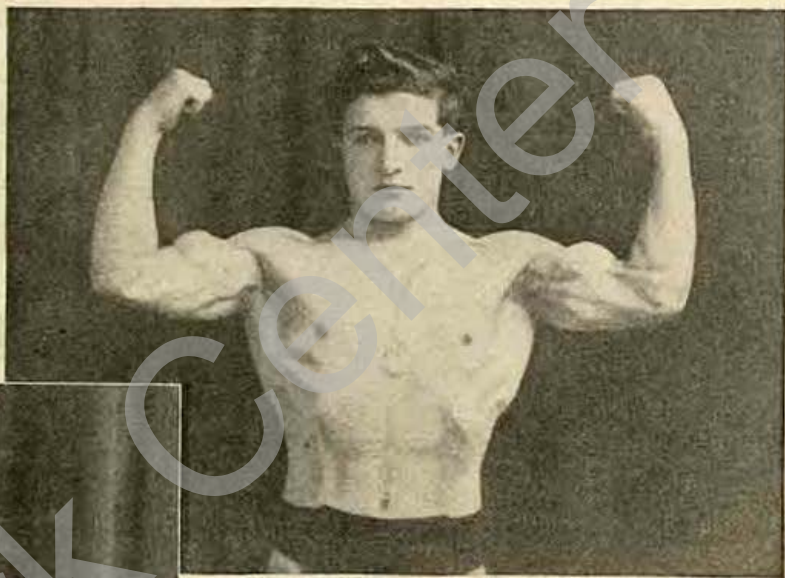
They usually repaired to their apartments after the show where they would read for a while and then go to bed. The next (Continued on Page 83)

American Continental Weight Lifters' Association Notes

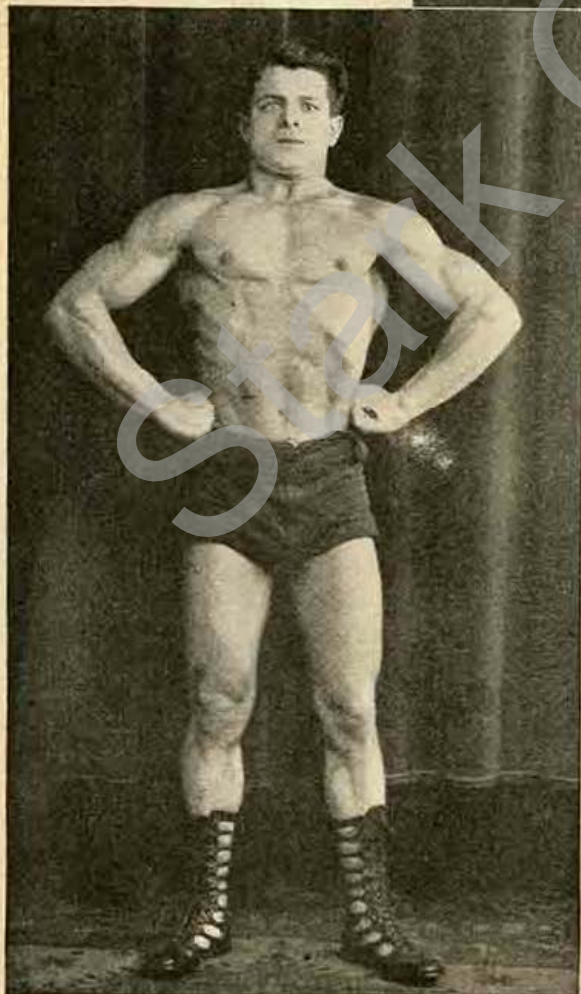


By John Bradford

AT last the Klein-Matysek match was arranged and contested, and by the time this issue is in your hands, the match will have become history. Something to remember and talk about in future days, when it will be a pleasure to reflect that here were two boys, with reputa-



John Valentine, of Detroit, Michigan. A powerfully constructed young lifter who has some fine records to his credit.



Louis Mazzarella, a young lifter who looks as though he is going to make some competition.

tion him who not to f o and tes cid w a bet It dor s p o r tion ing m c s h c o o w the sport, and who are always willing to do their stuff. president so often remarks, if a man has the stuff in h has the cause at heart, he would sooner belong to the A tion than be outside of it. The rapid strides we have forging to the front prove it. If we had not had the m the stuff, we would never have accomplished anything. siasm plus leadership can do anything.

The regular monthly exhibition in Philadelphia was interest, with spectators attending from all points. Ne and New Jersey were strongly represented, and our old Marquis Losey, drove in with a party from Bay Shor Island. In view of the fact that he had driven such a c he did exceptionally well in his performance which was the night's entertainment.

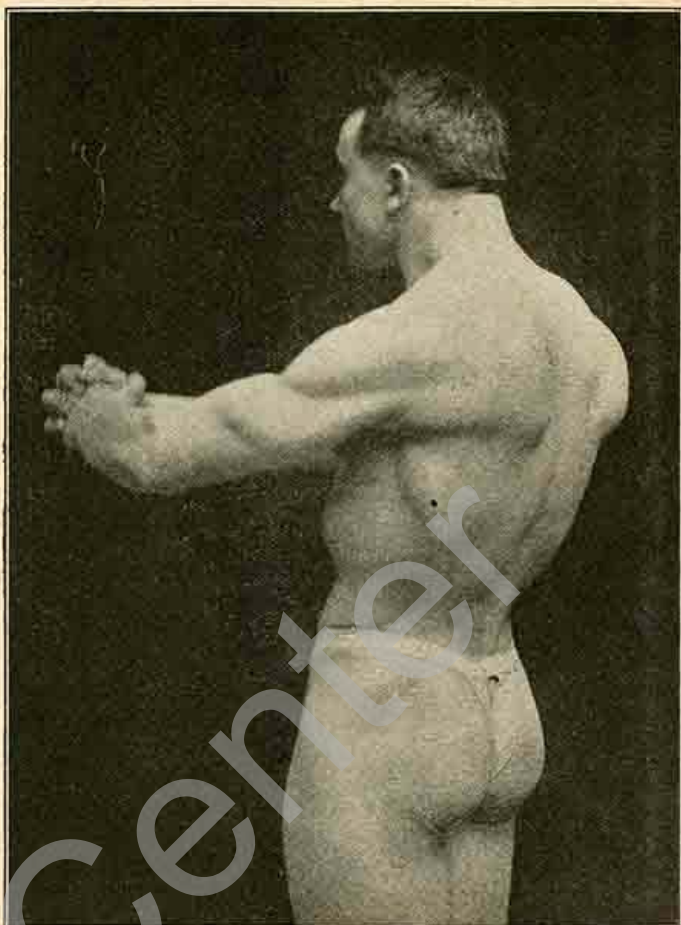
The program opened with the appearance of Harry role-muscle poseur. He went through a series of int poses, that set his body off to a splendid advantage. Th opment of his torso is well pronounced, especially the oblique muscles, which show that Hall is a man who l a lot of "bent press" practicing. The turn was ve received by the interested spectators.

Following this act was a trial upon the three Olympic Otto Lechman and Lyman Wilson, who both hoped to the bronze award. Although their weights were not th they both lifted together. Lechman weighed one hund thirty-nine pounds and Wilson one hundred and fil

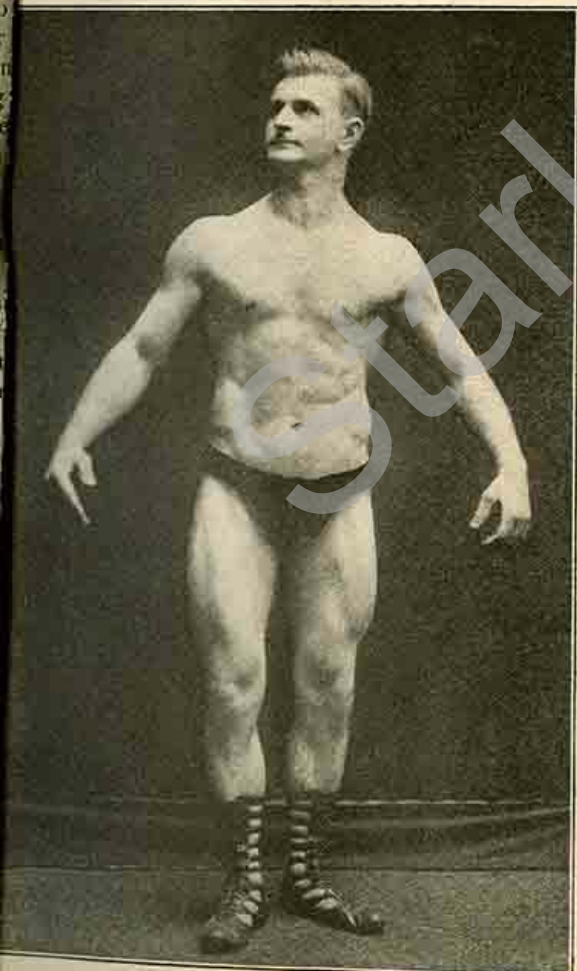
s. Both of these boys are soldiers, and although have only recently become members, they showed an energetic military spirit to do things, by doing best. Lechman lifted a total of four hundred and two pounds against four hundred and twenty-pounds by Wilson. They were accompanied by a prominent Poore, a very enthusiastic sportsman, and soldiers from Fort Monmouth, New Jersey. It is needless to say both these boys won the A. C. W. L. A. award.

The next feature was a very clever act of Comedy antics by Messrs. Dunn and Ward. Considerable interest was injected into the act by the comic clowning of the members. However, this did not, by any means, detract from their athletic ability. They had an arrangement of splendid balancing and tumbling stunts which captivated the onlookers. Also they worked their act on a table and chairs in other neat combination.

The middle of the program was now reached, and preparations were made for the event of the night, the Klein-Matysek match. Many had begun to think these two would never get together in a contest, as on four times Mr. Jowett had gotten them together victoriously when something turned up, which could not be overcome, and caused a temporary postponement. This time everything was perfect, except that Klein had a splinter on his arm, which he did not consider, for he had to lift in this match, and Matysek was just as good as dead. The New York boy weighed well within the middleweight limit, not making one hundred and fifty-



Antone Matysek, whose contest with Siegmund Klein raised considerable interest in "iron man" circles.



A. Schiemann, of Baltimore, who is still stirring things up in the aristocratic city.

pounds by at least three pounds. The boy from Baltimore went over the heavy middleweight poundage, weighing over one hundred and seventy pounds. As they came to the platform, a little discussion was brought up on the Two Hands Slow Press, which was settled to the satisfaction of both lifters by the officials. The judges selected were Robert E. Mack, of Philadelphia; Charles Durner, of Allentown, Pa., and C. Collier and H. Hall, were loaders. Mark Berry, of Newark, seconded Siegmund Klein with Robert Hoffman, of York, seconding Antone Matysek. Our president, George F. Jowett, was the referee. Mr. Jowett spun the coin as the seconds called their choice to win for their man the privilege of lifting first or second. Berry won the toss and took the privilege of lifting second for his man.

The ball commenced to roll as the referee announced that the match was in progress. Starting on the two hands snatch, with one hundred and sixty-five pounds, Antone made the grade. Klein began to force the pace, calling for one hundred and seventy pounds. Like a flash it went aloft, and he smartly brought his feet together for the referee's count of one, two. Tony tried to go five pounds better than Klein, but the snatch was a little too much for him. It went aloft all right, but he was obliged to finish the lift by pressing, in order to straighten his arms. It was done quickly, but it did not escape Mr. Jowett, who immediately declared it no lift. Klein called for one hundred and eighty pounds, which went up as faultlessly as the first. Matysek took his third attempt with one hundred and seventy-five pounds, but he could not get anywhere with it. Ten more pounds were added to the smaller man's bell, making the total one hundred and ninety pounds. Without any hesitation he swept the bell off the

floor to arms' length in a perfect movement. Thus did the first lift go to the credit of Klein.

No time was lost in commencing the second lift, the rulings of which were changed from the Olympic style to the following: The lifter must stand with feet together, and he is allowed to bend slightly forward and then backwards as the lift was in progress; but the legs must be kept straight throughout the lift. This was a great advantage to Matysek, as he had the part of the forward lean down pat. Klein could not do it, and made a straight legged press out of it, bending back from the waist.

Matysek started in pretty high, with two hundred pounds, which he accomplished with ease. Klein dropped down to one hundred and eighty pounds. Tony led again with two hundred and ten pounds, while the New Yorker jumped fifteen pounds to one hundred and ninety-five pounds. The last attempt Antone tried with

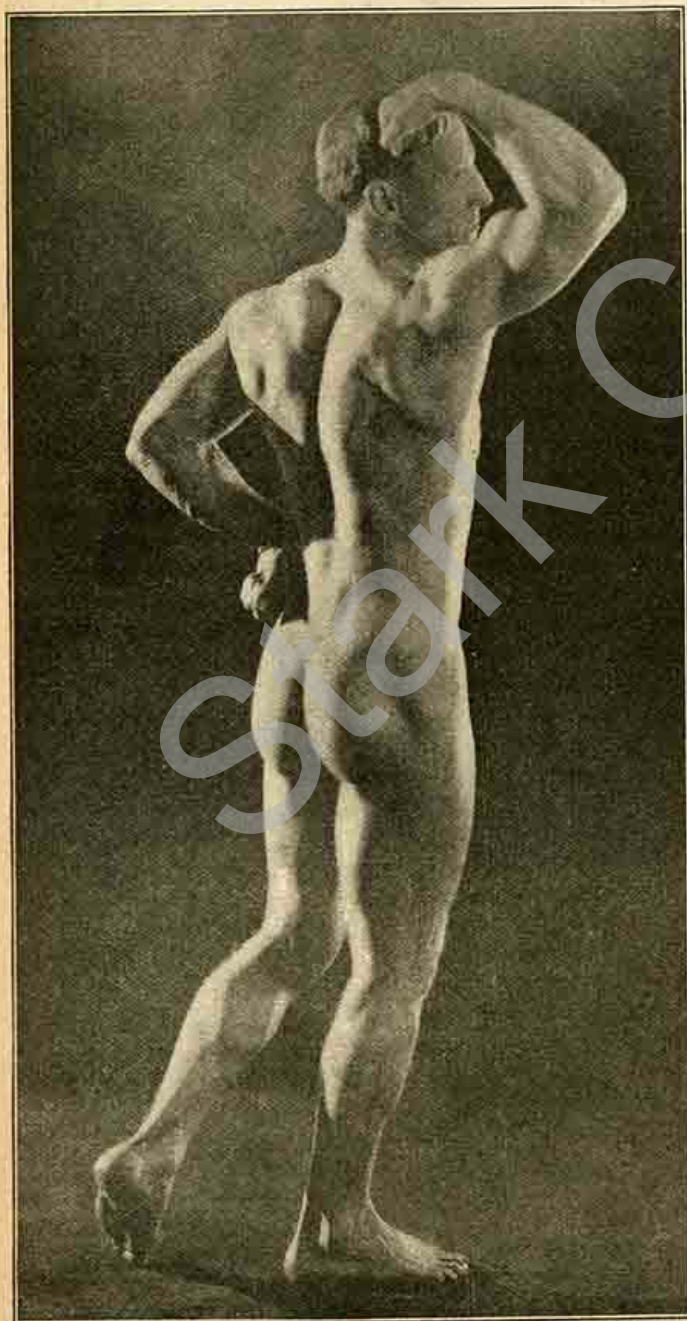
two hundred and twenty pounds. It went half way and inch by inch he began to gain ground, but then he got too heavy, and after a fine struggle, he had to drop the lift. Klein added ten pounds more, making two hundred and fifty pounds, for his last attempt, which he successfully performed.

Interest began to be pretty keen. Each man had a lift, and the last one was the deciding event. The crowd was restless and the seconds began to encourage their men, as a jockey urges on his horse. Both started with two hundred and thirty pounds in the Two Hundred Clean, and both were successful. Ten pounds more, and both men made the grade. Klein had already won, but Antone had a trick up his sleeve for the last call, and he called for two hundred and fifty pounds, whereupon he made way the New York middleweight smartly stepped forward and got the weight to the shoulder in a neat movement. In its journey to arms' length very little effort was registered, and the lift was lost and won. The totals were: Klein six hundred and forty-five pounds, Matysek six hundred and fifteen pounds.

It was a well fought contest. Well won and well lost. Matysek was the first to congratulate his opponent openly and honestly. Both men were given a rousing ovation. It was a double victory for the president. As the president announced the totals, he made a further announcement of the engagement of Edmund Klein, American weight lifting champion in the middleweight classes, to Miss Grace Attila, of New York, daughter of the famous Louis Attila, the man who produced Sandow among many other famous athletes. Everybody joined in wishing the young couple the happiness in the world.

It is usual to comment on matches of note and awards, so I will offer my criticisms and plaudits at the same time. Throughout the whole contest Klein proved himself an accomplished showman. Every lift was performed in a graceful, effective manner. Matysek has lost much of this, but he was game and he deserves all the credit in the world for coming forward and doing his best, as he did. He challenged Klein to another match on a different set of lifts, which the New Yorker agreed. Matysek admires the fine style employed by Klein, but we know it has the touch of a master hand behind it. Our worthy president, in a letter to the president, expressed his gratitude to all Mr. Jowett has been to him in acquiring his weight lifting honor and fame. Each is proud of the credit and they might well be. Klein had promised Jowett that on this occasion he would make a clean hands and jerk of two hundred and fifty pounds. Owing to the condition of his arm, result of the boils, the attempt was postponed, but Jowett has set his heart on seeing Klein do two hundred and seventy-five pounds, so two hundred and sixty pounds will be just a stepping stone to a higher mark.

Marquis Losey, of Bay Shore, Long Island, American professional lightweight champion, was the performer to strut his stuff. He succeeded in creating a new world's record in the lateral raise, lying down and ninety-five pounds. Turning his attention to the



A recent study of E. Faris, Cincinnati star middleweight and A. C. W. L. A. booster.

head lift, he set up the fine record of three hundred and sixty-five pounds with the right hand and hundred and fifty-five pounds with the left hand, of which stand as world's records. Losey has improved considerably since his last appearance here, we are told that he has greater surprises in store for us. He was two pounds overweight, stripping at hundred and forty-two pounds. Of late he has put on weight for which he looks better, and with it lifts

Philip Piantone, of Norristown, next treated us to neat tumbling. It is only a month since he broke collar bone, and the fact that he is back in harness quickly, speaks well for his fine physical condition. At the semi-wind up, John Gauss, of Philadelphia, won a gold medal total on the three Olympic lifts. A fine young lifter is improving rapidly, and is going to be a very serious opponent for any one who is aiming to make a real claim to the heavy middleweight division. His lifting was all impromptu; as a matter of fact he has been off training for the last few weeks for various reasons. He was fully dressed, and an interested spectator of the Klein-Matysek match, when he was asked to lift. He simply took off his hat, collar and coat and lifted the following poundages, still wearing his walking shoes. Two hands clean and jerk, two hundred and fifty pounds; two hands snatch, one hundred and eighty-five pounds, and the two hands slow press one hundred and eighty-five pounds. Total six hundred and twenty pounds, which is a five pound better score than Matysek made. Dressed as he was he weighed one hundred and sixty-six pounds. Stripped, he would go about one hundred and sixty pounds, which is not very heavy when you figure that he is about six feet tall.

The wind-up was a novelty act by J. Russell and L. J. J. that was very much enjoyed, evoking much merriment.

The attendance was very appreciative, and every man present was a genuine weight lifting fan. We hope that at the next show, on the night of June fifth, will bring a bumper crowd for Veterans' night.

News has just come through from South Africa that Tromp Van Diggelen, stating that Herman Gorner has made an astounding one hand dead lift of three hundred and twenty-seven and a quarter pounds. It hardly seems possible that any human being could do such stuff, but when we consider that Gorner jerked from the back of the neck to arms' length, three hundred and twenty-seven pounds in living weight, we can expect anything from him. You remember, no doubt, some time ago President Jowett wrote an article entitled "Can I name the World's Strongest Man?" Out of the whole bunch George F. Jowett selected Gorner. When it comes to estimating strength and physical ability our president is not going to go wrong. I asked Mr. Jowett how he thought Fred Alzin would stack up against Gorner, but he lost time informing me that even though Alzin was much better than Rigoulot, Gorner would win. Wouldn't we like to see such a three cornered contest? The records would fly. Gorner's manager, Tromp Van Diggelen, is a great friend of our president, and has a very high opinion of his ability as a trainer. Tromp says that if Gorner was under the training of Mr. Jowett he would do an away over four hundred pounds in the two hands



Sigmund Klein, the American middleweight champion who added to his laurels by defeating Antone Matysek in contest on the three Olympic Lifts.

clean and jerk. Gorner depends purely on strength as a lifter. He has not skill equal to that of Rigoulot and Cadine, which means that if this skill is acquired we can expect him to smash all his records. There is a movement on foot to bring Gorner to this country, if he does come you can bet our leader will gladly do everything in his power for him. Tromp knows what he is talking about as he has associated with the best men in the world, Steinbach, Swoboda, Vasseur and a host of others. He was the man who brought out Max Sick as well as Gorner. He was also a great friend of Dirk Vanderberg, with whom our president spent many of his early days. I believe, like our South African brother member, that if any one can bring the best out of a man George F. Jowett can. No man in this country ever developed as many stars as he has. His old star pupil, Marineau, is contemplating paying us a visit, so we are likely to see this marvelous lightweight in action. He has fully recovered from his injuries sustained in an accident some time ago, and blithely informs us that he is doing a bent press of two hundred (Continued on Page 77)

The Summer Camp

Its Contribution to the Education
of Young Americans.

By Russell Viohl

ONE of the most significant innovations in American education during recent years has been the growth and popularity of the summer camps. This movement owes its inception to the leaders in the physical and moral education of the American boy, who, by their thoughtfulness, realized that the restrictions of city life must be counter-balanced by a period of simple, active, outdoor life in the woods, in order that normal physical growth and development of character might be insured.

Home life in a large city no longer affords boys the opportunity to secure that physical, mental and moral training that our forefathers received from their manifold activities which were carried on in their homes, years and years ago. The tendencies of modern life have made it increasingly difficult for fathers to rear their boys along the lines of the old time training. And thus, as a consequence of this unfortunate condition in our modern civilization, many boys grow up in an environment where the feminine influence predominates. Therefore the camp idea has been added to remedy the sedentary and artificial life of the city, and give the boys the advantages of a more manly training and guidance.

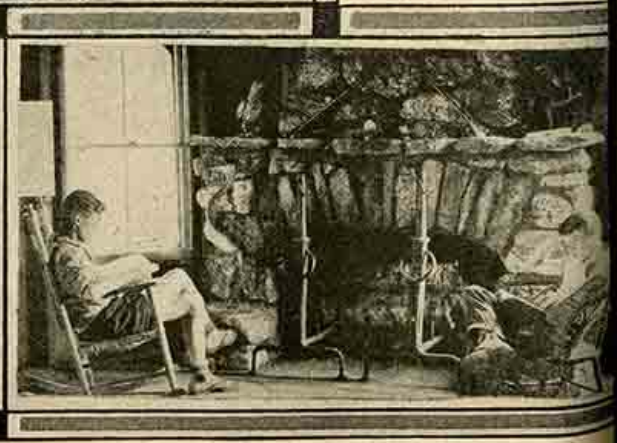
Nearly all the permanent and successful camps are directed by educators who recognize that the summer camp should aim definitely to

provide for the boys the most favorable conditions for the acquisition of a sound and well-trained body, habits of living and character. The boy cannot receive adequate instruction given to him by competent sympathetic teachers, and the camp program is planned that all the large aims of education may be realized.

It pleases me to tell you something about the camp movement, and if you are one of those who are fortunate enough to go to camp, then this message will serve to guide you and give you a fair understanding of the four-fold purpose of the camp life. Literally, an army of boys and girls wend their way to the mountains, lakes, and seashores of our country as soon as school closes, late in June. The hordes have become so numerous that the railroads find it exceedingly difficult to keep pace with the movement.

For two months both boys and girls go to camp and are happily engaged in learning many new things which are of lasting benefit to them. It would take reams and reams of paper to describe all the things that a boy learns in the summer camp, but I will try to enumerate some of them, although the greater part of them cannot be described. They have

Three scenes that
life in camp, where a
ety of activities and
ations promote
pleasure and train



with spirit, with certain attitudes towards life in

organized summer camp offers these chief educational features: physical and health education; learning; training for citizenship, and the development of character. There is no phase in camp life which is more vital to education than the advantages it affords for adequate physical and health instruction. The American Red Cross offers its services by conducting intensive courses in swimming and life saving.

Physical illiteracy is judged in terms of a nation rather than an individual, and since no chain is stronger than its weakest link, no nation is stronger than its weakest link. If this is true, then no camp is stronger than its weakest boy. Therefore, the camp directors concentrate their powers on the weak link and endeavor to make it as staunch and strong as the rest. No one is weak in a summer camp. Under proper guidance all ills are remedied and the boy returns to school healthy and able-bodied. The campers are given a thorough medical examination at the beginning of the camp season, and advice is given to each according to his needs. The co-operation of the counsellors in charge of the various groups of boys is enlisted in supervising the campers in the dining rooms, the athletic field, in the morning and during the rest period, with a view of helping the camper form good health habits. Frequent discussions on health hygiene are vitally interesting and useful when the hygienic principles are applied to the camp life, for instruction in hygiene is valuable to the extent in which it bears influence on health habits; a summer camp with its simple active outdoor life affords ideal conditions for inculcating good health habits.

The camp is unquestionably the greatest institution for promoting spirit, good-will, and sportsmanship. The glory of American sport depends not on the few stars whose names catch our attention from the pages of

the news-
papers, but
on the
American
boy. For this
reason the
idea has
grown more
and more
popularly
heralded
in the
past few
years — for
the purpose
of preparing
the American
boy as a
potential
sportsman.
This
not only
does much
for the
health in the

future, but will make a marvelous contribution to the physical health and welfare of a nation. The school boy is the nucleus of our American sport.

In the summer time I journey to the state of Maine to direct the activities and physical welfare of a boys' camp. It is situated on a densely wooded island in the

limpid waters of Lake Sebago. It is amid a scene unrivalled in the magnificence and grandeur of its beauty. Surrounding this camp are a host of smaller isles, and off to the westward the distant mountain ranges loom like sentinels. They are called the White Mountains, and many hikes are taken through them.

The life of the camp boy commences with reveille in the morning at six o'clock. As soon as he dresses he joins the ranks for setting up exercises, and when he has become fully aroused by the exercise, a plunge into the icy, but exhilarating, waters of Lake Sebago refreshes him and sweeps the cobwebs, induced by sleep, from his brain. The early morning dip is not encouraged just for the sake of enlivening the boy. Its real value lies in the fact that it teaches him to wash himself before reporting to the breakfast room. He is taught the proper method of cleaning his teeth, and this important function is impressed upon him to the extent that he religiously adheres to its principles. The boy camper emerges from his dip, radiant with the glow of health, and after a breakfast consisting mainly of cereals, wheat cakes, fresh eggs and milk, he repairs to his tent and cleans it for inspection.

The assistant director of the camp thoroughly inspects each tent, and after he has done his worst, searching for match sticks and articles of clothing left promiscuously about the camp, each tent then receives a rating for the quality of its inspection, and at the end of each week the tent with the highest rating receives the honors due it. This idea not only creates competition, but it teaches the campers to clean their dwelling place as well as their bodies.

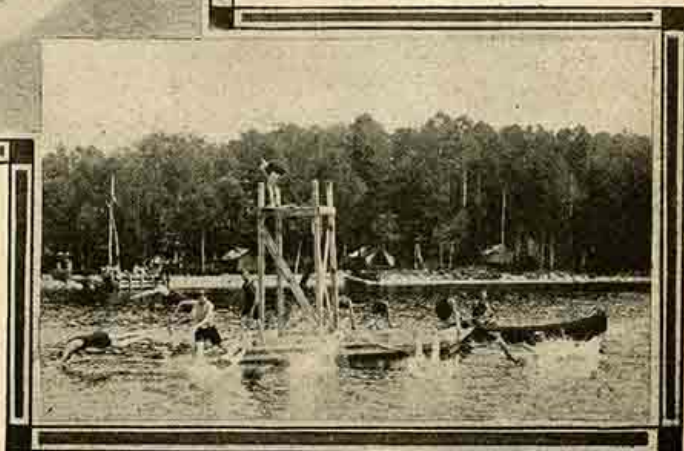
At the close of inspection, which commences at nine o'clock, the camp director issues the orders for the day and the camp then becomes agog with activities. A group of boys are usually instructed in rifle practice on the range. The director, if not occupied with the business affairs of the camp, takes another group for tennis,

canoeing or boating. The remaining number are given instructions in boxing, wrestling, tumbling and competitive sports, under the personal supervision of myself.

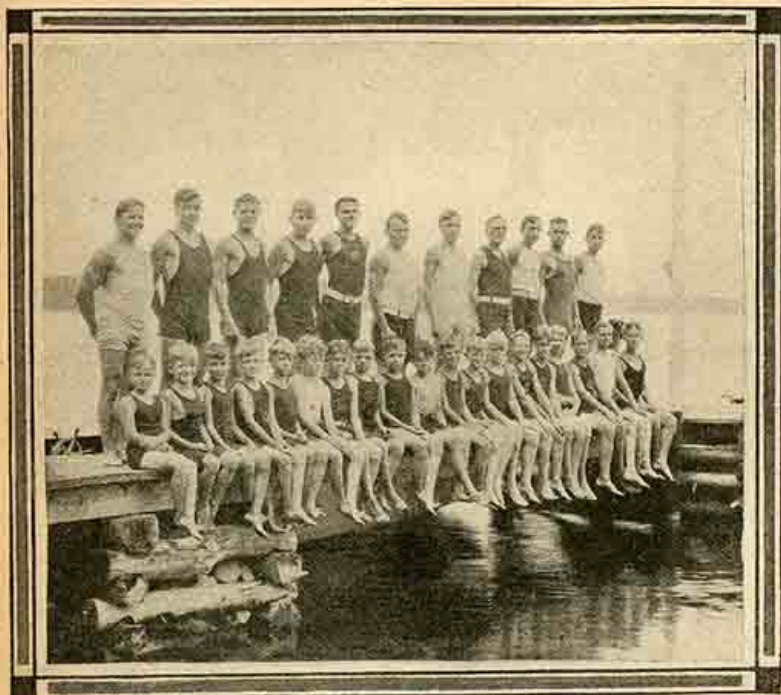
Just before noon the swimming period commences. The boys anxiously await the arrival of this moment, for all of them love to dive and swim. During this



Lolling on the beach in the warm sunshine is a sure-fire antidote for sickness.



Swimming and aquatic work are given special attention at camp.



Ready for the dip! The boys and their instructors revealing what exercise and sunshine will do. Note their healthy and happy appearance.

period, such novelties as aqua-planing behind the camp speed boat, tipping canoes, swimming tests and a hundred and one different varieties of sport are offered for the amusement of the boys. After swim is over a plentiful dinner is spread for the boys, and when the rest period is over then organized games are participated in for the duration of the afternoon. A swimming hour is again held at four o'clock and supper follows at about six.

In the evening the boys either gather around the campfire to hear wondrous stories, or else they are entertained by the camp musicians and songsters. Long before it is time to go to slumber land the boys become wearied in mind and body from their play and Nature takes its course and often many are put to bed in peaceful sleep.

The camp boy becomes rugged and sturdy from the healthy life he leads, and when his general muscular system is toned up he is taken on long hikes into the country, climbs mountains and goes on long canoe trips that necessitate living in the open air constantly. His life is a healthy life, a truly remarkable life.

No matter what camp you go to the general routine of your camp is similar to ours and if you are one who has never been in a camp, then this will give you a fair idea of how the campers live. Aside from the simple life in the woods and the swimming in the lake, you perhaps wonder how the camp boy develops himself. Of course, you say he gets plenty of exercise, romping through the pines and paddling long distances in a canoe. Yes, he gets much exercise from the above sport, but he is shown how to develop his body by concentration on a group of exercises that he follows religiously every day.

The daily exercise program for the benefit of the boy is classified under two distinct headings: first, the heavy exercise group, which builds strong muscles; and secondly, the light exercise group, numbers of which are employed in improving their wind, speed and co-ordination. I shall describe the following exercises in the order in which they are given to the camper so you may

have a fair idea of the program in the you desire to employ them for building up body.

It is advisable that you perform these exercises in the outdoors if you hope to get much benefit from them. First start off with a jog and then try some hopping and squatting to get the blood circulating properly. Follow this by a vigorous rubbing of the chest and legs, using an outward and inward motion towards the heart. You will be surprised how invigorating this is, and when you feel warm from this practice then proceed to the regular exercises.

You have, no doubt, seen the floor exercise executed. Lay out on all fours, arms and legs straight, with the back held in such a position that there will be a straight line from the top of the head to the heels of the feet. Lower yourself slowly by bending the arms until the chest touches the floor. At this point hold the body rigid and commence to push up, taking care to perform the pushing up movement very slowly. This slow motion exercise not only develops the triceps muscles on the back of the arm, but it has a direct influence on the chest and shoulder muscles as well.

When dipping on the floor, always try a few variations of the exercise. When you push up try to leap clear of the floor by throwing the arms vigorously forward, and sink down each time on them when the body inclines downward at the conclusion of the push up. Dip with the hands as far apart as possible, for this stretches the chest muscles and give depth to the chest.

And, finally, dip on the very tips of your fingers. This develops strong fingers and gives you plenty of wrist power. Always refrain from taking your exercises too strenuously. Should you come to the point of exhaustion, it is apt to do you harm. Try to govern the amount of exercise by your physical condition. Forget the amount of repetitions. When your exercises tire you stop! Always remember that you should perform an exercise the number of times satisfactory to the muscles which should be a little tired and not exhausted.

Chinning the bar gave me big muscles, and I highly recommend it to you as the next of the heavy exercises. So chin the bar. Chin with your thighs flexed; I recommend by that, with your feet straight out in front of you resting in the air as it were. Perhaps you will find it difficult at first. Do not give up, but resolve to persevere. It is an all-round exercise and you should always practice it. Always remember to breathe in deeply and slowly as you pull up on the bar, and exhale slowly when you lower yourself. In other words: always breathe in when the muscles become tense from exercise and exhale when the exercise tends to relax them.

Another unusual group of exercises is the tenon grip group, from which I have selected two for you to practice. The exercise is divided into two parts; first, grip a strap, a towel, or even a handkerchief in front of your waist and exert force by pulling your hands apart from one another while holding the strap rigidly in front of you. Pull hard on the strap and feel the muscles bulge almost to bursting, and then, when you reach the limit of your endurance, (Continued on Page

Seventy-five Miles an Hour on a Bike

How the Human Flying Machines of the Saucer Track Finally Achieved the Pinacle of Bike Fame by Shattering the Long Coveted Mark of Seventy-five Miles an Hour.

By Dean Carrol

DO YOU remember how we used to talk about the "Flyer," the name generally given to a locomotive that burned the rails with its speed. It could travel more quickly than any piece of machinery on wheels! Remember how it got you pop-eyed and breathless, when the seemingly ludicrous statement was made that the "Flyer" hit up that pace now, when everything is measured by speed. So, would you think of going seventy-five miles an hour? You'd likely say the only people who go seventy-five miles an hour are aviators and auto racers. Now when I say seventy-five miles an hour, I do not mean to hit up that pace for a short distance, but to actually cover the distance of seventy-five miles in sixty minutes. That is considerably more difficult than covering only a few miles at that speed. While you shake your head and say some feat, it never occurred to your mind that a man could propel a bicycle with the power of his legs only, at that rate of speed, much less actually cover that much distance in an hour. That is what John Brunier, a Frenchman, did on September first of last year on a bicycle. This young son of Achilles pushed his pedals for one full hour at the Montclair Autodrome, situated just outside of Paris. He broke all existing records for motor paced bike riding. What he actually did was to cover seventy-five miles two hundred and twenty yards within the limit of sixty minutes, or as they say it in

Europe one hundred and twenty kilometers nine hundred and fifty-eight meters. Can you imagine it, one mile and a quarter in one minute?

This astounding feat has been the dream of bike riders for many years, and every rider in the motor pace sport has struggled with time, to cover the coveted distance of one hundred and twenty kilometers, which would be 74.56 miles. After numerous trials by many riders, it was not only accomplished but exceeded; but even Brunier has had his defeats. More than once he has scorched the bowl in his effort to win, and only grit and determination conquered in the end. The track on which Brunier made his star record was cement of immense size, measuring two and a half kilometers around, in miles 1.55. As the French pedal fiend sped around he was timed for each lap, and on some Brunier



Crack riders lined up getting ready to go, at Weequahick Park, New Jersey.

made astounding rates of speed. On one lap he flashed past the timekeeper at the rate of 78.98 miles per hour. Another lap he covered at the rate of 77½ miles an hour. In the first half hour of elapsed time, he had covered 37½ miles. The great power and endurance possessed by Brunier can be conjectured by the power that he spurred into the last half hour. Feeling he was going strong, he threw every ounce of his energy into the closing thirty minutes, and roughly computed he covered 37⅞ miles.

He pushed a bike with a one hundred and eighty-three gear, riding behind a specially built motorcycle which was covered with sheet metal to overcome the wind resistance so that it closely resembled a motorcycle side car. The man who drives the motorcycle is obliged to wear a contraption something like a gas mask, in order to get his breath. This mask has a hose running from the front of his face to his back, where it is connected with a funnel-shaped air intake. At the rate of speed which the motor cyclist travels, it would otherwise be quite difficult for him to breathe properly. The reason the bike rider does not have this same difficulty, is because he is shielded from the wind by the machine and driver in front of him.

People who are not familiar with bike racing, wonder what value the motorcycle pacer has to the bike rider, other than hit up a certain speed for the man behind to follow. There are two reasons for this besides the one just mentioned. In the first place, the motorcyclist overcomes the air resistance for the rider he is pacing. Then the bike rider, by keeping directly behind the back wheel, absorbs a certain suction that draws him onward in much the same manner as a back wind aids the sprinter. In order to keep closer to the back wheel of the motor pacer, the bike rider is equipped with his front wheel somewhat smaller than his rear wheel, along with his large gear. It is a very dangerous game, both the bike rider and pacer have to be men of nerve and coolness. In fact, it is all up to the pacer. Only experienced, skillful men ever pace crack bike racers like Brunier. He must

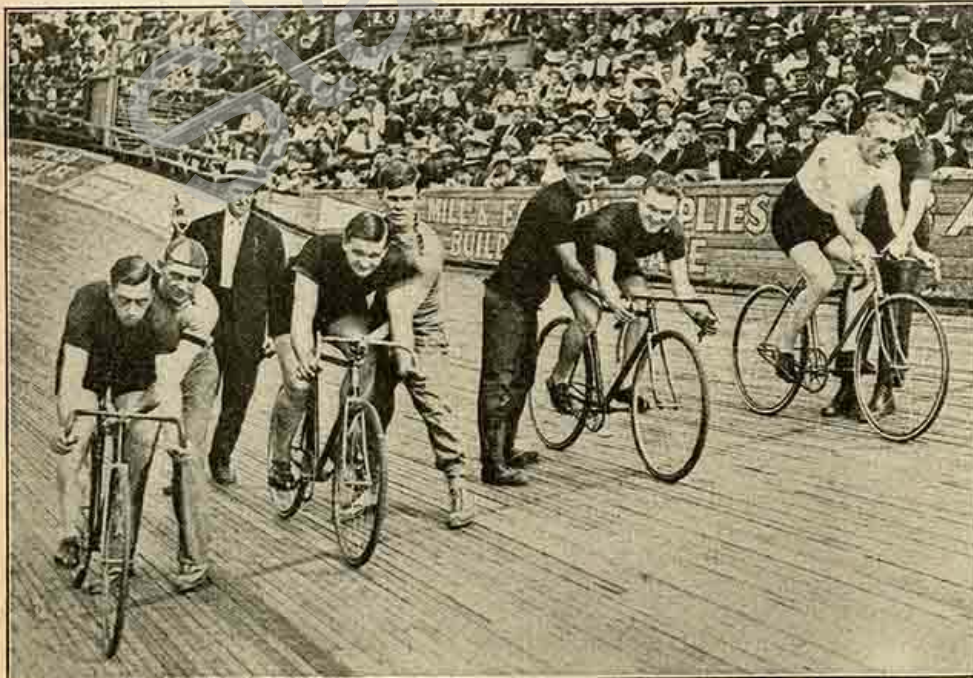
know how to make turns, and be able to keep even pace throughout the race. If he were to suddenly change speed, or allow his machine to jerk, he would cause the bike rider to lose his pace, and once that happens, the athlete is quickly left behind. When an accident happens, the bike rider loses his wind pressure and the rear wheel auto suction.

The pacer must also use keen judgment, especially when two or more are riding the track at the same time and one tries to pass the other. Many a motor pacer has been lost by a pace maker trying to take his pace around too fast. When a rider loses his pace, it takes some time to get things. He loses ground, and it may be some few minutes before he hits his stride again.

The progress in record bike racing has been marked since its inception years ago. Way back in 1876, when bike riding was first introduced to the general public, quite a different affair was ridden from that we see now. The front wheel was an unusual height, and the back wheel was a little bit of a thing. It looked much as though the cyclist was riding on one wheel. The big front wheel was his gear wheel, also. I remember attending one of these races with my father, and I was puzzled as to how a young boy managed to climb up so high. It was in England that this sport first became popular. On March twelfth, 1876, an Englishman named Dodds, paced other bikes, covered fifteen miles, one thousand and ninety-three yards in one hour. The papers of that time thought this was a marvelous performance. Twenty years after, when motor driven machines began to scour the track, we find that the motor paced record was set up at Willow Grove Park, Philadelphia, by Harry Elkes. On August sixth, 1896, he made thirty-four miles one thousand two hundred and twenty yards in the hour. The first man to pass the forty mile mark, was an American named Bill Stearns who covered forty miles, three hundred and thirty yards on October 25th, 1900. Three years later, on August 8th, 1903, Thaddeus Robl, a German, pushed his

for fifty miles, two thousand and sixty-two yards in the hour. Then the motorcycle craze began to make itself felt. Bike racing fans talked about possibilities of making a new mark as in later years, a hundred miles an hour. The first man to talk of for automobile racing. The first to ride the mile a minute was A. E. Wills, of England, who, on August 27th, 1908, rode to victory with sixty-one miles, one hundred and forty yards to his credit. This did not stand long, for the next year saw Paul Gagnard, of France, at Munich, Germany, September 1, 1909, split the record, when he covered sixty-

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This scene shows the start of the finals of the five mile professional national championship at the Newark Velodrome, Newark, New Jersey, which was won by Cramer.

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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 troubled with rheumatism in the joints of my body, and it principally affects the elbows and the knees. I am in much pain most of the time, and I would like very much to have you advise me what to do for this condition as I have been troubled with it for the past six years.

I will be very grateful to you if you will in any way help me in my present condition.

D. V. M., Vancouver, Canada.

ANSWER: The rheumatic condition which you complain of is that of *gout*, which is a form of rheumatism that principally affects the joints of the body, and is usually due to an excess of uric acid in the blood. The inflammation is caused by the deposition in the joints of sodium urate.

The treatment in your case consists of correcting your diet. The amount of foods you eat must be lessened and your meals must be taken at regular intervals. In my experience I have found that fat producing foods are of great service in gouty conditions. Your diet should consist of such vegetables as cabbage, salads and string beans. All fruits can be taken with the exception of bananas, tomatoes and strawberries. Rice and hominy are good and oatmeal should be avoided. Beef and mutton should be taken moderately and oysters and fish should be taken; but salmon, herring, sardines, mackerel, and fish and flounders should be omitted from the diet.

The white meat of chicken can also be taken and fats in the form of butter can be taken freely. Milk should be used in large quantities. Occasionally patients do best in this disease by taking albuminoid foods; while, on the other hand, they improve on a vegetable diet. A mixed diet is best adapted to the majority of the cases and among the articles that should be avoided in gouty conditions are pastry, tea and coffee, hot breads and cakes, sweet puddings, cheese, dried meats and all highly seasoned foods.

I might also advise that exercise of the proper sort should be very beneficial in your case. If you will take Atophan tablets, one tablet with water four times a day, and anoint the affected joints with Analgesic Baum Bengue, and drink water freely, and receive treatments from a competent Osteopathic physician, I am sure you will then receive some benefit. In my experience I have seen great results in such cases from the Neisser-Sero Bacterin Injections.

QUESTION: I am a young man, eighteen years of age, and am troubled with constipation and skin eruptions such as pimples and boils. I have taken a course in muscular development and have made some progress. I have paid special attention to my diet and do not eat too many acid foods. My diet principally consists of vegetables. Will you kindly advise me if this condition is due to a faulty diet

or is it the condition of my blood? Any information given me in reference to my condition will be greatly appreciated.

F. B., Garrett, Ind.

ANSWER: Constipation is, as a rule, due to a faulty diet, and I might also state that repeated neglect of the call of Nature is a frequent cause. There is also no doubt but that other diseases of the body also tend to cause constipation. In your case I would advise that you correct your diet and employ a proper method of exercises which would be very beneficial in your case. For your diet I would advise the following:

BREAKFAST

Grapefruit or oranges
Oatmeal with cream
One cup coffee with cream
Fat bacon and rye bread

LUNCH

Fried fish
Green vegetables
Salad with plenty of mineral oil
Stewed apples or figs
Whole wheat bread

DINNER

Tomato or some vegetable soup
Chicken or some form of red meat
Spinach or string beans
Dry toast or biscuit with plenty of butter
Stewed pears or prunes

Together with this diet I would also advise that you drink a glass of cold or warm water on rising in the morning. For internal medication I would advise that you take the drug, Oxy-Crystine, one teaspoonful in a glass of cold water before retiring. As to your pimples and boils I have seen good results by employing Upjohns Acne Lotion to the affected parts. If you will adhere to the above diet and follow the advice given, I feel quite sure that you will correct your constipation and also the skin eruptions.

QUESTION: I am very interested in your "Ask the Doctor Department" and would like to know if you will, in any way, give me some advice in my condition. I am a farmer, 50 years of age, and do nearly all my work on a dairy farm. I have had stomach trouble for many years and also have headaches.

I have some trouble with my feet. They are very sore and itch and sometimes burn, and as a result red spots form and I can hardly walk on occasions. At times when I eat apples I begin to belch gas, and if I do any type of hard work my stomach begins to irritate me, and as a result I am forced to rest and give up my work. Will you kindly advise me what to do for my condition as I am very much worried about it?

J. F. S., Williamsfield, O.

ANSWER: The condition of which you complain is known as hyperacidity, which means an excess of acid found in the stomach, and is usually due to a faulty diet. The symptoms of such a case are usually pains in the upper portion of the region of the abdomen, together with belching of acid and constipation.

The cause of your trouble is, no doubt, a faulty diet and I, therefore, advise that you correct your diet and do not eat any acid foods. Masticate your foods thoroughly and eat at regular intervals. Your diet should consist of

vegetable foods and also a few meats, but all seasoned foods should be eliminated from your diet. I would also advise that you avoid eating pan-cakes is a very heavy food, and, as a result, does not digest properly in the stomach and, therefore, stomach disorders.

The condition of your feet is due to a congestion of the blood stream, thereby causing an irritation of the parts affected.

However, in the treatment of your stomach disorder I would advise that you take the drug, Tri-Basic carbonate, one teaspoonful in water three times a day and for your constipation I would recommend that you take Oxy-Crystine, one teaspoonful in a glass of water before retiring. For the condition of your feet I would advise that you bathe them in epsom salts twice a day as to relieve the congestion. Do not do too much walking or standing on your feet, as perhaps they need rest. The nerves and blood supply, no doubt, are affected and therefore cause the irritation of the feet.

QUESTION: I am a reader and devotee of your magazine and I want to know more about diet. I have been trying to recover from a severe nervous breakdown for which I have spent much money in sanitariums and with different doctors, and have been only temporarily benefited. I have been neurasthenic the greater part of my life, with digestive trouble of nervous origin, characterized by fullness and gas in the stomach and bowel, belching, breath and constipation. I have confined myself for a year to a vegetable diet and still the condition persists. Would you kindly advise a diet for me or give me what would be a balanced diet. I shall be deeply grateful for this favor if you will recommend something for my condition.

A. B. T., Camden, N. J.

ANSWER: There is no doubt that the gastro-intestinal tract is involved in your case, and with the symptoms you have given me I feel quite sure that you are also troubled with an acid condition of the stomach. This is due to your diet and also due to a state of nervous excitement which causes a nerve irritation to the whole gastro-intestinal tract. However, if you will follow a course of exercises given by a competent instructor you will derive some benefits. As to your diet, I would advise that you eliminate the following foods: acid spicy foods, such as pepper, mustard, pickles, radish; olives, acid fruits, beers and wines.

The foods taken should be rich in albumen, such as chops, roast beef, mutton, game, eggs, milk, oyster and bread and butter can be taken moderately. Green vegetables such as spinach, asparagus, lettuce, peas, beans, potatoes and other cereals should be taken. If the milk does not agree with you, I would then advise that you add a small dose of sodium citrate to each glass. In this way you will be able to tolerate the milk. I would also advise that you drink a considerable amount of water during meals and you will find that fats such as butter and oil will be of great value to you.

For your acid condition you should take BiSoDo one teaspoonful in water after meals and also take magnesium after meals. For your nervous condition I wish to recommend the Elixir Five Bromides (Cocaine) one teaspoonful in water four times a day. If you will also resort to treatments given by a competent osteopathic physician, you will then be sure to obtain some relief, especially in the condition of your nerves.

(Continued on Page)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

KNOWING HOW TO DRESS

In these days of modern flapper dress, girls are making a great mistake in the clothes they wear. Regardless of their form they wear the "latest out" which, more often than not, shows them off to advantage. We are not all perfectly built, and while trying to get a perfect form, we should try to cover our

every part of the body should be taken into consideration. Low cut dresses should be barred from thin waists and shoulders—sleeveless dress should not be worn if the arms are thin or too big, and the same applies to the length of the dress where the legs are too thin or too bulky.

There should be one fixed unalterable aim held before every girl as the object to be attained in the selection of clothing—it is her one opportunity for distinction, and it should set her off to the best advantage possible.

Every girl has some points of attraction, and the girl who discovers her own deficiencies and adopts her dress to conceal rather than to accentuate them, brings out her best points and will make a better impression than many a prettier woman who has dressed herself according to the "latest" in color and form.

Physical perfection is the aim of this Hollywood gymnasium class. So much has been said about the virtues of American men recently, the socially minded, wives and daughters of wealthy men, have taken up gym work to further glorify the type of womanhood that has caused much discussion by prominent authorities on feminine beauty and form. This class, 80 in all, through a strenuous training program on the lawn of the P. L. Eastman, Los Angeles. This picture shows a wonderful leg exercise, kick the ball, specific and antic.

Dress cannot impart grace, beauty or dignity to one lacking these advantages, but it can greatly enhance them. Dress has the power to conceal and destroy these when it does not accomplish its original purpose. It is very easy to lessen and sometimes to entirely conceal most imperfections by taste and cleverness in the selection of one's clothes.

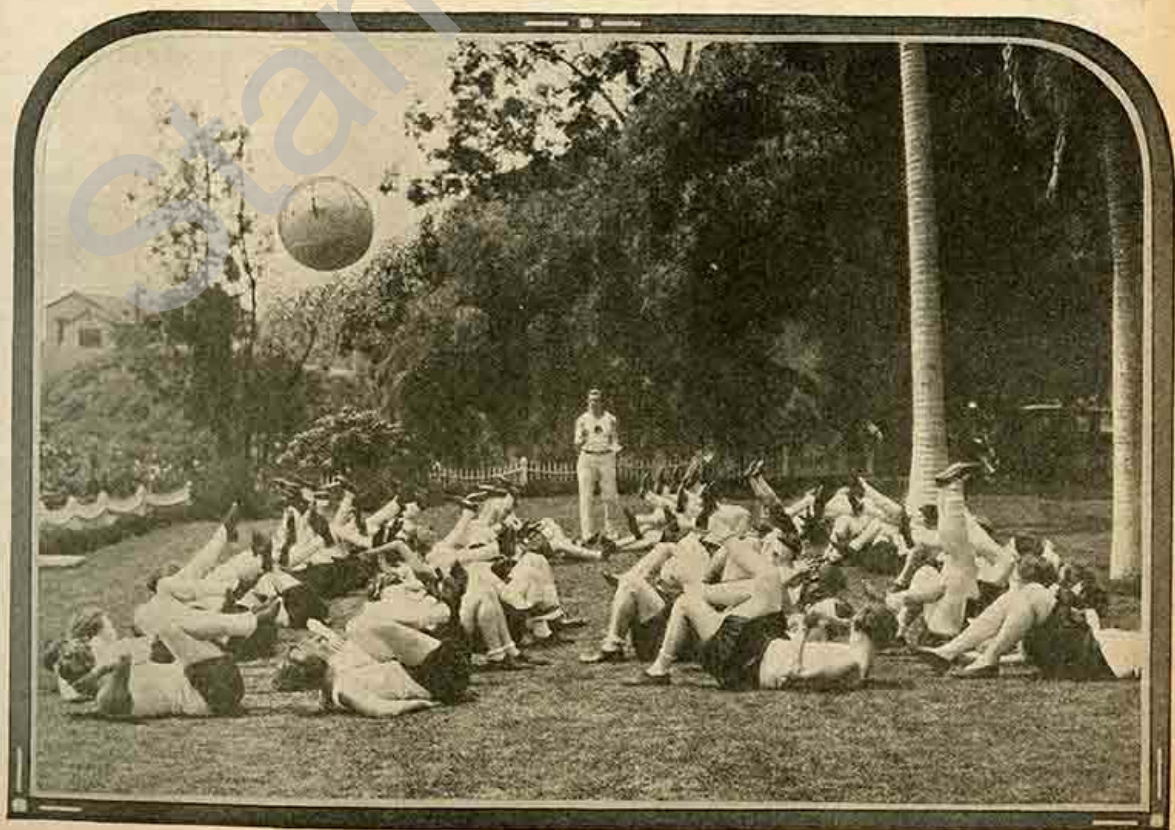
A woman should make a personal analysis of herself so as to recognize and understand her "type." She should discover the best methods of attaining individuality which shall be her charm and attraction. The tint of the complexion, the color of hair and eyes are but a small part of the make-up. The whole physique—the build of the body, mind, manner—all must be taken into account in the general make-up.

A Letter of Encouragement

Dear Miss Heathcote:

I have been a very interested reader of STRENGTH for the past year, and each month I haunt the magazine stand for a week before its appearance in the hope of getting a copy at the earliest date.

Inasmuch as many of your readers seem to have gained perfection, I thought I would write and give



some encouragement to those who are "on the way" but who haven't yet reached their goal.

Being one of those underweight, long, lanky individuals from the time I started to grow up and continuing so through my teens, when I especially wanted to be beautiful, and not knowing what to do about it, I half heartedly tried to gain weight, but without success. Last September I began to watch my diet and to exercise regularly. Low and behold, I gained ten pounds. I have yet to make some fifteen more, but would rather have it come slowly to stay. I have rounded out all over, and my legs which were regular broomsticks are almost "good-looking."

There is one exception, however, and that is my neck. It is really quite hopeless in looks, but I feel sure something can be done if I can find the right exercises. Do you suppose sleeping has anything to do with it? I am inclined to sleep doubled up with my neck thrust out and up. I have tried desperately to overcome it, sometimes staying awake for hours rather than give in and sleep in that position. When I was quite young and growing, my back wasn't strong, and my tendency was to lean over and again thrust out my neck. I have overcome that now, but presume that helped to cause the damage. My neck seems to be abnormally small and very much so at the base. My Adam's apple shows, too, which is a tragedy for a girl; it is bad enough on a man.

I am, of course, underweight still, but do you think my neck will fill out in time? The reason I am doubtful is that I have very noticeably improved everywhere but my neck, and it makes me look very thin when, in reality, my bones are well covered.

Working for physical perfection is one of the most fascinating games I have played yet, and when I see a poor girl who is just the perfect duplicate of what I was such a short time ago, I just want to go up and tell her she needn't be that way if she would only exercise and eat the right food and plenty of it.

Any help you can give me will surely be most appreciated.

Ruth T.

I am very glad that you like STRENGTH so much and that you have been able to obtain information from its pages that has proven of benefit to you. I would advise that you keep up with the good work and pay strict attention to your diet.

Here are a few exercises for developing the neck. If you practice these regularly, I am sure that you will get some results.

An exercise that has given wonderful results in building up the neck is stretching the neck forward, touching the chest, then back. Next turn

the head (keeping the body perfectly still from should down) as far to the right as possible, as if trying to see something over the right shoulder. Next reverse and repeat over the left shoulder. Then roll or circle the head around first to the right, then reverse and repeat the movement to the left.

Another effective exercise is done by placing the hands in back of the head and forcing the head backwards and forwards against the resistance of your arms.

The following exercise is very beneficial for building up the neck, shoulders and chest, and also helps to get out any hollow spots in the upper chest. Place a pillow on the floor and take the same position as you would for the floor dip, except that you rest your head on the pillow. Then with the support of your arms move the head from side to side, also backwards and forwards. As you progress on this exercise, depend less on the support from your arms and place more weight on your head.

An Answer to Miss Fowler

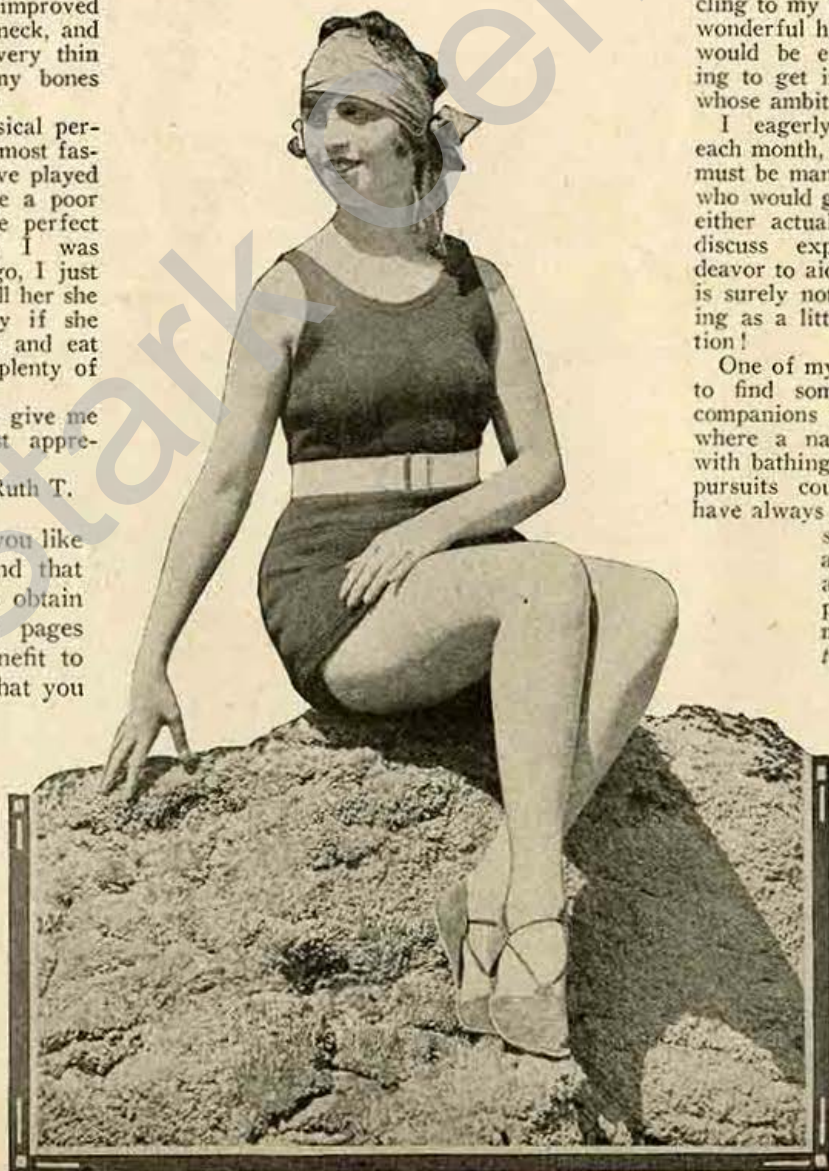
Dear Miss Heathcote:

Having seen the little letter from Miss Phyllis Fowler in the current number of STRENGTH, I should like to get in touch with her.

I am tremendously interested in physical culture and natural diets, and although I am almost at the bottom of the ladder of health, I cling to my ideal of mounting to wonderful heights some day. It would be enormously stimulating to get in touch with others whose ambitions lie similarly.

I eagerly await STRENGTH each month, and I am sure there must be many like me over here who would gladly get together—either actually or on paper, to discuss experiences and endeavor to aid each other. There is surely nothing so health giving as a little friendly competition!

One of my ideals is to be able to find some really congenial companions and a suitable spot where a natural open air life with bathing and other out-door pursuits could be enjoyed. I have always been very over-sensitive of seeking athletic companions, as I have had many physical and mental misfortunes; (Continued on Page 92)



Marie De Lorie, Francisco, Calif.—dancer, swimmer who attributes health and development to the pastimes, as well as to vigorous exercise and healthy diet. Miss De Lorie claims that she never had a sick day in her life and that she holds some record, even a physical culture girl.

The Health Digest

Brief Outline of Health Conservation and Health Building Methods.

Sunshine and Skyshine

THE importance of sunshine to plants has long been recognized and it has also been suspected, to express it mildly, the vegetative functions of animal herd in general, and man in particular, derive some sort of benefit from the same agency. Fresh air and sunshine have very often formed the basis of innumerable prescriptions to those individuals who seek to regain good health or to retain it. Only recently, however, has the significance of the invisible radiations begun to be appreciated. As Dr. Hess has pointed out, the ultraviolet rays constitute less than one per cent of the total solar radiations, and it is, therefore, all the more remarkable that they should prove to be essential to the well-being of man. The young, rapidly growing infant thrives better when deprived of the visible rays than when deprived of the ultraviolet rays of the sun. The law of the vital importance of the minimum applies to the radiations of the sun; that is, those rays which are furnished in smallest amount and in least intensity are, nevertheless, indispensable.

The exigencies of the prolonged cessation of the production of anthracite in the eastern cities of the United States have a possible bearing on the value of sunshine to mankind in the regions involved. The extensive use of soft coal, under conditions to which it is not ordinarily applied, and the attendant production of smoke in places that have usually been comparatively free from this nuisance, have affected human happiness and welfare in various ways, some of which are not directly apparent; and according to Dr. Leonard Hill, of the National Institute for Medical Research in Great Britain, a daily measurement of ultraviolet radiation, which is taken by voluntary observers in various parts of England, shows that the smoke pollution robs the big cities of from one-half to two-thirds or more of this solar effect.

Direct sunshine is at times associated by some persons with sunburn, a reaction of the skin that may occasionally become severe instead of mildly health promoting. Dr. Hill has, accordingly, reminded us that the ultraviolet rays come from the skyshine as well as from the direct sunshine, and, indeed, the skyshine may become the greater source, particularly when the sun is low in the heavens. There is no need of facing the danger of sunstroke in the attempt to benefit from the beneficent rays.

Conservative investigators like Drs. Steenbock and Hart, and their co-workers in Wisconsin, have indicated the beneficial results to be expected by dairymen through direct irradiation of cows. There are indirect advantages to man through the products obtained, notably milk with

a higher *antirachitic* potency. We are told that it appears advisable that cows should be exposed literally to the direct sunlight in order that they may be able to produce a first-class product for human consumption as well as the production of good calves. In lieu of exposure to sunlight, and for the sake of cleanliness and convenience, if not efficiency, the time is probably not far distant when every producer of high grade milk may find it necessary to irradiate his cows artificially. It is also observed that the amount of ultraviolet irradiation that a hen receives is an important factor in determining the vitamin content of the eggs she produces. Such contributions call for an open mind which is alert to the possible direct benefits that man may derive from both natural and artificial sunshine and skyshine.

Journal A. M. A., March, 1926.

Safe Reducing Diets

Certain fundamental principles should govern diets. Every diet must contain ample calories, protein, bulk, alkaline ash foods, sugars, starches and mineral foods, vitamins and water. Reducing diets should violate more of the following four principles:

1. Reducing diets must contain adequate amounts of sugars and starches to properly burn the body fat that is lost in the weight reduction and the small amount of fat in the diet. The very frequent violation of this principle very often results in a serious type of acidosis.

In fat persons who are attempting to reduce, the failure to burn fat properly is usually due to the lack of a sufficient amount of sugar in the diet. Reducing diets should contain at least one part of sugar or starch for each part of fat which is lost from the body as weight. The higher the ratio of carbohydrate to fat, the safer is the reducing procedure, and the less sluggish will the patient feel.

2. Reducing diets must be as free from fat as possible, for it is only on such diets that adequate carbohydrate can be supplied to balance the fat lost as weight, and at the same time to make a sufficient limitation in the total caloric intake. The chief sources of fat in the diet are whole milk, butter, cream, cheese, fat meat, bacon, lard, suet, nuts, egg yolks, olive and vegetable oils. These sources of food have come to receive greater attention than ever before. The prize dairy cows are the ones that give the highest percentage of cream. People are not content with rich whole milk, but demand butter and cream, forcing the farmer to feed the skim milk to the pigs. Rich cooking is in great demand, and when potatoes are eaten they are creamed, garnished with butter and smothered with rich gravy. Many desserts

are served with whipped cream, and salads are usually served with French or mayonnaise dressing, in which large amounts of vegetable oils are used.

Fat has the highest caloric value and is served in the most concentrated form of any food. One small part of butter is equivalent in food value to a fairly large potato. Fat is the most difficult of all the foods of the body to digest, absorb and burn. It frequently causes indigestion. In burning, its energy is released slowly so that it may very well be likened to a low test gasoline. Persons who eat too much fat soon become sluggish both mentally and physically; the more fat they eat the lazier they become, and the lazier they become, the more rapidly they gain weight.

We become too fat because we eat too much fat, exercise too little, or both. Occasionally, a person is found with some glandular deficiency, such as in the thyroid conditions, but even such persons do not become too fat without an over-consumption of fat foods.

3. Strict reducing diets must be low in their food value and which should not exceed 1,000 to 1,200 calories. The total caloric intake must be less than the total burned in order to cause the desired loss of weight.

Fat persons require a low caloric diet, whereas a normal man or woman needs from 2,200 to 2,500 calories a day for ordinary work, and a fat person needs very much less food. The extra thickness of the layer of the body fat forms an effective insulating coat, and the heat is lost from the body very slowly. This principle is used to advantage when hot water and steam pipes are covered with asbestos. Fat people may very well be likened to fireless cookers. Every one knows that the heavily insulated fireless cookers require comparatively small amount of heat for the cooking of food. This explains why fat persons can maintain their weight on very little food, and why their diets must be reduced before they can lose any weight.

4. An adequate amount of exercise must be taken. One should walk not less than five miles a day, and if convenient even more. It is usually necessary to begin training by walking a few blocks the first day and then adding an additional block each day.

May Reduce Safely on This Diet

Experience has demonstrated the safety of a 1,000 calory diet as free from fat as possible and containing ample amounts of protein foods in the form of skim milk or buttermilk. Cottage cheese and the leanest of meats with fairly large amounts of carbohydrate foods, in the form of the low percentage of fruits and vegetables, should be eaten.

For instance, not so long ago a young man, age 18, weighing 225 pounds, followed this 1,000 caloric

diet. On this diet he did efficient work and walked miles every day, and within a month's time he safely lost 10 pounds. Soon feeling better on this low diet he increased the walking exercises to 10 miles a day, and at the end of the first month, he lost 20 pounds.

A satisfactory reduction may usually be brought in moderately fat persons, providing they will eliminate as much fat as possible from their diets, continue to their usual amount of carbohydrate, and at the same time take adequate amounts of vigorous outdoor exercise. When patients are seriously overweight, a weighed, least carefully estimated diet is the procedure.

The following menu may safely be advised for reducing:

BREAKFAST

One orange
One egg (soft boiled)
One slice white bread
One square of butter
One glass of skim milk
One cup black coffee

DINNER

Roast beef, 2 ounces
Spinach, 3 $\frac{1}{3}$ ounces
String beans, 3 $\frac{1}{2}$ ounces
Asparagus and lettuce salad, 3 $\frac{1}{2}$ ounces
Sliced peaches, 7 ounces
Tea, one cup

SUPPER

Cottage cheese, 2 $\frac{1}{2}$ ounces
Baked potato, 4 ounces
Cauliflower, 3 ounces
Lettuce salad, 2 $\frac{1}{2}$ ounces
Raspberries, 7 ounces
Skim milk or buttermilk, 7 ounces
Tea, one cup

DR. A. N. MITTLEMAN,

Strength Magazine, Personal Communications

Statistics of Cancer

It is asserted by some statisticians that cancer has increased greatly on the increase of civilization while others contend that the increase of cancer is slight. It has become most an article of faith to believe that the disease of cancer is both alarming and prevalent and the cause of augmenting a number of deaths. The report, therefore, issued recently from the statistical bureau of the New York Metropolitan Life Insurance Company refreshingly encourages. This report of a most careful statistical inquiry into the prevalence of cancer covering a period of forty years, states that while cancer has increased, it has not made the rapid headway (Continued on Page 6)

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.

Breasting the Tape

Runners and Running—
Yesterday and Today

By George F. Jowett

X eager men, keyed up with all their nervous force, lined up on the starting mark for a hundred yard dash, waiting for the sound of the gun to send them tearing down the cinder path on the white tape line, that lay beckoning them like the wisp, at the end of the course. As the gun was fired, they leapt into life, like the flash of the lightning that started them off. Side by side three of the runners were racing for the goal, straining every nerve in their bodies to get one inch ahead of the other, but it wasn't long before they breasted the tape together. The race was ordered the race re-run, and I will never forget the way each man jockeyed for the start. Time and time again they were brought back to start all over again. The nervous nerve racking and broke one of the three, who was left two yards behind the other two. The other two hardly seemed to touch the ground with their bounding feet, skimming the surface like birds. It was a close race, won by a breast—a narrow margin of endurance in which the greatest man won; and how the people went. Like the surf on the shore, their feet vibrated through the air, pushing the sprinters towards the

This event happened many years ago and was my first sight of a foot race. There were no radios, automobiles or airships at that time, to make newspapers rave about the fact that the runners were speed crazy, as they write today. People are no different today in respect than what they were fifty years ago, or for that matter, two thousand years ago. Progress in science has made them appear different, but the thrill was always at the feet of the runner, the old marvel.

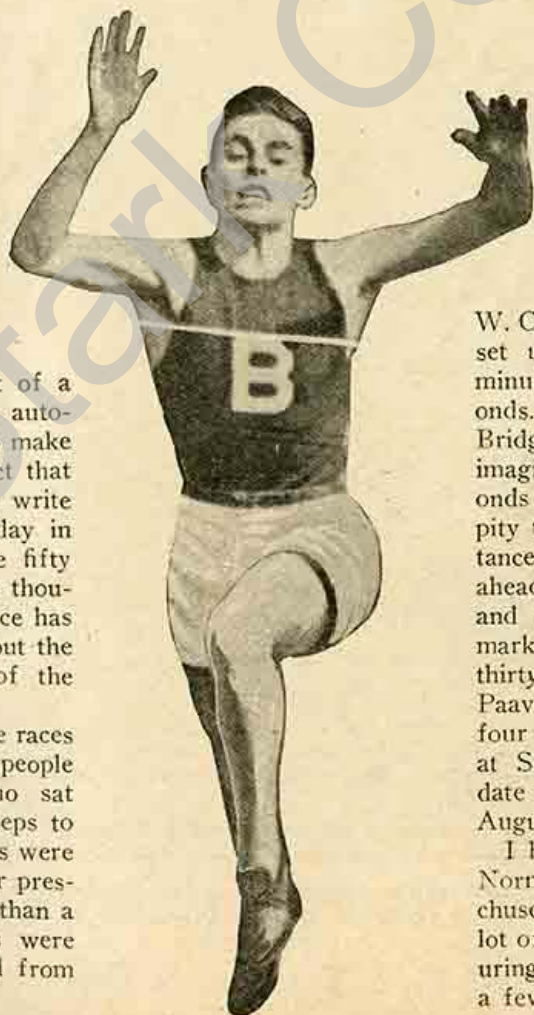
I remember witnessing some bike races when I was just a little chap. The people went wild over the heroes who sat perched on a high wheel, with steps to hold the seat. Their speed limits were well below the "bike" men of our present time, but it was a faster race than a foot race, and the throngs were excited by the thrill they received from these speedy racing machines.

It was always the same. The chariot races of Rome like the Marathons of Greece, thrilled the multitude then as now.

Every day crowds turn out to see the time lowered over a certain distance, whether it be the thoroughbred skirting the turf under the wire, or the lightning whippet when slipped from the leash, the sprinter or the sprint swimmer; but it must be fast. The reason race walking, marathon running and swimming will never be very popular, is that they lack the thrill that is supplied by the sprint distances. Seldom do the winner and the runner-up finish neck to neck in the long races. There is generally a big gap of distance between the first, second and third place winners. In the one hundred yard dash, two hundred and twenty, quarter mile, and half mile, people pack a life time of thrills, because they are fast. Once in a great while we see a fast mile that is fought every yard of the distance, but not often enough to make the mile as big an attraction as the century or four hundred and forty yards.

I once saw the original photograph of the start of the historic mile professional race between W. G. George, of England, and W. Cummings, of Scotland, when George set up that wonderful mark of four minutes twelve and three-quarter seconds. The race took place at Lillie Bridge, England, August 23, 1886. Just imagine, an average of sixty-three seconds for every quarter of a mile! It is a pity that George did not run all the distance, for we are told that he was so far ahead of Cummings that he slowed down and walked the last few yards to the mark. This time has actually stood for thirty-seven years, until the flying Finn, Paavo Nurmi, pulled the mark down to four minutes ten and two-fifths seconds at Stockholm, on the same memorable date of the George-Cummings match, August 23, 1923.

I have not forgotten the mark set by Norman Tabor, at Cambridge, Massachusetts, July 16, 1915; but there were a lot of disputes over the track. On measuring it the course was found to be quite a few yards (Continued on page 66)



The Mat

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

Conducted by George F. Jowett

Block Weight Exercises

EDITOR of the Mat:
I find exercising with a block weight plenty of fun, making me more interested in my body building training. The only trouble is that I do not know many exercises to practice. Will you please explain some?

A Mat Booster,
HARRY TIMPKINS
Salt Lake City, Utah.

"Learn to play" was once quite a slogan for everybody who had left school behind them. The main idea behind the slogan was to instill into every mind the value of enthusiasm; to keep alive that boyish exuberance which lingers with us for the first few years after we have shelved our school books. The value of this movement was proven in many ways. Drooping spirits and business failures caught the sentiment and came back to bat. People began to treat life as a game which was better played in accordance with the amount of enthusiasm thrown into it. A man may not be as great a pitcher as he is a batter, or perhaps he can play better as an outfielder than an infielder. In other words, everyone has a place in life which, if backed with the real kind of enthusiasm, will give him a real chance to win. This little illustration explains a similar trait that can be injected into exercise as successfully as into anything else. It is one reason why bar bells are so much superior to any other form of exercise. You have something to do, something with which enables us



Lawrence Stone, an ambitious fan. He does not detract from his quality of physique by his restful pose.

to play with them, as exercise with them. A poker fan would say are as versatile as a cards."

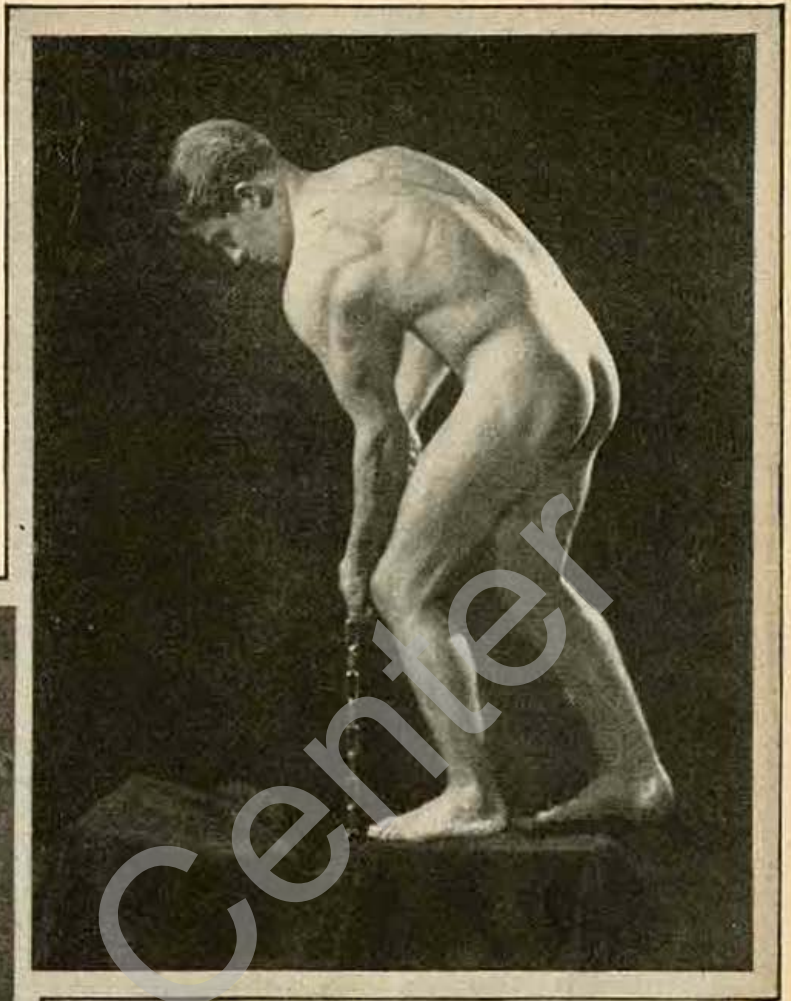
Whether it be with bells, dumb-bells or bar a great deal of physical improvement can be gotten from any one of the ways that an exercise can be learned to use them. A bell can be used in many ways similar to a block weight just now my talk is on how to use a block weight, so stick to it.

Some of the exercises I can mention will be way out of reach of the average man who is even more than ordinarily strong, which will prove the varied scale of progression that embrace all forms of exercise; but a few simple tests are sufficient to show the time being.

If you stand erect with a block weight on the floor between the feet and swing it up and out, in a forward circle to the level of the shoulders then let go and catch it with the other hand a number of times, you will find whether your grip and arms are in any way weak. You want to make the exercise a little more difficult and the wrist play more. This is done by swinging the weight forward: As the weight is approaching the level of the chest let go and give it a full swing so that it revolves over your head then catch it with the other hand as it begins to fall. When you get good you can catch it with the other hand, swinging

between the legs. A common stunt
 ing it to arms' length, and as it
 the full arms' stretch, turn around
 the opposite direction, thus making
 circle. To keep this movement up
 even times, will keep you stepping,
 whole body will feel the effect of
 muscular play.

ck the weight off the floor from
 the feet, and pull as high as possi-
 ble the weight is traveling close
 body, is fine for the front part of
 arm. The feet should not leave
 , and as the block weight is raised
 , the body should be straightened.
 can succeed in raising the
 o the height of the forehead,

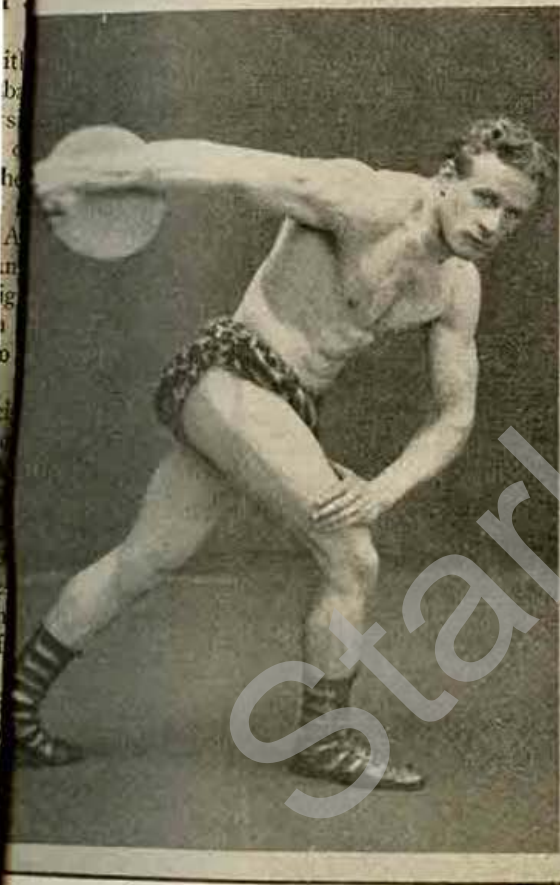


This study of "The Chain Maker" by George Dembinski leaves nothing to be desired where symmetry of form is appreciated.



engaged hand or leaving the seat, have them
 lean over and pick up the weight and press
 it to arms' length, always keeping the block in a straight
 line with the forearm. Next we will give them one a
 little harder, while still sitting on the chair. Let us
 move the chair up alongside of a table, and if the right
 hand is going to be employed, sit with the left side of
 the body against the side of the table. Slowly pick up
 the weight with the right hand to the height of the
 chest, then pass the weight across the chest and set
 it gently upon the table top. Rest a moment, and then
 just as gently raise it off the table, and deposit it on the
 floor. Here is another you can have a little fun with,
 and it will help to increase your strength, and overcome
 some of the little difficulties you find in acquiring size
 and shape in some of your muscles. Place the flat of
 each hand on each side of the block weight, and with
 this hand pressure raise the weight off the floor, and put
 it on some object as high as your chest. Release the
 grip, just for a moment, and then raise the weight from
 its resting place with the same hand pressure, to be
 deposited upon the floor.

An exercise that will increase the grip, and which is
 very easy to practice, is done from the erect position
 with the block weight held low between the legs. You
 just release the grip and catch it with the other hand
 quickly. Practice this a few times and you will feel
 quite a difference in your hand clasp. You can pro-
 gress on this by spinning the weight around. To get



gorous manhood is shown by R. Hannom, of Bris-
 bane, Australia, in every line of his energetic body.

will get some good deltoid action. A good combina-
 grip and arm stunt is done by gripping the handle,
 that as the weight is pulled to the shoulder the bulk
 the block weight is balanced over the hand. In this
 it will be in a straight line with the forearm.
 containing this position, press the object to arms'
 th.

you have some friends who are fairly strong, just
 them with the following little stunts and you will get
 al of fun out of it. First, let them sit on an ordinary
 men chair with the fifty pound weight on the floor
 their side. Now, without holding on with the dis-

the right idea of this, just twist the weight while it is held in the hand, and when you feel it is twisted around to the limit that your wrist will turn, let go, and quickly catch again, repeating the movement several times. When you have become accustomed to this twist, catch with each hand alternately, while the twisting, spinning movement is kept up.

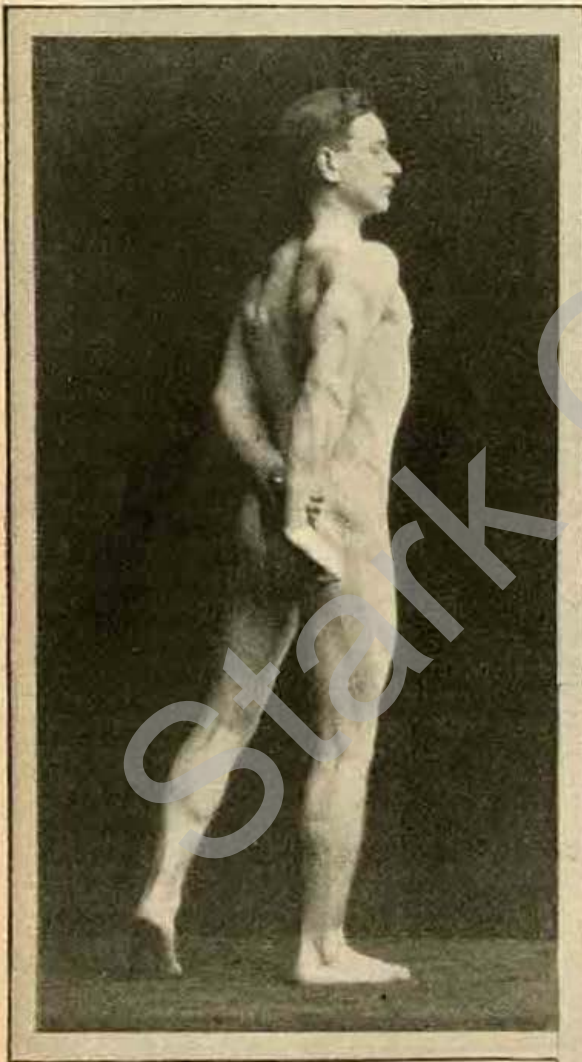
Try all these stunts and you will get a lot of pleasure out of them. Sometime ago, I gave a few other exercises in the *Mat* columns with block weights, so combine these with the former exercises, and you will profit by the practice.

Editor of the *Mat*:

Please publish in "The *Mat*" what you think about possessing large buttocks.

M. J. MADURA,
Omaha, Nebraska.

Well, I could say quite a lot of good things about the



Note the splendidly formed tricep on this sixteen year old English mat fan, John Owens.

possession of large hips. At one time the general idea was that wide shoulders and narrow hips made the man physically. Such a queer shape never appealed to me, as I never approved of small hips on a man. Of course, I do not care to see huge, unsightly hips, for they are just as unde-

sirable as the others, but where the buttock muscle is round, solid and shapely, with a good wide foundation, you will generally find a man who is physically strong. The sacrum of the back bone that covers the space in the hip is called the sacrum, which means "to contain something sacred." This in itself tends to disprove the suggestion that small hips are the natural thing for a man to have. This is a condition that does not hold true for either sex. We always find that the larger the hip space, the more healthful are the contents. You will never see a large chested man a consumptive, nor a wide flat lumbar back low in vital energy. This is only a natural condition to see that a man with a flat, deep pelvis is exceptionally strong. In the Bible the physical qualities of man were estimated in terms of the strength of the loins." The stronger an object is, the larger it is, so we need not look for strength in small hips. If a man has hips of a normal size we expect to see a huge pair of buttock muscles.

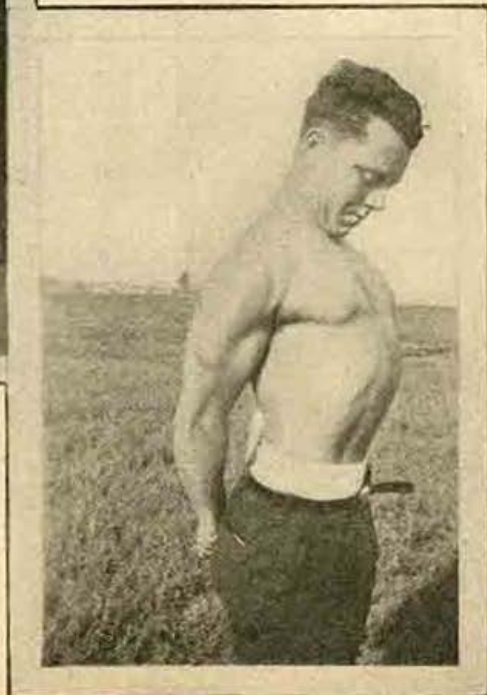
where the disproportion comes in. However, the hips are very apt to take on fat, because there is a greater quantity of fat here than on any other part of the body. If a man has a thirty inch waist, we would not expect to see a thirty-nine or forty inch hip measurement. Thirty inches would be a very good size, and would imply that the hip bones widely set apart. When such is the case, we usually find the owner possesses a good pair of thighs, and is possessed with plenty of endurance. The strength of the hip muscles makes a powerful base for the spine, which is fortified with a mass of muscle that surrounds the hips.

Have you ever noticed when you had some heavy work on your arms, how the downward pressure was resisted by the contraction of the hip muscles. Or, if some one pushed you, how automatically you tensed the hips to resist the push. I seldom find a football tackle who is not sturdily built at the hips and legs. As far as that goes, you do not often find a man with sturdy hips who has not a powerful upper body. Much of our vitality springs from this source that the body becomes fertilized from it.

You have often heard the inference made that some man was top-heavy, simply because in

or play he would lose his balance much more easily than another. The reason is because he is built too heavy at the hips and lower body, while his upper body were below what it should have been, as is often the case with men who never thought of building them up.

One answer to a question that always surprises the questioner deals with a two man military press. I have had numerous people remark how I must be strong. (Continued on Page 61)



This enthusiast shows usual fine lines in his back and chest development.

How to Read your Health from your Skin

Your Skin Is An Open Page From Which You Should Readily Read Your Physical Condition

By Edwin F. Bowers

skin, instead of being "skin-deep," is, from the point of general health and physical well-being, as the deepest tissue or structure in the body. For it is an extremely complex organ, reflecting, as in color, every signal of distress or discomfort of the individual about whom it is wrapped.

The translucent, semi-transparent tissue is, to the eye of an expert, an open page—a page on which may be written strange things—things which cannot be hidden by artifice or ingenuity from one trained to read as he

reads. Many of the things the expert sees are, of course, of no meaning to the untrained eye, and are probably completely blended into that somewhat intangible thing called "expression" that it would be very difficult—even for the expert himself—to say where the skin leaves off and the expression begins.

It is this wonderful "picture" that enables the veterinarian to translate, almost in the "stroke of a pen," the signs that indicate unmistakably the presence of various disease processes; and also to tell, as though by a flash of intuition, just how far these processes have progressed.

The veteran Sherlock Holmes of the hospital wards and the consulting room, by years of experience and close observation, develops an appreciation of these signs which is almost uncanny. With unerring accuracy he is able at one glance to say: "This case is septic: Bet we have a surgeon look her over without delay. This is a cancer case; this looks suspiciously like tuberculosis; this like malaria; this like a liver case; this like heart disease; this man is in danger of an apoplectic stroke."

These are the fine points in visual diagnosis, accompanied only by grizzled disciples of Aesculapeus. Yet there are any number of signs, so obvious that few observers can possibly mistake them, which should be recognized by any intelligent individual who has two good eyes—or even one good eye. And in this early recognition, and in the prompt treatment of the condition thus indicated, may lie all the difference between a relatively easy cure of the trouble, or the unrestrained development of some malady which may otherwise be detected, until it becomes incurable.

Remember that there is nothing in the world that is so lesson mental and physical efficiency, and predispose a thousand and one things that shorten life—and make it more unenjoyable while it is doing so—than the very conditions that could be readily avoided, if they were recognized betimes, and the proper steps taken to correct them.

Perhaps the easiest of all abnormal physical condi-

tions to read from the skin is that lack of color which indicates anemia. Anemia is an extremely common disorder among our house-bred humans—and a very important one. For this lack of coloring matter and red blood cells may be the precursor of tuberculosis and other wasting diseases. Or it may be to lower the power of resistance that influenza, and all epidemic diseases may gain an easy foothold, and ravage a system ill-fitted to withstand this invasion of the Goths and Visigoths of bacterial life.

So if your non-flattering looking-glass tells you that you are growing progressively pale; that your lips, eyelids, ear-lobes, and the mucous membranes of your gums are lacking in healthy color—especially if, at the same time, you are losing strength and vitality, or suffer from lack of appetite, or dizziness, headache, shortness of breath, or palpitation of the heart—see a doctor. For you are probably suffering from anemia, one of the most insidious of all the manifold foes of health.

While the diagnosis may not always be made from clinical appearance, it is more likely that your suspicions may be confirmed. Of course, pallor of the face, lips and ear-lobes may be present with a normal blood count; while, on the other hand, you may be apparently in normal health—so far as outward appearance goes—and still show a considerable degree of anemia. Yet skin pallor is always a suspicious symptom, and should be referred to a competent man for verification.

He will be able to tell, by examining microscopically a drop of blood taken from your ear-lobe or finger-tip, whether you fall short of the five million red cells (or the four and one-half million red cells, in case you are of the restless sex) which should be found in healthy blood.

By a course of iron-forming foods—as red meats, spinach, and other vegetables rich in iron—out-door exercise, baths, proper elimination and tonic treatment, he will probably bring you "into line" in a very short time.

If there is pernicious anemia, which happily is relatively infrequent, there will be a peculiar lemon, waxy pallor of the skin, with blanched mucous membranes. This condition is now supposed to be caused by the action of poisons absorbed from the intestinal tract. These are developed either by bacteria, or by some perverted function of metabolism—that process in which food is converted into finished products for assimilation, while the system at the same time gets rid of the debris of dead cells and unused nutritive substances.

It may be here mentioned that the familiar "green sickness" of young girls is readily differentiated from

the deadly pernicious anemia by microscopic examination of the blood, which will show the absence of those blood cells always found in progressive anemia. It is also interesting to know that in green sickness there is a "leathery look" to the skin; while in the pernicious form of anemia the skin has a watery or transparent appearance.

At the other end of the color scale is the florid type of complexion, with the fine blood vessels standing out in tortuous bas-relief. This condition is even more dangerous than anemia, for the danger is much more imminent.

It must be remembered that with the normal action of the skin the body temperature always remains constant, no matter what the external or internal conditions may be. For the heat of the blood, even during the most violent exercise, rarely rises more than one degree Fahrenheit above the normal 98.2. Therefore, during active work or exercise, the skin should fail to function properly, there may ensue a decided rise in temperature from lessened evaporation, generally connected with a congested appearance of the face. This would point to a possible danger from heat apoplexy—a very grave condition, and one which all short-necked, florid individuals more than forty years of age, would do well to avoid.

The next most common condition which should warn middle-aged folks to be on their guard is that peculiar yellow waxy appearance, usually accompanied by a puffiness about the face, which sometimes extends all over the body, even causing a swelling of the hands and feet. This is almost invariably associated with a "bagginess" and wrinkling under the lower eyelids, and suggests a clinical picture that spells "Bright's disease" in no uncertain tones.

Bright's disease is a relatively easy condition to handle, if taken in time. Experts find little difficulty in adjusting the diet and tuning up the metabolic functions, so that the pathological progress may be checked before mortal degeneration of the kidney structure sets in. The methods employed by these experts are now the common property of most well-informed physicians.

So do not hesitate to learn without delay the actual condition. Taken in time, you can almost certainly be restored to normal health—even from what was formerly thought to be an incurable disease.

Jaundice is another very common condition, the visible symptoms of which are written obviously on the clear texture of the skin. Jaundice is usually caused by a catarrhal swelling of the gall duct—the little duct, no thicker than a lead pencil, that conveys the bile from the gall bladder to the upper intestine. When this tube is dammed up, the bile cannot be properly excreted. As a consequence, a considerable portion of it is absorbed into the circulation.

This paints the skin an unhealthy saffron color. The "whites" of the eyes become yellow. Life loses its rose-tint hue and everything takes a bluish tinge. Most people suffering from "yaller janders" are dejected and melancholy, from the toxic influence of the bile and absorbed poisons.

In severe cases of jaundice—the so-called "black jaundice"—the skin may be darkened to a bronze, or even a greenish brown. Also there is likely to be considerable local itching, usually accompanied by hives, and recurrent crops of boils in this condition. The two

chief causes for jaundice are blocking of the either by gall stones in the larger ducts, or by the lower cells, which swelling blocks up the end of the bile duct. Gall stones are the most frequent cause of "sudden" jaundice, while blocking of the end is more likely to produce either a partial or type of jaundice.

The skin in gall stone blocking is apt to be yellow, while in the other form, the color is less and much more "muddy" in appearance.

Both conditions obstruct the passage of the bile secreted behind this obstruction is absorbed by lymph channels, and distributed throughout the body. This condition responds fairly well to medical treatment, although, not infrequently, it is necessary to call for the assistance of a surgeon before relief can be obtained.

Malaria is comparatively easy to cure, when properly administered. Yet the prevention of the recurrence of malaria is one of those problems the individual must solve for himself. And he can best solve this by giving the malaria mosquito—the female anopheles—no wide berth.

If the skin is merely sallow and colorless, while the "whites" of the eyes remain unstained, you may have to deal only with anemia and a sluggish circulation, both of which conditions are generally amenable to corrective treatment.

When the liver, which usually has both hard and soft, even under the most favorable conditions, fails to filter out or neutralize the poisons in the blood, the skin becomes "blotchy" and dirty looking—"livery," as people call it, and correctly.

This condition yields readily to appropriate treatment with dilute hydrochloric acid, ox-bile, citrous fruit juices, exercise, allopathic doses of drinking water, and the correction of dietetic indiscretions.

"Liver spots," pimples, boils, eczema in its various forms are also external symptoms of an internal condition—manifestations of weakened tissue resistance to attacking micro-organisms—and also of the presence of a superabundance of toxic material in the blood.

These so patently indicate disturbed function, however, and the information respecting their treatment is so general, that they hardly come within the scope of the present consideration. And the same may be said of dry, scaly skins, or "oily" skins.

The "cachexia" of cancer, however—that plastic ashy color of the skin, associated with malignant disease—is a grave and important sign. Sometimes it is one of the earliest symptoms to show. For can the initial stages, frequently manifests itself with pain, and the peculiar ashy color is, at times, very difficult to distinguish from the muddy aspect of inefficiency. Remember that cancer is alarmingly prevalent—one woman in every eight, and one man in every fifteen dying of its effects.

Inasmuch as the principal reason for this high mortality lies in the neglect to locate and remove either the radium, some caustic element, or by the knife, it is obvious that anything that will assist in the early detection of this disease must be a matter of tremendous importance.

So, women of forty or over, who, without the usual sturdiness and debility usually associated with anemia, find themselves becoming colorless, opaque and ashy in the skin, should consult their (Continued on Page

Once I Too Was Weak and Ailing"

THE STORY OF ANNETTE KELLERMANN AS TOLD BY HERSELF

MANY people will be surprised to hear that as a child I was so deformed as to be practically a cripple. I was so weak, so puny, that I was considered an invalid. I was bow-legged to an extreme degree; I could neither stand nor walk without iron braces which I wore constantly. My mother put long skirts on me, down to my ankles, to hide my bow legs and braces.

No one ever dreamed that some day I would become famous for the perfect proportions of my figure. No one ever thought I would become the champion woman swimmer of the world. No one ever dared to guess that I would be some day starred in great feature films, such as "A Daughter of the Gods," "Neptune's Daughter," etc. No one ever dreamed that I would some day travel the world over, appearing on the stage, at great universities, on lecture platforms, explaining my methods of acquiring and maintaining perfect health and a perfect figure. Yet that is exactly what has happened.

I relate these incidents of my early life, and my present success simply to show that no woman need be discouraged with her figure, her health, or her complexion. The truth is tens of thousands of tired, sickly, overweight or underweight women have already proved that a perfect figure and radiant health can be acquired in

only fifteen minutes a day through the same methods that I myself use, the methods which have kept my health perfect, and my figure at exactly the same proportions during the past fifteen years.

I invite any woman who is interested to write to me. I will gladly prove to you in 10 days that you can learn to acquire the body beautiful; how to make your complexion rosy from the inside, instead of from the outside; how to stand and walk gracefully; how to add or remove weight at any part of the body; hips, bust, arms, shoulders, chin, limbs, waist, abdomen; how to be full of health, strength and energy so that you can enjoy life to the utmost; how to be free from colds, headaches, neuralgia, nervousness, constipation, weak back, and the many other ailments due to physical inefficiency; in short, how to acquire perfect womanhood.

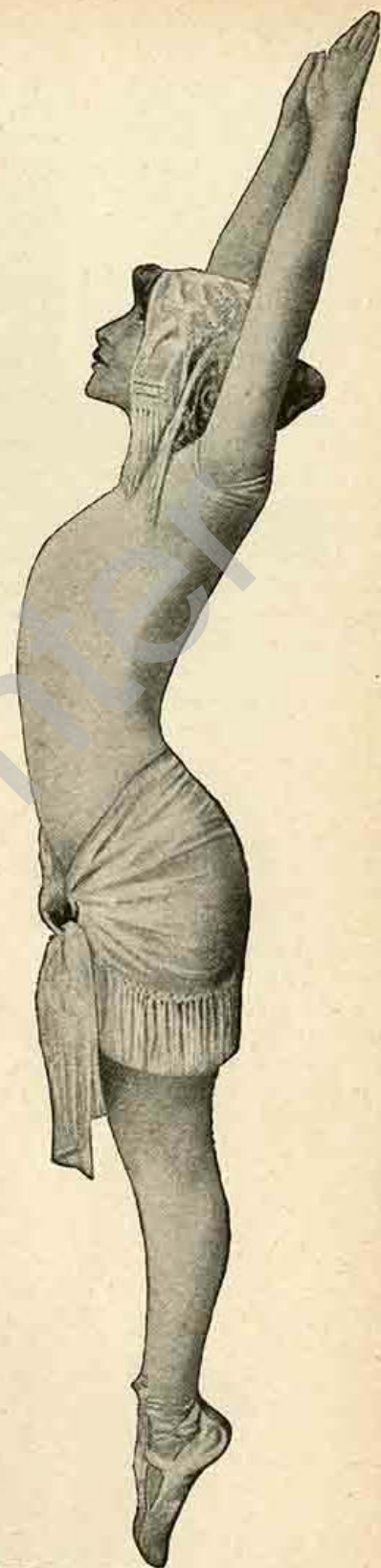
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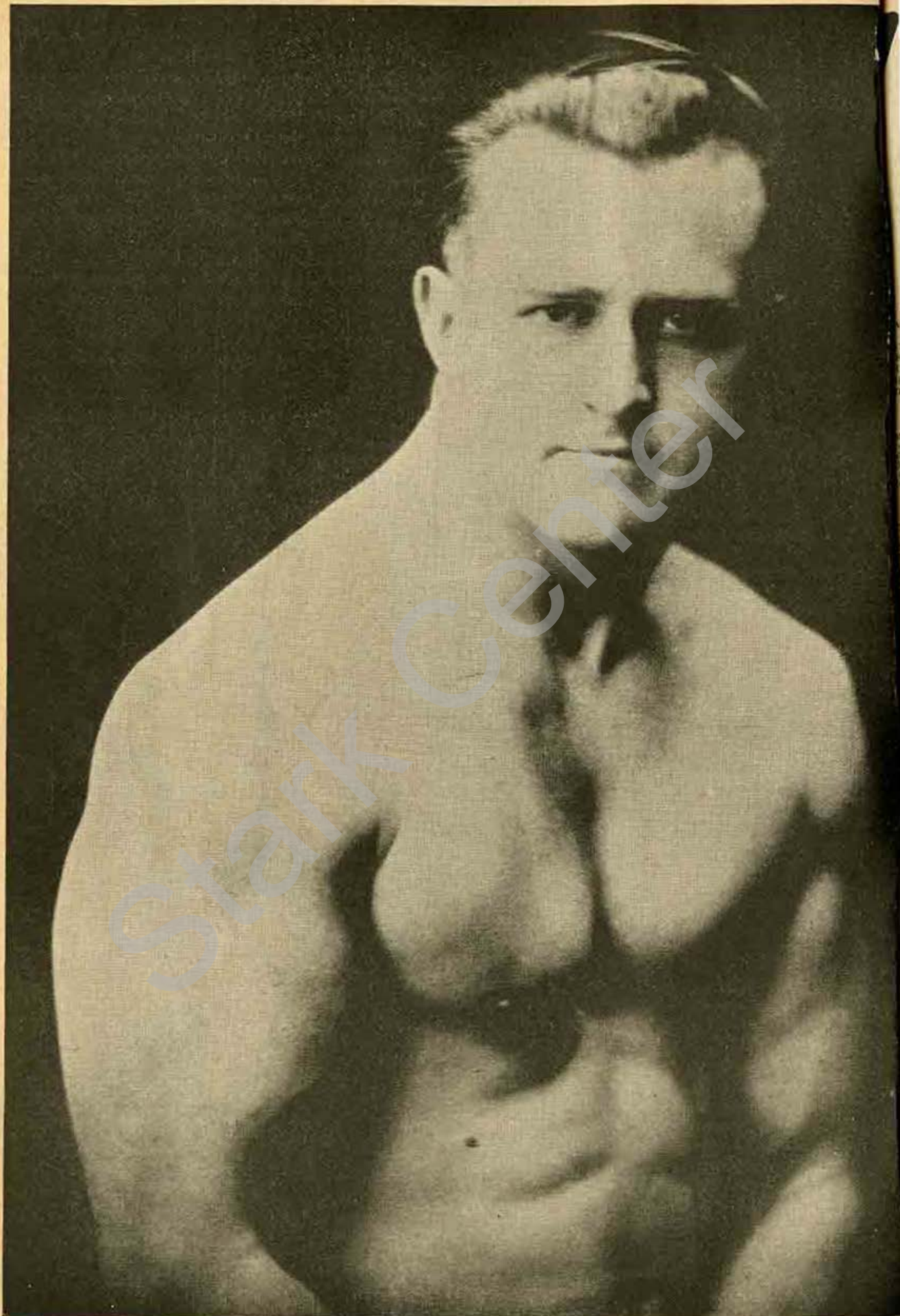
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By Chas. Todd.

I didn't take this long hike from San Francisco to New York to win a bet—no, fellows, I took this long jaunt because I wanted to see Earle E. Liederman face to face, shake him by the hand and let him see what a wonderful job he did for me. I wanted him to see the wonderful muscles he built for me—I wanted him to know of the endurance I attained from taking his course. I was doomed to die—so the doctors said. Think of the agonized suffering which I went through. I was told that I would never be strong and healthy and that if I exerted myself I would not go to the great beyond. Think of it, fellows? Death was my tag with me, dogging my very footsteps and the odds of me getting a full, natural life were 1,000 to 1 against me—I fooled them all.

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My letter split, by return mail, Mr. Liederman personally communicated with me and gave me my first ray of hope—he said he could help me! He also wrote that he would give me all the dope on getting healthy and strong by mail, just as he does every day for thousands of others. But, because my case was such an exceptional one, he would have to ask me to work closer with him than his ordinary run of clients. I told him I was at his mercy and that his orders would be law and that I would follow his advice to the letter.

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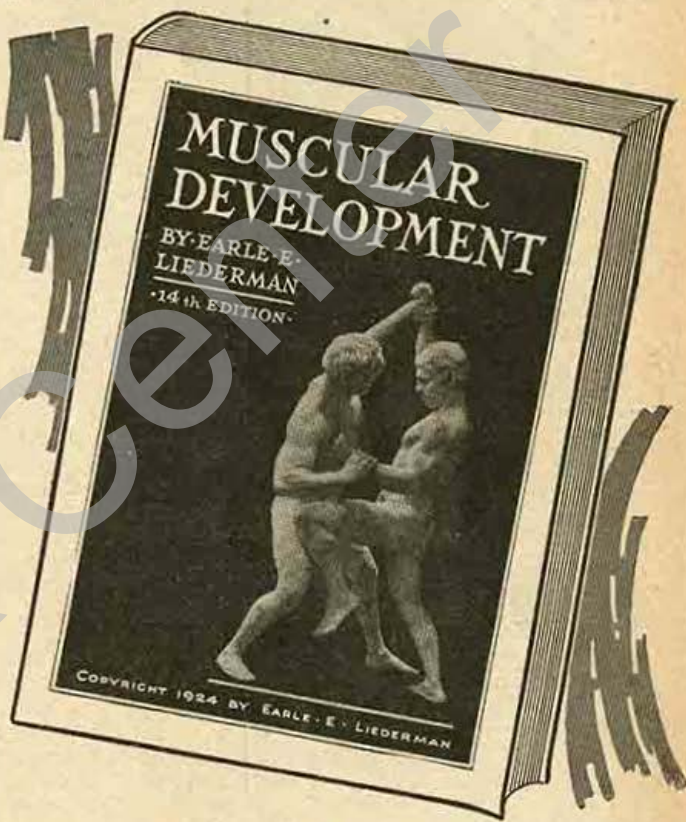
After following Liederman's instructions the first thirty days, a miracle happened. I noticed a wonderful change in my breathing. My blood tingled and my entire appearance surprised everyone who knew me. No longer did I see my friends shaking each other and shake their heads as if to say, "It's too bad, he's going to die." No! I fooled them all. I got well and strong and became a fine specimen of physical manhood. I never dreamed that I would be able to swim, run, jump or do anything that my heart desired. After a few short months, I was fearlessly able to throw caution to the winds.

After the foundation for my health was laid, the rest came easy. I added real healthy muscle around my bones. I acquired that springy step which bespeaks the healthy person. My eye sparkled like crystal. My body just tingled with energy—I was ten from head to foot. I lost my slump—I acquired a feeling up and down my spine which made me know that I had real healthy life in me and many more happy, healthy years to look forward to. Yes, I lived and am living now for the first time. That is why I liked from 'Frisco—I wanted to show Liederman what a wonderful man he made out of me—I wanted to prove to myself that my strength and endurance were real.

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I don't care who you are or what your health ambitions are. I know that Liederman can do for you what he did for me. If you want to add muscles to your arms, legs or chest, Liederman guarantees to put one solid inch on your arm and two inches on your chest the first thirty days. I know this guarantee means something because he did it for me. I asked Mr. Liederman to make this announcement to the world about my case because I want other seekers of health and strength to know the great benefits of his system of muscular development.

Mr. Liederman will send you his big 64 page book telling all about his method and he will gladly send it to you free—read the next paragraph in which Mr. Liederman tells you all about the contents of this free 64 page book on Muscular Development.



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Breasting the Tape

(Continued from page 57)

short of the actual mile. His time was given as four minutes twelve and three-fifths seconds. If George had made the mile a complete run, it is doubtful if Nurmi's record would have equalled it. In my mind these mile races must have been great thrillers, owing to the speed at which the races were made.

Probably the most spectacular race is the one hundred yard dash. From the crack of the pistol to the breasting of the tape, I believe there is more energy expended in this sprint than in the mile run, or any other run. All the energies of a sprinter, both physical and nervous, are thrown into that grind to cover the distance. There is no time to jockey the other fellow. It is simply, "Go, get there."

The strangest part of the century race, to me, is how the time stays about the same. Away back in 1886, H. M. Johnson, of Cleveland, Ohio, exploded the ten yards a second standard, by covering the distance in nine and four-fifths seconds. Two years later, the time was duplicated by H. Bethune, of Sioux Falls, but then the Australians insist that F. S. Hewitt covered the one hundred yards in nine and three-quarter seconds, in 1870 at Melbourne, on a grass course at that. We have no reason to doubt the time, as we know the island continent has turned out some great speeders. Twenty-five years later, E. Donovan, of Boston, clipped the time to nine three-fifths seconds. Since then quite a number have equalled this mark, and it seems impossible for them to break it.

I remember years ago, a Japanese University student, Minoru Fujii, was reported as having cleared the course in nine seconds flat. Naturally, this remarkable time was hard to believe, but Fujii was later clocked and sworn to by the officials as making the century distance in the astounding time of nine and two-fifths seconds; and one hundred meters, which would be one hundred nine and three-tenths yards, in ten and twenty-four one-hundredths seconds. It is a great pity this phenomenal sprinter was never seen in this country, or at the Olympic Games.

What puzzles me is why our sprinters cannot make better time than they do, with all the better training conditions which they have at their disposal today? There are actually more sprinters covering the one hundred yards in less than ten seconds today, than there were men running in even time twenty years ago. For in those days they did not leave the mark with the advantageous crouch that is now used. They used the slow standing start.

The type of shoe that was worn was also a disadvantage as compared with the present shoe worn. Then again, our tracks are better, and the present day sprinter can train all the year round if he desires to keep his form. This would lead us to think that the modern sprinter has slowed up. Perhaps the American sprinter has lost

something he never before clearly understood that he had, in this era of specialization. Look at the failures Paddock made in his recent foreign showing. Just as surely as our men compete on foreign ground, and become deprived of the ideal conditions to which they have been accustomed, something goes wrong. A pulled tendon, strained muscles and damaged feet, are the bogey of our sprinters on foreign ground. Why this should be, I do not know.

Of course there are some runners who cannot stand the pounding on hard tracks, while others find the conditions ideal. I remember W. G. George's great protege, Alfred Shrubbs, in his race with Longboat, the famous Indian marathoner, how often he changed his shoes during the one race, simply because his feet could not stand the pounding on the hard track. They would swell terribly. But put him on a heavy soggy turf course, and he would beat Longboat. It seemed unfortunate for Shrubbs, when representing his country in the international cross country races with France, that the ground was always hard. Each time the great Jean Bouin beat him. Incidentally the gallant Frenchman was the first great athlete to lose his life in the world war.

The same conditions exist with the sprinters. The heavy tracks used in Europe seem to slow our boys down. But, even that is no reason why all the present day sprinters should not be better than the sprinters of twenty years ago. If Hewitt could skim the distance in nine and three-quarters seconds from a standing start, on a grass course, our men should beat that mark by more than they do. I really believe that if Paddock ran his hundred yards out in a complete run, instead of finishing with his spectacular jump, he would have made better time. Paddock's finish has become quite popular, and unfortunately many young sprinters try to imitate it. I say unfortunately because I believe that a straight course is faster than a curved course. A boxer is always taught that straight leading is faster than swinging. Then again there is a belief that force, controlled, can acquire a terrific momentum, and when released will gather greater velocity. Something like swinging a stone in a sling. Maybe this is what the Paddock followers believe. I feel quite sure that it was the California sprinter's spectacular finish that gave him such widespread popularity. Wherever Paddock appeared, huge crowds turned out to see him tear his way down the course. His sensationalism has increased the popularity of the one hundred yards dash, and his personal inspiration has become a magnet to others.

Perhaps we will see great things from young Frank Hussey this season. The New York boy was a sensation when he equalled Paddock's record of nine and three-fifths seconds in the summer of 1923. Hussey was only eighteen

years of age then. It is not likely that he is fully matured yet, being so young. Careful coaching ought to see him going faster this season. But you can never tell what is going to happen in the running game. A fellow often blows up for apparently no reason at all, after one or two real performances. Take Applegarth, the crack English sprinter, who did some great stuff up to 1914. We never hear of him any more. Maybe the years he put in in France before the Armistice was signed had a lot to do with it. Then there was Reggie Walker, former Olympic champion. He was only in his teens when he beat the world's best amateurs. After his return to South Africa little was ever heard of him, but then, we have others who improve all the time.

A great number of sprinters seem to forget that a race is won with the breast and not the feet. If two men were making a close finish, it would be the man who touched the tape with his breast first who would win. I have actually seen sprinters, who really won, receive second place. Their one foot would be over the finish line ahead of the other man's, but the other man would take the tape, because he raced with his chest apparently lunging ahead all the time. In the other case, it is generally found that the man who races with his head flung far back, travels with his body thrown back of his stride just enough to lose for him in a race, where inches count. I remember how the old Olympic coach, Walter Knox, would admonish all his sprinters to always remember that a race was won by breasting the tape, not with the feet.

The Health Digest

(Continued from Page 56)

way with which it is credited by many doctors. Dr. Louis L. D. Dublin, the chief statistician of the company, and his assistants, give the most reassuring report of the cancer situation which has ever been given. It is reassuring because it is both comprehensive and analytical. In the opinion of the author, the increase in cancer has been small, much smaller than might be inferred from the analysis of the published crude death rate.

One of the most interesting points brought out by Dr. Dublin and his coadjutors is that the increase, such as it is, has been confined almost entirely to the male sex. There has been little or no increase among the women, although the death rate from this disease has always been higher among women. Another point is that the white race is more susceptible to this disease than is the colored race. On the other hand, certain forms of the malady are more fatal to one race than to another, and it has long been known to be more fatal to one sex than it is to the other.

So far as race is concerned, the Russian immigrants seem most susceptible, the Irish next, and the English, Scotch and Welsh in order next. The Italians are an exception, the cancer rate among them being less than that among native

HOW TO MAKE SICK NERVES STRONG—forever!

YOU men and women who get easily excited and fatigued—you who are complaining of stomach troubles, constipation, loss of sleep, troubled dreams, dizzy spells—you who are always sensitive, self-conscious, gloomy, worried and depressed—*look out for dangers of Nerve Exhaustion.*

For no matter if you have only a few of these symptoms, no matter if you are suffering in only a mild form now—you may never-the-less be slowly but surely heading for complete physical, mental and nervous breakdown.

And yet thousands of people are building up their systems, regenerating sick nerves, fitting themselves anew for successful business and social life—through a few simple, easily-followed natural rules of nerve health—**THAT CAN NOW BE YOURS!**

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Over-active emotions, domestic and marital excitements, business and social worries, intense concentration, overwork, excesses, vices—these are the causes of Nerve Exhaustion.

Symptoms develop slowly. To themselves and others, sufferers sometimes seem in perfect health. Yet every minute their nerves are growing more weakened and enfeebled—constantly nearing the final breakdown and collapse.

How to Strengthen Them

Leave tonics and magic systems of exercise alone. They drain rather than strengthen your nerve force. To rebuild sick nerves requires an understanding of their action and abuse—a knowledge of certain simple laws in mental and physical hygiene, mental control and relaxation. And it is only through the correct application of these vital laws—now yours for the asking—that obstinate



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"New Nerves For Old" is a treasure of health and knowledge—yet its cost is only 25c, stamps or coin. This book will be a revelation to you. It will open your eyes to a new world of youthful vitality, success and happiness. Send for your copy today. Mail coupon below to Richard

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THAT unsightly, uncomfortable bulge of fatty tissue over the abdomen is an unnecessary burden. Here's the way to get rid of it, without fasting, hot baths or back-breaking exercises. The wonderful "Little Corporal" belt will reduce your girth to normal, the moment you slip it on, and almost before you know it, the excess bulge disappears! You can wear stylish, trim-fitting clothes that make you look your best. Best of all, you feel as good as you look—**younger, lighter on your feet and full of the old-time vim.**

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Young Man! Keep Down That Growing "Bulge"

If your waistline is beginning to bulge, now is the time to stop its growth and to retain your youthful figure! Don't wait until you have a great bulk of fatty tissue—a regular "bay window." The "Little Corporal" will restore your figure at once and keep you from corpulence. A youthful, graceful dressy figure is as great an asset in business as it is in society. The ideal dancing partner possesses an athletic figure.



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"Little Corporal" prove at our risk that it is the best of all—a real reducer. If you prefer, give us your height, weight and waist measure (snug) over underwear, enclose \$6.50 with coupon and get the belt or pay postman on delivery plus fee of a few cents. If not entirely satisfied, your money will be promptly and cheerfully refunded. Price outside of the United States is \$7.50.

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born Americans. At first thought this difference might appear to be a question of diet, the Italians being largely vegetarians, or, at least, small meat eaters. But Dr. Dublin goes on to point that according to the conclusions come to by the company's statistical analysis, the cancer rate increases as we go down in the economic scale. If this be so, it seems to show that cancer is not stimulated so much by overeating and luxurious living as by a faulty diet. This may be explained to some extent by the fact that the diet of the poor urban population is largely canned food and food of a nature not so nourishing and digestible as that obtainable and eaten by their more prosperous brethren. Such a diet, by its indigestibility might tend to irritate the lining of the gastrointestinal tract, and at the same time, by its innutritious character, release the body's power of resistance. These two conditions—local irritation and lowered resistance—cancer authorities state are the most frequent factors in the causation of the disease.

The report states that between the ages of thirty-five and fifty-five, it is probable that there has been an actual decline in the percentage of women who have died from cancer, and no increase in the percentage of men. This, it is thought, may be due in part to the campaign of education carried on during the past decade, and to the number of lives saved or prolonged by early surgical intervention. While the report referred to is encouraging, it will not do to lapse into a fool's paradise and relax our efforts to conquer the disease. Cancer stands high on the list of deadly diseases, and it is in many ways the most loathsome and terrible scourge of the human race, and especially of the civilized human race. Every means should be put forth to prevent it, and perhaps the day is not far distant when it will be possible to immunize against the disease. At the present time our main hope lies in an early diagnosis of the case, and also an early surgical treatment, aided when necessary by the use of X-ray or radium. To this end efforts to educate the public as to precancerous symptoms or early symptoms of cancer should be redoubled.

N. Y. Medical Journal and Record, March, 1926.

Rupture

In former days, before the cause of "hernia" or rupture was understood, the term *rupture* was applied under the false impression that this condition was due to a tearing or rupture of the parts involved. At the present time, we know that the path is paved for a hernia long before birth, and in many cases it is present at birth.

On either side of the lower part of the abdomen there are two openings or so-called rings, through the area of the abdominal muscles. Frequently they are so large and lax that the more or less constant impact of the abdominal contents against them gradually causes them to enlarge until finally a loop of the intestine works its way through the abdominal rings, and as a result of this, the individual for the first time learns

that he has a hernia or rupture. The finishing touch is often given during great exertion, and the victim believes that a strain of some type was the main cause. If, however, a person knew that the soil has long been prepared for just such an occurrence, he should not be surprised when it happens. The most common types of rupture located above these rings are:

1. Congenital hernia, or hernia formed before birth.
2. Potential hernia, or a hernia in which the abdominal rings have become lax and weak for years. The ring usually gives way under continued strain, and as a result forms a true hernia. Most men who do manual work show that weak rings exist on both sides of the abdomen.
3. Indirect hernia; this is a condition where the hernia is forced through the abdominal ring.
4. Direct hernia; this is a condition of hernia in which the intestines pass through the flabby muscle adjacent to the abdominal ring.

Treatment of Hernia

Since hernia is so common, how should it be treated to receive the best results? As congenital hernia is known to be present at birth, the family physician will probably treat it in the hope that at this early age, the opening may become sealed.

In cases of potential hernia, much can be done to prevent the next stage, which is the protrusion of the intestine through the abdominal ring. This can be done in two ways: 1, by developing the abdominal muscles through means of the proper exercises, so that normal support and protection may be given to the inguinal (groin) region; and 2, by using the abdominal muscles properly when at work.

It has been a known fact that few people know how to lift an object so as to prevent injury to the groin region of the inguinal region; unfortunately the few people who do know are often careless or indifferent.

One should lift an object with the muscles of the thigh, thus relieving from strain the back and abdomen. Every hernia of the direct or indirect inguinal or groin type is a menace, much that if one is unprotected by a properly fitting truss, he is considered a bad insurance risk. In some cases certain hernias are not suitable for truss treatment and, in fact, in some cases the wearing of a truss is considered dangerous and as a rule an operation is advised.

Sex and Occurrence

It is found in 70 per cent of the cases among males, though some claim occurrence in the sexes are equal. Between the ages of twenty and forty years cases chiefly occur, though it has been considered that 40 per cent of these conditions are between fifteen and thirty years. In 90 per cent of the cases, the trouble is usually found in the small intestines, usually in the ileum portion of the intestines.

Journal, Hygeia, March, 1926.

Ask the Doctor

(Continued from Page 52)

QUESTION: In reading over the questions and answers in STRENGTH in the April issue, I wondered if Dr. Mittleman could help us solve our problem. My son, who is seventeen years of age, is troubled with a tightening of his muscles all over his body and so in playing football and basketball or any other type of exercises this begins to irritate him. He cannot do any type of exercises, and this last fall he could not play the position the coach wanted him to take. We have asked different doctors and trainers about his condition, but they do not seem to understand the case, and are unable to give a remedy to overcome it. If you can give the reason for this condition and the treatment, we will surely be very grateful and thankful to you for your advice.

K. F. M., E. Lynn, Mass.

ANSWER: The condition of the muscles found in your son's body is due to a contraction of the muscles which might be due to improper nerve and blood supply, therefore causing a tightening of the muscles. Perhaps there also may be bony lesions originating from the spinal column which cause the nerve disturbances.

However, as your son is still a young man, I feel quite sure that results can be obtained and, therefore, I would advise that he see a good osteopathic physician and receive treatments from him as he advises. In that way he will receive some benefit. I might also add that your son resort to the different methods of exercises given by a competent instructor.

QUESTION: Have been reading your articles in the magazine with great interest and wish now to ask you a question. For the past year I have been annoyed with bed wetting and have tried all sorts of remedies, but everything has failed. I do not drink much water before retiring and I am nearly frantic over the condition. I fear that the worry and embarrassment will ruin my health which is otherwise in a good condition. Any information or help that you can give me will greatly be appreciated.

H. S. N., Phila., Pa.

ANSWER: This condition of bed wetting is usually due to weakened kidneys, and also to a weak condition of the bladder. It is known that nervousness is also a factor in bed wetting. The following formula, if taken, will help your condition:

Strychnine sulphate, one grain.

Atrophine sulphate, one-quarter grain.

Tincture Canthardis, 30 drops.

Syrup Tolu, enough to make 4 ounces.

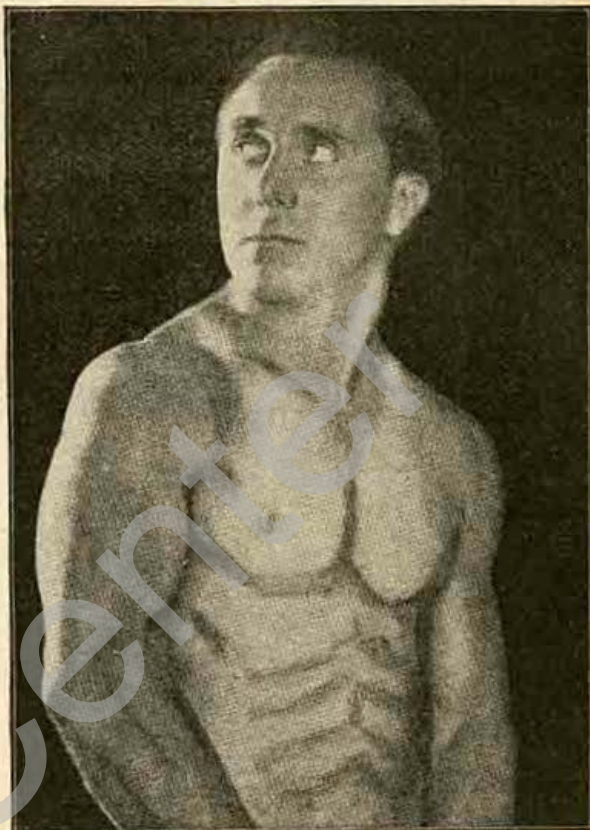
Directions: One teaspoonful after meals. Also take the capsules of Potassium Citrate, at 10 grains each, one capsule in water every four hours. Exercises, if properly taken, will also tend to correct the condition.

QUESTION: I am a constant reader of STRENGTH and would like to ask your opinion of my condition. I have been troubled with dizziness for about ten months. I have been to the different doctors and they all say that it is nerve trouble, and they give me some medicine, but it does not help me in any way. I drink very little coffee, smoke very little,

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MEN! HOW DO YOU FEEL?

No Need for the



man of 40, or 50, or even 60 to feel that he must unavoidably lose personal power and vigor because other men have, no more than it is necessary to have smallpox



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It turns the human body inside out and makes everything plain in about 15 minutes. Personality!



Read it for her sake.

SCIENTIFIC PRESS

Box S Milford, Kansas, Geary County

eat moderately and worry very little. My age is 33. About a year ago there was some amount of phosphate shown in the examination of the urine and now I have given up my position for a little rest. Will you kindly advise me what to do?

L. L., Jr., Union City, N. J.

ANSWER: Dizziness as a rule is due to many things, but constipation and eye conditions are very commonly the cause. However, I might advise that you resort to a proper method of exercise. Also correct your diet. Do not eat any fried or fatty foods. Eat more vegetables and get as much fresh air and sunshine as you can. Rest will also aid you in your condition as perhaps your type of employment had a tendency to cause the dizziness.

It would also be advisable for you to see a good eye specialist and have your eyes examined as perhaps you may need glasses. I would advise that you take Oxy-Crystine internally, one teaspoonful in a glass of water before retiring. Oxy-crystine tends to eliminate the toxins from the system. These poisons also have a tendency to cause dizziness.

QUESTION: I read **STRENGTH** and enjoy the advice that you have given others. Will you please favor me with a reply in reference to my condition? I am a young married woman and have always had leucorrhea, ever since I menstruated, and I always feel tired. The different doctors tell me to build up my body. I have tried the different douches, but I receive no results. Please, Dr. Mittleman, give me the most helpful advice you know and many thanks for same.

Mrs. L. T., Norfolk, Va.

ANSWER: Leucorrhoea is usually the cause of the weakened condition of the cervix (womb) and the treatment of such a condition consists of vaginal douches, and also having the cervix or womb painted with tincture of iodine twice a week.

For a douche I would advise that you use Tyree's Antiseptic Powder and douche twice daily, and also do not do any type of heavy lifting or over-exertion. With the information given I feel quite sure that you will obtain some results.

QUESTION: Occasionally I have keen pains around my heart that force me to be perfectly still. During these times I can hardly breathe, as even natural breathing makes the pains more severe. The different doctors who I went to see fail to find anything wrong with my heart. Can you advise me what causes this pain? They usually last from a few seconds to about ten minutes.

I have a splendid physique and I exercise regularly. I eat at regular intervals. My age is 30 and I weigh 175 lbs., and am 5 feet 11 in. in height.

O. N. B., Greensboro, N. C.

ANSWER: Your heart condition may be the result of gas radiating from the stomach to the region of the heart and this distending gas, as a rule, irritates the heart itself, therefore causing the pains and also the loss of breath. The correction of your diet and a different method of exercises will, no doubt, help to relieve you of your condition. As to your diet, I would advise that you eat

foods that contain less acids and eat more vegetables and drink water freely. Also take the drug, Tri-Basic Citricarbonate, one teaspoonful in water three times a day.

However, together with this information, you should also see a good heart specialist and have him examine you so as to determine the extent of the condition of the heart. In about 3 weeks write me again and let me know what results you have obtained and also advise me as to the examination of the heart by the specialist.

QUESTION: I am writing this letter to you to see if you can give me any advice on gaining weight. I am a young man 24 years of age and my height is 5 feet 8 inches, but I never seem to be able to weigh over 113 pounds. I have tried all kinds of exercises. My daily work, requiring me to stand all the time, makes it rather hard for me to go through the different exercises, as I feel tired after work. I sleep well, about 7 or 8 hours each evening and I also eat heartily. Will you kindly advise me what to eat as I want to gain weight? Any advice given will be appreciated.

A. A., Cohoes, N. Y.

ANSWER: There is no doubt but that you are underweight. Normally you should weigh about 150 pounds, but perhaps the subnormal weight may be due to improper exercises and also improper nourishment. In your case I would advise that you correct your diet and eat more foods that are nutritious. Eat at regular intervals and masticate all your foods well. For breakfast I would advise that you eat bacon and eggs, stewed figs and cream and a glass of milk. For luncheon you may have cottage or cream cheese with lettuce or mayonnaise, whole wheat bread with buttered peanuts, custard with whipped cream and a glass of milk. For supper you may have creamy milk oyster stew, fried fish or chicken, mashed potatoes with butter and milk, carrots and peas and a glass of buttermilk. Beef steaks and other foods which contain large caloric energy can also be taken.

Together with this diet I would advise that you employ the different method of exercises and also take Wampole's Cod Liver Oil and get as much fresh air and sunshine as can possibly be had.

QUESTION: I have a heavy heart beat and you can see this beat by looking at my chest. I feel like yawning all day, but when I yawn I cannot get enough air and I would like to know what is the cause of this condition. Can it be cured? At night when I rest the heart seems as though it flutters or skips a beat and my breathing is not regular. Any advice pertaining to my condition will be greatly appreciated.

J. B., Phila., Pa.

ANSWER: Heart conditions, as a rule, are the result of other conditions. Probably your condition may have resulted from rheumatism or perhaps from childhood in which diseases such as diphtheria and scarlet fever among others which are known to be the cause of heart conditions.

(Continued on Page 72)

What I Think of Pelmanism

By Judge Ben B. Lindsey

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a **GREAT** driving force.

I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction.

Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that **PREVENTABLE** inefficiency which acts as a brake on human progress.

Even in France I did not escape the word, for thousands of officers and men were **PELMANIZING** in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America by Americans for Americans, I was among the first to enroll. My reasons were two: First, because I have always felt that every mind needed regular, systematic and scientific exercise, and, secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is peculiarly tragic here in America, where institutions and resources join to put success within the reach of every individual.

By **FAILURE** I do not mean the merely criminal mistakes of the individual but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the college and put it into harness for the day's work. It lifts great, helpful truths out of the backwater and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults.

First of all, it teaches the science of self-realization; it makes the student **DISCOVER** himself; it acquaints him with his sleeping powers and shows him how to develop them. The method is **EXERCISE**, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

The human mind is **NOT** an automatic device.

It will **NOT** "take care of itself."

Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results.

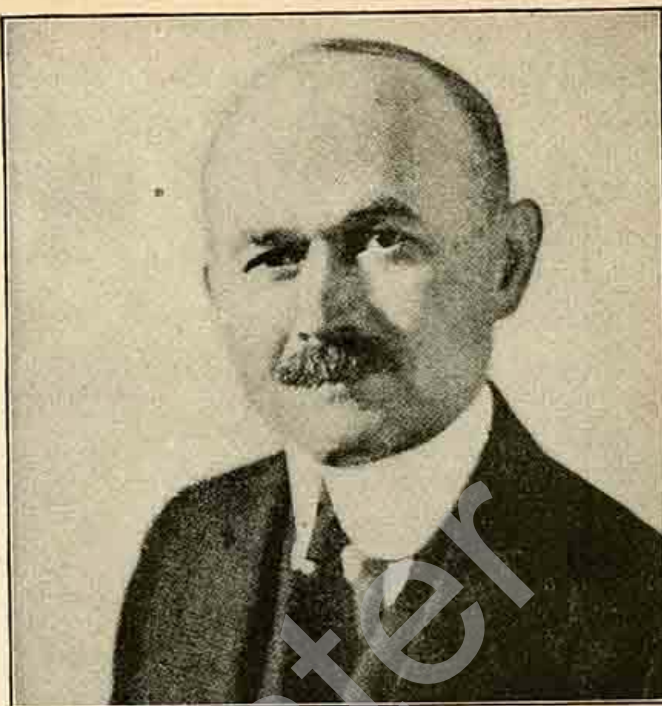
Every one of these qualities can be developed by effort just as muscles can be developed by exercise.

I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their efforts to the development of some single sense.

What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity.

Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.



Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

* * * * *
NOTE: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century it has been showing men and women how to lead happy, successful, well-rounded lives. 550,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for **YOU**.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them.

And on the positive side it will uncover and develop qualities which you never dreamed existed in you.

It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

Your copy is waiting for you. It is absolutely free. Simply fill out the coupon and mail it today. It costs you nothing, it obligates you to nothing, but it is absolutely sure to show you the way to success and happiness. Don't put it off and then forget about it. Don't miss a big opportunity. **MAIL THE COUPON NOW.**

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"Put on Your Clothes, You Scarecrow!"



Are you one of the "sights" on the beach? Do the most dignified girls find it hard to keep from laughing when your bony knees and shoulders are displayed? Do you hear sniggers as you pass and nicknames like "spider," "sparrow" and "scare-crow"?

Do you stay away from the cooling seashore—the exhilarating company of young people in the water—because you are ashamed to appear undressed? Or do you look forward to the opening of the beaches with impatience? Are you anxious to get your shirt and pants off and stretch your muscles on the sand, in a jersey and trunks?

The indoor sheik can get away with murder all winter—but when the bathing starts! BOY! This is your chance!

Go to work on those shoulders and legs today. Show up those drug store cowboys. Snap into it.

QUIT BLUSHING

What I have done for others I can do for you. I'll make your arms as big and muscular as the life-saver's. I'll give you a thigh like a runner's. I'll give you the call of a six-day bike racer, and I'll tone your system so thoroughly you'll feel like a new man. I've done it for others and I can do it for you.

The one and only TITUS, trainer of trainers, can make you the most admired man on the beach!

GET MY NEW BOOK FREE

Fill in the coupon, tear it out and get it in the mail at once. You haven't a day to lose. If you want the eyes on the beach to light with admiration instead of laughter when you pass—get my book NOW! You are not a man if you live in a weak body! Let me make you strong. BETTER BUILT BODIES is FREE if you hurry.

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Dear Sir: Please send me, without cost or obligation, BETTER BUILT BODIES, your 64-page book illustrated with scores of actual photographs of famous strong men you have trained.



Name

Address

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

Ask the Doctor

(Continued from page 70)

The treatment in your case consists of rest and the correction of your diet. Avoid alcohol and smoking and also avoid all exciting conditions. I must emphasize that you should see a good heart specialist. Have him examine your heart and receive treatments from him as he advises, as heart conditions are of a serious nature and must be attended to properly.

QUESTION: Do dreams have a harmful effect on a person's health? Can you tell me why a person dreams? Is there a cure for it and is there any way that one could improve his memory? I have such a poor memory that no matter how many times I read a thing over I just can't remember it. If you can help me, Dr. Mittleman, I shall be everlastingly grateful to you for your advice.

L. H., Astoria, Oregon.

ANSWER: Dreams, as a rule, that are continued from night to night are harmful to the health as they tend to irritate the nervous system. A person dreams because of the thinking power of the brain while at rest. Memory can be improved and I would advise that you read many periodicals or stories which seem interesting to you, and in that way you will be able to concentrate your mind. I might also advise that you correct your diet and employ the different methods of exercise which I feel quite sure would be very beneficial and effectual in your case. Together with this information I would also advise that you see a good osteopathic physician and receive treatments from him. The osteopathic treatments will help to clear your loss of memory and will also tend to correct the dreams, for these

dreams are usually due to nervous disturbances.

QUESTION: I am greatly interested in your replies to others as to methods of cure for constipation and fallen stomach. Do you not think that it is an exceptional case where a person has two evacuations a day? It would seem to be more of a nuisance than anything else. If I could have a natural movement once in two even three days, I would be almost satisfied as I have been taking Hinkle's Casein Pills for the last twenty years and I must go for four days without a normal movement. I usually have a bilious attack and persistent headaches.

I might also ask you if there is any way of improving bad circulation and blood pressure. I suppose the two go together. In a recent examination I was told that I had both conditions. Any information you can give me as to how the condition will be greatly appreciated.

G. A. D., Havana, Cuba.

ANSWER: There is no doubt that your case is one of chronic constipation. This condition is usually due to improper foods, habits and exercises. I would, therefore, advise that you correct your diet and eat at regular intervals and masticate your foods thoroughly. Employ a method of exercise which would be very beneficial in your case. I would also advise that you take the drug Oxy-Crystine, one teaspoonful in a glass of water before retiring. As to your bad circulation and low blood pressure, this condition can easily be overcome by adhering to a proper system of exercise, and also by receiving the effects of sunshine and fresh air. Twice daily is usually the normal bowel movement of any individual and there should be no reason for less than one bowel movement a day unless the condition of the bowels is disturbed by some functional disorder.

The Mat

(Continued from page 60)

the exertion in the arms and shoulders after making a big lift in the military press; but really the effort is always felt more by the buttocks and thigh muscles. I have felt the effects for days after, in these regions, when my arms and shoulders never appeared to mind it in the least. I always depend on locking the knees tightly with my thigh strength, and it seems that if the buttocks muscles are not tensed quickly enough, the whole effort is lost. For the moment the resistance becomes great, the knees are bent ever so slightly, just enough that the weight goes up no further than at the line at which it is when the knees begin to bend. The buttocks muscles and the thighs are the basic foundation for such a lift. The hip muscles, when well built, support the back against back bending. I find that a slow back bend into a "crab" has a wonderful influence upon the buttocks; so has jumping, while holding weights in the hand, and also the one hand swing.

People who are sitting down most of their time, without exercise, naturally develop flabby buttocks, that show up very unfavorably in gymnastic costume or in a bathing suit. When these

muscles are built up and well formed they should be full, and almost shaped like a half circle. They usually show up clean cut, and add considerably to the physique of an athlete, particularly if he takes a side pose.

Years ago, when harness lifting was much more popular than it is now, there was one well known lift made with harness, termed the hip lift. The lifter used a very wide belt that surrounded the hips. Hanging low in front, it had suspended a chain with a hook, which fastened on any object to be lifted. The athlete would stand with hands on knees, and concentrate on the effort to raise the weight off the ground a few inches. In much the same manner weights were supported. The strong man stood on a high platform over his object, which was attached from the hips, and instead of lifting the weight, it was lowered until the whole object, generally a number of people, was suspended from the lifter's hips. Some awe-inspiring poundages were held in this manner, and as long as the legs were kept straight and buttocks tensed, the lifter could support the weight quite a while longer than he could on other

lifts. You see the whole situation is controlled by the hip bones, or the pelvis, which form a natural arch and makes this part of the body naturally adapted for such an effort. Usually, all these lifters had good hip and thigh muscles from practicing such lifts.

As a matter of fact, any exercise or feat, that involves thigh action, always calls for a certain amount of action from the hip muscles. The two hands push practiced in the following manner is a very good hip developer. Take your bar bell to the shoulder, and stand with the feet spaced at a comfortable distance apart. Now, bend forwards from the waist a little, but be sure to keep the legs straight. Quickly throw the body backwards and push vigorously as you do so, and keep on bending backwards until the weight is at arms' length. Of course, you must understand that there is no knee dip allowed to enable you to get under the weight, you just push it to arms' length. As the weight is going up overhead and the back bend is being felt, the buttocks will contract in order to preserve the balance and help support the thighs against knee bending.

Editor of the Mat:

I would like to know how to make my shoulders broader.

ELI BOGGS,
Hazard, Ky.

A broad pair of shoulders are a very desirable asset in every man's physique. They set the stamp of distinction on him and make him look as he should. Years ago, it used to be that the tunic of the soldier was cut to fit tight at the waist, and the shoulders were flared and padded in order to give him the military carriage of which we hear so much. Times have changed, and in place of padded tunics, the soldier now builds up his physique in the military training depots. A broad back is a familiar evidence of plenty of strength, but wide shoulders are not always proof that the owner has a broad back, nor the energy that goes with it. The width of the shoulders is controlled quite a bit by the length of the clavicles, or collar bones. Quite frequently we see young fellows who have, what we term, sloping shoulders. The shoulders appear to slope away from the neck and this makes the back look narrow, which it really is. Such conditions are often the result of short clavicles. Of course, we cannot stretch the collar bones, but we can spread the shoulders by practicing various physical exercises. The shoulders are always spread by a scapular movement, that is, a movement of the shoulder blades, which is brought about by the muscular operation of the latissimus dorsi. One thing about these muscles I want you to bear very clearly in mind. So many have a misconception as to how these muscles should be stimulated in order to bring about the desired effect. The general idea is that as long as the latissimus dorsi muscles are brought into play, everything is all right. The whole thing is just what you are out for. Suppose we deviate a

(Continued on Page 75)

MISS ANN RIZZO
of the
Gertrude Hoffman
Revue,
Has Won Fame
as an
ACROBATIC DANCER



Miss Rizzo says,

"I have practiced many dancing courses, but I dare say, Ivan Vosiloff's Acrobatic Dancing Course is unexcelled. I heartily recommend it to you."

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And You Can Study Under My Personal Direction
Right In Your Own Home

FEW people ever get the opportunity to study dancing with any of the great masters, and the private and personal instructions often cost an exorbitant price.

But the famous IVAN VOSILOFF, has formed a great system whereby you can learn the dance very easily right in your own home. You will not be subjected to the gruesome procedure of the studio, and it will cost but a small portion of the amount you customarily pay at the studio.

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It is easy and pleasant, and guided by the charts, the photographs posed by the VOSILOFF students and the easy text, you master the technique of the dance quickly.

Your rapid progress develops confidence so that you are eager to dance before an audience.

Charm and Grace

The natural beauty of the body is developed; an exquisite grace and agility and co-ordination are cultivated by the methods of IVAN VOSILOFF in teaching the acrobatic dance.

The Golden Path to Fame

The popularity of the acrobatic dance grows greater every day. It has won a distinctive place in American life. No matter where you go—the dance hall, the theatre, studio, or private socials—the dancer, especially the acrobatic dancer is in great demand. You very quickly become a social favorite, with your increasing ability to interpret the dance. Such feats as back bend, walk overs, splits and artistic contortionist, are all included in the famous VOSILOFF Course.

Write to IVAN VOSILOFF

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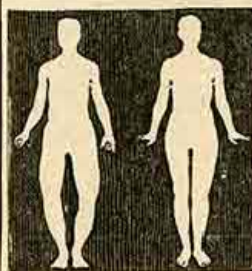
Dear Sir:

Please send me your ACROBATIC DANCING COURSE, for which I am remitting the sum of \$2.00.

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is now more than ever the key note of success, both in social and business life. Bow-legged and Knock-kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lim-Straitner" Model 18, U.S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 4 years by physicians everywhere.)

Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST

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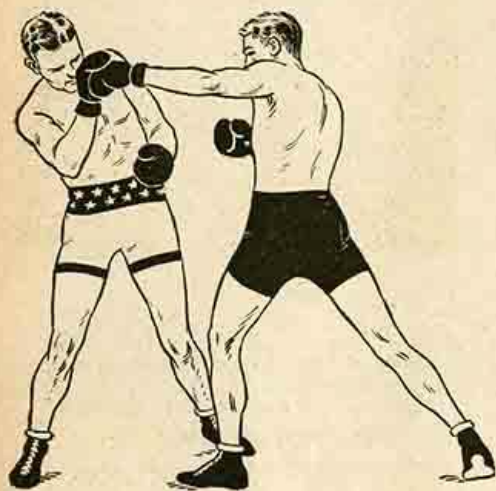
Complete instructions on bottle. Container properly stamped with return postage. Complete report (25 classifications) \$2.50. A test right now may be worth thousands of dollars. KNOW your innerself!

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Sock Them to Sleep !!

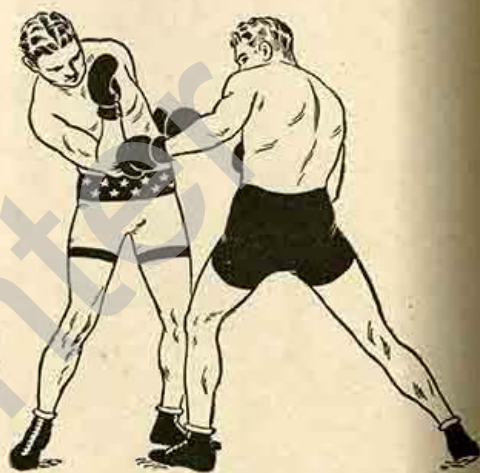
*Could you do that if the occasion arose?
 Could you take your own part decisively?
 Could you protect a lady friend successfully, or
 would you go down in disgrace before her?*



Are you the Master of most men you know and meet, or are they all your masters in physical combat?

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This course, on the manly art of self-defense, is fresh off the press. It is an expert instructor. It is correctly and liberally illustrated. You will soon become an expert at delivering the right blow at the correct time. Countering, blocking, feinting, side-stepping, guarding, clinching,

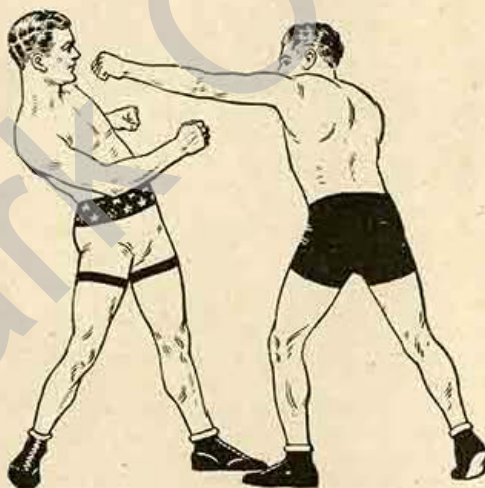


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The Mat

(Continued from Page 73)

little, and talk from the opposite end of the subject. Perhaps it will give you a little clearer understanding of what I want to fix in your mind. If you were practicing the bent press as an exercise, that is, using about seventy-five pounds and pressing it to arms' length several times in succession within a short time, you would find that the latissimus dorsi was filling out the back in the lumbar region. Viewing the waist region from the back, there will be found a squareness that was absent before, but the breadth of the shoulders will not have increased in proportion. The reason for this is that the major part of the effort is borne upon these muscles in the small of the back. You can plainly see, that while this is one way of developing the big broad muscle of the back, yet the effect on the upper part of the back is reduced to a minimum. Consequently, we must turn our attention in another direction so that we can get just what we are looking for.

The latissimus dorsi muscle is what is termed a humerus-vertebral muscle, because it has an attachment on the spine and as it tapers off, it becomes attached to the humerus bone of the upper arm. In its progress it becomes attached somewhat to the scapular, and between the scapular and upper arm connection the working of the shoulder blade is controlled. This being the case we have to get after these muscles in the movements that operate more powerfully upon the scapular. We find movements that raise the arm forward and rotate the shoulder, involve a great deal of just the right kind of action we desire. Still the shoulder rotation is not quite good enough. Then, on the other hand, by raising the arms forward, we are not able to use sufficient weight to give these big back muscles all the resistance necessary; but if we bend over from the waist the arms will hang in a position similar to that they would have if we were standing erect and they were on a level with the shoulder. So here is the right position for us, because we are in a more natural position to handle plenty of resistance. Right away you may say you know the exercise that is supposed to be the best for broadening the back, and you know that it has not done all you feel it should have accomplished. This exercise is generally done by bending over from the waist, straight legged, and pulling a bar bell towards the chest. It is a pretty fair exercise, but it can stand improvement. In the first place, when you stand straight legged, you are not capable of bending forward at an angle that allows you to use enough weight. Then again, the weight is more apt to be pulled to the waist instead of to the chest, simply because the greater part of the bodyweight is thrown too far forward. This is apt to throw more effort upon the latissimus dorsi on the lower back than it should. Figuring this point out, some time ago, I decided upon a change that would give just the right

results. We all know that the larger the muscle, the greater resistance it demands. Then the next thought should be to see that the body is properly centralized, so that the workout can be obtained with an assurance of no conflicting muscular actions. If you stand over a bar bell with the feet spaced well apart, and the knees slightly bent, you will find two things taken care of immediately, bodily centralization and the ability to handle much more weight more easily than in the other position. Again, the body can be bent over to a more advantageous angle, and the bar bell is going to be pulled more towards the chest than the waist. Altogether, this means we get the pull more across the shoulders than anywhere else. Having the correct body position we next turn to the most important part of the exercise, its beginning. The way you commence this exercise in every repetition is going to decide whether you will get the right results or not. Never start by pulling the weight straight off the floor to the chest. Instead, raise the weight about one inch off the floor and allow it to hang in that position a moment, and without straightening the back pull to the chest. Each time you lower the bell do not allow it to touch the floor, but just clear it. Remain in that position for a moment, and relax the muscles of the back. As you do this, you will feel a great pull upon the shoulder blades which will make every pull up harder. As the bar bell travels towards the chest, keep the elbows pointed outwards, so that when the weight is up to the chest the elbows will be pointing outwards in a straight line with the shoulders.

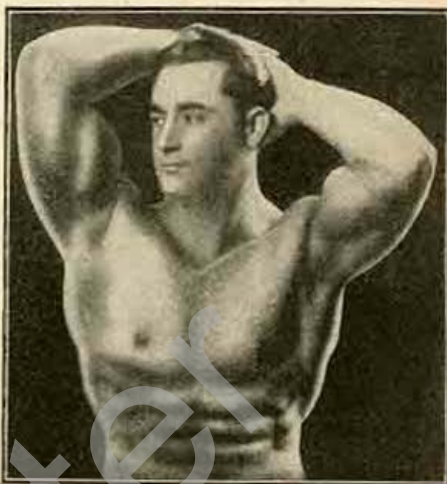
A variation of this exercise that I know you will like, and which will give you fine results, is practiced as follows: in place of a bar bell, take a pair of dumb-bells of sufficient poundage that will make you feel a real back pull as the dumb-bells hang in the hands. Stand with the weights between the feet and pull the bells alternately to the chest, but be sure that you have the same body position as in the first exercise, and see that the elbows are always pointed well outwards.

As I explained before, the latissimus dorsi muscles are attached upon the upper arm and upon the shoulder blade. Then it stands to reason that by practicing these exercises correctly, the greatest amount of muscular work is going to be absorbed by these muscles at their scapular and humeral points of attachment, which causes a great spreading of the shoulders.

As I draw my "Mat" talk to a close for this issue, I want to mention about the use of a jock strap in athletics and when exercising. So many young men write and ask me if they should wear one, while others think they might cause the musculature of the waist region to be weakened on account of this artificial support. There is no danger of any such thing happening, as the elastic web that makes up the straps is far too weak to resist any muscular pressure. It

(Continued on page 95)

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Exercise---Diet---Hygiene

(Continued from page 21)



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few pointers on how to improve your own playing ability, and every successful article in STRENGTH should do both those things for the type of exercise or sport involved. STRENGTH is not a sporting magazine in the sense that it is not interested in reporting sports because people like to read about them. It is a sports magazine in that we believe everybody should go in for some sport, and from time to time we run articles designed to interest beginners in games, and to teach the experts a few things they may not know.

Your body will grow in strength and vigor as a result of use, and the one big thing we are interested in doing is getting our readers to use their bodies; that is, to exercise. Diet and hygiene, too, aid you, but use your body to make it strong.

We do not believe that it is practical to be satisfied with your physical condition at any given moment. Certainly if it is true in everyday life that we must be going forward or going backward, it is also true of our physical condition.

No man need determine to go out to have the finest physique in the world unless he wants to, any more than he needs to make up his mind to go out to get the largest fortune in the world. In either case it is not always easy to accomplish the end anyway. In both

cases it is wise to go out to get a little ahead all the time, and generally speaking, in both cases it is quite possible to get ahead a little all the time. How fast you can go and how far you can go is up to you. That will depend on the time and the intelligence that you put into obtaining either end.

Sustained work and constantly increasing knowledge of what you are trying to gain, and of the means you are using to gain your aims, means constantly increasing success in body building or in business. In neither will treading water get you anywhere.

So STRENGTH is interested in exercise, and particularly in progressive exercise which, after all, means exercise and more of it. How fast any man wants to progress is up to him, but every man must try to progress lest he finds that he is slipping.

You can progress in skill and technique, and usually an improved skill carries with it an improved physique, if only because an improved skill calls for constant practice. You can progress in the amount of exercise that you take or in the severity of the exercise that you take.

If you do any or all of these things and take ordinary care of yourself physically, you will not have to worry about preventing yourself from becoming an easy victim of any disease.

How to Read Your Health from Your Skin

(Continued from page 62)

physician without delay—merely as a matter of health insurance, if for no other reason.

The same might be said of those fine-haired, shining-eyed, red-lipped individuals, with translucent skins, who show a light, hectic flush just below the lower edge of the cheek-bone.

At first glimpse this flush might be mistaken for a blush, indicative of embarrassment in an over-eager individual. It is significant, however, that the flush of tuberculosis is not produced by strong emotion inhibiting the normal contracting effect of the vasomotor nerves on the capillaries of the skin, but is a constant signal—a ruddy flag flung out to warn of serious danger.

While the lips are carmine with the hue of apparent health, they are red only because of fever. And while the eyes are bright, they glisten only because of the reverie produced by the toxins of the disease.

Do not be misled by these false signals. Remember that fully sixty percent of early-stage tuberculosis is absolutely curable if properly handled. It is necessary merely to recognize the disease in time, and to take the proper curative measures, to insure the conquest of this disease.

Another malignant condition, first disclosed by the skin, is Addison's disease. Unlike cancer, this disorder manifests itself in an abnormal pigmentation of the skin—the entire surface taking on a bronze or copper hue, which extends

even to the mucous membrane of the mouth—especially along the edge of the teeth.

Addison's disease is a disorder of the suprarenal capsules—those little ductless glands that sit like caps upon the tops of the kidneys, and exercise such a marvelous power over the circulation of the blood. Just how or why the extraordinary pigmentation of Addison's disease should develop is something that no one definitely knows. The grim and tragic thing we do know, however, is that it indicates the presence of an insidious disease that is usually fatal in from one to two years, and for which, thus far, no cure has been found.

The presence of lead in the tissues absorbed by those who grind paint or work with lead, is often first noted by the "deadness" of the skin, as well as by the characteristic narrow, well-defined, black line in the gums, where they are in contact with the teeth.

Fortunately, this condition responds readily to appropriate treatment, the first and most important part of which, of course, is to avoid the cause that has brought about the original condition.

There can be no question of doubt that the skin is an extraordinarily accurate indicator of general health. It remains only then, for those who have an interest in their continued health to read the signs aright. And, having read them aright, to take intelligent action toward the correction of the evils so obviously indicated.

American Continental Weight Lifters' Association Notes

(Continued from page 45)

and fifty-six pounds. Not so bad for a man weighing less than one hundred and forty pounds, is it?

By the way, have you taken your degree test yet? We have had a big rush lately, and I would not like to think you had slipped. It is a common sight to see the red jewel insignia, and many are clamoring for their second and third degree.

I hope none of you will forget the fifth of September. That is the date for our national events in all classes. As I said in my last "Notes," if it is not possible for you to come to Philadelphia to compete, then get in touch with your state representative and prepare to meet, in contest, in your own state, all those who can get together. But remember, no competitions or totals for comparison for the national title will be considered that have taken place after September fifth. All results must be in the week following, and any states having their competition before September fifth, are asked to keep the results sealed until the week following that date. If any of the boys do not think that they have a chance for national honors, let their totals go to decide the championship of their state, in as many bodyweight classes as possible. It is imperative that only official referees shall rule; men who have passed the A. C. W. L. A. test and two judges, and an inspector of scales are necessary. Get together boys, make September fifth the biggest day in the history of American weight lifting sport.

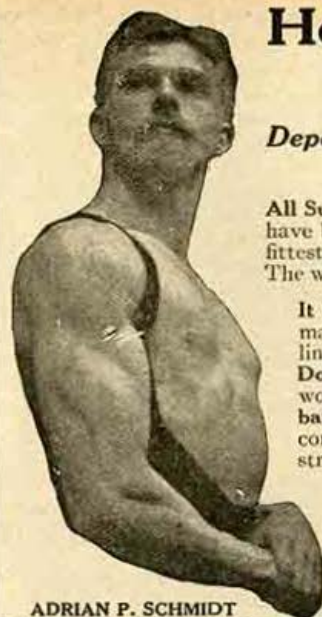
Is it necessary to remind you to secure another member if you can? Do not stop trying to swell the ranks. If you like the sport, boost it by getting another member, then he will be a booster. If you have a friend who wants a little encouragement, show him your copy of our president's new book, "The Key to Might and Muscle." That will land him when all other methods have failed.

Heat Prostration

(Continued from Page 30)

Ice should be gradually added, so as to reduce the temperature of the body. At the same time, ice should be placed at the head of the patient. While the patient is in the ice bath, he should be rubbed vigorously to promote the circulation of the blood and to bring the hot blood to the surface of the body where it can be cooled. The temperature of the body should be taken every 15 minutes, and as soon as the temperature has fallen to 102 degrees, the patient should be removed from the bath. Otherwise, the temperature may continue to fall until it becomes sub-normal, and the patient may pass into a condition of sudden collapse and a serious condition may result.

Ordinarily this bath should not be continued longer than from twenty to forty



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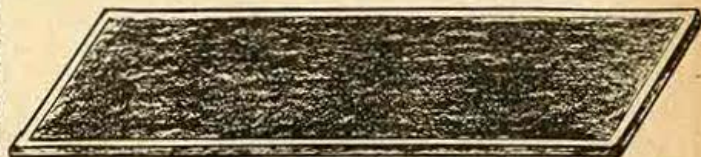
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Female Sex Apparatus.
Male Sex Apparatus.
The Book on Which Many Marriages Founder.
The Spontaneous Expression of Love.

CHAPTER III

Those Who Should Practice Conception Control.
The Husband's Function to Vow.
The Wife's Function to Respond.
Why Women Have Been Subjected.
The Complete Confidence of Man and Wife.

CHAPTER IV

Desirable Sex Conduct.
Life and Sex Energy.
Sex Fear Destroyed.
The Immorality of Preventing Conception Control Knowledge.

CHAPTER V

Initiation to Mattimony.
Men Who Marry in Ignorance.
CHAPTER VI
Monogamy or Free Marriage.
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minutes, but it may be repeated after an interval of two or three hours, if the temperature of the body should again become high. In some of the cases in which it is obvious that a congestion of the internal organs is embarrassing the action of the heart beat, a venesection might be performed and a pint of blood removed from the circulation. This loss of liquid from the circulation may subsequently be restored by the injection of physiologic saline solution, if it is deemed advisable. If there seems to be swelling and congestion of the lungs, it is then advisable to administer a hypodermic injection of 1/100 grain of atropine sulphate, and if after the temperature has fallen to normal the heart and pulse becomes weak and the patient becomes alarming, it is best to give some stimulant such as whiskey or 1/30 grain of strychnine sulphate by mouth, so as to stimulate the body.

If the elevation of the temperature is not so great, or if the use of the bath is impracticable, the individual may be laid on a cot, over which a rubber blanket has been placed and a sheet wrung out of cold water may be wrapped about him. He may then be rubbed with ice and after the sheet has become warm, it may be removed and another sheet which has been allowed to soak in cold water may be substituted for the first sheet. In most cases of sunstroke, the cold bathing is far preferable to the use of any drugs, because hydrotherapy has much more effect upon the body in this condition than does the administration of drugs.

Persons who have been the victims either of heat prostration or sunstroke often suffer more or less from the effects of heat during the remainder of their lives. It is always wise to warn patients or their friends of this possibility and to direct them to avoid, as much as possible, exposure to the direct rays of the sun or overheated rooms during the summer months. They should be advised to practice cold bathing and, if possible, sea bathing during

the summer months. Sometimes the administration of tonics and especially quinine sulphate combined with the extract of nux vomica has seemed to aid these persons in withstanding the effect of the hot summer heat. Persons who seem to be predisposed to be affected by the heat should avoid exposing themselves as much as possible. They should dress lightly, drink plenty of water, avoid indulgence in alcoholic drinks, and their heads should be kept as cool as possible. It is recommended that the back be protected by sewing an extra piece of flannel on the inside of the shirt so that it may protect the spinal cord. These precautions may be wisely observed by every one in hot weather, and especially when an excess of humidity in the atmosphere diminishes the perspiration of those who are working, or who are exposed to the very hot air.

Some individuals who have suffered sunstroke find that their memory is greatly impaired afterward and that they never have the same mental ability and memory. Little can be done to remedy this condition, but if one feels that he should give the individual something in the hope that it may do some good, probably nothing will be more likely to prove beneficial than the glycerophosphate of calcium or some form of phosphorus.

Not infrequently infants and young children suffer from the extreme effects of the heat. This condition should be looked for in children who are suddenly taken ill in the hot weather without any apparent reason. If they are found suffering with a high temperature for which no other explanation can be found, and if the history of the case shows that they have been exposed to a high temperature, they should be placed under favorable conditions, in a cool, dry, airy room and given a sponge bath of cool water and cold drinks should be administered. If the heart becomes weak, then give small doses of whiskey well diluted so as to stimulate the heart.

The Summer Camp

(Continued from Page 48)

relax completely shaking the arms and hands to relieve the congested blood in the muscles. This exercise benefits the shoulders, chest and arms to a marked degree, but you must stick to it, for it takes effort to make this exercise do you any good.

When you have fully rested from the above exercise, then reverse the grips and start exerting force by pulling on the strap, which is held firmly behind you this time instead of being in front. Lock the elbows stiff by pressing down with your hands and throwing your chest way out in front. Remember to pull hard. Give it all you've got. This exercise is positively no good if you do not put effort, much effort, into it. For effort will make you strong. It is the fundamental basis of strength.

The last of the heavy exercise group is hand balancing. Can you perform a handstand? If so, can you do a dip

down to the floor from a handstand? If you cannot do these, then it is best for you to throw up to a handstand against a wall, and practice balancing on your hands that way. Once you can do this very well, then it is safe for you to lower yourself gradually till you can execute a full dip. There is nothing like hand balancing as a means of building health and strength, and when I was a lad I practiced this form of exercise incessantly.

For the light exercise group I have selected shadow boxing, as the first, to improve the wind and limber up the muscles. Strike a fighting pose with the left arm extended and the right arm guarding the waist, lunge out straight with the left arm, as though hitting an imaginary opponent. Then counter with the right, and so on. As you move speedily around to avoid the rushes of your imaginary foe, strike out vigor-

Continued on Page 81

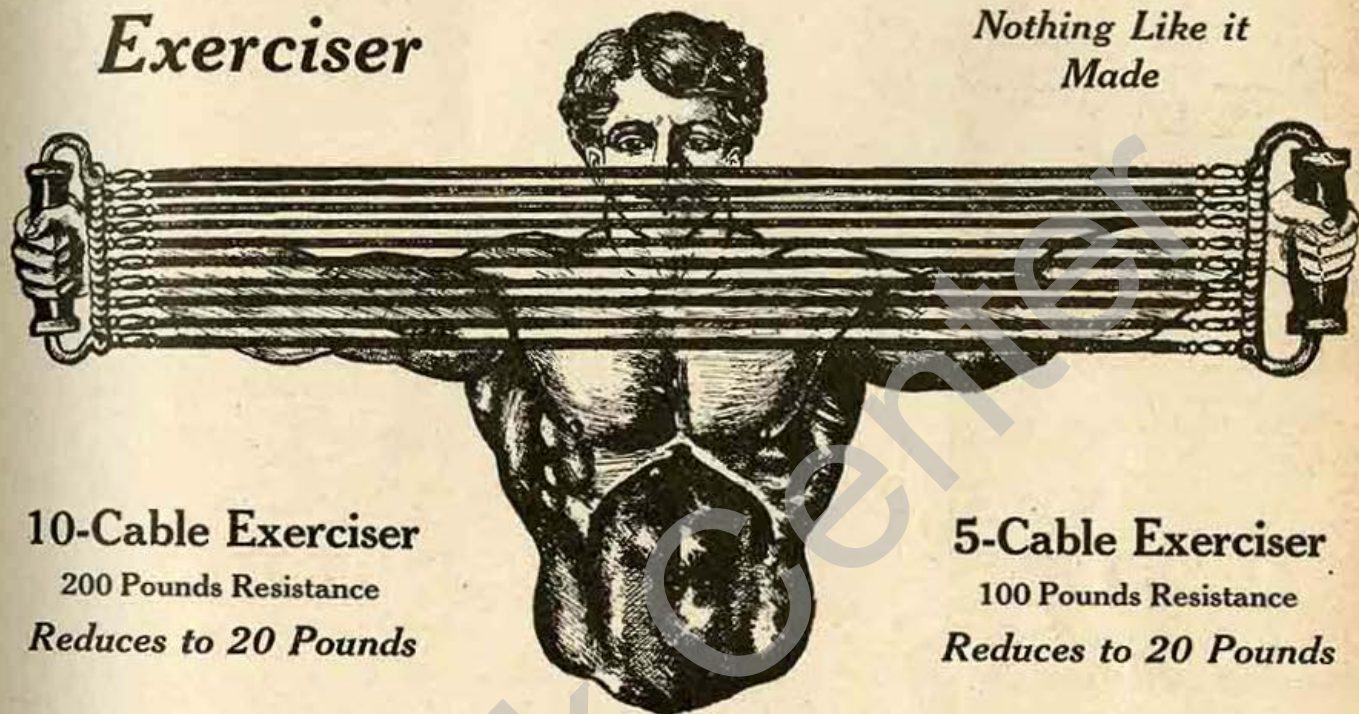
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Chicago, Ill.

JACK SANDOW,
Room S-7, Federal Life Building,
Michigan Ave. and Randolph St., Chicago, Ill.

Dear Sir: Please find enclosed

- \$3.00 for a 5-Cable Exerciser and 12-Weeks' Course.
 \$5.00 for a 10-Cable Exerciser and 12-Weeks' Course.
 \$8.00 for a 15-Cable Exerciser and 12-Weeks' Course.

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WHEN YOU CORRECT YOUR EATING

YOU WILL PULL DISEASE OUT BY THE ROOTS

A Year's Subscription Will Entitle You To This Course FREE



What could be more logical than that? You certainly need exercise, plenty of sleep, pure water, pure air, and other things that help to keep you healthy; but nothing can cure your ailments or keep you in perfect health if you continue to cram improper foods into your stomach.

Exercise improves the circulation of the blood, but what good does that do if your blood contains poisons? Sleep, water and air do their part in purifying the system. Nevertheless, these purifying elements are powerless to throw off the greater amount of impurities that can be generated in the stomach by improper eating.

The liver and kidneys soon become overworked and incapable of coping with the great amount of extra labor put upon them by improper food and overloading of the stomach.

Eating correctly is positively the only sane way of preventing and curing most ills. Correct eating naturally gets down to the root of the ailment, whereas other curing methods relieve only the effects, and most of them don't even do that much for you.

This overworking of the stomach, liver and kidneys lets disease creep in, and your condition slowly but surely goes from bad to worse.

DON'T GO ON SUFFERING AND WORRYING

Invest the small amount of \$2.50 in strength—getting this disease-killing course, "Everyday Mistakes In Eating," and you will be surprised what that insignificant outlay of money will really do for you in regaining perfect health and keeping it. There is nothing disagreeable to follow in "Everyday Mistakes In Eating." There are no long fasts advised, nor any difficult practices to follow. You will enjoy, as well as profit by, the corrective eating so plainly outlined in this course.

THIS COURSE WILL SHOW YOU HOW TO PUT ON WEIGHT

If you are underweight for your height, "Everyday Mistakes In Eating" will show you how to put on good, healthy flesh, and point out the many practices that tend to keep you underweight.

The overly stout are also clearly told how to greatly reduce by merely changing their diet.

You won't have to train like a prize-fighter, spending hours every day at strenuous exercise. In fact, you will find the rules for reducing exceedingly easy to follow.

ARE YOU TROUBLED WITH ANY OF THE FOLLOWING? IF NOT, HOW DO YOU KNOW YOU WON'T BE—EATING INCORRECTLY AS YOU ARE?

"Everyday Mistakes In Eating" tells you how to rid yourself of Acid Stomach, High Blood Pressure, Asthma, Auto-Intoxication, Bilioussness, Bright's Disease and Kidney Trouble, Catarrh and Colds, Constipation, Diabetes, Diarrhea, Fermentation, Headaches, Indigestion, Insomnia, Liver Trouble, Muddy Skin, Neurasthenia (weak nerves), Neuritis, Pimples and Boils, Rheumatism and Tuberculosis, besides giving you the correct diet to prevent Cancer.

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OR
YOU CAN GET THE DIET COURSE ALONE FOR \$1.50.

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Gentlemen: Below I am checking off the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.

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 "Everyday Mistakes In Eating." Price \$1.50.

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The Summer Camp

(Continued from Page 78)

ously as you lead the fight to him. Whip the punches over fast, as though you were really in earnest, and put plenty of force behind them. In a few moments your wind will be coming in fast and the muscles will commence to feel the work from the surcharging of blood rapidly pumped by the increased heart action.

The next exercise is one often performed by dancers. Raise up on the very tips of the toes and then dance on them, executing all the modern dance steps that you possibly know. But if you do not know of any, then walk and hop about on the tips of the toes, till the legs commence to tire. This is wonderful exercise for the legs, particularly the calf muscles.

The standing broad jump is excellent exercise. It develops agility and suppleness and is especially good for the abdominal region. Stand with your feet together, then raise high up on the toes and stretch up tall, as it were. Next swing the body and arms down vigorously, preparatory for the leap. Take off by violently throwing the arms and body upwards, and raise the legs up under the body, as you leap as high as possible, in order to attain distance.

The last exercises of the light group are deep breathing exercises, and these are very important. To begin with, let me extoll the importance of them as a part of your daily program. Through deep breathing exercises, given every morning, the boys at camp last summer gained from one to four inches in their normal chest measurements, to say nothing of astonishing gains in chest expansion. To continue on the road to good health, and prepare yourself for school or work when you return from camp, it is imperative that you practice deep breathing incessantly every morning.

The way to breathe is of great importance. Stand at attention with the heels together, head erect, stomach in. Bend forward at the waist and try to touch the floor with your finger tips; then raise the body slowly, breathing in deeply as the body rises, till your lungs fill to capacity. Hold the breath for a moment and then crush it out by rotating the arms downward and inward across the chest, thereby contracting the chest muscles and forcing the air completely out.

Another good deep breathing exercise is retained breath once you have filled the lungs. Then proceed to gently squeeze the ribs pressing in slowly and forcibly and exhaling slowly as you squeeze.

Singing also has a good effect on the general health and development of boys, for it makes them breathe in deeply and it tends to be very soothing to the nervous system. Nervous ailments of various sorts are markedly benefitted by singing, because it necessitates deep breathing and this effort aids the action of the sympathetic nerves. Functional disturbances, such as sleeplessness, some digestive troubles and distress in

breathing are relieved. Daily singing, as a means of improving the health, is well worth trying. Singing cannot be dispensed with in the camp for the camp directors realize and appreciate the value of the song. At night, when the strains of music float out over the water after the boy campers are in bed, it waits them away to dreamland, as they listen to the piano or mellow tunes from the violin, or the music director's offering of vocal selections. Counselors love to serenade the campers, and whenever they get together in such a spirit, it is perhaps the happiest thing done for the campers.

Not only is the ear cultivated by this music, but a feeling floats out and, as it were, "permeates the atmosphere so that harsh sounds are unpleasant"—voices become subdued, screeching is not heard, and it is a saying that the campers go home with lower pitched voices and quieter ones than they had when they came to camp. This is what the love of nature gives to those who are fortunate enough to go to camp.

Aside from the teachings of physical, mental and moral education the campers have a great incentive in patterning their lives after the fashion of their counselors, whose opportunities become unequalled for the moulding of the boys' characters. It behooves the camp director and counsellors to set up definite ideals and standards of conduct and manners, and then guide and direct all the camp activities in a way to insure respect for these ideals and standards and so insure strict adherence to them by every member of the camp community. The fundamental qualities, such as honesty, truthfulness, modesty, tidiness, punctuality, respect for the rights of others, unselfishness, loyalty, good sportmanship, and gentlemanly manners are held up as ideals of conduct which every one is expected to achieve. The results attained depend largely upon the forces of public opinion or camp spirit existing in the group.

A mother wrote to the director of the camp where her boy spent the summer: "David returned home from camp in splendid physical condition. I am elated over his improvement in his habits and manners and conduct. He has corrected faults and developed fine traits of character. It is wonderful how you accomplish in two months what I was unable to do in years." This particular boy was an only child. He was petted and pampered; he had been unresponsive to the admonitions of both parents and teachers, but at camp he soon realized that his standing among fellow campers depended largely upon his conduct. He caught the camp spirit and found joy and happiness in living up to the code of the camp. The principles apply also to girls and their relations with their counsellors.

The summer camp deserves, and now occupies, a permanent niche in American education because of the great contribution it is making in the development of stalwart, upright and loyal citizens. No effort should be spared to encourage the extension of good camps

(Continued on Page 83)

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Foods that cause premature old age and foods that keep us young



Are Americans doomed to become a race of short-lived weaklings; old and worn out at 30, subject to unnumbered diseases? Scientists stand aghast at the rapidly increasing spread of diabetes, constipation, cancer, hardening of the arteries, and other diseases of the digestive system. Read Alfred W. McCann's amazing revelations of American eating habits which are causing the decay of our manhood and womanhood.



WHAT is happening to America's people? Prominent scientists and reputable physicians point to facts which seem to prove that we are fast approaching physical decadence. It is no secret that nearly two-thirds of our young men, not yet 30, were found physically unfit for normal outdoor life. Statistics prove that half of all deaths are of persons between the ages of 40 and 60. No less grave is the report that cancer, tuberculosis, Bright's disease, arterio-sclerosis, diabetes, chronic constipation, anemia, and other ailments, directly traceable to a weakened digestive system, are increasing at an alarming rate. In plain words, *nearly all of America's population is suffering from premature old age.*

No less an authority than Alfred W. McCann, the famous pure-food crusader, asserts that one thing alone is responsible for all these things. He says that it is the food we eat which annually causes the death of 400,000 children less than one year old! He says that this same cause explains the almost universal prevalence of pernicious anemia and malnutrition among school children! He says that it is our unwise eating habits which have weakened the bodies of our young men and women, making them old before their time!

White Mice and Men

You have heard of *white mice* being used to prove that certain combinations of food can weaken, degenerate and kill them, so does Alfred W. McCann prove—through the unwilling examples of thousands of *men*—that these same food combinations act as deadly poisons upon the human system.

You will hardly believe your eyes when you read the tragic stories of these "poison squads," as Mr. McCann calls them. It will seem incredible to you that men, merely by confining their diet to the foods you eat every day, gave their lives, or walked on the rim of Death to prove that these foods slowly but surely undermine our vitality, lower our resistance, weaken our bodies until we become eventually the ready victims of deadly disease bacteria.

The Madeira-Mamore Poison Squad

One of the worst of these "poison squads" was the force of men employed by the Madeira-Mamore Railway Company. Al-

though attempts were made to hide the facts, from the diaries of two engineers, Alfred W. McCann revealed that 4000 men of 6000 employed died in less than fifteen months.

What happened? What was the reason for this terrific death toll? Remember that these 6000 men were selected because they were "huskies"—sturdy, strong-bodied men physically able to work as laborers in railway construction. From the diaries of the two engineers mentioned, it was proved beyond all doubt that it was *food alone that killed 4000 of these men in fifteen months.*

Facts So Startling You CANNOT Ignore Them

It almost seems inconceivable that the food these men ate, so nearly like those we eat every day, should cause such ravishing disease, untold misery, sure death! Yet if you knew the truth about many foods considered pure and wholesome, which have been devitalized, "refined" by processes which rob them of their health-giving ingredients, you would revolt at the thought of putting such deadly substances into your stomachs.

The amazing extent of malnutrition among children, the steady increase of digestive diseases, the lowered vitality and premature ageing of millions of people furnish startling evidence of this great food crime against humanity.

Let Alfred W. McCann show you the way to glorious new health, strength and youthful vitality through his revolutionary book, "The Science of Eating"—a book which will go down in history as the greatest expose of food crimes ever made. Of it Dr. E. S. Coleman says: "It constitutes the most important contribution of a hundred years to the literature of health and good living."

It is just as easy to eat the right foods as the wrong foods, and to enjoy all the benefits of the life-giving elements that Nature has put into them. By following Alfred W. McCann's principles of proper eating results are obtained little short of amazing.

Let Food Give You Health, Strength, Life

His methods are literally making men and women over. People, who previously were constantly run down, tired out, listless, are astonished to find themselves bubbling over with new energy, vitality and strength. Those who had been thin, anemic, emaciated, put on new, firm, solid

flesh while those who suffered from dangerously excessive fat quickly reduced themselves to normal weight.

Proper foods eliminate a host of disorders arising from impure blood. Skin eruptions, sallow complexions, pimples vanish like magic. Constipation—the most common ailment in America—is ended within twenty-four hours by Mr. McCann's methods. Other troubles of the digestive tract—indigestion, dyspepsia, acid stomach—are ended just as surely and easily when healthful foods replace harmful foods.

Send No Money

You owe it to yourself to know the truths about the foods you eat. The facts are so startling, so convincing, that you should not continue for one more day habits of eating that are a deadly menace to your health and life.

Do not think that Alfred W. McCann's remarkable book, "The Science of Eating," is for faddists. It is for everyone. It does not advise irksome diets. It simply shows you how to eat natural foods as Nature intended them to be eaten and how to avoid eating so-called foods that are merely disguised poisons. Once you start following this simple method you will be literally astounded at the improvement. You will find yourself possessed of new vitality, new energy, new physical fitness, new youth.

Prove to yourself without risking a single penny that Alfred W. McCann's amazing book is the one best investment in health you can possibly make. Send for a copy of this wonderful book, and, when it is delivered, pay the postman \$3.00, plus a few cents' postage. If, within five days, you are not thoroughly convinced that it will literally make a new person of you, return it and your money will be refunded. Order your copy NOW.

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The Summer Camp

(Continued from Page 81.)

until all the boys and girls of this great nation can enjoy the advantages of camping as a part of their education. If you have never been to a camp then try your level best to go to one, if not this year then the next. I urge you to

Handball---Played the World Over

(Continued from page 38)

the left wall and floor connect. In such a case there is little or no rise to the ball, and unless the opposing player is dexterous enough to catch it on the fly, the effort of the server will count as a point nine times out of ten.

A good server is one thing but a clever all-round player is another. Many exponents of the game make the serve a specialty. This is not handball by any means. It is very necessary, of course, to employ effective tossing, but you must know a great many other points of the game, else you will never make a successful match player. Always be on the alert when recovering the ball. Do not get behind your opponent so that you will be frustrated in your attempt to lunge after a particularly wide outside serve. You can almost tell intuitively where the serve may come, unless the server is experienced in the game; but you can never judge how it will bound. It may hop off the wall straight or it may take an ugly carom. In either case try to meet the ball firmly, catch it properly with either hand, and you will be able to successfully complete the play.

There are all kinds of intricate plays brought out during a game, but you can learn a great deal more by practicing than if I were to talk for months. Whenever I play the game, I generally sacrifice many points in order to study the methods of my opponent for later use. Sometimes I am deliberate in misplaying in order to create a false sense of security, and then with sudden burst of speed overwhelm my opponent. There are times when, by clever serving, I draw the defending player too near the front wall, and when he least suspects it, I drive the ball with great force beyond him. Sometimes I keep him back with a barrage of swift shots, and then at the psychological moment I drop an easy tantalizing shot off the

go. For it takes one away from one's self, and tends to make a newer and better character of you. And when you come home, you will be surprised at the enthusiasm and inspiration you will have for your work. The camp is the greatest tonic a person can ever give themselves. It embodies everything that makes life a joy.

wall, too low for him to recover without stumbling and foiling his play. All this is brainy playing and it goes to make the game intensely interesting as it lessens the suggestion that power and big muscles are necessary to win the game. Keep your opponent always on the move. Hit the ball with fierce, jerking motions. Keep him guessing as you send the little sphere ding dong around the court. This naturally will have a tendency to weaken him, especially if he is not in shape, and when you have him winded you will lick him.

Handball is one of the best games for training the eye and developing co-ordination. It combines everything that goes to make playing a great pleasure. On a Sunday, at some beach resorts that I have visited, I have seen thousands of men play the game during the course of the day. This speaks well for this ancient game. Handball, in my estimation, is rapidly attaining a place as a major sport in America. Interest in this ancient Irish game is increasing apace, and it is only a question of time until it will be as popular with the masses as tennis and other sports. All business men play it whenever they go to the gymnasium. They realize its value in helping them to attain physical fitness.

I have been congratulated many, many times for aiding men to reduce their gratitude, for in reality it was handball that played so important a part in helping them to perfect their physical condition. I recommend the game to each and every one, and before I close let me say just one more thing. The game develops a working philosophy which is the secret for many exponents of the game, deriving an unlimited capacity for accomplishment. Handball teaches many big lessons in life. I urge you to try it.

The True Show Girl---the Home Girl

(Continued from page 41)

day they would get up bright and happy and after a good breakfast tend to their mail and then go for a stroll. Miss Rizzo generally goes horseback riding in the mornings and then attends an acrobatic class to limber herself up for the performances. She has always kept herself fit by exercising. She enjoys swimming immensely and often she practices acrobatics out-of-doors in addition to her work in class every day. Her meals are varied and she eats nothing but health giving foods. Being

Italian, she enjoys her spaghetti, of course. Often she cooks it for the girls and they have a glorious time trying to wrap it so they can eat it without getting it tangled all over them. She takes infinite pains with her complexion, which is gossamer fine. Every night before retiring she applies cleansing cream to remove all vestiges of make-up. Twice a day she bathes, a cold shower in the morning a hot bath and a little nap before dinner. She disapproves of liquor and cigarettes, as

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they insidiously destroy a girl's health and beauty. She weighs one hundred and twenty-five pounds and is about five feet four inches tall. Her daily program is a typical physical culture one for it keeps her fit for her arduous tasks.

She says, "The stage is too wonderful for words. I would not trade my career for anything else in the world. The girls in my troupe have the finest characters in the world, it is a joy to work with them. Aside from any pleasure and development in my chosen art, it has been a wonderful, interesting, delightful life.

"But it is not to be assumed that the life of a dancer or show girl is a bed of roses, with the footlights and flowers and plaudits of the crowds as the principle features. There is of necessity the practice and rehearsing that amounts to actual physical labor at times. And certainly we found our quota of work with Madame. It made no difference at what hour we arrived in a city or town, if a rehearsal was necessary, a rehearsal was called, regardless of the hour or our weariness, and work continued until we danced as Madame wished. Perfection is her aim and who is there to say that she has fallen short of her goal?

"I have never known a person to possess the degree of magnetism of Gertrude Hoffman. A strict analysis of her exquisite features could not alone result in a conscientious verdict of beautiful. But combined as her features are with her charm and grace and marvellous mind, she is in the truest sense a beautiful woman. But beauty and even ability alone could never carry a dancer to the heights of Gertrude Hoffman. Another quality is needed. That Madame has also—her fortitude, her wonderful courage, and that marvellous ability to inspire the highest in those about her.

"More can be learned from Gertrude Hoffman in an hour than in ten with most teachers. She has a great mind for detail. No item is too tiny to escape her attention and no item is too small for perfection. Her graciousness and simplicity of manner endear her to all who know her. If a dancers' make-up is not quite right Madame Hoffman will call her into the dressing room and herself help the dancer. When there are hardships to be borne, they are borne equally by Madame. Madame is personally interested in every member, but not to the exclusion of discipline of a kind. Parties and late suppers are prohibited. No alcoholic liquor nor cigarettes are permitted to be indulged in. If a girl deliberately commits these offenses to the rules and regulations of the show, then she automatically dismisses herself from further service. Things back stage are run systematically just as in an office. One has very little time to themselves on the stage, but that is when I really am happiest. I love the stage and the life we show girls lead is agog with thrills.

"One of my dearest friends is 'Pewee' Weisberg. I owe much to her. She is older than I and has had previous

stage experience in vaudeville. I don't know what we would do without her. She is so comforting. Our friendship has been so wonderful, and it is my wish that you meet her."

It seems a shame that the best of friends must part, Miss Rizzo's residence at home was cut short by Madame Gertrude Hoffman, who wired her to leave for New York immediately and then entrain for Chicago to join the first troupe of the Hoffman girls in the show "Artists and Models." Alas! for "Pewee" Weisberg! She remained in New York and thus a wonderful association has been broken up.

I met Miss Weisberg the very morning that she accompanied Miss Rizzo to New York. As her monicker suggested I found her to be very petite. Her personality was great and magnetic and I found her to be both brilliant and very amiable. While waiting for the train she kept up a flow of chatter which made her friend Anna forget about her departure from home and helped to revive a happier spirit in her.

We talked of everything under the sun and I was greatly surprised at the knowledge and charming eloquence she manifested. And thus we chattered on till train time, though I mostly listened entranced.

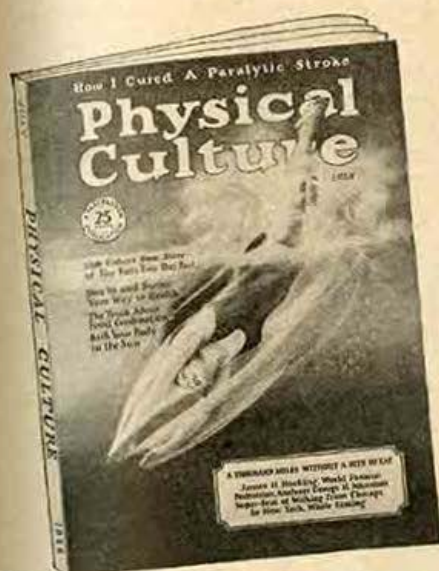
Miss Weisberg took to the vaudeville stage shortly after graduating from high school. She gained much experience and had traveled extensively before joining the Hoffman girls. She is an acrobat of the first order and her performances in the show are done with an unusual degree of pep. Her optimism, her diligent work and her education are combinations that are hard to beat and with these qualities rightly exerted Miss Weisberg ought to be an even greater success in the very near future.

"Pewee" Weisberg is a great little dancer; and no one can realize her versatility till they talk with her, as I did. Because the "Pewee" Weisberg you see on the stage in her gaudy and scanty attire, her frizzled hair, her beauty spots and her jewelry, is an altogether different person from the sweet, reserved, vivacious little home girl she becomes the minute she discards make-up and stage costume. "Pewee" is a home girl just like Anna Rizzo. They both have much in common and the highest ideals. "Pewee" can't help being a home girl, because she comes from a staid Jewish family whose women have always had home for a background, and so one cannot, even in this day, associate such fine femininity with jazz and cigarettes and gin.

The departure of Miss Rizzo from Chicago at the time of this writing meant only one thing—promotion—that she certainly deserves it, for, as I said before, she is a diligent worker and strives always to better her work. She is not yet seventeen and for one who has such rapid advancement, she was only sixteen when she started, is indeed remarkable. She is now with the Hoffman troupe, but she has aspirations that are much higher which seem

(Continued on Page 87)

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CONTENTS JULY ISSUE

Bernarr Macfadden's Viewpoint
 Bathe Your Body in the Sun
 A Thousand Miles Without a Bite to Eat
 "There Are No Bad Boys," Says Floyd Starr
 Lady Fisher's Own Story of Her 42-Day Fast
 Tell Me What to Eat
 Dive In, and Swim Your Way to Health
 The Body Beautiful
 Fascinating Kicks for Dry Land Swimmers
 Baby Pictorial
 The Truth About Food Combinations
 Fill Out Your Body for a Bathing Beach Figure
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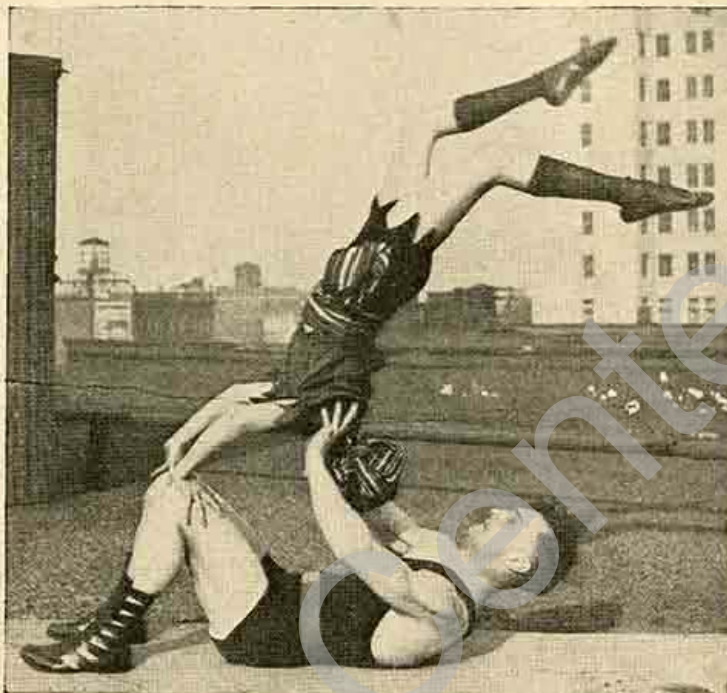
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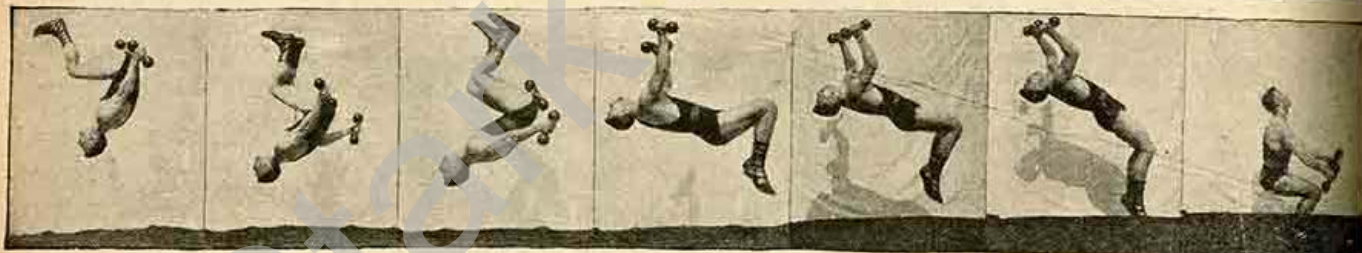
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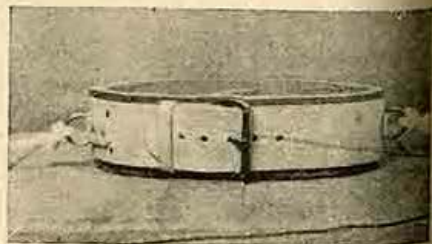
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The True Show Girl—the Home Girl

(Continued from page 84)

sible of realization. For so young a girl wholly ignorant of any trickery or treachery or even politics to which many resort to attain eminence upon the stage, to have gone as far as she already has gone in less than a year, is an example for other ambitious girls. Her rise has been on sheer merit, demonstrating that worth is some times triumphant. Of fine character, high minded and with high ideals, she is truly the American girl personified. I am justly proud to know her and have her friendship woven in my life.

No matter what the uninitiated may suppose, the show girl's life is not a bed of roses, and so I will mention the disappointments of Miss Rizzo, for she has known the sudden, burning rush of hot tears to the eyes, the regret and pain and sorrow that can clutch the heart. On many occasions she has had precious parts given to her only to have them taken away for presentation to a new member entering the troupe. Without exception such a happening has aroused more desire in her to excel in her dancing, thus downing any ugly impulses that might have risen. When she lost a part she always tried to find out why, and then struggled to master it so perfectly that eventually the part must be given to her again. Invariably the result was as she wished. It may be that in her eagerness to excel she did work again to commend the approval of Madame Gertrude and that is the more likely solution. But sometimes I wonder if Madame Gertrude Hoffman, experienced, human, understanding as she is, has not realized, from actual experience, too, perhaps, that the treasure held in the hand often shrinks in value. Certainly the dancer, serious and sincere though she may be about her art, is less

apt to appraise the dance she feels she has mastered, than the one which is just a step or two beyond her.

I spoke, in the beginning, of the apology I owe the show girl. So, therefore, I now humbly say I am sorry and in making restitution I shall always jump to defend their cause, and uphold their fine character, because now I know.

In closing, I must say one thing more. During the writing of this story at a club, I happened to pause for a brief moment to gather new thought. Hardly had I set my pen down when the radio in the next room unloosed a burst of ukles and the deep throb of a steel guitar. My trend of thought went galley west—and further west, until the west became the Saffron East. Out of the shadows of pagodas, as it were, a harsh voice suddenly disturbed my dream and rudely jarred me to my senses. At first it sounded incoherent, but presently it was audible.

"Why, my dear fellow," it said as though its possessor was highly shocked, "I cannot believe that you seriously contemplate matrimony with a . . . with a girl from the follies . . . more or less a public character . . . a dancer who performs nightly in a costume or lack of one, that is a daring as her contortions on the stage! Think of your name, your social position, your . . ." I could stand no more so I jumped up, gesticulated wildly, and with spite started an argument.

The manager, whose battle scarred, broken-nosed face reared up incongruously above an immaculate shirt front and dinner coat, swiftly settled it. I returned to my contemplation of the show girls and they . . . they went indignantly out of the nearest door.

How Weismuller Beat One of the Greatest Natators.

(Continued from page 36)

weight events.

The famous Hawaiian amphibian stirred Australia years ago by taking their crawl stroke and supplying a variation that later was called the "Kahanamoku Kick." In those by-gone days it was the contention that the leg kick did not count so much, ever since Dick Cavill first used the crawl in championship races. The belief was that the legs did not assist materially, but kept the body well-balanced in the water and thus minimized the retarding effects, due to the legs and feet sinking. But this theory was quite upset by the methods of the Duke and his teammate, George Cunha, who used the rapid, independent movement of the feet, as against the Australian fashion of smacking the leg from the knee down upon the water at every stroke of the arm.

When the Duke first came to this country in 1912, he was a very crude

swimmer, having gotten most of his experience as a beach-rider on surfboards. The American coaches took hold of him and made his strokes typically American. He introduced the leg kick that did the trick and incidentally was an important factor in revolutionizing speed swimming. It is generally known that Kahanamoku was American-made, although his stroke was copied to advantage by other swimmers. I first saw him in company with Clarence Lane and Harold Krueger in Philadelphia, 1918 on September 4, 5 and 6 at the Turners. Ross was then his greatest rival.

Duke has had some harrowing experiences. In 1913, while practicing for the Australian championships, with some teammates, he disappeared suddenly under the surface and his mates frightened, when he did not come up after a time, thought he had met with an ill fate. At last a leg appeared and

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



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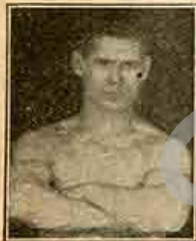
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part of the body. The water was lashed to a foam by the writhing body. Next his head appeared and he was seen to take a great gulp of air. The churning water enveloped him as he was apparently dragged below the surface again. This time, he did not appear, so his comrades tore down for him. They finally dragged him to the surface, half-dead, his fingers clutched on a giant eel he had just choked to death. The Duke was in a bad way. Covered with blood, his index finger from his right hand torn off, it took all his comrades could do to get him in to shore.

In 1914, Kahanamoku, better known as the "Duke of Waikiki," saved a girl's life twice in one day. He happened to hear the screams of the girl and regardless of danger, plunged into the water and battled a shark. A terrific fight ensued and he was able to chase the shark away. A while later, the quietude and serenity was again disturbed by screams. This time, the same girl, I have long since forgotten her name, turned turtle in a small boat. Quick as a flash the Duke set out for her and rescued her in the nick of time.

These incidents are but a few of the countless ones the Duke has encountered, but it is, according to him, all in a day's work. I, for one, do not care to throw stones at sharks and play tag with the other denizens that live in the briny deep.

Duke Kahanamoku and Norman Ross were the greatest rivals in their day. Both held the nucleus of records from twenty-five yards, close to 5 miles. And it was the belief that the records they created would stand unshattered. But when Weissmuller, a mere stripling in comparison, shattered all sprint marks and Arnie Borg, the slightly-built Swedish star, eclipsed those of Norman Ross, it upset all the dope. And all over the world people literally gasped and asked, "How does he do it?" Even the Hawaiian, whose native sport is swimming, wondered how he could do it. And, I dare say many are reluctant to state that Weissmuller is superior to the "Duke." It is their undying belief that Kahanamoku could beat Weissmuller in the former's hey-day, even though Johnny has smashed all records.

However, let all this be as it may. "How does he do it?" is our concern and the next couple paragraphs will be spent in telling you about John Weissmuller, the champion of champions.

Johnny Weissmuller owes his success in swimming largely to what is called the American six-best double-trudgeon crawl stroke. This stroke is a vast improvement over the old Australian crawl, first employed by an aborigine of the Samoan Islands, who introduced it at Sydney, Australia, and later was used so very effectively by the great Kahanamoku, of Honolulu.

One very important feature, as exemplified by Weissmuller, is his high position in the water. He keeps his head and shoulders high, his back arched and his feet low. The depth of his feet gives him tremendous traction power with his legs. His coach, the famous Bachrach of the Illinois Ath-

letic Club, says "Weissmuller follows the principle of the hydroplane, thereby reducing resistance."

His stroke does not differ drastically from the style used by most of the other first-rate swimmers in America. His arm stroke is apparently the same. Where he makes the improvement over them is in his ability not to over-reach. By over-reaching is meant stretching the arms forward too much. My idea of the arm-stroke is that the arm should always retain a slight bend at the elbow after the arm has extended forward. Weissmuller, by not over-reaching, avoids rolling and is enabled to maintain perfect continuity in his pull of the arms, which would not be possible otherwise.

Except that his legs are lower in the water, caused by the head being held higher, his kick does not differ much from the average good swimmer. Possibly his ankles and knees attain more relaxation and therefore more suppleness in his kick. The outstanding feature, however, of the Weissmuller stroke seems to be the almost perfect co-ordination of his muscular efforts and the fact that he has the longest and most supple muscles that I have ever seen on a human being. His breathing, so vitally necessary in swimming, differs a great deal from most sprint swimmers. Before the advent of Weissmuller, the sprinters got along on one breath to every three or four strokes. In swimming 50 yards in a pool, they would perhaps breathe once going down the first length of the pool and possibly take two breaths coming back. In the meantime, they would be holding their breath under water. By employing such a method they could not possibly get enough air with so little breathing and consequently their efforts tore down their reserve energy and consumed more muscle fibre than was necessary. After a short swim they are exhausted.

When Weissmuller came along he decided to try out the idea of taking a breath with each stroke. He was young and plastic, unset in his ways and easy to work with. At first it was quite an effort for him—breathing with each stroke, but after several months of practice, he not only required it but learned to work it in rhythm with his stroke, so that the regularity of his stroke was not disturbed. In other words, his arms and legs do not know that Weissmuller is breathing. It is done independently or sub-consciously of the mechanical motion of his arms and legs. He breathes with every stroke whether he is swimming a 50 yard race or a long distance one. He is always able to stage a sprint at the finish of his races because he keeps himself strong by breathing at every stroke.

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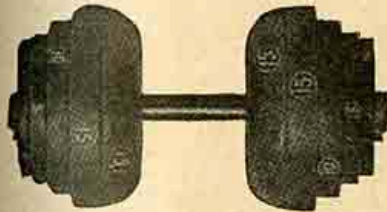
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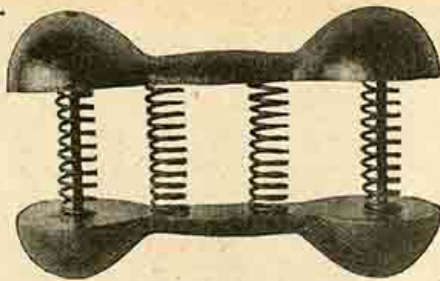
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If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bless the day that you read this. Write today.

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For tramping, hunting and all athletic activities. All-elastic—perfect fit—perfect pouch—patented opening in front—less material between thighs prevents chafing—ends thoroughly stayed at joints—heavier webbing for strength and durability—may be boiled to cleanse.

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Defining the Mystery of Strength

(Continued from Page 34)

developed part), and lifted a weight overhead he never thought was possible. Only weighing one hundred and forty-five pounds, he performed the lift known as the Two Hands Clean and Jerk, using two hundred and twenty-five pounds. He was also capable of raising the front of an automobile, to his great delight. Some improvement, you will agree, when you remember he was miles away from these two feats a week before.

Some men are naturally born much stronger than others, for physical reasons or inheritance, but no man ever possessed the amount of natural strength that placed him in the class of such giants of strength as Cyr, Saxon or Apollon. These men were, all three, naturally strong, but it was exercise with weights on the progressive principle that increased their natural powers, stimulating their strength to a degree that enabled them to lift such terrific poundages. It is ridiculous to believe that if Saxon had never trained he would still have been able to lift overhead four hundred and forty-eight pounds. On the other hand, we have men like Sandow, Tofolas, Maxick and Pullum, four men who were deprived of the natural blessing at birth which clothed Cyr, Saxon and Apollon, but by intensive training they created from themselves supermen. My own case is another example that goes to prove, along with the other four named celebrities, that the creation of substantial muscular tissue is the substance from which great strength is derived.

Spencer, in his "Growth and Development," proves the natural condition of what I have stated, and he had no knowledge of muscle building; but he knew nature. He knew strength came from the vigorous growth. You can see it in animal and plant life, just the same as in human life.

All the men to whom I have referred were capable of proving their strength in any way you wished to test them. Why people fool themselves into believing that the strength of such men only works in one direction, is positively ridiculous. As I have proven, there is only one kind of strength, and that is natural strength. Whether it is born in a man, or stimulated by training under intensive exercise, it is just the same and cannot be changed; whether it is capable of applying its qualities in tossing bar bells, moving pianos, or lifting the end of an automobile out of a rut.

A man who resorts to tricks and the use of mechanical devices as an aid to perform his feats, is never strong, no matter what he says he is or how he impresses the mind. The few men whom I have named would scorn the mention of such false methods. It is the work of such tricksters that has given rise to the belief, so prevalent in many quarters, that trickery is connected with great feats of strength.

There is no connection at all between the two. A strong man is always strong, no matter on what he is tested. His musculature is substantial and possesses strength which he has created within himself. Earlier in this chapter, I state that this type of structure can be made. However, there is another very important part connected with this growth which I have purposely reserved until the last, simply because I did not want to crowd you. By now you will have thoroughly absorbed all I have written, and be properly prepared for what I have to say. This explanation will clear up the question which no doubt still lingers in your mind, that causes you to wonder if the one man has secured the right material, surely the other must be able to obtain some increase of power worth while. Your mind questions that there must be some strength in all that muscular size. However, there never can be unless they turn to intensive training. Although the substantial material is formed, it is not exactly in that structure where the power lies. It has a co-ordinating factor that really makes powerful efforts possible, and this factor is the ligaments. The muscles are the engines of the body and the ligaments the pulleys. It is these ropes of connection that make it possible to apply the muscles in their greatest contraction. The more muscular fibres in a muscle, the more steel-like their quality, and they are capable of greater contraction. But if these ropes of connection are not strong enough to withstand the resistance required, then their weakness is evident. Because these two cannot be separated is the sole reason why strength is never dissociated from substantial structure. Ligaments always exhibit their quality by their thickness. As the right kind of muscle is formed, they become thicker. Just look at the joints of a real strong man, and note the depth of tissue that exists. Feel for the ligaments and you will notice how thick and cordy they are, but you never note their appearance on one who is not strong, or on the athlete who has not practiced bar bell exercise. When I started heavy exercise my wrist measured seven inches, but today it measures eight and a half inches. The ligaments are very thick and prominent, and have an appearance that immediately tells the eye they must be part of a sturdy combination.

Strength is better understood as resistance.—The power to resist the resistance of some other object. The muscles are continually pulling, never pushing. One group relaxes and another contracts.

There is no mystery to strength, it is just simply understanding its definition. It has a natural source, and the only thing left is for the muscle builder to cultivate that source by the right method of training—the kind that has produced the most powerful men in the world in all classes, irrespective of whether they were born strong or not. Material resistance methods are the only methods which can secure the desired outcome—*great natural strength.*

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The HENDRICKSON is made of very heavy rubber cables, especially designed for these heavy Expanders. The Elastic Cables are detachable, having Safety Snap Hooks, allowing one or more of these heavy cables to be used. You can start with one cable and add others as your strength increases.

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YOUR LUNGS

Do They Spell

Poison or Health?

There is one thing in nature of which we take but little consideration, probably from the fact of its apparent simplicity. That one thing is proper breathing. Proper breathing is essential and fundamental to good health, and good health is essential to happiness. So we see that our very lives depend upon the exercising of proper breathing principles which we neglect to study and understand. But nature's laws are invariable, and the time comes when dire results follow a disregard of the principles of breathing correctly.

Your Blood Purified By Air

It, therefore, follows, logically, that air is necessary to health, and health will be imperfect if you do not breath correctly and fully purify every ounce of blood in your system as it makes its rounds.

Are you using only half or three-quarters of your lung capacity? If you are not breathing properly and not using every square inch of lung capacity, then you are not fully purifying your blood stream.

As Easy As Drawing Your Breath

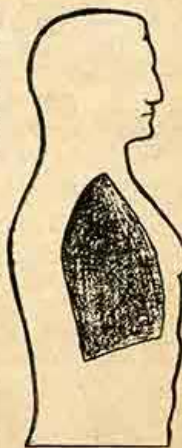
There are no fatiguing exercises—no long periods of time to be given to the practice of my system—no disadvantages. It is all so easy and so health-giving. Make use of your complete lung power by adopting THE VITALBREATH SYSTEM. Put those dormant lung cells into active use before they breed disease germs—before they ruin your entire health.

Live anew by a method that costs you next to naught and takes next to none of your time or energy. Throw up the windows of that house you live in (your body), letting in more of the oxygen that is actually the thread of life—of your life and health. Now send us this coupon—it means everything to you.



Your Lungs Like This?

About half their breathing capacity in use, the other half being dormant, for disease germs to prey upon.



They Should Be Like This

Entire capacity in use. Purifying each and every ounce of blood.

Obtain Unfailing Health
the Easy Way

The Vitalbreath System

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Gentlemen: I am enclosing my remittance of \$2.00. Please send me, by return mail, the Vitalbreath System of Proper Breathing.

Name

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50-Pound Block Weight



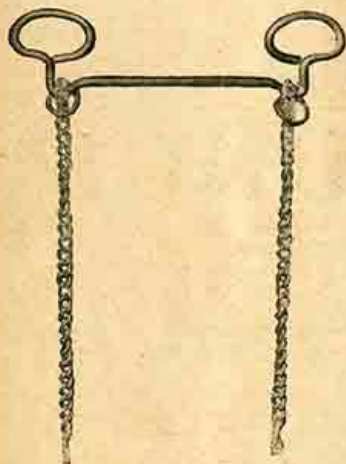
With this weight you can learn to perform the many interesting feats that are a specialty with all the greatest strong men living.

All owe their wonderful forearm and finger strength and development to practice with this type of weight. The weight has a special hand grip with the sides scooped out around the handle so, as not to interfere

with the hands. Every one who uses weights should have one.

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Hands-and-Thigh Lifting Apparatus

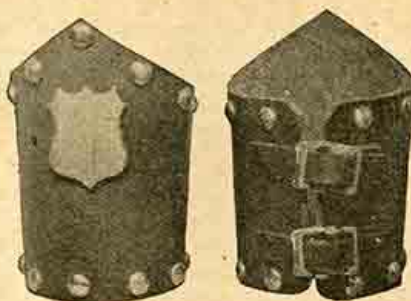


This outfit is especially constructed to enable an athlete to use it as an exerciser as well as for lifting big weights in the Hands-Alone Lift, Kennedy, Jefferson and the Hands-and-Thigh Lifts. It is made with a special hand grip, and constructed to give the athlete full control in all these lifts. There is positively no roll-away, as when using an ordinary apparatus. It can be used on your bar bell or dumb-bell.

This apparatus is compact and neat. It takes up very little space. You can't afford to be without one of these valuable outfits, that are used by Karl Moerke and many other famous strong men.

Send Your Name and Address In to Us Immediately for This Original Apparatus. Price **\$5.00**

Professional Wrist Straps



Made for appearance as well as a substantial means of support. Decorated with brass spots and shields. They are made of heavy, genuine leather, and are black in color. These professional wrist straps give you the appearance of a genuine strong man. Price **\$3.50**

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This bar is made of special steel with lots of life that makes it possible for a lifter to add ten to twenty pounds on his best record on first practice. It has the newly perfected hand grips that prevent the bar from slipping out of the hands in either one or two-hand lifting.

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Teeth Lifting Apparatus

This apparatus is like the teeth lifting apparatuses used by professional strong men and stage performers. The teeth lift, which is really a jaw lift, puts no strain on the teeth because of the shape of the mouth-piece.

This apparatus develops a great and powerful neck. It also develops a strong, square jaw—the kind that will take a stiff punch and hardly feel it.

Price \$3.50

The Milo Bar Bell Co., Dept. S-7-26, 2739 N. Palethorp St., Philadelphia, Pa.

The Three Essentials of Chest Building.

(Continued from Page 28)

this set of muscles.

As I like to see a pair of broad shoulders when I see a deep chest, it seems to me that a suggestion on broadening the shoulders will not be out of place.

There are two essentials in shoulder-broadening. One is the developing of the deltoids on the points of the shoulders, and the other is the stretching of the cartilage that connects all the bones of the shoulders. In the case of a very young person, before the bones have become set this exercise will also lengthen the bones of the shoulders.

Stand erect with back against a wall near a door jamb. Raise the arms out straight to the sides at shoulder level and touch the edge of the woodwork around the doorway with the tips of the fingers of one hand. Keeping the fingers against the edge of the wood, stretch the arms as far apart

as you can. Have some one mark the greatest distance you stretch, and each day try to reach farther. You can devise some means of marking the space yourself if you have no one to do it for you.

This stretching exercise and exercises for the deltoids will broaden your shoulders. All movements of the arms at the shoulder joints exercise the deltoid muscles. The more strenuous these movements are, the better the result; but strenuous exercise, do not forget, should not be jumped right into. Make your exercises gradually more difficult and not rapidly so.

Health—Strength—Beauty

(Continued from Page 54)

but I am so sturdy looking and organically sound that I feel the pendulum of happier fortune must swing my way one day.

I should be so pleased if Miss Fowler would care to write me, also any other girls with similar ideas of health and a combination of sense of humor and lack of crankiness.

Best of luck to STRENGTH and all enterprises that aid physical and mental well being.

A British Reader—A. H.
I would like to see more English readers get together. Why not try to form a correspondence club?

Seventy-five Miles an hour on a Bike.

(Continued from Page 50)

miles, two hundred and fifty-five yards in sixty minutes, which is the present "cycle track" record accomplished on a regulation bike racing track.

The records of Brunier and others were made on a large track purposely built for motor racing, and the record of Brunier is classified as a "motor-drome record," and that is the difference. Yet, the fact remains, that the distance was covered by a human propelling a bicycle, and must be accepted as the outstanding motor paced bike riding performance.

The year of 1924 brought many

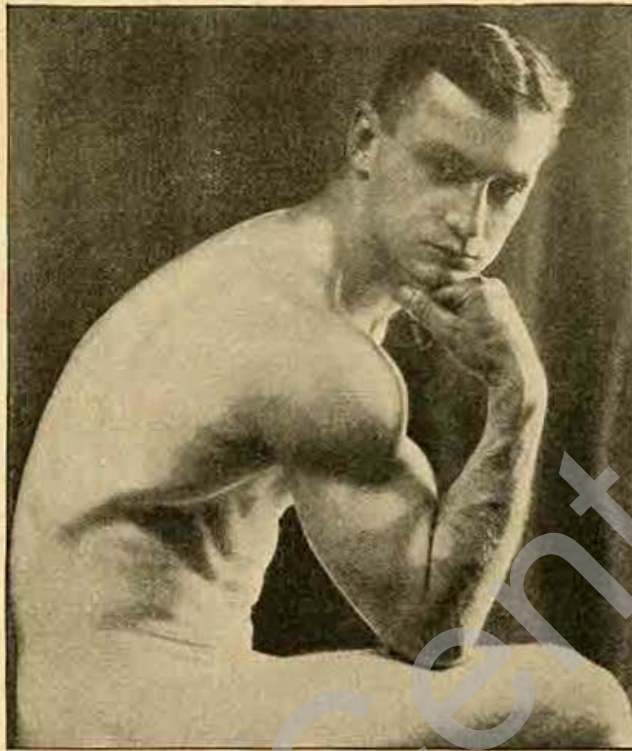
In Street Clothes Do You Look Like a Man or Do You Look Like a Clothes Hanger?

Clothes don't **MAKE** a **REAL MAN**, but they certainly *do* improve the others. Are you one of the "others" who are hiding behind a tailor's handiwork? If you are one of these, you ought to be ashamed of yourself. And I dare say you are ashamed, but the fact that you know your **weak, frail or stout** body is well hidden by your clothes, gives you a certain amount of misplaced confidence in yourself. You imagine you are a **real man** and think that others know no different so long as you keep under cover. Unfortunately, it is not Halloween all the time so

Don't Be a Masquerader

Because the law compels you to wear a man's attire is no excuse for not being one. If you possess ailments, minor or major, that are holding you down below the **Real Man Class**, get started now to get yourself together. Waste no time in driving these deteriorating ailments from your system. It can be done. You can, with my personal and untiring aid, not only become healthy, but as strong, well developed and well proportioned,

If this condition *has not* happened to you as yet, it *will nevertheless*, if you don't keep in good condition by practicing the best of exercises. If, on the other hand, your chest *has* begun to flatten and your abdomen to swell, you can get back to perfect form by practicing my methods. If, again, your chest was never anything else but sunken and your waist bulging, you need not despair or take it for granted, for you still can possess a perfectly shaped upper body, along with wonderful looking arms and legs. My Methods do not neglect any part of your physique. Every part in proportion, and every improvement possible is my aim with my pupils.



CHARLES MacMAHON

and full of pep and vitality as any real man.

If you are apparently free from all ailments, then so much the better is your start toward **Great Strength**, a **Splendid Physique** and the **Feeling of Satisfaction** in the knowledge that you are now worthy to wear a man's apparel.

What Is Wrong With My Physique?

Have you asked yourself that question lately? Have you looked yourself over in your mirror within the last year or two and noticed whether or not your chest is out and your abdomen in, as they should be? Your clothes will hide from you these slowly growing defects until, when you wake up, you will find yourself pretty far gone.

I find, from the measurements of hundreds of pupils, that, generally speaking, the chests and waists are the first to deteriorate on an otherwise good physique. The chests easily become flat and the abdomen full and round, in direct opposition to what they should be.

But You Must Get Started

You cannot get the wonderful all-around improvements that my course gives you if you are going to keep putting off the matter of starting. Just as soon as you commence practicing my methods, you will begin to notice improvements. Immediately after commencing the exercises, you will experience a feeling of gradually increasing pep, which means improved health. Shortly after you notice the foregoing improvements, you will begin to develop and strengthen. And from then on you steadily and rapidly improve.

I am a firm believer in strenuous exercise as the only means of giving real physical improvements. But my lessons are scientifically graded and the exercises so carefully selected that you gradually, without danger of sprain or strain, become able to perform exercises that previously you thought were impossible for you. In other words, you always have something to work for with my methods. You can see yourself continually advancing, not only toward Perfect Health, Great Strength, Shape and Development, Speed, Suppleness, Agility and Endurance, but also in accomplishing actual feats that require these physical assets. Your request for my Booklet and Pamphlet is your initial step toward these priceless physical qualities.

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

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Philadelphia, Pa.

Seventy-five Miles an Hour on a Bike.

(Continued from Page 92)

thrills in the bike game. We find no less than four crack European pedalers trying to capture one hundred and twenty kilometers in the hour. Leon Vanderstuyft of Belgium, and John Brunier, Gustav Ganay and Jules Miquel, all of France, doing their best. The last two riders had specially designed autos built to pace them, while Vanderstuyft and Brunier used huge, specially equipped motorcycles, covered with sheet metal, and having a wind shield, behind which the bike athlete rode. The first sensational performance came on October 1st, 1924, when Leon Vanderstuyft, riding on the Monthliery track, covered sixty-seven miles, but this record did not last very long. Eighteen days later the Frenchman, John Brunier, rode sixty-nine miles, one thousand five hundred and twenty-five yards within the hour. Bike fans began to show unusual interest as the marks went up, but no other rider crept up to Brunier's mark. For a whole year, this mark stood, when Leon Vanderstuyft, the Belgian, on October 1st, celebrated his first record by heating his ankles to another victory that put the Frenchman's record out of the spot-light. Seventy-one miles, nine hundred and fifteen yards was registered for the Belgian, as he was clocked at the end of the hour. This looked like the limit. In the race with time, the Belgian speed devil had pushed a bike with a large gear, the front sprocket being thirty-five and the rear five. During this hour he was paced by a 45 H.P. Anzani engine. This record spurred the Frenchman on to lower the Belgian's colors, as he had done a year before, and he set out on the war path October 29th, twenty-eight days after Vanderstuyft made his crowning mark. Hard luck befell him, as his pacing machine broke down at one hundred and five kilometers. Nevertheless, Brunier was well on his way to eclipse the Belgian record, for the distance he had gone was faster than Vanderstuyft had covered in the same time, 62.13 miles in fifty-one minutes thirty and seven-fifths seconds, as against the Belgian's mark of fifty-two minutes eighteen seconds. Inspired by his success, Brunier prepared for another trial. Three days later he made his successful attempt, killing the Belgian's mark. He not only equalled, but surpassed the coveted mark of one hundred and twenty kilometers, speeding to glory over seventy-five miles and two hundred and eighty yards, as the bell rang clocking the hour. Here was a human being who could pit his racing ability against that of a motor driven machine. Just watch the fast express tear by you, and figure how slow it is in comparison with the speed obtained by this French "go devil." Whether you speak of a train, auto, or motorcycle, that is hitting the rate of one and a quarter miles a minute, you are talking of speed, but here was a man who propelled himself for a full hour, at such a

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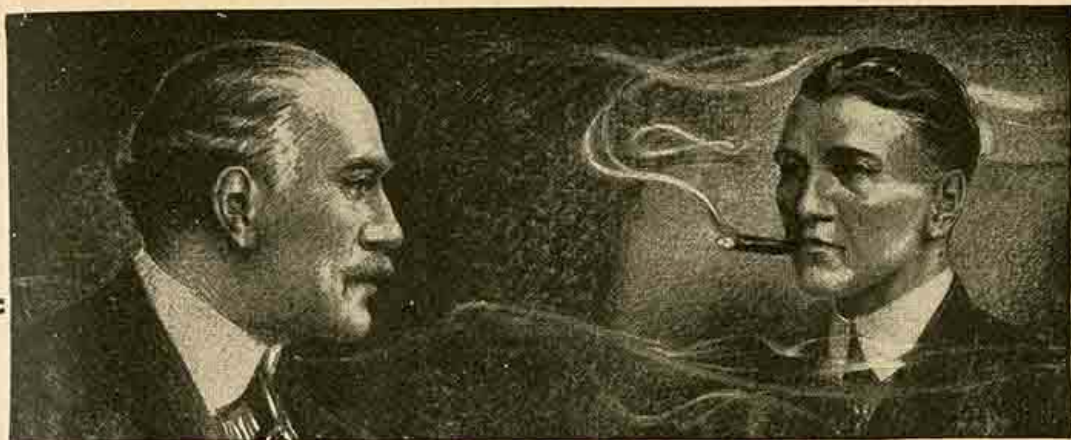
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Town..... State.....

terrific speed. At times he was shooting along at about one and a third miles a minute. When he started this race against time, it was late in the day, and the ride was finished in the dark, which made the ride that much harder. To those who are unacquainted with the "ankling game," as the sport is called by its close followers, all these figures will seem like some kind of romancing, but you have to see these men in action to realize how fast they can go. It is one of the most thrilling and fascinating sports in existence, and it is well worth the while of any person to attend a race of this kind when the opportunity presents itself.

In this country, the pace followers do not receive the wind protection that Brunier had. The pacing is done by regular motorcycles without any kind of wind shields, and the tracks are board saucers, measuring one sixteenth of a mile, called six lap tracks. Even without the assistance of windshields, and specially designed pacing machines, our boys think nothing of covering forty miles in an hour, and frequently hit it up to close to a mile a minute. The American record, made on a bike track (remember the difference between bike and auto tracks) is fifty miles and three yards for the hour, and ten miles has been covered in ten minutes and fifty-nine and three-fifths seconds. A few years back, a rider over on Long Island followed a locomotive, and made a mile a minute. From then on he was

known as "mile a minute Murphy." On June third, 1910, out in Los Angeles, on a mile circular board track, a rider named George Kramer (not Frank L. Kramer) rode a mile in fifty-eight seconds paced by an automobile. So you see that the American boys can also do the trick when they choose to use the more favorable conditions. When the European riders compete in this country under the same conditions as the American rider, our boys can more than hold their own with any of the best European pace followers who have come over.

The Mat

(Continued from page 75)

would be quite different if the fabric was unyielding like cloth; but you should all wear one for the great protection they give. The ordinary jock strap of elastic webbing, is perfectly all right, but personally, I always cared for the wrestlers' overjock, because the wider waist band keeps the jock in place more securely, and has a much better appearance at any time. This may seem a trifling question, but so many appear to be in doubt and feel that they would appreciate a decision. Anyway, it is always best to be sure and if you have any doubts or problems, it only takes a two cent stamp to put your question before me, and I am always glad to answer and be of service to STRENGTH readers.

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Above—C. E. Veth
Traffic Manager

Below—L. A. Gould
Manager of Sales
for Michigan



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Two "Raises" Within Nine Months

"You'll be interested, I know, in the story of a middle-aged farmer who at 45 turned salesman and made good, thanks to LaSalle training in Modern Salesmanship.

"When I enrolled for LaSalle training, I had no idea of the benefits to be derived. My progress, however, has been steady—business has come easier—in fact I have increased my sales this past season 60%, and my salary has been raised twice since last October. Careful study of the LaSalle course has been a large factor in enabling me to do this, and I cannot praise it too highly."

(Signed) L. A. GOULD, Director of Sales for Michigan, Smith Agricultural Chemical Co.

A Salary-Increase of 200%

"When I took up your training, I held the position of Traffic Manager with the Smith Agricultural Chemical Company. As I progressed with the course I saw very clearly what a well-equipped traffic department could do for the company. My subsequent salary-increase of 200% is directly due to the successful working out of this undertaking—and that, in turn, is due to the hard work, study and application which I gave to your training in Traffic Management. Your course is one of the most complete in its line; and in technical information it far surpasses any other I have seen."

(Signed) C. E. VETH, Traffic Manager, Smith Agricultural Chemical Co.

Why I. A. Gould Received Two "Raises" and C. E. Veth a Salary-increase of 200%

FROM the great plants of the Smith Agricultural Chemical Company, at Columbus and Indianapolis, thousands of tons of fertilizer, animal foods and acids—six widely diversified products under the brand name Sacco—are shipped to all parts of the United States.

To sell products of this character and to arrange for their economical transportation calls for ability of a high order. Half-knowledge, snap-judgment, guess-work, quickly spell defeat for the man and heavy losses for the company.

Marshall A. Smith, head of this great enterprise, knows the importance of training—recognizes what it means to have in his employ LaSalle-trained men.

One of his employees—I. A. Gould—had been a farmer in Central Michigan. At the age of 48 he began with this company as a salesman—enrolling at the same time for LaSalle training in Modern Salesmanship. Within three years he had topped the list in Michigan and had been given entire charge of sales in that state, with a crew of men under his direction. In July, 1925, he writes, "I have increased my sales this past season 50%, and my salary has been raised twice since last October."

Another of Mr. Smith's employees—C. E. Veth—saw the need for a properly equipped traffic department—this as a result of LaSalle training in Traffic Management. So successfully did he put it into operation that during the year 1924 errors

in freight bills totalling \$10,600 in overcharges were detected and corrected before payment was made. To LaSalle, in a large measure, he directly credits a salary increase of 200 per cent.

"We can only attribute the rapid success of these two men," writes Mr. Smith, "to their energy and initiative, together with the practical knowledge gained thru the pursuit of LaSalle training."

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