

Reducing Exercises for Women

# ★ Strength

25¢

FEBRUARY



How does Exercise Affect the Heart?  
Experiences of Modern Strong Men  
Fitzsimmons: Master Fighter

# DO YOU WANT TO BE STRONG? READ THIS

## "THE STORY OF CHARLES SHAFFER"

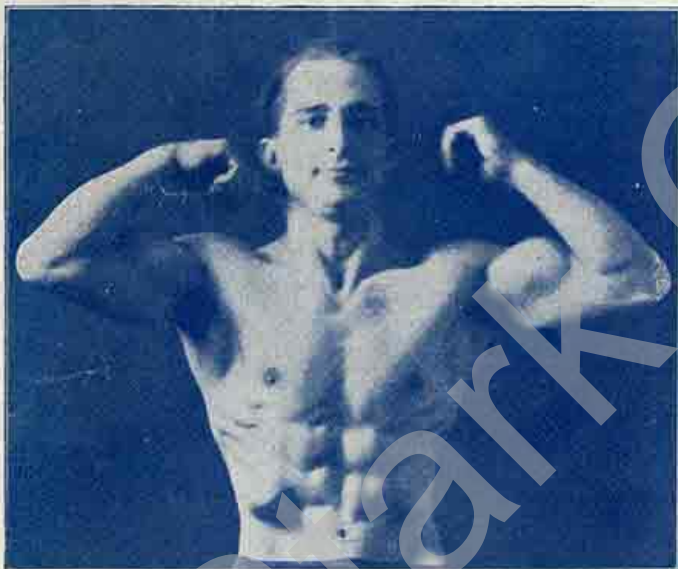
### THE AMERICAN POCKET HERCULES

Charles Shaffer of Pittsburgh was a complete wreck from the results of double pneumonia. He received no encouragement from his doctors, as he was informed that chances were but very slim for him ever to become normally healthy again. Great care and lots of rest, they told him, was his only salvation. He was just a bag of bones, and weaker than a child. He had to live. So he disregarded his doctor's orders and placed himself under the care of our expert in charge, George F. Jowett. What happened to him? Under proper instruction, with the use of bar-bells he became recognized as the strongest man in America in his bodyweight class. He created world records, and now he is the star turn of a team of the cleverest hand balancers playing the best vaudeville theatres. He is a physical marvel for strength and has beautiful proportions. Look him over and examine the marvelous construction of his body.



### FROM INVALID TO A STAR ATHLETE

You may not have any desire to be a star performer, but you certainly would like to have the manpower that would give you that ability. It would mean a larger chest, with a trim waistline and powerful arms and legs that have the strength to hurl obstacles out of your way. You don't have to be weak. You don't have to be underweight, or put up with scrawny arms and a caved-in chest. Because you are small-boned and fine-featured does not mean you are excluded from securing the same physical proportions as Mr. Shaffer, who is a small-boned man himself. What you want is Bar-Bells and brains to guide you. We are the largest manufacturers of bar-bells in the world and have the best informed authority in the person of George F. Jowett to guide you. We give you substantial value for your investment. An outfit that will last you a lifetime. An adjustable outfit that comprises one bar-bell, dumb-bell and two kettle-bells, that are perfect in workmanship, with nickel-plated bars. Our courses of instructions are laid out for your own personal physical requirements. You will be proud to own and display a Milo set of bells before your friends. We guarantee them and the results to be gained from their use. We have reason, too, because our long list of satisfied pupils proves it.



CHARLES SHAFFER

### WHAT CHAS. SHAFFER SAYS FOR OUR METHODS

Is Mr. Shaffer satisfied with the results he got from following our instructions, and the personal attention given him that made him a man pulsating with health and possessed with such remarkable physical beauty?

Read this letter he wrote and let it speak for itself:

"It gives me great pleasure to write this letter to you. All my achievements I have to thank you for. My power is enormous, and I have entirely eliminated high blood pressure. You have worked wonders for me, and I feel proud to know that my great results were obtained by coming under the expert advice of so great a teacher, and fully realize you are head and shoulders over the rest in your profession. I positively know I never could have done so under any other system.

"Faithfully yours,  
(Signed) "CHAS. SHAFFER."

Why are we so successful? Because we are the originators and the only teachers of the Double Progressive System. Because we have in charge a man in whose ability you can place your faith as Mr. Shaffer and thousands of others did, and be sure of results. We place Mr. Jowett at your disposal because we know he is the most capable. Bar-Bell instructions, with this expert knowledge, backed with our iron-clad guarantee, makes your investment a safe and sure one.

### WHAT WOULD YOU LIKE US TO DO FOR YOU THE MOST? HOW MANY INCHES DO YOU WANT ON YOUR CHEST OR ARMS?

Do you want to increase or decrease your body weight? How much! What you want done in the line of physical improvements we can do for you. We only ask you to exercise four times a week and only for about a period of thirty minutes at each time. The methods of training are so scientifically grouped that the burning up of old tissue is brought about more quickly, and new tissue multiplies in greater quantity and finer texture.

### A FREE GIFT TO YOU, A FORTY-PAGE ILLUSTRATED BOOKLET

Send for this booklet right now. In it you will find the pictures of many other wonderful physical specimens like Charles Shaffer. It tells you all about the Double Progressive System and what Bar-Bell training does for you. A forty-page booklet full of the best information FREE TO YOU on request.

GET IN ON THIS RIGHT NOW. Send for a copy of this Booklet,  
"HEALTH, STRENGTH AND DEVELOPMENT."

### THE MILO BAR-BELL CO.

DEPARTMENT 121

2739 N. PALETHORP ST., PHILADELPHIA, PA.

The Milo Bar-Bell Co.,  
Dept. 121,  
2739 N. Palethorp St.,  
Philadelphia, Pa.

Gentlemen:  
Please send me without obligation on my part your free catalogue, "Health, Strength and Development and How to Obtain Them."

Name.....

Address.....

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

# ARE YOU AFRAID TO FACE THE TRUTH ABOUT YOURSELF?

There are occasions in the life of every man when he realizes how miserably he has fallen below what others had expected of him and what he had dreamed for himself. The "big" man faces the truth, and does something about it. The "little" man finds an excuse for his failure, and does nothing. What are your answers when you ask yourself questions like these?

Am I not drifting along aimlessly?

What, after all, is my purpose in life?

Once I had real ambitions—are they unattainable?

Am I trusting too much to chance to bring me success?

What is my greatest weak point?

Is it lack of will, poor memory, mental laziness, mind-wandering, or what?

Am I too old now ever to do anything worth while?

Am I "licked" by life, am I a "quitter"?

What can I do, now, to "find myself"?



## How 550,000 people have "found themselves" through Pelmanism

If you are in a "blind alley" of life, trying to grope your way out, you should find out at once what Pelmanism has already done for over 550,000 people.

Pelmanism awakens the unsuspected powers in you. It is a scientific system of mind-training; it takes the well-established principles of psychology, simplifies them so that they can be understood by everybody, and arranges them into a really remarkable system, which is designed to re-arouse and to train certain mental faculties, which in most of us lie absolutely dormant and atrophied.

### What It Has Done

Pelmanism originated in Great Britain. Members of the royal family, leading statesmen, distinguished military and naval officers, world-famous authors, artists, actors, editors and publicists, leaders in industry and finance, people of the highest distinction in the Empire—became just as enthusiastic Pelmanists as clerks and "tommies" and day-laborers.

When the movement spread to America, the same story was repeated—captains of industry and finance, men of affairs, jurists, writers, leading business men, professional people of all types—adopted Pelmanism as enthusiastically as wage-earners and college

students. And now, over 550,000 people in every part of the world, men and women usually of the highest type of intelligence, have adopted and use Pelmanism to help them "find themselves."

### The Kind of People Who Advocate Pelmanism

Is it not clear that there must be something of great value in Pelmanism when distinguished men and women like the following advise you to take it up? (Hundreds of other names like these could be added if space allowed.)

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

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

Frank P. Walsh, former Chairman of National War Labor Board.

Major General Sir Frederick Maurice, Director of Military Observations, Imperial General Staff.

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

T. P. O'Connor, "Father of the House of Commons."

H. R. H. Prince Charles of Sweden.

Jerome K. Jerome, author and dramatist.

General Sir O'Moore Creagh, V. C., G. C. B., G. C. S. J.

George Lunn, formerly Lt. Governor of State of New York.

Sir Harry Lauder, celebrated comedian.

Sir Harry Johnson, author and dramatist.

Sir Arthur Quiller-Couch, dramatist.

W. L. George, author.

A. Gillespie, Vice-president of Cluett, Peabody & Co.

### Send for Free Book—No Obligation

When people of this type find that there is "something in Pelmanism," can you afford to ignore its possibilities for you?

We will be glad to send you, without charge, a book called "Scientific Mind-Training." This tells the complete story of Pelmanism, what it is and what it does; it is filled with stories—some of them almost unbelievable—of people whose lives have been completely made over by Pelmanism.

To send for this book involves you in no obligation; nor will you be bothered by salesmen. It will be left to your own judgment whether you do not need this ASSISTANCE, almost more than anything else in life. Send for the book now, before you forget.

### The Pelman Institute of America

(Approved as a Correspondence School under the laws of the State of New York)

19 W. 44th Street, Suite 342 New York, N. Y.

The Pelman Institute of America, 19 W. 44th Street, Suite 342, New York City.

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

Name .....

Address .....

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



# Strength

FEBRUARY, 1926

Vol. X

No. 12



## CONTENTS

*Cover Design by W. N. Clement*

The Value of Strength . . . . .	Editorial	19
How to Obtain Lasting Beauty . . . . .	David Wayne	20
<i>Photographs</i>		
Experiences Encountered by the Modern Strong Man . . . . .	Jack Russell	24
<i>Photographs</i>		
Is a Man as Strong as His Back? . . . . .	Russell Viohl	27
<i>Photographs</i>		
How to Pose for Professional Artists . . . . .	Charles MacMahon	30
<i>Photographs</i>		
Exercise—the Health Saver . . . . .	Ralph Hale	33
How Does Exercise Affect the Heart? . . . . .	George F. Jowett	35
<i>Photographs</i>		
Start Growing Thin Today . . . . .	Margaret Sargent	39
<i>Photographs</i>		
Rope Climbing—a Real Sport . . . . .	J. Leonard Mason	42
<i>Photographs</i>		
The Crucial Test . . . . .	Dean Carroll	45
<i>Photographs</i>		
Health-Strength-Beauty—Department . . . . .	Marjorie Heathcote	47
<i>Photographs</i>		
The Mat—Department . . . . .	George F. Jowett	50
<i>Photographs</i>		
Ask the Doctor—Department . . . . .	H. H. Rubin, M. D.	53
American Continental Weight Lifters' Association Notes— Department . . . . .	John Bradford	55
<i>Photographs</i>		
An Old Battle Refought . . . . .	William J. Boone	59
<i>Photographs</i>		
Strength Posing Contest . . . . .	Contest Editor	61
<i>Photographs</i>		

Published Monthly by THE MILO PUBLISHING CO.  
Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.  
under the Act of March 3rd, 1879. Additional entry at New York, N. Y.

D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.  
Advertising Offices, 104 Fifth Avenue, New York City, N. Y. R. L. HUNTER, Advertising Manager.

Chicago Office: 168 North Michigan Ave., J. A. SLOAN, Manager.

Coast Representative: LLOYD B. CHAPPELL, 460 4th St., San Francisco, Calif.

London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.

Subscriptions: \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

RENEWALS.—When your subscription expires we place a renewal blank in your final copy. Possibly you have renewed since we prepared the final number for mailing to you. Should your subscription expire with the present issue, however, your renewal should reach us before the first of the month, thus insuring you the following number. It requires a month to fill subscriptions and address to new subscribers. If your subscription is a renewal, state this fact also in your order, so that it may be properly extended. In notifying us of any change in residence, please give us the old as well as the new address. Money may be sent in by check, postal or express money order, or registered letter.

Copyright, 1925, by The Milo Publishing Co.

# DISCHARGED as UNFIT!!

Read the  
Amazing Story  
of  
Louis Albizu's  
Climb  
Back To Health

"Sept. 21st, 1918.—Discharged from the military service of the UNITED STATES by reason of physical unfitness—Louis W. Albizu."

Six Months Later.—Discharged from every trace of physical weakness and disability and promoted to the supreme command of physical fitness and muscular perfection—Louis W. Albizu, Physical Marvel.

Louis Albizu at one time was so frail that he could hardly cast a shadow; so weak that he could scarcely lift a 25-pound weight over his head. He was physically down and out—a hopeless, physical wreck.

Look at him today—this picture does feeble justice to his tremendous strength, boundless vitality and amazing muscular development.

Yet for all his massive development, Albizu is as light on his feet as a ballet dancer, as elastic and graceful as a high trapeze performer. And his internal strength even surpasses his external strength.



LOUIS W. ALBIZU

Winner of the Gold Medal at Paris Exposition, October 1925—30 Nations the World Over Exhibiting

## Revolutionary Idea—New Apparatus—New Course

Louis Albizu is not a professional strong man. He invented the highly novel and ingenious device, that is used exclusively with his course of physical training, with his own health in mind. But his invention was so new and epoch-making, and so amazingly successful in transforming his own broken-down body-machine into one of the finest and most powerful of modern times, that he was soon convinced that millions of men of all ages and vocations needed just the kind of help and advice that he alone was able to give them.

### No Fictitious Claims

There is no doubt about the genuineness of Albizu's claims. He invented his own apparatus, and used it daily during his climb back to health. He personally wrote every syllable of his course of physical training and used it for developing his marvelous physique.

### Exercises Graduated to Each Individual's Strength

The Albizu system is progressive. It systematically works on every muscle. Weak and strong men alike are benefited by it. The Albizu exercises are all fun and no drudgery. As you develop strength, the exercises change to meet your every advance in physical power, keeping you constantly interested, fascinated and absorbed.

### The Value of a Complete Gymnasium Beside Your Bed

The maze of apparatus in a big, modern gymnasium cannot do as much for your body as the Albizu invention. And fifteen minutes a day is all you need. Think of the wonderful convenience and economy of apparatus so light that it can be juggled on the finger-tips; so complete that it does not have to be changed from one exercise to another; so simply and staunchly constructed that it will never break or get out of order; so compact, that when not in use, it takes up no more room than a pair of

shoes; so amazingly adaptable that a delicate, five-year-old boy or a man of Herculean build can use it with equal benefit.

### No Advance Course Necessary

Your first outlay for the Albizu System is also your last. Only one simple device, and no other will ever be needed. The course itself includes both the beginner's and advanced lessons. It costs no more than other courses, and less than many. Yet, in half the time, it gives you four to five times the benefit of any other course.

### Send for This Great Book

#### "The Power of Physical Perfection"

It shows you how to conquer ill health, disease, weakness and despair. It takes you along the short, straight path to physical well-being and the right mental attitude. It is profusely illustrated and filled with potent, pertinent and practical suggestions on keeping physically fit for every emergency. All in all, pages of solid and fascinating reading—exciting as a novel, inspiring as the Bible. This book actually contains more real meat than many similar ones selling for two or three dollars. But all we ask for it is ten cents to partly pay the cost of wrapping and postage. Send that dime today, and bury your nose deep into this wonderful thriller and inspirer.

Don't delay—clip coupon and send now. No obligation, of course.

### Here's PROOF For You!

On October 20th, 1925, at the Exposition at Paris, France, there convened a group of representatives from many different Nations. They met for the purpose of awarding prizes for merit to the most efficient System or Product in every known classification. When it came to choosing the leaders in PHYSICAL CULTURE instruction this learned and experienced group of prominent men awarded the ALBIZU system the Gold Medal for its accomplishments in results and perfection in its plan of personally conducted mail course of PHYSICAL CULTURE.



# ALBIZU

Suite BB,

303 Fourth Avenue, New York City

LOUIS W. ALBIZU,  
Suite BB,  
303 Fourth Avenue,  
New York City.

Kindly send me your valuable big illustrated BOOK. I enclose dime to cover postage and mailing.  
Strength, Feb., '26.

Name .....

Address .....

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

# Multiplies His Earnings by the Salary-Doubling Plan!

A. W. Weber was working in a grocery store when he took up home-study business training. Eighteen months later, he had earned for himself the position of Assistant Auditor of the Ohio Savings Bank and Trust Company, Toledo, at a salary-increase of 150 per cent.

More recently, he has been made Assistant Secretary and Assistant Trust Officer of the bank in which he started as a clerk. His salary-increases now exceed 200 per cent.



LaSalle Made Possible  
the Opportunity

"My attention has been directed to our Mr. Weber, who is now in his second course of study with your institution. This is most interesting to us as Mr. Weber's progress has been quite exceptional, he having advanced from a clerkship to Assistant Secretary and Assistant Trust Officer in our bank in the short period of five years.

"This attainment is most gratifying to us and we are frank in giving expression to our belief that much credit is due to your splendid institution, through which medium opportunity was afforded in making it possible for him to accomplish the purpose.

"It has ever been our policy to be helpful and to encourage those of our employees in acquiring information and knowledge looking to their own betterment and we are most anxious and willing to recognize and cooperate with those employees whose desires and ambitions are directed to greater achievements and further advancements."

(Signed) EDWARD KIRSCHNER,  
Vice-Pres. Ohio Savings Bank  
and Trust Co.

### LaSalle Training Changes Opportunity Into Dividends

"Without the knowledge obtained from your course, I would not be able to fill the position I hold today. Monthly dividends are being paid me on my investment in LaSalle training, in the form of increased salary, at a rate in excess of 125 per cent."

(Signed) ARTHUR W. WEBER,  
Ass't Sec'y Ohio Savings Bank  
and Trust Co.



Ohio Savings Bank and Trust Company, Toledo  
— one of the largest and best banks in Ohio

## —How Home-Study Training Nets A. W. Weber 125% a Month!

The prospect of working in a grocery store all his life did not satisfy A. W. Weber, a Toledo man. He resolved to make a *new start*—and to speed his progress he undertook LaSalle training in Higher Accountancy. He secured a job first as time-keeper in an automobile plant—then as clerk in the Ohio Savings Bank and Trust Company. Within eighteen months his training had helped him to the position of Assistant Auditor.

Since that time, repeated promotions have advanced him to the position of Assistant Secretary and Assistant Trust Officer, and he writes that *his monthly dividends on his investment are at a rate in excess of 125 per cent.* Read his letter, and the letter of his employer, in the column at the left.

Mr. Weber is now adding to his momentum by means of a second LaSalle course—home-study training in Law.

### Will You Be Selected for Promotion?

You have often wondered whether or not it would pay you to take up specialized business training with LaSalle.

But—can there be any *question* about its paying when so many thousands of LaSalle members are advancing—thru its aid—to positions of responsibility and influence?

In the very bank of which Mr. Weber is an officer, thirty-eight other men and women have enrolled in LaSalle; in the Guaranty Trust Company, New York, LaSalle members number ninety-eight; in the Royal Bank of Canada, two hundred and seventy-nine.

During only six months' time as many as 1,248 LaSalle members reported definite salary-increases totaling \$1,399,507, *an average increase per man of 89 per cent.*

### Send for Free Outline of LaSalle Salary-Doubling Plan!

What would it be worth to *you* to increase your earnings 89 per cent—within a comparatively few months?

The LaSalle *salary-doubling* plan will show you how to do so. Simply fill out and mail the coupon—and a 64-page book describing this salary-doubling plan will be sent you FREE. Whether you adopt the plan or not, the basic information it will place in your hands is of very real and definite value.

Balance the two minutes that it takes to fill out the coupon against the rewards of a successful career—then clip and mail the coupon—*now*.

# LASALLE EXTENSION UNIVERSITY

The World's Largest Business Training Institution

— CLIP AND MAIL —

## LASALLE EXTENSION UNIVERSITY

Dept. 2389-R

Chicago

I shall be glad to have details of your salary-doubling plan, together with complete information regarding the opportunities in the business field I have checked below. Also a copy of "Ten Years' Promotion in One," all without obligation.

- Business Management: Training for Official, Managerial, Sales and Departmental Executive positions.
- Modern Salesmanship: Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling.
- Higher Accountancy: Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.
- Expert Bookkeeping: Training for position as Head Bookkeeper.
- C. P. A. Coaching for Advanced Accountants.

- Law: Training for Bar; LL.B. Degree.
- Commercial Law: Reading, Reference and Consultation Service for Business Men.
- Traffic Management—Foreign and Domestic: Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc.
- Railway Station Management: Training for position of Station Accountant, Cashier and Agent, Division Agent, etc.
- Banking and Finance: Training for executive positions in Banks and Financial Institutions.

- Industrial Management: Training for positions in Works Management, Production Control, Industrial Engineering, etc.
- Modern Foremanship and Production Methods: Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc.
- Personnel and Employment Management: Training in the position of Personnel Manager, Industrial Relations Manager, Employment Manager, and positions relating to Employee Service.

- Modern Business Correspondence and Practice: Training for position as Sales or Collection Correspondent, Sales Promotion Manager, Mail Sales Manager, Secretary, etc.
- Business English: Training for Business Correspondents and Copy Writers.
- Commercial Spanish: Training for position as Foreign Correspondent with Spanish-speaking countries.
- Effective Speaking: Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc.



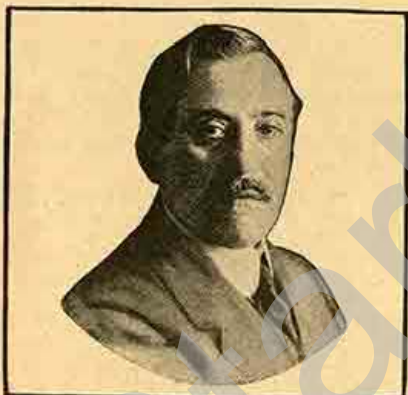
Name..... Present Position..... Address.....

# Discovered!

## The Secret of Caruso's Amazing Vocal Power



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



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

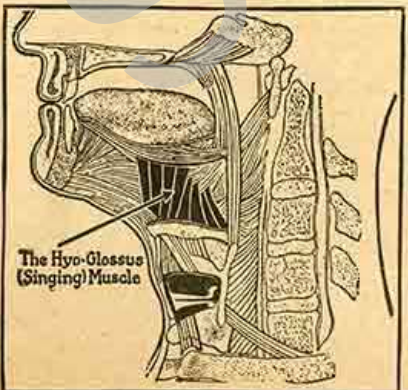


Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

**T**HIS IS AN AGE OF MARVELS. Wonderful scientific discoveries have changed our mode of living and our mode of thinking. One discovery of tremendous benefit to all humanity is the discovery of the principle of voice control by Eugene Feuchtinger, A. M. His resulting system of voice development revolutionized old methods, and changes voice development from a little understood art to an exact science.

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

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

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

## 100% Improvement in Your Voice—Guaranteed

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

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

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

### You Do Not Know Your Real Voice

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

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

## FREE!

### The Wonderful New Book "Physical Voice Culture"

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

#### Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-72, Chicago

#### Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-72, Chicago, Ill.

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

Singing  Speaking  Stammering  Weak Voice

Name.....

Address.....

# Strongfortism Supreme

## In the Field of Physical Development

**T**HROUGH his persistent advocacy of the benefits of muscular development, Lionel Strongfort has virtually regenerated the whole country and today physical culture in its every-day phases is universally favored. But while the field is full of physical culturists of the ordinary type—mere muscle developers—Strongfort has created a science of health building and energy stimulating through muscular development which goes far beyond any physical culture course—this is the science now known all over the world as **STRONGFORTISM**.

Lionel Strongfort proved out his methods in the development of his own body into what was pronounced by Dr. Sargent, of Harvard, to be the finest physical specimen he had ever examined—and the statue here reproduced in illustration clinches the proof. While achieving this superb development Strongfort gave exhibitions here and abroad in which he demonstrated his super-strength, performing feats never before attempted nor since matched. The same methods have been devoted to the upbuilding of other men with most marvelous results as endless numbers of testimonials show.

### Why Strongfortism Dominates

—It benefits and builds up the muscular system—internally as well as externally—without the use of apparatus, braces, belts, bands or electrical gee-gaws.

—It performs miracles with run-down men—whether victims of disease, physical excesses, overwork, worry, alcoholism or over-stimulation—in restoring them and revitalizing them.

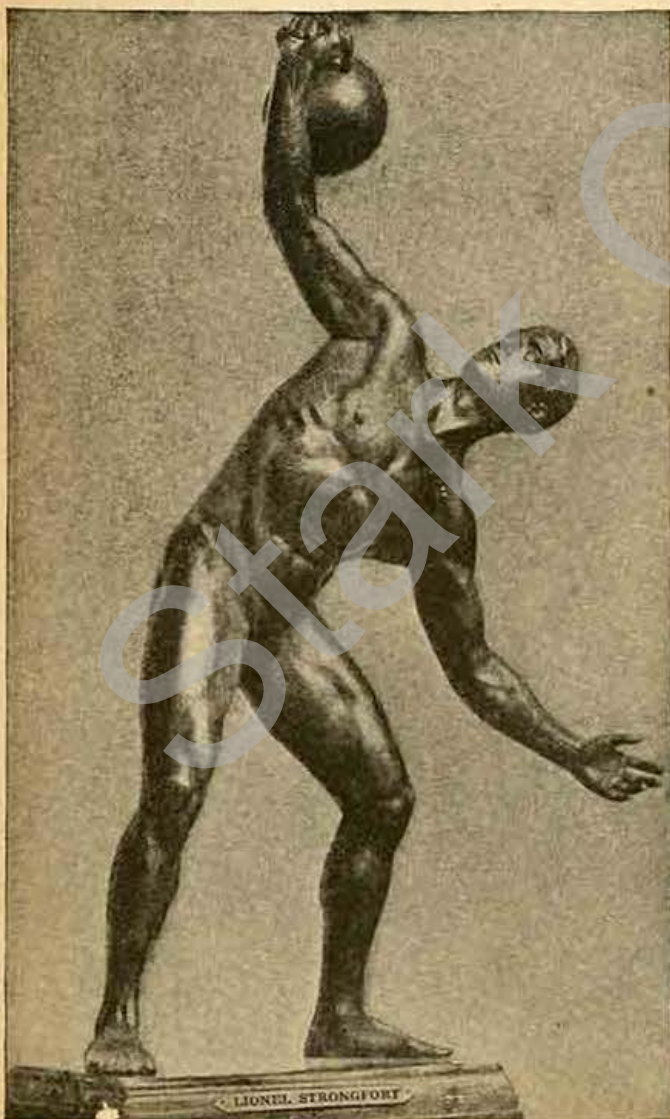
—It accomplishes (more in uplifting the mentally depressed—the hopelessly despondent—than any course of psychology possibly could.

—It does everything for the weak and ailing that any system of massage or bone or muscle manipulation might accomplish.

—It regulates the organs of the body, builds up or reduces bodily weight more certainly than any system of diet known.

—It does more than all the dangerous dope and poisonous drugs in eradicating disease and restoring robust health and vigorous manhood.

—It positively helps everyone—it harms no one.



Reproduced From the Bronze Statue of Lionel Strongfort by the Famed Sculptor Johannes Goetz—first exhibited at the St. Louis World's Fair—showing the perfectly proportioned body of Strongfort.

### Strongfort Makes Men Muscular —and He Builds Up Health

Strongfort begins with you by imparting hope. Hopelessness must be banished if any poor soul is to be restored to true manliness. A man must look up with chin high and chest thrown out, if he is to go forward with success. First comes the gleaming rays of hope. Then comes confidence as you begin to feel a new sense of strength and vigor. Soon desire is awakened and daily increasing energy spurts it on until you realize a new day has come for you, a new era, a new life, in fact, and joy and thankfulness wells up in your heart and you pour out a message of gratitude to Lionel Strongfort and **STRONGFORTISM**.

Thousands of letters tell this story over and over again; full of tears, full of sorrow for the past, but exulting and joyous, and overwhelming in praise of the revelation through Strongfortism that led to a higher realization of life, that implanted hope, that imparted strength and restored health.

### THIS BOOK WILL OPEN YOUR EYES

Strongfort's startling revelation of undisputable facts about the human body will open your eyes to new visions of life and strength and success. It will show you how to eliminate from your system, in a very short time, the distressing disorders which have made you feel yourself a misfit in the scheme of humanity; how to build up your body, strengthen ALL your vital organs, and give you powerful muscles. It will teach you how to become **FIT** physically and mentally; fit for business, for society, for the home, a power among men, a pleasing personality to women. Strongfort's pupils and graduates in all parts of the world will back up every word in this book—you'll find photos and letters from many of them in the book. What Strongfort has done for them he can do for YOU. **SEND FOR THE BOOK NOW.** Fill out the coupon on opposite page and enclose a 10c piece (one dime) to help pay postage, etc. Don't delay. **SEND IT TODAY** to

### LIONEL STRONGFORT

Physical and Health Specialist for over 25 years  
Dept. 111, Newark, N. J.



# Weak Men are Vitalized WHEN STRONGFORT TAKES HOLD

**J**UST as I have been instrumental in developing weak men of the most ordinary physique into strapping big powerful fellows, so can I develop others. See what I made of Hajnos, the famous strong man of the U. S. Navy, who is constantly startling great audiences on battleships and in big halls by his extraordinary feats of strength—and Hajnos will tell you that it was Lionel Strongfort and the methods laid down in STRONGFORTISM that made him what he is—one of the great strong men of the world. This "Navy Hercules" repeatedly writes me letters expressing his thankfulness for my instruction and advice.

What I have done for Hajnos and thousands of others all over the world, for soldiers who were incapacitated in the late war; for run-down men of all sorts—this I can do for you. There is no doubt about it.

## It's Great To Be Strong

You'll never know what it is to live until you are strong and vigorous. Until you have rolling, iron-like muscles, broad shoulders, freely expanding chest and a punch that is feared by your fellow-men, you are not 100 per cent MAN. To be admired you must be physically fit. To command respect you must have vigorous health and manly strength. You must have abundant energy, pep and personality. You won't get far in this world without these qualifications—the good things of life are not for weaklings.

But remember this—mere development of external muscles on arms, legs and body does not bring health and permanent strength. Your internal muscles must have first consideration, for these muscles must be made the foundation of all health and strength—and here is where my course of instruction differs from all others you ever heard of. I develop the internal muscles and start your strength at the source. Through these muscles I eradicate disease and restore powers that have been weakened through neglect.

## I Put Men On Their Feet

It doesn't matter what has wrecked your human machine. It may be a condition of body and mind brought on by overwork, dissipation or other excesses that fairly eat away your vitals and leave you a nervous wreck. But whatever the cause—when I take hold of you I show you how to conquer your weakness, stop the inroads of disease, free yourself from annoying ailments that are a daily drag on your stamina. I put you on your feet and start you on the royal road to strength and health, and soon you feel new hope, courage, manliness—a new life opens up to you and happiness and success are yours!



**STRONGFORT**

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

## Send for My Book

### "Promotion and Conservation of Health, Strength and Mental Energy"

No money would pay for this book. It is priceless. In it are the results of my 25 years of experience in the upbuilding and strengthening of men. In it are startling facts about the human body—secrets of nature that I have discovered through developing myself into the world's finest physical specimen and in the development of thousands of others. This book reveals how Strongfortism relieves you of distressing disorders, how through it you can build your body, strengthen all your vital organs and internal and external muscles; how to become fit physically and mentally for life's duties—fit for home life, for society, for business—a power among men, a fascinating personality to all. Wonderful as this may seem, the book will prove it all. Get it. Read it. Profit by it. Fill out the coupon today, send for it right away.



**LIONEL STRONGFORT**  
Physical and Health Specialist for over 25 Years

Dept. 111

Newark, N. J.

### FREE CONSULTATION

Clip and Send this Coupon

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Strongfort Institute, Dept. 111, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I enclose a ten cent piece (a dime) to help cover mailing expense, packing, etc., and have marked (x) before the subjects in which I am most interested.

- |              |                  |                        |
|--------------|------------------|------------------------|
| ..Colds      | ..Weak Eyes      | ..Vital Losses         |
| ..Catarrh    | ..Flat Chest     | ..Lung Troubles        |
| ..Asthma     | ..Despondency    | ..Poor Circulation     |
| ..Headache   | ..Emaciation     | ..Round Shoulders      |
| ..Rupture    | ..Rheumatism     | ..Youthful Errors      |
| ..Thinness   | ..Nervousness    | ..Manhood Restored     |
| ..Pimples    | ..Constipation   | ..Skin Troubles        |
| ..Insomnia   | ..Night Losses   | ..Stomach Disorders    |
| ..Impotency  | ..Short Breath   | ..Increased Height     |
| ..Overweight | ..Weak Heart     | ..Muscular Development |
| ..Weak Back  | ..Great Strength |                        |

NAME .....

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

STREET .....

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

# I Can Change You From a Weakling to a "Perfect Man" in Nine Lessons

**I**F you are the kind of individual whose aim is to be just a little bit stronger, or just a little bit healthier, or just a little bit better-built, do not come to me, for

## I Am After the Man Who Wants to Make Big Gains

You can make trifling gains by almost any exercise, but I have a progressive system which will add many pounds of healthy muscle and many inches of size to the frame of the "walking skeleton." I teach exercises that will take eight or ten inches from the waist girth of the fat man, and at the same time give him the figure and springiness of an athletic youth. I have a program for the sickly individual which will rid him of his digestive troubles, and enable him to enjoy the blessings of perfect health. I teach corrective exercises which will adjust round shoulders, chicken-breast, flat chests, knock-knees, and other conditions resulting from lack of proper muscular tone.

## Mine Is the Only True Progressive System

Instead of giving you a few monotonous exercises and making you increase the repetitions until you are sick and tired of them, each lesson contains a set of different exercises which replace the easier exercises in the preceding lesson. By the time you finish my last lesson you will be able to do the feats performed by strongmen, athletes and gymnasts, and you will have the speed, endurance and vigor that will enable you to win in any kind of outdoor games. And you will be able to do these things, because by the time you have finished my course you will have acquired the abundant strength, the unending endurance and the beautiful proportions of the true athlete.

## Reducing the Stout and Building Up the Thin

It is your own fault if you remain a fat man, because there are exercises which will not only take the rolls of fat from the front of your abdomen, but which will also remove the fat from the sides of your waist, your hips, and the upper part of your legs and arms. There are other exercises which, by removing the internal fat, will make you able to breathe easier and which will cure your tendency to profuse perspiration. *And I teach you those exercises.*

If you are thin, it is because you have never struck just the right combination of diet and body-building exercises which will fill out your frame and give pleasing outlines to your figure. Before I start to put muscle on a thin man (or woman), I first increase the lung-capacity, broaden the shoulders, tone up the internal organs and straighten the bony framework. Then I add the exterior muscle development. Positively, I have seen my thin pupils gain as much as nine inches in chest measurement and 25 pounds in weight by the time they completed the Ninth Lesson.

## You Will Be Surprised How Easy It Is to Get Big Results

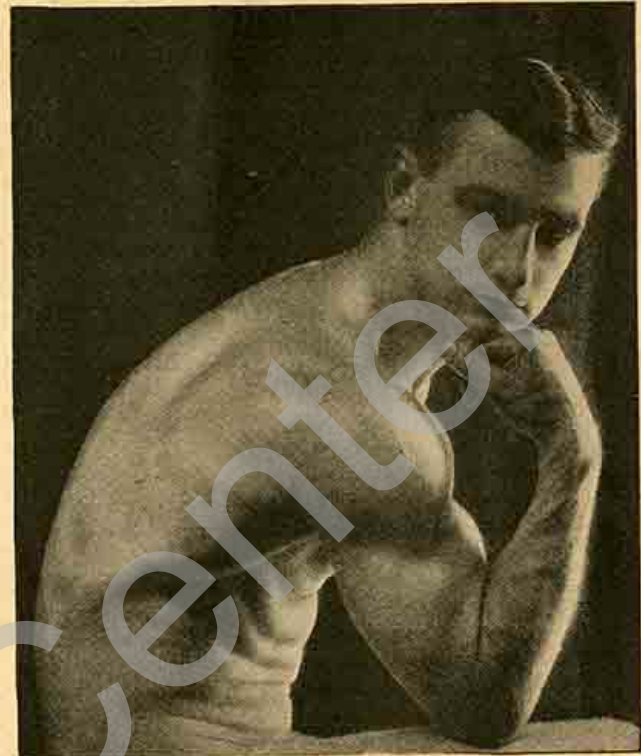
For there is really nothing difficult in putting yourself in the class with the strongest, healthiest and most energetic men. My METHODS are based on the progressive principle. Each lesson includes exercises that employ and benefit every muscle in your body, but—these exercises are dropped as soon as you get the more advanced set in the next succeeding lesson. This saves you time and insures you a steady advance in size, power and vitality. This progressive principle is what makes my pupils find MY COURSE so interesting. It gives them something to go after.

# CHARLES MacMAHON

Studio A-15,

180 W. Somerset St.,

Philadelphia, Pa.



CHARLES MacMAHON

## Mine Is a 3 Months' Course

In the first ten days (or, in other words, in about 2½ hours' actual exercising time) you will make a considerable improvement in your physical condition. My pupils are proving this. And if 2½ hours' exercising will bring noticeable results, imagine what 80 days (or 20 hours' exercising time) will do for you.

## Would You Give 23 Hours of Your Time

to look, feel, and be a perfect physical specimen? You surely would if you stopped to think that even a minor sickness would put you out of commission for that length of time. And if you total up the number of miserable hours you lost in the past year with colds, headaches, bilious attacks and other minor ailments, you will find that it amounts to far more than 23 hours.

Go even further, and try to imagine the enormous amount of precious moments thrown away in a lifetime not only by these minor ailments, but by the hundreds of more serious ones to which the human body is subject.

I ask you now, "Is it worth 23 hours of your time to be able to miss these avoidable and painful setbacks?" I'll say it is!—and you will agree with me when you try it out for yourself. Remember that prevention is always better than cure. By the proper kind of exercise you can so vitalize your body that you will get rid of your present weaknesses and render yourself immune to all those energy-sapping, health-destroying, minor ailments. A body in perfect condition resists disease.

## I Give Personal Attention to Every Pupil

I give personal advice to help you get the greatest possible results. One pupil writes, "I have just received the second set of lessons and I have already had five personal and highly in-

structive letters from you. So I know I have not made a mistake either in you or your Course."

## I Teach Master Methods

If you suffer from lack of strength, lack of health, lack of vitality, or lack of manly or womanly beauty, you should send for my Book, which is called "The Royal Road to Health and Strength."

## Actual Exercise, Muscle Control, Tumbling and Hand Balancing Are Given You in My Book

The title of this BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worth-while feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of half-tone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you. Simply send a dime for mailing charges.

**You'll Enjoy This Book, So Mail the Coupon NOW!**

*Tear Off—Fill In—Mail Now*

CHARLES MacMAHON  
Studio A-15,  
180 W. Somerset St.,  
Philadelphia, Pa.

Please mail me a copy of your valuable book, "THE ROYAL ROAD TO HEALTH AND STRENGTH." I am enclosing a dime to cover cost of mailing charges.

Name .....

Address .....

City and State .....



## Why Dance in the Old Fashioned Way —When It's So Easy To Be Up-to-Date?

Want to be truly popular? Want to be invited everywhere? Want to enjoy parties and get real joy out of dancing? Here's how! Learn to dance the new peppy way and see how you begin to be in demand as a partner.

**N**O one enjoys dancing with a "walk around" who thinks he's getting by because he knows a few old-fashioned steps. You simply can't dance that way to the new ballroom music. You must know the latest steps, the joyous modern steps that everyone is doing!

Those lumbering dances they used to do before jazz laughed its way into the ballroom—those awkward, old-fashioned steps—get rid of them! Learn to dance the new way and see what a difference it makes. Not only will you be more popular, not only will you be a favorite partner, not only will the girls like to dance with you, but—

**You yourself will get more joy out of dancing!**

No longer will dancing be a ballroom duty, but a pleasure! At the end of a dance you won't feel tired, but exhilarated. You can dance all night the new way and enjoy each dance more than the one before. It's great!

### Arthur Murray's Famous At-Home Method

Of course you want to dance the new way! Why don't you let Arthur Murray teach you—his fascinating, quick, at-home way—without partner, without music, in the privacy of your home? You'll get real pleasure out of it. Quicker than you'd imagine possible you'll learn how to do all the modern jazz steps that make a dancer popular.

To prove it, Mr. Murray is willing to send his new, illustrated book, "The Short Cut to Popularity," to any one who requests it.

**Send for this FREE book—TODAY!**

This free book describes Mr. Murray's unique method of teaching in detail, and also includes a special test



Posed  
by  
Edna  
Murphy,  
"Pathe  
Film  
Star,"  
and  
Arthur  
Murray

lesson from his famous course FREE. Just send the coupon (with 10c to cover cost of printing and mailing) and this interesting book with the free lesson will be forwarded at once.

No, don't wait—you may forget—Clip and mail this coupon NOW.

Arthur Murray Studio, 584, 7 E. 43rd St., New York City

Arthur Murray, Studio 584,  
7 E. 43rd St., N. Y. C.

Please send me your 32-page book and Special Test Lesson. I enclose 10c to cover postage, printing and mailing.

Name .....

Address .....

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

# What the American Continental Weight Lifter's Association Offers You

**A** YEAR ago we ran a special membership campaign in which we cut the regular association fee, making an offering of \$4.00 per membership. In other words, the new member saved \$3.50, as the regular fee is \$7.50. We are coming back with the same offer, but for a limited time only.

Each new member is entitled to all the benefits of the Association, a beautiful lapel button insignia of the order, membership card for one year and one year's subscription to the Strength Magazine, free. The price of this magazine is \$2.50 yearly. Deduct this from the \$4.00 offer and it means you are only paying \$1.50 for your A. C. W. L. A. membership. This is a remarkable saving and we trust you will avail yourself of this offer.

Of course, the question may come up in your mind as to what it all means. It means just this: There are numerous societies in the country, both protective and fraternal. Everybody has their particular society to which they belong. The A. C. W. L. A. is the society for body builders, health seekers and followers of weight lifting as a sport. It is vastly superior to all other organizations because our interests are not constricted entirely within our circle. By our representations we become a national institution for good, because our principles are altruistic and progressive. Our aim is to develop America into a nation of physically fit humans. To develop strength athletes so that they can successfully compete against, and wrest the world's honors from the rest of the competitive nations at the Olympic Games.

We help all our members to succeed by educational instructions. By promoting various contests which enable everyone to win a prize. We give medals and diplomas to successful members. They do not have to pay a single cent to enter, or for the medals or diplomas afterwards. Everything is free to them.

## Enter Our Free Competitions For Physical Development and Weight Lifting You Can All Win a Trophy

We have a schedule on various lifts in every bodyweight class. In each class there are three grades. Any member making one of the three grades in his class receives a medal. We have two grades in physical development which entitle the entrants to diplomas and medals, for the improvement they make within three months. In addition to this your membership card admits you free to all our strength shows, and your lapel button proclaims you on the street to your brother member.

In the organization we have an order of degrees. These orders cover mental and physical tests, and as each test is taken, a jeweled lapel button is issued so that each member is known by the color of the jewel in his lapel insignia. These are but a few of the many fascinating propositions belonging to the Association. If you are interested in body culture, health or the sport of weight-lifting you will be interested in our offer. Once you are a member you will always be a member. In the last year we have improved 100%, and in consequence are able to offer more and do more for our members.

### DO YOURSELF AND YOUR COUNTRY A SERVICE

By enrolling into this institution, you will be doing yourself and your country the finest possible service. There is something fine in knowing you are instrumental by your ideals and enthusiasm in forwarding a movement that is acclaimed by the greatest in the land as the most laudable movement in the history of this nation on national welfare.

Your membership makes us that much stronger. Builds unity and strength. So come on in with us, friend. Every famous athlete and instructor in America belongs to it. Many famous foreign notables have applied for membership, as they say they would be proud to belong to such an Association as ours.

**NOW, WHAT ABOUT YOU, BROTHER? DON'T HESITATE. BE ONE MORE OF US. SIGN UP TODAY**



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

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

SIEGMUND KLEIN  
207 W. 48th St.  
Times Square  
New York City, N. Y.  
D. P. WILLOUGHBY  
733 S. Burlington Ave.  
Los Angeles, Calif.  
H. C. KURTZ  
1151 N. Ninth St.  
Reading, Pa.  
P. H. HIELKEMA  
Grand Rapids Weight Lifting Club  
337 Fulton St.  
Grand Rapids, Mich.  
A. A. SCHIEMANN  
2208 W. Lexington St.  
Baltimore, Md.  
M. N. CAMPBELL  
Geo. F. Jowett Weight-Lifting Club,  
1005 Joseph St.  
New Orleans, La.  
R. F. KELLEY  
603 Pacific Avenue, Atlantic City  
New Jersey  
A. C. DELWARTE  
1720 Logan St.  
Denver, Colorado  
CHAS. W. DURNER  
304 Priscilla Ave.  
Allentown, Penna.  
A. E. MICHELL  
1018 Dutton Avenue,  
Webster Groves, Mo.  
J. L. DILL  
226 E. 51st Street  
Portland, Oregon  
M. G. OMEROD  
1724 Hampton Road  
Akron, Ohio  
ED. O. MARTIN  
602 Brady St.  
Attica, Indiana.

FEBRUARY  
STRENGTH  
and  
PHYSIQUE  
SHOWS

FEBRUARY SIXTH  
(First Saturday)

MILO BUILDING  
2745 Palethorp Street  
Philadelphia, Pa.

George F. Jowett, President A. C. W. L. A.  
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir:

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

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

**Take Advantage of Our Low Offer of \$4.00**  
**Become a Member and Receive All the Benefits**

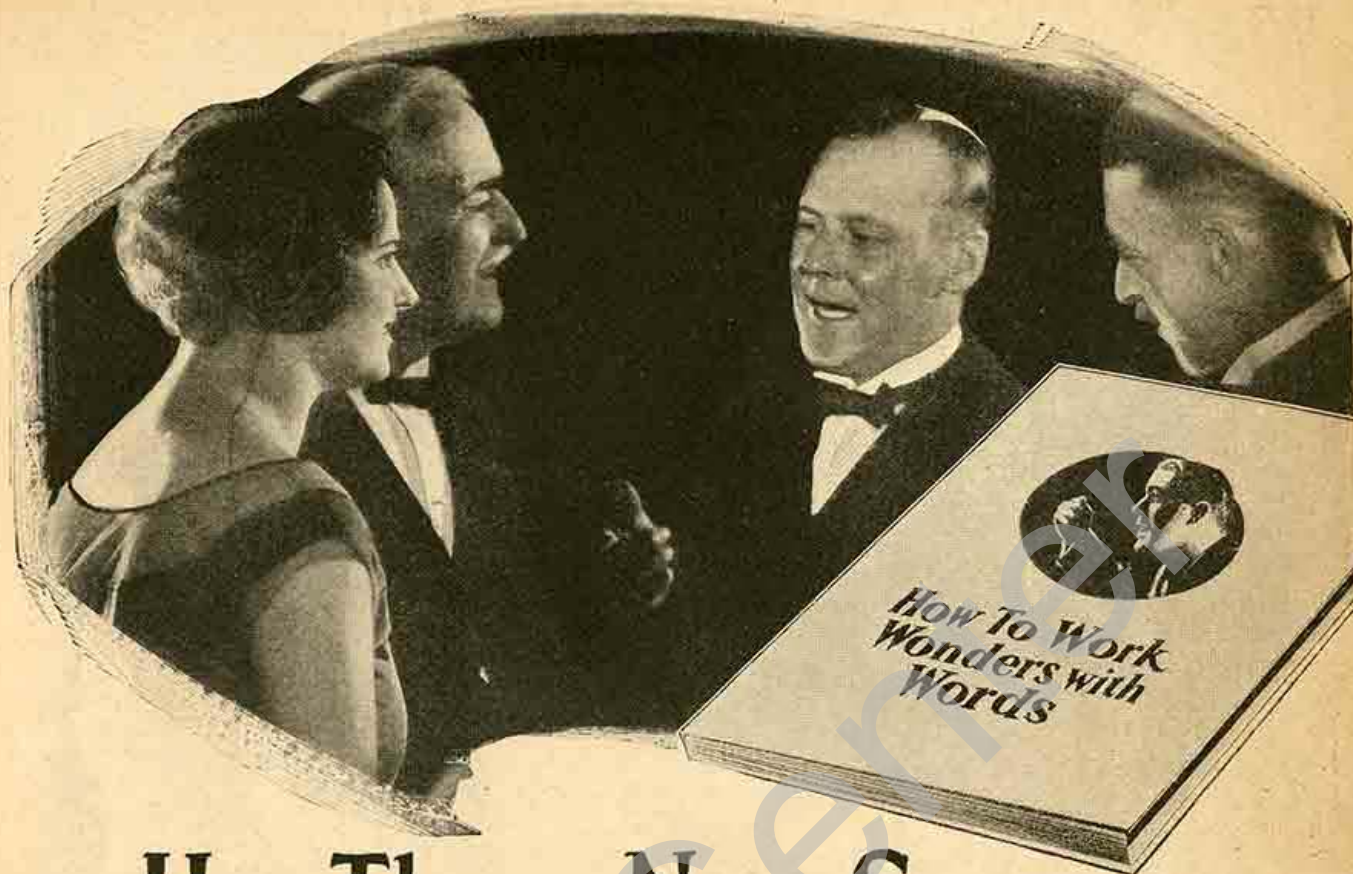
FILL IN THIS COUPON AND MAIL AT ONCE, TO  
**GEORGE F. JOWETT**

President A. C. W. L. A.

2739 N. Palethorp Street

Dept. S-2-26

Philadelphia, Pa.



# Use These New Secrets of Powerful Speech To Win Popularity, Money, Success!

No longer is there any mystery to the art of public speaking—and how to talk convincingly. No longer is it necessary for any man to be held back by the handicap of ineffective speech. Smashed by actual proof in thousands of cases is the old tradition that "Only a few are born with the natural gift of forceful speech." Now it has been conclusively shown that seven men out of every nine have this "hidden knack"—and that a few scientific principles, easily learned by anyone, develop this "hidden knack" into a potent force which can be used to bring amazing salary increases—popularity—success—the greatest reward that the world has to offer.

## See How Easy It Is

College education or previous training is not needed. Right in your own home, in 15 minutes a day, you can learn these secrets of powerful speech, as they are given to you by a man known throughout the world for his successful experience in teaching public speaking. The knowledge that he gives you is more than training in speech. These little secrets are principles that have been applied by men of prominence in gaining the things that every ambitious man or woman is striving for. They are the things that cause one man to rise from an obscure position to the head of a great corporation; another, from the rank and file of political worker to real prominence; an ordinary trades union member to the national leadership of great labor unions—a timid and retiring man to develop into a popular and much

applauded after-dinner and banquet speaker. They are secrets that will make you the ready speaker and conversationalist under all social or business conditions.

### What 15 Minutes A Day Will Show You

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

### Free Test To Prove You Have This Hidden Knack

An amazing book has been written which enables you to decide for yourself whether you have this "hidden knack"—whether you possess the qualifications that will make a leader in business—an effective public speaker—and how these little secrets can be used to bring out your latent ability. This book is primarily intended not only for those who have realized the importance of being able to talk effectively, such as lawyers, and other professional people, but those who have felt

the handicap of bashfulness, self-consciousness and ineffective speech. Men who have millions have sent for this book. It may prove to be the most important step in your life when you send for it.

### Mail Coupon for Free Book

Mail the coupon immediately. Find out for yourself the secrets that have helped timid, backward men into successful positions. Find out if you are one of the seven men out of every nine who have this "hidden knack," and learn how you can use this talent to gain the things you want. It gives you many hints on how to overcome stage fright. How to speak before Club or Lodge. How to Sell. How to act as a Toastmaster. How to persuade—by simply spending 15 minutes a day in the privacy of your own home. Mail the coupon immediately.

**NORTH AMERICAN INSTITUTE**  
Dept. 2062, 3601 S. Michigan Avenue,  
Chicago, Illinois

North American Institute,  
Dept. 2062, 3601 S. Michigan Ave.,  
Chicago, Illinois.

Please send me at once your free book "How to Work Wonders With Words." It will enable me to decide for myself whether I am one of the seven men out of every nine who have the hidden knack of effective speech. I am not obligated.

Name .....

Address .....

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

### LUMINOUS PAINT

**Make Your Watches, Clocks, Etc., Visible by Night**

The very latest discovery in the scientific world. Hitherto, practically unobtainable except at an exorbitant price, we have at last succeeded in producing this remarkable LUMINOUS PAINT, which, applied to the surface of any article, emits rays of white light, rendering it perfectly visible in the dark. THE DARKER THE NIGHT, THE MORE BRILLIANT IT SHINES. Quite simple to use—anyone—you can do. A little LUMINOUS PAINT, which, applied to your watch or clock will enable you to tell the time by night. You can coat the push buttons or switch plates of your electric lights, match boxes, and innumerable other articles; make your own Luminous Crochets, Luminous Rosaries, etc. Bottle containing sufficient to coat several small articles. Price 25c. Largest sizes 50c and \$1 postpaid. Johnson Smith & Co., Dept. 488 Racine, Wis.

### THE EXPO WATCH CAMERA

The most wonderful and ingenious Camera made. It is but little larger than a watch, which it closely resembles. You can carry the Expo about in your pocket and take pictures without any one being the wiser.

**Less Than 2 Cents a Picture**

The Expo loads in daylight with 10 or 20 Exposure Films, costing 25c and 35c respectively, and thus the picture taking part of a whole day's outing may be had for a very nominal sum—Little more than one cent a picture.

**Easy to Manipulate**

It is simplicity itself to operate. Takes pictures through the stem, where the Rapid Fire Lens is located. The photos (3-8x7-3) may be enlarged to any size. Operated as quick as a Flash. Time and instantaneous rollery; watches but 3 ounces; nickel plated. Endorsed by amateurs and professionals the world over. Thoroughly practical—printing and developing of films just the same as ordinary cameras—in daily use by the police, newspaper reporters, detectives, and the general public. Important boats have been secured with the Watch Camera by enterprising reporters. Produces clear, sharp negatives indoors or outdoors equal to any camera on the market, size or price notwithstanding. Sold Under a Positive Guarantee.

Expo Watch Camera \$3.60 FILMS, 10 Exposures 25c, 20 Exposures 35c  
Price Red Paid. Leather Pouch Carrying Case, 35c

**JOHNSON SMITH & CO., Dept. 488 Racine, Wis.**

### U. S. BABY TANK

It goes with real Yankee Pop—by its own power.

Most remarkable Toy ever invented. It is a part of a tank, either with the hand or over the floor or table. It crawls along, overcoming all obstacles, in the same lifelike manner as the latest tank that proved so deadly in the great war. What makes it so interesting is that it is a mystery, for there is no mechanism to wind up as is usually the case. It is a mechanical toy that is really a wonder.

Price 25c each, 3 for \$1.25, \$4.50 per doz. Magnifying Glass for use with Midget Bible. 15c.

### ANARCHIST BOMBS

One of these glass vials dropped in a room full of people will cause more consternation than a hamburger cheese.

The small cylinder disappears in a short time.

10c a Box, 3 Boxes for 25c

### INVISIBLE INK

The most confidential messages can be written with this ink. It is a mystery, for there is no mechanism to wind up as is usually the case. It is a mechanical toy that is really a wonder.

Price 25c each, 3 for \$1.25, \$4.50 per doz.

### MIDGET BIBLE

Greatest Curiosity

Smallest Bible in the world. Size of a postage stamp. 200 Pages. Said to bring good luck to the owner. A genuine work of art. Must be seen to be appreciated. Make good money selling them to friends, church acquaintances, etc.

PRICE 15c each, 3 for 40c, 10 for \$1.25, 100 for \$7.50. Also obtainable in Leather Binding, with gold edges. Price 50c each, 3 for \$1.25, \$4.50 per doz.

### KU KLUX KLAN

Everything about the Ku Klux Klan told in a clear, fearless manner. Book tells all—How it started and was suppressed in 1871—The New Ku Klux Klan—How organized—How members are enrolled—Oath of the Klan—Questions for Candidates—Creed—Objects of the Order—Obedience—Fidelity—Pledge of Loyalty—Ku Klux Klan and the Masons—The Jews—The Masons—Real and the Negro Ku Klux Klan, etc., etc. Latest and most complete book on the Klan published. Price, 35c, postpaid.

### Female SEX INDICATOR

Hold the MAGIC INDICATOR over a man's hand—Instantly it moves in a straight line, backward and forward. Hold it over a woman's hand and it describes a complete and continuous circle. The same action can be obtained over a letter written by a man or a woman. We have never been able to figure out how it is done—yet we've never seen it fail. Many novel and entertaining stunts can be performed with the Sex Indicator. For example, similar results can be obtained with animals, cats, dogs, rabbits, over birds, chickens, canaries, etc. Also used to predetermine the sex of chickens and birds, etc. In fact, it is sold as a patented egg tester in Europe. Price 25c, or 3 for 65c, postpaid.

### All the Latest Surprising and Joke Novelties

- Miniature Water Pistol 10c
- Chopina's Snake (very lifelike) 10c
- Pink Mustache 10c
- Pocket Detective (see behind you) 15c
- Great Mind Reader (Hansome cloth) 10c
- Thurston's Mysterious Trick Cards 10c
- Fighting Robots, pair 10c
- Secret Ring 25c
- Trick Pencil 15c
- Rubber Tack (a good joke) 10c
- Memorized Penny 25c
- Carbolic Smoke Powder 15c
- Magic Plate Lifter 25c
- Imitation Gold Teeth 3 for 5c
- Marking Dog (imitates dog bark) 25c
- Exploding Cigarettes, Per Box 25c
- 20-piece Set Silvered Tableware \$1.95
- "Mans" Self-filling Fountain Pen 25c
- Great Fire-Wing Trick 25c
- Magic Ball and Yoke Trick 25c
- Naked Truth Joke (Magic Card) 15c
- Chicken Intoxication Powder 10c
- Liar's License, 10c Boose License, 10c
- Famous Simplex Typewriter \$2.50
- 250-card Bottomless "Cap Pistol" 15c
- Surprise Matches, per box 15c
- Deck Marked Cards 15c
- Chicken Intoxication Powder 15c
- Wire Puzzles, big ass. 10c, 3 for 25c
- Shimmo Dancer, 15c. Soot Card 6c
- Chicken Intoxication Powder 25c
- 3-Real Moving Picture Machine \$3.00
- Art Plant, novel and decorative 25c

A Deluxe Edition of our new 1925 CATALOG mailed on receipt of 5c. Handsome cloth binding. Only book of its kind. 450 pages of all the latest tricks in magic, the newest novelties, puzzles, games, sporting goods, interesting books, curiosities in seeds and plants, etc., unapproachable elsewhere.

### STAGE MONEY

With a bunch of these bills, it is easy for each person of limited means to a PROSPEROUS by flashing a roll of these bills at the PROPER time and peeling off a genuine bill or two from the outside of the roll, the effect created will be found to be all that can be desired.

Prices, postpaid: 40 Bills 20c, 125 for 50c, or \$3.50 thousand postpaid.

### Wonderful X-Ray Tube

A wonderful little instrument producing optical illusions in 11 directions both eyes. Surprising and startling. With it you can see what is apparently the bones of your fingers, the lead in a lead pencil, the interior lining of pipe stem, and many other similar illusions. A mystery that no one has been able to satisfactorily explain. Price 10c, 3 for 25c, 1 dozen 75c. Johnson Smith & Co.

### Good Luck Ring

Quiet and Novel Design

A VERY striking and uncommon ring. Silver finish, skull and crossbones design, with two brilliant, flashing gem stones. Sold by many to bring Good Luck to the wearer, hence its name. Good Luck Ring is very unique and interesting. Take a pride in wearing it. ONLY 25 CENTS.

### Exploding Cigarettes

JUST LIKE ORDINARY CIGARETTES. BUT MUCH FUN. STARTLING. Each box contains ten genuine cigarettes of excellent quality. They appear so real, but when each cigarette is about one-third smoked, the victim gets a very great surprise as it goes off with a loud BANG! A great mirth provoker yet entirely harmless. Price 25c per box.

### Popular Watch Charms

ONLY 3 for 40c; \$1.35 doz.

Very pretty little curiosities and decidedly novel. Filled with Magnifying Lenses that enlarge the picture to a very surprising degree. In fact, it seems almost incredible that the clear picture could be possible in such a small compass, and how sharp and distinct they show up when you look through. Come in assorted views—Admirals, views of Panama Canal, Lord's Prayer in type, etc.

### CIGARETTE MAKER

Roll your own and save money. Makes them better and quicker besides saving more than half. Use your favorite brand of tobacco. Neat, usefully handy. Packed size, weighs 1/2 oz. Made entirely of metal, nickel-plated. Price 25c postpaid.

### MAGIC FLUTE

Wonderfully Sweet Toned and Musical

The Magic Flute, or Humantone, is a unique and novel musical instrument that is played with nose and mouth combined. There is just a little knack at playing it which, when once acquired after a little practice will enable you to produce every sweet music that somewhat resembles a flute. There if you can play all kinds of music with facility and ease. When played as an accompaniment to a piano or any other musical instrument, the effect is as charming as it is surprising.

### NEW BOOK ON ROPE SPLICING

Useful Knots, Hitches, Splices, etc.

A most practical handbook giving complete and simple directions for making all the most useful knots, hitches, splices, etc. Over 100 illustrations. All about wire rope attachments, lashing, etc. 37 Herkule Knots Illustrated. Of great value to fishermen, trappers, campers, boatmen. Price 20c ppd.

### BLANK CARTRIDGE PISTOL

Price \$1.00 Postpaid

This well made and effective pistol is modelled on the pattern of the latest type of Revolver, the appearance of which alone is enough to scare a burglar, whilst, when loaded, it will probably prove just as effective as a revolver with real bullets, without the danger to life. It takes the standard .25 Calibre Blank Cartridges, that are obtainable nearly everywhere. Even the most timid women can use it with perfect safety and frighten a thief without risk to herself or anyone else. A Great Protection Against Burglars, Tramps and Dogs. You can have it lying about with out the danger attached to other revolvers. We sell large numbers around the 4th of July. Well made of solid Metal. PRICE ONLY \$1.00 Postpaid. Blank Cartridges 22-cal., shipped by express only, 50c per 100. Johnson Smith & Co., Dept. 488, Racine, Wis.

### Sneezing Powder

Place a very small amount of this powder on the back of your hand and blow it into the air, and everyone in the room or car will begin to sneeze without knowing the reason why. It is most amusing to hear their remarks, as they never suspect the real source, but think they have caught it from the others. Between the laughing and sneezing you yourself will be having a lot of fun. For parties, political meetings, car rides, or any place at all where there is a gathering of people it is the greatest joke out. Price 10c per 25c.

### Mystic Skeleton

10c per doz.

A jointed figure of a skeleton 18 in. in height, will dance to music and perform various gyrations and movements while the operator may be some distance from it.

### Serpent's Eggs

Box contains 12 eggs. When lit with a match, each one gradually hatches a snake several feet long, which curls and twists about. In a frost like manner. Price per box 10c postpaid.

### BOYS! BOYS! BOYS! THROW YOUR VOICE

Into a trunk, under the bed or anywhere. Lots of fun fooling the teacher, policeman or friends.

**THE VENTRILO**

a little instrument, fits in the mouth out of sight, used with above for Bird Calls, etc. Any-one can use it.

### Never Fails. A 32-page book on ventriloquism, and the Ventrilo, ALL FOR 10c postpaid.

### ITCHING POWDER

This is another good practical joke; the intense discomfort of your victims to everyone but themselves is thoroughly enjoyable. All that is necessary to start the ball rolling is to deposit a little of the powder on a person's hand and the rest is a vigorous scratch, then some more scratch, and still some more.

10c box, 3 boxes for 25c or 75c per doz boxes postpaid.

### DANCING BEAUTIES

Get a Kinemograph and see the picture move. France's latest sensation. A great surprise. Is worth twice what they cost. Are made of solid brass highly nickel-plated and very durable. Satisfactory, or your money back. Price \$1.00, 50c.

### SILK REMNANTS

for patching Crazy Quilts, Sofa Cushions, Head Rests, Pin Pads, etc. Large pieces, all colors and shades. Sure to delight you.

For 25 Cents stamps or coin we send a large package and book of quilt designs. 1 pound makes a lovely large quilt. Price, 75c postpaid. Our silk is the best.

### LOOK 35c Look

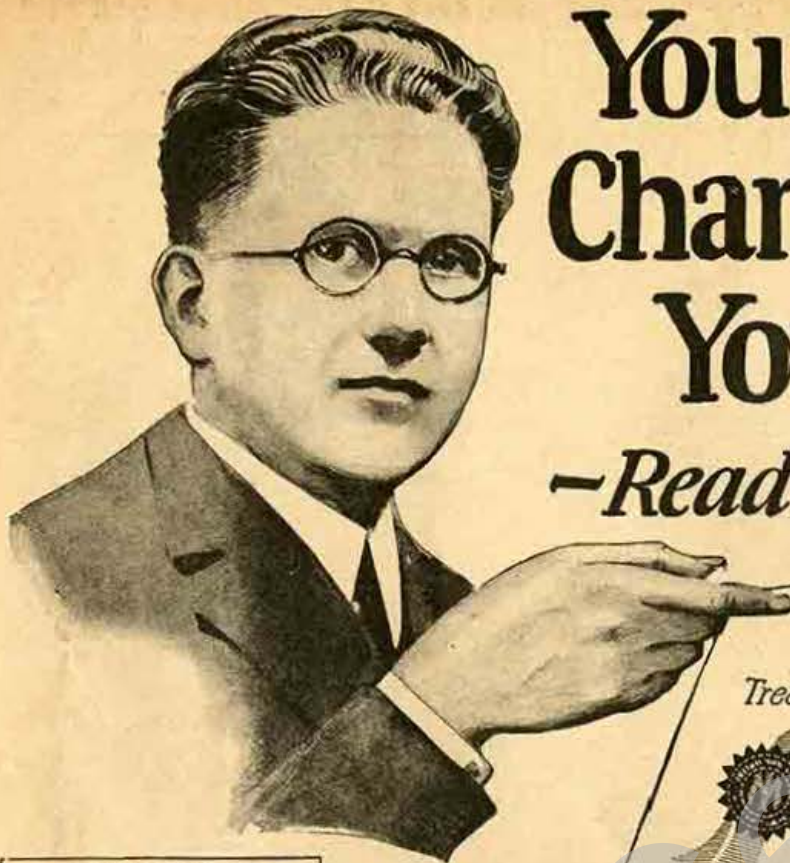
Wonderful Instrument. Greatest thing yet. Nine separate articles in one. Everybody delighted with it. Odd, curious and interesting. Lots of pleasure as well as very useful. It is a double Microscope for examining the wonders of nature. It is also an Opera Glass, a Stereoscope, a Burning Lens, a Reading Glass, a Telescope, a Compass, a Pocket Mirror, and a Laryngoscope for examining eye, ear, nose and throat. It is worth all the cost to locate even one painful cinder in the eye. Folds flat and fits the pocket. Something great—you need one. Don't miss it. Sent by mail, postpaid. Price, only 35c or 3 for \$1.00 postpaid.

### RESURRECTION PLANT

One of the most wonderful plants known. Possesses the strange power of turning in a few minutes from an apparently lifeless, dry herb to a BEAUTIFUL LIVING FERN-LIKE PLANT of a dark green color. Simply place the plant in saucer of water. It will open up and start to grow in 20 minutes. When taken out it will dry up and go to sleep until placed in water again. Fine house plant—summer or winter. 40 cents each or 3 for 25c. Agents Wanted postpaid.

ADDRESS ORDERS FOR ALL GOODS ON THIS PAGE TO **JOHNSON SMITH & CO. DEPT. 488, RACINE, WIS.**

Postage Stamps Accepted



# Your One Big Chance to Save Your Hair

## -Read This Guarantee

*I Guarantee to Give You  
New Hair in 30 Days or my  
Treatment Won't Cost You One Cent*



*Allied Merke*  
Founder of Merke Institute  
Fifth Avenue N.Y.

### EVIDENCE

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in. I preach your system to everyone."—*F. D. H., Washington, D. C.*

"My hair was coming out at an alarming rate, but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—*W. C., Great Neck, N. Y.*

"I have used your system for eight weeks, and although the top of my head has been entirely bald for six years, the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—*W. B., Kenmore, Ohio.*

"The top of my head is almost covered with new hair. I have been trying for the last five years, but never could find anything that could make hair grow until I used your treatment, and now my hair is coming back."—*Tom Carson, Ohio.*

"The condition of my hair was very bad. After six weeks' treatment with the Thermocap my head was covered with short hair and it was no longer dull and lifeless. I kept up the treatment and in return I have as good a head of hair as any one could wish."—*Clarence Terpening, 158 South Cedar St., Galesburg, Ill.*

"I used the Cap for 30 days when to my great surprise I could see a new coat of hair coming in and now my hair is very near as good as it was when it first started to come out."—*J. C. Regan, 178 West St., Englewood, N. J.*

"Your Thermocap has done a wonderful thing in bringing back my hair where all other things had failed. The top of my head is now entirely covered with hair after using the Thermocap for about two months and new hair seems to be coming in all the time."—*Harry A. Brown, 21 Hampton Place, Utica, New York.*

(Original of above letters on file at the Institute.)

**D**ON'T tolerate dandruff and falling hair—don't let baldness mar your appearance. I offer you a new growth of hair in 30 days—or no cost.

I don't care how scanty your hair may be—how much of it is falling out daily—or how many other treatments have failed to save it. I not only guarantee to stop your hair from falling out, but what's more I guarantee you new hair in 30 days—or else the entire trial will not cost you a single penny.

### Entirely New Method

My invention involves the application of new principles in stimulating hair growth. It proves that in many cases of baldness—the hair roots are not *dead*—but merely *dormant*. The reason the average tonic or other treatments fail to grow new hair is because they do not *reach* these dormant hair roots, but instead simply treat the *surface* of the scalp.

To make a tree grow you would not rub "growing fluid" on the bark. Instead you would get right to the roots. And so it is with the hair.

### No Excuse for Most Baldness

At the Merke Institute on Fifth Avenue, New York, I have treated scores of prominent stage and social celebrities—some paying as high as \$500 for the results my methods produced. Yet now by means of the Merke Thermocap Treatment, adapting the same principles to home use—thousands of men and women everywhere are securing equally remarkable results—right in any home

where there is electricity—and for just a few cents a day!

I don't say my treatment will grow hair in every case. There are some cases that nothing in the world can help. But since so many others have regained hair this new way, isn't it worth a trial—especially since you do not risk a penny? For at the end of a month if you are not more than delighted with the growth of hair produced, you won't be out a cent. That's my absolute Guarantee. **AND YOU ARE THE SOLE JUDGE.**

### Coupon Brings FREE BOOK

No matter how thin your hair may be—no matter how many methods you have tried without results, send at once for the 32-page free book, telling about this wonderful scientific treatment. It gives scores of reports from others which indicate what this treatment should mean to you. Merely fill in and mail the coupon below and I will gladly send you—in a plain wrapper—the vitally interesting booklet giving full details about the famous Merke Thermocap Treatment. Clip and mail the coupon today. Allied Merke Institutes, Inc., Dept. 552, 512 Fifth Ave., New York City.



Allied Merke Institutes, Inc.,  
Dept. 552, 512 Fifth Avenue, New York City.  
Please send me, without cost or obligation on my part, in plain wrapper, the free copy of the new booklet describing in detail the Merke Thermocap Treatment.

Name .....  
(State whether Mr., Mrs., or Miss)

Address .....

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

# Nearly Everyone Is Tumbling Nowadays AND WHY?

Because all are realizing what a great sport and marvelous health-producer tumbling and hand-balancing really is.

Those who tumble and do hand-balancing feats are rarely troubled by imperfect condition of the internal organs. This sport of sports stimulates the liver, kidneys, glands and digestive organs. It limbers the spine and makes you supple.

## My Tumbling Belts Are Used

in many first-class gymnasiums for teaching tumbling and acrobatic dancing to beginners and advanced pupils in these arts.

These belts are now in use at the Gertrude Hoffmann, Ivan Tarasoff, and William J. Herrman School of The Dance and Acrobatics, Tuxedo Building, New York City, N. Y., and many others just as reputable.

### THERE IS A THRILL IN EVERY TUMBLING FEAT

You can't *imagine* the tingling sensation of joy that is produced by a somersault, flip, twister and all the lesser feats of tumbling and hand-balancing. But you can *experience* these thrills and startle an audience by getting this course of mine. Start practicing this fascinating sport as soon as you can and you'll never regret the time spent.

### THOSE WHO HAVE HOPES OF GOING ON THE STAGE

either as a Tumbler, Hand-Balancer or Acrobatic DANCER should have this course and take advantage of the personal help that I willingly give you in teaching you to master this art.

### LET ME CONVINCING YOU OF THE WORTH OF THIS COURSE, AND AFTER YOU HAVE PRACTICED IT YOU WILL THANK ME FOR URGING YOU TO GET IT

When you can astonish your friends by performing a row of flips ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet, and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.



#### SAFETY TUMBLING BELT

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



THERE ARE EASY STUNTS FOR THE BEGINNER

### YOU WILL BE SUR- PRISED AT WHAT YOU CAN TEACH YOUR BODY TO DO IN THIS LINE OF ENDEAVOR

At first it seems incredible that you can make your body turn completely over onto your feet again before hitting the ground. But soon after you will see how easy and natural it is. The knack and ability to land on your feet at all times is soon acquired, and you go on to the more difficult feats such as spotters, twisters and gainers.

### THIS COURSE HAS NO CONNECTION WHATEVER WITH MY BODY-BUILD- ING COURSE

If you are interested only in building your body and muscles to their greatest extent and in gaining exceptional strength, you need a Body-Building Course. Tumbling alone will not get you the greatest development. But it will make you supple, enduring, energetic and healthy. These physical assets alone are worth many times the price of this course. Don't let the insignificant sum of \$3.00 stand between you and enjoyment, achievement and health. Send for it immediately.

It is not my sole desire to simply sell you this course. What I actually want to do is to make a proficient tumbler and hand-balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.

So now that you have my assurance that you can and will become a tumbler and hand-balancer,

**MAIL THE COUPON NOW**  
with your check, money-order or cash.

## Charles MacMahon

Studio A-41,  
180 W. SOMERSET ST.,  
PHILADELPHIA, PA.

CHAS. MACMAHON,  
Studio A-41,  
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed { \$7.00 for Belt and Tumbling Course.  
\$5.00 for Belt only.  
\$3.00 for Course only.

Name .....

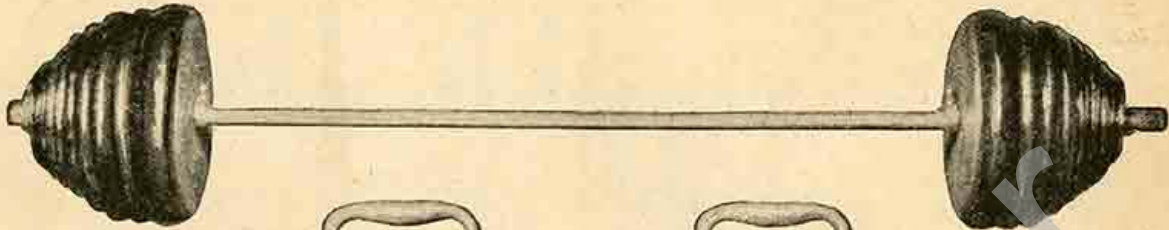
Address .....

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

Waist measurement.....



# Complete Bar-Bell Outfits at the Lowest Prices



## The Plates Are Made With Curved Edges

This feature does away with the uncomfortableness caused by sharp-edged plates resting against the arms or other parts of the body while using this outfit.

Buying a Bar-Bell without a  
Dumb-Bell,

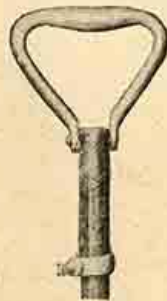
kettle-bell handles and expert  
courses

Is Like Buying a Car With  
Only 2 Wheels

Be sure you get a complete  
outfit when purchasing a bar-  
bell. All parts should be in-  
cluded in the original price.

Don't Buy a Third of a Bar-  
Bell Set Thinking It a  
Whole Set.

GET A MILO COMPLETE  
OUTFIT.



100 lb. Plate Bell	- -	\$15.00
200 lb. Plate Bell	- -	24.00
300 lb. Plate Bell	- -	36.00
400 lb. Plate Bell	- -	48.00
500 lb. Plate Bell	- -	60.00

## How They Are Assorted

### 200 Pound Bell

4	.....	25	lb. Plates
2	.....	15	lb. Plates
2	.....	10	lb. Plates
2	.....	7½	lb. Plates
2	.....	5	lb. Plates
2	.....	2½	lb. Plates
4	.....	1¼	lb. Plates
5 ft. Bar	.....	15	lbs.

### 500 Pound Bell

2	.....	75	lb. Plates
2	.....	50	lb. Plates
2	.....	25	lb. Plates
4	.....	15	lb. Plates
6	.....	10	lb. Plates
2	.....	7½	lb. Plates
6	.....	5	lb. Plates
4	.....	2½	lb. Plates
8	.....	1¼	lb. Plates
5 ft. Bar	.....	15	lbs.

## These Outfits Include Everything That a Bar-Bell Outfit Should Include

Namely: 1 bar-bell bar; 1 dumb-bell bar; 2 kettle-bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar-bells for exercise and weight-lifting ability. These 3 illustrated courses are given with all the above bells except the 100 pound outfit, with which 2 courses are given.

The assortment of plates that make up these bells are not short-weighted. You actually get the weight you bargain for. Furthermore, these outfits comply strictly with the weight-lifting rules in every way. This means that when you lift one of these special bells, you are lifting according to the rules of the game as far as bar-bell requirements are concerned.

The Milo Bar-Bell Co.  
Dept. 122,  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Please send me the bell which I have checked off below.  
I am enclosing a remittance to cover cost of same.

<input type="checkbox"/>	100 lb. Plate Bell (with Dumb-Bell and Kettle-Bells)	\$15.00
<input type="checkbox"/>	200 lb. Plate Bell " " "	24.00
<input type="checkbox"/>	300 lb. Plate Bell " " "	36.00
<input type="checkbox"/>	400 lb. Plate Bell " " "	48.00
<input type="checkbox"/>	500 lb. Plate Bell " " "	60.00

Name .....

Address .....

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

FEBRUARY  
Strength and Physique Show  
February 6th (First Saturday)  
Milo Building,  
2745 N. Palethorp St., Philadelphia, Pa.

## The Milo Bar-Bell Co.

Dept. 122

2739 N. Palethorp St.

Philadelphia, Pa.

# 800,000 People Will Die This Year of Preventable Disease

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

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

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



**BERNARR MACFADDEN**

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

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

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

### How To—

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

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

## Nature's Methods and Secrets of Perfect Health Revealed

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

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

## At 70 He Brought Himself Back to 50

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

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

## Neither Dull nor Technical

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

**READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE**

# An Amazing 10 Days' Free Offer!

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

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

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

## Calls the Encyclopedia His Best Doctor

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

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

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

## Send No Money—Not One Cent

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

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35, for the entire five volumes.

If you care to pay cash, then remit only \$31.50. It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

## Free Examination of All Five Volumes

The general contents of each of the five volumes are:

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

Vol. II—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.

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

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

Vol. V—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

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

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

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

## MACFADDEN PUBLICATIONS INC.

Dept. S-2  
Macfadden Bldg.  
1926 Broadway  
New York City

London Agent:  
Atlas Publishing Co.  
18 Bride Lane  
London, E. C.

## A Complete Education in Physical Culture

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in Its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete course in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics, giving full details and scores of pages of illustrations of physiotherapeutic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatments for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, Their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Child-birth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

**5** Beautiful Volumes Bound in Art Fabricoid



Send No Money --- Just this Coupon-

Macfadden Publications Inc. Dept. S-2

Macfadden Bldg., 1926 Broadway, New York City.

Send me for inspection the five volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

Name .....

Occupation .....

Residence .....

Employed at .....

Business Address .....

Mr. Ward photographed in his office at Postl's, Chicago



# Men Who Want More Money Will Listen to This Man!

*You may think that my arithmetic is funny, but it certainly worked for me. You can add ten and ten in the ordinary way and you will never get more than 20—and that's just about what I was earning a week before I left the States for 20 months' active service in France. When I came back I determined that I would not go back to the old grind! I found a way to put one ten alongside of the other, so that the total made over a thousand dollars—and that's what I averaged every 30 days for the last twelve months. Through the simple method I'll tell you about I made \$13,500 last year.*

By **A. H. WARD**

There's no reason why any ambitious man should not follow in my footsteps. I read an advertisement, just as you are now reading my story—it told about W. Hartle, of Chicago, who had been in the R. R. Mail service for ten years. Hartle made a sudden change—against the advice of his friends—and made over \$1000 the first thirty days. George Kearns made \$523.00 the first two weeks. F. Wynn made \$554.37 the first seven days, and Miller, a former stenographer, made \$100 a week after making this change.

Well, man, I sat up and took notice. If they could do these things—ordinary men like myself—I knew that I had a chance. I investigated and found that what the advertisement said was true. Fact is, you can figure it out for yourself in simple logic. Consider these two points:

### Easy for Two Reasons

First: There is no money and no future in the routine job. Every one knows that. If you want to make the real money, you must get into the producing end of the business—be a salesman. Wait, now, don't let the word SALESMAN scare you. For the second thing is this: Salesmanship is governed by rules and

laws. It is just like learning the alphabet. And men who always have thought that salesmen are "born" and not made, very quickly learn that there are certain definite ways to approach different types of prospects to get their undivided attention—certain ways to stimulate keen interest—certain ways to overcome objections—batter down competition and make the prospect act. And any man can learn these simple principles. I know that because *I've proved it to myself!*

### This Free Book Started Me

I sent for the book that Mr. Greenslade, the president of The National Salesmen's Training Association, will send free to any man who sends the coupon.

After reading I enrolled. Within one year I had averaged over \$1000 a month income—\$13,500 the first year—and in addition was elected as an officer of Postl's of Chicago.

Now don't misunderstand me. I don't say that you can do as well. You may not make a thousand dollars the first month. You may not have as much determination to succeed as I had. But I do say that since looking into the matter can't cost you a cent, you should at least

investigate. You can't help but benefit, and if you're any man at all you should double or triple your income without half trying.

### Send Today for FREE Book

If you really want the good things of life—the things that only money can buy—I urge you to send the request blank in this page to Mr. Greenslade. He will send you free and without any obligation "Modern Salesmanship," the book that started me on the road to success. Then decide for yourself. Even if you don't go ahead you will be out only two cents. And on the other hand you may find a way to double or triple your salary in a short period. Just mail the attached coupon today with your name and address.

Yours for success,

A. H. WARD.

Written for Mr. J. E. Greenslade, President National Salesmen's Training Association, Dept. W-21, N. S. T. A. Building, Chicago, Ill.



MR. J. E. GREENSLADE, President W-21 National Salesmen's Training Association Dept. W-21, N. S. T. A. Bldg., Chicago, Ill.

Send me free the book that gave Mr. Ward his start. This does not obligate me.

Name .....  
Address .....  
City ..... State .....  
Age ..... Occupation .....

## Editorial

## The Value of Strength

**A** TIME comes to almost all of us when we wish that we might be stronger physically than we happen to be. By strength we do not mean merely an unusual physical size, and unusual physical ability, but also a real muscular and mental co-ordination that assures us of success in athletics and, nine times out of ten, of success in life as well.

Most of us are tried to the limit physically on some occasion, and a reserve of *strength* to fall back upon is of priceless value. More often than not such a trial may first come up in games or athletics, but whether or not we have learned to meet it on a field where success or failure is relatively unimportant, the certainty of meeting such a test in our work or in our everyday life, under circumstances that may be grave indeed, is with almost all of us.

In general, athletes do not wilt under a physical strain, because they have built up a physical vigor which will more than take care of them under unusual circumstances, and because they have had some experience in withstanding strains before.

No boy who has gone on playing football after his lungs feel as though they were ready to burst, and his body has been battered and bruised, is likely to falter at any outward circumstance which may call for a drain on his physical ability. He will know that he can meet it and he will feel that he has pulled through a worse experience.

Gertrude Ederle ought to meet most things in life with more poise now that her English channel experience is behind her. She had not only to face a gruelling physical task but she had also to face a lot of undesirable publicity as the result of her failure.

Ted Meredith, the great middle distance runner of a decade back, stated that the hardest races he ever ran were the races he lost. He had probably burned up more energy in his great Olympic victory over Neil Sheppard than in any other race, but he knew that that race did not take the most out of him. The writer remembers a story in this vein which was told about Mike Murphy, the great track coach.

When "Mike" first came to Pennsylvania from Yale he came with a big reputation, and he came as a national figure. It happened that Ellis Ward was just starting his career as coach of the crews, and he was much criticised because he had dropped some of the veteran oarsmen from the varsity boat.

When this criticism came to Mike's ears he was told that one of the men had been the only man in the boat able to give three cheers for Penn after the race at Poughkeepsie.

Mike asked if the Penn crew had won the race. On being told that they had not won, Mike's comment was that "No man should be able to sit up and give three cheers if he loses."

In Meredith's case, at least, Mike's tutelage seems to have borne fruit and there can be no doubt that physical courage and the ability to drive yourself physically are two of the great assets which any athlete gains from competition.

Charley Paddock stopped in to see us on his way back to the coast, and his visit was of unusual interest because he had just completed arrangements whereby he was to go on a debating tour with Red Grange—the subject to be professional versus amateur athletics.

## Amateur and Professional Football

The past football season, and particularly the spectacular career of Grange, has caused the question to come into greater prominence than it has ever before enjoyed. College baseball and professional baseball are far apart and unrelated. College football is a direct feeder to professional football, and the young men who, like Grange and Nevers, decide to capitalize their football ability must turn at once to the professional game while their big college popularity still holds good.

The Four Horsemen of Notre Dame played in Philadelphia, in the early part of December, against Pottsville, the national professional champions, and the attendance was in round figures 8,000 people. Grange played to a 50,000 crowd. Yet one year ago the Four Horsemen bulked larger in the (*Continued on Page 78*)

# How to Lasting

Every Woman Wants Some-  
Artificial

*By David*

**T**WILIGHT was shrouding the land with a misty blanket of darkness, and a tremendous roar emanated from a huge stadium, signalling the curtain of one of the greatest battles fought in the annals of football. A mass of humanity rose in one body and with a final tribute to the honor of the heroes, who, that day, valiantly fought for the glory of their Alma Mater, wended their way through the exit gates and went to their homes to recur, over and over, the deeds of valor displayed on that veritable sea of mud, the field where the warriors of the Army and Navy met for their traditional fray.

It was a cold winter's day, but this did not dampen my enthusiasm, since I was a Nautical School cadet in attendance at the game for the explicit purpose of rooting for the colors of the Navy. The field was dressed with flags of every description, and the blue and grey uniforms of the thousands of cadets, mingled with the khaki of the regular service, and the occasional sprinkle of gay colors of the feminine contingent in attendance, lent flavor to the imposing scene. As the exits belched forth an unending stream of humanity, I was caught and buffeted about in a belated crowd of rooters, who had lingered a while and were now straggling across the muddy field.

My attention became focused on an exceedingly beautiful woman walking by my side, and as I wore the uniform of the Naval service she exclaimed her delight over the victory the Navy had won. Thinking me a cadet of the Academy, she proceeded to ask me questions concerning the school. I told her I was just an ordinary Nautical School cadet and not what she thought, but this served to interest her further, and she begged

# Obtain Beauty

thing More Than  
Attraction

*Wayne*

me to tell her of the sea-faring life.

Her voice was low and rather forced, it seemed to me, and she would look at me slyly from the corners of her eyes. I noticed that she resorted to much use of cosmetics, but this seemed to add to, rather than diminish, her charms. Tall and slim she was, and her poise was elegant—poise unmistakably that of a highly cultured woman. Yet her voice sounded very strange. Its uncanny detonation both awed and fascinated me.

We got on the street car together and the more she talked the more enthralled I became and the magnetism of her personality was irresistible to the extent that I acted as though in a daze. As I was forced to report aboard ship for duty that evening, I made an engagement with her, at a later date, and as I reluctantly bade farewell to her, she laughed outright.

What a fool I was to allow her to intrigue me, to let her lead me on! What were the passengers of that car thinking of me? Much to my chagrin, I learned the truth. For that woman *was a man*. A man, and I was duped by his masquerade. Phlooeey! my castles crumbled in my dreams, and then I remembered that it was *Hallowe'en*. No wonder the ingenious trick was played on me! Being rather





An exquisite pose, revealing perfection of contours, that inspires artists to create masterpieces.

humorous, I thoroughly appreciated it, though I resented the boisterous hilarity of the passengers who had witnessed my surprise and indignation.

Nevertheless, I never forgot the incident, and a point had been scored to me, for if a man masquerading as a beautiful woman got by on his disguise, then what of the many supposedly beautiful women who, like the pseudo woman, trick people with their false beauty, when, in reality, the employment of artificial means enhances their unattractive personality and makes of it an attraction that is unreal. This sham, this disguise of the real personality is beyond me. Why do women have to resort to such means to appear attractive, when if they would take stock of themselves, regulate their

life to that of a healthy one, they would not need to employ artificial means to make themselves attractive. A girl or woman who revels in the sunshine and fresh air, who exercises in the great outdoors, has little need for resorting to an extraordinary and elaborate makeup. Few people really know what beauty is. Of course, they know it is a fact, something rather hard to attain and certainly worth striving for, but little do they know just what it embraces.

Young, in the "Love of Fame," says, "What is female beauty but an air divine, through which the mind's all gentle graces shine? They, like the sun, irradiate all between; the body charms because the soul is seen." So beauty comes, we scarce know how, as an emanation from sources deeper than itself. A look of intelligence in man is what regularity of features is in woman; it is a style of beauty to which the most vain may aspire.

Beauty can be expressed through many mediums, such as in the face, hair, etc., but the human form renders the artist an inexplicable inspiration. The wonderfully modeled forms illustrated in this article are exquisite and marvelous, the last word in heavenly charm of woman and who can gaze on these pictures and *not* become awe-inspired at such a sight and *not* keenly appreciate the wondrous grandeur of nature and of art? If there is such a person who cannot see any divine charm and grace in the poses of those adorable women who display their magnificent forms, then that person ought not to see or have the privilege to see.

The human form is undoubtedly the sublime manifestation of Nature's creative forces. To comprehend its magnificence a knowledge of biology and the great Dar-

winian Theory on evolution, to a marked degree, must be had if the marvelous perfection and wondrous beauty of the human form is to be appreciated in the manner due it.

'Tis a fascinating story, how man's innate craving and love for beauty, as expressed in the embodiment of the divine form, was first evidenced back in the early days of Ancient Greece. The artists and sculptors of that memorable period left imperishable records of the highest degree of civilization that existed then, and it is noteworthy that these tangible enduring links with the past are expressions of man's highest artistic instinct and conception.

Ages before Greece rose to world dominance, artists had lived and each inspired his generation and the suc-



ceeding one with his elegant representations of the euharmonic form unrivalled for its beauty, and he struggled to teach and exemplify the great truths of this beauty in the way he saw it and eventually it expressed itself in the national life of a race over several centuries.

It is the mission of the artist to teach us to hold the mirror up to nature, that others may learn to see and know and understand beauty. This kind of understanding or appreciation is not common to us all. There are people, yes, millions of them, whose eyes cannot even see the beauties of nature when they are pointed out to them. Their mind is not attuned to it. Their education has been derived from vastly different sources.

I have met people, considered to be above average education, intelligent in every way but who had little or no conception of art or appreciation of the more beautiful creation of the artist. That is one of the many things an artist deplors. He would have all see Nature in its grandeur, its beauty as he sees it, and he strives to give expression to the fire that burns in his soul. The poet, whose gift is to extol art with inspiring words, as the artist does with brush or chisel, has compared the human form to that of the Divine, which must be the quintessence of perfection. Thus with pen or brush or chisel and mallet, the artist has sought to educate the masses to a better appreciation of art. Because the artist seeks always to use the most supreme things life offers, "the female form divine" to convey his lessons and arouse a sense of understanding and appreciation of beauty, people often misunderstand his motives.

I am well aware that there are many people who think the human body unbeautiful, but I'm happy to say they are growing less as our artists increase. There are some people who have never gazed upon their body in all its nude beauty. In fact, some prudish women wash parts of their body at a time and seldom do they get fully into the bath, and before they undress to retire at night they put out the light. This prudishness existed before our present age. Today the mingling of the sexes in our schools, the seashore, where countless devotees enjoy the bathing and sunny beaches, has had a wonderful effect on the public in teaching them to be unashamed of the human body and that to be clean is to think clean.

Every woman, at one time or other, has desired beauty. It is a duty that everyone owes to self to be beautiful—to have an appreciation and understanding of the body they should endeavor to mould the flesh to the lines and proportion of beauty nature intended each and all to share. Who does less than that is negligent beyond pardon, for if one cannot be fair and true to oneself, how can the right attitude be taken by society as a whole?

Emil Fuch, the great artist, and master of all



Every woman must desire beauty and it is a duty she owes to herself to get it.

mediums, prefers to work with female models. He says, "Women are more difficult to paint than men, because their features are less pronounced. But they are the better sitters, because they seem more patient and also because of a pardonable vanity." He found his best models in the hills of Italy, at Saracinesco, whose forms were perfectly developed by walking up and down slopes. The French girl he found to be the ideal model, on account of her understanding and sympathy with art, but he also concedes the English girl a beautiful figure because of her athletic habits, although he objects to her rather large hands and feet. He found the American girls had developed (Continued on Page 84)



Louis Hart, the diminutive strong man of the stage, clothed in street apparel impresses one of only ordinary capability, but once in action he readily copes with any situation.

# Experiences Encountered by the Modern Strong Man

An Unparalleled Feat of Endurance.  
Why Is a Man Strong? His Creed  
and Outlook on Life.

*By Jack Russell*

along an unfrequented stretch of highway, and the big car careens and zig-zags crazily from side to side and narrowly escapes plunging over an embankment flanking the road.

Lolling in his seat, one hand shackled to the wheel, the driver is unmindful of the behavior of his machine. Only his companions are aware of the peril that they are in; for the driver, his strength failing, is succumbing to the poisons of fatigue, and he is delirious from it. A huge, powerful man is he, but with all his great strength he cannot shake off the foe that is consuming him and defeating his purpose. Once, twice, thrice he summons the last ounce of his ebbing strength, and momentarily his befogged brain clears, only to have it go into a state of coma again. How the speeding machine stays on the road while he nods over the wheel is a miracle which fate alone can account for.

As the car flashes through villages and towns and leaves the lights of them behind in a blur, the driver begins to see things that aren't on the road at all. Phantoms appear before him and he fancies they are mocking at him and thwarting his attempts to guide the progress of his leaping car. His head throbs with each pulsation of blood, and the drumming of the motor car pounds into his ears like the incessant roar of a mighty cataract. At times he seems to float, always down, down, down, into space, never up into it. Then he seems to fade out, and everything grows yellow. His lower lids seem to creep up over his eyes, shutting out his vision.

Far in the distance a light flickers on. It grows brighter and expands in volume as its brilliance pierces the darkness. Then it dies out, but appears again, even more brighter than ever before. Suddenly it swerves and races full at the big man striving to comprehend the meaning of it all. Its hue is blinding and it seems to

**S**PEAKING about experiences is usually the line preceding a lengthy narrative by the story teller when he has an awed group of people listening to his harangue. When he finishes with his story there is sure to be someone else popping the same phrase, and they, in turn, tell his or her experience, sometimes going into much detail and seldom telling the facts as they really happened. Each time the story is recurred, they exaggerate from the actuality of it. As soon as one story is done with, another one is forthcoming: "And so far into the night," as it were, to quote Briggs, the eminent cartoonist, story after story is blurted out by the never-tiring talkers. Sometimes the narratives are intensely interesting, oftimes they are droll, and the audience prays that the end is near.

I have a few stories that I know you will enjoy reading, as they are brief extracts from the adventures of our modern strong men; and I shall endeavor to acquaint you with the wonderful lives they lead, as well as narrate some thrilling adventures that have actually happened.

A big limousine hurls itself into the night. Its driver is half asleep at the controls, while the other occupants in the car pray that he will deliver them in safety at the conclusion of the hazardous journey. The scene is

fascinate him. Then the significance of it dawns upon him. It is an oncoming machine, racing straight at him. Leaping into action, he swerves the big car toward the right to avoid hitting the oncoming machine, but he gauges the distance wrongly and the big car plunges off the road as the other whirls by with a deafening roar.

Straight for a cluster of tourist tents the great car lunges, but the driver, fully aroused to his predicament, is master of the situation, and before damage is done, and before the sleeping tourists knew what it is all about, the driver has the car on the road speeding on as before.

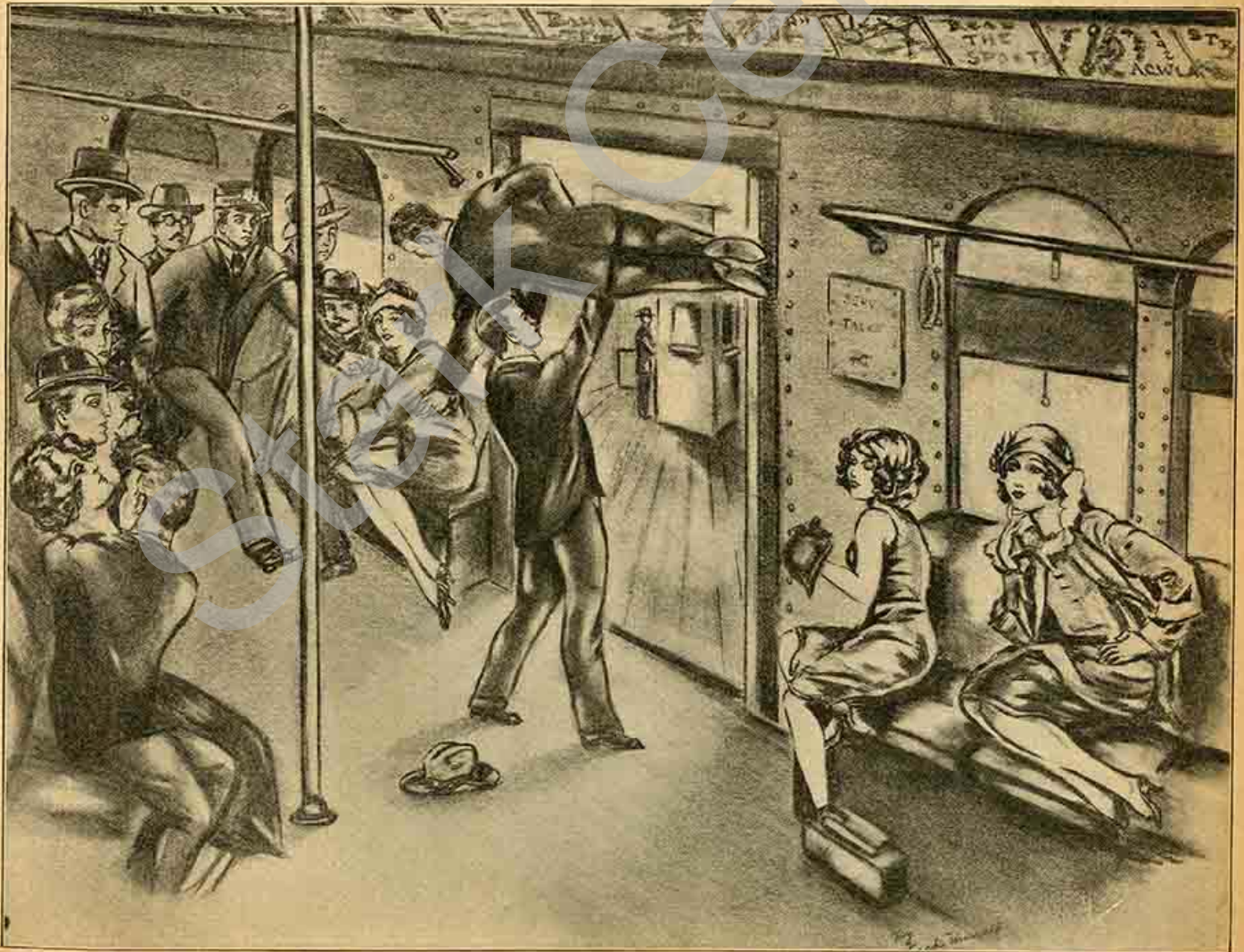
Aching in every bone and valiantly fighting the drowsiness overcoming him again, the driver is making the fight of his life as he grimly holds on so that he may complete the journey and make his mark on the page of world records and accomplish what no other person could—the feat of driving a car at breakneck speed over such a route for 3,469 miles in 150 hours, without stopping for sleep or rest.

Thousands of men, women and children lined the highway to catch a glimpse of this miracle man as he whirled by, and enormous throngs tied up traffic in the great city of Miami, which was the termination of the

grueling journey which he so bravely undertook.

So, it is journey's end, and his harrowing experiences are over. With a deep sigh the big man slumps down in his seat to sleep the sleep of one worn out physically and mentally; and as he brought his big car to a stop a mass of humanity crowded around him and lustily cheered, but their noise fell on deaf ears. The man who had concluded his sensational feat of endurance was sound asleep.

Traveling for six days, six nights, and six hours, making no stops for sleep, rest, gas, oil, water, or food, and under observation of more than sixty newspapers the entire length of his route, Cowboy "Wild Bill" Seeley, 268 pound cow puncher from Oklahoma, left Indianapolis, where he started the record-breaking feat, on Friday, October 16, 1925, and went through the following cities: Dayton, Columbus, Wheeling, Pittsburg, Youngstown, Cleveland, Erie, Buffalo, Rochester, Syracuse, Utica, New York, Newark, Trenton, Philadelphia, Baltimore, Washington, Richmond, Charlotte, Greenville, S. C., Atlanta, Jacksonville, and arrived at Miami, Florida, on Friday, October 23rd. Shackled to the wheel of an Auburn eight-cylinder sedan, prior to the start of his phenomenal drive, his handcuffs were removed only after he had fully negotiated the entire



Before anyone realized it, the little strong man swung the Big Bruiser aloft, and when the doors of the train opened, pitched him out on the station platform, much to the amazement of the passengers.

distance, nearly seven days later. His body was so cramped that hospital attendants literally had to pry him out from under the wheel. Thousands cheered the reclining form of what had been a smiling, keen-eyed man of six feet four, when he joked while his manacles were securely put on. There was nothing theatrical in "Wild Bill's" finish. No nurse rode with him, and he declined to permit ambulance attendants to take him to a hospital where a room was reserved for him. He was rushed to a hotel room in a state of coma, and the physicians took measures to offset the violence of the reaction of such an agonizing feat. Not only was he exhausted, but his companions in the car, who served as official checkers, as well, were haggard and worn.

Bill Seeley's feat, tremendous as it was, would kill any ordinary man, but his great strength and unusual endurance allowed him to accomplish the impossible.

A week following his triumphant finish of so great a feat, he was up and about in a normal, healthy condition, apparently none the worse for his experience. But he said to me when I asked him about his trip, "I never want to make another endurance run, and I wouldn't advise anyone else to do so. Only Providence kept me out of the ditch several times and allowed me to complete that harrowing trip."

I shall never forget the funny story of the strong man who was inveigled into taking a trip with a rather questionable character in a Ford automobile. Prior to the start of the journey, the strong man's friend parked his car on a dark side street in one of our large cities and left to attend to some busi-

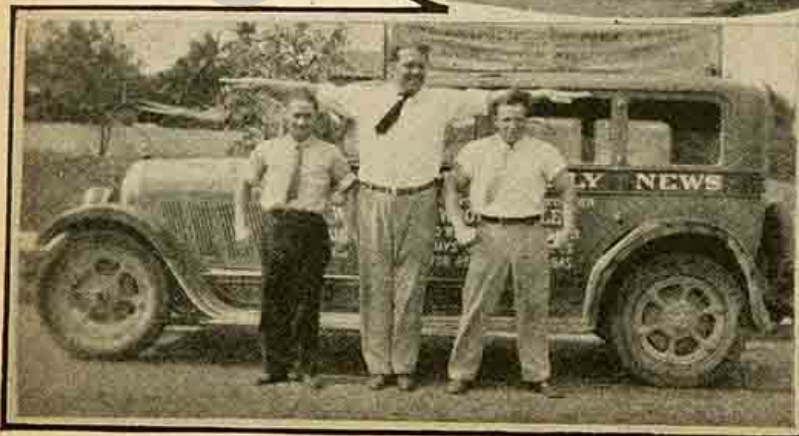
ness, stating that he would return in a short while. The strong man waited and waited, and when his friend did not return it behooved him to investigate if trouble had befallen his friend, so he set out in search for that individual.

He found him standing beside another car, the same make of his own, and to the surprise of the strong man his erstwhile friend challenged his ability to lift up the rear of this car. So, bracing himself and bunching his muscles, he gave a tremendous heave. There was a creaking from the springs and slowly the stern quarter raised up about as high as the man's chest.

"Hold it," his friend cried, and the strong man proceeded to break an endurance record in holding the rear of the car up. A few moments later, a violent shaking of the car ensued. The strong man was about to drop the rear and ascertain the meaning of it all, when his friend tersely commanded him to hold it a while longer. At last he was told to drop it and run. He did so, and, to his chagrin, he beheld his friend darting off with



Wild Bill Seeley and the car in which he made his unprecedented feat of endurance. Note the enormous chest and height of the great cowboy. Below, Cowboy Seeley compared with the average strong man.



a tire and rim acquired from the car he had held up. Realizing that it meant arrest if he were caught tampering with private property, he started in pursuit of his friend just in the nick of time, for the owner of the automobile was returning to his car. His friend lost no time in getting his car under way. In fact, the strong

man had to leap to catch it. What he didn't do to his friend when he got him in safe territory is not worth telling; nevertheless, that individual got the tire, and, since the strong man was a humorist, he got a "kick" from the trick that was played on him.

Another funny experience that happened to a strong man had for its principal character a Japanese student, the son of a Japanese statesman and diplomat who, after completing his course at Cambridge, (Continued on Page 89)

# Is a Man as Strong as His Back?

Does Back Strength Determine the Entire Body Strength?

By Russell Viohl

**T**HE adage, "A Man is as Strong as His Back," was certainly proven to me in a college town where I was the director of a local gymnasium, when I offered ten dollars to any man who could lift my weights overhead. I merely made the offer for advertising purposes, but, to my delight, I received far more than notoriety from it; for many interesting facts concerning muscular development and body defects were inculcated to me, which later proved to be invaluable. Since this article is in conjunction with my previous articles concerning the deformities of the back and the spine, it behooves me to tell you this story.

Hundreds of attempts were made to lift the weights overhead to win my offer, but all of them were failures. This caused the interest to dwindle, and finally the subject was completely forgotten among the townpeople.

However, one day I heard that a veritable colossus amazed a nearby community with his phenomenal feats of strength. At the time he matriculated at the rival school; so

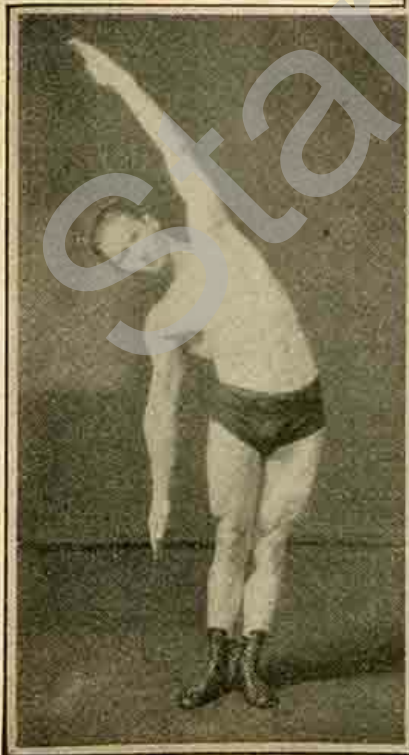


Fig. 2



Fig. 1

this gave me an opportunity to revive interest in my offer by having him come to town and give a demonstration before a gathering from our local school.

Long before the appointed hour of the performance, a goodly crowd had gathered to witness the "phenomenal feats" of the Hercules from the rival school. The place was agog with students, and riots of yells and cheers were volleyed back and forth. At last the "mighty colossus" arrived and immediately went to his

quarters to dress. He had with him members of the football squad, and a husky lot they were at that. When the "Hercules" stepped forth, I gasped with sheer amazement. The man looked like a huge bull. His body was covered with hideous tattooed designs that were partially covered with hair, and he wore a ferocious look on his face. His arms were as big around as my thighs, and his chest bulged like a balloon. His legs looked as huge as an elephant's. He was really an awe-inspiring sight. He was not so beautiful in the exaggerated grace and form as other strong men that I have seen, but every bit as

gigantic in his proportions. Goodbye my ten dollars, I thought!

Fig. 3

When all the formalities were over, he asked to warm up a bit before attempting to lift, and I readily obliged him. In the meantime I learned that he had hurled several defies, threatened several people, and imitated the rest of the performers on the bill with braggadocio. This behavior provoked my ire, so I resolved to show this blusterer up if I could.

He insisted that I should wrestle with him, since I was an instructor and would know how to give him good limbering-up exercises. I was plainly frightened. Why, the man dwarfed me with his immensity. What chance had I to keep from getting hurt? I became almost numbed with fear from the absurdity of such a demand. He laughed aloud at my terror and inveigled me to go on with him, saying he would avoid hurting me.



Fig. 4

It was a thrilling match, but somehow I held my own. I did learn this, that he was not half so formidable as he was cracked up to be. My offer stipulated that, to win the prize, the lifter must lift 220 pounds overhead in the two-arm jerk (this is comparatively light in comparison with the records performed daily in the A. C. W. L. A. contest for the light-weight class) and this man was a veritable giant. Thus, at last, I thought my offer would be won.

To my chagrin, he seemed to struggle with the first lift (200 pounds) and at 210 pounds he could scarcely get the weight up to his chest, let alone overhead. I thought this to be mighty queer; he certainly looked as though he could lift *easily* 280 pounds. It took three attempts to get the final weight of 220 pounds to his chest, and he utterly failed to raise it aloft for the count. His defeat was ignominious; it was a commiserable

shame, and it took the heart right out of him, suffice to say, for I never heard of his feats again.

Now what was the trouble? Why couldn't he, with his massive frame and prodigious strength, lift that weight? With the strength of his arms, I watched him break horse shoes and bend spikes with utmost ease. Then, why did he fail to lift a measly 220 pounds? It was beyond my comprehension.

Some months later I had a chance to talk with this colossus, and he informed me that if it was not for his back, he'd lift my weights 10 times overhead and still feel as though he could do more. Thus the riddle was solved, and the very foundation, the basis of his strength, was lacking. His back was weak.

It is an impossibility to be really strong unless the back is strong, unless the muscles of the back are all uniformly developed. A certain degree of arm development, neck development, and even leg development may be otherwise attained, but it is impossible to acquire full general development without including the muscles of the back. The back muscles form a sort of an arch, the all-important connecting span which unifies the upper extremities and the lower extremities. For this reason *back strength determines the entire body strength.*

I shall not go into a lengthy discussion about the various muscles of the back, but I will explain the benefits certain exercises have on the muscles, and I will also give you a short description of the muscles affected by the exercises I am about to illustrate.

In order to strengthen a weak back, let us begin from the beginning and advance step by step to the heavier exercises given to the more advanced pupil. You, my reader, may consider yourself a pupil, and I shall begin at once to strengthen your back.

In the first exercise stand erect with the heels and toes touching, arms raised straight above the head, thumbs almost adjoining. Then rather slowly bend



Fig. 5

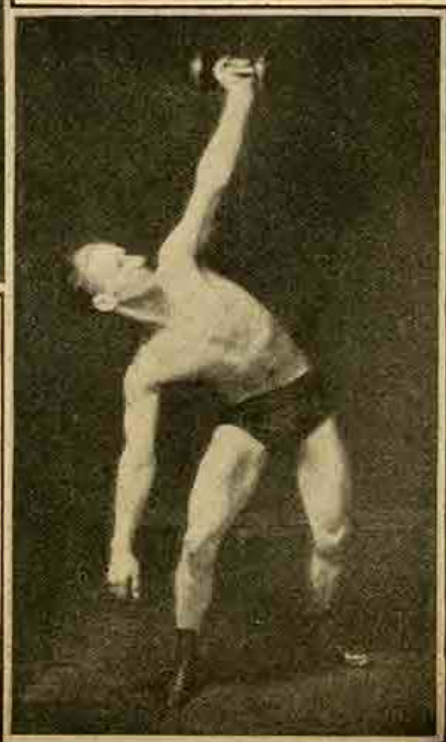


Fig. 6

downward, making sure that the knees are perfectly rigid. You should not try to touch the floor or toes at the very first attempt. The proceeding should be gradual, as the muscles, and especially the tendons in the back of the leg and lower part of the spine, are more or less stiff, and danger of strain should be avoided. However, after a few attempts you will find very little trouble in touching the floor with your finger tips.

The next step is the proper manner of returning to the erect position. This is also accomplished slowly. While the body is assuming the erect position, the arms are held extended in front and are raised as gradually as the body trunk is raised. As the body is brought to the upright posture, and as the arms are raised, then you should inhale, and exhale when the trunk is bent downward again. This exercise should be executed ten to twenty times in succession, remembering to breathe very carefully.

An exercise that is very beneficial to the lower back muscles is the common one of twisting or rotating the body. This exercise is also very often prescribed as a waist line reducer. The particular muscles employed in this movement are the set of muscles known as the "rotators" which, as the name implies, rotate or turn the body. In performing this turning exercise, you should stand with your feet about a foot apart in order to brace yourself. Next extend the arms straight out to the sides, and then turn the trunk as far to the right and then to the left as possible. This is repeated till the effect is felt. It is a most simple exercise, but nevertheless is a most effective developer of the lower back muscles. Notice the position of the athlete in Fig. 1, as he rotates his body as far around as it is possible for him to go.

A corking good exercise for the upper back muscles, and especially the forearms, triceps and shoulder muscles, is the exercise known as "pulling leather." Grasp a belt, cord or a towel, with the arms in back

of you, and commence to pull on it for all you are worth. This is a resistance exercise, and a splendid one if you put plenty of effort into it. It creates powerful muscles, as can be seen by the illustration of the athlete, who, by the way, practices this almost incessantly, and has gotten his development from the resistance group of exercise, Fig. 2. Take infinite care to relax fully when finished with the tensing, or else you are liable to strain yourself.

One of the finest exercises, that alone gives one more than the ordinary enjoyment of good health, is an exercise of bending the body to the left side and then to the right side. It is exceedingly good because of the thorough massaging this exercise has upon the kidneys, liver and intestines. The right method of performing this exercise is to lean in such a way that the right hand touches the right leg just below the knee, and when lean-

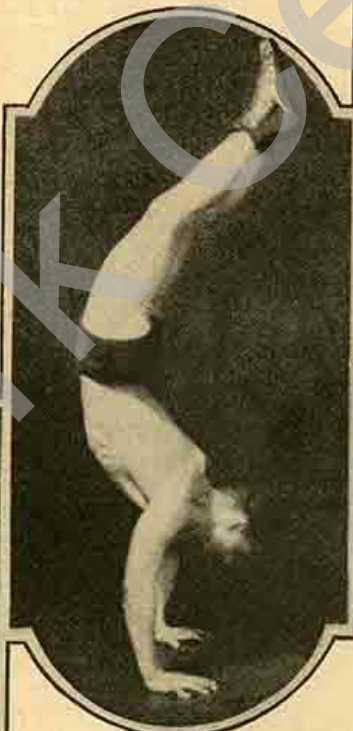


Fig. 8



Fig. 7

ing toward the left, the left hand touches the left leg just below the knee, Fig. 3. Repeat this exercise until the effects can be felt, but take care to stop when the muscles are comfortably tired, not exhausted. To make this exercise more strenuous, and to build the muscles quickly, just vary the above exercise by holding a weight in one hand, and lean far down on the side and then straighten out. Do this quite a number of times till the muscles become comfortably tired, and then exchange the weight to the other

side. See Fig. 4. It is advisable to start with forty pounds. Then gradually increase the weight as you get stronger.

The exercise known as the "swing up" is another back developer, and is also a good one for the shoulder muscles. Stand with the feet about fourteen inches apart, with a weight of thirty or forty pounds in front of you. Now swing it between the legs, and as it comes up, you straighten up and swing it to the height of the face; while in that position lean back, Fig. 5. Then let the weight swing down between the legs again. The (Continued on Page 74)

Fig. 9

# How to Pose for Professional Artists

Practical Suggestions and Pointers to those Desiring to Become Artists' Models

*By Charles MacMahon*

**I**T IS hard to lay down rules for what artists want in the way of model types, for they often look for a certain characteristic that comes somewhere near being like the character they are about to illustrate.

I recall one occasion when

I dropped in to see an artist about an engagement. He said he would like very much to engage me, but it so happened he was illustrating a serial story in which all the characters were colored folks and, consequently, felt sure that I would not do. I thanked him, of course, for the compliment, but asked him why he could not use his artistic imagination. He replied that he didn't care to strain it. I didn't get the engagement.

I give you the above incident to show you that an artist, at times, might desire to use as a model any character imaginable. However, strange and unusual characters are wanted very seldom.

Artists usually want a well-formed, pretty girl, or a strong, manly-appearing male model. This does not mean that a female model must be exceedingly beautiful. The artist usually can see the whole face beautiful from a suggestion like, for instance, a pretty nose, mouth or eyes. This is where he calls into play his imagination. Magazine illustrators and mural painters hardly ever draw or paint a model exactly as they see it. Models simply act as a guide to an artist's imaginative genius.

One must be somewhat of an actor in order to become a successful artist's model. Illustrators of magazine stories try to get the model into the action of the pose and person they are picturing to the story readers, but the acting is often carried to facial expressions. You should be able to register all moods; such as anger, hate, gladness, etc., in a fairly natural manner. Of course, the artists do not demand the ability of an actor, but you certainly would not help them much with a blank stare when the character you are impersonating is angered.



Fig. 1. A pose so common that student artists rarely use it. However, a model with a good physique can get away with it occasionally. The artist's or student's tendency in this pose is to place a foot back slightly and an arm on a hip, or some other similar change. This is a very easy pose to hold.

Fig. 2. A pose that is difficult for two reasons. The main one is that the arms are above the head, which prevents proper circulation and in time puts the hands and arms to "sleep." The other reason for this pose being a little difficult is that the body is balanced on one foot with only the toes of the other to steady it.





After you have had a little experience in posing, although you might be able to start right out with the professional artists if you are naturally inclined to posing and acting, you should get the names and addresses of all the artists in your city. They can be obtained from a 'phone book or city directory. With this list you are ready to make a round of these studios. Upon arriving at a studio, you simply knock, and when the artist appears, ask him or her if they are in need of a model. Once in a while you will find an artist who wants a model at the time you appear and will use you then and there. But usually an engagement is made for a later hour or day. Then, again, the artist may not have an engagement in view, but will take your name and address for future use. So the better you are known by artists and the more artists you become acquainted with, the better are your chances of keeping engaged.

Becoming a model is often the first step toward a stage career. This is especially so with feminine models.

After obtaining an engagement with an artist and appearing at



Fig. 3. A kneeling pose representing an archer. Kneeling poses on either one or both knees are tiresome. The main reason is that the weight is on the knee bones with little flesh protection. Also, the right arm is in a bad position, which is explained in Figures 6 and 7.



Fig. 4. This pose illustrates a twist of the waist that is difficult to hold. However, the position shown is not an extreme twist and, therefore, would not be quite as difficult.



do the pose justice, making it more difficult for the artist.

Mural painters are artists who decorate hotels, theatres and public buildings with massive paintings. These paintings are done on very large canvases in the artist's studio and then they are fastened to their places upon the walls or ceilings. Posing for this type of painting is very much like any other type of posing, except that it has a very wide range of what you might be called on to pose as. Paintings of this type range from the nude figures to almost every form of costume posing.

Fig. 5. This pose shows a position that is very difficult to hold steady for any length of time. The reason is that the left foot, in this case, can do little toward making the pose solid. Consequently, the body will wobble considerably.

his studio promptly, he will proceed to explain what he wants in the way of a pose, and all you have to do is to try to portray the character to the best of your ability.

Professional artists usually allow their models to rest whenever they feel tired; and if your pose requires a lot of acting, such as facial expression and action of pose, you should rest often or you will not be able to

By noticing more closely these paintings in theatres, you will see what I mean. But don't be misled by the crude art you often see in small moving picture houses and cheap theatres. The decorations of such places look as though they were done by sign painters who used no models.

Some years ago I posed for a well-



Figs. 6 and 7. These two poses show the right and wrong ways to pose with the arms out to the sides or front. From the model's standpoint, Figure 7 is the correct way to hold this pose. If the arms are held out, they should be supported.

known artist in Philadelphia. He was a mural and was commissioned at that time to paint the scene of Washington crossing the Delaware. This scene was for a new theatre in Trenton, N. J., that stood on or near the spot where Washington crossed.

The scene took in several small boats, of the dory type, about to leave the shore. The central boat in which Washington stood contained life-size figures. Then considerable of the surrounding shore and river were shown in the background. Back in the woods and fields, soldiers were bringing up cannons and other equipment.

My posing engagement on this particular painting lasted for weeks, in which I posed as most of the soldiers from Washington, himself, down to a common private with his shoulder to the wheel of a cannon. Another man model came in occasionally and posed for some of the remaining characters. This was done to prevent the artist from getting them too much alike in appearance.

Of course, this was costume posing, because I was compelled to wear differ-

ent styles of military uniforms of the colonial army. But they were anything but uniform. I never knew one army could possibly be dressed in so many different colors and cuts of uniform without shooting each other by mistake, until I posed for this painting. And yet the painting was as true to life as the artist could make it. He told me how many history books he had looked through in order to get every detail just as it happened, but I have forgotten the number. If that painting was wrong in any detail, it is the fault of history and not the artist.

When I impersonated the before-mentioned soldier with his shoulder against the cannon wheel, a pole put through the rungs of a step-ladder answered for the spokes. So I pushed, or made believe I pushed, on the step-ladder with my shoulder and pulled and pushed with my hands on the pole as you would on the spokes of a cartwheel to turn it.

You may wonder why a model would have to possess a good physique for posing of the costume type. You must know that those soldiers of the Revolutionary War were of the very sturdiest type of manhood America ever has had and probably ever will have. All the costumes called for knee breeches, in which a puny calf was out of the question. Besides, artists who paint murals for thousands to look at, and for which thousands of dollars are paid, are very particular about details—they have to be in order to  
(Continued on Page 66)



Fig. 8. This pose illustrates what I mean by posing with a bent knee. You can see for yourself that it would become tiresome.

# Exercise—The Health Saver

The Only Way to Health and Strength  
is Thru Exercise. The Less We Like it  
the Greater Our Need for it.

*By Ralph Hale*

**N**O one can look at our everyday life without realizing how far away we have arrived from the primitive living conditions in the midst of which the human body formerly did its work. In the good old days, man's problem was where is the next meal coming from, and how am I going to get it; not how many calories are there in corned beef?

The truth of the matter is that each succeeding generation finds fewer people who have to work with their hands to make a living, and each generation finds very few people who will work physically unless they have to. In every walk of life, machines are doing so much work that it will be our only means of physical development.

Children are not hard hit by this condition in the way their elders are. All healthy babies instinctively get some exercise. Most normal boys and girls under seven are not only growing, but they learn to co-ordinate their muscles and use them in their daily play. When they start school boys begin to be interested in athletics, and it is fairly safe to say that the average normal boy, anywhere alive in his school, does not need more formal exercise than most schools now give all their pupils. The girls are not so active, but their interest in games is gradually increasing, and as this movement gathers momentum, which it is now doing, girls should shortly come into their own physically.

Where our physical troubles usually start are after we are on our own responsibility and out in the world making a living. We all realize how foolish it would be to take children in school and give them a continuous program of mental activities with no relaxation and no exercise whatsoever. The thousands of gymnasiums, and the universal compulsory physical training courses show how early we recognize the necessity in others, even if we do not recognize its necessity to ourselves.

As a matter of fact, the gymnasiums and the physical training courses provided in the schools are invaluable; but also, as a matter of fact, the average man stands more in need of formal exercise than the average boy, and the average woman needs physical training daily, much more than her daughter does.

At least, the boys and girls have more free time and more incentive to an active life than their parents have,

and undoubtedly a large number of them get more good from their games than they get from their physical training classes. Undoubtedly, the great majority of their parents get no physical training and have no outside interests which tend to keep them in a first-class physical condition.

Certainly we know more about diet and general hygiene than previous generations did, and our increased improvement in these fields and in the fields of bacteriology, has notably lengthened the average of human life, but we certainly have lowered the average useful efficiency of the average human body.

The writer noticed an article on "The Defense of Modern Football," by Hamilton Fiske, Jr., a former Harvard football captain, in the course of which the great all-American tackle stated, "The overwhelming majority of former college football players would give a great deal to be in the proper physical condition to jump right into the game from their seats in the grandstand, where they sit wondering if they, too, were ever really in such wonderful physical trim as to stand one hour of fast and furious playing."

Of course, it is unfair to expect that men whose sons may be playing on the field should be in any such shape, but it is not exaggerating to say that the great majority of the players from one to five years out of college would probably make a sorry showing, indeed, and if the professional football players were barred their showing would be helpless, yet their average age is young enough so that they should still be in first-class physical shape.

Of course, not all athletes, college or otherwise, permit themselves to slip, and not all of them who neglect themselves physically neglect their physical condition altogether. In fact, I would be inclined to believe that the great majority of former athletes have both enough pride in their physical condition and enough of an idea of how to go about improving or preserving it, so that their average standard would be well above the average of the non-athletes. However, it is a long way below the point where it should be. In this connection Robert Edgren recently wrote about the first California track team to come East to the inter-collegiate, a team of which he was a member. Thirty years have passed since that team made its eventful trip and all of the members

are still alive and so much alive that they maintain their ability to defeat any of their former opponents is still one of their soundest possessions.

One of the greatest fallacies of inexpert conditioning is too great an emphasis on diet and the ordinary rules of hygiene. That a proper diet and good living conditions are essential to health is, of course, obviously true, but no one knows half as well as the athlete, either of today or of former days, how great a part, and how indispensable a part, real exercise plays in bringing any man to the top of his physical condition.

The really constructive and effective way to keep in tip-top shape is to take plenty of well-planned exercise. In fact, the English, who do not altogether approve of American training methods, particularly where they interfere with the pleasures of life, seem to do pretty well on a training program which does not altogether exclude tobacco and alcohol, let alone some of the ordinary edibles which the average American athlete considers taboo. Our relative standing in the sports would pretty conclusively show that the American system is, on the whole, more effective, but the English successes definitely prove the relative importance of some of our frills of training in comparison with good, hard physical work.

Of course, the best way to make the most of yourself physically is never to allow your training to cease. We do not mean that the average man should train like a college football player, or even that the college football player needs to try to hold his physical condition indefinitely, but we do know that the way to avoid a physical break-down is to always do your bit and not to go from one extreme to another. This does not mean that if you do not immediately rush to the nearest gymnasium you had better rush to the nearest cemetery to make a reservation, although there can be no doubt that when Nature puts her hand on a man's shoulder and says "Stop!" he stops.

This condition is invariably the result of that vicious circle starting with not enough exercise, which softens the muscles, reduces any liking for exercise the victim may have, which in turn softens him further, and so on till the inevitable end. Our temperaments and our physiques are not the same and we have all heard the saying that the way to live a long life is to contract an incurable disease and then take care of yourself.

Of course, a man using little or no nervous or physical energy, and living under a physician's care and probably not a possessor of too strong a system at any time in his life, should shun all exercise except the exercises prescribed for him, if any are prescribed; but the average man should make up his mind to at least do his "daily dozen" before he loses both the desire and the ability to take care of himself physically.

The great plea of the non-exercisers is that they do not have the time, and yet it is remarkable what good results can be obtained from a few hours of regular work spread over a week. It is invariably the case that a man in good trim can actually do more in the time that is left to him after he exercises than he could have done in the course of the week had he neglected exercises altogether. We all know this and, of course, the war brought it home to us. The papers were full of the fact that the army, as a whole, would never give up exercises again when they were back in civilian life. We wonder how much larger a percentage of the army

exercises today than the old athletes? The enthusiasm for physical training even ran over from the army to the men above the draft age. Walter Camp trained the cabinet and, as we recall it, they, were pretty faithful to their training.

As a matter of fact, it is probably true that a larger percentage of men who are forty and over recognize the need for something to get them back to shape physically and do something about it than was the case before the war. The fact remains that the best way to cure such a condition is to avoid it, and the fact also remains that only a small number who should be avoiding it now have any such idea in their minds.

Therefore, this article is primarily aimed at the great group who no longer attend schools but who are under forty years of age, the great group whose members will all hasten to tell you, "I am just as good a man as I ever was," and do nothing to make their statement a statement of fact. To retain health and strength and abounding vigor cultivation of habits of right living are absolutely necessary. Physical habits and mental habits are alike in that once formed they are hard to break. Fortunately, this is as true of good habits as it is of bad ones. Even more fortunate is the fact that the only way to break a bad habit is to cultivate a good one in its place.

The ordinary rules of hygiene are observed by most of us nowadays. Certain obvious things, such as care of the teeth, are still neglected by a large percentage of the population, but virtually no one sleeps with a closed window any more. The habits which are given up and the giving up of which leads to physical deterioration are the habits which are connected with physical exercise.

When there is not only no compulsion brought to bear upon us to exercise and when our daily work consumes a great part of our day and includes no exercise, we must make up our minds to devote a certain part of our days to physical training and then we must do that little thing. We can not make going to a gymnasium or exercising at home three or four times a week habitual and unpremeditated acts, but we can make them habitual and we can only do this by laying out our schedule and sticking to it.

The man who has neglected exercise for a couple of years may find the first few weeks hard, not only from the standpoint of the effort involved but also because of the variety of other things apparently equally important which seem to bob up just at the time set apart for his training. Get in the habit of setting these diversions aside, not your exercising program.

Probably no single resolution is made by more men each year than to "get in a little exercise." How that resolution too often fares we all know, yet, like anything else, it can be fitted in and made a part of our regular program, not only with immense alternate benefit, but even with immediate gain in efficiency and health. We do not mean physical efficiency only. No man can do his best mentally unless his body is sound, and the man who neglects his physical condition for the sake of perhaps two to four hours of work a week really is going a long way in the wrong direction.

As a matter of fact, very few of us even imagine that we can not find time to exercise. Most of us will admit that we can find time for other and less important things. How many of us (Continued on Page 86)

# How Does Exercise Affect the Heart?

Does Exercise Develop an Athletic Heart?  
The Writer Says NO!

By *George F. Jowett*

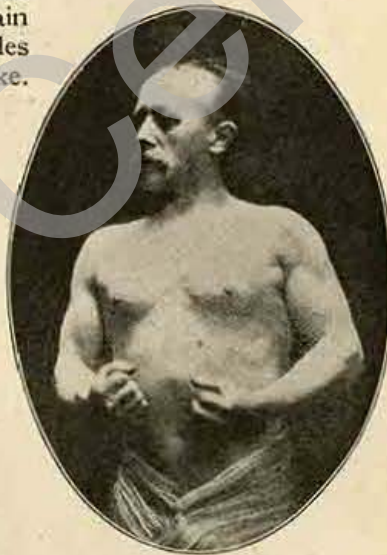
**T**HE heart, about the size of a man's fist, is the most vital organ of our existence. From the cradle to the grave it keeps up its continuous pumping, supplying the whole body with the living fuel. Automatically adjusting itself to the various exigencies that our body demands, this remarkable organ stands out as the greatest wonder of the living age.

Around this little pumping station there is more prejudice centered than anything else where health and exercise is spoken of. Many bitter controversies have been waged against the value of exercise by a certain group of individuals who strongly oppose the principles of physical exercise, as they believe, for the heart's sake. This group is mostly of the old school, and their ideas are rapidly passing away with many of the other old unfounded fallacies that for many years have clogged the wheels of progress.

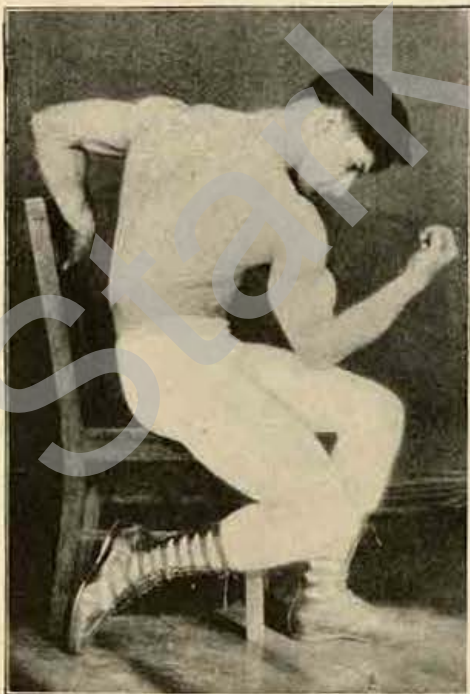
There are many who have become impressed by the statements of certain individuals who have allowed their prejudice to find expression in various columns from time to time, and they may differ with me on this subject; but these statements are just the echoes of an old and forgotten belief put forward by men who vainly try to use their puny efforts to stem the tidal wave of a broader knowledge on all things that call for correct exercise.

The clarified visions of our most eminent heart specialists stand back of the progressive movement that is erasing inherited prejudice from the minds of common-sensed people.

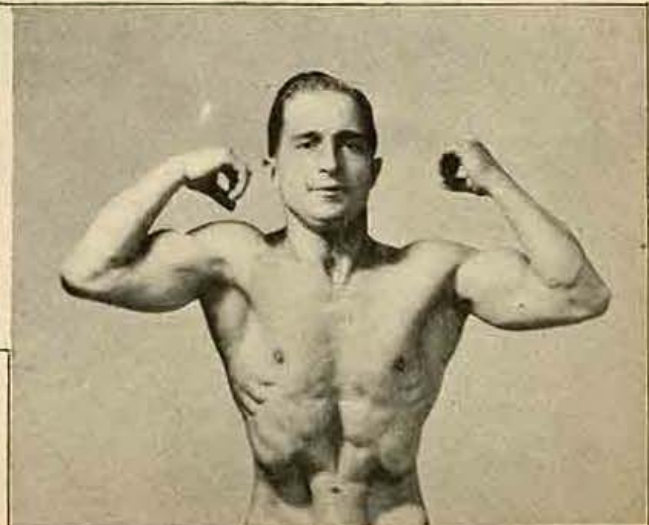
Scientific investigations conducted in Europe and America have disclosed certain facts that have given us a concrete knowledge of the ills to which this wonderful organ is subject. Heart specialists have learned to differenti-



Paul Buntz, an 86-year-old athlete of great fame, whose heart is still strong and healthy.



Above—Frank Dennis, whose heart was weakened from pneumonia and tuberculosis, and who inside of two years became a national champion athlete.



To right—Charles Shaffer, once a wreck from double pneumonia, now one of the finest specimens of manhood living.

ate the various heart symptoms, and have divided them into two groups. These are termed systolic and cardiac.

For its size, the heart is the most powerful motive piece of living machinery. Its ability to function under the ravages of sickness and extreme physical exertion, and to continue its uninterrupted routine through life, is a wonderful testimony to the efficiency of this piece of muscular tissue.

Unlike the muscles of your body, or that other marvelous organ the brain, the heart is unable to take any absolute rest over a protracted length of time. The only rest it takes is between heart beats, and when we consider the fraction of time taken, it appears too insignificant to be termed a rest; nevertheless that is all it gets. It is estimated that the actual contraction of the heart only takes about a tenth of a second. Between this contraction and the next, which usually occurs eight-tenths of a second later, the heart can take its rest. According to this, the heart rests seven-eighths of the time.



The heart beats are indicated by the blood spurts which throw the blood outward through the arteries that carry the fresh blood to the muscles and other parts of the body. The blood deposited into the arteries is bright red, and moves along through the arterial channels in spurts corresponding to the beats of the heart. The veins are different; they carry the exhausted blood back to the heart to be purified. The blood in them is dull red, and moves along steadily without spurts.

It is estimated that there are about two gallons of blood in the average human body, and normally the heart pumps five pints into the arteries every minute.

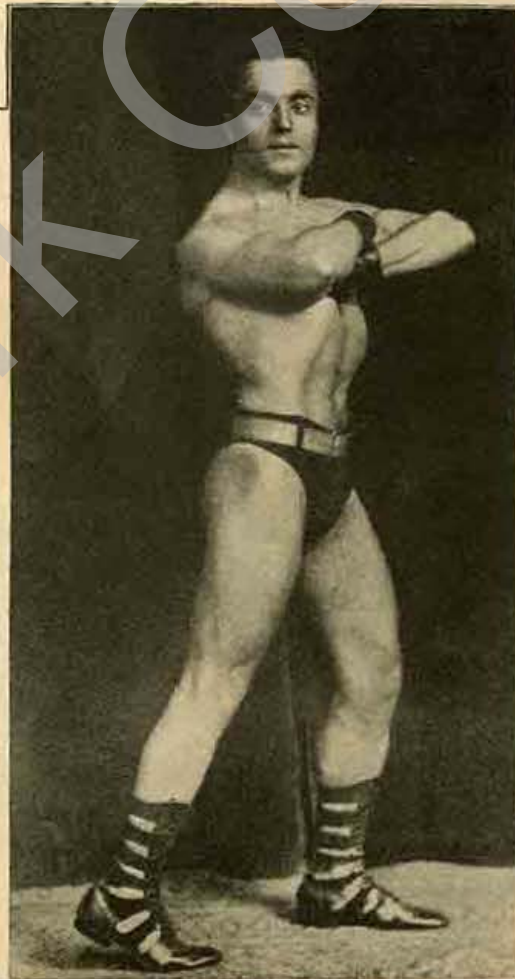
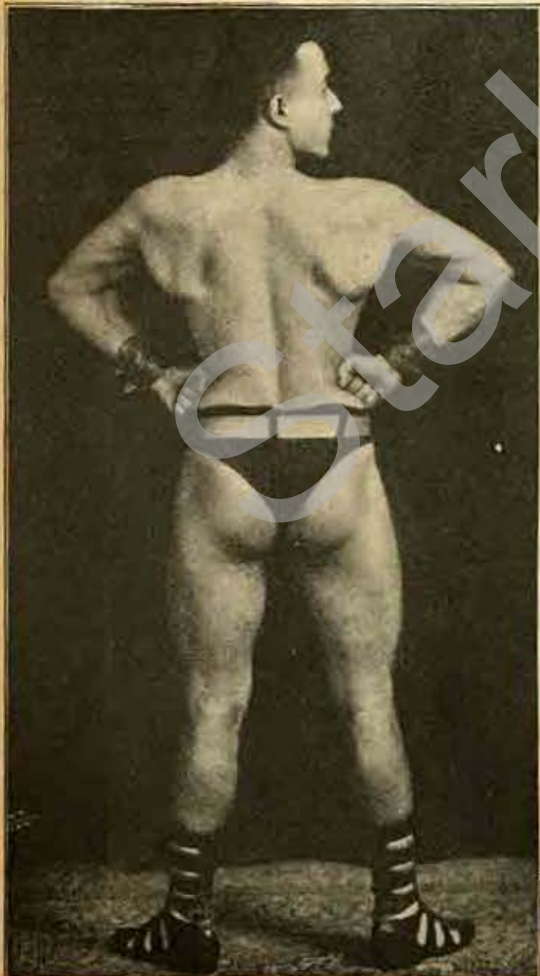
Under stress caused by nervousness, fear, excitement or extremely active physical stimulation, the heart will pump four times faster in order to keep the muscles invigorated with the necessary energy.

If too much carbonic dioxide appears in the blood, the heart must labor more energetically in order to purify the blood stream and the lungs of this poison. Therefore, it will be readily seen that the heart is a hard worker.

If we have to labor hard our muscles must become capable of meeting the physical exigency; if they do not, we fail. Because of the lack of physical fitness in the average person, he generally fails. To make himself efficient he practices physical training that makes him capable at all times. He develops all his muscles to their capacity and balances each by placing their development on a par.

The heart is a muscle, and because of its great work in our life it should be given equal attention. There are people who delight in putting the fear of God into other people's minds by preaching *against exercise*. They talk about the athletic heart and the high percentage of other heart troubles, and cheerfully inform us if we practice any form of exercise we will develop a dilated heart.

Of course, a person who has cardiac symptoms would be foolish to jump into exercise without consulting a *competent* physician, who would put the individual under an equally competent physical instructor. Unfortunately, all doctors and all physical instructors are not competent. Why it is perfectly ridiculous to note the number of physicians who pronounce a heart condition as cardiac when



A. Botis, a pupil who made this extraordinary change within eleven months. A sheer impossibility if exercise affected the heart. At the extreme top is a photo as he appeared before exercising.

it is systolic. These are the practitioners who throw up their hands in horror at the mention of exercise. Rest, rest, absolute rest, they preach, and proceed to fill the system full of dope that only too often gives the heart a false stimulation.

These gentry like to pick out a few athletes who have been so unfortunate as to die in middle life, and no matter what caused their death, they stand up and say they died from an athletic heart; a condition brought about by over-exercise which caused the heart to dilate until it had lost all of its elasticity and life.

I knew an athlete who died from starvation and privation in the Northwest; but, no sir, they insisted it was his heart. Sure, we die when our hearts stop, and since we have to die, our heart is going to stop. It is a good harp to play on, so they keep at it. So bigoted are some on this topic that if a steam roller ran over an athlete, they would term it a cardiac condition.

I can assure my readers that these individuals are obnoxious to the practical physician, just as they are a menace to the public in general. But to assume that an ordinary person enjoying ordinary health will contract a cardiac condition from judicious exercise is all rubbish. I believe, and my belief is endorsed by some eminent heart specialists, that if the heart trouble is not too far advanced in the cardiac stage, exercise will help considerably; but the majority of symptoms pronounced heart troubles are not such. Recent investigations prove that cardiac conditions, which are the real heart troubles, are more likely to originate from scarlet fever, typhoid, influenza and repeated cases of tonsillitis. In middle life,

arteriolosis and syphilis will develop a cardiac condition, but the majority of so-called heart symptoms are systolic. They are more or less irregular sounds of the heart which are not necessarily heart troubles, and are brought about from many conditions, very few of them from a physical strain, but mostly from nervous disorders, bad diet, too much smoking or excess in eating, or drinking alcoholic bev-

erages. These heart murmurs will exist in an individual with a perfectly healthy heart, and will disappear as the conditions are locally treated.

Systolic heart murmurs are pronounced by the first beat of the heart, and cardiac conditions by the second beat.

There is no such thing as an athletic heart. My statement is made and backed by the foremost heart specialists in America, Britain and Europe.

Prior to the great war European scientists made an examination of thousands of athletes. They conducted their experiments into the military forces, taking for choice the picked soldiers of the first line. To their amazement they found that the dilated heart condition, formerly ascribed to athletes only, completely swamped athletic statistics. This was due to the practice soldiers had of puffing out their chest to accentuate a soldierly carriage. From that time the specialized term of *athletic heart* died in the learned minds.

The most recent investigation in America corroborates the European experiments.

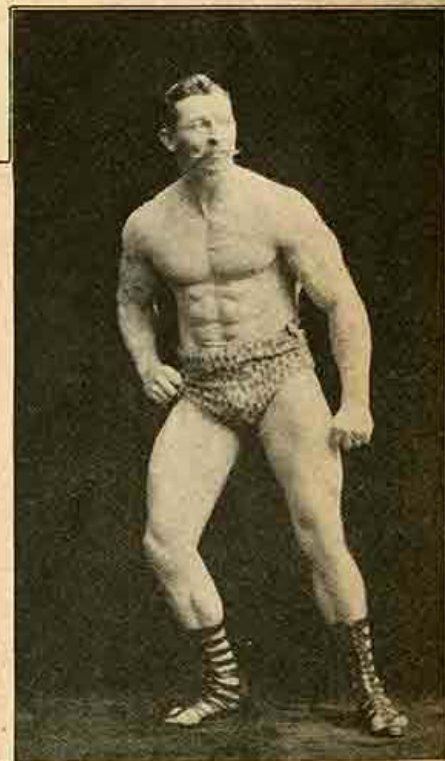
Recently, I was talking to one of our leading heart specialists, and he made the statement that his experience was: if ever an athlete had an affected heart, he invariably had it before he took up athletics, and was not aware of the fact, but a diagnosis of his history proved it. Just the same, if he developed a cardiac condition later in life, it was the result of some sickness and rarely the cause of athletics.

Exercise stimulates the heart and creates a richer, purer blood composition. As the body grows more muscular, the heart grows also, which is quite a natural



W. A. Pullum, who suffered with pulmonary tuberculosis, but correct exercise made him one of the most brilliant lifters in existence.

Edward Aston, whose phenomenal feats performed years ago should have left him burned out according to skeptics. He is still a monument of might.



Staff Sgt. Moss, whose whole life has been devoted to heavy athletics. Not a young man by any means, but looks far from having "athletic heart," or ready to die. Who wouldn't want to be like him?

condition. It grows just large enough to take care of the increased proportions, but this does not mean it is dilated.

The heart muscles must necessarily thicken before it will dilate, and it takes a great deal of abuse before it arrives at that stage. When dilation becomes acute, the heart has lost all of its elasticity.

If hard, laborious work was the cause of all heart troubles, then the death rate per quota would be much higher than it is. How is it we find the men who are employed at the most laborious occupations are the healthiest and longest lived?

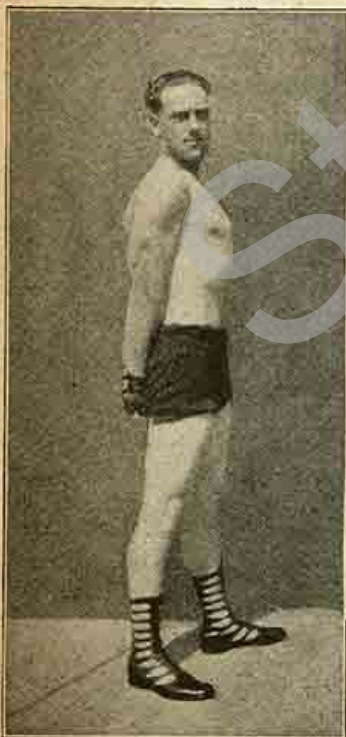
Of course, there is reason in all things, and when we talk of exercise, we do not imply that every movement should be an extreme exertion. Exercise is based upon scientific principles which, if adhered to, develops a healthier condition of the heart, as well as the body.

As a matter of fact, there is a condition existing more prominently among the strongest able-bodied men that is akin to the term of athletic heart. Yet, as I have just remarked, the hardest working man is the better off, and blacksmiths and lumberjacks are the longest lived of all.

This condition consists of a slight thickening and hardening of the three leaves of the valvular segments, that meet in a *triangular* form, guarding the opening in the heart, the aorta, which carries the blood to all parts of the body. As these leaves curl they leave an opening which allows some of the blood to flow back into the aorta, instead of being completely discharged.

To explain this better, these valves are so arranged as to open, by the force from the contraction of the heart chamber against them. The blood is then sent forcibly into the aorta from where it is sent into circulation.

When the blood is forced



H. E. Keeseckin, discharged from the Marines for a weak heart. Compare his before and after pictures, less than eighteen months apart. Exercise made him!

out the valves close with the heart contraction, but if any interference is registered the blood backs up against the closed valves, and they thicken and harden to protect the opening against the increased force. In time, the leaves warp and a portion of the blood flows back.

This condition is found more prevalent among the untrained able-bodied man, but he does not appear to suffer or his days are not shortened in consequence, which goes to prove that all conditions of the heart are not dangerous. They often are wrongly diagnosed.



A. Bouillon, of Pittsburgh. Sickness wasted him to 82 pounds. Within six months he weighed 147 pounds under the author's tuition.

A trained body culturist is versed in the study of exercise, and he knows how to govern conditions to their greatest advantage. It is just the same as two men driving a machine up a hill. One goes up without any trouble, the other pounds and struggles his way to the top. The

same applies to the trained student of body culture and the untrained.

Every time the pessimist thinks of exercise he conjures the vision of a huge weight and a little scrawny undersized man trying to lift it. Because carboic acid is a liquid you don't have to drink it. Just the same, any person is foolish who tries to tug and pull at a huge weight in an attempt to lift it.

Exercise is built on the progressive scale, and progression in handling weights is controlled by the degree of strength acquired. The whole body profits from such a schedule. The respiratory, the circulating, and the assimilating systems are stimulated into action and fertilized by the greater quantity of oxygen drawn into the lungs, heart and blood stream.

I have found from experience that it is not the heart we should watch as much as it is the lungs. Breathing is the fundamental cause of our existence, and proper regulation of same has the influence for good or evil on the heart. For example, let us consider what causes the heart to beat faster. On the upper part of the (Continued on Page 80)



# Start Growing Thin Today

Exercises that Will Rid You  
of Your Fat and Make You  
Stronger and Healthier.

By *Margaret Sargent*

**R**EGARDLESS of beauty, form or health, there are people who can be very well liked; sometimes for their possession of a lovable character, or happy disposition, or because they are in some way talented. All of these gifts were possessed by one of our "crowd." Dorothy was always doing favors for someone or helping some poor soul, and always had a smile and kind word for everyone. Besides Dorothy could sing, and had the additional gift of being able to act.

It was really she who got us interested in amateur playing, and she who organized the Amateur Players' Club. There came a time when everything was settled regarding the club and members, and our first play, which we were to present to our friends and their friends, came into discussion. It was finally decided that we would try a South Sea Isle musical play, that had recently become a Broadway success. For the leading part we had to have someone who, first of all, could sing. Dorothy had a beautiful voice and one best suited for the part. Next, the girl must be of medium height, have dark hair and dark eyes, and a beautiful olive skin. Dorothy had all these—but—the most important thing the part called for was a slim, beautiful form—which *poor* Dorothy did not have. Of course we did not come right out and tell her she could not and better not take the part. She was our president and honorary member and was really more talented than the rest of us put together. Her heart was set on taking the leading part. What were we to do? We did not want our beloved president and friend made a laughing stock of by the whole town!

We were sitting in our club room discussing the question. Dorothy had not as yet appeared.

"It's too bad Dot doesn't realize that she cannot play the part of a beautiful shapely South Sea Isle dancing girl, whose beauty and physical charms win the love of a white man. I suppose none of us could take the part for that matter, but I think Florence would be better suited, because she is slender and not so bad to look at."

"I suggest that we change the play. Let's make it something real funny, a play that Dot can take the leading part in, without looking ridiculous. We can tell her that we don't want the other because we are afraid we can't pull it over."

"Why don't someone tell her to try and reduce. This only means that we will have the same thing to worry over every time a new play is suggested. We all talk about it but no one has the nerve to tell her. She doesn't realize it herself. I don't believe she ever thought of it in her life. She is satisfied with her accomplishments, she has been a success, everyone who knows her loves her, her life is full of happiness. I certainly would hate to cause her one bit of unhappiness, but she should know and I think I will——"

Suddenly everyone stopped and stared aghast—for who was standing in the doorway but Dorothy. You could hear the clock on the mantel ticking.

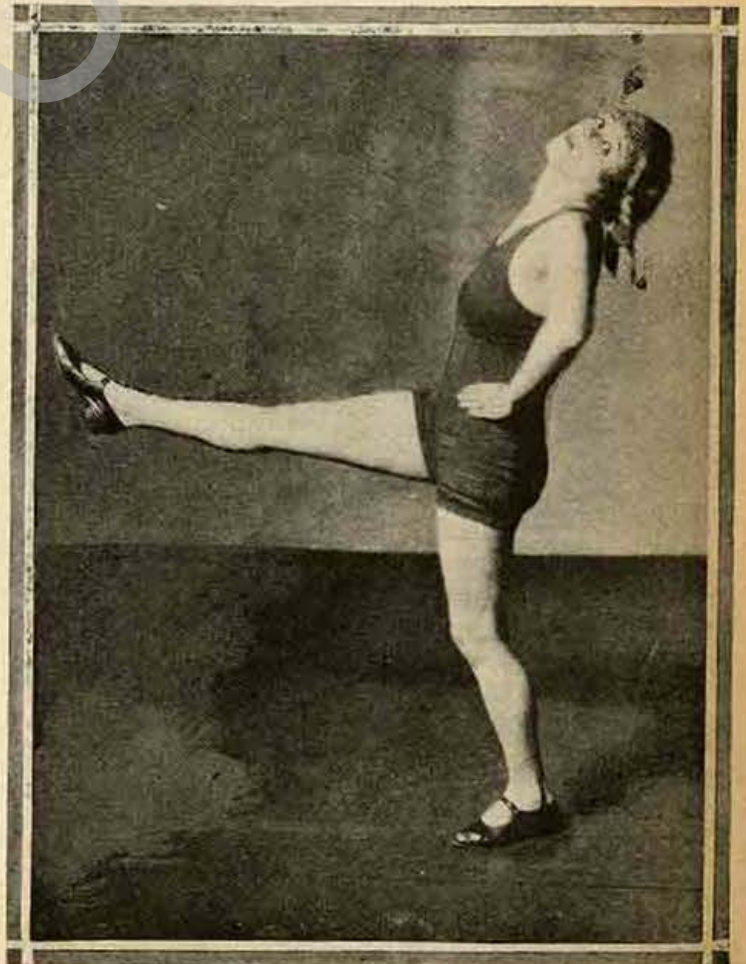


Fig. 1

"I did not mean to be an eavesdropper, but I could not help hearing my name mentioned. I came in

themselves—they are the "doctor" and there is no reason in the world why that beauty of form, that surely every girl craves, cannot be hers. Sometimes the girl only wishes for a beautiful form in her sub-conscious mind. She may see a well formed girl and think to herself "My, what a beautiful form." That was how Dorothy thought, yet she never realized that to reach the peak of success she would have to acquire a shapely body, too.

To some women exercise appears as a horror, a drudgery to be gotten over with as soon as possible; an ordeal that they realize is important to health but that they heartily dislike. On the other hand take a girl or woman who has tried some special exercises or athletic pastime and you cannot get her to give them up for love or money. I have known beautiful and well formed girls who would rather swim or play some athletic game than go to a good show, and the benefit that they derived from their exercise is proven by their wonderful physical charms and the vital and splendid example of American womanhood they are.

All of our modern beauties realize this, and I think that in the very near future every woman and girl aspiring beauty and gracefulness will also wake up to the fact that it is a matter entirely up to themselves, and that it is absolutely necessary to possess an active, healthy and shapely body to be really beautiful. Every show girl, artists' model and bathing beauty has some schedule of exercise or



Fig. 2

quietly meaning to surprise you, and that is how I happened to hear. I am glad though and I appreciate the regard you girls have for my happiness. You are right, I have only thought of success, have been too self-satisfied; but I see now that success means more than that. Florence shall take my part—no don't protest, that's final." Then with a smile, "Maybe I'll take your advice about reducing and some day I'll beat you all for shape." Which was characteristic of Dorothy to cover a disappointment with a smile.

That ended the discussion and I might add the play went over big, though it would have been a bigger success with Dorothy in the lead. The girls considered her reaction good sportsmanship and no one, excepting myself, knew how she suffered. But she was game—and we planned a schedule of exercises and some diet hints for her. We kept it a secret and in less than three months everyone was asking her how she accomplished the miracle. Now she takes all the leading parts and is planning to go on the professional stage this coming spring.

We have only to spend an afternoon at one of our large bathing beaches to realize in what dire need the American girl is for some way or means to develop her body, whether it be to increase or reduce it. For every well proportioned girl or woman we see two dozen less fortunate. Yet it is entirely up to



Fig. 3



Fig. 4

athletic pastime to keep her superlative physical charms.

Why are girls at the age of sixteen nearer to the standard of physical perfection than their older sisters of twenty-five or so? Because in those years a girl participates in more lines of physical endeavor, such as running, skating, swimming, rope jumping, gym work, tennis and endless other sports, and when a girl reaches the dignified age of twenty-one she is very apt to forget her athletic pastimes and lead a more sedate life. Consequently her body, that in earlier girlhood was accustomed to plenty of physical activity, now begins to grow inactive, and in most cases has a tendency to take on flesh. As soon as this happens her real beauty becomes a thing of the past, as beauty and fat are not on friendly terms.

The girl that has a perfect form and intends to follow the theatrical profession or enter the bathing beauty class, or who at least intends to retain her attractiveness into later womanhood, is one of the first to realize the importance of exercise. Therefore, every woman who finds herself slipping into the "has been" class, can check this inevitable misfortune by adopting some form of physical exercise.

The Ziegfeld Follies, as most everyone knows, glorify the American girls, and these wonderful examples of feminine beauty can well be an example for the girl or woman who is seeking attrac-



Fig. 5



Fig. 6



Fig. 7

tiveness and shapli-  
ness. Every girl in  
the famous Follies  
has some schedule  
of exercise to retain  
her wonderful form  
and this should  
serve as a sufficient  
example to impress  
the importance of phy-

orangeade or tea.

Dinner: Small portion cooked vegetable, small slice cold meat or chicken, fresh pineapple or stewed fruit, whole wheat bread or graham crackers, orangeade, tea or skim milk.

The following exercises if done properly will do wonders for you if you practice them regularly and carefully.

Stand erect, hands on hips, rise on toes and stretch right leg directly out in front, at the same time shrugging the shoulders back and (Continued on Page 94)

sical fitness as an aid to beauty.

If done in the correct way reducing is not as bad a job as most women seem to think. Diet plays a large part in reducing and the following is a sample of a day's menu:

Breakfast: Sliced orange or grapefruit, bran, toasted whole wheat bread, tea or coffee (small amount of sugar if desired).

Luncheon: Small portion of any kind of salad, one graham muffin or whole wheat bread, stewed fruit,

# Rope Climbing—A Real Sport

To be Able to Climb a Rope of Any Size Quickly and Easily is a Great Accomplishment

By J. Leonard Mason

**A** TERRIBLE disaster at sea occurred recently. A big ocean liner took fire and was burned to a shell but, fortunately, the ship was near the coast and the passengers were saved. As I write, an account of the thrilling rescue lies before me. Here is a passage from a newspaper which caught my eye. It is from the story of one of the passengers on the ill-fated vessel, and reads as follows:

rope, let alone descend slowly and carefully. Most people would slide down so fast that they would get an awful bump when they reached the bottom. It is true that many persons have saved themselves in time of peril, because they have had a strong hand grip and strength enough to control the body weight on a rope. One never knows how much a strong, healthy body is worth until brought to some crisis when his very life may depend upon his own muscular effort and endurance. What a terrible feeling it would be to have to give up in time of need because your weak, flabby muscles refused to serve you!

In the good old days when sailing ships dotted the seas, sailors became as agile as monkeys. They were right at home when climbing about in the ship's rigging. There lingers yet about a rope some of the romance of

the sea, even though it happens to be suspended from a girder in a modern gymnasium instead of from a ship's mast. What a hand grip those old-time sailors had and what arms, chests and shoulders! That's what rope climbing practice will do for you.

Among gymnasts, the Swedes include a great deal of rope climbing in their system of gymnastics. Graded exercises are arranged for the pupils beginning with simple pull-ups, and including real dif-



Fig. 1

"The fire and smoke became so intense that we were driven to the side of the ship. Then a puff of wind cleared the smoke away for an instant, and I saw the davit ropes dangling down. We grasped them. I slid down and, luckily, struck one of the life boats. Smith was not so fortunate. He landed in the water and for fifteen minutes clung to the davit rope until he was rescued."

It isn't every man who can slide down a davit

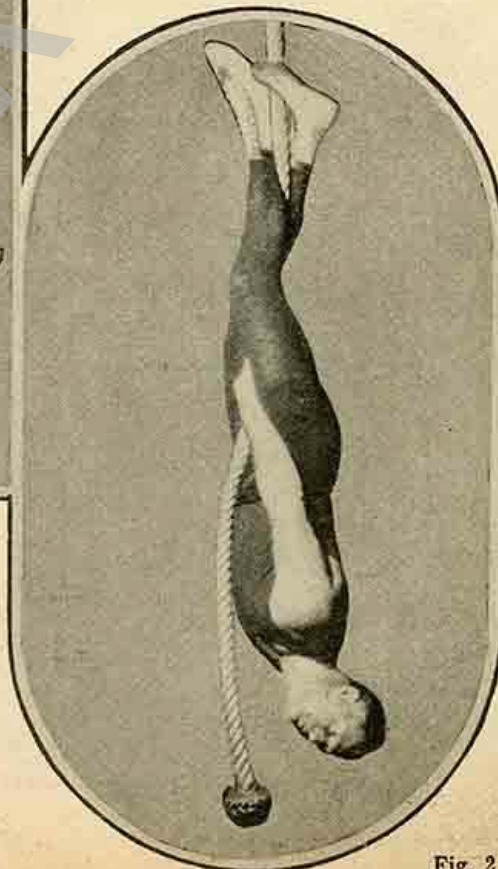


Fig. 2

difficult stunts performed in mid-air, but which if practiced correctly will come easy.

The principal advantages of exercising on the climbing rope are: first, the splendid development it gives; second, agility acquired in controlling the body weight on a single unstable rope; third, training for an accomplishment which may be the means of saving your life in case of an accident, when safety depends upon your ability to climb or lower yourself by means of a suspended rope.

In gymnastic contests, a rope-climbing event for time is often included. Under the rules the contestants start from a sitting position on the floor, grasping the rope as high as possible. No part of the body must touch the floor after the word "go" is given. A bell or tambourine is fastened at the top to be struck by the contestant at the finish of the climb. The usual height of the rope is twenty-five feet. These rope-climbing contests should be encouraged in every gymnasium. Ropes and all suspended apparatus should be inspected and tested regularly, several times a year, to be sure that the fastenings are secure, and that no dry rot has gotten into the ropes to weaken them.

For general practice the rope should be fairly large so as to give a good hand grip. Of course, in case of accident you could not choose the size rope you might want to best fit your hands. So it is advisable to try climbing different size ropes whenever you get a chance. You will find your grip different on the various sizes. The fingers will be

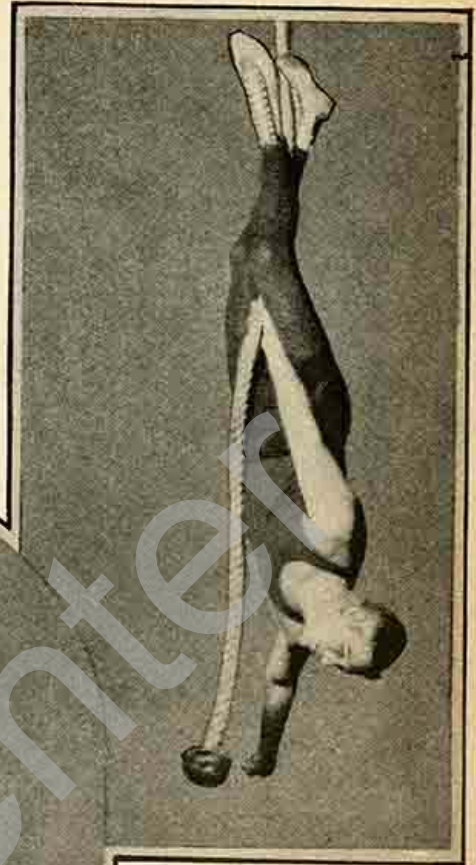


Fig. 3



Fig. 4



Fig. 5

used more on the smaller ropes. Sometimes a little rosin is used on the fingers to give a firm grasp, but don't use too much or you may tear the skin on your hands. Wipe the hands dry from perspiration before starting to climb. If you ever feel yourself slipping while climbing, take no chances of losing your hold, but wrap your legs around the rope and descend to rest your hands and dry them.

your body feels heavy at first. You will gradually gain the necessary strength which will enable you to "feel at home" on the rope. Then rope climbing will become real fun. Hands, fingers and forearms, particularly, become strong and sinewy, and you will feel when you take hold of anything that your grip is there to stay.

Those great pulling muscles of the arms, the biceps, will enlarge and strengthen greatly. Your body begins to feel lighter when you ascend hand over hand. All of the muscles are brought into action, more or less, and even the legs help, for the skillful climber will use his legs to advantage. The legs should not hang down, but should be held up by the abdominal muscles, and move up and down with a criss-cross movement. This helps a rope climber much in the same way as the swing of the arms helps a runner.

As boys we learned to "shin" the rope, which means climbing with both legs and arms. The legs are wrapped around the rope so as to hold it tightly, especially at the knees and feet. Then you hold tight with the hands and draw up

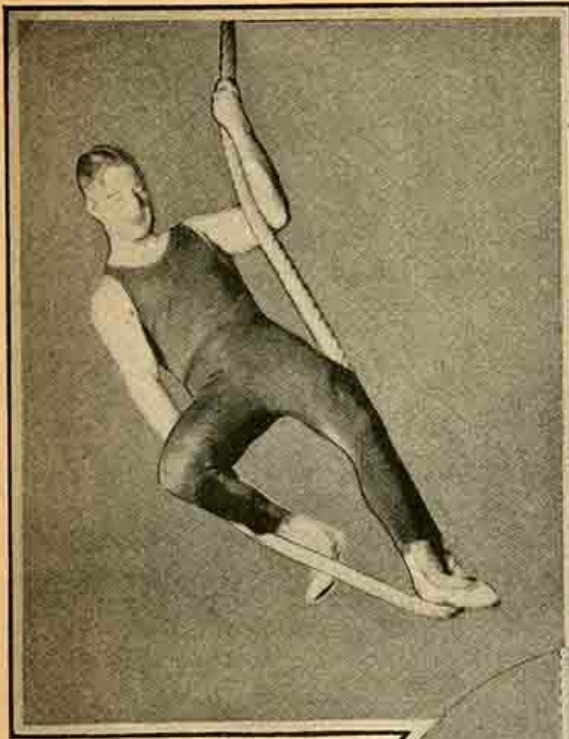


Fig. 6

the knees, getting a fresh leg hold. Straightening the legs again will raise the body a notch higher, and at the same time secure a higher hold with the hands. Continue the ascent in this manner. Climbing with both the arms and legs is easier and surer than with the arms alone, but it is much slower.

I have used the climbing rope considerably in playgrounds and at summer camps, sometimes fastening a rope over the limb of a tree. A reliable leader should always be present when beginners are practicing to guard against a slip and a fall. Rope climbing isn't any more dangerous than many other sports and games and, in fact, anything worth while in the way of athletic and gymnastic games and sports has some element of danger in it. That is where the value of practice comes in; to learn the right way to accomplish the feat, which is the safe way.

A little assistance from "one who knows how" can usually be secured by the beginner. It is poor practice to slide down the rope rapidly. This burns the hands, and one gets a bad jar when he lands, even on his feet. Always descend hand-under-hand, slowly, with the body well under control.

#### Exercises for Beginners

1. Stand grasping the rope at height of chest; lower the body, letting the feet go forward, resting them on the floor. In this position, with the feet on the floor (legs straight) chin yourself as many times as you can. The feet, resting on the floor, take away much of the body weight.

2. Jump and grasp the rope as high as you can, holding on with both arms and legs. The leg hold is shown in illustrations Nos. 2, 3, 4 and 8. In illustration Nos. 2, 3 and 4 the hold is shown upside down, but the same positions are taken whether holding head down or up. Now release the leg hold and descend, using only the arms.

3. Jump high and grasp the rope, pulling up at the same time; lower body and drop to standing position.

4. Jump as before and chin yourself as many times as you can (legs do not touch rope).

5. Catch hold of rope, take a short run and cling to the rope as it swings. First hold with arms and legs; then try holding on with arms alone.

6. Practice "shinning", climbing with arms and legs, as described previously in this article.

#### Real Climbing and Some Stunts

1. As I stated, the start of a rope-climbing contest is usually made from a sitting position, but ordinarily you will just jump up, grasp the rope, and start to climb hand-over-hand. Rope climbing is a succession of pull-ups. When your arms become too tired to raise your body, you are through and must wrap your legs around the rope for support. Illustration No. 1 shows a climber in full swing making his way aloft.

2. Reverse hang: This exercise has a number of variations. Try it first from a stand. Raise both legs over  
(Continued on Page 87)



Fig. 7



Fig. 8

# The Crucial Test

A Thrilling Story of How the Elements of Exercise and Correct Living, Courage, Confidence and Great Strength Proved Themselves on the Dead Line in France.

*By Dean Carroll*

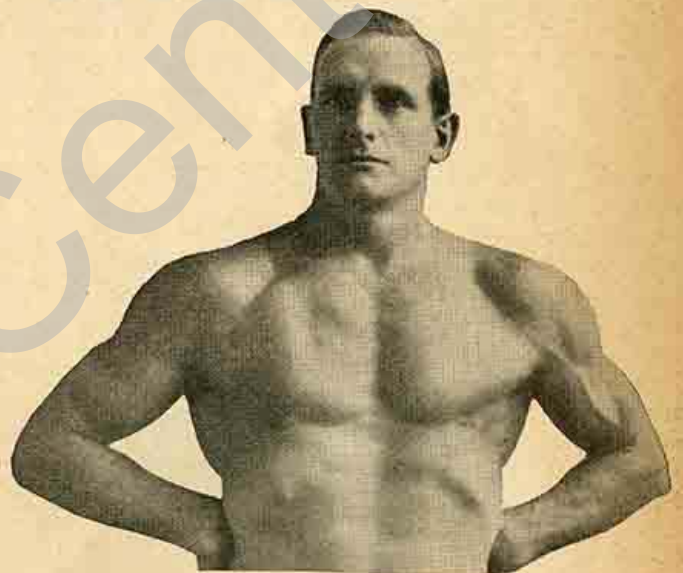
**G**EE! Don't it feel great to get back into your own home town after an absence of a few years? I had not been home since the disbanding of the forces after the close of the war. Then I had only been at home a few days, as my former boss had kept my job open and was anxious to get me back pushing a pen. I was glad to get back into "civie" harness, too, but the few brief days I had at home did not give me the opportunity of looking up all my buddies, or stand in at the old gang roll call to see how many of us were left who came back. There were darned few, anyway.

I get kind of lonesome this time of the year. Maybe it is the thought of good pumpkin and raisin pie; I don't

know, but I went home this year. I lost no time in digging up old pals and finally wandered to the old local athletic club, where we were wont to meet in those happy old pre-war days.



Exercise and wrestling paved the way for Joe Stecher from an ordinary boy to the world's champion.



Einar Johanson, the clever Scandinavian grappler, possesses a development that breeds confidence with efficiency.

Baby! What ambitions we had. Tug Elliott could hit like the kick of a mule and cleaned up all the local champs in his class. We exulted that Tug would be another Jim Jeffries. Then there was Tommy Watson. As strong as a horse, and about as easy to handle on the mat as a greased tiger. Boy! We figured Frank Gotch had nothing on our talent. So we dreamed and built our castles in the air. Then the bugles blew. We heard the roll of the drum and the clarion call, and we all lined up. Hell! They told me that night that neither Tug nor Tommy came back. You see, I lost track of them when I got transferred into an Eastern Batt. Billy Trevor was the boy our talk lingered around that night. Billy was with me right up to the time he went West, poor Billy.

You know, talking of Tommy Watson brought Billy up. Trevor was a protege of Watson, and what a pride the big boy took in building up Billy! He was not a big man, only about one hundred and sixty pounds, but mighty husky, and a great mat man.

Tommy and Billy always worked out together. You could see them going through their routine with the weights first, and then wrestle for about an hour every night at the gym club. Billy was not strong to start with; all he had was ambition, but he built up into a Hercules.

Watson was specially mentioned for bravery, and I happened to see the whole shooting match. Naturally, all the boys were anxious to hear the story, as Bill was the only one among us that won anything. The rest of us remained mere "rookies."

I was always a great admirer of strength and I believe the incident that won Bill distinction was one of the greatest physical tests I ever beheld.

As I settled down in my chair, the rest of the gang gathered closely around me to listen to the story of our brave old comrade, who was a century mark any way you cared to take him.

My mind slipped back to the spring of 1918. Our outfit was supporting the Poilus on the Soissons-Chateau Thierry line. We had been in action several days without any relief and lost heavily.

On this particular day we were grimly hanging on to a line of isolated shell holes. In front of us was a broad expanse with, here and there, a few straggling trees that

had survived the hellish bombardment. We lay sticking in the mud, not daring to expose ourselves, with our eyes running along the rifle sights as an enemy form came into view.

After the heavy blasting a sullen silence that you could almost feel fell around us.

Hungry, tired out, and mud smeared, we stuck, with nothing to relieve our vision but the damnable trees that stood out like gaunt giant fingers claiming the dead, against the gray sky.

Two trees hung in ribbons, emitting a weird noise as the wind played through them. A blood-stained bandage kept attracting my sight in a maddening way, and I pulled and fingered my tunic where the buttons had been, like a fretful child. To my left was part of an old French mortar and a Poilu belt, relics of the horror-stricken days before we went over, and dug up by the recent barrage.

Our wounded lay where we had dragged them, after giving them our best possible attention. The Lieutenant and Sergeant of our outfit lay dead beside each other, and wonderingly I gazed upon their stricken faces, asking myself what it was all about, anyway.

The shadows of night began to filter over the gray sky and we waited tensed for the next move, but nothing happened. I heard a noise. Someone slithering through the mud and the mire. A hand touched me through the dark and, to my relief, a good Yankee voice spoke to me. It was Billy.

"What's the lay?" I asked him, as he laid beside me. "Listen, Dean," he whispered, "there's someone out there in that shell hole and the damned thing is leaking with water. Whoever is there is in agony, without having to contend with swimming in mud."

"How do you know there is someone there, or if he's hipped for blighty?" I asked.

"Why, I began to hear groans a while ago, and—listen! do you hear it?" he queried. "Some poor devil is out there and I'm going to bring him in." "Don't be such a danged fool," I said. "Do you want to commit suicide? Why, you'd sink knee-deep out in that bog, and to carry a man—that's impossible. A horse couldn't carry him out of that."

"I hate like hell to think of him out there, you know. Anyhow, I'm going to try."

I could see it was no use arguing with him, for he was grimly determined.

"Wait till it gets darker anyhow, Billy, and we'll cover you if Heinie gets wise," I remonstrated, to which my game side-kick agreed.

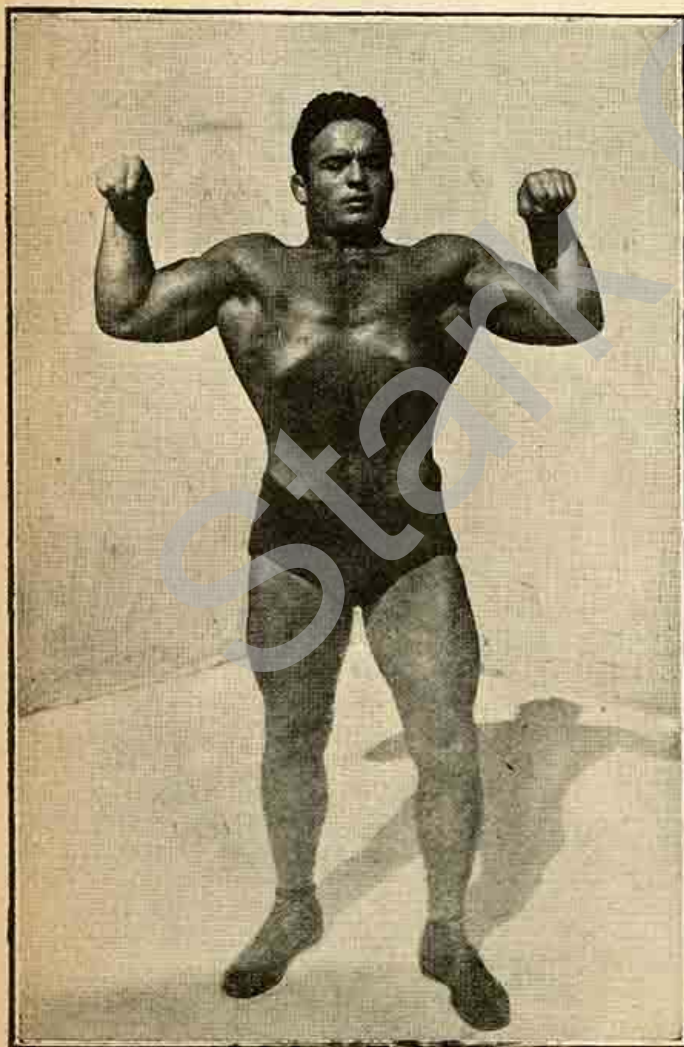
Darkness was settling quickly over us and stars began to scintillate upon the war-drenched area.

My hearing became acute as I listened for the moans of the beleaguered buddie. Ugh! As each groan came it made me shudder. Everything seemed to breathe the odor of death. To make matters worse, Fritzie was shooting rockets that lit everything up like day.

This held Billy back, and I guess our friend, the enemy, thinking all was peaceful, began to shoot the rockets at longer intervals.

Between one of these lulls, Billy slid over out of the shell hole and, plowing through the mire, wormed his way to the abandoned shell hole.

I peered over the top. (Continued on Page 88)



Jim Londos, the champion of Greek champions, has a physique capable of standing the crucial test at any time.



# Health— Strength— Beauty

(Our Girls' Circle)

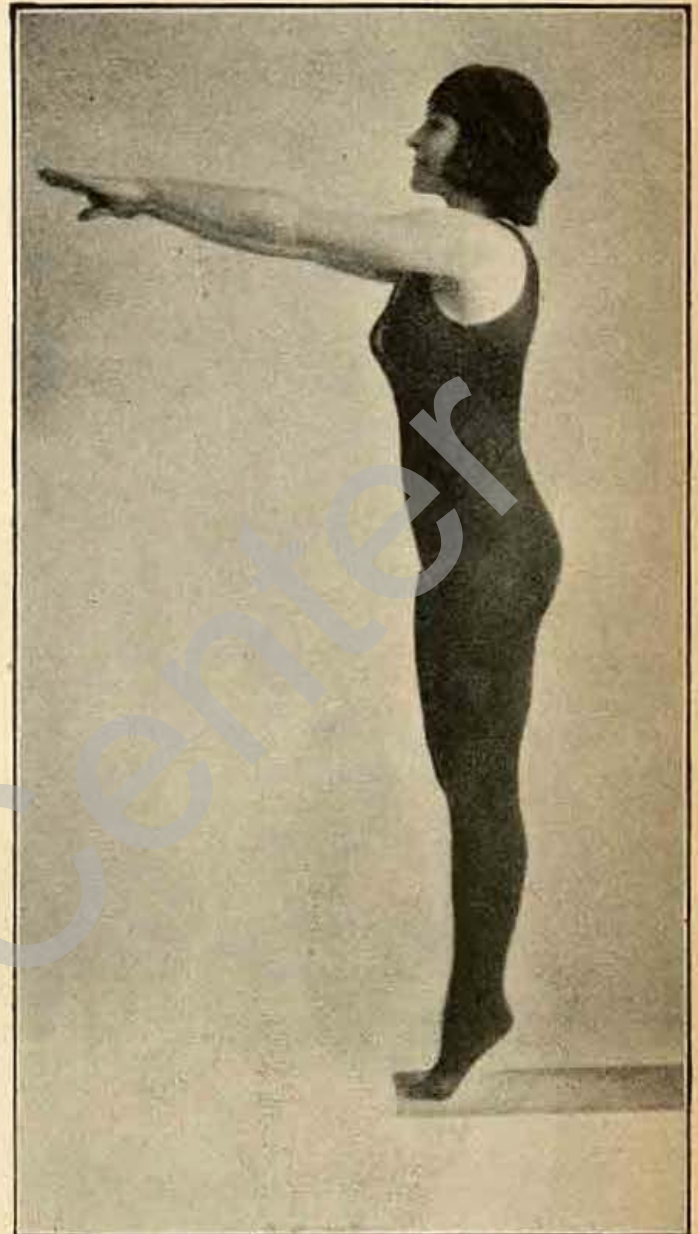
Conducted by  
*Marjorie Heathcote*

**L**ET us extend our hearty congratulations to the winners of the Well Formed Women Contest, five of which are here shown. The contest closed with the December issue, but the judges were unable to come to a final decision in time to permit me to publish the winners' pictures in January.

For lack of space we could not publish all ten winners' pictures in one issue, and next month another group will be published.

Miss Rose Heather was declared by the judges to be the ideal type of the modern athletic girl. Miss Heather's development is harmonious throughout. Seldom do we see such a well balanced form as hers. Note the beautiful slope of the back, which shows perfect neck and hip development. Many girls, who would otherwise have fairly good forms, have too much hip development, which makes the curve in their lower back too pronounced. The poise of her head also denotes proper neck and chest development. Note also the flat abdomen and firm bust—the well proportioned arms and legs. Besides, Miss Heather shows a wonderful proficiency in posing ability over the other girls, and this in itself is a gift of grace. Many girls would profit by leading an athletic life such as Miss Heather is leading.

Miss Marie Stone's original photo also showed a well balanced and strongly built form. In the acrobatic pose illustrated here she shows great flexibility of the spine and ease of movement. Miss Stone is an acrobatic toe dancer and usually the average toe dancer is scrawny—undeveloped from the waist up. Miss Stone's form, however, is uniform. Her arms and legs display the strength that she must have to perform the various intricate stunts. One of the best features of acrobatic dancing is the fact that the whole body is developed in proportion. Miss Stone also shows the ability to pose and displays her body to a better advantage than, for instance, Miss Mock, who struck a position which places her body in a light for much criticism. The most perfectly built woman in the world would hesitate in striking that attitude. Miss Mock has a wonderful form, as can be seen from some of her original poses. Her lower limbs are very well developed.



Miss Rose Heather, Catalina, Calif. Height 5 feet 2½ inches, weight 123 pounds. Neck, 12¼ inches; upper arm, 11; forearm, 9½; wrist, 6; chest, 34; bust, 36; waist, 27; hips, 36; thigh, 21½; ankle, 8; calf, 13. Miss Heather says her good health and form came from tennis, golf, surf-riding, aquaplaning, running, jumping, swimming, diving and dancing. Her favorite sport is swimming.

Altogether she has an appealing figure. She is another example of what dancing can do for you.

Miss Flora Bachofen has the swimmer's physique—full chest, broad shoulders and good legs, although her hips are a trifle over-developed. Her pose displays strength and a natural poise which comes only to the healthy, active girl. Miss Bachofen devotes much of her time to swimming.

Miss Ketton is another devotee of swimming, and recommends it highly to all those seeking health and beauty of form. Although the pose which Miss Ketton took in her photo does not show her to the best advantage, we cannot but admire her clean-cut, athletic figure and profile. She has very good arms and legs. Her legs, in the position they are, naturally look a little

heavier than they really are, although she is slightly over-developed in the hips.

The winners were awarded gold medals, handsomely made up and engraved.

Now, girls, let's get together and strive for the body beautiful. All the girls whose pictures appear on these pages have followed some athletic sport or exercise to attain their beautiful forms. Why can't you do the same? Don't envy health and a beautiful form. Determine to possess both yourself and start right away. There is no better time than the present!

Dear Miss Heathcote:

I have just read the article, "Do Stage Beauties Exercise?" in the October issue of the *STRENGTH MAGAZINE*. I am very anxious to make my body well proportioned and pleasing to look at. At one time I was the same type as Karlo, from "Aloma of the South Seas"—that was several years ago. I have now gained in weight until I am miserably out of proportion, but I have been unable to find any exercise that will reduce my thighs, the biggest part about me.

My measurements are as follows: Height 5 feet 6 inches, weight 160 pounds, neck 14, bust 36, waist  $27\frac{1}{2}$ , hips 40, thighs  $25\frac{1}{2}$ , knee 15, calf 15, ankle 9, upper arm  $10\frac{1}{2}$ , forearm  $8\frac{1}{2}$ , wrist 6 inches.

And to think two years ago I was everything I should be proportionally, with the exception of my thighs! Please do send me some exercises that you know will reduce my thighs, calves and ankles. I'll be persistent in the exercises and forever grateful to you. How long should it take me to reduce? Will you send me my correct proportions? Many thanks,

Mrs. W. B. Moore.

Miss Marie Stone. She is 5 feet  $1\frac{1}{2}$  inches tall, weighs 110 pounds, and her measurements are as follows: Neck,  $11\frac{1}{2}$ ; upper arm,  $9\frac{1}{2}$ ; forearm,  $8\frac{1}{2}$ ; wrist,  $5\frac{1}{4}$ ; chest, 30; bust,  $32\frac{1}{2}$ ; waist, 26; hips, 36; thigh, 19; knee, 14; calf,  $13\frac{1}{4}$ ; ankle,  $8\frac{1}{4}$  inches. Miss Stone owes her good health and form to dancing, horseback riding and golf, particularly to dancing, which has been her favorite pastime since she was ten years old.



Miss Eleanor Ketton. She is 5 feet 3 inches tall, weighs 130 pounds, and her measurements are as follows: Neck,  $13\frac{1}{2}$  inches; chest, 35; bust, 37; waist, 28; hips, 37; thigh,  $21\frac{1}{2}$ ; calf,  $13\frac{1}{2}$ ; ankle, 8; upper arm, 12; forearm, 10; wrist, 6 1-3 inches. Miss Ketton attributes her good health and form to swimming, skating, hiking, dancing, canoeing, fishing and camping.

I am sorry to note that you are so distressed over your gaining weight, but really I don't think you need worry too much.

Your weight should be around 140 pounds, and your measurements something like this:

Neck 14 in., chest  $31\frac{1}{2}$  in., bust 36 in., waist  $26\frac{3}{4}$  in., hips 38 in., thighs 24 in., knee  $14\frac{1}{2}$  in., calf  $14\frac{1}{2}$  in., ankle  $8\frac{1}{2}$  in., upper arm  $11\frac{1}{2}$  in., forearm  $9\frac{1}{4}$  in., wrist  $6\frac{1}{2}$  in.

I would suggest that you get busy and bring your hips down to 38 inches. You are not so overly stout in the hips, but they are very hard to reduce once you put on too much flesh. The following exercises are very effective:

Clasp hands in front of you, then bend back just half way, concentrating on the spinae erectae muscles only. Bend backward, forward and sideward, but be sure you do not bend too far back or release your hands for support, or you will lose the value of the exercise. Ten to fifteen repetitions will be sufficient at one exercising period.

Another exercise is to stand erect with hands on hips and raise the leg straight out in back, being very careful not to bend the leg at the knee. The moment you bend your knee you also lose the value of this exercise, as this prevents a contraction of the hip muscles. Ten to fifteen repetitions of this will also be sufficient at one time.

All leg raising movements are thigh exercises; but don't slight any particular phase of them. Raising the

leg as high in front, knee stiff, and as high in back as possible is splendid work for the muscles on the front and back of the thigh. Raising the legs straight out to the sides with the knees rigid and the toes pointed, helps the outside of the thigh muscles, while raising the leg and crossing it in front of the other is great for the inside of the thighs.

Rope skipping is always effective for reducing or increasing the size of the calves and ankles. Try rope skipping ten minutes every night—it is a general body developer and reducer as well as a fine exercise for the legs.

You will see that your upper arms and your lower arms and wrists are not developed. For these practice the ordinary floor dip. It will be difficult at first but with persistent practice you should get the exercise down so that you can make from ten to fifteen repetitions easily.

Keep your waist down by practicing the various bending exercises.

Balance your food properly and with the above exercises you should be able to keep your figure normal. Shun candies, pies, pastries, ice cream, sweet potatoes, cheese, rice, butter, white bread, rich meats, thick gravies and nuts. Avoid starchy foods as much as possible and all greasy foods. Anything that is fried is not good for you. Eat plenty of fruit, green salads and vegetables, olives, celery, and whole wheat bread.

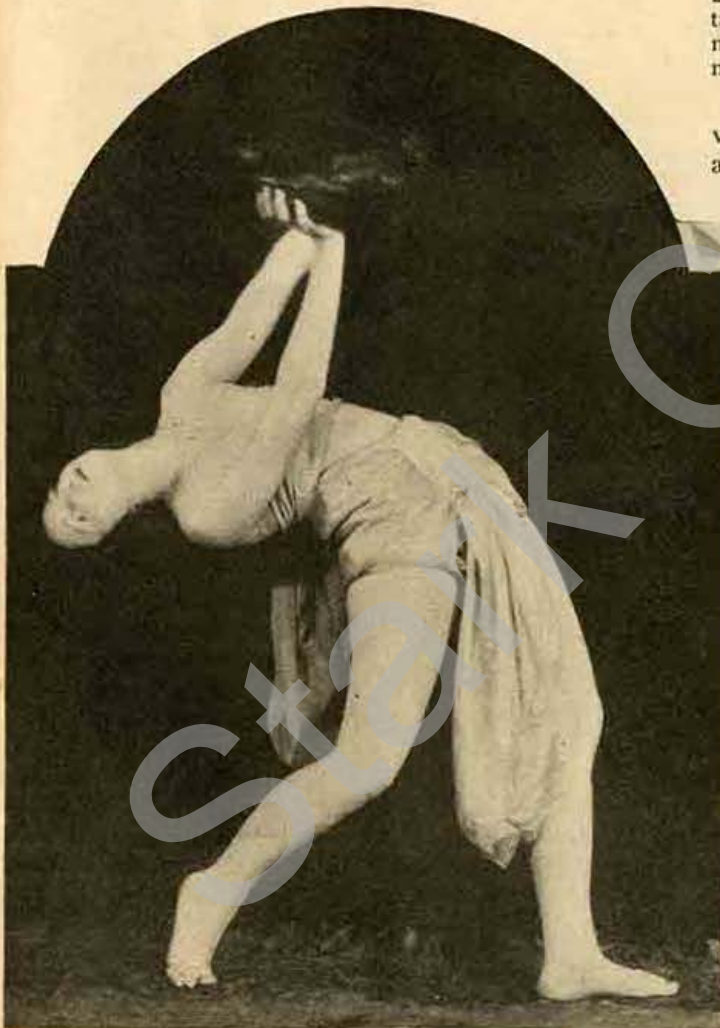
Practice the above exercises three or four times a week for a period of twenty minutes. It may take you from two to three months to get back to normal, but why give up then? That is one of the secrets of keeping in form—exercising all the time! Don't give the exercises up just as soon as you reach the above measurements—keep at them all your life if you can. After you reach your goal you can cut your exercising periods to ten minutes two or three times a week.

\* \* \* \* \*

DEAR MISS HEATHCOTE:

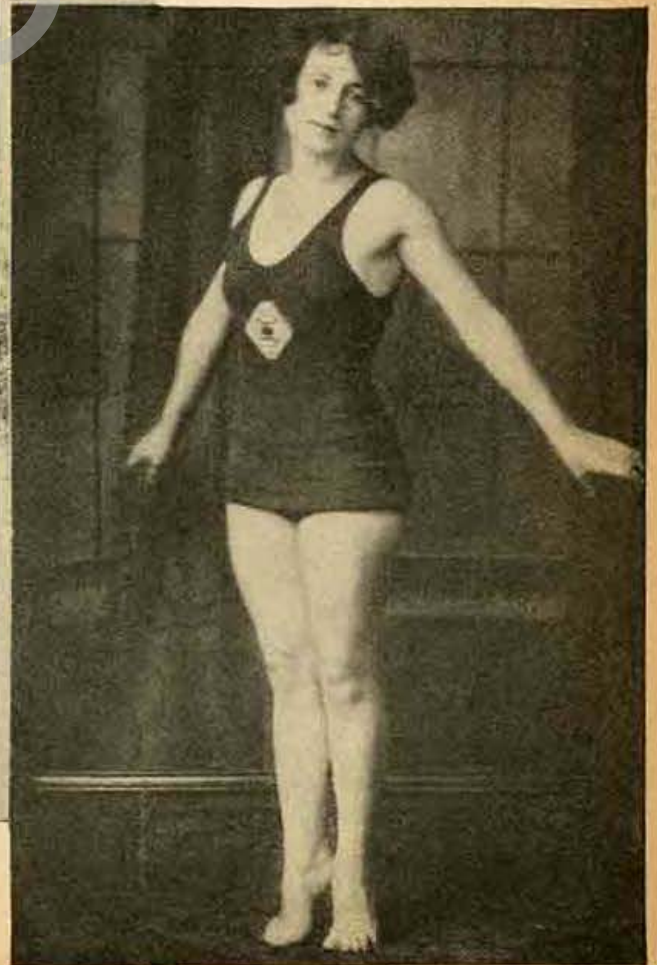
Please give me the correct measurements for a girl 5 feet 2 inches. My weight is 116 pounds. I go to a gym and take up all outdoor sports. My health is fine, but some of my friends tell me I am too stout. I don't think so. Give me your opinion.  
R. S., Chicago.

You certainly are not too stout. I judge you have a very good form. For your height you should weigh around 115 pounds, and your measurements should be: neck 12 in., chest 28 in., bust 32 in., waist 23¾ in., biceps 10 in., forearm 8¾ in., wrist 5¾ in., hips 34 in., thighs 20¾ in., calf 13 in.



Miss Marie Mock. Dancing is Miss Mock's favorite form of exercise. She has attained marvelous symmetry and agility through this form of work. Swimming is another of her favorite sports.

Left: Miss Flora Bachofen. She is 5 feet 4 inches tall, weighs 122 pounds, and her measurements are as follows: Neck, 13 inches; chest, 34; bust, 36; waist, 26; hips, 32; thigh, 20½; knee, 13½; calf, 14; ankle, 8½; upper arm, 10; forearm, 8½; wrist, 6 inches. Miss Bachofen credits her good health to lots of out-door sports, proper eating and exercise.



# The Mat

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

Conducted by George F. Jowett

## The Trapezius or Monk's Cowl Muscles

**E**DITOR of "The Mat":

I am a great mat enthusiast, and find your talks very interesting and helpful. Please tell me how to build up the trapezius muscles. I have never seen this explained.

ALFRED WARNER, New Haven, Conn.

I am glad to see so many find "The Mat" of vital help, it is encouraging to me, and for my readers' sake I am delighted to see "The Mat" becoming so successful.

Every day numerous letters come to me to answer. I am obliged to answer many of them by mail, as I could not treat all of them in "The Mat," owing to the lack of space. It would be of no

value to my "Mat" friends to be given a sketchy explanation of a great number of subjects connected with body building, which is the reason why I devote enough length to each topic that I take up to give the best possible advice.

It is admirable to see so many readers take such unusual interest in their body and general health. I look forward to all their letters, so never hesitate in writing to me to settle any of your problems. I am always delighted to be of service.

You see, fellows, I take a great interest in you all because I have been a physical culturist all my life. I have trod the same road of disappointments that you must travel, and have tasted the rewards to be gained from perseverance. To help my friends avoid all obstacles so they may profit by my experience, is something I am always eager to do. It means a lot to have a person to look to for aid who is a practical body builder. Real hearty co-operation is gotten because mutual feelings are better understood. That's why you and I are friends and "Mat" men.

I always enjoy news, letters and photos, so send them in and let's get together. And what about interesting your friends to become "Mat"

men? It is worth the effort.

Now I will commence and answer our friend Warner with his problem for this month. I wonder how many "Mat" readers ever heard the trapezius called the *Monk's Cowl*. This term was commonly used at one time to describe those muscles that compose the major part of the shoulder girdle, simply because they have the appearance of the cowl as worn by Monks. This name means



George Dembinski, left, and J. McNeughton above, give a beautiful interpretation of physical poetry.



just what the term implies "to fit over," which the muscle does—all over the shoulder girdle.

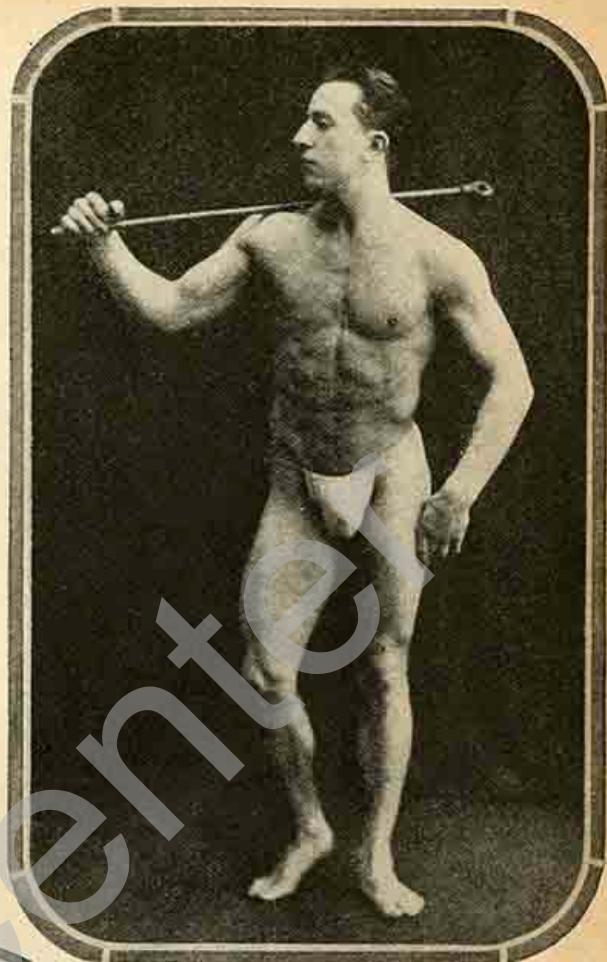
I am sure if most young men knew what a pleasing set-off was given to the shoulders and neck by the development of these muscles, they would lose no time in getting busy. The demand for collar size  $13\frac{1}{2}$  inches and 14 inches would pass away for 16 to  $16\frac{1}{2}$  inches, and the hollows in the neck would be filled up with muscle. The prominent Adams apple would also be lost in the fold of accumulated tissue.

It really is surprising to note the amount of young chaps who have hollow necks and shoulders, prominent Adam's apple and protruding shoulder blades. Some of the shoulder blades look like razor blades, that look as if any minute they are just about to cut through the coat that covers them. It is a downright shame to see such conditions exist. It is not necessary that they should exist. As a matter of fact, I believe that every young fellow is anxious to correct these unnatural conditions. When all is said, the root of the trouble is the lack of interest in one's self. Only when these conditions become very pronounced, and friends begin to pass remarks, does the individual awake to the realization of the fact that he has to get busy.

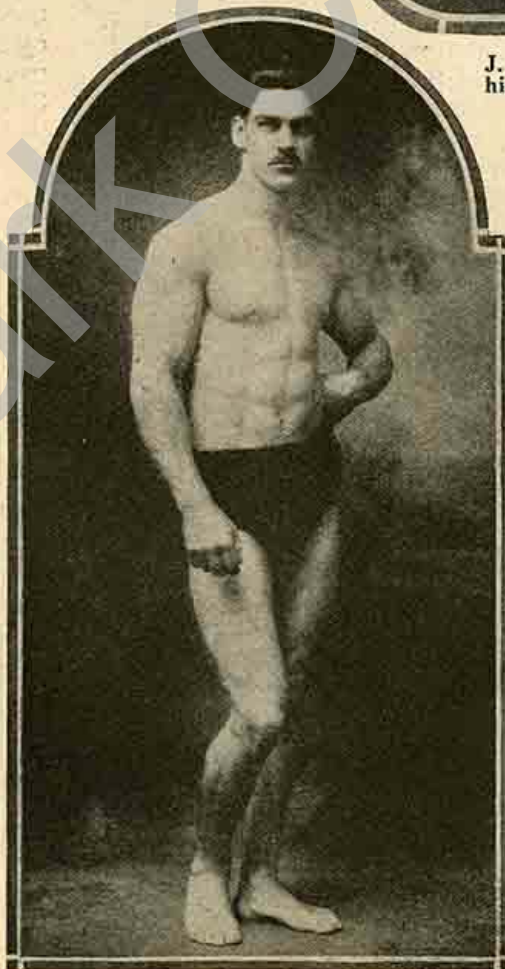
The four conditions mentioned are all due to lack of development of these trapezius muscles. With a few carefully chosen exercises anyone can secure a finely built neck and a pair of square shoulders that will draw admiration where contempt was their portion before. The trapezius muscle is quite large and of a triangular formation. It spreads its area from the occipital bone, or base of the skull, down the spine covering the sections termed as cervical to the twelfth dorsal. To be more explicit, the muscle covers the whole part of the spine, down to the lower thorax vertebrae. It is entirely a superficial muscle, and from the neck spreads over the shoulders to converge into the deltoids. The lower extremity of the trapezius overlaps a small part of the latissimus dorsi, and it is under the trapezius that the spinal erector muscles finally lose themselves.

When these muscles are contracted they cup together at the base of the neck, making quite a ledge. Clasp the hands behind the back and pull the shoulder blades together and you will see how the muscles bunch up. The same effect can be gotten by holding the arms in a straight line with the shoulders with the biceps contracted. These muscles are very powerful and are found in their fullest developed stages in athletes who practice raising heavy objects overhead.

Body builders who use concentration methods or other apparatus cannot secure enough resistance to exercise these muscles as they should. Albert Manger, of Baltimore, has very prominent trapezius, due to his wonderful



J. H. Antonsen, who attributes his Adamic form to correct exercise.

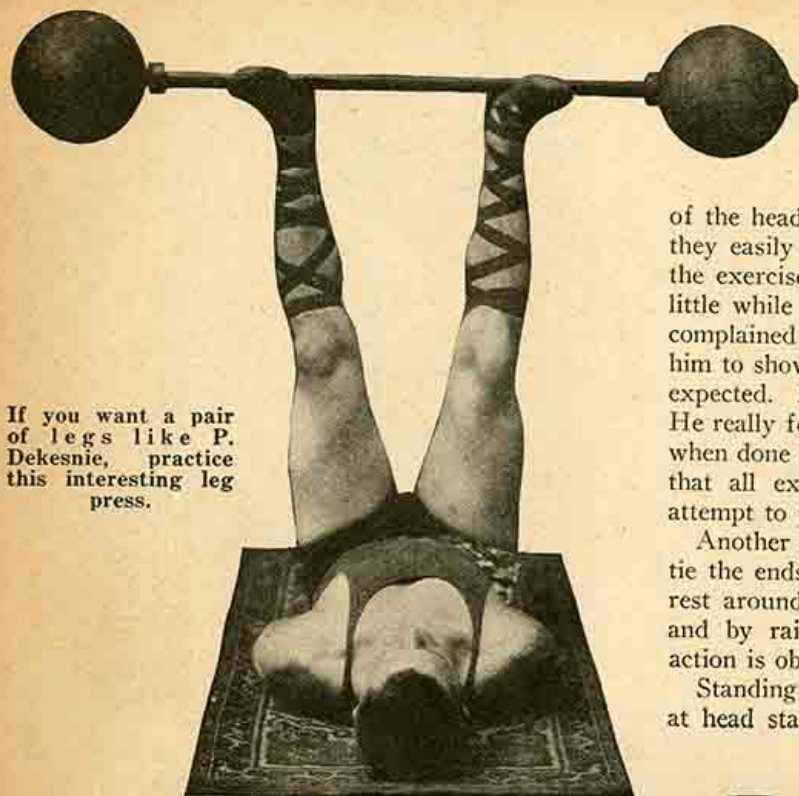


Lawrence Stone in a restful pose which accentuates his physical charm.

ability to raise heavy weights overhead. This does not mean to say that you have to be capable of raising heavy weights overhead in order to build up these muscles. That is not necessary nor altogether advisable.

There are several exercises that are very good, but a muscle culturist will find that a variation of exercises is necessary in order to build up these muscles to the limit of their capacity. The ordinary shrug exercise is very good, more so because greater weight can be handled with ease in this manner than any other. Perhaps many of my readers are not quite familiar with this exercise, so for their benefit I will explain it.

A bar bell weighing about one hundred pounds is grasped in the hands. An erect position is taken with the bell hanging at arms' length across the front of the thighs. The exercise is performed by raising the shoulders as close to the ears as possible, in



If you want a pair of legs like P. Dekesnie, practice this interesting leg press.

a shrugging movement, raising and lowering the shoulders just enough times until you are comfortably tired.

I really believe that by holding the weight hanging at arms' length behind, where the bell would be across the back of the thighs, little better results would be gotten. In this variation the back would have to be kept straight and the shoulder blades pressed tightly together, which would throw a greater resistance upon these particular muscles.

Pressing a weight to arms' length from the back of the neck is also good; while another good one is performed by taking a ten-pound dumbbell in the hand while standing perfectly erect, describe a circle slowly with the dumbbell in the hand, keeping the arm always straight.

Now these exercises will take care of the part of the muscle from the dorsal region up to the base of the neck, but for the part that covers the back of the neck up to the base of the skull, neck exercises must be done.

Some find it difficult to do the wrestler's bridge. Merely assuming a wrestler's bridge or putting a bar bell to arms' length a number of times while in that position means nothing. What is much better is to assume the wrestlers' bridge and hold a light weight of about 25 pounds at arms' length; but keep it there. Don't lower the weight. Instead, by bending the neck, lower the shoulders to the floor, and immediately press back up onto the crown of the

head without pausing for a single moment.

Most body culturists when practicing this exercise make it difficult by the impractical position they get into. They place the feet too far away so that the distance between the head and the heels is too great. Then they are unable to raise any higher than onto the back of the head. By bringing the heels close up to the buttocks they easily overcome this difficulty. Nothing is hard about the exercise, it is just the crude position one gets into. A little while ago I had a young man come in to see me who complained about the impossibility of the exercise. I asked him to show me how he was practicing it. He did, just as I expected. I adjusted his feet and he went up with no effort. He really felt ashamed to realize how ridiculously easy it was when done correctly. This brings back to me the admonition that all exercises should be carefully studied before you attempt to perform them.

Another good exercise for the neck is to take a towel and tie the ends into a kettle bell, like a sling, and let the towel rest around the head. Then bend forward from the waist and by raising and lowering the head, splendid trapezius action is obtained.

Standing on the head is good, and to those who are good at head standing, if they will allow the neck to bend over backwards, and pry back to position, they will get just that much better results from this practice.

The trapezius muscles are generally very easy to develop; they have wonderful stimulation because of their double nerve source. All the time put in developing these muscles is well repaid by the magnificent appearance that is created. Something is gained that gives distinction as well as power to the body, and the whole carriage is wonderfully improved.

The Editor of "The Mat":

I have been a reader of the *STRENGTH* Magazine for the last four years. I have taken great interest in it; in short, I am a mat enthusiast.

Here is an exercise which will fully use the strong muscles on the small of the back with the aid of a very small poundage. Place the bar bell across the shoulders behind the neck, flatten the broad of the back and exhale, at the same time stoop forward, without bending the knees, as far as possible; on coming up, inhale and arch the small of the back inwards, not outwards. This will cause these muscles to contract fully. Besides bringing into play these muscles, it will also involve the muscles on the waist and upper back.

There is another for the biceps of the legs. Place a bar bell on the ground and, kneeling down, get your heels well under the bar. Fold your arms across your chest and slowly lower your body face downward on the ground. This part of the exercise is rather hard, but the rub comes when one has to come up to the kneeling position. A little practice will strengthen the back of the thigh more than any other exercise. It can be made more strenuous by holding the weights in the hands. This will not only develop and strengthen the biceps of the leg, but will give an excellent chance to the muscles of the waist and small of the back to come into play.

I hope these two (Continued on Page 70)



The strongest boy in Germany, only 15 years of age, in a balancing act juggling his father.

**W**HEN a man or woman is actually sick it is too late for the benefits of physical exercise. Then is the time to see a doctor. For the health seeker as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

## Ask the Doctor

Department for Solving Your Health Problems

By H. H. Rubin, M.D.

### QUESTION:

Will you kindly answer me the following questions:

- (1) Is the mucus an aid to digestion?
- (2) What does itching of the nose signify—worms?
- (3) Why does sleeping on the back cause a feeling of fatigue on rising in the morning?
- (4) What is the cause and cure of Ptyalism-salivation?
- (5) Would an abnormal functioning of the thyroid gland hinder development of the neck?
- (6) Take into the mouth enough water to about half fill it. Then close the lips together and clamp the teeth tight, forcing the water through the teeth by a sort of pushing motion of the tongue. This movement causes the front of the neck above the thyroid gland to move back and forth, and if persisted in causes this section to pain. When I do this to rinse my teeth, there seems to be an augmented flow of some secretion in the throat. Can this be from the thyroid gland, and if so do you think this is over-stimulation? Can any harm result?
- (7) Do you think that the small amount of iodine contained in iodized salt would be sufficient to supply the needs of a growing boy? Is it just as good in this form as in foods?

A. V. R., New Orleans, La.

### ANSWER:

- (1) The mucus is a very great aid to digestion, inasmuch as it helps to liquefy the food, dilute it, separate its particles one from another, and facilitate the attack upon these particles by the digestive juice. It also contains ptyalin, which is a very important function of helping to transform the starch into sugar, in which form alone starch is capable of being assimilated.
- (2) Itching of the nose may signify worms, digestive trouble, improper circulation, an acid condition of the system, and numerous other things. If it bothers you very much, you better see a good doctor and let him find out exactly what the cause of it is.
- (3) Sleeping on the back causes a feeling of fatigue, because of the fact that the pressure of the lungs against the heart inhibits the functioning of the organ by putting mechanical pressure against it. Also there is a tendency, while sleeping on the back, to sleep with the mouth open. Mouth breathing produces a definite sense of fatigue because of the fact that the air entering the respiratory passage is not sufficiently warm or sufficiently moistened as it is when it passes through and over the mucous membrane of the nose or the back part of the throat.

(4) Ptyalism merely means an excessive secretion of saliva.

(5) Increased functioning power of the thyroid gland tends to make the neck thinner because the patient loses weight. Under-functioning power of the thyroid gland tends to make it thicker.

(6) This extra flow of secretion is caused by exciting the activity of the salivary gland. No harm can result.

(7) I believe that the best way to get your iodine would be from foods. However, if you live in a district in which the water is deficient in iodine, it might be well to use iodized salts.

**QUESTION:**

About two months ago, I woke up in the middle of the night with a severe pain in my heart. My heart acted queerly after that, so I went to a doctor to see what was the matter.

He listened to my heart beats with his ear-phone or whatever it is, but did not have me take off my shirt. He did not ask me to say "ah" or anything else, but just told me I was O.K.

I guess I am, but the other night I had a recurrence of the pain and it scared me considerably, so am asking your advice as to what to do. It comes about three times in succession and is very sharp and painful. Each pain lasts about two seconds.

J. E. H., San Francisco, Cal.

**ANSWER:**

I feel pretty sure that your trouble is due to an accumulation of gas in your stomach, and the pressure of the diaphragm against the heart results from this accumulation of gas. Try a teaspoonful of Bisodol in a half a glass of cold water. Repeat this in about fifteen minutes if it does not relieve you, and see if this dose does not overcome your trouble.

**QUESTION:**

My baby seems always healthy (four years old), as we give her only what we consider wholesome and natural. But she has an attack of quick breathing sickness once in every two to six months. We would give her an enema at once and no medicine for internal use and she would fast all day. The next day she plays as if she was not sick the day before.

L. P. J., Monroe, Mich.

**ANSWER:**

Your baby's trouble seems to me to be of digestive origin. The fact that she is better when you withhold food and clear out the bowels would serve to substantiate the condition. You had better ascertain if there is not some one particular food that you give which brings about these attacks. If this does not correct the condition in a short time, lose no time in seeing a good doctor.

**QUESTION:**

I should like to ask you something about my teeth. I have just been to the dentist and have had a lot of perfectly good teeth drilled out and a lot of dead cement put in their place. I want to know if there isn't any natural way to heal a cavity.

I think I read of a man who got over his dental defects by natural methods. In this article he said something about "recalcification." He underwent a process whereby his defective teeth healed up without being drilled and filled.

E. G., Ramapo, N. Y.

**ANSWER:**

I know of no method of filling a tooth except the orthodox method used by all dentists. There is no form of food that can be given that will take the place of an amalgam or a cement filling or a gold or porcelain inlay. The chap who said that must have been "spoofing."

**QUESTION:**

Is it more harmful to a girl to keep up her tennis

and basketball playing, swimming, hiking, and a strenuous daily dozen during her period, or to discontinue it? I feel better when I exercise, but my mother declares that I am ruining myself. She especially objects to my playing in basketball games at those times. What do you think about it?

N. L., Wooster, Ohio.

**ANSWER:**

Your mother is absolutely right, as most mothers usually are, about exercising strenuously. Violent exercise (and tennis and basket ball are violent exercise) has been responsible for many a case of chronic invalidism in girls who persisted in these sports while menstruating.

**QUESTION:**

I have had a constant ringing in my ears now for about two years. It began very mildly in my left ear, and after about a year or a little more it extended to my right ear. Am slightly deaf in my left ear, but my right ear is almost normal in hearing. Ringing is worse, however, in the left ear. Ear specialists tell me it is due to catarrh of the middle ear—a closing of the eustachian tubes. Is there any remedy for this affliction?

A. C. F., Pittsburgh, Pa.

**ANSWER:**

Better see an ear specialist and have him "blow out" the eustachian tubes and particularly the catarrhal condition in the middle ear. I have seen very splendid results in these conditions. Also, follow the use of "zone therapy." This consists in making direct pressure by biting of a wad of tightly rolled cloth or cotton placed at the angle of the jaw back of the last molar teeth. Strong biting pressure on this wad of cloth or cotton produces pressure in the areas corresponding to the ear and seems to stimulate physiological activity in these areas, and, in many instances, increases very remarkably the power of hearing.

**QUESTION:**

Did you ever hear of a man past forty years, and still growing? Such is the case with me, and my legs have grown three inches in the past four years. Is there any way to stop it? My legs have grown all out of proportion to my body and are still growing. Any suggestion from you along this subject will be greatly appreciated.

A Constant Reader, Salisbury, Md.

**ANSWER:**

Your condition is one of acromegalia and is caused by an abnormal growth of the functioning activity in a portion of the pituitary gland. I regret to say that there is no means, thus far known, of correcting this condition.

**QUESTION:**

What is the cause of my hands always being cold and clammy. I have been exercising for the last two years or more, and seem in good health otherwise. I also have a number of white spots around the corners of my eyes.

S. W., B. C., Canada.

**ANSWER:**

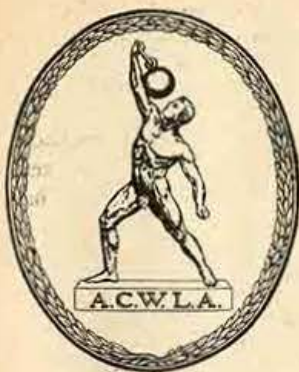
The cause of your trouble is the lack of functioning power of the adrenal gland. If you could have some Gamma Ray stimulation of the adrenals, I believe that this, together with your exercises, would cure you in a very short time.

**QUESTION:**

About seven years ago, I had my tonsils removed. While recovering I contracted pleurisy. The pain would leave me off and on for about four years, and I also had a bad cough. The pain left me about three years ago, but the cough still remains.

Recently, I took up the Milo Bar Bell system of training. Exercising with Bar Bells seems to increase my endurance and (Continued on Page 68)





# American Continental Weight Lifters' Association Notes

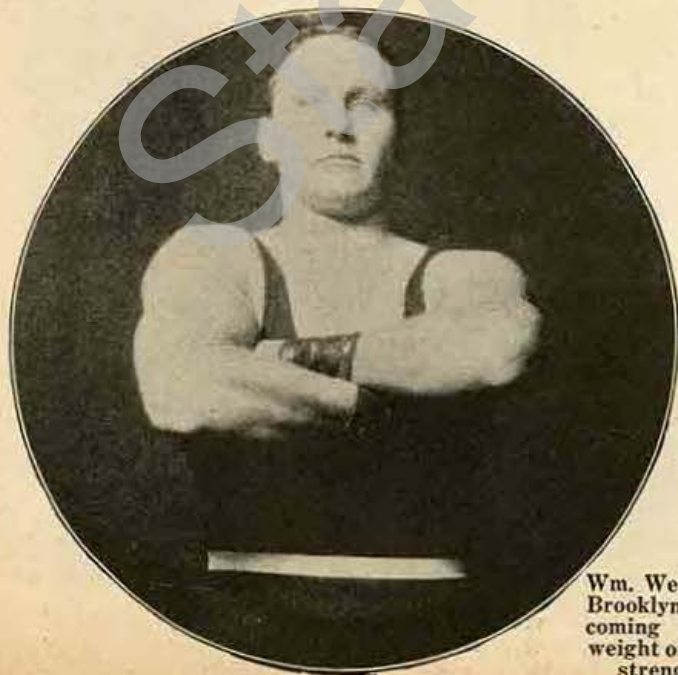
*By John Bradford*

**N**OVEMBER 7th saw another exhibition come and go. The card was strictly an amateur one, and passed off without anything sensational taking place. Two new aspirants to weight-lifting honors made their debut before the enthusiastic followers of the iron sport; namely, Harry Freeman, of Baltimore, Md., who made the lightweight class, weighing 130 lbs. stripped, but who is naturally a featherweight. He made an effort to win the A. C. W. L. A. gold medal by equalling the total in the lightweight schedule. Unfortunately, he failed by 45 pounds, scoring 912 pounds on the five lifts, against 957 pounds called for by the Association schedule. His best attempts were one-hand Military Press 79 pounds, one-hand clean and jerk 130 pounds, two-hand snatch 141 pounds, two-hand clean and jerk 196 pounds, two-hand dead lift 366 pounds. Grand total 912 pounds.

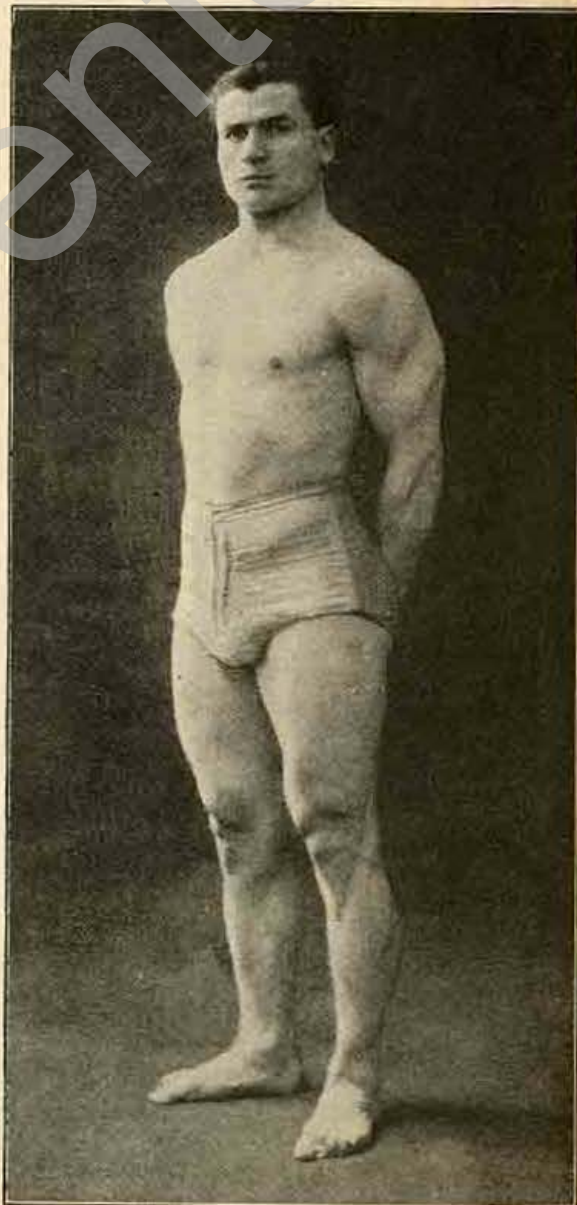
It is unfortunate that the Baltimore boy did not make his natural poundage of 125 pounds. He would very easily have won the gold medal in this class, as the scheduled total is only 840 pounds.

Readers will be interested to know that Freeman is past his 40th year, and is just taking up the weight-lifting game. He is out for the scalp of Mark Berry, but Mark says "let 'em all come." The Newark boy feels that he is capable of still holding the front place over all his competitors. But it is

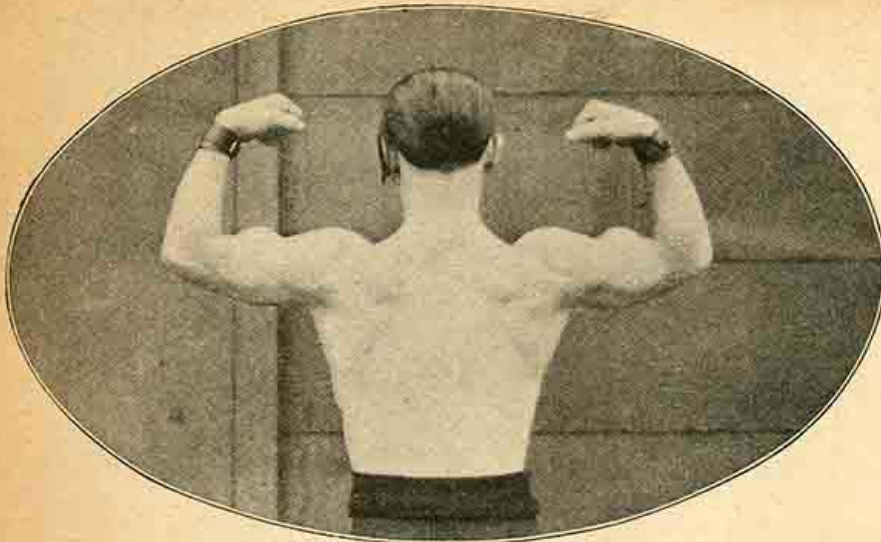
good to see competition come his way as the featherweight class sure needs it, and Berry welcomes it.



Wm. Weber, of Brooklyn, a coming heavy-weight of great strength.



Ernest Cadine, the famous Olympic star, who bowed in defeat before the greater Parisian, Rigoulot.



Mario Fontana, who is beginning to carve his-  
tory in the world of weights.

Berry was an official and spectator on this occasion, acting with John Sloan, of Spring Lake, New Jersey, as judge, with President Jowett as referee.



Chas. Rigoulot, the famous French Poilu, whose amazing feats of strength caused a sensation. Rigoulot defeated Ernest Cadine.

Our friend Bob Hoffman, national canoe champion from York, Pennsylvania, acted as master of scales, with Carlton Collier supervising the loading. Everything went off smoothly with the help of these capable officials.

Our other newcomer was also from Baltimore, and is a protege of Antone Matysek, Charles Stack, a young man in his thirties who feels the impulse of the magic metal. Scaling 145 pounds, he scored a total of 749 pounds on four lifts, making 70 pounds on the One-Hand Military Press, 142 One-hand Clean and Jerk, 191 Two-Hand Clean and Jerk, 346 pounds Two-hand Dead Lift. These are way below his limit, as he is very new and has not the right idea on the rules that govern the various lifts. His trials were merely to get accustomed to public lifting, and see how the experienced performer lifts.

If more would follow this plan they would profit considerably by the scrutiny of our president, who gladly points out the way to cor-

rect their errors when they fail on any lift through poor form, or insufficient knowledge of the rules.

Our enthusiastic friend and Association worker, Arnold Schieman, of Baltimore, made an effort to create a new record in the wrestlers' bridge. He got away neatly with 170 pounds, but could not reach the record set up by A. E. Sundberg of 175 pounds. He made an onslaught on the Press On Back without Bridge, beating the former American Record held by himself by 10 pounds, lifting 210 pounds.

The Baltimore boy is determined to beat the amateur record set up by A. A. Verge, the English ten-stone Hercules, who set up a mark of 224 pounds. We wish our Baltimore representative good luck and feel he will win at that.

Camden, New Jersey, became represented in a series of muscular and classical poses by E. Geiser. The Camden boy is doing better every time, mastering the positions and controls cleverly.

A merry little free-for-all on the wrestling canvas came along next, between Roy Smith, of Philadelphia, and W. Turner, of Royeston, Pennsylvania. They went the time limit with no falls taken and greatly amused the spectators with their tactics.

Baltimore was heavily represented on this occasion. Besides Stack, Freeman and Schieman, we had Matysek and Manger. Matysek, at 161 pounds, made a Right-



Hector DeCarrie, the fine Montrealer, who succeeded the great Louis Cyr to his title, but who has now retired.

hand Clean and Bent Press of 172 pounds, creating an American record. Then he followed with a Bent Press, using two hands to the shoulder and successfully pressed 202 pounds.

Manger made a Two-hands Clean and Military Press with 200 pounds and had no trouble with 500 pounds in the Two-hands Dead Lift. For his third lift he took the Two-hands Clean and Jerk, starting with 260 pounds which went up easy. The bell was next loaded to 276 pounds. Three times he jerked the weight to arms' length, but failed to get under it. It was ridiculous to see how easily he threw the bell to arms' length, for he never dips. All his jerks are finished with a push, but he will master the form, as he has the best instructor in the world in George F. Jowett, who is coaching him. Manger succeeded with 290 pounds during one practice, which goes to show what is in the boy. He expects to make 300 pounds, which will be a real clean lift for a 184-pound man.

William Weber finally came on and gave a demonstration of the Bent Press. Very nicely built, Weber makes an appealing subject in costume. He is anxious to make a name for himself in the Bent Press. He acts, in this lift, much like Manger does in his Two-arm Jerk, by too much pushing, but at that he works up to 245 pounds in practice. He satisfied himself with a Bent Press of 206 pounds.

In the afternoon Mr. Jowett spent quite a little time instructing the Brooklyn boy in position, to perfect his style. Weber feels quite confident that he can set up a new mark in this lift. He has something to buck up against in Joe Nordquest's amateur record of 277¼ pounds. Joe did this lift with the left hand. The amateur right-hand record is claimed by Noah Young, but is disputed by prominent Los Angeles lifters.

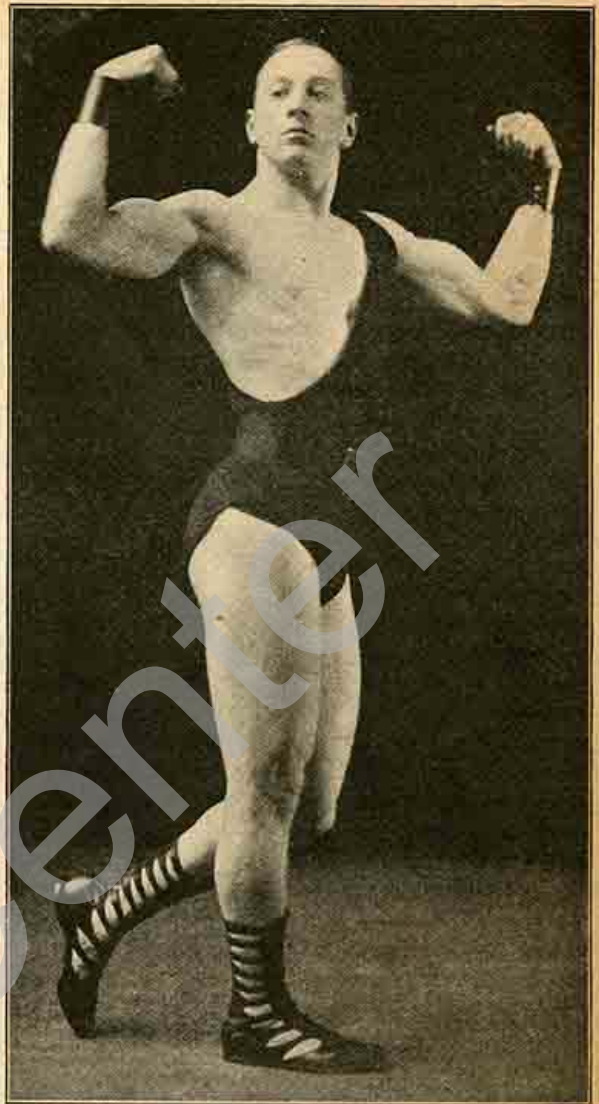
However, Weber rightfully claims that no matter whether a man does a lift with the right or left hand, he cannot claim best on the lift unless he beats the highest poundage. Some men use their left hand as others use their right, which is the case with Joe Nordquest.

Anyhow, Weber is only a light heavy-weight, weighing 180 pounds, yet his ambition is to beat the heavyweight mark.

When Charles Stack made his One-hand Clean and Jerk he used Matysek's style of the overhand grip when cleaning to the shoulder. This method is wrong and our president strongly urges any lifter who is using this method to discontinue it. It is a style never used in competition. If a person reads the rule for the One-hand Clean and Jerk he will find that the bar



Carl Moerke, the remarkable German champion, who defeated the clever Henry Steinborn.



George Dembinski, of Albany, N. Y., whose fine example and boosting has become an inspiration to many.

must receive no aid from any part of the body. When the overhand grip is used, and the bell is pulled to the shoulder, the lifter always gives the bell a hoist with the further shoulder in order to hoist the bar so he can get the bell over to the lifting shoulder.

If this style was the best, I'm sure everybody would be using it, but all the great lifters used the under-hand grip, as competition rules bar the over-hand grip because the lift cannot be made clean.

As a matter of fact the Olympic Committee have passed a rule disqualifying any attempt in this manner. Therefore, lifting aspirants should profit by this advance advice and perfect the correct style, so ably explained by Mr. Jowett in his recent lifting series.

Roy L. Smith was very unfortunate in New York recently when he made a perfect lift of 245 pounds in the Two Dumb-bells, anyhow. He had the weights fixed at arms' length, and did not notice that his feet were not together. A spectator, thinking that the referee was too slow (but who was waiting

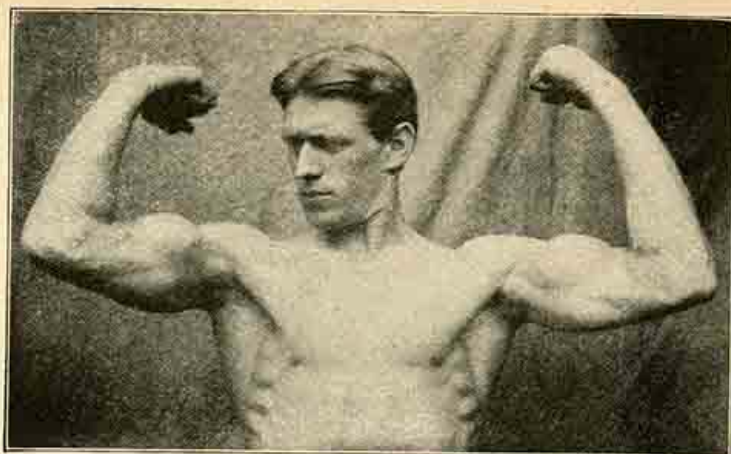
for Roy to get his feet together) counted one, two. Roy thought it was the referee and lowered the weights only to find his mistake. Unfortunately the lift could not be allowed and Roy was all in, but when the referee explained to him, he responded like a sportsman and a gentleman, and simply said "all right, another day." Mark Berry acted as referee and what Berry passes you can bet is right. He is every bit as strict as President Jowett.

There is a great need for competent referees, as the request from members to perform records and lift in competition has become so great that it is necessary to have capable referees officiate.

Unqualified referees are apt to make mistakes unintentionally, which makes it bad all around. The lifter gets the idea he is doing a lift correctly and practices that way, only to be disqualified later on.

Any persons desiring to qualify should write to me and I will forward the questionnaire to them. As a matter of fact we will not accept records unless a qualified referee holding the A. C. W. L. A. card officiates.

Mark Berry, Newark, N. J.; Frank Dennis, Birdsboro,



Clark Waddell, of Pittsburgh, a famous old-timer who has come back. A bent press man of extraordinary ability.

Penna.; M. N. Campbell, New Orleans, La., and A. E. Sundberg, Mayger, Oregon, all successfully passed their referee test. There are a great many undergoing this test at present whom we have not yet heard from.

Just as a matter of test I am reciting a few of the questions asked in the referee test:

*What are the size requirements of bars and discs for the various lifts?*

*State the cause for disqualification on the five lifts of the current year and the three Olympic lifts?*

*How many officials are required to supervise a competition, contest, or record performance?*

*If there be any dispute on a lift, what ruling would you demand in order to make the lift satisfactory?*

*In a dispute with judges, is the referee's decision final?*

*In the snatch and swing lifts, should the final stage be finished with a press, and is the knee or hand allowed to touch the floor?*

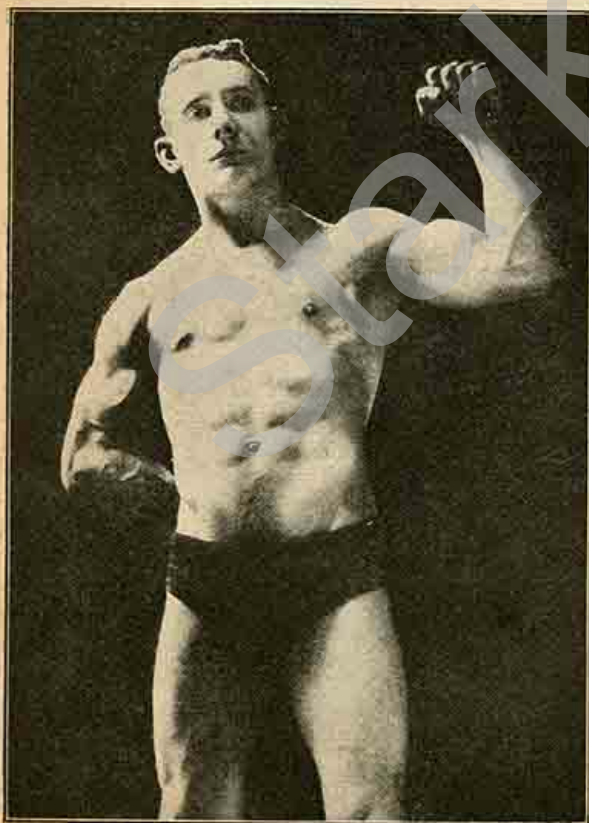
Look them over. How would you answer them?

On the surface they look easy, but so far no applicant has answered them correctly. Just to rush to the rule book to look for the answer is far from sufficient. That part you are expected to know. What a referee positively decides is the unwritten law, which makes the examination a genuine mental test. Not only this, but it goes to bring a general enlightenment on the sport that will ultimately make lifters more familiar with the rules and conditions to be observed in the sport of weight lifting.

We have just recently inaugurated the gold seal official stamp to be attached to all certificates. This makes the certificate a beautiful piece of work. We owe the design to our enthusiastic friend, Vice-President David P. Willoughby, of Los Angeles, who is a splendid artist. He put much time and patience into the task as a labor of love, and presented it to the Association. The certificates make a beautiful picture to adorn a den wall, and become a lasting testimony to the lifter's qualification.

I remember out in a section of the West, they had a slogan which was a common salutation. Terse and snappy, it emphasized the West more than any other slogan I ever heard. "Git there"—just two words. But what a world of meaning they convey. With a slogan that could be accepted by us all, and with the push to "Git there" we could more satisfactorily secure the results that we have set forward as our objective. Many of our enthusiastic workers are interesting influential people in their locality to help make their exhibitions successful. Their persistence has borne fruit in many localities so well that many centers that never saw a *strength show* have enthusiastically witnessed some.

By the time these lines are printed, Harrisburg, New York, Philadelphia, Pittsburgh, New Orleans and Baltimore will have marched a little farther ahead. Each city named, promoting a *strength show*, will have brought out new talent besides converting more followers to the cause. (Continued on Page 74)



Wm. Caswell, one of the old brigade who was famous twenty-five years ago. A fine "clean" lifter and handler of 56-lb. block weights.

# An Old Battle Refought

How Fitzsimmons, the Master Fighter,  
Defeated Sailor Tom Sharkey

*By William J. Boone*

**I**T SEEMS that all we old timers have left is the privilege of living the old scenes again, and reviewing some of the great battles that thrill us to the core just as much today as the actual scrap did twenty-five years ago. These great episodes are equally as fascinating to the younger set, who never fail to show a profound interest when listening in.

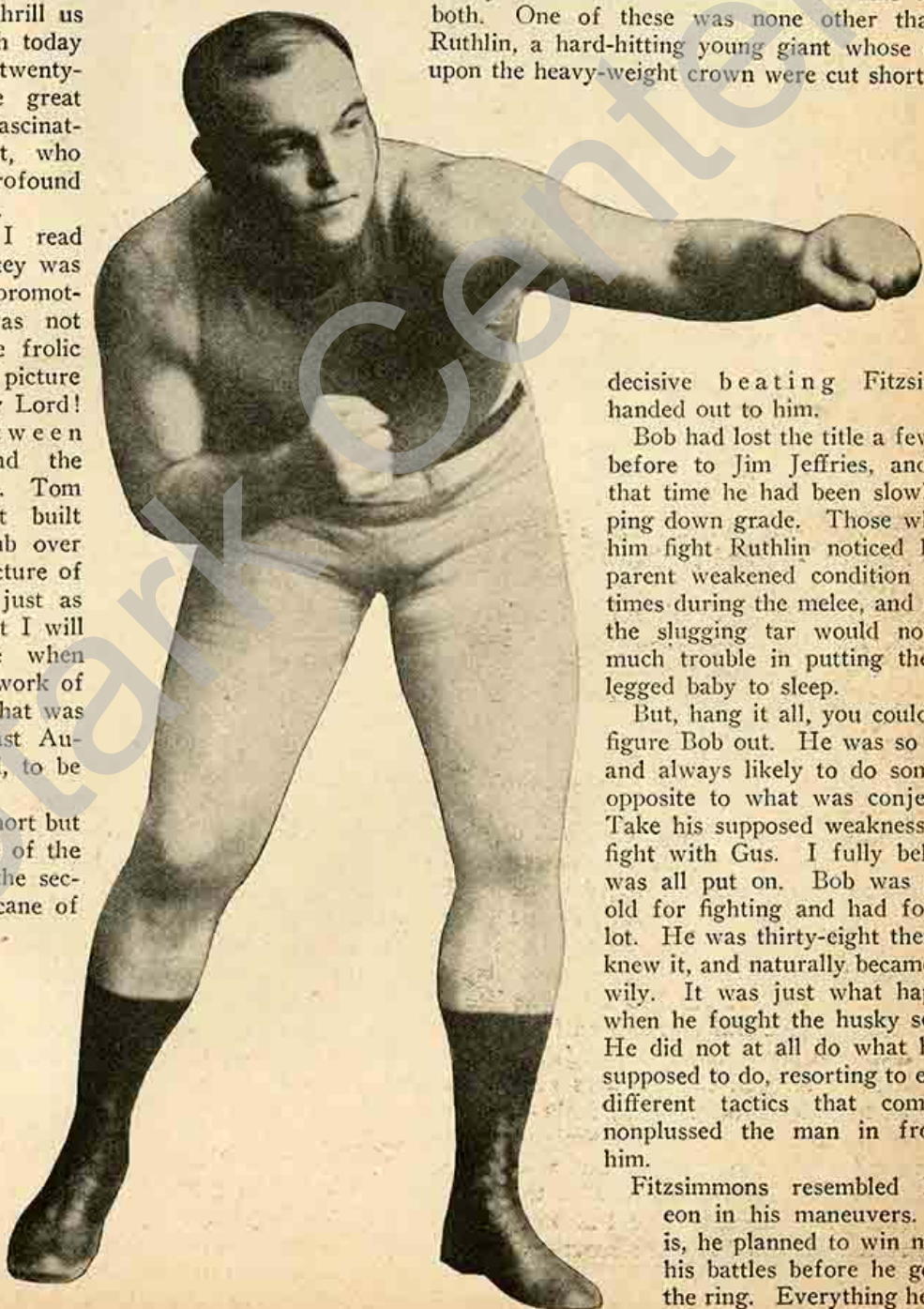
A little while ago, I read where Sailor Tom Sharkey was taking an active part in promoting fights, and still was not behind in having a little frolic with the mitts. I saw a picture of him sparring; but, my Lord! what a difference between Sharkey of today and the Sharkey of yesterday. Tom was one of the finest built mixers I ever saw climb over the ropes. He was a picture of muscle and shape, and just as rugged as he looked; but I will never forget the time when freaky Fitz made short work of him at Coney Island. That was twenty-five years ago last August, on the twenty-third, to be exact.

It was a battle royal, short but sweet, that saw the pride of the Navy sink to defeat in the second spasm, with a hurricane of blows that swept the deck clean, and gave the crafty, game Cornishman another lease of life in the fight fan's circle.

Unlike the boxers of today old Bob was always ready to fight.

Jim Jeffries, the Iron Man of the ring, and the only one to stop old Fitz when he was in his prime.

That was his preferred form of training. Within an interval of only one week the old pug had fought two sturdy battlers and administered curtains to them both. One of these was none other than Gus Ruthlin, a hard-hitting young giant whose designs upon the heavy-weight crown were cut short by the

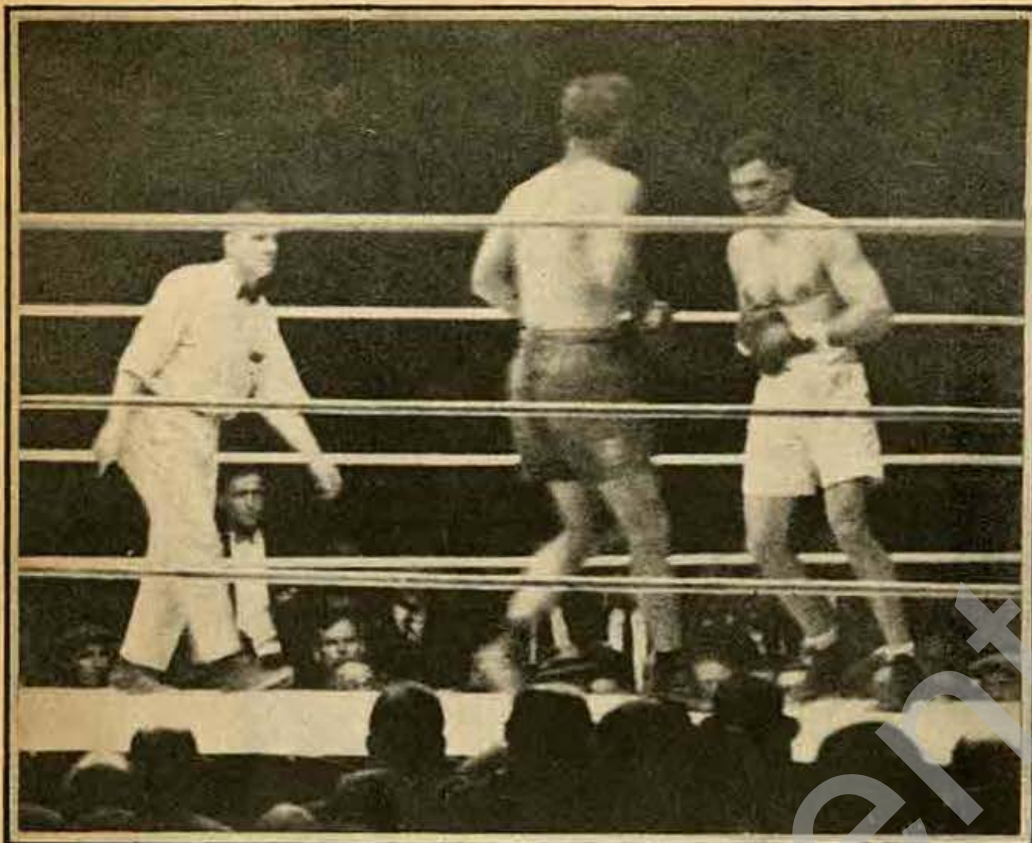


decisive beating Fitzsimmons handed out to him.

Bob had lost the title a few years before to Jim Jeffries, and from that time he had been slowly slipping down grade. Those who saw him fight Ruthlin noticed his apparent weakened condition several times during the melee, and figured the slugging tar would not have much trouble in putting the long-legged baby to sleep.

But, hang it all, you could never figure Bob out. He was so crafty, and always likely to do something opposite to what was conjectured. Take his supposed weakness in his fight with Gus. I fully believe it was all put on. Bob was getting old for fighting and had fought a lot. He was thirty-eight then. He knew it, and naturally became more wily. It was just what happened when he fought the husky seaman. He did not at all do what he was supposed to do, resorting to entirely different tactics that completely nonplussed the man in front of him.

Fitzsimmons resembled Napoleon in his maneuvers. That is, he planned to win most of his battles before he got to the ring. Everything he could



Dempsey in this action picture shows the same resolute determination to win, that characterized the Old Master.

do to bring discomfiture to his opponent he did. On the occasion of his fight with Sharkey, he had Sharkey worked up long before the first blow was struck. The old fox knew it, too. He kept Sharkey waiting in his corner for nearly half an hour, where Tom fumed and swore all dire things, and predicted an ambulance for his lanky foe.

The crowd was with Sharkey heart and soul, and hoots, hisses and groans filled the air incessantly. Strange as this may sound, the fact that all the rooting was for the husky sailor helped Fitz in securing the psychological effect he desired upon his opponent. Sailor Tom became demonstrative in his effort to please the mob, and by the time his man appeared he was quivering with rage.

The storm of derision that greeted Bob didn't worry him, he just grinned as he surveyed the crowd. Espying Jeffries at the ring side, he leaned over and shouted in a stage voice, "I got my whack before I came on." The wily one concluded the short speech with a sly, long-drawn, tantalizing wink.

From the sound of the bell Fitz was complete master of the situation. He slid and slipped in and out in a terribly disconcerting fashion. Short jabs and straight lefts stabbed in through the seaman's guard wherever he thought fit to land them. Ruby Robert fought in a way never seen before. His precise timing and effective "fade away" made the spectators rub their eyes in amazement. They could hardly realize that this wonderful fighting machine was the old man of the squared circle that newspapers had been scouting as scrapped from his days of ring usefulness.

Jeffries and Ruthlin both watched the battle from ring-side seats in astonishment. But coolly and deliber-

ately Fitzsimmons encompassed his opponent's destruction in a methodical fashion.

The early stages of the first round saw Sharkey carrying the fight to spider legs' corner. Fighting with all his viciousness he seemed determined to mix things. He succeeded in landing a couple of sockers on Fitz that appeared to make him groggy and rattled. Whether this was just supposition or not, I do not know, but I believe he was only fooling the salt-water man, as he decidedly did later on in a very noticeable manner. However, he hung on in a clinch until he was sufficiently recuperated, and with a series of straight lefts, he held the sailor at arms' length.

Sharkey bored in like a wild thing, swinging his arms in every direction, like flails, with absolutely no sense of direction. Guard he had none. He simply relied upon his aggressive tactics to carry all before him, hoping that his blows would either batter the bald-headed scrapper into exhaustion or land an effective blow on some vulnerable place.

During a mix-up at close quarters, Sharkey threw Fitz to the floor and fell on top of him. When Bob regained his feet he feigned grogginess to perfection. Sharkey thought he had him, but his eagerness to polish off the old man ensnared him. He tore in only to miss the elusive form when the bell rang, closing the first round.

The vigorous seaman could not restrain himself. Hardly had the bell sounded for the second round when Sharkey leaped from his corner intent on taking advantage of the supposed weakened condition of the old battler. But he was met with a terrific punch in the midriff that steadied his fiery aggression. What followed carried every spectator off his feet and stupefied the Naval hero.

Fitzsimmons became electrified into action and covered Sharkey, like a tent, with a fusillade of blows. The sailor tried to slug back, but he could not land, and the deadly accuracy of the Cornishman's blows made Sharkey stagger.

A short sharp jolt that spun him around crashed to Tom's jaw with a snap like a pistol. He tried to rush Bob, but a carefully measured left uppercut brought Sharkey to the canvas in a heap.

He stayed down for a count of nine, and as he staggered to his feet his eyes showed the glaze of defeat. Like a hypnotized being, he staggered towards Fitzsimmons to be met by a straight (Continued on Page 87)

# Strength Posing Contest

Help us Find the Most Perfectly Formed Man.

## Contest Editor

**A**BOUT a year ago STRENGTH MAGAZINE ran a posing contest. The response from lovers of the body beautiful far exceeded our anticipation, to such an extent that I have decided to run another contest at the first possible opportunity.

I have a definite object in mind at the present time, which is to try and find out what type of manhood the admirers of the body beautiful consider to be the best, irrespective of tradition or what has always been considered as popular opinion, and no matter what experts have said is the right or wrong type. I want to find out whether the physical culturists of today agree with me in my definition of sculptor form, that has such wonderful examples as Staff Sergt. Moss, S. Klein and L. H. Cunningham, or if they lean to the Apollo type in preference to Theodorus, or if the grotesque form of the Farnese Hercules is preferred.

### Prize

For the winner of the first prize, we are offering a handsome loving cup of suitable design with the inscription of the contest upon it, and the winner's name. In the event of two competitors receiving the same amount of votes through the postal ballot, we shall present each party with a similar loving cup to designate their dual win. To all entrants, other than the winner, whose pose we will publish in STRENGTH MAGAZINE after the contest has been concluded, one year's subscription to STRENGTH will be given as an appreciation of their efforts, and we expect to publish a great many. This contest is *not* open to any man who has won a place in

any other previous posing contest, or to any person on the STRENGTH Staff.

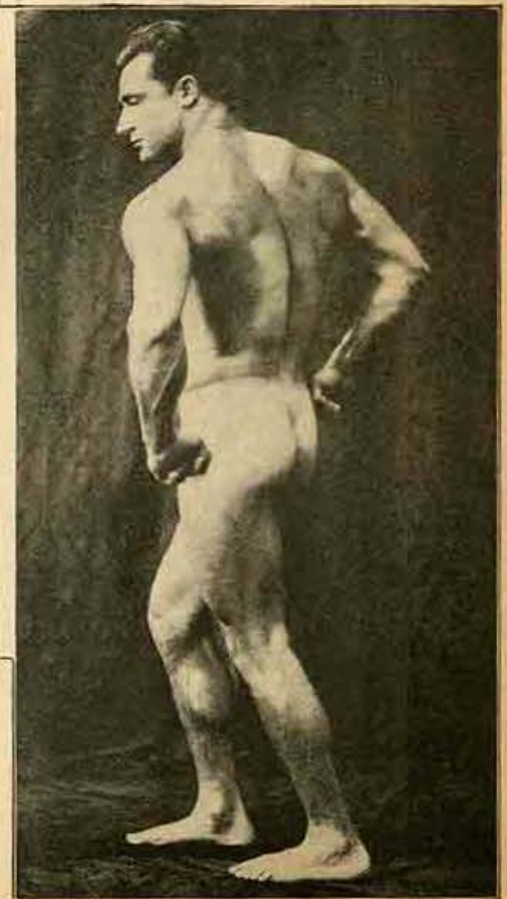
### Every Strength Subscriber Can Vote

One pose of each and every entrant will be exhibited in the pages of STRENGTH to vote on. The first batch of poses will be published in the March issue, when voting will commence. That will be left entirely in the hands of our readers. A reader who renews his subscription before the date of the first showing, or during the exhibit of contestants' poses will be entitled to two votes. Upon receipt of renewal, and request for additional vote, and when the ballots are all in, they will be counted before several notable witnesses, when the highest total of ballots to one name shall decide the winner.

It will be all-round development and the quality of the pose that will count, and it will be impossible for any



Above—George F. Jowett, first prize winner, Chicago, 1923. To the right—Charles Atlas, first prize winner, New York, 1922. Two prize-winning examples of the body beautiful. Will you be next?



favoritism to be shown. It does not matter whose pupil it is who wins. It is the reader's ballot that will count.

The closing date of the contest will be the 20th of April. No photos will be accepted after that date for contest. The poses must all be full length and no smaller ones than six by four will be accepted. The contestant can send in as many poses as he wishes and the best one will be accepted. A poseur's trunk should be worn in preference to a jock strap, or ordinary trunks. Of course the poseur can wear any of the three.

The poseur should study his position carefully, displaying the muscles of the body to their best advantage and at the same time adopt an artistic attitude that will give the body a distinctive appeal.

The body culturist will find this branch of body culture as fascinating as muscle building. The enthusiast is introduced into the classic study of sculpture and the artist's model. This branch has always been greatly

neglected, which should not be, for there is nothing so beautiful as a photographic history of your career.

A person can take a pride in his collection, especially if they are beautifully posed. They have a distinctive appeal all of their own. A body builder creates a greater interest in his exercises that spurs him onward.

Learn to cultivate your bodily position from the sculptor's and artist's standpoint as well as to cultivate your muscles. You get more out of it.

Now everybody enroll. It is free to all. No matter how little or how much experience you have had in posing, you stand a chance if you just cultivate the artistic temperament that is in you.

#### It is Free

You merely send your poses along, with your full name and address, and address to "The Editor of



L. H. Cunningham, first prize winner of STRENGTH POSING CONTEST of 1925, with his trophy. Who will win in 1926?



**Strength Posing Competition, 2741 N. Palethorp Street, Philadelphia, Penna.,"** and on receipt of same we will forward to each entrant the rules to observe, with special advice that will help to make his opportunities of winning better.

No information will be supplied where a photo does not accompany the inquiry, or if coupon is sent, for entrance into the competition, without being filled in. This Contest is now on! Send in your photos!

#### *Strength Posing Competition*

Dear Sir:—

Please accept my name as an entrant into the Strength Posing Competition that is absolutely free from any entrance fee. Enclosed are my poses.

Name .....

Street .....

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



# Don't Pay Me a Cent If I Can't Give You a *Magnetic Personality* -5 Days FREE Proof!



NO matter how lacking you are in qualities of leadership, no matter how colorless, timid, unsuccessful and discouraged you may be, I GUARANTEE to so magnetize your personality that your whole life will be completely transformed!

I can give you poise that banishes self-consciousness, charm that makes you irresistibly popular, personal power that will indelibly influence the minds of others and amaze your friends.

I'll make you a fascinating force in social life, a powerful, dynamic, commanding figure in your profession. You'll become more popular, more prosperous, more gloriously successful than you ever dreamed possible!

Let me send you the proof—absolutely free! If within 5 days you do not experience a decided change in your personality, if you do not find yourself making new friends with ease, if you do not discover yourself already on the way to social popularity, business success and personal leadership—just say so. Tell me my principle of personal magnetism can't do every single thing that I said it would do. And you won't owe me one penny!

## What is Personal Magnetism

What is this marvelous force that raises the sick to glowing, vibrant health, the timid to a new confident personality, the unsuccessful to positions of wealth and astonishing power?

You have it—everyone has it—but not one person in a thousand knows how to use it! It is not a fad nor a theory. It is simply you, yourself—your manner—your own marvelous

personal force, released and magnified a hundred fold in an amazingly clear-as-crystal, scientific way! More necessary than good looks. More valuable than money. For without it a salesman is handcuffed! Without it a business man is powerless to command! No actor, no teacher, no

orator, no statesman can long hold his audience spellbound without this supremely influential magnetic force!

Personal Magnetism! How easy to release it! How wonderful its results! No long study or inconvenience. Not the slightest self-denial. Just a simple, clear, age-old principle that taps the vast thought and power resources within you, releases the full sweep of your magnetic potentialities and makes you almost a new person from what you were before!

Personal Magnetism is not hypnotism. Hypnotism deadens. Magnetism awakens, inspires, uplifts. Personal Magnetism is not electricity. It is like electricity in one way—while you cannot see it, you can observe its startling effects. For the moment you release your Personal Magnetism you feel a new surge of power within you. You lose all fear. You gain complete self-confidence. You become almost overnight the confident, dominant, successful personality you were intended to be—so fascinating that people are drawn to you as irresistibly as steel is drawn to a magnet!

## The Facts Are Free

The fundamental principles of Personal Magnetism have been put into an extra large volume under the title of "The Cultivation of Personal Magnetism." It is bound in beautiful dark burgundy, with



## What Is Sex Magnetism?

What is that magnetic, powerful influence that draws one man to one woman—forever, irresistibly? What is that strange, never-failing spark that awakens love? What is it, in man or woman, that seems to draw and fascinate—the hypnotic power that no one can resist? You have it. Everyone has it. But do you use it?

the title gold embossed. Its scope is as broad as life itself. "Fires of Magnetism," "Sex Influences," "The Magnetic Voice," "Physical Magnetism," "The Magnetic Eye," "The Road to Power" and "The Winning Personality" are only a few of the subjects covered in this amazing book. A magnificent book that tells you just how to cultivate the magnetic influence of your nature.

You can sway and control others. You can command success. You can influence people to do things you want them to do. Through this amazing book you gain the key to a magnetic personality in 5 days—or you don't pay one penny. That is my free offer to you!

## Send Coupon Today

You must see this wonderful volume—examine it—let it influence indelibly your own personality. You send no money with the coupon—you pay no C. O. D. You get the book first. If you aren't stirred and delighted in the 5 days' period, return it and it costs you nothing. Otherwise keep it as your own and remit \$3 in full payment. You are the sole judge. You do not pay unless you are absolutely delighted. And then only \$3.

You simply can't delay. Clip and mail the coupon NOW.

## Ralston University Press

Dept. 66B, MERIDEN, CONN.  
RALSTON UNIVERSITY PRESS,  
Dept. 66B, Meriden, Conn.

All right—I'll be the judge. You may send me the volume "Cultivation of Personal Magnetism" for 5 days' FREE EXAMINATION in my home. Within the 5 days I will either remit the special low price of only \$3.00 or return the book without cost or obligation.

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

## What Others Say!

"Has been worth ten thousand dollars a year."

"I am indebted to Shaftesbury for all that I am in this world."

"All I have I owe to my daily habit of studying Shaftesbury."

"I am glad that I dared to buy the books."

"The Personal Magnetism books have raised me from poverty to my present position."

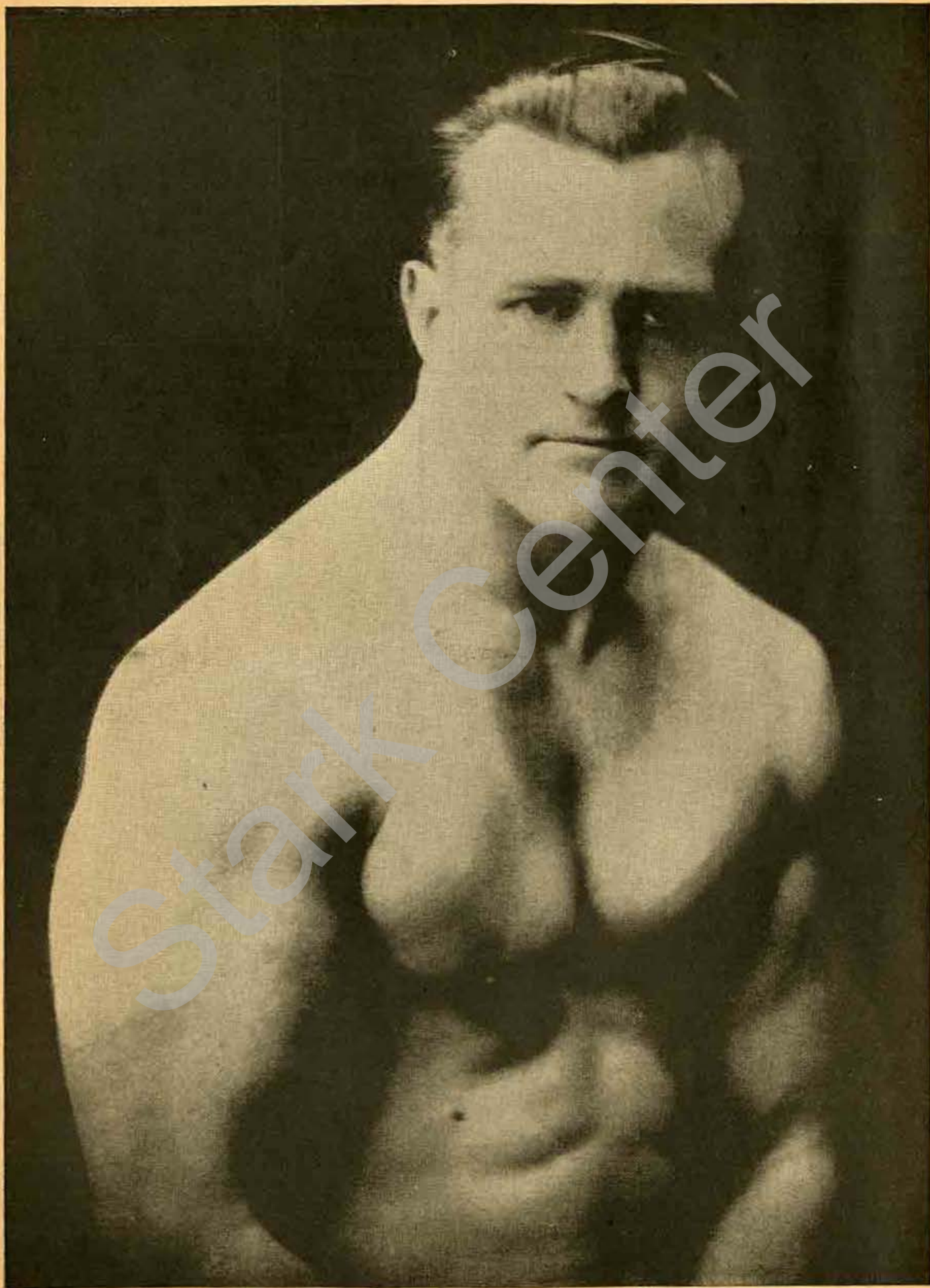
"There is nothing better."

"I would not part with them for any sum of money."

"One of the greatest books I have ever seen—the greatest in existence."

"Made me a success—financially, socially and morally."

"I would not give up what Shaftesbury has taught me for \$100,000."



**EARLE E. LIEDERMAN**  
"The Muscle Builder"

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

# If You Were DYING TO-NIGHT

and I offered something that would give you ten years more to live, would you take it? You'd grab it. Well, fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. Tomorrow or any day, some disease will get you and if you have not equipped yourself to fight it off, you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance.

## A Re-built Man

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow stronger. That's what I like. It's fun to me because I know I can do it and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you, both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs. The kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.

## All I Ask Is Ninety Days

Who says it takes years to get in shape? Show me the man who makes any such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old backbone. And from then on, just watch 'em grow. At the end of thirty days you won't know yourself. Your whole body will take on an entirely different appearance. But you've only started. Now comes the real work. I've only built my foundation. I want just 60 days more; (90 in all) and you'll make those friends of yours who think they're strong look like something the cat dragged in.

## A Real Man

When I'm through with you you're a real man. The kind that can prove it. You will be able to do things you had thought impossible. And the beauty of it is you keep on going. Your deep, full chest breathes in rich, pure air, stimulating your blood and making you just bubble over with vim and vitality. Your huge, square shoulders and your massive muscular arm have that craving for the exercise of a regular he-man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

This is no idle prattle, fellows. If you doubt me, make me prove it. Go ahead, I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come, then, for time flies, and every day counts. Let this very day be the beginning of new life to you.

Send For My New  
64 Page Book -

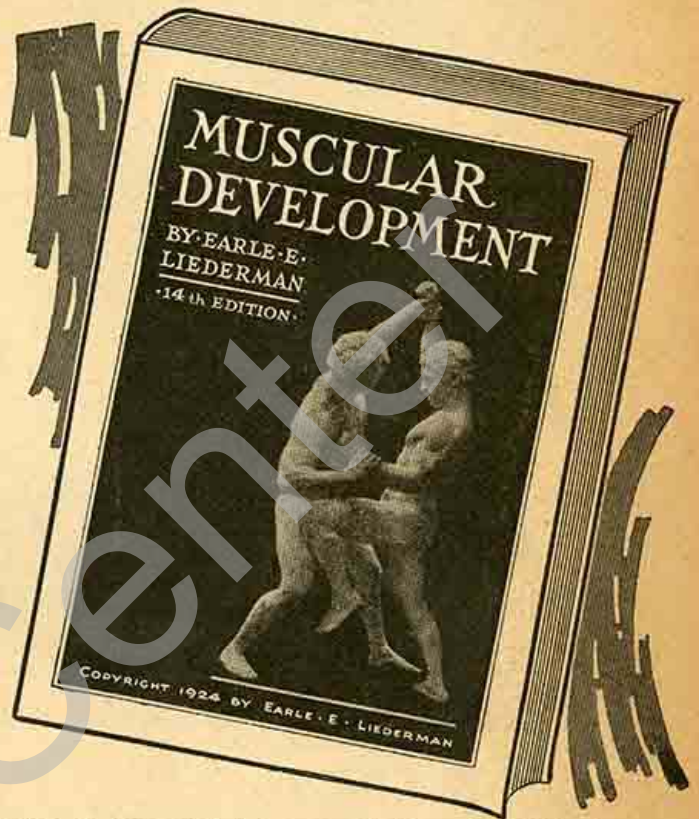
# "Muscular Development"

IT IS FREE

It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. I want you to have it absolutely free. No strings attached to it. This will not obligate you at all, but for the sake of your future health and happiness do not put it off. Send today—right now before you turn this page.

**EARLE E. LIEDERMAN**

305 Broadway Dept. 702 New York City



It  
Is  
F  
R  
E  
E

DON'T  
SEND ONE  
PENNY

YOUR  
NAME  
AND  
ADDRESS  
ON A  
POSTAL  
WILL DO

EARLE E. LIEDERMAN, Dept. 702  
305 Broadway, New York City.

Dear Sir:—Please send me, absolutely free and without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name .....  
(Please write or print PLAINLY)

Address .....

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

## How to Pose for Professional Artists

(Continued from page 32)



### "I'm going to raise his salary"

"I've had my eye on him for some time and I know he can handle bigger work."

"He studies those I.C.S. textbooks every chance he gets, and I want to tell you it has made him a valuable man for this business."

"I'm going to raise his salary and give him that new job we were talking about. I wish we had more men like him."

How do you stand when your employer checks up his men for promotion? Does he pass you by as just a routine worker, or does he think of you as a man who is ambitious to get ahead? Won't you be far more likely to get the promotion if he knows you are studying at home and are really preparing yourself to handle bigger work?

Think it over. Then act. It takes only a moment to mark and mail the coupon and find what the International Correspondence Schools can do for you, yet that one simple little step may be the means of changing your whole life. "Do it now."

#### INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 2387-C, Scranton, Penna.  
Oldest and largest correspondence schools in the world

Without cost, please tell me how I can qualify for the position or in the subject before which I have marked an X:

- | BUSINESS TRAINING COURSES                               |   |
|---|---|
| <input type="checkbox"/> Business Management            | <input type="checkbox"/> Salesmanship           |
| <input type="checkbox"/> Industrial Management          | <input type="checkbox"/> Advertising            |
| <input type="checkbox"/> Personnel Organization         | <input type="checkbox"/> Better Letters         |
| <input type="checkbox"/> Traffic Management             | <input type="checkbox"/> Show Card Lettering    |
| <input type="checkbox"/> Business Law                   | <input type="checkbox"/> Stenography and Typing |
| <input type="checkbox"/> Banking and Banking Law        | <input type="checkbox"/> Business English       |
| <input type="checkbox"/> Accountancy (including C.P.A.) | <input type="checkbox"/> Civil Service          |
| <input type="checkbox"/> Nicholson Cost Accounting      | <input type="checkbox"/> Railway Mail Clerk     |
| <input type="checkbox"/> Bookkeeping                    | <input type="checkbox"/> Common School Subjects |
| <input type="checkbox"/> Private Secretary              | <input type="checkbox"/> High School Subjects   |
| <input type="checkbox"/> Spanish                        | <input type="checkbox"/> French                 |
| <input type="checkbox"/> French                         | <input type="checkbox"/> Illustrating           |

#### TECHNICAL AND INDUSTRIAL COURSES

- |   |  |
|---|--|
| <input type="checkbox"/> Electrical Engineering | <input type="checkbox"/> Architect               |
| <input type="checkbox"/> Electric Lighting      | <input type="checkbox"/> Architects' Blueprints  |
| <input type="checkbox"/> Mechanical Engineer    | <input type="checkbox"/> Contractor and Builder  |
| <input type="checkbox"/> Mechanical Draftsman   | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice  | <input type="checkbox"/> Concrete Builder        |
| <input type="checkbox"/> Railroad Positions     | <input type="checkbox"/> Structural Engineer     |
| <input type="checkbox"/> Gas Engine Operating   | <input type="checkbox"/> Chemistry               |
| <input type="checkbox"/> Civil Engineer         | <input type="checkbox"/> Automobile Work         |
| <input type="checkbox"/> Surveying and Mapping  | <input type="checkbox"/> Airplane Engines        |
| <input type="checkbox"/> Metallurgy             | <input type="checkbox"/> Agriculture and Poultry |
| <input type="checkbox"/> Steam Engineering      | <input type="checkbox"/> Radio                   |
| <input type="checkbox"/> Radio                  | <input type="checkbox"/> Mathematics             |

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

Occupation.....  
If you reside in Canada, send this coupon to the International Correspondence Schools Canadian Limited, Montreal

**DONALD BARTON'S**

**KEY**

Opens the door to your real self

**THROUGH MIND AND BODY CULTURE TO WEALTH—LOVE—VITALITY—BEAUTY**

Donald Barton, Director of Physical Training of a great Canadian University, now offers to the public his fully demonstrated and secret FREE BOOK

Send Now!

**"KEY TO THE NEW LIFE"**

Here at last is the easy way to get the things you want—the open door to Beauty, Charm, Vigor, Health, Wealth, Prosperity!

**Easy to Get Out of the Rut!**

Anyone can understand and apply the simple but scientific Barton System. Physical and mental disorders vanish. After the first session in Barton mind and body culture you begin to be the glorious, happy, vital person that is really you. Write now for our free book "How To Have What You Want."

**BARTON INSTITUTE**  
Toronto, Canada Dept. 2M32

guard their reputations. Therefore, they leave as little to imagination as possible, whereas other artists on small work can afford to work mostly from imagination.

Of course, it would be possible for a thin-legged model to wear several pairs of woolen stockings if several pairs were on hand. But then he might not be able to get the footwear of the colonial days on his feet. This all reminds me of the spindle-legged golfer in knickers who was being followed around the course by his wife and a lady friend. As the ladies stood off to the side, while the thin-legged husband was making a long drive, the friend said to the wife, "Wouldn't your husband look better with two pairs of stockings on?" "Oh! No," exclaimed the wife, "He has three pairs on now."

So the fact remains that if you want to be considered a real good model (and what's the use of trying to be any other kind) you must give considerable thought to your physique if you haven't a good one already. And remember that any one, unless an invalid, can improve their body and health by the right methods of physical training. This is done by beginning with exercises of a very elementary nature and gradually increasing the strenuousness of the exercises as your strength and health improves.

I will try to give you a few rules which will enable you to take better poses and protect yourself from impossible poses, both for appearance and the question of holding them comfortably. A few of these rules I mentioned in the last issue of STRENGTH. If you will study the illustrations and their captions, you will get a clearer idea of what I am teaching you.

One of the rules of posing is to assume poses that produce graceful sweeping lines. Of course, one's physique has a lot to do with the beauty of lines. Some physiques are beautiful in almost any pose. Others have decidedly good and bad angles.

On top of the foregoing rule comes the one which says that you should not get into a cramped position if you want to depict graceful poses. Remember that I am referring to posing for art schools, students, or any other type of artist or photographer who simply wants the most graceful pose you are capable of, and I am not referring to the artist who has something definite in mind that he wants you to impersonate for him, in which case you may get a cramped pose.

The result of posing with the legs and arms in the same positions, is usually an unsightly pose. Very rarely is a good pose obtained by letting both arms hang to the sides. A very good physique can weather a pose of this kind, but it is generally called too common.

Of course, good posing is a matter of judgment. You must be able to feel that this or that pose is good or bad, as

the case might be. After a little experience, you will be able to feel whether you are taking an awkward or graceful pose. This comes with a little training and a little practice before your mirror.

Take a pose and then see what changes improve or destroy its grace. Place the arms in various positions and turn the head in different directions, also the shoulders. That is the best way to learn what ruins a pose and what makes it desirable.

Other rules, for your own comfort, are: Don't pose with the hands (either one or two) behind the head, over the head, or out to the sides. One hand behind the head is more difficult than two because with two you can interlace the fingers and thereby keep each arm from dropping down, whereas in the other case the single hand slips off the head. Don't forget that any pose, no matter how difficult, is all right for ten or fifteen minute poses. But in classes where the poses are held for twenty or twenty-five minutes, and the same pose is used for weeks, it is then a different matter.

A kneeling position, either on one or both knees, is to be avoided for long periods. Even with a cushion under the knee or knees, this pose soon becomes uncomfortable. Don't hold a kneeling pose without a cushion or thick pad for any length of time, regardless of how short, unless it's to be only 2 or 3 minutes.

A slight turn of the shoulders, twisting of the upper body at the waist is not uncomfortable, but extreme twisting at the waist is.

The beginner, in his or her eagerness to make good, should not overdo any pose. That is to say do not make it too violent in action and position. Artists like this all right, but as you pose you will gradually relax and then what the artist started to get is all wrong.

Many a beginner has been fooled by a "reclining pose." Many poses of this type are very difficult to hold long. This also holds good for seated positions on the floor or dais. There are lots of easy poses reclining, sitting and standing. Learn to know them from the others as soon as possible. You will probably realize that poses in which you are compelled to bend backward or lean forward at the waist are tiresome. Avoid them if possible.

Always suggest a pose that is supported by both legs as much as possible. In poses where the weight is all on one foot and the toes of the other foot are merely used to steady the body, you will find difficulty. It is very hard to hold a steady pose of this kind.

There are a lot of young men who have practised muscle control and physical training who, upon posing for the first time, are tempted to give muscle poses in which the muscles are held contracted. Sometimes the artists like this, but generally they don't.

(Continued on page 68)

# Will You Take These Men's Word For It?



**\$700 in 24 Days** "Thanks to you, I made \$700 in 24 days in Radio," says F. G. McNabb, 1418 Spring St. Atlanta, Ga. "I recommend your training everywhere."



**\$1000 a Month** John Jirnee, 1133 Fourth Avenue, Astoria, L.I., now earning \$12,000 a year, recommends Cooke Training. He says, "It alone is responsible for my success."

**These Four, and Thousands of other Men earning \$70 to \$200 a Week, Recommend This Training to You!**

**START NOW Be an**

## ELECTRICAL EXPERT

**LEARN to EARN**

**\$3,500 to \$10,000 a Year!**

Don't you keep on working for only \$25 or \$35 a week. Get into Electricity. Thousands of Cooke Trained Men who knew nothing about it a short time ago are now earning \$70 to \$200 a week as Electrical Experts—and they don't work half as hard as you do. Why stick to your small pay job? Why stick to a line of work that offers no chance—no promotion—no big pay? Get into the world's greatest business. Electricity needs you. I'll show you how to do it. Get ready for the big pay job now.

**Electrical Experts Are In Big Demand**

Even ordinary electricians—the "screw driver" kind—are making big money, but trained men—Electrical Experts who get the top salaries—are needed more now than ever before. Thousands of Cooke Trained Men easily earn \$3,500 to \$10,000 a year. That's the kind of a job you want—where you can plan and boss and supervise the work of others or go into business for yourself. Get started towards one of these big-pay jobs now. Learn to earn \$70 to \$200 a week—you can do it with Cooke Training—recommended by more than ten thousand successful graduates. Just mail the coupon below.

**Age or Lack of Experience Bars No One**

You don't need experience. You don't have to be a College man. You don't have to be even a high school graduate. As Chief Engineer of this big two million dollar institution which does a general Consulting Engineering Business besides operating one of world's greatest Training Schools, I know just what training you need to make a big success in electricity. Let me give you that training with my simplified, complete home course—the world famous "Cooke Training"—built on my own 20 years of engineering experience with the help of nearly 50 other engineers. Learn to earn \$70 to \$200 a week—only spare time needed.

**Employment Service—No Extra Charge**

I will train you for a big pay job and then help you get it without extra charge. Hundreds of Employers look to me for the electrical men they hire. Last year I placed over one thousand men at big raises in pay. Hundreds of others were promoted by their employers through the help of my Vocational Service and other hundreds went into business for themselves with the help of my special Business Training. Mail Coupon for big free book which explains this service and fourteen other features, many of which can't be had anywhere else.

**My Training Pays For Itself**

You can start earning extra money a few weeks after you start my training. I give you special instruction for doing simple electrical jobs in your spare time—show you how to get these jobs and tell you what to charge. Many of my students make as high as \$25 a week extra this way while studying. My course more than pays its own way.

**Your Satisfaction Guaranteed**

I am so sure I can make you a big success in Electricity, just like I have done for the men whose pictures you see here, that thousands of others who now boost my training, that I will guarantee your satisfaction with a signed, money-back guarantee bond. If my training doesn't satisfy you after you have finished, you get back every penny you pay me. A two million dollar institution stands back of this guarantee.

**Get Started Now—Mail Coupon**

Get my big free book—"The Vital Facts about Electricity." Read about the success of hundreds of other men—men who recommend this training and whose names and addresses are given in my book. Get the real dope about your opportunities in Electricity. See how easy it is to get started on the road to jobs that pay \$70 to \$200 a week. Don't deny yourself this chance to make big money. Get the facts now—Mail Coupon at once for facts and my guarantee.

**L. L. COOKE, Chief Engineer  
CHICAGO ENGINEERING WORKS, Inc.  
Dept. 1192  
2150 Lawrence Ave.  
Chicago, Illinois**



**L. L. COOKE, Chief Engineer**, who has trained thousands of men for Big-Pay Jobs in Electricity.

**ENGINEERS' ASSOCIATION ENDORSES COOKE TRAINING**

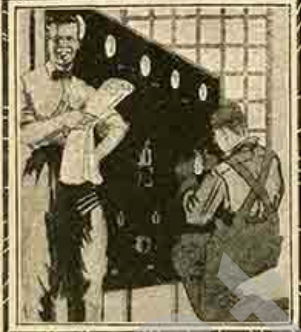
The American Association of Engineers, with 15,000 College and Practical Engineer Members, has approved Cooke training and the C.E.W. 100%. Their printed and publicly distributed report of their investigation is the only endorsement of a school they have ever issued. Full details of this endorsement sent with my free book.

**L. L. COOKE, Chief Engineer,  
CHICAGO ENGINEERING WORKS,  
Dept. 1192  
2150 Lawrence Ave., Chicago, Illinois**

Send me at once, without obligation, your big illustrated book and complete details of your Home Study Course in Electricity, including your outfit and employment service offer.



**\$9,000 a Year** Auto Electricity pays W. E. Ponce, Albany, Ore., over \$9,000 a year, 68 men enrolled for this training on his recommendation.



**\$125 a Week** "Depend on me as a booster," says A. Schreck, Phoenix, Arizona. "I make over \$500 a month. Your advertisement started me to success."

**5 WONDERFUL WORKING OUTFITS—Given without extra charge!**

- 1 LABORATORY AND EXPERIMENTAL OUTFIT.** Complete material for interesting experiments.
- 2 BELL AND ALARM OUTFIT.** Electrical apparatus, material and tools—a complete installation kit.
- 3 ELECTRIC LIGHTING OUTFIT.** Switches, Wire, Lights, etc.—everything needed to make up all complicated electric lighting circuits.
- 4 ELECTRIC POWER OUTFIT.** The Famous "Cooke" Motor and other apparatus. Not a toy but a real, honest-to-goodness workable machine.
- 5 TRANSFORMER OUTFIT.** Complete parts for building and winding this widely used equipment.



Name.....

Address.....

Occupation.....

The 'Cooke' Trained Man, is the 'Big Pay' Man!

"I aint"  
 "He don't"  
 "It's me!"  
 "You was?"  
 "Can't hardly"



## What Are YOUR Mistakes in English?

*They may offend others as much as these offend you*

IF some one you met for the first time made the mistakes in English shown above, what would you think of him? Would he inspire your respect? Would you be inclined to make a friend of him? Would you care to introduce him to others as a close friend of yours?

These errors are easy for you to see. Perhaps, however, you make other mistakes which offend other persons as much as these would offend you. How do you know that you do not mispronounce certain words; are you always sure that the things you say and write are grammatically correct? To you they may seem correct; but others may know they are wrong.

Unfortunately, people will not correct you when you make mistakes; all they do is to make a mental reservation about you. "He is ignorant and uncultured," they think. So you really have no way of telling when your English offends others.

### FREE Book on English and 15-Minute Test

Sherwin Cody, perhaps the foremost teacher of English in the country, has prepared a simple 15-minute English test which you can take in your own home. This test, with the answers which will also be sent, tells you at once just where you stand. You can discover at a glance whether you make even slight errors. Give yourself this test. If you are efficient in English, it will give you greater confidence; if you are deficient, you surely want to know it, so that you can correct your mistakes.

Mr. Cody's remarkable new invention, the 100% Self-Correcting Method, has already improved the English of more than 41,000 people. No useless rules, no tedious copying, no hard study. Only 15 minutes a day required. You learn by creating the HABIT of using correct English. Nothing like Mr. Cody's method has ever been used before!

You do not want others to judge you unfairly. Write today for this test—it is free. We will also gladly mail you our new free book, "How to Speak and Write Masterly English." Merely mail the coupon or a postal card.

Sherwin Cody School of English  
 752 Searle Building Rochester, N. Y.

Sherwin Cody School of English  
 752 Searle Building, Rochester, N. Y.

Please send me your Free Book "How to Speak and Write Masterly English," and also Mr. Cody's 15-minute test in English.

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

## How to Pose for Professional Artists

(Continued from page 66)

Besides, the person who tries to hold a pose of muscular tension for any length of time has a lesson to learn, and he won't be long in learning it either.

You will see in Figure 8 a pose that is to be avoided if possible in the lengthy school and academy posing sessions. In this Figure 8, the right knee is bent too much. This pose would begin to feel uncomfortable after about ten minutes of posing. But if this pose were held with the right knee much straighter than shown in the illustration, then you would have a pose that

would be easy.

Of course, posing is more or less an individual proposition; that is, a pose that is easy for one model may be difficult or tiresome for another. Therefore, there is a lot you will have to learn from experience. Nevertheless, you will find the few rules I have given you worth heeding.

You might remember that when the body weight, or part of it, is supported on a bony part of the body or limbs, such as the knees, elbows, etc., the pose soon becomes uncomfortable.

## Ask the Doctor

(Continued from Page 54)

give me strength.

I am also bothered with gas on my stomach and slight constipation. My bowels move once a day—in the morning.

I have bran, fruit, oranges, milk and whole wheat toast for breakfast. For dinner I have whole wheat bread, vegetables, milk, potatoes, and sometimes fruit, such as a baked apple. For supper I have a raw carrot, or some vegetable or soup, bread, milk and sometimes fruit. Should I revise my diet?

Could you advise me what causes my cough, and how to get rid of it?

C. E. C., Cannon Falls, Minn.

ANSWER:

Would urge you to see a good doctor and make sure you have no tubercular lung. Your exercise with the Bar Bells is very good for you in helping to develop your chest and your breathing capacity and give you increased power of endurance.

However, your diet, in my opinion, is absolutely wrong. This is the cause of digestive troubles, your fermentation and your constipation. You should have plenty of eggs and meat at least once a day, preferably in the form of rare roast beef, steak or mutton chops.

QUESTION:

I am fifteen years of age and am troubled with bed wetting which is very disagreeable. I have been taking exercises for some time now and seem to be strong and healthy otherwise. This also bothers me in the daytime. I have tried different kinds of medicine, but have found no relief. It seems to bother me the most when I am cold.

W. J. B., Mansfield, Pa.

ANSWER:

The quickest way to get rid of bed wetting is to take Belladonna or Ergot. However, as these are potent and powerful remedies, you had better see a good doctor and let him prescribe them for you.

QUESTION:

I have been told that with apples and oranges, the acid is made alkaline in the body. Will you please advise me what foods—fruits, vegetables, berries, nuts—will promote alkalinity?

J. E. W.

ANSWER:

The acid of apples is not changed into alkaline. Lemon, lime, oranges, and grapefruit, on the contrary, do tend to

increase the alkalinity by reason of the alkaline mineral salt contained in them.

In addition, would suggest that you eat all the spinach, lettuce, carrots, cole slaw, cauliflower and every green type vegetable that you can get. Berries and nuts, however, tend to produce acidity.

QUESTION:

Will you kindly advise me if there is any way of removing superfluous hair from the upper part of my body, permanently, except with the electric needle? The growth is not very thick.

E. W., Ione, Washington.

ANSWER:

There are many depilatories on the market, the best of most of these is Barriun. The Marinello Co., of Chicago, Ill., I think, manufactures a hair remover that seems to give very splendid results.

QUESTION:

I would like to get your advice concerning my grandmother who is 76 years old. For years she has been suffering with what the doctors around here call "gall-stone cramps." She is also subject to rheumatism. Any advice you can give me on this subject will be appreciated.

E. J., Pen Argyl, Pa.

ANSWER:

Gall-stone cramps, together with the gall-stones that cause it, are very frequently relieved by five-grain tablets of Sodium Sultrinate three times a day before meals followed by a glass of water. This also tends to relieve the rheumatism. You might ask your doctor about this.

QUESTION:

I would like to have you tell me what is the matter with my heart. There has been a pain there for about a month. It doesn't hurt much when my body is still, but when I lift my arms or lift something heavy it pains. I have been boxing much of late and wonder if a flow, or over-exercise could be the cause. If you could help me with some information I would be very thankful.

H. L. B.,

ANSWER:

I have seen several patients who were troubled much as you are troubled, as the result of a blow received. Would suggest that you have some good doctor look you over very carefully, as this condition may develop to very serious complications at times.

# Extra Heavily Tensioned

## FIVE and TEN CABLE

# Progressive Exercisers

At Prices of \$3.00 and \$5.00 Respectively



Let me start you on my personal system of muscle training and I'll very shortly make you into the type of man you'd like to be. You'll notice substantial improvements from the first day. I will put a he-man's chest under your chin. I will actually envelope you with muscle—both inside and outside. The first 4-weeks' training will astonish you. In 12 weeks you will look, feel and be like an entirely different man.

You can't beat my course and cable exerciser at any price.

**One of the Greatest Muscle Building Courses the World Ever Produced**

Just Fill In the Coupon Below and Mail TO ME With \$3.00 or \$5.00 and **LET'S GO!**

Jack Sandow  
Room S-2  
Federal Life Building  
Michigan Ave. and Randolph St.  
Chicago, Illinois

Please find enclosed { \$3.00 for your 5-cable Exerciser and 12-weeks' course  
\$5.00 for your 10-cable Exerciser and 12-weeks' course

Name .....

Address .....

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

If I could talk to you face to face, I am positive I could convince you in short order, and you would be so impressed that you would not be satisfied until your desire for a better body had been realized.

Come on then! Let's get started, for time is fleeting and every day counts!

**Its a 12-weeks' Course and It's FREE**

I give you, free, the most complete course you ever laid your eyes on. And, Oh boy! isn't the expander set a great exerciser? And just think of the price—it's hardly a price at all. A few dollars are all that are needed to bring you this great 5 or 10-cable progressive exerciser and my FREE personal 12-weeks' course.

A few minutes a day for 3 months is all that is required. \$3.00 or \$5.00 is all it costs you or ever will cost you if you get the right system at the start.

**Wish You Had Muscles Like That Fellow's?  
Wish You Had His Pep, Strength and Ability?**

The new strength, pep, vigor and muscles that I will put into and on each and every part of your being will be the biggest money's worth you ever bought in your life—there is nothing else worth near as much to every man and woman as the power and enjoyment that comes from physical health and strength.

**Show Me That You Are Made Of Real Stuff**

I wish you were here in Chicago with me so I could slap you on the back and say, "That's the boy—Let's you and I go."

Take up your pen—not tomorrow but this instant, before this slips your mind—and fill in the coupon below, which gives you the advantage of this wonderful offer. I am going to keep tabs on the mail for your order.

**I Am a Builder of Strong and Muscular Men—Try Me  
My Apparatus Has Over 200 lbs. Resistance With 10 Cables Attached**

It can be made so that a child can use it, and powerful enough for the strongest man. Try it and you'll proclaim it the best muscle building ex-

erciser you can buy—without exceptions.

**The elastic cables in my exerciser make it the best Expander you can buy.**

**Spring expanders are easily weakened if pulled beyond their expansion point**

Besides, when the springs, while being pulled apart, rest against your flesh, you are pinched severely between the coils as they come back to their normal position.

**Get Elastic Cables—The SAFE KIND**

**JACK SANDOW**

Room S-2, Federal Life Building  
Michigan Ave. and Randolph St., Chicago, Ill.

## The Mat

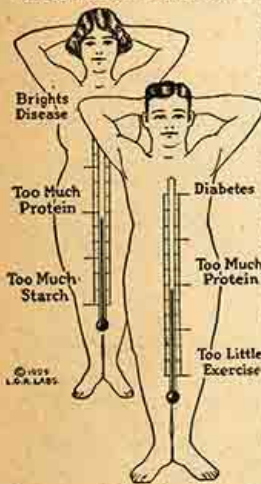
(Continued from page 52,

# Urinalysis

LOUIS G. ROBINSON LABORATORIES, ESTABLISHED 1907, CINCINNATI, OHIO

## 43 DEADLIEST DAYS OF YEAR

**F**EBRUARY 1 to March 15. The 43 deadliest days of the year. Right and left the Grim Reaper taps the shoulders of prominent men and women who "thought" they were in fine shape; who "thought" their constitutions were able to withstand diseases; who "thought" they were good for 10, 20, 30 additional years. How is



your health? Is your system okeh? Or are certain diseases lurking in your body right now marking you a victim for the 43 deadliest days of 1926 or 1927?

Can you say with No. 5126, New York City, "I must say your report is so complete from every view it has stopped all my worries about poor health". **KNOW your condition.** Exact knowledge may be worth its weight in gold to you. Have a health test made without delay. Then rejoice with No. 4701, Carrollton, Ohio; "When a fellow passes his 62nd milestone with his kidneys functioning normally he has cause for rejoicing. I consider Urinalysis every three months a very good form of life insurance."

MEN AND WOMEN

## Prolong Your Life

**What Urinalysis Is and Does** Urinalysis is an EXACT analysis of the excretion of the kidneys. It is positive, reliable. Exactly what the test tubes, microscope and chemicals reveal is given in our report. The meaning of each of the 25 different classifications is explained in detail. "I like the form of your report better than any I have ever seen," writes No. 1179, Kane, Pa. It is easily understood while the diet suggestions are excellent.

Urinalysis helps to locate the place of disease. Shows sugar or albumin in your system even to the slightest trace. Remember, in the beginning Bright's Disease, Apoplexy and High Blood Pressure are usually symptomless to the victim.

**Over 5000 Satisfied Clients** Over 5,000 prominent people use our service. They check up at regular intervals. They are prolonging their lives. Everywhere by mail. Convenient, confidential. Use coupon.

The Robinson chemical and microscopical test is the same accurate and complete test required by leading life insurance companies.

We do not prescribe medicines. Where test indicates it is necessary, we recommend that you place yourself in the care of your own physician. Report aids doctor (should something be wrong) in making correct diagnosis and in treatment.

### SEND NO MONEY

#### Valuable Food Chart with Each Report

We send self-addressed and stamped plain container and bottle. You return sample to us. We give you a complete report covering 25 different determinations together with a valuable list of foods and their nutritive values. If you are satisfied with the value of our service, send \$2.50; otherwise return report. Could anything be fairer? Mail coupon today. It may turn out to be the wisest thing you ever did.

LOUIS G. ROBINSON LABORATORIES  
Analytical Chemists  
226 Harrison Bldg. Estab. 1907, Cincinnati, O.

#### LIBERAL OFFER COUPON

Louis G. Robinson Laboratories,  
226 Harrison Bldg., Cincinnati, Ohio.

Please send bottle and container for my sample.

Take Your Choice { I am sending \$2.50 with order.  
I will send money with container.  
Send container or report C. O. D.  
I will send money when I receive report

Name .....

Address .....

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



little exercises will help others on, in the noble pursuit of building better bodies.

Your sincere admirer,

F. DaR., Fernandez.

I sincerely appreciate our India friend's aid to body builders. The exercises he mentions are good, but the main reason why I have published the letter is simply because it brings forward an object lesson that has escaped us up to the present time.

There are many exercises that on the surface appear good, and many of these exercises when practiced appear to give results by reason of a certain amount of tension borne by them. *But*, they are not always the best.

To know which is the best and why, one must have more than a working knowledge of anatomy. The body must be studied on a mechanical and mathematical basis. It is on the grounds of this knowledge that the science of weight-lifting has been developed. Of course, I do not expect every body-builder to go into these technicalities. That is not necessary any longer. Body building has become such a science that there are enough teachers of physical culture who make the body such a profound study that the student can profit immediately from their experience and research.

Now let us take the first exercise as an example. While it is a good exercise, yet I will show you why it is not the best. In the first place the student is advised to use a flat back, breathe out as the body is bent forward, and inhale as the original position is resumed. These three points of advice are wrong. While the back should always be kept flat in raising a heavy object off the floor in the dead lifts, yet the fact that the exerciser is held at a range where stress is thrown on the lumbar region, makes the advice impractical in this exercise. A person should breathe in when stooping forward, so that the lungs are benefited by the lifting up process brought about by the movement. A massage is also thrown upon the internal organs, and the inhaled oxygen is forced through all the cells of the lungs. Exhaling when bending forward does not allow the muscles to function naturally as they should, where resistance is necessary. The breathing then should be vice-versa. This exercise brings about a tension of muscles and not a contraction. You may wonder what the difference is, if any, as many coincide the two as one.

If you stand erect, by remaining rigid you become physically tensed, but that does not mean that every muscle is at the point where it has control of its greatest strength. A muscle is at its strongest stage when fully contracted, therefore, in order to give a muscle its greatest motive power, you must perform a movement that compels full extension and contraction of the muscles. Many body builders feel the rigidity of muscles from concentrated

tensing and mistake it for muscular contraction. In the exercise under discussion the spine remains rigid, and the muscles are merely tensed. The movement does not allow for full contraction and extension of the muscles involved. A better exercise is to hold the bar across the shoulders, and stand with the feet apart, with the knees locked. Instead of bending forward, bend sideways as far as possible, and lean slightly backward. It will be found that the spinal erector muscles will stand out like huge cables as they pull to straighten the body. All the muscles around the waist and back are brought vigorously into play by this movement—a better scale of progression can be used as more weight is handled in this exercise.

As to how much weight a person can use in any exercise, this is very important. Muscles need resistance, and the only way this can be given is to get into a position that allows a good scale of weight to be worked up to. That is progression. A light weight has no value when used to exercise the large muscles. *But*, using a light weight is often practiced because the exercise appears to give the muscles resistance, when they are only tensed.

The same applies to the leg exercise our friend offers.

A lot of stunt enthusiasts like to perform that exercise as a feat—holding a bar bell across the back of the neck. In this position the biceps of the thigh are only partly contracted, and remain tensed. There is, indeed, very little, if any, extension of the thigh biceps which places this exercise apart. Full extension and contraction of these leg muscles are just as necessary as for all the other muscles, therefore, we must adopt an exercise that will give the requirements.

A very valuable exercise is to lay face downward on a table with the hands gripping the edge of the table directly in front. From the knees to the feet, the legs should be hanging off the table, and a pair of kettle bells should be hung on the feet. By bending the leg, at the knee, upon the buttocks, and lowering as much as possible, great contraction and extension of the muscles are brought into play. The heavier the weight handled the more you will be compelled to pull against the table with the hands.

Louis Hardt, the wonderful little vaudeville artist who made himself famous with the physical culture public by his athletic act entitled "As in a Dream," used to allow a heavy man to sit on the soles of his feet, and then make a leg curl. Hardt had beautiful shaped thighs, the biceps being full and round so that they gave the back of the thigh a magnificent curve.

Every student of body culture should study each and every exercise, to find out if the muscles are securing their maximum extension and contraction. Call it applied mentality in muscle culture and you have the right thought.

(Continued on page 72)



# Health Information To Keep You Fighting Fit

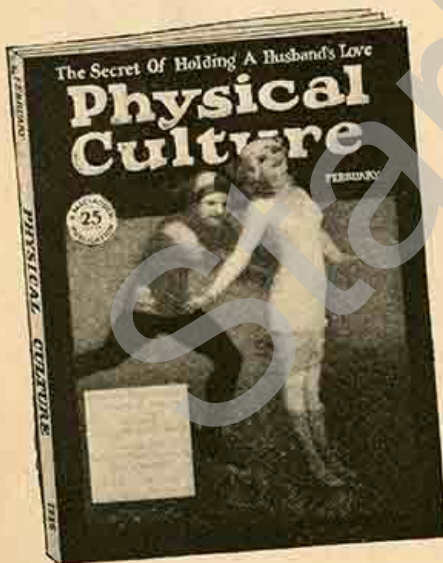
Every man famous in the athletic world has long since learned that a complete knowledge of the workings and requirements of the human body is one of the first essentials for success in any sport. If these champions had not learned and observed this truth, the chances are that they would not have become the best in their line.

And if you wish to develop strength and skill for any athletic activity, you must first put your entire system in good running shape. For long hours of exercising and gymnasium work will not develop you if you are continually eating the wrong foods, nor will a strict diet build strong muscles unless you take the proper exercises also.

## The Secret of Strong Muscles

To attain that real health and energy that enables you to succeed in any undertaking, you must first acquire a sound working knowledge of the laws of nature, and then follow out these laws.

Nowhere will you find the teachings for correct healthy living set forth so clearly and entertainingly as you will in *Physical Culture* magazine. Everything that has to do with your physical welfare is covered in this internationally known publication; food and diet, exercise and recreation, reducing or gaining weight, sleep, bathing, care of the different parts of the body, and in addition a superb rotogravure section with many photographs of physically perfect men and women that will inspire you to want above all else a well developed physique.



## Physical Culture Will Help You

Physical Culture has placed many men upon the road to success through teaching them the way to perfect health, and it is helping many others to maintain their leadership in the athletic world. What Physical Culture has done for them it can do for you.

## Special Introductory Offer

For a limited time, to introduce this magazine to those who are not acquainted with its message of health, we are making a special subscription offer of five months for one dollar. Simply use the coupon which is provided below for your convenience.

## Contents of February Issue

- Bernarr Macfadden's Viewpoint
- Fasting as a Fountain of Youth
- I've Raised Fifteen Children in a City Apartment
- The First Hundred Years Are the Easiest
- Heart and Sweetheart
- How I Double-Crossed the Grim Reaper
- Proper Food is the Best Spring Medicine
- The Right to Motherhood
- The Next World's Heavy-weight Champion a Physical Culturist
- I've Throttled Fat
- Why You Should Have a Strong Neck
- Tell Me What to Eat
- Beauty Parlors Cost Me a Thousand Dollars
- Body Beautiful
- The Secret of Holding a Husband's Love
- Baby Pictorial
- \$5,000 in Prizes for Your Health-building Stories
- The Fraud
- The Commandments of Today
- Physical Causes of Divorce
- Editorials by Our Readers
- Questions from Health Seekers

# Physical Culture

At All Newsstands - - 25c

Macfadden Publications, Inc., Dept. S-26  
Macfadden Building,  
1926 Broadway, New York City.

I am enclosing \$1.00. Please enter my name for a five-months' subscription to *Physical Culture*, beginning with the current issue, this in accordance with your special introductory offer.

Name .....

Address .....

## The Mat

(Continued from page 70)

Get Rid  
of Your  
"Spare!"Abolish the  
"BALLOON"  
Waist-Line!

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

Reduce Your Waist  
4 to 6 Inches Instantly!

The "Little Corporal" gets busy at once and your body responds as would a rookie to the command of a drill sergeant. Quite unconsciously you assume the correct posture, straighten your shoulders and walk with the ease and grace of an athlete. Your waist is several inches smaller and you are actually taller.

Young Man! Keep Down  
That Growing "Bulge"

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



## How It Works

This remarkable belt not only reduces your girth at once, but with every movement of your body it gently massages, breaks down and reduces the fatty tissues. It actually reshapes your figure. No laces or drawstrings! No clasps! No buckles! No straps! No stiff supports! It's built for comfort. Regardless of your occupation, the "Little Corporal" belt will always feel comfortable.

Send Coupon for  
SPECIAL TRIAL OFFER

Write today for special illustrated circular giving full description of the "Little Corporal" Reducing Belt and Special 10-day Trial Offer. All we ask is a chance to let the "Little Corporal" prove at our risk that it is the best of all—a real reducer. Simply sign and mail the coupon. If you prefer, give us your height, weight and waist measure (snug) over underwear, enclose \$6.50 with coupon and get the belt, or pay postman on delivery plus fee of a few cents. If not entirely satisfied, return the belt and your money will be promptly and cheerfully refunded.

LITTLE CORPORAL COMPANY

Dept. 2-B, 1215 W. Van Buren St., Chicago, Ill.

LITTLE CORPORAL COMPANY  
Dept. 2-B, 1215 W. Van Buren St., Chicago, Ill.  
Please send me FREE illustrated circular and  
Special 10-Day Trial Offer.

Name .....

Street Address .....

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

If you prefer to secure a belt fill in below:

Waist measure over underwear is .....

inches. Height ..... Weight .....

Nearly every letter I receive has a message of some kind. Each one informs me as to the needed wants, and many letters develop a subject in my mind, which I can explain for the benefit of all those interested in muscle culture—just like this one from our India mat man. His enthusiasm is contagious and I hope it will spread among you all. He has written from a great distance in his desire to help, which brought up the vital subject that explains the difference in tensed and contracted muscle during exercise.

I must ask my correspondents to give their name and address when writing as a matter of good faith. It is not necessary that I publish their name, but I cannot possibly answer all letters in the "Mat," and I do not want any one to think that their queries or suggestions are too insignificant to answer. If they give their names I will write a letter of personal help in every case where I see I cannot find space in the "Mat."

Chicago, Ill.

Editor of "The Mat":

I am a reader of STRENGTH and an enthusiast in body building, my weight being about 180 pounds, height 5 ft. 9½ in., biceps 15½ in., thigh 23½ in., calf 15 in., waist 33 in., chest 42 in. normal. Can you advise me how to increase my weight in the Two Arm Military Press, as the best I can do in this lift is 185 pounds.

I have tried pressing a weight five or six times, starting with 140 pounds and adding two pounds every two weeks, but when I get to 185 pounds, once is the best I can do.

Thanking you in advance for your kind attention, I remain,

Yours truly,

E. K.

When an athlete gets to the stage where he can military press 185 pounds, he is good, according to the standing of the American Amateur Athlete.

There are few who can correctly Military Press 185 pounds. As a matter of fact, Alfred Martin, of Los Angeles, held the American Continental Amateur record with 189 pounds for quite a while. Then W. Walters cropped up with a record of 202½ pounds, while Noah Young has a record of 210 pounds. Harry Hall succeeded with 182½ pounds, and Albert Manger managed 200 pounds.

From this, our friend can see he is running close up into the amateur championship class. Of course, there are others who claim more, but I am only quoting lifts that have been officially passed. The professional records go higher, but I see no reason why the amateurs cannot equal them. When the present crop of lifters succeed in putting up their records in the Two-Hands Military Press, all their Two-Hand records will soar upwards.

The chief fault I find with them all is that none of them seem to have the sustaining strength to hold a weight high enough at the shoulder.

The rule allows a weight to be held on a level with the chin, but when the

weight is at the shoulder it becomes too heavy for them to hold high enough off the chest. Many being used to jerking a bar off the chest, get into the habit of relying upon the weight being supported by the chest.

The resisting powers are neglected, and consequently the weight sinks on them at the shoulders below the line of advantage. When the bell is held on the level with the chin, the lifter is in a fine position to get away with the weight, as the deltoids, triceps and supinator longus are each at the perfect stage of co-operation. But it takes strength to hold a real weight there. Yet, by practicing the principles I laid down in an article entitled "The Secret of True Strength," a student should have no difficulty in increasing his record.

Progress is very slow in this particular lift, because the muscles involved are only those of the arm principally. A gain of one pound in this lift is the equivalent to five pounds in a jerk. That's just the difference. Naturally when a lifter gets higher up in his records, his increases become that much harder and he comes to the stage when he has to develop sustaining strength. Sustaining strength has to be capable of endurance—in other words, able to hold its ground. Many have lots of nervous strength, but it is too easily expended. Sustaining power has great recuperative qualities.

Holding heavy weights off the chest for a count of from three to six seconds; pressing a weight from behind the neck to arms' length, and practicing the Two Hands Continental Press are exercises productive of the best results for this lift.

The legs are very important in this lift. If they are developed below the standard of the arms and upper body, no real success can ever be looked for, no matter what is done. Whenever I made a record it was my thighs and buttock muscles that always felt the strain, and at times would be stiff for days after.

There is always a great downward pressure thrown upon the legs from this rigid movement, and if the inner and outer vastus muscles are the least bit weak, a slight bend will be made by the knees, and the weight will stay at the position gotten, where the legs begin to bend.

I have found that if the buttock muscles are not equally strong, the back is liable to lose much support and bend. I place just as much importance on the legs as the arms for this lift, and if the legs are not just set right when the weight is at the shoulder I would put down the weight.

In my last record performance, I put the bell down three times before I was satisfied to begin to press overhead.

Learn to conserve your powers and to distribute the effort economically in everything you do.

# Instant Improvement

## *That's What These Beautiful Wrist Straps Give Your Arms*

No arm-developing system of exercises has ever been devised that would improve the appearance of the arms instantly. And yet these wrist straps do that very thing. As soon as you put them on your wrists, your arms look bigger and more muscular than before.

Wrist straps improve the arms as sandals improve the legs, and leotards improve the upper body. All strong men wear them, and every one of you who is interested in making the most of your physique must get them now.

**And, Furthermore, These Instant Improvements are FREE Because These Wrist Straps are FREE With**

### "Strength Magazine"

The "Strength Magazine" of the next 12 months will display the physiques of both sexes in a larger and more beautiful way.

The pictures of feminine beauties that are to appear in the next 12 issues are being selected with the best of care from the best pictures of this type. Therefore "Strength" of the future will abound with a greater number of beautifully formed men and women. Don't miss these beauties nor any other part of this ever-improving magazine, "Strength."

**The Coupon and \$2.50 Will Do the Trick For You**

### "Strength Magazine"

But we need not go into details about "Strength" as it is today, for you are in a position to know that it is not only a real good magazine, but one of the very best.

However the publishers are not yet satisfied, which means that extra effort, time and money will be put forth in order to make "Strength" stand far above all others.

### What Does It Mean To You?

Why, it means that if you subscribe to "Strength" now, you will get these forthcoming improved issues at the regular subscription price of only \$2.50, and in addition to saving money over the newsstand price

**You Get a Pair of These Arm-improving Strong Man Wrist Straps FREE!**

You will more than like the coming issues of "Strength." You will enjoy having it delivered free of charge right to your door each month. You will be able, by the help of "Strength," to rid your system of ailments that are making your life and others miserable. And, finally, your free pair of wrist straps will improve the appearance of your arm and make photographs of your physique look 100 per cent. better.

*Your first copy of "Strength" will be mailed to you immediately and your pair of Wrist Straps will follow in a day or two.*

February Strength and Physique Show  
February 6th (1st Saturday)  
Milo Building  
2745 N. Palethorp St., Philadelphia, Pa.

**The Milo Publishing Co.**

2739 N. Palethorp St., Dept.S-2-26, Philadelphia, Pa.

The Milo Publishing Co.  
Dept S-2-26, 2739 N. Palethorp St.,  
Philadelphia, Pa.  
Gentlemen:

Enclosed find  Cash  Money Order  Check } for \$2.50

Enter my subscription to "Strength" for one year beginning with the March issue, and send me postpaid and absolutely free, as per your special offer, a pair of real strong man wrist straps.

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

Canadian orders \$2.75 Foreign \$3.00

## Is A Man As Strong As His Back?

(Continued from page 29)



## Aviation Brings Quick Success

**T**O young men of daring no other field of work offers such a fascination, such high pay, nor such opportunities for quick success as the field of Aviation. As yet, aviation is practically in its infancy. But now is the time to get in.

### Amazing Opportunities in Airplane Industries

In the automobile industry and in the moving picture business hundreds of men got rich by getting in at the start. They made their success before others woke up. Today, these lines offer no greater opportunities than a hundred and one others. **BUT AVIATION IS NEW.** Get in while the opportunities are big. All over the country there will be a clamor for trained men. It will not be a question of pay but of getting capable men.

### Become an Aviation Expert \$50 to \$100 per Week

The study of aviation is almost as fascinating as the actual work. Every lesson is full of interest. That is why it is easy to learn aviation. You do not have to make yourself study—it is like reading an interesting book that tells you things you have always wanted to know. Only one hour each evening will give you the basic training in a surprisingly short time.

One student, S. F. McNaughton, Chicago, says: "Your lessons are like a romance, and what is more, after one reading, the student gets a thorough understanding. One never tires of reading them." James Powers, Pa., another student, says, "I am indeed surprised that such a valuable course can be had from such practical men for so little cost."

### Fascinating—Daring—Big Paying

Prepare Now for One of These Positions

Aeronautical Instructor	\$60 to \$150 per week
Aeronautical Engineer	\$100 to \$300 per week
Aeronautical Contractor	Enormous profits
Aeroplane Repairman	\$60 to \$75 per week
Aeroplane Mechanician	\$40 to \$60 per week
Aeroplane Inspector	\$50 to \$75 per week
Aeroplane Salesman	\$5000 per year and up
Aeroplane Assembler	\$40 to \$65 per week
Aeroplane Builder	\$75 to \$200 per week

### Personal Instruction

by Experienced Men  
Men who have had actual experience give you personal attention. They select the lessons, lectures, blueprints and bulletins. They tell you things that are essential in everyday practice. Each lesson is easy to read and understand.

### Get Big FREE Book—Now

Send coupon below for New Book, just out, "Opportunities in the Airplane Industry." It is interesting and instructive. It will show you many things you never knew before about aviation. We have but a limited supply of these books—send the coupon before they are all gone.

**American School of Aviation**  
3601 Michigan Ave., Dept. 6772 Chicago, Ill.

**American School of Aviation**  
3601 Michigan Ave., Dept. 6772 Chicago, Ill.  
Without any obligation, send me your Free Book, "Opportunities in the Airplane Industry", also information about your course in Practical Aeronautics.

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

bending down motion should be accompanied by a simultaneous bending of the body and legs. Keep the spine as straight as possible, and incline the body forward from the hips at the same time that you bend the knees. This is a splendid exercise, as it develops speed and great flexibility of muscles, and it develops a wonderful grip as well as giving the shoulders all the work to do.

Rowing is wonderful work for the back. I always encourage it among my pupils and likewise tumbling. Chinning the bar with the arms spread as wide apart as possible is another exercise that does wonders to the back. The most effective exercise for the latissimus dorsi, the big muscles under the arm pits, is the modified type of the side press. That is, instead of using a heavy weight as in the side press lift proper, a rather light dumb-bell is used. From twenty to thirty pounds is sufficient for the beginner. The method in which to do this exercise is as follows: when using the right arm to push or press the dumb-bell over the head, the right foot should be pointing in a straight line, with the left foot at a slight angle to the rear and about eight to fourteen inches away from the right foot. This position of the feet is reversed when the left arm is to press the dumb-bell aloft. While the lifting arm is occupied with the weight, the free hand and arm should be extended out from the shoulder to side, and when the lifting arm is straight overhead, the free hand should be touching the leg at the side of the knee. Fig. 6 shows the lifter in the act of bending over to touch the leg. Note the position of the feet as well as the lifting arm.

Fig. 7 shows a two-hands press-up with a human or live weight. The manner in which the lifter is leaning backward, shows the work the back muscles are doing in order to hold the weight overhead. It is much more difficult to press up a "live" than a "dead" weight for the simple reason that it is too cumbersome a weight to handle properly, and it is a fact that a "live" weight is often unbalanced, the weight being greater one place than in another. However, if you can duplicate this stunt with a 140-pound man, as the athlete is doing in illustration No. 7, then you have a goodly set of back muscles. What you had better do is get a bar bell or rig up an outfit and start at 75 pounds in this

press-up or pushing-up exercise. Then when you feel you can ably handle this poundage, increase the weight of the bell 5 pounds, starting with five repetitions and increasing one each day till you can do ten of them; then increase the weight of the bell again, 5 more pounds, and commence again at five repetitions, etc. Soon you should be strong enough to lift your own weight overhead by persisting in this training. Your back and shoulders will get prodigiously strong, and when you can lift a 150-pound man overhead in an easy fashion, this will bring you much comment on your strength. It is a feat worth your while trying.

Don't forget to try a little hand balancing. It is a conducive means to strength. The back plays a very important part in this fascinating sport, and it is imperative that the back be strong, or else you would crumple up into a heap and probably injure yourself on the first attempt. Fig. 8 shows a perfect handstand. See if you can execute it in a like manner.

Posing is a great aid in toning up the back muscles. Take a good look at the athlete doing the famous *Charles MacMahon pose*, Fig. 9. This pose has been found quite difficult to hold; yet, it looks easy. The curve of the back is symbolic of great strength. It shows what is possible for a man to attain. If you persevere in the exercises that constantly give your back muscles plenty of work, you will in time show the pronounced development shown in Fig. 9.

This article is a conclusion to the series of articles that have to deal with the back. We first took up deformities of the shoulders, which is known as kyphosis, and later we took up scoliosis, which is the lateral curvature of the spine.

In closing, I might add it takes a great deal of effort to get results. You cannot wish for things. You must strive if you are ever to attain them. Exercise is for the health of an individual; yet, it is practically worthless if the individual refuses to put vim, enthusiasm, and effort into his work. I might add again, as I have in previous articles, the importance of perseverance. It is a virtue, "Some few men have and most men never get." To reach your goal then you must persevere. That is the basis from which success is attained.

## American Continental Weight Lifter's Association

(Continued from page 58)

This is the work that counts and more and more shows are taking place every day. Each locality is striving to do its best to awaken interest and get new members.

The world's heavyweight weight-lifting championship has again changed hands in a recent contest between the two famous Parisian iron men—Cadine

and Rigoulot—on eleven lifts. Rigoulot won, making a total of 1,087 kilos against 1,079.500 kilos by Cadine.

Points were also given in this contest for form in performing the various lifts. On points, Rigoulot scored over the former champion, securing a total of 2,174 points as against Cadine's total of 2,159.

Rigoulot has come to the front very fast. He is only a young man of twenty-three and not so long ago was in the light heavyweight class. He now scales well over two hundred pounds and is still improving.

It is interesting to note that the veteran lifter, Louis Vasseur, challenged the winner, who accepted.

At the A. C. W. L. A. convention held in Philadelphia last September it was decided that an order of degrees be introduced into the Association, much after the same manner as conducted by other organizations. It was thought that a greater interest would be created among the members, who would have the opportunity of working up in the organization on their mental and physical abilities concerning physical culture and the sport of weight-lifting.

A very novel idea was hit on for holders of the different degrees to display their rank of order. It was decided that the orders would be known by different colors and these colors be in the form of a jewel inset in the members' lapel button. This idea not only gives distinction to the button, but at first sight announces the degree of order from one brother to another.

So far, three orders have been decided on and the rotation of colors will be red, green and blue. Red being the first order, green the second, with blue the third and highest. Our president has everything mapped out and we are all ready to go. So all members interested in taking their degree should write in for information.

Do not misunderstand the idea. The fact that a member is a champion weight lifter does not make it easier for him to secure his degrees. Not by any means. The tests are mental and physical. The institution of orders should prove fascinating to all members, and we will be able to wear our buttons with greater pride. For some time we have been receiving letters from members who were eager to take their degree tests and up to date about thirty members have passed and got the red jewelled lapel insignia.

Each order is very instructive and educational, and should go a long way to perfecting every member's knowledge on the study of health and the body.

News has just come to hand, that William Burns, the Los Angeles heavy-weight and national champion, created a new mark in the One Hand Clean and Jerk. This fine young lifter succeeded with two hundred thirteen pounds and was very unfortunate in losing his balance twice when fixing two hundred eighteen pounds. Burns weighed one hundred ninety-seven and a half pounds.

The competition supplied by Manger, Weber and Petry seems to have stimulated the Los Angeles giant to action, and the way he is working into form looks as though anyone who wants the title will have to go some. Manger's best One-hand Clean is two hundred pounds and he seems to stick there, which looks as though some improvement will have to be made if the title is to be brought down east.

(Continued on Page 78)

# GALIARDO!



Galiardo before he discovered his great health secret,

**Dy-nam-ic Breathing** which transformed him from an 86 pound weakling to a man of great muscular power, he was—weak, emaciated, and given up to DIE—with incipient tuberculosis. Yet he WON!



The strange, wonderful Secret of his Dy-nam-ic Breathing saved his life and made him a man of POWER.

HIS SIMPLE, EASY SYSTEM — without bars, weights, dumb bells or apparatus— just his amazing secrets of vitality do marvels in rapid physical development . . . That is why from all the world—letters of praise come pouring in!

And now the very same blessings can be yours! Enjoy the vitality of **GALIARDO** 52 years young!

A NEW LIFE for YOU in 15 minutes a day

**OCEANS of Oxygen!** All about us there is unlimited air. Yet we forget that this air contains oxygen—nature's most powerful body-building element. And nine men out of ten starve their lungs and rob their bodies of power and health, because they use only a small part of their lungs in breathing.

Listen! You can't make steam in an engine without water in the boiler. You know that. Your body, too, is an engine—and you can't make Steam in that wonderful engine of yours without air in your lungs.

"Air in my lungs?" Of course I've got air in my lungs," you say. Yes, but not nearly enough air, because you have not learned how to breathe.

But—when you learn the simple secrets of Dy-nam-ic Breathing, you shoot strength into yourself just like charging a battery. Then without effort, day and night, your lungs will breathe diaphragmatically. The greatly increased volume of oxygen in your body does this: (1) Purifies and enriches the blood. (2) Improves circulation. (3) Builds bone, sinew and muscle. That gives you steam—**Power and Vitality.** Galiardo will rouse that undeveloped manhood within you. You'll be amazed. Send for the free book and be convinced.

### Galiardo's Distinguished Record

You have read of Galiardo's great achievements as National Physical Director of the American Boy Scouts, as Director of the Male Physical Culture Dept. of the New York Hospital for Deformities and Joint Diseases, as Lecturer for the New York City Board of Education and as the pioneer in Breathing Instruction for the New York Police Dept.

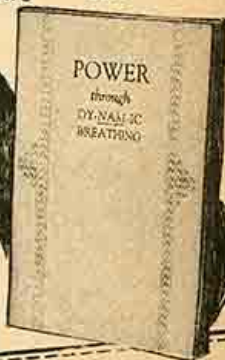
Health Reconstructive Society, Inc. Dept. Q., 780 West End Ave., New York

**GALIARDO**  
*Breathe-Rite*  
**DY-NAM-ICS**

*The Air Way to Strength*

**Free**  
GALIARDO'S  
famous Book

Write for it now—and bid good-bye to weaknesses, pains and unfit-ness!

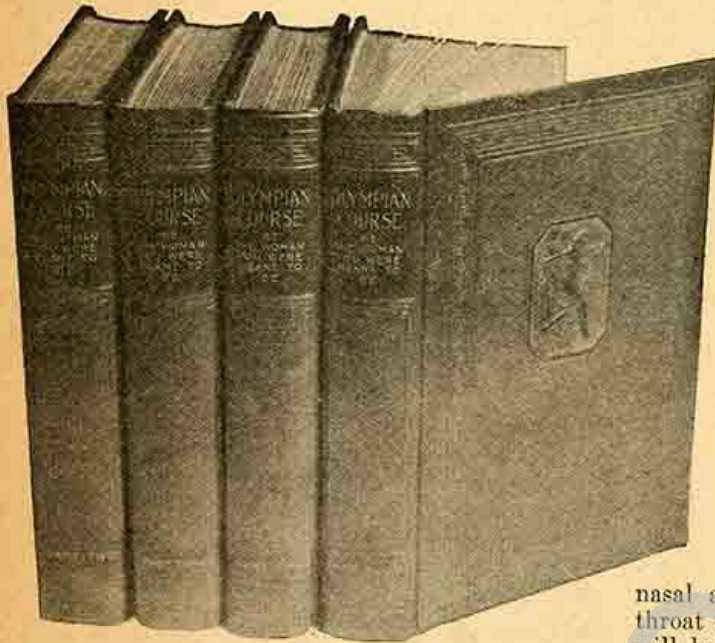


*Mail this now*

Health Reconstructive Society, Inc. Dept. Q., 780 West End Ave., New York  
Without any obligation whatever, please send me, free of charge, your famous book "Power Through Dy-nam-ic Breathing." [Please PRINT your name.]

Mr.   
Miss   
Mrs.   
Address \_\_\_\_\_  
City \_\_\_\_\_

# The Olympian System Is the Most Course On Health and



THE VOLUMES OF  
COMPLETE PHYSICAL KNOWLEDGE

ance is given you in the Olympian System. There is nothing left out, no matter how minute.

## As the Olympian System Applies to Every One in Every Family NO HOUSEHOLD SHOULD BE WITHOUT IT

It helps the father, the mother, and the growing boy or girl; and the infant is given a far better chance of a healthy life. It is just as important that your children be taught from the pages and charts of the Olympian System, as it is important they be taught from the pages of school books.

A thorough knowledge of health principles such as set forth in this System, brings perfect health to all. If you are hindered by bad health, you cannot get the best from your education. Many a well-learned person has been set back by bad health.

While the Olympian System is for all, it nevertheless remains

## A Man's Course Throughout

Every chapter will be of great interest to all men, whether married or single. The physical training end of this great course is composed of he-man exercises, and they are laid out by the best of experts on physical training.

They will put magnificent muscles all over you. They will be powerful muscles—muscles your friends will notice even when you are in street clothes. "My! What a great change in appearance has come over you of late," they will remark. "What have you been doing to bring it about?" And the strange thing about such remarks, is that even your inexperienced friends realize that such an improvement could not just happen. They will know you must have obtained an exceptionally good method from somewhere or you would not be the picture of health and power, and possess such an attractive appearance.

## The Olympian System Also Shows You How to Master Your Emotions

for being master of your emotions and passions is very important in getting and maintaining perfect health and abundant strength. Worry and uncontrolled emotions and passions will rapidly run down your health and strength. In the Olympian System, nothing is overlooked that has any bearing whatever on your physical and mental condition. This is one of the many things that make it a far superior System.

## Merely Looking Through the Volumes, Charts and Lecture Books of This System Will Be a Revelation to You

Nothing you can imagine can do justice to the magnitude of the Olympian System. No method you can think of can yield the same thorough mind and body results for you, because no such system exists.

Here is a system that gives one and all an incomparable body and brain, and will power that equals it.

Don't be skeptical of the numerous physical and mental improvements the Olympian System guarantees you, as you would other physical training methods.



THE KEY TO THE SYSTEM

# Thoroughly and Expertly Laid Out Physical Fitness Ever Devised

## The Olympian Is Above Doubt— Above Criticism—Above All

You want and need a system of health promotion that teaches you everything about your body and your ailments that there is to know. The Olympian System does that very thing. You do not grope in the dark of physical ignorance when you have the Olympian close at hand. With the Olympian System you do not acquire great strength and development at the expense of your heart and other organs. You do not break one important cog in the human machinery in order to build up another. But you do get strength and a fine physique while rejuvenating and strengthening your heart and other organs.

## We Urge You to Try the Olympian System if You Want the Best Method to Begin With

Don't handicap your future health, happiness and success by starting out with the wrong system. Many have done this to their regret before you. Why not profit by their mistakes? The only way to be sure of your future health, happiness and success is to get without delay the Olympian System.



12 DISCUSSIONAL LECTURES

## See How Thoroughly the Health Subject Is Covered by the Olympian Method

### Here Are a Few of the Chapters

Make Yourself a Success  
Light or Heavy Exercise  
Developing the Chest  
Back Building Chairs  
Strength Testing  
The Seven Ages of Exercise  
Walking the Perfect Constitution Builder  
Fresh Air and Deep Breathing  
Corrective Exercise  
Strengthening the Heart  
Can One Grow Taller?  
The Female Form  
Exercise for Women  
How to Discard Corsets  
Play a Vital Necessity  
Music and Exercise  
Athletic Training  
Sports That Build Manhood  
Learning to Swim  
Life Saving  
Teach Your Child Artificial Respiration  
You Are What You Eat  
Table of Food Composition  
The Value of Acid Fruits  
The Question of Sweets  
How Much Meat Do We Need?

The Vegetarian Diet  
The Virtues of Uncooked Foods  
Milk—Perfection in Food  
Buttermilk—The Long Life Food  
The Diet of Children  
Eating as an Art  
How Many Meals to Eat and Why  
Appetite and Hunger  
The How and Why of Digestion  
Criminal Cookery  
Preparation of Balanced Meals  
What Is True Food Economy?  
How to Economize on Foods  
How to Avoid Indigestion  
Conquering Constipation  
Auto-Intoxication: How Caused, How Cured  
The Milk Diet as a Cure  
Specific Curative Diet  
Bearing and How to Improve It  
Better Thinking  
How to Improve the Memory  
Concentration  
Mastering the Emotions  
Thinking for Results  
Acquiring Self-Confidence  
How Success Is Mastered

Middle Age Life-Saving  
Old Age—How to Prevent It  
Exercises for Keeping Young  
How Much Sleep Do You Need?  
Simple Remedies for Sleeplessness  
Outdoor Sleeping  
Pure Air Indoors  
Sunshine, Climate and Health  
Clothing and Health  
The Care of the Skin  
Cold Baths—How, When and Why?  
Annual Physical Examination  
Colds and Coughs  
Health and the Liver  
The Kidneys  
Heart Disease  
Nerves and Nervousness  
The Hidden Disease Menace  
The Vital Machinery of the Body  
The Nervous System  
The Senses  
Man's Muscular System  
The Bones and Skeleton  
The Human "Balance Wheels"  
Eugenics  
Alcohol and Eugenics

Should Cousins Marry?  
Does Delayed Parentage Produce Superior Men and Women?  
Preparation for Motherhood  
Maternity Exercise  
The New Baby and Its Care  
Making the Baby Strong  
Teaching the Child Sex Truths  
What Is Your Correct Weight?  
How Not to Be Fat  
Help for Thin Folks  
Breaking the Drug Habit  
How to Cure the Tobacco Habit  
Curing the Alcohol Habit  
Beautifying the Complexion  
Healthy and Beautiful Hair  
Hygiene of Teeth and Mouth  
The Eyes: How to Care for Them  
The Source of Brain Power  
The Human Mind  
The Will  
Psycho-Analysis  
The Health Cure for Worry  
Character Making Through Good and Bad Habits  
Personal Magnetism

## There Are Numerous Colored Exercise Charts and Yet

with all its peerlessness, the Olympian System is priced well within financial reach of every one. In fact, it is less expensive than many other systems.

The cash price post-paid is \$25.25

We also offer a deferred payment plan upon which you pay \$5.50 down and \$3.00 a month until \$29.50 has been paid us

On both the cash and payment plans, we will ship the Complete Olympian System C.O.D. and you will pay the postman \$25.25 or \$5.50 on delivery. The monthly payments of \$3.00 will be mailed to us, of course.

Save yourself \$4.25 by paying cash. Clip the Coupon instantly and mail it in NOW for this Course of all courses.

## THE OLYMPIAN SYSTEM

168 N. Michigan Ave., Suite D, Chicago, Illinois

The Olympian System, Suite D, 168 N. Michigan Ave., Chicago, Ill.

Gentlemen:

Please send me C.O.D. the Olympian Course. I agree to pay the postman \$5.50 and the remainder at the rate of \$3.00 a month. \$25.25 as full payment on the course.

Name .....

Address .....

City and State .....



## Learn to Play JAZZ by Ear in 90 Days

Be a master of jazz, syncopation, melody. It is easy to learn at home in your spare time. Wonderful Niagara Method shows you how.

By R. C. JAMES

How I used to wish that I could sit down at the piano and pour out the golden syncopation of American melody, like the jazz piano players I had heard. How I used to wish that I could be the popular one in every crowd.

But I could not play a note. I did not know a thing about music.

### Niagara Method Shows The Way

Then somewhere—just as you are reading this—I read of the Niagara Method which makes piano playing wonderfully simple. I sent for Director Wright's book "The Niagara Secret." I read the book, and I knew it was right.

I followed Director Wright's principles, and in no time I had caught on to his ideas.

### Simple—Easy—Delightful

And the best part of it all is that there is nothing hard about the Niagara Method. In a short time, by following Director Wright's principles and by devoting a part of my spare time to the practical application of his course, I soon learned to play.

No tiresome scales—no arpeggios to learn—no weary hours of practice—no do-re-mi—no meaningless exercises. If you know the Niagara Method, you can sit down and reel off any popular song which the high-priced orchestra leaders play in the cabarets, clubs, hotels, dance halls, or theaters.

### Decide to Begin Now

If you have never played a note, or if you do play—no matter how well—you too may become a master of jazz and melody by learning the simple, wonderful Niagara Method.

### FREE BOOK



Don't wait another day. Send the coupon now for the "Niagara Secret". This book is yours absolutely FREE. If 10c (coin or stamps) is enclosed you also receive wonderful booklet "How to Entertain at Piano."

Ronald G. Wright, Director  
Niagara School of Music  
Dept. 811 Niagara Falls, N. Y.

### CLIP THIS COUPON NOW!

**NIAGARA SCHOOL OF MUSIC**  
Dept. 811, Niagara Falls, N. Y.  
Without obligation mail me your book "The Niagara Secret." I enclose 10c for book "How to Entertain at Piano."  
Name.....  
Street.....  
City..... State.....

## "NATURE'S PATH"

Dr. BENEDICT LUST, Editor-Publisher  
A NEW MONTHLY MAGAZINE

which brings to its readers messages of health gained and renewed and tells of approved methods of maintaining perfect physical condition and power of body and mind.

—Quite the cleanest, brightest and most interesting health magazine published.

### SPECIAL \$1.00 OFFER

In order to introduce *Nature's Path* a special six months' subscription is offered at \$1. (Regular yearly subscription rate is \$3). And in addition, each subscriber will have the privilege of personal consultation with Dr. Lust on any health subject.

DR. BENEDICT LUST

No. 112 East 41st Street, Desk 8, New York, N. Y.

# American Continental Weight Lifter's Association

(Continued from page 75)

Of course we do not forget how much Manger went over Burns' total on the five lifts, but reports show Burns is improving greatly over his previous form. We welcome the competition for that is what will make both these boys go out and others will have to strive hard to catch up to them.

Burns is very powerful and is young. He is fortunate in having competition in Los Angeles in both Willoughby and Petry; then there are Goodman, Bevan and Coffin. I wonder what has become of these worthies of late, for we never hear from them.

Ed. O. Martin, of Attica, Indiana, has increased his shoulder stand record up to four hundred fifteen pounds. Any one who thinks this stunt is easy should try it. Martin places the weight on a support, makes a shoulder stand or shoulder balance with the feet up in the air, then he straightens the arms underneath the weight and supports the bell while in that position.

To our knowledge, no other lifter has ever performed such a remarkable feat and Martin's claim to the world record in this particular lift has substantial foundation.

November nineteenth saw the Harrisburg Club stage their first show. It was attended by President Jowett, Mark Berry, Robert Hoffman and Frank

Dennis. The show went off very nicely under the supervision of Mr. Norman Ford, Physical Director of the Harrisburg Railway's Y. M. C. A. and brother member. He was ably assisted by other brother members. George Blymire did some splendid work, demonstrating his power by lifting his brother and Mr. Shadle in many intricate positions. Mr. Gillet, a sixty-year-old member of the Association, performed some startling feats for a man of his years that greatly impressed the spectators.

Warren Lincoln Travis was the feature drawing attraction, and the various feats that this famous veteran performed amazed the people greatly. His fine personality won him a multitude of friends, just so much that they decided to name their club the Warren Lincoln Travis Weight-Lifting Club.

The New Yorker created a new world's record on the two-finger lift, raising a total weight of eight hundred and thirty pounds, thus beating his former record by seventy pounds. It seems the older Warren gets the better he becomes, and his greater records go to substantiate this fact. We expect to see Travis create quite a few more records before very long as he informs us that he has a very ambitious program planned ahead. Well, the Association is behind him and we wish him the luck of all true sportsmen.

## The Value of Strength

(Continued from page 19)

public eye than Grange, and one year from now Grange will be comparatively forgotten.

We do not believe that college football will materially suffer as a result of Grange turning professional, and neither do we believe that professional football will gain immensely in popularity immediately. If it gains at all that gain will have to be the result of a greater and more intelligent interest in football as a sport, in comparison with the wide-spread interest in football as a spectacle.

College football will stand supreme as a spectacle and no professional game will touch it. That the game itself may become so well known and so popular that the professionals will play to great crowds, regardless of the presence of individual stars, is doubtful.

Nevertheless, from the angle of the public this is a matter of small account. Football is much more valuable to the players than it is to the spectators, either at amateur or professional games, and if the spread of professionalism results in a larger group of boys playing football each fall as the spread of professional baseball has done, then professional football will serve a good cause, just as baseball has done.

The trouble with all athletics is that the distinction between player and spectator is sharply drawn. We are not interested in seeing the possible audience for any sport grow, unless at the same time the number of players is increasing and preferably increasing by leaps and bounds.

As games go, football is just about the best sport a young man can attempt, because it makes such great demands of him physically. He must take care of himself because he can do nothing unless he is in first class physical condition.

Anything that causes thousands of us to train for three or six or twelve months a year is of enormous benefit.

Paddock himself has been an inspiration to thousands of boys all over the world. When he came back from the Olympic Games last year after a disappointing showing, his critics were quick to proclaim that his best days were over. He even believed that there was some truth in that himself. While down here about a week before the National Championships at Newark, he told us he had decided to retire. A few days later he ran two of the best races of his life (Continued on Page 87)

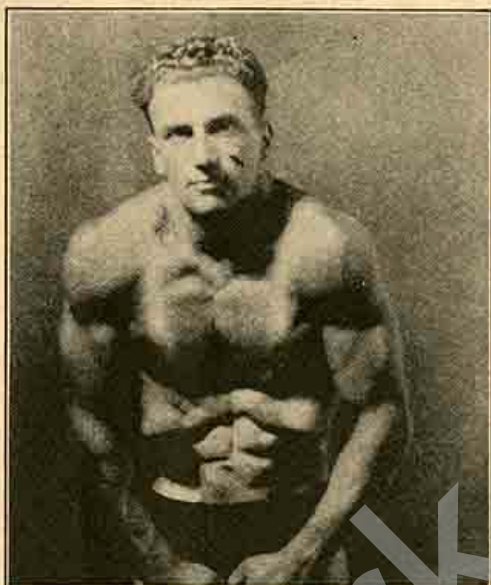


# Can You Perform Muscle Control Feats?

All Men of Strength and Muscle are Proficient In Controlling Their Entire Muscular System.

## Why Do They Go In For Muscle Control?

Because they know that by acquiring the knack of controlling their muscles (which means contracting and relaxing a muscle or group of muscles at will and without moving the bones) they impart to their muscles a clean-cut appearance. Besides, such feats are used in muscular posing, and cause an audience to marvel at the wonder of such posing.



The Abdominal Isolation

## This Course Shows You How To Make Money

There is a great need for artists' and art students' models. The pay is excellent and better opportunities are often presented to fine artists' models. This course will be more than interesting and instructive; it may help you into a better profession.

The Coupon Below Will Do the Trick. SEND IT TO ME!

## The MacMahon Course Will Open the Way To Better Opportunities

It is a course of great beauty, as well as one that will instruct you thoroughly in the two allied subjects it covers. It is fully illustrated showing the correct and incorrect poses. It also tells how to become a professional artist's model, including how to go after engagements, what the different types of artists desire in the way of models, and all other necessary instructions about the life of an artist's model.

**Charles MacMahon**  
Studio A-41-X

180 W. Somerset St.,

Philadelphia, Pa.

CHARLES MacMAHON  
Studio A-41-X  
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed \$2.00, for which send me immediately your new course, "Muscle Control and How To Become a Professional Artist's Model."

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

There Is NO Other Course Like It!

■ ■ ■  
This Coupon and \$2.00 Will Bring You PROMPT Attention.

# Former Olympic Champion Wrestler

## Recommends My Wrestling Course Highly



Peter Aisbrenner

Peter Aisbrenner, former Olympic Middleweight Champion Wrestler and Physical Instructor of the Harbin Y. M. C. A. and Sporting Club, recommends the MacMahon Wrestling Course highly because he has been through the game and, knowing it thoroughly, recognizes a real good course on this subject when he sees it.

With a recommendation like this behind it, you need not feel doubtful about the worth of this course.

## Read Mr. Aisbrenner's Letter

Crockett, Calif.  
Nov. 29, 1925.

Charles MacMahon,  
180 W. Somerset Street,  
Philadelphia, Pa.

Dear Sir:

It gives me great pleasure to tell you what I think of your fine Wrestling Course.

As a champion wrestler of China and Physical Instructor, I have tried your Original Wrestling Course and I find that you have a wonderful and excellent system.

Accept my congratulations and best wishes for your merited success.

Very truly yours,  
(Signed) PETER AISBRENNER.

## Some of the Reasons Why Wrestlers Who Know the Game Speak Highly of The MacMahon Wrestling Course

Each and every hold, counter, block, etc., is illustrated clearly. Each hold, counter, etc., is explained in understandable language. You can learn quickly with my methods. There are holds, blocks, breaks and counters that you never heard of, and they are very effective.

## Costs You Only \$1.00

You can become a proficient wrestler with a thorough knowledge of the mat game at no more expense than a one dollar bill. The price is nothing compared with the wrestling ability, experience and knowledge of the holds you acquire from this course. Don't let a dollar bill stand between you and wrestling ability.



CHARLES MacMAHON  
Studio A-41  
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed \$1.00 for your Wrestling Course.

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

# Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., February 20th for the April issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 Fifth Avenue, New York, N. Y.

## Health Resorts

Crystal Springs Sanitarium, Lampasas, Texas. Natural methods. Reasonable rates. Remarkable results. Dr. Gaffney, Director.

## Help Wanted—Male

Be a Detective. Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective. 1068 Broadway, N. Y.

Get a U. S. Government Job. Men 18-35. Railway Mail Clerks. Commence \$1,900 year. Steady. 25 coached free. Write immediately. Franklin Institute, Dept. M-56, Rochester, N. Y.

## Songs

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

## Old Coins for Sale

Attention Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengelle, Box 387, Colorado Springs, Colo.

## Physical Directory

Physical Culturists send in your name, address, age to be listed in Physical Culture directory. G. F. Schrader, 1011 Soulard St., St. Louis, Mo.

## Health

Nobody ever failed "Energos" way. \$1 copy. Field's, 147 East 27th St., New York City.

## Miscellaneous

Bulldogs. Trained Fighters or Pups. Bulldogs. 601 Rochwood, Dallas, Texas.

Airedale Puppies. Full pedigree. Males, \$25.00. Females, \$20.00. J. Francis E. Gott, New Harbor, Maine.

## Business Opportunities

A Rare Opportunity! Manufacture and Sell "Wizard Coal Saver." Cuts coal bills in half! Anyone can make it! Something new, simple, cheap and effective! Complete instructions. For short time only, \$2.00. Hurry! Leo J. Awad, Dept. 3, Shenandoah, Penna.

**DON'T BE BASHFUL**

Are You Timid or Self-Conscious? Bashfulness, timidity, blushing, confusion and self-consciousness can be quickly mastered. Interesting, instructive, illustrated FREE TREATISE tells how to attain poise and a charming personality, gain courage, control and confidence, and win success in love, social or business affairs. Sent free and postpaid. Write for it TODAY. RESEARCH INSTITUTE, Station 3, JACKSON, MICH.

## Drugless Physicians

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

## Agents Wanted

Representatives Wanted Everywhere. A broad claim for exercisers. This has been proven. Send for salesman proposition. Big money for character salesmen. Easy sales with model and moviegraph for demonstration. THE SUPERIOR EXERCISER COMPANY, Marietta, Ohio.

## Education and Instruction

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

Want a Bar-Bell? Can't Afford it? Make it yourself! I can tell you how. Drop me a postal. L. Whitten, Bath, Maine.

Used Correspondence Courses bought, sold, exchanged. C. Hanfling, 799 Broadway.

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

Complete Illustrated Course on Self Defense. Boxing, wrestling, Jiu-Jitsu. \$1.00 postpaid. Free Circular. Herb. Waddell, Champion Wrestler and Self Defense Expert. 44 Richland Ave., Bellevue, Penna.

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

## Weight Lifting

Guarantee Forty Pound Increase on your best overhead lifts! Course, \$2.00. Health and Strength course, \$4.00. Great Strength Course, \$2.00. Matthew R. Brown, 512 North Elm, Henderson, Kentucky.

## Personal

Your Handwriting Reveals Your Character. Send 25c. (silver) and ink sample of own or friends' writing for expert analysis and astounding demonstration of dominant characteristics. Real guide to success. A. Penkraft, Hamburg, N. Y.



## Moles

### HOW TO BANISH THEM

A simple, safe home treatment—16 years' success in my practice. Moles (also Big Growths) dry up and drop off. Write for free Booklet.

WM. DAVIS, M. D., 124-F Grove Ave., Woodbridge, N. J.

## How Does Exercise Affect the Heart?

(Continued from Page 38)

heart is a little knot of muscle which acts as a pacemaker for the rest of the heart. It starts to beat, and the wave of muscular contraction spreads from this point over the rest of the heart. Nerves connect this pacemaker with nerve centers in the lower part of the brain. The latter nerve center is very sensitive to the amount of carbon dioxide in the blood. If there is more in the blood than what is required, these nerve centers flash out their message to the muscles of the chest, which makes you breathe faster so that more oxygen is pumped into the lungs from the additional quantity of air drawn in, and the carbon dioxide is carried away.

When we work the living cells of the muscles throw off carbon dioxide, and the harder we work, more carbonic tissue is thrown off. Ordinarily breathing is not sufficient. The nerve center in the brain becomes alarmed and makes you breathe faster and the heart increases its pulsation.

Suppose you do not have much command of your lungs, or suppose the depth of your breathing capacity is small—what happens? Just this. The blood becomes laden with the poisonous substance; the muscle cells become clogged and this destroying toxin secretes itself into the lungs and burdens the heart with an unjust taxation.

Then who is the better off? The man who exercises to dispel this substance from the system, or the man who remains idle, filled with the destroying rust of carbon dioxide? No answer is necessary. Any rational minded person knows that the one who exercises must be physically and organically better off.

Just watch an ordinary individual try to move an object. It does not have to be heavy, but you will always hear sounds that expel the air from the lungs as they make the effort. If the movement is protracted, the face becomes red and they pant a little afterward. This is because the lungs contract on being deprived of air, and the blood backs up on the heart. When the effort is finished, the lungs, being deprived of oxygen, must breathe quickly in order to recuperate, and the heart is obliged to keep pace.

Nearly the same thing happens with most people on climbing many stairs. Their physical effort is greater than ordinary in the first place; secondly, the muscles of the legs are the largest in the body and require a greater blood supply. The fact that these muscles are the farthest from the heart, com-

pels that organ to pump harder to convey its fuel to these muscles. The main trouble is here. The average person only employs about one inch to one and a half inches of the lungs in ordinary breathing. This space is not sufficient to draw in the necessary amount of oxygen to supply the body with the required fuel. The result is severe heart palpitation and quite often a pain in the lungs from the strain of unusual exertion.

This is an instance you never see in the average body culturist. He has full use of his lungs and other muscles that sustain him through any unusual exertion. His body is free of the contaminating, clogging carbon secretions, and he knows how to take care of himself when he is placed in a situation that calls for more oxygen.

Just watch an experienced body builder pick up a heavy object. You will notice that he breathes deeply, but not forcibly, two or three times quickly. This is what we term oxygenizing the heart. In other words, he begins to store up a reserve supply before an attempt is made, so that all excretions are burned up during the process of exertion.

The average person does not know how to breathe, let alone use his body correctly.

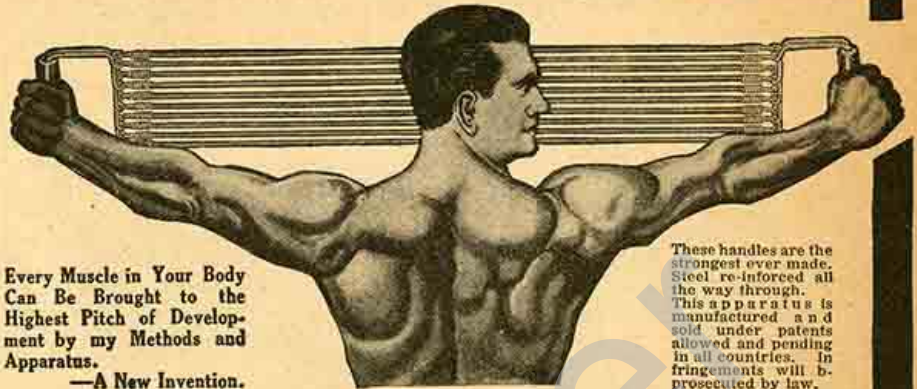
In the face of this, there is a class of people who preach against exercise and enlightenment. They prefer to see the average person live in ignorance and abuse their body from neglect. There is judgment in all things, but syndicated matter of that nature is criminal, and when the purveyors of any such doctrine hear of any athlete or near athlete die, they rush to inform the world it was the result of exercise. No matter what he died of, they seem to think athletes should never die. Probably they believe exercise is of no use unless it possesses some invulnerable magic that will make us immune from sickness and death.

Statistics prove what little value is behind these nonsensical teachings. Captain O'Neil, on addressing the A. A. U. committee, at the annual convention in Pittsburgh last November, stated that fifty percent of the young men who applied for service in the Army were rejected. During the war he stated that forty-three percent of the men in the United States Army were not fit as first line soldiers. The number of rejected men was appalling at the time when we were in the throes of the greatest crisis in the world's history. Did the national board prescribe rest for these men? No! They prescribed exercise, and they took steps to make these men fit.

Thousands of men returned back to civilian life thankful for what exercise did for them.

Look at the statistics the British forces have to show. They initiated remedial gymnastics, and on the final census from the clearing stations figures showed eighty-seven per-cent of the men returned to one hundred per-

## \$30. Muscle Building Outfit \$8 with Complete Instructions Now Only



Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by my Methods and Apparatus.  
—A New Invention.

These handles are the strongest ever made. Steel re-inforced all the way through. This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

## Be A Muscular Marvel!

Think what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and muscles. Now you need only the right kind of regular daily exercise to develop them to their fullest capacity.

### The McFadden Patented 10-Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart and lung room, vastly improve your blood circulation and make you stronger, healthier and more vital in every way.

### This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5-Cable Progressive Exercisers that can be instantly converted into a 10-Cable Progressive Exerciser. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

### My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10-Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50 to 1,000 pounds. It can be attached to any 10-Cable Progressive Exerciser. This device is the only one designed to develop the leg muscles.

### My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a strong man, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck ONE FULL INCH in a few weeks. This apparatus is simplicity itself. It is adjustable, and will fit any man or boy.

## MICHAEL McFADDEN

Dept. 192

103 E. 13th Street New York City

### My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course

You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10-Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps ONE FULL INCH in from 30 to 90 days, and all other parts of your body in proportion. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question.

### SEE WHAT YOU GET

10-Cable Progressive Exerciser, worth .....	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth....	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth..	3.00
12 weeks' Home Instruction Course, the most wonderful ever written—the kind you cannot get elsewhere, worth .....	15.00
The Michael McFadden Encyclopedia, worth .....	1.00
	\$30.00

**TOTAL WORTH \$30.00  
COSTS YOU ONLY \$8.00**

Any of the above can be purchased separately at the prices shown.

Fill out and mail the coupon below with \$8 for this marvelous muscle-building outfit. DO IT NOW. Delays get you nowhere. If you had ordered this outfit last month, you would at this time be well started on your career as a strong man. Don't wait another month—or another day! Start now by sending in your order AT ONCE. Use the convenient coupon.

My guarantee is backed by a \$10,000 challenge.

**Order Now**

MICHAEL McFADDEN  
103 E. 13th Street,  
Dept. 192,  
New York City

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

Name .....

Street No. ....

City .....

State .....

# New Nerves for Old

## THOUSANDS

of men and women who used to suffer from weak, unstable nerves are today full of bounding vitality and energy. No longer do they "fly off the handle" at the slightest provoca-

tion—no longer do they become unnaturally fatigued—no longer do they suffer from stomach troubles—gone is their gloomy, irritable feeling. They now eat better, sleep better, and have more endurance than they've had in years.

And yet they used no drugs or medicines—nothing except a few simple, easily followed natural rules of nerve health.



## What Causes Nerve Exhaustion

Over-active emotions, constant turmoil in domestic and marital relations, worries, intense concentration, excesses, vices—these bring on Nerve Exhaustion.

It is a very gradual development. It deceives thousands of men and women who appear to be in the best of health. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their constitution.

## How to Strengthen Weak Nerves

No tonics or magic system of exercises can regenerate lost nerve force. To build up strong, sound nerves requires an understanding of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. It is only through the application of these vital laws that stubborn cases of Nerve Exhaustion can be overcome. And that is now explained in a wonderful new book.

## Read This Book

Based upon years of intensive experience and study, the famous Nerve Specialist, Richard Blackstone, has just written a remarkable book, entitled "New Nerves for Old." In plain language he points out the easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality.

"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c., stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life. It will enable you to build for yourself a more solid foundation for your future success and happiness. Send for your copy today. Mail the coupon below to Richard Blackstone, 22 Flatiron Bldg., New York City.

Richard Blackstone,  
22 Flatiron Building, New York City:  
Please send me a copy of your book, "New Nerves for Old." I am enclosing 25c in coin or stamps.

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

cent physical manhood, who would otherwise have gone through life crippled or suffering from one trouble and another, which systematic progressive exercise could cure.

If exercise was such a menace to humanity, would our Y. M. C. A.'s, colleges and universities, Army and Navy, allow the practice to be continued? Positively no! Preaching against exercise is the work of a disordered mind of the egoist and the sensational news writer.

They say once exercise is taken up it must be continued. I never knew anyone to teach that it should be done away with once it was practiced. If exercise is good to practice part of the time, it is good to practice all of the time. I positively advocate exercise as a life practice, but I do not agree with those who say that once a fellow lays off he will degenerate.

Business and other interests have made my training very difficult for the last four years. Yet I always maintained my power. Two or three nights' practice was all I took to create my last three world's records. On one of these occasions several heart specialists attended and were curious to examine me, as they knew I had led a strenuous life. They found my heart in splendid condition and my blood pressure ideal. This being so, I see no reason why others should be different, as there is nothing exceptional about my make-up.

I have found that body culturists who practice concentration movements, or free movements that call for rapid action of many repetitions, have less control over their breathing. Too much lung depression is brought about, because the movements involved in the first place are too tensed; and in the second place, too much arm swinging is used with not enough physical resistance. The movements are too mechanical and nervous. This causes too much of an isolation of the diaphragm which naturally crowds it and makes breathing difficult. The breathing must be so constructed as to give the internal organs a complete massage, free from nervous movements. This insures the blood stream from being in any way impeded in its progress, and the muscular area under cultivation is replenished by its fuel, and at the same time ejects the carbonic dioxide that is thrown off by the movements.

We exercise to recuperate our natural powers and to prolong their usefulness, which is the sole object of training. Bar bells are peculiarly adapted as the best means to obtain these results because of the absolute control obtained over this form of apparatus, because it is never outgrown and because of the gentle schedule of progression obtained. It never deteriorates with use like other forms of apparatus, but is always the same, supplying the muscles with the necessary resistance that gives the body qualitative results.

I have successfully taken care of many students whose physical conditions were diagnosed as cardiac, and I feel competent to always handle such

cases, providing I receive a reliable diagnosis from a thoroughly competent physician.

Frank Dennis is one of the outstanding cases of how correct exercise, with careful instruction, will build up a weak heart to a degree of strength over the average. Of course, the main trouble with Dennis was tuberculosis, but that disease and the "Flu" had made serious inroads upon the heart.

This young man rose from a *sanitarium and a weak heart* to fame as a national champion athlete. He is organically and physically perfect today, and his enthusiasm for the methods that reconstructed him never wanes.

I have before me now the case of a young man who was discharged from the Marine Corps for heart trouble. He came back to civilian life in a very poor physical condition, as his picture here shows. Just compare his first picture with the one taken less than a year later. It hardly seems possible that such a transformation in a human body could take place.

You do not have to gaze long upon the two poses to see the great contrast. Look at the wonderful fullness of the arms, neck and legs. How beautifully the chest swells and rolls away. His face has filled out with the fullness of health and banished are the hollows of pain and sickness.

Less than a year ago this young man was a physical weakling. Today he is a magnificent specimen of manhood, enjoying life with the vigor of happiness.

This is the life story of Mr. H. E. Keeseckin, of Peoria, Illinois, who regained his lost health and won a splendid physique from practicing the progressive system of training. Throughout his training Mr. Keeseckin used weights and clings to them as earnestly as does Frank Dennis.

These two young men are not the only living proof. There are many others who have found their salvation from practicing the principles of correct exercise.

As I mentioned earlier in this article, a person who is normal need have any fear of developing cardiac conditions, providing he is properly instructed.

If a person has a heart symptom, a different form of exercise is required; for the same reason that a physician would not treat pneumonia and indigestion alike.

Leg exercises must be avoided for some time, although calf exercises could be practiced in most cases. The thighs should never be touched. Stair climbing and running must always be avoided on account of the increased heart action required to stimulate these muscles.

Reaching for an object that is almost out of reach is equally bad, as it enforces too much of a depression or isolation on the diaphragm, and the breathing becomes interfered with.

Plenty of breathing exercise should be taken, but care must be exercised not to make the breathing forcible.

The chest must not be thrust out (a point novices think they must practice), and as many exercises as possible should be done lying down. Careful attention to diet is always worth consideration. The neck and torso should receive special attention for quite a while, and gradually the other exercises could be worked in.

Being organically or physically unfit makes life a burden, which develops cranks and eccentric dispositions. Exercise is the free medicine that puts the punch into life and makes it worth while. My mother used to say, "An apple a day keeps the doctor away," but exercise is much surer. I admit anything can be overdone, but that is always poor judgment on the part of the individual. Body culture is nature's method of keeping fit, and no matter whether you live to be forty or one hundred, it is far more preferable to live that span of life allotted to us with health and strength. I would rather have thirty years so than one hundred otherwise.

Correct exercise never killed anyone, but quack medicine and unskilled surgery kills thousands every year. Look at the appalling list of people who die each year, unnecessarily, before they are out of their twenties. Then just think how the majority of these could be saved if physical training was universal. The old story that we have to live and learn is only too true, but the trouble is too many have to die so others can learn.

If you want a supple, nimble body—exercise. If you want power, speed and pep, exercise. If you want to be a molly-coddle, and rust out, don't do anything more strenuous than push a pen. Then you will sure die young. *Athletes do not die young.* There are thousands making their living by still practicing their strenuous performances, and many are in their sixties and seventies and still active, because they take care of themselves.

Personally, I can never see any one preserving their health through the neck of a medicine bottle. It is not natural. If the heart tissues have to be kept clean of the poisoning secretions we must exercise. If not, the blood becomes impure, the lungs clogged and the liver stagnant. The heart labors under an exertion all the time, and sooner or later the price has to be paid.

In this case death is hastened; but when it comes to the question of how long we can live, I think anyone takes on a tall order by trying to answer it. Death is indefinable, it is beyond the human mind, and I waste no time on the subject. My interest is in preserving the human body with all its recuperative and sustaining powers as long as life is in it. As long as this is done the heart will fulfill its duty and remain healthy and strong, and life will be just that much better off for it. The dilated heart has no place in my mind, and the athletic heart is scrapped on the junk pile of unfounded fallacy, where bigotry and narrow-mindedness always lands.



ADRIAN P. SCHMIDT



Weight and leverage resistance is gradually increased by automatic mechanism giving the right weight for every part of the body—small weights for small muscles and bigger weights for the larger ones—see sketches—capacity from 20 pounds to 750 pounds—or more if desired.

## Double Your Strength

Improve Your Health and Lengthen Your Life

The Success of Your Life and Happiness Depends On Your HEALTH and STRENGTH

You cannot accomplish much with rubber and spring cables—no matter who teaches you how to pull them—you only use up your nerve energy and waste will power.

I Guarantee that in from 30 to 60 days you can **DOUBLE YOUR STRENGTH and ENDURANCE** with my own original

### Automatic Health and Strength Machine

My method of building up and strengthening every part of the body individually is **Entirely Different** from all others. It puts a quality into the tissues of your body and a sense of power and ease which no other apparatus or method can give you. It has accomplished wonderful results when all others failed.

What Others Say:—

"Gained 14 pounds."  
"Marvellous for the back, chest, legs and the grip."  
"Reduced my waist 11 inches."  
"Increased my chest and shoulders 4 inches and doubled my strength."  
"It is a wonder machine."  
"There is nothing like it."

#### Excel Others In Superstrength

223 lbs. Barbell one hand bend press, by C. A. Ramsey, who weighs only 129 lbs. Two hand clean and jerk over head, 300 lbs. Barbell, by W. Williams, who weighs 185 lbs. and has a one hand clean grip lift of 690 pounds to his credit. Many of my pupils can do leg and hip lifts over 2000 lbs.

It Pays—before you decide on any course or apparatus to send for my famous little book

## "Life's Backbone"

If you want to conquer functional weakness in any form—increase your resisting power against fatigue and sickness—build up and strengthen every part of your body without strenuous training or strain on your heart "Life's Backbone" shows you how my method and this wonder machine does it and how it works. Just say: "Send me Life's Backbone" and enclose the customary dime or stamps. WRITE TODAY to

Prof. A. P. SCHMIDT

1947 Broadway (Near 68th St. Subway) Suite 234

New York

## STOP! DO YOU REALIZE YOUR CONDITION?

ARE YOU NERVOUS AND IRRITABLE?

DO YOUR NERVES

PINCH and draw and your

HEART POUND? Have

you the feeling that a spear

is piercing your KIDNEYS,

BLADDER, or PROSTATE

GLAND, causing you

untold misery and a

general feeling of depression?

Are you suffering

from CONSTIPATION,

LOSS OF VITALITY,

PILES, or any RECTAL

DISORDERS? CHANGE THESE CONDITIONS

Arise with that Early Morning Pep and be strong, virile

and vigorous. No matter how long you have suffered,

what other treatments you have tried, without success,

be sure to write us for FREE information regarding our

new and improved G. H. R. ELECTRIC THERMISTIS

DILATOR, which is today being used by thousands of

sufferers with amazing results. Address:

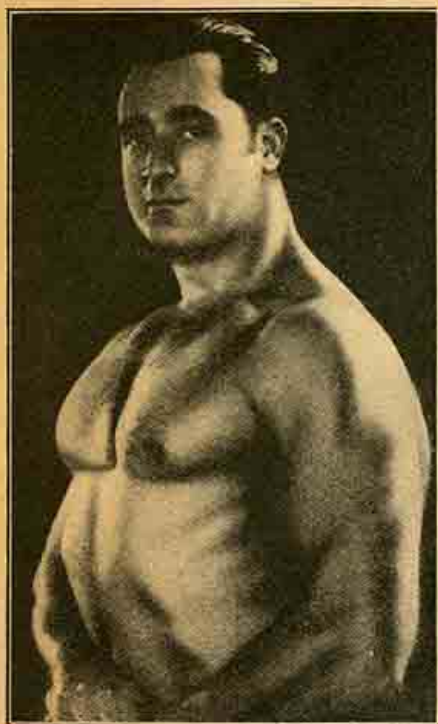


2:30 A. M. AND NO SLEEP!



YOUR NERVES

G. H. R. Electric Dilator Co. Dept. S-11 Grand Rapids, Mich., U.S.A.



**CHARLES ATLAS**

World's Foremost Muscular Scientist

Twice Pronounced the World's **MOST PERFECT MAN**, winning two \$1,000.00 **FIRST PRIZES** and a **DIPLOMA** for physical perfection, given by Directors of Physical Culture Magazine. No other living man can claim this title.

## DO YOU WANT TO BE A TIGER?

"It's the Tiger Men who grab everything they want these days. That's because they know how to crush failure!" This is the startling statement of the brainiest, richest man in all America. He spoke the brazen truth. This new race of Tiger Men win the battles of pelf and power in the mad, dizzy, jazzy marathon for personal success. They whizz by you in stunning big limousines, they have fine homes and bulging bank accounts—yes! they have lucre, luxury, love, LIFE! Let the World's Foremost Muscular Scientist teach you the astounding secrets of becoming a Tiger Man, ready and eager to pounce upon Opportunities.

## ADD FIVE INCHES TO YOUR CHEST without apparatus

The Famous Atlas System is recognized throughout the world as the Master Course showing you the QUICKEST, SIMPLEST, PROVEN way to radiant Health and mighty marvelous muscles. You can add 5 inches to your chest 2" to your biceps, 2" to your neck, develop the rest of your body in proportion and take off several inches from your waist without any cumbersome, useless apparatus! I positively GUARANTEE UNDER BOND to give you the startling results you crave. You don't need to wait 21 weeks, just 90 days are all I ask. Learn all about this amazing, sensational new method that is revolutionizing the whole physical culture business, by sending AT ONCE for my big 64 page book.

## "SECRETS OF MUSCULAR POWER AND BEAUTY"

Every one of its pages are alive with the secrets of the Most Perfect Tiger Man in the World. You have NEVER seen ANYTHING that can compare with its thrilling message and inspiring pictures. I want every reader to send for this MASTER HEALTH BOOK and learn the priceless methods for quickly winning a marvelously beautiful physique and a commanding, dominating PERSONALITY. The book is entirely FREE, so don't miss it. Don't wait a minute. Clip and mail this coupon BEFORE you turn this page. NOW!

### CHARLES ATLAS

"World's Foremost Muscular Scientist"

226 West 47th Street, Dept. 621, New York City

----- City and MAIL RIGHT NOW -----

CHARLES ATLAS,  
226 W. 47th St., Dept. 621,  
New York City.

Dear Sir: Please send me your WONDERFUL Big Book: "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose a dime to help cover wrapping and mailing charges. This places me under no obligation.

Name.....

Address.....

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

(Please Write or Print PLAINLY) Strength 2, 6

## How To Obtain Lasting Beauty

(Continued from page 23)

rare beauty, mostly because their actions and thoughts were free and untrammled, which naturally reflected in the contours and expressions of their faces and the graceful development of their figures.

Note the illustrations appearing in this article of the beautiful models posing in all the glory of their womanhood. The exceedingly graceful lines of their forms reveal such contours as to evoke untold admiration for the marvelous perfection of their body beautiful. As I gaze entranced at their dazzling beauty, I am inspired to take my brush in hand and attempt to duplicate their exquisitely rounded proportions, but with all my ability as an artist I cannot reproduce such loveliness, even though I exert my talent to the utmost of its power, for theirs is a beauty no artist of my calibre can paint. It is beyond my comprehension. Their forms are angelic and heavenly, more adorable than any I have ever reproduced with pencil and brush, and I have drawn many.

In my travels around the world I have met and seen many types of beauty, as exhibited by the femininity of the foreign countries, and I want to express my frank opinion in that I concede the American girl to be superior to her foreign sisters in numerous ways. Firstly, the personality of the American girl is wholesome, sweet and unaffected, where, on the other hand, especially in the Latin countries, the mannerisms, coquetry and radiance of personality is overdone and sometimes very overbearing. The prevailing type of figure in American girls is the slim, graceful type, where a great deal of the European beauties exhibit rather abnormal proportions, especially the French girls, who have, to my mind, overly large hips.

"How can I beautify myself?" you ask. Well, girls, we all have ideas on this much discoursed subject and mine are based largely on what I have seen and heard. It is a tremendous subject for any one person to tackle, but, nevertheless, if patience is a virtue that you possess, then, if you will be pleased to hear me, I shall endeavor to give you my idea on how to attain beauty and to tell you the DOS and DON'TS I think everyone of you need to know in order to attain the perfection of beauty to a certain degree.

My first thought is health. Do you enjoy walking in the sunshine and do you love to romp and play in the country? Remember when you were a child and did those sort of things? My! how your cheeks would get pink and rosy from the invigorating, youthful play. Youthfulness. Ah! that is what we need to keep when, as the years age us, we tend to slow up and become wrinkled and lose interest in our childish pleasures. The bloom of youth never leaves those who persist in remaining "just kids," for youngsters

## How to Get the Most Out of MARRIAGE MEN! Daringly Different



from any other publication, our big intimate Magazine is strictly for men! Can't be described—must be seen! No Fake, no Pads, no Fiction, no Foolishness—but surprisingly original, courageous, and 100% valuable to men. Devoted seriously to intimate subjects in which NORMAL MEN everywhere are individually interested—such as Physical Fitness, Personal Hygiene and Prevention, Virile Manhood, Masculinity, Social and Married Life, etc. Thousands of men would not sell their copies for money. You will know WHY when you see it. If you are married or ever expect to be, both you and wife will benefit—for IT DOES NOT DUPLICATE ANY OTHER MAGAZINE but actually deals with vital subjects heretofore not generally discussed in print. Endorsed by men's physicians. And edited to meet a long-felt need.



Like a Man-kin, it turns the bumps on body inside out and makes everything plain.



No book can possibly be as satisfactory. CUT THIS OUT, send with \$1 now for 5 months trial, with 5 big back numbers besides 100 copies in all. SAMPLE COPY 25c. (None free.) Satisfaction guaranteed or money promptly refunded. No chance to lose!

Locoma Pub. Co.  
Dept. 67 Battle Creek, Mich.



## Get Health-Height-Youth

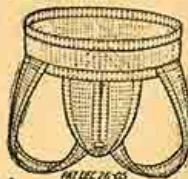


### Be Your Own Chiropractor

90% of all human ills are of Spinal origin. This great University Invention, The Cropp Therapeutic Couch, Remakes and Rejuvenates the body—Stretches the Spine, Skeleton, Cartilages, Nerves, Arteries, Muscles and Ligaments. Corrects Curvatures, Deformities, removes causes of arrested growth, gives Height and a Body Beautiful. Ask for free book "The Human Body."

International Health Devices Corporation,  
840 West 59th Street, Dept. 71, New York City

## MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening.

In front. May be boiled to cleanse.

**TWO WEEKS' TRIAL** If not satisfactory return and money will be refunded. Mailed on receipt of price, \$1.00. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. J  
1036 Spring Street (above Race) Philadelphia

For sale also at Sporting Goods and Drug Stores

## BE A RAPID-FIRE TRICK CARTOONIST



"Yea-Bo!" **\$1.00** BUYS COMPLETE COURSE

Includes 40 Cleveland Cartoon Stunts, "How to Give a Performance," "How to Originate Ideas." Anyone can do it. Be popular—clever—an artist. Send \$1.00 NOW for COMPLETE COURSE. Samples 10c.

MODERN CARTOON SERVICE  
Dept. T, 296 Bergen St., Brooklyn, N. Y.

revel in romping in the outdoors, and theirs is an active, strenuous life. Exercise, girls, exercise! All our beautiful actresses and chorus girls follow a rigid program in order to keep themselves fit. They must, else they soon would pay for their negligence. What kind of exercises would you do? Well, let me tell you, the kind that is good enough for a man is surely good enough for you. Ask any of the exquisite creatures who posed for the illustrations, and I'll bet you a dollar to a doughnut they execute enough movements that would play out many he-men.

Sleep is very essential to beauty, yet too much of it is as harmful as too little, for oversleeping makes the body sluggish and hinders the proper circulation of the blood, which saps the strength and vitality. Eight hours is sufficient amount to keep up the health.

Dress has a lot to do with beauty, as we are well aware, when we reflect over the mid-Victorian period, when women were prudish to an extraordinary degree. Those were the days of corsets, bust forms, bustles, hip pads, and sweeping skirts, that were very dangerous to health. But the remedy of this absurd method of dress has been educational and not a repressive measure. In general, the womanhood of the world can be trusted to garb itself in beauty, comfort and good taste, if given the opportunity and suitable encouragement. The professional reformer who sees evil in all modern tendencies and who is shocked at the abbreviated raiment, is only an obstacle in the way of the adoption of sane, healthful, modest standards of dress.

Diet is of paramount importance to beauty. Too much meat is bad, but edibles such as fresh fruit, greens, and well-cooked foods aid in the development and nourishment of the body. Candies and pastry should be religiously avoided, for they blemish the complexion very easily because of the poisons they create in the body. Chocolate milk bars and raisins ought to be encouraged where there is a craving for sweets. For these are exceedingly good for the body, as they contain very nourishing ingredients.

"Tobacco insidiously destroys a woman's beauty," declares Pola Negri, the great Polish tragedienne of the cinema. "I have watched its effect in many cases, and I have come to have a wholesome dread of it. Unfortunately, the use of tobacco is a pleasurable vice.

"I am always sorry when I get a picture role that demands smoking, not that I cannot perform the part, for I used to smoke, but I quit, and I deplore the influence the screen may have in propagating the habit. I am always concerned lest my example may induce some girls who may take an actress as an example to smoke.

"Many feminine screen stars and featured players smoke. Many use tobacco in private, since film roles, they feel, will not yet permit them to indulge in nicotine on the stage. But intelligent women, who are anxious to retain their



Empty  
20 pounds,  
Loaded  
100 pounds



## What Exercise Is BEST FOR YOU

I have tried various methods of exercise for experimental purposes during my 40 years' experience as a professor of physical culture. I have found that the best system is to start exercising with a 40 pound bar bell. As you feel yourself getting stronger you can increase the weight half a pound at a time, or a heavier amount, if you so desire, up to 210 pounds.

I have obtained such wonderful results with my pupils by this method of training that there are a number of prominent doctors who are too busy to get to gymnasiums and they do not want to neglect their health, so they keep a Barker Bar Bell handy in their office and spend 15 minutes to one-half hour every day exercising with the Barker Bar Bell Course. Doctors realize the good results you can obtain from Bar Bell Exercise.

The BARKER BAR BELL outfit can be changed into a short bar bell that will weigh about 30 pounds empty, 200 pounds when loaded. It also can be changed into two ring weights that will each weigh about 20 pounds empty, 100 pounds when loaded. You receive with each outfit over forty photographic illustrations, showing you the proper way to use long bar bells, short bar bells, ring weights or kettle bells. This course at my gymnasium would cost you \$100. To advertise my Health Gymnasium in New York City, I am selling a limited number of the Famous BARKER BAR BELL OUTFITS for \$17.00, with a complete course of instructions.

**START TODAY to obtain Robust Health and Vigorous Strength.**

SEND IN THE COUPON TODAY

Prof. A. Barker, D.C., Studio A1, 865 Sixth Ave., New York City.

Please send me immediately your "New Strength-Maker" dumb bell outfit. I am enclosing \$17.00, in full payment in accordance with your special offer:

Name .....

Address .....

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



### The Science of REGENERATION

Priceless Information

The secret of remaining YOUNG and VIGOROUS. Tells how to preserve, strengthen and regain vital powers. Send today for this BIG CLOTH BOUND BOOK. 224 pages. Price \$1.00—postpaid.

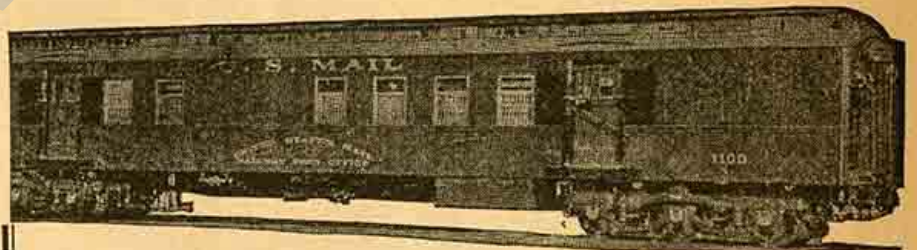
LIBERTY PUBLISHING COMPANY  
Station D, Box 4174 Cleveland, Ohio

## GROW TALLER

### Increase Your Height!

Develop your physical beauty. Simple, Natural, Easy Method. Will increase your height and improve your appearance. Write for FREE BOOKLET TO DEPT. U THE NATURAL METHOD BUREAU, ATLANTIC CITY, N. J.

# WORK FOR "UNCLE SAM"



## Railway Postal Clerks

ALL POSTAL PAY JUST RAISED :: TRAVEL—SEE YOUR COUNTRY

Many Positions:  
Income Tax Auditors

Railway Postal Clerks  
City Mail Carriers  
City Postal Clerks

**\$1700 to \$3300 a Year**

**MEN-WOMEN 18 OR OVER**

Short Hours Pleasant Work  
Rapid Advancement  
Permanent Employment  
Long Vacation with Pay

Mail Coupon Now Act at Once  
DO IT TODAY  
You may forget tomorrow

FRANKLIN INSTITUTE  
Dept. M182, Rochester, N. Y.  
Kindly send me entirely free of charge:  
(1) A full description of the position checked below; (2) Full particulars telling how to get the position checked; (3) Free copy of illustrated book, "Government Positions and How to Get Them"; (4) A list of U. S. Government Jobs now obtainable.

Railway Postal Clerk.....	(\$1900-\$2700)
Post Office Clerk.....	(\$1700-\$2300)
City Mail Carrier.....	(\$1700-\$2100)
Clerk at Washington, D. C.....	(\$1140-\$1860)
Income Tax Auditor.....	(\$1860-\$3000)
Rural Carrier.....	(\$2100-\$3300)

Name .....

Address .....

Use This Coupon Before You Mislay It—WRITE OR PRINT PLAINLY.

## Learn to Draw at Home



**Make Your Salary \$100<sup>00</sup> a Week**

Everywhere there is a big demand for artists—newspapers, magazines, advertising agencies, department stores, everyone who advertises is glad to pay big money for artists who can produce pictures and illustrations with commercial value.

### Learn At Home This Quick Easy Way

Our wonderful method makes it possible for anyone to learn Illustrating, Cartooning, or Commercial Art. Most of our students never touched a drawing pencil before they studied with us, yet hundreds of them are now making splendid incomes. You can do the same. The simplicity of this amazingly simple way will astonish you. No matter what your present ability—no matter whether you think you have "talent" or not—we can teach you to draw—and draw well.

### Simple Way Makes Success Easy

Our easy way simplifies everything. You start drawing with straight lines, then you begin using curves, and before you realize it you are drawing pictures with shading, action and perspective. And you are taught all the "inside secrets"—the "tricks of the trade" that would otherwise take you years to learn. Our Art Director has had years of experience in commercial art. He knows the kind of pictures that sell and he teaches you how to make them—in the least possible time.

### Write for FREE Book

An interesting and handsomely illustrated booklet, "Quick Easy Way to Become An Artist," will be sent you without cost.

Mail this coupon for it. Learn how you can easily become an artist in a few minutes' daily spare time. Get also full particulars about our "Free Artist's Outfit" offer. Send the coupon NOW! **The Washington School of Art, Inc., Room 672-D, 1115-15th St., N. W., Washington, D. C.**

The Washington School of Art, Inc.  
Room 672-D, 1115-15th St., N. W.,  
Washington, D. C.

Please send me without cost or obligation on my part your free book, "Quick Easy Way to Become an Artist." Print name plainly.

Name .....  
(Mr., Mrs., Miss)

Address .....

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

physical bloom and beauty, do not use tobacco."

I have never forgotten the old Bible adage, "Though I may speak with the tongues of angels and have not charity, I am nothing." I shall change this a little and give it an application; this goes hand-in-hand with beauty, "Though I may speak with the tongues of angels and have not a good disposition, I am nothing." I know lots of beautiful girls, but their attraction is lost when their nasty disposition unleashes itself, and they have lost many friends because of it.

Thus, to attain beauty, first exercise for health, sleep a lot, eat conscientiously, live in the outdoors, dress modestly and thoughtfully, abhor the use of tobacco and stimulants, be careful of too much late dancing, think clean and be clean, both physically and mentally, and, lastly, think of the naked form as a masterpiece of art and be not ashamed of it. Avoid licentiousness, and remember it is not the use of a thing, but the abuse of it, that brings on ruin, so be temperate in everything and you will have no regrets. Every woman should strive for success, and a beautiful woman is successful, for the most beautiful object in the wide world, it will be allowed, is a beautiful woman. So "Ladies take stock and tend your hive, trifle not at thirty-five; for howe'er we boast and strive, Life declines from thirty-five; and she that ever hopes to succeed and thrive must begin at thirty-five."

## Exercise—the Health Saver

(Continued from page 34)

realize that the less we like to exercise the greater our need is.

The one way to insure your physical deterioration is to begin to let your body slip. The one way to hold your health and build your strength is to devote a little time each week to your physical welfare. You cannot depend upon an orgy of exercise once a week or once a month for this. Such orgies tend to come farther and farther apart and eventually they cease. If you want to insure your health, go over your ordinary habits of diet and living and if they are anywhere near average put the main stress on getting exercise.

Determine that you will exercise at least four times a week, schedule the first four occasions, make up your mind what sort of exercise you will use on these occasions and go to it. Then make a real schedule and stick to it. Do not go out to see whether you really are as good a man as you ever were—just yet. You may be, but the chances are ten to one you are not. Take things easily. Do not get more than comfortably tired in any workout. Do enough to get up a sweat and a puff and you will be started on the road to physical perfection.

**Pack Your Muscles with Power!**

**A Really Sensational Offer!**



**Because We Manufacture**

**this MUSCLE-BUILDER and WRIST-FOREARM DEVELOPERS** we can offer them both, along with an ILLUSTRATED COURSE by prominent athletes, for the small price of **\$4.50**

**MOST POWERFUL MUSCLE-BUILDER MADE** Guaranteed such. Has 10 cables—10; each cable of extra-heavy tension. Resistance; 200 lbs. Progressive; tension can be adjusted. Handle of 10 continuous loops of specially tempered steel. Marvelously rapid and effective muscle-builder. Broadens and strengthens shoulders; develops muscles of back, arms, chest and abdomen; increases lung-power—an all-around body-builder.

**VALUE OF APPARATUS Without Course, \$10** Bought direct from us—the manufacturers—you pay ONLY \$4.50 for both MUSCLE-BUILDER and a PAIR of HAND GRIPS (two). And a profusely illustrated Physical Training Course by experts goes with them for extra good measure. YOU CAN'T MATCH THIS OFFER ANYWHERE!

These Grip of Steel Wrist and Forearm Developers (patented) (2) vice-like grip and strong muscular forearm with in

Send \$4.50 TODAY for COURSE and 2 APPARATUS COMPLETE (postpaid)

**MOOSEHEAD MANUFACTURING CO.** Headquarters for Physical Training Apparatus Catalog on Request Dept. S-2 1138 Tiffany St. New York City

## HOW TO OBTAIN BEAUTIFULLY SHAPED LIPS!

M. Trilety's new lipshaper, together with its thick lip astringent lotion, will now reduce protruding, prominent, thick, unshapely lips to normal and thus improve your facial features 100 per cent. My new appliance is comfortable, easy to adjust, and is worn at night. It will also promote correct breathing and eliminate the harmful and annoying habit of snoring. Write for full information, testimonials, etc., without any obligation on your part.



M. Trilety, Dept. 118-SP, Binghamton N. Y.

## Ruptured Athlete Wins Honors



### Free Trial Offer

"Son" Nutter, chosen as the second best high school basketball center in the entire state of Indiana, was cured of rupture by a new scientific discovery. In spite of the leaping, twisting, falling and violence of the game, this new discovery safely and surely retained the rupture and at the same time healed it. This is but one out of thousands who have been healed in this new way.

We will let you try it free. Write today for free trial offer sent in plain, sealed envelope. Brooks Appliance Co. 189D State Street, Marshall, Mich.

## THE AUTOMATIC ARM DEVELOPER Will Give You a VICE-LIKE GRIP and ARMS OF STEEL



(Patent Applied For)

The above cut shows you how it builds powerful muscles by graduated and pleasant exercise. The most efficient arm developer ever offered. A complete exercising chart, of seven different exercises effecting every muscle of the arm is furnished with device showing you how to get quick results. All strong men have been developed by this system.

Price \$3.00. Free circular if desired.

**THE VAUGHN MFG. CO., Crafton, Pa.**



## An Old Battle Refought

(Continued from page 60)

left that shot out like a cannon ball and crashed squarely on his unprotected jaw. Sharkey's knees sagged and he crumpled to the canvas, dead to the world, while Fitzsimmons calmly walked away to his corner, and began to doff his gloves, not waiting for the count to be made.

Just as indifferent as he had appeared to the gibes and jeers that were showered upon him as he entered the ring, he was equally deaf to the storm of cheers and applause that almost raised the roof as the fallen idol was counted out.

It was the most marvelous demonstration of the famous Cornishman's skill in ring science and strategy ever seen. He clearly proved his crafty ability to administer sleep draughts to over-confident opponents who became ensnared in his clever wiles.

He ably proved his superiority over all legitimate crown contenders, despite his age and apparent slowing up, which gave him the privilege of meeting again the Californian husky who had deprived him of the crown he took from Corbett.

The reception accorded to both men gives one an idea of the fickleness of the sporting element. Sharkey arrived at Coney Island, with his retinue, like an emperor, and was accorded all the honors of the conquering hero. Wherever he walked, crowds flocked around him, and a train of admirers followed in his trail all day long. As he entered the ring, bedecked like an Indian prince, a prolonged wave of spontaneous cheering swept the hall.

Fitzsimmons arrived unheralded and unsung. No one paid any heed to him, a "has-been," they supposed. They all gathered to see him made mince meat of by the all-devouring seaman.

Hoots, cat calls, hisses and profanity acclaimed his appearance in the ring, but in less than five minutes the same crowd went into the wildest throes of enthusiasm to acclaim him the conqueror of the world, and was willing to plank its last dollar on his chance of beating Jeffries.

Sharkey departed in silence to nurse his defeat at the hands of the Anglo-Australian who, for ring strategy and hitting power, has never been equalled.

## The Value of Strength

(Continued from page 78)

### Paddock Still a Contender

Now he intends to come East for the Sesqui-Centennial Meet in Philadelphia next June and hopes to carry off the honors again. Certainly our best wishes go with him. He is an ideal athletic type, and we want to see him make the most of his athletic opportunities.

He has found that getting into shape is more of a problem than it used to be, and he intends to pretty much give up running till the spring, but he expects to come back and be at his top form again.

Helen Wills has decided to go abroad and she may already have played Suzanne Lenglen by the time this appears. Whether Miss Wills is Miss Lenglen's only capable opponent or vice versa seems to depend largely on the

side of the ocean in which the match is played.

For some reason over-seas teams of women seem to have more difficulty in playing up to top form than the men's teams have. Miss Lenglen's most disastrous repulse was in this country, and on the other side she has seemed to be nearly invincible, and Miss Wills, although she won the Olympic Singles Championships, has not usually performed at her best abroad.

She is older, more seasoned and more confident now and should come into her own. Imperturbability was one of her chief assets, even in the first year when she came East to win the American Championships, and if she manages to hold her poise more than half her battle will be won.

## Rope Climbing—a Real Sport

(Continued from Page 44)

head, being sure that the legs pass together on one side of the rope, not straddle it. This is very important. Then catch the rope with your feet and slip into the leg hold, shown in illustrations 2, 3 and 4. After you acquire a strong leg hold, you may try releasing one hand and finally hold by the legs alone, as shown in the illustrations. Obviously, you should practice these reverse hang exercises close to the floor, with perhaps a mat under you, to start with. You should be able to quickly catch hold of the rope when you feel yourself slipping. One of the most advanced forms of this exercise is to take the reverse hold high up on

the rope. Then relax the hold just enough to slowly descend, holding on by the legs alone. This is admirably done by the Swedish gymnasts.

3. Looping the rope: From a stand, place the rope over your shoulders as in illustration No. 5. As you climb, a loop will form. Bring the two parts of the rope together, and make the loop secure so you can either sit or stand in it. You will soon get the knack of holding the two parts of the rope together, as is shown in illustration No. 6. When getting free from the loop, hold strongly to the upper part of the rope, and let the lower end down slowly with the other hand. Then

## Build Robust Health and Vitality!



**Vit-O-Net Magnetic Health Blanket** a reservoir of energy

Be in top-notch physical condition and stay there! You can now have a tremendous reserve of real vitality. No longer will you feel nervous, fagged out or dull. The Vit-O-Net Magnetic Health Blanket gives you new life—new power. Eliminates disease-breeding poisons thru the pores and other waste channels.

### VIT-O-NET HEALTH BLANKET

*Builds Health Without Drugs*

Successfully used for treatment of Rheumatism, Neuritis, Nervousness, Colds, Catarrh, Kidney troubles, etc. Magnetic warmth of Vit-O-Net soothes and strengthens. Improvement is noticed immediately. Endorsed and used by prominent physicians and leading health authorities. In daily use in scores of America's greatest hospitals. Whether you are in good or poor health you need a Vit-O-Net—the best insurance against sickness you can purchase. Pays for itself over and over again.

Read these—"I can attribute my good health to the help of Vit-O-Net." "Received greater benefit from Vit-O-Net than from treatments costing \$1,600.00." "No words can express my love for my blanket." "Would not take \$500.00 for it or do without it for nerves." "I am an entirely new man."

**Get Free**

**Health Document**

Reveals valuable health secrets you ought to know. Write for your copy today!

**Vit-O-Net Mfg. Co.**

4102 Ravenswood Ave. Desk 726 Chicago, Ill.

*Representatives Wanted.*

## FOR FUN OR MONEY— VENTRILLOQUISM

taught almost anyone at home. Small cost. Send Today 2c stamp for particulars and proof.

GEO. W. SMITH, Room S-58, 125 N. JEFFERSON AVENUE  
PEORIA, ILL.



**Banish Rheumatic Pain in 15 Minutes!**  
Relieve Rheumatic Aches, Sciatica and Deep-Seated Pains—Through Marvelous Penetrating Infra-Red-Rays Applied at Home.

**N**O more terrible, torturous twinges of rheumatism. No longer need you suffer the agony of neuritis and sciatica. For now, at last, science has perfected a new way to relieve your suffering. The Battle Creek Photophore, as it is called, radiates healing thermic rays that penetrate to the very cause of your pain and draw fresh, vigorous blood to the afflicted parts, giving you safe, sure, lasting relief instantly. Used and endorsed by leading hospitals and physicians. Thousands of sufferers from rheumatism, neuritis and other similar ills have gotten immediate relief thru use of this marvelous new discovery. Here are excerpts from a few of the hundreds of letters of praise we have received:

"My wife has not been troubled with rheumatism since using the Photophore."—Mrs. J. L., Rushville, Ind. "Nothing seemed to help me until I got a Photophore."—Mrs. C. M., Oneida, N. Y. "I can't recommend the Photophore too highly for the relief of rheumatism."—Mr. J. C., Detroit, Mich. "I suffered from Neuritis, and Photophore relieved me in less time than anything else."—Mrs. L. W. W., Carlinville, Ill.

You, too, can be instantly relieved by the magical Photophore. Write for FREE "Book of Treatments," fully explaining this new method, TODAY! **SCIENTIFIC LABORATORIES**  
Room 38, Good Health Building  
Battle Creek, Mich.

Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 169.



## Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

## Sex Secrets

At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life; Here are just a few of the subjects discussed—Love, Anatomy and Physiology, A Word to Maidens, Maternity, Parental Influences, Change of Life, Impotence, Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

## Send No Money simply mail the coupon

Just clip the coupon. Send it in today. No money is required. In a few days when the postman brings you "Safe Counsel" (in a plain wrapper) you can pay him \$1.98 and postage. If you are not thoroughly satisfied after examination, return the book and we will refund your money.

Mail the Coupon NOW!

**FRANKLIN ASSOCIATION**  
186 N. LaSalle St., Dept. 7610 Chicago, Ill.  
Please send me your amazing 512-page book, "Safe Counsel," in a plain wrapper marked "Personal." I will pay the postman \$1.98, plus postage, upon arrival. If I'm not satisfied I'll return book within 5 days and you are to refund my money.

Name.....

Street or R. F. D.....

City.....State.....  
(Price outside of U. S.—\$2.22 cash with order)

**COMPLETE HOME GYMNASIUM OUTFIT**

**"Hendrickson Combination" \$5**

**SPECIAL OFFER ONLY \$5**

Best material and workmanship (\$10 Value)  
Better than ever. Perfect satisfaction  
guaranteed. **FREE With Every Outfit**

**3** DISTINCT TRAINING MACHINES      **3** COURSES OF PHYSICAL EXERCISES





**Spring Exerciser** For general all around muscle development.

**Grip Machines** Produce powerful arms and fists like grip.

**Chest Expander** Fast developer of arms, shoulders, back and lungs.

Send for the 3 Outfits TO-DAY Postpaid Only \$5.  
Lind-Hendrickson (Makers) V-321 Broadway, New York

drop the lower end altogether and descend, using both hands.

4. Making a loop by picking up the lower end of the rope with the foot: This is a neat trick, especially when done high above the floor or ground. The extra length of rope pulled up can be wrapped around the body, and you can sit or stand in the loop, as shown in illustration No. 7, as securely as if you were in an easy chair in your own sitting room. The loop is made by placing the outside of left foot against rope; then reach down with the right foot, catch the rope with your instep, and pull it up by raising the knee; reach down quickly with right hand (holding tightly to rope with the left) and bring the two parts of the rope together, leaving yourself standing in the loop. Of course, the process can be reversed by picking up the rope with the left foot and hold on rope with right hand.

5. Suppose you had to descend a rope carrying something of value; perhaps, even, a beloved child. Could you do it? Just try the stunt shown in illustration No. 8. First, begin by descending, carrying nothing, but with one arm free. The leg hold is the import-

ant factor. This is the way to do it: You lower the body with one arm, keeping a fairly good hold with the legs. Then hold hard with the legs while you slide your hand down the rope for a fresh grip. Thus you descend, one change of holds after another, not sliding, or you will be unable to control your descent. When you can do this well with one arm free, try carrying objects. Let someone throw a medicine ball up to you while you hang on the rope—catch it with your free arm and carry it down with you.

In conclusion, I may say that there are many other interesting and valuable exercises and contests which can be practiced on the climbing ropes. I might mention jumping for distance and catching the rope. Also the high leap and catch. For alertness and judgment of distance, jump and catch a swinging rope. You will find that a swaying rope is an elusive thing. So is a man running with a football. If you miss either one, you get a tumble. So don't miss. One thing certain, however, climbing the rope is a great form of exercise and will give you splendid control in handling the weight of the body.

## The Crucial Test

(Continued from Page 46)

straining my eyes until they nearly bulged from my head, and I couldn't stretch my neck long enough in the effort to follow Billy's form through the dark.

I had passed word along and every doughboy had his rifle ready to blaze away at first interference from Heinie. I was praying with all my heart that no rocket would go up, when suddenly one went screaming skyward to burst into a million lights, and there we saw Billy gallantly staggering through the mud, over knee-deep, toward us with the burden across his shoulders.

He was seen and a dozen forms trained their rifles upon him. I screamed for Billy to throw himself down as I pumped the magazine empty so fast that my rifle got hot in my hands. But, damn him, he came on. His gasps were audible at a distance with his strained breathing and the physical exertions. I thought he would never make it. The rest of the boys were firing so fast that Fritz thought we were preparing for an attack and immediately the whole line sprang into action. Rockets flew, star shells began to fall and the batteries were brought into action.

Meanwhile Billy was struggling at his titanic task. I crawled onto the rim of the shell hole and helped drag him in. He was completely done.

You can't imagine the amount of physical energy that was expended across those few yards. It was almost impossible to walk for the suction of the mud, and realize that Billy carried a man that easily weighed one hundred eighty pounds on his shoulders. It was marvelous.

Both fronts were all ablaze with action and we were too busy to get together. He lay panting where he had fallen, beside the man he had rescued, but only for a minute, then he came beside me and swung into action, as though nothing had happened.

Later he told me that he never really appreciated the hours he had devoted to exercise as he did in those brief minutes. He needed the strength of a super-man, and he had it. Thanks to the work-outs with weights and wrestling mat.

Everybody marvelled at him and the Poilus looked on Billy with curiosity, wondering how so small a man could possess such remarkable strength.

Poor Billy was later picked off by a sniper and I laid him away with an ache in my heart. He grappled his last foe, Death, just as he had always wrestled in bygone days, with a game smile on his lips.

Now we have only his memory, boys, and the remembrance of his wonderful exploits, but we're proud. The loss of such a buddy makes life that much richer. It seems that a sacrifice has to be made in order to show us how we should live.

I know, and you all know, that when the crucial test comes, it is the man who has built himself up from exercise and sturdy sports like wrestling that proves to be best. We realize the value of a few minutes a day. That's why I always do it, I guess.

But when feats of strength are mentioned, the panoramic scene shifts before my sight and I always see glorious Billy struggling in that mud stinkin' hell, through No Man's Land, with his

battered burden, and shake my head. For that feat beats all I ever saw.

As I concluded my story, everybody remained in silence. I knew where their thoughts were—back in the dear old care-free days. Thinking of Tug, Tommy, old Billy, and many others. We felt like the words in that old song, "Gee! but I'd give the world to meet that old gang of mine."

We would all have given a lot to have torn aside the veil that night and met the boys who had always stood for the best, who had always been the greatest examples of the results from exercise and right living.

Summed up in a few words, it simply means courage, confidence, and true sportsmanship, which, after all, are the highest qualifications of life.

## Experiences of a Modern Strong Man

(Continued from Page 26)

prior to returning to his country, ran foul of this certain strong man in a famous club.

The little Japanese was a shy, gentle youth, very quiet and refined, a little effeminate, even, in his exaggerated gracefulness and in his meticulous care for his clothes and his person. Mostly all his life he was the butt of his associates' pranks, probably because he was stupid in understanding a jest. He had a high, intellectual forehead, dark eyes, curling, sarcastic lips, a nose almost aquiline, but starting a fraction of an inch too low between his eyes. He had read everything, remembered everything, played lawn tennis for his university, and was proficient in the Japanese art of jiu-jitsu.

He would talk about New York, Paris and London, in his queer, stilted way. He had once roughed it as a fireman on board ship, a teacher of jiu-jitsu, a juggler, and heaven knows what else. He had endured hardships, contempt, and rough treatment with the smiling patience inculcated in the Japanese people by their education. "We must chew our gall and bide our time," they say when too powerful foreigners insult or abuse them. Thus, on a certain fateful day in the famous club, this remarkable personage met with the strong man, who was rather ill-tempered that day, and for some reason or other engaged the Japanese student into a discussion on conditions and relations existing between their two governments. Their discussion became so intense that an argument ensued and the Japanese, more gifted in eloquence, held the better of the verbal battle, which made the strong man very angry.

They kept up the argument so long that it finally came to a case of personalities. A crowd gathered around the two and the strong man, his ire aroused, commenced to abuse the little Japanese very offensively. Through it all, the Jap remained impassive. His face was expressionless; only his eyes betrayed the rage sweeping over him,

# Swear Off Tobacco

**TOBACCO**

Shatters Nerves

Hurts Digestion

Stunts Growth

Robs Man of Vitality

Denies You Pleasures and Luxuries

## Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—Tobacco Redeemer will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

### Not a Substitute

Tobacco Redeemer is a radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

### Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

### Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!



**Newell Pharmacal Co.**  
DEPT. 974  
Clayton Station  
St. Louis, Mo.

Name.....  
Street and No.....  
Town..... State.....

## \$1500 - \$3000 Year For You

**BECOME A GOWN DESIGNER AND MAKER**

Girls, women 15 up. You can easily learn without leaving home. You can have THREE gowns, dresses of CHARACTER, at the cost of one store gown.

**SAMPLE LESSONS FREE**  
Write IMMEDIATELY—today sure, for FREE "GOWN BOOK", with FREE sample lessons.

**FRANKLIN INSTITUTE**  
Dept. M653 Rochester, N. Y.

## HEALTH FOODS

We Will Send Free Upon Request to anyone interested in their health, or the health of their family or friends, our 56 page booklet and price list which contains pointers and data about the healthful life, which will be of immeasurable benefit and interest to every reader.

We include FREE also our interesting booklet of 18 pages entitled "Confessions of Kernel Wheat."

**The BERHALTER Health Food Store and Factory**  
Department Sq.  
1423 North Clark Street, Chicago, Ill

# SUPERMAN BARBELL

dumbbell, kettlebells. Now you can have that longed-for real Superman Plate Barbell Outfit. Progressive adjustable by pounds 5 to 500 lbs. Light enough for child. Heavy enough for giant. Sp. Gr. nearly twice iron. Neat. Compact. Use in smallest room. Noiseless Non-rolling. Non-grinding plates. Grip developing, non-slipping handles. Handy. Easily transported. Non-cumbersome. Inobtrusive. Keep in dresser drawer or handbag. Completely assembled for use in 10 sec. (actual timing test). Instantly disassembled and put out of sight (less than 10 sec. actual test). Change barbell to kettlebells in 2 sec. No changing handles. Universally adaptable to individual and special needs. Result of 8 yrs. experiments. Buy 2 common materials inconspicuously in your own town, small initial cost, carry home under arm easily as book, make whole outfit in 15 min. Actual cost of 2 materials only expense. No freight bills. Book of complete detailed instructions for making the Superman Barbell, Dumbbell, Kettlebells, fully illustrated by original photos, also How to Make a 100 lb. adjustable barbell at total cost of \$3.50 with Treatise on Barbell, and complete graphically illustrated course of Superman exercises for developing the Superman Back, Stomach, Legs, Chest, Shoulders and Arms sent postpaid, plain cover, by return mail. Also original Superman Award Graded Progressive Certificates awarded Superman Barbell users for required development. Free Membership in Superman League for boosting enthusiasm and fellowship. Your absolute satisfaction guaranteed or money back. Tear this out, write name on margin, and inclose dollar bill or check. C. I. SCHOPP, 62 Brunswick, 1332 Eye St., N.W., Washington, D. C.

**\$1**



## Play "JAZZ" on the Saxophone

Become a musician so quickly as to astound everyone. Learn by playing real music—instead of tiresome "exercises." You'll soon become the most popular person in your "set."

### New Easy Method

is a revelation. Nothing else like it for thoroughness and rapidity. So simple that young and old find it easy to play with amazing skill. No "trick music"—but actual notes, learned quickly right in your own home.

#### LEARN TO PLAY ANY INSTRUMENT

Piano Mandolin  
Organ Drums and  
Viola Traps  
Banjo Harmony and  
Clarinet Composition  
Flute Sight Singing  
Harp Ukulele  
Cornet Piccolo  
Cello Trombone  
Guitar Saxophone  
Voice and Speech Culture  
Piano Accordion  
and many others!

#### FREE BOOK and Demonstration Lesson

offers this wonderful musical opportunity. Send for them today before copies are exhausted. You'll be astounded, thrilled, fascinated, at this easy, rapid way to become a veritable master of your favorite instrument. Instruments supplied when needed, cash or credit.

U. S. SCHOOL OF MUSIC, 992 Brunswick Building, New York City  
Send me your amazing free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane. Also Demonstration Lesson. This does not put me under any obligation.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Instrument \_\_\_\_\_ Have you this inst? \_\_\_\_\_



## BIG-CHEST

You can have strong lungs and increase your chest measurement five inches by following instructions in my book.

Chest Development and Correct Breathing

Send for it today.  
25c coin or 30c in stamps.

PROF. ANTHONY BARKER, D.C.  
865 6th Ave. Dept. 330 New York City



## "BECOME A LIGHTNING TRICK CARTONIST"

Send \$1.00 for Beginners' Instructions with 23 Comic Trick Drawings, or write for Big Free List of Chalk Talk Supplies.

BALDA ART SERVICE Dept. 47, Oshkosh, Wis.

## Faces Made Young

The secret of a youthful face will be sent to any woman whose appearance shows that time or illness or any other cause is stealing from her the charm of girlhood beauty. It will show how

without cosmetics, creams, massage, masks, plasters, straps, vibrators, "beauty" treatments or other artificial means, she can remove the traces of age from her countenance. Every woman, young or middle aged, who has a single facial defect should know about the remarkable

### Beauty Exercises

which remove lines and "crow's feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth; and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

### Results Guaranteed

Write for this Free Book which tells just what to do to bring back the firmness to the facial muscles and tissues and smoothness and beauty to the skin. Write today.

KATHRYN MURRAY, Inc.

207 So. Wabash Ave. Suite 2332 Chicago, Ill.



and they were mere slits and fierce looking. Goaded by the calmness of the little man, Mr. Strong Man could stand it no longer and very promptly he slapped the Japanese on the cheek. Much to the surprise of everyone, the Japanese merely grinned. Again the strong man struck him, but the grin never left the Japanese's face.

What happened in the next moment the strong man never could comprehend. He swore a veritable demon was let loose. Before anyone realized it, the strong man was stretched out on the floor in a helpless condition, and the little man was bending over him, very calm and composed in his attitude.

An expert at the art of jiu-jitsu, the famous Japanese system for self-protection, he merely put his knowledge of it into action, and the result was the strong man could not conjure with the overly quick movement executed by the Japanese. Suffice to say, the strong man was a good loser, and, like the gentleman he was, he apologized to the Japanese for his unbecoming conduct. They became very good friends after that episode, and the Japanese showed the strong man many of the intricate tricks of the art of jiu-jitsu. The strong man had learned his lesson, and to this day he has never taken advantage of an inferior man.

Right here I want to say that the average strong man seldom, if ever, engages in assaults on people. He is a peace-loving man, slow to anger, and one who stands for the right, and at all times is of service to those who are in need of his help. The strong man is no freak, yet many seem to think that he is. I have never known a more humane and kind man than a strong man. Of course, there are exceptions—but, dear reader, I dare say they are very few. Because a strong man can do most anything that he pleases, some people are of the opinion that he is not natural; yet, if you were to talk with him, walk with him, I think you might possibly change your viewpoint. He is one man who is never found lacking when a crisis arises. He stands always ready to the call of his country or to the need of his fellowmen.

Take the case of the Italian strong man who gave his all during the World War when his regiment was "holed" up in the mountains. He carried cannons on his back up the steep cliffs in order that his countrymen might have sufficient field guns to down the enemy, and the case of the light weight strong man in New York City, who happened to be riding in an elevated train one day when a huge rowdy insulted a girl sitting nearby. The little strong man jumped up immediately and demanded an apology from the big bruiser. The rowdy, seeing how small the man was, held him in great contempt and ignored the demand made of him and insulted the girl again. This was too much for the smaller man. So, as the train slowed down at the next station, he promptly grasped the big rowdy, swung him aloft and, when the train stopped and the door opened, calmly pitched him out onto the platform, much to the

## STOP USING A TRUSS

Do Away With Steel And Rubber Bands



### Over 250,000 Now In Use

We have proved to hundreds of thousands of sufferers from hernia (rupture) that to obtain lasting relief and develop a natural process for betterment comes by wearing a Plapao-Pad. This patented mechanico-chemico device can do the same for you. The wearing of an improper support aggravates rather than improves the condition. The Plapao-Pad can and does aid the muscles in giving proper support, thereby rendering efficient aid to Nature in restoring strength to the weakened muscles. Being self-adhesive there is no slipping and shifting of pad with resultant irritation and chafing. Most comfortable to wear—no delay from work. Awarded Gold Medal at Rome and Grand Prix at Paris.

Send No Money. We will send you a trial of Plapao absolutely FREE, you pay nothing for this trial now or later. Write for it today, also full information. PLAPAO LABORATORIES, Block 718 St. Louis, Mo.

## TOBACCO

Or Snuff Habit Cured Or No Pay

Superba Tobacco Remedy destroys all craving for Cigarettes, Cigars, Pipe, Chewing or Snuff. Original and only remedy of its kind. Used by over 500,000 Men and Women. Perfectly harmless. Full treatment sent on trial. Costs \$1.50 if it cures. Costs nothing if it fails. Write today for complete treatment. SUPERBA CO., Dept. M89 BALTIMORE, MD.

Enlarged, Nosepores, Pimples, Blackheads, Red Nose, Oily Skin, Sallow Complexion and other miserable local skin affections will be quickly remedied and overcome with M. Trilet's A.B.A. Lotion, leaving the skin in a clean, clear and natural healthy condition. No sticky or oily substance, but refreshing and fragrant. Applied at night. A 3-oz. bottle sent on receipt of \$ .75. Address M. Trilet 84 W. U. Bldg., Binghamton, N.Y.



## PILES DON'T BE CUT

Until You Try This Wonderful Treatment. My internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, salves and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bless the day that you read this. Write today.

E. R. Page 246 Page Bldg., Marshall, Mich.

## High Blood Pressure

Do You Know What Causes High Blood Pressure and Why 150 Is the Danger Point?

High blood pressure is often a symptom of other trouble and is a serious menace to health of both men and women. What should your blood pressure be for your age, weight, occupation? You cannot afford to run the risk of remaining in ignorance of the causes and results of high blood pressure. Simply send your name for free booklet of valuable facts, and explaining methods of both temporary relief and permanent recovery. No cost, no obligation. Write today. H. Wilson, Supt., Kansas General Research Hospital, Box 318, Milford, Geary Co., Kans.

amazement of the occupants of the train. In his street clothes the strong man looked like the average man. No one would believe that he possessed the qualities of a strong man, since he was a Lilliputian in stature. Yet he was not found lacking, for his courage was marvelous, even in the face of great odds.

Every man owes it to himself to be strong; not only does he owe it to himself, but to his country as well. If people would only stop long enough to spend a little care on their bodies, there would not be so many pitiable wrecks in our institutions today. Then, why not be strong? It has often surprised me that so many people are content to be weak and ill, when, in reality, there is only a slight effort required on their part for them to grow sound and well and get strong; but certainly there is a general impression abroad that illness and delicacy are things that must be a necessary evil, but this is not so.

There are, however, people of either sex who actually make a parade of their ailments and what they consider to be their "pale and interesting" appearance, under the impression that pallid, sickly looks are an infallible index of an æsthetic and soulful nature. Some of our men of influence have caused incalculable mischief to youth by systematically extolling exclusively intellectual culture, physical decadence, and mental morbidity. Fortunately, there are now signs that their influence is on the wane, so that we who work for the advancement of physical culture and the moral culture which is its natural result may also hope for a hearing. I shall, therefore, ignore the fact that delicacy of health or appearance is regarded, in certain circles, as an attribute worth striving for.

If people would only "wise up," only know how much more how much better, and how much longer they can enjoy life if, instead of being controlled by a weakly body, they would have a strong and healthy one at their command!

What must we do, then, to perfect our bodies? Make use of fresh air and clean water, let the sun shine upon you, and do not let a single day pass without every muscle and every organ in your body being set in brisk motion, even if only for a short while. Stagnation in this case, as everywhere else in nature, is abnormal and leads to dropping and untimely death. Motion is life. It increases and maintains vitality up to life's normally late limit. To get strong, then, you must set your body in motion, and to get motion you must exercise. The thing for you to do is set up a daily program of exercises and adhere to them faithfully.

The best system of exercise is the progressive system with adjustable bar bells, to which I owe my wealth of muscle and strength. To secure effects, you must exercise, and the greatest aid to muscular development is the exercise that creates resistance, and to get proper resistance bar bells are needed. For it is daily physical exercise, if only for a short time, that has so excellent an

## HENDRICKSON Big Muscle Builder

The HENDRICKSON is made of very heavy rubber cables, especially designed for these heavy Expanders. The Elastic Cables are detachable, having Safety Snap Hooks, allowing one or more of these heavy cables to be used. You can start with one cable and add others as your strength increases.

Our handle frames are not made of shoddy light single 5-loop frames, or double 5 loops, but have 10 continuous heavy loops.



A Genuine 10-Cable Chest Expander

\$ **5** (\$10 Value) Only Postpaid

Powerful Muscles and a Fine Physique can be had in the shortest period of time, by using this PROGRESSIVE EXERCISER. You can increase the size of the neck, forearm and bicep one full inch in a month; and double the strength of your back and shoulders. You can be a NEW MAN in a few weeks.

The HENDRICKSON is the ONLY Chest Expander on the market having a Handle Frame of 10 Continuous loops. OUR LIBERAL OFFER: We will send you this wonderful exercising apparatus and include FREE our Illustrated Course of Physical Training, showing how to develop the entire body at the extremely low price of \$5 postpaid. If you want to be a REAL MAN—order TODAY!

Lind-Hendrickson Co., Inc. (Originators)  
U-321 Broadway, New York and Inventors  
Enclosed find \$5.00 for your 10-Cable Chest Expander, postpaid, and include Course of Physical Training FREE.

Name .....  
Address .....  
(Please Print Plainly) S 2

### Your Choice \$20.00 Musical Instruments FREE To Our Students

Your choice of a Violin, Tenor Banjo, Hawaiian Guitar, Banjo, Cornet, Ukulele, Banjo Ukulele, Guitar, Mandolin or Banjo Mandolin. You will be proud to own any one of these instruments and you can have one absolutely free. A few cents a day for lessons is your only expense. Our system of teaching is so easy that you can play several pieces by note with the first four lessons. We guarantee success or no charge. Instrument and lessons sent on one week's free trial. Write for booklet today, no obligation.  
CHICAGO CORRESPONDENCE SCHOOL OF MUSIC  
Orchard and Willow Streets, Dept. 14 Chicago, Illinois

### Make \$2.50 an Hour YOUR PROFITS IN ADVANCE

STAY-PREST TROUSER PRESSER sells quick—everywhere. Thousands in use, Salesmen and saleswomen cleaning up. Sells on eight-minute demonstration. Reasonable price. 40% clear profit for you. You take orders. We deliver.

Wonderful New Invention  
Puts perfect crease in trousers. Takes out wrinkles and baggy knees. Easy to use—takes less than a minute. Folds into small size. Finely finished. Looks rich. Saves clothes and tailor bills. Every man wants one or two.

Make Big Profits—Others Do  
Jack Ames made \$24.00 in four hours. Handle sold twenty-five the first day. Mary Roberts made \$10.00 in one evening. Others making good in full or spare time. So can you.

FREE Write us quick for free sample offer and full details.  
The Getgey-Jung Co., Dept. B75 G. & J. Bldg. Cincinnati, O.

## I Offer You \$100 a Week

Without experience, training or capital you can establish a big business for yourself. Be your own boss, work when you please, spare time or full time, and make from \$25 to \$100 a week.

### Ford Auto Given Free

We want men and women to represent us. Wonderful plan. 350 Household Necessities direct from factory to home. We provide all instructions and equipment including automobile. Write quick for offer.  
AMERICAN PRODUCTS CO., Dept. 5125 Cincinnati, Ohio.

## Art and Life

A Magazine of ART, NATURE, SCIENCE, Mental, Moral and Physical Culture. CLEAN, educational, interesting, helpful, to print. BEAUTIFULLY and artfully illustrated. Drawings, paintings and fine-art photo reproductions of BIRDS, ANIMALS, SCENERY, DESIGNS, LETTERING, CARTOONS, COMICS and THE HUMAN FIGURE. Lessons in Art and Photography, composition, retouching, etc. Amateur contests, cash art assignments. For ART and NATURE lovers. Correspondence and High School Art Students in Designing, Illustrating, Cartooning, Comic Drawing and Chalk-talking. Photographers, Photo-takers, Signwriters, Amateur Writers and Poets. Nothing in it that a child should not see or read. Nothing like it. Can't be described, must be seen.

(No free samples.)  
and send now, with \$2.50 for a yearly subscription or with \$1.00 for a 4 Months' Trial Subscription, or 6 big back issues. YOU CAN'T LOSE. NO. K. or refund.  
ART AND LIFE, Dept. 2637 Kalamazoo, Mich.

# VICTOR



NOW ONLY

\$5

Complete Body-Building Outfit, Including Champion Muscle Builder, VICTOR Master Grip, Instructions and Boxing and Wrestling Books

## Champion Muscle Builder

With patented steel reinforced handles—the strongest ever made. By following the course of instructions sent with each outfit you can in an amazingly short time increase your chest expansion and your muscles to great size.

## VICTOR Master Grip

Increases your forearm and wrist muscles to remarkable proportions. Used with one, two or three springs—mild, medium or strong. Also a grip tester registering from 1 to 100%. If you expect to become a strong man or athlete you need the VICTOR MASTER GRIP.



[VICTOR Master Grip Alone, with Complete Instructions] \$3

VICTOR 10 Cable Progressive Exerciser alone with instructions \$5



These Books Given Written by the foremost men in their classes, James Corbett and Frank Gotch. Send \$5.00 for this great body-building outfit which includes the Champion Muscle Builder, Master Grip, Complete Scientific Body Building Instructions and Boxing and Wrestling Books. Greatest value ever offered. Satisfaction guaranteed. Order NOW.

HENRY VICTOR, Dept. 84  
109 E. 13th Street, New York City



## Make Money in Photography!

We train you quickly at home. No experience necessary. Spare time or full time. Photographs in big demand by magazines, newspapers, advertisers, etc. Portrait Photographers make more money today than ever before. Commercial Photography also pays big money. New plan. Nothing else like it. Write today for details and new FREE book, "Opportunities in Modern Photography."

International Studios, Inc.  
Dept. 5772 3601 Michigan Ave., Chicago, Ill.

## A PERFECT LOOKING NOSE

CAN EASILY BE YOURS

Trados Model No. 25 corrects now all ill-shaped noses quickly, painlessly, permanently and comfortably at home. It is the only adjustable noseshaping appliance and a safe and guaranteed patent device that will actually give you a perfect looking nose. Over 90,000 satisfied users. For years recommended by physicians. 16 years of experience in manufacturing Nose Shapers is at your service. Model 25 Junior for Children. Write for testimonials and free booklet, which tells you how to obtain a perfect looking nose. Awarded Prize Medal by big Wembley Exposition, London, England.

M. TRILETT, Pioneer Noseshaping Specialist,  
Dept. 2523 Binghamton, N. Y.

effect. It ought, therefore, to become a habit, a necessity that a well-ordered household can just as well dispense with as warm dishes for dinner or a cloth on the table. Daily exercise, dear reader, that is what each and every one needs to accomplish the attributes of physical perfection. A body that is not daily exercised in every part inside and out, decays; that is to say, grows decrepit and old before its time.

Men like Bill Seeley know the value of leading a healthy life, else they could not possibly accomplish the feats of endurance and strength that were told in the stories of their adventures. If men like they follow such a life, surely you can find pleasure in following their example. Give me the life of the strong man who has the courage to face the trials and tribulations and who isn't afraid to exert a little effort in maintaining his strength. He's the man who wins out, for he takes the doubt out of life, and it is a cinch when it has to be done. He delivers the punch and the pinch. A strong man is a worker, and he enjoys working hard, for he knows that work never killed any man. Work for the sake of getting strong, so that you will be a credit to your country, your fellowmen, and yourself.

## The Abdominal and Side Muscles

By Prof. B. H. B. Lange  
(Continued from January Issue)

The muscles making up the abdominal group, exclusive of the diaphragm, are as follows: the external oblique, the outermost muscle on the side of the body arising by little branches from the lower eight ribs and passing downward is inserted into the external lip of the iliac crest, or top of the hip bone. Next to this muscle and just beneath it is the internal oblique, another flat, thin muscle, arising from the lumbo-dorsal fascia; that is, the connective muscular tissue in the small of the back region—from the ventral two-thirds of the iliac crest and from the lateral portion of the inguinal ligament, and it is inserted into the three lower ribs and the aponeurosis or tendinous junction of the external oblique and transversalis muscles, the sheath of the recus abdominis muscle, into the seventh, eighth, and ninth rib cartilages, and into the linea alba in its entire length from the lower part of the sternum or breast bone down to the symphysis pubis or pubic region.

Just beneath the internal oblique muscle is found the transversalis abdominis, or transverse abdominal muscle. This muscle is the third and last of the lateral or side part of the abdominal group. It is also, like the other two just named, a thin, flat muscle. It arises in little, branch-like sections from the cartilages of the lower six ribs and it fits in also with the origin of the diaphragm, from the fascia in the lumbo-dorsal region, from the front half of the iliac crest, and from about a third part of the inguinal ligament. It is in this neigh-

# LOFTIS

BROS. & CO. F&S

## DIAMONDS WATCHES

### CASH or CREDIT

#### SEND FOR CATALOG

Over 2,000 bargains in Diamond-set Jewelry, Watches, etc. Sent prepaid for your FREE Examination. Catalog explains everything. Money back if not satisfied.

WRIST WATCH

No. 77 Dazzling, Blue White perfect-cut Diamond, 18-K White Gold. Price \$100. Pay \$10 down, then \$2.50 a Week

18-K Solid White Gold, 17 J. \$27.50  
14-K Solid White Gold, 14 J. \$22.50

#### High-Grade Railroad Watches

Guaranteed to Pass Inspection  
HAMILTON No. 992, 21 Jewels, Adjusted to 5 Post. \$55  
Elong. Gold filled 24-Year Case

ELGIN'S LATEST RAYMOND, 21 Jewels, 8 Adjust. \$55  
Roms 40 hours one winding. Gold filled case.  
Delivered on first pay \$1.00 a Week  
ment of \$5.50, then

LOFTIS BROS. & CO. National Jewelers  
Dept. H-287 108 N. State St., Chicago, Ill.  
Stores in Leading Cities

RADIO FANS—Listen in on WHT every Tuesday night from 10 to 10:30, every Friday night from 10 to 10:30, central standard time.  
Loftis Bros. & Co.'s hour of music.

# RUPTURE

TRY THIS TO BE RID OF RUPTURE

Immediate and permanent relief and comfort is assured to rupture sufferers by the Schuiling Rupture Lock. It seals in the opening. No elastic bands, cruel springs or binding braces. Nothing to irritate or chafe. No harness to wear. A simple device. Relief, comfort and safety result from its use. Write for free book and trial offer.

SCHUILING RUPTURE INSTITUTE  
178 Murphy Building, Indianapolis, Ind.

## FREE Book on Deafness

Write today for 168 page FREE book giving full particulars and testimonials from hundreds of grateful users whose hearing has been restored by use of our "little wireless phones for the ears."

Wilson Common-Sense Ear Drums require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable.

WILSON EAR DRUM CO., Incorporated  
414 Todd Building LOUISVILLE, KY.

## PERSONAL MAGNETISM

Personal magnetism, will power, nerve force, stamina—call it what you will—is the intangible power that controls human destiny. It is the key to all business and social success. If you come in contact with people, you cannot afford to be without this knowledge. It gives you an inestimable advantage over others. By our system you can develop your Personal Magnetism at your own home. We guarantee it. Intelligent people the world over are studying this wonderful force, and those who master it achieve increased success. FREE BOOK tells you how you can master it at home. Do not send any money for it. The book is absolutely free and is sent to advertise our institution.

The Flint College Co. Dept. 579 Cleveland O.

## TOBACCO HABIT

YES—you're loading up with Nicotine—a Deadly Poison. You know if you don't quit your heart will be weakened, your vigor reduced; lungs and throat irritated; short wind; nervous; can't sleep. Well, here's good news. There is a simple, easy way to get IT'S EASY along fine without cigarettes, pipe, cigar, chewing or snuff. A new book tells you how, and over 200,000 men and women, follow the easy method. They have REGAINED PEACE and ENERGY, saved HEALTH and MONEY.

BANISH TOBACCO HABIT without discomfort and FOR GOOD. Now you can get the facts about Nicotine Poison and the Correct Remedy.

HOW TO QUIT TOBACCO

FREE SIMPLY SEND NAME—no cost—no obligation. This new book, "How To Quit Tobacco", contains vital, startling facts and should be read by every tobacco user. IT IS FREE—send name and address today—postcard will do.

THE NIX-O-TINE CO., 63-W Street, Hastings, Neb.

borhood that so many of the cases of hernia—so-called rupture—take place, a point to bear in mind, for with the exercising and strengthening of the muscles there will be very little danger of inguinal hernia. This muscle then crosses more or less transversely towards the linea alba, the middle of the abdomen, where it goes to join the aponeurosis or membrane part of the rectus abdominis muscle, whose insertions are into the xiphoid, or lower part of the breast bone cartilage, above and into the crest of the pubis below, which will give the reader an idea of the large extent of its fastenings. The muscles just noted are the ones so greatly popularized in all Grecian and even Roman works of sculptural art. The old masters always emphasized the development of the muscle group just above the iliac crest or hip bone; that is why all their heroes are represented with a projecting ridge-like muscle sharply defining the sides of the waist. A man possessing such prominently developed muscles in this region always enjoys tremendous prone arm strength.

The muscles that form the largest part of the anterior or front of the abdominal group are known as the rectus abdominal muscle. It is broad and thicker than the others of this group. It arises from the cartilages of the fifth, sixth and seventh ribs, and also from the xiphoid cartilage of the breast bone, and then it descends almost vertically downward to be inserted into the pubis. This is the important muscle of the front abdominal group. When ideally developed it presents the well-known "wash-board" appearance so much depicted in classic sculpture and so much sought after by all athletes.

Just below and before the rectus muscle is a little muscle which, from its shape, is known as the pyramidalis muscle. It arises from the pubic crest and, passing obliquely inward, is inserted into the linea alba, the tendon separating the two halves of the rectus abdominis. This muscle is found chiefly in those who have well-developed abdominal muscles.

In no field of endeavor is the advice "go slowly," especially in the beginning, so distinctly and so pertinently applicable as in the field of body building, and very especially is this true when the particular part of the body concerned happens to be in the abdominal region. Bearing this point in mind, the writer will describe a few exercises that should be practiced in the order given, since each acts as a preliminary, a preparation, a conditioner, for the one following it.

One of the very best, as well as one of the safest, exercises for conditioning the abdominal muscles of beginners, is the simple one of twisting or turning the body to the left and then to the right as far as possible, using the pelvic girdle or hip region as the pivotal point. This, of course, must be done slowly and completely, otherwise it might become dangerous. The performer should proceed as follows. Stand either with the heels together or with the feet about from a foot and a half to two feet apart. Toes should

be always out. The latter position is better. The arms should be stretched out from the shoulders sideways and on the same level as the shoulders. Then the performer, keeping the arms rigid at the shoulder, so that they move in unison with them, should twist or turn the trunk of the body to the right as far as possible, then to the left as far as possible. This should be repeated until the effects of the movement begin to be felt. This simple exercise becomes strenuous when the performer places a bar bell of from 75 pounds or upwards across the back of the neck and shoulders and goes through the movements just described. The use of the weight should not be attempted until the practitioner has acquired some degree of strength in the abdominal muscles.

The second exercise, which the writer describes as very beneficial for conditioning and developing the abdominal muscles, is the old popular exercise of attempting to touch the floor with the tips of the fingers, while not bending the knees. The exercise in reality affects the muscles of the entire back, especially those in the lumbar, or small of the back, region; yet because of the fact that fat in the abdominal region cannot and does not accumulate there until it has first collected over the kidneys, this "bend over" exercise is very efficacious in reducing, and also in strengthening the entire waist region. Moreover, it greatly tones up the kidneys and the suprarenal glands and thereby aids them to properly perform their all-important functions. There would be very little kidney trouble if more persons practiced this exercise. The technique is as follows. When not using a bar bell, proceed as follows: The writer's method is to stand with the feet close together; that is, heels together and great toes together. The arms should be raised high above the head, thumbs joined; then, without bending the knees, bend over and down as far as possible or until able to touch the floor in front of the toes, without bending the knees. Do this rather slowly. Then straighten up; bring the arms up to their former position above the head. As the performer bends over he should exhale all the air from the lungs and as he returns to the erect position he should inhale deeply. This should be repeated until the effects are begun to be felt.

When using a bar bell or a pair of kettle bells, the procedure is about the same, with the exception, of course, that the hands cannot be raised above the head. The performer, too, should stand upon a stout box, preferably about six to twelve inches in height, in order to prevent the weight from striking the floor and in order, also, to permit of greater freedom and possibility of bending over. The exerciser holds the weight in his hands, arms at full length and hanging limply before him. He should then bend forward as far as possible without bending the knees, even the least bit. Then he should return to his former erect position. The breathing should be done as stated above. For the beginner, sixty to seventy pounds is sufficiently heavy and using no more than ten repetitions at the start. This

## Stop Mouth Breathing AND SNORING!



PATENTED

The vapors from the inhaler, placed directly under the nostrils and filled with medicated cotton, soothe and heal the inflamed tissues of the nose and throat, giving instant relief. The set consists of Perfect Breather, detachable inhaler, inhaling balm and full set of instructions. Has helped thousands. Price \$2.00. (\$2.50 outside U. S. A.) Send cash or pay postman on delivery, plus few cents postage. Made in two sizes, for children or adults, adjustable to any head shape. Money refunded if dissatisfied. Booklet free on request.



Women find the Perfect Breather an aid to beauty. Its use prevents flabby facial muscles, double chin, etc.

PERFECTOL—the inhaling balm used with the Perfect Breather outfit, is very effective in the relief of Colds, Catarrh, Asthma, Hay Fever, etc. It may be used without the Breather by placing a few drops in each nostril. Full size bottle sent on receipt of one dollar.

PERFECT BREATHER CO.  
P. O. Box 4725, Dept. S., Philadelphia, Pa.



### WORK OR PLAY

is easy if you wear an S.S.S.

the finest Suspensory

made for comfort and economy.

No irritating leg straps,

no chafing bands. Easily wash-

able; wears long; gives perfect sat-

isfaction, because scientific-

ally designed. Three styles

at \$1, \$1.35, \$1.50; the higher prices include two separate sacks. Send stamp for booklet.

Style illustrated is \$1.50

MEYERS MANFG. CO., 41 Park Place, Watertown, N.Y.



## BIRTH CONTROL!

3 BOOKS—239

Don't take foolish chances and suffer later. Learn the real facts about Birth Control and Sex Life. Read Dr. Armistead's famous book. Tells simply and clearly all you should know about Birth Control, Too Many Children, Facts for the Married, Childbirth, etc. Over 200 pp., cloth bound. Real information.

TOO MANY CHILDREN? In addition to the above absolutely FREE are the following books: Margaret Sanger's "Birth Control," "Order at once."

SEND NO MONEY. Pay the postman only \$2.89 plus postage when these three valuable books arrive.

GUIDE PUBLISHING CO., 225 W. 34th St., N. Y., Dept. 225

KNOW!—DON'T TAKE CHANCES

## TOBACCO

### OR SNUFF HABIT

Any form quickly conquered. No long waiting for results. Costs small sum if it cures. Nothing if it fails. Perfectly HARMLESS. Full treatment on approval.

DR. C. M. SIMPSON, 139 W. 44th St., Cleveland, O.

## Get this Wonderful Book without cost

It is written by the man who has trained many of the world's greatest strong men. It tells you how to develop

Vitality, Energy, Endurance, Nerve Strength, Muscular Strength, Perfect Physique

My new 64-page book, "Building Better Bodies" is just off the press. It contains the kind of clearly written information you want, including many half-tone illustrations of my pupils now among the professional ranks. It tells you, if you are weak or underdeveloped, how to grow strong; if strong, how to grow stronger. It explains how to develop the lungs and muscles—strong heart and vigorous digestion—in short how to improve health and strength internally as well as externally. Don't fail to read this amazing book. It is absolutely FREE. Send your name and address for your copy. Send TODAY—NOW



PROF. TITUS as he is today

Prof. H. W. Titus, 105 E. 13th St., Dept. 256, NEW YORK CITY



## Wear this Shirt and Earn \$75 to \$100 A Week

With or without experience, you can easily earn \$75 to \$100 a week taking orders for the famous FASHION WEAR shirts. Wear one of them and show to your friends. Every man a customer. Finest quality at low factory prices. Sales quick and easy. Some salesmen are earning as high as \$175 a week. We send you Free complete sample outfit with wonderful swatches. You take the order. We deliver.

START NOW and build a permanent, profitable and fascinating business of your own. Collect your profit in advance and always have money. These remarkable shirts are selling amazingly fast, and sales are good all year round. We help you sell and give you a fair share on every shirt sold. If you really want the best money-making work anywhere write immediately for full information. Act before someone else grabs the rich territory that you can have. A post card will do. Address

Charles Hope, THE FASHION WEAR CO.  
1200-20 Jackson St., Dept. B-1021, Cincinnati, Ohio

## USING A BAXTER

Dental Floss Holder, after eating, is the SUREST way to prevent tooth-decay, pyorrhea and ill-health. Price 35c. Refills 10c. Pyralin-leather case 15c.

"Start children right--NOW"

BAXTER MFG. CO.

38 Causeway, Boston, Mass.



# Too Late!

# BIRTH CONTROL

Spare yourself future misery and unhappiness. Don't take foolish chances. Read our sensational book. Plain facts clearly stated about Birth Control. Birth Control; Too Many Children; Determination of Sex; Race Suicide; Childbirth, etc. Over 200 Pages, Cloth Bound. Also Margaret Sanger's famous book "What Every Mother Should Know" and "What Every Girl Should Know." SEND NO MONEY. Pay postman \$2.50 plus postage for three books. SINCERE PUB. Co., 24 E. 21st St., New York, Dept. 324

## WHY PAY THE PRICE?

## FREE Let Us Help You QUIT TOBACCO

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed. Anti-Tobacco League, Box X, Omaha, Neb.

## ART PHOTOGRAPHS

Originals 8x10 of World's Most Perfect Men. "New Catalogue" containing 32 miniature poses, 10 cents.

JOHN M. HERNIC

12 E. 37th St. Dept. A New York City

## Learn How to WRESTLE



In Your Own Home  
By Mail

Yes, learn to become an expert wrestler right in your own home. By mail, from the greatest wrestlers the world has ever known. Be an athlete, be strong, be healthy. Learn how to throw and handle big men with ease. Learn to defend yourself. Learn from the World's Champions, Farmer Burns and Frank Gotch. Farmer Burns, who taught Frank Gotch—trainer of SEVEN World's Champions, will teach you Scientific Wrestling—Physical Culture—Jiu-Jitsu and Self-Defense. Your name, age and address on a post-card or letter. Bring your own illustrated athletic and wrestling Book absolutely FREE—no obligations of any kind. Grasp this wonderful opportunity. State age. Farmer Burns, 2459 By. Exch. Bldg., Omaha, Neb.

Wrestling Book Free

exercise, and all the following, when weights are used, should be performed only every other day. It should be performed about ten times for four exercise days before adding two more repetitions, making twelve, for four exercise days. This schedule should be followed until, in this particular exercise, the performer is able to do a maximum of about thirty or forty repetitions, depending upon his increase in strength. Then he should add ten pounds and begin again at the minimum number of repetitions of ten, and again proceed as just outlined before adding more weight. This exercise has a decidedly strong effect upon the external oblique, internal oblique and transversalis muscles and also upon the functioning of the stomach, kidneys and intestines.

Many people complain of stomach trouble, gas pains, cramps and the like. They saturate their systems with all kinds of pills, powders and potions, some innocent looking but only a few agreeable tasting, and all more or less worthless as far as permanent relief is concerned. The following exercise has been proven to be effective by the personal and observational experience of the writer, as well as by the experience of numerous other individuals. Strange to say, the very persons who should practice this exercise, as well as some of the others, are just exactly those who refuse to practice it; that is, fat people and people suffering from gastric or from intestinal ailments. This exercise is really very simple and no weights will be needed.

The exerciser lies down at full length on his back. (It is also most beneficial for girls and women.) The hands and arms should be stretched out sideways from the shoulders. This will tend to give a greater sense of balance. Then, while keeping one leg on the floor, rather slowly raise the other, knee rigid, up and backward as far as possible, then slowly return the leg to its former position. The other leg should then try the same movement. This should be repeated until each leg begins to feel the effects of the exercise. The performer will soon become aware which muscles have been involved. Most notable will be the feeling in the rectus abdominis muscle, that long muscle which comprises the front or belly region of the body, and that is just exactly the muscle that needs exercise, for this muscle is always the victim of too generous eating habits. Of course, this exercise involves other sets of muscles, especially those in the leg. This exercise should be repeated until its effects are begun to be felt.

Another form of the preceding exercise is the following: Again no weights need be employed. The practitioner should assume the position as described above. Then he should try and raise up both legs at the same time and should continue the movement in an upward and backward direction until he is able to touch the floor with his toes. In doing this, he will be more or less obliged to bend the body in the hip and waist region, and it is just precisely at this point that the exercise becomes

most effective. The raising up and over of the legs, and the doubling over of them over the body has a distinctly vigorous effect upon the rectus abdominis muscle, and also all the other muscles of this region. Then, too, this is a very good exercise for exhibiting the internal organs described in the beginning of this article, and in not too severe cases of prolapsed stomach it will likewise prove very helpful.

Continued Next Month

## Start Growing Thin Today

(Continued from Page 41)

bending backwards at the waist. Bend head back until you are looking at the ceiling. Fig. No. 1. Keep the knees stiff. This exercise will develop wonderful grace and agility.

Lie flat on your back, hands clasped back of head, raise feet in air until they are perpendicular to the body, then lower them. Fig. 2. Repeat this movement until you begin to feel tired around the abdomen and thighs.

Stand with feet together, arms outstretched. Slowly make a deep knee bend with the right leg while extending the left as far as possible to the rear, then shift the movement and repeat with the left leg. Fig. No. 3.

Lie flat on your back and clasp hands behind neck. Now pull your body up until you are in a sitting position, then lower yourself to the floor again and repeat the movement until you begin to feel tired. Fig. No. 4. This exercise is very good for the waist, hips and thighs.

Stand erect, clasp hands behind head, heels together. Now bend at the waist directly to the right, come back to position and repeat movement to the left. Bend as far each way as possible and be sure to keep the knees stiff and bend only at the waist. As you bend to the sides you inhale and as you come back to position you exhale. This is a very good exercise for keeping the hips in good shape. Fig. No. 5.

Stand with feet about 18 inches apart, arms raised straight out to the sides. Now twist waist and shoulders, reaching down with the right hand until you touch the floor between your feet and your left arm is straight overhead. Stand erect, reverse and repeat the movement alternately until you are comfortably tired. Fig. No. 6.

Stand erect, hands clasped straight overhead. Now rotate at hips until your upraised hands are making imaginary circles. Make these circles as large as possible. Do the exercise vigorously a few times in one direction and then in the other. Fig. No. 7.

You will note that the above exercises take care of the most important muscles in the body—the parts that are quicker to accumulate fat. Persistent practice and a little attention to the diet will absolutely bring an overly stout figure to normal in a very short time. At least it is worth trying for.



# The Most Important Thing In the World

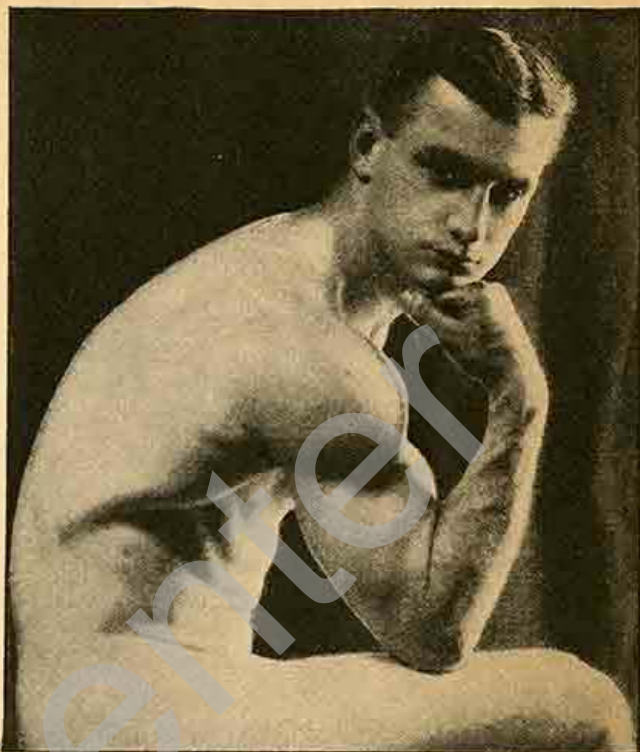
**IS THE WAY YOU FEEL.** Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you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

## The Next Most Important Thing

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

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

I am looking for the man who wants to save time. The man who knows that he needs to improve his physical make-up, who has very little time to exercise, and who must have results.



Charles MacMahon

## I Have An Entirely New Training Method

which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

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



Charles MacMahon  
In a Muscular Pose

## Actual Exercise, Muscle Control, Tumbling and Hand Balancing are Given You In My Book

The title of this BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worthwhile feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of halftone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you. Simply send a dime for mailing charges.

**YOU'LL ENJOY THIS BOOK, SO MAIL THE COUPON NOW.**

**Charles MacMahon**

Studio A-14, 180 W. Somerset St.,  
PHILADELPHIA, PA.

CHARLES  
MacMahon  
STUDIO A-14  
180 W.  
Somerset Street,  
Philadelphia, Pa.

Please mail me a copy of your valuable book, "The Royal Road to Health and Strength." I am enclosing a dime for mailing charges.

TEAR OFF - FILL IN - MAIL NOW

Name .....

Address .....

City and State .....

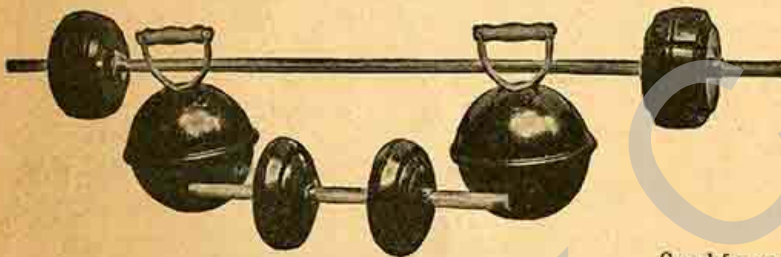
# To Thoroughly Complete Your Training You **MUST** Use a Milo Bar-Bell Outfit

*Then Why Not Save Time and*

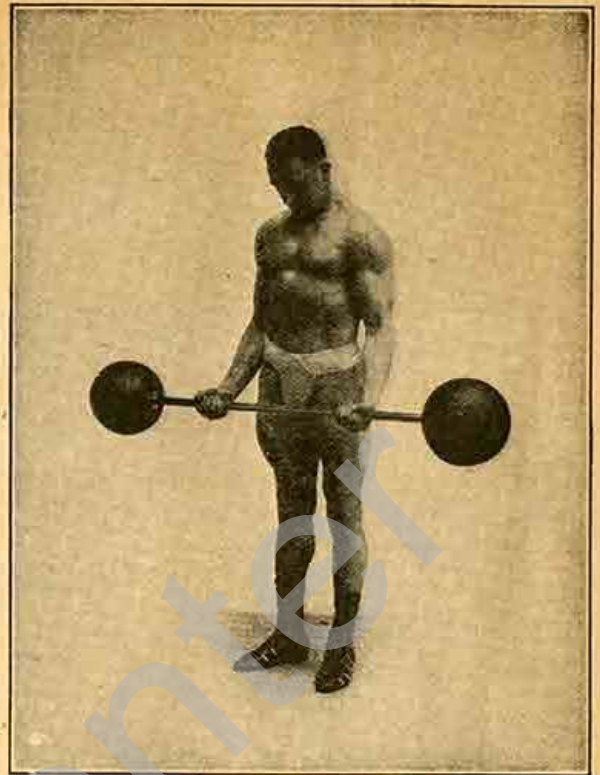
## Commence With a Milo Bar-Bell

Could anything be more logical than that? Here's *more* logic: All the strong men of this country, and many other countries, use Milo Bar-Bells. Milo bells are used at all Strength Shows throughout the United States and are recognized by the strongest and best developed men as being the very best means of developing the human body. If those who know from experience—who do things in the strength world—advocate Milo bells, then why shouldn't you, too, use that method?

**The Best Is Not Too Good For You—Is It?**



ONE OF THE MILO OUTFITS



Exercise With Bar-Bell

The unusual efficiency of the Milo Bells makes it possible for them to be Sold Under the Broadest Guarantee Possible

Send for one of our big booklets and read the convincing proofs—see the physiques that bar-bells produce and also the great assortment of bells we manufacture, with their wide range of low prices. This booklet will be a revelation to you. It will acquaint you with a method of installing good health, strength and development into and on your body that cannot be equalled.

### You Don't have to Become a Strong Man

But the improvements you do want, you want quickly and with foundation, and Milo Bar-Bells do just that. You don't have to lift heavy weights in order to get the great results. Exercise under our supervision, with one of our sets of bells only lightly loaded, brings the unusual results Milo bells are renowned for accomplishing for all who use them.

You start with weights well within your physical limitations. Weights that are expertly chosen and assigned to each of your exercises by none other than Geo. F. Jowett himself. Then as your strength increases, your weights are increased accordingly.

### The Milo Booklet Is FREE!

The title is "Health, Strength and Development and How to Obtain Them." Fill in and mail the coupon today. It will then be the turning point in your life—a right-about-face toward perfect health, strength, and energy to spare, and a life bubbling over with the joy of living. Be a man of action—DO IT NOW!



Exercise With Kettle-Bells

## The Milo Bar-Bell Company

Dept. 123  
2739 N. Palethorp Street  
Philadelphia

The Milo Bar-Bell Co.  
2739 N. Palethorp St., Dept. 123  
Philadelphia, Pa.

Gentlemen:  
Please send me, without obligation on my part, your free booklet, entitled "Health, Strength and Development and How to Obtain Them."

Name .....

Address .....

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

# I OFFER YOU Sure Success and Robust Health Thru This Amazing Method!



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

I have reached the mountain top of my ambition. I have made a great deal of money. I have built up my body to almost physical perfection. And now I can do the thing I always have desired—I can distribute to every man and woman the amazing secret that has brought me health, happiness, and money, and thus do a work that will be of perpetual benefit to mankind. Accept my wonderful free offer by simply mailing the coupon below.

If you are discouraged and blue—if you want to get out of the rut and glimpse a fresh, heartening view of achievement—if you want to climb to even greater heights than you even had hoped for—if you want to be free from nervousness, worries and mental depression—if you want to conquer fear, timidity and self-consciousness—if you long for business advancement, social conquests and robust, glowing, vibrant health—then here is the most amazing message you've ever read!

For, no matter what your ailment—regardless of how long you've been in a rut mentally or physically—no matter how many other methods have failed to help you—I guarantee to show you the way to obtain robust health—nerve vitality—mental power and real joyous happiness. What is more, I can show you the easy, quick, sure way to make more money than perhaps you ever expected!

### No Mystery—No Guess Work

There is nothing mysterious, nothing hard to understand about my method. It's simply the result of my 20 years' intensive study and experience. I was once a poor, ailing minister. Today I have plenty of money, glowing health and hosts of friends. And I did it all by simply harnessing a powerful, dynamic, elemental force within me—a health-bringing, money-getting force which you, too, can now develop without any drudgery, experiment or tedious waiting—without costly mistakes or any trusting to blind chance—without any lessons to practice or any magic catch-words to repeat or without any exercise, discomfort or self-denial!

### Amazing Results Come Quickly

The moment you apply my marvelous new teachings you experience a sensation of power, mental alertness and physical well-being. You begin to think straight and quickly; you eliminate discordant or negative thoughts; you banish worry, nervousness, fear; you overcome timidity, self-consciousness and self-pity; you acquire charm and magnetic personality; you become courageous, strong and confident; you surmount all obstacles, avoid mistakes, overcome hereditary handicaps—you tap the reservoirs of amazing unused powers within you—and make yourself a king among men!

When I first began revealing my method in public lectures, thousands came from great distances to hear them—but many

thousands more were turned away from the great theatres and auditoriums because even these vast halls could not accommodate a fraction of those who are eager to hear the amazing secret of my success!

And almost immediately after each lecture came reports of astonishing results. Sick, worn-out men and women had regained their old-time energy and vitality; men and women whose lives were almost wrecked by long drawn-out nervous and physical ailments had overcome their troubles and began walking about in glorious health with hardly a trace of any aches or pains.

But perhaps the most remarkable reports of all come from people who have been helped in business and in social life. Men and women who were in a rut for years have jumped the barrier and climbed into positions paying double or triple their former salaries. And thousands of others whose lives were continually harassed by dark fears, worries, unhappiness—have acquired the secret of mental poise and courage, have banished the negative qualities that kept them back and have emerged from near-failure to complete and glorious success!

### Read My Secret FREE

So great has been the demand for my lectures in all the big cities that many thousands of people from other parts of the country, who could not possibly attend, have urged me to write a book revealing my secret of power.

This I have done in an absorbing, interesting volume entitled "APPLIED PSYCHOLOGY AND SCIENTIFIC LIVING." It is a book which has lifted thousands of men out of mediocrity and placed them into a stage of triumphant happiness. Many have headed for fortunes from the powers and inspiration gained from just a few pages of this wonderful volume. Salaries have been raised

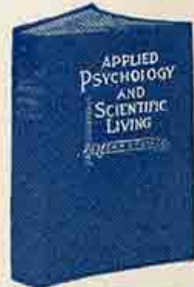
### Partial List of Contents

Psycho-Analysis and the Subconscious  
How to Have Amazing Memory  
How to Destroy Fear—Man's Worst Enemy—The Unseen World  
What is Love and How to Keep It  
How to Develop Personality  
How to Be Popular  
How to Overcome Failure and Adverse Environment  
How to Be Beautiful Through Mysterious Force  
Vibration—How to Win Success—How to Kill Worry  
How to Conquer Illness  
Poverty a Disease—How to Overcome It  
How to Double Your Efficiency  
Visualization—How to Make Your Dreams Come True  
The Mastery of Fate  
How to Use Suggestion for Health, Success and Happiness  
The Greatest Law in the Universe, Just Lately Discovered, and How to Use It  
What the World Owes You and How to Get It  
After This Life What?—What Is God?  
Smile, Smile, Smile  
Psychology of Health—Building the Body Beautiful—Long Life and Full of Pep

overnight—big business deals have been put over—new ideas have been created—new plans that meant thousands of dollars have been formulated—simply as a result of a single reading of portions of the astonishing volume!

If you seek the power to sway men and women to think as you do—if you want to overcome obstacles that hold you back—if you want the secrets of making people like you—if you long for life's luxuries—love—contentment—and robust, glowing health—then don't miss this big chance of reading this marvelous book—FREE!

Be the sole judge. Mail the coupon and the book will be sent at once. Simply read it for 5 days and at the end of that time if you find it the most inspiring, most valuable means to obtain health, wealth and happiness send us only \$3.50. Otherwise return the book and you will not owe me a penny. But begin to enjoy the benefit of this amazing new power at once. Mail the coupon today. David V. Bush, Publisher, Dept. 692, 225 North Michigan Blvd., Chicago, Ill.



DAVID V. BUSH, Publisher, Dept. 692, 225 N. Michigan Blvd., Chicago, Ill.  
Please send me a copy of "Applied Psychology and Scientific Living" for approval. Within 5 days I will either remit the full price of \$3.50 or return the book and will owe you nothing.

Name .....

Address .....

Remittances must accompany all foreign and U. S. possession orders.



**STEEL.** There is more digestible iron in a sprig of parsley than in 100 bottles of iron tonic; more digestible phosphorus in a pound of lean meat than in any drug store, etc. Mineral salts, if eaten naturally in food, make a "live wire" man.

**PASTE** is extracted from cereals and starchy vegetables. In the form of food from cereals, etc., it nourishes the muscles, gives staying power to the brain. In excess it clogs the system, producing intestinal disorders, etc.

**GLUE** is extracted from sinews of meat and bone, from gum from trees. In the human system "glue" or mucus (the basis of colds, catarrh, gall stones, etc.) is formed from excessive use of eggs, cheese, fat, butter, oil, salt, cured meats, gum and compounds.

**GASOLINE or TURPENTINE** dissolves paint, grease, and cleans clothes. Similarly, lemons, grapefruit, berries, etc., when rightly applied produce healthy blood which dissolves lime deposits (arthritis), blood clots (paralysis), tumors and foreign matter.

**WATER** is a cleanser, but not nutritious and usually occupies space that more beneficially could be filled by solvent and cleansing fruits and vegetables, producing intense effects, less thirst. My horse on good pasture 3 months, refused drink.

**OIL.** In a fine watch, one drop of oil lubricates the entire works. If five drops are used it may clog the works. As food, oil and fat come from meat, fish, seeds, nuts, olives. It is a lubricant and heat generator. In excess, oil tends to form mucus, catarrh.

## Are you full of glue, paste or "live wire"?

All the elements (oxygen, nitrogen, iron, phosphorus, calcium, etc.) are needed in your body in **VARYING PROPORTIONS** as expended in work. We teach the art of **REPLENISHMENT** without using technical terms. There are over 2,000 miles of capillaries (small, hairlike blood vessels) in you, and **EVERY INCH IS AFFECTED BY THE FOOD YOU EAT.** The fundamental difference between persons is **ONLY** proportion of elements.

If your hair or nose is naturally too oily, is it from eating oily, fatty foods beyond your needs? Yes. From where else?

If your nostrils and throat are choked with mucus, is it due to using glue-like, or paste-like, or oily mucus-producing foods beyond your ability to absorb them? Yes, proved many times.

If your liver is clogged, and you feel dull; or if your gall bladder contains gall stones, kidneys contain kidney stones, etc., it is due to retention and penetration of mucoid, as a basis, a sticky waste material formed from **WRONG PROPORTIONS OF FOODS DAY AFTER DAY**, a truism.

The first step in efficiency is to **REMOVE WASTE** (the source of disease) **IMMEDIATELY.**

The object of our teaching is to produce **EFFICIENCY.** If you take brainy food for mental work, muscle food for muscle work and arrange meals intelligently you will do your **WORK WITHOUT EFFORT.** All suitably fed animals and men enjoy work. It should not be an effort. It should be a continuous game, a delight in accomplishment.

Dr. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attributes the chief advancement in dietetics *not to chemistry* but to biology (experimental feeding of food to animals *within the previous ten years*). See "Newer Knowledge," etc., 1923.

Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced diseases, whereas *full nutrition* cured—e. g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affections, etc., in men.

### Intensify:—Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities. Remove the one common cause.

### SIX RULES OF EVIDENCE

#### (1) Specific Results

Accept only specific statements as evidence.  
**GOITRE.** A. W. File M-709. Goitre 6 years. "My neck measured almost 17 inches before I began instruction; at this writing am wearing my old size collar, 15 ins."  
**CATARRH, BRONCHITIS, WEAK, HOARSE VOICE.** File M-1743. Age 22. Clerk.  
 "Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."  
**PREGNANCY.** Age 40. File M-5297. Mrs. A. F. Sworn statement.  
 "Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children."  
 "I have no very clear recollections of the births of my last two children, as the deliveries were so rapid. I consider it immeasurably far ahead of Twilight Sleep."  
**PROSTATE.** J. O. C. wrote: "Prostate trouble,

which consisted of severe irritation and inflammation, of which I was conscious every minute of the day, disappeared within 2 weeks; although I have suffered three years or more."

**TEETH AND TONSILS SAVED. MEMORY IMPROVED.** File 1885. "Fyorrhocea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since fixed all teeth without any extractions."

"Tonsils also saved. Sticky film and pimples disappeared. Joints reduced. Large lump on wrist, there for one year, disappeared in a few weeks."

"Can now memorize music, and accomplish in half an hour more than formerly in two hours."

**PYORRHOEA.** Age 65. Pus ceased on seventh day.  
**FALLEN STOMACH AND INTESTINES.** Age 63. "Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

**ECZEMA.** Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.  
**CONSTIPATION.** Three eliminations daily.

#### (2) Real or Imaginary

Admit as evidence only the testimony that includes a statement of the existence of a previous condition of disease, and many previous diagnoses and treatments.

**HEART OUT OF PLACE 2 1/2 INCHES.** Physician, age 65, from sworn statement, File 4675.

"Serious doubts were expressed as to my recovery. Every particle of swelling has disappeared from my legs and I can now sleep all night in my bed, perfectly unconscious of this action of the heart and free from any smothering sensation."

"When I arrived at the Brinkler Institute I was compelled to wear shoes unlined and two sizes too large. Within two weeks, I could wear shoes of my normal size. I can now spring upstairs two at a time, and am gaining strength rapidly."

"Such minor troubles as catarrh and dandruff also disappeared."

"Physician diligently investigated all methods of healing that appeared helpful since graduating at Harvard Medical School in 1879. I can conscientiously say that nothing known to me in regular practice or in dietetic measures can approach the efficacy of the Brinkler System of Nutrition."

**EPILEPSY.** Physician, fits for 4 years, average every 10 days. Convulsions disappeared. Strength multiplied many times.

**ULCERS.** Gained 30 pounds. Rev. G. S. B. Age 59. Retired Minister returned to work. Had to use stomach reliever every night for 7 years.

"Physicians had diagnosed my case as ulcerated stomach, and enteroptosis or falling stomach."

"I had not taken the food three days before I felt like a different person."

"I have gained 30 pounds and have not had 2 years of such comfort and freedom from pain, or been able to do so much work in 20 years."

**TUBERCULOSIS.** File 2424. X-ray showed spot on right lung. Hemorrhage. Antrum trouble in winter. Cough. Bedridden.  
 After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucus almost gone."

#### (3) Long Duration

To prevent any delusion from accidental results, avoid statements of recurrent or intermittent disease, and accept as evidence only those statements representing diseases of long duration and recovery of long standing.

**HEMORRHAGE. TOO WEAK FOR OPERATION.** File B-2844. Mrs. S. H.

"For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them."

"After taking Brinkler System two days the hemorrhages began to check, and by the end of third day had entirely ceased, and have not lost a drop of blood since that is six years ago this May, 1914."

**NEURASTHENIA.** File B-1889. "The Brinkler System has cured me of 4 years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25% increase in salary."

**EYESIGHT.** A. L., age 50, wrote: "Before coming to the Brinkler Institute, I purchased two new pairs of glasses under an oculist's prescription to replace those already worn, as sight was growing worse. I had required three changes in three years."

"After two weeks I put away all glasses, and now, writing after two months have elapsed, I can say that I have never found the need of them and can read the smallest print in a dim light, as well as anybody."

#### (4) Exclusive Methods

To prevent possibility of mistakes as to which method produced results, accept as evidence only those cases which used one method exclusively during the period of restoration or recovery.

**TUMORS DISSOLVED, SIGHT AND HEARING RESTORED.** File 3610. Sworn statement. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had difficulty with both sight and hearing, being compelled to wear glasses. I was troubled from my kidneys and bladder; lime deposits; also goitre, and suffered from hemorrhages each month. My physician discovered that I had two tumors."

"When I began the Brinkler System of eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."

"To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can

read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased."

By occupation I am a safeslayer, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bills were formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.

"This testimonial is entirely unsolicited, and is given in the hope that some other sufferer may be benefited thereby."

#### (5) Reserve Force Minimum

To prove the efficacy of the Brinkler System even when reserve force is at a minimum, a most severe test, admit as evidence statements from those who were over sixty years of age, and deficient in reserve energy.

**AGE 73. PULSE OF YOUNG MAN.** File 5915. Sworn statement. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm."

"Two years constant headache and pressure disappeared in five days. Memory improved. Could read and travel alone."

"Prostate enlarged. Four doctors said no remedy but knife, and that unsafe and unsatisfactory. No discomfort after seven days. Throat sore 40 years, now well."

**ARTHRITIS. LEGS PETRIFIED.** Mrs. D., doctor's widow, age 86. "In 1922 I sprained my ankle in Miami, Florida, and lime deposits caused legs to swell, and to double size and to solidify from ankles to thighs. On the Brinkler System in spite of my bedridden condition my bowels acted normally two or three times daily. Deathlike pallor, hardness and swelling disappeared. Sixteen months later I could walk alone without help, due entirely to correct eating."

**GALL STONES.** Aged 84. Bedridden, colic every week for years, but not one attack since instruction over a year ago; now can do housework.

**PARALYSIS.** File M-14615. Age 81. Retired physician. Partial paralysis.  
 "Am doing very well. My hand, that was almost useless, has become much better now and can use it some. Can walk better."

**NEURITIS.** Giddiness, unable to walk three years. File 375. Age 70.

"Advised to give up business. But I can now take long walks, put in a full day's work. I owe my life to the Brinkler System."

#### (6) Remove and Reproduce

To prove that the Brinkler System is thorough and gives understanding of natural laws admit to evidence statements of those who are able both to remove and to reproduce symptoms at will.

**NEURALGIA, TONSILLITIS, MENTAL FEARS.** Mrs. A. R., Age 37.

"Removed all my complaints, neuralgia, pains in every joint, deafness, catarrh, skin troubles, fears of insanity. Also cured my children's complaints, adenoids, convulsions, eczema, etc."

"Would submit my person to a proper test. Have removed and reproduced symptoms of disease, for tests, at will, and in the period of a very few days."

### 410 Diseases from 1 Source

**A Sick House.** Water through a leaking roof produces: discolored wall paper (anemia), warped furniture (rheumatism, deformities), swollen doors (valvular heart), short circuit (blindness, deafness, paralysis, locomotor ataxia), fallen ceilings (hemorrhages, varicose), rotting materials (tumors, etc.).

To stop using Faulty Foods is like stopping a leak, but your body is also **SELF-REPAIRING FROM RIGHTLY PROPORTIONED FOODS.**

**Replenishment.** There are over 2,000 miles of capillaries (small, hairlike blood vessels) in you, and **EVERY INCH IS AFFECTED BY THE FOOD YOU EAT.** The basic difference between persons is **ONLY** proportion of elements. One person needs more nerve food, another needs more muscle food, etc., according to **NATURAL FIXED LAWS** which, of course, apply to **YOU.**

Over 6,000 pupils. Sworn Statements. Educational booklet, 10 cents.

**BRINKLER SCHOOL OF EATING**  
 Dept. 20 131 West 72nd Street New York

