

Strength

The Way to Cure Lumbago

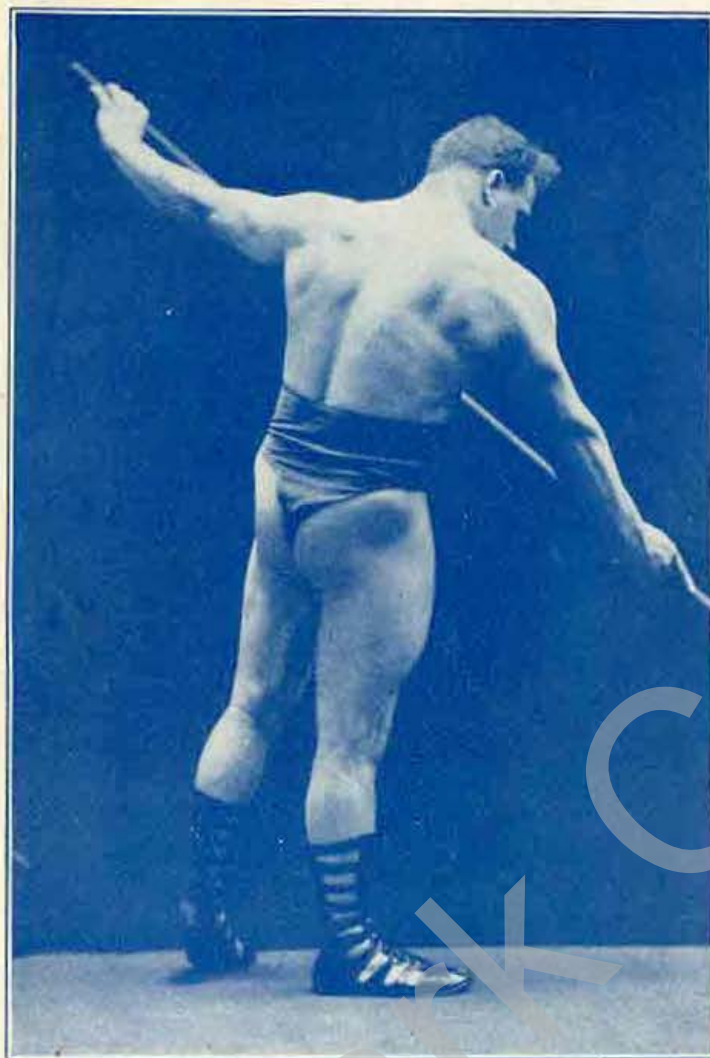
FEBRUARY

25¢



Are You Eating Your Way to Cancer?
Stunts That Make You Strong and Agile

You can be as Strong as the Super Men



IT is not necessary that you should sigh, and shake your head as you look upon the magnificent proportions of George F. Jowett. He was not always the super-man that he is now. There was a time in his life when he craved to be like other fine specimens of manhood, and have the same powerful muscles, and a body that glowed with health. He did not shake his head and sigh.

He Started Out to Accomplish

How did he start? This is no secret. He tells you how he practiced with bar-bells from the very first, and continued with them always on the double progression system that was originated by us. The results gotten made him better than his former examples, and for years he has been one of the shining examples of physical and mental fitness.

He Gained 10 Inches on His Chest and 6½ Inches on His Biceps

When this athlete commenced training, his chest was, normal, 35½ inches, and his biceps 11 inches. The system, as we teach it, increased his chest up to 45½ inches normal, and biceps to 17½ inches, and he became one of the world's greatest exponents of body-culture. The accumulation of health and nervous energy increased his intellectual powers, and made him a business success.

What Bar-bells Have Done for Him They Can Do for You

The old saying is that "Strength begets Strength." Therefore, you must use strength methods, which means that bar-bells are the only methods of acquiring the results that will last and tone your whole physical, nervous, and organic system to its greatest efficiency.

Would you like to have a 43-inch chest, and a pair of 16-inch biceps, with all the power behind these fine proportions? Of course you would, and we can show you how to get them the same as we have done for hundreds of our satisfied pupils. Just imagine the improved change these dimensions would make on your appearance when dressed up. You can appreciate the value of a round full chest that will fill out your coat, and a pair of arms that will fill your coatsleeves, and a pillar-like neck that will call for a two-inch larger sized collar.

You may not wish to be able to pick up 200 lbs. with one hand and put it overhead, but you would like to feel you had the power behind those new muscles that would enable you to do so at any time you wished. It is great to feel and to know that you are strong, full of pep to meet each new day with lots of reserve when the day is over. Your appearance will give you personality, which means your business success will be vastly increased, for personality is every man's greatest asset in business.

All this is assured you, because your conditions are analyzed by our experts, who personally arrange your course of instructions to suit your physical qualifications. No other system possibly can give the exact results that we can, because such results can only be gotten from practice with the double progression system of exercises which we originated, and are the only people who can teach it.

We can Reduce your Waist-Line or Increase your Body-weight, whichever the case may be with yourself. There is no reason for you to be burdened with any excess fat, or for you to be underweight.

We are the largest manufacturers of bar-bells in the world, and that makes our low prices beyond competition. Our apparatus is the finest possible workmanship that makes these bar-bells a pleasure to own. To each pupil we give a complete outfit with courses of instructions, and the most valuable feature on the market in addition, which is at all times the privilege of consulting our experts on any of your problems.

The Advice of Our Experts is Free to You

We are the only concern teaching health- and body-culture that maintains a complete staff of competent experts. No matter what your trouble is or what questions you ask we guarantee to give you a personal reply from our expert advice department, whether it be on diet, health, body development, or how to lift heavy weights, or excel at any sport. Each subject is taken care of by men who are acknowledged the best in their respective lines in this country.

We Guarantee Personal Instruction

This is given free to all who become our pupils. The value of this privilege alone is well worth what you pay to enroll as a pupil. Let us prove our claims. We guarantee results. Write today, and we will send you our illustrated catalog, which shows you the outfit we give to each pupil, and explains more fully our system of training.

We invite investigation. Write now for our free booklets.

"Health, Strength and Development and How to Obtain Them"
and

"The Scientific Side of Weight Lifting"

BOTH FREE ON REQUEST

THE MILO BAR-BELL COMPANY

2739 N. PALETHORP STREET

Dept. 27

PHILADELPHIA, PA.



Earned Only \$20 a Week When He Read This Adv. But Now—



BETTER than one thousand dollars a month—every month! \$1,350 in one month—\$13,500 last year.

And yet when A. H. Ward read the adv. you see above he was not making more than \$20 a week.

Unusual you say! Hundreds of similar incidents—startling successes—amply prove that there is nothing unusual about these amazing increases in earning power.

There are several more "lucky" instances on this page. But these men were only "lucky" because they did what Ward did. They wanted to get on and were willing to look into the greatest opportunity the world offers any man for making big money. This same opportunity is bigger today than it ever was—a fact that is easily proved.

Requests for more than 50,000 salesmen received by the Employment Service Department of the National Salesmen's Training Association in twelve months is unquestionable proof of the great demand for trained salesmen—proof that there is every chance for you to duplicate any of the successes mentioned here.

A Few Weeks—Then Bigger Pay

Don't get the idea there is anything mysterious about the success enjoyed by our

members. Most of them had never sold anything in their lives—many of them were firm in the belief that salesmen are "born" and not "made." But they were willing to investigate. And then they learned a few simple secrets that quickly enabled them to become big producers. Immediately they began to make real money. If only a few men had done this you might call it "luck." But thousands have done it. Thousands more will do it. Why not YOU?

There is nothing unusual about it—nothing hard about it, and it does not require that a man have a college education or anything of that sort. If you have ordinary intelligence, if you can read and write, you have only yourself to blame if you do not quickly make bigger pay.

Some More Big Salary Increases

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

First Month \$1,000

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

\$524 in Two Weeks

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

\$554.37 in One Week

"Last week my earnings amounted to \$554.37, this week I got over \$400."—F. Wynn, Portland, Ore.

\$10,000 a Year

O. H. Malfroot of Boston, Mass., stepped into a \$10,000 position as a SALES MANAGER—so thorough is this training.

\$100 a Week in Only 3 Months

H. D. Miller, of Chicago, made \$100 a month as stenographer in July. In September, three months later, he was making \$100 a week as a salesman.

There is nothing unusual about it—nothing hard about it, and it does not require that a man have a college education or anything of that sort. If you have ordinary intelligence, if you can read and write, you have only yourself to blame if you do not quickly make bigger pay.

Years of Selling Experience in a Few Weeks

Just as you learned the alphabet, so you can learn salesmanship. And through the National Demonstration Method—an exclusive feature of the N. S. T. A. System of

Salesmanship Training—you gain the equivalent of actual experience while studying.

Reason it out for yourself. Salesmanship is governed by rules and laws. There are certain ways of saying and doing things,

certain ways of approaching a prospect to get his undivided attention, certain ways to overcome objections, batter down prejudice, and make the prospect act. Once you know these rules your success is governed only by your ambition and energy—a golden future can be yours.

Remarkable Book, "Modern Salesmanship," Sent Free

Just keep an open mind until you have read all the remarkable facts in this interesting free book. It will show you how you can quickly and easily become a Master Salesman—how the N. S. T. A. System of Salesmanship Training will give you years of selling experience in a few weeks; how our FREE Employment Department will help you select and secure a good selling position when you are qualified and ready. And it will give you success stories of former routine workers who are now earning big incomes in the selling field. This book costs you nothing, and it may be the turning point in your life, as it was for so many others.

Send for your copy of "Modern Salesmanship" today. Just fill in and mail the coupon. There's no obligation.

NATIONAL SALESMEN'S TRAINING ASSOCIATION

Dept. 21-B, N. S. T. A. Buildings, 1139 N. Dearborn, CHICAGO, ILL.

National Salesmen's Training Assn., Dept. 21B, N. S. T. A. Bldgs., 1139 N. Dearborn, Chicago, Ill.

Send me your free book, "Modern Salesmanship," and details of your system of Salesmanship Training and Free Employment Service.

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





Strength

FEBRUARY, 1925

Vol. IX.

No. 12



CONTENTS

Cover, "The Bowling Girl," by W. N. Clement

The Most Important Thing.....	Editorial	19
Strength and Symmetry—Synonyms for Shapeliness.....	Florence Whitney	20
<i>Photographs</i>		
The Staff of Life—Which Bread?.....	Alfred W. McCann	24
How to Develop a Pleasing Voice.....	Ira W. Drew, M.D., D.O.	26
Are You Eating Your Way to Cancer?.....	Carl Easton Williams	28
<i>Illustrations by W. N. Clement</i>		
Two Young Men Who Have Made Good.....	George F. Jowett	32
<i>Photographs</i>		
Curing Lumbago with a Comb.....	Edwin F. Bowers, M.D.	36
Are You Too Fat?—Reducing Is Easy.....	Madeline Mulvey	38
<i>Photographs</i>		
The Science of the Slugger.....	T. Von Ziekursch	42
<i>Photographs</i>		
Strength Posing Competition.....	George F. Jowett	45
<i>Photographs</i>		
Those Wonderful Arabs.....	P. H. Paulinetti	46
<i>Photographs</i>		
Posing That Doesn't "Beat the Camera".....	Perry Sussman	48
<i>Photographs</i>		
My Complete Conquest of Nerves.....	Eleanor Dana	52
Our Girls' Circle.....	Marjorie Heathcote	54
<i>Photographs</i>		
Ask the Doctor—Department.....	H. H. Rubin, M.D.	56
Stunts That Make You Strong and Agile.....	Charles MacMahon	58
<i>Photographs</i>		
American Continental Weight Lifters' Association.....	John Bradford, Sec'y	61
Diet and Exercise for Diabetes.....	Wm. P. Schramm	62
"The Mat"—Analytical Comment on Body Building		
Lifting with One Arm.....	Department	63

Published Monthly by THE MILO PUBLISHING CO.
 Entered as Second Class Matter at the Post Office at Philadelphia, Pa.
 November 20th, 1920, under the Act of Congress of March 3, 1879, additional entry applied for in New York, N. Y.
 D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
 Advertising Offices, 104 Fifth Avenue, New York City, N. Y.

R. L. HUNTER, Advertising Manager.
 Chicago Office: 162 East Ontario Ave., J. A. HISEY, Manager.
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
 Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

RENEWALS.—When your subscription expires we will place a subscription blank in your final copy. Renewals should be sent in promptly in order to receive the next issue. Please use the subscription blank for this purpose so that we may extend your subscription in our files. Notice of change of address should be accompanied by the old address as well as the new.

Copyright, 1925, by The Milo Publishing Co.

We Guarantee to Improve Your Voice 100%



Read how to do it in "PHYSICAL VOICE CULTURE", the greatest book ever written on voice building. It will show you the one scientific, tested way to build a powerful singing or speaking voice. Send coupon below for—

Free Book!

Glad to Tell Everybody What Your Course Did

I shall certainly be delighted to tell anyone what your course did for me. In fact, I have been telling people for the last three years and started several people in the work in Japan.

When one lives in New York, as I do now, and sees the number of wholly unqualified people who are teaching singing, it seems as if there ought to be some test for teachers. I think that learning ten operatic roles, one after another, is a pretty good test of the condition of a person's throat, don't you? My voice doesn't seem to have suffered in the least from it.

Florence Mendelson,
New York City.

Wouldn't Part With Course for \$1,000.00

I have a great deal to say about this wonderful course, and want you to know that I am a happy man since taking it up. I needed your course badly, very badly. Being a teacher, I have to speak, at times, quite loud, and the strain on my throat was acutely felt, and hoarseness followed. My voice is absolutely clear and resonant now, in fact, I have no words to thank you enough.

I wouldn't part with my course for a thousand dollars.

Julio C. De Vosconcellos,
New Bedford, Mass.

Sang in Choir for Years—Now Prepares for First Solo

I have great faith in your course for two reasons. First—because it has improved my voice and given me more confidence in myself, which I lacked. Second—your advertisement came as a direct answer to prayer—don't they say that every wish is a prayer?

Now I feel that I am helping more in my choir work.

Sabina Leipheimer,
Sharon, Pa.

Lost Voice Restored—Sings Better Than Ever

I am very glad to be able to inform you that the study and practice of your exercises is making a great change in my voice.

You may appreciate what this means to me when I tell you that an illness while in France, weakened my throat to such an extent that I feared I would never sing again. However, after studying your lessons, I find that I can sing better than ever, in fact, I was told by a friend who had heard me sing at a reception that I had never been in better voice than I am now.

J. Ralph Bartlett,
Newton, N. H.

THE four letters on this page tell amazing stories of vocal development. They are from men and women who have learned that *Physical Voice-Culture* is the one, infallible, tested, scientific method of voice building. They are just a few of the thousands telling the same stories of success, in many cases, after all other methods of voice building had failed.

Your voice has fascinating dormant possibilities that you may not even realize. The new book, *Physical Voice-Culture* will show you how to build up a superb voice by the development of muscles whose existence you never suspected. No matter what condition your voice is in now, it can be improved at least 100% or every cent of tuition will be cheerfully refunded without question when you have finished the course.

Just a few years ago, Bert Langtre's voice

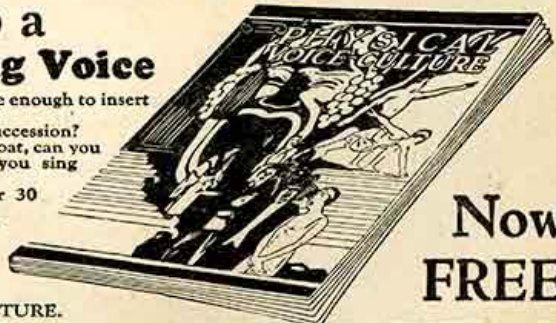
was almost destroyed by catarrh and asthma. An impediment in his speech caused him untold embarrassment and suffering. Now he is singing in Grand Opera in California. "An unusual case," you say. Not at all. He merely took advantage of the opportunity you are given here.

Build up your voice the simple, easy, natural way by silent physical exercises in the privacy of your own home. The *Physical Voice-Culture* method is ideally adapted to home study. It is being taught as successfully by correspondence as by personal instruction. No one need know that you are studying until you have developed a strong, beautiful voice. When you are constantly urged to sing or speak at your church, at private receptions or public functions—when you are the most popular person in your circle of acquaintances, then you will know the rich rewards of *Physical Voice-Culture*.

If You Can Pass These Tests You Can Develop a Superb Singing Voice

1. Can you open your mouth wide enough to insert two fingers between your teeth?
2. Can you swallow five times in succession?
3. Holding your hand to your throat, can you feel the cords vibrate when you sing "e-e-e"?
4. Can you hold your breath for 30 seconds?
5. Are you determined to sing or speak well?

If you answer "yes" to these questions, you have a potentially fine voice that can be developed amazingly by *PHYSICAL VOICE CULTURE*.



Now
FREE

Mail This Coupon

Find out at once about the wonderful possibilities of your voice—possibilities that you have never realized! Simply send coupon for FREE book. Read the astounding true stories of what others have done. This may be the turning point in your life. Mail coupon today.

Perfect Voice Institute

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

PERFECT VOICE INSTITUTE, Studio 57-72
1922 Sunnyside Ave., Chicago, Ill.

Gentlemen: Send at once, free and without obligation, your beautifully illustrated book "Physical Voice Culture" and full information regarding your home study method of voice building. It is understood that I do not have to pay a cent for this book, either now or later, and that I do not have to return it.

Name

Address

Smile-Ability

By C. H. Woodward

MAN is the only creature among the living things of the earth that smiles. It is natural for him to smile. It is usually among the first acts of his babyhood after he begins to notice things. Made in the image and likeness of the Creator, that smile-ability is the hallmark of his ancestry, and it was never intended that it should be effaced. When it is effaced, man has slipped from his natural, normal plane of existence and taken his place with those creatures of creation that were denied the birthright of the image and likeness of their Maker.

The disease-stricken individual no longer smiles. He has dropped to a lower plane. He has denied himself by his own act (for it can be done in no other way) the privileges that his smile-ability begets.

He has made a date with Death for an earlier hour than his Creator wisely decreed.

One of the millions who lost his smile-ability wrote recently, saying: "I have read your announcements so often I am beginning to believe there may be something to it after all, and I am enclosing check for a three weeks' supply, one doz. 11-oz. tins of **Whole Grain Wheat**."

"Beginning to believe!" What do you believe? Do you believe that if you use **Whole Grain Wheat** twice a day for twenty-four days, and do not find yourself physically and mentally improved, that you will not be refunded the money you paid? Does our guarantee to so refund the price appear impossible of performance to you?

We merely believe we were created in the image and likeness of our Creator, and that wheat is His Creation; that we are as safe in guaranteeing it as we would be to guarantee the air and the water that He created, and which you know you cannot maintain your life and normal function without.

This is a specific challenge to you and every one of your associates—a challenge of your belief.

Four dozen at \$7.60 east of Denver, and \$8.30 west of Denver is cheaper and safer for you, and for us, because some conditions cannot be changed very much in the time covered by 24 days' use, especially when they are the result of fifteen to fifty years of misuse.

More than 74 human ailments have responded to the regular use of **Whole Grain Wheat** because it complies with the law of life, being able to restore to the blood each of the sixteen elements extracted hour by hour by the life-cells, and restore them in balanced-relation. Since disease is merely altered function and

A Business Opportunity

exists for the man who wishes to be his own boss and the owner of a permanent, ever-expanding, profitable merchandising service. It may start with \$100 capital, or \$10,000, but it cannot start without capital. The degree of success has no reasonable limit. It has attracted to it and has today engaged in it, men who are conspicuous successes and of long and wide experience in merchandising, with capital abundant for all their requirements; and the other extreme of men and women with limited business experience and qualifications, and very small capital.

No man is too big for the business.

Men of strong professional standing with splendid incomes have given up these incomes and their professional work to engage in this service, with success.

The business is merchandising, but it entails a SERVICE that is unique, intensely interesting, productive of great enthusiasm, and broadly constructive. It makes you the greatest benefactor in your community, town, city, or district, and pays you, a real profit for such benefaction.

Service is the foundation of all real success, and this service literally enables you to take time from eternity and put it into the life of man, and make legitimate profits in doing so.

Address **WHOLE GRAIN WHEAT CO.**, 1904 Sunnyside Avenue, Chicago, Ill.

altered function is due to the use of denatured food, denatured water, denatured air, and violence—these things only—natural food tends to eliminate all altered function not due to the three other causes. Perhaps, too, you have a friend who is suffering from indigestion, acid stomach, asthma, goitre, constipation, palsy, high or low blood pressure or nervousness, or know a child who is backward in school, slow in growth, or troubled with bad teeth, or some one who is in a "run-down" condition generally, and would be kind enough to acquaint him with our address and guarantee as an act of kindness to that friend.

WAS TOLD SHE COULDN'T LIVE: FINDS RELIEF IN TEN DAYS

4 Hill Place, Oneonta, N. Y.

"About a month ago, I found on my route a middle-aged woman who had been ill for years with stomach and bowel trouble. At the time I found her she couldn't keep anything on her stomach, almost vomiting continuously. Doctors claimed there was a complete stoppage of the bowels, so they gave her up to die. Then she began eating **Whole Grain Wheat** in very small quantities. The vomiting very soon ceased and there was soon a free elimination of the bowels. In about ten days' time she was up around the house. She tells me she can't remember when she ever felt better than now. **Whole Grain Wheat** did it all in that case.

"Proper food, proper exercise, proper rest, are the most essential elements to good health. **Whole Grain Wheat** eaten regularly twice a day is first of all aid to good health and abundance of vitality."

(Signed) IRVING C. POWERS.

LOSES 30 LBS. IN THREE MONTHS: HEARTBURN AND STOMACH TROUBLE DISAPPEAR

304 Pleasant St., Kenosha, Wis.

"I am very happy to have an opportunity to express my hearty approval of **Whole Grain Wheat**."

"I greatly appreciate what it has done for me. Since using it I feel very much better; never have heartburn, sour stomach, or indigestion any more. I have used it just three months and have lost 30 pounds.

"Nothing could persuade me to discontinue its use. I feel better and sleep better than I have done for years. I feel that the greatest favor I can do any of my friends is to get them to eat **Whole Grain Wheat**—the best and most beneficial food I have ever eaten."

(Signed) MRS. C. W. MARTIN.

Whole Grain Wheat is used and endorsed by doctors and scientific men of the highest standing. It is the natural wheat berry just as it comes from the harvest field with nothing added, nothing lost, and nothing taken away, cooked under a new method of cooking that is protected by the United States Government, and is the first wheat that has ever been cooked ready to eat that is identical with the raw, ripe grain in its constituent elements.

Whole Grain Wheat is never sold through grocery stores but only through authorized distributors or direct from the company, because it is guaranteed to reduce your meat and grocery bill 25 per cent to 50 per cent when used twice daily. It comes in hermetically sealed sanitary 11-ounce tins (ample for four servings) and is sold in packages of not less than one dozen (a 24-day supply, because regular use is essential to results) delivered for \$2.00 east of Denver; 4 dozen, \$7.60; west of Denver, \$2.25; 4 dozen, \$8.30. Foreign shipments, \$3.50 per dozen.

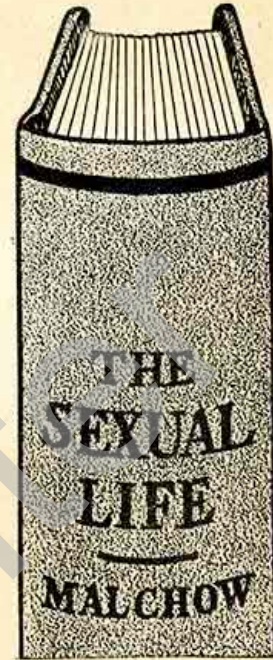
Used and endorsed by doctors and scientific men of the highest standing. Look in your telephone and city directory for **Whole Grain Wheat** distributor or address **Whole Grain Wheat Co.**, 1904 Sunnyside Avenue, Chicago, Ill. Chicago readers telephone orders Ravenswood 4101; Canadian address, 26 Wellington Street, E., Toronto, Ont. Toronto readers telephone orders Main 4489. Ask for free copy of the MOTIVE, the new monthly magazine devoted to better living, better health and better business, and being read by more than 1,000,000 readers.

Here is the frankest, most helpful book on Sex ever published!

NO questions avoided. No false modesty. Every subject that the average man and woman longs to know the truth about is handled "without gloves," and in plain, untechnical English—yet in such a clean, high-minded manner that no one can possibly take offense. This is the book that you have been waiting and wishing for.

You are anxious for guidance in ordering your life so that greater happiness will result. If you are a parent, you are eager to give your children vital sex-knowledge in order to protect them from making the disastrous mistakes that are so often the result of ignorance and "innocence." Yet most of the books giving sex-information either leave out the things that you need to know most, or else the language used is so "high-brow" and "technical" that the average man and woman find it very difficult to read and understand.

Most of these books have, of course, been written by physicians, and medical men find it hard, as a rule, to write without sprinkling in large numbers of medical terms. Yet here at last is a book which, although written by a celebrated physician, Dr. C. W. Malchow, is so plain and simple that anyone can understand it.



Whether married or single, you will be eager to read this valuable book

Dr. Malchow's book is plain-spoken and straight-from-the-shoulder. It tells exactly what you want to know—in language that you can not fail to understand. You will read every page with intense interest.

If every man and woman intending to marry was given the opportunity to read this brave, helpful book by Dr. Malchow, it is safe to say that the percentage of happy, permanent marriages would be vastly increased, and the evil of divorce would be rapidly decreased.

But it is not only for married people, or those intending to marry, that this remarkable volume was prepared. In some respects it is even *more* important for the unmarried individual to realize the truth about the sexual functions, for medical research has shown that even slight disturbances of the generative organs often have very far-reaching effects.

Don't worry about sex. This book will free your mind

Many high-minded men and women are worried and harassed for years simply for the lack of the simplest, most elementary knowledge of sexual facts. It is for people who want to know the actual truth about their sexual lives and possibilities that Dr. Malchow wrote this remarkable volume, of which a brief outline is given in the panel at the right.

You can learn everything you want to know from this book, and do it in absolute privacy, without the embarrassment of revealing a single one of your thoughts about your sexual life to a human being! In view of your natural modesty, we have arranged so

that you can obtain Dr. Malchow's book with *complete privacy*, both in requesting a free examination of the volume and in receiving it.

FREE EXAMINATION Send No Money

We know so well that you will be deeply gratified by reading Dr. Malchow's frank, open explanations of this vastly important subject, that we are willing to send this book to you on liberal, free examination terms. Remember, this is a strictly serious, scientific book. Every page in it is devoted to a clean, clear explanation of the sexual life, in simple, everyday, non-technical words. There is nothing in it to shock anyone, but since it is intended for the guidance of mature men and women we do not send it out to those under 18 years of age.

Simply send us the coupon. We will immediately send you a copy of Dr. Malchow's 317-page book, "The Sexual Life." The package will be in a *plain wrapper*, giving no indication of its contents. Deposit only \$3.50, plus a few cents postage, to the postman who delivers the package. Then satisfy your curiosity about the book in the privacy of your home, for 5 days if you wish. If the volume does not come up to your expectations in every way, send it back to us within that time and your money will be at once refunded by mail. If, however, you decide to keep the volume, it becomes your property without additional payments.

This is a special, low-price introductory offer, based on a fortunate quantity purchase of an entire edition of Dr. Malchow's book. We may not be able to extend this price to you when our present supply of the book is exhausted, so we suggest that you mail your reservation at once to make sure of receiving your copy.

The Personality Press

Suite S-342

2575 Broadway New York City

The most complete, accurate explanation of these topics ever made in plain English

- Chapter I
—Sexual Sense.
- Chapter II
—Sexual Passion.
- Chapter III
—Female Sexual Sense.
- Chapter IV
—Male Sexual Sense.
- Chapter V
—Copulative Function.
- Chapter VI
—The Act of Copulation.
- Chapter VII
—Sexual Habits in the Married.
- Chapter VIII
—Hygienic Sexual Relations.
- Chapter IX
—Sexual Inequality.
- Chapter X
—Copulation and Propagation.
- Chapter XI
—Nervous Women.

Handsomely bound in one volume, size 8½ x 6 x 1¼, containing 317 pages of exceedingly interesting and vital material.

Send for your copy today

Personality Press
Suite S-342
2575 Broadway
New York, N. Y.

Please send me prepaid "The Sexual Life," by C. W. Malchow, M. D. I will pay the postman \$3.50 on delivery, plus a few cents postage.

Name.....

Address.....

City and State.....

Remittance to accompany Canadian and Foreign Orders.

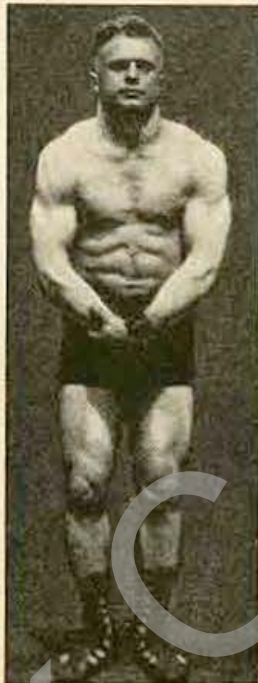
STRONGFORTISM

IN THE AMERICAN NAVY

*LATEST PHOTOGRAPHS OF JOHN J. HAJNOS
THE NAVY HERCULES*



The Chest and Arms
of a Real Hercules



Note the Superb Neck and
Shoulders Development



Hajnos Shows Both
Symmetry and Power



Only Strongfort Methods Could Develop
Such a Back and Shoulders

Read My Pupil's Latest Letter

Dear Mr. Strongfort:

This little note is just to again let you know that I am always in debt to you for what you have done in helping me to acquire my physical development: "The Navy Hercules."

I hope that I may be the means of inducing other young men to avail themselves of your wonderful instructions and your wonderful ability to develop the human physique.

Very sincerely yours,

JOHN J. HAJNOS.

When you want Real Physical Training and Muscle enroll with the Master Teacher

LIONEL STRONGFORT

*Leading Physical and
Health Expert Over
25 Years*

**NEWARK, NEW JERSEY
U. S. A.**

*Correspondence Instruction
in Health Promotion and
Muscle Building*

You Pitiab! Figure in Trousers!

WEARING trousers—but more of a mouse than a man! Where do you think you'll land, if you keep on in your present course? What can you expect to get out of Life, while you are in a condition that causes you to slink about only half alive, afraid others will sense the secret you are hiding in your heart; without the blood, sinew, muscle and mind that make a Man.

Wake up! Come out of your fool sleep. Think of tomorrow as well as today. You've got your life to live, and IT'S UP TO YOU whether you go through it the picayune, pitiab! figure you are at present or a vigorous, STRONG MAN, whom other men respect.

You don't have to keep on the way you are going, herding with the mass of unfit humanity. You can be well instead of ill or ailing; strong instead of weak. It makes no difference what your condition is now or what brought you to it. You can overcome it, if you *make up your mind to do it*, and

Put Yourself Into My Hands

There is only one safe, sure, **quick** way in which a man in your condition can regain the vital energy which he has lost, and that is NATURE'S way. I have been studying it my whole life long; ferreting out the facts of value to mankind; learning the ways in which the irresistible vital forces of physical and mental REGENERATION can be employed in the building up of weakened bodies.

YOU, YOUNG MAN: Can you afford to go through life tagging along at the tail of the procession instead of becoming a leader in your community? Do you want to be a ridiculed failure in business and social life instead of a man popular with other men and looked up to by women? **STOP AND THINK.** Then take steps at once to free yourself.

YOU, MR. BUSINESS MAN: Couldn't you accomplish twice as much if you were strong, healthy, vigorous; free from pestiferous chronic ailments that take the pep and punch out of you just when you need it most. **You know you could.** **FACE THE FACTS.** Put yourself in condition to **WIN OUT** and make a success, whatever obstacles you have to overcome.

MEN AND BOYS, ALL OF YOU: If you are weak, anemic, ailment-ridden, undersized and undeveloped, **you can't afford to wait.** No human body stands still. Until you begin to get better and stronger you will be worse and weaker with each new day. **ACT NOW.** Send for my Free Book and learn about

STRONGFORTISM

The New Science of Health Promotion

Through Strongfortism I built myself up from a mediocre physique into the strongest man in the world. By the application of its principles to my pupils I have enabled thousands of puny, ailing, insignificant men to become fine, healthy, red-blooded specimens of virile MANHOOD. What I have done for them I can do for YOU—I GUARANTEE IT. I don't care a copper what your present condition may be or how many other "come-back" methods you have tried without success. I will succeed because I WORK WITH NATURE—put the tremendous powers implanted in your own organism into operation; cause Nature herself to cure your ailments and REVITALIZE your whole physical, mental and nervous system.

Send for My FREE Book

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

It will be a revelation to you—tell you some bare faced truths about the Human Body which you probably never heard before; explain perhaps for the first time just how and why the development of your MUSCULAR SYSTEM, internal and external, is the all-important first step toward Health and Strength and Virility; show you clearly how Life itself depends on CHEMICAL ACTION and MUSCULAR ACTION, and why the human laboratory is useless when the human workshop is on strike.

Don't dally with such a condition; it is the beginnings of utter breakdown, often serious disease and early death. Constipation, dyspepsia, indigestion, biliousness, weakness, watery blood, headaches and many other energy-eating ailments are signs that the INTERNAL INVOLUNTARY MUSCLES are sluggish or underdeveloped. Druggist's dope won't build them up any more than it would your biceps. STRONGFORTISM will build up both; turn your blood to a sparkling red, strengthen your body and bring back your vigor—put you in condition to enjoy life to the utmost and make a success of it.

Send for the book today—**right NOW.** IT'S FREE. Fill out the coupon and mail it to me with 10c (one dime) to help pay postage, and I'll mail you a complimentary copy at once.

LIONEL STRONGFORT

Physical and Health Specialist over 25 years

Dept. 1753

Newark, New Jersey, U. S. A.



LIONEL STRONGFORT

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

FREE CONSULTATION COUPON Absolutely Confidential

Mr. Lionel Strongfort, Dept. 1753, Newark, N. J.—Send me Free my private copy of "Promotion and Conservation of Health, Strength and Mental Energy," for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (x) below, without obligation.

Colds	Bad Breath	Biliousness	Skin Disorders
Catarrh	Bad Blood	Torpid Liver	Halitosis
Hay Fever	Youthful Errors	Indigestion	Falling Hair
Asthma	Weak Eyes	Nervousness	Stomach Disorders
Obesity	Anaemia	Poor Memory	Round Shoulders
Headache	Debility	Prostate Troubles	Lung Troubles
Thinness	Fear	Rheumatism	Weak Back
Rupture	Neurasthenia	Increased Height	Drug Addiction
Lumbago	Short Wind	Despondency	Weakness (specify)
Neuritis	Flat Feet	Gastritis	Muscular Develop-
Neuralgia	Constipation	Heart Weakness	ment
Flat Chest	Vitality Restored	Poor Circulation	Great Strength
Insomnia	Weaknesses	Losses	Blood Pressure

Name.....

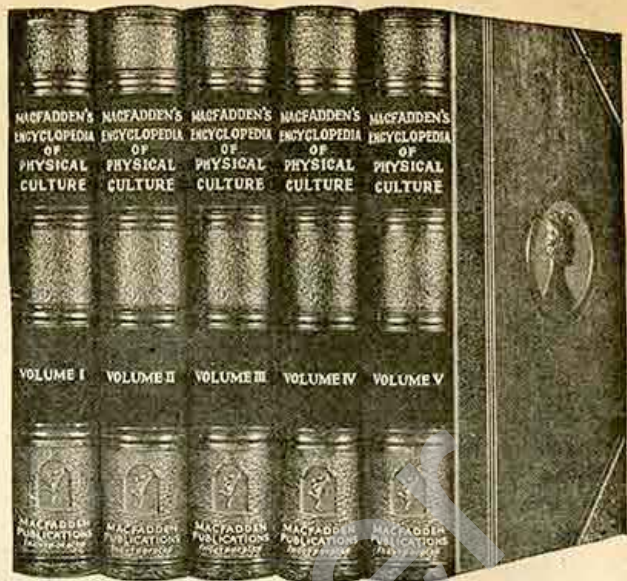
Age..... Occupation.....

Street.....

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

You can add 15 years to your life!

At least 60% of physical and mental misery is preventable and curable. In fact, the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.



ENCYCLOPEDIA of PHYSICAL CULTURE New 6th Edition ~ Completely Revised

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals, the neglect of which may lead to serious—perhaps fatal—illness.

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built

The Encyclopedia of Physical Culture

This marvelous work gives invaluable information on fasting, diet, exercise, and hydropathy for both health and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is

MACFADDEN PUBLICATIONS, INC.
Dept. S-2 Macfadden Building
1926 Broadway, New York City

Send me for 10 days' inspection the five volumes of the Encyclopedia of Physical Culture. If I find the set satisfactory I will either send \$2.00 in ten days and \$3.00 a month until \$35.00 has been paid, or \$31.50 cash. If I decide not to keep the books I will return them in 10 days postpaid.

Foreign orders—cash in advance

Name.....
Occupation.....
Residence.....
Employed at.....
Business Address.....

comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

"One of the Best Works on Health Ever Published," says one writer

Thousands of letters have been written to Bernarr Macfadden commending his Encyclopedia of Physical Culture. One (name furnished upon request) says "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always."

Another man writes: "I cannot express the wonderful value of these great books and feel they will lead me to a successful married life, as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

A New Edition Just Off the Press

Five big editions of this popular work have been exhausted. And now the sixth edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

10 Days' Free Examination of Entire Set—No Money Needed

This is the most liberal offer we have ever made on the Encyclopedia—10 days' examination of the entire set at no expense to you. There is no money needed—no deposit to pay. Just fill in the coupon and we will send the five volumes to you, all shipping charges prepaid, for your inspection.

Take ten days to examine the set. Then if you decide to purchase send us only \$2.00 as your first payment. Additional payments may be made at the rate of only \$3.00 a month until the total cost of \$35.00 has been paid.

If you care to pay cash you may do so by sending us only \$31.50. This represents a 10% discount.

If you purchase the set we will include with it a full year's subscription to PHYSICAL CULTURE, whether the cash or the deferred payment plan is chosen. If already a subscriber your subscription will be extended a year.

Remember, no money now, and no obligation to purchase. You simply agree to return the books at the end of ten days in case you decide not to keep them.

A Complete Education in Physical Culture

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

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

MACFADDEN PUBLICATIONS, INC.
Dept. S-2 1926 Broadway, New York

The Most Daring Book Ever Written!

Elinor Glyn, famous author of "Three Weeks," has written an amazing book that should be read by every man and woman—married or single. "The Philosophy of Love" is not a novel—it is a penetrating searchlight fearlessly turned on the most intimate relations of men and women. Read below how you can get this daring book at our risk—without advancing a penny.

WILL you marry the man you love, or will you take the one you can get?

If a husband stops loving his wife, or becomes infatuated with another woman, who is to blame—the husband, the wife, or the "other woman?"

Will you win the girl you want, or will Fate select your Mate?

Should a bride tell her husband what happened at seventeen?

Will you be able to hold the love of the one you cherish—or will your marriage end in divorce?

Do you know how to make people like you?

IF you can answer the above questions—if you know all there is to know about winning a woman's heart or holding a man's affections—you don't need "The Philosophy of Love." But if you are in doubt—if you don't know just how to handle your husband, or satisfy your wife, or win the devotion of the one you care for—then you must get this wonderful book. You can't afford to take chances with your happiness.

What Do YOU Know About Love?

DO you know how to win the one you love? Do you know why husbands, with devoted, virtuous wives, often become secret slaves to creatures of another "world"—and how to prevent it? Why do some men antagonize women, finding themselves beating against a stone wall in affairs of love? When is it dangerous to disregard convention? Do you know how to curb a headstrong man, or are you the victim of men's whims?

What Every Man and Woman Should Know

- | | |
|--|--|
| —how to win the man you love. | —how to ignite love—how to keep it flaming—how to rekindle it—burnt out. |
| —how to win the girl you want. | —how to cope with the "hunting instinct" in men. |
| —how to hold your husband's love. | —how to attract people you like. |
| —how to make people admire you. | —why some men and women are always lovable, regardless of age. |
| —why "petting parties" destroy the capacity for true love. | —are there any real grounds for divorce? |
| —why many marriages end in despair. | —how to increase your desirability in a man's eye. |
| —how to hold a woman's affection. | —how to tell if someone really loves you. |
| —how to keep a husband home nights. | —things that make a woman "cheap" or "common." |
| —things that turn men against you. | |
| —how to make marriage a perpetual honeymoon. | |
| —the "danger year" of married life. | |



ELINOR GLYN
"The Oracle of Love"

Do you know how to retain a man's affection always? How to attract men? Do you know the things that most irritate a man? Or disgust a woman? Can you tell when a man really loves you—or must you take his word for it? Do you know what you **MUST NOT DO** unless you want to be a "wall flower" or an "old maid"? Do you know the little things that make women like you? Why do "wonderful lovers" often become thoughtless husbands soon after marriage—and how can

the wife prevent it? Do you know how to make marriage a perpetual honeymoon?

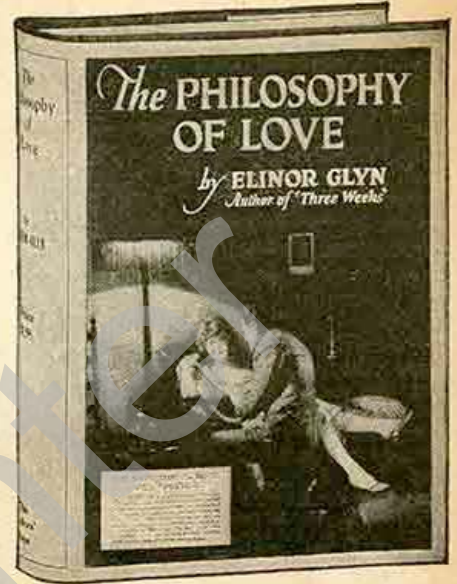
In "The Philosophy of Love," Elinor Glyn courageously solves the most vital problems of love and marriage. She places a magnifying glass unflinchingly on the most intimate relations of men and women. No detail, no matter how avoided by others, is spared. She warns you gravely, she suggests wisely, she explains fully.

"The Philosophy of Love" is one of the most daring books ever written. It had to be. A book of this type, to be of real value, could not mince words. Every problem had to be faced with utter honesty, deep sincerity, and resolute courage. But while Madame Glyn calls a spade a spade—while she deals with strong emotions and passions in her frank, fearless manner—she nevertheless handles her subject so tenderly and sacredly that the book can safely be read by any man or woman. In fact, anyone over eighteen should be compelled to read "The Philosophy of Love"; for, while ignorance may sometimes be bliss, it is folly of the most dangerous sort to be ignorant of the problems of love and marriage. As one mother wrote us: "I wish I had read this book when I was a young girl—it would have saved me a lot of misery and suffering."

Certain shallow-minded persons may condemn "The Philosophy of Love." Anything of such an unusual character generally is. But Madame Glyn is content to rest her world wide reputation on this book—the greatest masterpiece of love ever attempted!

SEND NO MONEY

YOU need not advance a single penny for "The Philosophy of Love." Simply fill out the coupon below—or write a letter—and the book will be sent to you on approval. When the postman delivers the book to your door—when it is actually in your hands—pay him only \$1.98, plus a few pennies postage, and the book is yours. Go over it to your heart's content—read it from cover to cover—and if you are not more than pleased, simply send the book



WARNING!

The publishers do not care to send "The Philosophy of Love" to anyone under eighteen years of age. So, unless you are over eighteen, please do not fill out the coupon below.

back in good condition within five days and your money will be refunded instantly.

Over 75,000,000 people have read Elinor Glyn's stories or have seen them in the movies. Her books sell like magic. "The Philosophy of Love" is the supreme culmination of her brilliant career. It is destined to sell in huge quantities. Everybody will talk about it everywhere. So it will be exceedingly difficult to keep the book in print. It is possible that the present edition may be exhausted, and you may be compelled to wait for your copy, unless you mail the coupon below **AT ONCE**. We do not say this to hurry you—it is the truth.

Get your pencil—fill out the coupon NOW. Mail it to The Authors' Press, Auburn, N. Y., before it is too late. Then be prepared to read the most daring book ever written!

The Authors' Press, Dept. 250, Auburn, N. Y.

Please send me on approval Elinor Glyn's masterpiece, "The Philosophy of Love." When the postman delivers the book to my door, I will pay him only \$1.98, plus a few pennies postage. It is understood, however, that this is not to be considered a purchase. If the book does not in every way come up to expectations, I reserve the right to return it any time within five days after it is received, and you agree to refund my money.

The Love Leather Edition—We have prepared a Limited Edition, handsomely bound in Royal Blue Genuine Leather and lettered in Gold, with Gold Tops and Blue Silk Markers. No expense spared—makes a gorgeous gift. If you prefer this leather edition—as most people do—simply sign below, place a cross in the little square at the right, and pay the postman only \$2.98 plus postage.

Name

Address

City and State

IMPORTANT—If it is possible that you may not be at home when the postman calls send cash in advance. Also if you reside outside the U. S. A., payment must be made in advance. Regular Edition \$2.12, Leather Edition, \$3.12. Cash with coupon.

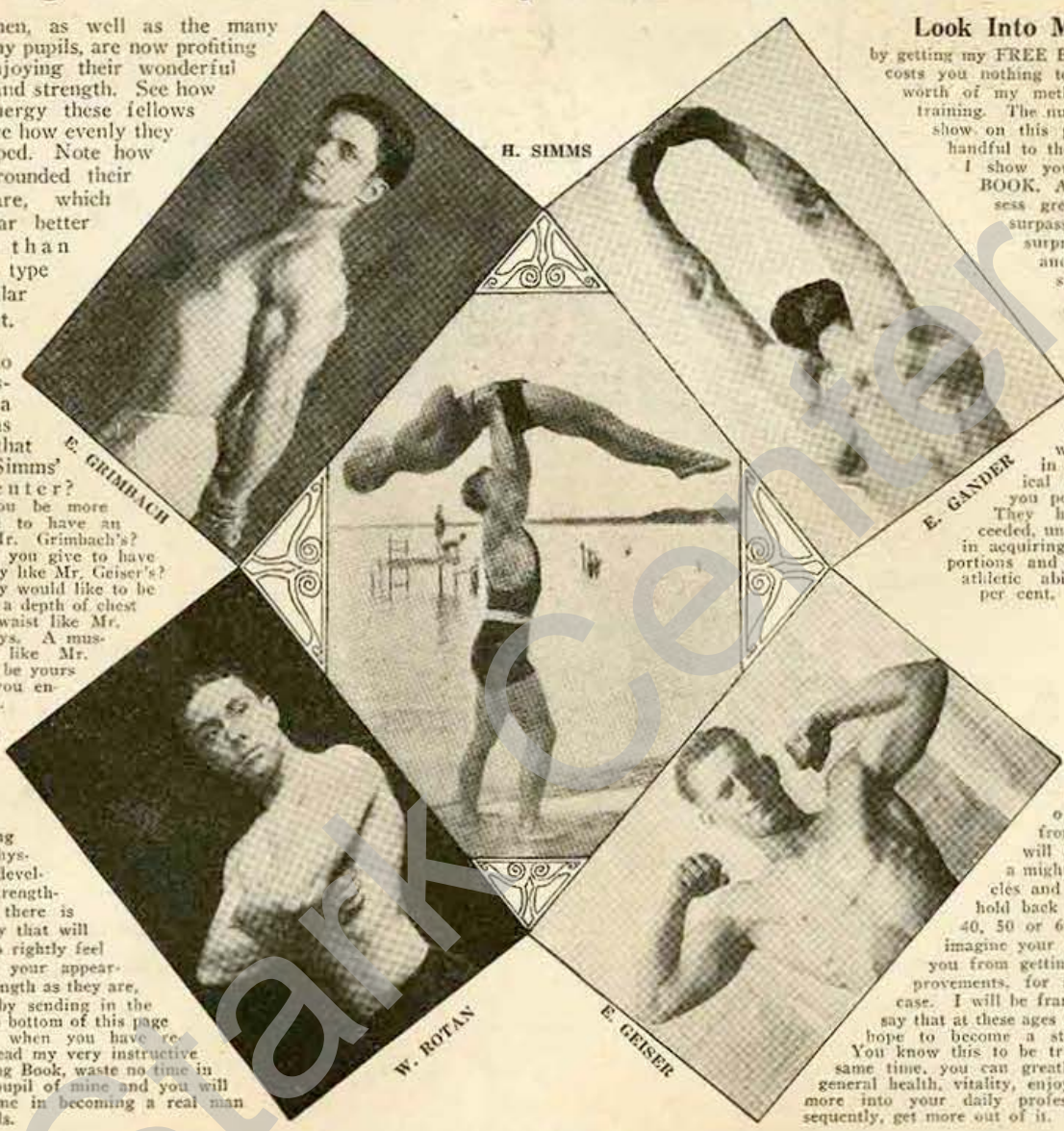
You Can Have Muscles Like These Fellows

and the Hundreds of Other Pupils of Mine, by Simply Doing as They Did—
Putting Yourself Under My Personal Care Immediately

These men, as well as the many others of my pupils, are now profiting by and enjoying their wonderful physiques and strength. See how full of energy these fellows are. Notice how evenly they are developed. Note how full and rounded their muscles are, which gives a far better appearance than the stringy type of muscular development. Wouldn't you like to be the possessor of a physique as sturdy as that of Mr. Simms' in the center? Wouldn't you be more than pleased to have an arm like Mr. Grimbach's? What would you give to have an upper body like Mr. Geiser's? You certainly would like to be able to show a depth of chest and a trim waist like Mr. Rotan displays. A muscular back like Mr. Gander's can be yours as soon as you enroll with me.

Join These Physical Supermen Now

by contributing your own physique fully developed and strengthened. But there is only one way that will enable you to rightly feel as proud of your appearance and strength as they are, and that is by sending in the coupon at the bottom of this page now. Then, when you have received and read my very instructive and interesting Book, waste no time in becoming a pupil of mine and you will be saving time in becoming a real man like my pupils.



Look Into My Methods
 by getting my FREE BOOK NOW. It costs you nothing to investigate the worth of my methods of physical training. The number of pupils I show on this page are only a handful to the additional ones I show you in my FREE BOOK. All my pupils possess great strength, unsurpassed physiques, surprising endurance and remarkable speed. All their physiques were built up to their present marvelous physical condition from physiques far below the average. They started with nothing more in the way of physical foundation than you possess right now. They have fully succeeded, under my direction, in acquiring their ideal proportions and improving their athletic ability a hundred per cent.

I Will Do the Same for You

As I have built these and other real men from weaklings, so will I build you into a mighty bunch of muscles and tendons. Don't hold back because you are 40, 50 or 60 years old and imagine your age will prevent you from getting wonderful improvements, for such is not the case. I will be frank with you and say that at these ages you could hardly hope to become a stage strong-man. You know this to be true. But, at the same time, you can greatly improve your general health, vitality, enjoy life more, put more into your daily profession and, consequently, get more out of it.

My Book Is Free in the Fullest Sense of the Word
Don't Even Send the Customary Dime for Mailing Charges

The saying is that you can't get something for nothing, but this is one time when you are going to prove this saying completely untrue. This Book, as I said before, will cost you absolutely nothing and places you under no obligations whatsoever.

There are many beautiful half-tone pictures of myself and a great number of my numerous and progressing pupils; there is included in its pages a thorough description of my methods; several pages on actually how to learn muscle control, with illustrations; action pictures on tumbling and hand-balancing; and also pages on what my pupils have to say about my course, reproduced exactly as sent to me and signed in their own handwriting.

Get This Book Now

CHARLES MACMAHON

Studio A-1

180 W. SOMERSET ST. PHILADELPHIA, PA.

CHARLES MACMAHON
 Studio A-1,
 180 W. Somerset St.,
 Philadelphia, Pa.

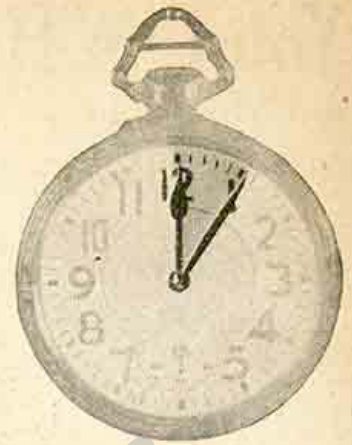
Please mail me a copy of your valuable book, "THE ROYAL ROAD TO HEALTH AND STRENGTH," which you are to send me without charge in accordance with your special offer.

Name

Address

City and State

TEAR OFF—FILL IN—MAIL NOW



Just give me 5 minutes of your time and I will prove to you that almost every man possesses the natural gift of powerful speech. A gift which brings money, advancement, popularity, and success in an amazingly short time. I will show you how to bring out this "hidden knack" and to overcome stage fright, self-consciousness, timidity, bashfulness. You can do all this quickly, easily and surely by giving me only 15 minutes a day in the privacy of your home.

AMAZING 5 MINUTE TEST PROVES 7 Men out of 9 have this "Hidden Knack"!

TESTS have shown that seven men out of every nine possess the natural gift which makes men rich. But few realize that keeping this knack hidden is the thing that holds them back when others, of lesser ability, get what they want by the sheer power of speech alone. I'll show you how to bring out this powerful "knack" and use it to quickly gain advancement in position and salary, popularity, leadership, success.

A Secret That Has Made Men Rich

Opportunity follows the man who can talk impressively and convincingly. Things invariably come his way. When there is a big, important, high-salaried position to be filled, he is the man who is asked to take it while often men of greater ability are passed by unnoticed.

In every line of business the big jobs go to the man who can dominate and control others. The man who can sway others and bend them to his will, whether it be one man or an audience of thousands, is the man who is constantly being sought for positions of power and leadership.

Now Easy for Anyone to Become a Powerful Speaker

Thousands of men have found it amazingly easy to quickly become powerful speakers.

You do not need a college education, nor previous voice training. A few surprisingly simple, easy-to-remember principles can readily be grasped in a few minutes each day. There is no mystery about becoming a powerful speaker. Anyone can do it. You have

often felt something rise up within you and demand expression. That is the "hidden knack" which, when brought out in this new and easy way, causes an unknown to jump to the head of a great business, an obscure salesman to suddenly rise to the desk of salesmanager; a bashful, timid man to become a popular after-dinner speaker and platform lecturer.

It Takes Only 15 Minutes a Day

I don't care how embarrassed you are when called upon to speak, I don't care how timid or bashful you become when in a social gathering. Give

me fifteen minutes a day for only a few weeks and I will guarantee to make you a forceful, convincing and impressive speaker—or it will not cost you a single penny. I'll show you how to make yourself the dominating figure in any gathering; how to speak with confidence and force in business conferences, at banquets, in the lodge hall, at public gatherings, on the lecture platform. I will show you how to bring out your "hidden personality" and turn it into a dominating and

commanding one through the power of speech alone.

This FREE Test Will Measure Your "Hidden Knack"

There is a simple, easy, five-minute test by which you can discover whether you possess this "hidden knack" that has made men rich. It will show you how this natural ability can be brought out by my unusual scientific training. How it can be used to quickly win you salary increases, business advancement, popularity and recognition. If you will fill in and mail the coupon below, I will send you this astonishing test FREE. Test your own ability—the results will astound you. But, send today before this offer is discontinued. It may be the biggest step toward advancement and success that you will ever make.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 1972, Chicago, Ill.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 1972
Chicago, Ill.

Please send me your FREE Test and full information about your amazing new method of learning Public Speaking. This request places me under no obligation of any kind.

Name.....

Address.....

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

What 15 Minutes a Day Will Show You

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



Could You Throw Your Opponent Like This?

I WILL SHOW YOU HOW, IN THIS COURSE WRITTEN FROM
MY OWN EXPERIENCE IN THE WRESTLING GAME

Would you be "there" or sadly deficient if compelled to defend your own or some one else's honor in a rough and tumble street fight? Put that question to yourself. Would you be compelled to go at it blindly and without a practical knowledge of how to best your antagonist? If you are frank with yourself you know you would be greatly "at sea" on such an occasion. This proves that you need this course of mine. Then, shortly after getting it, you will be "there" and feel secure in the knowledge that you can now handle the best of them.

Even in friendly encounters it is not comforting to be manhandled at will by your acquaintances. A thorough and practical knowledge of wrestling is more useful than the art of boxing. The wrestler wins in a mixed bout when their respective abilities are equal.

Get My Wrestling Course and Conquer Them All

Turn the tables on these fellows who have it on you. Show them a few things in the form of clever wrestling and the getting of holds that will cause them to cry out for mercy where before they laughed at your helplessness at their hands.



Charles MacMahon

Throw them so quickly they won't know what happened until they hear the jeers of the onlookers. Or let them linger and suffer from your holds until you are good and ready to flatten them on their backs.

Then You'll Take Your Place as a Leader of Your Associates

You will be looked up to as one of power and skill instead of down upon. Mastering the numerous holds in my course is fascinating and easy. Besides, it offers a splendid means of not only keeping fit but of building your muscles to large proportions and increasing your strength enormously. You will enjoy it with your buddy and friends, and there are many wrestling stunts that you can practice alone.

This Course Is Not Only for the Beginner

It is laid out for those who have also had wide experience in wrestling and for those who aspire to become professionals or first-class amateurs. It is not only for the fairly strong, for the weak and underdeveloped can learn and profit in a body-improving way. This course is the wrestling game from A to Z.

Wrestlers Are Physically the Toughest Class of Men There Are

The wrestling game makes you tough. It gives you almost tireless endurance. It hardens you to such an extent that you will hardly feel the crushing power of your opponent's hold, be he friend or enemy. A wrestler's toughness of physique makes him able to resist all diseases successfully.

Every Hold in This Course Is Illustrated

and there are nearly a hundred different holds, including the numerous Nelsons, Bar Holds, Scissors, Head Locks, Chancerys, Counters, Breaks, Blocks, etc. There is also much other

valuable information on feinting and sparring for holds, as well as the rules of the game. This course is complete. It gives you everything you should know about this fascinating sport.

There is a great demand for this wrestling course of mine. The first advertisement nearly exhausted the first edition, so be sure to get your order in now, for the second edition will not be off the press for quite some time to come. Order now and make sure of your course.

My Personal Help Is Included With This Course

Think of getting this wonderful course on Wrestling and the privilege of corresponding with me personally on all matters pertaining to wrestling and health promoting for the low sum of \$3.00. It can't be beaten—that's all. When you get this course and have practised a short while

You Will Lose All the Fear You Ever Possessed

Why? Because you will then feel safe in your physical powers and knowledge of how to handle any man and render him helpless in a jiffy. Is it worth \$3.00 to you to be fearless—afraid of no man? Assumed bravery without a backing of great strength and a thorough knowledge of wrestling is nothing more than bluff. Don't be a bluff—it's risky, for some good man is liable to call you now and then. You won't experience humiliation after you send in the coupon below with your \$3.00 attached.

Written From My Own Wide Experience in the Wrestling Game

This course is different. It was written with the sound knowledge of actual performances behind it. You cannot go wrong when you send for this course, for I personally see to it that you get not your \$3.00 worth, but many times \$3.00 worth from it. Let me teach you Now. Don't forget the limited number of these courses or you will be "out of luck" for a while. Here is the coupon. Fill it in and mail it before it's too late to get one of this first edition.

**CHARLES
MacMAHON**
180 W. Somerset St.
Phila., Pa.
Studio A-29

Please find enclosed \$3.00 for which send me immediately your course on wrestling.

**This Course Will Make You Master of Them All
Mail the Coupon and \$3.00 Money Order Now**

CHARLES MacMAHON

Studio A-29

180 W. Somerset St.

Philadelphia, Pa.

Name

Address

City and State

"Why doesn't he love me as he used to? Is it my fault or his?"



Are Men By Nature Polygamous?

THERE is no subject more clouded than this in a fog of misinformation, ignorance, stupidity, prejudice and passion. Many people honestly think that men, and women too, are naturally polygamous, and that when a couple swears at the altar in the deep sincerity of a new love, to be faithful to each other throughout life, they assume a task that, for physiological reasons, they will find practically impossible.

Others believe, just as intensely, that monogamy is not only possible but natural, and that unfaithfulness (in thought as well as in act) is simply an indication of a weak moral fiber.

What is the truth? ARE men and women naturally polygamous? There is no use blinking the fact that they SEEM to be so. Many men (and some women) after marriage are actually unfaithful to their life-partner. Still more are willing to be unfaithful, and are restrained from becoming actually so chiefly by the fear of consequences.

Let us face the truth. Everyone knows HOW RARE it is to find a man and woman who are "as much in love" with each other even a few years after marriage as they were in the glowing days of courtship.

Everyone knows how common disagreements are between husbands and wives; how coldness gradually appears; how antagonistic they often seem to be one to the other, as if there had grown up an underlying hostility, suppressed only for the sake of appearances before others, or "for the children's sake."

Divorce courts tell the tales of "love grown cold"; but they tell but an infinitesimal part of the whole story—of suffering, bitterness, jealousy, disillusion, that takes place in the homes of this land.

So it does seem as if a lifelong love between one man and one woman is the rare exception and not the rule. Finding unhappiness or disillusion with their mate, most men and women turn in imagination to someone else whom they think they can love. TOO OFTEN THEY DO SO IN FACT, and soon once more they are disillusioned.

What is the cause of this state of affairs? That is the whole question. Are men and women JUST BY NATURE polygamous? Or is there another cause?

The most recent scientific answer is, "Yes, THERE IS ANOTHER CAUSE; men and

FOR untold ages this question, so vital to the happiness of both men and women, has been answered one way or another, but always in ignorance. Now, at last, modern scientific inquiry gives a really conclusive reply, reveals the underlying cause of unhappiness in marriage, and shows how it can be avoided.

women are NOT by nature polygamous. Moreover, practically all unhappiness in married life can be laid definitely at the door of the man; to be specific, to the ignorance of most men about a few simple and vital facts that it is inexcusable for people not to know, BUT WHICH VERY FEW MEN AND WOMEN DO KNOW."

This is the striking conclusion that has been reached in a remarkable book recently published, which has been hailed (by people who think) as genuinely epoch-making. Its effect on the personal lives of men and women is bound to be far-reaching. The work is by Wilfred Lay, Ph. D., a New York psychologist.

This book has been called by Dr. Lay "A Plea for Monogamy." It is a "plea" only in the sense that it pleads with men and women to become acquainted with certain facts that will change the whole course of their lives. In another sense, it is far more than a "plea" for monogamy. For it tells, simply and clearly, the very facts that Dr. Lay pleads with men to learn. It is, indeed, a brilliantly illuminating scientific analysis of the way in which most married couples live together; why trouble breeds quickly in such households; and how such trouble can be avoided.

The book proves, beyond all question, that

monogamy is not only possible, but the ideal and idyllic relation between men and women; that where a man is as fully informed as he should be, polygamy is not only unnatural but unthinkable; that no TRULY HAPPY COUPLE ever even entertain the thought of another person; that with such people love deepens after marriage, instead of waning; and that all the bickering, the bitterness,

the misunderstanding, the suppressed hostility, that exists between many husbands and wives, ONLY EXISTS because of simple ignorance on the part of the man.

Obviously, it is impossible, in an article of this kind to outline except in the most general terms the contents of this great work. But enough has been said to indicate that it is a book that every man and every woman, no matter how long married, should read at once and carefully. It is safe to say that it will prove a revelation.

One thing at least is sure: It will open wide the eyes of those innumerable husbands and wives, who see disagreement and disillusion gradually carrying them ever farther apart, and it should at once bring them together again.

Above all, this book should be placed by every father in the hands of his son who is about to be married; and by every mother in the hand of her daughter, who looks forward so whole-heartedly and sincerely to an everlasting love. With such young people this book will mean that there need never be disillusion, that their dream of youthful love perpetuated will indeed come true.

Because so little can be said of the contents here, the publishers are willing to send a copy of this book to anyone for examination. You may read it through, and you will want to, for unless you are a rare person, it will probably mean more to your life than any book that you have ever read. Then, after reading it through, if you do not agree that it is one of the most momentous and valuable books you have ever read, it may be returned—within fifteen days—and your money will be refunded. Simply mail the coupon below, or a letter.

PERSONALITY PRESS

2575 BROADWAY DEPT. M-342, NEW YORK CITY

PERSONALITY PRESS, DEPT. M-342
2575 BROADWAY, NEW YORK

Please send me, in plain wrapper, a copy of "A Plea for Monogamy", by Dr. Wilfred Lay. When the book arrives, I will give the postman the sum of \$4, plus the delivery charges. If within fifteen days, I care to return the book, I may do so and you agree to return my money.

Name _____

Address _____

City _____

State _____

If outside Territorial U. S. Please send \$4.50 with order.

JOIN NOW

The American Continental Weight-Lifters' Association Opportunity Awaits You



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

When opportunity appears around the corner, we all should be enough alive to grab it when it comes our way, but the question is, do we? To the body-culturist and bar-bell enthusiast there has never been an opportunity offered them to band themselves together into one family group, whereby they could meet together in every locality, visit neighboring city clubs, enjoy fraternal intercourse, hold contests and competitions in the art of body-posing and weight-lifting as a sport, and receive recognition for their efforts. Never before was the chance given them to enjoy the educational benefits of this elevating study, and practice as other institutions have on an orderly basis. They never had a recognized authority to turn to for advice in time of help, and never had the chance to display their ambitions and zeal for this worthy cause until now.

Your Diploma

With the inception of this splendid organization, backed up by the greatest representatives of this study and sport, all has been made possible, and at all times we are ready to help you, and give you the association diploma in recognition for any of your creditable performances. I feel sure you would like to see such a handsome diploma framed on the wall in your den or club,

Exhibition of A. C. W. L. A. New York Branch Creates Sensation

In every city A. C. W. L. A. Strength clubs are springing up, and producing remarkable talent. Last December 11th, at the New York headquarters, Siegmund Klein, the New York state representative, and Henry Steinborn, as well as many other members from New York and New Jersey, performed some wonderful feats. If you had been a member, you could have witnessed these remarkable performances, and any others that

take place in the future. The fact that our membership is increasing by leaps and bounds, and Strength clubs springing up like mushrooms everywhere, is proof enough how popular the movement is.



A. C. W. L. A.
Lapel Emblem

All A. C. W. L. A. Members "Strength" Readers, and Milo pupils who are interested are requested to get in touch with the following persons who are representatives of A. C. W. L. A.

Mr. Siegmund Klein,
Attila Health School,
3924 Broadway,
New York City, N. Y.

Mr. A. M. Losey,
Jowett Strength Club,
161 Clinton Ave.,
Jersey City, N. J.

Mr. Mark Berry,
215 Clinton Ave.,
Newark, N. J.

Mr. Chas. B. Swift,
c/o Central Y.,
Wood Street,
Pittsburgh, Pa.

Mr. David P. Willoughby,
Los Angeles Weight-
Lifting Club,
1305 West Eighth St.,
Los Angeles, Calif.

Mr. G. A. Dembinski,
195 Orange St.,
Albany, N. Y.

Mr. H. B. Paschall,
400 Main Street,
Marion, Ohio.

Mr. M. G. Omeroid,
1724 Hampton Road,
Akron, Ohio.

Mr. H. E. Hall,
Conn. State Hospital,
Middletown, Conn.

Mr. Eugene J. Merton,
1122 Chestnut Ave., N.,
Minneapolis, Minn.

Mr. Wm. Holt,
41½ Crown St.,
Nashua, N. H.

Mr. Loyce MacDonald,
502 Hamlet Ave.,
Hamlet, N. C.

Mr. Peter H. Hielkema,
Grand Rapids Weight-
Lifting Club,
341 Fulton St., West,
Grand Rapids, Mich.

Mr. George Murray,
722 S. MacCann St.,
Kokomo, Ind.

Dr. Wm. E. Campbell,
Jr.,
610 Atlanta Nat'l Bk.
Bldg.,
Atlanta, Ga.

Mr. E. B. Koon,
c/o Park Pharmacy,
337 W. Fulton St.,
Grand Rapids, Mich.

Mr. Arnold A. Schie-
mann,
2208 W. Lexington St.,
Baltimore, Md.

Mr. A. E. Snyder,
Imperial Apts.,
1427 East Pike St.,
Seattle, Wash.

Mr. Robt. E. Moore,
Jr.,
904 Eastgate Ave.,
St. Louis, Mo.

Mr. Geo. W. Beemer,
Box 464,
Mecker, Colo.

Mr. Nat Levine,
1774 Bryant Ave.,
Bronx, N. Y. C., N. Y.

Mr. Ed. O. Martin,
602 Brady St.,
Attica, Ind.

Read These Names to Be Convinced

You as a health and strength disciple would surely like to be connected fraternally as a brother member with the names of the following great celebrities: George F. Jowett, Ottley R. Coulter, David P. Willoughby, Henry Steinborn, Joseph Nordquest, Siegmund Klein, Antone Matysek, Warren L. Travis, Earle Liederman, Clelio Massimo, and Otto Arco.

Every Man a Champion

Come in with them, and back up your ambitious ideals to promote health principles, body-culture, and weight-lifting as a sport into a national organization. We need you.

The Moral Law Asks You to Help

The generosity of the "STRENGTH" Magazine has made it possible for us to extend to you the remarkable offer offered here. We do not care whether you can lift weights or not, as long as you have the cause at heart, we want you. Don't miss this great opportunity to belong to the finest organization that has a membership of the finest physical examples and cleanest lives in America.

Help Us Fight for Nature's Law and Its Fulfillment

Wear your lapel button with pride, and let it proclaim you amongst the mass as one by whose intelligence and zeal has stepped out from the commonplace ranks to help the most worthy object possible for individual and national fitness. Your membership card will be your passport to every club in any city you may visit. These are but a few of the numerous benefits this organization offers to you.

Remarkable Offer by "Strength"

The regular initiation fee is \$2.50 to a new member, and a yearly subscription of \$5.00, a total of \$7.50. This entitles you to the lapel button insignia of this order, membership card for one year, and one year's subscription to STRENGTH Magazine, and all the big benefits that this splendid organization can give you.

ALL THIS IS OFFERED TO YOU FOR THE LOW FEE OF \$4.00

This splendid offer is made possible by the STRENGTH Magazine as their contribution to help a worthy cause, and help us to reach the quarter-million mark.

GEO. F. JOWETT, President A. C. W. L. 5-2-25
c/o STRENGTH MAGAZINE,
2741 N. Palethorp St., Philadelphia, Pa.

Dear Mr. Jowett:
Allow me to take advantage of the Strength offer, by enclosing \$4.00, which entitles me to one year's subscription to Strength, the lapel insignia of the A. C. W. L. A. with membership card, paid up for one year, and all its benefits. Kindly forward same at once.

Name.....
Address.....
Town..... State.....

Men—

*know the
truth about
yourself!*

THE veil has been lifted—the truth has been told!

You who have groped in darkness may now know the real facts about the vital personal problems that confront you, for Bernarr Macfadden has written a book that throws a blinding light upon the whole subject.



MANHOOD AND MARRIAGE

(A Fearless, Broadminded, Plain-Speaking Discussion of a Big, Vital Problem)

THIS book is a fearless, ringing challenge to prudery and ignorance. It contains the fruits of Bernarr Macfadden's lifelong study of one of the biggest problems confronting the young manhood of the world. In writing it he has dared condemnation to tell people what they really needed to know about themselves.

He has had to surmount extraordinary difficulties in the preparation of the book. Many of the topics discussed had never before appeared in a book intended for popular consumption.

The Author's Message

"Manhood of a superior degree is of truly extraordinary value. It is an asset beyond price. Thousands of young men, and those that are not young, can be wonderfully benefited by carefully following the instructions to be found in the pages of this volume. May it go out and carry its important truths to every human soul struggling for the light so sorely needed amid the pitfalls of life's pathway."
Bernarr Macfadden.

But the truth is mighty! It can neither be ignored or suppressed! There was an overwhelming need and demand for a fearless, plain-speaking book on sexology. The wall of ignorance that was wrecking millions of lives must be broken down!

The book was written, published and placed on sale. Today in tens of thousands of homes this great work is one of the chief factors in promoting health, strength and happiness.

The Truth About the Sex Question

People have at last begun to realize that the immense importance of the "sex question" will no longer allow it to be hid away as a thing to be ashamed of. We are living in an age of plain thinking and frank speech. Subjects spoken of in whispers ten years past are now discussed freely over the lunch table. Why is it, then, that the most important question in the world—the question upon which the future of the human race depends—is kept a dark and mysterious secret? Why is it that so many young people are allowed to stumble along in blind ignorance, often wrecking not only their own lives, but lives of others as well, when it is so easy to teach them? Why?

Seeing the fearful misery

everywhere about him, brought about by unfortunate marriages, separations, divorces, sickly children, and premature deaths, Bernarr Macfadden decided to kill forever the demon Ignorance, which made these things possible. "Manhood and Marriage" is the result.

"As One Good Friend to Another"

It is far more than just a book. It is more than a course of instruction. Bernarr Macfadden himself lives in the pages he has written. His spirit is there. It is as if he were talking to you as he would talk to his own younger brother. He does not preach; He does not theorize. He does not mince matters. Macfadden is first, last and always a man—a man who has lived the same life as you have, who has undergone the same temptations. Straight from the shoulder, brass tacks, that is what he gives you, and it is this plain-spoken sincerity that has made his book a never-failing source of inspiration and comfort to the thousands of men and women who owe to it their whole life's happiness.

On all sides the book has won unqualified approval. Educators, physicians and ministers join with the public in praising it. Here are some typical letters that we have received.

"Physicians know better than any other class of people the terrible penalties paid each year by those who err, owing to ignorance of the matters described in your book. I see instances frequently where a little common sense and plain talk would have saved suffering and disgrace. I approve of all you have said and wish you success in helping overcome the ignorance of prudishness."—F. S. Goodrich, D. D.

"I have read your new book entitled 'Manhood and Marriage.' I desire to express my appreciation of the work. I most heartily recommend your methods of treatment to all who are interested in the care and welfare of suffering humanity."—John G. Speicher, M. D.

"Your Manhood and Marriage deals with the most delicate subjects in a way which should offend no one and yet in a way which satisfactorily explains the subjects considered. I approve of the book in every part and certainly wish you success in your endeavor to spread knowledge of this nature and to overcome the ignorance regarding all vital health questions."—F. C. Gray, M. D.

Send No Money

This remarkable book, so new in scope, so fresh in viewpoint, is crammed full of information neglected by old-fashioned sex hygiene. And so convinced are we of its almost priceless value, so sincerely do we feel that it should be in the hands of every man, that we offer to send it to you on approval.

Send no money. Just fill out the coupon and mail it and the book will be shipped promptly. When it comes, deposit the price of the book, plus delivery charges, with the postman. Then take five days to examine it thoroughly. If at the end of that time you are not entirely satisfied with it in every way—if you are not ready to agree that the book is worth ten times its cost—just send it back to us and your money will be refunded immediately without question. If I do not feel that the book is worth much more than the price charged it is understood that I may return in perfect condition within five days after I receive it and my money will be refunded immediately and without question.

MACFADDEN PUBLICATIONS, Inc.

Dept. S-2
Macfadden Bldg.
1926 Broadway, N. Y. C.

Read these Chapter Headings

The Importance of Virility
Am I a Complete Man?
Is Marriage a Necessity?
The Age to Marry
Selecting a Wife
Love Making and Its Dangers
Establishing the Intimate Relations of Marriage
Marital Mistakes and Excesses
Regulating Marital Intimacies
Should Husband and Wife Occupy Separate Beds?
Conserving Love—The Basis of Marital Happiness
Should Husbands be Present at Childbirth?
Are Children Always Desirable?
The Crime of Abortion
Divorce Physiologically Considered
Can a Wrecked Marriage Be Reclaimed?
The Erring Wife
Jealousy—The Green-Eyed Monster
Quarreling and Making Up
Sowing Wild Oats
How Virility is Destroyed
The Truth About Masturbation
Seminal Losses
The Plain Facts About Varicocele
The Troublesome Prostate Gland
Impotence and Allied Sexual Weaknesses
Sterility
How to Build Virility
Exercises for Building Virility
Foods that help to Build Virile Stamina
Diseases of Men—Their Home Treatment
The Prevention of Venereal Disease
Various Problems of Young Men

MACFADDEN PUBLICATIONS, Inc.

Dept S-2, Macfadden Building

1926 Broadway, New York City

Name

Street

City

State

You Can Become a Physical Marvel

by using a bar-bell. These long-handled dumb-bells which are easily handled, and readily adapted to leg and back exercises as well as arm movements, are the greatest of body builders.

The double progressive method of physical training which has time after time gradually and steadily built up the man of below-normal physique can not be used in any other form of exercise. This is the only way to improve your build, your muscular development and your store of organic vitality.

Most of our bar-bell users succeed in getting 42-inch chests, 15-inch upper arms, 23-inch thighs and other measurements in proportion. Many men of average physique will in a few months training gain a 45-inch chest, a 16½-inch wrist, a 27-inch thigh, the whole gain resulting in putting on from 20 to 50 lbs. in bodily weight.

These Remarkable Results

are explained by the fact that the adjustable feature of our bar-bells permits us to give exactly the right amount of exercise for each of our pupils at any given time. Increased muscular development is the result of exercising the muscles to their capacity.

With every bar-bell we sell we give courses of training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as twenty pounds in weight and six inches in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged men and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent of our patrons are indoor men.) One of our greatest delights is to take husky farmers, outdoor workers and gymnasium devotees, and show them what real strength and development is like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers and strength-seekers that it is hardly possible your case would present any new problems for us.



OWEN CARR

Unlimited Service and an Absolute Guarantee

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar-bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions, and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for. All our goods are sold on the same understanding. If within ninety days after enrolling with us, you are not satisfied with the results, you can return the outfit, and have your money refunded. For years we have kept a careful record and find that the proportion of returns is ¼ of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

What You Should Weigh

We have originated a standard of physical perfection to which we believe our pupils may justly aspire. This standard is fully explained in our pamphlet, "How much should I measure, and how much should I weigh?" You will find in this pamphlet just what the ideal physical proportions of a man of your height and bone structure are. "Health, Strength and Development—How to Obtain Them," will give you the information which its name indicates it will contain. It is handsomely illustrated, with photos of our pupils who have accomplished big things in the physical culture world, and you will be able to learn much of interest to the strength enthusiast from its contents.

Send for Both Pamphlets Today—They Are Free on Request

THE MILO BAR-BELL CO.

2739 N. Palethorp St.

Dept. 28

Philadelphia, Pa.

You Might Laugh at This New Way to Grow Hair

—But Here's **POSITIVE PROOF** of What I Am Doing Everywhere

These are true letters sent to me by some of the thousands of people who have taken my remarkable new treatment for baldness and falling hair. These are not rare instances. Enthusiastic letters are pouring in daily telling of the astonishing results being secured everywhere—through use of my scientific system. What better proof is there that I can *actually grow new hair*? To try my new discovery you need not risk a cent. For I positively *guarantee* results or charge you nothing. Mail the coupon for free booklet describing my system and 30 Day Trial offer in detail.

By **ALOIS MERKE**

Founder of Famous Merke Institute
Fifth Avenue, New York

A NEW growth of hair in 30 Days—or no cost! This may sound impossible to you. But just read the statements from users of my method printed on this page. These are true excerpts from original letters and are typical of hundreds of others in our files which are open at all times to the inspection of any one interested.

I don't say my system will grow hair for everyone. There are some cases of baldness that nothing in the world can help. But I've grown new hair for so many thousands of others who had given up hope that I am entirely willing to let you try it at my

risk for 30 Days. Then, no matter how fast you are losing your hair—no matter how little of it there is now left—if you are not more than delighted with the growth of hair produced I will instantly and gladly mail you a check refunding every cent you have paid me. That's my absolute **GUARANTEE, AND YOU ARE THE SOLE JUDGE.** I take all the risk. You take none whatever.

Entirely New System

Most people believe that when their hair falls out the roots are dead. But I have proven that in the majority of cases the hair roots are merely dormant—inactive. Through under-nourishment, dandruff and other causes the starving, shrunken hair roots have liter-



Who Else Wants a New Head of Hair Like This?

ally gone into a state of "suspended animation."

Tonics, ointments, massages, crude oil, etc., etc., fail to grow new hair because they do not reach these dormant hair roots; but instead simply treat the surface of the scalp. To make a tree grow you would not rub "growing fluid" on the bark. Instead you would get right to the roots. And so it is with the hair.

My new method provides an effective way of properly treating dormant hair roots and stimulating them into a new and natural growth. And the fine thing about my system is the fact that it is *simple* and *inexpensive* and can be used in any home where there is electricity, without the slightest discomfort or inconvenience.

Mail Coupon Now

The very fact that you have read this announcement shows that you are anxious about the condition of your hair. So why not investigate? Find out for yourself. That's the only common-sense thing to do.

If you will merely fill in and mail the coupon below I will gladly send you, without cost or obligation, a wonderfully interesting booklet which describes in detail my successful system which is growing new hair on happy heads all over the country. Clip and mail the coupon today. Allied Merke Institutes, Inc., Dept. 552, 512 Fifth Ave., New York City.

Read These Letters!

New Hair Growing

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in."—F. D. R., Washington, D. C.

New Hair on Bald Spots

"I have used Thermocap Treatment for 8 weeks and, although the top of my head has been entirely bald for 5 years, the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—W. C. Kenmore, Ohio.

Can't Say Enough For It

"Am glad to say I can see such great change in my hair. It is growing longer and my head is full of young hair that has made its way through since I have been using Merke Thermocap. I can't say enough for it. It will do everything you claim it to do."—G. G., Texas.

NOTE

These testimonials used in connection with the Merke Thermocap Treatment are true extracts from original letters on file in the Allied Merke Institutes, which files are open to the inspection of anyone interested, at all times. Many other letters will be sent with your free booklet, together with affidavit certifying to them.

Results Gratifying

"Ten years ago my hair started falling. I used hair tonics constantly but four years ago I displayed a perfect full moon. I tried everything—but without results. Today, however, thanks to your treatment, I have got a new crop of hair one inch long."—F. H. B., New York.

Hair About Gone

"My hair had been falling for the last two years and I had hardly any more hair on the front of my head. But since I started using your treatment I am raising a new crop of hair. Your treatment is best I ever saw."—O. J., Northbridge, Mass.

Falling Hair Checked

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



Get This Book

ALLIED MERKE INSTITUTES, Inc., Dept. 552, 512 Fifth Avenue, New York City.

Please send me—without cost or obligation—a copy of your book describing the Merke System.

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

Address.....

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



30 Days Ago They Laughed at Me

I never would have believed that anyone could become popular overnight. And yet—here's what happened

ONE evening, about a month ago, I went to a dance. Just a jolly, informal sort of dance where everyone knew almost everyone else. I wouldn't have gone to a really big or important dance, because I—well, I wasn't sure of myself.

There was a young woman at this dance I had long wanted to meet. Someone introduced us, and before I knew it I was dancing with her. That is, I was *trying* to dance with her. She was an exquisite dancer, graceful, poised, at ease. Her steps were in perfect harmony with the music.

But I, clumsy boor that I was, found myself following her instead of leading. And I couldn't follow! That was the sad part of it. I stumbled through the steps. I trod on her toes. I tried desperately to keep in time with the music. You cannot imagine how uncomfortable I was, how conspicuous I felt.

Suddenly I realized that we were practically the only couple on the floor. The boys had gathered in a little group and were laughing. I knew, in an instant, that they were laughing at me. I glanced at my partner, and saw that she, too, was smiling. She had entered into the fun. Fun! At my expense!

I felt myself blushing furiously and I hated myself for it. Very well. Let them laugh. Some day I would show them. Some day I would laugh at them as they had laughed at me.

All the way home I told myself over and over again that I would become a perfect dancer, that I would amaze and astonish them. But how? I couldn't go to a dancing school because of the time and expense. I certainly couldn't afford a dancing instructor. What could I do?

By morning I had forgotten my anger and humiliation and with them the desire to become a perfect dancer. But three weeks later I received another invitation. It was from Jack. He wanted me to come to a small dance at his home, a dance to which, I knew, the same people would come. I wouldn't go, of course. I wouldn't give them the chance to laugh at me again.

But that night Jack called. "Coming to the dance?" he asked. "No!" I retorted.

He grinned, and I knew why. It infuriated me. A daring plan flashed through my mind. Yes, I *would* come. I would show them this time that they couldn't laugh at me.

"I've changed my mind," I said to Jack. "I'll be there." Jack grinned again—and was gone.

Popular Overnight!

I ran upstairs and found the magazine I had been reading the night before. One clip of the shears, a few words quickly written, a trip to the corner mailbox—and the first part of my plan was carried out. I had sent for Arthur Murray's free dancing lessons.

Somehow I didn't believe that dancing could be learned by mail. But there was nothing to risk—and think of the joy of being able to astound them all at the dance.

The free lessons arrived just the night before the dance. I was amazed at the ease with which I mastered a fascinating new fox-trot step. I learned how to lead, how to have ease and confidence while dancing, how to follow if my partner leads, how to dance in harmony with the music. It was fun to follow the simple diagrams and instructions. I gained a wonderful new ease and poise. I could hardly wait for Jack's dance.

The following evening I asked the best dancer in the room to dance with me. She hesitated a moment, then rose—smiling. I knew why she smiled. I knew why Jack and the other boys

gathered in a little group. Good! Here was my chance.

It was a fox-trot. I led my partner gracefully around the room, interpreting the dance like a professional, keeping perfect harmony with the music. I saw that she was astonished. I saw that we were the only couple on the floor and that everyone was watching us. I was at ease, thoroughly enjoying myself. When the music stopped there was applause!

It was a triumph. I could see how amazed everyone was. Jack and the boys actually envied me—and only 30 days ago they had laughed at me. No one will ever laugh at *my* dancing again. I became popular overnight!

You, too, can quickly learn dancing at home, without music and without a partner. More than 200,000 men and women have become accomplished dancers through Arthur Murray's remarkable new method.

Send today for the five free lessons. They will tell you more than anything we could possibly say. These five lessons which tell you the secret of leading, how to follow successfully, how to gain confidence, how to fox-trot and how to waltz—these complete five lessons are yours to keep, without obligation. Arthur Murray wants you to send for them at once, today—so that you can see for yourself how quickly and easily dancing can be mastered at home.

Clip and mail this coupon NOW. Please include 25c to cover the cost of handling, mailing, and printing. Arthur Murray, Studio 411, 290 Broadway, New York.

Arthur Murray, Studio 411
290 Broadway, New York

To prove that I can learn to dance at home in one evening, you may send me the FIVE FREE lessons by Arthur Murray. I enclose 25c to pay for the postage, printing, etc. This does not obligate me in any way.

Name.....

Address.....

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

Editorial

The Most Important Thing

PHYSICAL strength is really the most important thing in life. Unless you are really healthy you cannot be really strong, and if you are really healthy it is such a short and easy step to acquiring strength that the step should be taken not only for its own sake but also as a form of additional health insurance.

Health and strength, like money in the bank, increase and multiply. No matter what your job may be or what your ambitions may be, your chances of attaining them are infinitely improved if you are possessed of a strong body. It is our earnest wish that each number of STRENGTH will show those of its readers who are well and healthy how to become strong, and those of its readers who are below par physically how to attain normal health, and those who are already much ahead of the average, physically, how to maintain and increase their already great physical advantages.

STRENGTH, editorially, tries to shape its policy month by month so that every one interested in health will find the information that is necessary for him to have in order to obtain the fullest possible development of his physical powers. We recognize that diet and exercise are pretty nearly the beginning and the end of the problems of the healthy person. In fact, exercise and ordinary regularity in living are all that such a person really needs. By familiarizing oneself with the fundamental value of diet one can, however, make the everyday functioning of the body much more satisfactory.

Health is Easy to Maintain

In thought and in practice we believe that diet comes down to a few simple rules, the first and most important being to eat foods that are as nearly in the shape in which nature made them as it is possible for them to be. We recognize the fact that conscious and unconscious adulteration of foods is at the root of the food problem of the day. We try to point out the dangers and to show how they can be avoided.

When it comes to exercise we believe in all exercise, but more particularly we believe in individualized exercise. We feel that the individual who gives some time and thought to his exercising program is bound to get ahead of

the man who goes through the same routine day after day.

We feel that muscular activity which taxes the muscles to their capacity results in far-reaching bodily improvement. We advocate heavy, strenuous exercise. We prefer to see you taking such exercise under proper guidance, but even without guidance. We want to see more people interested in wrestling, lifting, tumbling, heavy gymnastics and in general those forms of exercises which make you aware of the fact that you have done something after you have finished. We do not mean to say that what is easy for one man is easy for all, but we do mean to say that real results come only when you constantly increase the effort expended in exercise.

For the man or woman who is physically below par we run from two to four articles by physicians in each issue. Of course many cases can not be benefited by the rather broad treatment which the limitations of a magazine compel the author to recognize. Nevertheless as a direct result of our medical articles we carry on a very large correspondence with readers who are in need of more specific information than the space which we can give to their particular interests, permits us to give.

STRENGTH, in all departments, offers the best specialized and individualized health service that it is possible for us to give. All of our departments invite correspondence, and any of our departments will be pleased to hear from you.

You Can Improve Physically

To sum the matter up, we believe that intelligent effort is all that is needed to make the ill man well, the well man strong, and to enable the strong man to increase in health and strength. Every month we try to aid our readers to apply the information they have, and we try to keep them aware of new methods and impressed with the necessity for intelligent health building and strength building.

You will find in any number of STRENGTH information that, rightly applied, is of priceless value, no matter to which classification you may belong. STRENGTH is not edited with any other idea in mind save one, and that one is to aid materially month by month the physical well-being of its readers.

Strength and Symmetry— Synonyms for Shapeliness

Beauty Is Based Upon Activity, for
"Strength Is Beauty"

By Florence Whitney



Keystone

The perfect symmetry of the all-around athletic girl, and therefore inevitable beauty, is well expressed in the case of Miss Helen Wills, world's tennis champion.

Miss Betty Compson, motion picture star, is as famous for her beauty of form as for her loveliness of face. Her faultless outlines, evident in this photograph, are the result of the athletic activity by which she keeps fit.

Kedel & Herbert



IN the first two articles of this series we took up two important factors in womanly attractiveness: first, the fundamental factor of beautiful bones as providing the framework upon which the general character of one's body—apart from color—naturally depends; and secondly the dominating factor of a true beauty psychology. For as we have already seen, beauty is not skin deep, nor does it hinge upon any one thing. It is the expression of all-around excellence of normality in various respects, and particularly of strength and cleanliness of body, of mind and of spirit.

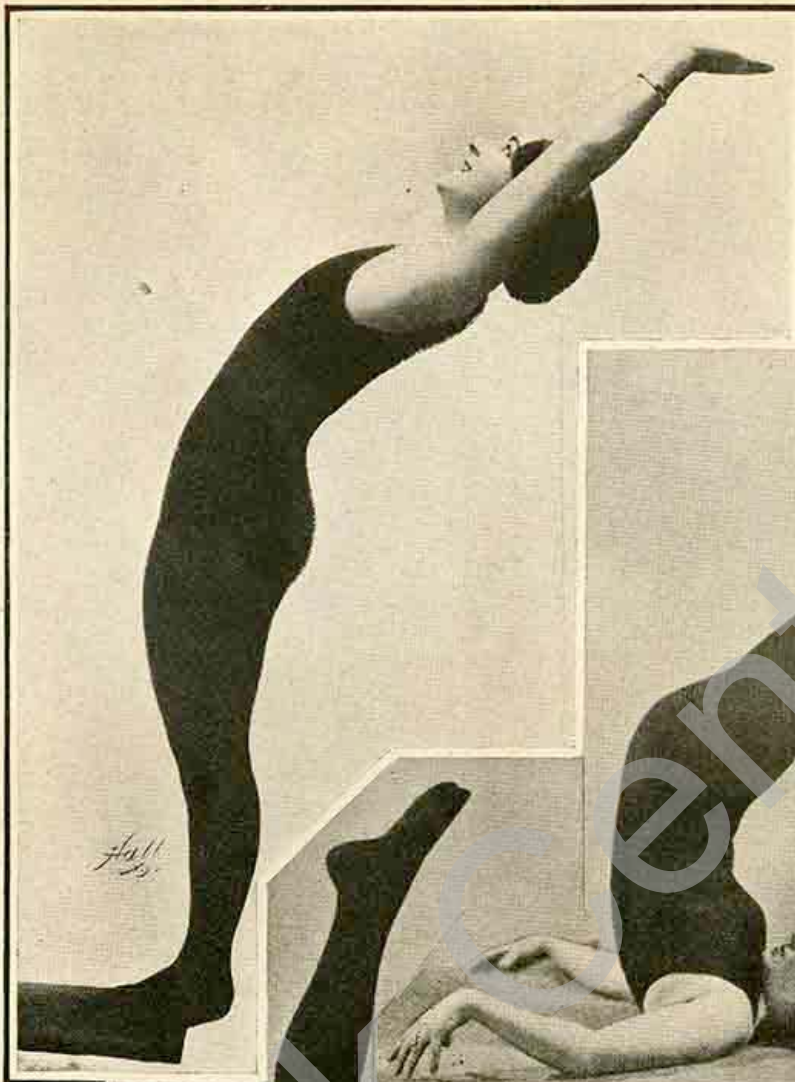
It is often said by critics who presumably ought to know that there are more beautiful women today than ever in the history of the world. Whether there are more women with inherent possibilities of beauty—that is whether we now have had a survival of a larger proportion of beautiful types—may be a question. But evidently there are today more women who, having these inherent possibilities of beauty, actually have realized these potentialities, who have developed what beauty was implanted in them—or, to put it another way, who have fulfilled their *destiny* of beauty.

But what is the reason for this? It is because women today are stronger and living more healthful lives, and especially because they have taken up swimming, tennis and other outdoor sports—millions of them. Our grandmothers never dreamed of the hosts of outdoor girls, hiking girls, swimming and tennis girls, basket-ball girls, golf girls, girls in Olympic

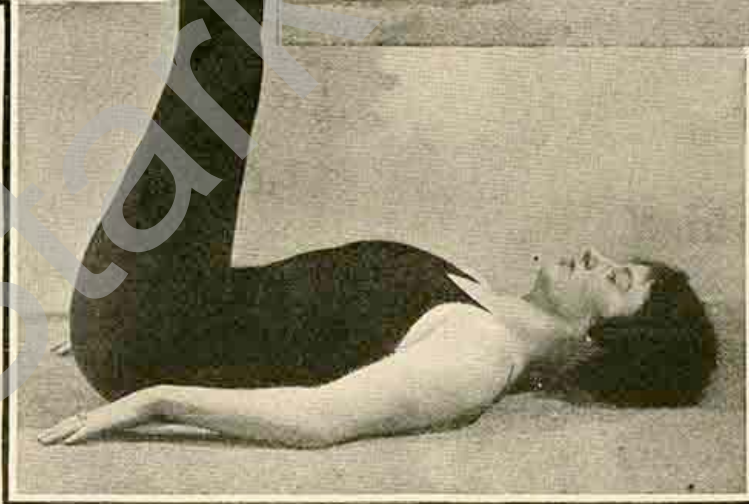
Games, girls driving cars, even motorcycle girls, girls in dozens of outdoor activities, as we see them today. Why, all this is changing our well-known human race—so far as the fairer and supposedly better half of it is concerned.

But to approach the subject from another direction, and forgetting for a moment those who already have great beauty. Why do the other women lack beauty? What is the common defect by reason of which so many women still fail to be more presentable? In other words, if we find what it is that is most wrong with most women, to the effect that they are not at their best, we can at once apply the proper remedy.

All right. The thing that is most wrong with most women is lack of strength. Because that is the one thing that most women lack. Those who have strength, on the other hand, have shapeliness. You can prove this by endless examples of athletic girls, swimmers, dancers, runners and those who do more or less athletic performances in circus, vaudeville and musical comedy. They all have strength—from top to toe—and therefore they have symmetry and shapeliness. If our flabby, non-athletic women had the strength with which to do things with their bodies, they, too, would have beauty. And without such strength they are shapeless. It is inevitable that this would be true, in the very



Miss "Ideal," swimming and diving specialist, presents the beauty of person characteristic of vaudeville artists engaged in more or less athletic activities. Her name would seem applicable to a form in which strength and slimmness are so well combined. Here is an object lesson in beauty culture for women generally.



Photographs by courtesy of B. F. Keith

Dainty Marie, in this photograph, not only displays perfection of bodily beauty, but one of the exercises by which every woman may expect to attain a similar standard of excellence. You can call this a "shoulderstand," raising the back as illustrated.

nature of things. Strength and symmetry are one.

But perhaps you will say some young women are beautiful without ever having taken any exercise. However, that is not true—I mean it is not true that any of our famous beauties have never taken any exercise. They have always moved about some—and many of them have danced a great deal. Besides, they have invariably played games during childhood and girlhood, rope skipping, roller skating, hoop rolling, hide and seek and other running games. They have grown up from childhood with a considerable athletic impulse which



Courtesy of B. F. Keith

This girl, a member of the Bobby Heath Revue, exemplifies the beauty that accompanies the natural vitality of youth. She is a pretty girl, but will not retain her shapeliness with passing years, as there is not sufficient strength behind it. To her left, by way of contrast, is the more athletic figure of a swimming champion, Miss Aileen Riggan, a type of beauty that will not fade.



P. & A.

would tend toward bodily development. And then there is the natural strength of youth. They come from untold generations of ancestors who have worked and fought and played and developed their bodies, and there is an inherent tendency toward development up to a certain normal point. And with the vitality of youth, good circulation and good digestion, those who are particularly well endowed by nature acquire a measure of beauty even though they *seem* not to take much exercise—in the sense of special training—just now. The natural strength of youth serves, as well as any cultivated strength.

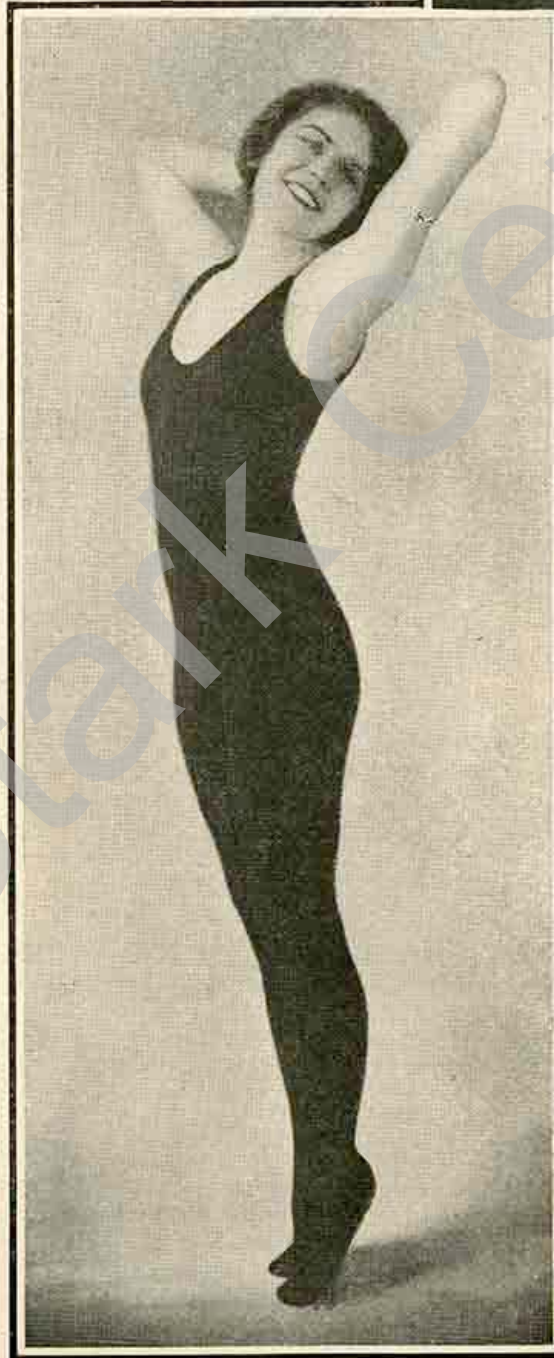
But when youth fades, in such cases, beauty fades with it. However, the characteristic fact about beautiful

women of today is that they do not fade. They keep their beauty through the thirties and into the forties, so that you do not even know that they are in their thirties or forties. And some of them keep their beauty into the fifties and sixties and seventies. Probably this fact of "lasting beauty" is responsible largely for the apparently greater number of beautiful women today.

Now, it is true that most of us have no ambition to be circus performers. Nevertheless we should have enough strength to be able to do ordinary things with our own bodies, to be able to move and lift our own selves as we may be required to do in the course of normal life. But the average woman cannot even do that. Not more than one woman out of fifty can do the floor dip, that is, to push herself up to arms' length, with body straight and rigid, when lying on the stomach. That is not a "stunt" nor a feat of strength—just a normal movement that any one should be able to do. The average woman cannot rise to a sitting position when lying on the back except with great effort, although this is a movement naturally easier for a woman than for a man, because of her build, that is to say, because of her relatively lighter upper body, from the waist up. You can prove this by trying a little stunt at any house party. Let every one, in turn, lie down on the back with the hands clasped behind the head, and then try to rise to the sitting position, *slowly*, without lifting the legs from the floor. You may do it by starting with a jerk and getting an impetus, but you must do it slowly. Practically no man in the world can do it, for his heels will lift up in the attempt. But most women can do it—if they have the strength to sit up at all—without lifting the heels. Try it, now.

This means, in part, that women are less developed in the shoulders and arms than men, as a rule, though mainly it means relatively lighter framework above the hips. More women have good legs. I mean by this that many women otherwise poorly equipped nevertheless have sound and shapely legs. The fashion of short skirts of two or three years ago and the present returning fashion of short skirts discloses that fact. Discloses is right—though one might almost say "disclotheses," so far as the legs are concerned. But the reason why a woman shapes up bet-

(Continued on page 76)



Courtesy of B. F. Keith

Two contrasting types—Miss "Odiva" (at the left) presenting the light-boned, and Miss "Amazon" the robust figure.

The Staff of Life

—Which Bread?

The Choice Rests With You—Whether You Will Eat Anemic White, Graham or Brown Breads or the Genuine Flavorful Whole Wheat from Which None of the Substance Has Been Removed

By Alfred W. McCann

WHILE the Ward Baking Company was spending \$20,000 on a short term whole wheat bread campaign in 1924, it was spending more than a million dollars on its annual white bread campaign. The General Baking Company and the United Bakeries Corporation were spending another million dollars on white bread, but not a penny on whole wheat bread.

Hundreds of other bakery corporations with an output of from 100,000 to 500,000 loaves a week spent annually several millions of dollars on white bread, but not a penny on whole wheat bread.

I can name you a dozen denatured breakfast food companies that spent \$6,000,000 during 1924, but I can't find a single whole wheat food, free from objection, that spent a penny for general advertising.

The following question is rather significant: Why does the white flour industry find it necessary to spend so many millions of dollars to keep the people assured that white flour breadstuffs and breakfast foods are all that is claimed for them?

Obviously many of them are becoming a little anxious over the success of the whole wheat movement in New York. Ten years ago there was scarcely any whole wheat bread worthy of the name to be found in the big city. In 1924 nearly a million loaves were sold each week.

When they speak of the prospective failure of a baker who devotes himself to an honest loaf of whole wheat bread as a reason for extreme caution on the part of any individual who is tempted to move in that direction, they ought at least to consider the scores of failures among bakers who never produced any but a white loaf.

Interchange of data on such a point is fruitless and without significance. Certainly genuine whole wheat bread served as soon as possible from the oven door, which means within a day or two, is the most flavorful, wheaty, nutty, delicious bread that ever entered man's mouth, provided only that the wheat is ground fresh,



Alfred W. McCann

as it ought to be, before mixing the dough.

What a difference between whole wheat freshly milled and whole wheat milled two or three months before baking! Everybody is familiar with the difference between freshly roasted and freshly ground coffee and coffee which was roasted and ground a month ago. The same difference precisely is characteristic of real fresh whole wheat bread compared with any other kind.

The so-called "brown bread" is a pathetic caricature of the real thing, and the so-called "graham bread," by its half-breed nature and anemic, flavorless properties, is even more enthusiast who approaches the repellent to the disappointed decoy with expectations of enjoyment and satisfaction.

Bakery editors are right when they say that the baking trade ought not to be verbally blackjacked for not baking what they can't sell, and that the people themselves ought to be verbally blackjacked for not demanding what they ought to have.

But how are the bakers or the people to know the truth when so many millions of dollars are spent annually to keep it from them, and nothing at all is spent to put it into their hands?

It is claimed that there is no acceptance for "brown bread." The claim is obviously true. But in New York City there is an acceptance for genuine whole wheat bread.

This acceptance would certainly be as characteristic of every other city as it is of New York if the same truth-revealing energy were poured into those cities as has been poured into New York.

The United States Military Academy at West Point has demonstrated the acceptance of the whole wheat movement. In June, 1924, the West Point cadets began eating whole wheat bread at the rate of 100 pounds a week. Before November, 1924, they had voluntarily increased their demand to 600 pounds a week. It need scarcely be said that the whole wheat bread served to the West Pointers was not a miserable imitation of the real

thing, but a tasty, meaty, flavorful and altogether genuine loaf.

"White bread made with milk will sell, and such bread almost equals whole wheat in animal feeding tests," was the 1924 argument most frequently resorted to in defense of white bread, although apparently its influence was not felt at the United States Military Academy.

Here again the enthusiasm of the bakery editor warps his judgment.

During 1924 I had between 100 and 150 animals in my laboratory at 91 Seventh Avenue, New York City, on a score of feeding tests. These tests included every type of patented cereal and milk mixtures on the one hand and whole wheat on the other. The white flour and refined breakfast foods with some so-called "whole wheat" breakfast foods were found, even with the addition of 5 per cent. whole milk solids (the equivalent of 40 per cent. whole milk in the fluid state), to be in every sense inadequate to the development, growth and health of the animals.

The whole wheat animals, on the other hand, with surprisingly small quantities of milk solids, go on living at their best, reproducing generation after generation with litters superbly vitalized.

Whole wheat is not a complete food. Neither is milk, which lacks iron. Milk was intended by Nature as a diet for the young up to but not beyond the weaning period. The unborn stores in its liver sufficient iron to carry it through to weaning time. Hence the deficiency of milk in this respect.

But—what milk lacks whole wheat supplies. White flour does not. Whole wheat contributes all that Nature intended it to contribute to the needs of the growing organism. White flour has been robbed of so much that it ought to contribute that even with the addition of milk there is no comparison between the two.

Nothing said here should be construed as an argument against the use of milk by child or adult. On the contrary, there is much evidence to support the conviction that the American public might well add an additional pint of milk to its diet every day with beneficial and lasting results, provided that the quantity of meat consumed is cut at least in two.

Bakery editors are actually at war with many millers of white flour. Bakery editors do not admit that the bran of whole wheat is good for humans, but many of the millers have actually gone out of their way to put various brands of bran on the market.

Bran to the bakery editor is an undesirable element in bread because it is "indigestible." But it is a good thing for millers to sell to the people in packages so that the people can eat it on the side.

This argument is a straddling one with neither foot on the ground on either side of the fence. Pepper is "indigestible." Nutmeg, cinnamon, ginger, mustard, mace, allspice, cloves are "indigest-

ible." These spices consist principally of cellulose or woody fiber.

Bakery editors say that bran should be avoided because it consists principally of cellulose or woody fiber. Very good writing paper can be made of the cellulose of spices, although it would be expensive paper.

The "indigestible" cellulose or woody fiber of the orange, pineapple and canteloupe is quite as "indigestible" as the "indigestible" cellulose or woody fiber of crisp celery, fresh string beans and succulent asparagus. The "indigestible" cellulose of the seeds of strawberries, raspberries, figs and grapes is quite as "indigestible" as the "indigestible" bran of wheat, and for the same reason.

None of these substances is actually digested, yet all of them, in their course through the body, surrender their soluble extractives which are taken up by the tissues. Not only is this especially true of wheat bran, but the residue of the undigested bran which remains behind, acts as a moisture absorber, and as such performs a most important and necessary function in the intestines.

Some of the bakery editors have advanced the grotesque idea that bran is like so much ground glass which sweeps, irritates and inflames the intestines and thus becomes a laxative. One editor in particular tells how, at the New York Experiment Station, they took wheat bran from which the phytins and soluble mineral salts had been leached out, and fed the resulting roughage, highly advertised as beneficial, to a poor old unfortunate cow. The cow went down on her knees in agony and could not rise again. Her joints swelled and creaked. She was given a two-pound dose of epsom salt, but nothing happened. As she was about to die she was put back on delicious ensilage, and apparently recovered.

Of course the exhausted bran, although likened to ground glass, did not scour, sweep, irritate or inflame the intestines of "Bossy." Of course, instead of acting as a laxative it nearly ruined the animal. But it didn't scour, and it didn't act at all as ground glass. It was just plain, exhausted fiber from which all the good had been taken out before the cow was allowed to swallow it,

proving conclusively that not the bran itself, but what the bran brings as a carrier to the needs of metabolism is the issue to which dietitians should give their attention.

Moreover, the bran can't be separated from the wheat without taking the germ along, and the germ is even more important than the bran. Any argument against the consumption of wheat bran in the normal proportions in which it is found in honest whole wheat bread is an empty one.

Every time we eat a roasted or boiled ear of corn, or the contents of a can of New York State or Maine corn, we eat the bran, the "indigestible" woody fiber, the objectionable

(Continued on page 89)

Something You Should Know About Whole Wheat Bread

"Times have indeed changed during the last ten years with respect to what ought to go into bread and what ought to be kept out of it. But there are still too many white bread champions in high places who cry out that they would no more think of eating whole wheat with the skin on than a chicken with its feathers on, a fish with its scales on or beef with the hair on.

"Apparently these people do not know that whole wheat has been very effectively skinned. The bran of whole wheat is not the outer husk. The outer husk is always removed from wheat quite as effectively as husks are removed from corn, wool from sheep, feathers from a chicken, scales from a fish, hair from a steak or the shell from an egg."

How to Develop a Pleasing Voice

Are Your Tones Clear and Vibrant, the Kind
Produced by a Relaxed Throat and Normal
Vocal Cords? Hoarseness Can Be Overcome

By Ira W. Drew, M. D., D. O.

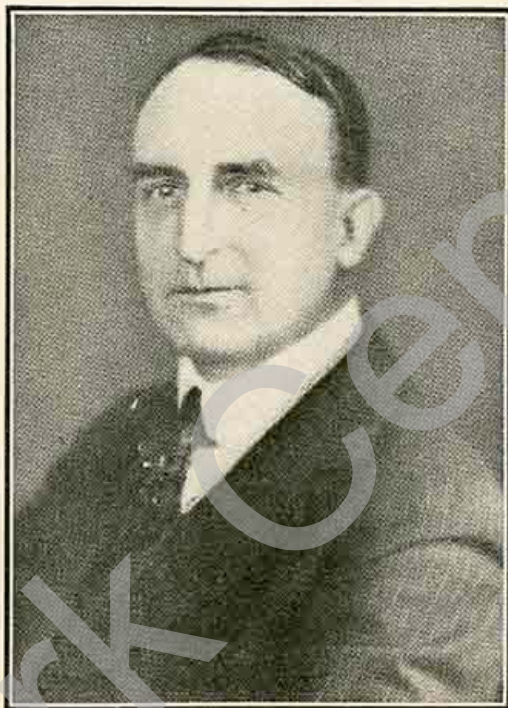
HAVE you ever known a man or woman who stood out prominently as a leader and who was not possessed of a voice of real quality?

Think that question over. It does not necessarily mean that such a person had to have a tremendous, booming voice if that person were a man, or a sharp, commanding voice if a woman. The smoothest and quietest of tones might have been the ones that drew your attention. The individual might have a soft voice, but the odds are long that it would be amazingly effective, that it would draw your attention even if completely overwhelmed so far as volume is concerned, by others about it.

The human voice is a peculiar thing in that it is most often the barometer of the individual's capabilities, reflecting the personality, ability and power, the mental development and capacity and almost invariably the physical condition.

In looking back through the pages of history we find some amazing things that connect up very closely this theory with many of the outstanding figures who have dominated humanity in one way or another. It is recorded of most of the men and women who have done really big things that their voices were vibrant with the personalities they reflected. It has been said of Washington that his voice was strangely calm and even, comparatively low spoken but very audible under all conditions. And the same of Napoleon and of many of the leaders in the sciences and the arts, men who were accustomed to commanding the attention and obedience of vast followings.

Have you ever given thought to this? The next time you are in a crowded car or in an assemblage of friends or anywhere that a number of persons are together and talking, listen for the voices that impress you most and then study the individuals. You will discover some mighty interesting things. Almost invariably you will find that you are attracted by some intangible thing to the person whose voice has pleased you. It need not be



Dr. Ira W. Drew

a physical attraction. The individual may not even be good to look upon from a physical standpoint. Close analysis will reveal to you that you have been attracted by that thing we call personality.

Then, as another simple test, study the others about you, and especially those whose voices are displeasing. You are almost sure to find yourself wondering at the result. There may be one or a number you will look at and be attracted to by the mere physical aspect—until they talk. Then the charm will be broken, the attraction may disappear altogether.

That should prove to you conclusively that when other things are anywhere nearly equal, the person with the voice that denotes quality and that is effective without creating a jarring sensation will have a big advantage over the others. Is it not logical,

then, to suppose that a person endowed with this rich vocal quality will find the road to success far easier than the person who has the handicap of a bad voice to overcome?

Once again look back through your own experiences or note instances as you go along from day to day. You have seen and been in groups where the conversation ran on at a rapid rate. Almost without exception you will find one person who can completely dominate such a conversation. Whenever he or she starts to talk the others will listen. Another may attempt to break in vainly. And the explanation is obvious. Almost without exception you will find it in the vocal quality.

This brings us to the stage where one naturally asks whether it is possible for a person not endowed with good vocal quality to attain it. The answer is most decidedly yes. But before we go into a discussion of how to attain it, there are some other things which must be discussed. They are primarily the rules which I laid down some time ago in an article on general bodily health.

To begin with, it must be remembered that any digestive disturbances impair the voice. You must eat nat-

ural foods such as fresh vegetables and fruits, cereals such as whole grain wheat and a proper amount of what we call butter fat as found in milk. Fresh vegetables and raw fruits are absolutely necessary to keep the whole digestive system right and avoid the evil of constipation.

The almost universal catarrhal condition of the nose and throat which afflicts so many sections of this country, usually accompanied by enlarged or diseased tonsils and adenoids, is also a handicap to a good voice. In the case of children and young people the removal of the tonsils and adenoids does not seem to have a detrimental effect on the voice, but in adults it does have a considerable effect, frequently changing the tone of the voice. But it must be remembered that if people ate properly and slept sufficiently in well-ventilated rooms there would be far less trouble from the tonsils and adenoids.

Remember, then, that the first step in cultivating a voice that will be a valuable asset is to be careful of your diet and general health conditions and to get some physical exercise each day as a general conditioner to the whole body.

Then you are prepared to go ahead with the problem of developing your voice so that it will reflect the vibrant human creature you are, instead of picturing you through the ears of the other person as a drab, colorless individual who does not attract.

In the first place, the matter of chest expansion has a most amazing effect on the voice. If you have a restricted chest and are unable to inhale deeply you cannot have an effective voice. Any good teacher of singing pays a great deal of attention to the problem of proper respiration and breath control. In this the diaphragm and abdominal muscles are of paramount importance. Many singing teachers are not aware of the fact that the abdominal muscles are a great factor in this, and should be developed. I do not mean that in order to develop a voice that has real personality you have to build up cords of muscle over the abdomen. But those muscles do have to be built up to some degree and controlled. They enable you to breathe deeply and control your breath, which is the thing that makes your voice possible and are thus essential to it.

Right here we can take the first exercise for the up-building of the voice. It is the exact opposite of that usually given for chest expansion.

Exhale and draw your abdomen in as far as possible. Hold your chin in. Of course, as a result of this you will gasp deeply for breath in a moment. You can do this at any time, in your office, at home, while walking along the street, anywhere. And you should do it frequently. It has a surprising effect, increasing the chest expansion, and is a much easier method than the ordinary one of inhaling as deeply as possible to start.

The thing that is the bane of many singers and speakers is

hoarseness, but it affects the ordinary mortal also when he attempts to bring his voice into play to any unusual degree, and it is not a difficult thing to overcome, even when it comes as a result of a cold.

It is caused by over-tension of the vocal cords. When these cords become tense as the result of strain or a cold the muscles at the back and the front of the neck become tense also, and in turn make the vocal cords even more tense.

The simple exercise to overcome this condition is to throw the head back, grasp the larynx (Adam's apple) with the thumb and fingers, and work it from side to side, not pressing hard enough to bring actual discomfort. Then throw the head forward and continue the exercise a number of times. Be sure to grasp it high up under the jawbones, as in this way you will loosen the muscles.

You will readily see that all this so far has been pointed toward two things—the development of chest expansion, or breath capacity and its control, and the relaxation of the vocal cords. These cords situated in the larynx are the things that give us a voice. The air we force through them causes them to vibrate and create sounds on the same principle as musical instruments have been worked out. Tightened vocal cords create tense, high-pitched sounds; relaxed, they give off mellow, lower tones.

Therefore it is absolutely necessary that the throat be kept relaxed and wide open to give the vocal cords and the air pressure free rein.

But we have not yet completed discussion of the things that are necessary in order to build an effective voice. We come next to the mouth. What good to build up chest expansion and control of the diaphragm and abdominal muscles, to keep the vocal cords relaxed, if we clamp down the lid and ruin the effectiveness of all this work at the end?

Have you ever seen a photograph of Enrico Caruso singing? Many of them have been published. Superb tenor that he was, with his wonderful diaphragm control, his enormous lung capacity and probably the greatest

throat development any man ever had, with muscles so magnificently built up that his vocal cords could do unheard-of things, he also knew how to use his mouth. This article is not designed to give instructions in how to sing. It is primarily aimed at building up the voice as used in ordinary conversation, but talking and singing are so closely aligned that most of the problems of the singer are also the problems of the speaker who would get the most out of his voice. Caruso's photographs taken while singing show him with his mouth very wide open, his head thrown back and very obviously giving full play without any obstruction to the pressure of air forced through his vocal cords.

(Continued on page 80)

Your Personality and Your Voice

IT is your voice that puts your personality across, and there is no more important factor in your achievements or failures. The clear, resonant tone, well placed and even, will often command attention where your appearance will not. If the listener finds your conversation intelligible and agreeable he will, in nine cases out of ten, be favorably impressed with you as an individual. If your voice is husky and uncertain, he is just as apt to be annoyed and to associate his annoyance with your personality.

A pleasing voice is not a gift of God possible to only a few. Every one cannot be a Caruso or a Melba, but every one can possess a clear, pleasing speaking voice. As stated by the author, it is merely the barometer of your physical condition, and in his article he explains how you can apply a local treatment which will overcome hoarseness.—The Editor.

Are You Eating Your Way to Cancer?

Is Our Most Deadly Disease, the Greatest Mystery of Science and the Greatest Menace to the Human Race, Finally to be Conquered through Unexpected Channels?

By Carl Easton Williams

Illustrations by W. N. Clement

HOW do you know whether or not you are eating your way to cancer? Of course you cannot tell.

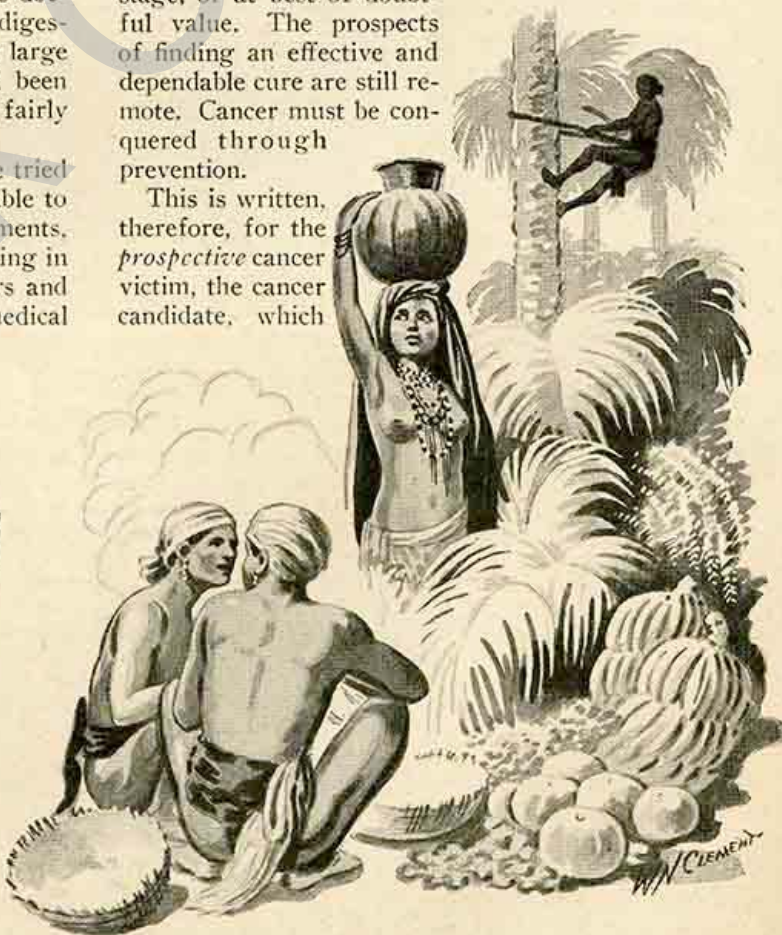
That is just the trouble. For you cannot tell that you have a cancer on the way until it has arrived. And even then, in nine cases out of ten, you don't know it until it has grown so big and strong as to constitute an almost hopeless case. For the majority of cancers develop on the inside of the body, at first without pain, so that for a long time the victim does not know that he has it.

And that is why the doctors cannot help you very much. And that is also one of the reasons why, after forty-five, you should have frequent medical examinations, just as you have your car overhauled from time to time. Yet even that may not save you. The late Earl Grey had been losing weight for some time and his doctors treated him for a nervous breakdown and indigestion. It was finally found that he suffered from a large and "inoperable" cancer of the liver, which had been growing for years and which caused his death. A fairly typical case.

Health boards and cancer research societies have tried to educate the public to the extent that they are able to do so, with the warning that all suspicious developments, such as swellings, ulcers, warts and the like occurring in the persons of men and women of forty-five years and upward should be referred at once to competent medical

examination, so that the disease can be cut out before it grows too big. In that way cancer is sometimes cured—just by its physical removal—if taken in time. But here again the trouble is that these visible cancers or visible approaching cancers represent only a small percentage of all cases. The greater part of them are internal, so often in the stomach or bowels, and by the time they are suspected it is already too late. The educational literature supplied the public emphasizes the need of early diagnosis, and at the same time the difficulty of early diagnosis in reference to these internal cases. Apart from these two main points, all teachings on the subject emphasize the mysterious nature of this terrible disease, together with the fact that the only dependable treatment is early operation. Radium and X-ray treatments are generally regarded as still in the experimental stage, or at best of doubtful value. The prospects of finding an effective and dependable cure are still remote. Cancer must be conquered through prevention.

This is written, therefore, for the prospective cancer victim, the cancer candidate, which



Why should the black races and the remote tribes in India, eating crude foods and living active lives, remain immune to the disease until they come in contact with the white race and adopt its mannerisms and foods?

is to say, the one man or woman out of every seven or eight over the age of forty-five who is now scheduled to die in torment through this disease. If you are forty-five years old, or over, *you* may be that one out of the seven or eight around about you who is so destined or doomed. If you have not yet reached that dangerous age, then you will arrive there soon enough. I say one out of every seven or eight reaching middle age because cancer does not ordinarily touch the young. It takes a long time to acquire this disease. But one-tenth of the total number of deaths in England and Wales are now due to cancer, far more than the mortality from tuberculosis. Since young people die of other diseases, when they do succumb, this means that the proportion of deaths from cancer among those over forty years of age is more than ten per cent. And since the cancer mortality is rapidly increasing it promises from now on to take away one in eight or seven or six among people of middle age. What a toll!

So you see, the proverbial ounce of prevention is becoming ever more and more precious. Prevention involves an inquiry into the cause or causes of cancer. And that, by necessity, is the business of this story. The matter of cure is the business of the doctor, anyway, and none of mine.

Let us consider for a moment some of the basic facts relative both to this disease and to the kind of civilization in which it thrives. Perhaps we will find them ourselves unable to escape the inference of a definite relationship between these important facts.

First, there is the fundamental fact that cancer is a disease of civilization. There is abundant evidence that primitive races do not have cancer. This is true of American Indians living according to their native customs, black races, remote tribes in India and others eating crude, natural foods, and living active lives. It is true that some savages "do not live that long." On the other hand, many of them, including some of our North American Indian tribes, are noted for a high percentage of great longevity. Such races only develop cancer when they come in contact with white races and adopt the manners and foods of civilization. Of course, all people in civilized countries do not live absolutely the same way. Some almost approach primitive conditions of life, while others observe more exclusively those standards and habits which are strictly characteristic of civilization. And it is these, the most "civilized" among us, who suffer most from cancer. This is not a disease that necessarily singles out the poor and presumably underfed. On the contrary, it would almost seem to be a prosperity disease, most likely to attack those who do not even work for a living, but who have all of the refinements of life, including plenty of refined food. It is quite likely to attack unoccupied gentlewomen. It is more apt to attack men who are overweight, and who

look well-fed, or over-fed—that is to say, *much-fed*, rather than well-fed—than the man who looks ill-nourished. Between those actively occupied and those who have retired, living stagnant lives, cancer is more likely to get the latter. Though it may strike anywhere, if one is civilized.

The second basic fact is the rapid increase in the prevalence of cancer in all civilized communities. The cancer mortality in England and Wales is now seven times what it was eighty years ago. It has about doubled there in the last thirty years. In Scotland, where great accuracy is observed in vital statistics as in other things, there was an eighty per cent. increase in cancer between 1901 and 1922. Figures in the United States are not so accurate because large areas are still unregistered, but the mortality from visible cancers, of skin, mouth and breast, on which the figures are more dependable, seems to have doubled since 1900. But I am not going to tire you with statistics. The bare fact is that cancer, while not a new disease, but one well known to the ancients, has been for the past two or three generations, and is more than ever now, increasing with alarming rapidity—in civilized countries.

Those are the outstanding facts about cancer. Now, what are the parallel, significant facts or recent changes in our civilization?

The first of these is not an increase in our cultural development, the thing that civilization is supposed to stand for, but an extraordinary mechanical development, making this a machine age, an electrical age, a gasoline age. However, there seems to be nothing in this necessarily productive of disease, except possibly its effect in

making life more artificial, with too much labor saving.

Another outstanding fact of recent times is the extensive use of chemicals in industry—even in the food industries. Could that have some effect upon our health? Possibly. We will come back to that shortly.

Another fact of modern life of presumable importance in this connection is increasing sanitation, including the application of bacteriology both to medical science and to home life. Through this great development infant mortality has been decreased, or in some cases delayed, and many epidemic diseases have been conquered. By saving young lives it has increased the average of human length of life. But sanitation has not increased the expectation of life among the middle-aged, and the man with three bathrooms in his house is just as likely as any one else, perhaps more likely, to succumb to cancer. Some races, including the Chinese, live under unsanitary conditions and are healthy, while some of our most sanitationized are unhealthy. *Vide* our late army draft records, to say nothing of the cancer statistics. Apparently sanitation, while working marvels in some directions, bears no relation to the cancer problem.

Does the Cancer Victim Die? —Or Is He Killed?

THE nature of cancer continues to be one of the profound mysteries of medical science. Its cause is equally obscure. And yet prevention, which is the all-important practical requirement, hinges upon the recognition of its cause, or causes.

Is cancer indeed a local disease, as it seems to be, and as it is usually held to be? Or is its development, or its cure, conditional upon the chemical and biological state of the blood and the general vitality of the body? Does cancer consist essentially in the breaking down of the life forces of the body, a process of dying through lack of the strength to live? Or is it in the nature of some invading and poisonous parasite, of such strength that it almost invariably destroys human life? In other words, does the cancer victim die, or is he killed?

This article is a review of the subject, presenting some new findings of great interest, and probably of great importance.—
The Editor.

Again, the past one or two generations have seen a decrease in the tuberculosis death-rate. Of course, T. B. continues to be the great white plague, and one of our great problems. But in 1881 there were four deaths from consumption for every cancer death in England and Wales, while forty years later, in 1921, there were two deaths from consumption to three from cancer. Now, here are two parallel facts—decreasing tuberculosis and increasing cancer. Are they merely coincidental? Or is there any relationship between them? The writer does not presume to say that there is. He is merely raising the question, perhaps for the first time, for the benefit of those better qualified to offer an opinion. The question is, in other words, Do some of our tuberculosis candidates, having side-stepped consumption in youth through outdoor life and hygienic conditions, live on to middle age only then to fall a victim to cancer?

Another outstanding fact of our civilization is found in the sweeping changes during recent generations in the character of the foods in common use, particularly refinements of foods and methods of preserving food. Could these dietary changes affect our powers of resistance in relation to any particular disease? Presumably they might, for in the nature of things nothing could be expected to affect our vital resistance so quickly as changes in the nature of the thing upon which life subsists, and upon which health so obviously depends. One needs no science, only common sense, to tell him that. We have been trying to find a specific parasite as the cause of cancer, in spite of the known fact that it is not contagious or infectious. Why not inquire as to whether the parallel facts of the increase in cancer in civilized countries, on the one hand, and our sweeping dietetic changes, on the other hand, merely represent coincidence or whether they are related?

What Is Cancer?

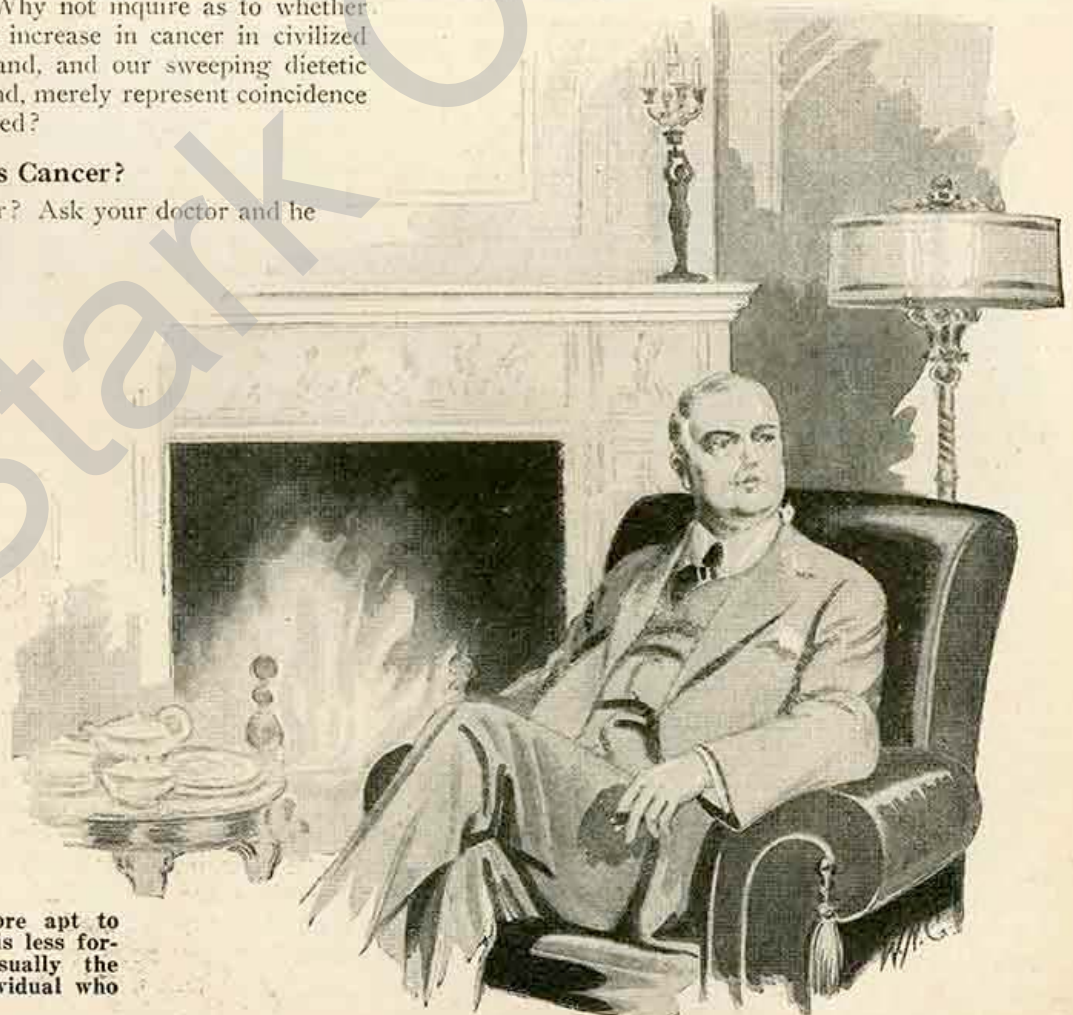
But just what is cancer? Ask your doctor and he may say, "If you can tell me, then I'll tell you." Or he may start out on some scientific description which will not mean anything to you until after you have consulted a medical dictionary, and then it will mean even less. Or, as is likely, he will say simply that a cancer is a malignant tumor. A tumor is a growth of something that does not belong in the body. There are "benign" tumors which, unless they overcrowd some vital part, may

give you no more trouble than an extra piece of bone some place where it doesn't belong. And there are "malignant" tumors which represent the very Devil himself and eventually poison the system to death. A cancer, or carcinoma, is, as your doctor might put it, "a malignant tumor, characterized by a network of connective tissue, the areolas of which are filled with cell masses resembling epithelial cells." He may explain that one characteristic of these cancer cells, which under the microscope look much like other cells of the body, is that they have the property of proliferating, meaning multiplying or reproducing and growing in number faster than normal cells.

A few years ago while talking to an eminent scientist and physician, one of America's foremost authorities on the chemistry and biology of the blood cells, I asked the question, "Just what is cancer?"

"Rotten meat," replied the doctor.

And then, if I remember rightly, he added that he might go into a scientific and highly technical discussion of the matter and still find no better description of this morbid growth, with its characteristic odor of dead and putrefying animal flesh. "Rotten meat" seemed a vividly descriptive phrase, with its implied inference that the victim of this disease is going the way of the disintegrating apple, which starts to rot first in one spot, and its gruesome suggestion that cancer is merely a process of dying, in which a part of the body dies first, while the rest of the body still lives. People have spoken of cancer as a "living death." It may be that literally rather than figuratively.



A prosperous man is more apt to suffer from cancer than his less fortunate brother. It is usually the much-fed, overweight individual who is stricken.

Does cancer mean, then, that one is through with life and due to die, simply through lack of the strength to live? In other words, does the development of cancer mean that the vitality of the body, or at least of a part of its tissues, is exhausted, so that it can no longer follow the course of normal life? Life is life, meaning that mysterious energy by which the forces of the body are able to maintain their integrity, to fight invading enemies and in large measure to mend its structures and tissues when they are hurt or broken. When the body breaks down to such an extent that the life that is in it has lost these powers, death comes about. Is cancer an example of such a breaking down? Or is it in the nature of some invading parasite, some hostile force that attacks the body, and having greater strength eventually accomplishes its destruction. In other words, does the cancer victim die, or is he killed? Even in the latter case, the factor of a waning power of resistance would seem to be involved, for the simple reason that this disease rarely attacks the young. Perhaps, on the whole, the problem is chiefly one concerned with the matter of vital resistance.

I have said that this story is an inquiry into the possibilities of the prevention of cancer. But it is also, in large part from here on, a review of a remarkable book which presents such an inquiry into the causes of this, our most formidable enemy in the war against disease. This book is "Cancer," with a subtitle, "How it is Caused; How it can be Prevented" (E. P. Dutton & Company, New York). It is written by J. Ellis Barker,

himself not a physician but a British investigator of standing, the author of a number of distinctive books on statesmanship, world politics and economics.

Following his own most interesting personal experience in recovering from an apparently "advanced pre-cancerous condition," Mr. Ellis Barker has approached the subject from new angles and finds, after exhaustive investigation, that chronic poisoning and vitamin starvation are the two great causes of cancer.

Does Chronic Poisoning Produce Cancer?

First of all, Mr. Barker has elucidated one interesting principle in reference to the development of cancer, namely, that it requires time to bring it about, probably a period of ten to twenty years, or sometimes longer. That is why, he says, cancer is not found among young people. By way of proof Mr. Barker cites many specific cases of cancer produced by chemical poisons after a period of many years, sometimes many years after the time of exposure to these poisons. Away back in 1887, Sir Jonathan Hutchinson, F. R. S., in an address contained in the *Transactions of the Pathological Society of London*, named some cases of cancer produced twenty and twenty-two years after beginning the use of arsenic as a treatment for skin diseases. Other later cases of the same kind are cited by Mr. Barker, including one described by Dr. Henry C. Semon in the *British Medical Journal*, Nov. 18th, 1923, in which cancer appeared twenty-eight years after arsenic was first medically used, and fourteen years after the cessation of the drug. In the cobalt mines at Schneeberg, Silesia, where there is much arsenic in the ore, many miners have cancer of the lungs, apparently the result of inhaling arsenic in the dust of the mines, but only after working there for twenty years or more.

Mr. Barker cites cases of cancer produced by X-ray burns many years previous, in some instances in spite of the fact that the victim had given up X-ray work for an interval of many years between the period of the burns and the development of the tumor. The same is true of radium burns, followed long after by cancer. The theory of chronic poisoning applies here for the reason that there is good evidence that burned tissue produces a poison. When one dies from large surface burns it is said to be because of this poisoning. That is why scars produced by burns may prove to be the seat of cancer, while scars (Continued on page 84)



One out of Seven is a Victim. The death rate from cancer has increased alarmingly in the last fifty years, until today for every seven who reach the age of forty-five one is scheduled to die in torment from this terrible disease.

Two Young Men Who Have Made Good

Showing How Their Ideal of Physical Perfection
Helped Them to Attain the Improvement
They Desired

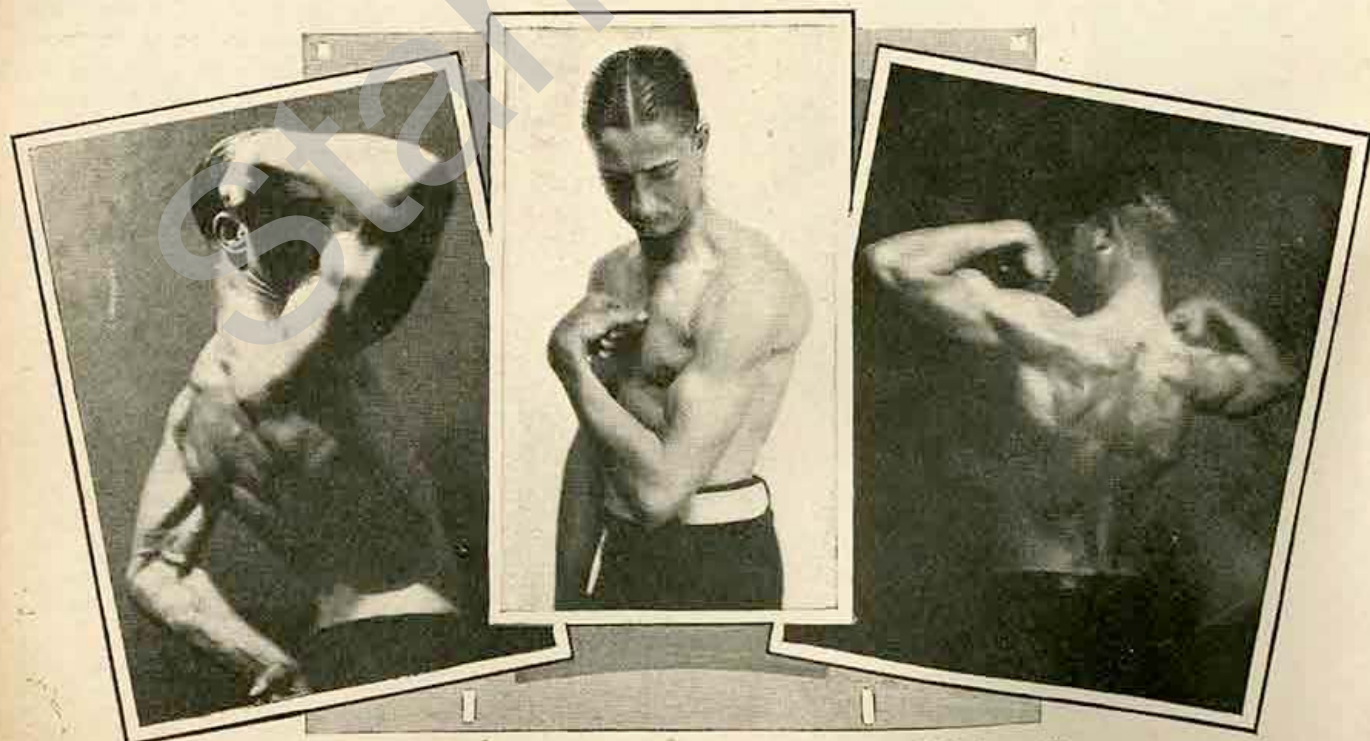
By George F. Jowett

IS there anything in hero worship? The answer to this question has always been settled in my mind, despite the fact that there are many people who deny that anything can be gained by its existence. Yet, I have proven to my satisfaction that invariably this class of people are those who live without ideals and who turn out failures in the battle of life. Perhaps it is because the ideals they had enshrined in their earlier days were made with feet of clay, and the disillusion has warped their souls. I pity these people when they realize that they do not have faith enough to remain steadfast to their principles.

It takes "sand" to cherish an ideal, whether it be in business or in the attainment of physical perfection. That is the kind of stuff that thrills you at the sight of obstacles and makes you more determined than ever to strive for the standard of your idealistic perfections.

Some years ago when exhibiting over in Britain, I was strolling down the main street of one of England's great cities. As I stopped to gaze into a window my attention was attracted by a slim young man who touched my arm, speaking my name. He apologized, but explained that he had seen me perform on every possible occasion, and said how the sight of my wrist and

arm was fascinating to him. He was terribly thin and stoop-shouldered, but he stated that the sight of my arm, and particularly my wrist, had spurred in himself an all-absorbing desire to be strong and to acquire a development the equal of mine. He asked for the privilege of seeing my wrist and forearm so he might touch it, and I consented. He gazed intently, and thanked me, and as he said good-bye he remarked with great fervor: "Some day I am going to have an arm like that." He passed out of my life, but somehow I could never forget that little incident, and I knew as he spoke that he would make good, despite the fact that he had a long hard row ahead of him. Why did I know? Years before, when I was struggling for health and strength, I was equally fascinated by that wonderful athlete, George Hackenschmidt. The first time I saw him the resolution I made carried the same conviction that had penetrated the soul of this young man. Years afterwards I read of a famous British athlete who, when narrating his experience, said he owed his success to the inspiration he had received from a Canadian athlete, who was myself, and in him I recognized the finished athlete then speaking as the poor wisp of humanity who had accosted me a few years before, or his double.



Compare Figure 2 (center) with Figures 1 and 3 to see the improvement Sloan has made since May, 1923.

What the inspiration of Hackenschmidt has meant to myself every reader of STRENGTH knows. I won out because the physical perfection of that heroically built man has always been my inspiration, and I pay homage to his sterling worth.

You can't win without an ideal. It is the power behind the throne that makes you a real two-fisted man who backs down from nothing and no one.

That is what this story is about. Two young men who did not have even the ordinary physique to start with, but accepted an ideal the attaining of which became their all-engrossing thought, and they cherished as that ideal the glorified proportions of perfect physical manhood, and it has brought them to a standard of physical fitness of which they can justly be proud.

They have not finished yet, but they are well on the road, past the spot where the milestones appeared farthest apart. Neither are they world beaters. They did not want to be; but they did want to be what they are now—men in the fullest sense of the word, one hundred per cent physically fit, capable of spreading wide their arms and laughing with a thrown-back head, and this is the kind of which world beaters are produced.

(I am earnestly hoping that this article will be an inspiration to make those who are treading the road continue, and even more I hope that it will encourage those who need physical efficiency the most, so that they will not accept the discouragement of ill health and physical defeat, but in reading of these two examples will accept an ideal and strive to emulate it as others have done and still do.)

A little over two years ago during one of my business trips to New York, a certain young man heard that I was there, and located me, making an appointment. My first impression of this young man was of a very small, round-shouldered individual who gave his name as John Sloan. He was interested in body building, and the boy sure needed it. He spoke of his ambitions and the work he had commenced on, but was very anxious to know if I thought he would ever build up into the man his heart longed to be. I encouraged him and answered him that nothing was impossible if a person's heart were set on an accomplishment. He was so terribly in earnest that his whole soul seemed absorbed in his determination, and the expression in his eyes was more than that of an enthusiast. It was the passion of a zealot. How small he was then you can judge from his very puny measurements. His chest measurement was only 29 inches normal and 31 inches expanded. His biceps were only one-half an inch larger than his forearms, being 9½ inches,

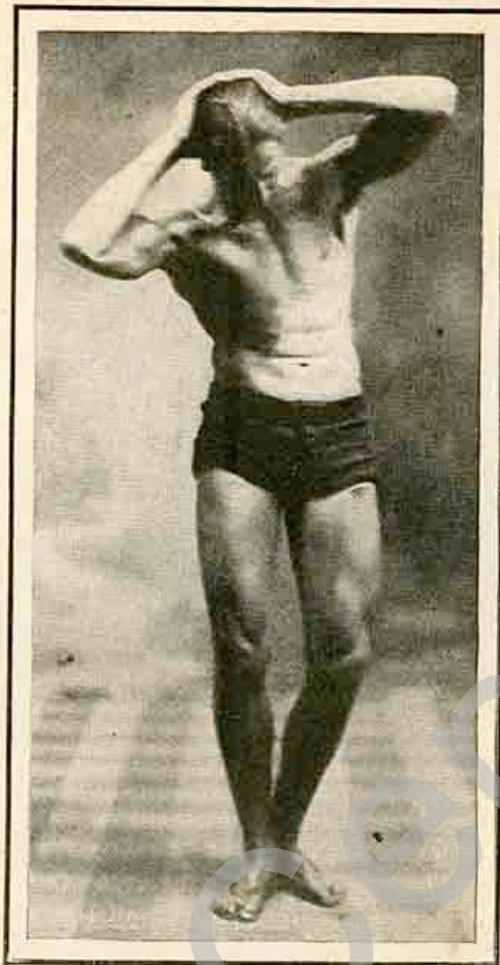


Figure 4. When Sloan began training he was a little over 5 feet tall. Today he is an athlete of the beautiful Achilles type, standing 5 feet 10½ inches in height. Did bar-bells stunt his growth?

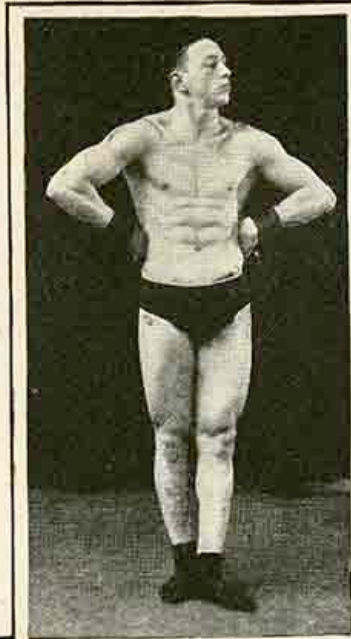
and the rest of his measurements were as follows: neck 12 inches, thigh 18 inches, calf 11 inches, weight, stripped, 92 pounds. So sensitive was he of his physical condition that he practiced consistently with bar-bells for six months before he faced the camera. Figure 2 was his first pose taken on May, 1923, and how well he progressed can be seen by the succession of pictures that follow. The pose displaying his arms and back in Figure 3 was taken in the fall of 1923. That shows progression in splendid back development. Many people firmly believe that physical exercise with the use of bar-bells stunts the growth, but in the case of both Sloan and Dembinski, about whom this article is written, they have actually increased their height over six inches from the date they commenced up to the present time, which goes to prove the fallacy of such a statement. When I first met Sloan, he was a little over five feet, but Figure 4, taken May, 1924, shows a tall clean-cut young athlete of the Achilles type. Compare his legs with the measurement of eighteen months before. From 18 inches they had increased to 21 inches, and the calves from 11 inches up to 14 inches. These are splendid gains when you consider how tall he was growing. If he remained the same height throughout, his measurements would have been equivalent to one-third greater in circumference than they were up to May, 1924. His increased growth in height made his progress in bodily dimensions harder to attain, as they had to cover a greater area by reason of his growth. Figure 1 shows his back development as he was when I secured the pose for this article, October, 1924, when his measurements had increased to the following: weight 150 pounds stripped, chest normal 41 inches, expanded 44½ inches, biceps 14¾ inches, forearm 12 inches, neck 15¼ inches, thighs 22½ inches, calf 14¾ inches, and his height had increased to 5 feet 10½ inches. Imagine that!

It is not necessary for me to draw your attention to his remarkable progress in bodily development; you simply have to glance at the first two photos to find your answer. The splendid formation of his arm and the straight neck in Figure 1 (taken later than Figure 2) bear eloquent testimony to the results of his physical efforts. Sloan is the type of young man who will develop into herculean proportions. His muscles have that appearance of force that will bear out the final fulfillment of the promise. His strength and general agility have grown apace with the growth of his bodily proportions, and he has to his credit some fine feats of strength for a young man who had such physical dis-

abilities to overcome and who has been at this practice so short a time. Particularly he has made a two-hands dead lift of 400 pounds, raised from the floor and held in the hands while he stood up, his body weight at that time being a little less than 150 pounds stripped. He can also lay claim to more than ordinary prowess at field sports, being a veritable flash in the short distance events.

This is what he told me: "Practicing with bar-bells and lifting weights has not slowed me up, but has greatly increased my speed." He further tells me how he feels the benefit of his bar-bell training in whatever direction he applies his physical prowess, whether it be in running, jumping, shot-putting, gymnastics or weight lifting.

Leaving this young man now, we will pass on and consider our other example of physical fitness, George Dembinski of Albany, New York, who at the beginning was a similar case to Sloan, but who has obtained different results, controlled mainly by a different ideal and temperament. Dembinski was actually more puny than Sloan and became the object of constant abuse for boys of his own age who were considerably larger and stronger than he. This is always the case, and what retarded his physical condition even more was his passion for books and study. Being of keen mental perception and very sensitive to his physical inferiority, he longed for the opportunity to become strong. He found his inspiration one day in a local "Strong Man" who was to perform at a celebration which our friend attended, and became greatly impressed by what he saw. After the performance all the young fellows tried to lift the "Strong Man's" weight, with very little satisfaction. Curiosity overcame the timidity of Dembinski and he tried but he could not move with both hands what the other young fellows could lift off the



George Dembinski took as his model a local "Strong Man." Figures 5 (at the left) and 6 (below) show how he has developed, and he is still working.

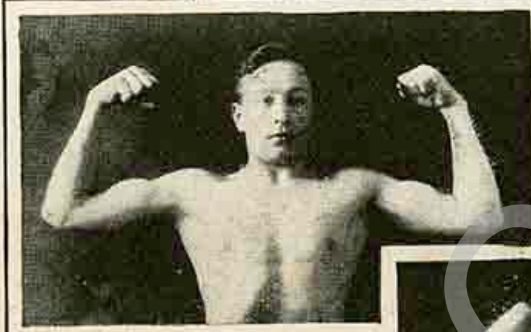
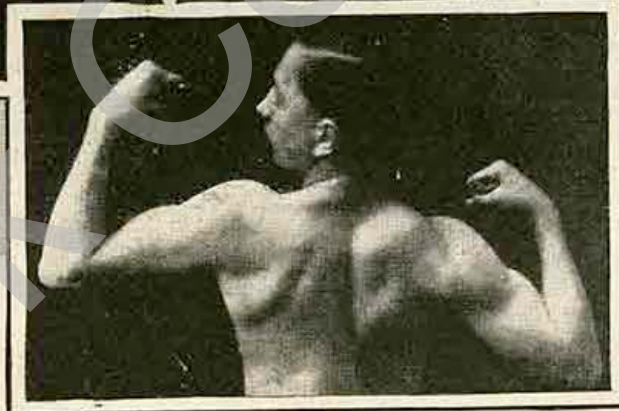


Figure 7 (above). This photo was taken after three months' practice with bar-bells, and Figure 8 (at the right) shows how the next few months improved his physique.



ground with one. That decided him, and he enrolled for a course of physical training, inspired with the thought that some day he would acquire a development equal to that of the local "Strong Man."

He trained religiously for a long while, but finally became terribly discouraged, as he did not show the least sign of bodily increase. This was when he first came under my notice. He was only 4 feet 8½ inches tall, and the rest of his physical proportions were as small in comparison. He commenced then on bar-bell instructions, and after

three months' practice he sent me his first picture, reproduced in Figure 7, along with his measurements that were as follows: weight 114 pounds stripped (an increase of 22 pounds in three months, his body

weight being at commencement 92 pounds stripped), neck 13½ inches, chest (normal) 34 inches, (expanded) 36 inches, waist 29 inches, biceps 11 inches, forearm 10 inches, thigh 20 inches, calf 13¼ inches. Small as they were, they were a remarkable increase over his former measurements. Dembinski was elated with the increase he had made from his diligent perseverance, and his enthusiasm knew no bounds. Figure 8 was taken when the muscular increase began to become apparent. That you can clearly see in the muscular formation of his back. I then began to interest him in the sport of weight lifting and posing the body, for two reasons. He is naturally a student, and I was afraid that he would become too engrossed with his development and put too much time in it, and thus retard the muscular growth by breaking down more tissue than he could restore during the rest periods he was obtaining. I had found him very analytical, and he quickly became absorbed in the scientific technique of weight lifting. His progress in this direction became very rapid and it carried out suc-

cessfully just what I had planned, as Figure 5 shows, developing his body from two angles, creating strength with increased dimensions. So well did he progress that he applied to the American Continental Weight Lifters Association to allow him to make an attempt to establish four New York State amateur records in his body-weight class. In excellent condition he now stripped at 125 pounds, and took the platform at that poundage, establishing the following three New York State records under official test: 70 pounds in the one-hand "Military Press," 110 pounds in the right-hand swing, and an excellent two-hands "dead lift" of 355 pounds, standing erect with the weight in the hands. His next lift was a surprise to everybody, when he succeeded in elevating 205 pounds in the two-hands "clean" and "jerk." Incidentally that surpassed his own expectations, creating an American amateur featherweight record.

His pose in Figure 6 was taken the day after his record-creating performance in the rôle of "strong man." Since that time he has surpassed these fine poundages at the same body weight.

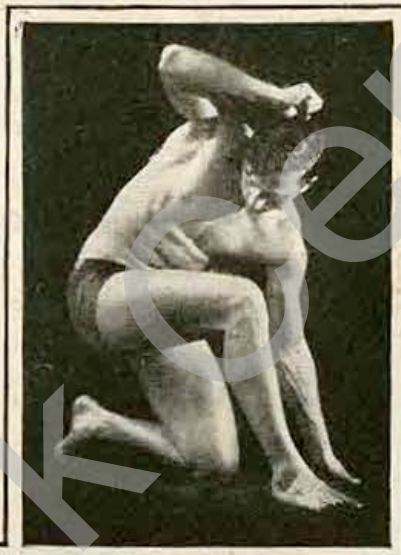
At this point I desire to impress upon my readers that I do not try to develop or encourage pupils to become world beaters. It is more with the desire to prove to them just actually what the substance derived from bar-bell practice can do under physical test that I encourage them to lift. It is always encouraging to prove that a pupil has become the possessor of actual strength, and not, as in many cases, the possessor of inflated tissue. The test lies in your ability to lift weight.

From then on I encouraged Dembinski to study his body as compared with art, and that had a strong appeal to him, and how efficient he has become in the art of the "Poseur" (as the French say) is demonstrated with clarity in the following beautiful creative poses. Particularly do I like the pose of Figure 9 and the pose of "David" in Figure 10, as they appear very interpretative and exquisite, being more original than the other two, that are also very good examples

of the body beautiful. Each of these four poses is a blending of strength, bodily development and clever posing that aptly demonstrates what systematic bar-bell training, combined with the reciprocal use of a pupil's individual mental application, will do for oneself. A comparison of his present-day measurements with his former standard will help the readers to realize to the fullest extent the splendid progress Dembinski had made. His height has increased from 4 feet 8 inches to 5 feet 4½ inches, a gain of 8½ inches. His body weight now is 130 pounds stripped, an increase of 40 pounds, while the rest of his measurements are as follows: neck 15 inches, wrist 6½ inches, biceps 14 inches, forearm 12 inches, chest (normal) 40 inches, waist 28 inches, thigh 22 inches, calf 14 inches, ankle 8 inches.

Reader, ponder over the gains of both these young men. True, their present measurements are not enormous for their body weight. They are merely fairly good. But when you consider what they commenced with, the results are remarkable. They both are small boned, but the bones will thicken along with their general progression. Sloan will undoubtedly be the larger man, but Dembinski will develop much more.

Now we come to the most interesting part. What is the secret of the success of (Continued on page 89)



Four poses which beautifully illustrate the development Dembinski has obtained, and how proficient he has become in the art of posing. Figures 9 and 10 (above), the latter representing David, are exquisite in their interpretation. Figures 11 and 12 (at the left), although not as original, show his physique to greater advantage.

Curing Lumbago With a Comb

A Treatment that Brings Instant Relief and
Is Rapidly Replacing the Liniments,
Porous Plasters and Hot Water Bags of Old

By *Dr. Edwin F. Bowers*

THERE is a solid and substantial satisfaction in having lumbago. For we know, without being told, that we have it, and we don't have to work our imagination overtime providing it with symptoms.

Also, lumbago offers less encouragement to mental or psychological healing than most anything ordinary we could gather up—except a broken leg, a crop of boils, or an abscessed tooth. And the same thing applies to its sisters-in-law, rheumatism and sciatica.

Therefore, anything that cures lumbago, rheumatism, sciatica, or similar afflictions, must be able to "deliver the goods."

Lumbago is in reality a form of muscular rheumatism that affects the muscles of the loins and their tendons and attachments. It is perhaps one of the most common and painful of all the many different forms of rheumatism. Unfortunately enough, it is found most frequently among those who can least afford to entertain it, and take due and proper care of it. For workingmen and housewives who have to do much of their own work are most frequently the victims of this nefarious disorder. The onset of lumbago, as everyone knows who has ever had it, is usually quite sudden and precipitant, and often completely incapacitates the sufferer so that he may even be unable to turn over in bed or straighten up his back if he is bent over, or even to rise from a sitting position.

One of the best things we can say about lumbago is that it is usually only of transient duration, lasting only from a few hours to a few days. However, by the same rule of thumb, as that "all signs fail in dry weather," it is equally true that lumbago may change its volatile mind about the schedule, and decide to take up a permanent residence in the back of some susceptible victim. Or it may conclude to stab and bruise the muscles only when they are drawn into certain positions. Or, instead of manifesting itself as a real honest-to-goodness pain, it may take the character of a simple ache which is often relieved by pressure.

Nobody professes to know very much about lumbago, or about the pathology or those morbid changes which may occur in the muscles that lead to the sudden pain, stiffness, or exquisite tenderness of lumbago. We do know that lumbago and stiff neck are first cousins, and that they probably develop from the same set of causes. We know that young people are more likely to "get

it in the neck," while the middle-aged and older persons are attacked in the back. We know that we might wake and be seized with the most agonizing pain, the moment we start to look around and find some excuse for not getting up, and we know that either the neck or the back variety of muscular rheumatism may come to roost any time after we are exposed to the cold, as for instance after sitting in the draught or getting out of a cold bath.

Also, not infrequently the middle-aged man who attempts to lift some heavy weight may find that he may almost require the aid of a derrick to straighten up. Often he has to actually take to his bed after indulging in some sport which, when younger, he could joyfully pursue for any length of time.

We know also that there is no connection between muscular rheumatism and rheumatic fever or the inflammatory conditions of the joints known as acute articular rheumatism. We know that it has nothing to do with arthritis, in which there are definite joint changes produced by some deviation in the nutrition of the structure of the joints.

This may not be much satisfaction to a sufferer from wry neck or lumbago, but at least it may give him cause for thanks that the condition is not any worse.

As with almost everything else in medicine, to prevent lumbago and kindred forms of muscular rheumatism, is very much easier and entails infinitely less effort than to cure it. The first line of defense, therefore, should be to keep in training by regular daily exercise so as to keep up the functional activity of the body and to promote the active elimination through the bowels, lungs, the kidneys, and the pores. Try not to get the first attack if it can possibly be avoided, for there is no doubt that one attack seems to invite more, and that the susceptibility of the disorder is increased by repetition. Remember that muscular rheumatism is more common where there is what we call a gouty diathesis, or a tendency toward gout, which, while it is frequently associated with anemia and undernourishment, is most usually found in plethoric individuals who have an idea that the proper way to treat the stomach is to keep it stuffed as full as possible for as many hours of the twenty-four as is convenient without losing too much sleep.

Naturally common sense should teach us to avoid ex-

posure to damp and cold and to pass up the opportunity of sitting in draughts or allowing ourselves to become chilled by exposure to penetrating winds. Perhaps there is more lumbago found to the square inch in this country after a football game, than at any other time of the year. And this is principally because of the fact that hundreds of thousands of individuals who, under ordinary circumstances are quite warm and comfortable, spend a considerable number of hours sitting around in temperatures close to or below the freezing point, watching two groups of brawny young men maul each other in an attempt to push, squeeze, or kick the pigskin ball through or over a certain goal in the field.

Rest and heat are always good treatment for lumbago. The good old hot water bag or electric pad is a friend in need in this time of strife and stress. Sometimes strapping the muscle of the back with adhesive plaster, by limiting the pull of the muscles, will help to secure rest and comfort and overcome the condition.

The bowels should be thoroughly evacuated, either by enema or by some effective laxative and plenty of cool, pure water should be drunk. The amount of food taken should be very decidedly limited, and should be extremely light and easily digested. It might be wise to avoid all sugar or white bread or white flour products and demineralized food of every kind. Eat liberally of foods that will tend to increase the alkalinity of the blood, such as the citrous fruits, lemons, oranges, grapefruit, whole wheat bread, shredded wheat, grapenuts, Wheatsworth crackers and other foods containing the entire substances of the grain, together with such vegetables as spinach, carrots, raw cabbage, and even an occasional baked potato, which will reinforce the alkaline content of the blood.

Sometimes porous plasters help very materially, or even a Turkish bath may cut short the attack. Some physicians have employed what they call acupuncture in acute cases which sometimes gives very good results, provided the patient has sufficient powers of endurance to stand this very drastic form of treatment. That these powers of endurance are required may be evident from the fact that the treatment consists in plunging sterilized needles three or four inches in length into the lumbar muscles at the seat of pain, and leaving them in the muscles for a period of five or ten minutes. It is only fair to say that the relief from this treatment is usually immediate, although many people might consider the cure worse than the disease. Blisters applied over the affected parts are also highly recommended, and are quite effective in many cases.

Not infrequently, a good liniment, well rubbed in (unless it should happen to be a liniment such as Sloan's, which does not require rubbing) is also very helpful. But perhaps one of the best

of all methods for the home treatment of lumbago is zone therapy. By the application of this unique method of treatment, thousands of the most obstinate cases of lumbago have been cured. Naturally, zone therapy is not always successful. Neither are the salicylates, hot mud baths, porous plasters, nor having the teeth pulled. And this is no more an apology for zone therapy than it is for medicine. The beauty of this treatment is the rapidity with which it works. Sometimes one application is all that is required to straighten out a case of lumbago that may present itself to some of the physicians or osteopaths practicing this method of healing.

The weapon which has given best results in attacking lumbago and kindred affections is a common, dull-pointed aluminum comb, such as may be procured in most bird stores for dog-combing purposes. The teeth of this are pressed firmly on the palms of the hands and on the palmar surface of the thumb, first, second and third fingers. In order to get the best results, the pressures should be continued for from ten to twenty minutes. Occasionally it may be necessary to work also on the "web" between the thumb and first finger, and also between the first and second fingers.

Some zone therapy enthusiasts prefer to begin operations on the tips of the thumb, first, second and third fingers, gradually working up the palms of the hands and spending five minutes for good measure on the wrists.

Remember always that the palmar surfaces of the hands and fingers are to be attacked for pains anywhere on the back, and the top or (back) surfaces of the hands and fingers for any trouble on the front of the body, arms or legs. This may seem rather confusing at first, but a little thought will make clear why, what are commonly known as the backs of the hands are really the front or top, and correspond with the front or top of the feet. The palms of the hands correspond with the soles of the feet.

It is also interesting to note that frequently there are found areas which are extra sensitive to the pressures of the comb.

These areas correspond to the most painful zones in other sections of the body. For instance, if firm pressure on palmar surfaces of right hand elicits more pain through the third zone in the hand, if the patient has already complained of pain in his back, such pain will usually be found in the third zone, and, this holds good where pain is concerned throughout the body.

If these sensitive areas are found by commencing gently and gradually increasing the force of the pressure, toleration can be established. In developing this toleration, the lumbago is usually relieved.

Some perfectly amazing results have been reported from the comb method of treating,

(Continued on page 94)

What Is Lumbago?

ITS coming is usually very sudden. Upon waking some morning we may attempt to turn in bed and find ourselves unable to move,—the "neck" or the "back" form of rheumatism has gotten us. That is Lumbago.

The neck form is quite common among young people; while we have come to associate the back form with the elderly man who has stood too long at a football game or in some way exposed himself to a draft.

Lumbago is a form of muscular rheumatism that affects the muscles, their tendons and attachments. It is perhaps the most common and painful of all the many different forms of rheumatism.

Are You Too Fat? —Reducing Is Easy

All You Need Is Determination, Perseverance
and a Vision of Yourself as a "Perfect Thirty-Six"

By Madeline Mulvey

JUDGING from the number of our correspondents who tell us they are overweight, the world must be composed of one fat woman after another. Out of every five letters we receive, about three ask questions about reducing. A few women want exercises to take off the flesh, but, sorry to state, these few are far outnumbered by the others who wonder if such and such a medicine or soap advertised for reducing is worth trying.

Have you ever heard the story of the man who searched the whole world for diamonds, and then, weary and disillusioned, returned home only to find them in his own backyard? Getting thin is just like that. You may do all the ridiculous things you hear of, take all the medicines you see advertised and—if you live through it—you will probably find the cure for fat in your own home in hard, steady work and rigid adherence to certain rules of eating.

The real tragedy of being overweight isn't found in the gownshops or department stores, where poor, overworked salesgirls are forever trying to find something that looks well on rotund figures. It is much more apparent in the fat woman's race at a Safe and Sane Fourth Celebration. We all laugh as hard as the rest of them at the funny spectacle they present, puffing along, the perspiration streaming down their faces. The affair does look funny, doesn't it? You can't see their overworked hearts trying to do the work of three or four normal organs and nearly breaking under the strain. Perhaps we wouldn't be so ready to

laugh at their predicament if we could realize how their health is constantly being undermined by the excess flesh, every ounce of which lessens their endurance and resistance to disease. We all know that stout people seldom survive pneumonia, and in nine cases out of ten they are outlived by their slim relatives, yet for some inexplicable reason we still connect comedy with fat people and fat people with comedy.

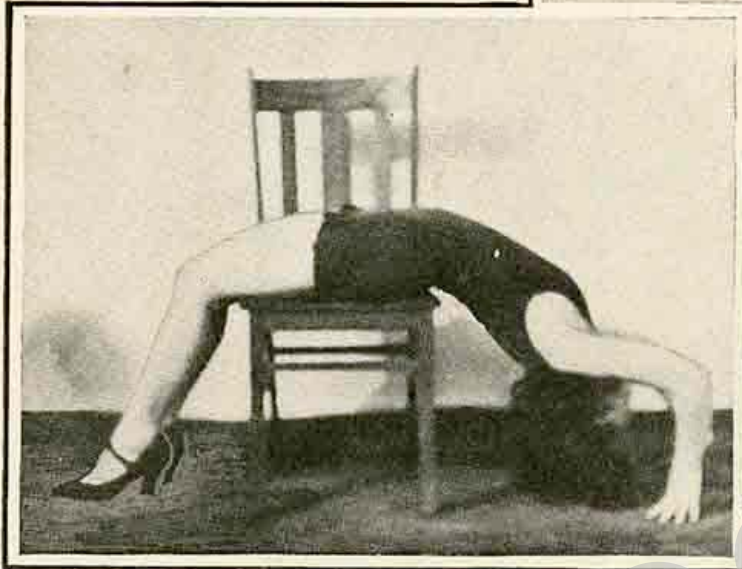
The proper time to fight fat is when you are in normal health, when exercise will keep the body firm. It is much easier to retain your figure than to regain it after you have lost it. Here are a few tips for the woman



When it comes to removing flesh from the hips and the abdomen, you must work hard. The more quick and thorough the movement the better the results obtained. Do your leg raising work first lying flat. Raise your legs as high as you can and then lower them until the heels almost, but not quite, touch the floor. Raise them again immediately.

Hold on to a chair for support when you try your kicking movement, swinging the legs with a pendulum-like motion, and bending them a trifle in back. Strive with each successful movement to kick higher than the last. The "cycling motion" is an advanced exercise and should be done as rapidly and vigorously as possible.

The "wind-mill" motion of the arms virtually twists the flesh off the waist. There is a tendency to let the arms droop, however, and this destroys the strenuousness of the movement. It would be better to try it with a long stick or board across the shoulders.



Another exercise for removing flesh from the abdomen. In this, of course, your feet must be fastened secure and you may place them under a dresser, the piano or any convenient weight. First bend only to an angle of 45° and gradually lower until you can finally touch the floor. The simplest form of this exercise could be done by keeping the hands on the hips instead of raising them over the head.

who is inclined to be fleshy. Follow them and keep slim.

Don't sleep too late in the morning. This, of course, does not refer to the working girl who finds it necessary to rise at a certain time every day. She is more apt to get too little sleep than too much. But the woman who has no hard work will find that the first step in reducing her flesh is rising early and going out for a brisk walk in the morning air.

Avoid *nibbling*. Eat at your meals and only then. Eliminate the four o'clock tea from your program; avoid eating at night. Take food only when you are hungry, and remember every bite you eat beyond what your system and normal weight, figure and calorie requirements demand is fattening.

Be as careful in the selection of your food as you are in selecting a new hat or gown. Shun fattening dainties as carefully as you avoid the green which does not suit your complexion. If you have gotten up near the two-hundred mark, cross candy, ice cream, cake and pie off your list immediately. Whipped cream, cheese, macaroni, fresh and white bread, all fried meats must next go by the board. The foods which are best for you remain—lean meats, milk, green vegetables and fruits (excepting, of course, bananas).

Now if you are not in earnest about this reducing business, don't start it. You will not keep it up, and the effort will be wasted. If, however, you intend to stick it out and make yourself a healthy individual, you will first make up your mind to cut down on an indulgent

appetite, for while you continue eating starchy foods whenever you feel so inclined, you will not only stay fat but grow fatter.

You must not start in with the determination to lose a hundred pounds in a month and then become discouraged if you do not succeed. Look back over the years in which you have been gaining weight and have patience if it takes a trifle longer than you had hoped to get back. It's a pretty safe bet that you can get back to normal in less time than it took you to get where you are today. So if your perseverance is as strong as your desire to be slim, the battle is already half won.

The stouter you are the more carefully you will have to go about reducing. So if you tire easily do not stick at the exercises too long at first. Rather drop them after fifteen or twenty minutes and go back to them several times a day than exhaust yourself with one supreme effort. When doing the work do not hold your breath. Breathe rhythmically and freely without concentrating too much upon the process.

Most women complain about being too fleshy around the hips. This can be remedied by kicking work. In the schools where girls go to be trained for dancing as a lifework they take their kicking very seriously. With rigid leg and pointed toe they begin the work, kicking a tambourine-line object which the instructor holds in front of them. As they reach each height the goal is raised higher until finally they are kicking high above their heads easily and correctly.



The starting position of the exercise at the left is shown on page 39. Concentrate on the downward push as though you are forcing some heavy weight as far down and

as close to the sides as possible. A good movement for the side of the waist muscles. In the stretching movement you will have to pay particular attention to your breathing. Raise your arms above your head and then begin lowering them as though trying to make your elbows meet in back. As you start lowering the arms rise on the toes, as shown in the photo. The important part of the exercise consists of inhaling as you raise the arms and exhaling when the arms are at the lowest, expelling the air by whispering "Ah."

That is how you must look upon the work. Every day aim to pass the imaginary mark that represents yesterday's best effort. Constantly progress. Keep your leg rigid and kick, pendulum fashion, bending a little in back if you must, and leaning on to the bedstead or a chair for support.

For abdominal work lie flat on the back and raise the legs as high as you can, holding them rigid. Lower them until the heels almost touch the floor, and immediately raise them again. Remember the heels must not rest on the floor for an instant. The movement can be kept up only a few times at first, but the repetitions can gradually be increased.

Still lying down, hands supporting your hips, start a cycling motion with the legs, bringing the knees as high and as near to the chest as possible. Continue this with gradually increasing speed.

There is another abdominal exercise which you can do by sitting on a bench at whatever height you find most suitable for a start, and bending backward until your head touches the floor. Then rise to your first position and repeat the movement. You will have to go at this exercise carefully. Do not strain. In bending backward at first strive only for an angle of sixty degrees; later make it forty-five and finally you can go all the way. But be sure each movement becomes quite easy before you progress to the next.

Almost any arm swinging or trunk rotating work will

reduce the flesh on the upper body, but here are a few which will work quickly and well. You will find the upper-body work will not make you nearly so tired as leg work, and you will probably be able to make a great many more repetitions when doing these exercises than the others.

Try trunk rotating with your hands clasped behind your head, bending as far as possible to the front, sides and back. Standing in the position shown, fists clenched, right hand raised, begin lowering the right hand forcibly as though pushing down an immense weight. At the same time, the left hand will come slowly up above the head. If done with concentration you will find this a vigorous exercise. You can make your trunk twisting movements forcible by holding the arms out straight and, if necessary, holding a stick in the hands to be sure you are not bringing your arms together.

Here is an exercise in the stretching movement in which you will have to pay particular attention to your breathing. Raise your arms above your head and then begin lowering them as though trying to make your elbows meet in back. As you start lowering the arms rise on the toes, as shown in the photo. The important part of the exercise consists of inhaling as you raise the arms and exhaling when the arms are at the lowest, expelling the air by whispering "Ah."

The best thing to do when trying to reduce flesh would seem to be to specialize on waist and abdominal work,

thus removing the flesh from the organs upon which the body depends.

So if you are extremely stout and feel that you cannot tackle a long program of daily exercises, concentrate on your kicking work which gives a vigorous contraction of the abdominal muscles, and the trunk rotating movements, which twist the waist muscles. When the flesh has been removed from these parts, the worst of your work has been done. However, as soon as you feel that you are capable of tackling a general program take up the work for the other parts of the body.

Many of our correspondents are interested in removing flesh from the arms, and after they have done the other work for long enough to notice the results, they can reduce the chest and upper arm by "dipping."

This form of work is almost a guarantee of beautiful shoulders for the slim or the stout woman, and it cannot be too highly recommended. Calling into play, as it does, the muscles on the chest and upper arms it fills in the hollows or burns away the flesh, whichever you may wish, and may be considered a cure-all for unlovely shoulders.

When dipping is done with the arms close together it

works on the "biceps" as a man would say; but we are more apt to understand the "front of the upper arm." When done with the arms farther apart it puts greater work on the "pectoral" or chest muscles. Don't overdo it, however. Start easily and continue to progress slowly. Results will come quickly enough.

The dip can first be done against the wall, later at the bedstead, then the chair and finally on the floor. After the repetitions have been increased up to ten or fifteen times in these exercises, try the next step in progression, and so on.

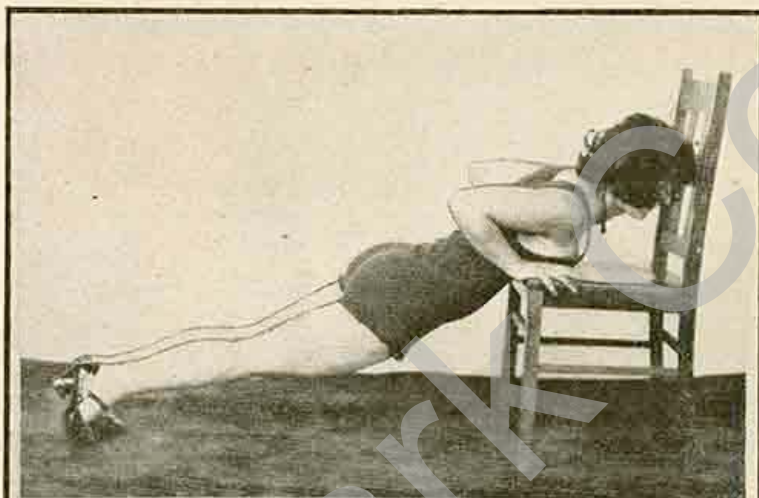
While we are at it we must not forget that ugly bag of flesh that so often accumulates on the back of the upper arm and shoulder. This can be removed by dipping backwards.

The backward dip will remove the flesh from the back of the arms where the "triceps" should be developed. It is shown in the photo, and will quickly firm the back of your arm and the shoulder, although it will probably be a little difficult at first.

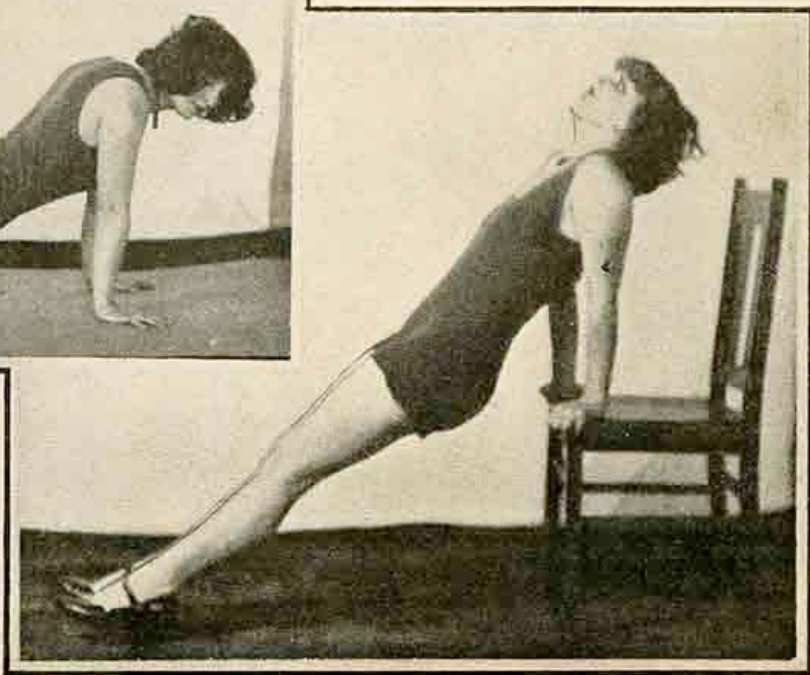
When you have persevered this far your muscles will be very active, and it is an accepted fact that flesh cannot exist in or near an active muscle.

These exercises, however, far from being of benefit to the fat woman alone, would be of the utmost importance to any woman both as health builders and beautifiers. Just because some of us happen to be of normal weight without exercising, is no reason for the complacent view of the subject taken by those who are. Remember the scale may be deceiving and your "normal weight" may include a great deal of soft flesh that is not at all beautiful, and can be turned into beauty only by being converted into well-rounded muscles.

Of course, we don't literally mean "converted into," for you must first burn away the flesh and then build up the muscle. In these days youth lasts as long as your figure and your figure is as good as your muscles, —no better.



The dip as shown in the first two photos will remove the flesh from your upper arm and chest. You may have to try it against the wall at first, but when you can do it ten or fifteen times there, try it on the chair and later on the floor. The backward dip is for the bag of flesh that accumulates on the back of the arms and the shoulders. Note the rigid legs with the heels raised from the floor.



The Science of the Slugger

The Ability to *Time* the Stroke So That Every Ounce of Energy Is Unleashed at the Critical Fraction of a Second When It Means Most—How It Has Distinguished Men Like Dempsey, Babe Ruth, Jack Kelly and Bill Johnston

By *T. Von Ziekursch*

IT was ten years and more ago that Honus Wagner, then king of National League sluggers, and with only the great Napoleon Lajoie in the American League as a rival, called attention to the fact that there is an art, a real science of the slugger, just as much as there is of the sharpshooting hitter of the Willie Keeler and Ty Cobb type.

Since the beginning of time "fandom" has paid highest tribute to the brawny son of swat who could step to the fore in a pinch and blast the way to victory with one or a succession of mighty swipes that literally mowed down all opposition. The bearded warrior with his mace or broadsword advancing grimly to the stern test of battle, was a more picturesque and more highly honored individual than the expert with the crossbow who fought his battles with skill.

Spartacus did not earn the prestige that enabled him to lead the gladiators of ancient Rome in their revolt because he was nimble as a toe dancer in the bloody sand of the arena. Iron muscles and sinews had conquered all who faced him. But there must also have been a superb fighting technique.

Throughout the ages men have admired and given fullest measure of adulation to the sheer power of the punch that made someone supreme among his fellows in spectacular fashion. But how often is it that attention is given to the science that lies behind this power of the punch?

There may be those who doubt that Babe Ruth has any tech-

nique of hitting. Ruth himself may not be aware of it. Also there may be many who would question Dempsey's having anything except a bone-crushing punch produced by tremendous muscles. They may point to the size, the tonnage of bone and muscle of men like Ruth and Dempsey as explaining all. But then how can the case of a man like Little Bill Johnston be explained?

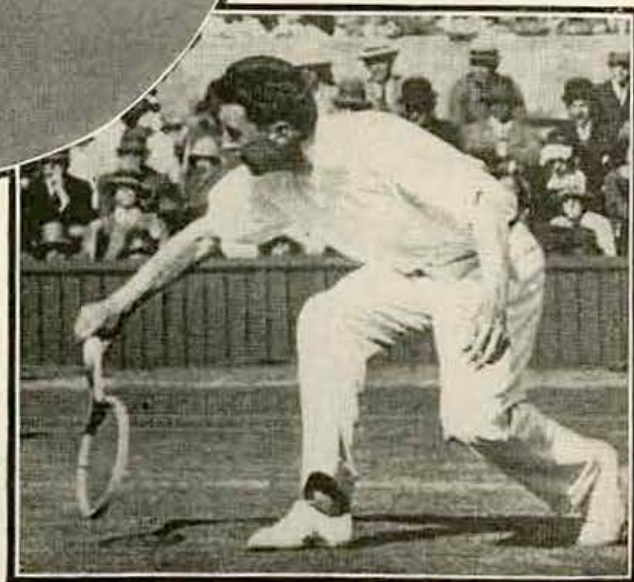
With the possible exception of Gerald Patterson, the Australian, there is no man in tennis today who achieves the amazing speed on a driven tennis ball that the little Californian does. And he is a small man, below the medium height and weighing less than one hundred and thirty pounds.

There can be no questioning the fact that Johnston is the world master of the forehand smash, the fast stroke of tennis, the stroke which rips that soft ball across the court like a whizzing streak. Even Big Bill Tilden with all his genius and his absolute mastery of strokes has not quite as much speed as is in that spectacu-



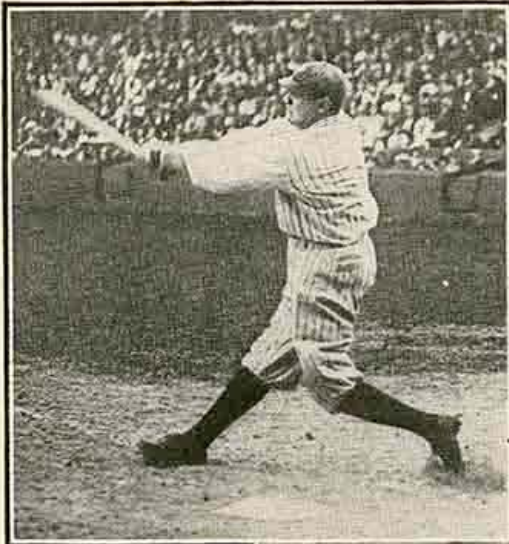
P & A Photos

Is it their mighty arms that have made both Dempsey and Johnston great? Or is there some underlying factor which all great sportsmen possess that backs up Dempsey's punch and Johnston's forehand smash? The author believes that their possessing power has been a no more important factor in their success than their knowledge of the proper instant at which to release it.



lar smash of Johnston's, which has never been equalled.

In golf, too, it applies, this science of smashing power. Ted Ray, the colossal Briton who came over here a few seasons back to win the United States Open Championship, was big enough to have blasted a golf ball into the next state, it seemed. But last year a man not nearly so



Underwood Photos

All of Babe Ruth's power is concentrated in one explosive burst on the sharp, terrific jolt at the moment of contact, and Jack Kelly, the undefeated oarsman, finds that it is the last few inches—the final drive at the end of the stroke—that decides the victor.



large came over from England and that man made the famous Ray's drives look comparatively puny. He was Abe Mitchell, England's greatest pro today. Then, too, in this country there is Jesse Guilford, known as the Boston Siege Gun. His drives are amazing, but there are bigger men and stronger than he who cannot begin to get his smashing distances. There is a dub golfer the writer knows who will never be anything else but a dub because the game means nothing to him beyond the fun an occasional round brings him. But there are many near champions who would envy that same dub's drives. It is the one stroke that has fascinated him to the extent of making a study of it. His drives are unbelievable in their distances; but that is the only part of the game that interests him and he has no designs on gaining fame on the links. However, in this one stroke he has solved the problem of applying the punch in its most efficient manner. Certainly there is a technique to it just as there is in the case of a batter like Babe Ruth, a slugger like Dempsey, a smashing forehand hitter like Bill Johnston.

Few men ever made more of a study of hitting than

Honus Wagner. Present day fandom has not forgotten the deeds of the great Dutchman who was king of shortstops when Pittsburgh's Pirate crew was winning National League pennants and world championships on the diamond. Somewhat crude of appearance, Wagner undoubtedly was, and lumbering in his ways, but he could hit that ball as few others could.

On one occasion Wagner told his secret of hitting and it was easy to understand. As he described it he drew all the power of his body up into his chest and shoulders, stood with feet close together, balancing slightly forward and toward the pitcher. As the ball came toward him he inclined toward it, almost toppling as he swung the bat. All the momentum, all the gathered power of his muscles literally from the ankles up, went into that swing. He

was taking a step in the direction of the oncoming ball as he swung, almost lunging with his body, whipping the bat, not pulling it around as a hammer thrower pulls the hammer around after him.

In baseball today there is a slugger whose style is almost a parallel. Babe Ruth bats that way. Think back over the last time you saw Ruth brain a baseball. Undoubtedly the Babe hits them for greater distances than Wagner did or Lajoie or Delehanty or Flick or any of the old timers. How much of that is due to greater driving power and how much to the fact that the baseballs today are far more lively than they were in the past is difficult to estimate. But photographs of Ruth in action have been taken that illustrate his method and indicate to perfection how he achieves the remarkable distances he does. In those photographs you will see the point. They show the Babe's great shoulders hunching up as he gathers the power of his entire body into his swing. Also they show him lunging at the ball with such force that his "follow through" is very much like that of the golfer. The whole swing is timed so that the maximum amount of physical power in his body is applied



Underwood Photo

Gene Sarazen's famous drive.

automatically at the moment the bat meets the ball. That was the same thing Wagner achieved—gathering every last vestige of power and hurling it into action so that it was all concentrated in that fraction of a second of contact.

In the last analysis it may be that this can best be described as the perfect timing of the punch. There have been few men in the ring history who could deliver the devastating wallops of which Jack Dempsey is capable. At Toledo he broke Jess Willard's cheek bone with an overhand left. Luis Firpo was in far better condition as a fighting man when he met Dempsey than when he was outpointed by Harry Wills, and Dempsey battered him to the canvas repeatedly. Dempsey has lifted men completely out of the ring on more than one occasion with his punches; yet in sheer poundage it is doubtful whether Jack hits as hard a blow as Firpo does with his long swings. Why then is Dempsey a greater hitter than Firpo? The answer is that he has the same thing Babe Ruth and Honus Wagner put

behind the swing of a bat—timing to get maximum power, the sharp, terrific jolt of every ounce of energy concentrated at the moment of contact in one explosive burst.

Bob Fitzsimmons had it, too. The great Cornishman was a marvel as a hitter. He knocked men completely cold with blows that travelled only a foot or so. They were snapped punches that carried all the power of Ruby Bob's body. Like Fitzsimmons and very much like Babe Ruth, is Dempsey in the efficient mold of his body. All three were endowed with slender ankles and legs that might have been intended for lesser men. The power of their bodies was concentrated in chest and shoulders, though few men have been as beautifully built as Dempsey. His body would have drawn him an assignment as a model from Praxiteles or any of the other sculptors of ancient Greece.

Anatomists who have gone over Dempsey as thoroughly as the engineer goes over a piece of mechanism constructed for some very important technical job, assert that the champion is built for purposes of attack as probably no other fighting man was ever built. Speaking from the standpoint of a fighting man, every part of Dempsey's body is so constructed as to be ideal for offensive purposes. The muscles which are used in the delivery of a blow of every type are abnormal both in their development and in the control which he exercises over them, which may account for his remarkable ability at shooting across one of those crushing wallops where the ordinary fighter would not have a chance to get through the opening.

There can be no questioning the fact that (Continued on page 79)



Underwood Photo

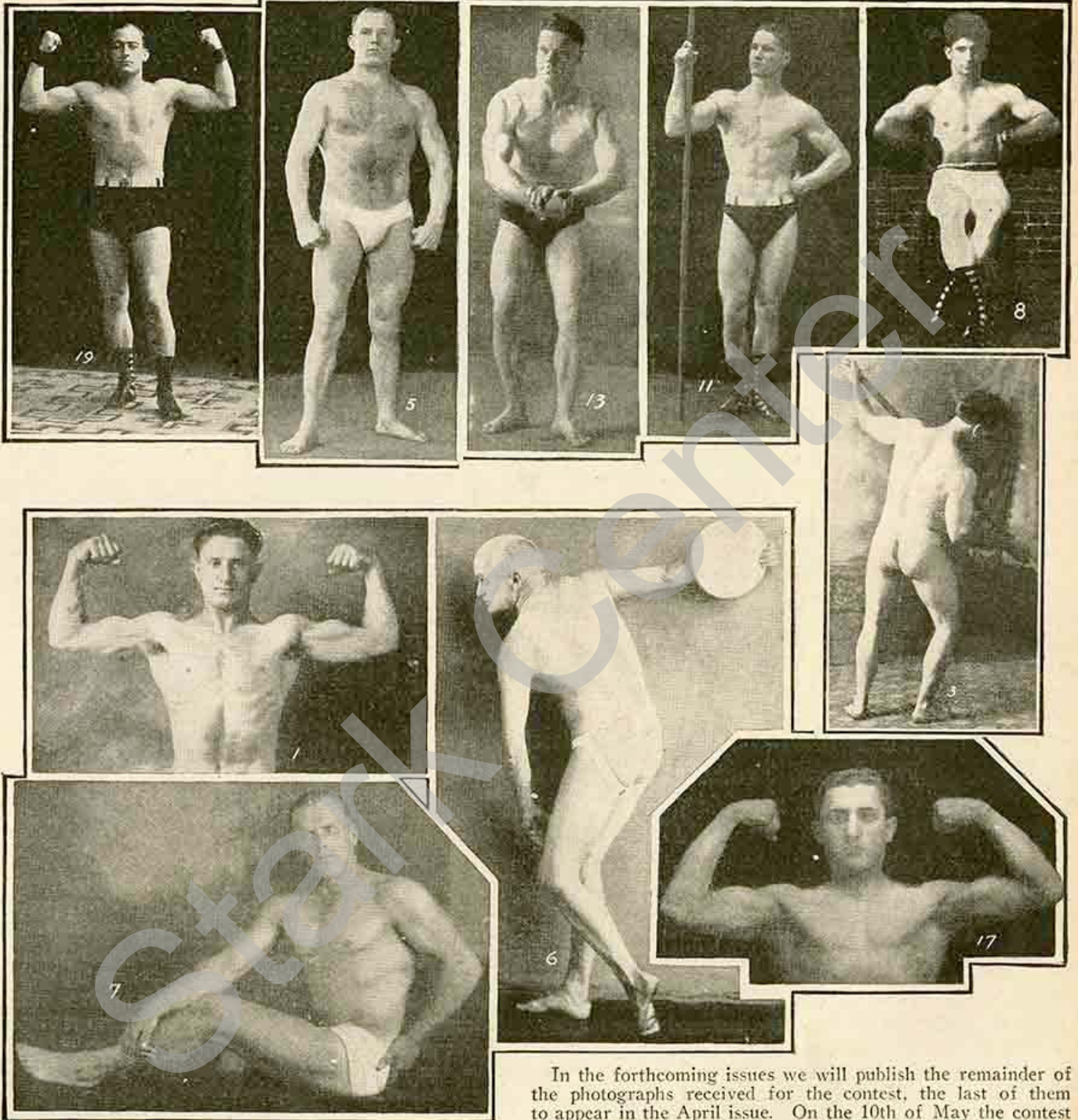
Abe Mitchell, England's greatest golfer, and Jesse Guilford, known as the "Boston Siege Gun."



P. & A. Photo

Strength Posing Competition

Closing Date for Voting—May 10th



In the forthcoming issues we will publish the remainder of the photographs received for the contest, the last of them to appear in the April issue. On the 10th of May the contest closes and the winner will be (Continued on page 88)

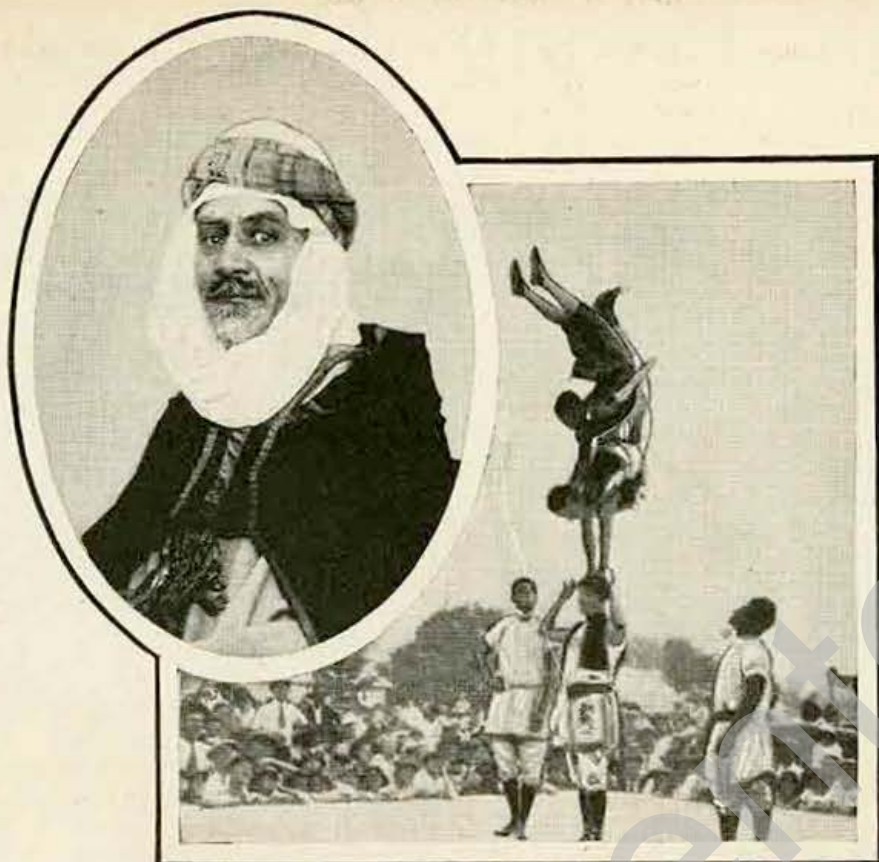
- 1 Michael Tarquinio, Pittsburgh, Pa.
- 3 Albert L. Huber, Weiser, Idaho.
- 5 Carl Schiele, Chicago, Illinois.
- 6 Charles Lincoln, Boston, Mass.
- 7 Edward Sandine, North Bend, Ore.
- 8 Frank Dennis, Bridesboro, Pa.
- 11 A. Marquis Losey, Jersey City, N. J.
- 13 D. B. Mills, Waycross, Ga.
- 17 Toto Economidi, Endicott, N. Y.
- 19 George McCoy, Grinnell, Iowa.

Editor STRENGTH,
2741 Palethorp St., Philadelphia.

The best developed man in your contest is.....
 and the second
 best is.....
 Name

Street

Town..... State.....



Sheik Hadji Tahar, who brought the first Arab Troupe to America and (below) one of their feats which has not yet been duplicated upon this Continent.

Those Wonderful Arabs

An Evidence of the Superiority of the Orientals in Acrobatic Work and Tumbling as Seen by the "Dean of Performers"

By P. H. Paulinetti

THE first troupe of Arabs was brought to this country by Sheik Hadji Tahar in 1876 for the Centennial Exhibition, at Philadelphia, Pa.

At the close of the Exhibition, this troupe made a tour of the United States extending to the Pacific Coast. On their way back from the coast that great showman, Mr. W. W. Cole, engaged them for the season of 1877 for his circus, which at that time was second to none in this country. After the close of the circus season, the Sheik toured the Eastern States in the higher class vaudeville houses.

Realizing the possibilities of financial gain in the great Western World, and being in such great demand on account of the marvelous success they had achieved, the Sheik was not long absent from this country when he brought a second troupe back from Morocco. As their success was heralded throughout Arabia, it was not long before other troupes arrived.

Their quaint appearance, both on the street and at their performances, and their unique and original methods of performing their acrobatic feats and pyramid building, along with their marvelous agility, created a great interest not only with the acrobatic and gymnastic performers but with the general public as well.

I shall endeavor to convey an idea of their methods of accomplishing and performing their most marvelous feats, and to explain why their methods are so different from those of the American or European performers.

Their start and position while in motion, as well as when alighting, are very different from those of others. Having been acquainted and closely associated with some of the greatest troupes, as well as the master minds of them, the writer had a very good opportunity of studying their methods closely.

The American and European, at the start of a beat or tumbling "trick" (as it is named by professionals), go straight ahead or straight backward, even in doing what is known as a "catherine" or cart-wheel, which is turning sideways. To start forward is infinitely easier than starting sideways, which accounts for the clumsy way which most of the amateurs have from trying to turn sideways at the start.

Mr. Harry Houdini used to say, while performing a puzzling stunt, "Some people do it this way, and some do it that way, but I do it the other way." That's the way with the Arab—he does it the other way.

He does not start from both feet to get his drive or start for a somersault as the American or European

does, but he begins by what is called a "run-off." The run-off is started by running a few steps, taking a single hop on the foot which is behind, at the finish of which the performer does a snappy push from the same foot, catching a rhythmic tempo with the front foot and driving hard from the latter, in an upward spring. Then (if turning a somersault) he doubles the body and legs up closely into what is known as a "tuck," pulling the knees up to the chest by catching the legs between the knees and the ankles with the hands. Thus he drives the body around in a swift circle. He is in this "tuck" position but a small fraction of a second while revolving; then he lets go of his legs, straightens them and his body and alights upon his feet on the ground.

The great distinction of the Arab's tumbling as compared to that of other nationalities is that they do not start backward or forward in commencing a "trick" or routine of diversified tricks. They start between the backward and forward position; which means that if the performer is going to start a forward movement he starts slightly toward the right or left, and if he starts a backward movement he does the same, using the run-off momentum from the feet (one foot after the other).

You seldom will see an Arab commence a routine of tumbling from a stand, with the exception of those who have traveled a considerable time in America or the European countries and adapted themselves to some of the methods of the performers of modern schooling.

What is known in Arabic as a "tinsica" (this word, I have been told, means to start) is the very first tumbling trick the apprentice learns after he has mastered the run-off, and is used after the run-off for the commencement of many of their routines, and is used very effectively by many who combine it with a "pirouette," which means a complete turn while spinning around on one foot, and immediately doing another tinsica, making a combination of the two. Some of the greater performers specialized in doing a double pirouette between the tinsicas, which is wonderfully effective.

The forward tinsica is accomplished by placing one hand on the ground in front of the foot which is ahead (while standing with one foot in front of the other, toes pointed slightly outward), the other hand being placed about a foot ahead of the first one, with the fingers pointed inward. The position is something like that of a person who would stand with one foot "pigeon toed," the body being slightly turned toward the hand first placed on the ground. Then the leg behind is driven into a circle over the head. At the same time you push hard from the ball of the other foot and alight on the foot driven over the head first, then on the other, after having pushed off each hand while in the turning motion. This is not a springing feat, it is a circular revolution, although it can also be used in a springing way.

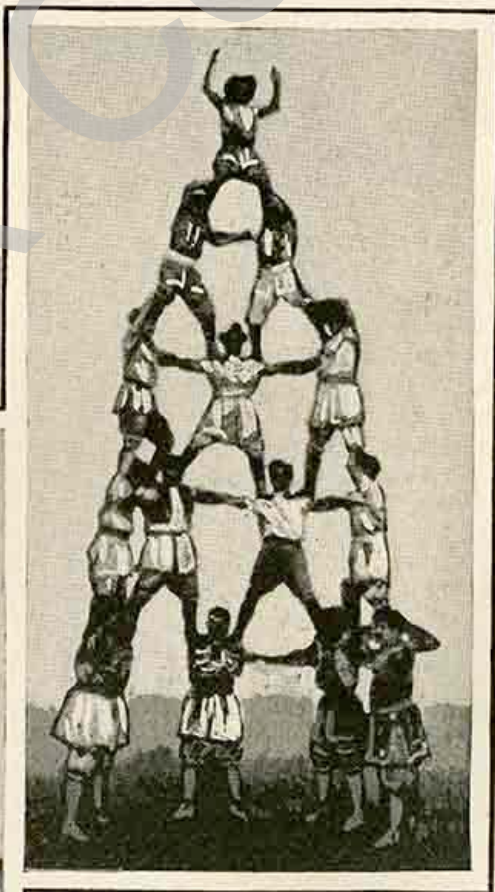
The tinsica is the feat which distinguishes the Arab tumbling from all others. Dancers use it in their acrobatic work, keeping with the music, which is counted in four beats, and when performed by a good artist it is both graceful and beautiful.

To start the backward run-off movement, the performer commences by taking a few steps forward, places one hand on the ground with the fingers pointed outward toward the side to which he is to turn his body. Placing his other hand on the ground with the fingers pointed in the same direction as the first, the legs and body, after a strong push from each foot, are turned half-way round, and the performer alights on one foot after the other in a side-backward turn. This is known professionally as a

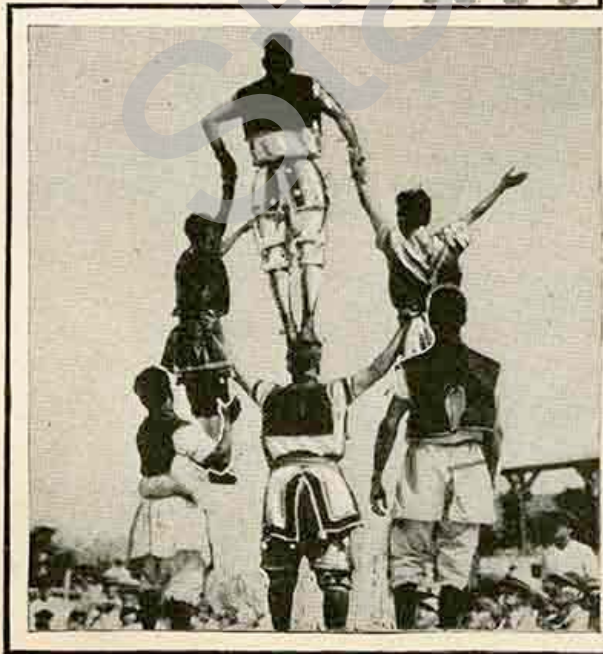
"round-off" and is used for the start of a backward Arab somersault, which is performed by leaving the ground one foot after the other, turning a complete somersault and alighting one foot after the other.

There were a number of the Arabs who became adepts at the European and American methods of the acrobatic art. Two of these are well worth mentioning. They were Abachi and Mazzus, who came to this country in 1889 for a tour with a vaudeville company known as the Howard Athenium Company, conducted by Mr. William Harris, a proprietor of the Howard Athenium of Boston, Mass.

The performance of these great artists consisted of a very high grade of ground
(Continued on page 72)



Pyramid building is the most spectacular work done by these great artists.



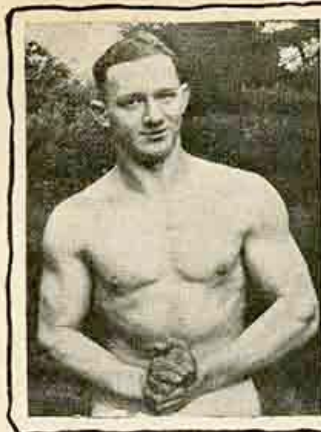


Figure 1

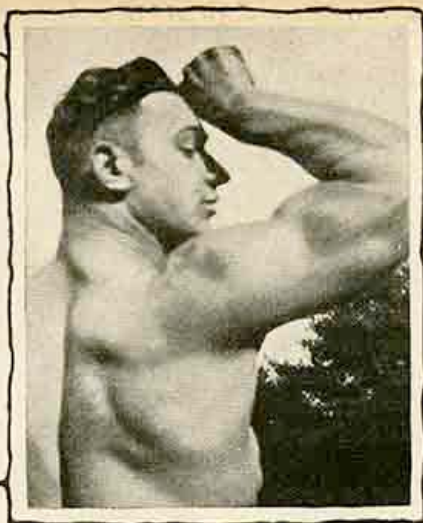


Figure 2



Figure 3

Posing That Doesn't "Beat the Camera"

How to Make Your Best a Little Better—
Knowledge That Is Just as Essential to Good
Photos as Is Fine Muscular Development

By Perry Sussman

UP to the time I was about sixteen years of age, my weight was considerably more than it should have been. I enjoyed good health as I was outdoors a great deal and very active. In order to reduce, I attended a gymnasium. It was badly fitted out and sadly in need of repairs. Other than acquiring a scant knowledge of wrestling and coming in contact with various people, I received very little benefit there. So, shortly after I had finished, I purchased through the mail, a course of physical instructions whose merits were very much exploited. A valuable tip given in that course was to read magazines similar to *STRENGTH*, for the knowledge to be gotten and for the effect that the mind has over the body from viewing pictures of well built athletes.

Now as to how I value *STRENGTH MAGAZINE*.

STRENGTH MAGAZINE has in the past cost me either fifteen or twenty-five cents. The above mentioned course cost me about forty-five dollars. Yet from certain single issues of *STRENGTH* I derived more benefit than I got from the whole course costing me many times more.

After becoming acquainted and enthused with *STRENGTH*, I obtained possession of a set of bar-bells made up of plates of different sizes. No doubt my bar-bell is not quite as elaborate and convenient as your outfit, but it answers my purposes. My only regret in becoming a physical culturist is that I did not know of *STRENGTH MAGAZINE* and its course of physical training at the start. I would be much farther advanced than I now am. Had I known at the first when I became interested in that magazine that you gave out physical training courses and apparatus I would have

much preferred that than what I already have. I have never inspected your courses, and it is hard for me to realize what it must be worth, since I obtain a great deal of knowledge so cheaply from a single issue of *STRENGTH*. Judging from *STRENGTH*, I could sincerely recommend your course to any beginner, physical culturist, or anyone who has become dissatisfied with another course.

It has been very hard for me to plan my "workouts." My time is not my own, my work and working hours are disagreeable and irregular. I attribute what little development I have attained to the following: rowing, running, wrestling, some boxing, bag punching, weight lifting, by the knowledge obtained from *STRENGTH*, walking and other exercises.

The enclosed pictures were taken last fall. At that time I was nineteen years of age and my measurements were as follows:

Height, 5 feet 9 inches; weight, 170 pounds; neck, 16¼ inches; chest, 40 inches, normal; waist, 32 inches; upperarm, 14½ inches, contracted; forearm, 12½ inches; wrist, 7½ inches. Around the buttocks I was 39 inches. My thigh measured 23 inches; my calf, 15 inches, and my ankle, 9½ inches.

Although there is nothing remarkable about these measurements, you probably will agree with me when I say that I could have massive proportions were I to have more time to train myself. More often than not, my workouts are few and far between, because of the existing circumstances; and herein lies the beauty of progressive exercise—that it takes but little effort to maintain your development.

My idea of a perfect physique is, symmetry, great strength, suppleness, speed and endurance all combined. While I have yet to acquire most of these, I feel that I am doing the best I can with my spare moments. I have long since found out that it is impossible to become either perfect or strong over-night.

In Mr. Wayne's article in the July issue, he states that you may be better than you think you are. I am most sure that he did mean that you deliberately try to deceive by taking advantage of poses and posing stunts; yet a misunderstanding can come from his explanation of, "you may be better than you think you are," and some of his article following. It is true that photographs do not always do the subject credit; yet the reverse is equally true.

It is perfectly true that a person looks no better or worse than he appears to those around him, regardless of what he thinks he looks like, or the results of the camera may show him. I would like to observe myself, as I appear to others. I really think that I am not as good, as I appear in some of my pictures, especially my arms (note my measurements). In some of my pictures the results seem very gratifying; yet when I honestly inquire of myself "Are you as good as you think you are, or as the photo shows you to be," I would sometimes hesitate in answering in the affirmative. It may be well to say for the benefit of those whose pictures appear better than the object at which the camera was focused, "Do not kid yourself into believing that you are as good as the picture shows;" as you may have occasion to strip before some friend of yours who was impressed with your remarkable photos and fail to awe him at all. You must bear in mind most photos show you tensed while in a bathing suit or stripped you are not always tensed. I find after a little experience with the camera,

the pictures seem to make me appear better than I was or thought I was. You readily learn to take advantage of pose and position. "Strong men" have had so much experience in posing that it is very simple for them to take advantage of the camera, even though this is unnecessary.

It may be alright for yourself, personally, to deceive

the camera as much as possible, but when submitting pictures to critics I don't think it fair to resort to trickery without an explanation or accompanying honest measurements. In such a deception you alone would be the one that was deceived.

While I have shown my pictures to friends and had them comment favorably should they view me stripped and fail to find me as good as the pictures show, I would not be disappointed since I am not kidding myself into believing that I am as good as the most impressive of my pictures.

The camera observes but the object, and a small background, whereas the eye contrasts your body to a much larger view, besides seeing you as you are. The camera observes you and produces the results of a flat surface. The roundness of a figure will be greatly increased because the camera catches the up and downward taper but not the taper that runs from front to back. Many advantages can be taken of this. While I don't pretend to be nearly as good as certain athletes whose pictures I have compared with mine, I will say that I consider some of my pictures fully as good, if not better.

Perhaps you have noticed when posing before a mirror, muscles seem to appear distinctly in the reflection, where they were but faintly outlined on the body. The camera catches the reflection similar to the mirror. Viewing the body without the aid of a mirror, you see but a part of the body and from a different angle than the camera, just as you appear to others. All this must be taken into consideration if you think you are better or worse than the photos show. I do not intend to discourage anyone by the foregoing; yet I think it a folly to build castles in the air.

I find dissatisfying pictures are usually the ones that won't exaggerate, or that show the object as being awkward. I consider a picture good if it shows symmetry and no awkwardness.

In Figures 1 and 4 it may seem hard to imagine that the left arm is a mate to the arm shown in "close up," Figures 2 and 3. If I had, in Figures 1 and 4, stood closer to the camera, held my body differently and made my

Figure 4



Figure 10



Figure 5



Figure 6

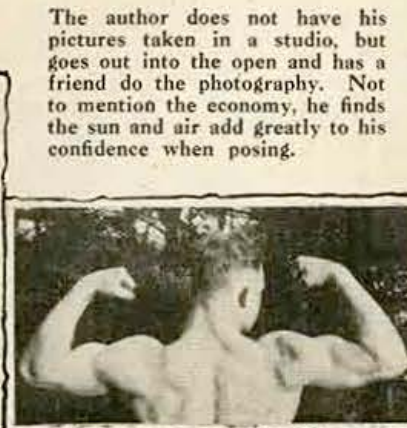


Figure 7



Figure 8



Figure 9

The author does not have his pictures taken in a studio, but goes out into the open and has a friend do the photography. Not to mention the economy, he finds the sun and air add greatly to his confidence when posing.

In poses like these, the arms can be made to appear larger by lifting them a little nearer to the camera. Also the wrists can be curved at the same time the "biceps" is contracted.



Figure 11

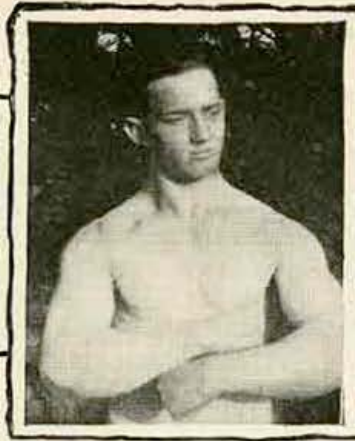


Figure 12



Figure 13

arms appear more compact, there would have been a decided improvement in the pictures. Figure 4 shows my left arm as being rather lanky, not as compact as in Figures 2 and 3. Had my arms been better developed it would not have appeared so lanky. In a poor pose a fully developed arm may also appear rather lanky, but not to the same extent as an undeveloped arm. I do not intend to take credit from men who are as good as the pictures show them to be, but from my experience the picture will, after a few trials, appear better than the object does in real life.

Since man is endowed with intelligence the eye is not so readily deceived as the camera which is used for this special purpose. Defects plainly visible to the eye are often softened or completely covered by the camera. I am aware of several faults in my development. I consider these a defect; yet they fail to appear in most of my photos. To illustrate again how the camera deceives, you will note that my facial features as shown in the pictures are not altogether unpleasant to look upon. Though I do not consider myself the World Champion Homely Man, I do not possess features as good looking as they appear in the photos.

Once while talking to a friend of mine and a photographer, my friend informed the photographer that I would like to have a picture taken of my muscles. His answer was to the effect that if *I did not have muscles*, he would cover me with "smotches," so as to appear muscular to the camera. I will leave it to you how I

felt about that. Yet again I am informed that a photographer can so alter his work as to make bulges appear where there were none before he tampered with the picture. Possibly there are many other artifices in photography. I have never taken advantage of the camouflaging just mentioned. So I might say to those not appearing as well as they might in photos, not to become discouraged when comparing pictures with men claiming to have very large proportions. If I were to pass my opinion on photos submitted to me, with exceptions, I would be rather backward in commenting on the subject other than to say the picture was good or bad.

For my pictures I used a cheap camera and was being aided by a physical culturist friend. By taking pictures outdoors you will derive much benefit because of exposing the body to the air and sun and you will be more at ease, which is a great factor in posing. The photos that are good can be readily enlarged, and should all pictures be satisfactory your disappointment will be less keen than if you had gone to a studio and taken the same number of pictures at a much greater cost.

Some of these poses were taken as late as Thanksgiving Day. Near that time of the year, I found between two and three o'clock was the best time to work. At noon the sun is apt to be too strong to take satisfactory pictures. Too much sun sort of reflects on the body and may affect the picture, but be sure that there is enough sun. Sometimes a good picture can be taken when the sun slips behind the clouds. Summer is an ideal time



Figure 14



The effect obtained in these first two photos may be impossible without fine muscular development; but it will be easier for you to get if you know how to go about it.

Figure 15



Figure 16

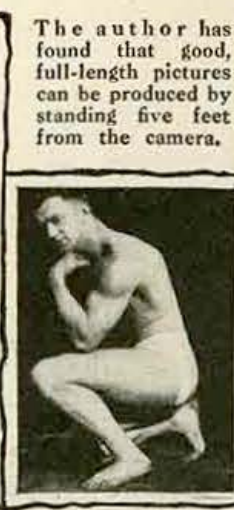


Figure 17



Figure 18

The author has found that good, full-length pictures can be produced by standing five feet from the camera.

to take pictures as you will find on a warm day you will respond much better to the camera.

I find for these size pictures standing about five feet from the camera produces good, full length pictures, naturally the closer you are to the camera, the larger you will appear in the picture. In several of my photos you will note that I appear to have a massive arm, in fact from the pictures I might easily claim to have larger measurements, because the camera has not had as good a chance to contract this part of the body shown with the rest of the body and the background. The nearness of the camera is the main factor in such pictures. Figure 2 helps to illustrate this. I can only admit that this is the same size arm as shown in picture marked Figure 1, which was taken much further from the camera.

If you can arrange to gradually lose several pounds during the week before you have your picture taken your muscles will show more distinctly. I strive to maintain a natural, or pleasant expression on my face and have my hair arranged neatly, as this is all taken in by the camera and helps in getting a good picture.

In taking pictures one must watch out that the shadows of surrounding objects or any part of the body, do not overcast yourself so as to be a detriment to the picture. Figures 5, 6 and 7 help to illustrate this. Have your helper watch out for this. I depend a lot on what my helper observes in the reflectors attached to the camera.

I find that a dark background used outdoors, a forest

for instance, is ideal. Figures 21 and 22 help show this. Sometimes the sky makes a good background as in Figure 23. Have your helper criticise your posing. In trying to get a good pose I have my friend hold a half length mirror in about the same place where the camera should be, strike a pose, and if the reflection is satisfactory, remove the glass, replace the camera, and then make the exposure. Try to have the object and operator about on the same level of ground. To get a good pose takes time, patience and persistence. For instance I tried several rolls of film before I finally got what I wanted in the poses marked 8 and 9. I simply could not have afforded to have as many pictures taken had I gone to a photographer in order to get that pose. Figure 10 is an example of the poorer ones in this pose, but is by no means the worst of them.

In practicing poses note how the arms, legs and body, when held in different positions, affect the pose. If I want only certain parts of my body to show up to advantage, I strive to throw that part out more in a line parallel with the front of the camera.

In poses such as Figures 11 and 12, the arms can be made to appear larger by lifting them slightly towards the camera. While I have tensed the muscles in Figures 11 and 12, I have not pressed them against the body or against each other to make them appear larger than they are as the picture shows this. When I try a "biceps" effect, I contract the biceps (Continued on page 90)



Figure 19

Sooner or later every one interested in body building has his photograph taken. Some enthusiasts spend a great deal of their time in imitating this or that pose, without making much progress. It would take years of wrong posing before most of us would discover the secrets which Mr. Sussman explains here. We are glad to be able to pass his experience along to other STRENGTH readers.



Figure 20

A preference for outside posing can be readily understood. Here we have a study in the backgrounds presented.

In Figures 19 and 20 (at the left) we have the combination of sky and forest that gives a photo a touch of the classic.

In Figures 21 and 22 (below) the dark background is that of a forest and the clearness of the outlines would be hard to beat, while in Figure 23 (at the right) we have another light background which brings in the zest of the great outdoors.

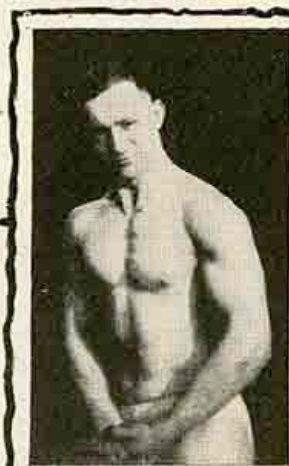


Figure 21



Figure 23

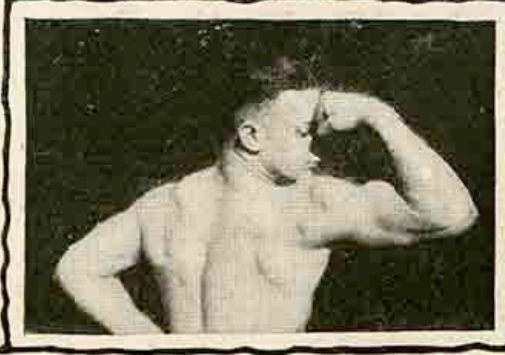


Figure 22

My Complete Conquest of Nerves

The Personal Experience of a "Nervous Wreck"—How She Cured Herself After Tonics and Sanitariums Had Failed

By Eleanor Dana

WE Americans are called the most nervous race on earth. And I guess that's right, for I know I once felt that I was the most nervous person on earth, and as I spent many a dubious hour at sanitariums for nervous people I got to see that a goodly percentage of the American people were either nervous wrecks or just about to be—at least that was the way I felt about it when I was a nervous wreck myself and spent my time among others of my sort at various herding places for the nervously jazzed.

Some people have said that our nervousness as a nation comes from the climate; but as we have all kinds and degrees of climate within the forty-eight states, it can't very well be truthfully laid to that.

I have my own opinion about it, and I feel pretty sure it's right, as it is based on experience; experience that led to the discovery that our nerves are jazzed because we don't live right. We are an overfed people and an under-exercised one. Just go out for yourself and make an investigation and see if I am not right.

When I say that I know by experience, I mean this: I was in a terribly nervous condition—all gone to pieces, with no harmony whatever in my nervous system. I continued in this disheartening condition for a long time, five years to be exact. Then, in despair, I commenced to think for myself instead of depending on others to think for me. I thought out the situation in this fashion: If sanitariums and nerve cures don't help me, and nerve specialists don't know what to do for me, then why not, after having given them a more than fair trial, cut them out altogether and try to cure myself as best I can?

It was the last hope, and grasping at it I went out into the country to try to heal myself. I was in a cottage next to a big farm that provided everything to eat from fresh eggs and milk to new vegetables of all kinds and berries and fruit.

It was early in April when I went to the country, and everything was lovely with Spring just breaking and everything full of hope and promise, an ideal time of year for me to start my somewhat discouraging task.

I planned to lead the simple life and did. I had half a dozen dainty gingham dresses made, and they, with sandals and two sweaters and a cape, completed the out-

fit for my new life, and this wardrobe did quite well.

As a companion I had a young cousin with me. I rejected the idea of having a nurse, as I didn't want to be reminded of my awful past. I wanted to forget nerves and treatments and tried to be just a tired woman starting out to get rested and strong.

The very first thing I did was to get out into the sunlight. I just revelled in it. I lay on an old door with a blanket thrown over it, lying face downward to let the sun beat down on my back. Oh! how good it felt

stimulating those poor nerve roots along the spine. I kept this up every sunny day, several times a day. But later on, when it got warmer, I discovered it was far better to have the sun beat straight

on to my naked flesh. So I used to go up on top of a flat roofed shed, where no one could see me, take off all my clothes and let the pure sunshine pour all over my naked body. It was wonderful! Just like a tonic—and so restful and strengthening and soothing. I

seemed to know just by natural instinct that it was the thing to do. Since that time I have read a great deal about the scientific facts of the matter, learning that the sun is the source of all our vital energy, the sole support of all life and motion

on earth. Quite ignorantly I had stumbled upon the truth.

The Romans used to make great use of the sunlight for healing and strengthening and for maintaining health. They made it a practice to throw off their togas and walk about nude in the sun, and played ball for the purpose, Pliny tells us, of keeping up their youthful vigor and to combat the effects of old age.

The invention of window glass has in one sense been bad for us, as it has deceived us into thinking that because the light came through it that the beneficial effects of the sun came too. But it seems that this is not so, as it only lets in part of the sun's rays, the glass being opaque to the ultra violet rays which have the strongest effect upon the skin either for good or bad.

So it is this curative part of the sun that we need to make us well and keep us so. Experiments that have been tried at Yale University on white rats show that rickets can be very rapidly cured by pure open air sunlight, also anæmia, tuberculosis, sores, burns and nerves.

The doctors call it Heliotherapy, and they now have in



Eleanor Dana

England a regular sanitarium where all the cures are by sunlight method. The skin is slowly tanned without sun burn, the curative effects, it seems, not coming into full play until the skin has become pigmented.

High blood pressure quickly drops under this treatment, and a general tendency to assume normal conditions is observed throughout the body.

It certainly did great things for me. It strengthened me and gave me new blood and seemed to seep into my nerves and restore them as I lay there. I felt exactly like a pale, sickly plant that has been shut up in the house for a long time, getting all pindling and transparent, and then suddenly as it is put out into the rich sunlight again grows green and sturdy and wholesome. We are just like plants. We need direct sunlight just as much as they do, only we don't know enough to keep out in it and soak in it.

But sunlight isn't all my story by a good deal. There were many other factors in my course of self healing. Sunlight played a big part to be sure, but I carried my thinking further and went about discovering a proper diet for myself. I happened to see in a newspaper article that milk should be taken by nervous patients; that, in fact, it was the very easiest food for them to digest, and that the next best thing to milk was green vegetables, and especially those that had iron in them.

So a large part of my diet was milk, from ten to twelve glasses a day, taken in a scientific way which I will explain to you later.

Before going on to tell you exactly what my diet was (and still is), I would like to give you a few notes on the things that I learned about diet and nerves, and which, I am sure, will be valuable to any nervous patient who is seeking to restore herself to health.

Many of the scientific men have decided that a diet deficient in food salts is responsible for most of the nervousness so common today. This points the way to action, doesn't it? The whole nervous system is thrown out of gear, out of its delicate balance, by improper food. Good nerve energy depends upon food, and food digestion depends upon nerve energy, so that careful study must be made of this circular matter. We cannot be healthy without consideration of it.

A reserve supply of vitality or nerve energy must be built up, or one cannot be immune to disease nor capable of throwing off a disease that has gotten hold. All the functions of the body are carried on properly or improperly in exact ratio to one's nerve supply or nervous energy. So the greater the nerve energy the greater the health. This energy cannot be built up without natural food salts.

Another thing I want to mention is that awful nerve tension that all neurasthenics know so well. This, I am told by scientific men, always shows food-poisoning. Moreover, it is these poisons biting into the nerves that give one that incessant desire to move or fidget. Nervous people cannot keep

still. They feel that tension, and to relieve it they must move, although the relief is only temporary and the tension comes back again and requires another move. The cause of all this is improper food.

The knowledge of all these things has been most educational to me, and has helped me to restore myself by removing the causes of all my trouble through a carefully planned diet that would give strength and vital energy to my system.

According to the keenest scientific minds, along these lines fasting was a necessity at the start for a jagged and frazzled nervous system. No one should fast, it is claimed, who is not organically sound, and I did not feel competent to start a fast without advice from the proper authorities. Upon being assured that I could well stand fasts of a limited duration, I began my new curative system with short fasts at intervals, in order to let nature have a chance to clean out the accumulated rubbish in my body in the form of self-generated poisons. The fasts permitted my body to have at its command all possible nerve energy to use in the eliminating of these poisons.

My first fast was very interesting to me, as I had expected to feel intense hunger, and was amazed at not feeling any at all—at least not for eight days, and then I had a most wholesome hunger sweep over me. I was ravenous, and it was then the fast was broken and I commenced to take milk. But before I tell you in detail of the food used in breaking my fast, I want to say a few words about fasting. For there is so much about it that is entirely misunderstood. So comparatively few people know of its immense value that I take pleasure in setting down some valuable facts that may help towards a clearer understanding.

In the first place, fasting is a perfectly natural proceeding. All animals, especially those in the wild state, practice it. If anything is the matter with them they stop eating, stop everything but water. No amount of coaxing or tempting will make them touch food until their system demands it.

The reason that I did not sense hunger those first seven days was because my body was subsisting on the surplus accumulations within itself. Until they were used up and the elimination of waste was finished, I sensed no hunger. Throughout the eight days, however, I drank large quantities of water—from fifteen to twenty glasses a day—sometimes hot, sometimes cold, but mostly hot and frequently with the juice of half a lemon in it.

I had a daily high enema of warm water to wash away the waste matter that the system was casting off. I also bathed in warm water twice a day, a sponge bath with a good rub down. This was for the reason that during a fast the skin is active, throwing off waste matter also.

I slept beautifully during the fast, not only at night but several times a day, and de-

(Continued on page 91)

SUNSHINE and AIR as a Cure for Nerves

THE human body, it has been claimed, is the greatest machine in existence, it being the only one that will repair itself if given opportunity. And the two great natural curatives are sun and air.

In curing Tuberculosis, possibly the greatest of human ills, air has always been accepted as a vital factor, but only recently through heliotherapy (the sun treatment) has the value of sunshine been acknowledged. Should not that which will cure the greatest deficiency disease restore a jagged nervous system to perfect health?

The author gave them a chance, and they succeeded where other methods had failed. Here is a lesson for you if you are taking nerve tonics or spending your time and your money in sanitariums.—
The Editor.

Our Girls' Circle

Conducted by

Marjorie Heathcote

BEGINNING this month we will publish photographs and measurements of our women readers sent in for our Gallery of Well Formed Women, ranging in height from 4 feet 11 inches to 5 feet 10 inches. To every girl whose photo we find good enough to publish will be given a silver pin and to the winners a gold pin appropriate to the occasion.

WE must admit that we have not received the response we had hoped for from our feminine readers. We want to give you not only the benefit of our experience in this field, but that of all women in maintaining health and vigor. We welcome all correspondence from our girl readers and invite you to talk to them through our columns.

We are glad to introduce you to Miss Irene Christiansen of Muscatine, Iowa. Three cheers for the West! She is one of the first girls to enter into our contest. She is a great rooter for sports. Her reason for being healthy and happy, she states, is because she has made the outdoors her playhouse. She will tell you of it herself.

"Whatever grace or bodily charm I may be fortunate enough to possess, I attribute to three things: first to getting most of my exercise in the form of sports; second, to taking advantage of every possible opportunity to be in the Great Outdoors, and third, to my insatiable love of swimming, the greatest and most healthful of all sports.

"Though my work keeps me indoors a good bit of the time, I have not yet found it necessary to adopt a regular program of daily exercise.

"When a day goes by without my walking at least five miles, it is a rare one indeed, as I walk to and from my home to the downtown district (over a mile), four times a day and sometimes six. Every Sunday and holiday that the weather permits finds myself and one or two of my girl friends en route to the country on a hike, where dinner is cooked and eaten in the open and oh, boy! how we do eat!

"If there was ever a more delightful, zestful, healthful-giving, soul-satisfying sport than swimming known to mankind, I'll confess I've failed to discover it. Diving, too, gives one a thrill that is not to be found in the movies or present-day fiction. The clear, sparkling, refreshing water at pool or beach has a charm that lures one until all sense of care, trouble, and heartaches are forgotten as in sleep.

The clear, sparkling, refreshing water at pool or beach has a charm that lures one until all sense of care, trouble, and heartaches are forgotten as in sleep.

"No boy ever loved the 'Old Swimmin' Hole' with a more consuming, ardent desire than I do, and no sooner are the dinner dishes done in summertime than I and my bathing suit are off to the beach or natatorium. It's a sport for kings and queens, too, methinks!

"Next to swimming in my heart comes dancing, in which I indulge at frequent intervals. As a body-builder or health-giver, I know it is not as beneficial as swimming, but there is something about the rhythm of movement and the rollicking time of the present day fox-trot that endears it to me and makes me want to stay and listen to the music when the others say, Let's go home.

"Most enjoyable among the other forms of outdoor sports in which I engage is tennis and it is my belief that if the average girl took advantage of all her opportunities to play tennis and swim, she would no longer be an average girl, but would rank among the best developed, healthiest and happiest of her sex.

"Splendid developers and strengtheners of the shoulders, chest and upper body are the swinging rings and trapeze, which I frequently use, as we have some of these in the back yard at home. I 'work out' on these more for the fun I get out of it than for de-



Miss Irene Christiansen, whose height is 5 feet 1 inch, weight 103 pounds, neck 11½ inches, chest 30, bust 32, waist 24¼, hips 32½, thigh 19¼, calf 12, ankle 7½, upper arm 10, forearm 8½, wrist 5½ inches.

velopment, but the latter seems to come without seeking it.

"Oh, yes, just forgot about something. Gymnasium comes two days a week, and I am usually among those present. Volley-ball, the simpler forms of tumbling stunts and apparatus work, constitute the bulk of the activity here.

"My good physical condition stood me in good stead a few evenings ago, when I was accosted by an intoxicated man. I pushed him down a steep flight of concrete steps, and he hasn't felt the same since, I'll wager."

Good for you, Irene. We hope other girls will be inspired by your fine example and will let us know what they consider the most beneficial sport for girls.

From England comes a photograph of Miss Gertrude Wells, who has done a great deal of acrobatic dancing. She considers dancing the greatest general developer. She disputes the opinion that dancers are inclined to be underdeveloped in the upper body. "Dancing, properly taught, should develop the whole body," is her opinion, and her physique is a rather good evidence of her belief. It is her opinion that any leg exercise, putting, as it does, additional strain on the lungs, must, in the nature of things, develop the chest. "In Eastern dancing the arms are used more than the legs. In acrobatic dancing, the back and abdominal muscles must be enormously strong."

In the line in which Miss Wells has specialized it is necessary to have extremely flexible muscles around the waist, and she has been seen to do quite a number of front "pull ups" with her feet strapped down and a box two feet high put under her knees.

By the way, there are a number of English women among our correspondents, and it looks as though this will be an opportunity for American girls to find out just what their English sisters are doing in a physical culture way. We certainly welcome the opinions of all, and again invite you to discuss your ideas through our columns.

My dear Miss Heathcote:

I am very much interested in STRENGTH although I am just the opposite, "weak." Another thing, I'm thin, too thin for my height and I get nervous over a trifle. Poor appetite, just a bite seems to fill me up and instead of eating meals I nibble. I'm anemic and dreadfully ashamed of my looks, yet when I was sixteen and eighteen years of age I won two beauty contests. I was counted perfect although small. My teeth were very good. Now they are decaying.

I wonder if you can help me. My trouble came from too much worry and strain on my system. I always feel blue now over nothing. I am dreadfully self-conscious in



Miss Gwendoline Wells (dancer), whose height is 4 feet 11 inches, weight 102 pounds, neck 12½ inches, chest 33, bust 35, waist 26, hips 33, thigh 18, calf 12½, ankle 7½, upper arm 10½, forearm 8½, wrist 5½ inches.

front of folks. Maybe you could tell me how to build myself up again. I'd thank you more than I can say. It seems a long road back to health. I can't eat. I feel blue all the time. I lose rest with my baby and that makes me feel worse. I don't think the doctor can do any more than dose my nerves. He gave me a diet, but I nearly choke eating all that.

I am twenty-two years old now, nearly twenty-three, and I am afraid my form is very unlike the perfect one I used to have. I have scarcely ambition enough to hold myself straight. Even my face is not pretty and it used to be considered very attractive.

Baltimore, Md. UNHAPPY.

You needn't worry any more, because if you have reached the point where you really want to get back to health and realize that you are the only one who can bring you back, the battle is already half won. Of course you can't eat anything by forcing yourself to do so. First of all you must have the desire for food. It is ridiculous to stuff yourself with a lot of useless fuel unless your body is going to burn it up.

Since you admit that your trouble at first was purely mental and since by this time you have probably gotten into a habit of taking a wrong viewpoint on everything, you must overcome that tendency. However, you will find the tendency will naturally vanish as time goes on and your health improves. The mental and physical interact in a way that is surprising. You will find it to your advantage, however, to readjust yourself, mentally. Take a positive viewpoint everywhere you have taken a negative heretofore. Look for the pleasant side of things and make the best of what you know you cannot remedy. If, through force of habit, your waking thought is a weary one, replace it by remembering something pleasant that that day holds before you.

It will help you to see that every day has something pleasant in it. Friendship is worth a great deal to the nervous person, and sometimes in helping others we forget ourselves, and by the time we get around to remembering us we have improved greatly. Reading bright, cheerful books will help, and the determination to replace each individual tired thought with a hopeful one.

If you are too weak to exercise and are not getting proper sleep, there is one thing that would probably bring about the desired rest and stimulate the digestive organs so that the body will desire food. Osteopathy usually performs wonders in such cases, and after you have gotten around to a condition where you can exercise, the treatments can be dropped without leaving any effects such as usually follow the use of a medicine as a stimulant. (Continued on page 81)

Ask the Doctor

FOR the man or the woman who is sick, no one can replace the doctor. For the health seeker as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his problems.

His glands, his nerves, his diet, his environment, his heredity, any one of a thousand causes may underlie the obvious fact that his health is below par.

No one but a thoroughly competent physician can handle his case or answer his questions. Many times no physician except one with whom he can consult personally can help him.

We have been receiving many letters every month similar to the letters that Dr. Rubin is answering in this issue, and some of the questions are of such a character that they cannot be answered except by the advice to consult your physician.

Dr. Rubin will continue to answer such questions as he can and will in the future publish a few letters each month and his answers to the letters, selecting those letters of the greatest general interest. Enclose a stamped, addressed, return envelope with your queries and we can assure you of a prompt reply.



How Ductless Gland Radiation Works

By H. H. Rubin, M. D.

MANY of my patients have asked me for some explanation as to how radiation by gamma rays affects the ductless glands, and what is the principle underlying this method of stimulation.

In order to make this point a little clearer, I want to call your attention to the fact that during extensive researches with plants, it was discovered that all chemical activity of a plant that resulted in its growth, color and shape of foliage depended upon the amount and kind of rays that reached the plant. Every one has observed in a field of corn, for example, that the stalks growing in shady places were dwarfed and scarcely produced ears.

Careful study of the light rays and the chemical changes they produce in plants has revealed some valuable information. Today plants are transformed by artificial light. Artificial radiation accelerates growth and brings forth bloom and fruit many weeks before the normal time, and of superior type. During the past few years extensive work has been done in this field with radioactive substances.

From this research with plants, science has learned that chemical changes can be controlled to a marvelous degree by radiation. An entirely new avenue of thought and study has been opened.

Any modern book on biology will tell us that our bodies operate like plants, by the laws of cellular life. The plant receives its energy for chemical transformations from the sun. The human body produces its own energy largely from the food eaten, although it also absorbs radiant energy just as a plant does.

While each cell of the body has special functions, yet the various intimate workings of each cell, irrespective of its functions, are governed by ionization, a form of energy similar in effect to that which acts upon plants to produce their chemical changes. Some scientists affirm that each cell has a tiny storage battery to furnish the energy for its many diversified operations, and that the

tiny battery needs to be constantly recharged. The endocrines depend on their cells to produce the hormones. The cells cannot produce the chemical changes if the electronic energy—ionization—falls below par or their batteries are discharged. When the plant uses its supply of energy from the sun, it withers, becomes dwarfed, and fails to produce fruit or flower. Likewise, when the cells of the endocrine glands are deprived of their activating influences, they become sluggish and fail to produce the chemical ingredients—hormones—indispensable to life and health.

The endocrines are for the most part deeply embedded within the organism. Hence, to reach them by radiation of a kind that would produce the equivalent of the body's own ionization intensity after penetrating the body tissue, and yet be of harmless character, was a problem of transcendent importance.

To this end, Professor Steinach and others worked with the X-ray, but this was found to be a rather dangerous procedure, with serious possible complications, such as burns and sterilization.

Success in duplicating the body's natural ionization was not attained till the discovery of the new radioactive elements.

Just what happens within a radioactive atom is receiving further exploration, but the several "rays" ejected are well known and measurable in every respect. The principal ones are called alpha, beta and gamma. The gamma ray travels with a velocity of 186,000 miles a second.

The alpha and beta rays possess little penetrating power compared with the gamma ray, which readily passes through several inches of lead. The gamma ray sets up a radiation of marked therapeutic action.

The X-ray is an electromagnetic wave similar to the gamma ray, but of a longer wave length and lower frequency; hence, highly dangerous. Particularly is this true with regard to the delicate endocrine structures.

As before stated, the ovaries or testes become sterile very quickly under a powerful X-ray.

All electromagnetic waves are measured by their length. The Hertzian, or radio wave length, are several hundred feet long. The gamma rays used in my work are as short as one-billionth of a centimeter (1/10 Angstrom unit) and have a twenty times higher frequency than the X-ray. The value of these gamma rays is that they are capable of penetrating the tissue and setting up ionization.

Recharging the Rundown Human Batteries

When the endocrine glands lack sufficient ionization, this is made up by radiating the endocrines. The gamma rays from the radioactive substances in the device penetrate the tissue and set up an electrical field in these glands. The endocrine glands are readily ionizable, due to their colloidal structure. By ionizing these colloidal structures we are able to supply to each tiny cell the stimulus it requires in order to perform its work. This work is metabolism. Ionizing the cell increases its metabolic processes, thus energizing it to healthy activity. In this way, sluggish cells are enlivened, and the result is quickly felt throughout the whole body because of the increased hormone production of the newly activated glands.

Specifically, this treatment has, in my experience, proven to be of definite value in all disorders due to malfunctioning of the ductless glands, such as simple and exophthalmic goiter, functional disorders of women, debility in men, nerve exhaustion, asthenia and all forms of debility referable to subadrenal conditions, also, disorders having their origin in the lowered oxidizing powers of the body, such as certain forms of rheumatism, chronic nephritis and diabetes.

But perhaps the most unique and outstanding results of all are noted in the cases of men and women of middle age, who are developing those conditions incident to declining physical powers. Through gonadal and adrenal stimulation, these men and women become younger in appearance. Their functions, almost without exception, markedly improve. Neurotic and rheumatic symptoms clear up. Metabolism and assimilation are enhanced, and a general feeling of well-being restored.

Dear Doctor:

Will you kindly advise me about treatment for hydrocele?
B. D.
Pittsburgh, Pa.

The medical treatment for hydrocele is not generally dependable, although I have seen a number of cases successfully treated with Hammamelis and Calcium Fluoride, in homeopathic doses.

Perhaps the most satisfactory method is to drain off the water from the sac and inject Thuja Occidentalis in a solution into the sac. You had better see a specialist concerning this matter.

Dear Doctor:

I have been and am still a great sufferer from stomach trouble, which has been diagnosed as gastric ulcer. I suffer mostly with acidity. The stomach is continually full of acid; I take a great deal of magnesia and soda to sweeten the stomach, or I could not keep my food or even water down. I have tried all kinds of different diets and fasting, but to no avail. As soon as I begin eating again, it is the same old thing. Does my liver have anything to do

with this condition? I sometimes have bilious attacks and throw up bile for a day or so.

I am also suffering from lung trouble. Would the deficiency of secretion from any of the glands of the body cause me to be so slow in overcoming this lung condition? I have gotten pretty well over it at times, able to work for several months, then if from some means I lose several pounds, I slip back into my chest condition and am not able to do much. I thought you might tell me if the glands had anything to do with helping me over this trouble. If I could eat and take care of enough of the proper food I would be able to overcome and stay ahead of it. I have a tendency to hemorrhage on exertion of any kind. Thought you might be able to give me some advice to help me build up and overcome this trouble. Have spent several months at a sanitarium, but did better at my own home than anywhere else, one reason being that I had so much fried food at the sanitarium that my stomach would not stand for it.

Mrs. R. M. G.

Pontiac, Ill.

If your condition has been diagnosed as gastric ulcer, you are undoubtedly in definite need of medical attention. I infer that you have had an X-ray made of this condition in order to establish without a doubt the accuracy of this diagnosis.

If the diagnosis of gastric ulcer is ruled out, then you may be suffering from hyperchlorohyria, as it is called—an excess of hydrochloric acid in the stomach, or you may be suffering from fermentative dyspepsia, in which the pathological acids are developed by fermentation, in the stomach, of starches and fats. It really would be necessary to know, by analysis of the stomach contents, which of these diagnoses is correct.

From the fact that you seem to suffer from biliousness and sluggish condition of the liver, I would infer that there is a deficiency of hydrochloric acid. In this event, fifteen drops of dilute hydrochloric acid, taken after each meal, in one-half glass of water, might give you complete relief, stimulate the activity of the liver, and at the same time overcome the tendency toward fermentation from which you suffer.

The tuberculous complication would also be very materially benefitted by this hydrochloric acid. In point of fact, one of the very best ways to build up resistance to tuberculosis or overcoming the process when it is active is to take thirty drops of dilute hydrochloric acid in a glass of milk after each meal. This tends to reinforce the calcium metabolism, which is at the basis of practically every case of tuberculosis, and provide colloidal lime out of which to make little limestone caskets in the lung tissue for the invading tuberculosis bacteria. But in a condition like yours, you undoubtedly need medical attention.

Dear Doctor:

Have been reading your interesting articles and find them very educational. Probably you can help me. I have Leuco-Dermo (white patches scattered all over my body), especially around neck and hips. Have been to several doctors in Denver, and they all seem to agree that nothing can be done to it; in fact, they don't know what causes it. I am beginning to think myself that some gland or organ is not functioning properly so as to give the skin its proper pigmentation. What organ or gland does the skin get its pigmentation from?

Have had it for the past three years; am 25 years of age; work in office as bookkeeper, am slightly nervous, very easily excited, underweight, don't sleep well nights, but have a good appetite.

If you can help me to overcome this "malady," I will be very grateful to you.

W. H. S.

Denver, Colorado.

(Continued on page 91)

Stunts That Make You Strong and Agile

Presenting Spectacular Tricks of Tumbling and Hand Balancing That Are Made Possible by Practice

By Charles MacMahon

TUMBLING and hand-balancing are gaining greater favor with the vast number of physical culturists than ever before. In fact, they are becoming more popular as a form of exercise and athletic pleasure with many of those who are not as yet classed as physical culturists. There are the persons who have not yet taken up systematic exercise as a cure, or, better still, a preventive of disease and minor ills as well as a developer and strengthener of the body. What are the reasons for the rapidly increasing popularity that tumbling and hand-balancing are now enjoying? Viewing the subject from the experienced point of view of performer and instructor of this fine art, I find there are many reasons why they are forging ahead of other better-known sports such as wrestling, boxing, etc.

First, tumbling and hand-balancing feats are all real achievements. They are, especially the somersaults and flips, a source of wonder to most people who think it uncanny (and it really is) how the human body can remain in the air until it makes a complete turn. For this reason good tumbling is always of interest to onlookers.

There are many young people who look on tumbling and hand-balancing as a means of getting on the stage. This is all right, even though most of them never get there, which is equally true of most lines of endeavor. A person who hopes and strives for the future is really getting the best joy out of life. So if you have the desire to become a tumbler or hand-balancer who will be pro-

ficient enough to enter the stage life, why, then, I say, go to it and do your best until you are satisfied that you can do it or satisfied that you have picked a profession that was not meant for you. If you have this stage ambition don't be backward about admitting it, even though it might bring a laugh from those you tell. The stage requires fifty per cent nerve and fifty per cent talent; so develop nerve while developing your talent.

Another reason why this sport is being lionized is because a great portion of it can be practiced without a partner. This means that you can rehearse when, where and how you please with no objections or undesirable suggestions from half-hearted partners.

Of course, on the other hand, if you have a partner who is every bit as enthusiastic as you are and will work with you instead of against you, then such a partner is very desirable and helpful.

While this sport will not develop the body to quite the great muscular propor-

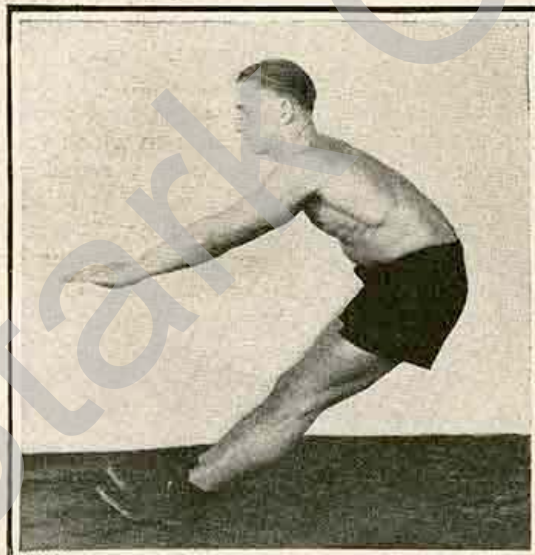
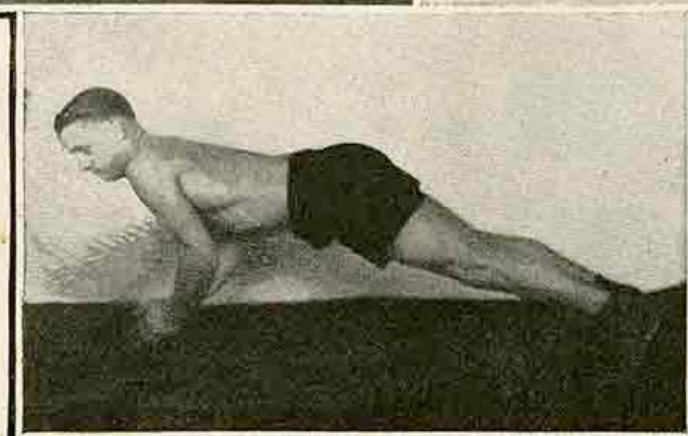
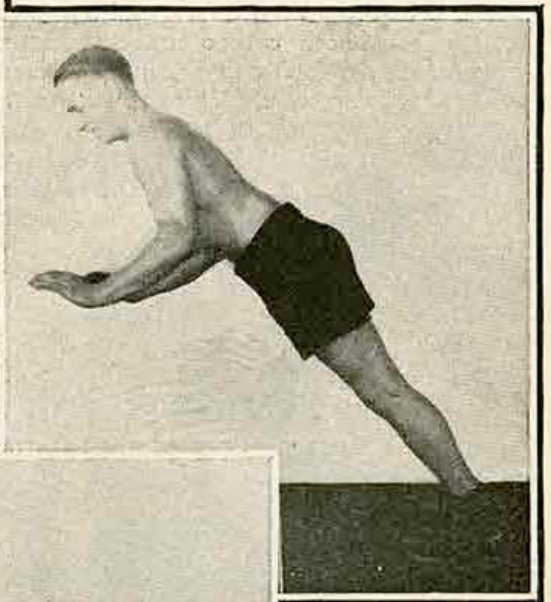


Figure 1
Showing the straight-leg sit-down as described by the author. This is one of the first tricks in tumbling.



Figures 2 and 3
Two variations of an exercise which is not only a great developer but a trick that is often performed by professional tumblers.

tions that a good, systematic physical culture course will, nevertheless, it does develop to a fair extent your strength and body and makes you agile, supple and enduring. The beauty of the sport, then, is that you are improving your body through pleasurable and desirable means, as well as accomplishing marvelous feats.

I have tried to make this article different. Therefore, you will not find it just another one of those tumbling or balancing articles which more or less repeat the usual feats. The rest of it is to be written mostly for the beginner of the lowest rank. It will outline and illustrate a few simple feats that any one can do almost immediately or can accomplish by a few repetitions or moments of practice.

They are a few of the greatest stunts or movements for preparing your body to take up tumbling and hand-balancing proper. They teach you body and nerve control, which will be dwelt upon more thoroughly later on. They loosen up that spine of yours which, through inactivity, has

go back. At first, of course, you will lack the nerve to do this. But once you do it in the correct manner and find there is comparatively no jar or pain resulting from the impact of your buttocks against the floor or mat, you will lose this fear. I mentioned before that these stunts would, among other things, develop your nerve.

There is more to this feat than I have just given you. As you start to go back you lean forward from the hips and the further you fall the further you lean forward. While leaning forward you raise the arms also. This raising of the arms and leaning of the body forward acts as a sort of ballast by placing some of the weight over

on the opposite side of the line of balance from the side you are falling or sitting on. In other words, it tends to let you down easy.

But this is not all that makes the straight-leg sit-

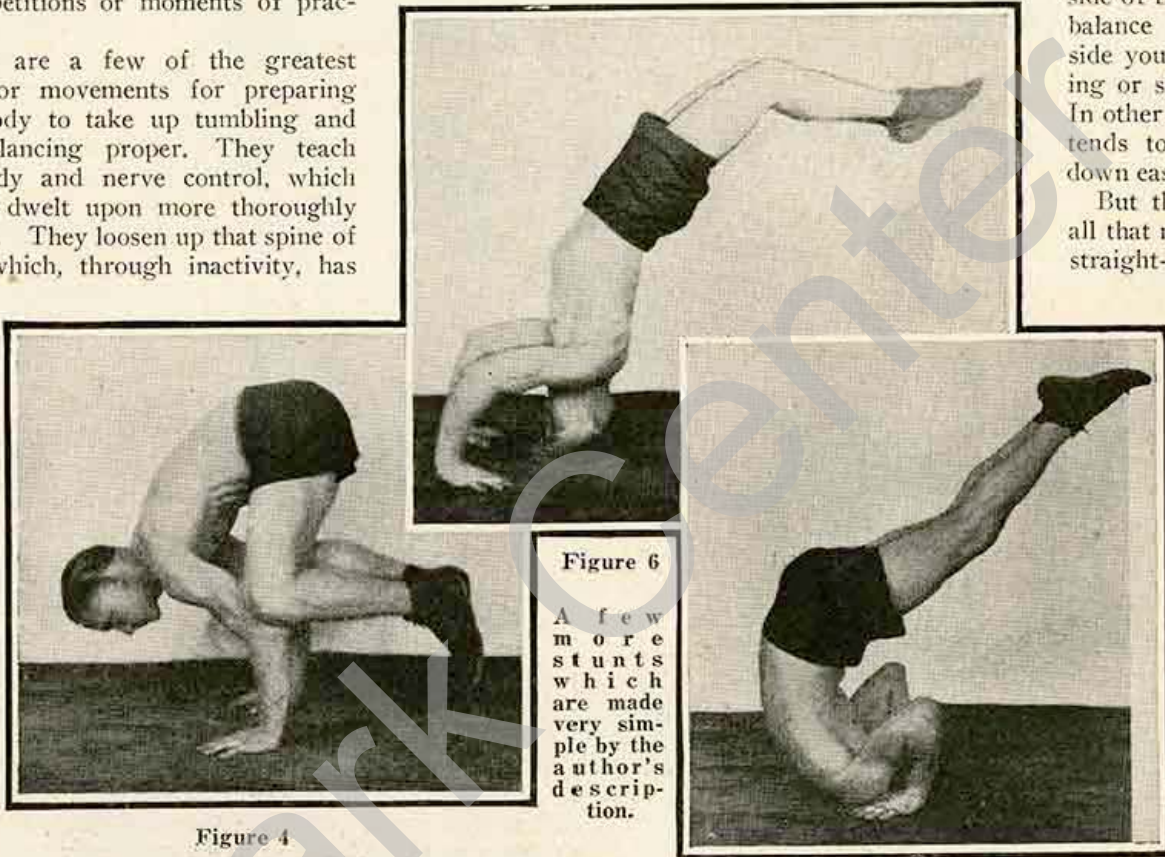


Figure 4

Figure 5

almost grown into being one solid bone all the way from your skull to your pelvis bone. These simple stunts will teach you the primary lessons of balancing your body in various and unusual positions. This knack of perfect balance gives you poise of carriage whether running, walking, standing or sitting. In other words, these feats teach you perfect co-ordination of mind and muscles and also impart agility to your limbs, which is nothing more than enabling you in a subconscious manner to make the right movement and make it swiftly while about it.

Now, in Figure 1 we have a straight-leg sit-down. I remember this little stunt as being one of the first I learned. That was long before I took up tumbling seriously or, in fact, before I had a clear idea of just what the word "tumbling" meant.

In order to perform this one, you first stand erect with your feet together and hands at your sides. Bear in mind that the arms and legs, especially the legs, must be kept as rigidly straight as it is possible for you to keep them. The knee joints must be kept back as far as you can get them.

Then, retaining this position, you slowly let yourself

down painless and jarless. By keeping the legs back as I instructed you to do, you land as much on the undersides of your thighs as you do on your buttocks. These large muscles act as a cushion or shock absorber. If you do this as instructed, there is no danger whatsoever of hurting the end of your spine. Try this on a soft place at first. Then when you have mastered the position you can do it anywhere.

Figure 2 is very simple. It consists of first assuming the floor dip position, which is on hands and toes with waist and legs straight. Now you lower your chest, or upper body, slightly by bending the arms at the elbows. Then push up quickly with the arms, thus forcing the body up rapidly in a sort of jump. In the instant of the jump, take the hands from the floor entirely and clap them together once or twice if you can before it is necessary to again place them on the floor in order to catch your body, which is now falling, after the momentum of the push or jump has been exhausted.

Of course, this is done much more rapidly than I can

write it down or you can read it. This stunt develops and strengthens the arms and shoulders, as well as the broad and small of the back. It also teaches or gives you an insight into what can be done in the very short interval of time that the body will remain in the air through the force of momentum. In this way it sort of shows you how it is possible to perform a complete turn of the body, as in the somersault, while said body actually hangs unsupported in mid-air, a feat that has puzzled many onlookers.

The stunt in Figure 3 may or may not require a little more nerve than the preceding one. It is strange how different persons are affected by the different feats. One will fear a stunt that will be "pie" for another beginner, and vice versa. In Figure 3 you stand erect with the feet together, as in Figure 2. You also keep your knees rigidly straight. Then you slowly let yourself fall forward and bring the hands in front of your chest, as shown, in readiness to catch your weight.

As you fall, the hips are raised a little so that your stomach does not hit the floor when you land on your hands. The secret of landing with very little shock in this one is chiefly in the way you use your arms to catch your weight. Your arms should be very nearly straight on the instant the hands come in contact with the floor. This allows plenty of room for them to give with the weight and consequently absorb the shock completely before your arms are fully bent or the chest hits the floor.

This one, in teaching you to catch your weight on your hands, gives you a very valuable lesson that will often be put to use in your further pursuance of tumbling and hand-balancing. The back and front hand-springs call into play this method of catching the weight on the hands and arms.

This "Bucking Broncho" is another variation of the stunt shown in Figure 2. In this you push up with arms just as in Figure 2; but instead of clapping the hands, you let the upper body fall back, to be caught again on the hands. While your upper body is falling back, you jump up with your feet. Then, as your feet fall back, your hands, having landed in the meantime, are ready to push off again. This stunt is done rapidly and is a per-

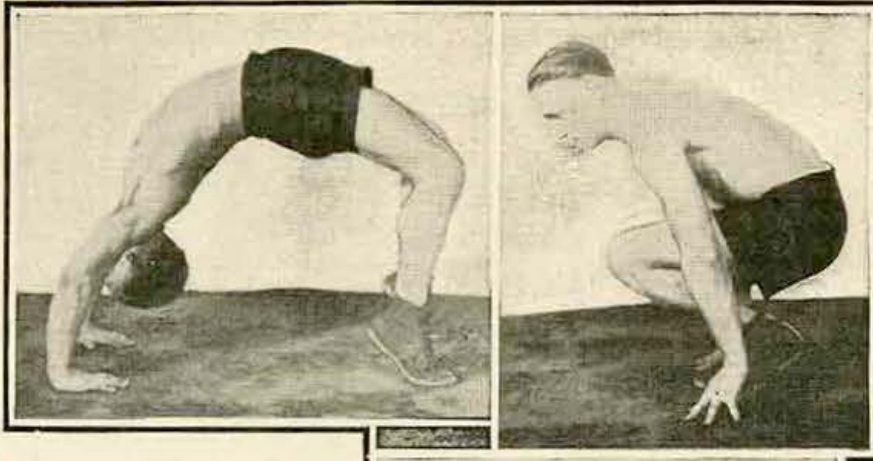


Figure 7. The crab should be taken carefully and is best approached by the back bend done at the wall.

Figure 8. The difficulty in here is supporting the weight on the finger tips while swinging your feet between your hands clear of the floor.

Figure 9 (at the right). Walking on your hands. When done correctly this exercise represents a duck waddling.



fect imitation of a bucking horse. The longer the performer's ears are, the more true to life the imitation will be.

I could not give you an action picture of this one because the season of the year made it inconvenient to take a model out-of-doors. Action pictures cannot be taken indoors.

Next comes the "Hand-and-Knee," or Japanese Stand. Illustration 4 shows the position you take. Place the hands on the floor in front of your feet, slightly farther apart than the width of your shoulders. In getting down to this position, bend knees and arms. This will bring your bent

knees, naturally, near your bent elbows, and all you have to do is to place the underside of your knee on the upper side of your elbow joint.

Now you are ready for the balance. Steady yourself with the tips of your toes until you strike the balancing point. Then raise your toes clear of the floor and try to hold this stand. If you feel yourself falling forward, you press hard against the floor with your finger tips. If you are falling the opposite way, you press with the heel of your hand (that part near the wrist) and bend the arms more. This stunt is a preliminary one for the hand stand, and the same principle of balancing is used in both.

In the stunt pictured by Figure 5 we have a variation of the backward roll-over. Instead of sitting down and rolling over backward in one rapid and continuous movement you are to take the position shown, except that your feet will not be quite this far over until you have actually commenced the stunt. Be sure to get well up on the back of your neck and to have your hands solidly placed on the floor above your shoulders. It is essential that your hands be well placed, otherwise you will not be able to get a good, strong push-up from them.

Now when you are all set you let your feet go over and push with the arms, so that the shoulders, head and upper body are raised from the floor before your feet land. The higher up you get your upper body before your feet hit the mat, the more chance you have to come up on your feet in a graceful position.

This one is great for strengthening the spinal column and making you your own chiropractor.

The stunt shown in Figure 6 teaches you to arch your back, which is a knack that is very important and should be acquired as second nature if (Continued on page 93)



American Continental Weight Lifters' Association Notes

SINCE lifts are the foundation of a weight lifters' association, and of most interest to its members, the first problem decided upon should be the selection of lifts and the number to contest in order to better decide the championship.

The President directing our official affairs, wishes to point out that five lifts are the accepted total for contest, the same number lifted at the Olympic Games this year in France, as well as for the German National Championship. The British Amateur Weight Lifting Association also has the same total, and has laid out a schedule of lifts for the next four years.

Therefore, that will be the number of A. C. W. L. A. title lifts for 1925. They are as follows: One-hand Clean and Jerk, One-hand Military Press, Two-hand Snatch, Two-hand Clean and Jerk, and Two-hand Dead Lift. All these lifts hold good for every body-weight class, classes being grouped as follows: Bantam-weight (any weight up to 112 pounds); Feather-weight (up to 126 pounds); Light-weight (up to 140 pounds); Middle-weight (up to 154 pounds); Light-heavy weight (up to 168 pounds), and Heavy-weight (any weight over 168 pounds). All body-weights are to be taken stripped.

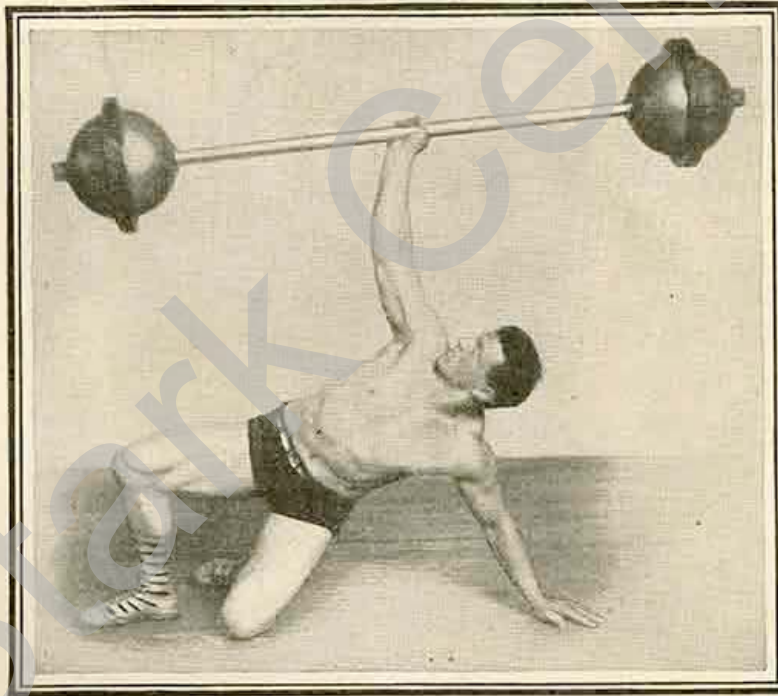
Our correspondence proves that members are interested in the lifts that have decided other national championships and which will decide future championships of each country. Therefore, I am going to name for your benefit the lifts that we have at hand.

The five Olympic lifts were: One-hand Snatch, One-hand Clean and Jerk, Two-hand Military Press, Two-hand Snatch, and the Two-hand Clean and Jerk. For some reason or other Germany sent no representatives to the Games this year, but held their own national weight lifting tournament on the same five lifts that determined

the world's champions in France, and according to the official records performed by the Germans, they would have won some of the honors in the Olympic contests, as they made some real lifting records.

President Jowett spent several days in New York the beginning of November in conference with Wm. Halterscheid, a very well known sport and weight lifting authority in Germany, who was asked to view the weight lifting situation over in America, and both men learned much from each other relative to the condition of lifting as it exists in their respective countries.

The lifts of the B. A. W. L. A. are scheduled up to 1928, being the One-hand Swing, One-hand Clean and Jerk, Two-hand Military Press, Two-hand Snatch, and the Two-hand Clean and Jerk, for the past year of 1924. For 1925 the One-hand Swing, Two Dumbbells Anyhow, Two-hand Military Press, Two-hand Snatch and the Two-hand Clean and Jerk will prevail. For 1926 the One-hand Swing, Two Dumbbells Anyhow, One-hand Clean and Bent Press, Two-hand Snatch and the Two-hand Clean and Jerk. The



Henry Steinborn, who is at present astonishing the world with his remarkable feats of strength.

following five lifts will be used for the years 1927 and 1928: One-hand Dumbbell Swing, Two Dumbbells Anyhow, One-hand Clean and Bent Press, Two-hand Clean and Push, and the Two-hand Dead Lift.

This program is an ambitious one, but the British have that splendid enthusiast, W. A. Pullum, to guide them. His genius always responds to the occasion. W. A. Pullum is to British lifters what George F. Jowett is to Americans. 'Nuff sed!

I really wonder if the members of this association and bar-bell lovers of this country realize that they are living in the greatest age of all weight lifting history? This present day we can boast of better men in all classes than in the past, and physical

(Continued on page 80)

Diet and Exercise for Diabetes

How One Man Gained Fifty-Five Pounds on a Rational Diet and a Sound Exercising System

By *Wm. P. Schramm*

IT is generally conceded by the medical profession that diabetes is an incurable disease. But I want to relate my own experience with this disease and prove to them that they are wrong.

I am thirty-five years old. Five years ago there was one chance in five of my reaching that age. I had an unusually bad case of "incurable" diabetes. I had already parted with some two hundred dollars to the medical men and had been a guest off and on for some four months at their institutions with no appreciable results.

Our family diet had been the usually accepted standard one of the average American—meat twice a day, white bread, and we patronized the bakeries liberally for their beautifully concocted pastries. Result: illness. Soon I had come to the point where the outlook for my earning a livelihood was meager indeed. It was here that a friend of mine, Mr. J—, took me in hand. He was a subscriber for two

health magazines. But being under the influence of allopathy at the time, I had no faith in the therapeutic methods my friend advocated—those of Nature. It was now a matter of life and death with me, however. From my normal weight of one hundred and eighty pounds I had lost steadily till I weighed only one hundred and thirty, and my height was six feet two inches. So after much talk and expounding on the part of my friend I decided to do as he ordered.

I began with a strict fast that was to last seven days at least, during which time nothing but water was to pass my lips. I broke it at the end of the fourth day, but there were signs that justified doing it. The sugar in my urine had come to be almost negligible. Accordingly we began with the milk diet, four quarts a day. Result: calamitous. I had to drop it. The milk seemed to be too rich. I experienced distress in my stomach; my heart again beat violently and the sugary material in my urine increased again. Again I went on a strict two-day fast with plenty of water, at the end of which the sugar decreased to a minimum. Then we began with fruit, such as oranges and grapefruit. We also tried tomatoes. These gave encouraging results. My urine remained clear; and the distressing symptoms of fasting, such as dizziness, headaches and nausea, did not reappear.



He was pronounced incurable and had just about given up hope when he discovered the way to health.

After a week of the fruit diet I commenced with milk again—one-half quart diluted with a half pint of water, morning and evening. For lunch we had only fruit. On the fourth day I increased it to a quart with good results, with baked carrots and cooked cabbage for lunch. Some may take to eating fruit and vegetables with milk simultaneously. Beware, especially if the former are raw. Acids and starches are natural enemies.

Now I had also begun to indulge in a little exercise in the way of walking about four miles a day. Exercise should never be neglected if the sufferer has strength for that purpose, as the muscular action burns up the excess carbohydrate if there is any. At the end of another week, the seventh after commencing my cure, a soft boiled egg and a small baked potato were allowed in my diet for the sake of variety. And so week by week I added to the diet, adhering strictly to Mr. J—'s good advice, to

keep away from meat, sugary pastries and their starchy likes that manufacture carbohydrates in abundance. Furthermore, the whole family is doing it now. We eat meat in great moderation. In its stead we use eggs and cheese, copiously mixed with fresh fruits and vegetables, that so abundantly contain the substance from which we were originally created, the vitals of Mother Earth. Beautifully decorated bakery windows we now pass with a sigh in sympathy for our fellowmen who so ignorantly patronize them. I never suffered a relapse of my old trouble, and am in perfect health today and up to normal weight—one hundred and eighty-five pounds.

Cured as I now was, it took only the Milo Bar-bell Company to put the finishing touches to my system in the way of one hundred per cent health and strength. On September 26, 1920, I enrolled with them for their body-building course and a 100 pound bar-bell, and began by using 25 pounds in my bar-bell exercises.

After two years of hard and faithful training, I was able to handle this bar-bell completely loaded (100 pounds) quite easily in the various lifts, including the one-hand ones. This may seem a long period of time to the novice taking or contemplating taking this course; but consider, I had just stepped with one foot from the grave, while you are probably in normal health. A healthy individual will progress much more rapidly.

THE MAT

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

Conducted by George F. Jowett

Lifting With One Arm

EVERY person who practices with bar-bells delights in exhibiting his abilities before his friends, in order to prove the results of his conscientious training. In fact, he knows that his friends expect him to deliver the goods, and then there is always that exhilarating feeling of pride that comes from being admired. It does not matter how great or how little we decry the man who plays to the grandstand, secretly or openly, we all more or less welcome the chance to do so.

Every young man delights in strength, particularly the one who carries into action his thoughts and desires by becoming a practical expounder of body culture. This young man has high ideals, backed up with enthusiasm which procures for him results that become the pride and envy of his many friends, who are invariably too self-indulgent to work for these same worthy qualifications.

To cut a long story short, the two old adages still stand: "The Glory of a Man is His Strength" and "All the World Loves a Strong Man." So it will always be; but the person who trains to perfect his physical appearance up to the highest standard is not always satisfied with his ability to display a fine pair of arms. In fact, that is never enough. How often have I heard people who have become impressed by these swelling proportions say: "What good is it now you have it? What can you do with it?" That is the time when the owner of the impressive arms must be able to assert himself. And while he is able to surpass his questioners to a certain extent, yet how often does he have to be satisfied with the retort, "You did not lift a great deal more than I. If I had a little practice, I could do as good."

Many a young man has felt this slight, and he has longed for some knowledge that would teach him to

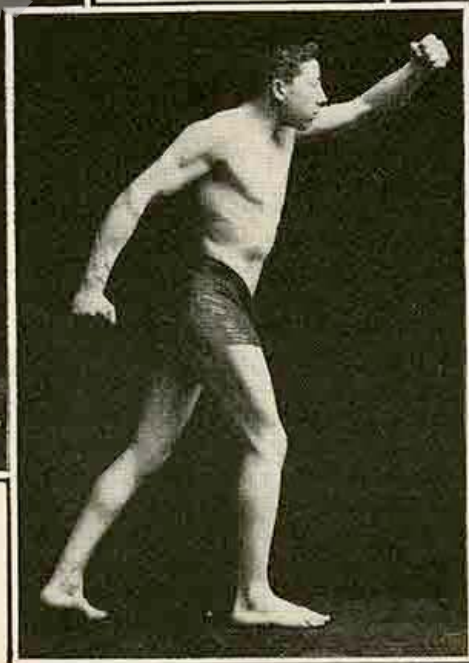
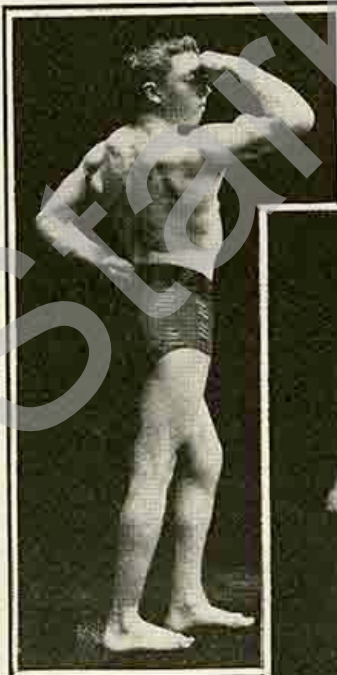
educate his muscle to such an extent that his feats would completely obliterate the efforts of his questioners. How he has longed to perform some real feats of strength that would involve such a poundage that it would almost crush the other chap. That is just what I am going to explain to you this month, and because it is much more impressive to be able to handle a poundage with one hand that it would be impossible for your friends to handle with two hands, I am going to describe to you the method that will enable you to raise the greatest poundage to the shoulder with one hand.

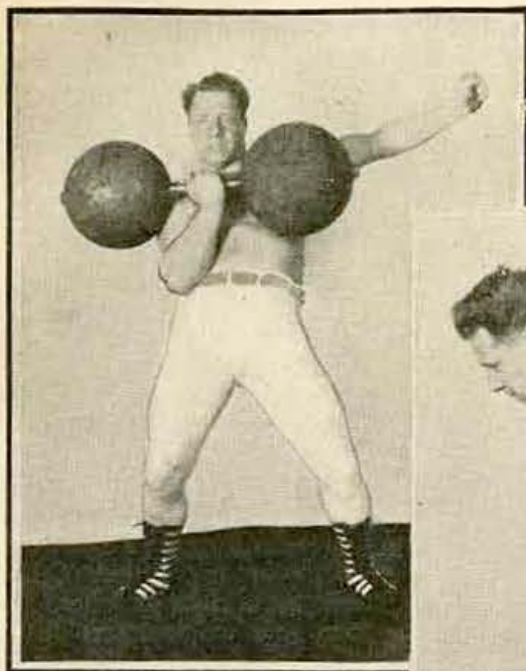
Quite a while ago I wrote in *STRENGTH* about the remarkable feats performed by the French Canadian "Strong Men." I stated such cases as where Oscar Marineau, a young man who weighed less than 140 pounds stripped, raised to the shoulder with one hand 300 pounds, and how Adelaire Latoux at 183 pounds stripped held the present record, in this particular feat, by raising 336 pounds. In fact, I believe that Latoux was only around 168 pounds when he was first able to accomplish that feat. These statements caused a lot of comments, and numerous letters came through asking me how on earth any man could raise such a poundage, and at that with a dumbbell of all weights. Many were

skeptical until I explained how. Then they, in turn, practiced and acquired such proficiency in this same lift as to surprise and please themselves. They were involved in another surprise in a direction they had not thought of, which gave them additional satisfaction. The development

and size of their arms had increased correspondingly with the acquisition of greater strength, and as many aspirants who desire to possess well shaped arms and increased development, still continue to write me for new methods of arm de-

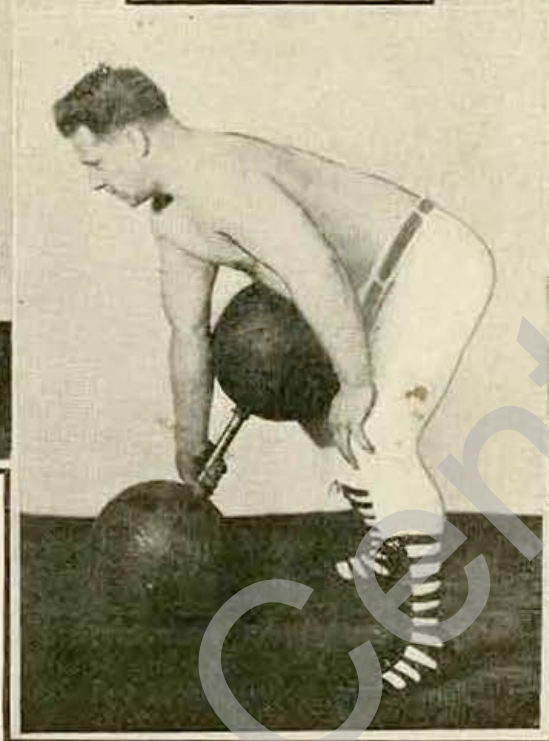
Eric Trengove, a young Englishman who trained by the American system of bar-bells. His symmetrical form would be a credit to a man of any age and is made doubly remarkable by the fact that he is only 16 years old.





Starting position of the one-hand lift (below).

At the right the bell is just turning over at its point of balance and the final position is shown at the left.



velopment and are still curious about how these Canadians acquire such arm strength, it struck me that this topic would be most appropriate for the occasion.

The particular value of practicing this stunt, which is exclusively a French Canadian innovation, is that it increases the all-round lifting abilities of the bar-bell enthusiast, besides combining fun with profit. The sport of this practice kills the monotony that so many body culturists have to face. It goes to prove the fascination of lifting weights as a sport, and the possibilities of the high poundage that can be raised in this particular lift are exceptionally good.

This stunt is practiced with a large globe-ended dumbbell. You stand the dumbbell on end as shown in the picture and stand well up to it, so that when you reach over the globe is well placed against the groin and the hip. The top end should be heavier than the bottom end, loaded according to how much you are going to lift. If you start out with 150 pounds, the top end should weigh at least 10 pounds more, and when you get up to 250 pounds, the top end should weigh 20 pounds more, and so on accordingly. As you reach over, bend forward from the hips and not the waist, as this gives you greater power and control. Take hold of the bar as close down to the bottom globe as you possibly can. Then pull upward with the arm and at the same time lean backward. Then with a quick swat get under the weight, and either rock it on to the shoulder or hug it to the chest. Some finish the effort by helping the weight to the shoulder by employing the leg power with an upward heave. As the weight turns over to the shoulder, the lifter is allowed to steady the bell with the other hand, but of course must not do any lifting with the free arm.

It will be seen by the pictures that the weight rests in the groin and upon the upper part of the thigh as the weight turns over, but you will have to work quick or this

advantage will turn into a detriment.

I have known some lifters to use a dumbbell with a large nut on the end, and they would wear a heavy belt, worn loose. When the bell is stood up on end, the belt is pulled down so the nut can rest inside, thus preventing any slipping

away of the weight as it is turned over to the shoulder.

This practice will add greatly to the size and development of your arm, besides increasing your hand grip. You will be surprised how it will help in increasing the leg development. Owing to the fact that an enormous weight can be used in this lift, it is conducive to all-round bodily development. Try it out, and then let me hear from you as to how much weight you can handle in this particular style.

The physical subject for this month is a young Englishman, whose photos and history were sent to me only recently by Mr. L. Allen. Both these young men are ardent STRENGTH readers and greatly interested in the American system of training with bar-bells. In fact, Mr. Allen states that Eric Trengove was trained on the American system of progressive body-building and is probably one of the strongest boys in the world at his age and weight. Young Trengove is only sixteen years of age, and strips at 147 pounds. His proportions are splendid, as his poses show, and his measurements verify them. They are as follows: Height 5 feet 7 inches, neck 16, chest (normal) 40, (expanded) 43, biceps 14, calf 14, thigh $22\frac{1}{4}$, hips 36, ankle 9 and wrist $7\frac{3}{8}$ inches. He has to his credit a two-hand "dead lift" of 404 pounds, raised from the floor and held in the hands when standing erect. This is a remarkable feat for one so young, but the outstanding features of this young man's physique are the perfect balance of his development and the general symmetry of form so seldom seen even in matured athletes.

(Continued on page 92)

I Can Train You For A \$3500 Hotel Job in 20 weeks



I GUARANTEE TO TEACH YOU

in my 50-lesson home study course on hotel work, all that the leading hotel experts know about the business—men making from \$5,000 to \$50,000 a year! My students are eagerly sought by the biggest and best hotels in the country. Big pay, fine living, free meals and apartment, fascinating work—these are only a few of the many advantages of hotel work.

No Previous Experience Necessary

All this may be yours if you fit yourself for the thousands of opportunities in AMERICA'S FOURTH LARGEST INDUSTRY. Hotel work offers many big advantages to trained executives. The work is easy, dignified, and fascinating! The hours are excellent—you will find plenty of time for recreation. Just think of the pleasures that are yours as a member of the staff of a mountain or sea-side resort! Bathing, fishing, sailing, long walks in the invigorating mountain or sea air—in fact, it is just like spending a delightful vacation, only you get well paid for it. The luxurious city hotel offers

Prefers Lewis Students

"I want another one of your students for a manager. At present I have two of your students, who are doing splendid work—one is managing my hotel at Storm Lake and one is manager of my Estherville place."
E. A. BOSS, Prop.,
Oelwein, Ia.

Efficient and Loyal

"It has never been my pleasure to have a more efficient and more loyal worker than the student you sent me. She took hold from the first day she arrived and will make a great success."
A. E. VAUGHAN,
Prop.,
Kathleen Inn,
Conn.

THE Hotel Business offers wonderful opportunities to the trained man or woman! **NOW FOURTH LARGEST INDUSTRY IN AMERICA.** Hundreds of high-salaried executive jobs now standing open waiting for the trained worker. You can easily qualify for one of these big-paying jobs—in your spare time at home. No previous experience necessary.

equally attractive advantages—big salaries, free meals and apartment, fine environment, quick advancement and constant contact with people of influence and wealth.

Over 50 Hotel Experts

Over 50 of America's leading and most successful hotel managers comprise the Advisory Board of the Lewis Schools. Such men as E. M. Tierney of the Hotel Ansonia, Frank A. Dudley of the United Hotels Company (operating 18 great hotels), E. C. Eppley of the Eppley Hotels Company (operating 10 hotels), Frank C. Hall of the Somerset, John MacF. Howie of the Touraine—all members of the Educational Committee of the American Hotel Association—are members of this Advisory Board.

Other members include Roy Carruthers of the Waldorf-Astoria, L. M. Davenport, of the Hotel Davenport, R. S. Downs of the Hotel Washington, and nearly one hundred other prominent hotel managers.

A few spare time hours a week given to the simple, clear lessons of the Lewis Course open the way to a good position, a fine living and a handsome salary. The training will in no way interfere with your present activities.

Send for Free Book

Twenty years' knowledge in twenty weeks is what this wonderfully complete course gives you. Course prepared by Clifford Lewis a hotel expert of national reputation. Endorsed by managers of such hotels as the Biltmore, Waldorf-Astoria, Copley Plaza, Commodore, etc.

Mail the coupon NOW for your vitally interesting book, "YOUR BIG OPPORTUNITY." It tells about the wonderful opportunities now open to YOU in this fascinating profession. Shows exactly how you can quickly become a high-salaried hotel executive. Also tells of our students and their wonderful success with Lewis training. Free Registration in our Employment Bureau free to all students. Illustrated book entirely free. Send for it today. Simply fill in the coupon below.



Original Home of the Lewis Schools

In this great hotel the Lewis Schools instituted the famous courses in hotel operation which have opened the way to high salaries, pleasant executive work, and a fascinating, refined profession for thousands of men and women.

Make \$2,500 to \$10,000 a Year

The Lewis Hotel Training Schools are the only schools of their kind in the world. They have qualified thousands of men and women for \$2,500 to \$10,000 a year hotel jobs. Get into this delightful profession and earn from \$45 to \$200 a week—living expenses are usually included. You need no previous experience—You learn in your spare time at home. Many students have obtained hotel jobs paying as high as \$2,500 a year, even before they had finished the course. You can do as well.

FREE REGISTRATION

In Lewis Students' National Employment Bureau to all students. We placed 6,897 Lewis-Trained Men and Women in contact with good hotel, club and tea room positions in the last 12 months.

Lewis Hotel Training Schools

CLIFFORD LEWIS, President

Room M-3760 Washington, D. C.

Founded 1916

LEWIS HOTEL TRAINING SCHOOLS,
Room M-3760, Washington, D. C.

Send me without obligation the FREE BOOK, "YOUR BIG OPPORTUNITY," with details of the FREE Registration in the Lewis Students' Employment Bureau.

Name.....
(Please print name)

Address.....

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

EUGEN



Eugen Sandow
Instructor in Physical Culture
to H.M. the King.
Physical Culture Adviser
to H.M. the King of Greece

Hours of Consultation
10 to 1.30 and 3.30 to 6.30
Saturdays 11.30 to 2

32, St James' Street,
London, S.W.
4th November, 1924.

Earle Liederman, Esq.,
 New York.

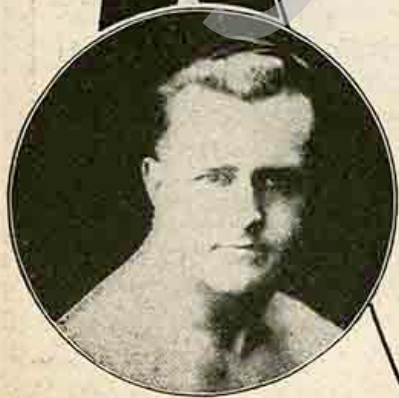
Dear Liederman,

I have tested your system of Physical Culture, and I do not hesitate to express the opinion that it is a perfect health and muscle building system, both from a medical and a practical point of view, and one which, if honestly practised, cannot fail to produce the best possible result.

I certainly recommend anyone desirous of obtaining health and strength to follow your system.

That you may continue successfully in your good work is the wish of your fellow-enthusiast.

Eugen Sandow



Earle E. Liederman

SANDOW

The Most Famous Strong Man the World Ever Produced Says:

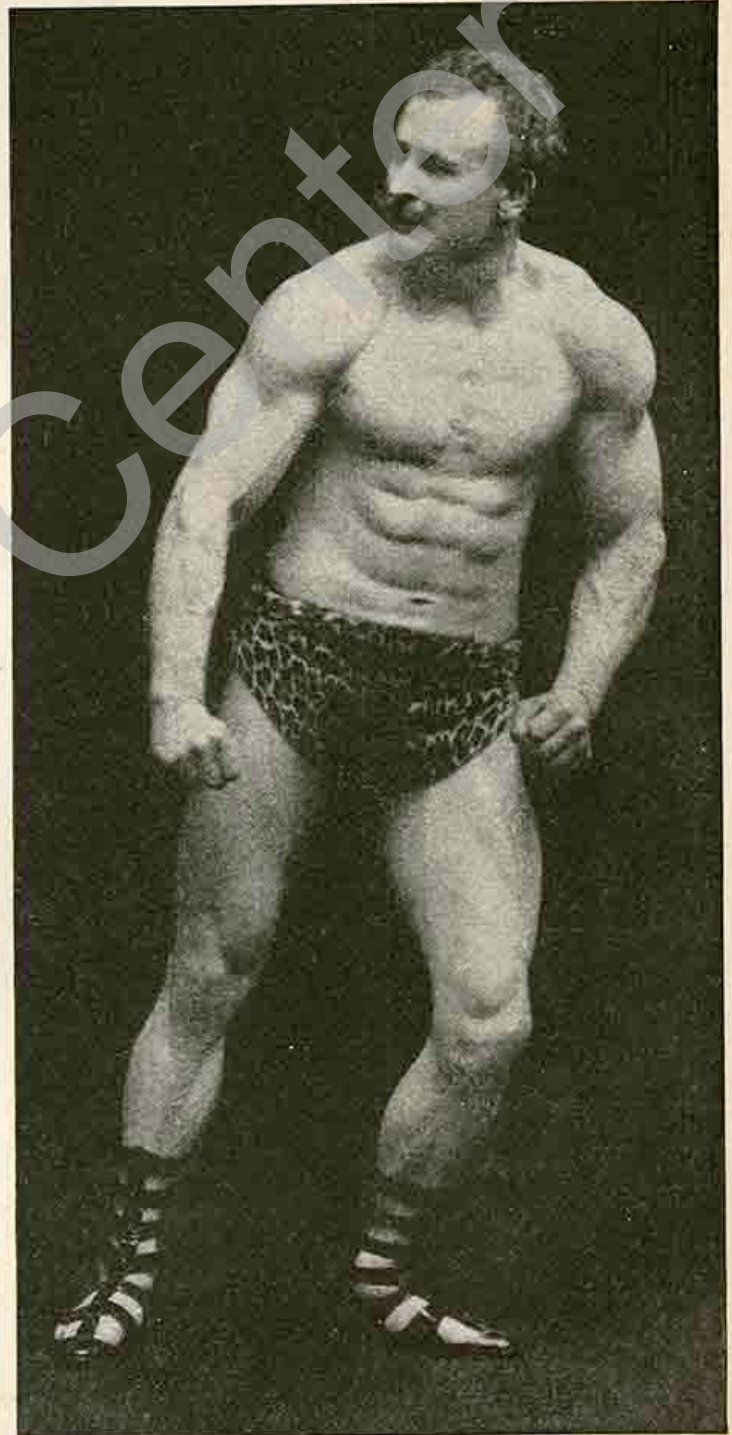
I RECOMMEND that anyone desirous of obtaining health and strength follow your (the Liederman) system."

Ask the average person, "Who is Eugen Sandow?" and the reply will be, "The strongest man in the world." Sandow did accomplish some most amazing feats of strength when he last toured America, but he is far more than a strong man. He is known the world over as one of the greatest instructors in Physical Education. Not only has he been recognized as an authority on this subject, but he has been officially pronounced the finest physical specimen of manhood that the world has ever known.

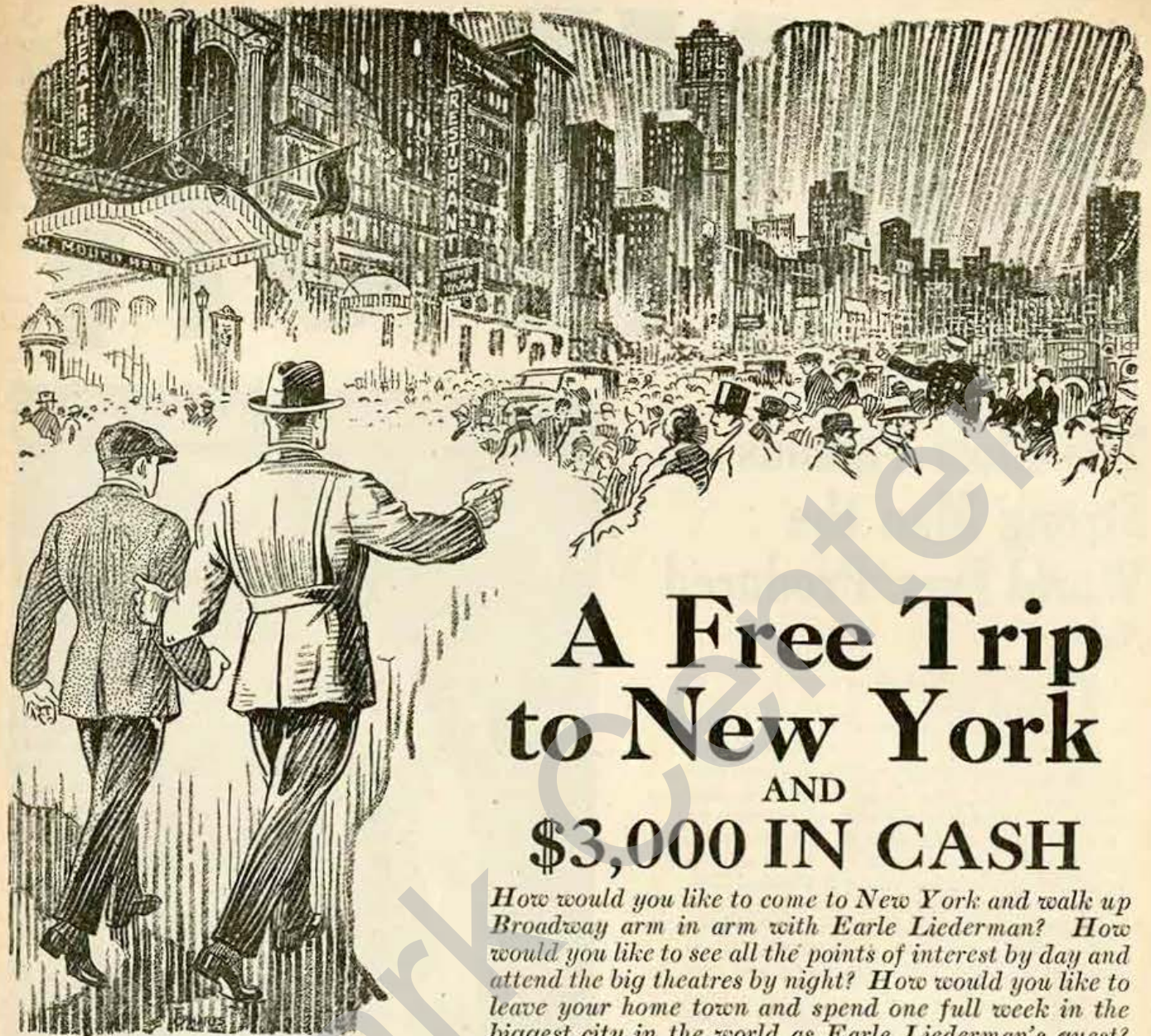
It is now 25 years since Sandow toured America, performing unbelievable feats of strength and lecturing on the development of man's physical powers. Since that time he has been personal advisor to a number of Presidents of our own country, the President of Switzerland and twelve of the crowned heads of Europe.

Mr. Liederman has always been a great admirer of Eugen Sandow and knew of the great work Sandow was doing in Europe. In the spring of 1924 Mr. Liederman and Sandow met to discuss this great subject of Physical Education. Sandow asked that he receive the Liederman course of instruction so that he might test it, as he had already done with other courses.

On the opposite page you will read what Sandow now says of the Liederman system. When such a man, who is physical advisor to kings, will say what he does of the Liederman health and muscle building system, the final word has been spoken. Can there be any higher authority? Read Sandow's letter on the opposite page. Turn the pages to the right and read Mr. Liederman's message to you. Then send in the coupon and learn how you, too, may enjoy nature's greatest gift—Supreme Health and Strength.



Eugen Sandow
Instructor in Physical Culture to H. M. the King



A Free Trip to New York AND \$3,000 IN CASH

How would you like to come to New York and walk up Broadway arm in arm with Earle Liederman? How would you like to see all the points of interest by day and attend the big theatres by night? How would you like to leave your home town and spend one full week in the biggest city in the world as Earle Liederman's guest?

THAT'S what I'm going to do for two of the prize winners in my 1925 contest. I'm going to buy the railroad tickets and Pullman. I'm going to meet them at the station and pay all their expenses while they are in New York. I'm going to show them the best time they ever had in their lives, and it's *all on me*. And beside that I am going to give one of these chaps one thousand dollars (\$1,000) and the other fellow five hundred dollars (\$500) in cold cash.

The Earle Liederman 1924 contest was a grand success. The improvement shown among my pupils was unbelievable. The \$2,100 which I gave as prize money has not only made happy hearts, but it was the means of spurring on thousands of men and boys in their endeavor for physical perfection. As I sat at my desk and looked over the photographs and read the letters telling how faithfully my pupils have

worked, my heart filled with deep emotion. It has made me the happiest man in the world. These letters told me how some of my pupils who were physical weaklings transformed themselves into strong, sturdy men. They told me of such men as Mr. Curren, who, at the age of 60, had given up all hope of ever having a strong, healthy body and then, through his own efforts, had suddenly realized his life-long ambition. As I read these letters, I could not help but wish that I could grab each and every one by the hand and say, "Atta boy, keep it up; you're doing fine!"

Of course, such a plan is impossible, but I have decided that next year I will do this very thing with the first prize winner in each contest. Yes, there are going to be two separate contests in 1925. I'll tell you why. There were a great many photographs received from pupils whose muscles were far greater developed than

those who won the prizes, but these better developed boys and men had not shown as great gains during the period which I allotted. And beside this, there were pupils who enrolled in 1923, and further back, who were not entitled to any of the advantages of the 1924 pupils. However, these pupils will have a show in my 1925 contest, for I am offering an additional \$1,000 to be awarded to the pupils showing the best muscular development, regardless of when they enrolled.

Do you get what all this means? Twenty-eight fellows are going to get cash prize money in amounts all the way from \$1,000 down to \$10, and two pupils will get in addition to their

cash prize, a free visit to the wonder city of the world. These two pupils will select their own time to come. Just notify me long enough in advance so I can get the scenery ready. I am going to stand all expenses, railroad tickets, hotel bills, amusements, etc. It will give us a chance to become friends—get better acquainted. Where you live won't make a bit of difference. I don't care if you live in China. The judges will pick out the winners, then I will write and send them their necessary money, tickets, etc., for whatever dates they select.

And remember, the colored boy has just as much chance as his white neighbor.

NOW READ CAREFULLY WHAT THE CONTESTS ARE

The first contest for 1925 is as follows: To the pupils showing the greatest improvement from whatever time they enroll after receiving this notice until October 1, 1925, I will award prizes totaling

	\$2,000 in Cash		
First Prize . . .	\$1,000	and	gold medal
Second " . . .	500	"	"
Third " . . .	300	"	"
Fourth " . . .	100	"	"

To the next ten in order, each \$10 and gold medal.

In case of tie for any of these positions, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The first prize winner also gets the *free trip to New York*, to spend one week here at whatever time he selects. I am to pay all expenses from the time he leaves his front door till he is safely back again.

TO THE BEST DEVELOPED MAN

The second awards will be given to the pupils showing the finest looking muscles regardless of when they enrolled. This will be open to old and new pupils alike. It will give everyone a chance to develop herculean proportions. These prizes will be as follows:

	\$1,000 in Cash		
First Prize . . .	\$500	and	gold medal
Second " . . .	250	"	"
Third " . . .	100	"	"
Fourth " . . .	50	"	"

To the next ten pupils in order, \$10 each and gold medal.

In case of tie for any of these positions, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The winner of first prize in this contest will also be given a *free trip to New York* to spend one full week at whatever time he selects. The same conditions holding true as in the other contest.

1,000 SILVER MEDALS

In addition to all the prize money given to the winners in these two contests, I am also giving at least one thousand solid silver medals to all those who have worked up to my standard.

Now, fellows, who are to be the prize winners? Who is going to get all this money? And who are the two lucky ones that I am going to pal around with in New York? Is one of them going to be *you*? The answer is within yourself. Think of it! Follow pleasant exercise under my guidance, build up a powerful, robust body that will be yours for your life time and, besides all this, spend the finest vacation you ever had or ever even hoped to have. And, just think! I am going to hand over to one of these boys \$1,000 in cash, and to the other \$500. And then I won't let them spend a cent of it. The good time is *all on me*.

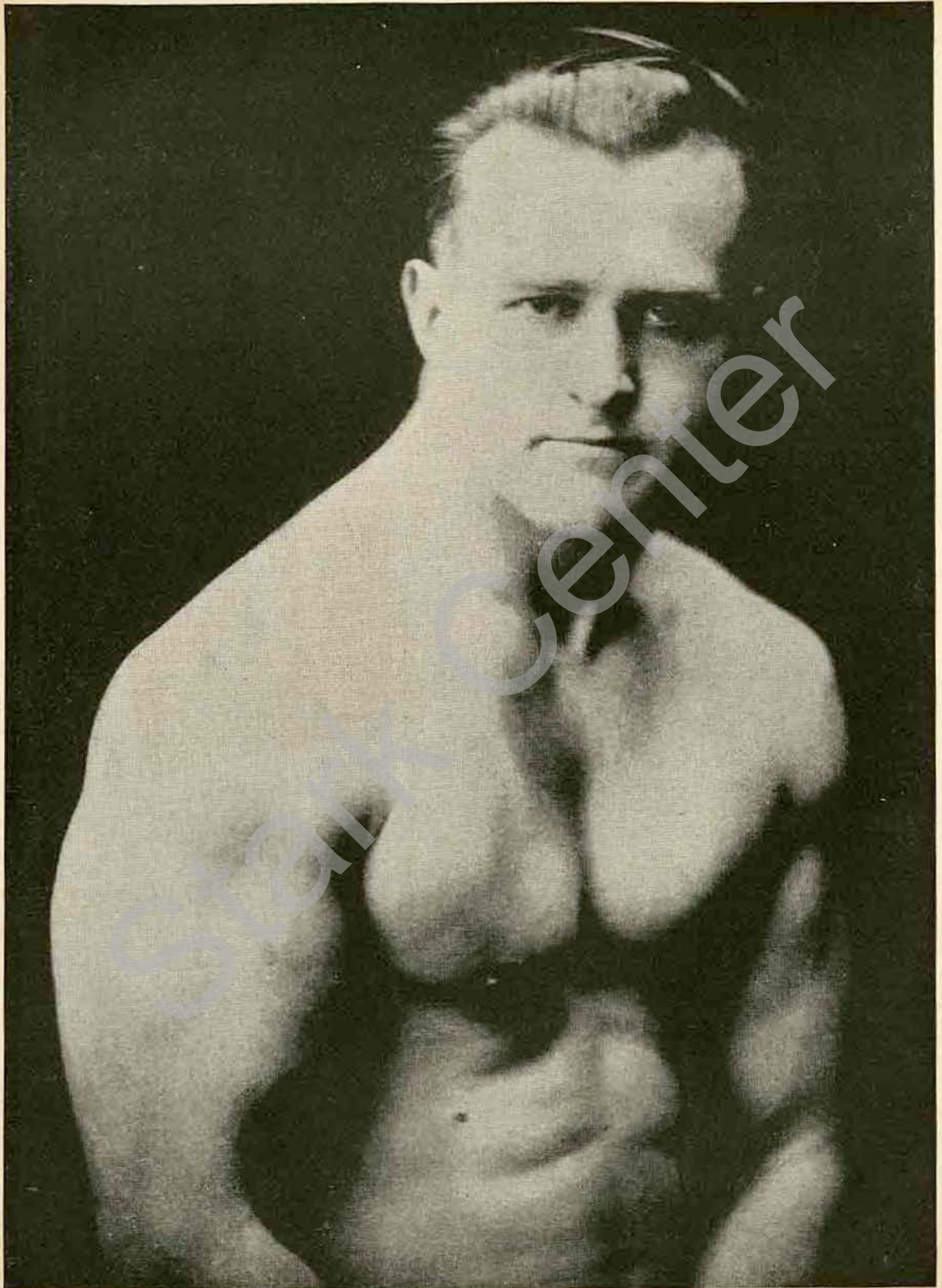
Read the conditions carefully. Then shoot me your measurements and enrollment blank and—let's go. Remember the sooner you get started, the better chance you have to grab that big prize.

If you are going to strive for the improvement contest, be sure to keep a copy of your measurements and a photograph as of enrollment date. Then, before October 1st comes around, send me your improved measurements, with the latest full-length photograph, showing your muscles to the best advantage, as contests close October 1, 1925. The photo of yourself as of date of enrollment need only be a snapshot. This should be kept by you and sent to me at close of contest together with your photo showing improvement. This will facilitate matters and also be a perpetual reminder of your changed condition. The latest photo must be taken of a full-length pose.

If you plan to enter the contest for best development, enroll at once and let me get you started in modeling your body. Muscles don't grow over night, but I surely can make a different looking man of you in a few months' time. After all, it's the strong, robust body that counts more than all the prizes in the world. But as long as men are human, prizes will stimulate them to greater activities. And if I can make bigger and better men by prizes, I'm going to give prizes.

The judges this year will be the same as last. They were so pleased with the 1924 contest that they immediately agreed to serve in 1925. They are as follows: Bernarr Macfadden, world renowned authority on physical culture; Budd Goodwin, undefeated long-distance swimming champion of America; Arthur L. Hyson, physical director; George O. Pritchard, former professional football and basketball player; your instructor,

EARLE E. LIEDERMAN.



EARLE E. LIEDERMAN
The Muscle Builder

Author of "Science of Wrestling", "Muscle Building", "Here's Health", etc.

How long do you expect to live?

Make your own answer. It's up to you. I know you might be hit on the head with a brick or have someone push you off the end of a dock. But barring accidents, what then? If you take care of any piece of machinery it will last for years—abuse it and you might as well cash it in after the first year. This is just as true of your own body.

If You Do—You Die

Go ahead with your careless living if you want. Eat and drink what you like. Abuse your body—it's yours to do with as you please. You may think you're having a good time. But are you? You get up in the morning feeling half dead. You drag yourself through the day and before it's half over you are drowsy and lagging. Get wise to yourself. Don't you know your body is clogging up with poison? Don't you know your lungs are starving for oxygen? Don't you realize your inner cells are breaking down and you are not doing a thing to replenish them? **You're dying, man—and you don't know it.**

I Add Years to Your Life

You need exercise. You must have it. Tie your arm to your side and it will wither away—but use your muscles and you have more muscle to use. The same is true throughout your entire body. Every vital organ is completely surrounded with muscles which make these organs function. Exercise and you strengthen the organ itself. You wear down the dead tissue or cells. The white corpuscles of your blood carry it off and the red corpuscles supply new healthy tissue. You drive death and disease out and bring new life to a worn down and famished body.

You Need a Teacher

Just any kind of exercise won't do. I have had men come to me who were literally broken down from work in a factory or mill. With scientific instruction I brought their bodies back to strength and power.

My system has been tried and proven. It never fails. Some claim, eh? Well, it's true. I don't care what your present condition is. I want you to say: "I'm ready," and I'll knock those microbes in you higher than a cocked hat. I'll shoot you so full of life you'll think you swallowed a stick of dynamite. And muscle? That's my middle name. In three months' time I'll build up every muscle in your body. I'll broaden those shoulders and deepen your chest so that every breath will bring deep loads of oxygen to your lungs, purifying your blood and shooting a thrill throughout your entire system. I'll brighten your eyes and clear your skin. I'll make you so full of life you will feel like shouting out to the world: "I'm a man and I can prove it."

And remember, fellows, I don't just promise these things—I guarantee them. Do you doubt me? Make me prove it. That's what I like, because I know I can do it. Come on then. Snap into it. Are you ready? Let's go!

Send For My New
64 Page Book—

"Muscular Development"

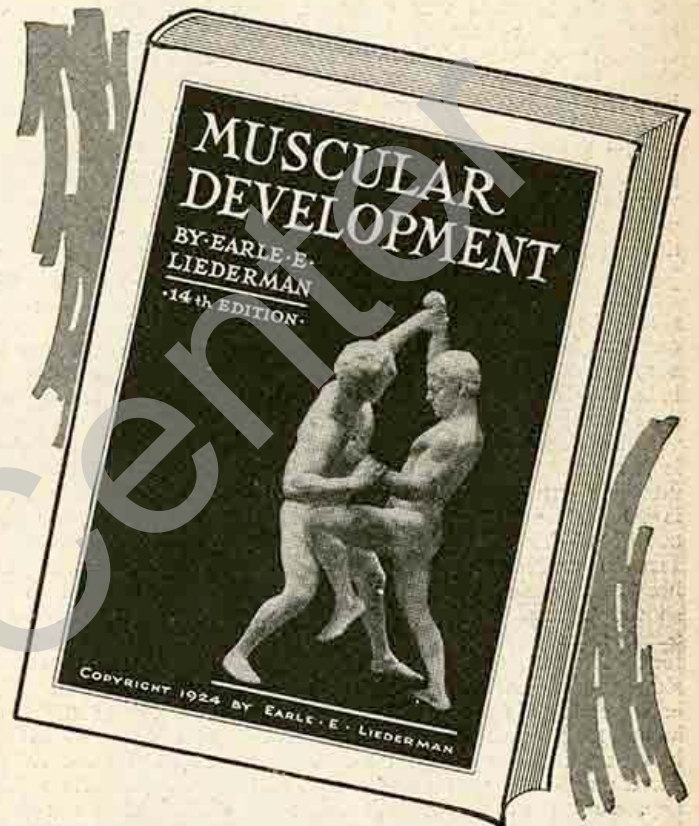
IT IS FREE

It contains forty-five full page photographs of myself and some of the many prize winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. It is yours to keep. This will not obligate you at all, but for the sake of your future happiness and health do not put it off. Send today—right now before you turn this page.

EARLE E. LIEDERMAN

Dept. 702

305 Broadway New York City



It Is FREE

DON'T SEND ONE PENNY — YOUR NAME AND ADDRESS ON A POSTAL WILL DO

EARLE E. LIEDERMAN
Dept. 702, 305 Broadway, New York City

Dear Sir: Please send me absolutely FREE and without any obligation on my part whatever, a copy of your latest book "Muscular Development."

Name

Street

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

(Please write or print plainly)

Those Wonderful Arabs

(Continued from page 47)

tumbling and hand balancing. Their ground work was very rapid and lofty as well as graceful. They also performed some of the most difficult feats in hand balancing on a high pyramid of small boxes, using a pedestal for a foundation. These boxes graduated in size, with the very top box measuring not more than a foot square on the top surface. Both men seemed to stick to the side of the boxes like flies, and when the pyramid was complete, the heavier man (Mazzus) stood on the side of the boxes. The top box was about the height of his hips. The lighter man (Abachi) would then climb to the other's back, placing his hands on the back of his neck and slowly pushing up to a hand stand. While he was in this position, the under man would also push up to a hand stand on the top box. This is known as a "double hand stand." It can easily be imagined what this wonderful feat means in such a perilous position, the one man balancing on his hands on this very small space, with the other man balancing on his hands on the under man's neck and being at the top of a very high and frail pyramid. Not only is it a difficult and mighty task to get into this extraordinary position, but it is infinitely more difficult to get down out of it. The under man allowed his feet to descend slowly (keeping his head and shoulders in the same position so the top man could retain his balance) until they reached the boxes below. Then the top man would descend slowly to his knees on the under man's back, resting in the position from which he had started. The writer has specialized in this class of the acrobatic art for a number of years, and so has full appreciation of this wonderful feat. These artists were almost as clever in performing the American and European style of acrobatic feats on the ground as they were in their own style, being absolutely marvelous in both.

The reason for the Arabs' style of tumbling was imparted to the writer by Mr. Mazzus, who said on account of the ground's being very hard in Arabia, as it is in most hot countries, and the Arabs doing their shows at fairs and outside exhibitions on the ground, it was necessary to use that method (the run-off, one foot after the other) so they would not jam their knees and ankles, as the Europeans do when striking on both feet together—a very wise idea, as their knees and ankles hold out much longer than do those of the European or American tumbler.

Most of the top notch Arabic artists in former days specialized in feats in which they could outdo all others. Muly Ali was a wonder as a spinning tumbler. He would do a tinsica close to the ground, and on alighting on the first foot he would drive himself into a very rapid spin, such as dancers perform, but would attain much more speed by using his arms, head and the free leg which he held up from the ground.

After two or three complete turns or pirouettes in the spin, he would place one hand on the ground and start another tinsica, keeping one hand only on the ground and driving the body into these rapid turns between each tinsica in perfect tempo. So quick was his movement that it was bewildering to the spectator.

Another highly specialized artist was Muly Ambark. This performer specialized in lofty tumbling; in performing his somersaults, the height he sprang into the air was amazing; he also was very light and cat-like on his feet. Another most interesting Arab artist was Azum Zum, a deaf mute, who was about the best all-round Arab tumbler the writer has ever seen. Hadji Hassan was another wonder tumbler and leaper, who specialized in the high leaping somersaults over elephants with most of the big circuses in this country. The extraordinary height of his leaps, as well as the peculiar way he performed them, put him in a class without competition. He created much comment among all the great leapers of his time.

Most of the Arab troupes of late years exhibited in this country and abroad are not all Arabs. The writer while in Europe saw a troupe of Arabs of five nationalities—Arab, English, Italian, Hebrew and Chinese. They had all been trained by the Arab method, and strange to say, the Chinaman gave a very good account of himself in the performance.

Hassan Ben Ali, for a number of years, was the leading impresario in this country for Arab troupes. He supplied most of the big circuses, as well as Buffalo Bill's show and other Wild West shows.

Pyramid building is perhaps the most spectacular display of all the great feats performed by these extraordinary people. Their wonderful agility in climbing or mounting gives them a great advantage over most other peoples; besides their super strength, combined with their great agility, fits them best for this task. Mr. Bobker Ben Ali, a nephew of Hassan Ben Ali, took over his uncle's business after the latter passed on a few years back. This man of a younger generation has introduced some remarkable feats in the way of pyramid building and tumbling, as the illustrations show. Bobker Ben Ali is the "understander," or the man at the bottom who holds the others on his shoulders.

These pyramids are built with various members of the troupe. One man will stand upright on the under man's head and reach down and take hold of the hand of a man at the side of the under man. The latter places his hands on the hips of the two on the ground and straightens his arms at full length, while the top man straightens up. While in this pyramid the under man turns round three and four times.

The most difficult and spectacular

pyramid is the "five high." This has never been accomplished by any but the Arabs. It requires fifteen performers, five of whom form a circle in a slightly stooped position, being braced together by holding each other's arms. Four men mount on their shoulders, after which the remaining men on the ground help the others to mount three high. Then one man is passed up on each side of the pyramid to the three men, making four high with two men on top, after which the lighter man is mounted to the shoulders of the two top men in the same manner as they had mounted. This completes the "five high." Then the five under men spread out. After holding the pyramid a few moments the men dismount in the same manner in which they mounted. The under men of these pyramids are veritable giants both in strength and agility.

Arab tumbling is most effective in developing the human structure into beautiful grace and superior strength; the leaping or diving tinsica being one of the most fascinating of acrobatic accomplishments. This is being taught in many of the schools, especially with the instruction of acrobatics as taught at Professor William J. Herrmann's Gymnasium in Philadelphia.

It would not be out of place to mention the most extraordinary Arab horsemen who were brought to this country first for the Buffalo Bill Wild West Show. Their agility was astounding and their style of riding just as unique as was the Arab tumbling.

One of the most interesting and delightful exercises for young men who are taking up gymnastics and acrobatics, is the posturing poses in group and pyramid building. The following named mounts are the most easily acquired for a small group of boys or men consisting of six or eight gymnasium members.

First pick out of the number, three or four who possess the greater amount of strength. These members should assume the positions on the ground as the under men. They should commence by learning to mount another man on their shoulders. There are three favorite ways for the two men mounts. The first and easiest of the three is, for the man who is to mount on top to stand at the under man's left side. The under man sinks with the knees until the thighs are almost horizontal. He then grasps the mounter's left hand, the mounter steps on the thigh of the under man close up to the body, at the same time taking hold of the under man's right hand which is raised over the head of the under man. The top man then places his right foot upon the right shoulder from the back, while the under man releases his left hand and catches hold of the left calf of the top man's leg, just between the knee and ankle. If the man is short in height, he catches the leg a little higher. The other hand is then re-

(Continued on page 74)

65 YEARS YOUNG!

A Youth at 65—All Because He Keeps His Spine A Half Inch Longer Than It Would Ordinarily Measure.

By WILLIAM R. DURGIN

IMAGINE it—a man of 65 passing for a man of 40! Yet that is actually the case of Hobart Bradstreet, whose photograph, taken only last summer, you see here.

Look at the man! Would you ever guess him to be of grandfather age? Would you, indeed, put his age at 40? I, for one, guessed him to be *under* that mark.

Not only in appearance, but in *every other way*, Bradstreet is still in his thirties, even though his age is 65. In fact, for "pep," activity and sparkle he would put most 30-year-olds to shame. I *know*, for I have seen Bradstreet in action, and I am only 35 and supposed to be a pretty fair physical specimen myself.

Almost three-score and ten, when most men are "through," Bradstreet, as he himself puts it, is "*just beginning to enjoy life!*"

His job requires him to work like a horse, yet it never seems to tell on him. After an eight or ten hour stretch at work, he can go out and play for hours like a youngster. His recreation and pleasures are those of an active youth.

How does he do it? By living the "simple life"? Not so you could notice it! Bradstreet follows no "how-to-live-to-be-100" rules. You could never tie him down to any health institute regime. He eats what and when he pleases. As a smoker he has no choice between cigar, cigarette or pipe. And rarely does he get over seven hours sleep a night. Bradstreet—as I happen to know—likes a "good time" even though it runs into the wee hours.

How does he do it? I'll tell you the whole secret. *Hobart Bradstreet keeps his spine a half inch longer than it would ordinarily measure!*

What does that mean? You'll understand when you know something of the wonderful story of the spine.

The spine, the foundation of the body, is a series of small bones (vertebrae) placed one above the other. Between each pair of bones is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down—become thin and hard as the felt pads under piano keys do. One's spine, then, doesn't absorb the shocks sustained, but transmits them straight to the base of the brain. You know what happens then. The whole nervous system is affected. Then we begin to feel "out of sorts" as a general thing. We develop headaches and back-

aches. A day's work completely fags us. We go home at night with nerves apounding, unable to rest or sleep. We become cross and cranky, moody and morose. We begin to *feel and look old and worn!*

The secret of keeping young and alert and vigorous, as Bradstreet learned years ago in his study of the spine, is to keep the spine from "settling down"—to keep it *normally long* by giving it the peculiar motion, the flexing, the laxation it would get if we lived as naturally as we should, as early man lived. No amount of violent exercise will do the trick. As for walking or golfing, the spine only settles down a bit firmer with each step.

Judging from the results obtained in his own case and in the case of hundreds of others, Bradstreet seems to have in his method of "laxating" the spine the answer to the problem.

Bradstreet's method for "elongating" and "laxating" the spine is so simple as to be almost ridiculous. Just five movements to the whole thing—the whole five gone through in five minutes: Taking only five minutes a day, it is hard to believe that there should be anything wonderful about the results. But I know the surprise *one session with Bradstreet's SPINE-MOTION gave me!* I thrilled with a feeling of exhilaration that was altogether new to me.

Several people to whom Bradstreet referred me told me they had never known what it was to be fully alive until they had taken up his SPINE-MOTION. Among them were some who had suffered for years from some such trouble as headache, nervousness, stomach trouble or constipation.

There is a surprise in store for everyone in Bradstreet's SPINE-MOTION. The young learn that they have not been as young as they thought they were. And those who have been aging in any sense under 60, will come to the conclusion that there is, after all, something to Bradstreet's statement that a man's powers in every sense should continue unabated up to 65.

Just try Bradstreet's method for a week, and see the difference in yourself in that short time. (Bradstreet will be glad to send you his method for a week's trial, at his risk.) See for yourself the magic in his SPINE-MOTION—the new health that is yours—the new vim and vigor you experience.

If you find Bradstreet's method a real event in your life, and want to keep it for your regular use, the small fee of \$3 pays for everything. Knowing something of the fees this man has been accustomed to receiving, I can say that opportunity of getting his method for \$3 is something to be appreciated.



HOBART BRADSTREET

The \$3 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings it. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll pity those whose nerves are in a vise!

HOBART BRADSTREET, Suite 6025,
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE-MOTION without risk if you will provide necessary instruction. Send everything postpaid, without any charge or obligation for five days free trial. If I find SPINE-MOTION highly beneficial I may remit \$3.00 in full payment or return the material just as I please and I will owe you nothing.

Name.....

Address.....



\$95 an Hour!

"Every hour I spent on my I. C. S. Course has been worth \$95 to me! My position, my \$5,000 a year income, my home, my family's happiness—I owe it all to my spare-time training with the International Correspondence Schools!"

Every mail brings letters from some of the thousands of I. C. S. students telling of promotions or increases in salary as the rewards of spare-time study.

What are you doing with the hours after supper? Can you afford to let them slip by unimproved when you can easily make them mean so much? One hour a day spent with the I. C. S. will prepare you for the position you want in the work you like best. Yes, it will! Put it up to us to prove it. Mark and mail this coupon now!

INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 2390-B, Scranton, Penna.

Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject before which I have marked an X:

BUSINESS TRAINING COURSES

- | | |
|--|---|
| <input type="checkbox"/> Business Management | <input type="checkbox"/> Salesmanship |
| <input type="checkbox"/> Industrial Management | <input type="checkbox"/> Advertising |
| <input type="checkbox"/> Personnel Organization | <input type="checkbox"/> Better Letters |
| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Show Card Lettering |
| <input type="checkbox"/> Business Law | <input type="checkbox"/> Stenography and Typing |
| <input type="checkbox"/> Banking and Banking Law | <input type="checkbox"/> Business English |
| <input type="checkbox"/> Accountancy (including C.P.A.) | <input type="checkbox"/> Civil Service |
| <input type="checkbox"/> Nicholson Cost Accounting | <input type="checkbox"/> Railway Mail Clerk |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Common School Subjects |
| <input type="checkbox"/> Private Secretary | <input type="checkbox"/> High School Subjects |
| <input type="checkbox"/> Spanish <input type="checkbox"/> French | <input type="checkbox"/> Illustrating |

TECHNICAL AND INDUSTRIAL COURSES

- | | |
|---|--|
| <input type="checkbox"/> Electrical Engineering | <input type="checkbox"/> Architect |
| <input type="checkbox"/> Electric Lighting | <input type="checkbox"/> Architects' Blue Prints |
| <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Contractor and Builder |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice | <input type="checkbox"/> Concrete Builder |
| <input type="checkbox"/> Railroad Positions | <input type="checkbox"/> Structural Engineer |
| <input type="checkbox"/> Gas Engine Operating | <input type="checkbox"/> Chemistry <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Civil Engineer | <input type="checkbox"/> Automobile Work |
| <input type="checkbox"/> Surveying and Mapping | <input type="checkbox"/> Airplane Engines |
| <input type="checkbox"/> Metallurgy <input type="checkbox"/> Mining | <input type="checkbox"/> Agriculture and Poultry |
| <input type="checkbox"/> Steam Engineering <input type="checkbox"/> Radio | <input type="checkbox"/> Mathematics |

Name.....
Street..... 3-6-24
Address.....
City.....State.....

Occupation.....
Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada



Rejuvenation

by the famous author, W. J. Fielding.
All the facts about the miracles of science extending the span of life; stopping old age, rolling back the years to youthful physical and mental activity.

25c

LIMITED EDITION

Vest pocket size, flexible, real leather binding; an attractive gift volume; opening up new life vistas; explaining impartially and fully what gland transplantation does. Interests both men and women. Tells all you want to know about this fascinating and vital subject. The edition is limited—send 25 cents today in coin or stamps for prepaid copy.

BRINKLEY PRESS, Dept. A, Milford, Kans.

Those Wonderful Arabs

(Continued from page 72)

leased and the other foot is placed in the same manner on the left shoulder. Now the top man should become upright and rigid, keeping the heels as close together as may seem comfortable; the under man should brace his head back against the legs, so as the two are in compact form. The under man must pay particular attention to keeping his body in a perpendicular position, and his head up in an easy and natural way, with one foot slightly forward and the feet separated about fifteen inches. This position secures a good sense of balance in all directions.

The next mount is taken by the top man standing back of the under man, who squats, the same as at the start of the other mount, and then reaches both hands back alongside of the head. The top man grasps the hands palm to palm, steps on the under man's thigh high up as before mentioned, then mounts one foot after the other to the shoulders, and the position is taken as in the first-named mount.

The next mount is attained by the top man standing in front, both facing the same way. The bottom man sinks in the knees and grasps the top man's hands, both keeping their hands close to their sides. The top man then makes a slight spring, and the under man lifts at the same time, pushing the top man above his head, as he goes up between the under man's arms and places his feet on that man's shoulders. He finishes in the regular standing position.

When these mounts are perfected, then a three-man high may be tried. To build the "three high" the "two high" mount is made; then the man who is on the shoulders reached down and grasps the hands of the third man, who is facing him. The under man sinks slightly in the knees and straightens up as the top man springs from the ground and is being lifted by the middle man. The top man's feet alight on top of the middle man's feet, who then grasps the top man around the back with his left arm, and releases his right hand. Reaching the right hand over his head toward the left side, the top man grasps the up-raised hand with his right hand, at the same time placing his left hand on the middle man's head. Then the middle man has the top man to step with the left foot into his left hand, which he holds in front standing with the knees slightly bent, the middle man then lifts the top man with the left hand, guiding him with the right. The top man also guides himself by placing his left hand on the middle man's head, as he steps around the back with his right foot to the shoulder of the middle man. He keeps his hand on the middle man's head until both feet are on the shoulders, when the middle man grasps his calves. Then he straightens up.

The best way to try the "three high" is to have the third man pulled up by a rope at first. In this way the position and weight become familiar and it

saves much struggling in the preliminary practice.

To pay strict attention to the two- and three-man high grips and positions, is the true key to the big pyramid building art. One of the most showy of the small pyramids with four men, is the flag or "gouvenouer." In this two men stand "two high," with a man on each side, the top and under man bending slightly in the knees. The top man reaches a hand to each man on the ground. The under man then places his hands on the lower part of the waist line of the two men, then the top man and under man straighten up, lifting the other two men from the ground. They are held out at arms' length by the under man. In this position the under man can turn round, making a very effective show of this feat. Another very artistic pyramid for one man to hold, is made by having one man who can bend backward. This man lies across the under man's back as he stoops forward. The top man reaches under the bottom man's stomach and grasps his own ankles, holding this position. Then the top man is mounted. Two men stand each side of the under man facing each other. The man on the under man's right side hooks his left arm through the opening left in the bend of the under man's elbow while grasping the leg of the man already mounted. The other man on the ground does the same thing; locks his arm into the under man's and the two place their free hands just above the under man's knee and straighten their bodies and legs, so their feet are slightly above the top man's waist and about three feet from the side of the top man.

For the group pyramids for six or eight men, the following are the most effective. For the six, three men stand in line close together. They mount two men, each having a foot on the inside shoulder of the lower outside men, and each a foot on the shoulder of the center man. Then they mount a third man to the shoulders of the two men forming a "three high," as explained in the Arab pyramid building.

For eight men, this same pyramid as that of the six men is formed with two men doing a hand-stand at the side of the under men, who reach the feet of those on their hands. After accomplishing and perfecting these groups, there are numerous showy feats which are comparatively easy to learn. For example, two men mounted face to face on the shoulders of the under man. The top man facing the same way as the under man, is held about the waist by the other man while he bends back into the crab bend, placing his hands on the shoulders of still another man who stands back of the under man,—thus forming an arch. The other man who is on the feet of the man in the bend places his hands on the hips of the man in the bend and presses up to a hand-stand. After these pyramids are mastered there is no limit to what may be done in this health-giving sport.

WANTED by 10,000 Fight Promoters - MEN WHO CAN BOX!



My Free Offer

I will personally select the heavyweight, light-heavyweight, middleweight, welterweight, lightweight, bantamweight, featherweight and flyweight boxer, who makes the best showing on my course and train him FREE at my camp at Long Branch, so that he can go up to Mr. Rickard's Garden Arena fit and ready to make a real showing that will give him the right start toward a highly successful and profitable boxing career.



Read This Amazing Offer from "Tex Rickard" Greatest of All Promoters

Modern Boxing Is Organized in a Wonderful Way

Ten or fifteen years ago, there was an abundance of great fighters. Then championship fights were not settled in a round or two; so evenly-matched were the contenders, that it was the rule for them to go twenty or thirty rounds.

But though the crowds were full of high class fighters, the crowds, the enthusiasms, the size of the purses, the social prestige of successful boxers, and the methods of handling the business and financial arrangements were far inferior to those of today.

Now even the moderately successful boxer is hailed by crowds, by enthusiasms and purses so big that they would have staggered the imagination of even the greatest of former-day champions. And every detail of a modern match is handled with the efficiency of big business at its best. *The successful fighter of today is a business man, and the world recognizes him as such.*

Do Not Envy the Successful—Be One of Them

You probably feel that you are in a hopeless rut on your present job, and envy the earning ability of professionally trained men such as engineers, architects or judges. Yet do you realize that \$10,000 a year is an exceptional salary for professional men?

By comparison, the successful boxer is vastly more fortunate. To be the world's champion is to be amazingly wealthy. But you don't have to be the champion to make big money—far from it. Take my boxing course in the right spirit—faithfully follows its instructions and suggestions—and you will become a first class boxer with a fine, vigorous body, a real punch, and a world of speed.

Fat Purses Are Paid Even for Preliminary Bouts

And what will that mean? *This.* When I said there are 10,000 promoters looking for

men who can box, I was undoubtedly too conservative. For even towns and cities of 10,000 or 12,000 population have their boxing promoters. And the boys, who make good for them, can earn in a single bout the equivalent and more of what many a judge or engineer would consider a fine salary for a full year's work. *And for the successful boxer, one fat purse leads to another even fatter.* Learn from my course how to use your hands, feet and head properly in the ring, and you need never know again what it means to be poor and down on your luck.

My Course Makes It Easy to Acquire Great Skill as a Boxer

My course conclusively proves that it is really easy to master boxing, when taught right. I wrote this course myself. I designed the wonderfully graphic and accurate diagrams with which it is so profusely illustrated; and I personally posed for many of them.

I developed scores of the world's greatest champions and fighters, including Jack Dempsey, Joe Gans, Pal Moore, George Dixon, Mysterious Billy Smith and Jimmy Barry. Luis Firpo came to me, shot up like a rocket, left me, shot down like a rocket, and now he is coming back to me again. My course will teach you all that I taught these stars, the only difference being that I will teach you right in your own home at a nominal fee instead of by the much more expensive method of teaching you personally at my training camp. By the time you have finished my course, you will have mastered every blow, guard, principle of footwork and trick of ring strategy known to modern boxing science.

Tex Rickard Will Arrange Star Bouts for All Who Make Good on My Course

Every six months, I shall select the eight men (one in each weight division) who make the best showing on my course. They will be known as the De Forest Boxing Course Champions and they will be invited to come to my training camp, Long Branch, N. J., so that I can whip them into final shape for a successful ring debut.

Then, just as soon as I am satisfied that they are fit and ready to do credit to me and to themselves, Tex Rickard will arrange star bouts for them at his

It's true that I'm looking for champions. But I'm not forgetting that there can be only one champion at a time, and that meanwhile there is a tremendous demand for boxers not strictly of the championship class.

So I am as anxious to develop ambitious lads to supply the demand of the multitude of fight promoters and boxing clubs all over the world as I am to sift out championship material.

You youngsters don't begin to appreciate how lucky you are. John L. Sullivan, Corbett, Fitzsimmons or Jeffries never had the chance you've got today to make big money, and here's the reason.

wonderful, new Madison Square Garden Arena, New York. If you are one of the chosen ones, you will have the chance of your life to appear before a great, appreciative crowd, and thus start along the short, straight path to fame and big money.

SEND FOR MY BOOK "The Golden Age of Boxing"

Simply send me ten cents to cover cost of mailing and postage, and I will send you my great book, "The Golden Age of Boxing," which is guaranteed to stir every red blood cell in your body. It not only fully describes my course, but it is crammed with facts about modern boxing, the people in it, and the great opportunity for the lads of today to win fame and fortune in the ring. The illustrations alone make "The Golden Age of Boxing" valuable as a permanent work of reference. Many of them are reproductions of pictures from my own private collection, and cannot be duplicated. Some of them go back to days long before you were born, and all together they certainly trace in a remarkably interesting way the entire history of modern fighting and boxing. Every fight fan needs this wonderful book. Send for your copy TODAY WITHOUT FAIL! PLEASE PRINT NAME AND ADDRESS PLAINLY ON COUPON.

Outline of My Course

- 1st Week—Fundamentals of Boxing, Diet, Roadwork, etc.
- 2nd Week—Elementary Punches
- 3rd Week—Basic Attacks
- 4th Week—Infighting
- 5th Week—Elementary Defense
- 6th Week—Advance Defense
- 7th Week—Covering and Clinching
- 8th Week—Counter Attacks
- 9th Week—Defense against Counter Attacks
- 10th Week—Shadow Boxing
- 11th Week—Combination Punches
- 12th Week—Feinting
- 13th Week—Fighting Slow Opponent
- 14th Week—Fighting Fast Opponent
- 15th Week—Fighting Purely Defensive Opponent
- 16th Week—More "Inside" Boxing
- 17th Week—My Tricks of the Game
- 18th Week—Pitfalls and Traps
- 19th Week—How to Deliver Knockout Blows
- 20th Week—Ringcraft and Generalship

USE THIS COUPON NOW!

JIMMY DE FOREST,
347 Madison Ave., Box 515, New York City
Gentlemen—
Enclosed find ten cents, for which please send me your book, "The Golden Age of Boxing," without obligation on my part. I am interested in your course as a prospective professional as an amateur

Name

Street

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

Jimmy De Forest
Box 515, 347 Madison Avenue, New York City



He Earns \$200 a Week

Seems like a lot of money to the man in the routine job—\$200 a week—but not to the trained salesman.

Today, any number of men—and they're not unusual, either—are earning salary and commissions better than \$10,000 a year. They travel from one big city to another—live comfortably at the best hotels—mix daily with successful business men—and they are continually growing in a business way.

Perhaps you have thought that selling required some special gift. But it isn't true!

The successful salesman succeeds because he knows his line—and because he is master of the principles and methods of scientific salesmanship.

And you, too—if you have average intelligence—can acquire that understanding and you can go out and increase your earnings in a way that will actually amaze you.

FREE—Send for the book "Modern Salesmanship"

LaSalle training in Salesmanship is by the home-study method and is based on the successful experience of more than a thousand outstanding salesmen. An important part of the training consists in the solving of actual sales problems furnished by many of the leading sales organizations in the country. These companies have generously turned over to LaSalle their most effective sales methods—have revealed in detail the scientific selling processes responsible for their success.

Commenting on the LaSalle course in Modern Salesmanship, C. J. Jones, of Canada, writes:

"The first two texts have given me so much that I am firmly convinced that if I never learned anything more from the course, I would have a full return for the entire investment, and I will tell you frankly that I would not take \$25,000 for my contract if another could not be had."

If you are in a routine job with limited possibilities and have a real desire to become a salesman—or if you are now actually in the selling field and anxious to build your earning capacity to the highest possible point—you will find it greatly to your advantage to send for "Modern Salesmanship."

The coupon will bring it to you promptly and without obligation. Put it in the mail TODAY.

LASALLE EXTENSION UNIVERSITY
The Largest Business Training Institution in the World
Dept. 2389-SR Chicago, Illinois

Gentlemen: Send without obligation to me information regarding course indicated below:

Modern Salesmanship

LaSalle is the largest business training institution in the world. It offers training for every important business need. If more interested in any of these courses, check here:

- | | |
|---|---|
| <input type="checkbox"/> Business Management | <input type="checkbox"/> Modern Business Correspondence and Practice |
| <input type="checkbox"/> Higher Accountancy | <input type="checkbox"/> Modern Foremanship and Production Methods |
| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Foreign and Domestic Personnel and Employment Management |
| <input type="checkbox"/> Railway Station Management | <input type="checkbox"/> Expert Bookkeeping |
| <input type="checkbox"/> Law, Degree of LL.B. | <input type="checkbox"/> Business English |
| <input type="checkbox"/> Commercial Law | <input type="checkbox"/> Commercial Spanish |
| <input type="checkbox"/> Industrial Management | <input type="checkbox"/> Efficiency |
| <input type="checkbox"/> Banking and Finance | <input type="checkbox"/> Effective Speaking |
| | <input type="checkbox"/> C. P. A. Coaching |

Name

Present Position

Address

A PERFECT LOOKING NOSE

Can Easily be Yours



Trados Model No. 25 corrects now all illshaped noses quickly, painlessly, permanently, and comfortably at home. It is the only adjustable, safe and guaranteed patent device that will actually give you a perfect looking nose. Over 87,000 satisfied users. For years recommended by physicians. 16 years of experience in manufacturing Nose Shapers is at your service.

Model 25 Jr. for Children

Write for testimonials and free booklet, which tells you how to obtain a perfect looking nose.

M. TRILETY, Specialist, Dept. 2290 Binghamton, N. Y.

Strength and Symmetry— Synonyms for Shapeliness

(Continued from page 23)

ter in respect to her lower limbs is because she at least gives her legs some exercise in carrying around her bodily weight of a hundred and thirty pounds or whatever it is upstairs and downstairs and all around the town. One cannot live without giving her legs some work, and keeping them in some kind of shape, literally.

In anything that we may say about the failings of women, physically, it is not to be inferred that men generally stack up any better. The average man is also a pretty flabby affair compared to what he might be or ought to be. And goodness knows he is a horrible object in a bathing suit. Yet the average man has a relatively better upper body than the average woman. The ordinary man can—if he must—crank his motor car, which, of course, is not saying much in an athletic sense. The average man can chin himself once, which isn't much, either. But few women can do this. To be fair, chinning is relatively harder, much harder for a woman than for a man, just as the "sit up" is easier for a woman. Comparing the sexes on ability in chinning is not quite fair. And yet it is a woman who holds the world's record for chinning with one arm. However, she has an exceptional build.

Now, while your bones predetermine your general lines, as already pointed out, your external contours depend upon muscular development. It is idle to think that increase of weight in terms of fatty tissue will give the too thin woman the beauty she craves. Fat is shapeless. It is flaccid. It has no firmness or tone. It is too fluid. You simply must have good, firm muscular tissue, or you have no shape at all.

Where does the race horse get his—or her—wonderful beauty? From strength and activity. From the fact that every part of his or her body is built up. The beauty of a collie dog is partly in his wonderful fur, as the glory of some women lies in their lovely hair. But the smooth, white bull terrier, with short hair, among the most beautiful of all dogs, derives his shapeliness—or her shapeliness—from eternal activity, having both speed and strength in maximum degree. Strength means beauty. Activity means beauty. In horses, dogs or human beings. There is no reason why the feminine human should not have as much beauty as a thoroughbred horse.

Of course fatty tissue does have a certain part to play in beauty. It is, after all, one of the normal tissues of the body. The heart and kidneys are wrapped in a blanket of it. In the right amounts, internally, it makes movement smoother and easier without friction. And along the surface of the body fat forms a filling in, by which a round smoothness is obtained. The body is not presentable when fat is almost entirely absent, as in starvation, with the

thin skin covering the spare muscles and bones. Fat represents not only reserve nutrition but a form of internal blanket that protects one against cold, and also a sort of cushion—or upholstery. It is, in normally small quantities, a part of healthy flesh. And the body in health always carries this moderate reserve of fatty material. You may see poses or pictures of professional boxers or other athletes who are trained down to a specified weight, and who seem therefore to have little fat, only the bulking powerful muscles. But even they have a little fatty tissue there. It gives smoothness as well as warmth and beauty. But if it accumulates—then good bye to beauty.

But how can one secure the good bodily development that means symmetry and shapeliness? Well, there's no secret about that. It is much easier to get a good body than a good mind, and yet people keep on striving for education. Having a good body is a matter of forming the habit of sufficient activity. I don't say you should necessarily work for it. It may be that you can play for it. It is just as likely as not that you will enjoy the necessary exercise. The point, however, is that you must have activity.

So although you may say that you do not want to be a circus woman yet you do need something of what the circus woman has, the ability to move and lift your own body easily, smoothly, gracefully. For that means beauty.

As a practical plan I would suggest a series of exercises which will employ all parts of the body, that is, one standard exercise for each part. I claim no originality for those I am suggesting. I have simply selected them for their all-around value for most women.

We have already mentioned the floor dip. That is good for arms, shoulders, chest and the abdominal muscles, which hold the body rigid. It is not, as many think, a back exercise. But the best variation is an all-around exercise in which you start standing erect, then squat down to place your hands in front of, and outside of your feet; then jump your feet back three or four feet to the regular dip position, lower the rigid body by bending the arms till the chest touches the floor, push up, once, twice or three times, as you prefer; jump the feet forward to the second position, and then stand upright. Finally, repeat the whole thing, and go over it several times. This is more interesting, and better all-around exercise, than the mere monotonous "dip."

The best standard exercise for the back, for women, is probably that of lying face down, hands clasped behind the back. Now raise head and shoulders at one end and the legs at the other, as high as you can. Relax and repeat. When this becomes fairly easy do it while stretching the hands for-

(Continued on page 78)

Bend Fortune Your Way

Bend a horseshoe with your bare hands! That's power. That's the only genuine good-luck horseshoe. You make luck. Luck doesn't make you. Strength of body, strength of mind, mould your horseshoe of fortune.

Life's game is nerve-racking, nerve-sapping. To survive victoriously *your body must be strong*. Strong minds don't stand on weak bodies. They crack under the strain. Health, vigor, energy, red blood pumping through the veins are the very life of the brain. Is your brain fully alive? Is your body? When opportunity knocks do you slam-bang back at it? *Bend life*—Don't let it bend you. Hit the line hard. Plow through to success.

This isn't intended particularly as an inspirational talk. Just facts that you and I know. Facts so vital that duty impels me to direct men to power over the trail which I blazed.

I, Breitbart, Can Give You Strength

I have it. Thousands have gazed pop-eyed at my feats of strength absolutely without precedent in human history. Bending solid iron bars into any shape; biting heavy chains in two; supporting two tons of horses and men while resting bare-backed on a bed of nails; driving blunt spikes through 3 one-inch boards and 5 layers of sheet steel with my bare hand. Such exhibitions have prompted the public to acclaim me "Superman of the Ages." The system I developed and that developed me will develop you. Power like mine can be yours. Just you work with me. I'll load your muscles with strength. Three months will transform your soft, undeveloped body into a dynamo of energy. Your lungs, made larger, will purify your blood. Your digestive system, functioning perfectly, will enrich it. Your strengthened heart will pump the blood through your system, vitalizing your brain and your body, bringing the flush of youth to your cheeks and the sparkle of vitality to your eyes.

In short, you will be revitalized and reinvigorated, and in consequence physically reconstituted.



Breitbart
The Superman of Strength

Thousands Strong From and For Breitbart

Any amount of original testimonials prove it. But more important—the muscle-building device which I invented tells the tale of boundless strength to be gained simply by knowledge of how it works. Systematic, scientific—the Breitbart system can't fail. No matter how weak, frail, or unhealthy, no matter how slight of build you may be, it *guarantees* you vitality, strength, and almost unbelievable muscle development.

This Treat is on Me, Boys

I'm sending a book to you. **FREE.** A book just thrilling with strength and eloquent with pictures. "The most interesting, most elaborate book of its kind ever published," everyone tells me. The last edition went strong. The new edition will go the same, so *send for your copy at once.*

Breitbart Muscle Meter—Free

Goes with the book. Measures strength in a novel, most accurate way. Tells whether your muscles are all that they should be. Whatever the state of your muscle, it isn't so weak that you can't clip off the coupon. Weak or strong, you can and should send it to me. Ten cents will cover postage on book and Muscle Meter. Send dime and coupon along and start and end the year **STRONG.**



Sigmund Breitbart, Inc.

1819 Broadway, New York
(Dept. F-3)

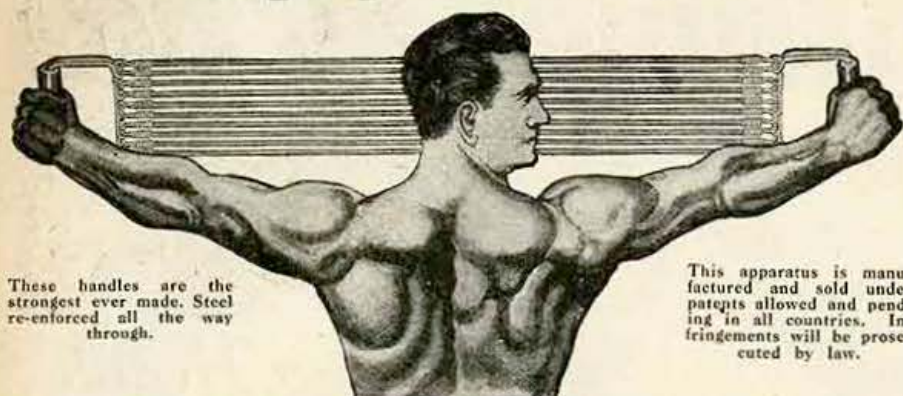
Please send me your new 64-page book, "Muscular Power", and the Breitbart Muscle Meter. The enclosed dime is for postage.

Name _____
Street _____
City _____ State _____

BREITBART

1819 BROADWAY—DEPT. F3,—NEW YORK CITY
GOTHAM BANK BUILDING

You TOO Can Have Muscles Bulging with Power



These handles are the strongest ever made. Steel re-enforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by My Methods and Apparatus—A New Invention
Over 100,000 Users—Not One Dissatisfied

THINK what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and the muscles. Now you need only the *right kind* of regular daily exercise to develop them to their fullest capacity. And remember that as you grow in strength you also grow in confidence and the ability to handle yourself in any emergency that calls for the courage and power of a *real man*.

The McFadden Patented 10 Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart

and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5 cable Progressive Exercisers that can be instantly converted into a 10 Cable Progressive Exerciser. The safety snap hooks can be

quickly adjusted, giving you as many cables and as much or as little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10 Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50

to 1,000 pounds. It can be attached to any 10 Cable Progressive Exerciser. Strong, muscular legs are a vital necessity to anyone who goes in for any form of athletics. This device is the only one designed to develop the leg muscles.

My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a *strong man*, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck **ONE FULL INCH** in a few weeks. This apparatus

is simplicity itself. It is adjustable, and will fit any man or boy. By using it in connection with my Progressive Exerciser, there is no reason why you can't be just as strong as you want to be.

SEE WHAT YOU GET—

My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course.

After you have used my apparatus a few weeks, you'll be the first to admit that it's the greatest eight dollars' worth of sheer value you ever received. It has changed many a man from a thin, puny, undersized weakling to a prodigy of physical strength and rugged health.

Here is what you get—a complete outfit for developing every muscle in your body.

Any of these can be purchased separately at the price shown.

10 Cable Progressive Exerciser, worth	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopaedia, worth	1.00
	\$30.00

TOTAL WORTH, \$30.00; COSTS YOU ONLY \$8.00

You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10 Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps, **ONE FULL INCH** in from 30 to 90 days, and

all other parts of your body in proportion. Think what this means. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question. Start today along the royal road to health and strength—send **NOW** for this great body-building outfit before you forget it.

My Guarantee Is Backed by a \$10,000 Challenge

MICHAEL McFADDEN Dept. 66, 103 E. 13th Street
New York City

Strength and Symmetry— Synonyms for Shapeliness

(Continued from page 76)

wards or upwards, beyond the head.

A second back exercise is found in lying on the back and then arching the body, that is, raising the hips, as high as you can. Then there is a desirable spine stretching movement in standing with legs apart, stretching the arms high upward and backward, then swinging down and stretching the hands between the legs. You can vary this by stretching the arms out to the right side of the right leg, instead of between the legs, the second time, and to the left the third time. This makes it more interesting, gives the spine a little twist, and makes it more beneficial.

For the chest and shoulders there is nothing like arm circling or "wind-mill" movements. All arm raising movements expand and lift the chest, and promote good bodily carriage.

The standard abdominal exercise is of course that in which you recline on the back and rise to the sitting position, then stretching the hands forward to touch the toes. We have already mentioned this, with the hands behind the head. It is easier with the arms folded, and still harder with them stretched backward. In the latter case place the feet under the bureau or other brace. If the "sit up" seems difficult in any case, then raise the legs to the perpendicular instead, either one at a time to make it easy, or both together.

A woman ordinarily needs no more exercise for the neck than she gets in the free movement work of head bending, forwards, backwards and sideways, and in head circling, round and round with the neck as a pivot, first one way, then the other.

One of the great fundamental movements is that of body twisting or turning, used in swinging a scythe, sewing grain, throwing a discus, batting a ball or swinging a tennis racquet. As an exercise it is best done by turning your back squarely to a mirror, then with arms outstretched at the shoulders, twisting around first one way then the other until you can look into your own eyes in the mirror behind you.

These movements will take good care of the trunk of the body. The legs are used in the squatting complications suggested in connection with the floor dip. But this may be supplemented, especially if you have phonographic music for your exercises by a simple dance step, which consists essentially of the old-fashioned "hippety-hop" except that the opposite foot is lifted high with a "knee kick," that is, lifting the knee high with the lower leg horizontal. As the right knee comes up, swing the arms far to the right, and reverse. This is superb exercise, not only for the legs but for the abdominal region as well.

Any bedroom exercises should be supplemented by a certain amount of walking, or, as a substitute, by an equal amount of ballroom dancing.

The Science of the Slugger

(Continued from page 44)

it was his remarkable hitting power that brought Dempsey his crown and has enabled him to hold it against all challenges. As a boxer of ordinary hitting ability Dempsey would have been a top notcher but never a champion of the world for ordinary punching would never have dragged Jess Willard from his pedestal. Jack Johnson was better than an ordinary puncher and also a great scientific fighter, probably the best counter-hitter who ever lived, at the time Willard beat him at Havana. Johnson opened up Willard's defense as only Johnson could open up another's guard, and then slammed through a straight right cross that would have knocked an ordinary heavyweight cold. It was Johnson's *piece de resistance*. The fight had been going on for many rounds beneath that broiling Cuban sun and "Lil Artha" knew that he could not continue much longer against the colossal Willard who did not seem to tire in the least. Johnson planned carefully, pretending exhaustion to induce Willard to open up and lead. Willard fell into the trap. Previous to that time he had been fighting a defensive fight to wear Johnson down. He led with his left and followed it up with a long right. Johnson was waiting for that, drew his head aside and stepped in with that famous right counter punch of his. It almost doubled Willard backward but, instead of falling, big Jess straightened up without giving way a step and sailed right into Johnson. From that moment Johnson was a beaten man and no one knew it better than himself. Yet when Dempsey hit Willard with a blow that traveled a great deal less distance than Johnson's, Willard went down a dazed and beaten man. It hit him on the cheek and broke the cheek bone. Had it landed on the jaw, he never would have gotten up.

In poundage Dempsey is considerably smaller than Johnson and a great deal less than Willard. So is Little Bill Johnston a mere pigmy compared to Big Bill Tilden or Gerald Patterson or any of a half dozen other top notchers of the tennis court.

Yet, Johnston, rushing the net to score a kill with that marvelous forehand of his, gets vastly more speed on the ball than Tilden even when Big Bill is shooting over his famous serve, and the writer has seen that serve of Tilden's knock the racket out of an opponent's hand. By the same token there is Abe Mitchell, the British golf professional, not a large man by any means, yet one of the most terrific drivers the game has ever seen. The carry of his tee shots is amazing, exceeding by many yards that of men who are inches taller and many pounds heavier, finished golfers at that.

If there is any sport in which weight should be the deciding factor, it is rowing. Jack Kelly, probably the greatest sculler who ever lived and who was never defeated after he won the U. S. National Singles title in 1919 until he

retired; Bob Dibble, the famous Canadian; Senegaglia, the great Italian and most of the old timers like Plai-stead, Ten Eyck and Wright were giants. It takes muscle and plenty of it to shovel water as fast as it must be shovelled to become a sculling champion. At least, that seems to be the accepted belief. George Allison was not a big man nor was Jimmy Juvenal and they were two magnificent oarsmen.

What is the quality that has enabled such men as these to stand out from the field and draw the acclaim of the crowds? What is it that Dempsey has, that Wagner had, and Ruth and Kelly and Little Bill Johnston? It has been called the *power of the punch*, but that alone does not explain how a man like Mitchell can blast a golf ball from fifty to a hundred yards further than a man a full hundred pounds heavier and nearly a foot taller, nor how Little Bill Johnston can literally smother men far taller and heavier under the fury of his forehand stroke, a stroke which they are much better endowed physically to handle than he is. There have been men in baseball bigger than Honus Wagner and even than Babe Ruth, though he is a huge man. Also Dempsey has felled men who towered above him and so did Fitzsimmons.

These men had the ability to time the blow or the stroke, to lunge into the attack in such fashion that every ounce of energy was unleashed in one explosive burst at the critical fraction of a second when it meant most.

How can that count in a sculling race? Jack Kelly answers that. It is that last few inches, the final drive at the end of the stroke, just before the blades are lifted out of the water.

On the links where is the critical point in the timing of a drive? Gene Sarazen and other great professionals have explained it. There is that instant as the clubhead meets the ball. The whole drive must be so timed that there is a gradual gathering of momentum until the maximum amount of power is gathered when the ball is hit. The science of the slugger is the science of gathering every drop of power and releasing it all in one burst. There you have in lesser degree the tremendous force of lightning which is static electricity that gathers until the area in which it is gathering can hold no more and then releases it in one flaming burst. The oarsman who has developed himself so that all his power is released in that final drive of each stroke, Dempsey uncorking the energy of his superb body in a punch that reaches maximum power at the moment of contact with an opponent's jaw, Little Bill Johnston putting his all on the racket just as it meets the ball, Babe Ruth with the whole weight and power of his body driven up through forearms and wrists as wood meets horsehide, all these have mastered the science that makes the slugger.



"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.

Natural Methods of Healing

"Lindlahr uses practically every beneficial method of cure from electrotherapy, hydrotherapy, manipulative methods to regulation of diet. The Lindlahr system combines the best of modern cures!

"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.

"I want you to do this for *me*. We'll fill in the coupon and mail it before more precious time is lost!"

The Lindlahr Sanitarium

519-529 South Ashland Boulevard,
CHICAGO, ILLINOIS

Here's the Coupon that Brings You Health

The Lindlahr Sanitarium,
519-529 Ashland Blvd.,
Chicago, Illinois.

Kindly send me information covering your plan for restoration of health and free literature explaining your successful methods.

Name.....
Street and No.....
City.....State.....

American Continental Weight Lifters' Association Notes

(Continued from page 61)



— it's a knockout! Scientific Boxing wins every time

"The bigger they are, the harder they fall," said crafty Bob Fitzsimmons—he knew that science beats mere brute strength every time.

You can go up against much bigger and stronger men and beat them to a frazzle if you know the science of boxing.

And it's not hard to learn. In fact, it's easier to learn boxing by the scientific Stillman System than by old-fashioned hit-or-miss methods.

The Marshall Stillman System of teaching is based upon the principles of boxing employed by the world's best fighters. You will marvel at how easy it is to strike punishing blows, to guard, feint, duck, block or side-step when you know these principles.

All the lessons are illustrated—each step is posed for by two expert boxers.

When you have learned the principles of hitting, guarding, etc., you are taught SHADOW BOXING. Each round combines the best blows and guards used in the ring—the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, the Mike Donovan Double Blow, etc. You are taught valuable hints on in-fighting, boxing a taller opponent, ring generalship, and the secret tricks used by famous professionals.

The course includes a complete set of Muscle-building and Breathing Exercises with instructions on Training—how to take off or put on weight, how to develop wind and endurance, what to eat, etc.

JIU JITSU AND WRESTLING. The lessons we give you in Jiu Jitsu will enable you to cripple any thug you may encounter—to disarm him, to break a strangle hold, to throw him if he grabs you from behind. In Wrestling you are taught the best holds, such as the Gotch Toe Hold, the Stecher Scissors Hold, the Headlock, etc.

With the course we give you FREE a History of Boxers—all the great champions from famous Mike Donovan to Jack Dempsey; their pictures, ring side views, and descriptions of their style, inside stories, etc.

Complete Course \$1.67
BOXING plus postage
Jiu Jitsu & Wrestling WAS \$5.00

This course originally sold for \$5. Over 60,000 enrollments now make this sensational price possible. Don't send a penny now. See the 10-day trial offer in coupon below. WE ARE GOING TO PROVE THAT WE CAN MAKE YOU A GOOD BOXER BY THE SCIENTIFIC MARSHALL STILLMAN METHOD IN A VERY SHORT TIME. Mail the coupon now.

10-Day Trial

THE MARSHALL STILLMAN ASSOCIATION,
Dept. 1725-B, 247 Park Ave., New York.

Send me on approval the Marshall Stillman Course. When I have the course in my hands, I will deposit \$1.67 with the postman (plus the actual postage), with the understanding that if after 10 days I wish to return the course I may do so and my deposit will be instantly refunded. If I keep the course, there is to be nothing further to pay.

Name *William L. Cook*

Address *1115 E. 11th St.,*

Canadian and foreign orders must be accompanied by cash (\$1.67 U. S. funds), subject to money-back guarantee if not entirely satisfactory.

development and lifting science never progressed half as fast as it has during the past five years. We have in America today our Alan Calvert, George F. Jowett, O. R. Coulter, D. P. Willoughby, Siegmund Klein, Marineau, Fournier, Steinborn, Moerke, Boock and scores of others I could mention, who are all miracles of teaching science and physical analytical deduction, and hold leadership in the application of strength and organization. We have a lot to be thankful for and to be proud of.

You all will be glad to know that the A. C. W. L. A.'s greatest lifting exponent and member, Henry Steinborn, is arranging three contests with the famous French Canadian strong men Giroux, Dandurand, and Henrichon through the efforts of the association. Steinborn is eager to test his powers against that French marvel, Ernest Cadine, who broke Steinborn's two-hand Snatch record in Montreal. Unfortunately, Cadine is in Italy now, but if he returns to America, no time will be lost in bringing these two wonders together. Steinborn expects to lift regularly at a series of exhibitions that the A. C. W. L. A. and The Milo Bar-Bell Company are going to run in Philadelphia throughout the year.

In fact everybody is getting enthused, and old timers are digging up their old bells and preparing for action, amongst them being the old Milo favorite, Harry B. Paschall, who has an A. C. W. L. A. STRENGTH club in his home town in Marion, Ohio, and wants all interested to get in touch with him. He intends to promote some weight lifting contests. Don't forget to give him a call, boys.

A letter was recently received from our old favorite, Joe Nordquest, who is

in splendid shape, and writes that he is feeling so fit that he believes he could surpass any of his previous records. I am sure we would all be delighted to see Nordquest step into the arena again, and give a few more demonstrations of his wonderful physical abilities. We shall endeavor to have him perform at some of our exhibitions in Philadelphia in the near future.

Roy Smith, Siegmund Klein and our old friend, Ottley Coulter, are all training hard for future events. Klein is anxious to exceed his body-weight in the One-hand Snatch, and our President states that Klein has beautiful style in this particular lift, and he hopes to see him realize his ambition. Roy Smith told Mr. Jowett he is going to perform one really big lift. From this we can contemplate that the lift will be the Bent Press, at which Mr. Smith is so proficient.

Vice President Coulter is out to surpass his records as performed in the Brooklyn contest on the Back and Harness Lifts. We all wish this great friend of the iron game success; he deserves it. Apart from our President, nobody has done as much for the cause in America as Coulter, which is probably the reason why these two men are such inseparable friends. Each cherish the same ideals and work to the one goal, which state of affairs has been productive of success.

In conclusion, I wish to remind all members and friends to strain every effort in order to help us secure the quarter-million membership we are so earnestly striving for, and remember that all suggestions that will help the cause, will be greatly appreciated.

JOHN BRADFORD,
Sec.-Treas. A. C. W. L. A.

How to Develop a Pleasing Voice

(Continued from page 27)

What use to have a wonderful pair of lungs, a fine throat and rich, full tone if you are going to cut that tone off as it comes out? The principle of it is easy to understand. If you do not open your jaws wide enough the diaphragm must push harder against your lungs to force the air out through your mouth. The result inevitably is to cause straining and forcing, tightening of the throat, a general tenseness and raising of the voice to a higher, less agreeable pitch.

In your ordinary conversation you must learn to use your lower jaw with a motion that is flexible and easy, and so that you do not stumble in your words and find them tumbling out over each other, cultivate a rapidity of this use.

Certainly there are very few of us who may ever hope to attain prominence through sheer vocal ability, but there are many of us who could gain greater prominence in whatever line of

activity we may be, if our voices reflected more of energy and personality. And to obtain this greater vocal power it is not necessary to go through any long set of complicated exercises. Correct methods of living, proper carriage of the body and a few odd moments daily devoted to building up chest expansion and lung capacity with control, a very little bit of attention to the throat and some slight care in the use of the mouth while talking will bring amazing results.

You do not have to look far nor think much to be assured that you as well as others attribute certain qualities such as leadership and resourceful aggressiveness to the individual possessed of a voice that attracts you. Another may have those qualities in superior degree, but it is a great deal harder for him to make others realize that he has them. The voice is one of the most valuable weapons you have in your battle for success.

Our Girls' Circle
(Continued from page 55)

Breathing exercises can be taken now and kept up all the time. In the morning, upon waking, remove your pillow and lie flat on your back. Exhale, bringing the walls of the diaphragm in as far as possible. This will cause you to take a complete inhalation as you will find yourself gasping for breath. Then begin inhaling easily and smoothly and exhaling without any nervous quiver. Keep it up for five or ten minutes. Through the day you can take these exercises as often as you think of them.

If you find it impossible to relax follow the advice given by Miss Whitney in the January number of **STRENGTH**, tensing and then relaxing your muscles.

If you take these breathing exercises regularly, and spend all the time you can in the open, you will soon feel like exercising. Then you can add certain motions to your breathing, like stooping and touching the toes and inhaling as the body rises to a standing position. Also, swing your arms out to the sides and as far backward as possible, inhaling on the outward movement and exhaling slowly on the returning stroke.

Bending and twisting movements of the trunk, leg raising movements, can next be introduced. Work on a slowly progressive schedule, keeping your mind on the exercise in hand. Almost every month **STRENGTH** publishes a program of exercises for women and you can select from these, those which give work to all parts of the body and which you enjoy doing.

Now about your diet. When you find yourself growing hungry, don't begin to undo the good work by stuffing with starches. You say your teeth are very bad. This has probably been brought about by a diet deficient in calcium salts. "In the case of lime deficiency," says Alfred W. McCann in his book, "The Science of Eating," "the body takes calcium from the only available source of supply, the teeth and bones. The lime is gradually consumed until, weakening the structure of the teeth, it finally leaves but a shell of fluorine enamel over a honeycombed structure."

If you cut down on a lot of starchy foods you will find that you will be able to drink a great deal of milk. Take it almost as a food, not gulping, but sipping it slowly. Balance it with plenty of spinach, carrots, turnips and salads. Eat less fried meats. White bread is composed of starch and does not digest itself. Whole grain wheat stimulates the digestive tract and serves as a medicine as well as a food.

Let us hear from you later. When you get that far we may be able to help you on those exercises.

Jiu Jitsu for Girls

At various times we have received requests for jiu jitsu for girls. We cannot make a definite promise on this, but at some not far distant date we shall endeavor to give you the information you desire through our columns. We thank you for the suggestion.

Bulging Waistline Reduced - Easily!

New Self-Massaging Belt Makes You Look Many Pounds Lighter and Inches Thinner the Moment You Put It On—While Actual Fat Disappears as Quickly and Surely as Though Under the Hands of an Expert Masseur. No Dieting—No Drugs—No Exercise.

A WONDERFUL new invention that not only gives you an instant appearance of slimness—but actually reduces your bulging waistline to normal in an amazingly short time—is now being used by thousands of men who were formerly overburdened with an excess of fat.

With this remarkable discovery it is no longer necessary to resort to heart-straining exercises or weakening diets—and few men can take the time or pay the exorbitant fees charged by the professional masseur.

Gets Same Results as Expert Masseur

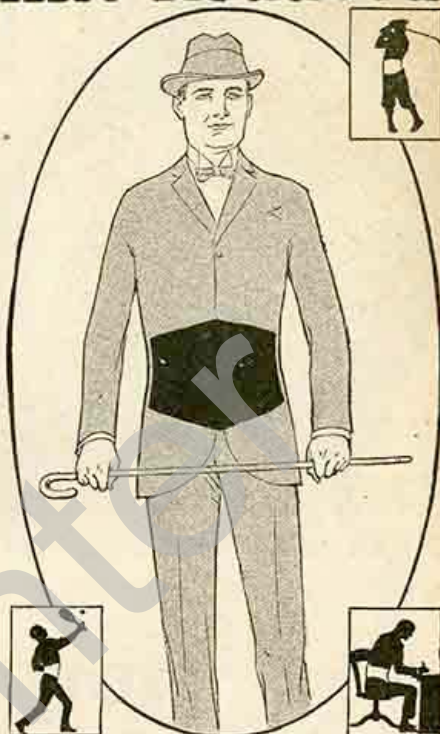
As everyone knows, the masseur, by skillfully manipulating the loggy tissues right at the spot, sets up a vigorous circulation that seems to literally melt the surplus fat away.

The Weil Scientific Reducing Belt operates on exactly the same principle. Made of specially prepared and scientifically fitted rubber, it not only reduces your waistline as much as 4 to 6 inches the moment you put it on, but is so constructed that every movement you make, every breath you take, imparts a constant, gentle massage to every inch of your abdomen. It massages away the abdominal fat so quickly and easily that it seems almost like magic. In a few weeks inches and inches of fat should actually disappear.

Endorsed by Physicians and Athletes

Thousands of men who were formerly burdened with bulky, disfiguring fat have not only vastly improved their appearance at once with the Weil Reducing Belt, but have quickly acquired a normal waistline in this easy, pleasant and inexpensive way. It is the choice of hundreds of athletes and jockeys. Physicians everywhere endorse it, because it not only actually takes off fat, but corrects stomach disorders, constipation, backache, shortness of breath and puts the sagging internal organs back into place. Satisfaction **guaranteed** or your money back without question.

Mail the coupon at once for full description and special Reduced Price Offer. Address **THE WEIL COMPANY, 502 Hill Street, New Haven, Conn.**



As shown above, every move of your body, walking, climbing stairs—merely breathing as you sit—causes the Weil Belt to massage your abdomen. It is working every second to remove your fat.

THE WEIL COMPANY, 502 Hill Street, New Haven, Conn.

Gentlemen: Please send me, without obligation, complete description of the Weil Scientific Reducing Belt and also your Special 10-Day Reduced Price Offer.

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

Read This Ad

PROF. BARKER says that all young men, 15 years of age and over, also all real he-men with red blood flowing through their veins need a system of progressive exercise with apparatus. During my 40 years of experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus.

Exercise without apparatus is all right for women and children, but any man who wants broad shoulders, big chest, powerful back, strong

arms, healthy stomach and shapely legs, can have it if he will exercise fifteen minutes a day with the Barker Strength Maker Bar Bell outfit. You receive a complete course showing the proper way to use long bar bells, short bar bells, ring weights and kettle bells. The Strength Maker can be changed into a long bar bell or a short bar bell, or ring weights. It weighs about 20 lbs. empty, which is just the right weight for beginners and you can increase the weight up to about 200 lbs., which will be heavy enough for the strongest man.

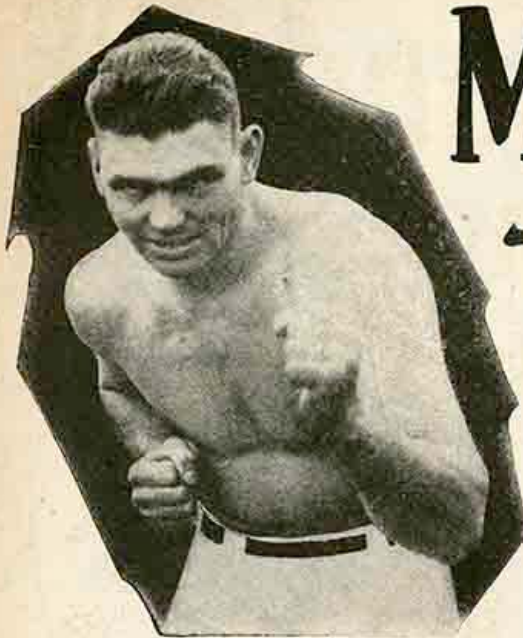
To advertise my health gymnasium in New York City, I am going to sell a limited number of \$35.00 bar bell outfits for \$17.00. This is a special offer for a short time only, so send in your order today—now—before you forget.

SEND IN THE COUPON TODAY

Prof. A. Barker, D. C., Studio, A-10,865 Sixth Ave., N. Y. 5
Please send me immediately your "New Strength-Maker" dumb bell outfit. I am enclosing \$17.00, in full payment in accordance with your special offer:
Name.....
Address.....
City..... State.....



The ring weight above can be made from 20 lbs. to 100 lbs.



Muscles That -Developed By *for Only*

Don't have a soft, flabby, listless physical make-up. No worth-while results are ever accomplished by muscular weaklings or "all-in" folks. Read the new magazine "Muscle Builder" every month and learn from the world's strongest men how to keep all your muscles alive and developed to their maximum of size and endurance. Then you'll feel right and act right. Get the February issue of "Muscle Builder" at any newsstand or periodical store. The price is only 15c a copy—or only 2c a week on our Special Introductory Offer. Don't fail to get a copy of the February "Muscle Builder."

How I Got and Keep My Fighting Muscles

Here is an exclusive article that all red-blooded sport followers have long been waiting for. It not only gives a complete story of Dempsey's life, from his early farming days at Manassa, Colorado, to the present time, but it also reveals more secrets of the world champion's career than any other previous article of this kind. In this article Dempsey explains considerable of his training system—the favorite punches used by himself and many well-known boxers. And in

By Jack Dempsey

addition he gives some inside dope on how he developed his tremendous driving power.

From boyhood all Dempsey's efforts have been devoted to building up and maintaining a muscular body which would be able to withstand the severest hardships and which would be as near physical perfection as he could make it. You'll find some wonderful strength tips in this exceptionally interesting article. Don't miss it for anything.

My Muscles Took Me Across the English Channel

By Henry F. Sullivan

Henry Sullivan, world's champion long distance swimmer, tried six times to cross the English Channel, and on each occasion failed. However, on the seventh attempt he battled against pounding waves for twenty-seven hours and finally realized a life-long

ambition by swimming from Dover to Calais. Sullivan's almost superhuman feat is just another example of what odds perfect muscular development and physical fitness can overcome. Don't fail to read this human-interest story in the February "Muscle Builder."



The Making of a Man

By Victor Emmanuel

Harry Willard was a physical weakling as a result of illness in childhood. Even his wife domineered him and displayed annoyance because of his frail build and the disinterest he

showed in sports. Suddenly, thrown into danger, he realized that a man must have muscles to make good. Follow his experiences in this live-wire story. Don't miss it—it's a thriller!

On Sale at All
Newsstands—
15c

Muscle

You Can FEEL and SEE the World's Strongest Men 15¢ a Month

Read about ten-year-old "Sonny Walker" who supported Babe Ruth on his shoulders, and the feats of other strong men born in the month of Washington and Lincoln. You'll enjoy this and the many other instructive articles included in the February issue of the "Muscle Builder." Make up your mind that you, too, will have a mighty and muscular physique. Join the rest of the two-fisted bunch and get "Muscle Builder" every month. It's more than a magazine. It is a complete education in the development of all your muscles. Don't fail to take advantage of our special introductory offer.



Other Live-Wire Features in the February Issue—Don't Miss Them

I Can Lift Half a Ton On a Wrestlers' Bridge

BY CELVIO MASSIMO

Recognized as the world's champion at that style of lifting.

Winning the Battle of Hard Knocks

BY EDWIN A. GOEWEY

The story of a man who fought his way through to the top. He used his wits all the time and his fists when he had to.

Are You Better Than the Other Fellow?

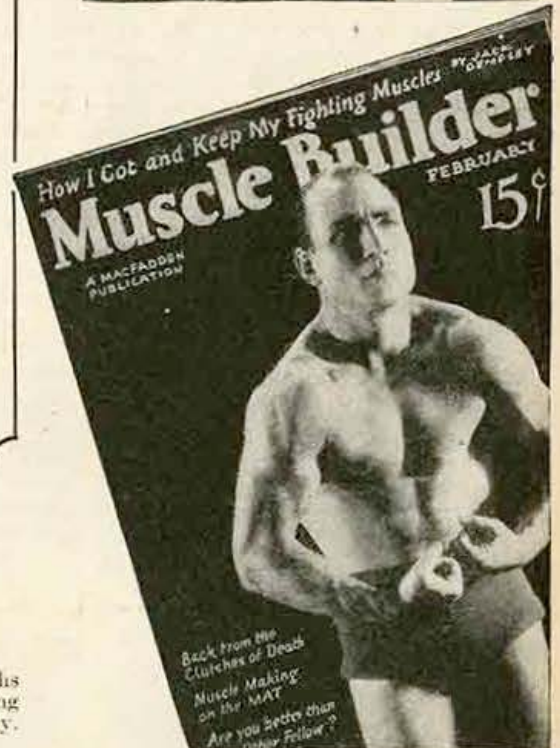
BY EDMUND C. GRAY, M.D.

Amusing tests to find out who's the best man.

Muscle-Building on the Mat

BY NAT PENDLETON

How you can wrestle your way to strength. In addition to the above article there are many full pages of "Strong Man" pictures. Don't miss them!



Special Introductory Offer

3 Months for Only 25c

On this special introductory offer "Muscle Builder" will be sent you for 3 months for the amazingly low price of 25c. The regular price is 15c a copy. But by filling in and mailing the attached coupon you will make material savings. So act quickly. Mail the coupon today—NOW!

Builder

Macfadden Publications, Inc., Dept. S-2

Macfadden Building, 1926 Broadway
New York City

I am enclosing 25c. Please enter my name for a 3-months' introductory subscription to "Muscle Builder," beginning with your February number.

Name

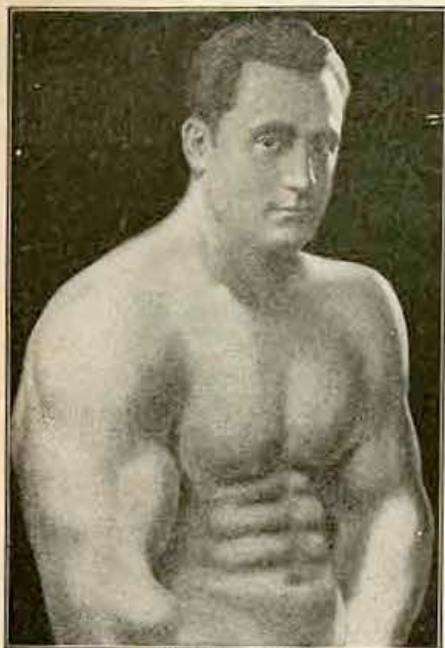
Address

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

Name of my newsdealer is

What Kind of a Man Are You?

Look Yourself in the Mirror



CHARLES ATLAS

WINNER of two thousand-dollar FIRST prizes and a DIPLOMA as the WORLD'S MOST PERFECT MAN in contests officially conducted by Bernarr Macfadden at Madison Square Garden, New York. My amazing new discovery in Physical Culture has created a startling sensation. Thousands of men are grateful for my Marvelous, Scientific methods of QUICKLY and PERMANENTLY building Radiant Health, Strength and Personality. I make young men into Apollos and give old men Youthful Vigor and Glorious New Health, adding many years to their lives.

You Cannot Be a Weakling and Win

Did you ever see a weakling leading a crowd? The weak, timid man is afraid, he lacks the courage, the strength, the daring. He has no poise, no self-confidence. His nerves are unsteady and he cannot be relied upon. There is no need for YOU to remain a human eel when by a few weeks' scientific training under my expert guidance YOU can change your weakness for strength, your diseases for health, your timidity for dauntless courage and daring.

"Secrets of Muscular Power and Beauty"

Revised and Enlarged Edition Sent FREE

A brand new edition. More wonderful than ever. Simply crowded with marvelous pictures of super-men—men of energy, muscle and strength. Scores upon scores of vital inspiring pages of information and beautiful art pictures. **YOUR'S FREE!** It places within your hands the real Key to Superb and Glorious Manhood. It shows you how to become a Monument of Strength, a splendidly worthwhile SUCCESS! It is the magic book that builds new backbones and bigger bank accounts.

FREE Everyone who writes me will have an opportunity of securing 7 large photographs of myself absolutely FREE! Also write at once for full particulars about the big cash prizes, expensive trophies and beautiful Diplomas I am giving away to pupils, free.

Charles Atlas "The World's Foremost Muscular Scientist"

226 W. 47th St., Dept. 520, New York City

—MAIL THIS NOW!—

CHARLES ATLAS, 226 W. 47th St., Dept. 520, N. Y.

Dear Sir: Please send me your new big free book: "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose 10c to cover wrapping and mailing charges. This places me under no obligation.

Name.....

Address.....

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

(Please write or print PLAINLY) Strength—2-25

Are You Eating Your Way to Cancer?

(Continued from page 31)

produced by sabre cuts and other wounds do not. Mr. Barker quotes Mr. Cecil Rowntree, surgeon to the Cancer Hospital, London (*British Medical Journal*, Dec. 9, 1922), to the effect that not a few severe burns, but "a long succession of quite mild exposures" leads to X-ray cancer, "long after any exposure to X-rays has occurred." There is likewise evidence relative to the time element in cancer from radium burns.

A similar long "incubation period" applies in the case of aniline cancer, frequently affecting the bladder, and afflicting employees of the aniline dye factories. Mr. Barker quotes among others Dr. W. M. L. Copin (*Journal of the American Medical Association*, May 20, 1922), showing that cancer appeared in some cases eight to twenty years after the victims had left the factory, and mentioning an average exposure of nineteen years. Other cases are cited and other authorities quoted relative to the time element in the production of cancer due to the handling of tar, pitch and paraffin in their crude forms, usually after twenty to thirty years of exposure, sometimes many years after the cessation of exposure. Apparently the cancer poison—any cancer poison—is a slow working poison. It is likely to be something that is not sufficient at the time to cause prostration from acute poisoning, or any alarming symptoms, but which is nevertheless mild poisoning of a chronic nature, perhaps cumulative, producing an impairment that after many, many years may lead to cancer.

Now, of course, the group of cancer cases referred to, due to chronic poisoning from chemicals and X-ray burns, represents a small proportion of the total of cancer cases, but these many instances serve to illustrate or to prove the author's point about the effect of mild poisoning, long continued. For the same principle of chronic poisoning applies in conjunction with autointoxication due to more or less life-long habits of constipation. Which brings us back to the matter of those food habits characteristic of our recent civilization. Among these we find, for instance:

Excessive factory preparation and refinement of foods.

The use of chemicals for preserving foods.

An excessive consumption of refined sugar.

The use of canned goods.

The use of cold storage meats.

Overcooking of foods in the home.

All of which means vitamin starvation, and much of which means constipation. Meanwhile vitamin starvation in itself means constipation, which in turn means autointoxication.

Does Chronic Autointoxication Lead to Cancer?

If chronic mild poisoning through chemicals over a period of twenty years will lead to cancer, why cannot chronic

poisoning through the autointoxication produced by habitual constipation also accomplish the same result? Mr. Barker says that it can and does. Sir W. Arbuthnot Lane, Bart., consulting surgeon of Guy's Hospital, London, who wrote an introduction to Mr. Barker's book, and who is one of the world's greatest authorities on intestinal stasis, as he calls it, is quoted on this subject of the deadly influence of chronic autointoxication. It appears that through obstinate constipation parts of the soft mucous membrane are seriously damaged, especially in the location of "kinks" in the bowel resulting from years of obstruction and increasing that obstruction. These points that are particularly damaged in this way may, through prolonged poisoning, ultimately become the seat of cancerous growths.

But in any case the absorption of toxic matter through a long course of years may make itself felt in some other point of lessened resistance. We are told that long constipation is often accompanied by degenerative changes in the breast, making this a weak or vulnerable point by reason of which many cases of cancer in women are located there. Cancer of the uterus does not often occur except in child-bearing women, in the forties, and then follows ulceration due to laceration or injury, provided, as one authority puts it, there is a constitutional predisposition. Such a predisposition, according to Mr. Barker, would arise from the absorption of poisons from a stagnant alimentary canal, perhaps combined with vitamin starvation. However, considering the possibilities of irritation through chronic poisoning, any woman might well hesitate to make use of local treatment in the form of bichloride of mercury solution or other poisonous antiseptics.

This matter of irritation or injury as the basis of cancer is given some attention by Mr. Barker, who points out that primitive races experience probably more of injury and irritation than well-protected, comfortable civilized people, and yet the savages have no acquaintance with cancer. We do not recall any cancerous faces among ex-pugilists. A woman may recall some blow or bruise previous to her cancer of the breast, but probably the causes of the disease had been accumulating for years before that, according to some opinions. Yet all authorities point out that there is always some "pre-cancerous history," some chronic irritation, ulcer, scar, hyperplasia, innocent tumor or a combination of these factors. Apparently the precancerous lesion offers a weak point, where with lessened resistance, from chronic poisoning and possibly other morbid conditions, it is possible for disease to develop. But—"cancer never attacks a healthy organ or a healthy tissue."

Vitamin Starvation and Cancer

Mr. Barker sets forth vitamin star-

vation as secondary to chronic poisoning in the cause of cancer. But why not place it first, since constipation and autointoxication follow upon it, produced by the kind of a diet that it represents? Medical science is now generally recognizing the dietetic factor, both in resistance and in lack of resistance to disease. Therefore, one wonders if the application of dietetics to the subject of cancer may not soon parallel recent experience with beriberi, a former mystery as inscrutable as cancer now seems, but a disease now definitely known to be a matter of food deficiency, allied to scurvy. Yet a few years ago it was attributed to a *micrococcus beribericus*, or something of the kind. In Vol. 3 of the Encyclopedia Britannica, 11th Edition, published in 1910, one finds under "Beri-Beri":

"The cause is believed by many authorities to be an infective agent of a parasitic nature, but attempts to identify it have not been entirely successful. . . . It clings to particular localities, buildings and ships. . . . It haunts low-lying districts along the coast and the banks of rivers. Moisture and high temperature are required to develop its activity, which is further favored by bad ventilation, overcrowding and under-feeding."

Shades of Victor Hugo! Some parasite! You can almost imagine you see the slimy monster from that description. And yet there is no such thing. We can now produce beri-beri experimentally at will, by a demineralized, devitaminized diet, and then promptly cure it by a solution of rice bran or other food rich in the needed vitamins, just as we can quickly overcome scurvy by the same means. But cancer is apparently a matter of slow development. Perhaps it is induced, so far as any presumable dietetic factor is concerned, not by any severe temporary deficiency but in a diet that, persisting over a term of many years, is habitually deficient.

"Why is there this extraordinary frequency of cancer in the stomach?" asked Dr. William J. Mayo, in "The Prophylaxis of Cancer," published in the *Annals of Surgery*, June, 1914. Then continuing, "Whenever cancer is found with great frequency in certain situations or in only one class of individuals, it appears to depend on a single cause; this is probably true of gastric cancer. Is it not possible, therefore, that there is something in the habits of civilized man, in the cooking or other preparation of his food, which acts to produce a pre-cancerous lesion?" Perhaps Dr. Mayo in this utterance, ten years ago, offered the key to the situation.

Aside from the influence of a devitaminized diet upon the human system as a whole, lowering resistance and all that, Mr. Barker calls attention to the fact that vitamin starvation in itself leads to chronic constipation, producing "congestive and hemorrhagic lesions in the digestive tract, degenerative changes in its neuro-muscular mechanism and its secretory machinery, toxic absorption from the diseased bowel and impairment of the protective

Swear Off Tobacco

TOBACCO



Shatters Nerves



Hurts Digestion



Stunts Growth



Robs Man of Vitality



Denies You Pleasures and Luxuries

Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—**Tobacco Redeemer** will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

Not a Substitute

Tobacco Redeemer is a positive, radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If **Tobacco Redeemer** fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that **Tobacco Redeemer** will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of **Tobacco Redeemer**. Mail the coupon or write us immediately. Don't delay. Send today!

NEWELL PHARMACAL COMPANY,
Dept. 974 St. Louis, Mo.

Send, without obligation to me in any way, proof that **Tobacco Redeemer** will positively free me from the tobacco habit or my money will be refunded.

Name.....

Street and No.....

Town.....State.....

**Newell
Pharmaceutical Co.**
Dept. 974
St. Louis, Mo.

BE A RAPID-FIRE TRICK CARTOONIST

\$1 BUYS COMPLETE COURSE, including 40 Clever Cartoon Studies, "How to Give a Forceful Performance," "How to Originate Ideas," Samples Etc. Modern Cartoon Service, Dept. D., 250 Bergen St., Brooklyn, N. Y.

Stop Using a Truss



Reduced Fac-Simile Gold Medal

STUART'S PLAPAO-PADS are different from the truss, being mechanico-chemico applicators made self-adhesive purposely to hold the distended muscles securely in place. No straps, buckles or spring attached—cannot slip, so cannot chafe or press against the pubic bone. Thousands have successfully treated themselves at home without hindrance from work—most obstinate cases conquered. Soft as velvet—easy to apply—Inexpensive. Awarded Gold Medal and Grand Prix. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending Trial of Plapao absolutely **FREE**. Write name on Coupon and send TODAY.

Plapao Co., 610 Stuart Bldg., St. Louis, Mo.

Name.....

Address.....

Return mail will bring Free Trial Plapao.

DOWN!



STUDEBAKER

The Insured Watch

21 Jewels This Model

The balance in easy monthly payments. The famous Studebaker 21 Jewel Watch—Insured for a lifetime; 8 adjustments, including heat, cold, isochronism and 5 positions—choice of 54 new Art Beauty Cases. Direct from the factory at lowest prices.

WRITE

Send today for wonderful Studebaker Book of Advance Watch Styles and our \$1.00 Down Offer—**FREE!**

Chain FREE! For a limited time we are offering a beautiful Chain FREE! Write today while offer lasts.

Studebaker Watch Co., Dept. H83 South Bend, Indiana
Canadian Address: Windsor, Ontario
Ask for Ladies' Watch Folder and Jewelry Folder.

HENDRICKSON Big Muscle Builder

The HENDRICKSON is made of very heavy rubber cables, especially designed for these heavy Expanders. The Elastic Cables are detachable, having Safety Snap Hooks, allowing one or more of these heavy cables to be used. You can start with one Cable and add others as your strength increases.

Our handle frames are not made of shoddy light single 5 loop frames, or double 5 loops, but have 10 continuous heavy loops.



A Genuine 10-Cable Chest Expander

Only **\$5** (Postpaid) (\$10 Value)

Powerful Muscles and a Fine Physique can be had in the shortest period of time, by using this **PROGRESSIVE EXERCISER**. You can increase the size of the neck, forearm and bicep one full inch in a month; and double the strength of your back and shoulders. You can be a **NEW MAN** in a few weeks.

Our Guarantee: With this Progressive Exerciser you can do all we claim in one month; strengthen your nerves; obtain Health, Muscular Development and Manhood.

The HENDRICKSON is the ONLY Chest Expander on the market having a Handle Frame of 10 Continuous loops.

OUR LIBERAL OFFER: We will send you this wonderful exercising apparatus and include **FREE** our Illustrated Course of Physical Training, showing how to develop the entire body at the extremely low price of \$5 postpaid. If you want to be a **REAL MAN**—order **TODAY!**

LIND-HENDRICKSON CO., INC. (Originators and Inventors)
U-63 Dey Street, New York

Make \$100 a Week

Monthly **BONUS** Too



Four hundred a month—from the start—many double this the second year. You can make important money—without previous selling experience—but your line must be **RIGHT**. Take orders for Simpson made-to-measure suits of virgin wool at \$21.50! Some all-wool Tropical lightweight for only \$21.50!

Free No investment; we furnish everything; we give you territory. Our plan helps you build a business that soon pays bigger profits than most stores. Complete cases with Spirit line packed and ready—openings for some new representatives—write us at once.

J. B. SIMPSON, Inc. Dept. 1071 CHICAGO

PIMPLY SKIN made WELL

When a few applications of this wonder-working lotion has cleared faces of pimples, blackheads, acne eruptions on the face or body, barber's itch, eczema, enlarged pores, oily or shiny skin, you can realize why **CLEAR-TONE** has been tested and approved in over 100,000 Test Cases. The simplicity of the treatment, and *The Story of How I Cured Myself* are all explained in my free booklet, "A Clear-Tone Skin." Write for your copy today and learn of the results gotten by thousands of men and women.



E. S. GIVENS, 206 Chemical Bldg., Kansas City, Mo

TYPEWRITER PRICES REDUCED

Free Trial

ON ALL MAKES

Big bargains, easy payments on late model Underwoods, Royals, L.C. Smiths, Remingtons, etc.—perfect machines expertly remanufactured by the "Young Process" guaranteed like new for five years. Shipped direct from our factory to you at big savings. Our big illustrated catalog sent free and without obligation to buy. Write for yours today.



Young Typewriter Co. Dept. 1812 654 W. Randolph St., Chicago, Ill.

HEALTHY LUNGS AND A BIG CHEST

For Men, Women & Children

You can have strong lungs and increase your chest measurement five inches by following instructions in my book.

"Chest Development and Correct Breathing"

Send for it **TODAY**. 25c coin
PROF. ANTHONY BARKER, D. C.
865 6th Ave., Dept. 332, N. Y. C.



10 DAYS FREE TRIAL - MONEY BACK IF NOT SATISFIED

THE NEW INKOGRAPH SELF FILLER

IMPROVED GREATEST VALUE EVER OFFERED

The Perfect Writing Instrument \$1.50

Writes with ink free and easy as a lead pencil, without a miss, skip or blur. Its steady uniform flow of ink actually improves your hand writing. Won't blot, scratch, leak, or soil hands.

Makes 3 or 4 Carbon Copies With Original In Ink. Anyone can write with your Inkograph; no style of writing or pressure can bend, spread, injure or distort its 14 kt. gold point.

The Writing HEMISPHERE Patent Automatic 14 kt. gold feed prevents clogging. Made of best grade, highly polished, hard rubber, highest class workmanship. Pocket clip attached makes it an instrument of refinement. You'll never use a fountain pen once you try an Inkograph. No complicated mechanism to clean or get out of order. **SEND NO MONEY.** Pay postman \$1.50 plus postage. Year's guarantee certificate assures absolute satisfaction. Write name and address plainly.

INKOGRAPH CO., Inc. 201-55 Centre St., New York

That hard smooth round ball like point, which glides with ease over the coarsest paper and makes possible writing in ink as rapidly as with the softest lead pencil.

resources of the tract against infectious agents." We all know that intestinal stasis, or constipation, goes with refined foods, factory prepared foods, overcooked foods, sweet foods, canned foods, cold storage foods, foods preserved with chemicals. The world has been trying to live on white bread, bleached with chemicals to make it even whiter, and similar food trash, some of it even worse, and so the world has paid and is paying the penalty in the form of ill-health and high mortality rates. Probably, and according to Mr. Barker certainly, cancer is a part of this penalty. Let people eat whole grain breads and cereals, natural brown rice instead of polished rice, fresh vegetables in season instead of preserved, raw green salads and raw fruits instead of nothing but cooked fruits if any, such natural sweets as honey, dates, figs and raisins instead of refined sugar, fresh meat instead of cold storage, and all foods free from chemical preservatives, and there will be no constipation, there will be no acidosis and there will be blessed little illness of any kind. As it is, most of our people are on the borderline of scurvy a great part of the time. Mr. Barker does not say all this in just these words, but this is the practical lesson of his book. And if you are not afraid of cancer you can assure yourself that these same preventive measures will help to insure you against hardening of the arteries, influenza, colds, neuritis, degeneration of the kidneys or the breaking down of other structures and tissues of the body.

Mr. Barker covers other faults of modern feeding, including a lengthy chapter on chemical food preservatives and bleaching chemicals, all of them more or less poisonous in their action as attested by ample quotations from many authorities, including our own Dr. Harvey P. Wiley, who says that "the use of any kind of chemical preserving agent is most reprehensible, no matter what it may be." Borax, boracic acid, sulphur dioxide, copper sulphate, salicylic acid and others are equally condemned, and Mr. Barker, while not declaring that chronic poisoning through these preservatives is a direct contributing cause of cancer, raises the question as to whether they may not eventually be found to be so, since in recent decades we have constantly added to our list of known cancer producing chemicals. Beware of the coloring matter, often more or less poisonous, used in coloring candy. And don't use baking soda in your cooking; it destroys vitamins.

An alarming increase in the use of refined sugar is another outstanding food fact of recent decades, having probably no direct relation to our present subject but a pernicious indirect contributing influence. Apart from the fact that it is an acid-forming food and innocent of any of the vitamins and mineral salts that were contained in the original cane sap, it is dangerous because its free use destroys the appetite for normal foods and upsets digestion. Over-fondness of sweets al-

most invariably goes with a dislike for vegetables and fresh fruit, and thus helps to lead to vitamin starvation. Mr. Barker finds that sugar is taking the place of alcohol, but is more deadly. Also he finds no evidence that the use of alcohol, tobacco, tea, coffee or meat—that is, fresh meat—has any relation to cancer.

The one point upon which everybody agrees is that cancer does not attack a healthy organ or a healthy tissue. There is always a pre-cancerous lesion. Perhaps if the entire body were healthy enough, the blood clean enough, the nutrition good enough and poisons few enough to be taken care of through the natural depurating channels, no cancer could develop. The lesson of Mr. Barker's book is that one should avoid chronic poisoning either through exposure to chemicals or burns on the one hand, or through auto-intoxication from habitual constipation on the other. Along with this he should live an active life—Mr. Barker himself now takes twenty mile week-end hikes—and observe a natural diet. Keep healthy and vigorous, then you cannot develop cancer.

But is there no hope for those who already find themselves the victims of this disease? Unfortunately, that is beyond the province of the present writer. Your doctor can tell you that if still in an early stage it can be cut out, and should be as promptly as possible. Beyond the early stages no physician would promise a cure. And yet even then one cannot say that there is utterly no hope. There is still a glimmer of hope, for there are occasional instances of "spontaneous cure," cases in which the cancer victim has become well and strong again all by himself, in some mysterious way. Apparently in such a case the life forces of the body become strong enough to mend it and make it whole once more. Perhaps some accidental condition of improved nutrition, possibly of more vitamins, together with freedom from further chronic poisoning, may in such cases have helped Nature in her fight.

Dr. Georgina Ludon wrote in the 13th volume, page 567, of the *Collected Papers of the Mayo Clinic*:

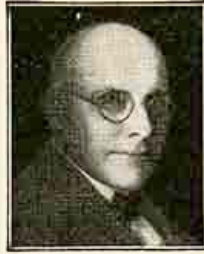
"Rohdenburg has published a detailed account of 302 cases in which this phenomenon (spontaneous cure) occurred; in roughly one-third of these cases a microscopic diagnosis was made and the subsequent history 'carefully controlled.'

"In every instance, the condition of the patient had proved to be inoperable, 'hopeless.' No radium treatment had been given and such operations as had been performed are described as 'palliative' or 'incomplete.' Yet tumor and metastasis disappeared and the patients became 'clinically well.'

"The importance of this fact can hardly be overestimated. It is proof positive that the human body can wage a winning fight against malignancy under the most untoward conditions. Since outside aid had proved useless, the victory must have been won by inside means. Changes in the body chemistry,

I Have Learned a New, Safe Way to Seal Rupture

By JOHN G. HOMAN



Years of efforts have borne fruit. At last, a discovery has been made in the support and treatment of hernia, that will bring everlasting relief to the millions of ruptured people. No matter how long you have worn a truss or put up with makeshift contraptions that have been sold under various other names, when you find out what this new discovery is, you will realize that you can throw away these old-fashioned, too long used devices that in thousands of cases actually prevent the healing of the hernia—and cause the condition to grow worse year after year.

Tiny Disc Supports Hernia

It has long been known that the harsh pressure required with ordinary devices, the continual shifting and gouging, the shutting off of the blood from the areas where it is most needed, really worked against the healing of the rupture. But some support was necessary. Think, then, of the relief of substituting for these intolerable conditions a little device no larger than a quarter, which seals the hernia and makes possible a support so light that you hardly realize it is being worn. And even more important, this remarkable invention enables you to walk, run, climb, bend, even exercise in

far greater security than you have ever before known.

Heal Hernia

But this new method means more than the support of Hernia—for it also embodies new physical culture principles that have actually made hundreds well.

Free Trial

You will be gratefully surprised when you learn the details of this revolutionary device. For it is really new—it is not a plaster-pad or truss or any other makeshift sold under a trick name. So great has been its success, that I am offering for a limited time to send it to anyone for free trial demonstration use. I want to give you the full details of this offer. Simply write me asking for free book or mail the coupon below immediately. A great message of relief is in store for you.

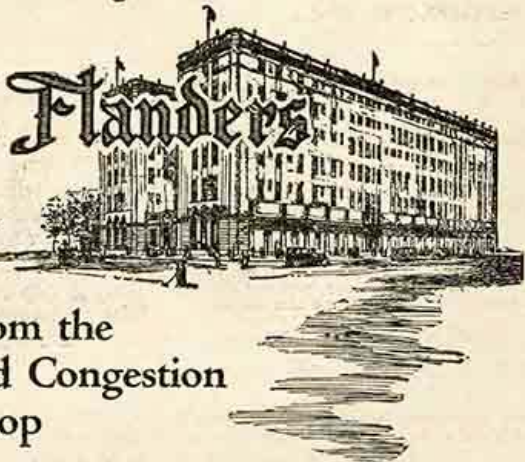
NEW SCIENCE INSTITUTE
6409 Clay St. Steubenville, Ohio

John G. Homan, New Science Institute, 6409 Clay St., Steubenville, Ohio	
Send me at once your free book and full details of your free trial offer.	
Name
Address
City	State

In Chicago ~ Stop at

Hotel Flanders

Buena at
Broadway



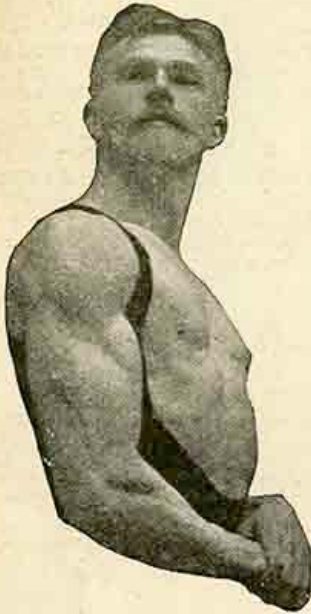
Away From the
Noise and Congestion
of the Loop

Enjoying all the advantages of an exclusive residential location, yet convenient to transportation with easy access to the loop. The Flanders is the ideal place for you to stop when in Chicago. Luxurious furnishings, efficient, personal service. Reasonable rates—\$2.50 per day and up.

Write for Booklet

L. G. WALTON, Manager

Vitalize Every Muscle and Nerve in Your Body



You cannot have lasting success and enjoy life in full unless you are strong and full of Health, Pep and Enthusiasm.

Come Out of Your Shell

If you get easily tired—all in your day's work—worrying about what you should eat or not eat—always looking for something new to get your Bowels working—If your liver is so "Kranky" that you lose your "Goat" over every little trifle—then you surely need Building Up. Don't wait or waste your time experimenting.

Come to Me

I will be a good friend to you. I will tell you and show you how to make a new man of yourself in double-quick time. Develop your inner strength that makes you feel the joy of living. Show you a simple way to build up and shape your body so that you can be proud of it—and

Double the Strength of Your Muscles and Nerves

At the same time I will instruct you how to use and increase

Your Mind Power for the control of the functions of your Body.

I have discovered something wonderful about the **Mind Power** in connection with Body Building which has made thousands Strong and Healthy who have asked me for instruction and advice.

My Method Is Far Better

than anything you ever knew of. I have pupils who got results which border on the miraculous. Some are better developed and stronger than most instructors. I will send you some photo-pictures of pupils, which will open your eyes with admiration, together with my

FREE BOOKLET and my
new Pamphlet

LIFE'S BACKBONE

Mind Power and Muscle Building

They will give you valuable information and new ideas and inspiration to help you settle your personal problem of physical and mental improvement.

Don't miss this—mail now—while it is on your mind. A Postal Card will do—with your name and address plainly printed.

ADRIAN P. SCHMIDT

Suite 306-D

1947 Broadway

New York

resulting from increased or renewed activity of organs by which the chemical condition in the body is regulated, seem to be the only available explanation, since the chemical composition of the blood must influence the body cells."

Mr. Barker suggests that cancer research societies have not paid enough attention to these so-called spontaneous cures, and that they should make the most careful inquiry into the food habits and conditions of the patients accomplishing such cures. Something might be learned from them.

In line with this, Annie Riley Hale, a research worker, two years ago reported in a magazine article a few cases of recovery from cancer, one of these the case of Mrs. Frieda Klotz, of New York City, suffering from abdominal cancer, who reported recovery on a diet of raw milk, vegetables and uncooked fruit, but no meat, with short intermittent fasts. In three other cases of reported cures the diet apparently consisted largely of fresh fruit, fresh vegetables, whole grain cereals and milk, in short, what Mr. Barker would recognize as a high vitamin diet. Likewise Dr. Robert Bell, head of cancer research in Battersea Hospital, London, has reported four cases of spontaneous cure, on a similar diet. I mention these cases to show that the cancer stricken is not utterly without hope.

However, the important feature of the situation is prevention. Unless something is accomplished along these lines, ten million people now living in the United States are going to die by cancer—perhaps more. You may be one of those. How do you know that you are not? Then why not take steps to see that you are not?

Strength Posing Competition

(Continued from page 45)

announced in the July STRENGTH. Every reader may vote and any subscriber who renews his subscription before the contest closes will be entitled to an extra vote.

The prize to be given is a beautiful loving cup suitably engraved, and if it should happen that two competitors receive the same number of votes, each of these will be given a prize, identical with that offered.

After the contest has closed, every entrant whose poses were published will receive one year's subscription to STRENGTH free, said subscription to start after the present one is concluded. When the contest opened we asked our readers to send in two poses, an original one and an imitation of the pose of some well known athlete. Many of our readers have done this, and both poses of those whom we consider suitable for publication will appear.

In voting then it would be well to bear in mind that two pictures of each man are being shown, thus giving you a chance for fair judgment.



PERSONAL Appearance

is now more than ever the keynote of success, both in social and business life. Bow-Legged and Knock-Kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lum-Straitner," Model 18, U. S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. (Model 18 is not like old-fashioned splints, or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 3 years by physicians everywhere.)

Write today for particulars, testimonials and my free copy of the physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST
1232 L, W. U. Building, Binghamton, N. Y.

MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening in front. May be boiled to cleanse.

TWO WEEKS' TRIAL If not satisfactory return and money will be refunded. Mailed on receipt of price, \$1.00. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. J
1036 Spring Street (above Race) Philadelphia
For sale also at Sporting Goods and Drug Stores

PILES DON'T BE CUT Until You Try This Wonderful Treatment

My internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, salves and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bless the day that you read this. Write today.
E. R. Page, 350 D, Page Bldg., Marshall, Mich.

TOBACCO HABIT

MAKE IT QUIT YOU

Not only is tobacco filthy and disgusting to your loved ones, but it contains a Deadly Poison which weakens heart, stomach, lowers vitality and invites diseases that may shorten your life. STOP! Regain Vigor, but don't shock your system by trying to quit unaided.

EASY TO QUIT

It makes no difference how long you have used tobacco, whether cigarettes, pipe, cigars, chewing or snuff. Nic-O-Tine (Wonderful Eucatorium treatment in new tablet form conquering thousands of worst cases) will free you from the craving quickly and for good. No more desire for tobacco. Bileless. Guaranteed. Postpaid. Small sum if cured. Not a cent if it fails. Sent On Trial

Write today for full remedy on trial.
PERKINS CHEMICAL CO., 63 H-St., Hastings, Neb.

Send Today
FOR OUR BOOKLET

"Constipation Cured Without Drugs" (More than a dozen methods fully explained).

FREE Make sure of yours. Send now while you have the address before you.

We have no appliance or medicine to sell.

LIBERTY PUB. CO.
Station D, Box 4101, Cleveland, O.



Catarrh HAY FEVER HEAD NOISES

Headaches, Catarrhal Deafness Quickly and Permanently Relieved With Weber's simple VACUUM NASAL DOUCHER (Dr. Bier's Hyperemia). Many other uses. Results or money back.

Write for literature to
R. J. WEBER CO.
Dept. 7, 47 W. 42nd St. N. Y. C.



The Staff of Life—Which Bread?

(Continued from page 25)

cellulose of the kernel. We wouldn't eat corn at all if we didn't do just this.

Every time we eat Boston baked beans, navy beans of any kind, lima beans, or fresh peas from the pod, we eat the "indigestible" woody fiber, the branny cellulose of these legumes, which the bakery editors must forever keep out of our bread supply.

Of course we should eat these "indigestible" substances because, while they are not digested in the sense that starch or protein is digested, we know that they contribute to the body many solubles, without which purified starches, proteins and fats cannot be digested at all.

We also know that if we chop meat and expose it to the action of distilled water, as was done to the bran fed to poor Bossy, it will act, when fed to dogs, as a poison.

I. K. Russell, of the American Institute of Baking, Chicago, Illinois, suggests the possibility of getting all the value of bran by leaching it out and pouring the liquor into the dough mix. He tells me of a little Austrian baker from the town of Eugene, Oregon, who has been leaching bran and pouring the fluid into his dough mix for several years. Eugene is a very small town as bakery towns go, yet the little Austrian baker is selling his bread in over a hundred wagons, and has actually invaded Seattle.

Mr. Russell very properly laughs at the excited meetings that used to be held in New York City to protest against the outrageous conduct of whip-lashing public officials who would not permit skimmed milk to be shipped into the big town because skimmed milk was regarded as fit only for pigs, and nobody dreamed of its enormous value as an ingredient of denatured bread.

Times have indeed changed during the last ten years with respect to what ought to go into bread and what ought to be kept out of it. But there are still

too many white bread champions in high places who cry out that they would no more think of eating whole wheat with the skin on than a chicken with its feathers on, a fish with its scales on, or beefsteak with the hair on.

One of the famous physicians who attended President Harding during the illness that resulted in his death has written a statement to the effect that he intends to make no religion out of whole wheat, and will not eat whole wheat until he eats lamb with its wool, beef with its hide, and eggs with their shells.

The bran of whole wheat is not the outer husk. The outer husk of wheat is always removed. The erudite gentleman obviously has never seen wheat grow, and does not know what happens to it at the harvest. He thinks the inner pericarp is the outer husk, and the odd thing about his thought is that it acquires a certain air of false dignity in dropping from such lofty eminence.

He asserts that he once worked for Herbert Hoover in Belgium, and that after using whole wheat among the Belgian children there was an increase in intestinal disorders.

He forgets the testimony taken before Assistant District Attorney John T. Dooling in New York City, February, 1919, which revealed how a shipload of frozen, immature, smutty, musty grain, representing numerous mill sweepings, was sold for chicken feed, only to be shipped by a profit-hunting wretch who never was punished for his crime as human food for the starving Belgians.

Such food would have made a dog sick. Yet upon this shabby mutilation of truth a famous physician presumes to justify his open hostility to clean, sweet, decent, wholesome, freshly milled wheat retaining the pericarp, germ and all the other benign properties with which it blesses those who have sense enough to take advantage of its riches.

Two Young Men Who Have Made Good

(Continued from page 35)

these two young men? There is no secret. They were taught to realize in the first place that the body consists of nerves and fibers that demand correct stimulation to develop, and that necessarily the body must become sufficiently imbued with vigor in order to comply with this law. Their souls' hunger to acquire a decent physical development made them earnest and apt scholars. I forced upon them the fact that even if a student has the greatest teacher in existence on any one given subject, he cannot succeed unless he absorbs the advice and helps himself. While I could tell them exactly what to do, I did not want them to be led as by the hand, but to accept advice as capable individuals and learn from it to assume leadership.

They realized the value of a capable tutor, and at no time acquired, as some

do, self-assumption that is not based upon practical knowledge.

This harmonious co-ordination between pupil and tutor, combined with correct discrimination, has developed these two young men into the splendid specimens of manhood that they now are—Sloan into that "forcible" type that will accomplish things, and Dembinski into an exquisite interpretation of physical beauty.

Always in their sight was their accepted ideal of physical perfection that stimulated their flagging courage when others would have dropped by the way, and gave them greater enthusiasm to win as they progressed. To them, as to all others who accept an ideal, hero worship became a tangible thing, a pride to be sought and a glory to possess.



Are Your Hands Tied?

Are your hands tied by a lack of training? Are you bound down to a routine job because you have never learned to do any one thing well?

Don't give up! There is an easy, fascinating way for you to prepare yourself for a better job and a bigger salary. You can do it right at home in the spare time that now goes to waste.

No matter where you live, the International Correspondence Schools will come to you. No matter what your handicaps, or how small your means, we have a plan to meet your circumstances.

Don't let another priceless hour of spare time go to waste. Without cost or obligation, let us prove that we can help you to get a better job and a bigger salary. Mark and mail this coupon.

INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 2389-B, Scranton, Penna.

Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject before which I have marked an X:

BUSINESS TRAINING COURSES

- | | |
|--|---|
| <input type="checkbox"/> Business Management | <input type="checkbox"/> Salesmanship |
| <input type="checkbox"/> Industrial Management | <input type="checkbox"/> Advertising |
| <input type="checkbox"/> Personnel Organization | <input type="checkbox"/> Better Letters |
| <input type="checkbox"/> Traffic Management | <input type="checkbox"/> Show Card Lettering |
| <input type="checkbox"/> Business Law | <input type="checkbox"/> Stenography and Typing |
| <input type="checkbox"/> Banking and Banking Law | <input type="checkbox"/> Business English |
| <input type="checkbox"/> Accountancy (including C.P.A.) | <input type="checkbox"/> Civil Service |
| <input type="checkbox"/> Nicholson Cost Accounting | <input type="checkbox"/> Railway Mail Clerk |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Common School Subjects |
| <input type="checkbox"/> Private Secretary | <input type="checkbox"/> High School Subjects |
| <input type="checkbox"/> Spanish <input type="checkbox"/> French | <input type="checkbox"/> Illustrating |

TECHNICAL AND INDUSTRIAL COURSES

- | | |
|---|--|
| <input type="checkbox"/> Electrical Engineering | <input type="checkbox"/> Architect |
| <input type="checkbox"/> Electric Lighting | <input type="checkbox"/> Architects' Blue Prints |
| <input type="checkbox"/> Mechanical Engineering | <input type="checkbox"/> Contractor and Builder |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice | <input type="checkbox"/> Concrete Builder |
| <input type="checkbox"/> Railroad Positions | <input type="checkbox"/> Structural Engineer |
| <input type="checkbox"/> Gas Engine Operating | <input type="checkbox"/> Chemistry <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Civil Engineer | <input type="checkbox"/> Automobile Work |
| <input type="checkbox"/> Surveying and Mapping | <input type="checkbox"/> Airplane Engines |
| <input type="checkbox"/> Metallurgy <input type="checkbox"/> Mining | <input type="checkbox"/> Agriculture and Poultry |
| <input type="checkbox"/> Steam Engineering <input type="checkbox"/> Radio | <input type="checkbox"/> Mathematics |

Name.....
Street..... 3-6-24
Address.....
City..... State.....

Occupation.....
Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada

Make \$250 an Hour Your Profit in Advance

"Stay-Press" Trousers Presser
Sells quick to every man—thousands in use. Men and women are cleaning up big profits with this fast seller. Sells on sight. Priced low. 40% clear profit for you. You take orders. We deliver. Your profit in advance.

Wonderful New Invention
Puts perfect creases in trousers. Takes out wrinkles and baggy knees. Easy to use—takes less than half a minute. Folds into small size. Saves clothes and tailor bills.

Make Big Profits—Others Do
Jack Ames made \$24 in four hours. Randle sold 25 the first day. Mary Roberts made \$10 in one evening. Others making big profits in spare or full time. So can you. You risk nothing. We start you.

FREE Write quick for FREE selling outfit and full details of money-making selling plan.

THE GETGEY-JUNG CO., 75-B G-J Building, Cincinnati, Ohio

NEW FREE discovery

Trial at Home for MEN and Women



Health Beauty Vitality

Our 10 days' Free Trial proves that Wonder Mist revitalizes every cell and works miracles overcoming pain and sickness. Physicians and plain folks explain how "Wonder Mist" has made them well, strong and happy.

QUICK RESULTS—No Medicine

"Wonder Mist" works quickly; it's scientific, goes after the cause. That's why results are quick, permanent. Dr. Duncan, Kewanee, Ill., writes, "Wonder Mist" is the finest thing I have ever used to relieve pain, treatments are so pleasant all my patients like it." Use it at home. Save Doctor bills. Brings the natural magnetic beauty of health. No dieting, exercise or drugs.

New VI-REX Health and Beauty Generators

Partial list of ailments, successfully treated with "Wonder Mist."

Catarh	Headache	Rheumatism
Cold	Goitre	Skin Diseases
Constipation	Insomnia	Sore Throat
Earache	Lumbago	Whooping Cough
Eye Diseases	Nervousness	Near-sites
Falling Hair	Flu	Asthma
Hay Fever		

Earn Cash
Men, women, without experience, earn liberal profits in spare time. Show "Wonder Mist" to neighbors. Proven results and sells on sight. Get offer, wholesale prices.

Beauty Aid
Brings natural, magnetic beauty of health, no dieting, exercise or drugs. FREE book tells in detail how high priced beauty specialists use it to improve scalp and skin.



Mail Coupon for FREE BOOK

Explains how Nikola Tesla discovered "Wonder Mist," how it works, why it heals. Tells how to conquer pain, disease and nervous trouble. Reveals Marvellous Scientific Discovery. Shows charts of human body, explains where pains start, how to banish them. Offered Free for a limited time only, to introduce "Wonder Mist." Send for Free copy today.

VI-REX CO., 211 S. Peoria St., Dept. 1002, Chicago, Ill.

Mail Coupon—Send No Money

VI-REX CO., 211 S. Peoria St., Dept. 1002, Chicago, Ill. Please send me without cost or obligation your free 64-page book describing your VI-REX "Wonder Mist" secrets, and details of your FREE Trial Offer.

Name

Address

City

State

Sell Men's Clothes

and make big money doing it, with our line of all-wool suits and top-coats at \$23.50. Our tremendous values at the sensational low price is what does the trick. It makes no difference who you are or what your previous experience has been, you can make from \$250.00 to \$600.00 a month and more as our sales representative in your town. But you must be honest and have a clean record. If you are such a man, let us hear from you at once. Sign the coupon and mail today. Address Dept. 294.

WM. C. BARTLETT, Inc., 850 West Adams Street, Chicago



Name

Town

State

Posing That "Doesn't Beat the Camera"

(Continued from page 51)

as far as possible and at the same time curve the wrist. I find that this produces a fine pose; Figures 3 and 13 also show this. Note the effect of the distance of the object from the camera in comparing Figures 1 and 22. In posing for Figures 2 and 3, I followed the same biceps directions except that I raised my shoulder up and outward while contracting my arm. Holding the fist as I have in Figure 2, gives the arm a wide, massive appearance. In poses similar to those marked 14 and 15, by pulling outward at the clasped hands and flattening the upper arm against the extended Latissimus Dorsi Muscle, and at the same time keeping the arms straight and the clasped hands away from the body, and bearing in mind to have the upper arms hug close to the body, a very pretentious effect may be had, even though in these poses it is not very marked.

Perhaps some readers have felt as I have, wondering how a smaller man seemed to have a larger arm than you possess, even though you thought yours should have been the bigger of the two, because of the special training done for them. But this, in many cases, if investigated, turns out to be an optical illusion. Usually in such cases you will find that your arm is the longer of the two when using tape. I passed through such an experience with a friend of mine who is several inches shorter and less weighty. Take two arms having the same biceps measurements, but of different lengths, and the shorter of the two will naturally appear more compact. Unless an arm is fully or very nearly fully developed, it is apt to appear lanky. This will be more apparent when compared to a short chunky arm. So I find in posing that to make any part show up specially, making it appear as short as possible, will do very much toward making it look larger or more compact in the photo. Wrist supporters will help make the arm look shorter and more compact. Sandals or stockings affect the legs the same way. Dark supporters for attire makes a good contrast on the body. For practice, posing in front of a mirror is excellent. If a person intends keeping pictures as records to compare the different stages of his development, my advice is to first take a set without the aid of any posing tricks. Then if you want to appear in pictures as being larger than you are, take advantage of the posing tricks mentioned and the knowledge you will gain from experience. But bear in mind whether or not you are as good as the pictures show when you have your friends examine them. There may be a little harm done by thinking "you may not be as good as your photo," but not nearly so much as there is by feeling that "you may be better than you think you are."

Closing date for Posing Contest has been set for May 10. At this date all votes must be in. See Page 45.

COMPLETE HOME GYMNASIUM OUTFIT

"Hendrickson Combination" \$5 SPECIAL OFFER ONLY

Best material and workmanship. (\$10 Value) Better than ever. Perfect satisfaction guaranteed. FREE with Every Outfit

3 DISTINCT TRAINING MACHINES

3 COURSES OF PHYSICAL EXERCISES



Spring Exerciser! Grip Machines! Chest Expander! For general all-around development. First developer of around muscleful arms and a arms, shoulders, development. wise-like grip. back, lungs. Send for the 3 Outfits TO-DAY Postpaid only \$5. Lind-Hendrickson (Makers), V-63 Dey St., New York

Stops ASTHMA

or You Pay Nothing

Thousands of letters from former Asthma and Hay Fever sufferers testify they are entirely well after using Leaven's Prescription.

Scores of people say this is different from anything else in the world and that it almost immediately enabled them to sleep well, stopped choking, sneezing, cleared the head and lungs and gave real comfort.

Oh! what a grand feeling. No more choking, spasms, sleepless nights or painful, nerve-racking seizures. Over 100,000 people have found how to BANISH dreadful chronic Asthma and Hay Fever. No tablets, pills or smokes. Just a simple Home prescription written by an unknown doctor, but now blessed by thousands.

I will truly send you a big bottle of Leaven's Prescription; not one cent in advance or to pay or to owe me unless after 10 days you are delighted with results and freely want to pay small price of \$1.25. Just send your name and address for free trial.

G. LEAVENGOOD
1503 S. W. Blvd., Rosedale, Kansas

URINALYSIS

Anywhere by Mail—Send No Money

Every man and woman should have a scientific health test made each year. 1000 new subscribers added.

The Robinson chemical and microscopical test is the same accurate and complete test required by leading life insurance companies. It will enable you to

PROLONG YOUR LIFE

Many prominent people use our service regularly. We do not prescribe medicines but recommend medical attention where test indicates it is required. Booklet on request.

Our Liberal Offer to You

Send no money. We will mail bottle and container. You then return sample to us. We give a complete report of 25 determinations, together with suggestions for improvement in health. If you are satisfied with the value of our service send us \$2.50. Otherwise return the report.

LOUIS G. ROBINSON LABORATORIES

29 Harrison Bldg., Established 1907 Cincinnati, Ohio

EARN MONEY AT HOME

YOU can earn \$1 to \$2 an hour in your spare time writing show cards. No canvassing or soliciting. We instruct you by our new simple Directograph System, supply you with work and pay you cash each week. Write today for full particulars and free booklet.

WEST-ANGUS SHOW CARD SERVICE LIMITED
Authorized Capital \$1,250,000.00
238 Colborne Building, Toronto, Can.

PIMPLES

CAN BE CURED. If you suffer from pimples, acne, blackheads, brown spots or eruptions I want to send you my simple home treatment under plain wrapper. It gave me a soft, velvety, smooth and radiant complexion, and cured thousands of men and women, after everything else failed. Simply send name for generous 10-day free trial offer of my secret home treatment.

W. H. WARREN, 558 Gray Bldg., Kansas City, Mo.

FREE Let Us Help You QUIT TOBACCO

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed. Anti-Tobacco League Box X, Omaha, Neb.

Ask the Doctor

(Continued from page 57)

Leuco-Derma, or white patches, is popularly supposed by the gland specialists to be due to deficiency of action of the adrenal glands. These have to do with pigmentation, which means the providing of the normal coloring matter for the skin. If you have a low blood pressure and a low pulse rate, in addition to this lack of pigmentation, it would tend to establish the diagnosis.

The fact that you are slightly nervous, easily excitable, underweight, and are troubled with insomnia would also confirm the diagnosis. In this event, definite treatment directed toward the adrenal gland should be decidedly helpful, if not entirely curative.

Dear Doctor:

Please tell me what causes creaking of the joints and ache in the small of my back. I lack energy, am restless, have gas in the bowels, irregular heart, poor memory, lack of mental endurance. My doctor says that there is nothing the matter with me, and that every organ is perfect. I know there is something the matter with me. Will you please advise me?

J. D. S.

Des Moines, Iowa.

Creaking in the joints is usually due to lack of lubricating fluids in the joints, and is primarily a disorder of metabolism. The fact that you have definite digestive troubles, together with fermentation and the irregularity of heart action, which probably comes from pressure of the gases against the diaphragm, would seem to substantiate this fact.

First and foremost, I would advise you to clear the bowels out thoroughly, with a couple of tablespoonsful of milk of magnesia, followed by one-half a glass of orange juice. If you can get a preparation, called Oxy-Crystine, in your neighborhood, this might be even better—a teaspoonful in a glass of cold water the first thing in the morning on rising.

I would suggest that you then go on an exclusive milk diet, drinking a glass of milk slowly once an hour during the day. Between times, you might take the juice of three oranges, during the entire twenty-four hours. This should give you definite results in a very short time.

My Complete Conquest of Nerves

(Continued from page 53)

licious sleep too,—something that had long been unknown to me.

When I commenced drinking milk on breaking my eight day fast I drank only half a glass to begin with, or rather sipped it, taking a long time over it. In an hour I sipped another half glass, and so on through the day until I had taken two quarts. It was wonderful in its effect! It appeased my hunger, nourished and soothed me. I kept up the milk diet for about a week, daily increasing the amount till I was taking seven quarts a day, a glass every half hour. Then for two weeks I drank

Dear Doctor:

I am suffering from malaria fever. I had it from the time I was about eight years old, and am now twenty-two. I feel a fullness in my head nearly all the time, and a severe burning all over my body, especially during the evenings. I also experience a glare before my eyes, and for the past three years I have had catarh.

I have taken a weight-lifting course from STRENGTH. How will that affect my malaria?
S. A. S.
Kingston, Jamaica.

Exercise is splendid for your general condition and for building up your system.

There are only two cures for malaria that are absolutely dependable. These are quinine and arsenic. I would suggest that you take the Standard Quinine Treatment for malaria, as put up by McKesson and Robbins, of New York, which will give you specific results in overcoming this condition. Then, your course of exercise will do you a great deal of good.

Dear Doctor:

I have been reading your article in STRENGTH in regard to the various ductless glands and am taking the liberty of asking you a question that concerns my eyebrows. For quite a number of years my eyebrows have been more or less thin and scant; also the skin around them and underneath them is generally red with an appearance of irritation. I have tried various skin lotions under the impression that this was caused by some local skin disease, but have not had any success in bettering either the growth or the irritation. Since reading your article and some other articles at different times, I have reached the conclusion that my trouble can be traced to some lack of development in one of the ductless glands. Will appreciate very much if you will kindly send me your advice as to just what can be done to remedy my trouble.

B. H. O.

San Antonio, Texas.

If there is no local cause for your skin trouble, it is quite likely that the condition arises from some deficiency in the pituitary or the adrenal glands, which requires specific treatment direct to these glands. Without knowing more about your case and your general condition, I could not advise in this matter.

Food that brings the Old Vigor back!



Regular daily exercise will not prove as beneficial as you expect if your digestion is poor or if for any reason you cannot properly assimilate your food. But add Hauswaldt's Genuine Imported Vigor Chocolate to your daily diet, and you will find it remarkably nourishing and easy to digest—also that it actually aids in the digestion of other foods. Thus assured of a much better-nourished body, you will obtain vastly greater benefit from daily exercise.

A Truly Amazing Food and Tonic
Vigor Chocolate contains the rich nutriment of high-grade chocolate (without its usual indigestibility) blended with the food and tonic equivalents of cod-liver oil, food iron, phosphates and beef extract. Vigor Chocolate is not a drug, but a remarkably pure and scientific concentration of natural building and nourishing elements.

All Europe Sings the Praises of Vigor Chocolate
Its amazing value as a food and tonic has been well appreciated in Europe for many years. Vigor Chocolate makes the weak strong and the strong stronger, recharging the entire system with new energy, stamina and vitality. Not a fattening, but a building food—for athletes, campers, hikers, nursing mothers, growing children, invalids, convalescents and aged persons. Vigor Chocolate costs somewhat more than ordinary chocolate, but it is worth much more than it costs in nourishing and building value. Completely descriptive book, "Condensed Vitality," FREE on request.

HAUSWALDT'S
GENUINE IMPORTED
Vigor
CHOCOLATE

Factory Established 1786

ORDER COUPON

VIGOR CHOCOLATE CO., Dept. 134

41 Union Square, New York City

I enclose \$1.50, for which send me your full pound package of four 4-ounce cakes of Vigor Chocolate. Or I will pay Postman on delivery.

Name.....

Street..... City.....

Faces Made Young

The secret of a youthful face will be sent to any woman whose appearance shows that time or illness or any other cause is stealing from her the charm of girlhood beauty. It will show how without cosmetics, creams, massage, masks, plasters, straps, vibrators, "beauty" treatments or other artificial means, she can remove the traces of age from her countenance. Every woman, young or middle aged, who has a single facial defect should know about the remarkable

Beauty Exercises

which remove lines and "crow's feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth; and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

Results Guaranteed

Write for this Free Book which tells just what to do to bring back the firmness to the facial muscles and tissues and smoothness and beauty to the skin. Write today.

KATHRYN MURRAY, Inc.

207 So. Wabash Ave. Suite 2332 Chicago, Ill.





I Can Teach You Classic Dancing At Home

Only

\$5.00
A Month

Helen O'Shea
of the
Ziegfeld
Follies

Yes, my remarkable new method makes classic dancing easy and fascinating to learn at home. Under personal direction, you learn dancing technique that few outside the great cities have ever had opportunity to master—and at a mere fraction of the cost of studio instruction. The simple charts, clear photographs, easy text, and phonograph records make this a delightful way to gain better health—greater beauty—slenderness—increased poise and charm.

Complete Studio Outfit Free

I will send you, with your lessons, a dainty practice costume, slippers, phonograph records, and a dancing bar—everything necessary for a practice studio in your own home, all absolutely without extra charge.

Write! Whether you dream of a career as a professional dancer, or wish to dance for charm and grace, write today for full information about my wonderful new home instruction method. No obligation. Write today!

M. Sergej Marinoff School of Classic Dancing
Studio 57-72 1924 Sunnyside Ave., Chicago, Ill.

Deafness



Perfect hearing is now being restored in every condition of deafness or defective hearing from causes such as Catarrhal Deafness, Relaxed or Sunken Drums, Thickened Drums, Roaring and Hissing Sounds, Perforated, Wholly or Partially Destroyed Drums, Discharge from Ears, etc.

Wilson Common-Sense Ear Drums, "Little Wireless Phones for the Ears" require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable. Write today for our 168 page FREE book on DEAFNESS, giving you full particulars and testimonials.

WILSON EAR DRUM CO., Incorporated
662 Inter-Southern Bldg. LOUISVILLE, KY.

Pick Your Own Job!



Uncle Sam Needs Men

QUIT worrying about your job or your pay. Uncle Sam wants you in his Civil Service in a fine job you can't lose for political, personal or religious reasons. No experience needed. Good pay, short hours, 30-day vacation, sick leave with full pay. Pick the job you want—Postmaster, Postal Clerk, Customs Inspector, etc., etc. Positions for men and women. Arthur R. Patterson, once member of Official Board of Examiners, coaches you at home. Write for BIG FREE BOOK today, tells all about Civil Service, and money-back guarantee that you must pass with high mark so you will be offered job you want.

Patterson
Civil Service
School,
Dept. 882,
Rochester, N. Y.

SIRS: Send me without charge your Catalog, explaining your guaranteed preparation.

Name.....

Address.....

Patterson Civil Service
School
Dept. 882
Rochester, N. Y.

nervous people should drink a great deal of fluid, for the system is always dry.

As for exercise, I found that the most effective ones were those that included a great deal of stretching. You see, the nerves are all tense and seem tied up in knots at times, so that to stretch them to an extreme tension gives relief. By regularly keeping at it the nerves become relaxed and a softening effect seems to take place.

I stretch every muscle in my body each day. I hang from a horizontal bar; I recline back down over chairs and stretch and stretch in that position; I stretch out my arms straight from the shoulder and stretch them to a strain, fingers and all; I lie down on the floor and stretch my legs far over my head and take great pains to get as big a stretch as I can. I keep all these exercises up till I feel a strain of hurt in the muscles. I bend far over back, to the side, to the front till I touch the floor. I go through ballet exercises with my legs. I stretch my neck in all directions. I also do a lot of twisting exercises, twisting away round at the waist line. This stretches the abdominal muscles, and this exercise gives one the most slender waist imaginable. It just twists off the flesh.

I also pay great attention to deep breathing. Not only do I go through deep breathing exercises several times a day, but I have trained myself to breathe deeply all the time. This deep breathing, if you can make yourself do it, is one of the greatest aids in conquering all unbalanced nervous conditions. It works wonders. All nervous people are shallow breathers, and so do not supply their systems with sufficient oxygen to make good blood. Without plenty of good red blood the nerves cannot be nourished. So breath is as important a factor as food. In fact, the best of food will do you no good unless there is plenty of oxygen to keep the fires drawing well.

The Mat

(Continued from page 64)

Since receiving the letter from Mr. Allen and reading of this American trained Englishman, it seems to me that there should be some splendid examples in the American trained youths of this country.

I certainly would like to hear from our young readers who have practiced body-culture, and are the same age as young Trengove, and see how they compare with this athlete from "across the pond." Trengove has practiced body-building exercises since he was twelve years of age, and has secured his remarkable physique in four years. One seldom sees such remarkable development of the thighs, external oblique muscles, and rib-box as is shown in the three poses. They are really superb.

Mr. Allen informs me that Trengove secured his wonderful chest development from practicing the two-arm "pull-over" as explained in the columns of STRENGTH at different times.

Get into the tailoring game—

one of the most profitable of all lines in the selling field. Experience isn't necessary and spare time will do. We teach you how to sell our line and supply you with everything necessary to go out and make from \$10 to \$20 a day from the very first day. Our selling outfit is the finest ever gotten together and shows more than 100 large samples of finest quality woolsens. You do no delivering with our line. You just write your orders. We do the rest. Your profits run big and you get them cash with order. If you want to get into this most profitable business, write us quick. Address, GOODWEAR Chicago, Inc., Dept. 570, Chicago

I PAY \$100 a week
MEN



Make \$100.00 a week and up, selling our line made-to-measure, all-wool suits, direct to wearer. Biggest values—positively sell on sight. Biggest commissions paid in advance. We attend to delivery and collections. 6x9 swatch samples—over 100 styles all one price—furnished FREE. Part or full time men write at once.

W.Z. Gibson, Inc., 161 W. Harrison St., Dept. B-553 Chicago

DON'T SUFFER LONGER

The Brooks Appliance.

Most wonderful discovery ever made for rupture sufferers. No obnoxious springs or pads. Automatic Air Cushions. Binds and draws the broken parts together as you would a broken limb. No knives. No plasters. No ties. Durable, cheap. Many imitations. None equal.



SENT ON TRIAL. CATALOGUE FREE.
THE BROOKS CO. 189-A. State St., Marshall, Mich.

TOBACCO

Habit Cured or No Pay

Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed. Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. SUPERBA CO. L-18 BALTIMORE, MD.

What Shall I Be?

Can You Answer This Question?

Our expert vocational counselors, employing latest scientific method which eliminates all guess work, will show you what occupation you are best fitted for, and guide you step by step until you succeed.

Write for free information today.

Vocational Research, 296 Broadway, Dept. 51, New York.

GROW TALLER!



INCREASE YOUR HEIGHT!

Simple, Natural, Easy Method.

Will increase your height and

improve your appearance. Write

for FREE Booklet. Dept. U.

THE NATURAL METHOD BUREAU, Atlantic City, N. J.

Joy-STOMACH for SUFFERERS

I positively guarantee Macerated Wheat to relieve the worst cases of stomach trouble and banish constipation or it costs you nothing. Soothing to a weak stomach as a poultice to inflammation. Stays down and nourishes. Testimonials without number. My reputation of 25 years backs my guarantee. Write for proof. BYRON TYLER
110 GIBRALTAR BLDG. KANSAS CITY, MO.

Stunts That Make You Strong and Agile

(Continued from page 60)

you are contemplating going further into tumbling and hand-balancing. The few persons whom I found could not do a hand-stand against a wall were persons who could not or would not arch their backs.

In this Figure 6 you first take the hand-stand position being sure to place the hands as shown. If you can hold this type of hand-stand do so for a few seconds and then let your feet drop over. Now you will learn that if you do not arch your back considerably your feet will slip from under you and if you do not arch your back at all you will come down on your back and receive an unpleasant jar.

After you have this down "pat," you can practice arching your body sufficiently so that you can come up on your feet more or less slowly. Of course, to do this your feet must touch the mat very near your hands and your head must be pressed off the mat entirely before coming up. This brings you into the Crab position.

Figure 7 shows a Crab. If you like tumbling and hope to learn most tumbling and hand-balancing feats you should practice the Crab. The best way to learn this suppleness-increasing feat is to stand with the feet apart and about a yard from a wall. Now bend back until you can place your hands against the wall. Then slowly move the hands one at a time, down the wall, bending the small of the back as much as you can and the knees as little as you can.

Unless you are supple and free of joint, as some people naturally are, you should not try to go all the way to the floor the first or even the second time. You should try to go only a little further at each new trial. One can easily pull the delicate ligaments of the lower abdomen and groin by overdoing this stunt before these muscles are limbered and strengthened.

When you are at last able to reach the floor easily, then you can begin to do it as illustrated in Figure 7, which is without the aid of the wall. Then learn to walk on all fours while in this position.

I have said that if you hope to become a good tumbler and hand-balancer, you should learn to bend the Crab. However, you can learn all the tumbling feats and be able to perform them gracefully without being proficient in this one feat of bending the Crab. To make myself more clear, I mean that it is better to acquire the suppleness of spine that the Crab develops, but that if you cannot seem to accomplish it do not get the idea that this will prevent you from becoming a

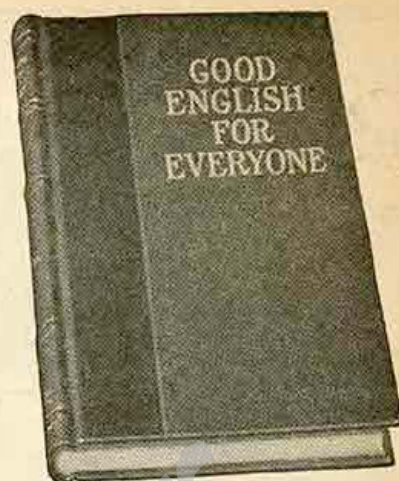
good all-around tumbler and hand-balancer.

In Figure 8 we have a feat that looks and sounds easy enough and it is a stunt that is easy to those who know how. This particular trick, if you care to call it that, is great for strengthening the fingers and wrists, as well as making you far more supple. You probably know that in this one the thing is to bear your weight on your finger-tips while you swing your feet between your hands and clear of the floor. At first you will feel that you never can accomplish this one as your legs seem entirely too long to be able to clear the floor. But as you become more supple, which will enable you to get your knees higher, you will find that it is not only possible but can be done very easily. This stunt can also be done, after considerable practice, with the palms of the hands flat on the floor.

The next is what is known as the Duck Waddle. This, like many other tumbling and hand-balancing feats, appears at first to be impossible. The illustration shows the heels resting on the floor. The same is true of the toes in Figure 7. The photographs were taken that way so the model would be steadier and produce a clear picture. But in both these feats remember that the feet must clear the floor when actually performing. You will find difficulty in preventing yourself from falling backward. However, after a few attempts you will be able to hold this position for a few seconds at least. Later you will become so proficient that you will easily walk around on your hands. Walking in this position gives a very good imitation of a duck in action; hence the name.

There is another hand-balancing stunt that resembles the walk of a duck and which is often called by the same name. The difference is that instead of having your feet and legs down near the floor you throw or push them up to a hand-stand and then lower your body by bending your arms until the forearms are at right angles with the upper arms. Then while holding your body in this position with your feet in the air you walk on your hands. This produces a waddle similar to that pictured in Figure 7.

If I were in your place I would get right up and try each of these feats several times. For if you have never tried tumbling or hand-balancing in any form they will show you how interesting and beneficial even the most simple feats can be. Remember that these stunts are so simple they are rarely included in tumbling courses.



Would you like to speak *Better* English?

HERE, at last, is a practical, understandable book on Good English. Compiled from the lessons of the International Correspondence Schools. Tells you how to speak and write good English—how to improve your handwriting—how to punctuate correctly—how to increase your vocabulary—how to write better letters. Gives you full lists of words most commonly misspelled and mispronounced.

442 pages. Handsomely bound. Printed in large type on clear white paper. Price only \$3. The best investment you could possibly make, for it will help you to improve your English—get a better position and a larger salary—make friends and avoid embarrassment. Good English is essential to success, and this book is the best book on Good English ever published.

Mail the coupon today with \$3 and we'll send you this 442-page book by return mail. Money back if not satisfied.

INTERNATIONAL CORRESPONDENCE SCHOOLS
Box 2381-C, Scranton, Penna.

I am enclosing \$3, for which please send me your 442-page book on Good English. It is understood that if I am not satisfied I may return this book in five days and you will refund the money.

Name.....

Address.....

Send for



Art and Life

MAGAZINE, Art, Nature, Sports, Mental and Physical Culture. For artists, students, thinkers. Stand for THE BODY BEAUTIFUL. Drawings and photos of Ideal Human Proportions. Art lessons, inspiring articles. Nothing like it. Must be seen. Will help you gain health, wealth and happiness.

O. K. or Refund

CUT THIS OUT

send with \$1 now for 3 mo. trial sub. (no free samples)

ART and LIFE, Dep. 25-21, Kalamazoo, Mich.

GIRLS:

Mail your queries on health and beauty to Marjorie Heathcote, care of this Magazine. Be one of our circle. Tell us any experiences you may have had that you think will be of interest to other girl readers. Here's a chance to say what you think about sports, athletics or anything in a physical culture line. See Page 54.

I Make Champs

I give individual coaching by **Baseball** mauling your favorite sport. **Tennis** Twenty-eight champs to my credit. **Boxing** Let me make you one. **Golf** My system never fails.

Write me what sport interests you. I will tell you how I can pep you up and turn you into a champ, as I did with Tim Jordan, Harry Babcock and many others. Write today for my book, FREE.

SEIXAS ATHLETIC SYSTEMS, Dept. 2115, 1928 8'way, N. Y.

Eleven of these famous body and brain building Crackers FREE



Nut-Sweet
Delicious
Real Whole Wheat

Alfred W. McCann Wants YOU to try Them

THE eminent pure food champion has always praised **Wheat's** Crackers for their health and strength building qualities, flavor and purity. We want you to prove their goodness for yourself. Just send the coupon with 4 cents in stamps for postage and the famous crackers will come to you by return mail—crisp and fresh from our ovens—absolutely FREE. Do it NOW—while you think of it.

FREE SAMPLE

F. H. BENNETT BISCUIT CO.,
133 Avenue D, Dept. B, New York City.

I enclose 4 cents in stamps to pay for postage on Free Sample Package of Wheat's Whole Wheat Crackers to be sent me promptly at address here given.

Name.....

Address.....

CAPITOLIZE YOUR SPARE TIME

We can tell you how to turn those spare hours into real money. No experience necessary.

Address Subscription Department
STRENGTH MAGAZINE
2741 N. Palethorp Street, Philadelphia, Pa.

HERB DOCTOR BOOK

10c

This Book Teaches How to Make Medicine

of all kinds from Roots and Herbs growing in your own back yard and in the field and forests. Price 10c—worth \$5. Contains over 250 recipes and herb secrets. Illustrated. It may contain the very remedy to save your life.

HERBALIST

Dept. 24 Hammond, Ind.

FOR GOOD HEALTH, STEADY NERVES, YOUTH AND VITALITY VITALIC BREATHING

Read and Practice

By THOMAS R. GAINES

Instructor of Breathing, Police Training School New York City. The message of this wonderful book, Nature's way to good health has brought health and happiness to thousands. Price Prepaid \$2.60

SEND \$1.00 FOR THE TRUTH ABOUT FOOD Booklet of food facts written by Mr. Gaines. Literally worth its weight in gold. Money back if dissatisfied.

Thomas R. Gaines 210 W. 107 St., New York City

13 WEEKS FOR 15 CENTS

The Pathfinder
SHOWS THE WAY THROUGH THE JUNGLE OF EVENTS

You've heard your neighbor praise this wonderful weekly magazine that 3 million people read. Unbiased digest of national and world affairs. Check full of the kind of reading you want. Science, politics, travel, fun, question box, books, health, home, radio—entertainment and instruction for all. Send 15c (coin or stamps) today for this big paper on trial 13 weeks, or \$1 for 1 year (52 issues).
PATHFINDER, 613 Langdon St., Washington, D. C.

Curing Lumbago With a Comb

(Continued from page 37)

particularly in lumbago. One case, a minister, who for weeks had been unable even to turn in bed without assistance, was after a twenty-minute treatment able to arise and walk unaided. He was entirely relieved of pain and discomfort within a few hours, and the next day was "up and around." Relief almost always follows the first treatment, apparently irrespective as to the cause of the lumbago. I recall a recent case treated by a friend of mine which had persisted for more than three months. This gentleman had taken practically every form of treatment that could be recommended by the most able specialists, had even been to Hot Springs without any except transient benefit. He was bent almost double, and for many weeks had not been able to stand erect. This patient was given two aluminum combs and told to squeeze them for ten or fifteen minutes, while waiting in the ante-room. After being brought into the office, his hands were thoroughly "combed" by pressure, from finger tip to wrist.

He straightened out completely after this first treatment, and expressed himself as entirely relieved from pain. He received a similar treatment the following day, after which he went his way rejoicing.

Sometimes equally good results follow from fastening hollowed-out spring clothespins on the tips of the fingers corresponding to the zones in which the lumbago holds forth. Or even from binding heavy bands around these fingers, leaving these in position five or ten minutes at a time, unless the finger becomes badly discolored sooner, in which case the pressure must be temporarily removed.

One zone therapy enthusiast, who claims that "Treat It By Zone Therapy" should be hung in every doctor's office, while on a pilgrimage to a Shriners' Convention, noticed that the conductor of the train walked "all doubled up" and seemed to be suffering great pain. It developed that the railroad man had a "misery in his back," had given up work, and had been in a sanitarium for three weeks without obtaining much relief; also that for three days prior to his resuming work, he had not been able to "straighten up," nor make any sudden move without suffering excruciatingly.

He was invited to come into the smoking compartment for a few minutes, where the doctor put rubber bands on the thumb and forefinger of each of the trainman's hands, and at the same time made firm pressure with his thumbnails on these ligatured fingers.

After holding his fingers in this manner for about ten minutes the whistle blew, and the conductor had suddenly to leave his chair. He straightened up and went out "on the run."

The doctor saw this man before leaving the train two hours afterwards and the trainman volunteered the information that "so far as the lumbago is concerned I have no more feeling than a fish." And these results can be duplicated by any one who will apply the simple technique here outlined.

NOTE.—Dr. Bowers' next article will be devoted to "Nerves."

CLASSIFIED ADVERTISEMENTS

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz. May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

For Advertisers

Immediate Results or two extra weeks Free. Advertisement 21 leading newspapers two weeks only 30c word. Affiliated Newspapers, Belford Bldg., Chicago.

Help Wanted—Male

\$133.00—\$192.00 Month. Government Railway Postal Clerks. Men, 18 up. Steady. Common education sufficient. Candidates coached. Particulars free. Write immediately. Franklin Institute, Dept. W 64, Rochester, N. Y.

Be a Detective. Work Home or Travel. Experience unnecessary. Write George Wagner, former government detective, 1968 Broadway, N. Y.

Help Wanted—Female

Young lady stenographer living in Philadelphia, Pa., who has a good physique from the practice of body development from physical exercise or dancing. Interested in becoming connected with a Health and Physical culture publication of national distribution, kindly submit poses, giving height and weight, along with details of stenographic and physical training experience, or call in person. Applying to Strength Magazine, 2741 N. Palethorp Street, Philadelphia, Pa.

Health Resorts

America's Most Beautiful Milk Diet Sanitarium. Send for circular telling about our new location and natural health-building methods. Twenty years' experience in treatment of chronic ailments. Dr. Galatian's Sanitarium, Box S, Lutherville, Md.

Home Treatment—A Plan of Daily Living. Write for explanation. Dr. Crandall's Health School, Dept. C, York, Pa.

Education and Instruction

"The Science of Wrestling and the Art of Jiu-jitsu"—by Earle E. Liederman. The most elaborate instructions in wrestling ever produced; highly illustrated from life. Every hold of any importance is fully explained in detail; also methods of counteracting these holds. Two hundred and twenty-four pages. Bound in leather and embossed in gold. Price, \$3.00. Earle E. Liederman, Dept. BB, 395 Broadway, New York City.

Become a Landscape Architect. Uncrowded Profession of wonderful opportunity for money-making. Easily mastered by mail. Earn while you learn. Write for book. American Landscape School, 98-S, Newark, New York.

Hotels Need Trained Executives. Nation-wide Demand necessary. We train you by mail and put you in touch with big opportunities. Write at once for particulars. Lewis Hotel Training Schools, Suite S-100, Washington, D. C.

Old Coins for Sale

California Gold, Quarter Size: 27 Cents. Half Dollar size: 63 cents. 100,000 German marks and Catalogue, 10c. N. Shultz, Colorado Springs, Colo.

Attention Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengelle, Box 387, Colorado Springs, Colo.

Miscellaneous

Used and New Correspondence Courses Sold Complete: 1/2 usual price. (Courses bought, rented and exchanged). Catalogue Free. Educational Correspondence Exchange, 25 Bagley, Pontiac, Mich.

Hunting Dogs. Coon, opossum, skunk, squirrel and rabbit dogs. Catalogue, 10 cents. Sam Stephenson, Covington, Tenn.

Office Machines Bought, Sold, Rebuilt. Pruitt, 170-A, North Wells, Chicago.

IS YOUR BURIED TREASURE A SUNKEN CHEST?

There is a wealth of good health and energy in that chest of yours if you do not allow it to become sunken. Why have a treasure that no one can steal from you and then let it become sunken from view and do you no good—in fact, a lot of harm? I have dug into the matter for years, so why not let me show you the easiest and best way to bring it out? Then, and not until then, will you enjoy this treasure of Perfect Health, Great Strength, and a Marvelous Shape. By developing your lungs to their fullest capacity, you enable them to take in a far greater quantity of that blood-purifying element—oxygen. By the purification of your blood more readily and thoroughly in this manner, your entire body is nourished more bountifully.

So dig up your latent powers. The coupon at the bottom of this page is the figurative spade that will break the ground for you. Use it now.

But Fully Developed Lungs Cannot Do It All

While the perfect blood that is circulated to your internal organs aids them greatly in performing their duties, at the same time these organs need the right kind of exercise in order to stimulate them and keep them active. You will find my methods laid out in such a way that all your internal organs will be just as greatly benefited as will your arms, legs and the surface muscles of your entire body.

I Specialize on Those Parts of Your Body That Are Worse by Comparison Than Your Better Parts

This means your entire physique (in the form of your measurements, information concerning your ills, etc., and your picture if you can send one) is thoroughly gone over BY MYSELF and your weaker and lesser developed parts are given my special attention. Your better or best parts are, in the meantime, rapidly forging ahead through the exercises in my course; but my special attention enables your worst parts to catch up and equal them. What is the result? Why, a perfect, well-balanced, even development, and perfectly distributed strength, agility and suppleness.

I Don't Have to Ask You if That is What You Want—I Know It Is

No sensible person wants thin, weak legs, a scrawny neck, and a muscleless body with a big pair of arms. You want large, powerful arms, all right, but you also desire a man's size neck, well-muscled shoulders, back and waist, and sturdy, untiring legs. You can have them all if you will simply mail the coupon below.

Why Sit Wishing, With a Picture of Your Ideally Developed Man in Your Mind, When With a Little Effort You Can Have That Ideal in Your Own Person?

It is all right to picture yourself as a magnificent specimen of physical manhood, but this

reverie must be promptly followed up with action. Otherwise you will never possess more than the mental picture. The logical thing to do, then, is to get started so that your mirror, tape and friends will tell you what a marvelous man you have become.

When your tape registers well over the forty-inch mark on your chest, and your arms go up close to 16 inches and your other parts register in perfect proportion; when your mirror shows you these muscles possess shape as well as size; and when your friends have nothing but praise for your physique, and strength and general appearance—then you will look back and be glad you took my advice and got started at once.

You Can Spare 20 to 30 Minutes a Day

and devote it to making yourself strong, healthy and energetic. Don't you feel ashamed when you realize that you are not giving any time or thought to your health? Don't you feel lucky that you have found a course of physical training that lets you off so easy in the matter of time you must devote to it?

My 9 lessons have been laid out in such a way that they are interesting to the most listless pupil. They can be so arranged that the weaker do not find them too strenuous and so that the strong find them plenty strenuous enough. You learn to perform actual feats of strength while exercising under my direction. Your exercises are entirely changed with each set of lessons. There is no tiresome increasing of repetitions in order to produce advancement. You will greatly enjoy, profit and benefit by my personal attention.



CHARLES MacMAHON

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

The title of this ABSOLUTELY FREE BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worth-while feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of half-tone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you FREE. DON'T even send a dime for mailing charges.

You'll Enjoy This Book, So Mail the Coupon Now

IMPORTANT

My New Leaflet, "Your Muscles, What They Are and What They Do," will be sent with my Book and it is also free. Every person contemplating physical culture should get this Leaflet first. Then you will know what you are doing. Get both of them by return mail.

CHARLES MacMAHON
Studio A-1,
180 W. Somerset St.,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "THE ROYAL ROAD TO HEALTH AND STRENGTH," which you are to send me without charge in accordance with your special offer.

Name.....

Address.....

City and State.....

CHARLES MacMAHON

Studio A-1

180 W. SOMERSET ST., PHILADELPHIA, PA.

A Book That Will Revolutionize Body-Building Methods "SUPER-STRENGTH"

Written by
ALAN CALVERT

The former editor of the "Strength Magazine"

is winning golden opinions from its readers. Here are quotations from a few of the many letters which we receive daily:



One of the 183 pictures in "Super-Strength"

"The book, 'Super-Strength,' is great, and just what I needed. If I thought I could not get another copy, I would not sell mine for \$50.00. This may sound like an over-statement, but it shows you what I think of the value of the book."

"Have received the wonderful book, 'Super-Strength,' which contains a wealth of real knowledge. I would not part with it for anything, and have read it through twice already."

"There is one thing you can say for 'Super-Strength,' and that is that once you start to read it, you cannot put it down until you finish it. When I got my copy, it took me an hour to thoroughly examine the ninety-five pages of pictures, and then I sat up the rest of the night reading the text."

"'Super-Strength' is the book I have been hoping for, and wishing for these many years. I have spent over \$100.00 in buying different courses of instruction, but I can truthfully say that this book contains more actual instruction, and gives more beneficial information than I found in all the courses which I had bought previously."

"The book, 'Super-Strength,' received. It exceeds my expectations. It is far more than you claimed for it. It comprises the most complete and thorough course in body-building exercises that I have ever come across. Many of the exercises are absolutely new to me, and have produced the most surprising results in the few days that I have practiced them."

"I suppose you people know your own business best, but let me tell you that you are making a mistake in charging only \$3.50 for the book, 'Super-Strength.' I have paid \$5.00 and \$10.00 for books that did not contain one-quarter as many pictures, one-half as many words, or one-tenth as much real instruction as this book does. Please congratulate the author for me on his wonderful selection of pictures."

Have You Bought Your Copy?

If not, we advise you to place your order at once, and to use the coupon at the bottom of the page. If you have not read any of the previous advertisements, we will now tell you that this book of Mr. Calvert's contains 220 pages of closely printed text—about 80,000 words in all. There are 26 chapters, some of which are devoted to instruction, others describe the wonderful feats of strength performed by celebrated "Strong Men," and still others which show the reader how he can learn to do similar feats. There are 95 illustrated pages, bearing 183 separate pictures. These pictures are printed on high-grade coated paper, so as to bring out all the details of the muscular development of the Perfect Men whose pictures adorn the pages. In that part of the book devoted to instruction, you will find a description of some exercises which have heretofore been the trade secrets of professional "Strong Men," and which have never before been published.

Altogether a great book—and the demand for it shows the high estimation in which the readers of this magazine hold Mr. Calvert's writing and teaching ability.

Remember the name of the book is

"SUPER-STRENGTH"

by

ALAN CALVERT

80,000 words

Cloth Bound

Lavishly illustrated

Price \$3⁵⁰ Postpaid

Send cash, check, or money order
to the

MILO PUBLISHING CO.

Book Department

2739 N. PALETHORP ST.

PHILADELPHIA, PA.

MILO PUBLISHING CO., S-2-25

2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Enclosed find $\left\{ \begin{array}{l} \text{cash} \\ \text{check} \\ \text{money order} \end{array} \right.$

for \$3.50, for which please send me a copy
of "SUPER-STRENGTH," by Alan Calvert.

NAME.....

STREET.....

TOWN..... STATE.....

17-Year Old School Boy Wins Prof. Titus' 1924 Contest for Building Better Bodies



Winner of first prize.
Name on request



Before taking my course, he looked like this: weak, frail and undeveloped



But 90 days of my methods and apparatus changed him to a marvel of muscular development, strength and grace

He refused the \$1,000 Cash Prize, and accepted this handsome Gold Medal instead, because he did not want to lose his amateur standing



On December 31st, my 1924 Contest for Building Better Bodies, open to all those who take my course, and which has run continuously since January 1, 1924, was brought to a dazzling close. I am showing you here the young man who won the first prize. In the next issue of STRENGTH, I will show you the winner of the second prize—a fine silver medal.

As evidence of the remarkable closeness of the contest, I have felt it only fair to distribute no less than one-thousand beautiful bronze medals to my other pupils, who revealed a remarkable gain in strength and muscular development second only to that of the two prize-winners.

The Results of This Contest Convincingly Prove That Titus Methods and Apparatus can develop the average man or boy in a few short weeks from a puny, undersized, bloodless, pepless weakling into a veritable giant of all-round virility and power, capable of performing feats of strength with an ease and surety that would make many a professional strong man look well to his laurels.

I wish I could only show you before-and-after pictures of the many thousands of my pupils who entered the contest, as well as those of the many thousands who did not enter, but who simply took my course for its own sake. You would be fairly swept off your feet by the overwhelming tribute that such an array of pictures would pay to the *soundness* and *infallibility* of my system of body training.

Titus Methods Are Good Because Based on Common Sense

My course is founded on my well-tested theory that you can't develop big, sturdy muscles *without resistance*. For that reason, I include with my course apparatus, *personally designed by me*, which insures *professional resistance* for every pupil.

Do You Long for a Perfect Body? Look at This School Boy Again

There was nothing exceptional about him. He was just an average youth without any muscular development to speak of. So what I did for him I can do for you, bringing out all your latent physical powers and enabling you to develop muscles as strong as those of an ox and as supple as those of a tiger. In fact, my course obtains such remarkable results from pupils of any size, type or class that it was like splitting hairs to choose between the first and second prize-winners and the thousands of others who entered the contest and took my course.

Many of the World's Strongest Men Endorse My Course

Such record builders as the great Barnes, Rolandow, Arthur Saxon, William D. Waring, August W. Johnson, and many others use and recommend the Titus System.

But the young man who won my contest is not a professional, nor does he wish to be. Even a fat cash award of \$1,000 plumped into his hands could not tempt him away from his amateur standing. There are thousands and thousands who feel the same way. If you are ambitious to be a professional strong man, you are taking the right course when you take the Titus Course. If you want to be just an amateur athlete, or to keep your pep up to par for business, professional life or social pleasures; then there is nothing on earth that will built you into a real man with real manhood surging through every artery, vein, gland and muscle, like my system.

I Show You in Advance What You Get—Who Else Does?

I am proud of my apparatus and what it will do. I am glad to show it to you in advance of taking my course. I believe that you must have proper apparatus to develop real strength—and that's exactly what you get when you take my course.

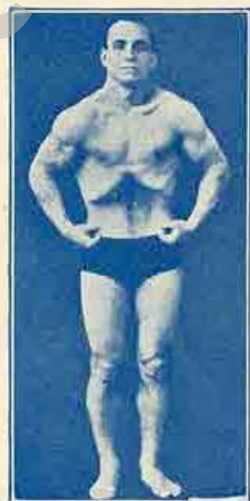
Get My 64-Page Book, "Building Better Bodies"

My wonderfully complete 64-page book, "Building Better Bodies" is a remarkable encyclopaedia of authentic information on my course and what it has done and is doing for scores of my now famous pupils.

The most casual reading of this book will make you ashamed of your weakness and soft, flabby muscles. It will offer you every inducement to become a strong man, filled with the wonderful strength and virility which will make men and women alike pay homage to you.

Get this big, magnetic, inspiring book TODAY SURE.

Simply mail the coupon or a postcard, and you will receive book by return mail. It's yours to keep. No obligations to you—no strings attached to this offer. Send TODAY, while this free offer is still open. When you read it, make up your mind to take my course and be eligible for my 1925 Contest for Building Better Bodies.



William D. Waring, the famous professional strong man and who is one of the many record holders developed by my system



PROF. HENRY W. TITUS

Dept. 37, 105 East 13th Street, New York City

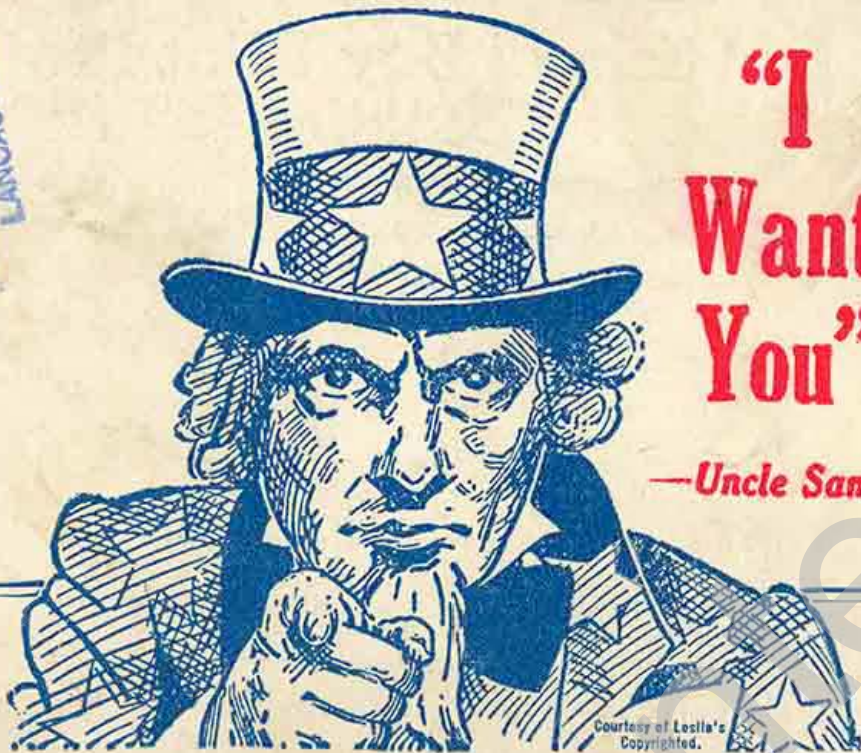
Dear Sir:—Please send me at once without cost your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name

Street No.

City State

IF ITS A MAGAZINE
WE HAVE IT.
TERMINAL STORES CO.
LANCASTER, PA.



"I
Want
You"

—Uncle Sam

Courtesy of Leslie's
Copyrighted.

\$1140 TO \$3000 A YEAR WANT THESE JOBS?

RAILWAY POSTAL CLERKS

CITY MAIL CARRIERS

INCOME TAX AUDITORS

CLERKS AT WASHINGTON, D. C.

STEADY POSITIONS

These are steady positions. Strikes, poor business conditions, lockouts or politics will not affect them. U. S. Government employees get their pay for full twelve months every year. There is no such thing as "HARD TIMES" in the U. S. Government Service.



RAILWAY POSTAL CLERKS

Railway Postal Clerks get \$1600 the first year, being paid on the first and fifteenth of each month. \$66.67 each pay day. Their pay is increased to a maximum of \$2300 a year. \$95.84 each pay day.

PAID VACATIONS

Railway Postal Clerks, like all Government employees, are given a yearly vacation of 15 working days (about 18 days). They usually work 3 days and have 3 days off duty or in the same proportion. During this off duty and vacation, their pay continues just as though they were working. When they grow old, they are retired with a pension. As Railway Postal Clerks are continually travelling, they have an excellent chance to see the country. They are furnished with a railroad pass.

CITY MAIL CARRIERS—POST OFFICE CLERKS

Clerks and Carriers commence at \$1400 a year and automatically increase \$100 a year to \$1800. They also have 15 days vacation. Examinations are frequently held in the larger cities. City residence is unnecessary.

CLERKS AT WASHINGTON, D. C.

(Open to men or women 18 or over)

Salary \$1140 to \$1860 a year. Required for pleasant clerical work in the various government departments and offices at Washington, D. C.

WHAT WILL YOU EARN 5 YEARS FROM NOW?

Compare these conditions with your present or your prospective condition, perhaps changing positions frequently, kicking around from post to pillar, no change in sight for PERMANENT employment; frequently out of a position and the year's average salary very low. DO YOU EARN \$1600 EVERY YEAR? HAVE YOU ANY ASSURANCE THAT A FEW YEARS FROM NOW YOU WILL GET \$2300 A YEAR, EVERY YEAR?

GET FREE LIST OF POSITIONS

Fill out the coupon. Tear it off and mail it today—now, at once. DO IT NOW—This investment of two cents for a postage stamp may result in your getting a U. S. Government Job.

FRANKLIN
INSTITUTE
Dept. W184
ROCHESTER, N. Y.

MAIL COUPON TODAY

Kindly send me, entirely free of charge (1) A full description of the position checked below; (2) Specimen examination questions and free sample coaching lessons; (3) Free copy of illustrated book, "Government Positions and How to Get them;" (4) A list of the U. S. Government Jobs now obtainable.

Railway Postal Clerk.....	(\$1600-\$2300)
Post Office Clerk.....	(\$1400-\$1800)
City Mail Carrier.....	(\$1400-\$1800)
Rural Mail Carrier.....	(\$1800-\$2600)
Clerk at Washington, D. C.....	(\$1140-\$1860)
Income Tax Auditor.....	(\$2010-\$3000)

Name

Address

Use This Coupon Before You Mislaid It—Write or Print Plainly