

MARVELOUS STRENGTH--What to do and what not to do to attain masterful power. By the originator of Simplex System of Mind and Body Culture.

SOME MEN ARE BORN STRONG, OTHERS GROW STRONG BY CULTURE

You cannot take the seed of a wild grape, plant it in the ground, and then when it matures, pick Tokays off the vine,

--but, if you cultivate it carefully, you CAN do this: YOU CAN PRODUCE A MUCH BETTER WILD GRAPE.

Tokays were originally sour little grapes. Peaches were once bitter almonds. CULTURE developed them into luscious fruit; and now SCIENTIFIC CULTURE is making the grape seedless, and the peach as large as a baseball.

If any of our cultivated fruits were left to look out for themselves as the average person leaves his body to develop itself, we should have diseased and rotten fruit not worth the picking,

--but the farmer sprays, prunes, and fertilizes his trees, and the result is a PROFITABLE CROP.

Now we cannot all be Tokays. Some of us are in the wild-grape class--and if we desire masterful power, we must develop our body, cultivate our mind, and conserve our sex.

THE IMPORTANCE OF MENTAL STRENGTH

Lasting strength is built carefully and completely. Every part of the body receives attention. You cannot enjoy life to the utmost unless each organ performs all its actions, NATURALLY AND EFFICIENTLY.

To achieve success, there must be a strong will behind the strong body. It is WILL that makes the man, and MUSCLE that makes the body. The strong man with a strong will compels obedience--and where obedience is compelled, SUCCESS IS ALMOST CERTAIN.

This is readily seen in the case of shop workers. The average employee is as strong physically, and sometimes stronger, than the boss, but the workman does not become a master, a hirer of men, until he possesses MENTAL strength. Because he LACKS mental strength, he does not have the courage to climb--and he feels timid before the man who hires him.

This is because the workman is not CONSCIOUS of his strength. If he had developed his muscles by regular exercise instead of by hard uninteresting work, he would look upon them as a means for getting will-power and financial success.

WILL-POWER AND MUSCULAR POWER CAN BE DEVELOPED TOGETHER

You can use your muscular exercises to build will-power if the system you follow is planned with that purpose in view.

If the exercises are interesting--not dry--and a developer is used that holds the interest, the first step has been taken. No man possesses a will strong enough to concentrate upon one subject unless that subject can be approached in various ways.

The movements should be simple at first, but gradually become less simple. The body should be forced by the will to assume positions which it dislikes.

Books on will-power which do not give attention to body development are trying to push the cart before the horse. It can be done but progress is slow.

After you have the strong will and strong body who can say that you are not successful or cannot be successful. These are the two things that CONTROL success--the two essentials to the promotion of PROSPERITY AND RICHES.

And considering the matter from another point of view. Do not these two powers attract the opposite sex, and should they not mean a happier married life?

Most assuredly!

The strong man's presence is always felt by others. You can easily pick him out in a crowd. He shows his strength of mind and body in a thousand ways, from the magnetism of sex to the gesture that sways.

You will find marvels of physical beauty in lowly positions, simply because these people lacked will-power to climb. But it is very seldom that you will find strong courageous men with iron wills without physical strength. I do not know of one instance. I have never yet seen nor heard of a coward who possessed both physical strength and will-power. And I have never yet found a person with these two attributes working in the street or shoveling coal.

It would be against the law of the universe to enslave a man of strong will and strong body to a lowly position.

Nature produced us, and if we obey her laws she will look out for us. If we desire to use her, she will work with us to attain our ends, even to marvelous muscle and iron will.

THE LAW OF USE, NON-USE, AND ABUSE

Exercise the will and it will grow stronger. Exercise the muscles and they will grow stronger.

Nature takes away from man the things he does not use, and makes more efficient the things he does use. This law is noticeable in many ways.

In a certain form of gladiatorial fighting, for instance, the fighters feinted and dodged in a manner similar to our present prize fighters, but instead of having their hands covered with gloves, or hitting with the clenched fist, they held their hands open and jabbed their fingers through muscle and sinew into their adversary's vital parts,

--and the way they developed fingers like iron was by GRADUALLY STIFFENING THE RESISTANCE.

The Japanese dentist who extracts teeth with his fingers begins by pulling short pegs out of the ground, and as his strength increases, he uses longer pegs driven more deeply into the ground. In this way he in time develops a pinching strength EQUAL TO FORCEPS.

Notice how nature strengthens a weak frail woman so that she can carry her child as it becomes heavier. It would tax even a strong man's strength to carry a heavy child all day, but the woman does not notice the increasing weight because she carries it every day WHILE IT IS GROWING.

Observe how a branch gradually develops to stand the weight of the fruit. For instance, if you should tie a weight equal to the ripened fall fruit on a heavily-laden pear tree in the spring the branches would snap with the strain--but by giving the cells of the tree an opportunity to build new fibers as the fruit matures, the branch supports the fruit very well.

After a workman is broken in to a machine, he can operate it all day with little fatigue. Yet the same work at first may have tired him in an hour,

--but always remember that nature strengthens only enough to do the work. She does not waste her energy. If the task set is too hard, she REFUSES TO STRENGTHEN AT ALL.

Carry your arm in a sling for six weeks, and when you remove it, the arm will be much smaller. The muscles will be in the first stage of atrophy, shrunken and weak.

Use the arm and nature will strengthen it to meet the task--provided the task does not STRAIN the muscle,

--and that is where the average person when he begins to exercise makes his mistake. Unknowingly, he STRAINS his muscles instead of STIMULATING them.

THE METHOD THAT MADE ALL STRONG
MEN STRONG

All the well-known strong men of today became strong through PROGRESSIVE strength-building methods. They started with light weights, and gradually made them heavier,

--but many of them, in their striving to excel, tried to build showy muscles too quickly. They undermined their vital powers.

It is much better to be a fairly strong man with the ability to use all functions, than to be an exceptionally strong man in some parts and weak in others. Nature marks the strong man with the power to reproduce.

When you were born you were given a seed of vitality. How you developed that seed is told by your condition today.

That is the secret of superb strength: Develop EVERY PART and EVERY FUNCTION of your body. GET THE MUSCLES--ALL OF THEM--IN THE HABIT OF EXPECTING A LITTLE HARDER TASK RIGHT ALONG; AND THEN NATURE WILL SUPPLY THEM WITH A LITTLE MORE STRENGTH THAN THE TASK CALLS FOR, UNTIL YOU HAVE WITHIN REASON AN ARM, CHEST, NECK, OR ANY OTHER PART OF THE BODY AS POWERFUL AS YOU WISH.

Strength is something that you desire more of--we all do. And the strange thing is that since we desire it so much, and it is so easy to get, that we do not find more men of masterful power.

YOU CAN BE A MAN OF MASTERFUL POWER

You are entitled to superb strength--strength of mind, strength of body, strength of sex. Don't be satisfied with anything but SUPERB STRENGTH.

Don't be one of the 99 out of every 100 who do not have it, because they are either too lazy to work for it, or lack will-power to reach out and take it. Nature is always the same--always ready--and she works along well-defined lines. All you have to do is to demand strength as yours, and work for it until you do get it. Think strength, talk strength, act strength--and SUPERB strength is bound to come to you. And remember, the Lord helps those who help themselves.

But don't make the mistake that many ambitious men make. Don't try to do too much at first. All men who overexert themselves with heavy dumbbells or apparatus do not live so long as the man who builds for strength and health by milder measures.

This is where many physical directors who are professional strong men make their mistake. They lash the pupil into a sweat, and try to make him travel too fast a pace.

The professional strong man, as a rule, has never been weak or sick himself. He often points to himself as an example of his methods, and he may even boast that he has never seen an unwell day.

This only goes to show that he was born strong--and would have developed into a strong man EVEN THOUGH HE FOLLOWED A POOR SYSTEM.

Because he is naturally strong he cannot sympathetically teach the weak man to acquire strength inside and outside. His method is the method HE has used--the strong-man method--and while it worked on him, it would not fit a weak constitution, no more than an eight-cylinder engine would fit a FORD.

And in any case, these heavy-weight systems drain the system of its vitality. They make the pupil's muscles larger, but the QUALITY is not there.

The average college champion dies at thirty or thirty-five, Dr. Woods Hutchinson says, simply because of overstraining in preparation,

--and that is why some men break down under bar-bell systems put out by strong men. The idea of increasing the weight is correct, but the method of using the weight is usually wrong.

But don't jump to the other extreme like some teachers suggest, who realizing the danger from overexertion, discard weights and apparatus entirely, using instead tensing exercises.

They try to fool the muscles into believing that they are lifting weight--but they only fool themselves--because when they do want to lift a REAL weight, the muscle FOOLS THEM. The light weight seems heavy--and the heavy weight is beyond their power.

The better way is to give the muscles real work to do, but not overtax them. Always leave off exercise that tires. Quit, feeling fit--just as if you could start in and do it all over again.

You want strength--MASTERFUL power--but you don't care to sacrifice your vital powers to get it. In fact, you want EVEN MORE VITALITY. You desire to build up your vitality as you build up your biceps.

VITALITY DEPENDS UPON THE UNSEEN MUSCLES

You may not realize it, but there are many muscles in your body that you must take care of to preserve your health. Your heart, for instance, is nothing but a big muscle. No man can call himself strong if his heart is weak, no matter how much weight he can put up.

Around all the tiny blood vessels of your body are other muscles whose duty is to keep the blood in action, moving. If these muscles get out of order, you suffer from varicocele, hydrocele, piles, and similar ailments due to stagnant blood. These very tiny muscles are just as important as the bump that swells out when you double up your arm.

When you go after strength, go after REAL strength--the strength that comes from the INSIDE, and shows itself in a clear skin, sparkling eye, firm stride, fearless look. Make your muscles supple, active, alive with vitality--every single muscle of your body. Tingle with glowing health! Enjoy life!

A good exercise to develop the whole body, if you are fairly strong, is to stand on your head with your feet against a wall to keep your balance, and then push your body up with the strength of your arms, keeping your feet in the same place. Repeat by keeping the body stiff, and letting the feet slide up the wall. This STRETCHING OF THE TORSO will wonderfully strengthen the vital organs; and the push-up will enlarge the triceps or upper arm.

If you are thin, and practicing this exercise regularly, you will be gradually increasing in weight. This added weight will make the exercise more difficult and your arms will develop to meet the weight.

A progressive method that will develop the forearm and grip is to lay a broom on the floor and raise it up by the handle from a horizontal position without bending the arm. As you become stronger you can gradually take hold of the broom nearer the end until the end is reached. Then you can keep on by adding a book or other slight weight at the opposite end. This will give you an enormous grip and a very large forearm.

But probably the best way of all is to use two hollow Simplex Dumbbells, which weigh empty about six pounds each. These the normal man can easily handle. By adding a teaspoonful of water each day to each bell the weight will be so gradually increased that you will never notice the increased weight. But the CELLS OF YOUR BODY WILL NOTICE IT, and they will at once begin building tissue to meet this constantly increasing demand.

While there is NO STRAIN at any time in this method, inside of six months you will be exercising with two bells weighing twelve pounds each--a weight that could not be easily handled in a dumbbell drill except by a very strong man. If you are slender, your arms and body will enlarge several inches to take care of the added weight. If you are fat, your muscles will feed off the surplus fat, and your arms will probably stay the same size, but you can depend upon it that they will be composed of different stuff.

With barbells only a few movements can be followed, but with a PAIR of dumbbells, EVERY MUSCLE of the body can be developed and benefited. The varied movements possible with them will make you strong all over, and phenomenally quick, and your interest will not lag for want of new exercises.

As you know, dumbbells are a standard means of body development. Every gymnasium uses them. It is the one apparatus that all physical culturists, athletes, and strong men agree on as strength building. They will broaden your shoulders, deepen your chest, and make a man of you--IF YOU GRADUATE THEM TO MEET YOUR INCREASING STRENGTH.