

June 1922

Strength

The Magazine of Good Health

15¢

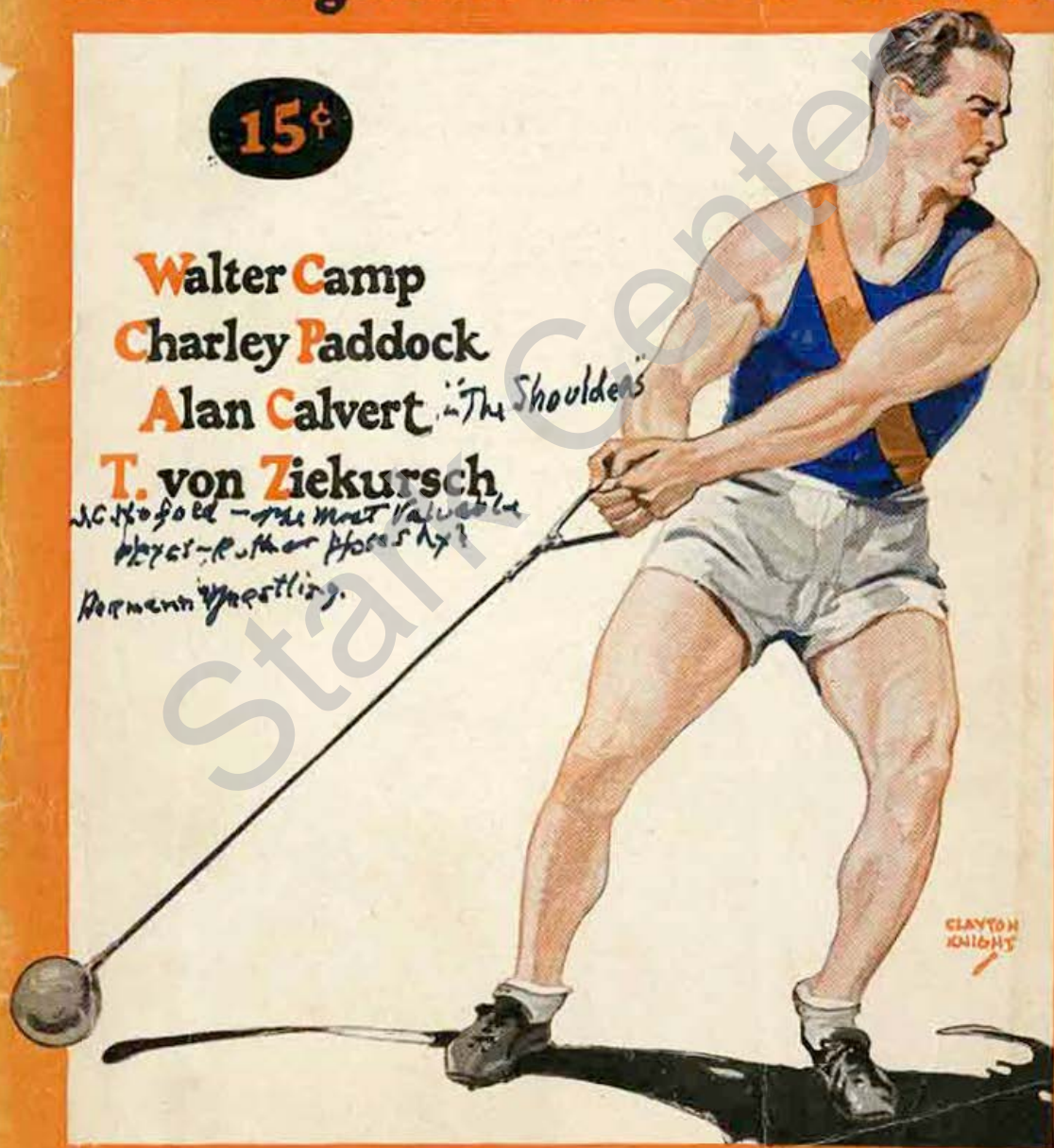
Walter Camp

Charley Paddock

Alan Calvert *in "The Shoulders"*

T. von Ziekursch

*AC. Hofoed - the most valuable
player - rather poor shot
German wrestling.*



CLAYTON
KNIGHTS

"More Progress in One Month

by the Milo Method, than in a Year by any other system." *Ottley R. Coulter*

READERS of STRENGTH, meet Ottley R. Coulter. You have all heard of him. Mr. Coulter makes no claim of being the strongest man in the world, but it is doubtful if you will find anywhere a man of his inches—65½—who is stronger or better developed than he. When you see a man like Mr. Coulter in a bathing suit, you say, "There is a man!" And how you envy him! You would give anything for a physique like his.

To the seeker after health and strength, Mr. Coulter presents a striking example of muscular development, and one that is possible of attainment by every normal man and boy.

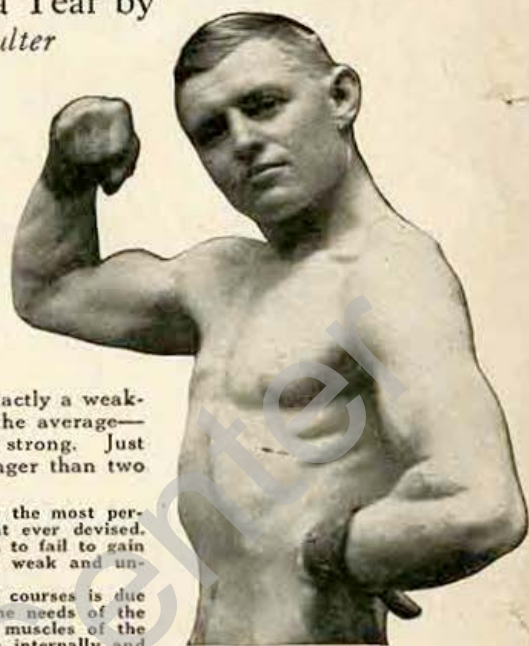
For Mr. Coulter wasn't always strong. Not exactly a weakling, but of slender build and no stronger than the average—and the average man or boy is far from being strong. Just look him over to-day! Certainly he is far stronger than two or three ordinary men combined. He says:

"Milo bar bells and courses of instructions are the most perfect and complete system of physical development ever devised. With them it is an utter impossibility for any man to fail to gain health, strength and development, no matter how weak and undeveloped he may be on starting the exercises.

"The remarkable success of Milo Body Building courses is due to the fact that the system is adapted to meet the needs of the individual. The exercises bring into play all the muscles of the body, strengthening and developing all parts, both internally and externally. A man can make more progress in a month by the Milo Method than he could in a year by any other system of exercise."

Sincerely yours,

OTTLEY R. COULTER,
446 Sapphire St., Pittsburg, Pa.



OTTLEY R. COULTER
Another Milo-Built Man

More Progress in One Month—

YES, and it's real progress, too. Not just an additional inch on your arm, or a couple of inches on your chest. Not just a superficial development that looks nice and gets you nowhere. But real, sound, lasting and enduring strength. Sound nerves and firm muscles. The appetite of a wolf and the digestion of an ostrich. Every muscle in your body hard as nails, and your system running smooth as a dynamo. Energy and vitality supreme.

That's what progress by the Milo Method means, and it's surprising how easy it is of accomplishment. How do we do it? We are specialists in body building. We have been doing this work for the past twenty years, and this experience has taught us some body-building secrets that are going to prove mighty valuable to you.

With just a few minutes a day—right in your own home—we can give you exercises that will go right to the root of things and will give you sound nerves and firm muscles.

No matter how weak or undeveloped you may be right now, these exercises impose no strain or hardship. They bring into play each and every muscles in the body, strengthening and developing all parts equally. And they hold your interest by producing results that are noticeable immediately. This isn't just a promise, it's a guarantee.

Either You Make Good—Or We Do

OUR guarantee means just that—either you obtain results that are entirely satisfactory to you, or your money will be refunded without question. You are to be the judge of the results, and your decision will not be questioned. Fair enough, isn't it?

The Milo Body-Building Method is the simplest and most effective means of exercise ever devised. No matter how weak or undeveloped you may be, you will begin with exercises graded to suit your needs and which will provide sufficient work for every muscle of the body, with no danger of strain or overexertion.

As your strength gradually increases—as it cannot fail to do—the resistance used is gradually increased. This eliminates all useless and wearisome repetitions, and makes a distinct saving in your time and energy. The beneficial results are noticeable immediately, and in a surprisingly short time, you are the possessor of a remarkable development that marks you as a man of unusual physique and accomplishments.

Remember, you can make more progress in one month with the Milo Method, than in a year by any other system. Our booklet, *Health, Strength and Development—How to Obtain Them*, will show you the way. It is free. Send for it to-day.

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of Bar Bells, Dumbbells and Kettle Bells in the World

Dept. 27, 301 Diamond St.

Philadelphia

You Might Call It Luck

*If Only One Man Had Jumped
to Such Amazing Earnings*

-but Hundreds Have Done It!

WHEN a man steps from a \$50 a month job as a farmhand to a position that paid him \$1,000 the very first month—was it luck?

When another man leaves a job on the Capitol Police Force at a salary of less than \$1,000 a year and then in six weeks earns \$1,800—is that luck?

Probably the friends of Charles Berry of Winterset, Iowa, and of J. P. Overstreet of Demison, Texas—the two men mentioned above—call them lucky. But then there is F. Wynn of Portland, Ore., an ex-service man who earned \$554.37 in one week—and George W. Kearns of Oklahoma City, whose earnings went from \$60 a month to \$524 in two weeks. And C. W. Campbell of Greensburg, Pa., who quit a clerking job on the railroad to earn \$1,562 in thirty days.

There is nothing exceptional about these men. They live in all parts of the country—they had been engaged in all kinds of work. Many had been clerks, bookkeepers, mechanics. Some had already achieved successful places in the business world.

No Limit to the Opportunities

And then in one swift stroke, they found themselves making more money than they had ever dreamed possible. The grind of routine work—the constant struggle to obtain even a slight increase in earnings—the discouraging drudgery of blind-alley jobs—all this was left behind for careers of immediate and brilliant success. And great as are their earnings to-day, they are looking forward to increasing them constantly—in fact, there is no limit to the amounts they may earn—only their own efforts can determine that.

The remarkably quick success of these men sounds like luck—the sheerest kind of luck. But of course it cannot be that—not when hundreds have found the way to such amazing good fortune—all through the same method. There must be a definite, practical, workable plan behind their sudden jumps to big earnings.

The Back-Bone of Business

And there is. In the first place they discovered a vital fact about business. They discovered that the big money is in the selling end of business. Salesmen are the very life blood of any concern—upon them depends the amount of profits made.

And for the men who are in the "Star" class—who are Masters of Salesmanship—there is practically no limit to their earnings.

And that is how the men whose pictures you see and hundreds of others like them, found the way to their

present magnificent incomes. They all are Master Salesmen now!

New Way to Enter This Field

Yet previously they had no idea of becoming Salesmen—many didn't even think it possible to do so. But they learned of an amazingly easy way by which any man can quickly become a Master Salesman—and in his spare time at home!

Secrets Only Master Salesmen Know

Salesmanship is not a natural gift—it is an art and science that is open to any man. There are fundamental rules and principles that anyone can put into practice—there are Secrets of Selling that put any man who knows them into the "Star" class.

The proof of this is in the wonderful success achieved by men who, without any previous Selling experience, have suddenly become Master Salesmen thru the National Salesmen's Training Association. Step by step—in their spare time at home—they were taken through every phase of Salesmanship. Every underlying principle of sales strategy was made as simple as A-B-C. Thru the National Demonstration Method every form of Sales problem is solved.

Startling Proof Sent Free

Whether or not you have ever thought of becoming a Salesman, you should examine the facts about the tremendous possibilities for big earnings in this fascinating field. Read the extraordinary stories of others and see how easily you can do what they are doing. The PROOF is so overwhelming that it may mean the turning point in your life, as it has in so many others. Simply mail the coupon below. It will bring you by mail the whole wonderful story, and in addition a great Book "Modern Salesmanship" and full particulars about the remarkable system of Salesmanship Training and Free Employment Service of the N. S. T. A.

Right now—tear off the coupon and mail it to-day. It costs you nothing to do this—it obligates you in no way.

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Dept. 21-G, Chicago, Ill.

Please mail me Free Proof that I can become a Master Salesman and qualify for a big money position. Also send your illustrated Book "Modern Salesmanship" and particulars of membership in your association and its Free Employment Service. This is all free of cost or obligation.

Name

Address

City State

Age Occupation



"Last week my earnings amounted to \$554.37; this week will go over \$100." —F. Wynn, Portland, Ore.



"The very first month I earned \$1,000. I was formerly a farmhand." —Charles Berry, Winterset, Iowa.



"After ten years in the railway mail service I decided to make a change. My earnings during the past thirty days were more than \$1,000." —W. Hartle, Chicago, Ill.



"I had never earned more than \$60 a month. Last week I cleared \$306 and this week \$218." —Geo. W. Kearns, Oklahoma City.

STRENGTH

Vol. 6

JUNE, 1922

No. 10

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"Have the Voice You Want"



Says Eugene Feuchtinger—

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

Eugene Feuchtinger, A.M.
Master of Voice

European Maestro. Creator of many of the greatest voices of the Operatic World. Teacher of Forena, formerly with Kubelik, Paul Bauer, and scores of others.

100% Improvement Guaranteed

By the Feuchtinger System, you can develop your voice by simple, agreeable methods in your spare time, and in your own home. Professor Feuchtinger, the eminent Maestro, will direct your efforts and a **REDOUBLEMENT** of your voice—an improvement of **AT LEAST 100%** is absolutely guaranteed. Think of being trained by one of the great masters of Voice Culture, in your own home, at a mere fraction of the usual cost, under a positive guarantee. It is the opportunity of a lifetime.

You Do Not Know Your Real Voice

THE FEUCHTINGER SYSTEM OF VOICE PRODUCTION will be a source of wonder to you. It arouses at once complete confidence and great enthusiasm. Results are assured and rapidly secured. Its secret is in the *Control of the Vital Vocal Muscles*, which you can understand in five minutes and practice to the point of perfection, **ANYWHERE—SILENTLY**. No tiresome, noisy scale-running is allowed; you can study secretly if you wish—and in a few weeks only—the increase in the range, power and beauty of your voice should be **STRIKINGLY** evident, a priceless joy to yourself and an astonishment to your friends.



A Beautiful Voice for You!

Until you understand the Feuchtinger System you cannot know the possibilities of your vocal gifts. The Feuchtinger System **PRODUCES**, as well as **DEVELOPS**, the true voice. It corrects all strain and falsetto, and makes clear the wonderful fact that any normal person can develop a fine voice if expertly trained. Thousands of delighted graduates testify to this—many of them great vocal successes who, before coming to Professor Feuchtinger, sung very poorly or not at all.

FREE Learn to sing well and be a Vital Personality. Get the handsome De Luxe book describing the Feuchtinger method. Send coupon or a postal now for this great book and particulars of the special price concession in the cost of Professor Feuchtinger's teaching now being made to readers of this publication for a limited time only. Act at once before this wonderful offer is withdrawn. Don't delay. Send the coupon or a postal today—**NOW!**

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Gentlemen: Send at once, free and without obligation, De Luxe book describing the famous Feuchtinger System of Voice Culture at Home.

Name.....

Address.....

How to Rid Yourself of Your Catarrh

QUICKLY!

PERMANENTLY!

Without Drugs or Medicine of any Kind

By R. L. ALSAKER, M. D.



R. L. ALSAKER, M. D.
Founder of
The Alsaker Way

THE majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

"Catarrh of the head is troublesome. Catarrh of the throat causes coughing and much annoying expectoration. When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to pneumonia or consumption.

"Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lower bowel—colitis.

"Catarrh of the ear causes headache, ringing in the ear and general discomfort.

"Catarrh of the liver produces various diseases, such as jaundice and gall-stones, and often ends in much suffering from liver colic.

"All who easily catch cold are in a catarrhal condition. Those who take one cold after another will in a short time suffer from chronic catarrh, which will in turn give rise to some other serious disease—as if catarrh itself isn't bad enough.

"Either you personally suffer from catarrh, or some member of your family is afflicted. Isn't it time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

"Catarrh can be conquered easily and permanently. It has been done in thousands of cases. You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That discolored tongue will clean up; that tired feeling will vanish; that bad taste in the mouth will disappear; that troublesome gas will stop forming in the stomach and bowels; and the pain will leave your back; headaches will take flight; rheumatism will say good-by and those creaky joints will become pliant."

Realizing the great need of definite, practical information regarding this terrible disease, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds. This book is entirely free from fads, bunk and medical bombast. It sets forth a commonsense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles, and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home, and without the expenditure of an additional penny. There is nothing difficult, technical or mysterious about this treatment. It is so easy to understand and so simple to follow that anyone, young or old, can reap the utmost benefit from it.

If you suffer from colds, coughs or catarrh in any form, send only \$3 to the publishers of "THE ALSAKER WAY," THE SUCCESS MAGAZINE CORPORATION, Dept. 751, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best \$3 investment you ever made—simply re-mail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself forever from catarrh, asthma, hay fever, coughs and colds you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow it, while doctors' bills, prescriptions, and so-called patent medicines that do not cure, soon eat a hole in any man's income. Send for this book to-day. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.

Control Is What Counts

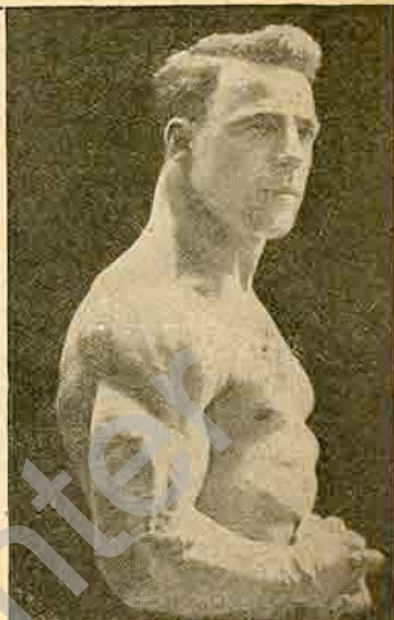
Control of your arm if you are a baseball pitcher—of your whole body if you are a golf player or fancy dancer—of your voice if you are a singer—of your lungs if you are a swimmer.

MUSCLE CONTROL

By MAXICK

is a marvelous system whereby the muscles are developed and brought under control, the internal organs invigorated, and the health made perfect—

Without { **The use of Apparatus, without Fatigue, Breathlessness, Abnormal Blood Pressure or Danger of Strain.**



MAXICK

HERE IT IS IN A NUTSHELL—You, Mr. Reader, can harden your arm muscles; you can “make biceps” at will. If you do it a couple of dozen times daily you will not only keep your arm muscles in condition, but you will make them increase in size and shapeliness. But can you, at will, thus harden the muscles of your legs, shoulders, abdomen and small of the back? Do you realize what it would mean to you in health, strength, development and vigor if you could?

This book of Maxick's shows you *in detail* how to gain control of every muscle in the body. It has more than 50 full-page illustrations showing the exact positions which enable you to voluntarily contract and relax each muscle. It's easy, fascinating, and once learned never forgotten.

YOUR GYMNASIUM IS ALWAYS WITH YOU

because you soon get the art of flexing (and thus exercising) every muscle in the body. In fact, while in your seat in the middle of a long railroad trip you can, by Maxick's method, get as much muscular exercise in five minutes as you could from an equal time spent at tumbling or wrestling—and all without attracting the attention of your neighbor, without getting red in the face or once breathing rapidly.

The author, by means of muscle control, obtained what is acknowledged to be the finest developed body in the world, and incidentally acquired such strength that he is conceded to be the strongest man of his weight in the universe to-day. He takes *his* exercise while sitting in a chair reading the daily paper.

This book has run thru edition after edition. Not a general discussion of the subject but a complete detailed course. Remember its name.

MUSCLE CONTROL

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THE ATHLETIC BOOK COMPANY

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Philadelphia, Pa.

Strengthen and Beautify Your Hair

Why Become Bald or Gray?

NEARLY thirty years ago my hair began to come out in bunches.

I suffered the tortures of the damned. Baldness stared me in the face. Hours and hours I would lie awake at night trying to fathom a way out of my difficulties.

I even tried a hair tonic, but soon threw it out of the window.

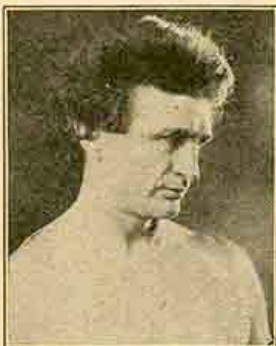
After a period devoted to intelligent consideration of the reason for loss of hair, together with sensible, dependable methods for building hair health, I found a way out.

Here I am, thirty years later, with a head of hair as shown in the accompanying picture.

I want to pass on this invaluable information to every owner of a head of hair. It is worth just as much to you as your hair is worth.

Barbers rarely know anything about remedying dandruff or falling hair. Hair culture is a sealed book to them. Doctors are as much in the dark as the barbers. So-called experts are often little better than "quacks."

Now my book is not technical. Anyone can understand the clear instruc-



Bernarr Macfadden. Note his thick, luxuriant, healthy hair.

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book. Hair as an Attribute to Beauty. Facts Everyone Should Know About the Hair. Care of Healthy Hair. How to Care for Baby's Scalp. Facts About Soaps and Shampoos. The Cause of Hair Troubles. Dandruff. Parasitic Diseases of the Scalp. Falling Hair. Baldness. Gray Hair. Superfluous Hair. Hair Tonics. Eyebrows and Eyelashes. Hair Dressing.

tions presented therein. You can thicken and strengthen the hair you already possess. You can make it more healthy and lustrous in appearance.

You will find therein a remedy for falling hair, dandruff and all other scalp and hair difficulties. You will learn how to give your hair its original lustre and luxuriance and color.

Send No Money

I want everyone to possess a copy of this book. I am so sure of the value of the contents that I am willing to run the risk.

Send for the book, even if you do not want to pay for it. Secure the information contained therein, and if it isn't worth a hundred times Two Dollars to you, you can return it.

Simply fill out the coupon attached hereto and mail it to us. When the Postman delivers you your copy you pay him \$2.00, the price of the book, but if you return the book within five days your money will be immediately refunded, without question.

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Address.....

NERVOUS AMERICANS

By Paul von Boeckmann

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology, and Nerve Culture

We are the most "high strung" people on Earth. The average American is a bundle of nerves, ever ready to spring into action mentally and physically. The restless energy of Americans is proverbial.

We may well be proud of our alert, active, and sensitive nerves, as they indicate the highest state of civilization, courage, ambition, and force of character, but this high nerve tension has not been without its grave dangers and serious consequences. Neurologists agree that we are more subject to nervous disorders than any other nation. Our "Mile a Minute Life" is tearing our nerves to shreds and we are deteriorating into a nation of Neurasthenics.

Since the Nervous System generates the mysterious power we term Nerve Force, that controls and gives life and energy to every muscle, every vital organ, every drop of blood and cell of the body, nerve exhaustion necessarily must result in a long train of ailments and weaknesses.

The noted British authority on the nerves, Alfred T. Schofield, says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves should be in order."

How often do we hear of people running from doctor to doctor, seeking relief from a mysterious "something-the-matter" with them, though repeated examinations fail to indicate that any particular organ is weak or diseased. In nearly every case it is Nerve Exhaustion—Lack of Nerve Force.

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

FIRST STAGE: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

SECOND STAGE: Nervousness; sleeplessness; irritability, decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headaches; backache; neuritis; rheumatism, and other pains.

THIRD STAGE: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

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

Nerve Force is the most precious gift of nature. It means everything—your happiness, your health, your success in life. You should know all there is to learn about your nerves—how to relax, calm, and soothe your nerves, so that after a severe nerve strain you can rebuild your lost Nerve Force, and keep yourself physically and mentally fit.

I have written a 64-page book which is pronounced by students of the subject to be the most valuable and practical work ever written on nerve culture. The title of the book is "Nerve Force." It teaches how to soothe, calm and care for the nerves. The cost is only 25 cents (coin or stamps). Address Paul von Boeckmann, Studio No. 466, 110 West 40th St., New York.

The only way to judge the value of this book is to read it, which you may do at my risk. In other words, if after applying the advice given in this book it does not meet with your fullest expectations, I shall return your money, plus the outlay of postage you may have incurred. I have advertised my various books on health, breathing and other subjects in this and other magazines for more than 20 years, which is ample evidence of my responsibility and integrity. Over a million copies have been sold.

You should send for this book to-day. It is for you whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living; for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the

limit. The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein.

"I have gained 12 pounds since reading your book and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

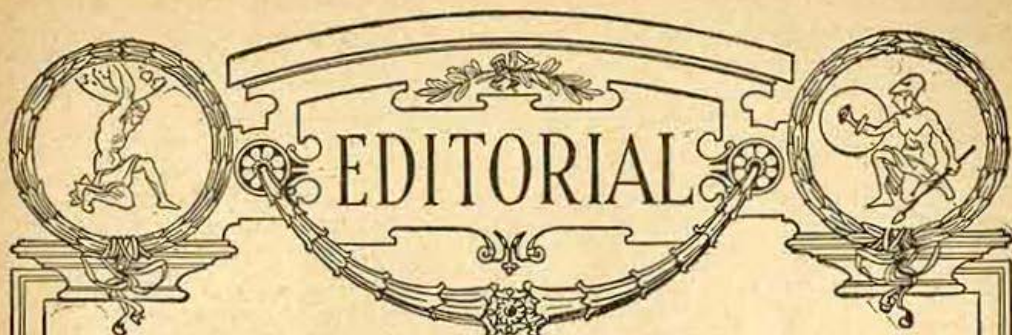
A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

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

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

Note: Prof. von Boeckmann is the scientist who explained the nature of the mysterious Psychophysic Force involved in the Coulon-Abbot feats; a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of Physical Culture Magazine.



The High Value of Endurance in Sports

THE sport-loving public has great esteem for endurance. There is no athletic quality that has a greater appeal. Outside of track and field events, a champion must have endurance to win any lasting national fame.

In boxing, a novice may be a perfect flash of speed, and win lots of decisions in cities that limit bouts to four rounds. But that alone will never place him in the front rank. The wise-acres and the army of fans insist that he prove his quality over the 15-round route before they acknowledge that he is one of the great.

In tennis, endurance is a tremendous factor. Three sets must be won by one or the other player before the match is decided. In a contest between two players of the first rank, evenly matched as to skill and speed, stamina becomes the deciding factor. It simmers down to which can best stand the strain of the fifth set. We say "strain" advisedly, for there is no more strenuous game than tennis.

In rowing, no man who lacks endurance can hold his place in the boat. No experienced coach will seat a man whose lack of staying power might handicap the rest of the crew in a grueling race.

In baseball it takes more than one season to make a star. Every one knows that the really great players keep at the top of the heap for many years. Speaker, Cobb and Collins have led the procession for a decade. Before them were Lajoie and Wagner; heaven knows how many seasons they led their respective leagues in combined batting and fielding averages.

A pitcher may be able to go like wildfire for five or six innings, but unless he can last out a full game his chance for fame is nil. He is reduced to relief work, and his name will never be coupled with those of Walter Johnson, Alexander and other mighty ones who could pitch *and win* thirty odd games a season. Even in horse-racing the public refuses recognition to the short distance performer. A horse may be a wonder at five furlongs, and yet never be noticed. No horse can be champion until he can beat the best over a mile and a quarter course.

THE word endurance suggests the word durable. Durable means "lasting quality." The public loves that lasting quality; that ability to fight a long, hard battle to a victorious finish.

In athletics there is another way to spell endurance; and that is c-o-n-d-i-t-i-o-n.

How does the boxer train? He spars, and he does road work. The road work gives him endurance; it puts him in condition.

A tennis star places such a high value on endurance that he never allows himself to get out of condition. So long as he is actually in the game he must keep in shape, winter as well as summer.

Ask any college rowing man, which is the hardest? The actual race? Or the training stunts to put him in condition?

Ever notice that some of the big baseball stars are excused from spring training? Why? Because they are always fit. Eddie Collins and Everett Scott hardly ever miss a game. Can you conceive of either of those men reporting for spring work 30 or 40 pounds over weight? Hardly! Their pride in their reliability, their endurance, is too great to allow themselves *ever* to get out of condition.

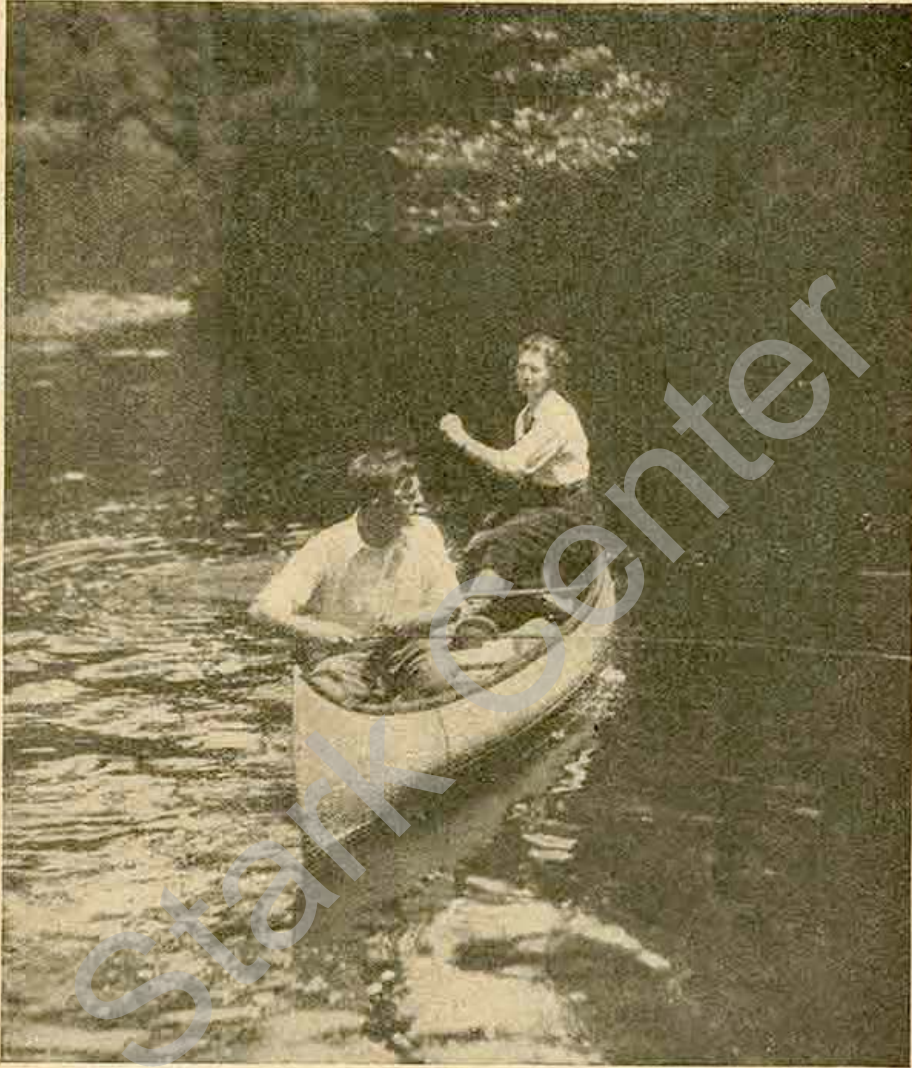
There is a moral here. The baseball season lasts six months. Imagine the value to his manager of a player who is always in condition. Who keeps himself in such fine physical shape that he seems impervious to accident or injury; a man whose endurance enables him to face monotony, fatigue, or defeat and yet always do his best. On the great ball teams of the past there has always been at least one man of great endurance. Sometimes it was a pitcher, such as Walsh or "Iron Man" McGinnity or Jack Coombs; anyone of them would cheerfully work in fifty games if permitted. Such a man is an invaluable asset to the manager and club-owner.

A Mild Protest

FOOTBALL unquestionably requires endurance. All kinds of endurance—of fatigue, of pain and of ferocious opposition. And as in all other sports, the greatest stars shine for several seasons, last out full games, and rarely take time out for injuries.

A small college sends its team to meet the team of a big university. The trip may be hundreds of miles. Expenses are high. The small institution naturally has but a small squad to send. It puts eleven men in the field and in the course of four strenuous periods, these eleven men have to match their skill, speed and endurance against *relays* of high-class opponents. Rather hard for the small college team, when after three nerve and muscle-racking periods, it finds itself confronted in the fourth period with a line of perfectly fresh opponents. All honor to the endurance and fighting qualities of the small college teams who go up against this condition. But is it fair?

We understand that some of our biggest universities have such a wealth of material that they could practically put a new and first-class eleven on the field in each period, and that all these men deserve a chance to play. All the same, we think that when playing a visiting small college team, the big university should for the day, limit its squad to equal the number in the visiting squad. Merely a suggestion—knock it if you like.



Fishing is one pastime in the pursuit of which you will invariably find beautiful surroundings and congenial companions.

The country boy with a green-cut pole, penny hook and string, can find just such places to fish, and may even, after his arrival, catch more fish than our campers.

United States and the Olympics

By Walter Camp

IT is time now, as a self-respecting nation, that we should take stock of our performances at Antwerp, rejoice in the excellent showing of many of our men, congratulate certain of the other nations for their very remarkable showing under adverse conditions, and finally determine if we made any blunders; and if we did, what those blunders consisted of and how we should proceed between now and 1924, when the next Olympic games are held, to correct those blunders, and to do everything we can to profit by any mistakes that we made.

Just after the try-outs in the Stadium, one of our best-posted sporting writers wrote an article headed in large capitals: "Should Win 17 Firsts at Antwerp Olympics In Ten Other Events America Is Not So Strong, but Has a Chance at Some of Them."

In the text this writer said: "There are but ten of the events in which the United States is not practically certain of winning." Those he named were the Discus, Hop, Step and Jump, 5,000 and 10,000 Meter Runs, Cross-Country Run, Decathlon, Pentathlon, 110 Meter Hurdles and the Marathon. Now, as a matter of fact, we took only nine firsts. Were we boasting, or did we really have the winners and turn them into losers by poor handling between the beginning of preparation and the day of contest?

The quarter-mile, or rather the 400 Meter, was the bitterest pill for America to swallow in the Olympic Games. They did manage to sink into the fourth place, but think of a nation that has boasted of the star quarter-milers of the world for years seeing two Englishmen finish first and second, with a Swede third, our best man fourth, with an Englishman fifth and a South African sixth!

The majority of people in this country who followed the work of our Olympic athletes still cannot be convinced that something was not wrong in the handling of the men, when Earl Eby was unable to win the 800

meters, and Joie Ray could do no better than eighth place in the 1,500 Meters. Nevertheless, all hats were off to Hill, the veteran Englishman, who was really the star of the meet. In the workouts before the real contest, Eby did 1.54 $\frac{3}{8}$ for the half mile, which meant a second faster metric distance. At the same time, Joie Ray went over the full mile in 4.19. Ray had done 4.15 $\frac{3}{8}$ here at home in the mile.

The writer predicted freely for weeks, before even the final try-outs on this side, that the probabilities were for breakdowns in our team at Antwerp. Fortunately, the American team had such an amount of material and of such a high class that there could be no question about its eventual victory in track and field sports. The margin was so great that nothing, not even poor tracks, bad officiating or breakdowns, could alter the final result. But the list of break-



© Keystone View Co.

The peerless Joie Ray, who could do no better than eighth place in the 1,500 meters

downs actually mounted up so as to astonish everyone in this country. The early reports covered Frank Zuna, the Marathon runner; Will Plant, the walker; Walker Smith, Pat McDonald, Matt McGrath and Sol Butler; with an injury to Ray in the shape of a pulled muscle which at that time had not beaten him, but might. Perhaps one of the worst phases of this was not our probable loss of points, but the contention that must be raised as to the value of these athletic games by nations not as familiar with them as ours is, who look upon them from the standpoint of physical fitness and the preparation of men for not only military service, but the ordinary work and effort that may come upon a man at any time in life. Such nations will naturally contend that the ideal is to have average performers who can be called upon at any time for good work and who, when the test comes, are prepared to stand it.



© International
Earl Eby, who was unable to win the
800 meters, as expected

It is true that the reports which came from Antwerp showed the Stadium in poor condition, both track and field. What was made most of was the slowness of the track in the 800 meter and the effort of the runners in covering the distance. But surely we cannot, in preparing men for physical condition, provide that whenever they are called upon to make their effort, every condition must be of the best and the track upon which they are running must be perfect. If the imperfection of the track meant only slow time, that would have to be taken into consideration; but the average man who runs to catch a car or runs across a field in hunting, or who makes any physical effort, cannot expect to have all the conditions favoring him, and certainly his muscles and tendons should be in sufficiently good condition to stand the ordinary work, else we are certainly refining

our sports to too great a degree.

A nation is not made fit by the production of a few star specialists who can do some one thing superlatively well. Still more, it is a very serious reflection if these stars are unable even to perform their particular specialty well unless every condition for that performance be favorable. If such a specialist is liable to be beaten by the ordinary man whenever it rains, or when it is cold, or when the specialist has lost a little sleep, then indeed we are building a very useless structure out of our athletics. But still more serious than this is the guessing as to whether there is something in our methods of training that in itself predisposes to injuries like pulled tendons. If the ordinary man can run through a plowed field at a reasonable pace and land on the other side able to continue, while a

trained athlete pulls a tendon in the journey, we had better stop our training.

There is something else to be considered as well as the fact that having counted on 17 Firsts, we should win but nine, and that is our relations with the other countries. In some respects we have gone through this Olympic Meeting preserving more friendship with other countries than we enjoyed in two or three of the last preceding ones. But we have done all we can to make this rivalry, intense though it may be, a friendly rivalry and one in which we are respected not only for our prowess, but for our sportsmanship. That, after all, is one of the very vital things. In former meetings there were some very bitter feelings engendered by certain events. No one can forget the bitterness that came between England and America over the Carpenter-Halswell race or the Tug-of-War or some of the other events of that memorable

meeting in England. But that was not all. Many nations have criticised our dominating spirit, our boastfulness, our lack of courtesy and our "rooting," as we term it in the United States. We are perhaps not so much to blame for our acts, but we are remiss in not recognizing the fact that these other nations do not understand what have grown to be the customs of our country.

Here is what one writer has to say regarding our situation in the Olympic games: "America is reaping a record crop of disappointments. The games have served a fine purpose. They have jounced us out of our complacency. But we are learning every day that we are not the unbeatable track and field wonders which we probably thought we were.

"The greatest athletes in the world, breaking records and running some of the most stirring races in the history of sport, are practically wasting their efforts on mere handfuls of spectators. It was a mistake to give the games to Antwerp, and it will be a mistake to give them in the future to any other country which has not earned the high place in sport and which will not appreciate the meet to the fullest. It is not right to hand the games about as a sort of missionary for the spread of the Gospel of Athletics."

Just what are the games for? That seems to be a very pertinent question. It was undoubtedly a good thing for us to be "jounced out of our complacency" and shown that we were not infallible winners of everything in sight. But why should we decry anything like a "missionary spirit"? If our athletics are good we should rejoice in spreading them. We should not confine our desires entirely to the "showing off" of our own prowess to the greatest number of amazed spectators.

Probably one of the most difficult problems in a trip of this kind, especially under the circumstances that followed the war, is the transportation of the athletes; particularly in view of the fact that the representatives which form an Olympic team to-day are accustomed to more comforts and to far greater luxuries than any teams of the olden day. Naturally, their condition is interfered with if they do not have the same kind of treatment as that accorded them at home, both in university and athletic life. Their ability to perform satis-

factorily is affected by this. Shall we lower the scale of comfort and care provided for these men in their home games in order to prepare them for a trip of this kind, or shall we in 1924 see that even if it is two years before the time of sailing, accommodations are provided that will keep them in good condition and satisfy them? Strange as it may seem to many, there is something to be said on both sides. To the man who studied real world conditions at the time of the war, came the startling conclusion that our sports had developed to the highest degree discipline, courage, team work, coordination and the fighting spirit; but that they were found woefully lacking in making men fit to pass a selective draft or to stand roughing it, exposure or disagreeable conditions! Those who view the matter from this broader base criticise severely the methods that produce men who are only up to their best when protected like infants and with a set of nurses to attend to their every want.

Another thing to be considered is the spirit of fair play, which should govern these contests and which means a fair field and no favor and may the best man win. To take over a team that has representatives of our best is, of course, quite proper, but where should the line be drawn? It is a question how far a country, with financial resources to do it, can go, taking enough extra men so that their chances are far ahead of any team with a limited number, especially when places count down to fourth or even below that. It is very doubtful if any nation that we meet in these Olympics would come over to the United States if the games were held here and carry with them threescore men in addition to those who placed in the events, and yet that is what we did. If victory in these games is worth anything from a sportsman's point of view, it must be in a fair field, not one that is dependent upon the deepest pocket-book to provide the greatest number of possible place-men. If these games are a mere advertising dodge, a "publicity campaign" for America, then that is quite another story and one with which my pen is in no way concerned. There will always be inequalities in the number of the teams, but any such preponderating advantage in this respect as that between America and Finland is all wrong.

Water Trails

By T. von Ziekursch

A FEW million years ago, when our ancestors wore whiskers all over their bodies in lieu of other garments, and when the rent problem was only a matter of finding suitable caves, men learned to hunt and fish.

To be more exact, man was a hunting animal. He was more; he was one of the comparatively few who were both herbivorous and carnivorous. Rutabaga or rabbit, stewed geranium or stewed megatherium—it was all even.

On the whole, he was probably kept rather busy at getting enough to eat. And if the sole worry in life was merely getting enough food, what man would not rather hunt and fish than till the soil or shove a pen over boresome pages of figures or any of the joyous little pastimes by which mankind sneaks a living away from the world when the world is not looking?

Probably the primeval man did not have any too many varieties of joy, so he proceeded to get a lot of fun out of the only real work he knew. This was the matter of getting food. He was probably a regular Pollyanna in his way. He had to hunt and fish, so he made a pastime out of it. At least no one can gainsay the fact that he was a fairly redblooded sort of a fellow, and that type usually seem to enjoy a chance to claim their health or something needs building up *via* a fishing rod or a gun.

At least all this seems reasonable, especially as science tells us it is true, and common sense backs science to the limit. Then, if you believe in heredity and also accept the hackneyed claim that man is not really far removed from his primordial ancestry, you are all set to go ahead.

What could possibly be an easier explanation for the thing which grips men about this time of year and sends them to mooning about the windows of sporting goods stores, where wise window dressers have put books and boxes of lures, where split bamboo and steel, lancewood and greenheart rods are standing in careless grace as though they had just accomplished the task for which they were ordained; where spool

after spool of silk and linen line tempts the partisans of each into endless argument?

The fishing season is on us. That in itself doesn't mean anything. There is more. Men have learned to obey laws, more or less. Probably the game laws are obeyed better than any other. But now the barriers are down, or soon will be down. That means one of the primal instincts can be unleashed. A fellow can be a boy once more and nobody will laugh at him—not even his women-folk—probably because the original feminine knew that the success of her lord's fishing was an important matter to her stomach.

Throughout these combined States there are (according to the best available figures) in the neighborhood of ten million persons who are interested in fishing. Looks like heredity had a fairly strong hold. Some of them will tangle their lines and their tempers and are already doing it in the quest for that fascinator—the trout. Others are visualizing mentally the joys that come when a three-pound bass hits, or a perch or a roach or a crappie or a pickrel or even the lordly "musky." Basically it is all the same. The fishing season is on us in part and the rest of it soon will be.

As an example of the way it affects: the other day I dropped in on an illustrator friend whose work appears on the covers of some of our leading magazines and in big national advertising campaigns continually. He had been moaning about the enormous amount of work he had on hand. When I entered his studio there was an easel with a half finished rush job on it, seven books of flies on a nearby table, the joint of a split bamboo rod in a vise on a workbench, and he was busily engaged in varnishing said rod.

That man wanted to go fishing, and he had a lot of company throughout the land battling with the same mood. The trout season is on, but he does not happen to be a trout devotee. He worships the waters that afford shelter to the bass and he was sullen because the bass fisherman has all the worst of it in not being able to get as early a start as the trout seeker. His work



© H. Armstrong Roberts

Here is where a fellow can be a boy once more, and nobody will laugh at him—not even his women-folk, provided he has something to show for his efforts.

did not worry him then; he wanted to cast, and proceeded to go through the motions of it a dozen times for my edification and his own pleasure right there in the studio.

However, to pick up this narrative: although even a woman would probably admit that mankind has inherited the love of fishing from that effete ancestry of a few eons ago, unfortunately mankind has not inherited the craft that goes to make the successful fisherman—the kind who comes home with creel full and has no need of a lying tongue. In other words, the willingness is there; we are plentifully endowed with it, but the know how is not. And there is much to the latter part.

Anybody can take a pole with a line tied to the end of it with a hook on the end of the line and a worm on the end of the hook, and catch fish, yes, catch even bass—provided aforementioned bass are plenty hungry and all other conditions are right. I have even seen those dandies of the cold streams—the trout—hooked on worms. But that is not to be wondered at. Men will go to ball parks and eat those patented, imperishable, gutta pereha hot dogs when their stomachs clamor for grub. And it is popularly supposed that men have more brains than fish, although many women doubt it.

The art of the game is in selling your bait to the finny pets when they don't particularly want it. There is more downright

art in that than there is in selling wildcat oil stock to a director of the Standard Oil Company of New Jersey.

Your humble servant has no intention of trying to explain how it should be done. Frankly he doesn't know; he has only been hunting and fishing for the past twenty years and has much to learn. But there may be a few things of passing interest that can be enumerated, and we can follow a couple of equally ardent Walton disciples up-stream and into a lake in quest of bass, for instance.

With the re-stocking of streams and lakes that most of the state game and fish bodies have been doing for the past few years, there are more fish than there have been in a long time, and the more fish there are, the more fishermen there are bound to be. The two go together, just like buttons and buttonholes.

A lot of us who are getting ready for the first trip are much concerned with what to put on the end of our line in order to become more familiar with the fish whose acquaintance we are seeking, bass let us say, for after all, the trout fisherman is probably becoming slightly surfeited with his sport by now and will be on the trail of the bass as soon as the exclusive bass gentleman.

The wise old hand who has followed the water trails during many summers will pass

a few terse and sarcastic remarks when you suggest any other bait than his favorite artificial lures. Just the same, the chances are better than two to one that if he is a real veteran he will have concealed somewhere about his outfit a can of that rare and difficult to attain bait—the plain, ordinary angle or fishing worm, otherwise known as the “barnyard hackle.” Furthermore, in selecting them he will pick only the large ones that are apt to be tough and hang to the hook, and also that have a lot of color in them. The color is almost essential, as the water is likely to be somewhat murky early in the season and colorless bait would be difficult for the fish to see.

At this time of the year the fish are ravenously hungry. There is very little food in the water during the Winter months, and the Spring sees them as eager for food as a pack of wolves. But they are canny and wise just the same. Simply because they are hungry, you cannot expect them to bite on a chunk of old leather. You have got to match the food that nature is likely to hand them at this time. The Spring rains are washing down grubs and worms to them. Therefore offer them the same thing. If you must use artificial lures, the Grizzly King and Rube Wood are excellent varieties of fly for early season use.

Undoubtedly many an amateur fisherman wonders why he is not permitted to fish for bass as early as for trout, especially as the bass bite so eagerly before the season's opening and almost invariably you catch a lot that have to be thrown back.

The reason is that this is the breeding season for the bass. The female deposits the eggs and is then chased away from the nest by the male, who swims about nearby tirelessly and will not eat until the eggs are hatched. Anything that happens to drift in the vicinity of the nest is grabbed by the male who swims away with it, intending to get rid of it. To catch them at this time would mean leaving the eggs without protection and other fish would immediately gobble them up.

Now let us trail along behind a couple of fishermen, and see why one gets a creel full and the other fails, if we can. Incidentally, the same things we are likely to see here

applies to practically every other kind of hunting and fishing.

The first one comes to the bank of the stream or lake and baits up. He puts on any old kind of a worm, probably rather carelessly. Then he selects a likely looking pool or indentation near the bank and whips in the bait. It is a nice looking pool, quiet, the water is just murky enough, and everything is right. He is anxious and all set to land the gamey battler. But the fish do not fall all over themselves to grab the bait. He gives them five minutes, then he pulls up and probably half the worm, put on loosely, has been taken. He tries that same spot three or four times and rambles on. Probably he is walking erect, his shadow is falling on the water, he is kicking bits of earth and rock into its depth, splashing and riling things up in a way nature rarely does—and the fish know something is wrong.

He does not get results but he does become impatient and the longer he fishes the less chance he has of getting any real compensation for his efforts.

That is one. The less said about him the better. He is the kind who takes along a book of flies and uses them indiscriminately when other bait fails. He probably puts on a brilliantly hued one similar to the types that are flying around in July and August instead of using the somber kinds that exist early in the Spring.

Now for the Other Kind

There is a slight motion in the willows or alders and a man appears who gives the impression that he is infinitely lazy and a confirmed procrastinator. His every movement is deliberate. Probably he is on the side of the stream where the breeze is blowing across the water toward him. Perhaps he has a worm or minnow or even a fly for bait. He does not hurry along nor precipitate bits of rock and earth into the water. If he enters the water to wade he does it in most deliberate fashion. Perhaps he tries the likely looking pools the same as the other did, but he does not neglect any little bit of swift water and the quiet spots below it. Also he flips the bait in the shallows along shore where there are possibly grasses and weeds growing and where the

(Continued on page 57)

The All-Important Shoulder Muscles

By Alan Calvert

*"The smith a mighty man is he, with large and sinewy hands,
And the muscles of his brawny arms are strong as iron bands."*

I HAVE often wished that the revered Longfellow had slipped in something about the blacksmith's *shoulder* muscles.

Of course, the strength of a blacksmith's arms is proverbial—Longfellow's lines have made it familiar to every schoolboy. But, unfortunately, most boys and men, when they say "arm" mean the upper-arm; that part of the arm between the elbow and the shoulder.

Thousands of boys have in the past hung around the doors of a smithy, fascinated by the flames, the sound of the hammers and the sight of the continual play of the big muscles on the arms of the smiths themselves. (Nowadays, if you want to see a blacksmith, you will have quite a hunt. Automobiles on the road, and power-hammers in the shops have about done for blacksmithing as a handicraft.)

Apparently all blacksmiths wore the same kind of working clothes. A perfectly disreputable pair of shoes, trousers to match, a leather apron and an undershirt, short of sleeves, open in front and revealing a hairy chest. If they had only worn *sleeveless* undershirts the admiring boys would have been able to see their wonderful shoulder muscles, and I am convinced that the athletic public would have to-day a better idea of what muscles

make for a powerful arm. You who have seen a smith working at the anvil will remember that once in a while the hammer would give out a faint tink-tink-tink, as the smith, while finishing a piece of work, gently tapped the hot iron; and that when doing this he kept his elbow at his side and moved only his forearm. But when he was shaping the iron, or beating it out, the hammer would make a fearful clank, for

at every blow the smith would raise the hammer high in the air and bring it down with all his force. When the hammer goes up his hand goes above his head, and his elbow is on a level with his face. What muscles raise his hand? Principally the biceps and the front part of the deltoid. What muscles bring the hand down? The triceps (at inner head), some of the muscles of the back, and the rear part of the deltoid muscle.

But every time the smith raises his arm the weight of the hammer gives his deltoid work. When he brings his arm down the weight of the hammer helps him, but he always employs the back of the deltoid muscle to make his blow tell.

Every so often there is a big lump of red-hot iron which must be beaten rapidly into shape. Then two smiths select long-handled hammers with heads weighing eight or ten pounds. Grasping the handles in both hands, they swing the hammers high aloft, and as they bring them down they incline their bodies forward from the hips, thus supplementing the strength of their arms and backs with part of the weight of their bodies.

Then you have a real picture of power, especially

if the smiths are stripped to the waist.

Ask ten illustrators to draw you a picture representing muscular power and the majority of them will turn in drawings showing a brawny smith swinging aloft a big two-hand hammer.

Naturally, the smith has a strong hand and wrist. Even a short hammer with a one-pound head has a certain leverage which throws a continual working strain



on the muscles of hand and forearm.

But the smith's "sinewy hand" and "iron-banded arm" would be of no *practical* use to him unless he had an equally fine shoulder muscle to give the necessary impulse to the whole arm.

You may ask, "If this article is about the shoulder muscle, why do you keep talking about the arm?" This is why thousands upon thousands of men and boys have the mistaken idea that big upper-arm muscles necessarily mean a strong arm, which is wrong. The shoulder simply *makes* the arm. At least it makes it useful in work or sport. You can't deny that!

Sporting writers, commenting on an athlete, will say, "He has a grand pair of shoulders," or "He has a wonderful pair of wrists." How often do you hear them particularizing on the biceps, or upper-arm muscles, of an athlete? These writers *know* that the driving power of the arm (the whole arm) comes not from the upper-arm muscles, but from the shoulder muscles, the chest muscles, and the back muscles which have tendons connecting them with the bone of the upper arm, and which move that bone.

When you say of a baseball pitcher that he has "a wonderful whip" or "some wing," just what do you mean? That he has big arm muscles, or that he can literally "whip" his arm so fast through space that he propels the ball like a bullet? Undoubtedly *you mean the latter*.

If I had a hundred novices to train—a hundred young fellows who wanted to become strong, husky athletes, I would hammer at them until I got it into their heads that the driving power of their arms comes from the shoulders and back, just as the driving power of the legs comes from the hips and loins.

The chances are, however, that these hundred novices, once they got the desire to be strong, would first hike to some sporting goods store, buy a pair of 5-pound dumb-

bells and some sort of chart "system," and set to work according to directions. What is the first exercise in almost every one of these charts or systems? This! "To develop upper arms, grasp a dumb-bell in each hand, arms hanging by sides. Raise dumb-bell to shoulders and lower again, *keeping elbows at sides.*" A fact. It is the conventional opening of a system. They always begin with the upper arms. They *always* give this exercise, and in every case I have seen they tell you to keep the elbows at the sides. I do not deny that by persistence and miraculous patience a pair of respectable upper arms can be developed in that way. But after you have gotten them, what good are they unless you have spent an equal amount of time and patience on some special exercise for the shoulder muscles (deltoids)?

Can you name any sport where you keep your elbow always at your side? Tennis? Golf? Baseball? Rowing? Boxing? Any vigorous kind of work where you keep your elbows at your side? Sawing? Wood chopping? Shoveling? Mowing? Pitching hay?

In every one the whole arm moves fully, and the impulse comes from the shoulder and upper-body muscles.

So if you are bound to develop a big arm, why not develop your shoulder muscles at the same time? This is what I would make the novice do:

Grasp his dumb-bells and lift right hand, just the way the blacksmith raises his small hammer. That is, the right elbow comes up on a level with the eyes, and the dumb-bell in the right hand will be over the crown of the head. The arm is bent at right angles. Now bring the arm down smartly, letting it swing right past the body until the arm is straight, which will make it project behind the body at an angle of 45 degrees. As your right arm comes down, the left arm goes up, and vice versa.



You get fine work for the upper arm muscles, but the important thing is that you are training them to act in conjunction with the muscles of the forearms and shoulders, just exactly as the blacksmith does. You can do the exercise in the old way with the elbows fixed at sides, and while your biceps will eventually tire, you won't even breathe fast.

But if you do it the way I recommend, you will find that it calls the lungs into vigorous action because you are using a great many more muscles, besides distending the chest every time you raise an arm.

The exercise done in this way will strengthen the muscles that you use in serving at tennis, in throwing a ball, in climbing a rope and in a dozen different forms of work and athletics.

Take it from another angle—lots of chaps are dismayed the first time they try to "put up" a 50-lb. dumb-bell. They swing it as high as the shoulder, brace themselves for a push—and the bell simply won't go up. Such chaps have figured that the only muscle needed is the triceps, the back arm muscle, which straightens the arm. So they have trained this muscle by the familiar "dipping" on the floor, the exercise where you lie face down—your weight on your hands and toes, and then raise the body by straightening the arms. It's a dandy exercise, not only for the triceps, but for the chest, legs and waist; but it does *not* train the deltoids (the muscles on the points of the shoulders). Just think it over. Tho you stand with the bell shoulder-high, in order to raise the bell aloft you must *raise* the arm. Some muscle *has* to pull the upper bone forwards and upwards, especially at the start of the push. That muscle is the deltoid, a muscle that covers the shoulder joint; a triangular muscle which has its flat base upwards, fastened to the shoulder blade and collar bone, and its point downwards, where it is fastened to

the upper arm bone about half way between the elbow and shoulder points.

Different movements of the arm bring into play different parts of the deltoid muscles. For instance, by raising your arm horizontally in front, you employ the anterior fibres of the deltoid; if you raise the arm to the side you work the lateral fibres, and if you draw the elbow to the rear you work the posterior fibres. In complicated movements like throwing and bowling and climbing, you use the whole muscle.

When the famous Arthur Saxon first came to England, he found that there was scarcely an English lifter who could raise a 300-lb. bar bell aloft in a two-arm lift. Many of these Englishmen were big 200-lb. chaps with 16½-in. arms. Yet Saxon's younger brothers, who weighed but 165 lbs. each and had 15-in. arms, could easily get the 300-lb. bell aloft. Saxon immediately pointed out to the amazed English lifters that his brother's lifting ability was due to their magnificent deltoids, muscles which they had developed by a great variety of lifting movements. As soon as the Englishmen started to work on the deltoids, many of them equalled the younger Saxon's lifts.

Again, take shoveling. Suppose you are in a six-foot trench. Every shovel-full of dirt has to be thrown out of the trench. Every time you throw the dirt out, one hand or the other comes up level with the face. If you are an expert with a shovel, you make your back do a lot of the work; but nevertheless your arms *must* swing upwards, and the deltoids get extremely vigorous action.

The late Stanley Ketchell, champion middleweight of his time, was an 155-lb. man with a punch that few heavyweights could equal. Ketchell always claimed he got his punching power from several month's work in Butte, Montana, where he spent his time at the side of a railroad track throwing shovelfuls of ore into an open freight car.



The sides of the car rose several feet above his head. It meant a big swing of body and arms every time he chucked a shovel-load into the car. If, when Ketchell was in the ring he started a punch from his hip, he used precisely the same muscles he used in shoveling ore high in the car.

Another famous instance: In the middle of the last century there was a fore-runner of Ketchell, an Englishman named Tom Sayers, who, though no bigger than Ketchell, beat all the heavy-weights in England.

His punching power was terrific. How did he get it? Working in a brick-yard, as a passer. Apparently his job was to take a brick in each hand and pass them from one pile to another. He would keep his arms straight and swing them from side to side, always at shoulder height.

If you think this sounds fishy, just try the exercise for yourself. Take a pair of 5 or 6-lb. dumb-bells, stand with the feet apart and well braced. Hold bells straight out in front of you, swing them as far as you can to the right, then to the left. Keep your arms parallel, and don't let your body twist. By working that way you will throw the work on the deltoids and upper trunk muscles. Swing the bells vigorously a couple of dozen times. Put them away and take a punch at something. You will be amazed at the snap and pep in your punch.

Suppose you are going to put the shot. You use your legs and back all you possibly can, but what is the muscle that brings the

putting arm upwards and outwards? The same old deltoid, and it is more important than the triceps in this game. You don't slowly *push* the shot; your arm must absolutely *shoot* out.

If you want to realize the importance of the shoulder muscle, you just go out after a long lay off and throw a ball for a quarter of an hour. Or pitch hay for the same length of time. Next day your arms will be unaffected, but your deltoids will be so sore that you can hardly lift your arm.

So important are these shoulder muscles that a sore or strained deltoid will put any athlete or workman out of commission.

Roman Ring and Trapeze performers acquire fine deltoids. When the hands are in a fixed position (grasping rings or bar), the body is drawn upwards, sideways, forwards, and backwards. The position of the body in relation to the upper arms is constantly being changed. This throws continual work on the muscles of chest, upper back and shoulder; again the muscles which control the whole arm.

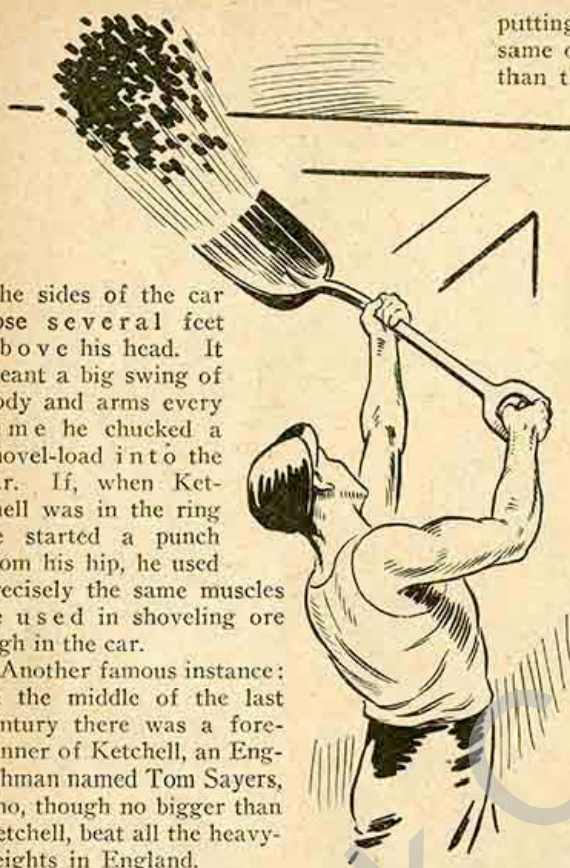
It is my experience, however, that as a class trapeze performers never have as strong, or as *useful*, shoulders as have hammer throwers, weight lifters, hand balancers, or many classes of workmen.

It seems as though one can develop a better pair of shoulders with feet fixed and shoulders and arms swinging than with hands fixed and the body and legs swinging. Certainly in almost all our physical activities, in work or play, we are on our feet. After all, we live on the ground, not in trees.

To get back to our starting point, the good old blacksmith.

I know a young man who, when he first became interested in muscular development, made all the mistakes referred to in this article. He could not see anything except his upper arms. He practiced chinning the bars, and got a fair biceps. But his great desire was for enormous pushing power,

(Continued on page 58)



What Makes a Sprinter?

By Charles W. Paddock

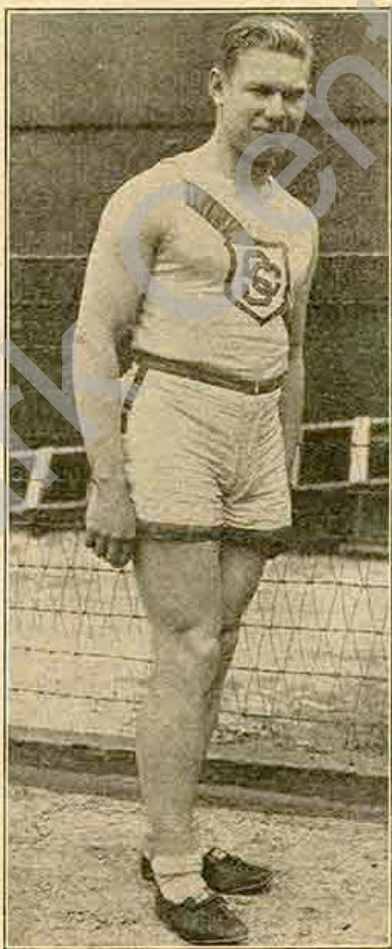
SINCE the beginning, man has possessed two instincts of self-preservation and pleasure, which the buffets of time and the course of events have not lessened in the slightest, and these two have been and are to fight and run. Now, it's the man in the ring who can deliver the knockout punch who is always the most valuable; and likewise, the man with the swiftest heels is the man most likely to escape.

Speed, of course, shall ever be the main characteristic of sprinting, but speed is attained in three valuable ways, all of which must be found in the ideal sprinter, at least in some small degree. These seem to be Natural Ability, Development and Condition; and Natural Ability is, of course, the most essential of the trio. This is an easy thing to detect on the athletic field, but difficult to place on paper. When Coach Glenn Warner, now of Pittsburgh, was with the Carlisle Indians, he said he always found the red men lighter on their feet, and better dodgers and tacklers at first, than a similar group of untaught white men, however brilliant they might be in the classroom. So it is with sprinting, for the first thing is not thought, but instinct, and those men who are either the closest to semi-civilization, or who can give way to their half-forgotten instincts the best, will be the most natural runners.

Heredity also has a part to play in the amount of Natural Ability a runner may have.

In my own case, my mother has always been very swift and light; while my father still has catlike agility combined with great strength. So it has proven with most sprinters, at least one side of the family has been noted for swiftness. In the athletic world this fact is coming more and more to be recognized, and some of the recent marriages between champion athletes and athletic girls should produce a host of stars in the next generation. Among the more recent of these has been the marriage of Simpson, former champion hurdler of the world, to a tennis champion; Dick Landon's engagement to a world-renowned swimmer, he having won the Olympic title in the high jump; and the marriage of Norman Ross, the greatest swimmer, to a wonderful woman swimmer.

There is something also in enjoying the game. A man cannot make a success in any undertaking if he is not willing to work and to sacrifice, and he will obtain the best results from his labor if it has been one of love and pleasure. Running is a relaxation, and in acquiring the fundamentals of sprinting and in performing the great amount of necessary practice, it should be done in the spirit of play, in order that a man will get the most enjoyment out of the game. This is the way in which the benefit of athletics is certain to come. There must be a complete abandonment of self and a joyous spirit of frolicsomeness felt,



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THE HUMAN MAN O'WAR

This photo shows Paddock's remarkable physique. He has the sturdiest build of any sprinter competing to-day.

similar to that which the swift hero in the story of the Were-Wolf was supposed to possess. For in that ancient legend of the wolf which was half woman and brought death wherever she visited, is the description of the man who ran across the frozen fields of the Northland, of a morning, for the pure love of running. Sometimes, when a trackman first dons his spikes at the commencement of a season and feels the cinder path beneath him once more, his blood courses through his veins in much the same way as the runner in the legend. He loves to run, for the pure pleasure of it.

Temperament also affects the sprinter. He must be a bundle of nerves in order to be highly successful. Loren Murchison, former National Champion; Jack Sholtz, the fastest of starters; Charles Carroll, who could cover 40 yards in the fastest time of any runner of his day; even Joe Loomis, of Chicago, the giant sprinter of a few seasons back, were all men of nervous temperament. Murchison's excitement on the eve of a contest was betrayed by his voice and his constant inquiry into the condition of his opponents. Sholtz was irritable and cross. Carroll was restless and unable to sleep for days before the race. Loomis

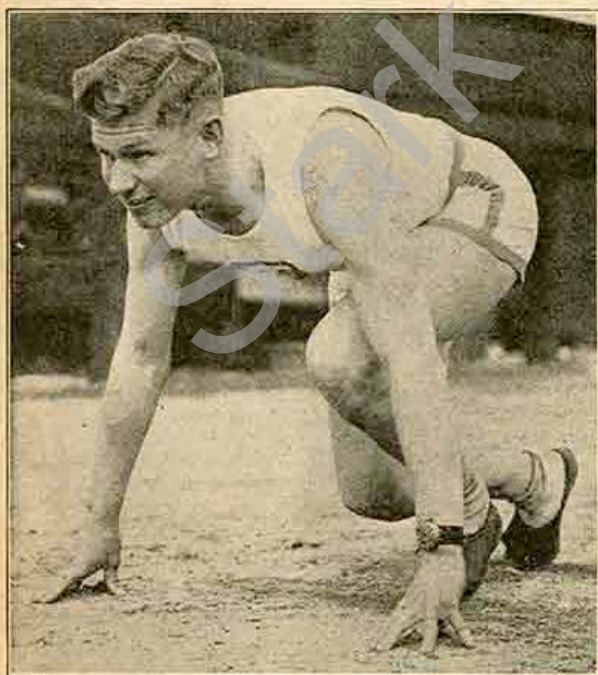
would pace up and down his room for hours the night previous to a contest.

Instead of tiring these particular athletes and making them unfit, this expenditure of nervous energy put them on edge and made them all the keener when they took their marks for the race. But there are some sprinters who have to force themselves into a state of excitement. If they fail to do this they run poorly. Perhaps Morris Kirksey, of Stanford University, is the best example of this. Before a big contest he frightens himself by running down his condition and picturing the speed of his opponents, and before a race he thinks lightly of he does not bother himself in the least, and often he loses in such races. Billy Hayes, of Notre Dame, cannot excite himself enough before a race, and therefore never really produces his best. Superstition has been a splendid way for me to work up nervous energy, and by tapping on wood my mind and body alike are put on edge for the contest.

After discovering that you have the natural ability to run, which is easily found out by competition against boys of your own age, and by your taste for sprinting, the next thing is to develop that ability.

For there are many with natural ability who do not get very far unless they are properly trained. However, it seems to me almost foolish for a man to try making himself into a sprinter unless he first has the gift of speed to some extent. All the training in the world cannot find something that is not already existent, for, after all, there have been men who have risen to the top of the sprinting game with little besides Natural Ability to aid them; though there have never been runners who have gone very far without plenty of born speed to help them along.

Confident in your ability to hold your own with any runner your particular age, the first thing in the way of development is to perfect the start. The sprinters of to-day have the advantage over the runners of previous time, for it seems that all that can be

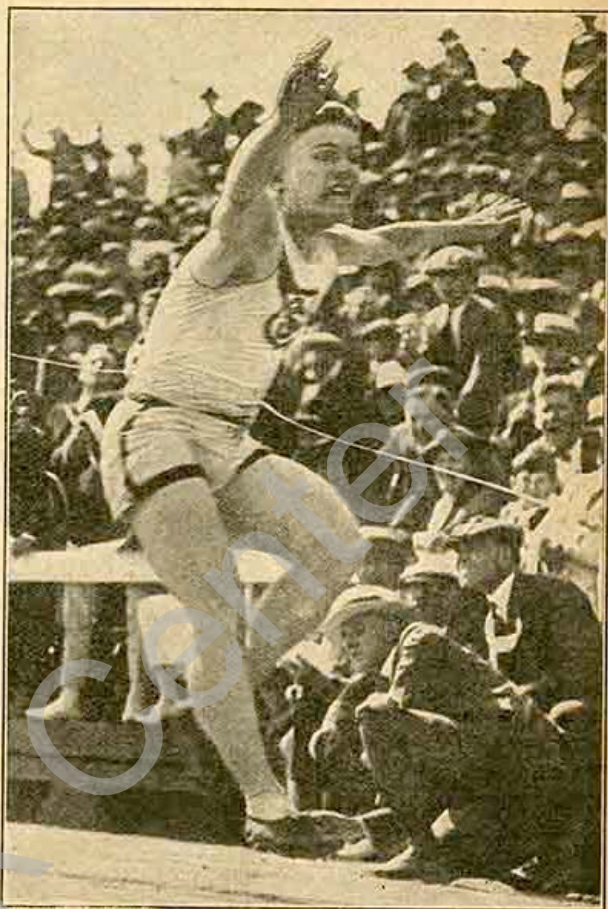


© International

This is the way he starts—

known of the correct method of starting has been learned. The ancients stood up and started; then later the speed obtained was improved upon by digging holes from which to start. After this came the crouch start, which was copied after the manner of start practiced by the kangaroo in the jungles of Australia; and then there was the starting-gun, which in some manner quickens the nervous reaction in addition to giving a more accurate record of the time made. The start used in America to-day is the Kangaroo Crouch, which consists of the weight of the body being well forward, though still maintaining enough power in the back leg to produce a tremendous drive at the pop of the starting-pistol. This drive from both feet has a tendency to throw the weight somewhat on the hands, which is correct. For the hands, being lifted when starting, the body goes forward; and in order to prevent falling, a few short, jabbing steps are necessary. As soon as the upright position is assumed, the man should get into his stride.

On the indoor track there are runners who never come into their regular stride in a 40- or 50-yard dash. All their steps are jabs. This is true of Murchison, Sholtz, Lever, Wefers and Farrell, perhaps the five greatest indoor sprinters of the present time. A larger man, however, who depends upon his stride to get him across the finish line, is hardly ever at home on the indoor track, for the slippery board floor handicaps his pull and half his power is wasted. However, he comes into his own on the outdoor cinder path, where the sooner he gets into his stride after the start the better. The man who has the most perfect form in the start is Jackson V. Sholtz, now competing under the colors of the New York Athletic Club. Two seasons ago his starting was beyond reproach: his departure at the command of the gun being so swift that it was almost impossible to follow the rapid action of his feet. But starting, like putting in golf, is something which is liable to be lost



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And this is how he finishes

most any time and then must be built up all over again. Lever and Murchison both seem to be getting away from Sholtz at the present time.

What Jack Sholtz represents in the start, Joe Loomis stands for in the stride. In the history of the cinder path there has never been a runner with a longer stride than the Chicago boy. It was claimed for him that he took ten feet at a step, but though this was hardly possible, yet he was capable of an enormous stride, and one which fairly baffled his opponents. He had such long legs and had practiced getting the greatest possible distance without sacrificing speed, that a smaller man with a shorter stride almost always broke when running beside him. For the little man would be taking two steps to one of Loomis, and the tendency would be to lengthen his shorter stride, which would immediately

throw him off his running form. The advantage of a long stride can easily be seen. For when it is possible to run the hundred yards in one less stride than it formerly took, and yet make your feet hit the ground every bit as fast, you have simply gained seven to nine feet on yourself. Most runners practice lengthening their stride by having the cinder path carefully brushed. Then they first run naturally down the track from their regular start. The distance between strides is measured off, and lines are drawn across that lane where the spikes dug into the track. Next to this lane another start is taken, this time with the purpose of stepping each time beyond the lines which stood for the strides taken in the first start. In this way the stride can be increased and the amount of progress made is readily determined. Morris



© International

MORRIS KIRKSEY

As a sprinter, Kirksey is second only to Paddock.

Kirksey, of Stanford, uses this method.

With a fast start and a quick break into a long, powerful stride, the only other essential to perfect sprinting development is the finish. Here there are three types, two of which have long been in existence. The first is the Lunge. Arthur Duffey, the first man to officially run the hundred yards in $9\frac{3}{8}$ seconds, used the lunge, as did Bernie Wefers, the present coach at the New York Athletic Club. He has taught this style of finish to all of his sprinters and hurdlers with marked success. It was this lunge which won for Murchison over Jack Sholtz in the National Championships of 1920. The two were abreast at the 95-yard mark, but Murchison won by throwing his chest at the tape and lunging his side at the string in that final second of the contest. The lunge is accomplished by a skilled runner without breaking the stride

or the loss of any arm or leg action. Some sprinters, however, never seem able to quite learn this style of finish and so run straight through. Sholtz usually finishes in this fashion, as does Billy Hayes, former National Champion.

Many years ago, while competing in a hundred-yard dash, a man several yards behind, running in fifth place, suddenly jumped through the air and landed in second position as the finish tape was broken. That singular leap gave me the idea of the jump finish. Instead of lunging at the tape, which can only help in the final yard, and gain a few inches at most, it seemed possible that a finish might be perfected whereby a foot or more would be saved by simply lifting the legs the last 15 feet of the race and gliding across the finish, with the body well forward. The space would be too short to

lower the momentum, while the time which it takes to put the feet down twice, for those two additional steps, would be preserved. It is the same principle as the lengthened stride, for the same speed can be kept for one stride, which is twice the length of the running step.

With the essentials of sprinting in mind, it is necessary to acquire a smoothness of form in each which combines the minimum of exertion with maximum results. Perhaps the man who attained this perfection and smoothness to the finest degree was Howard P. Drew, former world champion sprinter. His start was meteorlike and faultless, his running form was machine-like, and his finish was well done. However, perfection in form does not rank above natural ability, and if form ever hinders freedom of movement or naturalness

(Continued on page 53)

The Most Valuable Player—Ruth or Hornsby?

By J. C. Kofoed

THAT Babe Ruth is the greatest attraction ever brought forth by organized baseball is indisputable. He is even more colorful than was Ty Cobb in the Georgian's greatest days. He is spectacular, he knows it, and plays up to it. Thousands of folks go out to American League ball parks not to see the home team or the Yankees in action, but to see Babe Ruth wallop a baseball over the distant fences. They would as soon see him strike out as hit a single or a double.

Ernest Shore, the pitcher, when he was the Babe's teammate, said: "The crowd is just as thirsty for home-runs as he is, and he eats, sleeps and dreams home-runs."

Everything Ruth does has become of vital interest to the fan. The crowd will shriek if he catches an easy fly, and they'll howl just as loud if he muffs it. Babe Ruth in action is what they pay to see.

As a slugger the big fellow has never been equalled. Ex-Governor John Tener, of Pennsylvania, himself an ex-big leaguer, used to swear that no human being could hit a ball harder than Pop Anson and Ed Delahanty did. Hughey Jennings said that about Sam Crawford. Manager Jimmy Burke, of the Browns, used the same words in connection with Buck Freeman; but one and all, after seeing Ruth in action, conceded that he absolutely outclassed all the great sluggers of the past and present.

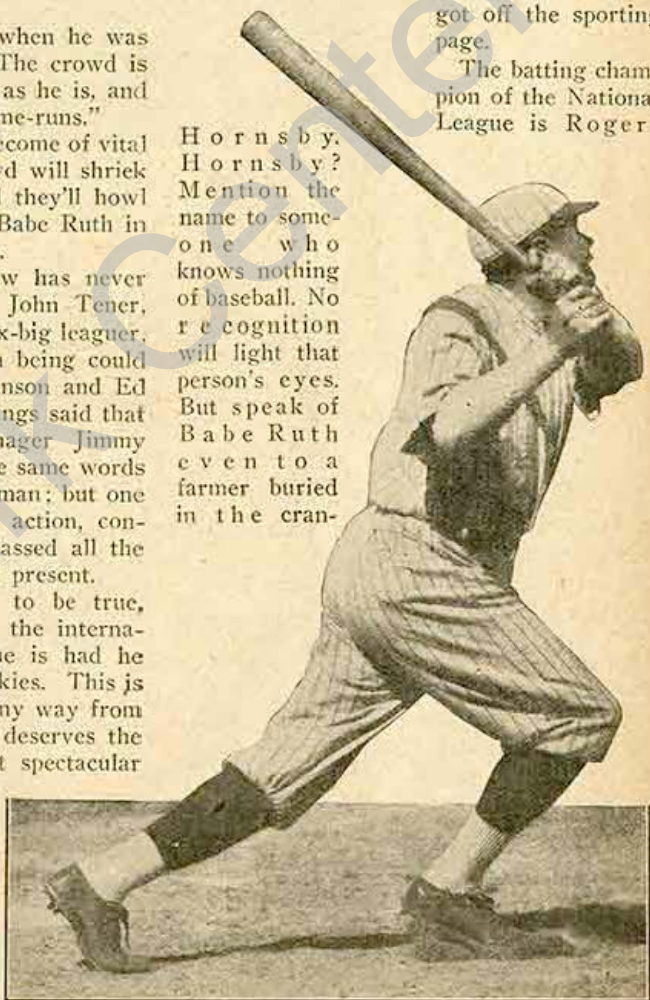
Admitting all these things to be true, Ruth would not have become the internationally famous figure that he is had he not been press-agented to the skies. This is not an attempt to detract in any way from Babe's wonderful deeds. He deserves the title of the greatest and most spectacular player in the American League to-day. But he understands and his employers understand, the value of theatricalism—and it was the method of the circus that made the payment of \$137,500 for his release a stroke of business genius.

When Gavy Cravath was at the height of his career

he was the best home-run hitter of his day and a fine all-around player. But the papers and magazines did not expend columns in dilating on his ability. Cravath was a modest, retiring sort of chap. He lacked the flaming color that, above everything save his actual home-run hitting, has placed Babe Ruth where he stands to-day. So Gavy was rated highly, but never was idolized. Whatever Ruth does is front-page stuff. I doubt if, in all his life, Cravath got off the sporting page.

The batting champion of the National League is Rogers

Hornsby. Mention the name to someone who knows nothing of baseball. No recognition will light that person's eyes. But speak of Babe Ruth even to a farmer buried in the cran-



© International **BABE RUTH IN ACTION**

The mighty babe has just connected with another homer, to the delight of the thousands of fans to whom he is the great national hero.

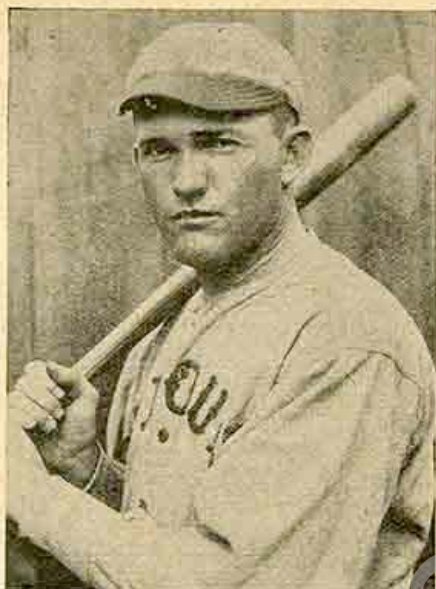
berry bogs of New Jersey, or the cook in some Arizona shack, and they will immediately know about whom you are talking. There is as wide a difference in the publicity that has been given these men—a wider one, I should say—than there is in their home-run records.

Yet Hornsby is the greatest hitter that has graced the National League since the days of the incomparable Honus Wagner. During the last three years, in which the reputations of Ruth and Hornsby have been made, Rogers has a slightly higher batting average than the Babe; he has made a hundred hits more; he steals more bases; he strikes out many times less. Defensively, he is of far more value to his club than Babe is to the Yankees. Yet so far as their box office value is concerned there is no comparison between the men. Rogers Hornsby has everything save the theatrical personality and good press-agenting to make him almost as good at the gate as Ruth. The latter has everything—plus that personality and press-agenting.

Admitting the superiority of Babe Ruth over Rogers Hornsby, so far as the business office is concerned, does that superiority also extend to the playing field? Let us see.

Jack Dunn, the Baltimore International League manager, once said to me, "Babe Ruth is the greatest natural ball player that ever lived. He is a really great left-handed pitcher; he can play first base and the outfield, and, in a pinch, could even go behind the bat. There's versatility for you!"

True enough. Ruth was a wonderful pitcher. No doubt of that. But to utilize his pitching would rob the team of its greatest hitter, and no man can switch continually from the box to the outfield without suffering in both departments, and in his batting as well. As an outfielder Babe leaves much to be desired, and cannot be spoken



© Keystone View

ROGERS HORNSBY

He leads the National League in batting, and has a higher batting average than Babe Ruth.

of in the same breath with Cobb, Speaker, Rice, Strunk and others. He is a fair, but not a star, gobbler of flies. The same might be said of his first-base play. Defensively, Babe Ruth is not a great ball player.

On the other hand, Hornsby is. For the first four years of his major league career he was shunted about every infield position, and played them all well. For the last two seasons he has been stationed at second base and his fielding there grows consistently better as he learns the tricks of the keystone sack. There is an

axiom among boxers that a good big man is always better than a good little man." There is an equivalent one on the professional diamond that a good infielder is more valuable than a good outfielder. Defensively, it must be admitted that Hans Wagner was more valuable to Pittsburgh than Ty Cobb was to Detroit.

So—in a defensive sense—Rogers Hornsby is certainly a better man than George Herman Ruth.

Before delving very deeply into their respective hitting powers, the sort of pitching each faces must be considered. The moundsmanship in the National League is undoubtedly better than that in the younger circuit. It is generally conceded that if Hornsby faced American League pitching over the span of a season, that he would top by quite a margin the coveted .400 mark. He came within three points of it last year, while Ruth's highest mark has been .378. Mere averages, of course, are not conclusive, by any means.

Both men have fine eyes, good judgment, courage, perfect coordination. Each is powerful physically, and knows how to stand and swing correctly. Though Hornsby is not a "chop" hitter, he does not attempt to "kill" every pitch, as the Babe does, and consequently strikes out fewer times. In

the past two seasons Ruth has fanned no less than 161 times, compared with the 98 times that Hornsby whiffed.

Despite that, Walter Johnson, the greatest pitcher the American League ever produced, says: "I doubt very much if Ruth has any real batting weakness. He can hit any ball that comes within his reach hard enough to split the cover. Any slugger of his type will strike out often on bad balls. That is inevitable."

I remember the first time Bill James, of the White Sox, pitched to Ruth. He gave him a fast one on the inside, and it was rammed for a single. The second time James handed him a curve on the outside, and Ruth hit a double. The third time he curved one inside, close to the knuckles, and it went sailing for a triple. Then Bill put everything on the ball that he had and buzzed it down the groove. The last he saw it was sailing over the right field fence.

There has been a lot of talk about batters outguessing the pitchers, and some critics criticize Babe for not doing it. That "out-guessing" stuff is nonsense. Such crack hitters as Daubert, Milan, Wheat, Jackson Fournier, Cravath, Lajoie, Wagner, Leach and George Burns all denied that they ever tried it. They said that they were up there to hit what was pitched, and not to have a guessing match with the hurler. So why put the Babe on the pan for not doing it?

As a consistent hitter, Hornsby is fully the equal of Ruth. He cannot hit the ball as hard, but with men on bases and any sort of a base blow needed to win, a pitcher would just as soon see Babe approaching the plate as Rogers.

The Bambino, in the past two years, has broken all records for scoring and driving in runs. There is a great difference between the rivals in this respect, but the gap is not so wide as the figures would lead one to expect. Ruth drove in 307 tallies and scored 335 himself, while Hornsby walloped across 220 and counted 227 with his own fairy feet. This is a difference of 195 in two seasons.

In this period of time the Yankees scored 1,786 runs, of which Ruth was responsible for 37.1%. The Cardinals tallied 1,484 times, so Hornsby's share amounted to an even 30%. Four American League players—Sisler, Veach, Speaker and Kenneth Williams—scored or drove in over 400 runs.

Not a single slugger in the National League succeeded in doing this—sufficient proof, it seems to me, that Rogers Hornsby faced tougher pitching than did Babe Ruth. I will admit that the big Yankee is a more powerful driver than Hornsby, and hence a bit more effective on the offense, but the National Leaguer is so good that the difference between them in this line is far less than the public understands.

In speed there is no comparison at all. As I pointed out last month, the Cardinal is one of the fastest men in baseball, and the reason that he does not go after base-stealing records is because his legs are too valuable to risk, and in these days of heavy slugging the stolen base has lost much of the great value it had in other times. Ruth is not exactly slow, but there are dozens of men in each league who are swifter on their feet than he.

Giving Ruth, then a very slight edge in a physical way, due to the sheer battering-ram power of his attack, let us consider the mental and temperamental qualities of the rivals. So far as "baseball sense" goes, there is little to choose. Hornsby's quickness of mind is well known. The Babe, too, is very quick on the trigger. He has fewer opportunities to demonstrate it in play than the St. Louis infielder has, but the keenness is there just the same.

The biggest difference between the men lies in their temperaments. Ruth, an untutored boy, was lifted suddenly into a position where he was given as much money and publicity as the President of the United States. That could have but one result. Even in Boston, before his sensational sale for \$137,500, he was fairly confident that he knew more than the manager. Last year this reached a climax. He over-rode Miller Huggins, the Yankee skipper; and a "Board of Strategy," headed by himself and Roger Peckinpaugh, practically took matters out of Huggins' hands. Ruth knew that his fame and salary exceeded that of his chief, and he felt himself above discipline. His actions caused trouble on the team, which had a lot of stars who, in their own minds, decided that they were entitled to as much freedom of action as the home-run champion. The club was powerful enough to have made a runaway of the American League race. Instead, they were

(Continued on page 60)

Golfing for Health

By Mary Morgan

GOLF is a wonderful game. To that sweeping statement, perhaps, there may be some few dissenting voices; but, then, there are a few people who would never agree to the general opinion. In the first place, there is a distinct division among the kinds of golf played: there is the serious game with championship laurels hovering in the distance; there is the pleasure game, when the fun of exercise and the delight of the outdoors is of more interest to the player than the medal score.

Everyone cannot be a golf champion, though everyone has more opportunity to become a golf champion than to become the President of the United States; for golf champions come and go yearly—unless said golf champion is of the very, very good class—while a President, no matter what kind of golf he plays, stays on the top ring of the ladder for four years, with a chance to come back at that. But just because one cannot be President, one doesn't knock the position. Not so with golf, because some people cannot perfect their game and become top-notch players they murmur, "It isn't sufficiently interesting to be worth all that trouble." Or, "Why spoil a good walk by having to stop to hit a ball some place where you can never find it again?"

To the real golf fan, these criticisms are too trivial to be considered. But to

the initiated into the delights of the brassie and the putter, such remarks often prejudice them, or at least discourage them from taking an active interest in the game when the opportunity arises.

After all of which, the statement that golf is a wonderful game may be repeated still more emphatically. Ask any golf enthusiast or even the dubbiest dub for a verification. There are innumerable values to be gotten out of it by the average player. No less a person than Miss Cecil Leitch, one of the greatest women golfers there is, has advocated this game for girls, saying, "Golf is the ideal game for girls; it suits them all." She furthermore encourages the

weaker sex by stating: "There are very few girls who would not, with perseverance, become at least moderately good golfers. All that is necessary in the way of physical qualifications is a good eye. Strength and an athletic frame are not necessary to success at golf. Many players have succeeded without either."

Far be it from an humble player of the game who considers a round worthwhile if there has been no "dub" shot to spot the record of her score-card, to add more to the thoughts and words of the mighty Miss Leitch. While "strength and an athletic frame" are not needed, according to her, the general condition and muscular benefit as the result of reg-



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MISS GLENNA COLLET

Miss Collet recently won the North and South women's golf championship.

ular rounds of exercise ought to be added as one more reason why it is a fit game for girls.

Speaking of the physical benefits derived, they are so many and so individual that to enumerate them would be long and laborious. Of course, there is fresh air and exercise, and if everyone got as much as they ought to, well, there would be fewer ills and ailments. These two would be enough to satisfy the average person. Then golf keeps the muscles in a limber and supple condition; and to keep one's muscles like this is to keep away the first stages of growing old.

For an example of this stiffening of muscles: the college girl who has not indulged in regular exercise often finds, five or six years after she has left her Alma Mater and its regular required daily exercise, that her muscles and "joints" are stiff; that they do not respond to commands as they did of yore. Thereupon said girl, at the age of twenty-six or seven, discovers with something of a surprise that she is "getting old." Whereupon, if she is wise, she immediately tries to regain the limber and responsive muscular condition. And if she is wiser still, takes up golf.

There is a very ancient feeling on the part of some misguided people that golf is a game only for those who have gotten so old and decrepit that they cannot take part in the more strenuous forms of sport. But herein lies one of the greatest arguments in favor of the game. There is practically no age limit. Father and son tournaments are every-day events at many clubs. There are mother and daughter ones, too. The American family life may be criticised by moralists and economists, but when Dad and son and mother and daughter play around the links together the companionship they find is pretty sure to equal that of the old-fashioned gather-around-the-hearth-and-tell-stories family evenings. There are many young people who prefer tennis to golf, and there are few who are fortunate to be able to do both. In fact, there is a prevalent feeling that one hurts the other. Few can play both games so well, are so trained in the correct methods of both, that they can indulge in one without injury to the other.

To consider the girl and golf, not from the technical side of the game which has

been so thoroughly covered by experts, but from the average point of view for the average girl. Like everything else, it is best to learn the right way in the beginning; yet to quote Miss Leitch again:

"There are many ways of learning golf. You can study it in books and magazine articles, you can take lessons from a professional, you can watch good players and then try to copy them, or you can pick up the game for yourself by knocking a ball around the links. The last was my own method for learning golf. I first began to take an interest in the game when twelve years old, wandering around the Silloth course with a brother who was a 'plus' player. No doubt I learned a good deal from seeing him play; but for the most part I just picked up the game for myself, and in company with my sisters. So I am really self-taught, although, of course, I have received many valuable tips from leading players."

To the girl who is a thoroughly trained athlete, coordination is a magic word. This working together of mind and muscles is necessary for success in any sport. In golf it is absolutely essential, in order to get any sort of satisfactory results. Not until one plays golf does she realize that it is possible for the various parts of her anatomy to act as they do. Sometimes this is discouraging, and the girl who wants to play golf in good form—which means that she will undoubtedly show an ease of motion and grace that come with a proper stance—position of the arms and timing of the swing—must learn to make herself think and act as a unit.

Fencing is claimed by many to make for grace, but in my opinion golf is equally a developer of grace. That is, golf if it is played in good form. That does not mean that the player must be a top-notch. Not at all; though invariably the player with good form will in the long run be able to trim the one who pays little attention to form and trusts mostly to strength and luck. Neither of these count for much in any sport, but it is surprising how many people expect to play good golf with these two heading their lists of assets.

When one steps up to the tee to drive off, which is the first step in golf, though not the first step in learning the game, there seem to be innumerable things to remember. The head, the eyes, the shoulders, the

arms, the elbows, the hands, the body, the knees, the feet and even the left big toe all have their functions to perform in getting the ball off with a clean shot. Here is where co-ordination enters. Theoretically, mind being so superior over the matter, mere muscles should react to the commands of the mind; but, alas! it is often not so. One's left knee might almost be in Kalamazoo for all the control one has of it when one is concentrating on, say, well, the right thumb.

When every part of the body gets working as a perfect whole, the joy in golf is complete. The feel of a well-timed swing, rightly completed, brings joy to the heart of the golfer. There is nothing prettier to watch than the shots of a girl or woman who has mastered all the fine details of form, who has reached the point of assurance when she can relax and play shots without the slightest trace of stiffness or rigidity. Surely, if a perfect golfer had been available in times of ancient Greece, side by side with the statues of the discus and javelin thrower would be the golfer completing the "follow through."

Perfecting one's form is the greatest hope of the average player who wants to improve her game. This is particularly true in the short game, which is said by some authorities to be a woman's strong point. Many professionals, when instructing beginners, start them off with the mashie, going on the theory that once this club is thoroughly mastered the use of the other clubs can be quickly understood and learned. In putting, too, by means of a little serious practice, a girl can make herself into a steady and reliable player on the greens. And it is



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MISS CECIL LEITCH
Miss Leitch is shown putting.

surprising how many people are careless putters. It is almost as though they thoroughly enjoyed the element of chance in taking a pot-shot at the hole, whether they sink the put or not, this being a secondary consideration.

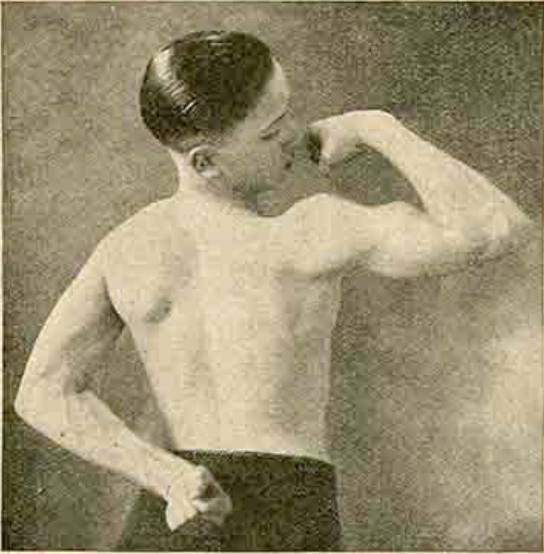
Neither the mashie or the putter require strength behind them for successful shots. Of course, one must grasp these clubs firmly; for a loose grip, particularly with the irons, results in a miserable shot. It is muscular control, with accuracy and judgment, which makes these shots successful.

In what is termed the longer game, those shots made with the driver and brassie, girls are under a handicap when compared to many men. It is a great deal better to play a reliable shot which may not gain quite the distance it should than a wild one which may go far or may land in the rough, sandpits or bunker. A common fault of the golfer is trying to hit the ball too far, and in this overendeavor they cast aside all form and ease, and they generally make a failure. This particularly applies to women; men sometimes get distance by sheer strength, but a woman rarely is strong enough to do so.

There are among women some exceptionally long drivers. Miss Glenna Collett, present holder of the North and South Championship, drives a very long ball. Her recent drive of some 300 yards caused much comment from the sporting world. There are other well-known women golfers, both British and American, who drive far for a woman. Many clubs hold driving contests, which tends to stimulate interest in this branch of the game. Clock Golf, too, is an
(Continued on page 55)

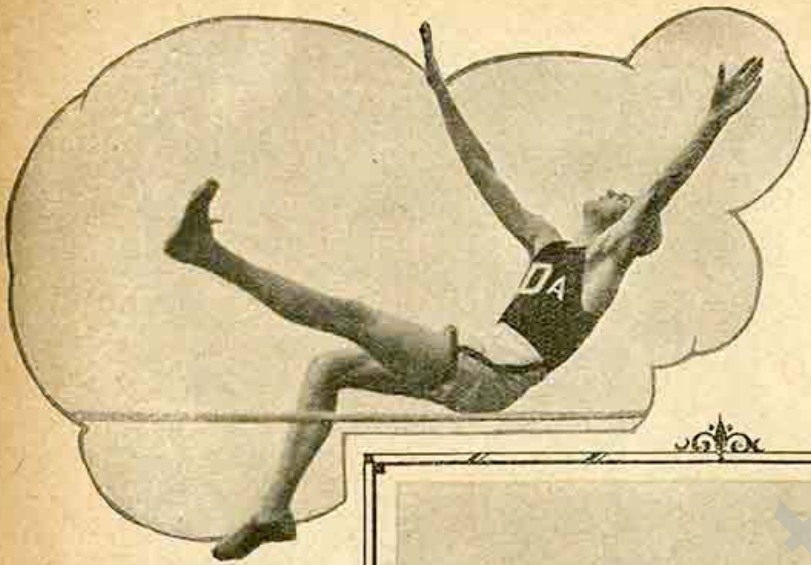


On the left is John Sloan, of
Spring Lake, N. J.



The photograph above is of
T. H. Stephens, of Hamilton,
Bermuda, and the boxer is
Joseph Linden, of Brooklyn,
N. Y.





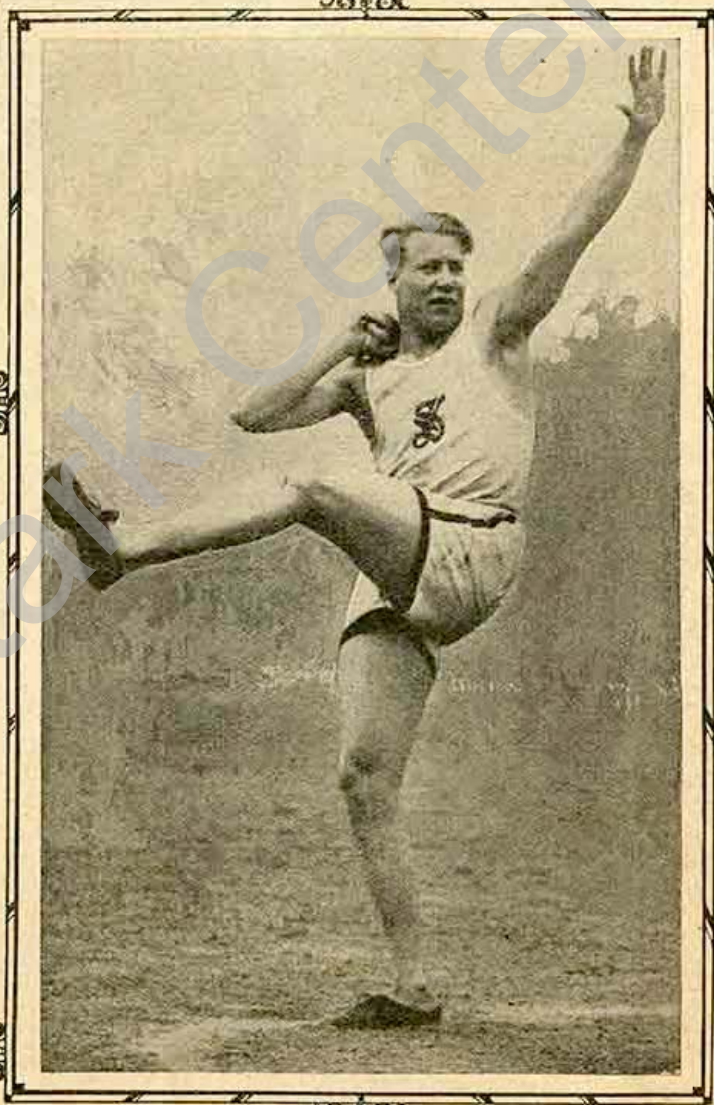
Keystone View Co.

Leroy T. Brown, Dartmouth track captain and holder of the world's indoor record for the high jump, 6 feet 4¼ inches.



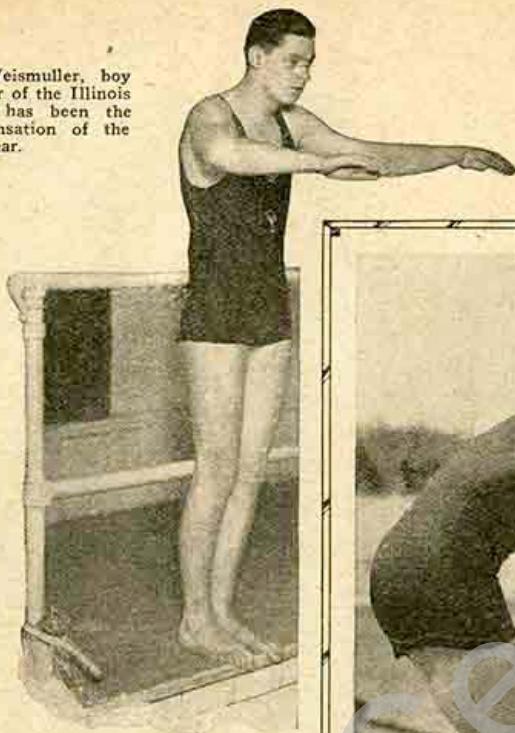
International

Glen Hartranft, of Stanford University, who ran the hundred in 10 flat, put the shot 50 ft. ¾ inches, scored in the two-twenty and won the discus all in one day. He is the first man in ten years to beat 49 feet in the shot-put.



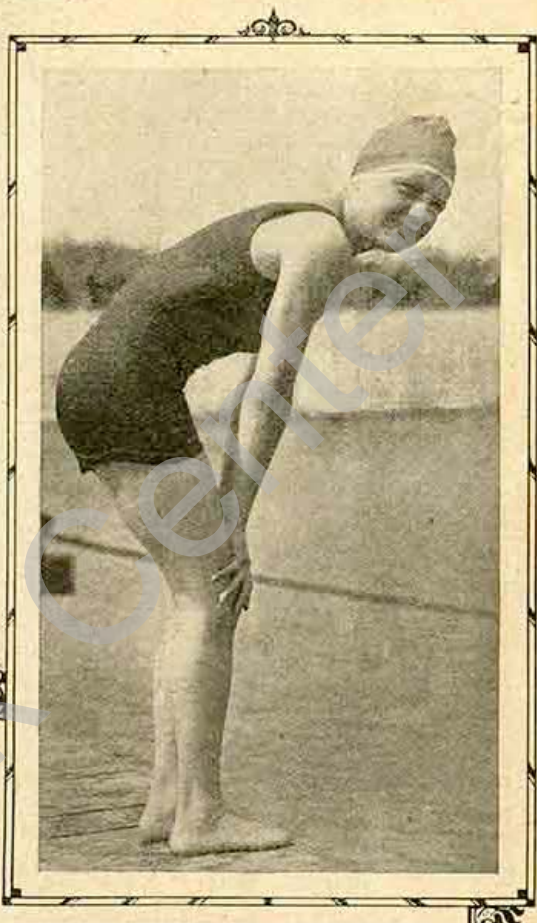
International

Johnny Weismuller, boy swimming star of the Illinois A. C., who has been the swimming sensation of the year.



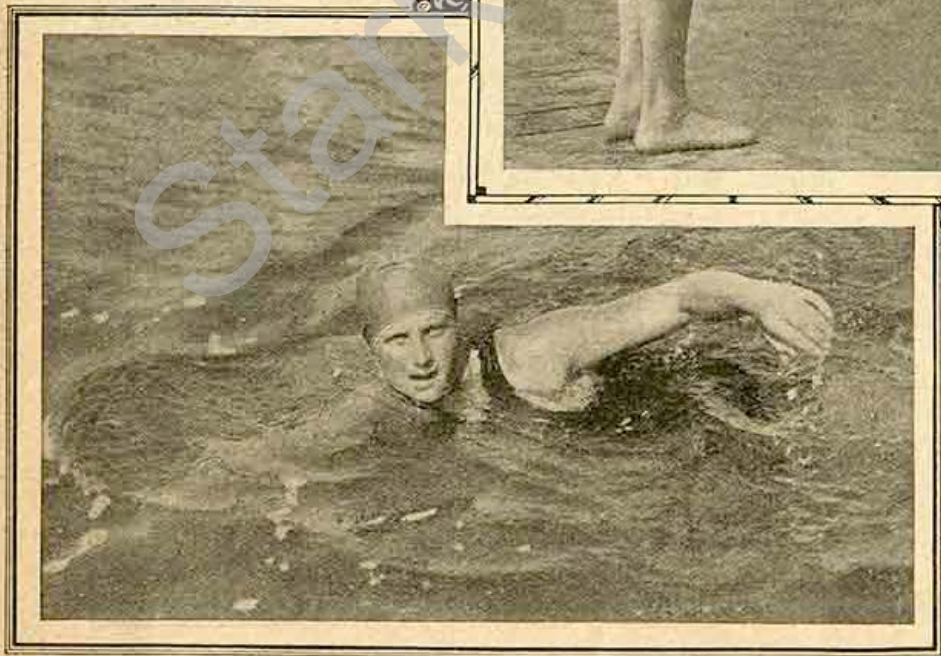
International

Miss Helen Wainwright, not yet sixteen and national diving champion. She is also a member of the 440-yd. relay team of the Woman's Swimming Club.



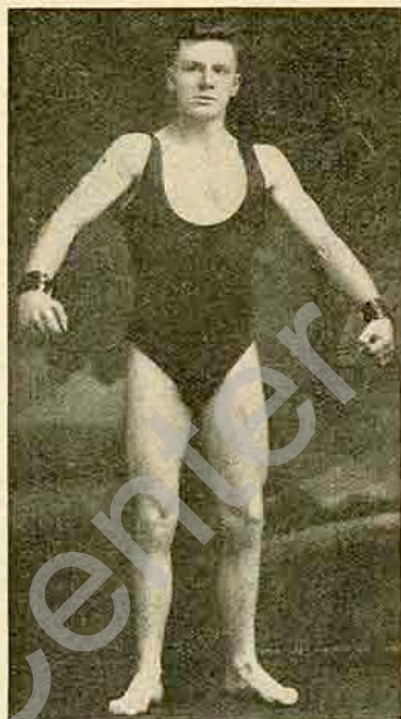
International

Ethelda Bleibtrey, Olympic record holder and world's short distance swimming champion. Miss Bleibtrey thrives on competition.

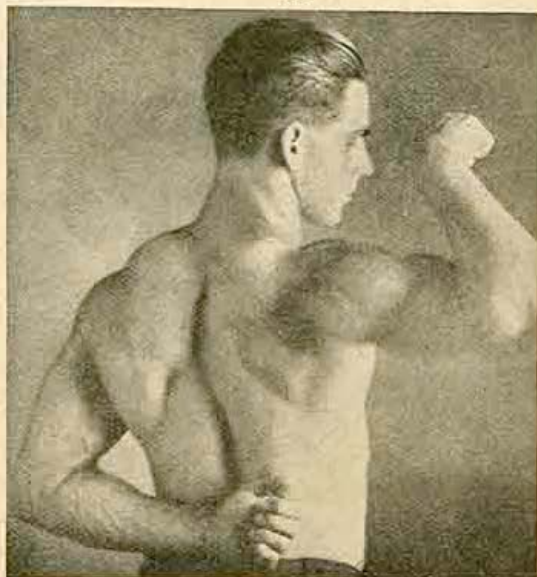


Otto Kosen, of Shelton, Conn., a man whose past achievements are spurring him on to future efforts.

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Michael Grapolichio, also of Shelton, Conn., a man of well-rounded development



W. Lawrence Stone, of Lovell, in a pose which shows his back and arms to good advantage.

The Story of a Fight Against Tuberculosis

By Jonathan Earle

THE threat of tuberculosis concerns everybody. A man in the flower of his strength, may, it is true, personally feel sure that whatever other diseases may come his way, he is at least immune from tuberculosis, the disease that attacks the delicate, the weak, the anemic, the undernourished; but even assuming that his assumption with regard to his own safety is correct, still he may well fear for others—members of his own immediate family, perhaps, who are less robust. A delicate wife, worn out with domestic work, or insufficiently recovered from the ordeal of childbirth, is always a possible victim; a young child who has been looking peaked and pale of late, and who fails to thrive, is another. You never can tell, either where the plague will strike, or how rapid will be its progress when once it takes hold. For selfish reasons, if for no other, the question is of immediate import to everybody.

How important the matter is from the point of view of the individual is only barely suggested by the statistics on the subject. In New York City, for instance, 7,395 persons died of tuberculosis in 1919; 2,795 in Chicago; 2,582 in Philadelphia; 1,068 in St. Louis; 1,029 in Baltimore; 756 in Cincinnati, and 802 in New Orleans. The record of the last two doesn't look so important or imposing as the others, does it? But the death rate in Cincinnati and New Orleans is the highest per thousand of population of any in the small list here given. Again, in New York that 7,395 deaths means that more than twenty persons a day are killed by this disease. If twenty persons in New York were killed daily by automobiles or by gunmen, or by some other preventable evil, most of us would consider the figures enormous. But we've gotten used to the tuberculosis idea. We tend to look on it as an unavoidable evil—whereas it is not. The attitude of most of us is one of fatalistic resignation. No civilized man has a right to take that attitude about anything—he has less right to take it toward a preventable disease.

Another evidence that the threat of tuberculosis concerns everybody is the fact that thousands of us have had the disease at some time or other without in the least suspecting the fact. This is proved by the tuberculosis scars which are found in post mortem examinations of the lungs of persons who are presumed never to have had lung trouble. What it means is that a vast multitude of children get it and get over it, with nobody the wiser. The persistent cough, the droopy period, the spring fever, and then the recovery when warm weather and fresh air and green vegetables all combine to restore the conditions under which children thrive—these are the elements in the story.

"Johnny isn't thriving," say the alarmed parents.

"Give him some codliver oil and some iron from the drug store," says somebody.

So they do it; and maybe Johnny picks up and maybe he doesn't. But if he lasts till Spring, why then probably old Mother Nature will look after him, and he will get well in spite of the drug store stuff, by means of fresh air, natural foods, milk from cows that have been eating green grass, release from school, and all the other things that tend to make a child as he should be.

What happens to Johnny if the circumstances combine to hold him on his back, we all know. A prosperous undertaker tells the story. Think what a living an undertaker could make in New York if he could only specialize on burying persons killed by the Great White Plague! When Johnny is neglected the disease is likely to run its course unsuspected, till not even the most vigorous measures suffice.

I have good reason to recall the case of one person very near to me who became a victim of tuberculosis, and who, after months of an ordeal I don't like to think about, recovered. It came as a complete shock to me, for I was one of the many who never think of tuberculosis as a thing that could concern me personally.

The person to whom I have reference had shown persistent lassitude and a per-

sistent cough for months. Had I but known it, she had also a subnormal temperature in the morning—that is, a temperature markedly below 98.4 degrees—and a marked fever toward the later part of the afternoon.

Fortunately, one of these coughing spells brought up a few drops of blood and mucus. That told the story. I was not thankful for the warning then; but I am now. Without that betraying blood, nothing would have been suspected till too late.

What followed, I relate here for the guidance of anybody who might find himself similarly situated.

The first thing I did was to borrow from my physician two standard works on tuberculosis. They were not so technical as one might think, and they told me all that had been known about tuberculosis since the Year One. Fear drove me to the effort; I knew the need that I be in a position to use my head; and I read them by the midnight oil, long after my day's work was done.

Personally I have since come to the conclusion that the ideal doctor for such a case, or for any case for that matter, would be one who was both an osteopath and an M.D. I have such a doctor now. But in that day I knew nothing of osteopathy. If I had, I would have insisted bringing in a man from each school, if I could have persuaded them to work together. I would thus have gotten a complete therapeutic service; though I suppose no M.D. and no osteopath would be inclined to admit this.

Another conclusion I have since come to is that the most important thing about a physician who is to treat a tuberculosis case is that he shall understand dietetics; and that his interest in food be more than perfunctory. Unfortunately, not all physicians are thus qualified. The physician I had on this occasion was an extraordinarily fine general practitioner, with a lifetime of experience behind him. But he didn't know dietetics; and in this particular case he prescribed a diet which I know to have been monstrous; so monstrous that it was a miracle that the patient survived it.

My suggestion to any person situated as I was, is that it is necessary, regardless of whether one's doctor knows dietetics or not, that one inform oneself on that subject at all costs. Such knowledge is necessary if one is to cooperate intelligently with the

doctor, quite regardless of what the doctor may or may not know. The first thing for one to learn to do in such a situation is to use one's head. Don't let anything, not even your own present ignorance, scare you out of that idea. I say this because I learned it in a hand to hand tussle with death.

Food, rest and fresh, clean air are the medicine indicated for tuberculosis, and the greatest of these is food. The food must be right. It must not be too "rich" or too "lean"—like the gasoline and air mixture in the carburetor of your car.

My doctor didn't fully realize that. "What she needs," said he, "is forced feeding. See that she gets eggs, milk, meat, cheese, and similar rich foods in abundance. Have vegetables and fruits of course, but remember that the important things are these rich protein foods. Feed her up. Give her six eggs a day beaten up in milk, in addition to what she eats at meal time. Let her have several slices of bacon with two eggs and some milk at breakfast. In short, have plenty of good, hearty, nourishing food. Malnutrition is what's the matter with her. Force the food down her and she will assimilate at least a part of it." That was his prescription for a slip of a woman who weighed less than a hundred pounds, and who was to have complete rest, with a minimum of physical exertion! I bought a Jersey cow and some chickens and went at it.

Those instructions were wrong in two particulars. In the first place it was a course in over eating which anybody with sense should have known would put the patient's digestive apparatus in such a condition that it could assimilate next to nothing, and could eliminate nothing afterward unless with the unnatural and harmful aid of cathartics and by overworking the kidneys. In the second place, vegetables, cereals, and fruits were barely mentioned, whereas they should have been emphasized to the limit. It was as much as to say, "Oh, yes, have vegetables, cereals and fruits if you like. They won't do her any harm; but keep your eye on the meat, eggs and milk."

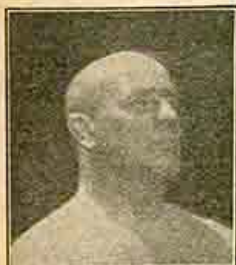
The result was that since vegetables, cereals and fruits got so little professional recognition from a man who was supposed to know all about such matters, they got

(Continued on page 48)

Head Locks and Chancery Holds

By William J. Herrmann

Of Herrmann's Physical Training Institute, Boxing, Fencing and Wrestling Academy, Philadelphia, Pa.



Stanislaus Zbyszko

The line cuts illustrating these wrestling lessons were especially made from original drawings sketched direct from life by "Strength's" special artist. Einar Johansen, of Norway, the light heavy-weight wrestling champion of America; Charles Olsen, of Sweden, the well-known professional heavy-weight wrestler; Joe Lustig, of New York, the former middle-weight wrestling champion of America; Cyclone Green, of Philadelphia, the popular light-weight wrestling champion, and William J. Herrmann (himself) have posed for the drawings which illustrate this wrestling course. This aggregation of wrestling stars will also collaborate with William J. Herrmann in presenting these lessons.

Dear Herrmann:—

June 3rd, 1921.

Advance proof sheets of "Head Locks and Chancery Holds," also proofs of "NELSON'S—How to Take and How to Break Them," are the most thorough and instructive articles on these wrestling holds I've ever seen in print.

STANISLAUS ZBYSZKO,

Former World's Champion Catch-as-catch-can Wrestler.

(Continued from last month)

Head and Leg Chancery Holds

A FORM of Chancery Hold in which a leg as well as head of opponent is imprisoned in what is termed a Head and Leg Chancery Hold. Fig. 104 illustrates a Head and Leg Chancery Hold, while Fig. 105 illustrates a Chancery Hold in which Head, Near Arm and Near Leg of opponent are all held in chancery at the same time.

An effective Head and Leg Chancery Hold enables you to double up your man and put him in a more or less helpless position.

Opportunities to secure Head and Leg Chancery Holds are not likely to often pre-

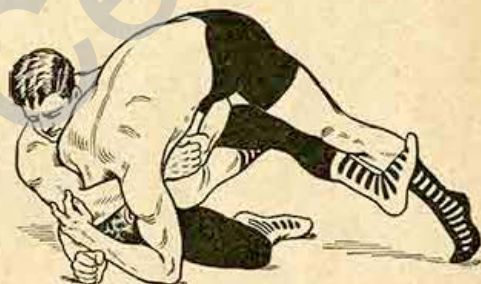


Fig. 105

Head, Near Arm and Near Leg in Chancery.

sent themselves in up-standing wrestling; whereas they are rather common amongst professionals when working on their man while he is down on "all four's" on the wrestling-carpet.

Learn to secure Head and Leg Chancery Holds in all their many variations so as to be able to avail yourself of every opportunity to secure one of these effective holds should a favorable opportunity present itself during the progress of a bout or in a mix-up.

Head and Double Leg Chancery

As its name implies a Head and Double Leg Chancery is a Chancery Hold in which

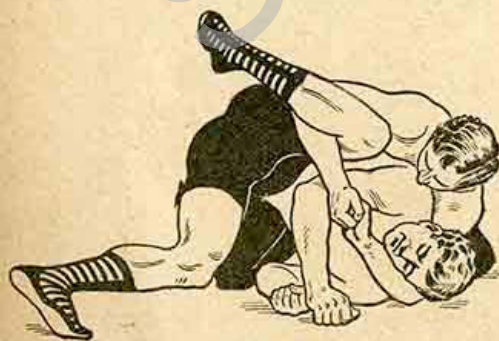


Fig. 104

Both Head and Leg in Chancery.

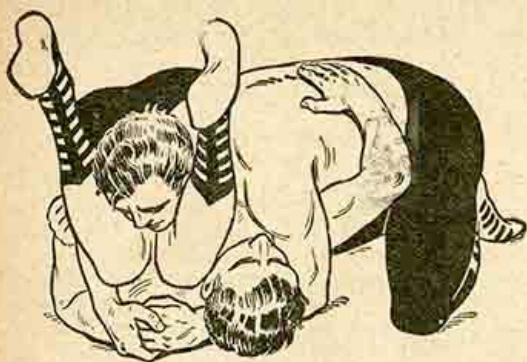


Fig. 106

Fall from Head and Double Leg Chancery Hold.

both legs as well as head of opponent are all held in chancery at the same time, as illustrated by Fig. 106. A good pinning hold.

Double Chanceries

A term applied to a wrestling situation, sometimes developed during the progress of a bout, in which each contestant holds a Chancery Hold on the other. While holding a Left-Front-Chancery on your opponent, your opponent may counter your Front Chancery with a Front Chancery on his part by quickly reaching up with his left arm so as to encircle your head in order to imprison your head in a Left-Front Chan-

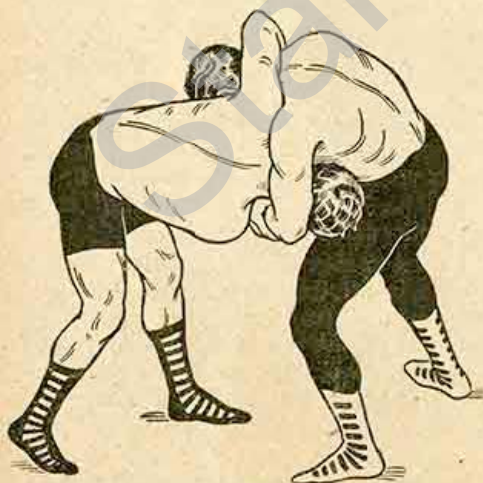


Fig. 107

Double Chanceries—Front Chancery used as a Counter against Front Chancery.

cery Hold under your opponent's left arm. This action would develop a position termed Double-Front Chanceries. In Double-Side Chanceries, each wrestler holds a Side-Chancery Hold on the other.

Had your hold been properly held while maintaining your superior position, the chances are your opponent could not have successfully countered you with the same form of hold. However, as a rule when such a situation does occur, the man in the best position, who works his hold properly and uses his brains as well as his muscles, should gain the final advantage.

Double Chanceries are sometimes in evidence when both wrestlers are up-standing on their feet, as well as when working down



Fig. 108

Double Chanceries—Side Chancery used as a Counter against Side Chancery.

on the wrestling-carpet. However, they more often present themselves while both wrestlers are working down on the wrestling-carpet on "all four's."

Fig. 107 illustrates a case of Double-Front Chanceries; a position in which each wrestler holds a Front-Chancery Hold on the other. Fig. 108 illustrates Double Side Chanceries in which contestants hold a Side-Chancery Hold on each other. Fig. 109 illustrates Double Chanceries in which a Chancery over the Arm is used as a counter against a Side-Chancery Hold held on you by your opponent.

Most Double Chanceries are the result of using some form of a Chancery as a counter against your opponent's Chancery Hold. They are especially useful when wrestling with a slower worker. A case of practically beating your opponent to it, in order to successfully secure and quickly put your

own Chancery Hold into effective action as a counter ere your opponent's Chancery Hold is fully secured.

As a general rule, it takes a quicker and better man to use some form of a Chancery Hold as a counter against an attempt at a Chancery Hold on the part of your opponent; and in order to beat him to it as to who first gets and puts their Chancery Hold into effective action.

Fig. 110 illustrates Double Chanceries in which a Reverse Chancery or as it is also termed, a Back Chancery, is used as a counter against a Side-Chancery Hold held on you by your opponent.

Will take it for granted that by this time you are capable of using your own judg-



Fig. 110

Double Chanceries—Reverse Chancery used as a Counter against a Side Chancery.



Fig. 109

Double Chanceries—Double Chancery over Arm used as a Counter against Side Chancery Hold.

ment as how to best follow up any form of Chancery Hold to a successful fall in your favor as combat conditions may warrant.

Leg Head Locks and Chancery Holds

Leg Chancery. A Chancery Hold that imprisons its victim's head in the bend of its holder's leg instead of the bend of its holder's arm. Fig. 111 illustrates a Leg Chancery Hold.

Re-enforced Leg Chancery. A Leg Head Chancery in which your hand grasps your Chancery leg at ankle in order to re-enforce your Leg Chancery Hold. Fig. 112 illustrates a Re-enforced Leg Chancery Hold.

Leg Head Lock. A hold that not only

imprisons its victim's head in the bend of its holder's leg, but also locks the hold by clamping the toes and instep of the attacking leg on the back of the other leg near bend of knee as illustrated by Fig. 113.

A Re-enforced Leg Head Lock is a Leg Head Lock re-enforced by grasping with your hand the ankle of the leg on which your toes and instep are clamped, as illustrated by Fig. 114.

Re-enforcing a Leg Chancery by grasping



Fig. 111

Leg Chancery Hold.



Fig. 112

Re-enforced Leg Chancery Hold.

Chancery leg at ankle develops a Leg Chancery into a Re-enforced Leg Chancery Hold.

Re-enforcing a Leg Head Lock by grasping ankle with hand develops a Leg Head Lock into a Re-enforced Leg Head Lock.

A Leg Head Lock (Fig. 113) is also termed a Clamp Head Scissors while a Re-enforced Leg Head Lock (Fig. 114) is also referred to as a Re-enforced Clamp Head Scissors.

Leg Head Locks are often referred to as a Clamp Head Scissors, because to a certain extent they are a variation of a Head Scissors Hold. The distinguishing characteristics are as follows: In a regulation Head Scissors, the scissoring legs are crossed at ankles with both legs more or less, whereas in the Clamp Head Scissors or in other words, a Leg Head Lock, the legs are sharply bent at knees and the toes and instep of the leg holding the Leg Head Lock are clamped in back of the other leg, at or just below the bend of the knee.

Another distinguishing characteristic is the fact that at the finish of a Leg Head Lock you are actually sitting on your opponent's head which is never the case when holding a Regulation Head Scissors. Fig.

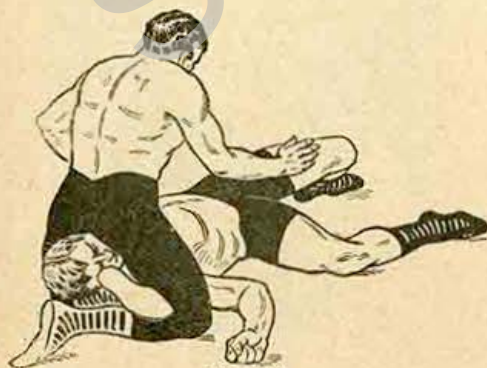


Fig. 113

Leg Head Lock.

114 is purposely shown to illustrate a Regulation Head Scissors in order to avoid confusing a Regulation Head Scissors with a Clamp Head Scissors or, strictly speaking, a Leg Head Lock.

Fig. 111 illustrates a Leg Chancery.

Fig. 112 illustrates a Re-enforced Leg Chancery.

Fig. 113 illustrates a Leg Head Lock, or as it is also termed, a Clamp Head Scissors.

Fig. 120 illustrates a Re-enforced Leg Head Lock, or as it is sometimes called, a Re-enforced Clamp Head Scissors.

Fig. 114 illustrates a Regulation Head Scissors. Compare it with a Leg Head Lock, or as it is also termed, a Clamp Head Scissors, in order to clearly see the distinguishing characteristics of each.



Fig. 114

Fall from Body Scissors and Further Nelson.

Leg Head Locks

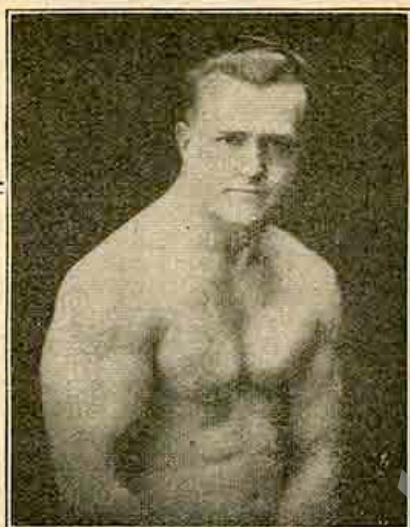
A Leg Head Lock is a powerful and exceptionally effective leg chancery hold, in which the head of its victim is held in the bend of its holder's leg, instead of the bend of its holder's arm; and the hold instantly locked by clamping the toes and instep of the encircling leg in the bend of the other leg at knee.

Good chances to secure this hold are likely to present themselves during a series of moves and counter-moves incident to a scrimmage or a lively mix-up, especially when in a position in which your opponent's head is held between your legs while your opponent and yourself are facing in opposite directions.

As a general rule, good opportunities to secure this hold do not usually present themselves, in upstanding wrestling, unless your opponent works quite low in a de-

(Continued on page 61)

Latest photograph
of
Earle E. Liederman
Taken
February, 1922



How Do You Look in a Bathing Suit?

Are you proud or ashamed of your appearance? Do you often long to hide your skinny arms or legs, your flat chest or your narrow shoulders? Perhaps you are one of those with a stout abdomen, which not only hinders you in your every effort, but is the most unpleasing in the eyes of others. Are you satisfied to go through another summer just as you are to-day? Or do you have that longing for big, broad shoulders, massive, muscular arms, well-shaped legs and a deep, powerful chest? These are the possessions we long for as we step out on the beach. For at this time you are judged by your physical appearance. It is now up to you as to whether others will admire you or scorn you.

Why All This Muscle?

With massive muscles come mighty strength, powerful personality, tireless energy. You will also possess internal organs which function properly, thus causing your entire being to fairly thrill with life and vitality at all times.

A Real Strong Man

You can be one. Now is the time to start. You can completely change your physical appearance before the summer is over. You can fill out your chest, broaden your shoulders and develop arms to be justly proud of. And with it you will attain the vim and pep that

only a real live-blooded athlete knows. Those who now look at you and smile will envy you for your physical charms. They will look up to you and respect you. Get busy then, for time flies. Summer will soon be here. What impression are you going to make? Decide right now that this dominant physique will be yours.

Send for My New Book

"Muscular Development"

It contains 26 full-page photographs of myself and some of the athletes I have trained. This book is bound to interest you and thrill you. It will be an inspiration to you. There is not another book like it on the market. I want every man and boy who reads this page to send for a copy. *It is absolutely free.* Remember, this does not obligate you in any way. I want you to have it, so it's yours to keep. All I ask you to cover is the cost of wrapping and postage—10 cents. Now, do not delay one minute. This may be the turning point of your entire life. Tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN

Dept. 706, 305 Broadway, New York City

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

(Please write or print plainly.)

Name

Address

City State

EARLE E. LIEDERMAN
Dept. 706, 305 Broadway, New York

Prize Contest Announcement

A. W. Marsh's Article Best in April Strength

ALAN CALVERT and A. W. Marsh ran neck and neck from the beginning of April until the contest closed on April 20th. In the mail of April 20th, Mr. Marsh got one more vote than Mr. Calvert, and for the first time since the Contest has been running Mr. Calvert did not win.

He certainly ran a good race.

Miss Florence Thompson, of Harriman, N. Y., wins the first prize for the best letter of approval. She selected Mary Morgan's article, "How to Run the Hundred," as the best and most interesting in STRENGTH.

We feel that Miss Morgan is certainly doing a very good piece of work in the articles which she has been giving us and know that her following, which is growing every month, find much that is of value and interest to them.

They want to put most of the other articles out of STRENGTH and have a magazine written by Miss Morgan and Miss Morgan only.

The readers who think STRENGTH is only a man's magazine want Miss Morgan left out.

The editors liked Mr. Marsh's article because it emphasized the fact that you can have a darn good time and get a lot of exercise both at once.

We think that this is one thing that a lot of people do not realize. No matter what the form of exercise, it can be made good fun, and it is a whole lot better and more apt to be kept up if it is good fun.

Mr. Marsh's article, and Mr. Camp's article on Golfing, both showed this, and we noticed that many of our contestants liked both of these articles on that account.

Many golfers wrote and were very enthusiastic about "Golf—the Great Health Builder," and like every other group demanded more golf and then more golf in each issue of STRENGTH.

"I am a golf enthusiast."

"Golf is the future 'All-American pastime.'"

"Golf is democracy itself—knows no distinction, young or old."

"We demand more public links."

Our Golf-playing readers would like Mr. Camp to start a movement to abolish football and substitute golf. They want what they want when they want it.

* * *

Mr. Marsh's article "Has a message for every one of us."

"Routine work is not interesting, and the best results are obtained if you are interested. "Many good exercises are included in the article."

"Mr. Marsh's article is the best I have ever read in STRENGTH or anywhere else." "I like it because it deals with stunts that can actually be done."

The editors think that this last is an awfully good point. We want only stunts and exercises in STRENGTH that can actually be done.

STRENGTH is not for armchair athletes.

* * *

Mr. Fred Fullhardt's article, "A Talk to the Average Man," was also very enthusiastically received. Many readers felt that Mr. Fullhardt's article and Mr. Calvert's combined gave two different and very interesting view-points on the same subject.

Pretty much anyone that enjoyed either of these articles was enthusiastic about the other article also.

* * *

We have not obtained one-tenth as many letters in censure as in praise of STRENGTH, and we are not sure whether this is because our readers really think that STRENGTH is "the best little magazine I ever saw" or whether it is because they do not want to hurt someone's feelings. At any rate, the interest in this phase of the contest has been so small that we have decided to drop it, beginning with this issue.

The best criticism we received was written by Mr. J. W. Benson, of Philadelphia.

Mr. Benson, we feel, misunderstood Mr. Coulter's purpose. These articles were designed to give full and complete information as to methods of procedure and were primarily instructive rather than entertaining.

The letter follows:

"In my estimation, 'How to Develop the

Maximum Result with Minimum Effort

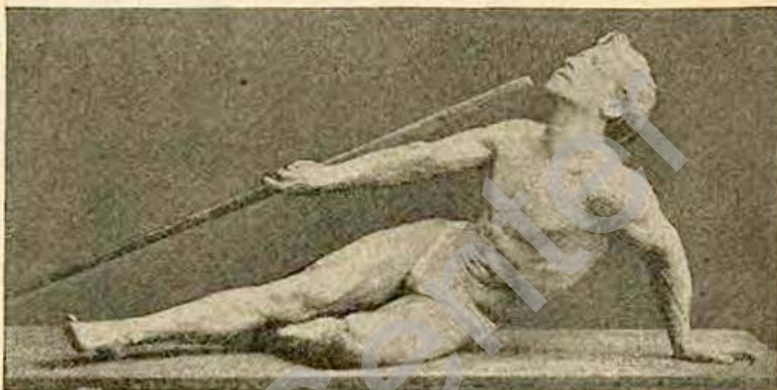
A Concise Description of the Teachings in Our Book

"Checkley's Natural Method of Physical Training"

When we say "natural," we do not mean the long-hair, bare-foot, raw-food, cave-man stuff. We do mean that Checkley explains certain little-known natural laws, that, if once adopted, will enable you to become healthy, shapely and strong, by force of habit.

THIS IS A CONSTRUCTIVE BOOK

Not a preachment against tobacco, liquor or other indulgences, but a careful detailed explanation of (among other things) a certain way of walking that gives you shapely, well-knit legs, a certain bodily carriage that gives you a back of wonderful strength, a certain method of "costal" breathing that produces a high-arched chest and lungs of great capacity and high quality, and most startling of all, a certain angle at which to carry the hips that absolutely prevents the accumulation of abdominal fat.



EDWIN CHECKLEY, AUTHOR and TEACHER

Why Exercise 15 Minutes a Day for the Rest of Your Life?

It is not necessary. The wild animals do not train. The lion keeps his wonderful strength without extraordinary effort. Mankind can do the same thing. In this book Checkley gives a number of special exercises, but only for those who have become overly fat, and for those whose joints are stiff or muscles flaccid through lack of proper use. And, mark you! these exercises are dropped as soon as the object is obtained. After that the adoption of the habits of breathing, walking, etc., taught by Checkley, will bring added strength and health with no conscious exertion. As he said,

"It is like having money out at interest. The income does not seem to be worked for."

Listen to this dictum of Checkley's (page 18 of the book)

"It is stating a simple truth to say that a man or woman should get good health, sufficient strength and perfection of form in the ordinary activities of life, if those activities, however meagre, are carried out in obedience to right laws!"

Checkley practised what he preached. Having but an ordinary physique and poor health, he found that he made but slight gains from a slavish routine of exercises, so studied anatomy and evolved his system of growing healthy and strong. He acquired such a constitution, and such strength and underlying vitality, that at the age of seventy he was able, any day, to trot one hundred yards while carrying three men on his back. Yet he mentions his own strength only once in his book. He took more pride in perfecting the physique of one pupil than in his own marvelous physical powers. He believed that vigorous health is the first consideration, that no great or abiding muscular strength is possible unless the bodily carriage is such that the organs and glands can function properly. This is not merely a "keep-fit" system, but one that will put you in the superman class, without monotonous exercise or distasteful dieting.

Have You Read Checkley's Book

It contains a complete exposition of his methods. It will revolutionize all your ideas. The fourteen chapters start with "THE BUGBEAR OF TRAINING" and end with "ON RETAINING YOUTH"

"Checkley's Natural Method of Physical Training"

Cloth bound, over 200 pages, and fully illustrated.

Price \$2 Postpaid

SEND CASH, CHECK OR MONEY ORDER TO

THE CHECKLEY BUREAU (Dept. 4), 2109 N. ORIANNA STREET, PHILADELPHIA, PA.

Muscles of the Abdomen' is the least interesting article in the April issue of STRENGTH. I have followed up Mr. Coulter's article for several months and fail to find the 'snap' and 'pep' in it that all STRENGTH seekers look for. The article is dry and monotonous and lacks the writer's enthusiasm. It could, however, be more interesting if Mr. Coulter would come right down to the point, without groping and without repetition. In other words, he should concentrate his efforts in a surer and more enthusiastic way in order to hold the reader's attention. I would suggest, do away with all such articles as 'How to Develop the Muscles of the Abdomen' and give us more articles such as Mr. Calvert or Mr. Marsh write. They tell us just as much and do not take so long a time to do it in.

"J. W. BENSON."

* * *

Miss Thompson's letter was as follows:

"In the article, 'How to Run the Hundred,' by Mary Morgan, in the April copy of STRENGTH, she states that it was Atlanta, of the golden apple, who first plunged the fair athletes into running fame.

"Whether she (Atlanta) did or did not is more or less of a myth, but a myth pleasing

to believe. Anyway, this article is written clearly and convincingly by one who believes the modern girl can and will acquit herself most creditably in the field of sports.

* * *

"It is a brief and interesting history of track work among the women of America and the women of other lands. It is instructive as well as thought-provoking to the American girl when she reads of the European girls, who are working and self-supporting and can still find time to indulge in track sports and who take their training as a serious matter. There is a suggestion for better work in track events for women by having a number of meets the same as the men's colleges, by having special coaches for track work among girls so they may specialize on the ones that might become record-breakers.

"Athletics among women have never been as widely sanctioned as athletic activities among men, but they are being organized and perfection will come in due course of time. This article is undoubtedly interesting to the average woman, even though she never takes part herself, and I would like to see more in the future issues of STRENGTH.

"FLORENCE THOMPSON."

A New Prize Contest

We did get one impression from the criticisms of Mr. Fullhardt's article and that is that our readers would like articles by average men or women about the problems that the average man or woman has to face, and are going to replace the old prize criticism contest by a monthly contest along the lines suggested by our readers.

The first article which our readers want written is one on "How to Reduce."

We are interested only in articles that tell of actual personal experiences in reducing. We do not want theory, but facts. If you have succeeded in reducing you have a very excellent chance of winning the prize.

For the best experience story on "How I Reduced" we offer a prize of \$25.00.

The article must not be more than 2,500 words in length nor less than 1,000. With this in mind the whole question is, did you get the results and can you tell how you obtained them?

If you did, and if you can, we want to hear from you. When you write in, if you would be particularly interested in personal experience articles along any other line suited to STRENGTH, let us know what it is and we will select for the next contest the subject which is of greatest interest to the greatest number. Remember this contest has to do only with actual experiences, not with ideas or theories.

We are, therefore, offering two prizes through our contest department this month.

1. A prize of \$10.00 for the best favorable criticism of any article in this issue. Your letter must not exceed 200 words.

2. The other, \$25.00 for the best, most informative and generally most interesting actual experience story on "How I Reduced." If you have "before and after" photographs this will help a lot.

The contest will close on the 20th of each

80 Lessons

Boxing, Jiu Jitsu & Wrestling

\$ 3 85

Every red-blooded man in this country would like to feel that he is able to defend himself, that he can put the gloves on with anyone in his club or gym and hold his own in real professional style—that if the test comes, he can defend his sweetheart, wife, and loved ones against insult or assault.

The only thing which has prevented most men from learning self-defense has been the prohibitive cost of taking lessons. *We've swept aside this obstacle!* Now will you let us send you on 10-day trial at our risk 80 lessons in boxing, jiu-jitsu and wrestling, at less than 5 cents a lesson?

This course is based upon fundamentals discovered by Marshall Stillman in years of association with the greatest boxing instructor the world ever produced—Professor Mike Donovan.

You practice before a mirror. From such simple movements as the breast stroke in swimming, reaching your hand out for a coin, etc., Marshall Stillman leads you sub-consciously into similar movements in boxing—hitting, countering, ducking, guarding, side-stepping, etc. Soon you find yourself going through these movements just as though you had a real opponent before you.

After you've mastered the fundamentals, you're taught every good blow and guard used in the ring—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, etc. These blows and guards are cleverly combined into lively rounds of shadow boxing—great exercise for wind, speed, and to give you confidence.

After three months' study, Joseph Amond, of Brooklyn, N. Y., says: "I have fought three men, each weighing 10 to 25 pounds heavier than myself.

I made the three quit in three rounds, and did not receive any punishment myself." J. H. Dolan, of the U. S. S. "Shawmut," says: "Now I am what my shipmates call a 'good one,' and they can't see how I got all the new blows and guards so suddenly."



To build you up physically, there is included a complete set of daily exercises, suggestions on training, diet, etc.

The training in self-defense includes 15 jiu-jitsu holds and 14 of the best wrestling holds—the Gotch

Toe Hold, Stecher Scissor Hold, the Head-Lock, etc.

P. W. Williams, of Virginia, Minn., says: "Your course is better than a trainer. . . it's worth \$100 for any man who wants to hold his own among men." Others have said the course is worth \$50, \$25 and so on. When Marshall Stillman first produced the course, it sold for \$10. As sales increased we cut the cost to \$5. And now we offer you the complete course of 80 lessons at only \$3.85—less than 5 cents a lesson.

Free History of Boxers: Everyone who accepts this liberal offer will receive free of charge a History of the World's Famous Boxers with their pictures.

SEND NO MONEY

Fill in and mail the coupon. The course will come to you at once. On its receipt hand the postman \$1 merely as a deposit. Use the course 10 days. At the end of that time either send us \$2.85 more, or return the course, and we'll send your dollar back.

Mail the coupon now to Marshall Stillman Association, Dept. 1722-F, 42nd Street and Madison Avenue, New York.

MARSHALL STILLMAN ASSOCIATION,
Dept. 1722-F, 42nd St. and Madison Ave., New York.

You may send me on approval the Marshall Stillman Course, price of which is \$3.85. Upon its receipt I agree to pay the postman \$1 as a deposit. It is understood that I am to pay the balance (\$2.85) or return the course within 10 days after I receive it. If I return it, you are to refund my dollar.

Name

Address

Note: Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds) subject to money back if not entirely satisfactory.

80 Lessons \$3.85

Lessons in fundamentals—
(1) Hitting. (2) Guarding.
(3) Ducking. (4) Feinting.
(5) Clinching.

Advanced Boxing—(1) Psychology of the ring. (2) Boxing around. (3) The Crouch. (4) Feinting. (5) Judging distance and timing. (6) Advanced ducking. (7) Advanced clinching. (8) Right-hand boxing. (9) In-fighting. (10) Side-stepping and back-stepping. (11) Boxing a taller opponent. (12) Generalship.

Blows and Guards—(13) Left-hand lead for body. (14) Guard for same. (15) Right-hand body blow. (16) Guard for same. (17) Cross-parry. (18) Guard for same. (19) Straight left-hand blow for head. (20) Guard for same. (21) Right-hand cross-counter for head. (22) Guard for same. (23) Left-hand counter for head with guard. (24) Stopping a straight counter for head. (25) Swinging left-hand blow for head. (26) Guard for same. (27) Swinging left-hand blow for jaw and guard. (28) Swinging left-hand blow for body and guard. (29) Stop for all blows. (30) The left-hand uppercut and guard. (31) Right-hand uppercut and guard. (32) Pivot blow. (33) Corbett swing. (34) Jack Dempsey Triple. (35) Benny Leonard Triple. (36) Fitzsimmons Shift. (37) Kid McCoy Corkscrew Blow. (38) Dal Hawkins' Hook. (39) Stanley Ketchel One-Two Blow. (40) Donovan Leverage Guard.

Shadow Boxing—(41) Round 1—5 blows. (42) Round 2—7 blows. (43) Round 3—7 blows.

Training—(44) Training. (45) Bridging. (46) Dipping. (47) Clinching. (48) Foot exercise. (49) Leg exercise. (50) Colon exercise. (51) Synthetic breathing.

Mass Boxing—(52) Straight blows. (53) Swinging blows. (54) Guarding. (55) Ducking. (56) Foot Work. (57) Upper-cutting. (58) Drill.

Jiu-Jitsu and Wrestling—(59) Arm Twist. (60) The hand grip. (61) Arm lock. (62) Gun releases. (63) Defense against dagger. (64) Wrist release. (65) Throat release. (66) To stop a kick. (67) Releasing neck hold. (68) Releasing a waist hold. (69) Throwing an opponent over your head. (70) Head and cross buttock. (71) Arm and cross buttock. (72) Rolling with the arm of opponent. (73) Crotch hold. (74) Head in chancery hold. (75) Throwing an opponent grasping from behind. (76) The Back Heel Hold. (77) Standing chancery hold. (78) Standing crotch hold. (79) The toe hold. (80) Scissor hold.

month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. That is, the contest for the June issue will close on June 20th; the prizes will be awarded on June 25th, and the prize-winning criticism and article will appear in the August issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential.

The first essential is to have something

to say. The manner in which you say it is of less importance.

What we want is your real opinion or experience, and the opinion or experience which will be of the greatest information or benefit to the rest of the readers of STRENGTH is the opinion or experience that will win the prize.

These contests will be held each month, but remember the June contest will close on June 20th. Address: Contest Editor, 301 Diamond Street, Philadelphia, Pa.

Reader's Service Department

NOW that the time to get outdoors is at hand, we want the Service Department to be of every assistance to you in any trips that you may be planning to take.

Where to go, when to go, what to take and what to avoid, are all in our province.

All kinds of camping, auto-camping, fishing and tramping information is yours for the asking. The harder you are puzzled, the better pleased we will be to help you find the solution.

Some of the most interesting questions that we have received will be found in the Question Box. All Service Department letters are answered directly, however, and you do not have to wait for your replies. The answers which we have printed were selected because we thought that they would be of particular interest at this time.

Information on boat and motor-boat manufacturers; rod, reel and bait houses; auto camping equipment dealers; tent, bed, sleeping bags, folding furniture equipment and all the many things you need when you go out doors is on file with us. As soon as we hear from you, you get your reply.

Of course you know that we keep constantly in touch with all manufacturers of all kinds of athletic and sporting equipment, both indoors and outdoors.

We can tell you what you should learn about home or club gymnasium equipment; sweaters, jerseys, leotards, trunks, Indian clubs, chest weights and all similar equipment.

Baseball, golf, tennis, track, sporting information of all kinds is yours for the asking. Prices, dealers, manufacturers are all on file with us and full complete information will be sent you on request.

We can give you information on new or old books on sports, health, outdoors or adventure subjects. Both technical and fiction books are listed with us and we can let you know at once of publisher's name, address and price.

All of this sort of service is right in our line, but we do not stop with this. Any question regarding schools, camps, training methods, either athletic or not, can be answered by us. We want to help you, no matter what your problem may be and we stand ready to give you prompt and courteous service on any subject which is of interest to you.

No matter what the question may be, try us out. Information that we do not have, we can and will obtain, through our New York and Chicago offices, as well as through Philadelphia. We are in touch with a great many sources of information which we wish to put at your service. There are now seventy-five thousand copies of STRENGTH printed monthly and we would like to obtain 75,000 letters for information because we want every reader of STRENGTH to know that STRENGTH is really anxious to be of assistance to him in every way possible.

Wrestling Develops Real Men

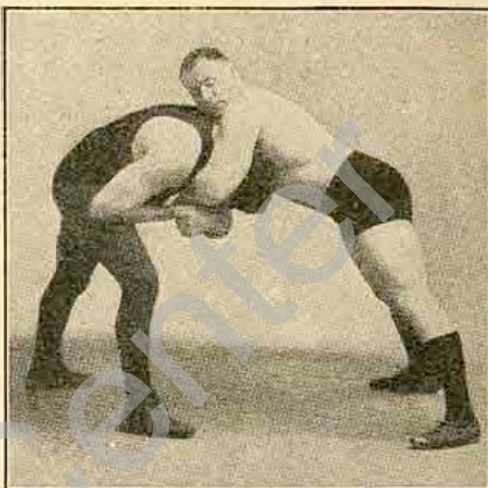
Hackenschmidt's Complete Course in Wrestling for \$2.00

Do you want to be a weakling all your life? Will you be satisfied with an ordinary development? Do you want to be above the average mentally and physically? Do you want to be a real man?

You can have the broad shoulders, the deep chest and the sturdy back that you long for. You can have the vitality and the strength, you can have the endurance and the clear-thinking brain that are the gifts of health.

Mr. Hackenschmidt, through his long experience in professional wrestling, has been able to devise a course which gives the student the effective holds and counter-holds and the theory and science of wrestling. He also gives his pupils many hints on training and physical development.

Sent Postpaid for \$2.00



Double Chancery Hold

Scientific Boxing and Self-Defense

By Tommy Burns

Here is your chance to get a good boxing course at a fair price. A wonderful course by a wonderful man. Tommy Burns, former heavyweight champion, gained his reputation through skill and speed. A small man forced to give away pounds every time he fought; he had to balance his opponents' strength by his speed and skill. By publishing this course in book-form we are able to offer you a well illustrated complete course in boxing at the remarkably low price of \$2.00.

A Complete Course for \$2.00

Some of the main points included in the course are: Footwork—Position—Feinting—How to punch effectively—Defense and Counter-Hitting—Tommy Burns' Favorite

Guard—Some Hints on Offensive and Defensive Tactics at Close Quarters—The Kidney Punch—Training on Scientific Lines—Diet—Massage—Ring Strategy and Tactics—In-Fighting Tactics—Making a Man Beat Himself—When You Get Knocked Down—On Fouls and many other important points.

Learn Boxing in Your Room

\$2.00 brings you this book containing 40 illustrations posed by Tommy Burns. Practice the blows and guards he teaches, and upon mastering them you will have no trouble in defeating bigger and stronger opponents. You will find no difficulty in following the instructions, as the course has been laid out so that no previous experience is required by the pupil.

Send Check, Cash or Money Order to

THE ATHLETIC BOOK COMPANY

2100 N. Third Street,

Philadelphia, Pa.

The Question Box

"... Is it possible to absolutely waterproof moccasins or boots?"

M. O'H."

Ans.—We have never found a way to make a permanent job of it. The most satisfactory way is by liberal applications of castor oil or some of the oils made especially for this purpose, such as neat's foot. Allow the oil to dry in thoroughly. This will last a considerable time.

"My wife and I and another couple are figuring on a trip into Maine and the Province of Quebec during July. We want to rough it and do some fishing. Is it necessary to have a guide?"

A. F. B."

Ans.—It is not. In some parts of Canada a guide is a necessity during the hunting seasons, but that is for the protection of the man who usually is not a thorough woodsman. A guide is not exactly a luxury, but he is not a necessity. However, guides usually build up their clientele just as a successful business or professional man does. They try to take you to spots where you are sure of getting fish or game; they see that you are properly fed and looked after, and they know how to make a camp for comfort. Regarding prices, they vary according to the demand in the locality. Eight dollars a day is not uncommon for a good man.

"Of course you will think me a novice and I am, but why cannot a fellow use a dry fly for wet fly fishing? The other day I was out with an old boy on a quest for trout and he insisted that black was black and white was white and they should not be mixed."

J. A. K."

Ans.—That is an old theory that has almost become a superstition. Forget it. You can use a dry fly for wet fly fishing. When you make your cast with the dry fly you cast upstream into the current. You try to take up line as fast as it floats toward you to keep it dry as long as possible. Soon it is wet, however. Then the kind of fisherman you mention as the "old boy" would lift it to dry it before another cast. Instead of doing that, let it float on down past you as a wet fly. It dries almost as readily for the next cast in the rôle of a dry fly.

"I am planning a vacation of two weeks and expect to spend it on a canoeing trip with a buddy who is only slightly more experienced than myself. What distance do you think we should average daily, considering that neither one of us have ever done much paddling?"

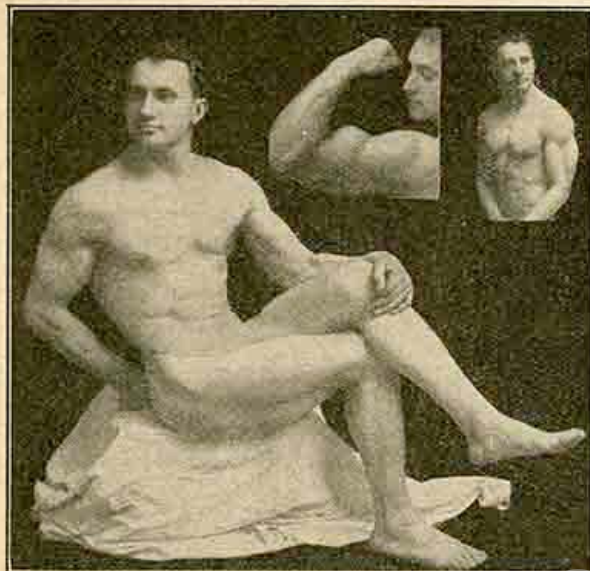
W. H."

Ans.—Much depends on whether it is a lake or a stream and whether you are going upstream or down. On any of the ordinary inland streams where you are not "bucking" a strong current or on a lake, forty to fifty miles a day would not be difficult for a skilled canoeist. If you are going up-stream, twenty miles should be ample for the first day and possibly the second and third. As your muscles accustom to the effort you will gradually be able to travel greater distances. Do not exhaust yourself. When you tire turn in to shore for a short rest. Here are two tips you may find useful: Use a drive that is natural and that does not strain the muscles under the arm on the opposite side of the body from the paddle. Your stroke will gradually lengthen automatically. Also learn to "feather" your paddle. That is, turn it so the edge is against the water in the recovery, slope it sharply forward and drag it through the water. That is the Indian method. It saves the lifting forward for each stroke.

Story of a Fight Against Tuberculosis

(Continued from page 36)

little recognition in our household. We had them as a matter of course, because we had always had them. We cooked them in the usual way, dissolving the mineral salts so necessary to the economy of the body out of them into the water in which they were cooked, and then, after having poured the water down the drain, eating the impoverished residue that was left. The patient also consumed large quantities of starch. We called it bread; but that didn't prevent it from being starch. We also called it boiled potatoes; but that didn't make it anything but starch. We called it tapioca, and macaroni, and refined corn meal, and spaghetti, and farina, and polished rice, and



ANTONE MATYSEK, aged 30, teaching Physical Culture since 1910, 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.

Almost everyone, in discovering something of value, also wants his fellow-men to profit through his discovery. I feel that I should be neglecting my most important duty towards my fellow human beings if I did not make every decent and honest effort to induce everyone to also benefit themselves through the use of this Muscle Control Course.

NO MATTER what your position and environment, physical and mental development is, you are being given a wonderful opportunity to get more satisfaction out of yourself and the world by this Muscle Control Course.

Thousands of men who have tested this course say it is the **SUREST AND QUICKEST MUSCLE BULGING OUT STIMULANT, A SYSTEM OF EXERCISES THAT PRODUCE REAL ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY.** These Muscle Control exercises are the **CHIEF SECRETS** of why I am growing, despite my age, day after day, stronger, healthier and better developed as well. It would be a sin if I kept these secrets to myself and used them only to my personal benefit. Why not let me acquaint you with these progressive exercises that will bring forth the results you are after **AND NOW** are within such an easy reach for you.

SO ABSOLUTELY CERTAIN AM I that this Muscle Control Course in your hands will enable you to become a better man physically, mentally and financially, that I am willing to place this Muscle Control Course in your hands for two days at my risk and expense. With every mail delivery I receive at least twenty testimonials from pupils stating how I successfully and in short manner put them back on their feet.

ADMIRATION always follows the robust, graceful and alert man. Pity trails behind the weakling, because his falling strength and energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress.

DURING THE PAST THREE YEARS I HAVE ATTAINED TREMENDOUS RESULTS in this business. These tremendous results were possible only by proving to the public my direct-to-the-point training abilities, also by mailing a good course on trial, for I believed that most people would pay for a good thing even if the "information disclosed" was mailed out without any advanced payment. When you try this Muscle Control Course on yourself you will realize its tremendous influence. This is why I am willing to send it to anyone—man or woman or matured child—on approval without a single penny in advance.

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I promise to either re-mail it to you, within forty-eight hours of its receipt by me, or to send you whatever its worth to me. If I think its worth one, two or three dollars, I will send you that; if I think it worth more, I will send that much. If I don't like it, I will send it back.

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If this Muscle Control Course does not produce everything I claim, and if it does not open your eyes and make you rich on health pointers and exercises it will cost you absolutely nothing. **I GUARANTEE IT.**

I do not urge anyone to procure this course because I offer it for but a few pennies—and these, **TO BE PAID ONLY UPON SATISFACTION**—but because the results are great—**VERY GREAT.**

It can not be a good constitution where the appetite is great and the digestion weak.

Love labor: For if you do not want it for food, you may for health. It is wholesome for your body and good for your mind.

Every human being who "thinks and wants to grow" has some chief aim for which he is striving. You cannot attain this CHIEF AIM if you are ailing or possess all those handicaps that keep you from the attainment of that which you desire.



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Walter Camp, Yale's celebrated football coach, has been teaching men and women everywhere how to keep fit—"on edge"—full of bounding health and youthful vitality—and how to enjoy doing it. Walter Camp says that a civilized, indoor man is a "captive animal," just as much as a tiger in a cage. But the tiger instinctively knows how to take the kind of exercise he needs to keep fit—he stretches, turns and twists his "trunk muscles"—the very same muscles that tend to become weak and flabby in indoor men and women. With Mr. Camp's permission the "Daily Dozen" exercises have now been set to spirited music on phonograph records. They supply exactly the right movements to put these vitally important "trunk muscles" into the pink of condition, and keep them there. These twelve remarkable exercises, done to music, with a voice on the record calling out the commands, are all you need to keep your whole body in splendid condition—and they take only 10 minutes a day. You will also receive a set of handsome charts, with actual photographs showing exactly the move to make at each command. It is simple as A-B-C.

RECORD FREE

See for yourself what Walter Camp's "Daily Dozen" combined with the Health Builder System will do for you—without a dollar of expense. We will send you, entirely free, a sample phonograph record carrying two of the special movements, with a voice giving the directions and commands, and specially selected music to exercise to. Also a free chart showing positions, with complete directions. Get this free record, put it on a phonograph, and try it. There is no obligation—the record is yours to keep. Just enclose a quarter (or 25 cents in stamps) with the coupon to cover postage, packing, etc. Send coupon—*to-day*—now—to Health Builders, Dept. 446, Oyster Bay, New York.

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Dept. 446, Oyster Bay, N. Y.

Please send me your free sample "Health Builders" record giving two of Walter Camp's famous "Daily Dozen" exercises, also a free chart containing actual photographs and simple directions for doing the exercises. I enclose a quarter (or 25 cents in stamps) for postage, packing, etc. This does not obligate me in any way whatever and the sample record and chart are mine to keep.

Name

(Please Write Plainly)

Address

corn flakes—but these names didn't make it anything much but starch—almost pure starch—a thing so far from being a natural food that it does not occur in a pure state anywhere in nature. And from all these forms in which we ate our daily starch, presumably as a stiffener for the dietetic protein backbone of meat, eggs and milk, the mineral salts had been sedulously removed by commercial gentlemen who had manufactured them, just as we had ourselves removed as much of the salts as possible from our vegetables by throwing away the juices in which they had cooked.

But the great starchy standby, the Starch God of the family table, the symbol in our lives of the Great White Plague, the thing that was as bleached, white, and soulless as the face of Death himself, was white flour Bread—*Bread* the staff of Life; or rather a substitute for bread that was masquerading under that name.

In short, in all that diet there were just two predominating food elements—protein and starch. Out of everything except the blessed milk with its mineral bearing whey, and the heaven sent eggs, with their mineral bearing yolks, and the small amount of fruit we consumed, we never touched a thing at our table from which several of those mineral salts and solubles so absolutely necessary to sustain life, and so utterly necessary for the overcoming of a disease like tuberculosis, had not been at least partly eliminated with the utmost pains.

Parsnips, carrots, turnips and greens are all rich in minerals. So are whole grains. The bran of wheat has it, for instance. But we were feeding that bran to the cow, and some of the calcium happily got into the milk; and to the chickens, and it got into the yolks of the eggs. But use *bran* in our bread—eat that coarse, brown stuff called *whole wheat bread*, rich in calcium salts, rich in silicon, rich in iron, tremendously rich in potassium, and in magnesium, and in phosphorus—use stuff like that? Why we had never heard of such a thing. You couldn't even buy whole wheat flour in that town; and we couldn't have made acceptable bread with it, if we could have bought it. And as for bothering with the mineral-laden juices of our cooked vegetables—how much easier and simpler to throw all that stuff away!

In short, you will perceive how practically every article of diet given to the

Do You Know the Value of Daily Exercise?

SLOWLY and gradually, the American people are beginning to realize the value of exercise. Doctors and physical directors are urging the people everywhere to join gymnasiums, to acquire health.

Unfortunately, not all of us have the advantage of joining a gymnasium or of living near one. However, health and strength can be acquired right in your own home, with a pair of dumb-bells. Ten or fifteen minutes a day, exercising with a pair of dumb-bells, will make you feel fresh, vigorous and full of "pep." Dumb-bell exercises are being practiced in all well-regulated gymnasiums.

Instead of getting up at "the last minute" and eating a hasty, distasteful breakfast and rushing off to work, get up twenty minutes earlier. Take from ten to fifteen minutes' exercise with a pair of dumb-bells and you will prove to yourself how fresh and "alive" you will feel and how you will enjoy your breakfast and your work, during the day. It will give life and energy to every muscle, every vital organ and every body cell. Your health, after all, is the most precious possession you have, and through it you either obtain or lose success or happiness. If you make it a duty to yourself, to exercise fifteen minutes daily, you will promote your physical condition and thus enhance your usefulness and happiness. *Health goes hand in hand with Success and the courage to do things.*

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patient, the saving of whom became for a time my one object in life, had been robbed of the *natural medicines* with which nature maintains the normal chemical processes of the human body—processes the interruption of which mean certain death. The eating of such foods had brought her to this pass. The continued eating of them bade fair to complete her destruction.

But what about all that concentrated protein food she was eating? What could be said for it, and what could be said against it? Well, you have in its favor that milk and eggs, though a concentrated diet, are nevertheless balanced by nature. The white of the egg is a protein food, but the yolk is made up of fats and minerals in combination, and supplies materials of the sort which the patient would not get at all from such refined foods as white bread, biscuit, crackers, cake, farina, boiled instead of baked potatoes, and the like. The same is true of milk. Meat, on the other hand, has little to offer but protein, with nothing to offset it. It contains in addition the waste products of the animals' life processes, such as urea and other poisons, all of which the human kidneys and liver must dispose of. Meat-eating animals get the mineral salts lacking in the meat by lapping the blood and crunching the bones, which we throw away.

Protein is an absolutely necessary food. Tuberculosis patients have to have lots of it. But too much protein is a poison. The patient I have been telling about was taking poison every day she followed out that excessive protein dietary. We didn't know it, and the doctor didn't know it; but it was so.

It has long been known to science that under ordinary conditions the human body cannot utilize more than two ounces of protein a day.

What the diet I have described did to the health of a frail woman with one foot in the grave, can be imagined. She must have gotten three or four times as much protein as she could use up. How such a heaping up of protein upon protein, with no regard to anything but protein, might well check rather than advance the recovery of a tuberculosis patient may also be imagined. Indigestion, constipation, auto-intoxication, violent colds coming from acidosis—these things are hard enough on a well person. They have nothing to do with normal pro-



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cesses of effective nutrition. Taking pills won't solve the problem.

What the patient should have had was a reasonable abundance of milk and eggs, comparatively little meat, and the greatest possible variety of whole grains, vegetables with their juices, fruits, salads, and the like—the whole dietary having for its base bread made from real whole wheat flour. She should have had unrefined, unprocessed brown sugar instead of the demineralized white sugar (it is hard to find); she should have had such sweets as honey and open kettle molasses—the latter being almost unobtainable on the open market.

If she had corn bread, it should have been made from corn meal which had not been degerminated and refined, as white flour is degerminated and refined, to make it "keep." Finally, there should have been maintained a sane balance between the protein side of her diet and the vegetable side. But I didn't know all this, and the doctor didn't know it; and there we were, bound to fight it out as we best could. That the patient recovered merely shows what the human body can stand. I hope this article will keep somebody from trying to travel the same road.

What Makes a Sprinter?

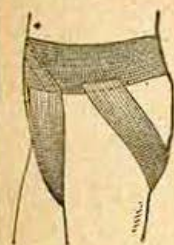
(Continued from page 24)

of action, the form must be sacrificed.

For, after all, if form means anything, it stands for rhythm, and rhythm can only be obtained by natural coordination of all the muscles. There was once a runner who had perfect form in sprinting, it seemed, as perfect as is possible for a human being to acquire, but he sacrificed naturalness to obtain it. This was Edward Torkelson, of Exeter, and that sacrifice has cost him many victories and has kept him from being a really great runner. He has been years trying to undo that "form running" which had become a habit with him, retarding his speed by cramping his muscular freedom.

Once a man has developed himself into a smooth running machine, with the start and the finish and the stride all carefully worked out to suit his own individuality, for each man must in the end be his own dictator as to the way he shall run; then he must try to keep himself in that perfect physical state through proper conditioning.

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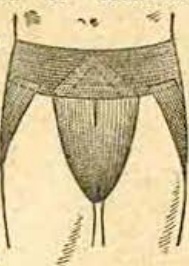
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If his success is to be permanent, he must sacrifice many pleasures to the work of keeping himself in running trim. This spirit of personal sacrifice in athletics was well exemplified by last season's Centre College football team. They were defeated in the fall of '20 by Harvard University, and right there and then they resolved to win the return game in '21. They knew that the first rung in the ladder of athletic success was condition, and so throughout that entire year they prepared themselves for the great victory for which they were willing to sacrifice in order to obtain it. Whenever they wanted to break training or whenever any member of that team was on the verge of doing something which would prove hurtful to the team's chances in the fall he remembered the Harvard game and refrained. Consequently the Centre players went up to Harvard this last season confident in their ability to win, for they knew they were in better condition than Harvard. When someone asked them, as they were about to enter the field on that memorable day, if they thought they could defeat Harvard, the reply was this, "If we didn't think so we wouldn't be here!" And that spirit won. Centre conquered Harvard, an almost unprecedented happening in Eastern football, and condition was the reason.

The same thing holds true in sprinting. A man may win for a while without proper conditioning, but he soon goes to pieces. Regularity is the most important part of the preparation, then comes plenty of sleep and the proper kind of food. Tobacco, though some of the great English runners use it and some of the fleet Americans, is not the best kind of conditioning prescription; and if those athletes had never used it in the first place they probably would have been still greater stars. Drinking is injurious even out of season, for it throws a man out of condition so violently that he loses a certain amount of vitality and energy he never can get back.

Howard Drew suffered leg trouble because he was irregular in his habits; smoking has hurt the wind of many great sprinters and cut short their periods of brilliancy on the track; loss of sleep caused Eddie Teschner's downfall; and the wrong kind of food, coupled with dissipation and too great an amount of work with too short a time to prepare, has caused many a harm-

ful increase in weight and many an athletic heart.

The man who follows the game and keeps himself in proper trim is the man who not only conquers on the cinder path, but likewise reaps the benefit of a well-developed body.

Golfing for Health

(Continued from page 30)

interesting form of competition which interests many of the women players. Miss Leitch is a firm advocate of the medal competitions, advising girls to play as many as possible and keeping as many scores as possible. This, she says, is a sure way to improve one's game.

There are many players who are rather backward about entering tournaments, some fearing they are not good enough, others feel that it makes them nervous, and still others feel that in the strain and excitement in tournament play they forget some of the things they have learned and then get into bad habits. All of which shows them that practice and experience are factors in golf not to be overlooked.

Too much competition in strenuous sports may be injurious to some, but in golf much of the competition is with yourself. The golfer can have a good time all by her lonesome, for there is yesterday's or perhaps last week's record to better. Then there is the joyous day to remember when the strokes for the very hardest hole were under par. That is something to think of for many a moon.

It is typical of the American girl that she does not like to get down to hard work and practise; practise until she has made herself perfect. The English girls, in many of their sports, show sureness which has behind it many hours of practise. And yet it is said that the French girl, once she is thoroughly interested in a sport, will practise until she is practice perfect. The average American girl has much to learn from the British, both in golf and hockey. In the latter sport, the devotees in America have started in with vim to try to wipe out the defeats of the English; and they are adopting English methods of practice and profiting by the English experience with sticks and dress.

In hockey, the English authorities say,

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"Do not use too heavy a stick"; so, in golf, the advice is the same. Do not use too heavy a club. Many girls who are strongly built feel that they should use a heavier club, more like that of a man. But this is a mistake. The ball does not go any further because the club is heavier. Then in the choice of the ball, few girls play well with a heavy ball such as their brothers are often addicted to. While not doing just as the men do, the girl who is wise will take advantage of watching good men players whenever the opportunity arises. There is a lot to be learned from them in this way; and a man, provided, of course, he is a good player, can give all sorts of advice, and from his experience prevent one from making all sorts of mistakes and forming bad habits.

Bad habits are the bane of many a golf player. One may have bad habits when walking. The head may be carried badly, the shoulders held wrong, the arms swing awkwardly; and it would never be discovered unless some observing person with a sense of putting everything in the world right bravely approaches and states baldly, "You walk all wrong."

But in golf, bad habits of posture are sure to show up. If the right hand grips tighter than the left it shows in a hook; if the left foot is too far advanced it causes trouble; if the swing is hurried or not timed properly the shot is poor. All these faults may be corrected as soon as they are noticed, either by the golfer herself, if she is sufficiently alert and knowing, or by advice from an expert player.

A new departure is the ladies' professional, which shows how the fair sex have progressed in the game. The majority of professional instructors are men, but now the woman professional has come into prominence. These are making a special study of the game from the woman's view-point, and they most certainly ought to have an influence in improving the game in the future; not only for the fine player, but for the average player.

To cite an instance: Where a girl had to surmount all sorts of obstacles to become a fair player, one girl showed real courage and in the end got there. This girl was very big and heavily built; in fact, she was unkindly called fat. When she was at college she was entirely out of sport on account of her size. But she liked them; and after

her college course was over she took up golf. After six years of plugging, she finally won a prize at one of the best small tournaments of the country. To be sure, it was not wonderful, but at least she had made good in spite of discouragement and handicap.

The question of dress for golf is an important one, for anything that is uncomfortable or that does not allow plenty of freedom is not to be thought of. The too-much dressed player can have a miserable time of it. The vogue of the short skirt is a great help to the golfer; and there is one place that the long skirt will never force its way again. Comfortable shoes and hat, too, are important points.

A word in closing as to the sporting side of the game. Golf demands the truest kind of sportsmanship, and if that in itself is the only thing cultivated, there is a worth-while lesson learned. A sense of good sportsmanship does a lot toward helping the game along.

Water Trails

(Continued from page 16)

bass, especially the smaller ones, are prone to lurk.

If his bait fails to get results in an hour or so he will switch to another type. He studies the conditions of water and air; he tries to efface himself as much as possible and to approximate natural conditions in offering his bait. If he happens to be on a lake he realizes that ninety-nine times out of a hundred, the big fellows are in the middle in the deepest water and can rarely be lured out with a fly. He tries sinking his bait down to their depth and has a lot of fun out of it.

That man is a real fisherman.

He is more than that. He is an optimist. He realizes that fish are wild things and as shy and wary, or brainy, if you wish to call it that, as any other wild game. What is more, he is the type of man who gets real fun from the out-doors. He is not a pot hunter to whom the game is the only thing. There is the fun, the skill, the matching of his wits against the instincts of nature.

This latter element is perhaps the part in fishing that should be most stressed. You can spend an indefinite amount of time in the out-of-doors without getting any real benefit out of it. Make no mistake about that. With all this great movement of the

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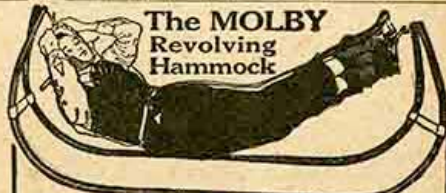
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present era to combine out-door recreation with other exercise as the compound likely to be most beneficial physically, the mental side must not be forgotten. Modern physical instructors are beginning to consider the fact that if their work is to be of any great benefit to those they are trying to reach, they must develop real interest and pleasure in the work among these pupils, or whatever you choose to term them. The same thing applies when you go beyond the reach of the city to follow the water or forest trails. Mental attitude plays a big part whether it be in fishing, in tramping or following the game trails; in canoeing, camping or just loafing. The element of fun, the conviction that you are going to enjoy it whether you land a four-pound bass, a twenty-inch pickerel or just thump along beside the stream without landing anything except fly bites, is the thing that will help you more than any other.

If you happen to be interested in physical work, pick up some broken branches to serve as bar bells or dumb-bells and whip through a couple of minutes exercise with them; see how much easier your breathing is in the pure air of the woods than it was in the stuffy city under the same conditions. There are plenty of parallel branches on the trees that can be made to serve for a few minutes horizontal bar work for "chinning" or some other similar exercise. See how much more difficult it is under these circumstances than in the gym. Learn to play and wrest some fun out of it. That is what you are out there for. Forget your dignity, and go to it.

The Shoulder Muscles

(Continued from page 20)

for he wanted to put up big weights, and felt sure that all that was needed was a big triceps muscle. So he would "dip," both on the floor and on the parallel bars. When doing the floor dip, he naturally pushed his hands forward. When on the parallel bars, he pushed his hands downward. Consequently, he got fine triceps and exceptionally fine pectorals (chest muscles), but he did not get either size or strength in his deltoids. He looked queer, for here was this big bulging upper arm and a comparatively small shoulder. His arm looked as if it was not adequately fastened to his



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body. In other words, he looked and *was* poorly knit together.

It was a great surprise to him to find that he, for all his big arms, was unable to put the shot, or throw a ball any further or "put up" a bigger weight, than his friends, who had much smaller arms. It finally took a blacksmith to make him realize the importance of the *whole arm*, from fingers to shoulders inclusive.

He happened to visit a blacksmith shop, noticed the powerful arms of the smith, and brought the conversation around to strength feats and muscular development. He rolled up his sleeves and displayed a biceps just as big as the smith's. The smith kindly said that the lad had a fine arm. Was he strong as he looked? "Oh, yes," said the visitor, "I can dip 40 times on the parallel bars." "I never tried that," said the smith, "but how about 'muscling out' a weight, or 'putting up' a big weight? Can you do that?"

In his turn the visitor said, "I never tried that." "Well," answered the smith, "I have no dumb-bells, or fancy weights, but here is a 90-lb. anvil; let's see if you can do this?"

The smith then grasped the anvil by the horn, swung it to his shoulder, and pushed it slowly aloft. Mind you, the anvil was held as shown in the picture. Imagine, if you can, the strength of wrist required to keep it steady, and the shoulder strength used in elevating the weight.

The visitor tried it. He could not swing the anvil to the shoulder or even hold it by the horn when it was there. So telling him to raise his hand shoulder high, the smith placed the flat of the anvil on the palm of the visitor's hand. Again it was all off. The visitor could not even *start* the weight aloft because of his weak deltoid.

"How did you get your strength?" he asked. The smith smiled. "By swinging my hammers. How else?" he replied. "My arms are my fortune. I made them strong by using them."

The word "swinging" stuck in the visitor's head, and he was keen enough to realize that the blacksmith's ability to *apply* the power of his upper arms was due to his great shoulder and wrist muscles, the very muscles that had been unaffected by all the visitor's "dipping," either on the floor or on the parallels.

Train your arm if you want to, but unless you train your shoulders you will find, just as this young man did, that your arms are ornamental rather than useful.

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Ruth or Hornsby?

(continued from page 27)

closely trailed by Cleveland down to the very last week of the season.

Individualism of this sort is bad for the morale of any organization. Don't run away with the idea that Ruth is an intentional trouble-maker. He isn't, for he is a good-hearted, boyish man, who doesn't like dissention any more than the average. But he is imbued with the idea of his own importance, and the belief that it places him above the rules that were made for ordinary players.

Hornsby, on the other hand, is more mature, more modest and even-tempered. In spite of the fact that John McGraw offered the equivalent of \$250,000 for his release, he realizes that the star must be subordinated to the machine if a team is to play winning ball. He fits smoothly into the Cardinal team-play, and nothing he has done so far has tended to disrupt it.

In this it seems to me that he more than evens up the advantage that Babe Ruth holds over him in the records; an advantage that, as I have pointed out, is by no means an enormous one. The purpose of this article has been to find out which is the more valuable player to his team—Ruth or Hornsby.

Let me register my vote here and now for Rogers Hornsby.

In everything, save the sheer smashing power of his drives and in the publicity that has been given him, Hornsby is Ruth's equal, or superior. In addition, he has a more equable temperament and greater smoothness in fitting into team-play. No one would imagine Hornsby ever being guilty of such crass foolishness as was Babe when he openly defied all organized baseball last fall and romped off on a barnstorming tour.

Aside from these facts, it would be well to remember that Hornsby is the type of athlete who keeps in condition much more easily than a man of Babe Ruth's type. The American Leaguer grows fat very easily. Flesh piles on him during the winter, and every spring he finds it increasingly difficult to cut the layers of it off his frame. He loves his ease and plenty of rich food, and that indulgence takes its toll of him. More than one ball player has eaten himself out of fast company.

Hornsby is of the hard-bitten Texas breed that stays lean. Though little younger than Ruth, it is not likely that he has reached the apex of his development, as it seems the Bambino has done. Most diamond experts believe that he will continue to improve, and eventually be classed as the greatest infielder that ever lived. He should outlast the home-run champion; and greatness, or a degree of it at least, can partially be measured by the span of time during which it dazzles all beholders.

Wrestling

(Continued from page 40)

cidedly crouched position, or when his head and shoulders are quite close down towards the mat or while he is making a play for your leg or legs, not for your head, arms or body. Under such conditions, "draw" his attack by offering him your left leg by apparently carelessly stepping slightly forward

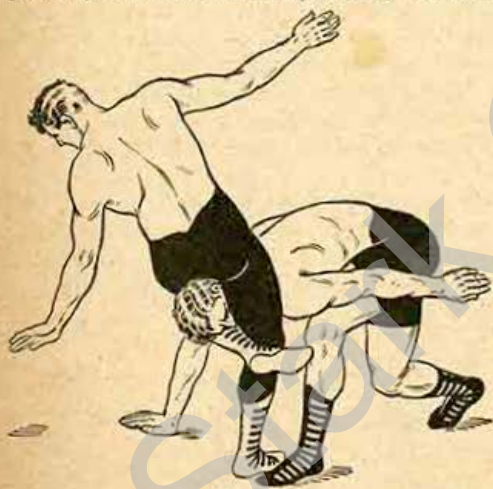


Fig. 115

Leg Head Lock—Turning to Chest to Turn Your Man on His Back.

with it. As he makes a pass for your left leg, quickly push his head down towards the mat and instantly imprison his head by encircling it in the bend of your left leg. Re-enforce the hold with your left leg by locking the toes and instep of your left foot in the bend of your right knee. Follow up by turning to your left and fall forward with your body as you turn, in order to also turn and bring your man's body along with you as illustrated by Fig. 115. This sequence of moves, if properly performed, will enable you to secure a direct positive

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fall by means of a Leg Head Lock alone, without the aid of any other assisting hold or holds. Fig. 116 illustrates a fall gained by the use of this particular method of securing and using this powerful and effective Leg Head Lock.



Fig. 116

Fall from Leg Head Lock.

To secure a Leg Head Lock when working in front of your man, while he is on the wrestling carpet on “all-fours,” suddenly yank down his head and like a flash, leap on your man in such a manner as to encircle your opponent’s head in the bend of your left leg. Instantly clamp the toes and front instep of your left foot on the back of your right leg at knee in order to lock your hold as illustrated by Fig. 117. Fall forward and turn your man’s back and shoulders down towards the mat. With your opponent held in this helpless position you should experience little further difficulty in order to enable you to successfully press and pin his shoulders tight down to the mat for a fall.

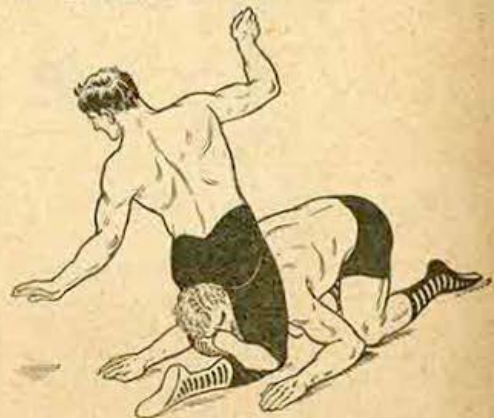


Fig. 117

Leg Head Lock.

Fig. 116 illustrates a fall secured by means of a Leg Head Lock applied as described above, when working in front of you while he was down on “all fours.”

(To be continued)

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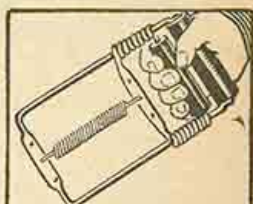
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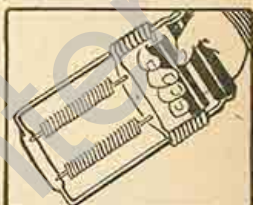
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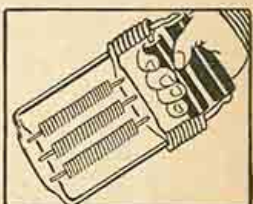
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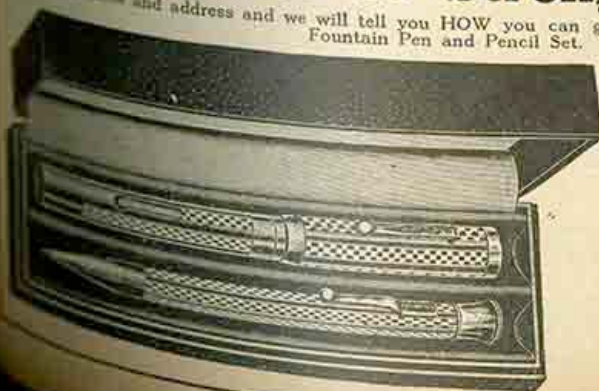
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