

STRENGTH

SEPTEMBER 1920

Muscle and Mind



The Fountain of Youth

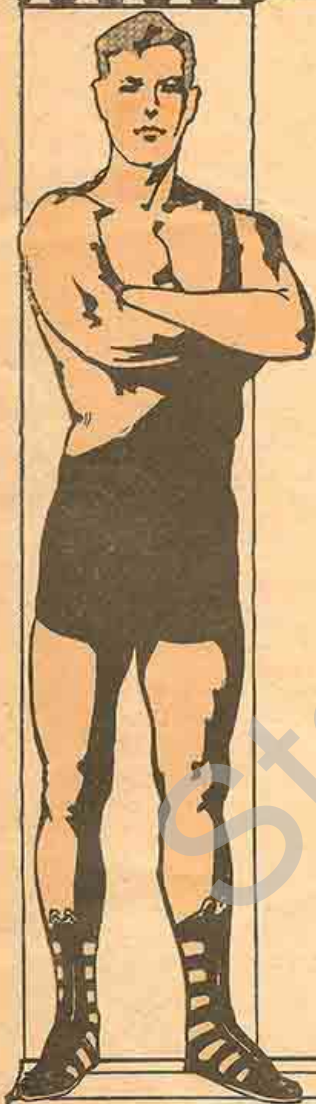


The Upper Arms and
How to Develop Them



The Eight Standard Lifts

Price, Fifteen Cents



Vol. V

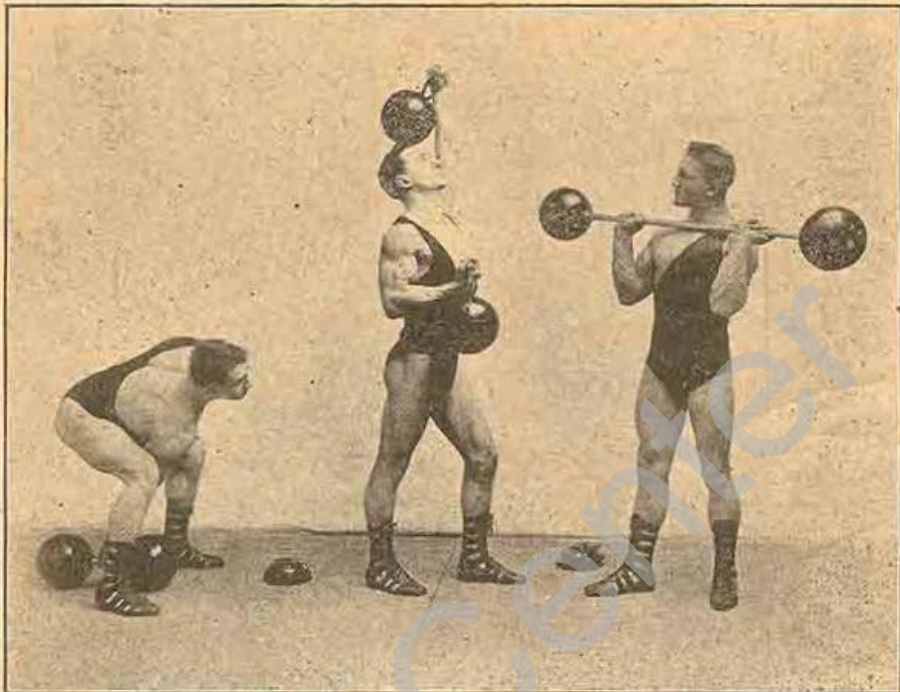
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WHAT IS A BAR-BELL?



A bar-bell is simply a long handled dumb-bell, and is used for developing exercises. It can be made light enough to suit the needs of any beginner, and heavy enough to provide exercise for the strongest men. It is intended for home exercising, and can be used in your bedroom, no matter how small it is.

To be of any advantage, a bar-bell must be adjustable, in order that you may begin exercising with a moderate weight, and gradually increase that weight as your strength increases. Used in connection with kettle bells and dumb-bells, it is the most efficient exercising apparatus ever devised, and produces real health and strength in a remarkably short time. The bar-bell is used by men in every walk of life as a means of keeping in good health, and it has developed all the professional strong men of the country.

A REAL STRENGTH BUILDER

Why is it that the man who exercises with bar-bells can perform feats of strength far beyond the combined power of two or three ordinary men? Not alone because his arms are twice as strong, but because his back, hips and legs are four to five times as strong as those of the average man who uses a system of light exercise. Just having strong arms will not keep you in perfect health. You must be strong in all parts of the body.

Bar-bell exercises bring into play all the muscles of the body. That is why bar-bells users develop perfect health and phenomenal strength. They devote less time to exercises than the average physical culturist, but they get real results.

REBUILD YOURSELF

A bar-bell will help you to become the man you ought to be, the man you want to be. The reason so many people are weak and sickly is because they do not exercise all parts of the body, regularly. If you are troubled with indigestion, constipation, etc., it will not help you any to merely exercise your arms. You must exercise the entire body with sufficient muscular resistance, gradually increasing the resistance as your strength increases.

We are interested in you and can help you. Send for our illustrated Catalog and Folder No. 18, describing our system of exercising. Both Free.

The Milo Bar Bell Co.

Physical culture specialists and the largest manufacturers and distributors of bar-bells, dumb-bells and kettle bells in the world

Third and Diamond Streets

Dept. 17

Philadelphia, Pa.

STRENGTH

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EDITORIAL

With the Olympic games now well under way, it might be well to turn our thoughts to the next games, which I understand are to be held in Los Angeles, in 1924.

If America is victorious this time, the prestige which comes to the winner will not be so great as in former years, as it must be remembered that the European countries suffered severe war losses, which took heavy toll of their athletic material, while America's man power is practically intact. They may be able to give us a better battle the next time.

Weight lifting is to be represented on the program in 1924. Here is quite an opportunity for American athletes to excel in this fascinating sport. It is a well known fact that the European countries have always produced stronger men than we have. Not because of better material available, but because of their persistency and enthusiasm in training with weights in preference to the methods of light exercises in vogue in this country. And after all, persistency and enthusiasm are qualities that will overcome seemingly insurmountable obstacles and win out in almost any undertaking.

I venture to predict that weight lifting will be very well represented in the next Olympic games. It is steadily growing in favor in this country, and occupies a peculiarly favorable position. There is not another sport represented on the Olympic program, with the possible exception of boxing and wrestling, which the average man who is interested in exercising for better health only can become proficient at, and from which he can obtain any real results in the way of health, strength and development.

Some of our strongest men have been physical weaklings who began to exercise with the object of better health only. The remarkable results they accomplished through exercising with moderate weights—spurred them on and encouraged them to fight for the ultimate goal of every physical culturist—great strength and physical perfection.

And that is one reason why there will be a real interest in the weight lifting events in 1924. There is hardly a man alive who is not more or less interested in athletics. For instance, if you were to pick up your paper some morning and were to notice that some one had done 100 yards in 9 seconds, would you pass it up or would you read it? You would stop to read it, no matter how much of a hurry you were in! And yet, what would it mean to you, except that another record had been broken? No one has ever claimed that practicing the 100-yard dash alone would bring a man health and strength. And so it is with most other branches of sport. They are undoubtedly beneficial, but the average person cannot hope to become proficient in them, or to obtain any real benefits from their practice.

With weight lifting, it is entirely different. The same training principles used by the strongest men in developing their strength can be applied to the weakest individual with real results. And thus it becomes not only a competitive sport, but one which the average man can practice with good results.

We have always accorded the winners of Olympic games the highest honors, which is perfectly proper. The first Olympic games were held in 776 B. C., and were instituted in honor of pagan gods. The winners were crowned and acclaimed as heroes. But it is more in fitting with our modern ideas that the games should be held to foster interest in sports and exercises for the promotion of good health. Weight lifting has a real place in the program in this respect—it is not only adaptable to competitive games, but is unexcelled as an exercise.

Professional Strength *vs.* Amateur Strength

By Alan Calvert

There are several reasons why weight-lifting as a sport is not popular in this country. Probably the principal reason is the very foolish and short-sighted attitude of the professional lifters in this country. These professionals have made a practice of deceiving and "buncoing" the public for so long a time, that the public has become disgusted with their methods and has come to the conclusion, either that all weight-lifters are fakirs, or else that weight-lifting is a peculiar kind of sport in which only a few men can excel.

Probably you have noticed that every professional weight-lifter in America eagerly and earnestly proclaims himself to be "the strongest man in the world." They seem to have the idea that nobody will pay to see them perform unless they make this claim. Sometimes they qualify it by modestly stating that they are the strongest men in the world of their weight. Practically every one of these professionals claims to hold all the world's records. They know that the general public is not accurately informed as to the records and they take advantage of the fact by making all sorts of ridiculous statements regarding their own lifts; and in this respect, we are sorry to say, they are helped out by the newspaper reporters and sporting writers who, with childlike innocence, accept and print in their papers, as gospel, the absurd claims of some of these lifters.

For example, a few years ago there appeared in one of the vaudeville theatres in Philadelphia a big Belgian, who, during the course of his act, held at arm's length to the side, a large kettle-bell, which was labeled 125 pounds. This is the feat known to the schoolboy as "muscling out" a weight. Probably you have tried it and have found that it is as much as the average man will do to "muscle out" 25 pounds. When this performer, of whom we speak, claimed that he was holding 125 pounds the audience burst into wild applause, whereas, the man ought to have been hissed off the stage for making such a foolish claim. There is no man in

the world today, who will hold 125 pounds out sideways in the manner shown in the accompanying illustration; which shows the position the Belgian assumed in making this lift.

In order to show how little the newspaper reporter knows about this particular line of athletics let me cite another instance. One day a couple of years ago, a certain weight-lifter came to see me and asked if I could let him have a bell for an exhibition he was going to give the following evening. I accommodated him by allowing him to have a barbell of the "plate-loading" type, and this bell weighed exactly 160 pounds. In due course of time he returned the bell and at the same time showed me a newspaper clipping describing his exhibition. It seems that after he had closed his act, a newspaper reporter approached him and asked him how much he lifted. He told the reporter that the barbell he had pressed up with one hand weighed 260 pounds, and that the lift was a world's record for a man of his weight. The reporter then asked for a picture, and so the following day the lifter had his picture taken showing himself making a one-arm press with the 160-pound bell. This picture with the lifter's statement (that the bell weighed 260 pounds) was published in one of the leading Philadelphia papers. This incident only goes to show how little the average reporter knows about weight-lifting. If he had been possessed of any knowledge, either of lifting, or of dumbbells, he would have known that the lift was impossible for a man of the lifter's size, and also that the bell itself could not possibly weigh 260 pounds.

A professional lifter will almost always carefully conceal his real records and at the same time will exaggerate the feats which he performs on the stage. The public is just as much to blame for this as are the lifters. If a trick jumper were to appear on the variety stage and in his act make a jump, and then claim that he has just cleared a height of 8 feet, almost every man in the

audience would know that he was lying, because nine young men out of every ten are able to tell you that the world's record in the running high jump is about 6 feet 6 inches. The weight-lifter, however, trades on the ignorance of the audience, and is able to make the most absurd statements and obtain credit for impossible lifts.

The average professional weight-lifter is generally an extremely strong man, but, as a matter of fact, he is not the least bit stronger than a first-class amateur lifter. The professional lifter, however, has but two ideas. The first is to make the audience believe that his feats border on the marvelous and are far beyond the powers of even the strongest amateur; and the second idea is, to by all means possible keep any outsider or amateur from handling the bells and finding out how light they really are. The writer has made dumbbells for a good many celebrated lifters, and he can confidently assure his readers that not more than one professional lifter out of five will tell the truth, or anything like the truth, about the amount of weight he lifts. I remonstrated with a celebrated lifter one time and said to him: "As you are perfectly capable of handling the amount of weight you claim, why do you actually handle only about one-third of that weight?" To put this more clearly: The lifter in question was advertising that he was making a one-arm "press" of 240 pounds, and I was well aware that he could accomplish this feat, but in his performances he actually lifted only 80 pounds; the dumbbell used in the lift being large, but of exceedingly light weight. When I asked him why he did not lift the actual weight he replied:

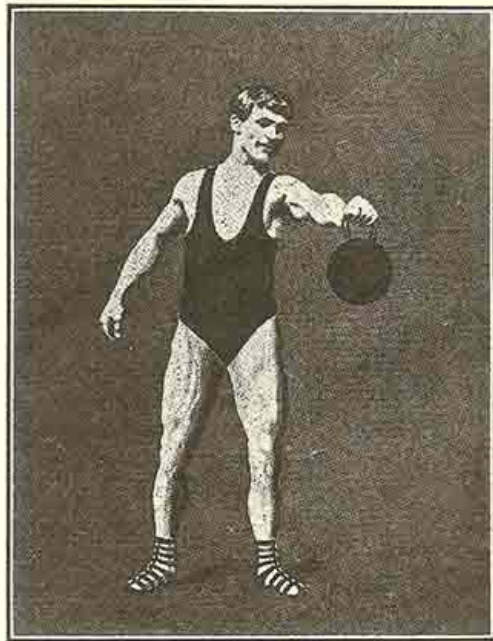
"What's the use? The audience sees that I am apparently working very hard to make the lift and they would believe me just the same if I told them I was lifting 480 pounds. The people who watch me lift don't know the records, and so long as I can make them think that I am lifting 240 pounds by lifting only 80 pounds what is the sense of my working hard when I don't have to?"

This is the attitude that most professional lifters assume. There is only one drawback when the lifter is using very light bells, and this is, that some members of the audience may come across the footlights and "show up" the professional. Therefore, the professional has to resort to some very funny

expedients, and sometimes, we are sorry to say, to some very shabby tricks, in order to keep the audience from "getting wise." One very famous lifter always keeps his dumbbells and barbells in a big chest when they are not being used in his act. Another lifter always takes precaution of chaining his bells to the floor, so that none of the stage hands can pick them up and find out how light they really are.

These men are exceptions, for most of the professionals do not care whether the stage hands know about their weights; all they care about is deceiving the audience. In order to make their acts seem genuine many lifters will invite members of the audience to come across the footlights and test the weight of the bells, and when this invitation is accepted it always happens that the "kind gentleman" from the audience gets hold of a trick or "phony bell." Some of the funniest stories regarding weight-lifting concern just such occasions.

As one of the objects of this article is to give information to the amateur weight-lifter, I will give a few instances to illustrate the danger of fooling with a professional's apparatus. The first and perhaps the easiest



The One-Arm Balance, Generally Called "Muscling Out."

trick used by professionals to deceive the audience is to have a couple of small-sized and exactly similar bells. These bells are generally laid quite near the footlights, while around the back of the stage are strewn dumbbells and bar-bells of enormous size. Very frequently the performer does not touch these big bells, but they are there, and certainly look impressive.

To start the act the lifter will go to the pair of small bells, pick up one of them (which is generally a hollow iron bell weighing 30 or 35 pounds) and will throw it around in the air and juggle it from one hand to the other, and perform a number of taking attractive lifts with it. He will then confidentially tell the audience that the bell is not heavy, and invite any member of the audience to come up and lift it. Sometimes a "stool pigeon" will come up and make a fake attempt to lift and thus satisfy the audience; but if a real stranger comes up the performer gets busy at once.

Now it is impossible for anyone, even the most expert, to judge a man's lifting capabilities when he is attired in street clothes. Therefore, when a stranger steps across the footlights he may be a novice or he may be a champion amateur lifter for all the performer knows; but in the majority of cases he is a mechanic or working man, who knows that he is strong and wants a chance to lift a heavy bell. As he steps across the footlights the performer will deftly roll aside the light bell, which he has been juggling, and will roll to the newcomer the other bell of exactly the same size and appearance, but which is made of solid lead, and weighs anywhere from 100 to 125 pounds. The amateur, having had the performer's assurance that the bell was light, expects to put it up easily, and when he succeeds in lifting the bell to his shoulders and finds that it is very much heavier than he expected, he almost always fails to push it aloft, and then the performer scoffs at him and tells him "if he cannot lift a little bell like the one he has just tried, how could he expect to lift one of the big ones which lie around the stage." This little comedy generally takes full effect and the audience from that minute on has perfect confidence that the performer is lifting exactly what he claims. Occasionally the amateur is able to lift the lead bell, and then it is funny to see the professional dash around the stage and

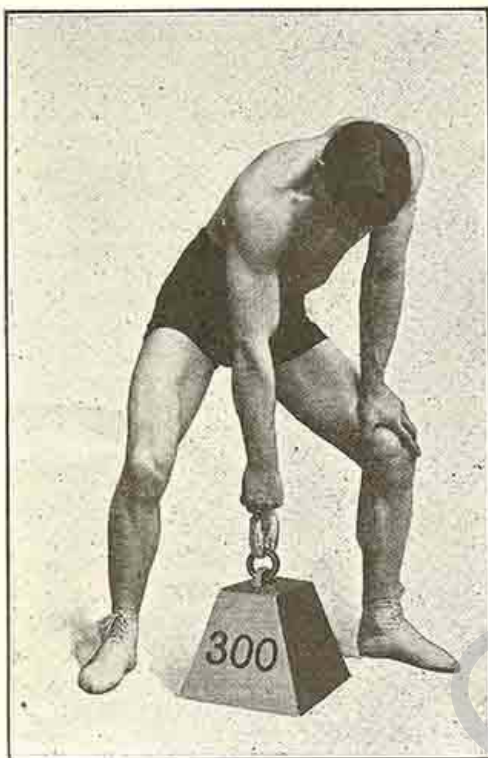
hunt up the heaviest bells that he can possibly handle, and use it in making his own particular and special lift. As it is ninety-nine chances out of a hundred that the amateur has never seen the performer's "pet lift," and is, therefore unable to make a successful attempt at it, the performer generally "gets away with it" and restores the audience's confidence in him.

Another way the professional has to fool a man from the audience is to let him try to lift a "trick" bell. These bells are generally made with ends of uneven weight.

In the ordinary dumbbell for one-hand lifting, the grip portion between the balls is generally made $4\frac{1}{2}$ to 5 inches long; just enough room being given to grasp the bell by the handle. In these trick bells the handle-bar is about 10 inches long. One end of the bell may weigh 70 pounds and the other end 50 pounds. In the center of the 10-inch handle is a turned "grip." The performer when he lifts the bell grasps the handle near the heavy end. For instance, in the bell mentioned above, he would grasp it with his hand close to the 70-pound end. This would make the bell balance. When a stranger grasps the bell, however, he is almost sure to pick it up by the fancy grip in the center of the handle. Naturally when he gets the bell to his shoulder it is out of balance and generally falls to the floor.

An even simpler trick is that used by a professional lifter who used to travel around the country with a "one-ring" circus. He owned a number of fairly heavy bells and he used to invite the farmer boys in the audience to come into the ring and make a lift. As he described it himself, the trick was as follows: "I used to carry around a box, in one end of which was a little bit of rosin, but the rest of the box was full of soap powder. Before I would make a lift I would rub a little rosin on my hands, which was necessary as all my dumbbells had thick handles and were hard to lift; but when some husky 'rube' crawled into the ring and wanted to lift, I would always kindly allow him to rub his hands with soap powder, and I never had one of them succeed in lifting my bells."

In this connection I might say that it is very hard for a novice to lift to his chest a long barbell if it has a handle over two inches in diameter. It is quite an art to get a heavy bell to the chest, when you are go-



"Dead Weight" Lift With One Finger.

ing to make a "two arm" push-up, and the best sized handle in making this lift would be 1 to $1\frac{1}{4}$ inches in diameter. A professional lifter who is gifted with very large hands is always sure to use thick handled bells. John Marx, the celebrated lifter and "strong man," has enormous hands, and it is said that no other lifter can use his dumbbells. It is extremely difficult to lift from the ground with one hand a 200-pound barbell if the handle is $2\frac{1}{2}$ inches thick. Personally, I don't know more than two or three men who can perform this feat, and yet practically every first class professional lifter can raise from the ground with one hand a 500-pound bar bell, providing the handle is not more than $1\frac{1}{4}$ inches thick. Of course, if you use a soft strap, or prepared grip, very much more than 500 pounds could be lifted.

Lifters take advantage of this in the following manner: The performer will come to the front of the stage and announce, "I will give \$25.00 to any man in the audience who will lift from the floor with one hand a barbell which I will lift with one finger."

He will then put a strap around the thick handle of a big barbell, and by putting the finger through the strap will lift the bell with the middle finger. This would be a cinch for the average amateur.

When the man from the audience tries to lift the bell the strap is taken off and he is expected to raise the bell by grasping the handle-bar itself. Unless he happens to possess a hand of about 10 inches long and have tremendously strong fingers, he will find himself unable to lift even one end of the bell. Many lifters have built up reputations by this trick.

Another variation is the following: As stated previously, when a man is going to make a two-arm lift above his head, he has to use a bell with a comparatively slender handle. Before you can push a bell aloft with both hands you have to pull it up to the chest, and to repeat, both skill and strength are required to do this.

In the one-arm lift from the shoulder to arm's length above the head, known as the "bent press," the exact opposite is the case. This lift was a specialty of Eugene Sandow, and he worked it on all occasions. In making the lift it is customary for a professional to use a bell about 6 feet long with a handle 2 to $2\frac{1}{2}$ inches thick. In order to get the bell to the shoulder, he will first stand it on end, and then leaning over, he will grasp the center of the bar and "rock" it into position over his shoulder. He will then raise it aloft by the "bent-press" method, and while he is pressing it aloft the thick handle is a great advantage, as the bell is less liable to roll in the hand, and as a man can push harder against a broad surface than against a narrow one.

Any good professional will raise with one arm in this manner a 200-pound bell, and after making the lift will generally invite anyone in the audience to try to lift the bell with both arms, and if the bell has a sufficiently thick handle-bar it will defy the efforts of even a very skillful lifter. The professional's part, of course, is to stand around and sneer at the efforts of the novice; to ask him if he considers himself strong if he can't lift as much with two hands as the professional can with one, etc., etc. The chances are ninety-nine out of a hundred that the professional could not lift the bell himself with two arms, and he is very careful never to make the effort.

The Standard Lifts

By Robert B. Snyder, Jr.

All strength aspirants who are sincere and fair, and want to compete with other athletes in order to determine their degrees of strength and skill in weight-lifting, should be willing to accept and practice certain standard lifts as laid down by a governing board composed of men qualified by their having a knowledge of all the various feats of strength.

As for my opinion, and I think the majority of the readers of "Strength" will agree with me, it is that no lifter should be allowed to select his own pet lifts and use them in competitions.

In Alan Calvert's book, "The Truth About Weight Lifting," he tells us about the wonderful system of standard lifts as practiced by the athletes in the leading European countries in determining who is the strong-

est man. And realizing that in countries where heavy gymnastics have prevailed for a great many years, just as we have been partial to track athletics, it is logical to conclude that by experimenting through the years they have arrived at a better method for gauging strength feats than we have. Mr. Calvert makes a strong plea to all American lifters to adopt the standard lifts as are practiced in England, France, Germany, Austria, etc., and as are taught in one of the courses of The Milo Bar-Bell Co. in this country.

The standard lifts are:

The right and left arm snatch.

The right and left arm swing.

The right and left arm jerk.

The two-arm press; Continental and military.

Assuming that most of you are more or less familiar with these lifts I will not go into details about them but will say a few words gleaned from my meager experience in practicing them.

I want to say right here that I am very much in love with the standard lifts and am equally as much against the practice some athletes have of originating pet lifts and practicing secretly in perfecting them and then boldly challenging the world to duplicate his feats.

One Arm Snatch

This is a beautiful lift when done correctly. The beginner in practicing this lift is apt to make more of a swing than a snatch, but after having practiced for a time he will gradually lessen the circle and begin to pull the weight in more of a straight line. He also finds trouble in dipping under the weight, but will overcome that by making repetitions with a weight within 15 per cent of his limit. In making the lift the athlete stands directly in front of the bar, toes on the same line, heels not more than 12 inches apart. He reaches down and grasping the center of the bar makes a strong pull aided by the push of the opposite hand against the



same knee. The pull brings the weight about the height of the chin, and then with a dip of the legs—is under it. The finished lifter does not move his feet at all throughout the lift, for that is lost motion.

One Arm Jerk

The one arm jerk is another wonderful lift, and one that makes some of the American lifters uncomfortable whenever it is mentioned. In this lift the weight is jerked from the shoulder to arm's length above the head by bending and straightening the legs at the same time thrusting the arm upward. Repetitions with 85 per cent of the lifter's limit will enable him to acquire the correct form.

Two Arm Press

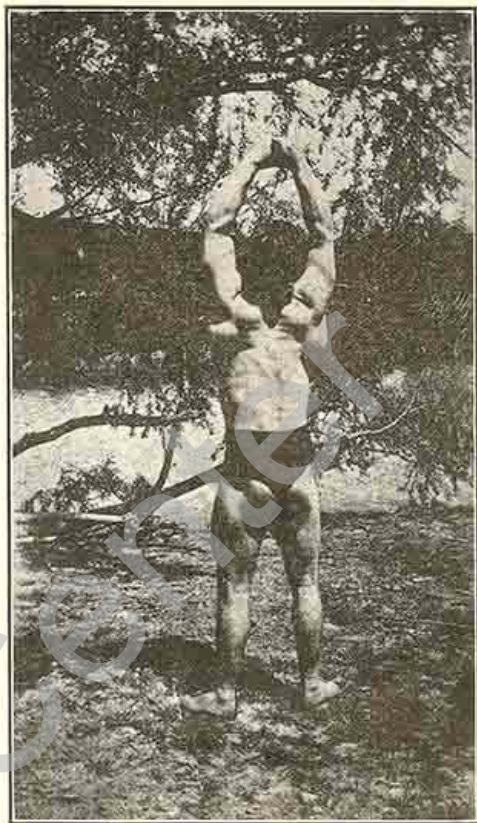
The bell is lifted from the ground to the chest with both hands, and without it having touched the body in any way, is pressed steadily aloft. In the military press the heels are about 12 inches apart. Throughout the whole lift I do not move my feet at all.

In the Continental press the weight may touch the chest and also one leg may bend while pressing.

In this lift in England and France the bell must be lifted from the ground to the chest in one movement, but in other Continental countries the bell may be lifted first to the height of the thighs, then a dip of the legs and a jerk of the arms will enable the lifter to get the bell half way to the chest, while another dip and jerk will bring the weight to the chest and ready to be jerked aloft by a dip of the legs and a thrust of the arms.

One Arm Swing

In the one arm swing, the lifter swings the weight in a half circle from the ground to arm's length above head, all the time using a perfectly straight arm in raising the weight. In this lift a dumbbell is used, as it is swung from the ground from between the legs and aloft.



My weight is at present 139 pounds.

My latest lifts are:

One arm snatch	130 lbs.
One arm jerk	162 lbs.
Two arm press, military.....	180 lbs.
Continental	190 lbs.
Two arm jerk	225 lbs.

I am ready at any time to lift in competition on standard lifts and I lift for the pure joy of lifting. If there are any weight-lifting clubs within a radius of 300 miles of Hagerstown, Maryland, that expect to hold contests at any time I would like to have a chance to compete.

My lifts have been stated above. I am not very proud of them because they do not compare favorably with the world's records made by men of my weight, but they are fairly good for this country.

If there are any lifters at ten stone who can make better lifts in this country than I, please write to the Editor of "Strength," and to me personally.

Muscle and Mind

By L. E. Eubanks

While I was jotting down thoughts for this article a friend asked what the subject was to be. "Muscle and Mind," I replied.

"Muscle or mind," corrected my questioner, and then went on to explain that remarkable muscular power and superior mentality were never found in the same individual, were incompatible, etc.

Wishing to be respectful to this friend, I listened, but could hardly repress my vexation. It is the same old groundless belief—never anything more than theory—that one has to choose, or has the choice made for him by Nature, between physical strength and mental strength. I have tried in vain to trace the origin of this belief; I have always been deeply concerned; because it has impressed me as one of the big arguments that defenders of physical training must overcome. As far as I can learn, it is purely an empirism—an opinion based on observation and unsubstantiated by scientific proof. People say "Look back at the giants of olden times; none of them possessed equally strong minds; anytime a man is far superior in one direction he falls back in the other."

We can best answer this with a question: How many of those giants tried for superior mentality? Human gifts and abilities are of two kinds, inherited or God-given, and secondly, acquired, developed. Who knows what the possibilities were in those "giants of old"—developmental possibilities. As a rule, both in ancient times and now, persons who are absorbed in one form of development are inclined to neglect the other. It must be admitted too, that a muscular marvel's mental caliber is apt to seem, by contrast to his physique, to be smaller than it really is, and vice versa.

There are all kinds of human freaks. A man may be born with a magnificent body and feeble mind; but this constitutes no argument against the possibility of possessing strength in both directions. Obviously, such a man did not "weaken himself" mentally by over developing his body; he did not develop either. The only way that the contention of incompatibility could be proved would be for a man to try equally hard on both lines and fail decisively on one. This has never been done to my knowledge; practically everyone specializes; and herein lies a fundamental mistake, for all-around development should be the aim.

As a matter of fact, few individuals attain great eminence in both physical and mental directions. Not because of anything in either that is detrimental to the other, but because few indeed have the necessary energy. It must be remembered that the organic processes have their limits in backing up effort, mental or physical. Energy increases with

strength, is a part of it up to normal limits, but when any kind of training is carried too far loss results instead of gain. I have seen a man so over trained muscularly that he seemed dull, almost foolish; and certain objectors to physical training cited him as a terrible example!

He was an example of the folly of over-doing—that is all. His energy, in every sense, was used up; in a private test, I found him in as sad a plight physically as mentally. He was completely stale and it took several weeks' rest to restore his vigor. And is it not significant that when he again felt strong physically he had lost the stupidity so noticeable before?

Similarly, a man can use himself up mentally, and when he has done so you will not find him very strong physically. When the energy reservoir is empty the man, the machine, is done—and there are not two reservoirs, as some objectors to physical exercise argue.

Science is slowly corroborating the arguments of physical culturists that thought is as much physical as mental. One physician-writer says: "To lose sight of the demands of the muscles spells stupidity, whether in child training or adult pursuits. There is nothing so great in a man as his muscles, and these are in a large measure his mind. Physical development makes for muscle and intellect, memory and perception."

Brain work is remarkably like physical work, when one reflects on it. Fundamentally, any organic function requires blood for its satisfactory performance; we know that the presence of food in the stomach calls blood to that organ that digestion may take place. That mental action entails a blood flow to the brain has been proved by the mechanical experiment of balancing the body then asking the subject to solve an intricate problem. Further, it has been shown that the direction of concentrated thought to a particular part of the body sends an extra supply of blood to that point. You may have observed in the victim of "blushing" that the blush is more a cause than an effect of embarrassment. The fear of "coloring up" makes him think of his cheeks, and he may blush without any evident cause. Theoretically and actually, the brain's work seems not to differ from a muscle's; it is a matter of energy and blood supply in both cases; there is ever-increasing evidence that the brain is merely a part of the body.

Then where is the seat of mind? Using a slang expression, I should say "the whole business." So dependent on each other are the mental and physical functions that I would hesitate to say that the brain or any other particular part is the controlling cen-

ter. One thing is absolutely true, if the brain is the mind then nerves all over the body are a part of the brain, and consequently of the mind; for we know that injury to the nerves affects mental action.

Referring again to the circulation, I think it is undeniable that a vigorous and copious blood current will nourish the brain, or the function of thought, wherever its seat may be, better than a weak and insufficient stream. Further, the **quality** of blood is bound to affect the character of thought, and these facts must make the circulatory system a part of mind. The discussion involves endless arguments, but every conclusion points to the one paramount fact: that, in effect at least, mind and body are one. True, a man may think, sometimes remarkably well (for a while), with his body racked with pain, and a man may under certain circumstances do surprising physical stunts without the guidance of mind, by reflex action or automatically; but where is the satisfaction or permanence of such ability? What we want is all-round power; the man of intellect is infinitely a "better man," even in his specialty, for the possession of health, and the possessor of health and muscle is immeasurably more capable and more admirable if he has a clear, quick and receptive mind. Normally, assuming an equal division of developmental effort, a man may possess both in a high (perhaps not the very highest) degree; and this should be the aim of every physical culturist.

People who doubt that mind and body help each other to normal development simply have not studied human life; else they could not fail to see the facts. Several years ago a sensible man, the father of a bright healthy boy, came to me for "physical advice." I was teaching at the time, and Mr. Blank asked if work under me would help to keep his son away from bad company.

I replied that it depended on whether or not the lad's interest in his physical self could be aroused; that if it could and he could be fired with ambition to possess a grand physique, all would be well.

Would that ambition keep him out of bad company?

Not necessarily; but it would make him impervious in a large measure to that company's influence, which was the real object. Clean muscles and a clean mind generally go

together. I found it true in my own youth and have seen it proved in many other cases that there is nothing more effective in causing a boy to lead a clean healthy life, with good hours and good habits, than a desire to be strong and well built. Once we had the boy I have mentioned under headway at body development his father could, through me, do anything with him. Not that he loved me as he did his father; but he respected my advice on physical subjects, and whatever I told him to do in the interest of his strength and development he did—exactly and without question. We carried the lad over two dangerous years, and at eighteen he was the strongest boy in town—and nearly as far ahead mentally; because he had spent most of his evenings reading instead of "tearing around."

That "a little exercise helps sedentary workers" is granted even by those who deprecate strenuous muscular training. But too many of these "all mind" persons consider a mile walk and five minutes with two-pound dumbbells ample exercise, and look upon even that as a necessary evil. If they only knew the truth, a study of "training rules," irrespective of the direct benefit of physical work, would be of great value in their mental culture.

Did you ever see an athlete so uninformed as to fill his stomach to the bursting point just before a contest? Not many, I'll wager. But what percentage of our brain workers think of this? Some do, I know, and their number is on the increase, but the percentage is yet surprisingly small. Call the analogy to their attention and they say, "Oh but bodily effort is a different thing; I am sitting all day."

We have seen that thought, like the strictly physical functions, requires blood; the work of any part, brain or biceps, depends very largely on the nourishment brought to it by the vital stream. Digestion and boxing, for instance, cannot proceed with entire satisfaction at the same time; so experienced pugilists prefer to enter the ring with stomach empty, or nearly so. Exactly the same law applies to "brain work;" the man who has a "contest," in the form of a big business problem, scheduled for the afternoon is unwise to "load up" at luncheon. Many cases of afternoon drowsiness could be traced to this cause. I was amused at the bathing beach last summer by a woman's talk

On the other hand, you may be "high strung," nervous, fidgety and wasteful of your energies. If with this temperament, your ambition is for heavy muscles and great power, you are in for a real battle. Now "get me straight;" I am not saying that you cannot win out, but you have a bigger job than he who is of the steady, quiet, rather lazy disposition. The latter, if he will train, puts on beef and muscle easily, while you waste too much vital energy. Your comparatively small muscles may be stronger than his on some test lifts, because of your "pep" and snap; but the effort is costing you a lot more. If he could summon the mental energy you possess he would beat you—the same as you will beat him if you can acquire equally large muscles. We come back to the principle of an interdependence of the physical and mental; they are equally desirable.

Every athlete knows the value of self-confidence; the contestant without a reasonable belief in himself is half defeated at the beginning—in any game or sport. The aggressive, determined fellow who takes the attitude "You've got to show me; I'm not done till I'm counted out and carried out" makes the other fellow, the self-doubter, nervous. It is a law of psychology that the easiest way to make others believe in your abilities is to believe in them yourself—or to assume belief in them. If a boxer, for instance, is somewhat fearful anyway, and then sees every mark of self-confidence in his smiling opponent across the ring, the result is as serious as an actual wallop in the solar plexus or a swing to the jaw; he is half licked in the moment that he confesses the probability of defeat.

This "getting your opponent's goat" may not be commendable from every viewpoint, but you can bet that most athletes are going to do it if they can; and the ability to do it will be a part of the athlete of coming years, because his mental qualities are going to count equally with the physical. In contests involving bodily contact of the contestants a man's mind in its display of fearless belief in self has many many times won when all physical advantages were on the other side. When two, wrestlers, straining every nerve and sinew to the breaking point, so maneuver that eye meets eye for a long searching gaze—right there one man knows he is beaten. I tell you, pals, this factor of

mind has to be reckoned with in physical culture.

Getting down to the more concrete phase, it is common knowledge that "concentration" greatly helps in the development of muscle. "Put your mind on it" is a stock phrase with the gymnastic director. The reason thought-of muscles grow more satisfactorily is simple, not nearly the psychological phenomenon some people believe. We have seen in a preceding section of this article that thought-direction greatly influences the circulation, and since foods, building elements; are conveyed to the working muscles by the blood it must follow that metabolism (the rebuilding and waste-removing processes) must proceed more effectively if the blood supply is copious.

All the benefits of concentration are lost when it is overdone; a number of mistakes are made in this. If a man is exercising with light apparatus he will have to make special mental effort to accomplish the object of drawing blood to the muscles but, in one aspect, this is a sort of artificial method, and entails a nerve strain out of all proportion to the muscular exertion. He is forcing interest, and doing it largely at the expense of nervous energy.

Further, the effort at extreme concentration on the muscles when they are not really doing anything vigorous has a tendency—unless it is studied more carefully than most exercisers study it—to tense the muscles unduly. A muscle can contract strongly, even to its limit occasionally, with benefit, but if contraction is held too long the enlarged muscle fibers compress the blood vessels more or less and impede the circulation. Thus concentration if misdirected may defeat its own object.

The most effective concentration comes from real interest in the exercise and real effort by the muscles; here we have no considerable nerve waste, because the muscular contractions are measured automatically—in accordance with the degree of exertion required to overcome natural forms of resistance. And when it becomes necessary for a person regularly to drive himself to an exercise, there is something wrong either with the exercise or the exerciser.

to her ten-year-old son. "You must not swim immediately after eating," she explained; "the exercise brings the blood to the muscles and causes indigestion; read an hour before entering the water." Certainly, we cannot always lie down and sleep or sit idly after our meals, but let us understand that there are not two sets of laws, one for body the other for mind, in this matter.

A great many other "rules of training" might be cited showing the practicability of "physical culture for the mind;" in fact, we may formulate the general rule that what is good for the body is good for the brain—using "brain" with the popular interpretation.

But the main object in this article was to discuss the other side. As I have remarked, people generally agree that "a little exercise is good for brain workers;" but a good many athletes and physical culturists have never thought of mind culture for the body; and may at first doubt its feasibility.

We hear a great deal about temperament as related to health and strength. Certain athletes are said to be of nervous type, others wonderfully calm, etc. Since, unquestionably, thought directs all bodily action, is it not good sense for the body culturist to train this controlling agency, the mind? Every follower of athletics has seen performers of unquestionable physical ability fail to do themselves justice because of excitement, discouragement, timidity, fear, anger or other emotion. The ability so to control the mind that the body can do its best must be of incalculable value to all athletes. In fact, the time is coming when "athlete" will signify a person of trained mind and body. The term bore much of this dual meaning in the heyday of Greek culture, and there is evidence of a revival of that interpretation.

But though athletes and physical culturists recognize temperament as a factor in their success or failure, they too often regard it as a fixed trait. In a way perhaps it is unchangeable, at its very base—much as a small-boned man will remain small-boned in spite of training. But temperament, like bony framework, may be modified. We know that the wrist bone of a man in his twenties will not get much larger from muscular exercise, but that the tendons will thicken, fill out depressions, and make the joint far stronger. Thus in effect the wrist



"A strong back and a weak mind." Was his mind weak because his back was strong, or only because he had not tried to develop his mind as he had his body?

is enlarged, at least in the sense that girth implies power. Similarly, a man's temperament may remain essentially nervous or phlegmatic, as the case may be, but cultivation of the required mental attitude to offset a certain temperamental handicap changes temperament in effect.

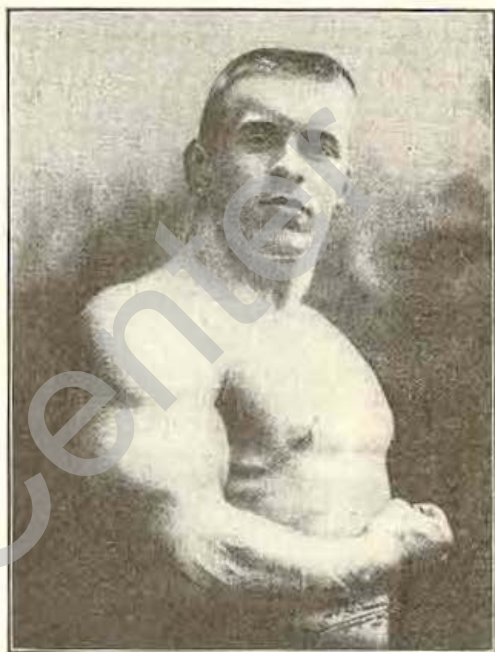
As Shakespeare said, "If you have not a virtue assume it." If you know from experience that you are too much on the take-it-easy order, too slow mentally and physically and too ready to give in; strive to exchange this phlegmatic temperament for one of the nervous, executive order. You will not succeed entirely, for heredity cannot be set aside at will, but you will succeed in modifying your mental makeup and will be a better athlete, a better man in every sense, for a harmonious, working blend of temperaments.

The Upper Arms and How to Develop Them

By O. R. Coulter

The possession of a big upper arm has been the leading aim of many physical culturists. The young enthusiast, imbued with the manly desire for strength and development, finds it much more convenient to exhibit a muscular arm to his friends than to display any other part of his body. So the average boy or man, to convince you that he is strong, will roll up his sleeve and ask you to feel how hard his biceps are. The extent of this big biceps delusion is quite well known by physical culture instructors and one of the London experts even had a medal designed, showing only a large upper arm, as a special inducement to prospective pupils. Inasmuch as this instructor taught correct progressive work and naturally achieved results, I have nought but praise for his course of instruction, but I am strongly opposed to the big biceps medal idea as it fostered a belief in false principles.

The big upper arm idea has prevented many an aspirant from doing a good balanced ration of training and acquiring the bodily health and strength that invariably results from a course of thorough all-around progressive work. This undue emphasis on arm development and its consequent results or rather lack of results is about the biggest argument that could be advanced against training, for muscular development. It cannot be too strongly impressed upon the reader that arm development at the expense of the rest of the body is a great mistake. The upper arms, usually, are not difficult to develop and some physical culturists make the error of devoting too much time to them until they are developed out of proportion to the chest and legs and then find that the development obtained is of very little use in any sport or game. It would seem that many people think the only thing necessary to become strong is to obtain a big upper arm development, and in addition, often make another error in developing the upper arm or rather a part of it by almost exclusive training of the biceps. Even teachers in the public schools who have charge of the physical training of our growing youth instigate "chin-ning" competitions as a test for the biceps,



LURICH

but seldom hold any "dipping" tests and thus encourage any training of the pushing muscles of the upper arm.

Building muscle solely will not produce great strength. Measurements of muscles give size only and do not indicate the shape or power. No only are there men with large muscles who do not have especial strength, but on the other hand, some of the best lifters in the game have had comparatively small muscles, especially in the arms. The late W. L. Carquest, one of the most famous light weight lifters of London, bent pressed 196 when his upper arm measured only $13\frac{1}{2}$ and later increased this to $222\frac{1}{2}$ with only a slight increase in the size of his upper arm. J. H. Holliday, of Manchester, England, had only a $13\frac{1}{4}$ -in. upper arm and bent pressed 203. Bonnes had only a $15\frac{1}{2}$ -in. measurement, yet he pressed 255 with two arms in the French style. August Johnson and Lurich had only about $15\frac{1}{2}$ -in. upper arms according to

the best authorities, yet Johnson was the first man in the world to reach the 330 in the two-arm jerk, and Lurich jerked about 350 with two arms and still holds the world's record for the one arm jerk. I could quote many more examples that quality of muscle is more important than quantity, but space forbids. You cannot get an impressive physique from developing only the arms and you might sacrifice strength and energy in trying to obtain any unnatural development of them. Efficiency is as important as appearance and both of these qualities are most frequently associated with a balanced development.

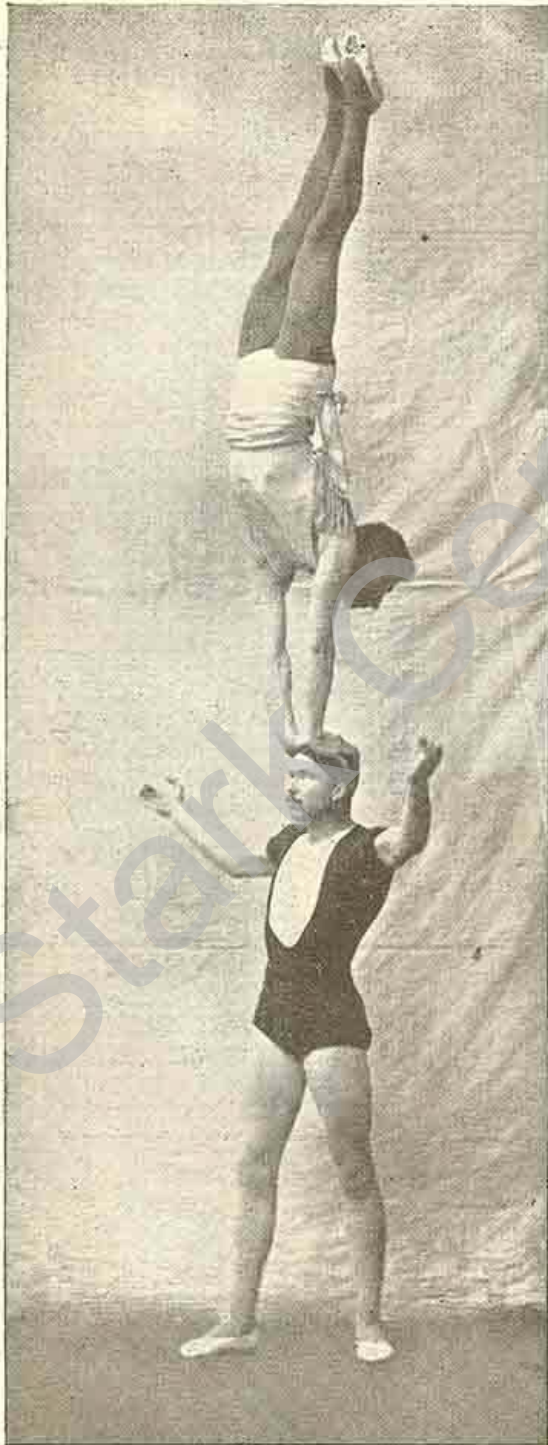
While many have gone to the extremes in attaining upper arm development, there are others whose arms are not what they ought to be in either size or strength. The most of these have not done enough of the right kind of work and a few of the others, because of natural limitation due to variation in individual characteristics, are never able to attain quite the development of those of a more natural potentiality for development. To get the maximum development of the upper arm, the various muscles of which it is composed must be developed to their limit. Now, even the novice knows that the big muscle on the back of the arm is the triceps and that the one on the front which flexes the arm is called the biceps. He also knows that "dipping" on the floor uses the triceps quite vigorously and that "chinning" the bar is considered a fine exercise for the biceps, but the chances are that he does not know that other muscles of the upper arm cannot be developed to their limit by these exercises alone and that even the biceps and triceps cannot be increased to their maximum size by an exclusive use of the arm in a limited position. The movements and positions that the arms are capable of assuming are manifold and some variation in work is necessary for the complete development of them.

The most important function of the biceps is to bend the arm, bringing the hand and shoulder as near together as circumstances will allow, but the tendon of the biceps is partly wound around the radius (the exterior bone of the forearm) in pronation, and its first action, therefore, is to unwind, thus rotating the forearm outward and turning the palm upward. Thus it will be seen that to get the strongest action of the biceps in bending the elbow, that the palm of the hand should

be up, for in that position the tendon is straight. To bend the elbow, keeping the back of the hand up requires more strength as part of the force of the biceps is neutralized by the muscles which prevent the forearm from turning. Therefore, to develop all parts of the biceps to the limit by such an exercise as chinning the bar or curling a bar-bell, both movements should be used to get the best results. The chief use of the triceps is to straighten out the arm and in this capacity its action is that of a force applied to a lever of the first order. When the elbow is straight the long head of the triceps helps to draw the whole arm downward and backward, so to develop all parts of the triceps to their limit, it would be necessary to use this last movement in addition to the one of straightening the arm. The brachialis anticus is the muscle which lies immediately behind and projects on each side of the biceps. It covers and forms a protection to the elbow joint and lower half of the front arm bone and is a flexor of the elbow. The remaining muscle on the front upper arm is a small slender one arising in common with the short head of the biceps, from a part of the shoulder blade extending down to the middle of the inner side of the arm bone. Its action is to draw the arm forwards and inwards upon the side of the chest. It is an impossibility to develop these muscles to the limit by working the arm in the one straightening and the one flexing position, but when the biceps and triceps are used in varied movements where the elbow is somewhat free and the forearm rotates to some extent as in a lift like the one arm clean and bent press, these muscles are all brought into play and all receive exercise and consequently develop.

The folly of the accepted methods of light exercise can readily be seen from the foregoing. The well known 5-lb. dumbbell systems give the exercise of curling, always holding the elbow in a fixed position, to develop the biceps and advocate pressing the bells from the shoulder to arm's length above the head to develop the triceps. The same weight is used in both exercises regardless of the relative strength of the muscles involved. It is quite true that the arms come into use in the other exercises of these systems, as the bells are always held in the hands, but these two movements are the ones in which

(Continued on page 21)



William J. Herrmann and
Premier Gymnasts, Acrobats

The Equilibrium

Bronze statue by
posed for

William J. Herrmann



These pictures published

of
Prof. William

of
Herrmann's Physical
Philade

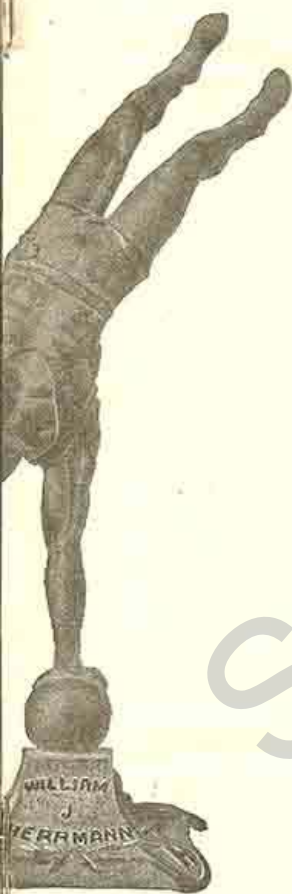
and Joseph Lamartine,
Acrobats and Equilibrists.

Equilibrist

Ernest St. John

performed by

Herrmann

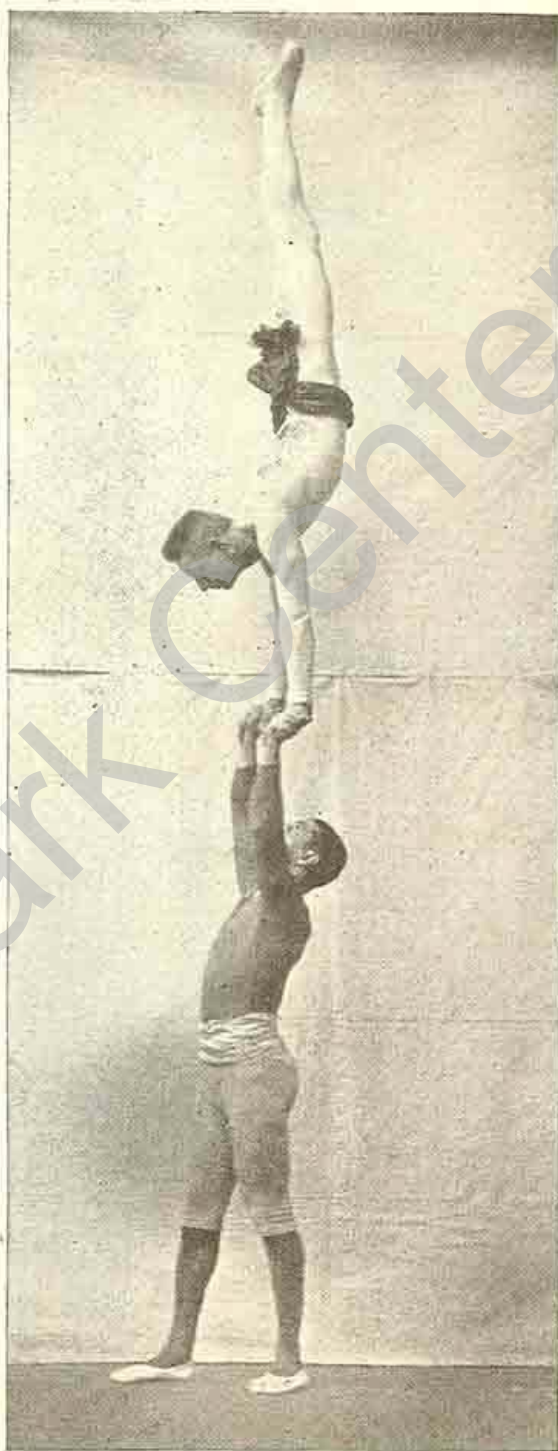


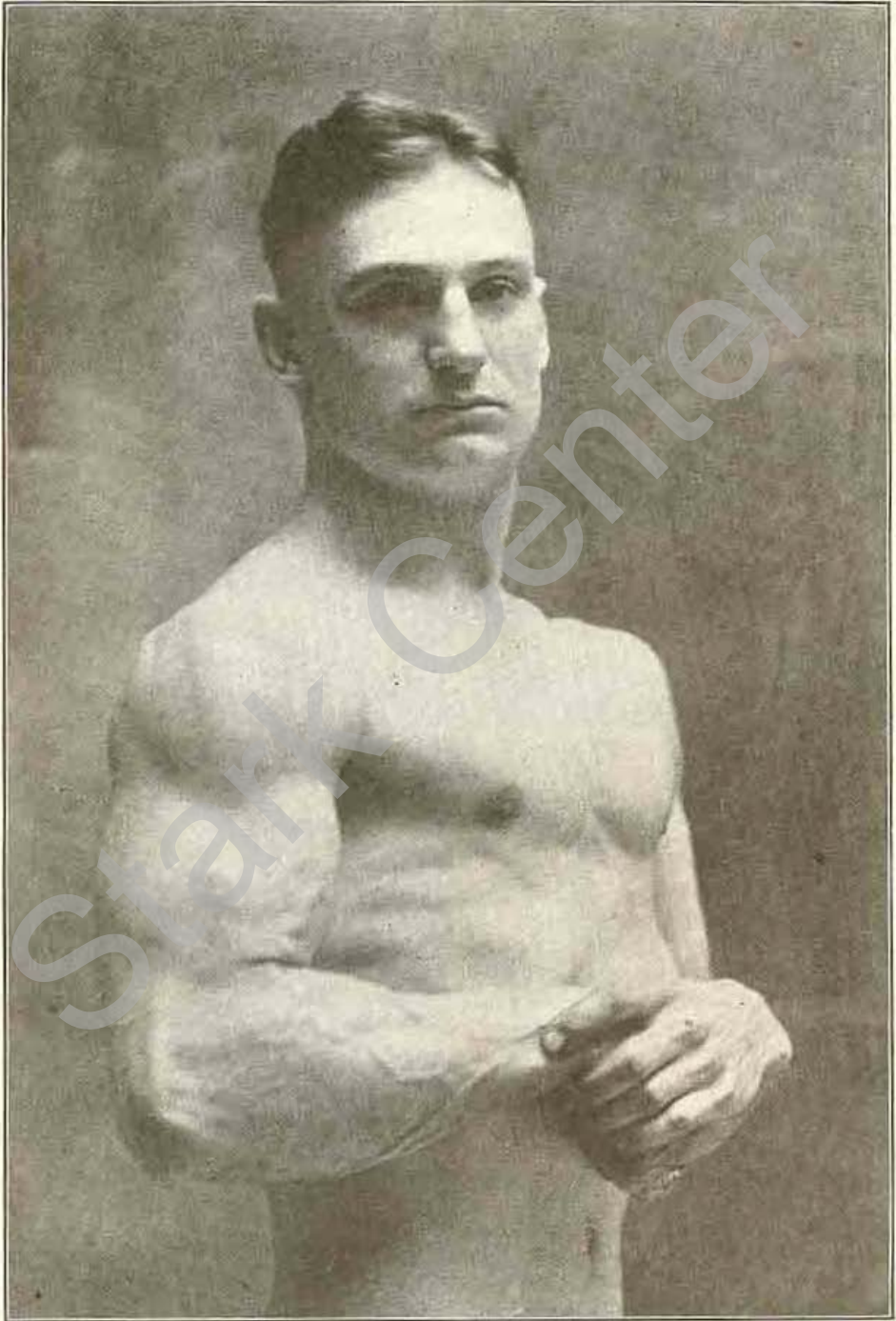
performed through the courtesy

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of the Training Institute

Philadelphia





Charles McMahon

The Permanency of Weight Lifting Strength

By Charles McMahon

I have often heard young fellows and even older men make remarks similar to this one: "Weight-lifting is all right, but you must keep up training or you will lose the strength so developed." Needless to say, these fellows are not weight-lifters, nor do they ever hope to be. They are, as a general rule, advocates of other systems of training and realizing that weight-lifters have it on them, not only in feats of strength but often in endurance, speed and apparatus work, these remarks become nothing more than "sour grapes."

For, what is there in this world that you don't have to keep at, to not only obtain the greatest possible efficiency, but it also to retain it? This is true with everything a person undertakes to do, but more so with athletics. In brain-work it probably isn't so pronounced as in muscular work. A man who is proficient in figures may be away from them for months and not notice any great decline in his mental power when he returns. If he does find a little fog-giness at the start a few minutes will clear it up and he will be none the worse for his long lay-off.

But it is not so with the muscular side of the question. Just let a runner stop for months and he will need weeks of training before he will feel as though he could do himself justice in a race.

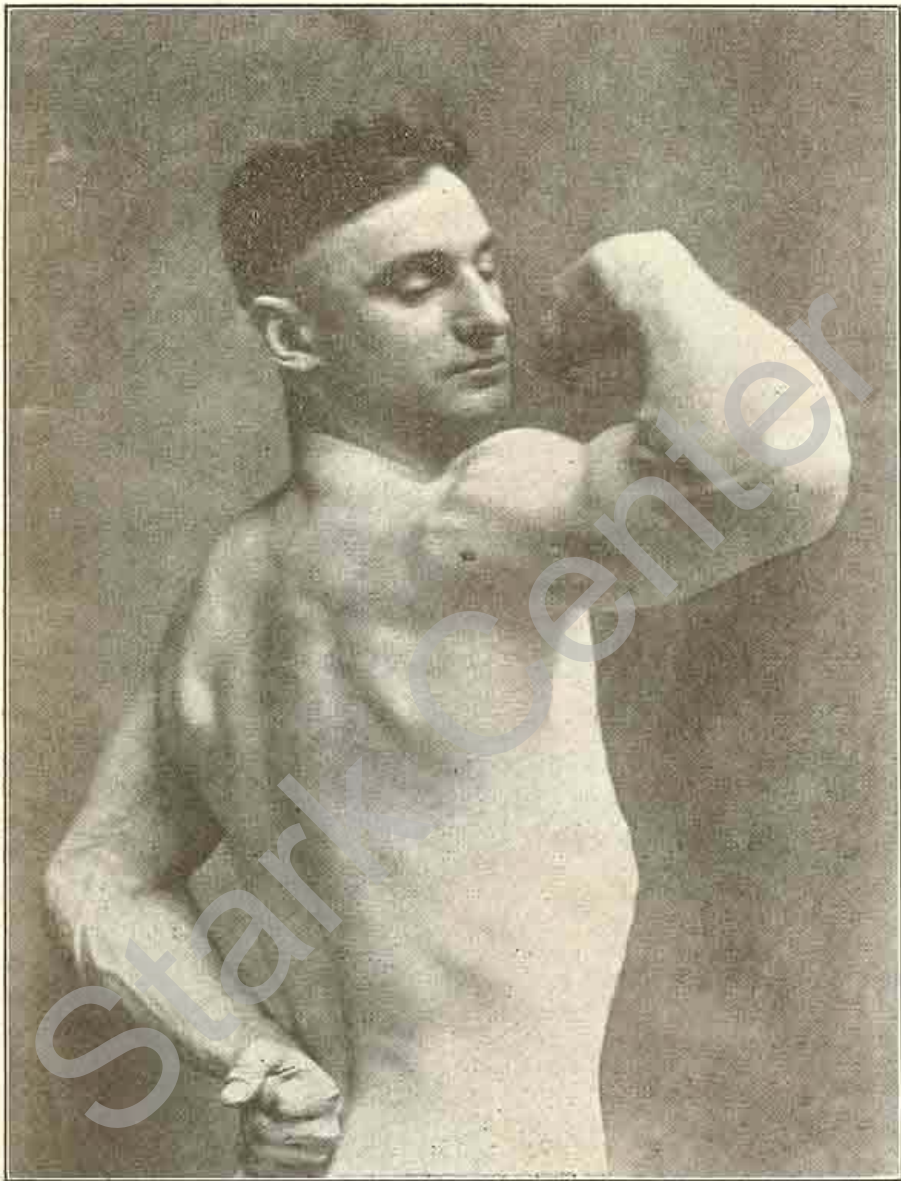
So then a lifter too, like all athletes, must train faithfully in order to maintain his greatest possible strength. But whether he keeps up his training or not, his strength will never drop to the point where it was before he took up lifting. By "never" I mean not until old age overtakes him.

The point I am trying to make is this: Supposing a fellow starts lifting and specializes in the bent press; a lift that few men start with more than a hundred pounds, the majority find sev-

enty-five and less plenty; and in due time works it up to two hundred and fifty. Then for some reason he quits the game for good. After months and even years without even seeing a bell his chances of equaling his record without training first are very slim, but you could safely bet your bottom dollar that he could do around two hundred. The older he gets, of course, the more this will drop. He will never even after recovering from a severe spell of sickness, fall as low as the seventy-five pounds he started with.

I suppose there will be quite a few who read this article who will feel a little doubtful as to the sincerity of the above remark, but as I speak from actual experience and not from hearsay or theory, I feel safe in what I say. All men may be born equal—I'm not sure about that, but I do know that they don't all lift weights equal. Nevertheless, we are all near enough alike to make this hold good with the majority at least. This to my mind is very good proof that strength gotten by lifting weights is as natural as the strength one has without lifting. Because if it wasn't natural, or against Nature so to speak, I don't think we would retain a bit of it after years of absence of lifting. Whereas, I hope I have proven we retain the larger part of it.

To say anywhere near accurately, what per cent. of strength gained by weight lifting a man would lose in a given number of years of idleness from lifting would be impossible. But I believe it would be somewhere between twenty-five and forty per cent. So, if a man started with fifty pounds, and stopped at two hundred, forty per cent. would make it a hundred and forty pounds he could lift without any training, or a loss of sixty pounds from his best lift. This I am sure is putting it



Charles McMahon

very low and therefore would hold good for quite a few years.

Of course it would be bad business for anyone to attempt to lift as much as that right off the reel unless it was absolutely necessary. Anyone who has lifted weights for any length of time at all has learned that. The beginner is

usually the foolish one in this respect. Not only is it dangerous after a long period from lifting, but also in a short one. A lifter who was in the hardest of training and the best of shape wouldn't think of starting in today where he left off yesterday without "warming up" beforehand.

It is not only the fear of strained tendons that makes him start lower than his record, but the heart must beat stronger and more rapidly when putting all he has into his best lift, and the blood must circulate all through the body with exceptional force. This must be accomplished slowly or it would be very hard on the heart, to say the least. It is like jumping under a cold shower when overheated, which changes the action of the heart too quickly. Some people can withstand the shock, but everyone who tries it takes a chance.

Another good example of the lasting qualities of weight lifting strength is that, at the majority of pre-war lifting tournaments held by the Milo Bar Bell Co., there were several "Old Timers" or "Has Beens" present, who, while they only attended as spectators, were often persuaded to actually compete with the regular lifters who came there more or less trained for the occasion. While they hadn't touched weights for years they never failed to hold their own and oftentimes beat the lifters who came there for the express purpose of lifting. If the strength they had gained through weight-lifting years before had not been a permanent thing, they wouldn't have had a "look-in" with the younger lifters.

Another thing that these "tiddledy-wink" physical culturists, mentioned in the first paragraph, shoot off about when the green-eyed monster gets the best of them, is that weight lifting makes one short-winded. Now short-

windedness is caused by the non-usage of the full capacity of the lungs. In the ordinary everyday life it is not necessary to use the lungs to their fullest extent, and if we should by chance exert ourselves above the usual we find ourselves out of breath. The cause of this is that the unused parts which have lain dormant so long refuse to do their duty as they should, and consequently throw the extra work upon the other parts, which are not capable of taking care of it without quick breathing. It is a case of filling a small cavity many times in quick succession, or a large one not so rapidly but with longer breaths in order to get the required volume of air through the lungs.

A weight-lifter's chest is always large—anyone will admit that. You can't think of a strong man without seeing a large chest. If the chest is large it takes more than muscles to make it so. There must be great lung capacity there also. Now, as I have pointed out in the preceding chapter, if a man has great lung space he should never experience much shortness of breath. An athlete who has given up training may notice a shortness of breath after a time of idleness, but he will also find if he takes the trouble to measure that his chest has flattened a little too. One must take large breaths when lifting weights, and large breaths caused by exertion are what make good wind. Therefore I still believe there is no better system of training the human body than with weights.

(Continued from page 15)

the work can be best concentrated on the individual muscles and any appreciable development from the light exercises cannot be attained in any other way.

The reader may question why I consider concentration on the individual muscles as a best method with light weights and advise exercising the muscles in groups when using heavy weights. The reason for this is that there is another principle of exercise which, in my opinion, is equally as important as the exercising the muscles in groups idea. This principle is that an amount of resistance pro-

portionate to the strength of the muscles exercised should be used and just imagine if you can a general exercise with a 5-lb. bell, an Indian Club, or a light wand, that could possibly give this proportionate resistance. This should convince the reader of the impossibility of obtaining best results in arm development from light weights.

To be continued in the next issue with an analysis of the various methods of progressive exercise as applied to the arms and showing how much practical and efficient weight lifting is as compared to all other known methods.

The Fountain of Youth—and How I Found It

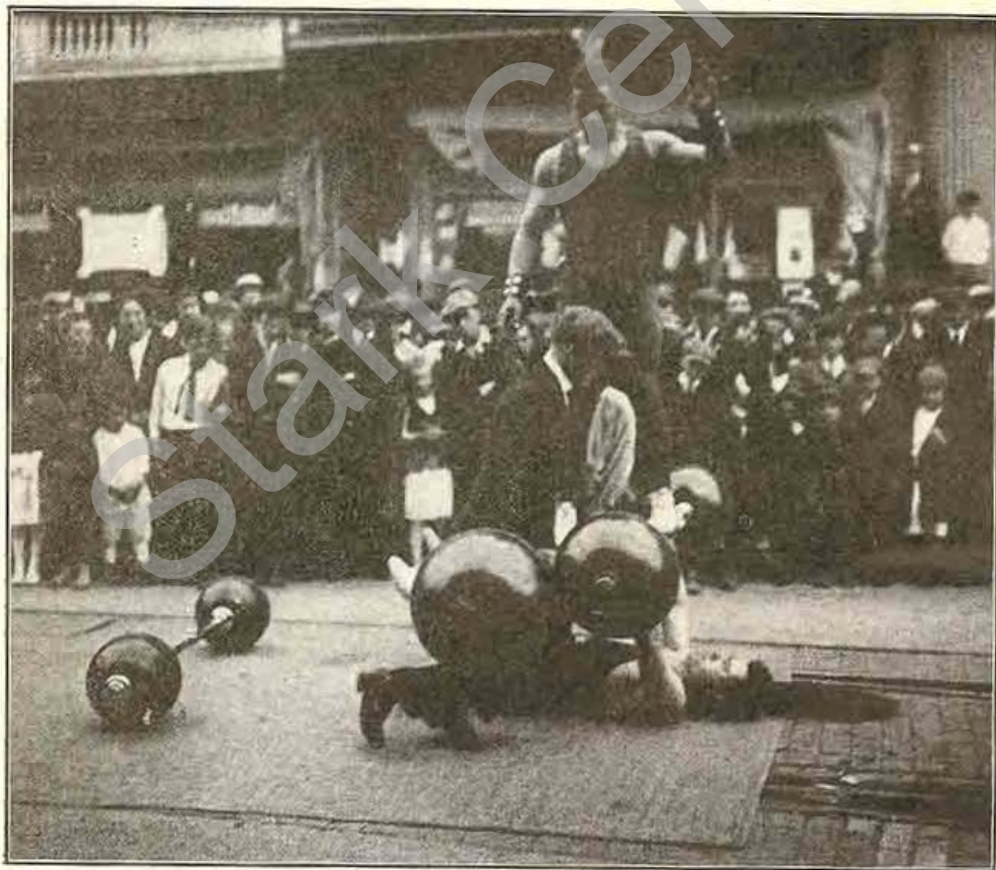
By E. F. Dilks

This is a true story of a weakling who became strong. A story of a man who at one time thought he had to stay "put" because he was told so and thought so.

I had most everything that could be in the make-up of a coward. As a lad I was very timid, was always alone and, as a rule, did not have the courage to join other children in their games. If a would-be bad boy gave me a look I would quake within. I was afraid of everything. If I went swimming it

was usually alone. At the age of 14 years I was a sick boy, always had a headache from morning until night. I usually walked along like a dog; that is, always expected to be kicked. I grew that way to manhood (if you can use that word).

Then mother died and I was alone, for no one else understood me and this meant a struggle, for I was afraid to undertake a job. Rather than take a better job I would work for half wages. Being handy with tools I did a lot of



In this lift Mr. Dilks has pulled over a 16-inch bell, pressed it, and then lowered it to the knees. He then pulls over a 14-inch bell, pressing it aloft, supporting three men in addition to the weight of the bells; total weight, 850 lbs. He has supported 1200 lbs. in this manner.



E. F. DILKS

various things. I would figure in my mind what I should charge for my work when I was to be paid, but when the time came I would always do it for nothing then go hide and lament because I had not the courage and strength to ask for what was due me. Oh! the hell of it all. I was afraid to die, was afraid of the world, afraid of the dark, afraid of the water, afraid of a crowd and afraid to be alone.

As I stated before, I had everything that makes a coward and why? Because I was a weakling. Things dragged along until I was 30 years old. I had secured some courage by then; that is, courage enough to read a "Strength" magazine that was given to me and through that weak body of mine ran a thrill after reading it. Could it be possible for a weakling like me to be a man? Trembling and with about as much faith in what I had read as a Quack Doctor has in his dope, I bought a bar-bell. Of course, I knew it would do me no good. Wasn't I "put?"

Wasn't the other fellow big when he started? He was born that way.

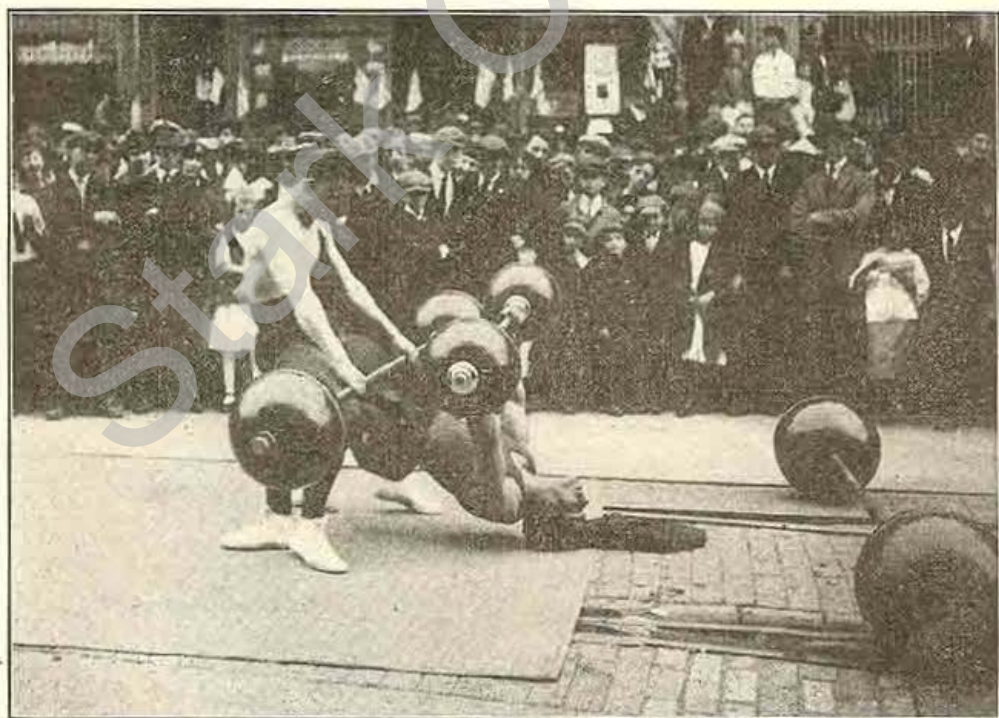
However, I started. I had a ten-inch upper arm. Imagine a man 5 ft. 10½ inches tall with a ten-inch upper arm? I went according to instructions and put every bit of enthusiasm in it I had. Then and there I discovered what I had always wanted—Strength and Poise. As if by magic my chest made a gain of five inches within six weeks. I then became like a man who had discovered a gold mine. I dreamed bar-bells, ate bar-bells, breathed for bar-bells through the day. I was constantly singing, "I am going to be strong and well." What the average man leaves behind at my age, I am just taking up; for instance, wrestling, throwing the disc, putting the shot, pulling automobiles with my teeth.

As one famous king has said, "Oh! my garter for a laugh again as in youth." He needed a bar-bell, he was not well. There are lots of men who are strong and well when they read this who will say that I am over-rating bar-bells, but they were never a weakling like I was and they only know one side of the question. I remember going out into the yard. It was about dusk and I looked beyond the setting sun away into space. I walked through the gates of a new life with a feeling of being well and strong. My breath came fast, a feeling came over me that I was master of the world. I had at thirty-two years what I did not have at twenty. I was old at twenty and young at thirty-two. I stood there, I don't know how long, with that joyful feeling surging through me.

Just one more word, a word to the weak; you, my sick friend, can do the same thing. I know what you think and how you feel. Get a bar-bell and life will start anew.



Mr. Dilks is shown pulling a car and ten men with his teeth, total weight 4800 lbs. Mr. Dilks' feats are all the more remarkable when you consider that he was a weakling at the age of thirty.



Allen Johnson supporting 475 lbs. in the bridge position. These pictures were taken during "Merchants' Week" in Bridgeton, N. J. Mr. Johnson will be remembered by the readers of Strength, his picture having appeared in the November 1919 issue.

“Stick”

By J. V. Prada, Mexico City.

An indispensable quality to achieve success in any line of endeavor is that quality which is epigrammatically expressed by the word serving as title to this article. Perseverance, persistency and courage are three synonymous words that readily convey to our understanding a clear conception of that inward force or quality which impels us to proceed and go on with whatever we might have taken up, with a certain view in mind, to its successful culmination; despite obstacles and difficulties besetting our path. It is a force inherent of man, in some stronger developed than in others; but nevertheless a force, plastic in its nature, that is, it can be moulded and developed. This force or quality seems to be given abundantly to some men, it seems a second nature for them to easily overcome all obstacles and impediments in life's way; in others it needs constant trials and discouragements to finally bring it to complete development, and eventually therefrom, achieve crowning and ultimate success, in what we might have followed as a life work or career. Without this force no one will succeed in anything, and like a rudderless craft he will more likely make for shipwreck than a safe harbor. I firmly believe that we are here in this world to do SOMETHING, to be SOMEBODY and, if we are not perfect successes insofar as these flaming incentives mean, it is certainly our DUTY to try to do our level best. In weight-lifting, as well as in any other line, the gist of the preceding paragraph is certainly an axiom. We must persevere, be constant and not give way to discouragement if we are to expect gratifying and ultimate success. Apropos of an article appearing in the November issue of "Strength" by Robert B. Snyder, Jr., well known as a first class weight-lifter and athlete, I wish to say he gives us the very reason why so many weight-lifters do not succeed, when he says: "The reason why so many weight-lifters fail to rise above mediocrity is that they lose faith in their ability to reach the ultimate goal." Therefore, do not expect to become a great lifter or strong man in a few months, a year or so, but remember that keeping everlastingly at it is the only way to get

you there; in other words, you must "stick."

Recalling some of my experiences I well remember that it was way back in the year of 1905 I first became interested in gymnastics, and consequently in developing great strength and a perfect physique. I was then a mere boy and at that time was attending college in the United States. Now that I have been through the mill, as they say, I must confess in this connection that afterwards I developed a degree of strength and musculature as to really surprise my own expectations. I also well remember that I had a perfect horror for anything approaching healthful recreation or exercise for the body, and not a few were the punishments that I would often receive as the consequence of being absent from gymnastics. One day, and I bless that day, I received a letter from my father, urging me to join the "gym" class and develop myself like my cousins, whom he said were also attending the same college at the time, and who by reason of coming from a larger stock, were more vigorous and lustier than I. Ever since that day I became deeply interested in gymnastics and in any method to develop great strength and the muscular system; in fact, that letter was the spark that set the flame agoing. From that day on I became an assiduous attendant of the gymnasium, practicing on the rings, the parallel bars, and also the pulley weights considerably; this last mentioned apparatus soon developed a fine chest on me. From a puny boy of fifteen I grew into vigorous manhood, for shortly after regularly attending the gymnastic classes I was the happy recipient of a gold medal for having won a two-mile swimming race against four other contestants and fellow students at the time. This certainly proved to me the incalculable value of faithfully attending to the care and development of the body, for it had unquestionably given me a sound heart, great endurance and excellent wind. Soon after that in my search and hunger after better methods of developing a powerful physique, I came across a copy of "Physical Culture," where there appeared a magnificent likeness of George Hackenschmidt, known as the Russian Lion, show-

ing his enormous 52-inch chest and his tremendous 19-inch biceps, which I must say, certainly filled me with awe, for it had never passed my imagination that there were such finely and powerfully developed men in the world. Hackenschmidt, as undoubtedly most of my readers know, is or was, (I cannot precisely quote) the great Russian Graeco-Roman wrestler who was the champion of Europe for many years in this style.

For some reason or other which I cannot at present recall I did not become acquainted with the progressive system of bar-bell exercises until the year of 1910, when I purchased my first adjustable bar-bell. I knew right there and then that I hit on the one and only method of acquiring what had long been my most ardent desire—the acquisition of a powerful and beautiful muscular development. It seemed to me that I had really found Ponce de Leon's fountain of youth after shortly practicing the system of progressive weight-lifting. It finally proved to be so and I began to regard that the Spanish explorer's desires at last had been fortunately realized by me. Many are the happy reminiscences that I can recall when I first started to exercise. I was then living in a town not far from the college I had been attending two years previously, for I had graduated in 1908. Guided by the proper spirit and determination I worked with a will, and soon after practicing the Milo course I was able to lift the fully loaded bell, or to be exact, one hundred pounds. This feat I could do using either arm in the bent press method of lifting above the head a bar-bell or dumbbell. Occasionally on off days I would drop in to visit my old Alma Mater with the object of going to the gymnasium. I remember that there were a few "heavy dumbbells" around. Some 40-pounders, some 50-pounders and one 75-pound dumbbell. There was also an old disc barbell that had long mouldered in rust and dust, for to my knowledge it had never been touched, not even by the huskies of the football Varsity eleven. Some of these huskies weighing anywhere around 175 to 200 pounds and of a commensurate height would sometimes, tiring of their football practice, come to the gymnasium and would try to lift the 75-pound dumbbell with a jerking motion of the right arm. Incredible as it may seem, only a few succeeded after re-

peated efforts, and as to pressing the dumbbell by the arm press they were absolutely incapacitated to budge it. They were rather surprised when I in turn would press the dumbbell several times with the right arm, using the side press, and then going to the cumbersome one hundred pound barbell would lift it just as easy by the bent press method. They attributed my being able to lift these weights to what they called "knack" and my rather short arms, but when invited to feel of my strength by having an arm test, they were greatly disconcerted on finding out that they were not at all successful in their attempts.

Referring to these bygone incidents in my experience with the weights and physical culture, I remember that I would often sigh and say to myself what would I not be able to lift and do if I had the weight and height that some of these corpulent football players happily displayed. You must take into consideration that I have always been a little fellow, only five feet two inches in height, and at my best weighed stripped, one hundred and twenty-five pounds. I was eventually consoled by a Spanish proverb, whose meaning should translate thus: "Nay, wings were not given to poisonous insects," meaning, of course, that had they wings they would certainly do greater harm, and this I considered a direct application to my rather inordinate desire, not that I wished to be a regular bully and overbearing, but I really wished to have been fully able to knock some fellow's head off, if sufficient motive were given, to command great attention and admiration. In this connection I believe that I exemplify the oft given advice to those who think that they have not a sufficiently large enough frame on which to build great strength and a perfect physique, thus becoming greatly discouraged at the onset of their weight lifting exercises and enthusiasm. Believe me, a large and bony frame might be an advantage, but the light boned prospective weight-lifter need not be discouraged on this account. Think of the law of compensation; nature will surely give you muscles of such size and contexture as to fully equalize the deficiency in your bony structure, if deficiency you wish to consider it. I have seen many a splendidly built fellow by reason of his large frame utterly unable to lift by the side press a 75-pound dumbbell. Then look at the many magnificent exam-

ples of athletes whose photographs often embellish the pages of "Strength." Most of these, among them being Mr. Goodman, Robert B., Snyder, Jr., and Ottely Coulter; should be sufficient evidence to impart courage and enthusiasm to those who may think that they were not "cut out" for weight-lifters or strong men. These are all athletes whose ability has been recognized and whose athletic showing is of tried merit, therefore, both worthy and reliable. Be a plugger and no light boned man may ever be a failure in the splendid sport of weight-lifting and in the commendable habit of exercising with a view to acquiring great strength and a vigorous physique. Referring to the methods of acquiring this development, let me say once and for all time that the only way is by progressive weight-lifting intelligently and methodically applied to all the muscles of the human frame.

In outlining a course of instructions, it is primarily intended, of course, for those who are to begin in the delightful art of weight-lifting, as the surest and safest way of acquiring great strength and a perfect development of the muscular system. In this connection it is well for the would-be weight-lifter or strong man to bear in mind that no fast and hard rule can be set for any one of us. Therefore, let them glean from the suggestions on training which will be outlined in the following instructions, whatever be most beneficial and appropriate to their own peculiarities and temperament. Remember we are not all constituted alike, and therefore, a different programme might be more readily adapted and applied in each different case; the only thing to keep in mind is what I refer to above when I say that we should apply weight-lifting in an intelligent and methodical manner to all the muscles of the body. Do not strain, go slow and watch the results, in other words, be patient. Do not expect to become a mass of muscles within a short time, for if this were the case there would be more Samsons in this world. Remember that like efforts produce like results, but always in the course of time. We cannot either stay our progress or force it to such a degree as to bring it to prematureness. The gratifying results which I am sure you will all expect will surely come. "Watchful waiting" is the policy to be adopted. Work hard, earnestly believing in yourself and I assure you that

you will reach the coveted goal—a perfect muscular development and great strength, not only of the muscular system itself, but the internal organs will have greatly benefited in the meantime, giving you tremendous vitality and that exhilarating feeling that can only come from great strength and a harmonious development of the muscles of the human body.

For the experienced athlete a perusal of this paragraph can have no great importance, but for those about to begin training for weight-lifting, let them bear in mind this precept: "Keep within your strength." Twenty to thirty minutes is sufficient to produce good results, providing you work with snap and determination during the period of exercising. As your strength increases you will also automatically increase the time spent with the weights. You will experience more pleasure in exercising and results will soon begin to manifest themselves. In the heyday of my physical training, and in my growing enthusiasm and strength, I remember that I regularly would spend an hour and a half with the weights and practicing on Roman rings, sometimes, as much as two hours, but of course, this was a little too much; no harm, however, ever came from this rather lengthy time of practice. Every other day works for the best results. Vigorous exercise, you should know, rapidly breaks down muscular tissue which must then be replaced by stronger and renewed cells, hence the reason for exercising one day and resting the other. One is the period of destruction and the other that of reconstruction. It is a sane and safe rule by which nature properly performs its functions. Occasionally the would-be athlete will experience a certain aversion to exercising, this is what it called feeling "stale;" perhaps he has exercised too much on the days previous, or for some reason or other suffered a physical depression which has resulted in this rather queer feeling. Then it is time to stop and put off exercising, say for two or three days, until he will have regained the temporarily lost energy and strength. Do not, however, confuse feeling "stale" with laziness. I am aware of its physiological likeness, but when keenly analyzed they are quite different. During my period of practice with the weights and rings I would take a steam or hot water bath with good results, as it would quickly drive off this

tiresome feeling. I recommend, therefore, to those who are apt to suffer from this "malady," to heed the advice given, as it is efficient in driving off that physical depression known in athletics as feeling "stale."

For the best results I recommend that a cold shower be taken soon after exercise, or early in the morning before breakfast. It not only acts as a stimulant to the nervous system, but it acts as an embrocation in eliminating that natural tired feeling after vigorous exercise with the weights. I refer to the natural aching and lameness of the muscles on the day after severe exercise. It is also of great benefit as a cleanser of the skin and pores of the body, and once you establish the habit of bathing in cold water, either soon after rising in the morning or after a turn with the weights, it will surely give you a ruddy and healthy glow, where no amount of lotions or the ability of a face specialist could produce on your complexion in a year. However, a cold bath is not at all indispensable. I know of many athletes and weight-lifters who have done without it and have acquired the very best results possible by practicing progressive weight-lifting. As for those who possess a rather delicate constitution, or whose musculature is of the long and drawn out kind, they had better abstain from it altogether until they will have gained such a degree of muscular bulk as to be able to enjoy and receive the benefits of a cold shower. On constitutions referred to above, a cold bath has a tendency to keep down the weight, and not infrequently it reduces it, and for this reason it should be avoided.

In a recent issue of "Strength," Ottley Coulter expounds his views on the subject of diet, finally concluding that athletes, especially weight-lifters and strong men, attach no great importance to the matter of diet. It is happily so for the weight-lifters and strong men, for they soon acquire such digestive powers as to fully enjoy and dispose of almost anything in the way of edibles. This is a decided advantage of the weight-lifter and strong man, and one which should not be forgotten. In my experience I have found out that the food that put Boston on the map is an excellent food as a muscle builder. Raw eggs and cheese also greatly benefit the muscular system. These are a few pointers that will do no harm. Again referring to the proverb mentioned in connection with the subject of sleep, let the reader bear in mind his gastronomic capacity and judge accordingly.

A sleeveless shirt or leotard should be used during exercising, trunks or gymnasium trousers should be worn, and leather san-

dals or slippers are the proper gear for the feet. Right here I wish to say a word about wrist bands or supporters, so commonly seen on athletes and considerably thought to be indispensable, particularly by those about to begin in some athletic activity. This is far from being the truth. The uninitiated in the art of weight-lifting or gymnastics generally concede importance to the use of wrist bands or supporters, hence the regular habit of wearing them. In my opinion and in the opinion of those whose authority is considered reliable, the use of this "dependency" should not be encouraged. It has a tendency to prevent the proper development of the muscles and ligaments surrounding the wrist. This alone should be sufficient reason to discard their use. Another disadvantage is that those who have grown accustomed to wearing them, when for some reason or other they cannot count on the "support," which they are supposed to impart, they are most likely not to feel any too sure of themselves if closely pressed in competition. This, of course, is the greatest reason in the world why they should not grow accustomed to the use of wrist bands or supporters. I am perfectly aware that even prominent athletes and weight-lifters use them, but this is for mere "effect," being considered as a part of the strong man's regalia. Some say that they have a tendency to make the arms look larger than they really are. This might be so in the case of a long and very muscular arm, but in other cases I fail to see where this effect would be produced. A belt, yes, this is indispensable, and should be worn to fit the waist snugly, neither too tight nor too loose. During your actually lifting practice work with a will, vigor and determination. Study a muscle chart and become acquainted with the location and names of the muscles involved in your practice; thus you will be able to concentrate on what you are doing, which can only mean added efficiency in your lifting. This knowledge of the muscles is also important, as it avoids the "hit and miss" method of exercising to which Coulter alluded in his recent article in "Strength."

By closely following the direction given in the preceding paragraphs you will soon be able to establish a system for yourself to fit, eventually, your own case and peculiarities, thus producing the very best results to be obtained by the practice of progressive weight-lifting. Keep clean, outwardly and inwardly, avoid worry and dissipation, and the gratifying results you undoubtedly look for with happy expectancy, will surely manifest themselves in due time.

The Two Arm Jerk

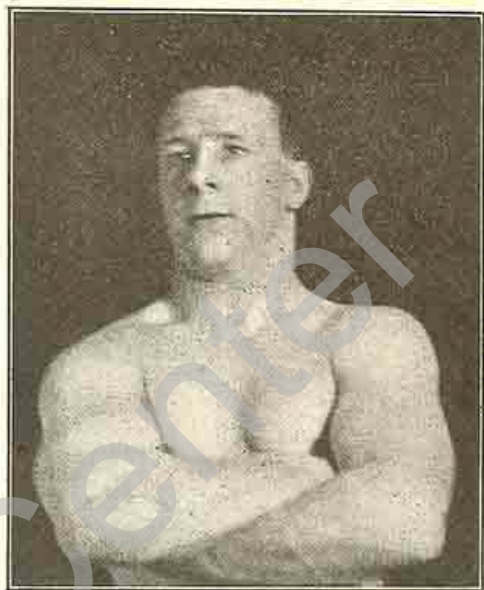
By Geo. F. Jowett

How often do we see it, that when many a good lifter has got the weight to the shoulders, in the two-arm jerk, he fails to get it overhead or fails to fix the weight to hold it there. In realizing this point, perhaps it would be interesting to readers of "Strength" to know the method which I adopt in training for this lift and the manner in which I lift, that succeeded in making it possible for me to create a new middle weight record for Canada and the British Empire, last May 24th, at South Mountain, Ont. First, I commence with the two hands dead lift. In doing this lift, I take a good amount of weight, about two-thirds of my limit in this style, and work up to my limit.

I grasp the weight with the two hands and stoop over in a sitting position, with the back as straight as possible, and the buttocks pressed as far down as possible. I spread the knees out as far as possible and take hold inside the knees, I then gradually rise to a standing position.

This I do three times and the third night of practice I increase the weight by ten pounds. By adopting this style in lifting all the muscles are called into play, and it insures you from any danger of rupture, as this lift is a dangerous lift to many people, especially when lifted with straight legs, which is the British official style in competition.

For the next I have a stand made of two uprights grooved on the top. Across the two uprights in the groove I lay a bar and load it about fifty pounds more than my ability to lift overhead. I then get under the bar and lift it off the stand and hold the weight at the shoulder for about five seconds, then I replace the weight on the floor. In holding the weight at the shoulder, do not let it rest on the chest, but force it off and hold it away from you with main strength only. The idea of this lift along with the dead lift is to get yourself accustomed to handling a heavier weight than you can lift and then when you come to lift your limit, it is made easier with better results.



The idea of the stand is to relieve any strain and to help get the weight to the shoulder in the event of not having anyone to help and to save strength. The third exercise is to lay on the back and pull over a heavy weight, well within your limit. I take a 200-lb. weight and then slowly press it to arm's length three times and every third practice night I add one repetition until six movements are performed and then add five pounds, starting at three again. This exercise develops the pushing ability and gives no strain on the heart and what is more, you still are handling a heavy weight. I lastly perform the two hands snatch. This is an ideal lift in teaching how to get under the weight and develops speed.

The manner in which I jerk from the shoulders is rather an unusual one, as I have never seen any other lifter use this style. When I have got the weight to the shoulder, I stand with the left leg slightly in advance of the right. The elbows are pointing straight ahead and lifted well up, but instead of my hands grasping the weight with the palms of the hands looking upward, I twist the wrists over and have the palms



looking to the front. Then when the weight is jerked up the hands lock into a more natural position, whereas in the other and more common manner, often when the bell is almost up, the weight is too much for the wrists and down it comes.

Again, I find that when at the shoulder you are able to carry the weight further back, which enables you to call the back muscles into action quickly. Also, when you have come to the sticking point, after casting the weight from the shoulder, the wrists being relieved of strain and the back muscles in action quicker, the back aids in holding the weight at the sticking point. Then the right leg will be well back of the

left. In getting under, stiffen the muscles of the right leg which will straighten the leg and at the same time force you forward; and with the left leg, stiffen the muscles and pull forward. The leg movements will then pull you under the weight, which will enable you to fix the weights overhead. When I get to the sticking point I release the hand grip on the bar as much as possible and try to do the rest with the legs, holding the weight aloft with the shoulder muscles, the triceps and the back muscles. As we all know, there are two muscles in the forearm which are pulling down muscles, and naturally work against the upward movement.

While adhering to the principles of lifting, no two lifters lift exactly alike. Edward Aston, of England, middle weight champion of the world and Britain's strongest man, lifts with the bar resting on the chest. Of course, this is not allowed under the B. A. W. L. A. rules. In this manner Aston has lifted 282 in the two hands clean and jerk, when weighing 161 lbs. Kurt Saxon, brother of the famous Arthur, has done 293 when weighing 168 lbs. Max Sick, that remarkable lifter, when only weighing 150 lbs., has jerked from the shoulder 322 lbs. Josef Whur, another light man only weighing 138, has accomplished 280 lbs. Karl Witzelsberger, weighing 238 lbs., has done 378, and with two dumbbells has done 330, while the great Swoboda has done 402 lbs.

In conclusion I will say that I prefer a short stout bar, with the weights no further away than possible. I accomplished 286 lbs. at 158 stripped.

Two-arm push with straight legs.....	230
Two-arm military press.....	202
Height, bare feet	5 ft. 4½ in.
Neck	18¾
Chest	43-45½
Waist	32
Biceps	16½
Forearm	14¼
Wrist	7¾
Thigh	24½

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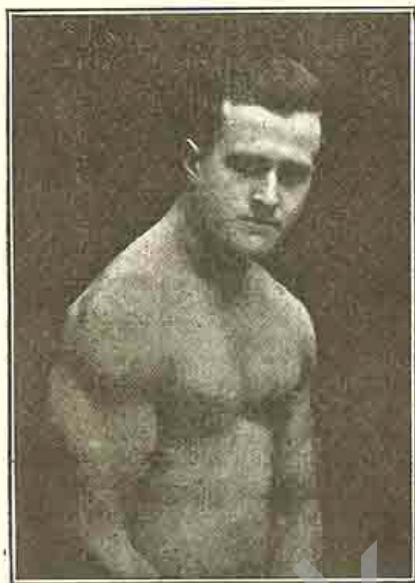
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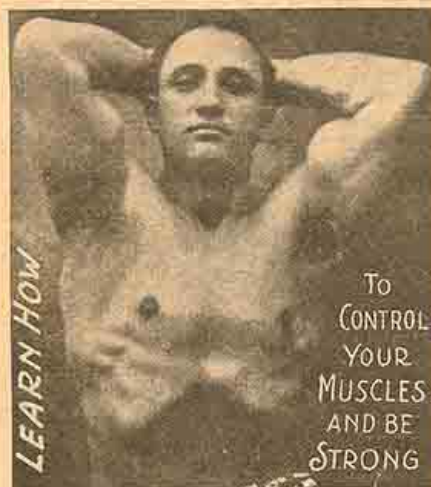
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Matysek Muscle Control Course

for a few pennies, for in the future the price will be at least doubled!



Antone Matysek, the muscular phenomenon, the man who is offering to place you on the energetic strong man map. When you find your place on this map, you will always be full of pep, ambition and joy. You will be a real man! Weight-lifters prepare for the championship. Fame and fortune awaits the winner.

ADMIRATION always follows the robust, graceful, and alert man. Pity trails behind the weakling. His failing energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress. Do you belong to the REAL MAN—the dominant class of successful people; or are you among the sickly, flat-chested, weak-legged, and nervous—the insignificant class, that, instead of living, just merely exists? NO MATTER what your position, environment, physical and mental development now is, you are being given a wonderful chance to get more satisfaction out of yourself, by this

Amazing Opportunity for Greater Strength!

offered by Prof. Matysek,

the man who, years ago, having resolved to become healthy, strong, and highly developed, has experimented and trained himself until he is ranked among the strongest men in the world. He, in order to accomplish this, has been SECRETLY PRACTICING ON HIS "BODY-BEAUTIFUL" MAKER. It is

Matysek's Muscle Control The Surest and Quickest "Muscle Bulging Out" Stimulant A System of Exercises That Produces Really Athletic Men with Graceful Outlines Full of Strong Personality

These Muscle-Control exercises aid me in performing the many herculean feats, that hold all the so-called strong men DEAF from accepting my open challenge to the world's best. Yes, my Physical Culture Friend, these Muscle-Control Movements are the CHIEF SECRET why I am growing day after day stronger and better developed as well. Do you blame me for practicing them? I want to see more Saxons, Hackenschmidts and Sandows. Do you blame me for OFFERING YOU THIS WONDERFUL CHANCE, so you, too, may acquaint yourself with such progress making exercises, that will bring forth the maximum results you are after, and now are within your reach?

Let My Muscle Control Exercises Mold Muscle on You Quickly and Solidly!

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience, as well as the very large number of pupils that I have successfully aided, I know that in less than five days your muscles must respond, and bulge out to a most surprising extent. If you are training with Bar-Bells, these muscle control exercises will aid you in building yourself up and your records as well. Your progress will be 100% faster! If, however, you do not exercise, then for your own sake and happiness, start building yourself up into a real man. Do not merely drag on—make your life worth living.

It is My Sincere Wish to Assist Every Reader of "Strength" to Get Really Strong

For this reason, this Muscle Control Course is being offered you for the last time at such a trifling price that YOU CAN WELL AFFORD IT. Costs but \$2.00. I GUARANTEE QUICK RESULTS AND ABSOLUTE SATISFACTION OR MONEY BACK. MY HONEST REPUTATION PROVES THAT I AM NO QUACK. COME THEN, MY FRIEND, WHEN I AM REACHING OUT TO HELP YOU! I will place you on the real road; I will show you the main secret that helped me to get what I longed for, and now certainly possess. In addition to this Muscle Control Course, you have the privilege to ask any questions pertaining to your physical training; to these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Matysek's Muscle Control will do wonders for you. You will be the envy of your friends. Learn how to get the most out of yourself. It is easy. GET STARTED RIGHT NOW! Simply tear off the coupon below, mail with but \$2.00, and leave the rest to me. Remember in the future the cost will be higher.

Detach and mail NOW, while it is on your mind

ANTONE MATYSEK, 629 N. Lakewood Ave., Baltimore, Md.

I want bulging muscles and yet want them to have fine outlines. I desire to increase my strength records. I want to be more than I am now. For these reasons, send me your wonderful Muscle Control Course, illustrated with 20 photographs of yourself. If I am not completely satisfied, my money will be promptly refunded.

Write name and address plainly.....

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

STRENGTH