

The Great Purpose of Love Life in Marriage

Health and Life

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March, 1925



International

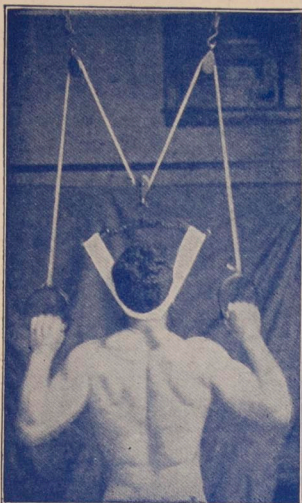
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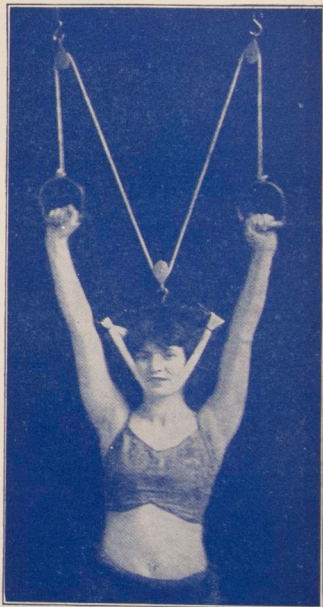
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Dorothy Merriman, an artists' model, using Jos. Richmond's spinal exerciser. She attributes her beautiful figure, which has served as a model for some great works of sculpture, to regular exercising on the spinal exerciser.

Health and Life

The National Monthly Magazine for Health, Physical Education and Right Living

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ROOSEVELT—MAN OF ACTION AND OPPORTUNITY



DAWSON AND ROOSEVELT IN AFRICA

Warrington Dawson says of the late Theodore Roosevelt that his power of concentrating was almost supernatural. The force with which he concentrated led Roosevelt to spit up subjects he was dealing with so as to avoid over-concentration. Thus, he could use three stenographers at one time, or he would dictate, make side remarks, and even read the text of a totally different theme all at the same time.

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The Cleanest Yet Most Outspoken Book Published

THERE is not a man or woman, married or unmarried, who does not need to know every word contained in "Sex Conduct in Marriage." The very numerous tragedies which occur every day show the necessity for plain-spokenness and honest discussion of the most vital part of married life.

It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention in this respect, recognizing as he does that no marriage can be a truly happy one unless both partners are free to express the deepest feelings they have for each other without degrading themselves or bringing in to the world undesired children.

The author is an idealist who recognizes the



WHEN SOUL MEETS SOUL

understanding and joy in living that has come to us, cheated that we have lived five years without it."

sacredness of the sex function and the right of children to be loved and desired before they are born.

Let us, then, see that our own marriage conduct brings us happiness and enjoyment in itself and for our children.

A Book for Idealists by an Idealist

The greatest necessity to insure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M. D., writing of this book, says: "As regards sound principles and frank discussion I know no better book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

"I feel grateful but cheated," writes one man.

"Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

"SEX CONDUCT IN MARRIAGE"

By BERNARD BERNARD
Editor-in-Chief of "Health and Life"

Answers simply and directly those intimate questions which Mr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straightforward explanation, unclouded by ancient fetish or superstition.

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The Great Purpose of Love Life in Marriage

Distinguished Physician Says: "As Life Proceeds Desire Diminishes, But It Has Made Lovers in the End"



[Cut by kindness of Universal Pictures Corp]
PAULINE FREDERICK AND MALCOLM McGREGOR IN "SMOLDERING FIRES." A UNIVERSAL
PICTURE OF BURNING PASSION AND ROMANCE

"LOVE life in marriage has, apart from parenthood, a purpose of its own. It is something to prize and to cherish for its own sake. It is an essential part of health and happiness in marriage." Thus did Lord Dawson, the distinguished physician, expound at a meeting before bishops, physicians, clergymen, and lawyers, all of whom were heartily in agreement with the speaker.

"The desire for union is associated with feelings of intimate sympathy and friendship; the blending of two natures. It is that love in its completeness that they should seek. As life proceeds the physical desire diminishes, but it has by its early passion made such people lovers in the end."

Lord Dawson is not the first to show that, even when there is a difference of appreciation in the other things of life between married people, harmony in sex conduct will promote that love which will bring harmony and happiness to the married couple.

"Union is kept in moderation by tenderness and sympathy, and by the demands of work and duty. Civilized mankind has always felt and acted thus; it will never do otherwise than cling to such a possession, which the churches should bless, not ignore or condemn.

"I refer only to sex love either in marriage or with marriage as its objective. Sex love should be the physical expres-

sion of a lasting affection, and be so intimately blended with the feelings of helpfulness, sympathy, and intimate friendship as to form a union of body, mind, and spirit. It should further be associated with the love of and desire for children."

According to the great physician there is today a greater feeling of friendship and comradeship existing between married people than there has ever been hitherto. For he went on: "Comradeship and friendship between the sexes is a healthy feature of present day life. This generation is bewildered by the rapid development of material forces, and its thoughts and standards

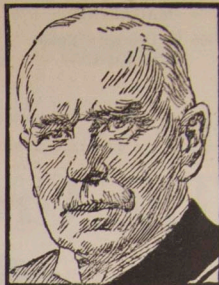
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Secrets of Long Life

[From "John Bull"]

When we return to the natural way of living, death will be postponed and the span of life increased, says the writer. Health does not depend so much on what we eat as on what we do with our food

By Sir W. Arbuthnot Lane, Ch. B., M. B.



Sir W. Arbuthnot Lane, Ch. B., M. B.

AT THE root of the problem of ill-health is the fact that Nature's laws are not generally understood; there is a disposition to regard them as intricate and elaborate, whereas they are exceedingly simple. People are allowing themselves to be enslaved to high-sounding medical phrases; they are hypnotised by Latin and Greek names, and consequently fail to realize that Nature's scheme for life is simple and straightforward.

A little thought will reveal the significant fact that almost all the complicated ailments and diseases from which people suffer are the direct result of violating Nature's very simple laws.

My recent article in this journal has, I understand, been productive of a heavy correspondence from many members of the public who are earnest in their desire to discover the true way of living, and so the editor has invited me to try to render the laws of Nature still more clear to those who have been in the past, or who are in danger of becoming in the future, the victims of outraged Nature. Let me then explain the cause of natural death, and by so doing point out the way of natural life.

Chickens and the Thyroid

Some years ago Dr. Alexis Carrel, the winner of the Nobel Prize for Medicine, succeeded in growing living cells upon a microscopic slide. These cells were taken from various parts of a chicken.

The cells were fed every day with a little thyroid, and they were also cleansed regularly by being washed with water. He pointed out that it is not the food that plays the most important part in keeping them alive, but that it is the cleansing by means of which the products of digestion of the cells which are poisonous are removed. By virtue of being fed, and especially by their being cleansed of the natural products, these cells can live forever.

Dr. Carrel had discovered that by neglecting to wash away the excreta sufficiently frequently and thoroughly that these cells deteriorated in vitality. If he cleansed them only once in four days they nearly died; if he cleansed them once in three days they were in a low condition; but when he cleansed them every day they thrived and were exceedingly healthy and virile.

Clear Away the Rubbish

Dr. Carrel said that these experiments with living cells confirm the view that natural health does not depend so

much on what we eat as upon the removal of the products that the cells of our bodies excrete. As with Dr. Carrel's cells so with the human body; if it could be perfectly drained it should never die.

Proof of this is afforded by the numerous instances of fasting and hunger-striking.

There are cases of men who have refused to take nourishment for as long as or more than a month, yet their bodies were healthy, their faculties quite alert and their organs functioning. These men, while they had no food, took each morning a saline draught. In this way they thoroughly washed

The great physician, Sir Wm. Arbuthnot Lane, practically proves in this article that if we could keep the human body scrupulously clean life could be prolonged indefinitely. This is based on laboratory experiments. It is conclusively proven that if the body is kept clean inside and outside, by correct eating and full and efficient functioning of the excretory organs, diseases would be prevented and life indefinitely prolonged.—Editor.

the organs of the body—they subjected their bodily drainage system to the same process as the housewife does when she flushes the drains with Condy's fluid. Death from starvation is practically death from poisoning by the retention of the excretions of the body.

Consequently, there is established this indisputable fact that bodily health, and therefore physical life, is not maintained by eating large quantities of food, but by effectually cleansing the internal organs of bodily refuse.

People who are confined in prisons or asylums do not contract cancer and allied diseases as do those who "live high"; because in such institutions only small quantities of food are taken; it is plain and wholesome, and the drains of the body are flushed regularly and naturally.

Nor is there such a high rate of deaths from cancer, appendicitis, colitis and kindred complaints among the poor people as there is among the wealthy. The poorer people live plainly and simply, with bread as the staple food, while many of the wealthy habitually over-eat. Very many more people die from too much food than from too little.

How We Eat

The process of feeding is, like all Nature's processes, straightforwardly simple. The food that is taken in by the mouth is passed by a series of re-

flexes down from the mouth into the stomach, through the orifice of the stomach into the small intestine and then into the large bowel. After each meal there should occur an evacuation of the bowel just as is the case in the animal in normal surrounding and in the human infant. The quantity evacuated bears a definite proportion to the bulk of food taken. And yet parents and teachers train their children to the utterly unnatural habits of attempting to empty the bowel only on a single occasion, and that immediately after breakfast!

I have just been studying the domestic arrangements of most of the boarding and public schools of the country, and have been amazed to discover that the rigid time-tables of these institutions only allow the boys time to

visit the toilet during the few minutes immediately after breakfast. As though this is not bad enough, I find that, on the average, there is one water-closet for the use of every seven to ten boys.

And these boys have possibly little more than ten minutes in which to make use of the facilities provided, and to compete with their fellows for the requisite accommodation. There is no doubt whatever that cancer, appendicitis and most other complaints originate in the unsatisfactory food and worse habits of our educational institutions.

By eating natural foods—fruits, green-stuffs and wholemeal bread—in sufficient quantities and by ensuring that the cells of the body excrete their natural products, and that the drainage system of the body is cleansed three times a day, ill-health can be avoided and life very considerably prolonged.

Putting Off Death

Death intervenes because the impure elements that the cells throw out are retained in the system, poisoning the tissues and consequently destroying their vitality. When people return to the natural way of living, death will be postponed, and the span of life increased, and life will be happier and more worth living.

But it cannot be too strenuously emphasized that the simple laws of Nature

(Continued on page 144)

Exterminate Humanity's Worst Curse

By Herman N. Bundesen, M. D.
Commissioner of Health of Chicago.

[Dr. Bundesen, Commissioner of Health of Chicago, in a recent issue of his weekly bulletin, published facts and figures that ought, in themselves, to assure united human effort to eradicate preventable social diseases from our midst. Not only did he give facts and figures, but a passionate message to ask Chicago citizens to warn their children of the dangers of life. The only way these diseases can be completely and successfully prevented is by education in the facts of life, and by inspiring an ideal that will prevent the conduct that brings with it likely infection.

In this magazine we have criticized Dr. Bundesen very severely. But in this particular weekly bulletin he has produced a gem that will alone be worth his term of office. Probably, if you write to him, at the City Hall, Chicago, Ill., you could get a complete copy. But the following extract will show the strength of Dr. Bundesen's appeal.—Editor.]

"We have fire insurance and fire extinguishers to safeguard us against loss from fire. We have cyclone cellars and tornado insurance to protect us from loss from storm. We have police to safeguard us from the burglar. And we use them all when it is necessary. But we are not availing ourselves of the agencies at hand for the prevention and cure of social diseases. They are more destructive than all the devilish equipment of the recent world war and continue on their stealthy way, destroying the innocent as ruthlessly as the guilty.

"Lurking behind the protecting screen of ignorance, fear, timidity and false modesty, these assassins play no favorites. The mother in her home, the innocent little child, the untaught youth are all easy prey.

Your Son or Daughter May be Exposed

"The pitiable feature of these diseases is that they attack not only the guilty, but the innocent. They bring misery into the home, and are often responsible for sterility, insanity, paralysis and other disasters.

"Would you tell them so if its name were smallpox? Of course you would! Then tell them, though its name be social disease, for prudery which withholds information from the young has been largely responsible for its spread.

"Do you believe that your son just entering college, even though the urge of life is beginning to be felt within him, would knowingly expose himself to a disease which may scar him, sterilize him, or endanger his sanity?"

"But if your son has been told fully and clearly the consequences which follow misconduct, told not just occasionally but again and again, he will think a long while before taking a chance. Show him the figures! They are the best argument. They are no idle theory, no fad of the Health Commissioner. They are the cold, matter-of-fact, official records of the various cities of the United States furnished by health officers."

Know Your Child's Companions

"Get acquainted with your son's associates. If you have discussed this subject fully with him, he will probably keep away from the professional fallen woman; but don't forget that the loose girl associate who is highly sexed, emotional, undisciplined, a reader of trashy literature and a seeker of thrills, is almost as dangerous to your son as the 'woman of sin.' Because of her nature and her lack of training she permits liberties, and soon the inevitable happens. For her it's simply one boy after another, and finally there is infection received and given.

"Let your boy understand this. Speak about her before she appears on the horizon, and just quote that 'five boys out of ten' fact to him. Make him realize that one of the five may have the same liberties the girl might grant to him, and, if so, she will become a disease carrier as surely as the scarlet woman.

"The lesson he needs brought home to him, is that out of every ten boys five could infect a girl, and that it only takes one girl to infect him.



A PROUD FATHER AND HIS MOST PRECIOUS POSSESSION

Five out of every ten young men become infected. That means that 50 per cent only of our manhood can be assured of becoming healthy parents of healthy children. Colonel E. B. Veedar says, "Fully one-eighth of all human diseases and suffering come from this source."

Could these appalling facts exist if young men realized the chances they take of utterly ruining their lives? What about those fathers who hold their children so dearly as their most treasured possessions? Why do they allow these children to grow up without a caution, a warning of the dangers that can so easily be avoided?

Safeguard Your Daughter

"Your daughter is more dependent than your son, more in need of protection. Her tender little ways, her endearing love for you, her bubbling happiness, her active little body and developing mind, are each precious to you. You jealously guard her from every evil influence. Mother sees that she puts on rubbers when it is damp, anxiously wraps her up in cold weather, hovers over her bed at night when the little cheeks are flushed and feverish, nurses her devotedly when real sickness comes, thinking no sacrifice too great. There is no protection you do not throw around her—so you think. All your pride and love and ambition are centered in her. You plan that she shall have every advantage, that she shall realize every dream of happiness and success. She is the bank in which you have placed all your treasures. She represents the biggest investment you have ever made.

"And yet, some day, perhaps very soon, she will marry one of those ten boys, five of whom are or have been infected and may still be capable of transmitting the disease. If he is one of the five still uncured, you may file your bankruptcy papers. She will contract the disease, develop illness, go through a siege of suffering and possibly undergo an operation.

The Needless Sacrifice

"Your daughter is the hope of the future. Disease in her husband may mean the loss of the long-desired baby about whom have clustered all her
(Continued on page 144)

As A Man Eateth

By Bernard Bernard

AMERICANS are the best housed people in the world. America is the most sanitary country in the world. America is the country most plentifully endowed with food. And Americans are the most fed people in the world. Yet the average length of life of the American is considerably below that of most other countries. If you probe deeply enough into the reasons you would probably find that the markets of America have more doctored—that is, demineralized and devitalized—foods than any other country in the world. Further, its conventional methods of combining foods at meals is the worst of any country in the world.

In Scandinavian countries foods are rarely badly mixed, although the quality of the foods is poorer than in this country. This country has more cattar than any other country in the world. The reason for this would probably be found in the fact that for breakfast it is most common to use grapefruit and cereal, together with white bread. No other country in the world has this combination at a conventional meal. The acid grapefruit ferments the starch food and it is this that causes most of the bother.

"As a man eateth, so he becomes!" The food he eats is the substance of which his body is made. That is obvious. It is the first principle of the physiology of eating. The body has to take bread, meat, vegetables,—whatever food you eat—and build that up into body substance. So whatever folks say, as, for instance, that it doesn't matter what you eat, it is very clear to a person of elementary thinking ability that a man is a great deal as he eateth.

Various types of food build up various parts of the body. Therefore, we make classifications of foods into proteins, fats, carbohydrates (or starches), water and air. It is this classification that is the standard one, and it is very good from the ordinary standpoint. But when talking of food combinations we need other classifications. We could have such a classification as follows:—proteins, starches (or carbohydrates), fresh fruits, sweet fruits, fresh vegetables. The reason for this rests in the fact that it requires different ferments to digest different forms of foods. And not only this. One type of food acts on another type of food. Thus fresh acid fruits act of themselves on starches, and should not be combined with them. Whereas sweet fruits have no action directly upon starches, and are themselves readily converted into assimilable substances when combined with starches.

Foods that build muscles are the proteins. They were formerly called nitrogenous foods because of their abundance of nitrogen. Earlier food experts sought to find out how many it was

possible to take into the body, believing that the more proteins you could eat the stronger you would become. Dr. Andrew Wilson, who enjoyed tremendous publicity and popularity, was fond of drawing an analogy between the human body and a locomotive, saying that if you get a large engine, capable of taking a tremendous quantity of fuel, you get a great deal of power. The same with the human body, he said; if you can take in a great deal of protein food, or nitrogenous food, you get more out of it than if you take a little.

We now know that the well meaning doctor was wrong, and that the analogy was unfair. And yet, not entirely so. He should have added that if you overstack your locomotive engine with fuel you injure it. If you overstack your body with food, and especially of the nitrogenous or protein kind, you will certainly get trouble, because the food cannot be assimilated and can serve only to poison the body, because it is the nature of proteins to putrefy in the body unless used and eliminated.

It is now known that the scientific and best way of taking protein food, so essential to the body, is once a day only. If you eat one form of protein food at one meal a day you will be getting sufficient of this food. You can take as much as your appetite dictates at this one meal without fear of over-eating.

The food that produces energy is carbohydrate food, or starch food, including bread, potatoes, cereals, and foods of that nature. If you are out in the fresh air a great deal and use up an amount of energy and heat you will find your appetite calls for a fair amount of starchy food.

After the food experts had finished lauding the proteins until the correct thing to do was to condemn them, they began to boost the starches. Now it is being rapidly discovered that people over-indulge in starches more usually than they do in meats. Another most important thing is that starches should be eaten either by themselves, or with sweet fruits or a little butter to make them palatable. If they are combined with fresh fruits or any acid food then they become poisonous to the human body. Any starchy food that has been robbed of its vital elements in that it does not contain the whole of the food as Nature produced it, is also detrimental to the body, as has so frequently been proven.

Starches are very valuable foods. One form of starch food should be eaten at one meal of the day only. No protein or fresh acid fruit of any kind should be taken at the same meal.

Water is good food, but probably not

so good taken in its neat condition as many experts would suggest. One gentleman who lectures on eating tells his audience that he drinks fifty glasses of water a day. There is not the slightest doubt that he is exaggerating. His first difficulty would be in finding himself able to drink this quantity, the second in his system being able to hold it, and the third in his being able to carry it on for many months. There is more water in the body than any other substance, but also remember there is a quantity in food, especially in fruit. Water is well taken in soups and stews rather than in its neat condition. **But a glass of water first thing in the morning and another last thing at night is good.**

Food science has now come to the conclusion that the most important foods of all are the fresh vegetables and fresh fruits. These contain very valuable mineral elements necessary to the human body. Without these mineral elements disease is inevitable. Countless experiments have been made to prove this.

Another very valuable thing about fresh fruits and fresh vegetables is that they contain their foods in such forms that the body is able to take what is necessary to it and to pass the remainder on for evacuation. This therefore, makes it practically an impossibility to over-eat fresh fruits and fresh vegetables, and to include a sufficiency of these in the diet is to secure full body nutrition. They were left out of account by many of the food experts of bygone days. But they stand right in the forefront in the consideration of food science today.

There is only one rule to remember with regard to fresh fruits and fresh vegetables. Do not take fresh acid fruits together with starches. They may be eaten at the same meal as proteins, or by themselves, or with fresh vegetables, that is, fresh vegetables of a non-starchy nature.

With regard to air we all need just as much of it as we can possibly get. Here again, Nature herself will not allow us to take too much. But we ourselves can take too little. Cramp the chest, breathe shallowly and imperfectly, and you restrict the most important food of all. No food is of any consequence unless we breathe properly. Food would only choke us if we had no oxygen to burn up the waste of body metabolism.

Take your fresh air good and neat, and plenty of it. Remember that it doesn't combine with anything, smoke, grime, air expelled from other people's lungs, or gas fumes. The best form in which to get it is out in the country, among the trees and the flowers.



WORLD'S CHAMPION DIVER

William Johns, Captain of the Life Guards at Miami Beach, Florida, is here seen with his friend, Al White, World's Champion Diver. They are training together for big events in the Roman Pools.

Mr. Willis Cooching, Water Sports Promoter of the Roman Pools, will again bring all the champion divers and swimmers to Miami this winter.



AN ALL AROUND ATHLETIC SOCIETY GIRL

Miss Helen Rumsey, prominent society girl from Newport, R. I., Boston, and New York, is an all round athletic girl. Her favorite sports are tennis, golf, horseback riding, aquaplaning, and, best of all, swimming. She is being coached by Captain Johns, and has turned out to be a wonderful diver and swimmer.



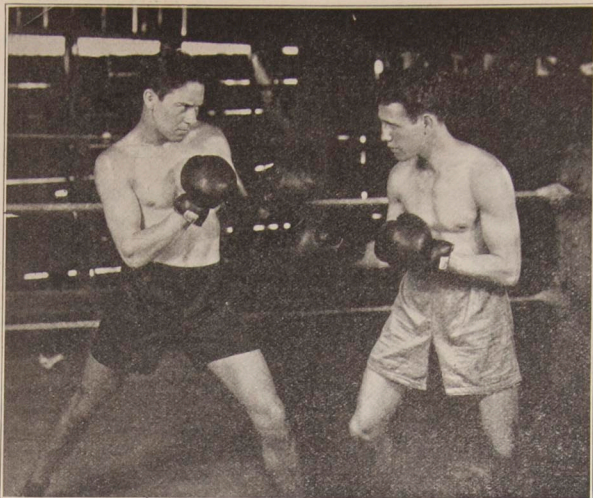
SAFE IN THE ARMS OF A HE-MAN

Miss Mary Martin, a winter visitor to Miami Beach, enjoys being carried out of the surf by Captain William Johns. That is easily understood!



ENJOYING A CHAT

Mrs. J. Brightman, from Boston, New York, and Atlantic City, is here seen enjoying a chat with Captain Johns. Ideal conditions for a tete-a-tete, what?



A MOVIE HERO TAKING A WORKOUT

On the left is Ben Lyon, a star of First National Pictures. He is taking some training in the noble art of self defense with Nate Schlott. Nate is well known to all readers of HEALTH AND LIFE, for he took part in the HEALTH AND LIFE Display at the First Infantry Armory in Chicago, just over a year ago.



A HEALTHY HEAD

This healthy looking boy is George Trappsuh. This picture illustrates the healthy condition obtained by close clipping of the hair, advocated in this magazine by Warrington Dawson. A boy is handicapped by having long, flowing, locks. The head must be kept clean and healthy for the best functioning of the brain, and for that close clipping is essential.



AT THE END OF A PERFECT DAY

Atlantic Foto Service.

When you've had a real good time all day, and evening draws on, and you take a dip and all march out together hand in hand, isn't that the end of a perfect day? This happy sextette thinks so. They are racing for their beach clothes, and a hearty meal. They are, from left to right, Madeline Vare, Ruth Brown, Kitty Ryan, Mae Hecht, "Pat" Lucas, and Gladys Smith.



Kadel and Herbert.

THE WAY TO ENJOY WINTER SPORTS

Put on your bathing costume and your snow shoes, and come on out! The weather's fine, and the snow's slippery! That is what these three girls are saying. They certainly are enjoying themselves. They are, from left to right, Miss Gladys Rinnan, Miss Myrtle Elseth, and Miss Grace Copeland.



ISN'T SHE NIFTY?

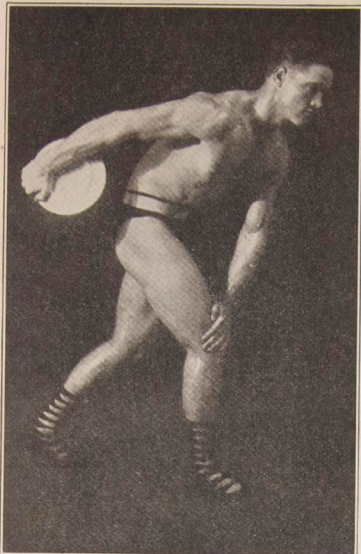
Well, she is one of the chorus of the "Nifties of 1923." She is Louise Miller, of Philadelphia, and a real enthusiast for the healthy life. She takes her daily exercises and works out in the gymnasium whenever possible.



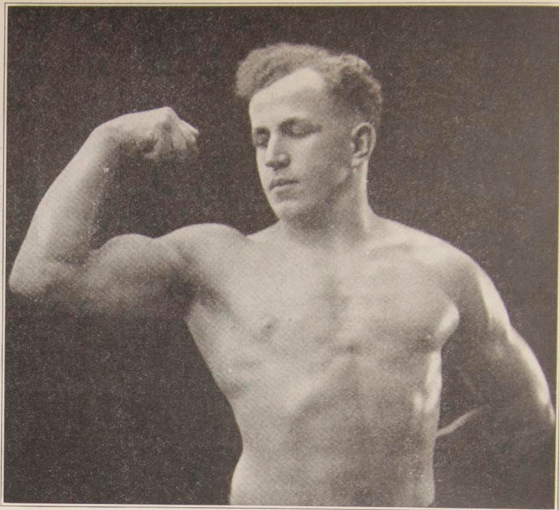
Fotograms.

COULD SHE DO IT?

The above photograph was sent to us to try and persuade us that the lady, whose name is Marta Farra German strong woman, and considered the strongest lady in the world, now playing in this country, is able to play tug-of-war with sixteen girls. The photographer states "She has no trouble in holding them in check." She is certainly very strong, for she bends bands of iron round her arms, and can lift a baby elephant with her teeth. But—don't tell physical culture and athletic experts that those sixteen girls look so weak and unhealthy that they could not pull over Fraulein Farra in a tug-of-war contest!

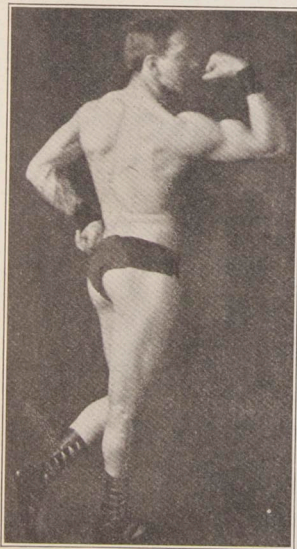


A.C.W.L.A. REPRESENTATIVE FOR NEW JERSEY
Posed in a splendid representation of "The Disc Thrower",
is A. Marquis Losay, 161 Clinton Ave., Jersey City, N. J.,
A.C.W.L.A. representative for his state. A fine picture
of a fine fellow!



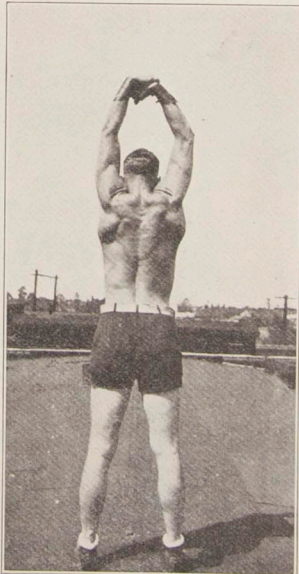
FROM ILLNESS TO ABUNDANT HEALTH

Carl Sturme, formerly continually suffering from a condition of ill health, made up his mind that he was going to get well and strong. He is a pupil of Joseph Richmond, and by means of the Spinal Exerciser corrected a Spinal Curvature, and put his body into shape, as you see above.



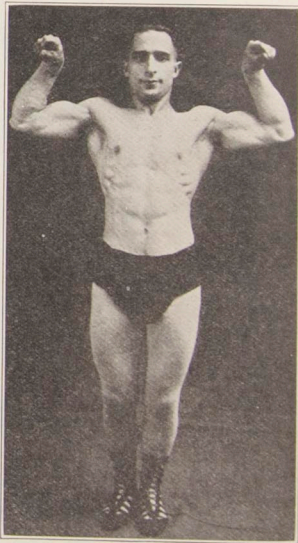
GEORGE A. DEMBINSKI

He is well known to all readers of HEALTH AND LIFE as a weightlifter who has made good. His weight is 126 lbs., and he holds several records. He is the leader of a gang of HEALTH AND LIFE Enthusiasts in Albany, N. Y.



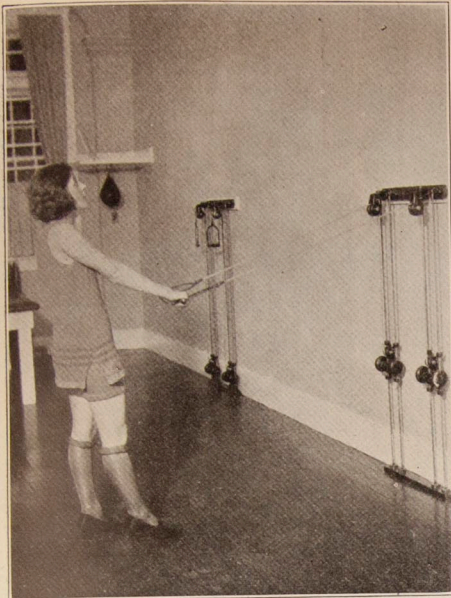
A.C.W.L.A. REPRESENTATIVE FOR
NORTH CAROLINA

Lloyd MacDonald, of Hamlet, N. C., A.C.W.L.A. Representative for his state, showing magnificent back and arm development

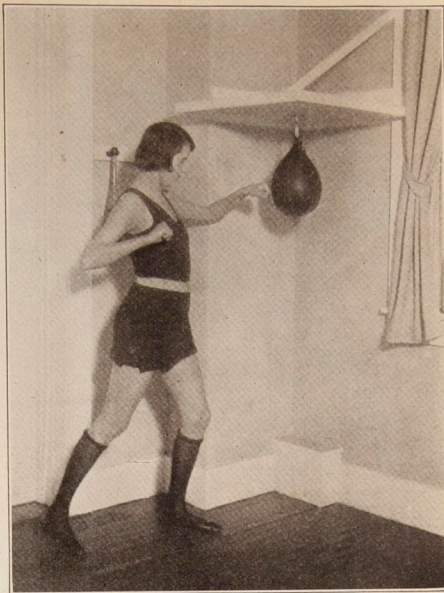


THE POCKET HERCULES

A fine photograph of Charlie Schaffer, known as the "Pocket Hercules". He is one of the world's best acrobats and top mounters in hand to hand balancing. He is ideally built for an athlete and weightlifter. With very little training with the weights he is able to do extraordinary things.



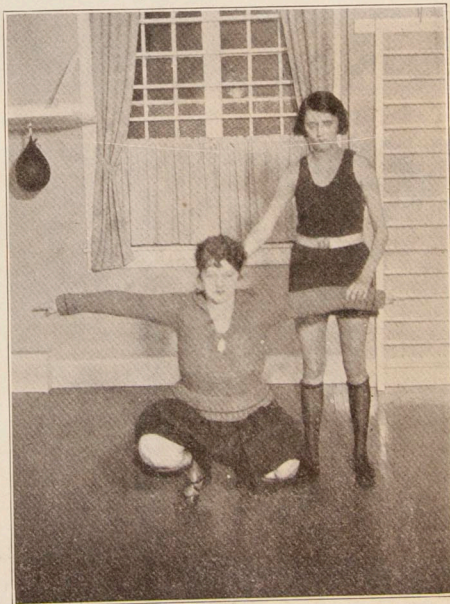
A TURN AT THE WALL EXERCISER
Anything worth having at all is worth working for. Ten minutes of this daily will maintain normal weight.



THIS YOUNG LADY IS WILLING TO BATTLE FOR HER RIGHT TO HEALTH AND FITNESS
Rum, tum, tum! at the punch ball daily does the trick for her.



Atlantic Foto Service.
PEGGY HOPKINS JOYCE BELIEVES IN RUNNING
Peggy Hopkins Joyce, whose beauty is internationally famous, maintains it by running. Here she is, running up and down the sands with her sister, Lucile Upton, of Richmond, Va.



SHE IS JUST STARTING IN
This lady has only just come to the conclusion that she can get back to normal weight and condition through sound exercise. She is determined that it will not take her long to do so. This, and the above two photographs were taken in Mrs. Jerry Sach's gymnasium, Cleveland.



EVA FRISK, A LOVER OF THE HEALTHY LIFE, AND A LITTLE AMUSEMENT.



THE BIG SIX FOOT FELLOW OF THE FILMS

This is Milton Sills, engaged at his hobby of cultivating flowers. He looks very gentle here, but he is the fellow of the films who towers head and shoulders above most of his associates, and, after much travail—usually a fight or two—finally carries away the heroine in his mighty strong arms.



DANCING HER WAY TO HEALTH

This is Jovita Dardon, a ballet dancer of Chicago, Ill. She finds exercise indispensable to her. She practices a series of dancing movements as her daily form of calisthenics.



MISS BEBE MOFFIC

She is the lady who was featured in last month's **HEALTH AND LIFE**, and this month has made pages. She is internationally famous for her beauty and her remarkable artistic acrobatic and contortionist dancing.

A Child's Vital Upbringing

A Series of Articles on Important Educational Matters

By T. J. Allen, M. D.

[Doctor Allen is contributing a series of articles which are of a very important nature. Parents find difficulties in imparting the facts of life, even if they have the desire to do so. Dr. Allen's articles will help such parents considerably.—Editor.]

WE HAVE learned from psycho-analysis that sex consciousness may begin in infancy and that repression has an injurious effect, sometimes seriously injurious. Instead of impressing upon the child's mind the idea of shame, thoughts of sex should be elevated by a healthy idealism, which is to be cultivated by instilling such ideas of the dignity and importance of sex as I have suggested in a preceding article. It is not necessary that any but the fundamental biological facts, as given in the preceding articles, be clearly explained, between the ages of three and seven or eight. I am sure that the average intelligent child of eight will get a wholesome impression from the reading and discussion of the facts and ideas given in that article. If he has advanced so far as to comprehend all the facts stated, either on account of precocity or because of having obtained information prematurely from undesirable sources, it is important that he should understand that the matter is vitally important for his welfare. He should be encouraged to ask questions about anything that may have excited his curiosity or about which he may have undesirable impressions.

It becomes necessary to forbid exposure, at an early age, but, care should be taken that the impression is not conveyed that there is anything shameful in sex. The child must be adapted to the restrictions of civilization, but harm is done by implanting early and rudely, in the mind of the young child, the idea that sex is in itself a disgraceful thing—a necessary evil. But, let us not forget that it can not be ignored.

The child should learn that cleanliness is important and that any attention but for evacuation and for cleansing is liable to hurt. This can be impressed early, in an unobtrusive manner, as appropriately as we instruct the child in the necessity for eating slowly and for excluding from the dietary such foods as are especially harmful for the growing child.

I have already stated that bad habits often are formed, at first half consciously as a result of irritation due to improper feeding or to irritation from physical defects. Dr. Dawson, already referred to, describes several cases in which serious immoral conduct was traced to such abnormalities and in which cures were effected by such simple operations as I have already suggested.



YOUR CHILD—WHAT WILL HE BECOME?

Here he is, in all his purity of innocence; good, fresh from Nature's own bosom. Well trained and generously educated, he will have a future of health and happiness. Neglected and allowed to grow up in ignorance, the dangers are manifold. Which is it to be?

It is always important that the child should have his attention properly taken up with appropriate work or play and that undesirable companionship should be avoided. The Boy Scout organization is a most wholesome influence. It has been well said that, "Idleness is the devil's workshop." The child's time should be properly divided into periods for outdoor exercise, play, study and rest. The companionship of other children, under proper supervision, is beneficial, provided always that the other children are properly trained. A well known educator has said that the best part of college education is the influence of good companionship; and, the rule works the other way.

Poverty was not, in itself, an advantage to Lincoln or Garfield or Andrew Carnegie, but indirectly it was beneficial in requiring exercise of each boy's mind in such a manner as to prevent the serious harm that results in thousands of cases from idleness and improper association. While the child labor law is good in preventing the harmful effects of close confinement and severe physical strain during the growing period, more harm may be done by throwing children into improper associations on the streets. Aimless wandering, unsupervised associations always

are liable to lead to the development of bad traits. This has been made especially apparent in the reports of recent shocking criminal escapades of youth who would have been extremely fortunate if circumstances had compelled them to work as Lincoln and Garfield. Carnegie and Coolidge were required to work in their boyhood days.

Foods That Promote Virility

In order to be virile, healthy, and full of pep it has been an age long superstition that an unlimited amount of protein food, especially meat, was necessary in the diet. There are cases in which a meat diet would tend to promote an irritability sometimes confused with virility, but this is a pathological condition set up by the meat putrefying in the body and causing a poisoning which irritates the nervous system.

When heavy protein feeding causes excessive fat, the nerves are just as likely to be encased in this fat and unable to function normally, as to be irritated by the poisonous blood stream which sets up the pathological condition.

This pathological irritation is very far from a condition of virility. There is no true satisfaction or rest from the irritation. A waste is set up which only aggravates and weakens.

A balanced diet, in which protein has its right place and is not over indulged in, is most conducive to the best condition of virility. Protein is, in fact, necessary to virility, but it must be eaten according to bodily needs. To have one good protein meal a day, and not to hamper the appetite at this protein meal in any way will ensure a sufficiency of protein food. Whether this protein takes the form of meat, fish, cheese, or nuts, depends greatly upon individual taste. But it can always be relied upon that animal flesh has the tendency to putrefy quickly in the body, and thus to dull the nerves and destroy virility, whereas cheese, nuts, and eggs—eggs not so much as cheese and nuts—have less tendency to go wrong in the body and therefore promote clarity and efficiency of nervous functioning.

Our Health Depends On the Alkalinity of the Blood Stream

By William Howard Hay, M. D.

[This is the concluding half of a paper read by Doctor Howard Hay before the American Association for Medico-Physical Research, entitled "Alkaline Requirements for Normal Metabolism". In the half printed last month Doctor Hay outlined the chief causes of disease as lowered alkalinity and a toxic condition resulting from faulty eating. This month he outlines the treatment which eliminates these poisons and re-establishes the normal alkalinity necessary to good health. No physician or student should omit to read this article carefully.—Editor.]

Constructive Therapeutics

ALL these sources of acid-formation are controllable, eradicable, and if the necessity for this control were properly understood it would soon be possible to so educate the public, the parents, the children, even, that deficiency and degenerative conditions could not occur.

This is constructive therapeutics, not wasted time and effort, and will be the means of preventing or curing all the interminable line of diseases now classed as well-nigh unmanageable.

Given a high degree of acidosis, or deficient alkalinity, there is a rapid method of de-toxication that is at the same time effective and harmless, the Guelpa purge, i. e., given on an empty stomach, preferably first thing in the morning, three or more ounces of sulphate of soda, the c. p. Glauber salts, in saturated solution, or the Lambert "Black Maria," by the addition of a teaspoonful of aromatic cascara. The powerfully detergent effect of this dose removes from the blood large quantities of serum, with all the good effects of blood-letting yet no actual loss of blood, thus removing a toxic serum without lowering of the red count.

Such a dose creates intense thirst, necessitating the drinking of large amounts of fluids, by means of which the lost blood volume is quickly restored, with lower viscosity and toxicity than before.

Three or four days of this fasting and purging was the usual practice of Guelpa, and while it would seem to one who has not employed it as very drastic treatment, yet such is not the case, the weakest patients as a rule bearing it as easily as the more robust.

It has been my practice during the first three or four days to use fruit juices freely, any acid fruit juice desired, or a punch made from mixed juices, but always unsweetened, as fermentation is generated by mixtures of sugar and acids.

After this three to four day period of the purging and fasting a daily cool enema is given, not warm, but tepid or cool, with three quarts of water injected at one time, to thoroughly distend and thus empty the colon, and this continued till such time as returning colonic activity shows as a daily stool before the time for the enema, when it is discontinued. Following this discontinuance it is usual to find a three-times-a-day habit, which in the presence

of correct diet will easily become fixed habit, showing a regeneration of the colonic musculature.

Diet following the initial period of purging and fasting is begun by the use of non-starchy, non-protein soups of all kinds, with fruit juices and whole raw

strength from the first days, as this intoxication declined.

This is all very simple, much too simple to attract the trained scientific researcher, but true science is always simple, like the simple truth.

Efficient Therapeutics

Now as to the efficiency in established disease of the regime outlined here: During seventeen years that have followed the adoption of this plan pathology has not figured largely in prognosis, naturally, the chief concern being always the estimated degree of intoxication and the apparent vitality at the time.

Without presenting individual case records, for which there would not be sufficient time, let me say that over two hundred cases of acute and chronic appendicitis have been treated by these means of simple, but thorough deep de-toxication, without operation, with no deaths, and with but few recurrences and these of diminishing character.

The same plan has restored, or is now restoring, every case of hyperthyroidia so far treated, with the exception of one case that had suffered ablation of two lobes by operation two years previously.

One case of myxoedema was restored to normal thyroid activity, the only one so far treated.

In not a single instance has it failed to restore in three to four weeks time every case of chorea, the jactitation, the lack of co-ordination, disappearing completely in every case before the end of the fourth week.

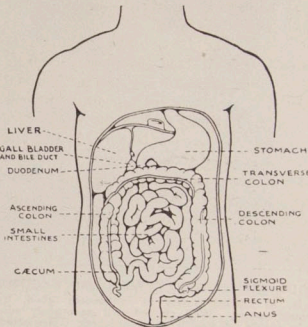
Every case of spasmodic and catarrhal asthma has responded rather rapidly to this plan, and complete cure has resulted in every case that continued to follow up a non-acid, forming diet afterward, this list including also the hay fever victims, no matter what their particular bete noire.

The inability of the stomach to be at the same time both acid and alkaline explains the incompatibility of carbohydrate and protein in one task, and no doubt furnishes the reason for the greater difficulty in digesting the cereal starches than is the case with starches from the vegetables.

Tabooed Foods

All processed foods are taboo, if one wishes to preserve intact his precious alkalin reserve, as these foods are bereft very largely of their alkalin salts, especially in the case of white flour and refined sugar.

(Continued on page 140)



YOUR SANITARY SYSTEM

Above is illustrated a large section of the alimentary canal, the tube which runs from the mouth to the other end of the body. If we could keep this canal flushed through and clean the same way that an ordinary town sewer can be kept, it is very probable that human beings could be entirely free from disease.

fruits as desired, next raw salads of the leafy non-starchy groups, the leafy greens, stewed conservatively, later vegetable starches, such as potato, squash or beets, turnips and carrots, and finally the cereal starches, but these unprocessed, representing the entire grain, and in limited amount.

It would naturally be supposed that hunger would be very disagreeable during such a restricted regime, but this is usually not the case, appetite developing about as the increased fare will take care of it.

Such a scheme of de-toxication and diet requires about four weeks to complete, usually, though this will depend largely on the age of the patient, the length of time intoxicated and the depth of the involvement.

Flesh is lost progressively during the first two weeks, rapidly at first, slowly the second week, with a return gradually to both flesh and strength in the third and fourth weeks, some cases deeply intoxicated showing increase in



The Making of a Dancer

By Georges Maniloff

IN my almost twenty years of dancing and teaching the art of the dance, I've always heard the same questions over and over again, namely: "Do you think that I can learn how to dance?" "Don't you think that I am too old for it?" or "What is required to become a dancer?" and a few more similar questions, which I will try to answer to the best of my ability. I hope that I will be able to make myself as clear as possible, and that I will be able to throw some light on the subject after years of dancing before the public of Europe, Asia, South America and the United States.



For the first subject I will take the old Russian system as it was taught in the Czar's schools before the fall of the dynasty. The American public is used to looking upon those schools as the highest that there is in dancing. Well, in a way it is so, for the training was very strict, the technique perfect, but that is all. After years of watching and studying the old system and its results I found out why it is that while Russia had the best schools and most of the dancers for years and years, yet there are very few real dancing stars that you can call to mind, that have reached the real heights. Why? Here is the reason:

Russia, while having the greatest schools and backed up by the government, was at the same time filthy with grafters who used the schools for their own benefit. As long as some high official put you in the school you would stay there good or bad, and no matter how dumb you were, after you were through you were called and given the degree of an "Artist of the Imperial Ballet." So, owing to that, we had in Russia hundreds of such "Artists" who had never danced, and even just did the office work, or swept floors instead of dancing, or the little better ones were put in the rear ranks of the ballet where they meant nothing.

To become one of those you had to go to school for eight years and spend so much time on different "red tape" instead of actual learning. The work was hard and the technique perfect; and why not, after all those years of labor? (not art). The result was not a dancer but a dancing automat with big heavy legs and no real sparkling life or spirit, and only a few fortunate ones escaped that, and those are the only ones we hear from in this country. Besides other things the schools were under the

iron hand of the rich noblemen and that cramped everything.

When The Great Fokin had other ideas than he was supposed to have according to standards of the Imperial Ballet, he just had to step out and carry them to France. While the world progressed the Russian Imperial Ballet and Ballet School stood still and the result is that they are a hundred years behind in everything. The eight year course could have been accomplished easily in two or three years.

You can easily see that while this country is supposed to be in its infancy in dancing, yet it is miles ahead of Russia of old and even Europe in many respects, and for the simple reason that here we are human and treat everything in a human way. A Russian born tells you this, but thank God I have been in this country for ten years and have had many chances to find this out, and I must tell you that I'm proud of the American dancing girls, as I think them the most talented and the most graceful girls in the whole world bar none. There have been many Russian Prima Ballerinas, all large and heavy, coming to this country in the last few years, thinking that they will surprise us, but they have failed very sadly, and most of them can't even fill a twenty-five dollars a week position with a decent vaudeville act. They are too far behind in everything while we here change our work as the public taste changes. We progress all the time.

Before people make up their minds to take up dancing they must first take stock of themselves and see if they have it in them to go through with the thing, as dancers in this country do before they are ready for the stage. Our course being only of two or three years, does not mean that we learn less. No, hardly that, we learn even more things

and some of them that the Russian school has never dreamed of, and that means that we have to work harder and stand actual pain.

The trouble is that the average public does not know what dancers have to go through before they can come out on the stage and amuse you or astonish you. When you are on the stage and have attained success is just the time when you can't rest, but have to work still harder to keep up with your work and not to fall down from your pedestal. One must always practice to keep limber, work out new steps and dances so that one can give the public always something new and fresh and even sensational.

Sometimes you see a trick or step that takes only a half second to execute on the stage, has perhaps required months of labor in the studio, and sometimes bad falls with it. One can never rest, as there is always a sword hanging over a dancer's head, which is always ready to drop whenever you begin to "take it easy,"—and that is the dancer's curse: "getting fat". By some peculiar trick of nature, a dancer will get fat in ninety-six cases out of a hundred, as soon as one stops working. I think the reason is that a body that is kept under constant training is somewhat starved for some fats and the moment training is stopped nature takes its revenge. So, you see, my dear reader, it is always hard work and lots of it, but the reward is sweet.

This article deals with only one and the most important factor of how to become a dancer. The first thing you have to do is to make up your mind and then start for the real hard work.

In my next article I will try to explain to you another very important factor in the "Making of a Dancer" and that is: "The Love of the Dance."



AN ANCIENT GREEK CONCEPTION OF PERFECT PHYSICAL MANHOOD

This wonderful piece of sculpture known as "The Wrestler" shows the ancient Greek conception of a perfect human physical specimen. Compare it with the figure of the bushman opposite, or with that of the average man you see walking about the street today. Then again compare it with some of the well trained specimens of athletic manhood whose photographs frequently appear in this Magazine. And you will agree that, alongside decadence, civilization also produces the healthy, the strong, and the beautiful.

WITH its manifold achievements in science and manual conveniences, civilization has done depraved humanity much good, indeed. But on the other hand it is no exaggeration to say that our civilized state has done us just as much harm as it has done us good. It is just about 50-50, at least as far as our bodily health and morals are concerned. With the advance of humanity into the stage of what is known as civilization, came disease, degeneration and a laxity in morals.

For verification of this assertion, look to the final remnants of savagery. It is an irrefutable fact that the morals of primitive savages, not to mention bodily health and vigor, are far higher than ours.

Savages Unspoiled by Civilization

The South Sea Islands are one of these last strongholds of savagery. Frederick O'Brien, in his delightful books, "Mystic Isles of the South Seas" and "White Shadows in the South Seas," rightfully bemoans the coming of

Civilization

by W. Peter

[Has civilization been for the betterment of humanity, or the reverse. Mr. Schramm shows us in this article that savages have a far higher moral code, they have not the many diseases of civilization from which we suffer, and that, taken all in all, they are morally and physically superior to the civilized man.]

However, need we go back to savagery to enjoy the good things of Nature.

civilization to the gentle and hospitable savages that dwell on these coral atolls of the tropics. Prior to the white man's coming, disease was almost unknown on this "Paradise of Our Earth," as these isles are often called. But now disease, crime, pestilence and immorality have become universal. In brief, these once virtuous island folk have acquired all of the white man's vices and none of his virtues, though few the latter may be. Before many more years ebb by these various island races will virtually have been wiped out by the depravity and bigotry of our civilization, where otherwise they would have continued to thrive in their health, peace and primitive happiness.

As to the health and physique of these now semi-civilized islanders—when not affected in one form or another by the diseases brought by the white man—the following is an extract from O'Brien's "Mystic Isles of the South Seas":

"What struck me immediately was the erect carriage of the women. They were tall and as straight as sunflower-stalks, walking with a swinging gait. They were graceful even when old. Those dark women and men seemed to fit in perfectly with the marvelous background of the coconuts, the bananas and the brilliant foliage. The whites appeared sickly, uncouth, beside the natives, and the white women, especially, faded and artificial. * * * The women are of middle size, with lines of harmony that give them a unique seal of

beauty, with an undulating movement of their bodies, co-ordination of every muscle and nerve, a richness of aspect in color and form, that is more sensuous, more attractive, than any feminine graces I have ever gazed upon. They have the forwardness of boys, the boldness of hussies, yet the softness and magnetism of the most virginal of their white sisters.

"The Tahitians are tall, vigorous, and superbly rounded. The men, often more than six feet or even six and a half feet in height, have a mien of natural majesty and bodily grace. They convey an impression of giant strength, reserve power, and unconscious poise beyond that of any civilized race. American Indians I have known had much of this quality when resident far from civilized towns, but they lacked the curving, padded muscles, the ease of movement, and, most of all, the smiling faces, the ingratiating manner, of these children of the sun. * * * Their teeth are perfectly shaped and very white and sound; their chins are strong, though round; and their eyes black and large, not brilliant, but liquid. Their feet and hands are mighty—hands that lift burdens of great weight, that swing paddles of canoes for hours; feet that tread the roads and mountain trails for league on league."

How Savages Eat

What has kept these last remnants of savagery in such bodily state is not due to an ideal climate, as the wise stay-at-home may think; no, it is due to their raw food diet and their simple mode of



A DOCTOR GETTING BACK TO NATURE

This is Doctor Robin Wood's conception of "getting back to nature". He goes out into the open, and basks in the sun in his own birthday costume that Nature gave him when he was born. He does his hunting with bow and arrow, and he is a mean hunter too.

vs. Savagery

Schramm

to reap the advantages of clean minds in clean, healthy bodies? We have struggled up from savagery, and are still struggling upwards. But we need not suffer either as individuals or as a race from the disadvantages of civilization if only we will live the healthy life. We can get much happiness and inspiration by going close to Nature occasionally, and living with her, in her bosom, "far from the madding crowd," where all is quiet and peaceful, in the woods, the forests, or the mountains.—Editor.]

living. The native islanders' principal articles of diet are coconuts, bananas, breadfruit, oranges, pine apples, mangoes, and every variety of vegetable that is known to us, and fish. As far as garb goes, the natives care little for modesty. They shun the dress of the whites as irksome and encumbering. Theirs is in most instances a light, loose-fitting and waistless tunic for the women and a paru or loin cloth for the men. It is only, so O'Brien says, when the monthly mail steamer anchors off their island, that youths and maidens don shoes and stockings to go down to the quay, in hopes of striking up innocent little flirtations with the romantically inclined white strangers of civilization. Bathing in the numerous beautiful lagoons is as incessant and important to the islanders as the American's three daily meals.

But in our civilization it is different. We have forgotten Nature, with whom we were created in harmony, in the sheer riot of living. Our foods are refined, denatured, and therefore a carica-

ture of that which we should have in all its unspoiled state. It is not only that our civilized foods are an open potion or poison, or even detriment to our bodies; they are also inferior, and being so, they do not build for us those potent, healthy and disease resisting cells that the foods do that come from Mother Earth, from whom we were originally evolved in all health and vigor. We must continue to put that same stuff into our systems from which we were made, in order to maintain animation and at the same time, health and stamina. Plant life draws these substances from the soil and there we have the whole scheme of physical culture in all its harmony, and, moreover, we must eat what comes direct from the soil; in other words, we are simply the children of mighty Nature. Cooking, refining and all the other methods of denaturing food kills or removes the life

germs in these earthly substances from which we were originally created,

and eating them in this dead or inanimate state we manufacture or metabolize weak and inferior cells that are unable to bear up under the strain evoked by our methods of living in the present century, not to speak of the filth and waste matter these cells must excrete from the system. Weakened or not given the opportunity for this through sleep, fast or rest, disease quickly sets in. Disease is nothing more than filth or other hostile matter in the body.

Civilized Health Methods Making For Inferiority

Can drugs, medicines and the manifold other devices and appliances of modern surgery bring these inferior cells, weakened, broken, and de-vitalized by the strain and conditions of modern life, to do their duty? Common sense



AN AFRICAN BUSHMAN

This little fellow was captured in the heart of Africa, and is a real honest-to-goodness bushman. He is about 4 feet 6 inches in height, lives on nuts, fruit, berries, worms, snails, etc. He is one of the only bushmen ever captured and able to live in civilization. He represents the lowest type of human being in existence. However, he never knew any illness, pains, or physical inconvenience. Very interesting as an anthropological study, but who would like to be a bushman?

tells us the answer. They can do it no more than the lash of the slave driver can compel a slave to work up to the set standard when he is already sinking into a semi-coma from weakness brought on by over-work.

It is the same with our garb, called for by the vanities and conventionalities of modern society. It is not so much hostile and unnatural to our bodies, as it is injurious in the way of being ill-fitting, thereby hindering and retarding the functions of the human machine that is composed of none too potent cells; and, at its worst, it is largely responsible for our moral laxity. Like the artist and the sculptor, who are daily in the presence of the nude form, the savage has no conception of morals or immodesty; he sees, what is to us hidden and unmentionable, daily, and so he thinks nothing of it; it is not vile, lascivious or obscene, but natural and divine to him. And sexual manifestations are to him as natural and as logical as hunger and thirst.

Insatiable Curiosity due to Covering Up

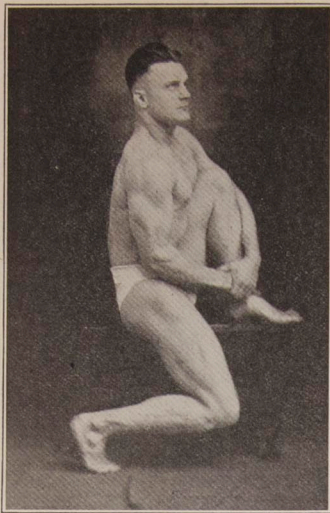
But to our civilized sentiment, to the reformers especially, who are so unfortunately plagued with a mental aberration of some kind, it appears different. It must be kept out of sight. And then bobs up in the mind that insatiable curiosity that the human—and animal—is so lavishly endowed with—the curiosity that is more or less directly responsible for all our great inventions,

(Continued on page 140)



Laura La Plante's Idea of Getting Back to Nature

This popular Universal movie star dons knickers, top boots, and a rough shirt, and climbs the trees. Here she is, perched like a bird upon the branch of a tree. She maintains that she gets thus the most natural form of exercise, and the results—well, you can see for yourself!



STEVE ONOFRYTON
Light-Heavyweight Champion of Canada, is
a good all-round athlete.

DID you ever stop to consider for what ends you were working and what the ends were that you were actually acquiring in your body and ability building program? Are you making satisfactory progress, and does the time and work output balance with results achieved? If not, check up, go over your system, review it and try to find the weak spots. I have seen many business men who were giving time and money trying to stem the tide of ill-health, when, as a matter of fact, all they were doing was to waste the time of every one concerned.

There is an ever growing class of men, both young and old, who are endeavoring to acquire all the admirable physical characteristics which the much discussed ancient Greek is said to have possessed. No doubt a large number of the readers of this magazine are in this class and it is to such that I am aiming this article. I have a wide acquaintance among athletes, amateur and professional, of all types, or, I might say, all specialties, and being very actively interested in building up my own physique, I paid careful notice to their many and varied systems of training. At last I have come to several important conclusions which have helped many of my friends and pupils, as well as myself.

Set Your Ideal

In the first place, strength seeker, have you established a definite ideal, either concrete or abstract, toward which you are working? Such an ideal often furnishes inspiration and incentive, which are important enough in

any system. Let your ideal be practicable; that is, don't set the standard too high, but still let it be something worth working for. Ideals and inspiration go hand in hand in art, and body building is an art, as you will find out. There are many magazine articles and pictures which are rich in inspiration and ideals. There is Sandow, what more could you desire as an ideal, when you are working to build yourself up? He is the "essence of symmetry," let his pictures form your ideal and let his exploits and history furnish you with inspiration.

There are a great many athletes whom you can pattern after. Take Verril, Yale class of 1899, who built himself up from a weakling into a great all-around athlete. He was the winner of the college strength tests, and a great football and baseball player; and a dangerous boxer and formidable wrestler, winner of many trophies in fencing, swimming, track and rowing. Rolandow, Thorpe,

the best form by which to get this type of exercise, and in my experience with the weights, I have seen some truly marvelous changes wrought in physiques after a period of training. Take pains to apply exercise where it is most needed, *not* where you are strongest, as you *must* develop the weak spots first. Make the training gradually harder and by the time you have acquired a 13½ inch upper arm, 40 inch chest and 22 inch thighs you can start practicing the different lifts and their technique. On this phase of your routine, figure out what you should be able to lift in the various standard lifts, in order to be classed as a fair lifter, and, after you have reached a good stage of development, practice lifting until you can make these lifts you set for yourself. Make your list of lifts an all-around list, for example, include such as the press in wrestler's bridge, two-arm pull-over, deep knee bend on one leg, abdominal raise, hands alone, back and one hand grip, as well as the eight standard lifts. Take your time with this work and don't start your actual lifting too soon as it will have a tendency to harden and tone your muscles instead of giving much size to them. I am placing this heavy work first on the system because you will find that strength, plain rugged strength, is of great value in all lines of sport.

Ground Tumbling is Great Training

Ground tumbling is a very valuable agency for developing co-ordination, quick thinking, sense of balance, courage and agility, and my advice to you is to hunt up all the literature on acrobatics you can get hold of, and from now on include it in your workouts. If I were to name any two lines of physical endeavor to combine in a system, it would be acrobatics and weight lifting. When you get to the point where you can throw front and back somersaults, back flips, and "berrannies", you will not only feel like an athlete but you will look like an athlete. Hand balancing, especially with a partner, is very good, not only as an exercise, but as a means of exhibition. Hand to hand work requires quite a little strength at the start but when possible I would recommend you to take it up. This acrobatic work will help you very much in other lines.

Don't Forget Wrestling and Boxing

Wrestling and boxing furnish you with a means of self-defense and should be practiced to a certain extent. Take it gradually and work up. Be sure to grasp the fundamentals before engaging in actual matches. Secure instruction or else as much literature on the subject as possible. Then, with another friend, an enthusiast like yourself, work

[Are you exercising with an ideal in view, or are you just "doing your stuff" aimlessly? Mr. H. M. Hill, in this most timely article, says that it behooves all enthusiasts to check up and see what they are getting out of their exercising and training. You enthusiasts will enjoy this article and will find it most useful.—Editor.]

the Nordquests, Olmstead, Dorizas, and Hackenschmidt are a few more athletes in whose steps you could follow; or, if you prefer an abstract ideal, as I do, choose an all-round one,—work to be an athlete that combines beautiful, symmetrical physique with the maximum of strength, speed and agility.

Let us go over a training system, which would establish such a sound symmetrical physique, with the accompanying strength, poise, agility, suppleness, and the many other much desired qualities which need not be enumerated here.

Training For Strength

A strong symmetrical development is the foundation upon which you must base your future success in athletics. To the average person there is only one way to acquire such a condition and that is by progressive resistant exercises. The adjustable barbell is about

Building Program

M. C. A., Milton, Pa.

together. These combative sports develop a great amount of self-confidence, courage, quick thinking and speed, and wrestling, in particular, is a good developer of strength and ruggedness. Boxing and wrestling are good when fairly well mastered, as they help to round out the all-around man.

Developing Wind and Speed

Bag punching, rope skipping, Indian club swinging, handball and tennis should be indulged in occasionally; not for their developing agencies, but because they instill such invaluable qualities as wind, speed, ambidextrousness, agility, suppleness, judgment of time and distance, co-ordination and ability to think quick.

Master the ins and outs of basketball, baseball, track and field work, swimming, diving, skating, skiing and many other sports and pastimes, and, in a few years' time, you will be surprised at the amazing ability you have acquired. When a friend invites you to go swimming with him and his friends, go; and don't be content to bask in the sun after you get there either, but learn new strokes and perfect your dives. Progress all the time in everything you take up. If you are able to do the one and one-half off the high diving board, then go down to the low diving board and learn the double front off.

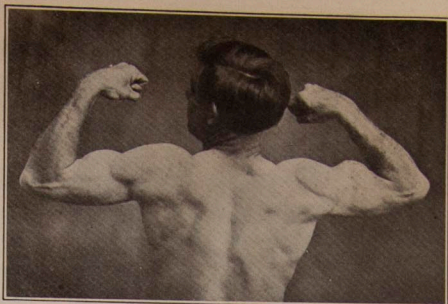
If you can do a handstand on two hands, do it with one on a bench. If you can put the 12lb. shot 48 feet, then put the 16lb. 39 or 40 feet. If you can arch backwards and put your hands on the floor, learn to arch backwards and grasp your heels. If you can throw or out-box all your friends but Tom Jones, don't allow grass to grow under your feet until you have reached the point where you can vanquish friend Tom. And so on, don't stagnate, if you don't feel like working out to-night because there is a good show on, think about that ideal you are working for and go down to your gym, or wherever you are doing your work, and do an extra amount. Continually strive for perfection, no matter what you are working out, bent press, snatch, handstand, throw to second, falling on the vault, heaving the discus, or a pivot and reverse turn, it matters not what, just so you get that elusive quality called "perfection."

About Posing

Practice posing before your bedroom mirror, learn to control your different muscle groups. If your wife, sister or father happen to see you, the chances are they will try to kid you, but if you are going to be a versatile star you must possess a strong will. Try to isolate as many groups of muscles as you can, then practice contracting as

many muscles at once as possible. Practice new poses and old poses which you happen to see in magazines. An interesting thing about this muscle posing is, that, as your general musculature increases, it greatly enhances the appearance of your poses.

Don't be afraid to spend time on your physique, it is a hundred times more profitable than talking about the weather, reading catch-penny novels, or chasing flappers. If you follow my advice, in a comparatively short time you will find that your suit is getting rather tight across the chest and shoulders; you can't bend down very well in it.



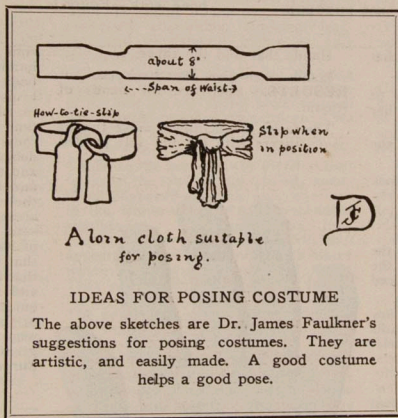
Dr. Herbert M. Shelton, Nature cure doctor, writer and enthusiast for physical fitness.

A FIT DOCTOR

Nature cure doctor, writer and enthusiast for physical fitness.

rope and Indian clubs. Finish up with wrestling then boxing practice. If there is an athletic club in your town, get in on some of the track or field work. When you get a chance to play any game possible, play any position, don't specialize. Go swimming plenty, and every time you see a new dive start learning it, and don't stop until you have it mastered.

Whenever you read of a new physical efficiency test, go off with a few of your friends, or even by yourself and see what you can do in it, then compare yourself with others. Such comparison will serve to make you realize your shortcomings and you can set about remedying the defect. If you desire it you can make a graphic chart on which you can trace your increases in measurements, lifts and ability. All these details are great helps to you in your attempt to reach the pinnacle of physical supremacy. Keep going forward, progress, and your ultimate reward will be priceless skill and a wealth of health.



IDEAS FOR POSING COSTUME

The above sketches are Dr. James Faulkner's suggestions for posing costumes. They are artistic, and easily made. A good costume helps a good pose.

for fear of being placed in an embarrassing situation. And as for those size 13½ collars, well, why strangle yourself? Further, you'll not be a one-sport specialist but instead you will be at home in the water, in the air, on the mat, upside down, with a hefty barbell in your hands or with a hefty looking hobo talking trouble.

Summing Up

Summing up, work out in exercise periods about three or four times a week, using barbell and dumbbells for developing muscle and strength, and the different lifts. Mix in ground tumbling, hand balancing and stunts that require suppleness. If there is a punching bag, learn the different punches, single, double and triple tattoos, and don't forget to do your turn with the jumping

Lung Power Means Health

Never forget that the most important food your body needs is fresh air. An insufficiency of fresh air inevitably causes disease.

Some years ago a famous physician won renown by discovering that deep breathing exercise could cure asthmatics and most lung complaints.

Certainly breathing exercises should figure in everybody's daily curriculum. It takes but a few minutes to breathe in and out more fully than usual, and even in doing this you are getting valuable exercise for the lungs.

But, best of all, take a few proper breathing exercises. The following are especially good:

Stand at attention. Inhale and exhale to the fullest extent.

Lie flat on the back, arms outstretched to the sides. Inhale and exhale fully.

Do the same movements, in the same position, but with arms upwards stretched, and then downwards stretched.



A. L. AUSTIN—AMERICA'S BLOODLESS SURGEON

The Hands of America's Bloodless Surgeon ---Austin

By Eleanor B. Holwick

[Mrs. Eleanor B. Holwick is a lady who is devoting her life to letting the world know of the remarkable ability of Austin. At her expense, I personally investigated Austin's work, and it is indeed extraordinary. In a moment this man will reset joints which have been out of position for years. He did it for me, so I know. This article is an appreciation of the wonderful hands which perform such extraordinary corrective bone work.—Editor.]

HANDS so large and strong that they could crush us.

Hands as soft and gentle as those of a mother when she ministers to her babe.

Hands that have eyes, that see to the innermost recesses of the body.

Hands that need no X-ray to work for them.

Hands so acute, so delicate, that a hair is as a cord.

Hands that have ears and hear the faintest change in the rhythm of the body as they pass over it, are placed upon it.

Hands so delicate, sensitive that they read Nature's code—Nature's telegrams—she is sending out just as a telegrapher does his instruments.

Hands that detect pain.

Hands that tell you when the pain is leaving that area from which it has been sending out Nature's signal.

Hands that tell you when the pain is gone, and you will acknowledge it.

Were there ever such hands?

We cannot believe so—we have watched them work day in and day out. Watched them shape the spine as the patient talks to him. Watched them shape a little helpless distorted foot—with not one, but all the bones out of alignment, and saw the little girl laugh and chatter during the operation, if one would call it such.

Watched and listened when the heart responded to the magic touch.

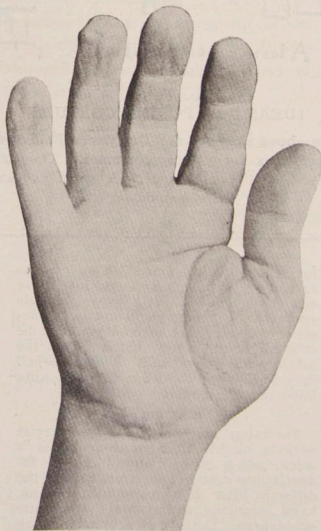
Does it beat too hard—too rapidly.

Is it's beat too slow. What does it matter,—these hands change all that.

Hands that find the cause.

Hands that give not diagnosis, but **RESULTS**. Such are the hands of Austin.

The large broad fingers make two of ours—fingers with big but soft padded



The Hand That Has Eyes and Ears and Universal Knowledge of the Human Body.

ends—padded palm. Hands that put hundreds of pounds of pressure on bodies and leave not a mark—not a bruise. Hands that have been injured in Life's battle before he gave all his time to humanity—but battle-scarred as they are, they are attuned as the most delicate radio to the ills of the body, and they send a message of good cheer and hope back over the nerve wire to the warring cells, to the congested areas, to the hopelessly impinged nerve—to the ligament that has gotten out of its channel—the guy rope or muscle that is not doing its work—to the bone that has been forced out of alignment—and they respond, some slowly, some quickly, some instantly, to the magic of the touch, of the hands of this man who is acknowledged by many in this great land of ours as **our own Bloodless Surgeon**.

POTATO SKIN WINE

There is great medicinal value in potato skin. Those people who throw away the skin and eat only the middle of the potato lose a very valuable part of the food.

A wine may be made from potato skins, and is very valuable in certain deficiency diseases, including nettle rash, hives, rheumatism, etc.

To make this potato skin wine, all you do is to take the skins of the potatoes, put them in a pot of water, and bring the water to the boil. About a third of the water should be boiled away. Strain, and the wine is ready to drink.

A tumblersful morning and evening has done wonders to relieve an acid condition, and also for sweetening the stomach and breath.

The Clawed Spectre

FEATURING THE ATHLETE DETECTIVE

By Richard Bonner

[Richard Bolingbroke, ex-Amateur Heavy-weight Champion Boxer, and world renowned as a scientist and fighter of superstitions and ignorance, has recently suffered a terrible nervous breakdown. While prostrated he rang the Merrill Agency; he did not entrust his case to them, however, but later called John Blount, the Athlete Detective, who has taken up the case. Blount journeyed from his home and arriving at Bolingbroke's, Blount heard a terrible shriek, and found Bolingbroke on his bed in a neurotic unconsciousness, and Sam Filson, bosom friend of Bolingbroke, bleeding profusely from a wound in the head. Sloan had meantime mysteriously disappeared. Blount decided to stay a few days with Bolingbroke. He met Miss Edith Marlin, Bolingbroke's private secretary. He wired acceptance of a championship boxing match. At midnight, while Blount was in his bed, the clawed spectre appeared before him. Opening the wardrobe from which it had appeared, he found the prostrate body of Miss Marlin. It turned out that Miss Marlin knew nothing about the spectre. At the boxing match, to everybody's surprise, Bolingbroke and John Sloan walked into the ring to box. At the sound of the gong Bolingbroke was unable to move.—Editor.]

The crowd began to murmur disapproval at what was apparently Bolingbroke's refusal to move. The referee was about to enter the ring when suddenly Bolingbroke raised himself. He stared blankly at his antagonist, who advanced towards him with the object of delivering a knock out blow, when suddenly Bolingbroke not only appeared to come to full life but bounded forward to attack his opponent with the ferocity of a demon.

Sloan was a good boxer, and very speedy. But it was more than any human boxer could do to stand against Bolingbroke's offensive. So it was not surprising that within sixty seconds Sloan was stretched for a count of eight, the referee having more than ordinary difficulty in preventing Bolingbroke from continuing the offensive in spite of the knockdown. Another fast and furious two minutes brought the round to a close. Bolingbroke's seconds jumping in and carrying him back to his corner.

Bolingbroke again went limp, until his eyes were glued upon a certain figure overlooking the ring.

At this point Bolingbroke wished to start the second round immediately, and it was only the efforts of his seconds that kept him back. But as soon as the gong sounded and he was set free he bounded in to his opponent with an aggressiveness that was not human. At the conclusion of a minute and a half of the second round Sloan was bleeding profusely from head and face. With an extraordinary feint to the face with his left and an upper cut to the stomach with his right Bolingbroke felled Sloan for the complete count.

As the men were taken to their corners the audience was in pandemonium. * * * The most extraordinary boxing match they had ever seen had taken place, and they knew not what to make of it.

Now was the moment for the real contest. To everybody's surprise a man from the very ring side seat jumped into the ring, divested himself of coat and sweater, and revealed the well known figure of - - - John Blount. Cheer echoed upon cheer as they saw their hero, and knew that they had not come in vain.

Slowly he placed the bandages upon his hands, and prepared himself for the contest.

After considerable waiting a murmur and some clapping accompanied the movements of another athletic figure towards the ring. It was Bob Rollin.

After announcements had been made and preparations completed the gong sounded, and a scientific fistic battle began. Both men were swift but cautious. In a way, the battle was just the opposite of the one it followed. Here were two masters of the art using all their knowledge of the game that they possessed, countering, blocking, leading, and exchanging blows as only champions can.

From the point of view of the man who wanted to see blood there was little in it. But for the skilful boxer himself who wanted to see a masterpiece of his own art it was a rare treat.

The second and third rounds were similar to the first. In the fourth round, towards the end of the round, something happened that for only one man in the whole meeting had tremendous significance. That man was John Blount. There was just the slightest appearance of a swing to Rollin's blows, where formerly they had been direct. That was Rollin's weakening. It was the sign for which Blount was looking. The next round would prove of the nature that Blount was seeking to bring about.

At the sound of the gong for the fifth round both men started in with the same scientific accuracy and precision of the former rounds. But not thirty seconds had elapsed when Blount began to feint and dodge in a most peculiar manner. This lasted for fifteen seconds, when he resumed his former tactics. But he had accomplished his aim. Rollin now began to swing first with the right and then with the left. That was the beginning of the end, though the end was not yet. He still held his head erect, and maintained a perfect guard. And so the round finished with Blount sparring scientifically, carefully, whereas Rollin was swinging somewhat wildly, but with a perfect defense.

Again in the sixth round both men started off cautiously. But after about twenty seconds Rollin again took to his swinging attitude, being led on by his skilful Athlete Detective, who was his opponent. About half way through the round Rollin could stand it no long-

er. He tore in like a wild bull, swinging his arms, with his head lowered.

Those in the audience with any boxing knowledge at all saw that the fight could now be brought to an end, that it would be a simple matter for Blount to feint and upper cut his raging opponent and so put him out of action. To everybody's surprise Blount kept his same tactics, tapping continually with his straight left upon the forehead of his opponent. His foot work was splendid. With very slight movements he would sidestep and allow his opponent to tear after him, avoiding his vicious blows.

This condition obtained for round after round, the audience at first cheering Blount for his clever footwork, but in the end hissing and booing him for not delivering the knockout blow they all so much wished to see.

At last, the twentieth and final round! Still the raging wild bull and the clever sidestepping and footwork of the master boxer. It must have been within fifteen seconds of the completion of this round when, with the "Sling Change," which made Bob Fitzsimmons famous, Blount delivered his knockout blow. The "Sling Change" is rarely done nowadays, but if performed correctly it is unerring in its effect. Blount executed it perfectly. Stepping in slightly with his left he brought himself into close contact with his opponent. Then, changing his feet, so that the right one went forward, he brought his right arm forward simultaneously and crashed his fist to the jaw of his opponent, who sank to the floor apparently lifeless.

The crowd surged around the ring, cheering Blount, whom they had formerly booed and hissed. He had knocked out his opponent, and that was sufficient for them. Two of them hoisted him on to their shoulders and started to carry him from the ring.

To the audience Blount was the boxing hero. To himself he was a detective engaged in a case. For them he had accomplished an athletic feat. For himself he had made a move towards the satisfactory conclusion of his case.

As soon as he could free himself he rushed to Bolingbroke's dressing room, where he found Bolingbroke in a nervous paroxysm attended by Miss Edith Marlin, Captain Jessup, and two of Captain Jessup's assistants.

(Continued on page 142)

Using the Mind and Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

FIRST SERIES: THE FACULTIES OF THE MIND

Article V

CO-ORDINATION

(Continued from February Issue)

THEODORE ROOSEVELT sometimes worked with two or three stenographers, I have been told. I must say that when he has worked with me, Mr. Roosevelt has never had anybody else about. But what I know is that, concentrating with almost supernatural force on the subject which preoccupied him, he could go on with it while taking half his attention off it, making side-remarks or even reading a text on a totally different theme.

I have often wondered if he did not do this purposely, at times, to avoid over-concentration where he knew that part of his power of concentration would suffice; and it is perhaps my experience in working with Mr. Roosevelt which has led me to a similar habit of wanting something different to read, or talk about, or think about, while dictating a simple letter or a plain translation from French to English or English to French. I do that sort of work better, keeping the facts more thoroughly co-ordinated, if I divert part of my concentration into another channel. And I can summarize a page of an official report, or a column of newspaper type, in quicker time into a more compact but entirely comprehensive paragraph if I can talk of something else while glancing at the original. But I have found that this has such disconcerting effects upon even one modern stenographer that I have rarely tried to do it on more than two simultaneously.

Rodin's Power of Co-ordination

With Auguste Rodin, co-ordination took the form of allowing him to mould a bit of clay while surrounded by chattering visitors, and being courteous to them while being much more vividly aware of his modelling-clay than of their human clay. They might have been in another world, for all he cared; he might even forget them for a while, retiring to a corner with his slowly-forming statuette and working upon it, his silvery short-cropped head bent over it and his massive eyebrows intently knit above his eyes which always seemed to be dim when not at work. Sometimes he would talk to me so, in his corner, while working; but I am sure he ceased to hear surrounding noises in his huge barn-like studio. Then a flood of visitors would be upon him, and he would smile, and wipe his hands to take theirs, and perhaps forget them and be back again at his work, in another world, even while they lingered there, still speaking.

John Powell at Work

I have watched John Powell, composing in a room where several people are talking. Not only his concentration is

such that he can isolate himself in his work and be unaware of his surroundings; but he can ward off intruders, warning them gently that he is busy, if they try to interrupt him, and he goes on as if nothing had happened at all. It takes a number of such intrusions, at each of which he has spoken quietly and retained his thread, before he can be really disturbed. And where I have seen his work broken into at last, and have heard his energetic protest as he was forced to give up, I have invariably reflected that such a dual demonstration of protracted patience and of perfect co-ordination might serve as lessons for countless men prominently before the public in various capacities to-day.

As reason is the mighty ally of co-ordination, so emotion is its great enemy. When you "lose your head," your emotion scatters your co-ordination so that you lack mental and moral grasp on a situation which you should be capable of handling. The prime condition for accuracy in all its forms, whether for mechanical or intellectual work, or just for repetition, is co-ordination, which is consequently essential for truth-telling itself. The ugly thing named a lie is in the intention, of course; but though called by a sweeter name it can cause you to be painfully misjudged and may get you into all sorts of trouble if, while enjoying good observation and sound memory, you lack the faculty of co-ordination for drawing your facts together at will.

"Nerves" and Insanity

Many actions for which insanity is held responsible spring just from unco-ordinated ideas. The world is too hasty in challenging sanity, which is the most sacred privilege of man, the last which should lightly be taken from him by irresponsible opinion. Even the "nervous" phenomenon of saying the opposite of what you mean is most frequently a simple form of fatigue or emotion expressed by a temporary suspension of co-ordination. If your thoughts are co-ordinated, you know there's only a shade of difference between saying "I'm glad" or "I'm not sorry." Let your ideas be momentarily ill co-ordinated, however, and, hesitating between the positive and its negative equivalent, you choose the negative while omitting the negative sign and say "I'm sorry"—the opposite of what you thought and meant to say, by plain lack of co-ordination. If you hear yourself say it, or admit that you may have said it, then your "nerves" are sound and anybody who says the contrary about you is both a fool and the sort of fool who ought not to be left at large. For the test of the sort of

"nerves" which may lead to madness is, first, unconsciousness of the errors committed, and, secondly, charges brought against the sanity of everybody else.

It can even be asserted that many crimes would never occur but for defective co-ordination at the moment when the author visualizes his act before committing it. If the would-be suicide reviewed in his mind not a few selected facts, but all the facts and their consequences, he would not kill himself and make a ghastly, disgusting mess on the floor, and justify all the harsh things his ill-wishers have said of him, and bring catastrophe upon those who are really dear to him. The murderer always lacks co-ordination, whether he acts in a blind rage or with cold premeditation, since he invariably omits essential basic factors from his vengeance or from his scheme for evading the law.

Passion

All the passions—the high passion of love as well as the low passion of hate and the mean passion of envy—find their salutary coadjutor in co-ordination, and become enemies to mankind only where co-ordination falls short. But the calm which helps co-ordination to attain balance, each object being left in its ordered place, each sentiment in its apportioned degree, is the key to justice and sanity, and to happiness too.

Nation seems prepared to rise up against nation to-day, foolishly, in defiance of general facts and of their own vital interests. Friend quarrels with friend to-day, and brother with sister, and husband with wife—in a way never before known, save in similar circumstances after other great wars, and then it has always been experienced though on a more reduced scale because the fields were narrower. There's nothing either new or old about the situation, and there's nothing clever about it, and there's nothing inevitable about it.

The Cure

The cure is for each individual to practise co-ordination in his judgments, and self-discipline in his words and acts towards all other individuals; for each nation to do likewise in all its public dealings with other nations.

Each single man, woman, or child, who realizes this, and applies co-ordination accordingly in his circle of family, and acquaintances, and business connections, will be doing more to restore world-balance than if he discussed the theory of world-relations with finest oratory at ten hundred meetings of wise-men and busybodies.

All possibilities open out before those who not only earnestly desire but honestly try to develop themselves.

Only, the honest trying must apply to the physical means as well as to the mental and moral means.

Thought is Super-Material

Thought is super-material; but the mind which must operate for the thinking is built of matter. If the material mind is adversely affected by the physical body of which it is an inseparable part, then the thought itself will inevitably be impaired.

Ascetics who are popularly credited with "mortifying" themselves are often really rendering to their bodies a highly intelligent service, living in the open air and eating the simplest natural foods. Some of the world's greatest brain-work has been done by ascetics.

On the other hand, the slaves of wealth and fashionable convention who live in hot-house atmospheres, preferring night-life to daylight, and who at frequent intervals stuff themselves on de-vegetalized foods, fried abominations, and vinegary preserving-fluids, are slowly but surely destroying their inner organism, whatever the miracles performed outwardly by hearty doctors; and at one and the same time they are destroying the fine flower of their intellect.

Under such conditions, you may be observant, but you cannot make a wise selective use of your observation. You may be gifted with memory, but it will attach itself to futile in preference to vital things, and will serve you to little purpose. You may have a brilliant imagination making of you a social star, and if you are a genius artistically it may survive in spurts of creative inspiration, but whatever you are and whatever you do you will remain eccentric and undependable, misleading for others and dangerous for yourself. You will, finally, be deficient in the most purely intellectual of all the mental faculties: the cold, clear, sane co-ordination which alone can endow observation and memory and imagination with true value.

And never can you then hope to attain, in any serious measure, to understanding.

WARRINGTON DAWSON.

NEVER BEEN TOLD

"I have never been told the facts of life by my parents when I was at home, but I have always carried myself straight in every way. To my estimation a man or a woman cannot obtain too much knowledge of the things they are to go through in life. The great trouble in this world is that parents are too timid to warn and teach their children the true facts of life. The wrongs are mostly done through ignorance.

"I am about to marry a fine young lady, and we wish to have no marital misunderstandings, but we both have fears and doubts.

"With the greatest of sincerity in the behalf of we two, I am asking your aid and guidance."

E. R. K., Ohio.

"SEX DEVELOPMENT" VERY FINE

"I found your book, 'Sex Development,' very fine, and cannot find words to express my appreciation of the good it has accomplished in clearing my mind of a prudishness developed through wrong training. You make of life and its functions a beautiful thing. This new knowledge makes me happy because of its ultimate realization of a better wifehood and motherhood for me."

A. B., Wisconsin.

"Your book on 'Sex Development' received. It is the best book that I have ever read, and one that should be, to my way of thinking, in every home."

B. M. G., California.

Peculiarities of Sexual Quiescence

By

A Physical Culture Consultant

One of the most perplexing problems of physiology is that of sexual quiescence, and not only sexual quiescence, but the quiescence of other bodily functions.

It is, however, with particular regard to the sexual system that this problem of quiescence is least understood.

Many biologists and medical authorities deny that there is such a thing as functional quiescence in the sexual system. That is because they do not consider functional quiescence in other organs of the body.

The whole essence of the problem resolves itself into the question as to whether the sex function is continuous or periodical, and, if it is periodical, whether the periods have to do with the calendar purely and simply, or whether they have to do with other bodily functioning.

It can easily be seen that, without this knowledge of sexual quiescence, there is the belief that the function is there, and therefore must be used. It is this that leads to promiscuous functioning and the false idea that, in men at least, the sexual function must be periodically used, whereas the same is denied to women.

That an endeavor is made to establish the fact in the case of one sex, and not in the other, ought to be sufficient to expose its faults. Certainly, if the male system requires exercise, then the female system does equally so. Yet no respectable person would advocate a female relationship outside of marriage although it is admitted, of course, that a necessary condition to female adult health as well as male adult health lies in a harmonious marriage.

Nature is many sided. If a law is relative to one thing, and you try to apply it to all things, you will come to grief. It is a general law that an organ or a function must be exercised in order to maintain normality. Thus, if a muscle is not exercised, it deteriorates, in both size and function.

Now it is a scientific fact that the same law does not apply in its entirety to sexual fitness, and if only this were realized it would save a great deal of unhappiness and abnormality in later life.

It is not necessary to exercise the sexual system until marriage. It is not even natural to do so. And when this law is disregarded abnormalities are practically inevitable, later on in married life.

In order to show clearly the truth of this I want to make an analogy between the male sexual system and the female breasts. The function of the

latter need not occur at all until quite late in life. The fact that it has never before been exercised does not, between certain reasonable limits, affect its potency in the least degree.

But, you will say, the analogy is unfair because male sexual functioning may be induced, while female breast functioning depends entirely upon certain other bodily conditions in the individual.

The functioning of the breasts, however, could be induced before the natural condition that would normally lead to functioning. Why, it is even a fact that the male human breast has been known to function, being induced under strong emotional circumstances.

So you see the analogy is a fair one, and not only fair, but reliable from a scientific standpoint. Only when it is understood and realized generally will those ignorant superstitions—such as the idea that a young man has to "sow his wild oats" or to use his sexual powers in order to preserve or develop them—be obliterated.

When abnormal functioning is induced, either in the male system or the female system, it should be obvious that there would be an abnormality in the continuance of the function. That means to say that the function cannot be discontinued as easily as it can be induced. In the case of the breasts it is certainly easier than in the case of the ordinary male sexual system, but, nevertheless, left to itself, this function would have the tendency to continue.

Truth and Love

Truth and love are two of the greatest forces known to the world; when they go together they cannot be withstood. The golden beams of truth and the silver cords of love, twisted together, will draw men with a sweet influence, whether they will or no.

There is nothing holier in this life of ours than the first consciousness of love, the first fluttering of its silken wings.—H. W. Longfellow.

Influence

Influence is that unseen power by which we, in a degree, form the character and direct the conduct of those with whom we associate, and are by them moulded in turn. Hence the necessity of choosing the proper companions.—A. Ritchie.

The Snapper of Necks

By Clifford L. Thorne

[This is the conclusion of a fine story which was begun last month.—EDITOR.]

The professor, now on his knees, was peering at the head, an expression of wonder and curiosity on his face. "The greatest find of the century, mes amis,—kept for future generations to see, by the dry air and the heavy rock coverings, and preserved, probably, by some acid of the cave earth. But," he added, a curious note in his voice, "do you notice anything strange in the head and neck?"

"Only that it's big and ugly," said Williams. "And you, Monsieur Dennis?" "The same impression here—only more so," returned Frank. The girls added to the general view.

"Don't you see, messieurs et mesdames—don't you notice it?" "Notice what, professor?" "Why, that this being had its neck snapped when alive by some one of tremendous strength, and is now facing us while lying ribs down," was the startling reply.

Four listeners cried out in surprise, and, on Jules being told the news, the hands of the big peasant went to his neck as if he felt even now strange and mighty fingers around them. For a moment work hung slack as they gazed, then, encouraged by the enthusiastic scientist, the other mounds were broken open and each in turn drew its gasp of surprise—all held leathery bodies, some large, some small; but all bodies were lying with faces up, with twisted necks and with ribs downward. There were six in all, after every mound had been opened, and the little Frenchman bent over each in turn, studying and puzzling it out.

"What do you make of it, professor?" whispered Williams, on whom the sight seemed to have a strange and weird effect.

"Murder, mes amis, plain murder—though done many thousands of years ago. Who knows for what cause? But this much is plain, however, that the murderer, though of tremendous strength, did not escape his just dues." "You mean the first one!" exclaimed Miss Houser, to whom the answer was now flashing. "Exactly, mademoiselle; for some cause or grievance, the murderer, a savage of the Magdalenian age, crept in here, likely as all were asleep, and snapped their necks. Escaping, he was met and cornered by avengers, and"—pointing to the shattered skull—"here slain. Ah, mes amis, what a fight that

must have been! Not easily was this giant conquered—with teeth, nails, bone and flint weapons,—and all howling like wild animals, they brought him down at last to lie here for countless ages to greet us."

"But the sealed entrances?" asked Frank. "That is but a guess. Perhaps, even still fearful of the dead murderer, the avengers made all fast and fled forever from the spot."

"A catch-as-catch-can match you missed, Fred,—how would you like to have been in that fight?" asked Dennis.

"Modern wrestling science and holds, with strength, would have been too much for any of them—even for this shattered giant here," was the answer given with positive conviction. "You may be right, Monsieur Williams," put in the scientist. "Still, I think you are lucky that it will never be put to the test."

The excitement partly over, all now discovered they were hungry and thirsty, and Jules was sent back close to the entrance where they had placed some supplies. Returning with a full lunch, and bottles of wine, which had been placed in an icy pool of water, the party, in the light of the electric torches, made a good meal of the inn-keeper's own packing.

Through with eating, the men wandered around again, inspecting and examining. On one side was a fairly high ledge, dry and clean, as if used for a bed in bygone ages. Here the two girls, tired out with the long tramp and climbing, rested. It was the sight of the scientist examining his watch that impelled Frank to ask him how long he intended to stay. "It is now close to midnight, mes amis," was the quiet answer; "and, as we have plenty of blankets, and it is a far and dangerous walk to the village, I suggest that we sleep right here!"

For a moment the idea seemed strange and fearful, but the four Americans, girls and men, in turn, caught the fine eyes of the courageous little scientist upon them, seemingly twinkling and searching, as if gauging and measuring their courage. Not for a million dead would they have failed to meet that challenge. Strange to say, the girls agreed almost at once and began to spread out blankets on the ledge.

"The air here seems rather close and strange to me," observed Williams, "but I suppose this is the best place to sleep."

"The only place possible," declared M. Amagnac, "everywhere else is the constant dripping of water."

Jules, on being told the plans, laughed and declared he was delighted to repose anywhere, and would like to use the big

skull for a pillow. After many a "Bonne nuit! Dormez bien!" the party, tired with the work and excitement, and lulled by the heavy darkness and quiet of the place, were soon all asleep. It was a restless sleep, however, in which the men members tossed and muttered in the grip of weird dreams and strange nightmares. The two girls, however, perhaps in a better and clearer current of air, seemed to be sleeping easy.

Williams himself was in a constant struggle, and in his dreams went through one wrestling match after another. Again he strained and struggled in the Olympic championships with Swedes, Frenchmen, Finns, and many men of other races, but, curiously enough, he defeated all by twisting and snapping their necks. There came a lapse,—then he had the nobleman of the ruined chateau in his mighty hands—him he slew like the rest; next was a burly Roman soldier who followed quickly along the same path; last of all was a terrific struggle with a giant and savage prehistoric caveman. This combat was by far the hardest of all, in spite of the fact that his opponent seemed to have several gaping holes in his head. He clawed and bit, howling like an animal, but Fred slowly but surely was winning and, seeing this, he strained and increased the pressure and leverage on the neck and chin. It was as the face came slowly around and he found himself gazing into an empty skull, that he came out of the dream—a scream ringing in his ears, and found himself tottering on his feet and wet with perspiration.

It was the little professor who had awakened with a start shortly before, beads of sweat on his face, and with a feeling that, in the darkness, was some nearly deadly form of horror and menace. He groped for the flashlight, but could not find the tube. Listening intently, the drip of falling water alone broke the silence,—but still in the black gloom was born and ever increased the feeling of a great and evil thing that stood close. Straining his eyes, he thought he saw a great bending shape, crouched like a huge beast, ready to spring. Then came to his ears the certain sounds of a curious muffled struggle,—next a sound like the snap of a broken pine stick, followed by a long and whistling gasp.

As he hesitated for a second, wondering if it was but one of the sleepers, tossing in his dreams, the silence was broken by an agonized yell. "Don't, Fred, Oh, don't, Fred!" There were hurried cries, screams from the girls, quick gropings, and then lights were flashed on. The rays showed faces white as a sheet, but no strange shape or fearsome thing. Williams, his great hands opening and closing, stood rocking from side to side. It was the low voice of the scientist which first broke

(Continued on page 136)

from Catarrh

ners, N.D., L.L.B.

food. Whenever the natural it becomes artificial; and the end of artificialization is death. That is the inexorable law. What price are we willing to pay for youth? We cannot recover youth and strength by artificial means, the faltering step, the debilitated, the weakened nerve—these are replaced nor repaired with tonics, and serums. Nature's way is simple, but exceedingly. They must be resolutely following the blessings she bestows. She knows this and takes no serums in the hope of gain-

ing vitality and strength to sustain him in his feats and activities.

Some of us find that it is much easier to take pills and powders than it is to live right. Others believe that it is more stylish to walk across the street to the drug store and buy health and strength concealed in cathartics, cosmetics, and headache tablets, than to walk three miles north and three miles south, and find health and strength waiting for us on our own doorstep. Still others have more faith in a spoonful of medicine than they have in the power that flung the sun and stars in space and makes the oceans ebb and flow.

Look ye unto the hills and the valleys whence cometh all vigor and

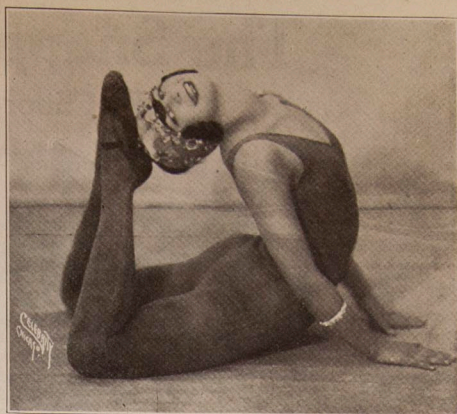


Fig. 3. Exercise 3.

UPPENESS

What I do for gaining and losing weight will get good results in my system.

I. Lie on your back, as illustrated in Fig. 1. Bend the knees upward and bend the hips at the same time. Then lie on your side, as illustrated.

II. Tighten the body. Then lie on your back, as illustrated in Fig. 2. Bring this position to a similar position on your side, as high as you can.

III. Bend the legs, then raise the feet as illustrated in Fig. 3.

IV. Lie on your back. Then describe a circle with your arms above your head, as shown. Your arms should appear as the

V. Lie on your back, arms at the sides. Then describe a circle with your arms above your head, as shown. You will find this a wonderful



Fig. 4. Exercise 4.

strength. Consciously turning back to the Source of all things, including health and

life, brings here and now to those who observe and obey Nature's simple laws, a reward that cannot be measured; a happiness that money cannot buy; a sustaining vitality and vigor that can be had in no other way.

Dr. R. L. Alsaker, the catarrh specialist, says:

"Chronic catarrh is one of the most common and most troublesome of human ills. It is as wide-spread as civilization. Although it does not of itself cause many deaths; that is, while very few death certificates give chronic catarrh as the cause of death, it, with constipation, lays the foundation for more deaths than any other physical troubles. These two cause such great deterioration of the system that other diseases are readily built upon

them, and these later diseases are given as the real causes of death."

The most dangerous and most destructive filth is internal. In the interstitial spaces of the body of the average person, there are stored large quantities of mucus or glue. This condition is known as catarrh. There is—

Catarrh of the nose, called rhinitis.

Catarrh of the gums, called pyorrhea.

Catarrh of the stomach, called gastritis.

Catarrh of the eyes, called conjunctivitis.

Catarrh of the appendix, called appendicitis.

Catarrh of the bronchial tubes, called bronchitis or asthma.

Catarrh of the lungs, called tuberculosis or consumption, and in its acute form, pneumonia.

The ultimate causes of catarrh are excessive eating, eating wrong food, and constipation. The means of eradicating catarrh are not thru the use of drug-poisons, for they do not, and can not, remove the cause. The body must be cleansed of internal filth, and it must be kept clean by moderately eating of natural food and by active bowels. The average drug doctor knows no more about the cause and cure of disease

than the average layman, and as to the science of food, most drug doctors are as helpless as a child, for in their great medical schools they do not study food and health, but drugs and disease. They may study drugs and disease till time is no more, and still be as ignorant of the science of health as they are in the beginning.

SHOULD BE IN EVERY HOUSE

"Your two books, 'Correct and Corrective Eating' and 'Health and Fitness,' should be in every house, and I am commending them to my friends. My wife and I must say that we feel benefited by following your advice, and wish to thank you. I am getting 'Sex Development,' as I think it will give my boy, who is almost nineteen years, knowledge that he should have on a subject we were at a loss how to tell him. Your magazine and books give one a more hopeful view of life, not the sordid stuff we usually get. Yours sincerely,

J. S., Vancouver, Canada."



Fig. 5. Exercise 5.



Fig. 1 Exercise 1.

Catarrh is one of the first symptoms of auto-intoxication. This term means self-poisoning of the body. It is a poisoning of the body by substances produced and accumulated within the body, and is the basis and foundation of all human ills.

If we take cold easily, or suffer from one cold after another, we are in a catarrhal condition. The sooner we heed this warning of Nature and eradicate the affliction by proper living, thus removing the cause, the surer we may be that some serious disease will not endanger our lives.

Catarrh is a digestive and blood disorder. At first it is of the moist variety. Large quantities of mucus are secreted. This indicates that the blood is overloaded with poison which percolates thru the mucous membrane. The effect of the unnatural discharge is to enervate the body. If the condition continues, it causes degeneration of the mucous membrane, for this membrane is certain to suffer under the strain. A weakened mucous membrane brings on many diseases,

such as stomach and bowel trouble, kidney and gall stones, stone in the bladder, influenza, pneumonia, tuberculosis, etc.

Catarrh is always curable until it has run so long as to cause extensive degeneration of the physical structure. Even then improvement and partial recovery frequently occur, under proper treatment. The average person under 30 or 35 can eradicate the symptoms of catarrh within a few weeks. The symptoms will return if the old habits which produced them are again followed. A cure can be effected only by thoroughly cleansing the system, and then in exercising care and caution in one's manner of living.

The quickest and safest method to extirpate catarrh, is the fast. A fast of 25 days,

with the daily enema, has cured the most obstinate cases. Any disease, whether chronic or acute, will improve and often disappear under the fasting and bowel-cleansing treatment. Catarrh has also been cured by the natural (raw) food treatment.

Strictly speaking, catarrh is not a disease. It is a symptom, as are practically all other conditions that are termed by Medical Science as diseases. Catarrh indicates an abnormal condition of the body, due chiefly to eating "cooked and prepared" food.



Fig. 2. Exercise 2.

Do Not Suffer

By Dr. G. R. Clemens

The cooking of food, among other things, disorganizes the starch elements, reducing them to soluble starch. Soluble means dissolvable in water, as sugar, salt, etc. Elements dissolvable in water enter the blood with the water, directly thru the walls of the stomach. The body can make no use of soluble starch in the blood, and at the same time there is no natural channel thru which the blood can throw it off. So the eating of "cooked and prepared" food has forced Nature to create an abnormal channel thru which to drain from the blood the soluble starch. This channel is the mucous membrane of the body.

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EXERCISES FOR SUPPLENESS

By BEBE MOFF

Here are some of my social exercises with maintaining suppleness. I am sure all lady readers if they will practice them as I do them my

EXERCISE I.

Bend the body forward and swing the arms in Fig. 1. From that position raise the feet backwards, throwing the arms backwards and return again to the forward position, as illustrated.

EXERCISE II.

Lie on the ground, hands on the floor; raise first the right leg to the position illustrated back to the ground, and then raise the left to the other side. Don't forget to raise the legs.

EXERCISE III

Lie flat on the stomach. Raise and bend the head so as to touch your head with your feet.

EXERCISE IV

Complete circling. Stand with your feet, large circles with your body as you can. I pour head gracefully, and half way round the circles as illustrated in Fig. 4.

EXERCISE V.

Lie prone, face downwards, on the floor. Now raise the legs, at the same time keep the head raised as illustrated in Fig. 5. You find exercise for the complete body muscles.

Thus, a catarrhal condition is due to an unnatural discharge, from and thru the mucous membrane of mucus, formed in the blood, of soluble starch. It may involve the head, the throat, the lungs, stomach, intestines, and even affect the skin. When it affects the lungs, the result is consumption or tuberculosis. Medical Science says tuberculosis is due to a germ. We wonder whether said germ is any relation to the influenza germ, for which Medical Science has been searching for almost five years?

The prevalence of catarrh and consumption among civilized people indicates the vast extent of the pernicious effect produced by man's attempt to "prepare" his food, after it has already been prepared by the same positive law

The Attainment of Success

By John Hamilton

[There is sure to be some field in which each human being can be successful. We cannot demand success, but we can deserve it. In deserving it we shall more than likely attain it. Wealth, the establishment of a big business, health, an athletic championship, or just pure happiness—what is your ambition? You can attain it, if you go about it the right way.—Editor.]

WHAT is success? Before we try to reach it, we should know what it is, and where it lies, and how far away we are from it. If a hundred readers of "Health and Life" were to send in their own original definition of success, there would be, almost certainly, one hundred different answers. These answers would depend, to a very great

extent, upon the age, environment, upbringing, condition, and ambition of the person answering the question. A little street urchin's idea of success is to stand on his head longer than his fellows, thereby extracting more pennies from passersby than they. To the average man, success means riches and the things in life which may be bought

by riches. The poor man thinks he has failed in life because he has not succeeded in piling up riches; but many a rich man will call himself a failure because he has piled up riches instead of attaining his ambitions!

A successful man may be poor and needy, from an economic standpoint; he may be a nonentity for whom no statue will be raised when he leaves this life; but if he has lived wisely and used all his powers to their highest—if he has realized all the possibilities of his nature and lived his life to the full, normally and temperately, that man's life can be counted a success.

"The Battle to the Strong"

Success is always associated with strength of some kind. Sometimes it is the big, muscular, "strong" man who is successful; sometimes it is the clever, far-seeing man who uses his brains to the best advantage; sometimes it is the man who has a special "gift," sometimes it is the man who seems to have none of these things.

Generally speaking, however, a com-
(Continued on page 130)

EXERCISE NO. 1



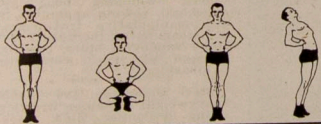
EXERCISE NO. 2



EXERCISE NO. 3



EXERCISE NO. 4



EXERCISE NO. 5



EXERCISE NO. 6



EXERCISE NO. 7



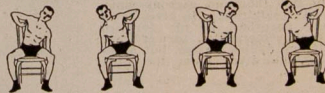
EXERCISE NO. 8



EXERCISE NO. 9



EXERCISE NO. 10



EXERCISE NO. 11



EXERCISE NO. 12.



A GOOD SYSTEM OF GENERAL EXERCISES

This is the system given with the Richmond Gramophone Records. They are very efficient.

Here, There and Everywhere

Lionel West, the famous athlete-movie director, is in Chicago, and in touch with HEALTH AND LIFE. Next month we shall have a fine article by him, and subsequently he will deal with the real truth about life in Hollywood among the movie stars. Lionel West is a wonderful man. Not only is he the hero of the films, but in real life he is a real red-blooded he-man, having led a life full of thrilling adventure. By the way, he was the only screen artist to win an athletic event that would have entitled him to compete at the Olympic Games. He is very proud of the gold medal he was awarded for this distinction.

The American Gas Association is making propagandea to bring about smokeless cities. Their motives may be commercial, but from a health point of view the problem is an important one. Smoke and dust from the burning of raw coal cause putrefying of the atmosphere, prevent the sun's rays reaching the human body, and make for dirt, which is always unhealthy. There is no need anyway for smoke and grime to be poured out of chimney stacks, and the public health demands reform in this matter.

Captain William Johns, Captain of the Life Guards at Miami Beach, Fla., is a real honest-to-goodness HEALTH AND LIFE enthusiast. He never fails to introduce the Magazine to those who come to bathe at Miami Beach. Many prominent society folk visiting Miami have become enthusiastic readers of HEALTH AND LIFE through the example of Captain Johns. That's his fine work!

"The World's Youngest Equilibrist" is the title claimed by little Miss Doris Jean Metzler, twenty months old. Her father and coach is V. E. Metzler, associate physical director of the Central Y. M. C. A., Chicago. Doris stands on her father's hand held overhead at arm's length. She stands on his shoulders while he walks about the room. She stands on his upraised feet while he lies on his back on the floor. She hangs with her little legs around his neck and swings out in a circle while he whirls rapidly. These and other stunts involving equilibrium and balance will give an idea as to what challengers for her title will be expected to do.

World's champion diver Al. White is attracting wide attention at Miami by his exhibitions at the Miami Beach Casino. He was greeted by a crowd of more than two thousand persons when he began his exhibition. He gives them thrills and surprises in his forward springs, back somersaults, forward one and a half and double gainer, but especially when he dives from the high tower.

The General Health Bureau is engaged in an endeavor to abolish forever the public drinking cup. In many States of the Union the public drinking cup is not yet unlawful. Apart altogether from the fact that the public drinking cup may transfer germs and filth there is something distinctly nasty in its use. There is no need for it, and its illegality in various States should quickly be followed by a declaration of its illegality in all States.

Isadore Gardas writes a very enthusiastic letter regarding our Magazine. He says: "I have enjoyed reading your Magazine since the day I first saw it. It shows men and women the way to a right and clean life. HEALTH AND LIFE is my favorite magazine. HEALTH AND LIFE is the only magazine that is out to be interesting and useful to everybody, young and old. Young and old enjoy reading every page of it. There must be some, who, because they do not know of it, are not giving their

bodies the right exercises. Some declare the only way to do is to read it on the street car, or in the train. This is what I do, and I make sure that other passengers see what I am reading. This sometimes attracts a deal of attention, and sometimes I am able to pass the Magazine on, and do good work. There are thousands who have not yet seen HEALTH AND LIFE, so it is just up to us readers to help another fellow or girl to find the right way to a good and clean life. Those who suffer most will find most relief in this magazine. By helping others to read it we will do good to them as well as to ourselves." They are fine sentiments, and certainly inspiring to those of us who are trying to produce a good magazine each month.

Getting impatient for the summer weather, Leo L. Vail, of Los Angeles, Calif., is looking forward to getting next to Nature. He says he wants to be out in the open air to do his work-outs. He says he finds that the best way to do justice to his weights. He has promised himself plenty of sun baths, and has not omitted these during the winter, taking just sufficient to keep a little tan on his body.

"Take a little care in the site for your camp during your summer vacation. Be particularly careful to see that your water supply is above suspicion." That is the advice of Dr. William G. Exton, director of the laboratory of the Prudential Insurance Company. Dr. Exton gives this advice with a view to abolishing typhoid, cases of which he has traced as following a vacation for health. Sanitation is the science that will eradicate disease from mankind, and not only external sanitation, but internal sanitation, sanitation within the human body itself. "The germs that Dr. Exton is so concerned about need a putrid soil for their sustenance. If they find this in the human body they will thrive, and the human body will suffer inevitably. Sanitation includes, or should include, not merely the conditions surrounding the body, but also the conditions within the body.



AN IMPROMPTU LIFTING WORKOUT
Leo Vail taking a little lifting practice at Adam's Beach.

Joe Emden writes a fine long letter telling us enthusiastically that there is a boom for the healthy life in England. A recent physical culture display which he and his friends organized was a tremendous success. A lot of converts must have been made, and all enjoyed themselves thoroughly.

To become a champion in weightlifting it is a good plan to start at eighteen years of age. Sam Virshba, of Chicago, Ill., has tried his hand at the weights and is going to be successful. He is eighteen years old and weighs 135 lbs. He finds that he can do a One Arm Side Press of 110 lbs., a One Arm Snatch of 90 lbs., a One Arm Jerk of 105 lbs., and he has muscled out 33 lbs. He has now a record to which he can refer when he is in the championship class.

H. Broom, physical culture expert, on behalf of his pupil Mr. Downes, of Manchester, England, challenges any man in the world up to 140 lbs. on all around tests in weight lifting, boxing, cycling, sprinting, wrestling, and muscular development for the World's All-Round Athletic Championship. Replies to Broom, Marfleet, Hull, England.

A weightlifter we are going to hear from in the near future is Ernest Edwin Coffin, a member of the A. C. W. L. A., of Los Angeles, Calif. He has his heart right in the game. He is a member of the HEALTH AND LIFE Fellowship, and a real good fellow. When you see his picture in the next issue of the Magazine, you will see a photograph, which will appear in a later issue of HEALTH AND LIFE, you will see another fine specimen of the wonderful type of manhood that California produces.

One of the first letters of congratulation on the new HEALTH AND LIFE came from Herb Waddell, claimant to the world's champion waterweight wrestling title. At Waddell's school in Pittsburgh, Pa., may be seen some of the finest grapplers in the country. Frequently matches are arranged there, and they provide a real wrestling menu. Doc Reid, the wrestling authority, admits that Waddell's claim to the waterweight title is of the highest, and places him with Reynolds, Kallio, Matsuda, and Provost as the five greatest American wrestlers. Why not a competition to name, once and for all, the real title holder?

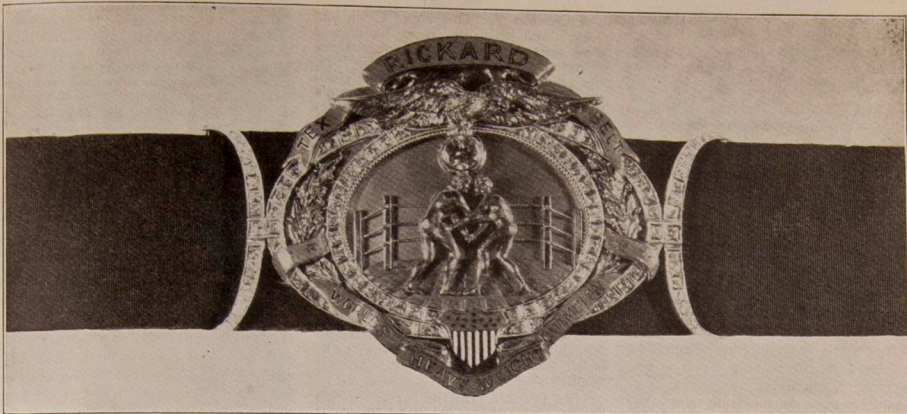
Mr. Jos. Richmond, inventor of the Richmond Spinal Exerciser, is now Physical Director at the Claridge Hotel, 124 North Dearborn Street, Chicago, Ill. There is splendid equipment: handball courts, swimming pool, gymnasium, punchball, rowing apparatus, all health and manipulative treatments, electric and steam baths, therapeutic devices, etc. Many vaudeville stars, passing through Chicago take their work outs in this Gymnasium.

Steve Onofryton, the Canadian light heavyweight champion wrestler, now residing in Pontiac, Mich., made a comeback in flashy match with Jim Blessington, a Bostonian, who has achieved fame that Waddell's claim to the waterweight title is of the highest, and places him with Reynolds, Kallio, Matsuda, and Provost as the five greatest American wrestlers. Why not a competition to name, once and for all, the real title holder?

One can get good food to eat in Chicago now. Mr. John Maxwell, who has successfully run several Health Food Stores, has opened a restaurant at 365 West Madison Street, at which only food containing all its natural elements and vitamins is served. Fresh milk (unpasteurized), fresh butter (made from unpasteurized milk) are among the nutritious delicacies. The restaurant is run in cafeteria style, so that individual discretion may be used in the selection of a meal. Mr. Maxwell has every right to call his restaurant a "Healthateria."

Among the Grapplers

Who Are the Champions?



THE WORLD'S HEAVY WEIGHT CHAMPIONSHIP BELT

Strangler Lewis refuses to hand over this belt to Wayne "Big" Munn, who earned a referee's verdict over the Strangler. Look into the belt and see those diamonds and you'll not wonder why Lewis does not want to lose sight of it.

NOBODY knows now who owns the heavyweight and middleweight titles. In the heavyweights Wayne "Big" Munn having defeated, by decision of the referee, Ed, "Strangler" Lewis according to all rules and precedents, becomes champion. Lewis goes outside the sporting world and seeks legal aid, not only to prevent Munn from calling himself the champion, but also to retain the belt that goes with the championship.

Ed, "Strangler" Lewis has many, many thousands of admirers. He has wrestled continuously since winning his championship, and, whatever may be said of him and his wrestling, he has earned the applause and good will of a multitude of fans. But one cannot help feeling that in seeking legal aid to restrain Munn from assuming a championship title that he won on a referee's decision on the mat, Lewis has made bad play.

The obvious thing for Lewis to do would be to seek a return match with Munn at the earliest possible date. However, as pointed out in these columns last month, there is very little doubt that Munn would repeat his victory. But in any case the wisest thing to do from all points of view would be for Lewis to concentrate his attention upon a return match at the earliest possible date.

The former was the procedure adopted by George Hackenschmidt when he lost to Frank Gotch. The whole world refused to believe that Gotch had defeated Hackenschmidt. Although Hackenschmidt was by no means the wrestler he had been, and was suffering from an injured knee, he sought a return match with Gotch, which determined in the only satisfactory way who was champion. Lewis ought to do the same.

The middleweights are equally in a mess. At Dubuque, Iowa, Heinie Engel in his own home

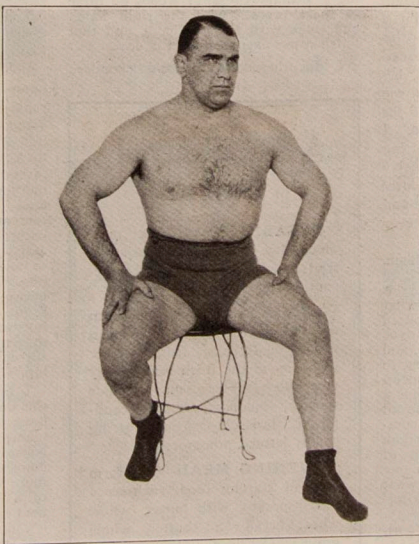
town defeated Lou Talaber, the middleweight champion, in 1 hour and 44 minutes with a toe hold. One fall was supposed to decide the match. But here again, can a one fall match decide a championship? Only if the loser forfeits the match voluntarily, otherwise there must be two falls won out of three.

The consequence of this is that in the middleweights we have the position of Talaber being styled champion, and Heinie Engel also.

At the time of writing Munn is matched with Romano. Romano has a style very similar to that of Lewis. The Head Lock, or American "Strangle Hold," can always be defeated by a Crotch Hold, and Munn knows how to do it. If Munn defeats Romano there isn't the slightest doubt whatever that he will also defeat Lewis whenever they meet.

Let us remember, however, that even if Munn does come out victorious over both Romano and Lewis it does not follow that he will be able to maintain his championship against cleverer wrestlers. Lewis has always been big and strong, but he has specialized in just one or two holds. Wladek Zbyszko, Pesek, and Joe Stecher are more all around men, and what they would do to Munn there is no knowing.

For a champion, Lewis spends a great deal of time in hospital. Not only did Wayne "Big" Munn send him there, but Joe Zickmund repeated the feat. Zickmund tossed the "Strangler" from the Star and Garter stage in Chicago into the audience. The "Strangler," as he was falling, tore his back as he went crashing down into the seats. It sounds alright for Lewis to complain before legal authorities about being thrown out of the ring, but surely as champion he should have sufficient wrestling ability to protect himself at his own game. However, Lewis has never been a really aggressive wrestler. There are many points of the game that are as a closed book to him, but don't forget this, you grapplers, the holds that he has learned, he has mastered perfectly. In the grappling game it is much better to know a few holds perfectly, than a lot of holds imperfectly.



ED, "STRANGLER" LEWIS

When not in hospital recently he has been thrown out of the ring by Munn and Zickmund. Before Munn took earnestly to wrestling, Lewis was king of the wrestlers.

Lifting Cured My Rheumatism

By G. K. C.

I used to be a very active athlete. I wrestled, boxed, and practiced gymnastics four or five evenings a week. I was finely trained, because sometimes I had to get down to weight. I was fit as a fiddle in those days.

When I married, for some reason or other,—it seems strange to me now,—I just went off exercise. One day I was unpleasantly surprised to find that I was getting fat and unfit. Worse than that, I began to develop rheumatism. I had excruciating pains occasionally in my shoulders and back, and also in the upper arms. This gradually got worse until it became just unbearable, for it was continuous, and the least exertion would cause an increase of pain.

Perhaps it was my inherent love of vigorous exercise, but something prompted me to try my hand at lifting. So I borrowed my wife's mophandle, fixed some flat irons and other weights at each end, and ran through a few lifting movements. I did this several nights running, and, to my surprise, the rheumatism began to disappear.

As soon as I felt I was making progress, I took quite earnestly to the lifting. I had not before thought of buying a proper barbell, but I felt now that results were sufficient to warrant this little expenditure. So I bought a brand new barbell.

I believe I made a very good investment when I bought that barbell, because, after all, with good tools you can do a good job, and I could now do the lifts as they should be performed. I felt immediately that I was getting good results. My chief satisfaction lay in the fact that my rheumatism, after one month, was completely gone, and I was feeling better and fitter than ever before in my life.

Here are the exercises as I did them. Oh, I forgot to tell you about loading up the barbell to the necessary weight. I haven't the slightest idea as to what I can lift. Maybe I could do 250 in the Two Hands Clean and Jerk. Maybe I could only do 150. I don't know, and I don't care. I'm not going to try to find out. I have my barbell loaded up to 85 lbs. This I can manage like a baby and it suits me fine. I can do all the lifts I set myself to do quite comfortably with it like this. So if you get a weight that you can do any of the ordinary lifts with easily with one hand this may be a measure of what will be good for you if you care to follow my lead.

I would start off my exercises with the lift known as the "Two Hands Clean and Jerk." In this lift the barbell is on the ground. You lift it to the shoulders with one clean movement,

and then jerk it to overhead, arms stretched.

From overhead I would bring it down with another two clean movements, and place it on the floor. I would breathe deeply once or twice, and repeat the lift another twice, making three lifts in all.

I next did the "One Hand Clean and Jerk," first with the right hand, and then with the left hand, doing three complete lifts, that is, pulling it up from the ground to the shoulder in one clean move, and then jerking it to arm's length above the head in another movement. From above the head I would bring the barbell back to the ground with two hands in the ordinary way.

Before starting another exercise I would rest for a moment, breathing deeply.

My next exercise was usually "Two Hands Clean and Press." Bring the barbell to the chest with one movement, and then press it slowly, but not too slowly, to arms' length above the head. Bring it back again, and put it on the ground.

Next would follow the "One Hand Snatch" three times with the right hand, and three times with the left hand.

Then I would take the barbell in two hands, clean above the head, lower it to the back of the neck, and, with the barbell in this position, I would do six deep knee bends.

After the above wind up with a "One Hand Clean and Press." This would not be a Military Press in the strict sense of the word, as the A. C. W. L. A. would define it, but it was not a body press. It was just an ordinary press, enough to break the rules if I were doing a Military Press. I would do three of these presses with the right hand, and three with the left hand, and that finished my exercises for the day.

I did these weightlifting exercises

about four or five times a week. At first I did them five times, now I do them four times. They do not take me above ten minutes each evening that I do them, and I'll bet I get as good a work out as any man breathing. I feel fit and fine, and I feel strong all the time.

After all, to feel strong is to feel as if you are really alive. It is not only a man's privilege, it is a man's duty to be strong and fit; and say, friends, take a tip from me, weightlifting if done sensibly, well, may not be sensibly, but at any rate, if it is done as I do it, is the exercise, **par excellence!**

Painless Childbirth

By ELMER V. McCARTHY, D. O., M. D.
Chief Examining Physician, Lindlahr Sanitarium

I recently attended a confinement case in which the labor was considerably prolonged. The endurance of the mother-to-be was waning, and the pain was constantly increasing. Time and again she had inquired, "Oh, how much longer will it be?" The answering of such questions in a word or two is one of the many difficulties of a doctor's existence. Finally, when birth and relief were but a few minutes distant, but the pain at its height, she inquired irritably, "Why don't you doctors invent something to do away with all this pain and misery at childbirth?"

I did not reply just then, but a few minutes later, when she was free of all pain and her baby was crying lustily at her side, I said: "It is not entirely necessary for doctors to invent an 'easer' for childbirth; Nature has already invented one which cannot be improved upon—one that is practically painless—rapid—and one that does not exhaust—but the women do not seem to want it." "They don't?" she replied. "How do you arrive at that?"

And then I explained that Nature's method means adherence to Nature's laws. It means regular hours of work, recreation and sleep; a wholesome natural diet; constant daily muscular activity—not that exerted by walking to and from the street car daily, with possibly one or two dances per week between the hours of 10 p. m. and 2 a. m., and refreshments consisting of mysterious salads, coffee, and the ever present unknown quantity, bottled and surreptitiously administered "from the hip."

I remember having said to her, "To the same extent that you break Nature's laws, so Nature will break you." I explained that in days not so very far back it was very common for the Indians to go through child-birth with no more ceremony or effort than the birth of a lower animal. I anticipated her next remark, and said immediately, "No, it's not necessary for you to live like the Indian did to be healthy; it is only necessary for you to observe and live up to the laws of Nature, which, even in this day and age, is still quite possible."

A Sample Daily Menu

BREAKFAST, or first meal of the day.—Any of the fresh acid fruits, such as apples, pears, grapefruit, oranges, grapes.

MIDDAY MEAL.—One form only of a protein, such as eggs, meat, cheese, nuts, fish, together with any of the fresh non-starchy vegetables. These may include spinach, onions, cabbage, cauliflower, brussels sprouts, string beans, lettuce, tomatoes.

EVENING MEAL.—One form only of starchy food, such as a baked potato, with butter, whole wheat bread and butter, whole grain wheat, bran, and sweet fruit, such as raisins, dates or figs.

Health and Life

The National Monthly Magazine for Health,
Physical Education and Right Living

EDITORIAL

(Written by the Editor)

DO YOU SEE THE BEAUTIFUL?

Have you realized that we see things in our own way? What may appear beautiful to one, for instance, may not appear beautiful to another. What may appear as a field of uninteresting cabbages to one man may appear a delight of color to an artist. And so it is with people. Whatever their physical characteristics, when we get to know them, to be friendly with them, we see in them beauty which becomes intimate to us. When that friendship becomes very close, the physical shape simply serves to express the soul we know in that person, because immediately we see that face we see a personality which gives us joy.

BEAUTY EMANATES FROM THE SOUL

How often do we hear critically inclined persons discussing married people, wondering "what he could have found in her," and "what she could have found in him"! To others they may appear homely and plain, lacking in interest. To each other they represent all that is beautiful in the world, all that is true and all that is friendly. Do the physical features of the face count for so much, when, after all, it is the soul behind that speaks most eloquently? As Shakespeare says in one of his sonnets:—

In faith, I do not love thee with mine eyes,
For they in thee a thousand errors note;
But 'tis my heart that loves what they despise
Who in despite of view is pleased to dote."

IS YOUR BODY BEAUTIFUL?

How do the fields appear to you? What mean the ever rolling waves that beat upon the shore? Is the ocean just a mass of water to you, or does it tell the story of the whole universe, of the ever changing, ever constant nature of everything? Do you see variations of color, that inspire and uplift you? Or is it just a sheet of plain water? Likewise, is your body just something that you must needs carry around with you, which you have to feed, to tolerate, which gives you aches and pains, so that you would rather do without it, if you could? Do you agree with those who are trying to teach people that it would be better not to have a body, even denying the existence of a body? Or does your body mean beauty, health, strength, and youth? The human body is probably the most artistic thing in the world. But to neglect it, and allow it to get into bad condition is to do the same as an artist who would take a great picture and daub it over so as to spoil it.

A WHOLE LIFETIME TO LEARN

When speaking to a well known painter some years ago, he told me that while watching a master artist make a sketch of a beautiful landscape, he remarked to him that it took him exactly one hour. The master contradicted him: "That picture took me all my life to paint; many many years of study; many many years of pondering on the beauties of Nature, till that beauty had become part of me, so that I could express it in my work." How many people are like this? How many people keep on learning, more and more every day of their lives? Are you more efficient than you were last year? Or have you deteriorated? It took that artist a lifetime to make a picture that he was able to begin and finish in one hour. It takes a whole lifetime of intense application and study to produce anything worth while.

A MANIPULATIVE GENIUS

Talking of wonderful men I recently had the pleasure of spending a few days at Cleveland, Ohio, with Austin, the bloodless surgeon. "Seeing is believing," they say; and I wanted to see for myself. Well, not only did I see, but wrestling fans who know me know that I have had both my large toes out of joint through continuous wrestling and kicking the mat. I also had a bent rib that protruded badly. Another thing I had was the little finger of my left hand dislocated at the end joint. Austin placed the little finger in position in ten seconds; my big toes took him about two minutes each; and my rib took him about ten minutes. When next you see me on the mat you can examine these joints for yourselves, and see the difference. It is uncanny, the way this man can take dislocations, broken arches, and displacements of any kind, and restore the natural condition. But it is no more wonderful than the accomplishments of such men as Paderevski, and John Powell. These men are men of genius, able to play and to compose music of a nature seemingly impossible to the ordinary person. The world should know more of Austin, who, through his genius, can do such remarkable things to the human body.

HAVE YOU MOVIE AMBITIONS?

According to Lionel West, the athlete movie-director, good looks, although the first essential, are really the least essential for the success of any woman in film work. There are thousands of girls who migrate to Hollywood just because they are pretty. If they have nothing in addition to their prettiness they stand less chance than a homely person having some characteristic which will serve some particular movie director's purpose.

MAYBE YOU ARE A GOOD MOVIE TYPE

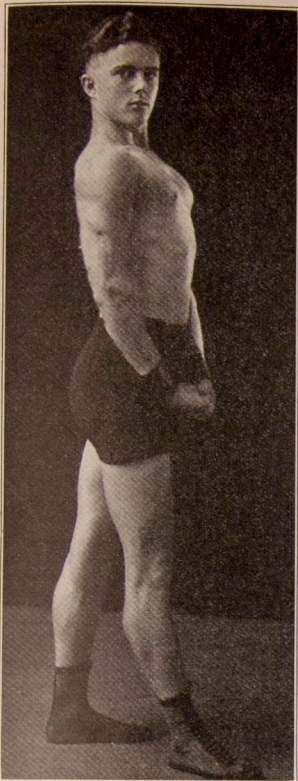
Mr. Lionel West, who is in Chicago producing a big film similar in nature to the "Covered Wagon", is on the lookout for good movie types. For this purpose he is organizing contests to find the best movie types. If any of you ladies or gentlemen think that you have the right type of face for some particular character on the screen send along your photograph and I will pass it on to Mr. West. Mr. West is offering free scholarships in training for this purpose. Maybe this is an opportunity which will introduce you to the right quarter if you have ambitions in that direction.

OPPORTUNITY KNOCKS EVERY DAY

Do you know that the majority of people come into the world and wait for opportunity to knock at their door, and are still waiting at the time they leave the world? Opportunity knocks at your door every day. You may not think so, but it does, just the same. Every day there is some way presented to you to attain a different life if you are dissatisfied with your present one. People just won't take their opportunities. That is why there are so many many thousands of people working day in and day out as pitiful cogs in the present day machinery of commercialism. This grinds all initiative out of them finally, so that, if opportunity not only knocks but thunders they will not, the can not, hear. When I was a young man there was an older man employed in the printing department of our publishing house who was looked upon as an agitator, stirring up what he called the "glorious gospel of discontent". I used to listen attentively to this man, for he dropped golden words of wisdom, very very frequently. One day he told this story to some boys who came grumbling to him because they feared they would have to spend the whole of their lives in a workshop. One day, he said, a man walked into a room, and sat down. When he came to go out, he found that the door was locked. So he sat down again and waited for the door to open. For days and days the man sat there unhappily, waiting and waiting for the door to open. It never did. Finally someone appeared at the window, and asked him why he continued to remain a prisoner in his room. "I'm waiting for the door to open." "Well, what's the matter with the window?" asked the stranger. "Ah! I had not thought of that." And straightway the imprisoned man stepped out of the window and walked away free. Many a man has walked out of his workshop discontented with his task in life, and found freedom and success in some other line of occupation.

DO YOU LIKE YOUR WORK?

Life is so short and precious that it seems terrible that a person can be compelled to spend his whole life and thought engaged in a task which he dislikes. Yet it is true that the majority of men dislike the tasks they have to do in life. Those who are most discontented are those who are least



JOHN NAUGHTER
A well built man of 150 lbs.

THE question frequently comes up as to whether a woman, trained properly, could be as strong as a man. It is very difficult to determine this. Some women are far stronger than the ordinary man. Charlie Schaffer, the "pocket Hercules," told the present writer that he heard on good authority that Mrs. Patrick, who poses as the strongest woman in the world, lifted 285 lbs. in the Two Hands Jerk. Her weight was 185 lbs. That would be an exceptionally good lift even for a strong man.

The difficulty with regard to finding out any records of strong women rests with the sensationalism that is inevitably associated with strong women. The picture on page 105 showing Marta Farra, the German strong woman, as playing tug-of-war with 16 girls, whom she defeated, shows how reliable newspaper reports are regarding strong women and their feats.

According to Anthony Pellicciotti, as well as others, it seems much more difficult to break a sixty penny nail than it is to bend it. He says: "As to breaking a sixty penny nail by snapping it, that can't be done, and I will maintain this attitude till someone breaks in my presence a sixty penny nail furnished by me. "Mr. Presler can probably break sixty penny spikes that are found in States other than in Pennsylvania, but I'll say this, nails that are found in Pennsylvania sure are tough, so tough that the writer has seen several strong men fail in their attempts to break them.

With the Men of Iron

Can a Woman Be as Strong as a Man?—Can a 60-Penny Nail be Snapped?—Records Broken in N. Y.—Michigan Has Live A. C. W. L. A. Representative.

Frank Dennis, my partner in our acrobatics, can bend sixty penny spikes into an "e" shape, but I haven't seen any break. On one occasion I saw Frank bend 10 sixty penny spikes one after the other. He failed on the eleventh. His forearm measured 12½ inches before bending them and 13½ inches afterwards. The bent nails couldn't be straightened by hand. The clerk in the hardware store who sold the sixty penny spikes to the writer wanted to bet any amount that Frank wouldn't even bend one to the shape of the letter "U." He said strong men were alright when they broke their own sixty penny spikes—spikes that were doctored—but that when he furnished real honest-to-goodness sixty penny spikes, he wanted to see the man who could bend one into a "U", straighten it, and then keep this up until it broke.

"That seems to be the trouble with many strong men today. By means of trickery they can fool the public. When they are exposed the public comes to the conclusion that all physical feats are fakes. This hurts the honest strong man."

"In closing I will say that a sixty penny spike cannot be broken by snapping it with the bare hand. It takes great strength of forearms, finger, and wrists to bend one clean around as Mr. Wiloughby does, or to bend one into an "e," Dennis style.

"I would like to have someone else's opinion on this subject, as it is an interesting one. If someone can convince me as to the truth of the spike breaking argument I will be glad to listen to him. "Yours for health, strength, and good sportmanship."

The match between Siegmund Klein and Robert Snyder resulted in a win for Klein. Klein weighed 148½ lbs. stripped, and Snyder 139½ lbs. The results were as follows:

	Klein	Snyder
Two hands Continental Press	215 lbs.	195 lbs.
One hand Snatch	140 "	130 "
One hand Continental Jerk	165 "	165 "
Total	520 "	490 "

At the same meeting A. M. Losey, of Jersey City, N. J., created a new lightweight record in the Two Hands Military Press, lifting 170 lbs., which beat Swift's record of 140 lbs. He tried to beat the British record of 173 lbs., but just failed. George F. Jowett, the President of the A. C. W. L. A., says that in private Losey has lifted as much as 175 lbs., which illustrates the difference between lifting in private and for records in public. Lou Schwartz, of New York, created a new record in the middleweight class with a Right Arm Side Press of 136 lbs. William Weber, of New York, succeeded with 212 lbs. in the One Hand Ben Press. He had the misfortune of using a strange bar, which flustered his efforts, as he calculated on lifting at least 250 lbs.

At the same meeting Steinhard had also bad luck. A collar came loose, and he lost his balance when finishing a 210 lbs. One Hand Snatch. In trying to recover his balance he slipped and the weight fell across his neck. He did not try it again, but went on with a Two Hands Jerk, finishing with 324 lbs. The fall visibly affected him.

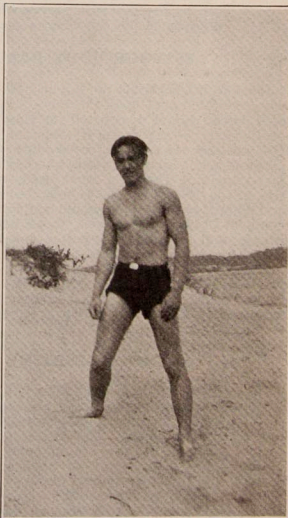
Ray Connelly, of the Los Angeles A. C., has been doing some mighty good lifting in practice. He is working under the direction and guidance of Dave Wiloughby, the American Heavyweight Amateur Champion, so as to make sure his style of lifting will be absolutely correct. He has confided his lifts

to the writer, and they certainly speak eloquently for his ability. He wishes the following challenge published: "Having won the featherweight championship last April 19th, I want to meet all comers up to 140 lbs. this spring. All you 140 pounders come on! I want to meet you all. If I lose, I'll lose as a good sport. But I want you all to know that I entered the championship from a standpoint of sportsmanship. This spring I am going to lift in earnest, and I am entering two classes. So all lifters up to 154 lbs. are welcome to enter."

E. B. Coon, Michigan A. C. W. L. A. Representative, is making a valiant battle for the Iron Game in his State. He has lined up the lifters there, rented a place for a Gym, and the growth has been steady. This Gym is situated in Grand Rapids, Mich., and has fifteen enthusiastic members already. They have a fine set of weights, the entire equipment costing over \$300.

Most of the fellows seem interested only in general physical development, but wait until they get interested in the weights, then they will know what a wonderful fascination lifting has. Jos. Applegate is a splendid sport. He persuaded three fellows to join the Club, knowing nothing about lifting. But it will not take long to make them lifting enthusiasts.

422 lbs. lifted in the Two Hands Dead Lift is certainly a wonderful feat for a boy of 17 years of age. This is the lift made by Eric Tregrove, Britain's wonderful strong boy, who is such an ardent devotee of HEALTH AND LIFE. He is being trained by his fellow enthusiast, Lawrence E. Allen.



17 AND A SIX FOOTER

Mr. Springer, above, is only 17 but is 6 feet in height, weighs 168 lbs. of solid muscle. His biceps are 16 inches.

fitted for the tasks they are called upon to do. "They are square pegs in round holes," as the saying goes. You can put yourself through a little self examination if you like. Just ask yourself what you can do best in all the world. Think it all out very very carefully. If you are not engaged in doing what you can do best of all in the world then you are not giving yourself a square deal. So sure as you concentrate on becoming what you wish to be, what you feel that you could best be, so surely will you succeed.

A FELLOW WHO MADE GOOD

Some years ago the young fellow who had won the amateur lightweight championship in boxing came to be photographed. He came during his lunch hour and had to rush back to his job. I questioned him, and found that he was a laborer. I asked him if he enjoyed his work. You can imagine what he told me. Then I put the matter to him. "If you are the best boxer in the whole country in the amateur class, is it not feasible that there is some line of work in which you would be equally good? Your present work, laboring, gives you no opportunity to show any extraordinary ability. Maybe there is just one line in which you would be just as good as you are in boxing. You are certainly as good, and better, than other fellows, or you could not beat them in boxing." This reasoning struck him rather forcibly. Three years later he was general manager of a huge export business.

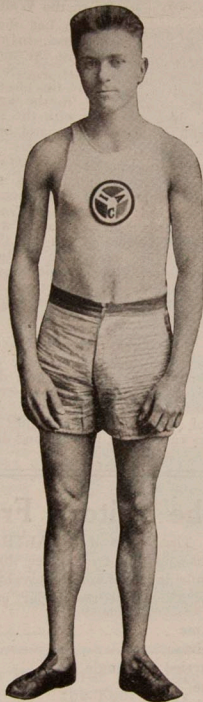
THE MYSTERIOUS FORCE THAT SPELLS SUCCESS

People are always willing to believe in a mysterious force, the knowledge of which would be an "open sesame" to success. That is why we have so much pseudo-psychology. A boxer, skilful and scientific above the ordinary, frequently is said by those who know nothing about boxing to have some power of mesmerism over his opponents. Likewise is success in business or in the professions said to be accompanied by the mastering of some mysterious force. There need be nothing mysterious in the force which makes for success. This force, far from being mysterious, is just common sense. Use common sense in all things. Common sense is another term for science. Herbert Spencer's definition of science was "systematized common knowledge, or common sense." To study boxing, learn the "straight left," cultivate a good guard, learn to execute the punches scientifically, and keep a clear head. Don't waste time learning to mesmerize. While you are fixing your gaze upon your opponent's left, he will be fixing his left on your lookers. In any other field it is the same. Master the scientific foundation, learn the elements of business, if you are going in for a business career, master scientific facts if you are entering a profession, use common sense always, and it will give you a power, a virility and force that will triumph and be irresistible.

WHEN VIRTUE SHALL BE ITS OWN REWARD

In case it should be misunderstood, let it be known that the foregoing is no apology or defense of the present system of commercialism under which we live. The idea that money or individual wealth is an incentive for the

production of a man's best work is wrong and foolish. The greatest men that ever lived have not been famed for the wealth they have secured, but for the actual work they did. Even if a man makes no great name to hand down to posterity, his acts may be for permanent good and humanity will stamp that that he has created some work of lasting value to humanity, then he has an inward conviction that the life he has lived has been worth while. If you make a lot of money you will probably want to save your conscience by becoming a philanthropist. If you do real work while your conscience won't want any saving. The work itself will be its own reward. Today



JOIE RAY
Second Greatest Middle Distance Runner of the World.

human society is badly organized. It is individualistic. The incentive is apparently money, and individual wealth. A future system of society will recognize human worth from the standpoint of its value to society in general, and all production, whether of the necessities of life, or of art, or of education, will be the outcome of a general appreciation of the fact that the whole human race is one, that all men and women are brothers and sisters, and all will be given the fullest advantages that society can give. This is idealistic, you will say, but it's coming, for all that. As Bobby Burns says:—

Then let us pray that come what may,
(As come it will for a' that.)
That Sense and Worth, o'er a' the earth,
Shall bear the gree, an' a' that.
For a' that, an' a' that,
It's comin' yet for a' that,
That Man to Man, the wide world o'er,
Shall brothers be for a' that.

That Phantom Finn

By S. LEVIN

When Paavo Nurmi, the phantom Finn, came to Chicago, the Editor commissioned me to go around to the Coliseum so as to give you readers an impression of the man who has been rocking the athletic world by his wonderful performances.

Here in Chicago, Joie Ray is our hero. He has been middle distance champion for a long time, and we naturally felt peeved when we found our Joie taking second place at his own distances.

But when you see that flying Finn, Paavo Nurmi, you just know that Joie Ray is no less a champion, but that Nurmi is a super-champion. However, Joie Ray says that he is not done yet, and before he admits defeat he is going to make Nurmi break a few more records.

Nurmi's style is unique in its way, and yet his ordinary running step is the same as that used by a number of champions. Nurmi runs well upon the ball of both feet, and has little lost motion. He does not change his pace at all. He is content to run with a long and easy stride. It is certainly wonderful to watch him. The muscles of his legs seem like springy steel. There is no effort. And yet, what enormous power must be in every push made successively as his feet touch the ground.

There is a sureness in his tread, yet there is not the slightest impression of stickiness—by stickiness I mean in adhering to the ground. Elasticity marks every stride.

Mr. Charles Dean, of the Illinois Athletic Club, is certainly to be congratulated up on the magnificent arrangements made, for there was possibly a larger attendance at this meeting than there has been for any other running meet.

Nurmi is certainly a super-man. On this occasion he did the 1 1/4 mile in 5:35 4/5; the 1 1/2 mile in 6:44 2/5. He beat Joie Ray by 1/5 second, in the mile run.

Other events were as follows: I. Riley, of the Illinois Athletic Club, broke a world's indoor record for the 50-yard high hurdles by tapping the barriers in 0:6 3/5. Helen Filkey set a new record for the women's 50-yard low hurdles, her time being 0:7 3/5.

NEW MANIPULATIVE SCHOOL

Dr. Robin Wood, whose picture appears on page 112, has started a Post Graduate School of Manipulative Therapy. His associate is Benjamin Paul Potter, D. C., D. O., one of the foremost physicians in the movement. The school is at present conducted at 1583 Ogden Ave., Chicago, Ill.



No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvelously quick; thoroughly reliable.

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Write today for our free booklet showing the deadly effect of tobacco upon the human system and positive proof that Tobacco Redeemer will quickly free you of the habit.

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**APYRTROPHER PUBLISHING
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1910-D NORTH HARDING, CHICAGO

The Attainment of Success

(Continued from page 123)

bination of both mental and physical power brings the greatest success to the possessor, provided, of course, that he uses these forces to the best advantage. The athlete wins success chiefly because of his physical vigor, but the most successful athlete is the one who backs his bodily strength by a keen, alert mind. A business man wins by his brains, which depend for their strength upon his nervous and mental energy, which, in turn, depend upon his bodily strength—his digestion, his circulation, etc.

The Weakest Go to the Wall

The average man who has made a success of his life has had, in nearly every instance, more than the average physical vigor. Life is a continual strain in these times, and the physically weak "go to the wall" in the unequal contest. It is the man with the strong body, well regulated mind, and healthy nervous system who "gets there."

It is necessary, therefore, to try to build up a strong mind in a strong body before success, of any description, can be achieved; and again, lest you still link the words "success" and "wealth" together, let me remind you that the real successes of life have little to do with finance or fame. A chronic dyspeptic, however rich, cannot be happy; he could not enjoy the rich foods his money so easily could buy.

Is Money the Goal?

Money, it is true, gives more opportunities to work out one's own desires, but it more often encourages one to satisfy one's abnormal appetites. In the train of this satisfaction comes weakness, sickness, and misery, and life be-

comes a pitiful failure. The moneyed man does not always attain happiness, and happiness is the goal which nearly everyone tries to reach. To attain happiness, one must earn it by one's own efforts, for it does not come when demanded or expected, and it cannot be bought.

I believe that nearly all the "failures" in life owe their downfall to physical indolence. The energy, the vitality, the strong will power, the well balanced nerve centers, which are so essential, are lacking, and with imperfect physical powers come unstable, weak principles. The weak, delicate, sickly man is nearly always weak and vacillating in character, and mean, wavering principles seldom thrive in a strong, energetic body.

Have a Definite Aim

In order, then, to be successful a definite aim is necessary, a strong mind in a strong body, and a determined will. But one thing else is essential. The greatest success can only be mastered when we have mastered ourselves. Tennyson—the poet laureate and therefore the most "successful" poet of his day—wrote:

"Self reverence, self knowledge, self control,
These three alone lead life to sovereign power."

Success can be attained only by reverence of self, knowledge of self, and control of self. Without reverence there can be no true knowledge, without knowledge there can be no control, and without control there can be no power.

The boy or girl who can say, and mean,

"I am the Captain of my fate,
I am the Master of my soul,"

is fairly on the highway to success. Failures have been slaves to self, and, sooner or later, the victim of self sinks lower and lower, and becomes one of life's failures.

The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, office expenses, paper, etc.

Name

Address

Married or Single..... Occupation

Age

Height

Complaint

Duration of Complaint

What exercise do you do?.....

What do you eat for Breakfast?.....

.....

..... Lunch?

..... Dinner?

.....

(Please print plainly.)

On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor "HEALTH AND LIFE"
508 South Dearborn Street, Chicago

Corrective Bone Work

by
AUSTIN
America's Bloodless Surgeon

"On July 29, while at Edgewater Park, I fell in such a way that I dislocated my left ankle joint, broke the large bone in same limb about an inch above ankle joint, straight across and the small diagonally, leaving a sharp bone which severed the main artery.

"The main ligament in my right ankle was badly ruptured at same time.

"At my request, Austin was called on case and set the bones in left limb.

"He then asked to call Dr. E., who came and assisted in treatment of left limb, but told Austin to go on with treatment of right ankle as he was more familiar with that work than he was.

"He did such good work that I was able to bear my whole weight on right foot in four and one-half days, and go on crutches.

"I was then taken to St. John's Hospital, where an X-ray was taken, which showed a perfect union.

"After that I went on crutches till the fifth week was past, when cast was taken off and a week after I was able to walk without crutch or cane with hardly any effort.

"About a week later, slipped and my foot pained me for three or four days, when Austin called and found a bone in the arch out of place, which he immediately set and inside of 24 hours had no pain and walked without limping.

"Until the bone in my arch got out of place, suffered no pain except a very little the first night and when the ligament in right foot was being treated.

"My complete and speedy recovery was a big surprise to all my friends, who expected me to be disabled for a long time, if not for life.

(Signed) "N. E. S."

Patients hobble in, are carried in and invariably Walk Away.

Foot and various bone troubles are corrected—instantly—in many cases. It is all accomplished so quickly, so easily, that one is apt not to realize the great skill in "Constructive Surgery" that brings about these remarkable results—results that are permanent.

Constructive Surgery

Austin's operations are executed with a sureness of touch—a deftness of manipulation—that shows him to be a "Master Mind" in not only bone structure but in all that pertains to the body. The desired results are attained without preliminary experiments—X-rays, etc., which some surgeons seem to find necessary.

Reconstructing a Broken Arch

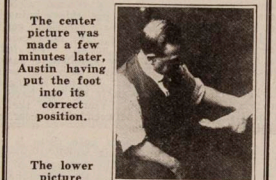
The flat foot comes in. We watch him carefully sit down in front of the patient—reach over, grasp the foot—then, after a deft move or two with his hands—sometimes using the knee as a fulcrum—joyfully exclaim—"there, we've got it!"—then, reaching for a rule, and lo—the contour of the foot has changed, and as the rule is placed under it we see—the beautiful arch has been taken shape. Nature's bridge. Could anything be more wonderful? When you think of the human foot having twenty-six bones—all more or less affected—out of alignment by the fallen arch—and yet responding to this man's magic touch. Feet., too long for shoes on the

market, the result of fallen arches. Feet with hammer toes, the result of short shoes, shortening of the ligaments. Feet with bunions. Feet with "Mortimer" toes. Feet with almost all the bones twisted—turned as in the children,—club feet, and then see these later—normal feet.



At the side here you see the great Austin actually at work.

The top picture shows the flat foot before treatment.



The center picture was made a few minutes later, Austin having put the foot into its correct position.

The lower picture shows the bandaging, composed of a soft pad, which is only required for a short time.



Then the patient dispenses with it, and is rid of his trouble forever.

The Wonderful Structure of the Foot

To know that we have three arches, twenty-six bones, a wonderful set of guy ropes in the ligaments and muscles,—think what a few guy ropes too taut or too loose might do to a structure—then imagine what the giving way of a whole arch might do to the under-

CORRECTIVE FOOT WORK — ARCHES SET — SPINAL CURVATURE — ADHESIONS — LIGAMENTS ADJUSTED

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mining of the house or body in which we live.

We find that Nature intended us to have contact with Mother Earth at three points on the foot. The heel and two points at the ball of the foot. Few people know that at the ball of the foot we have—or should have—an arch, crosswise of the foot.

Metatarsal Trouble

The advent of the automobile has brought a train of foot ills. Women, especially, wearing a light shoe and using the gas pedal—force bones out of their natural position and have what is known as "Metatarsal" trouble. The "Metatarsal Arch" is that part of the foot across the ball,—the junction of the main foot and toe bones.

When these bones are not in their proper position to each other there is in cases excruciating pain,—a pressure of the metatarsal bones on the delicate nerves beneath the foot. What agony! Only those who have suffered know. Then the after trouble—calluses, "Mortimer" toe, etc. This man gives relief instantly. He plays on the Metatarsal as one would run a scale on an instrument—and as would a "Master Musician"—he gets harmony.

After 18 Months

"Dr. A. L. Austin,
"My Dear Doctor:
"It will probably be of some satisfaction to you to know that after over eighteen months of considerable service, the arches in my feet are still where you put them—in the proper place.

"I have not used the pads which you made for me since the second week following your last treatment, nor have I had occasion to use support of any kind. I am also happy to say that the tired ache which I used to experience never returns.

"Besides the physical comfort which I now enjoy in this respect I also have the satisfaction of wearing a pair of shoes as long as anyone would expect to wear them and I need not discard them because they are out of shape.

"I will be very glad to have anyone examine my feet and see the remarkable work you have done for me.

"Sincerely yours,
(Signed) "L. D."

Why Have FLAT FEET?

They can be corrected in a few treatments.

Arches set—No casts used.
No mechanical appliances used.

YOU WALK AWAY.

What is more, you can attend to all your work. The more you walk, the better you become.

All foot troubles corrected—sometimes instantly.

Let Us Set You Free

The bitter struggles and trials of he who is trying to escape from the bonds of habits he has thrust upon himself, are usually suffered in silence, in the privacy of his own room. He eats away his heart, regretting his past, which has left with him his sorry condition. Try as he will, he cannot free himself, for he has won a nerve path which demands action through physiological law. So the waste continues, his fight becomes harder, until he gives it up, maybe.

His hope lies through exercise, not ordinary exercise, but exercise scientifically applied to his individual condition. For what may assist one may injure another. Not only is each person of different constitution, but each pathological condition has its own peculiarities.

There is one thing certain, however. The waste must be stopped immediately. The nerve centers must be strengthened and nourished, and it is surprising how quickly results are obtained. The following case will testify. Probably the most degrading and discouraging of all are the results of earlier unwise living, especially of the solitary vice. The waste persists in spite of all mental and moral endeavors to the contrary, and all efforts of the unaided will. The following case, 513, exhibits such a typical instance where the unaided will made a losing fight, but as soon as the instructions were followed, directing the nerve energy into effectual channels, the loss was stopped, and the will once more came into operation. It is simple when understood.

Case 513. Mental sexual obsessions and nocturnal losses; general debility and irritation of sex apparatus; weak back.

DEAR SIR:—

I am suffering from general debility, nervousness due to the collapse of the normal functions of my organs. My present condition is to be traced back to the solitary vice, which, I am sorry to say, my brother taught me. He was morally strong enough to overcome the habit, but I, unfortunately, was not. I indulged in reveries, looked at suggestive pictures, went to burlesque shows, and my imagination developed along these lines to such an extent that I did not experience a real thrill any more in a mechanical manner. However, my good common sense prevented me from indulging in promiscuity, although I did do the next thing. Finally, I woke up to the fact that this would ruin both my body and mind. I tried to stop both the mechanical and the mental habit. I stopped the mechanical habit quick enough, but was unable to overcome that mental handicap. As you describe in your book, my thoughts and nerves had worn a path in this direction, and it was impossible for me to stop them from going along the beaten path. After trying all sorts of mechanical methods with little or no success, I came to the conclusion that my first objective must be to overcome that mental handicap. The negative way of trying to suppress each thought by force of will is not altogether successful, especially not when trying to harness the subconscious mind during sleep, at which time the will takes a nap also. I read some psycho-analysis in regard to dreams, but found that to stop to analyze each dream and attempt to trace it to its source took up too much time, and was not any too practical. Upon reading your advertisement and your book, I concluded that you have something definite and practical to offer. I hope so, for I have already spent a small fortune. I hate to wish myself onto a girl, for that would be a crime against wife and offspring. Before taking that step I wish to be a he-man.

FIRST REPORT—I am glad to report that results are already apparent. I have had no nocturnal loss during this time. However, several times I came very near. But since the nerves were set in action each time, I felt a drain on my nervous energy nevertheless. I like the exercises, and am feeling stronger. I am anxiously awaiting more.

SECOND REPORT—My bowels are moving regularly, and I can feel a general toning up of my system. I suffered a slight loss to my surprise found that it did not affect me as much as I thought it would. It was more than a month since I suffered the last, so I consider that a great gain. Progress that is to be permanent, of course, must be a step at a time. My nerves in the genital region seem more settled, and I know that the nerves will quickly adjust themselves, if I can overcome that mental handicap. I have made progress in that direction, and intend to use my will to accomplish that end.

THIRD REPORT—I am glad to report further improvement. I note a general improvement, and my body is beginning to be an aid to me instead of a hindrance. An old saying is that "birds of a feather flock together." A degenerated body naturally invites and encourages morbid thoughts. I appreciate your advice of approaching my problem from the positive side instead of the negative. The principle of substitution must be applied in my case. In consequence of the exercises, which I enjoy taking, my body has taken on new vitality.

AFTER 10 WEEKS—I am well on the road to recovery. My mental handicap has been reduced to a minimum, and only occasionally gives me trouble. A sound mind requires a sound body, and I am glad to say that I have greatly improved in the latter direction also. I was surprised on looking in the mirror that my face was filling out, and showing some color of health. Others have remarked on my improved appearance. Thanking you most heartily for your invaluable assistance and kind sympathy.

WHAT WE HAVE DONE FOR OTHERS WE CAN DO FOR YOU.

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send, as a preliminary, for the following book:

SEND FOR

"Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

CONTENTS

CHAPTER E. Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.— Barbaric Habits of Our Forefathers.—The First Step to Perdition.	CHAPTER IV. Physical and Educational Neglect. How Physical Neglect Induces Sex Weak- ness.—How Cases Become Chronic.—Drive Neglect of an Important Subject.—Drive Away Ignorance.	CHAPTER VII. The Psychology of Sex Weakness. Mental Functions and the Mental Appar- atus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chem- ical Action?—How to Control the Mental Sexual Function.
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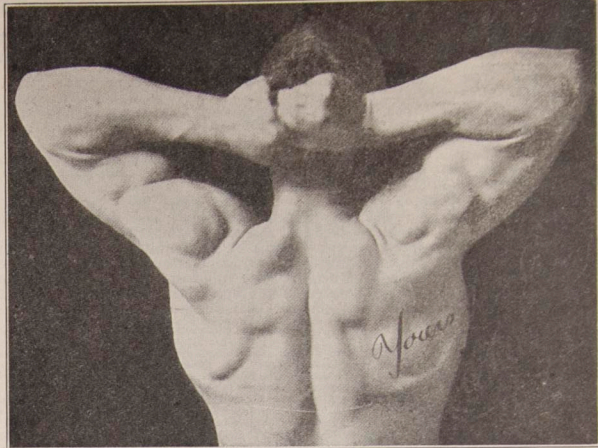
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It is Nature's own method of developing the body and any organs in particular, and

RESULTS ARE GUARANTEED

VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful fitness that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the post-man \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know, too, that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER and BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, Caxton Bldg.,
South Dearborn Street,
Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the post-man \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME _____
CITY _____
STATE _____
(Please Print Plainly)

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the system of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel "down and out." However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arms bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the rebuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine, then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscles of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body can be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set in order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instructions. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, the power of mind is developed to a remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Don't Be a Runt

Are you short? How do you feel in the presence of others who tower above you as if you were an insignificant worm?

If you are short, not only do you appear insignificant to your fellows, but you feel insignificant. You have what the psychologists call the "inferiority complex."

Let Me Increase Your Height

Let me add a few inches to your stature, and give you a fair chance. You can

BE TALL

My system is a perfectly natural one. I send you complete instructions and the apparatus, all complete. I ask only one fee, which is an absurdly small one, and I keep in touch with you personally during the Course.

No more need you sneak up unnoticed. No more need you crane your neck and look up at others, and have others look down on you in a sort of patronizing way. With your extra inches you will look them straight in the eyes, and look down on all the small ones.

My system is quite a pleasant one. You will enjoy following my instructions, and

You Will Be Surprised

at the results.

Don't be a runt any longer. Let me increase your height so that you need not be ashamed of yourself.

The price of this Course is \$5.75. Don't waste any more time. Fill in the Coupon now and let's get to work. Let me show you what can be done. Wear a man's sized suit. Be a man's sized man.

L. GLOVER,
Caxton Building,
Chicago, Ill.

COUPON

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NAME _____
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CITY _____ STATE _____

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THE FIRST OF A SERIES OF BOOKS ON MENTAL POWER IS NOW READY.
IT IS CALLED

The True Art and Practice of Auto-Suggestion

By BERNARD BERNARD

The Pathway to Success in every sphere of life lies through Mental Power. A well trained brain, real knowledge, and skill in the art and practice of Auto-Suggestion with all that this entails means ability to control oneself, and as a consequence, to control others.

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This wonderful book, "The True Art and Practice of Auto-Suggestion," by Bernard Bernard, Editor in Chief of HEALTH AND LIFE, will point the way towards the achievement of this remarkable Mental Power. It will tell you the innermost secrets of the mind, and reveal to you the laws which govern powerful thinking.

"I like your booklet on 'The True Art and Practice of Auto-Suggestion.'"

Let me know when you get out the other series."—A. A. Miller, Atlanta, Ga.

What is most valuable in this book is that it is written clearly. There is no mysticism, and there are no meaningless phrases. Every word is pungent with rich thought, explanatory of some great law which it is necessary to know in order to achieve success and mental perfection.

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Health and Life Publications

508 South Dearborn Street

CHICAGO, ILL.

The Snapper of Necks

(Continued from page 122)

the momentary daze,—his face, though white, was set and resolute, and his eyes shone steadfast as ever:

"Well, mes amis, strange dreams and phantoms must have troubled us all,—it was the close air and surroundings, no doubt."

"I never had such a dream before," cried Dennis. "I thought sure some one was starting to twist my neck. It must have been myself," he added, though in doubtful tones. The frightened girls declared they had been sleeping fine and had no dreams at all. Williams said nothing at all, but stood still confused and dazed, the blood in his head beating like a hammer.

"But Jules here,—he sleeps through it all!" exclaimed M. Amagnac. "It would take a thunderclap to awaken him." It was Frank who first flashed his rays on Jules, and it was he that cried out again in surprise and fear. There, with distorted face and twisted neck, but lying ribs down, was the body of Perthes. He was quite dead, though warm, when examined by the scientist.

"Oh, Mon Dieu! Mon Dieu! but this is indeed horrible! See the marks of huge hands on neck and face!" The little professor, though he exclaimed in horror, was again like a keen hound, hot on the scent. Nothing escaped his quick searching eyes.

"Then the hands must have been real," cried Frank with a shudder. "Yes, Monsier Dennis—on your face I see the same marks of great fingers, but your yell probably saved you."

"But how?" cried the other. "I dreamed I was battling with my friend Williams! Fred, have you any—?" the question died on his lips.

The big wrestler was gone! Williams, terrible thoughts in his brain, had stumbled and crawled to the entrance of the cavern and came out into the bright sunshine of the early morning with an agonized mind and body. Groping his way to a rock on the plateau, he sat there, breathing hard and thinking fast. Well he remembered his dreams, the struggles,—how he had snapped each



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DR. W. O. COFFEE, Dept. 476 Davenport, Iowa

Health and Life Fellowship Message

By the Secretary

Dear Friends:

It is surprising the number of teachers, physical training directors and students for the ministry and healing that have written to me this month as members of the HEALTH AND LIFE Fellowship. This is extremely gratifying because it shows that the objects of our Fellowship have a most admirable chance of being carried out. Letters from such members always contain the information that their writers are endeavoring to spread our gospel of health and right living, and a love of the healthy, the strong, and the beautiful.

From one ministerial student comes the message "I am strong for HEALTH AND LIFE teaching. This Magazine has taught me and helped me to break a habit that was ruining me. I do my



KENNETH LEE AND FRED VAN NORSTRAN
A bout in the snow at 7 o'clock in the morning.
Some waking up exercise!

part to boost you, for I owe a great debt to you." That is what HEALTH AND LIFE did for him, and is doing for thousands of young men and women. If you want to do some real good work, entice your friends to come into our movement.

The youngest member of our HEALTH AND LIFE Fellowship is Carl Van Norstran, of Tooele City, Utah. He is twelve years old, and the son of Fred Van Norstran, who roped him in. He is also the brother of

Pearl Van Norstran, who succeeded in securing her father as a member. Since joining the Fellowship, Fred Van Norstran, noted veteran champion wrestler and weightlifter, has persuaded several others to join the Fellowship, and we are very, very proud of him.

Young Carl is a budding weightlifter, too. Weightlifting appears to be his favorite exercise, but he keeps himself fit in every way, and is preparing himself for the great battle of life under the excellent guidance of his splendid father, of whom you can bet he is very proud.

Kenneth Lee, obtained for the Fellowship by Fred Van Norstran, is only seventeen years of age, but he is already a promising athlete. He owes his health and strength to parents who were themselves healthy and strong and outdoor lovers. He has always wanted to become strong and athletic, with a good muscular development. He was always interested in athletics, and has won repute in athletic sports. But his great ambition is to be a Strong Man. He was inspired by Fred Van Norstran, who, by the way, is his uncle, and, training under the latter's direction, has made wonderful gains. In ten days he gained an inch on his biceps, two inches on his chest, two inches on his thigh, one inch on his neck. And he is stronger than many men of mature age. He would like to hear from any other members of the HEALTH AND LIFE Fellowship. His address is Mr. Kenneth M. Lee, 732 Getchell St., Helena, Mont. So some of you lonely Fellowship members can utilize your spare time corresponding with him.

Fred Van Norstran sets an excellent example. He was persuaded into the Fellowship by one of his family, and now he is getting all his relations into the Fellowship. That would be a good start for all of us. If we cannot get our outside friends, let us start on our relations, and rope them in as Fellowship members!

There is nothing to beat the healthy life. Get an interest in the development of your body. Learn what it feels like to be one hundred per cent fit and efficient, to feel the joy of life pulsing through your body. It is worth working for. And, you will find, working for it will give you the greatest pleasure in the world.

Yours for the healthy, the strong, and the beautiful.

THE SECRETARY.



"Your Health Is Too Precious—"

"Drugs have failed you, dear. The time has come when something effective must be done. You've tried the usual methods and your condition is only worse. I know your trouble can be cured.

"Everything we have is at stake. All of our plans—our future—our most cherished dreams—all will be lost unless you give Nature Cure a chance. You cannot go wrong! Hundreds of others, even with less hope than you, have been restored to full health and happiness. Nature Cure is the only way.

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"Send this coupon to The Lindlahr Sanitarium right now. Let's just see if assisting Nature is not better than operations, artificial stimulants and theoretical cures that have proved so worthless. It won't cost anything to learn about the Lindlahr health plan—how it works in the remedy of chronic ailments. We are not obligated by writing for full information.

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Gentlemen—I am enclosing herewith \$2.50, for which please send me HEALTH AND LIFE Monthly for one year. (Cross out items not wanted.)
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Name
Address

neck and how he had awakened while on his feet. There was no doubt as to the murder of one man and the attempt on another. There would be no excuse in the compelling dreams, the subconscious instincts.

So this was the end of his romance that had seemed to be so bright but the evening before. This was the terrible failure of his probation, his test. Gertrude would not hesitate after this. As for himself, arrest, prison, and even perhaps the guillotine at the end. No, he suddenly resolved, there was an easy way out of all—a path right before him. Walking to the edge of the cliff, he gazed at the rocks below,—yes, the fall was over a hundred feet, plenty of distance, if he took this means.

Inside the cavern, in the room of many deaths, Gertrude Riggan was also thinking many terrible thoughts which she tried in vain to down, but which would come surging up again stronger than ever. Helen, on her face the same frightened but set and convinced look that also appeared on the finger-marked face of Dennis, was watching the little professor, still peering and searching, his light flashing everywhere. Then he asked them to wait while he investigated the other cavern a little. Soon he was back, a mixture of conflicting emotions on his face.

"Now, Monsieur Dennis, a look at the marks on your face," he requested. The light was flashed over the marks left by the great fingers, and no sooner did M. Amagnac complete his close scrutiny than he startled them all by giving a cry of triumph: "Complete! mes amis, complete evidence, more than enough, the marks left by the murderer are plain." "And," gasped Gertrude, struggling to speak, "done by?" "Hold, mademoiselle, say no more—you have, perhaps, terrible suspicions, as at first we all may have had, it could not be otherwise—the position, the excitement, and the knowledge of certain physical possessions."

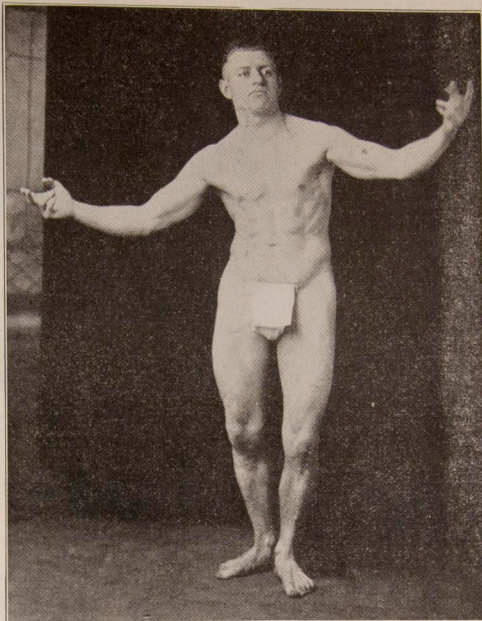
"And," cried Dennis, "you mean to say that?" "You are all wrong, far wrong, although there has been a fearful crime done here, it was not by the one you think."

"Then, who did it, professors?" exclaimed Helen. "That we have yet to find out, but see here, the marks made by wet clay on Monsieur Dennis' face—yet this room is bone dry, also the face of poor Jules, and look closely, mes amis, at the marks of the right hand second finger on both faces."

"That finger is missing!" cried all, almost at once—the two girls looking at Frank's face and he gazing at the twisted head of Jules. "Good!" exclaimed the little scientist, "we have now two easy deductions, but the third one is best of all—look!"

He flashed the light down, and there close to the body and leading to the outer cave, were the prints of great and huge naked splayed feet. The three cried out in horror and surprise at the sight, and with white faces the four hurriedly bundled up the supplies and set out for the entrance, not knowing what fearful shape might meet them on the way. The little professor leading, the girls in the middle, and Frank behind—a heavy bar of iron in his hand, determined to give whatever was waiting a terrific battle, or to dash to the

Lifters, Do Yourselves Justice



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Prices are as low as we can possibly make them, and the best workmanship and material have been put in. When you purchase you know that you have the best science can give you to assist you in your lifting.

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If only those married or contemplating marriage faced the realities of marriage, there would be fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!

It is every married person's right to have the knowledge that will



express love freely and beautifully; and it is also every child's right to be born of love. Therefore, it is essential that the laws governing conception be known thoroughly, so that love in marriage may continue and children be forthcoming as the voluntary fruition thereof.

"The ideal marriage is one in which two lovers come together and dissolve all differences, becoming one in body, mind and soul."—Bernard Bernad.

READ

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By BERNARD BERNAD (Editor of "Health and Life")

It deals frankly and openly with the ideal conduct of marriage. It is indispensable to those who really want to know facts. It is a book for idealists and realists.

CONTENTS

CHAPTER I INTRODUCTION	CHAPTER VI MAINTAINING MARRIED HAPPINESS Freedom of the Expression of Love Laws Governing Conception Voluntary Parenthood Normal Habits
CHAPTER II TO THE BRIDEGROOM-TO-BE Preparing for Marriage Courtship How to Propose	CHAPTER VII MARITAL ABNORMALITIES AND HOW TO CORRECT THEM Results of Solitary Habits Spermatorrhoea Prostatorrhoea Sterility in Men Sterility in Women Impotence in Men Lack of Affection in Women Lost Manhood Hysteria
CHAPTER III TO THE BRIDE-TO-BE How to Discover the Right Man Things Necessary to Know The Romance of Courtship	CHAPTER VIII PHYSIOLOGICAL HYGIENE Technique of Cleanliness
CHAPTER IV THE HONEYMOON Early Phases Rules of Conduct Harmony and Mutuality in Love	CHAPTER IX THE ART OF COURTSHIP IN MARRIAGE Arnold Bennett's Rule Artifices to Maintain Love
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help of any one attacked. They were yet some distance from the main entrance, when the blood in their bodies was almost congealed by a long and savage howl—a scream of menace and rage that seemed to come from the very ground at their feet.

Williams paced in doubt, his breath coming in gasps. He turned for another look at the peaceful valley below, and as he gazed there came a rush behind him, an animal-like snarl, and he was hurled flat—while on his back sat, clung and tore some great thing. As he lay there, half stunned, the thing on him sent forth a great howl—a long, triumphant scream of victory. And now mighty hands came clutching and twisting, and powerful fingers forced his neck around. As his face was strained up, he caught sight of a great, hairy and monstrous figure astride him, and blazing eyes glared into his own. A crack trained wrestler can get up from any position in which he is held, even should it be on his back, unless his opponent is himself a trained wrestler.

Williams, now seeing what his attacker was, gathered his wits and his strength. The body of the giant American arched, the hands of the other were torn from their hold, and with a single swift leap and heave he was up—another lightning movement, and the other was sent flying over-head in a great flying mare. The shock of the fall would have stunned most strong men, but the half-beast howled like some animal and again sprang to grips. And now commenced a match, great and furious—one striving to tear, to bite, to maim, the other to capture or to disable. Had they fought to rules, the mighty American could have defeated the other quickly, but the crazed being tore each hold loose with teeth and nails.

Williams stood half a head over this strange thing, but the other was deeper of chest and, for the first time in his life, Fred met one who equalled him in hand and finger might. In spite of all, slowly but surely, the science and muscles of the trained athlete were winning out, though the clothing of the American was in shreds and he was bleeding in a dozen places, when the interruption came.

There was a rush of feet and loud shouts, and three gendarmes, carbines in hands, leaped to the plateau. The crazed being caught sight of them, and with a quick movement broke from his opponent, and with a scream of rage raced up the path to the tablelands above.

"Vite, vite, Tirez, tirez!" was yelled The guns of the three roared as one, and with the sound, the man stood tottering for a moment, then went turning and crashing to the far valley below. There followed much excited talk, and many explanations from M. Amagnac, who, from the respect given him, was plainly seen to be a person of much importance, and also from Williams' friends who had arrived in time to see the last of the great struggle.

Notes and names were taken by the gendarmes; then there followed a quick inspection of the cave and its tragedy. There were shudders and hand-shakings, and many glances of admiration at the roped muscles of the half naked wrestler who stood holding the hand of a pretty, finely built girl who, on her

A Beautiful Art Album of PERFECT MEN and WOMEN

for

Lovers of the Body Beautiful

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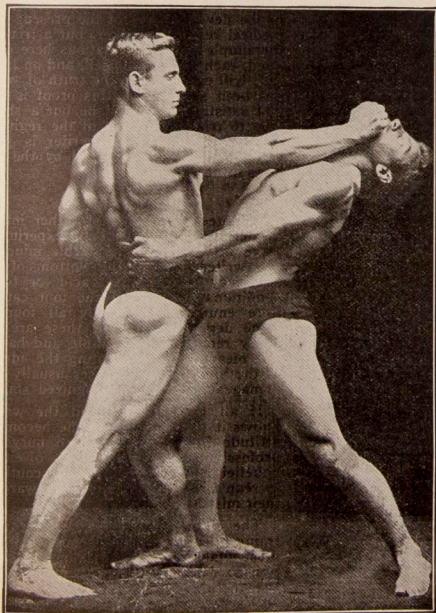
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

This beautiful ART ALBUM is one you will never tire of looking through again and again. Each picture is an inspiration and a joy to behold.

If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$1.75.

The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

Ethelda Bleibrey (several poses).
Charlotte Boyle.
Ida Schnall (several poses).
George F. Jowett.
Bernard Bernard (several poses).
Charlie Postl.
Ray Johnson.
Marie Curtis.
Edward Aston.
George Dimbinski.
Laura Bennett.
Mary Jane Lowe.
Carrie Keeley.
Marion Fletcher.
Nursie King.
John G. Paine.
Charles Shaffer.
Al. Trelour.
Maurice Derias.
Hilda Curtis.
Strangler Lewis.
David Willoughby.
Al. Bevan.
Sam Clapham.
Maxick.
Walter Klee.
Stanislaus Zbyszko.
Captain Johns (several poses).
Ottley B. Coulter.

Antone Matysek.
Sybil Bauer.
Jolie Ray.
George Calza (several poses).
Arthur Saxon.
S. V. Bacon.
E. H. Bacon.
Sergeant Swimmer.
Joe Stecher.
Jack Dempsey.
Mark Jones.
Arthur F. Gay.
Marin Plestina.

Dr. C. B. Severn.
John M. Herrick.
A. P. Hedlund.
Mrs. Hedlund (several poses).
Rose Kinder.
Polly Walker.
Doris Wilson.
The Vanities.
Ann. Hyatt.

ARTISTIC

Strength and Beauty.
Les Syrenea.
Salambo and Mattheo.
A Study of the Nude.
The Slaves.
The Vine.
The Sundial.
Ecstasy.
Consolation.
Le Baiser.
The Tempest.
Rising Woman.
Braccio Nuovo.
L'Aurore et Cephalus.
Apollo.
Energy in Repose.
Psyche Receives the First Kiss of Love.
The March of Love.
Beauty and Development.
Climbing up the Cliff.
Hail to Life.
Bacchante.
Pygmalion and Galanthee.
Devant La Mer.

PHYSICAL CULTURISTS

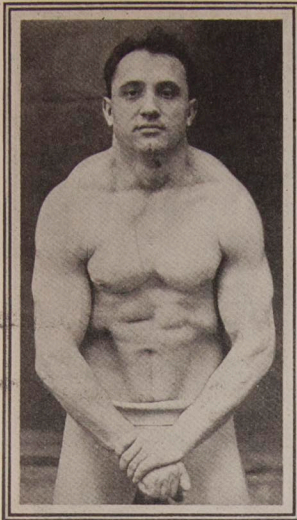
Mrs. Earle Liederman
—(Miss Alaska) (several poses).
J. Richmond (several poses).
Earle Liederman.
Charles Atlas (several poses).
Dorothy Knapp (several poses).
Kathleen O'Connor.
Olive Ann Alcorn.
Lionel Strongfort.
Jovita Dardon.
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side, seemed to cling just as tightly to his.

It was on the way back to the inn that the little professor explained everything: "A long crazed being of fearful strength, mes amis, with several killings already to his record! He escaped from the prison, so the gendarmes had orders to shoot on sight."

"Our visitor of the night!" said Gertrude, with a shudder. "Fred, dear, I must confess that at first our thoughts were strange and terrible."

"Dear, I can't blame any one," was the reply, "for my thoughts were stranger than all!"

"What made him work the spine snapping method, professor?" asked Frank, tenderly feeling his own neck.

"Who can say, mes ames,—perhaps he fled there to escape, and his receptive mind received vibrations and impulses from our own wild thoughts,—perhaps the heavy air had also something to do with it."

"Poor Jules," exclaimed Helen, "we will take up a collection for his family." The others quickly agreed, but were interrupted by M. Amagnac. "Yes, poor Jules. Messieurs and mesdames, your offer is kind, but Jules Perthes left no family, so I will arrange everything for the poor peasant."

Again in the golden rays of an early morning, the party of four strode up the ridge on their return journey. As they turned for a last view of the lovely valley, that never in their lives would they forget, their eyes caught the slow swaying of many trees that stirred in the blossom-scented wind, caught the riot of many colored flowers and the distant rushing of the misty stream. Then again they turned, and with a deep warm blue sky overhead and facing the warm sunshine, the four set out with lighter hearts on their homeward journey, to that great land that lay over the sea!

FINIS.

Civilization vs. Savagery

(Continued from page 113)

discoveries and progresses, which all come as a result of the desire to look into what has heretofore not been intimately explored. It is truthfully said that men are but boys grown up. Hide something from the ever eager and pulsating mind of the youngster, and his curiosity will be aroused to its highest pitch, he will develop a mental twist, a wrong viewpoint, and as a result he will not be satisfied until he has investigated it—surreptitiously if in no other way—and there is where the damage is done. But be it openly revered, his curiosity is soon quenched, it never even develops and he will never see anything vulgar or lustful about it. Therein lies the secret of the high moral standard of the primitive savage.

The mind is everything. Let it become obsessed with such an abnormality as that this or that is vile or vulgar, and the damage is done; a mind so contaminated can see something vile in almost everything, even in the greatest works of art.

Our customs are established all too firmly. We have deviated, all to our own harm, from the primitive path; we are no longer children of Nature, but slaves to convention, environment and desires. Happiness can hardly be for us, but only its brief counter-parts known as Joy and Pleasure. All our modern conveniences and scientific achievements would be in more reality the Godsend that they are if we could but recede back to Nature with whom we were evolved in harmony. Then first, I believe, we could induce Happiness, now but a word in the language for the fiction writer, to remain with us. But such seems nigh impossible, as yet, and so, in our ignorance and bigotry, we must pay the penalty as we are doing now.

Blood Alkalinity

(Continued from page 110)

Vinegar or pickles are robbers of alkali, for acetic acid is very difficult of oxidation, and is prone to result in acetone formation.

Attention to these few points will easily convince anyone of the near relation existing between foods, in both their selection and combination, and disease or efficiency, and if this attention is continued indefinitely till it becomes a habit to combine in one task only those foods requiring similar conditions for their digestion, a feeling of well-being will soon develop that will make a case of blues or fatoids an impossibility.

As said before, all this is much too simple to excite the interest of those who think that the truth can be found only after delving deep or traveling far in the devious ways of the present day medical research worker, but a trial of the simple food combinations here outlined, each one for himself, and on himself, will easily prove the truth of what has been said, and if this proof is full and satisfactory it will be but a short step to trial on disease of the regimen here outlined, and the writer is perfectly willing to be judged by the results in both cases.

Conclusions

Seventeen full years of rather intensive clinical observation and experiment leave no doubt in the feeble mind of the writer that at the bottom of all deficiency degenerative, acid, or toxic conditions lies one of the four causes here enumerated, usually all four in some degree; also, that these are all easily removable by simple and harmless means, thus preventing the advent of the long line of diseases usually unmanageable in their recognized stages.

If all this is true, and the writer knows it to be true, is it the becoming attitude in the physician to bury his professional head in the sands of either unbelief or lack of interest and continue to reap from his patients the reward of their mistakes?

The almost total lack of adequate training in our medical schools on this most vital subject of foods in their relation to disease and health is patent to anyone who is familiar with the usual curriculum, and would seem to be the most crying need at the present time for far reaching reform.

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A COURSE IN MARITAL CONDUCT

By BERNARD BERNARD, Phys. B., M. P. C.

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

Contents of "A Course in Marital Conduct"

It is not a book in the ordinary sense, but is typewritten in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard). They are nicely tied together so that they can be easily read.

LETTER 1—To Husband and Wife.

The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husband's and Wife's Duality.—Equality of Privileges and Responsibilities.—The Beastly Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

LETTER 2—To Husband and Wife.

The Determination to Agree.—Reciprocity.—How to Avoid Misunderstandings.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

LETTER 3—To Husband and Wife.

Is Sex Vulgar?—The Realization of Unity.—The Dangers of Bad Practices.—Sex Not Merely the Means of Reproduction.—Uniting Mind, Soul and Body.—The Tool of Passion.—Sex Communion.

LETTER 4—To Husband and Wife.

When Love Begins.—The Marriage Thrill.—Physical Friendship or Soul Communion, Which?—The Dearest Relationship in the World.—Courtship Dreams Realized.—Winning Each Other by Love.—Why Some Wives Cannot Respond.—Why Some Husbands Cannot Respond.—The Sacred Act.—Mixing the Substance of Body and Soul.

LETTER 5—To Husband and Wife.

Two Forms of Communion.—Communion for Reproduction.—Communion for Love.—Sexual Malfunctioning.—Indulgence Prompted by Passion.—Communion Prompted by Love.—Periodical Love Communion.

LETTER 6—To Husband and Wife.

The Technique of Expecting Children.—The Importance of Being Parents, and Not Merely Becoming Parents.—How to Avoid the So-called Children's Diseases.—Prenatal Influences.—The Act of Immortality.

LETTER 7—To Husband and Wife.

Physiology of Reproduction.—Fetal Development.—Adaptation of the Internal Female Sex Apparatus.—Actual Conception Explained.—The Greatness of Parenthood.

LETTER 8—To Husband and Wife.

Unfitness for Parenthood.—Male Physiology in Reproduction.—Production of the Spermatozoon.—Male and Female Coalescence.

LETTER 9—To Husband and Wife.

Preparation for Parenthood.—The Determination of Sex.—Laws Which Govern the Pro-

duction of Male and Female.—The Best Time for Conception.

LETTER 10—To Husband and Wife.

Technique of Communion for Love.—Conservation in Communion.—What Is Sex Act?—Free Expression Without Loss of Vital Energy.—The Necessity for Free Expression, and also Conservation.—Technique Simple.—Ability to Conserve Is True Control.

LETTER 11—To Husband and Wife.

Inability to Conserve Is Pathological Condition.—Retaining Life Forces Ensures Physical, Mental, Intellectual, and Spiritual Efficiency.—Men and Women Who Fear Sex.—Parents Who Neglect to Give Vital Warnings to Their Children.—Parents' Educational Duties.

LETTER 12—To Husband and Wife.

When Communion Should Be Indulged.—Position.—No Danger in Conservation of Forces.—Asylums Filled With Sufferers from Over-Expenditures.—Neurasthenia and Impotence Caused by Lack of Control in Expenditure.—The Habit of Too Frequent Loss.—The Habit of Conservation.

LETTER 13—To Husband and Wife.

The Cave Man Idea Criticized.—Rules for Husbands.—Wooping.—How Husband Should Entice Response.—Love Will Steer to the Heart.

LETTER 14—To Husband.

Inability to Function Normally.—Irritation of the Sexual Nerves.—The Avoidance of Abnormalities.—How Communion With Conservation Promotes Gland Efficiency and Youthful Longevity.

LETTER 15—To Husband.

Nocturnal Emissions and Their Cure.—Results of Early Indiscretions.—Spermatorrhea.—Prostatarrhea.—Promoting Sexual Normality.—How to Develop Magnetism of Personal Force.—Prof. Steinach on Sex Glands and Internal Secretions.

LETTER 16—To Husband.

Physiological, Psychological, and Emotional Satisfaction.—Spiritual Attainment.—Preliminaries.—Communion During Pregnancy.—Avoiding Physical Dangers.—The First Law of Life.

LETTER 17—To Husband.

Sex Weaknesses.—Abuse.—The Indiscretions of Youth.—Legacies of Bygone Habits.—The Atrocity of Ignorance.—The Taunts of Impotence.

LETTER 18—To Husband.

The Pathology of Sex Abnormality.—Restoring Normal Functioning.—Habitual Passion.—Spiritual and Physical Perfection.—Exercises.—Diet.—Noble Ideals.

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Two Souls Merging Into One.—Difficulties and Trials That Irritate.—How to Win the Husband.—The Indispensability of Sex.—Combating the Fear of Love.

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If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development."

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There is not a

passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

Written in Bernard Bernard's own style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding and you need to read it.

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Dear Editor:

Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me and I to him.

I am enclosing a check for further books. Your wonderfully sweet and pure idealism, as expressed in your magazine and books, has made life all over for me. And I know the new life will be beautiful and happy.

Do hurry these books to me.

Sincerely yours,
D. M.,
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The Clawed Spectre

(Continued from page 117)

"I can't understand," said Jessup, "why you did not put Rollin out in the fifth or sixth round, when you could easily have done so."

"I have my reasons, Jessup. Come with me, and I'll show you."

Together they left the dressing room, having given instructions to their associates to guard Bolingbroke very carefully.

Blount led Jessup round the back of the hall until they came to the basement stairway. This they descended. Wandering about a maze of passageways, they came to a room well lighted.

Very cautiously they moved along until they could hide themselves from sight, and at the same time get a hearing of what was occurring in the room, and also get a glimpse of what it contained.

In the centre of the room was a table. Four men sat around it. At the side of the room was a bed. In this bed lay no less a person than Rollin.

"We'll have to call it off for the night," said one of the men.

"It's absolutely impossible," said a second. "We've just got to go."

"We absolutely can't go," answered the first. "And that ends the matter."

Blount nudged Jessup, and said, "Now you see why I fought as I did."

It was absolutely necessary to get Rollin to a pitch of complete exhaustion, and then to place a knockout so as to render him useless, physically, for the rest of the night. My one idea was to postpone the journey of this gang out

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to the Bolingbroke Mansion, and it seems I have accomplished my aim."

"You took a long chance, Mr. Blount."

"No, I took no chance. I had my whole plans figured out, and I knew I could do it. Let us go back quickly and get off to the Bolingbroke Mansion. I want to arrange the coup for tomorrow evening. But there's a lot to be done before then. By the way, Jessup, if for any reason we are interrupted, I want you to take Bolingbroke and Miss Marlin and your two assistants out to the Bolingbroke Mansion, and wait there for further instructions from me."

As they made their way along the passages out into the fresh air they met the janitor. Blount stopped him.

"Listen here, friend. I want to borrow your clothes and tools for the evening."

Blount slipped him a bill, and the janitor, seeing the size of it, asked no questions, but merely proceeded to hand over his hat and coat and the utensils he was carrying. Then he made away.

Blount turned to Jessup. "Jessup, don't forget what I told you. If I'm not back within the next fifteen minutes take the whole party as quickly as you can out to the Bolingbroke Mansion."

Blount retraced his steps back to the lighted room. He had smeared his face with dirt.

Arriving at the room, he walked boldly in.

"Well, gentlemen. It's time you were out of here. I want to lock up."

The man nearest to him took him by the shoulder: "Say, guy! You clear right out of here." Then, looking into his face, said: "Why... It's Blount! No, you can stay right here, you're just the guy we want."

(To be Continued Next Month.)

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On "The Sin" the "Washington Post" comments—

"The Sin" is the title of a little volume by Warrington Dawson (The Honest Truth Publishing Company, Chicago, Ill.), that is a gem of the first water, and beautifully cut. It carries 107 pages of as choice literature as one can find in a long journey through the shelves of recent output.

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"To tell what the 'sin' is would not be fair to the reader. It is enough to say that the volume is well worth even a very busy man's time for the reading of it."

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Eating to Correct Ill-Health

By BERNARD BERNARD

Phys. B., M. P. C.

(Containing 240 Pages)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and, yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes

of foods and by going without the necessary ones. They will get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indisposition, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

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- Eating to Combat Consumption.
- Tuberculosis In Other Organs.
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- Catarrh and Asthma.
- Rheumatism.
- Indigestion.
- Constipation.
- Fatness and How to Reduce It.
- Thinness—And How to Put On Flesh.
- Eczema.
- Piles.
- High Temperature.
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HEALTH and LIFE PUBLICATIONS

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The Purpose of Love Life

(Continued from page 99)

are different. It has weakened in its allegiance to existing forms of religion, and the unreasoning condemnation of such questions as birth control by the churches has still further weakened that allegiance while in no way checking the spread of birth control.

"Opposition to birth control necessitates the facing of certain problems. Is it desirous and possible to restore the conditions of former generations—large families with their high death rates and rough-and-tumble methods? If the answer to the foregoing is in the negative, then the birth rate must be controlled.

"Can that control be secured by restraint or by devices against conception? Restraint, to be effective, means virtual celibacy over long periods of time, and the advocacy of that method involves the adoption of the logical position that the only right purpose of union is procreation. But think what marriage with continual abstinence means when the desire on both sides is present. Is union as an end in itself right? It has always been the practice, but is it right? The question needs answering clearly and comprehensively. Church authorities have evaded the real problem. Youth is influenced only by candor and directness. Birth control prevents new life, and does not destroy new life."

The following were the factors named as having brought about the birth control problem:

1. The increasing density of population.
2. An increasing sense of the value of child life and of the responsibility of parenthood.
3. The desire of parents to equip their children in mind and body to the best of their ability.
4. The social and domestic difficulties in the homes of educated people.
5. The desire of woman for a larger share of the world's working; a share she cannot take if her best years are exclusively absorbed in maternity.

Exterminate Humanity's Great Curse

(Continued from page 101)

dreams—perhaps before its first little birthday candle is lighted.

"There may be a little blind baby as a result of wild oats. Is there anything more pitiful? We watch its eyes, waiting for it to notice what is happening around it in this beautiful world. But it lies unmoved and unmoving. The sun shines radiantly on, but its little eyelids do not quiver in the light. It grows in stature, it grows in intelligence, it grows in the scope of its activities. It can play now in the garden, play on the beach, if mother is with it to guide its footsteps, to prevent it from stumbling, to gather the flowers it smells and gropes for but cannot see, to place the propped toy in the

small fingers that reach helplessly for it."

"How can you protect your children from this menace?"

"Pal with your children! Play with them! Give them plain, straight talks, full of high ideals, and sound standards of right and wrong. You have probably tried to teach them these ideals from infancy, but now, in addition, teach them the doctrine of self-preservation.

Teach your boy what it means to him to sow wild oats even once! Just once may be sufficient to raise a crop which must be harvested in anguish. If he is old enough, give him facts and figures and keep them before him. They are argument enough.

You Should Tell Them the Facts

"If your boy is still at the knee pants stage, or not yet out of rompers, you can do even better by teaching him such facts of life as will tend to prevent him from acquiring wrong thoughts about sex matters, satisfy his curiosity by truthfully answering questions when they are asked, and give him a sane, wholesome, realistic attitude toward sex relations.

"When he asks you how a baby is born, tell him of the bird in its cage, and the story of its nest and the eggs from which the little birds are to come, and then tell him the story of that other nest his own mother carries, and the little egg from which he came.

"When the people of the United States realize the prevalence of these diseases among all classes of society; when they appreciate the extent of the social damage they cause; when they understand that tens of thousands of innocent women and children are made martyrs every year, and that all this suffering is unnecessary and avoidable, then these diseases are doomed.

"A campaign of education will break down the conspiracy of silence sponsored by prudery, and the public will most surely respond as soon as the facts are known.

"The measures which can be relied upon to check the spread of this malady, of which there are 2,500,000 cases treated yearly in the United States, and for which your active co-operation is urged, are:

"Expose the facts to the cleansing light of universal knowledge, as they maintain themselves almost entirely on public ignorance.

Directing Energy

"Keep your child occupied physically and mentally. Idleness brings mischief. The two greatest urges of the human race are hunger and sex.

"The sex impulse, like other great natural forces, may be an agent of destruction or a source of great blessing. For example, fire when properly controlled is a great boon to man. It cooks his food and keeps him warm. It makes machinery perform gigantic tasks and brings comfort and well-being to the human race. But misdirected or uncontrolled fire becomes conflagration and causes ruin and destruction.

"So it is with sex energy—directed into proper channels, it is a source of better and fuller living and strengthens the foundation of society. But, the flame of sex, gone wrong, destroys virtue and morality and is productive of great physical harm. So keep your child's body and mind occupied with

other things, that the sex instinct may not grow out of control. Encourage participation in healthful, competitive sports such as baseball, football, tennis, skating, swimming, gymnastics, boxing and any other form of exercise.

"Mere laws cannot create morality; force does not create righteousness. These qualities come from within, from the soul and from the enlightened mind."

Secrets of Long Life

(Continued from page 100)

must be allowed to operate naturally, and that purgative medicines are most harmful to the system. According to our present ideas of "civilization," if the laws of Nature operate at all they do as a result of some artificial circumstance called habit.

The child is taught to eat and to excrete at a certain time and in a certain manner so that an artificial habit is formed.

Back to Nature!

But as I have already explained, the body works by natural reflexes, which if controlled by a bad education cease to act normally. We must return to the natural. We must get back to the primitive methods of life, for only by so doing shall we give Nature the chance to have her perfect way.

And Nature's perfect way is the way of true health and long life.

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This chapter deals from the time of conception to adolescence; pointing out the dangerous habits in which children are likely to fall and how they may be avoided. It tells how to answer the child's inevitable question, "Where did I come from?" in a most unique and eloquent manner, and traces the immature sexual growth.

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CHAPTER III

The Young Man

Every bit of sex information essential to the young man is given in this chapter. Methods of self-disinfection against social diseases are given. The causes of pathological sexual irritations are explained, and also how they may be counteracted. It is shown how the indiscretions of youth leave weaknesses and sexual promptings and is most practical in showing why this is so, and how it may be combatted successfully. "Flirting," "Fall in Love," and "How to Choose a Wife" are also headings in this chapter. The first love callings and the romance of youthful love make delightful reading. Sub-conscious sex emotions and pathological sex weaknesses are explained and information given clearly and openly as to how a sane, healthy sex life may be lived by the young man.

CHAPTER IV

The Young Woman

The world's most beautiful story is beautifully told. The young woman's dangers are pointed out, and her erotic feelings explained. Woman's especial part in sexual life is dealt with, as are the effects of the various glands as they quicken. It is full of idealism, but also of clear facts in regard to the perversions among women and their sex weaknesses. It finishes with a splendid and most practical section on sexual health and efficiency.

CHAPTER V

The Married Man

From the first nuptial experiences to the conduct that governs happiness throughout marriage. How to obtain the maximum of love, and how to behave to the wife so that mutual joy may be obtained. Sex is shown to be a blessing when used properly, and communion the most sacred part of marriage. Sex weaknesses and perversions in marriage are explained, and information for their remedy given. The section devoted to the technique of

the sacred relationship is very practical, and beautifully told. There is real satisfaction given in this chapter in helping the husband to know the peculiarities of his wife, so as to insure her permanent love.

CHAPTER VI

The Married Woman

The real meaning of marriage is told. Habits, weaknesses and perversions that prevent expression and appreciation of the marriage function are explained, and information to counteract them given. The part that the wife has to play in communion is exceedingly important to all married women; also the facts concerning the peculiarities in men and how a wife may adapt herself to them. The highest condition of human bliss and love is in the ability to act freely in regard to communion; so that the scientific control of parenthood is dealt with clearly and fully. Finally the wife is shown how to avoid dissatisfaction, and secure harmonic emotion with her loved one.

CHAPTER VII

The Bachelor

Abnormalities, weaknesses, irritation, and disorders suffered by many bachelors, and how they may be counteracted. What happens to the secretions, and the details regarding their pathology.

CHAPTER VIII

The Spinster

Melancholia in spinsterhood; what happens to the secretions; perversions, irritations, erotic feelings, leucorrhoea, and the dangerous phases of spinsterhood are all dealt with in detail.

CHAPTER IX

Post Maturity in Man

This is a most important chapter dealing with the promptings and weaknesses that few understand in men past their prime. Hypertrophy of the glands, and the results of prostatitis. How old age can be the happiest time in life, and what is the normal post-mature sex life in man.

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